

THE HERALD

Freedom Plains United Presbyterian Church
Founded 1827



March, 2020



From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.

Luke 12:48

Dear Friends,

What a wonderful day this past Sunday was. Church was filled, we celebrated two baptisms and we welcomed a new piano. It was wonderful seeing our beloved music director so happy. In the evening, at a reception in fellowship hall, we said thank you to the congregation for their generosity and acknowledged a monumental accomplishment, the building is 100% paid off! At the reception, a great supporter of the church and its ministry asked me a profound question, "What is next?" I did not have an answer.

When you think about Freedom Plains United what do you think God is calling us to do? What opportunities do you see for our ministry, our outreach, and our life as a congregation? After a Sunday like this week, I hope you share my optimism that we have the ability to accomplish so many things as a community of faith. However, we are not able to do everything. We must discern, we must pick and choose our priorities. We must also understand that not picking, not choosing goals and priorities is also a choice.

Please think and pray about what God is calling us to do. How are we being called to serve our Lord and Savior? What's next for our life together here at Freedom Plains United?

Yours in Christ,

Paul

FPUPC ANNOUNCEMENTS

SAVE THE DATE FOR OUR FINAL LUCKY PIANO SERIES FUNDRAISER: THIS SATURDAY, MARCH 7TH AT 6 PM - Join us for "In My Life" a cabaret with Alix Hoffmann, voice, Lorraine Nelson Wolf, piano, and special guests. Reception to follow (not a potluck). Please RSVP to Alix if you plan on attending the reception: (336)-926-2202 (text is fine)

TREAD LIGHTLY FOR LENT - 2020 The Earth Stewards are offering you a copy of a Lenten Calendar from the Presbyterian Hunger Program to assist you in daily devotions this Lenten season. Copies can be found on the table in the hallway near the Sanctuary entrance. Or you can download it yourself, to get easy access to the links it mentions using <https://tinyurl.com/Lent-Calendar-2020>. Another resource that is also available is from Presbyterians for Earth Care which can be downloaded from <https://tinyurl.com/PEC-Lent2020>. This resource has timely reflections and prayers from various clergy and lay people active in caring for the earth. Let's all have a meaningful Lenten Season!

LEARN THE VALUE OF COMPOSTING! Maybe you can't turn water into wine, but you can learn how to turn your food waste into nutrient-rich soil! Earth Stewards Committee invites you to a free lecture on "Composting for the Home", Saturday, March 21. "Meet and Greet" starts at 1:30 pm in Fellowship Hall. The one hour lecture will start at 2 PM. A Master Gardener from the Cornell Cooperative Extension will be the speaker. Come join the fun!

LUNCH BOX - On March 15th we will be preparing and serving a corned beef meal at the Lunch Box. We especially need help with monetary donations to purchase the meat, a prep crew, and food donations (brownies, corn bread, juice, etc). Please stop by Fellowship Hall after church to sign up to help us! Thank you!

8 WEEK BIBLE BASICS – Sunday's 11:30 am – 12:30 Starting February 2 – March 22 in the meeting room. What is the Bible and what does it say about God? How to find my way around the Bible? Looking at the backstory. Who was Jesus? These are just some of the questions we will explore. Please register in the office.

LOADED BAKED POTATO DINNER & CHILI COMPETITION FUNDRAISER- March 15th at 5:30 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.

CHILI MAKERS WANTED - Looking for volunteers to make chili, any type, for our Appalachia Service Project fundraiser, help preparing salad, making bacon and setting up tables on March 15th! Please speak to Jennifer Barry, 473-5421.

DEACONS NEW MINISTRY – Hope On A Mission (H.O.A.M.) – Restoring dignity with love and grace to homeless & addicted women in Poughkeepsie. Deacons are collecting single-serve beverages/water, crackers, cereal, chips, panties, and socks. Travel size: toothbrush/past, body wash/shampoo/conditioner. Purses, cosmetic bags, pencil cases, zip-loc style baggies (sandwich, quart, and gallon sizes) full size boxes of wipes, tissues. Box in hallway.

SCHOOL OF SACRED MUSIC

The School is off to a good start with a beginning bell class for adults and youth that began in February. Our next class, a recorder ensemble, begins in early April. This is a beginner's class open to children in 4th grade and up and adults who have had some prior recorder playing experience. We have purchased nine instruments: a bass and a tenor recorder, three alto recorders and four soprano recorders, which will be available for students to use.

