

THE HERALD

Freedom Plains United Presbyterian Church
Founded 1827



February 2019



*For where two or three are gathered in my name,
I am there among them. Matthew 18:20*

Dear Friends,

Thank you, in these cold, cold, days, it has been wonderful to enjoy the warmth of being together on Sunday morning. Jesus from his earliest teachings called people together, to not be alone and to serve and pray and worship together. In fact he promises that he will be with us when we come together.

Last week if you were in Church you heard Rev. Finck preach a powerful sermon on spiritual gifts. You have gifts and talents to use and share. We all have different gifts and part of our job as a church is to help each other unwrap those gifts in a process of self-discovery. In a way, it reminds me of the slogan Captain Obvious uses for Hotels.com, "We let you do you." My son occasionally says a variation on that, "You do you and I'll do me." And in a very real way these phrases are biblical. God wants you to do you, but not just any you, the best you.

When we discover our gifts or in the words of Captain Obvious, when you do you, there is one more crucial step in the life of God's people. When we discover our gifts and we bring them into the community of Christ, we are meant to experience what the Bible calls the fruits of the Spirit. Fruits of the Spirit is not a phase we use often, but maybe we should. Galatians tells us that the fruits of the Spirit are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Wouldn't you agree that our world today could use more of the fruits of the Spirit?

Over the next few weeks I will be preaching a sermon series on the fruits of the Spirit, starting with the first fruit, love. Please come to church and hopefully we will experience more than just the warmth, but also the fruits of the Spirit.

Peace,

Paul

FPUPC ANNOUNCEMENTS

NEW BIBLE STUDY – *Tea, Scripture and Scones* starts this Wednesday, February 6th at 4:00 pm in the Library, Rev. Lent leading.

CHILI MAKERS WANTED - Looking for volunteers to make 2 pounds of chili, any type, for our Appalachia Service Project fundraiser on March 3rd! Please speak to Jennifer Barry, 473-5421.

LOADED BAKED POTATO DINNER & CHILI COMPETITION FUNDRAISER - March 3rd at 5:00 pm to benefit Appalachia Service Project mission trip. Chili competition is not a real competition, everyone is a winner! Dinner includes large baked potato or sweet potato, chili, salad, black beans, bacon, cheese, mushrooms, scallions, ice cream and goodies for dessert. \$10 adults, \$7 children. Sign ups during coffee hour.

JOIN THE EARTH STEWARDS COMMITTEE IN 2019! Let's find opportunities for FPUPC to become more environmentally conscious and active. We can be better caretakers of our environment if we work together. Come to our meeting Sunday, Feb 10th at 11:30 am in the Library. Contact Ruth Sheets, (845) 625-3296 for more info.



Thank you, thank you, thank you to all those who were responsible for creating my lovely handicap-accessible bathroom, which I use very often! First, to Nancy Townsend for coming up with the idea, and then to the hard-working volunteers – Joe Insalaco, Paul Johnston, Doug Kellermeyer and Neal Townsend. An additional thanks to Rev. Heather and participants in her meal train, who brought delicious meals to Frank and Tommy while I was in rehab and thereafter.

My deepest thanks and sincere appreciation! ~Nancy Brinckerhoff

WOMEN'S MERRY LUNCH GROUP – Will meet on Tuesday, February 12th at Perkins on Rt. 9 at 12 noon. All women are welcome! Please call Doris Leonard at 452-7571 to make reservations.

SAVE THE DATE FOR CHIMES AND BELLS! - All children are invited to ring chimes or bells [on Sunday, February 24th](#). Children ages 4-8 who would like to learn to ring hand chimes can attend a short introductory class in the Fellowship Hall [from 11:30-11:45](#). Children in grade four and up that would like to learn to ring handbells can attend an introductory class [from 11:45-12:15](#) in the Fellowship Hall. Our guest teacher for the day will be Susan Guse, Director of Music Ministries at St. John's in Poughkeepsie. If your child would like to attend either event, please email Lorraine Nelson Wolf at rain@taconic.net with the name and age of your child.

CALLING ALL SINGERS: The Freedom Singers will be singing Gabriel Faure's beautiful *Requiem* for our Palm Sunday service on April 14th. If you've sung the Requiem before and would like to join us, please see Lorraine Nelson Wolf after the service. Rehearsals begin next Thursday night from 8:30 to 9:30 and continue through April 11th. The Requiem will be performed with a 14-piece chamber orchestra and conducted by Marissa Kaczynski.

COLLEGE CARE PACKAGES – The Day of Love is coming and we want to tell our college and military kids we support and love them. Please let Annvida know the name of your student or military enlistee and their current address. Feel free to donate any small treats such as candy, baked goods, party favors, quarters for laundry and gift cards. NOTE: Sunday, Feb. 10th we will have Valentine's cards for all to sign.

