

THE HERALD

Freedom Plains United Presbyterian Church
Founded 1827



June, 2019



Dear Friends,

How wonderful it is to live in a place with seasons. Early spring bleeds into late on its way to early summer. The changes are subtle and stark, sometimes noticed but often not. I can't help but realize that there are times when I need a dramatic event to help me be alive in the moments. Fortunately for me I am living in days of dramatic events. Yesterday my daughter Helena got her drivers license, and it was also the day my son Daniel started an internship in New York City. He has to wear a suit everyday.

Do you remember those old movies when a young woman or man falls in love and all of a sudden the flowers smell sweeter, the air feels crisper, and as the song might say everything is coming up roses? It is a great feeling that comes and it is also a forgone conclusion that it goes. Perhaps when the news is full of another mass shooting, and the war in Yemen continues, and division and pettiness rule our politics, you need something to pull into a place of hope and wonder. Perhaps you know this song:

Verse 1

*It only takes a spark
To get a fire going
And soon all those around
Can warm up in the glowing
That's how it is with God's love
Once you've experienced it
You'll spread His love
To everyone
You'll want to pass it on*

Verse 2

*What a wondrous time is spring
When all the trees are budding
The birds begin to sing
The flowers start their blooming
That's how it is with God's love
Once you've experienced it
You'll want to sing
It's fresh like spring
You'll want to pass it on*

Verse 3

*I wish for you my friend
This happiness that I've found
You can depend on Him
It matters not where you're bound
I'll shout it from the mountain top
I want the world to know
The Lord of Love
Has come to me
I want to pass it on*

Now don't get me wrong our faith does not make shootings, famine, pettiness and war less horrible. What it does is remind us that love and justice and peace are worth fighting for. For the world is good, and we as Christians have a powerful and important message to share, especially now.

Peace,

Paul

FPUPC ANNOUNCEMENTS

REFURBISHING SANCTUARY CHAIRS

There are 100 Sanctuary chairs that desperately need to be reupholstered. The fabric is here, the buttons are made and now you have an opportunity to help get the job done!

If you have ever stapled a new piece of fabric on the cushion of a dining room chair, you are just the person we need. We also need people to trace and cut out fabric, take staples out of the chair backs, unscrew the seat backs and seats from the frame and we even need people to polish the wood frames. We have set aside the Community Room on Tuesday June 4 at 1pm for a work session and again on Sunday June 9 at 7pm. There will be many more sessions to get them all done.

Please sign-up to attend either one or both work sessions in Fellowship Hall at Coffee Hour or email Neal Townsend at Neal@ntown.info

Many hands make light the work!

SAVE THE DATE FOR RECYCLE, REUSE WORKSHOP - On Thursday **June 13 at 1 pm** there will be a workshop to turn T-shirts into reusable shopping bags. Look in your drawers for some cotton T-shirts with fun designs that you don't wear anymore or don't worry; we will have a few extra T-shirts that you are welcome to use. At the workshop you will get the pattern, easy instructions and leave with at least 2 T-shirt bags completed and ready to use, instead of plastic bags. Besides bringing T-shirts, a pair of fabric scissors would be helpful. Please sign up in Fellowship Hall at coffee hour or email Nancy Townsend at: Nancy@ntown.info to reserve your space. Sponsored by the Earth Stewards.

RUMMAGE SALE / FLEA MARKET - Thank you to **EVERYONE** who donated rummage, donated food items and helped set up or clean up and worked throughout the week! Thank you everyone for all you do to make it a success! We are very excited to report we made over \$4,000!

ASP MEETING – There will be an ASP Meeting on Sunday, June 23rd at 5:00 PM. This is a pre-trip meeting, please try to attend.

EARTH CARE SUNDAY THANK YOU - Thank you to all those who participated in the letter signing campaign on Sunday, May 19th, our Earth Care Sunday. Over 30 letters signed by our congregation were mailed to our elected officials asking for legislation to reduce carbon emissions. Also, letters were sent by Arlington High School Interact Club members, through efforts by Kristin Fandl, advisor to the club. Thank you all for caring about the earth and making a difference!

So How Are We Doing on the Church Electric Bill?

The Earth Stewards addressed this question at a recent meeting. In net, over the last couple of years we've doubled the size of the church facility; installed LED lighting and photovoltaic PV panels to save lighting cost and to generate the kilowatt-hours needed to power all aspects of our church property. So what has been the result?

Generally, so far, the results have been excellent. Prior to the construction of the new addition, electricity usage in the old building and church cost approximately \$8,000 per year. When the new addition was built, electric usage in that space was separately metered. Now all metering and charges are for the church property as a unit, which has more than double the square footage than before. Currently the entire annual electric bill is running \$3,000 per year; less than 1/3 what it was on a square-foot basis. This is at the high end of our expectation. Something to consider in this excellent outcome is that it is highly seasonal: during summer months we actually pay nothing for electricity, e.g. more is sent back to Central Hudson than is used; also a big contributor to the overall reduction in cost. Also, we have been replacing incandescent lighting with LED equivalents throughout the church property: this is adding to cost reduction as well.