Upcoming classes in May include a Mommy and Me Chimes class led by Lorraine Nelson Wolf and a flute choir led by Julie Donato. More information and registration forms for all classes will soon be found on the church's website. Since there is a limit for each class, early registration is encouraged.

We are very excited to have our new sanctuary "Lucky Piano" in place. This gorgeous 1925 Steinway L has a full, rich tone and a beautiful flame mahogany case. Expect to hear it often! We thank everyone who contributed to the Lucky Piano Fund. "Lucky" would not be here without your financial support. A special thanks goes to all the singers and musicians who donated their time and talent for all the wonderful concerts.

The final Lucky Piano fundraising event is Alix Hoffman's cabaret entitled "In My Life." Join us on Saturday, March 7th at 6 pm for the concert followed by a reception (not a pot luck). Please RSVP to Alix at 336-926-2202 (text is fine) if you plan on attending the reception. Donations from this concert will go to the School of Sacred Music.

Speaking of concerts, please mark your calendars for the Lucky Piano Dedication Concert on Sunday, May 17th at 5 PM. Lorraine Nelson Wolf and special guests Diane Wassick, Julie Donato, and Jay Shulman will present a program of works for flute and piano, cello and piano, and four hand piano including Brahms and St. Seans. A reception will follow.

Want more information on any of the above? Email Lorraine Nelson Wolf at rain@nelsonwolf.com.

Submitted by the School of Sacred Music Committee

Lorraine Nelson Wolf - School Music Director

Annvida Kellermeyer - Administrator

Paul Lent, Diane Wassick, Bob Russo, Suzanne Williams, Sheila Newman - committee members

BIBLE STUDY – Wednesday's at 4:00 pm in the Library.

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 2020 per capita is \$38.80 per member.**

MEAL TRAIN – We are providing meals on Friday nights for Nancy and Tommy Brinckerhoff (no dairy or spicy foods). Please visit our Meal Train with this link in order to sign up for a meal. <https://mealtrain.com/8yrvl8>.



Lending a Helping Hand by Donating Food

March is Mac and Cheese Month

For the month of March, we have set a goal of collecting 100 boxes of macaroni and cheese. Consider bringing a box each week! Other pantry items are always appreciated, especially personal care items of toothpaste, deodorant, and bath soap. Thanks for helping and keep up the good work. ~Nancy Townsend

YOGA PRACTICE - There will be no yoga practice from March 12- April 9. Yoga practice will begin again on Thursday April 16 at 9:15.

TAI CHI EASY - There will be no Tai Chi Easy Practice from March 11- April 8. The new Spring Session will begin on Wednesday, April 15 at 3 pm. This will be a drop in practice, no registration required.

PRESBYTERIAN WOMEN HORIZONS BIBLE STUDY – At Stony Point Center, May 6-8, 2020. *Into the Light. Finding Hope Through Prayers of Lament.* Led by the Author and Artist – P. Lynn Miller. If interested contact Judy Hunt @462-3731.

VOLUNTEERS NEEDED FOR FOOD PREPARATION AND SERVING MEALS AT THE HOMELESS SHELTER: FPUPC serves meals to approximately 60 adults on the *fourth Wednesday of every month* in Poughkeepsie at the Gail Webster House, part of Hudson River Housing. The Mission Committee is looking for volunteers to help provide food and volunteers to help serve the meals in 2020. If you would like more information on the Homeless Shelter Meal mission, or would like to volunteer, please check the bulletin board or contact Susan Conrad (845-227-7499) or any member of the Mission Committee. Many hands make light work. *Thank you!*

IN OUR QUEST TO WELCOME NEW PEOPLE AND PROVIDE OPPORTUNITIES FOR ALL TO FEEL MORE CONNECTED TO OUR CHURCH FAMILY – Hopefully everyone is aware we have a table outside Fellowship Hall with lots of information about what is going on in the life of our church, as well as opportunities to get involved on many levels. Please note, this table will be moving to Fellowship Hall next to the Social Table, located to the right as you enter FH. This information is not only for new members or guests, but meant to be a resource for everyone to find ways to get involved and feel more connected to our church. There are packets for visitors, guests, or those just “entertaining” the idea of joining FPUPC. Please stop by the table for updated information. If you are relatively new and would like to meet others, or interested in getting to know more about some of our new members/guests, please gather round our “social table”. There will be nametags to help remember names. We are also planning quarterly social activities, and discussing additional ways to help everyone feel welcome and connected to our congregational family. If you have any ideas to help facilitate this goal, please contact Kristin Fandl at 845-226-1327.