STEWARDSHIP UPDATE! It is not too late to turn in a pledge, but please prayerfully consider your pledge to the church for 2019 and get it in as soon as possible. If you need a pledge card you can get one as you enter church or at the church office. Also the church office would be willing to mail one to you, call 845-452-0684 or email the church office at office@fppchurch.org

BLUE "PER CAPITA APPORTIONMENT" ENVELOPE (in your offering box) – reimburses the Church for our share of the expenses for the day-by-day operations of Presbytery, Synod and the General Assembly. We must pay for every member each year. **The 2019 per capita is \$38.80 per member.**

FLOWER CHART – If you have signed up for alter flowers in memory of a loved one, please take a moment to stop by the chart and put an asterisk (*) by the date/your name if you will be picking up your flowers. Otherwise, the Deacons will deliver them.

SMILE FOR FREEDOM PLAINS UNITED - You can help Freedom Plains when you're shopping on amazon.com. Join the Amazon Smile program – Amazon donates 0.5% of the price of your eligible purchases to the charitable organization of your choice when you shop at smile. Amazon. So start by going to smile.amazon.com and when prompted, type in Freedom Plains United Presbyterian Church as the worthy cause you'd like to support. It's that simple!

Winter Yoga Practice Schedule

Please join us for our winter yoga session, everyone is welcome!

Place: **Fellowship Hall**

Time: Thursdays 9:15

Cost: a canned good for the Food Pantry,

We will be following the Arlington School District Winter Weather Policy. We will cancel when the Arlington Schools are closed. If Arlington has a weather delayed opening, we will start practice one hour later at 10:15

Any questions contact Nancy at 221-9063 or email Nancy@ntown.info

Please join us for our GALA

(last in series of fundraisers to benefit the building fund)

Saturday, April 6th, 7-11P

*Hot and cold hors d'oeuvres, desserts, live music for dancing,
wine, beer, other beverages included*

Music will be provided by Club Swing. They will play a variety of music, however, a significant portion will be swing music. Julie and Joe Donato owners of *The Hudson Valley Dance Depot* (across the street from church) will provide an intro swing dance lesson at the start of the event for anyone interested.

Raffle Basket and Silent Auction Tables

Please contact Kristin Fandl if you can help by providing any items for these. (See below for some ideas)

Ticket Prices:

Single: \$45, 2 for \$80

Table of 8: \$300

Table of 10: \$350

Event Sponsor Levels

Platinum: \$500 and above (includes 2 tickets)

Gold \$300-\$499. (includes 2 tickets)

Silver: \$200-\$299

Bronze: \$100-\$199

Any free-will offering

Greatly appreciate any items you might be able to donate. Raffle Basket ideas: gift certificates for restaurants, movies, stores, hair salons, spas; items for theme baskets (bath, kitchen, garden, alcohol, etc). Silent Auction: services (window washing, landscaping, housecleaning, concert tickets, sporting events, travel, house rentals, hotel stays, chef-prepared dinners, art, jewelry, etc.).



JUNIOR HIGH YOUTH GROUP MEETS every Friday from 3:30 – 5:30pm

JUNIOR HIGH “LOCK IN” - February 8th - 7pm - 9am

Please bring an air mattress, pillow, sleeping bag, sleep clothes, toiletries, fresh pair of clothes. PLUS - a snack to share, a church appropriate movie for viewing and a board game. Friend's welcome!

SENIOR HIGH YOUTH GROUP MEETS FEBRUARY 24th from 5:00 – 7:00 pm



Lending a Helping Hand by Donating Food

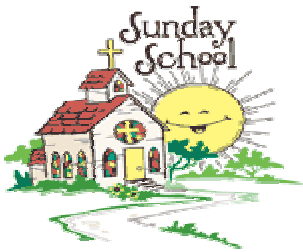
February is pasta and sauce Month

How wonderful it would be if we could collect 100 pounds of pasta and 100 jars of sauce this month. There is high demand for hot meals this time of year. Consider bringing in a pound of pasta and a jar of sauce, to go with it, each time you come to church.

The Dutchess Outreach Food Pantry is always in need of any pantry or toiletry items you may wish to donate, so if you find a “buy one get one free” item at the store, consider donating that “free item”.

Thanks for your support; and keep up the good work.

~Nancy Townsend



SUNDAY SCHOOL SNIPPETS

Happy February! The Sunday School attendance has increased since September...especially in our Pre-K—1st grade class. Elaine and I are considering adding a forth class to accommodate our growing numbers, so now is the perfect time to remind parents and the congregation that we always need substitute teachers, and more importantly, teachers to commit for the next school year. The only requirement is to enjoy teaching children...the curriculum (and Elaine’s activities) makes the lessons set-up and planning very easy. Contact Alix Hoffman (nystwife@gmail.com) if you are interested in helping us for the remainder of the school year, or if you will be willing to jump on board for the next school year.

SUNDAY SCHOOL DATES FOR FEBRUARY:

February 3rd—Regular Sunday School

February 10th—Children’s Fellowship

February 17th—No Sunday School (President’s Day Weekend)

February 24th—Regular Sunday School

*~Alix Hoffman & Elaine Ignal
Sunday School Co-Directors*



HERALD - HEALTH MINISTRY

Hip – Spine Syndrome

I'll bet you have never heard of hip-spine syndrome. I never did until this year. Having been under doctors' care for both a degenerative hip and degenerative lumbar spine for several years, I have made very little progress with my mobility issues. My functioning is becoming more limited as my frustration is becoming increased. I have been told to seek help outside of the Hudson Valley at a major orthopedic center. So off to Boston's Brigham and Women's Orthopedics I go to have both evaluated together.