The Church community is indebted to all the church members and other groups that contributed to paying for the photovoltaic installation portion of the building program. We had hoped be able to show the individual contributions by each solar panel but this has proved impractical. We do, however, intend to memorialize the Solar Campaign that was over and above the building program per se; through a listing of who contributed and dedicated each of the 90 panels.

None of the above savings include the benefit of reducing the impact to climate change by reducing carbon emissions. In fact, if solar electric is introduced on a global scale similar what we achieved at FPUPC, it would mitigate the vast worldwide climate-related disruptions caused by global warming. So kudos to the many members who contributed to and supported this effort.

~ Rich Roeser

WHAT HAPPENS TO YOUR OFFERING AFTER IT GOES IN THE OFFERING PLATE?

All offerings are taken to a secure place in the church where it is counted by a team of Deacons and Elders, usually 2-3 persons. All information is entered into the church financial files through a Church management computer program. Loose cash is identified as from an unknown giver and recorded in the Regular Offering designation. Cash in a plain white envelope without a name is also treated that way. Cash in a special envelope such as One Great Hour of Sharing or Pentecost goes into that specific account, again, as an unknown giver if neither a name nor envelope number is specified on the envelope.

Checks and cash in the numbered envelopes enable counters to enter both name and purpose in the giver's record. When givers receive a financial giving statement from the church, they are encouraged to check that statement against their own records.

After entering all offerings, verifying the cash with the entries and verifying the checks by amount and check number, the bank deposit is completed with printouts and sealed in a large envelope that is taken to the bank.

Some donors use our online giving option which is found on our church's website. This is also a secure way to transfer funds occasionally or on a regular recurring basis from an individual's bank account to the church's bank account.

If you have any questions about these procedures, feel free to talk to Carol Webster or Rev. Lent.



Congratulations to the following High School Seniors who are receiving scholarships from the church. We wish these students all the best in their college pursuits. ~The Scholarship Committee

Caileigh Finck - Elon University
Ethan Heinly - Dickinson College
Rebecca Johnston - Dutchess Community College
Kimberly Johnston - University at Buffalo
George Johnston - Dutchess Community College
Kevin Klausz - Northwestern University
Maya Payman - University of Texas
Amy Weiss - University of Connecticut



Lending a Helping Hand by Donating Food

June is Cans or Jars of Fruit

Thank you for your generous support of our goals for the Food Pantry this year. What a blessing it has been, we have reached our goal almost every month! Check out the progress chart in the Lobby. The Food Pantry shelves are in need of restocking. Donations are down this time of year, but the need is growing. Please consider bringing any extra canned goods, personal care items or cleaning supplies you may have in your pantry. If you buy one and get one free, consider donating the free one.

In June, we are hoping to donate over 100 cans/jars of fruit. This is a really easy one, just grab some cans from your pantry. Try to bring a donation every time you come to church. Even the single serve fruit packages would be a great donation.

Over the summer, July and August, the request is simple. Please bring in toiletries, such as toilette paper, bars of soap, disposable razors, deodorant, baby wipes, toothbrushes, toothpaste, or laundry detergent. Powdered drinks such as ice tea and lemonade are always appreciated during the summer months, as well. The food donations are always down in the summer months, so any shelf stable food you wish to donate is always greatly appreciated

Thank you again for all your support and keep up the good work,

~Nancy Townsend

Gentle Yoga Practice

There is a lot of deep breathing going on in Fellowship Hall on Thursday mornings! Come and see what it is all about. Join our gentle yoga class to learn some easy moves to improve your balance, mobility, and de-stress. Mats are available, so if you just want to try it out, feel free to just show up, no previous yoga experience needed. Everyone works at their own level. There is no commitment, come when you can. Friends, family, neighbors are all welcome. Join us and see how relaxing and beneficial it can be!

No yoga practice on June 27th or July 4th

Time: Thursdays from 9:15-10:30am.

Cost: A canned good to donate to the Food Pantry.

For more info: Nancy: home: 221-9063

Email: Nancy@ntown.info



JUNE SUNDAY SCHOOL SNIPPETS

It's time to wrap up another Sunday School year! We would like to send a huge THANK YOU to all our teachers for the time and work they put into our program.

Pre-K—1st Grade: Judy Walters, Dinah & Amy Weiss, Tracy Meinel

2nd-5th Grade: Adeline Anderson, Jen Barry, Annvida Kellermeyer

6th-8th Grade: Howie Ignal, Doug Kellermeyer, Chris Cornell

Please consider being a part of our Sunday School program next year by stepping up to teach, assisting the teacher, or to substitute. Please contact Alix by email: nystwife@gmail.com if you are interested.