STEWARDSHIP UPDATE! It is not too late to turn in a pledge, but please prayerfully consider your pledge to the church for 2020 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.



SUNDAY SCHOOL SNIPPETS MARCH

Even with this mild winter, the signs of spring are upon us and we're so excited! This month in Sunday School we will be starting our Spring session which will take us through June. If you are interested in being a part of our growing program next year, please contact Alix Hoffman (nystwife@gmail.com). Your contribution could be as little as teaching once a month or being a helper in our Pre-K – 2nd grade class. We need your help to continue making our Sunday School successful!

SUNDAY SCHOOL DATES FOR MARCH:

March 1st—Regular Sunday School; 1st Sunday of Lent

March 8th—Regular Sunday School; 2nd Sunday of Lent; Daylight Savings Time

March 15th—Children's Fellowship (Pre-K—5th Grade); Regular Sunday School (6th-8th Grade);
3rd Sunday of Lent

March 22nd—Regular Sunday School; 4th Sunday of Lent

March 29th—Regular Sunday School; 5th Sunday of Lent

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



Freedom Plains United has a culture of generosity and service. So many people help and serve without needing recognition or praise. In fact, when we started our capital campaign years ago, one thought was we could name certain rooms after donors or let the donors name certain spaces after significant contributions. It says something about this congregation that no one was interested, and yet people gave anyway. This month I ask you to think about the people at church who jump in and do, just because they can. Please think about who they are, what they do, and find the opportunity to say "Thank you" to them in a note or a word at fellowship hour or even in the parking lot after a meeting. This month we recognize our culture here at Freedom Plains United, a culture that is generous with time and service. Thank you one and all!!!!



HERALD - HEALTH MINISTRY

Corona Virus – COVID19

New York State like other states has been preparing for a pandemic for years. In the past 16 years, I have been in classes about it. A pandemic is an outbreak of disease over a wide geographic area and affecting an exceptionally high proportion of the population.

Global travel for work or leisure has bought the world closer together for good or bad. What happens in one area of the globe can hop on a plane and travel to other parts of the globe. Problems like the Corona Virus (COVID19) must be addressed as a worldwide community – keeping each other safe.

Do not panic. We have had other diseases spread around the world such as Swine Flu, SARS, H.N., Ebola and Bird Flu. With time and skill the experts have managed to keep most of us safe and we are still here. Listen to your health professionals, Dr. Anthony Fauci of NIH, C.D.C pros.

The Corona Virus (COVID19) is a new virus related to the viruses that cause the common cold. But unlike the common cold, it can be serious and lethal in some. The novel Corona Virus (COVID19) was first identified in Wuhan, Hubei Province China.

Symptoms range from mild illness to severe, even death. 98% of people who get this virus survive. Symptoms include fever, cough, and shortness of breath, which can appear 2-14 days after exposure.

Prevention includes avoiding close contact with those who are sick. Avoid touching face, eyes, nose, and mouth. Stay home if you are sick. Cough and sneeze into elbow. Wash hands for 20 seconds. Clean and disinfect frequently touched objects. If you have traveled to a high-risk area of the world (such as Italy) and have respiratory symptoms even without fever, you should be tested and stay out of group settings until test result are negative. You have to take responsibility for your own behavior. Get the flu shot. Boost your immunity by consuming more citrus and Vitamin C.

There was a shortage of test kits. Governor Cuomo has permission from the C.D.C. to test at centers in N.Y. It takes hours for results rather than days. There is no specific treatment of the novel Corona Virus. Symptoms are treated as they appear.

The best way to deal with this virus is through testing, isolating, treating and quarantining those who test positive. Hospital treatment is for those who are very ill.

So be well and safe. Go about your lives being thankful and appreciating the return of Spring and daylight savings.

Bonnie Biskup, Parish Nurse
Freedom Plains United Presbyterian Church
March 2020

C.D.C.
N.Y.State.gov



Bonnie Biskup, Sandy Brady, Nancy Brinckerhoff, Evan Burrow, Cynthia Fritz, Carolyn Hoffman Kaminski, Jane Kelly, Ruth Martyn, Doris Meier, Lois Miller, Ryan Nichols, Beverly Roosa (Cindy Payman's mother), Terry Scott, Mary Jane Taxter, Chris Wagner. Cecil Wiarda (Sally Kemink's father).

Joy: *Nancy Brinckerhoff celebrates her birthday today, March 3rd. Happy Birthday Nancy!*

Prayers for Bereavement: *For Renie Milliken and family on the loss of her daughter Marie's husband Steve. For the family of Jan Curry from New Zealand.*