What is hip-spine syndrome? Hip-spine syndrome is a condition where symptoms appear in the hip and spine at the same time making it hard to determine which is causing the symptoms. This makes it hard to diagnose and treat. If the wrong source is treated, you won't get better. It is caused by degenerative pathologies usually from osteoarthritis of aging. It can come from a stress fracture, herniated disc, osteonecrosis of hip, stenosis, and sacroiliac joint dysfunction. Dr. Kang from Brigham & Women's Hospital in Boston says that "The symptoms are overlapping. Hip osteoarthritis can cause hip and groin pain and a limp causing difficulty walking from worn out joint cartilage. In lumbar spinal stenosis walking and standing causes pain. There is buttock pain, limp and pain down leg to lower leg or foot. It becomes difficult to distinguish whether the pain is in the hip joint at the ball and socket locale or at the ligaments and tendons that lead to hip instability from degenerative lumbar stenosis. The simultaneous pain makes it hard to find the source. Treatment must be given in the right order or patient won't improve!

How do they determine what's what? Thorough physical evaluations, x-rays and other scans are essential. They conduct gait assessment, hip and back range of motion, evaluate posture, check pelvis, lower limb, spinal alignment, check atrophy, and surgical scars and evaluate limb length difference.

Once they figure out what is causing the problem they treat early stages with physical therapy and rehab to strengthen the body's core and the hips girdle. For more advanced cases injections of steroids in lumbar spine are given. Surgery is kept as last resort. If surgery is to be done rehab is done in advance to rebuild tissues prior to surgery. Surgery on hip and spine are done months apart. This helps for a better recovery.

Any physician dealing with hip-spine syndrome must look at the whole picture not just his specialty. Think spring!

Blessings,
Bonnie Biskup, Parish Nurse
F.P.U. Presb. Church
February 2019

Dr. James Kang
Brigham & Women's Hospital
Orthopedics
Boston, MA

Dr. Apskin Razi
NYU Langone
Hosp. For Joint Disease
NYC

Joint & Bone Journal
Spinal News International



Dorothy Beverly, Sandy Brady, Nancy Brinckerhoff, Chris Cornell, Emma Frey, Doris Hill, Marlene Galow, Jane Kelly, Julia (Susan Plambeck's daughter, Isabel's granddaughter), Ruth Marty, Ruth McComb, John Miglis, Mary & Ken Moody, Betty Storrs, Fred Stuebner, Mary Jane Taxter, Mary Louise Van Winkle, Anne Vaughan – Lutheran Care Center, Karen & Mike Barnett

Prayers for Bereavement: For the family and friends of Henry Almgren. For Rich and Nancy Roeser on the loss of his sister, Gladys Bainbridge.



Community Honoree

ROLAND E. BUTTS

(1945 - 2017)

Roland E. Butts, a legal advisor, advocate, supporter and good friend of Catharine Street Community Center's Board, staff, children and families died on April 27, 2017. Roland was well known for his willingness to help others. He was admired for his patient and non-judgmental approach to problem solving. Roland helped a number of local community groups to successfully acquire their NYS non-profit incorporation certificates, permitting them to become formal organizations. His generosity was far reaching, ensuring a legacy that would touch the lives of many-those he knew and the hundreds of faceless individuals who will never know of the significant role and lasting impact he has had on making their lives and our community a better place to live.

Roland was born April 22, 1945 in Poughkeepsie. He was the son of the late Franklin A. and Helmy (Easton) Butts. Roland played on the basketball and football teams at Poughkeepsie High School, where he graduated in 1963. In 1967, he graduated from Columbia University and in 1973, he graduated from Albany Law School of Union University. Roland was a Vietnam Veteran having served in the US Army from 1967-1970.

Upon his return from Vietnam, Roland began his law practice in Poughkeepsie, where he also served as City of Poughkeepsie Judge while enriching our community with his

legal expertise for 43 years. His commitment and contribution to the community, includes his service on the City of Poughkeepsie Planning Board, an advocate for the preservation of the Bardavon Theater, Past President and Board Member of the Poughkeepsie YMCA and the Poughkeepsie Rural Cemetery and Member of the Poughkeepsie-Arlington Rotary Club. In 2012, Roland received the Community Service award for his outstanding contribution to children, families and community at the 90th Anniversary Celebration of Catharine Street Community Center.

A man of faith and service, Roland's membership and leadership qualities are attributed to the highly successful merger between the First Presbyterian Church of Poughkeepsie and Freedom Plains United Presbyterian Church of LaGrange. He was an active member of Tres Dias. He also traveled with Bridges to Community to do mission work for the needy in the Dominican Republic.

Roland and his wife Rosemary P. (Morris) Butts were married in 1969. They have three sons, Michael, Thomas and Jeffrey, and three terrific grandchildren, Alexis, Jackson and Zachary.

Roland was a man of principle-who lived a principled life. His absence is duly noted.