SUNDAY SCHOOL DATES FOR JUNE 2019

June 2 – Regular Sunday School

June 9 – Children's Fellowship (Pre-K—8th Gr)

June 16 – Children's Sunday & Teacher Recognition; Father's Day; Last Day of Sunday School

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

BACKPACKS, SUPPLIES & MORE – Once again, we are counting on your help to supply 1,200 children in need with backpacks filled with back to school supplies. Your help is vital in making this happen. Again this year, we are asking for your understanding as we aim to lighten the workload, and to keep things uniformed. We are discouraging the donation of supplies, and we are encouraging financial donations. Thank you for your understanding, and for your continued support. To donate, please visit the church website at fpupchurch.org and click on the Online Giving button, scroll to the section that reads one time donations, go to other contribution, fill in the dollar amount and type the word BAM in the box to the right of your monetary donation. You may also make a check payable to Freedom Plains United Presbyterian Church (please write BAM in the memo section of your check), and place it in the offering plate, or leave it in the church office. If you have any questions, please send an email to backpackssuppliesandmore@gmail.com.



HERALD - HEALTH MINISTRY

Mother's Little Helpers

How many of you have seen people out in the public teeter tottering through life? One bump and down they will go and risk a hip or wrist fracture. Makes you wonder why someone would put themselves at such risk – pride, refusal to admit they need help, or denial of aging. The risks can be great resulting in whether you can age in the comfort of your own home or end up in long-term care. My mom used to say she wouldn't be caught dead in public in a wheelchair. That seriously limited where she could go. I instead would use wheel chair, rollator, cane to help me get where I wanted to go. Don't let mobility issues limit your life. There is great equipment out there that can help you. Don't be afraid to use it and make your life easier.

Over the past few years I have been stopped and asked where I got my pretty canes and mod rollator. Too bad I don't own a mobility device franchise. I could sell a lot of these. I thought I would share information on equipment that I have used and find a useful asset either temporarily or permanently. This equipment can be used for rehabilitating hips, backs, knees, strokes, neurological disorders, arthritis. They work well (I use them) and are worth the investment.

Prior to surgery Brigham & Women's Hospital recommends Peggy Huddleston's Prepare for Surgery, Heal Faster book & C.D. It teaches mind-body techniques to reduce anxiety, use less pain meds, heal faster, reduce chemo side effects. I bought mine on Amazon.com and used it for days before the surgery. It was a major help. Brigham & Women's even sells it in their gift shop.

My rollator is made by Drive and is called a Nitro-eco rollator. Can be bought at various medical supply companies or on-line, Amazon, etc. Comes in petite, regular, and tall. Cost approximately \$215. Worth it! It has large wheels good for lawn, gravel, pavement. Canes come from C.V.S. or Walgreens. I now have a 3-wheel rotator that is light weight and carries in trunk easier. No seat with 3-wheeler. This one is made by Carex. Just got it. Replaces cane for balance – turns quickly. If you need more stability stay with 4-wheel rollator model.

People who have trouble getting in and out of tub-shower combo would find it easier to use transfer bench to slide into shower and shower in seated position. Don't sit down in tub if you have mobility issues. Too great a risk. If you don't need transfer bench, shower seat might help. Both can be purchased at Walgreens, C.V.S, Rite-Aid. Check the back room in the old basement of the church. I keep donated equipment there.

I have found I have to travel with a step stool to get into the new higher beds in hotel rooms. Found it weird that handicap accessible hotel rooms still need step stool to get up into bed. Have pointed this out to management.

Post spine or joint replacement surgery occupational therapy provides equipment to take home, which includes long shoehorn, long grabber, long foot cleaner, sock putter-oner. These are great gadgets for anyone having trouble bending or twisting due to medical reasons. You can get these at medical supply store or on-line at Amazon.com or Sammons Preston Rolyan (1-800-323-5547). I bought extra grabbers. They are great!

For people who love to garden there are garden scooters that allow you to sit and wheel through your garden to weed. Raised garden beds work great with this approach. Garden scooters are available online at Gardeners.com, Plow & Health, and Kotula.com.

Hope these tools help you live a more mobile life. They have helped me adapt to my challenging environment.

Happy Father's Day to all the dads!

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



Dorothy Beverly, Bonnie Biskup, Jagger Biskup, Sandy Brady, Mike Barnet, Nancy & Frank Brinckerhoff, Rich Browne, Kelly Burghardt, Norma Chalmers, Chris Cornell, Laura Dickson & family, Doris Hill, Marlene Galow, Jane Kelly, Ruth Martyn, Ruth McComb, Doris Meier, John Miglis, Ken Moody, Stephanie Pratt, Beverly Roosa (Cindy Payman's mother), Carol Schweitzer, Terrence & Mary Ann Scott, MaryJane Taxter, Anna Tompkins, Mary Louise Van Winkle, Ann Vaughan. Continued prayers for baby Leif Eulich and family.

Prayers for Bereavement: *For Tracy Meinel on the loss of her father.*