



FIRST UNITED METHODIST CHURCH

# THE BELL

1 Gilligan Road, East Greenbush, New York 12061-1780

VOLUME 21 ISSUE 8

SEPTEMEER 2019

## **At Church on Sundays:**

- ◆ Early Informal Service  
8:30am - Outdoor Chapel  
weather permitting
- ◆ Regular Service 9:30 am
- ◆ Sunday School resumes  
September 8

## **Also on Sundays:**

- ◆ Worship at Hawthorne  
Ridge 1:00 pm

## **Visit us on the Web:**

[www.fumceg.org](http://www.fumceg.org)

[www.facebook.com/FUMCEG](http://www.facebook.com/FUMCEG)

**Phone:** (518) 477-9693

**Fax:** (518) 477-4336

## **Church Office Hours:**

9:00 am to 2:30 pm M - F

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## **Youth Ministries Email:**

[youthleaderamber@gmail.com](mailto:youthleaderamber@gmail.com)

Rev. Sundar R. Samuel,

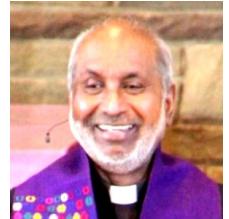
**Pastor**

Gail Welkley,

**Administrative Assistant**

*Dear Members and Friends,*

It is hard believe the summer of 2019 is almost behind us. I trust you and yours had some wonderful times!



Now is the time that the children get back to school and adults once more get used to living lives based on our children's schedules. Well, those of you who have already passed that stage in life and have a little more time to yourself, I hope you are involved in church and other activities to nurture your lives, making new friends, building on old friendships and using your gifts and graces in building the kingdom of God through your church and its activities.

As I look at my Lay Leadership roster, I see a few vacancies to fill for our 2020 boards and committees, so that the First United Methodist Church of East Greenbush will grow numerically and spiritually accomplishing what God has called us to do.

The church is actively looking forward to hiring a new Coordinator of Christian Education for Children and Youth in the next few months. I covet your prayers that we be give wisdom and grace to choose that individual who will lead us forward in building and growing our Christian Education programs.

I am looking forward in meeting each one you on **September 8**, 2019, our Rally Day! Great programs are awaiting children, youth and adults of all ages. Fabulous musical anthems by our Sanctuary Choir and Bell Choir presentations, meaningful and Christ centered worship services are only a few weeks away. I hope you will give yourself some time away from the urgent things in your lives and be here on Sunday to worship, nurturing your souls and receiving joy from fellowship with your church family friends.

I just want to share a thought about Sunday. What is Sunday really about for us Christians? How can we fill it with the kind of things that really matter to God? The challenge for Christians is to come to an understanding of Sunday as full rather than empty. This is not the kind of fullness that comes with our usual hectic sense of busyness. Sunday should be about the fullness of things that matter to God.

What if, instead of cramming Sunday as full of busyness as the other six days of the week, Sunday were a day we lived fully in the spirit of being set free by Jesus? Jesus sets us free to

*(Continued on page 2)*

*A Reconciling Congregation*

(Continued from page 1)

participate in God's healing of creation, to live each Sunday with an eschatological view. Jesus invites all of us to join with him in celebrating our freedom by living into God's mighty acts of healing wherever we maybe.

Maybe that means befriending someone who is homeless and hungry, or caring for creation in our local community, or mentoring a child with very challenging circumstances at home. When we live into God's healing work in the world, then we are fully alive as children of God.

Friends, Sunday invites us to join a much bigger story about the way of God's way of healing in the world. When we join in God's way of healing, we are living in the freedom God gives us to live as God's children in the world.

I hope to see you all on Rally Day and worship with you and yours.

God's blessings are upon you and yours.

Grace and Peace,  
Pastor Sundar

## MEET OUR NEW PEER MINISTER, BRENDAN MURTAGH

Hello Everyone, my name is Brendan Murtagh. I am the President of Cornerstone Campus Ministry over at UAlbany. I'm also the Bible Study Coordinator, so I lead a Bible study there every other week. I really enjoy being involved in Campus Ministry. It's a great way to enjoy fellowship and to engage with the community.

I'm a senior at the university studying economics, and I've always enjoyed math and been interested in solving problems. My hometown is in Westchester County, just a couple of hours south of East Greenbush. Though, I've come to love upstate New York. In my free time, I especially like to go hiking up in the Adirondacks with friends. I'm happy to be representing Cornerstone in East Greenbush, and am excited to meet you all! Looking forward to seeing you at Sunday Worship on **September 8<sup>th</sup>**.



## AN INVITATION TO TAKE A WALK



I asked Pastor Sundar why someone should participate in a **WALK TO EMMAUS WEEKEND**. "To discover yourself." You may call it a "short course in Christianity" or use other language to describe the Thursday-to-Sunday experience, but whatever words you use, it will be an experience to remember.

Look at Luke 24:13-35, the original story of the walk to Emmaus. Think about getting on the list to go. The Women's Walk is **September 26-29** and the Men's Walk is **October 10-13**. Speak to Pastor Sundar today, while it is fresh in your mind, and so that the Emmaus Team has time to prepare a spot for you. Or ask anyone else in our church family who has "done a weekend". You can also call the church office for more details. -- GEH

**THE BELL** is published monthly (with the exception of August) by the First United Methodist Church, 1 Gilligan Road, East Greenbush, New York 12061-1780. September, 2019, Volume 21, Issue 8. G. Herrick, **Editor**; S. Samuel, G. Welkley, **Editing Team**; J. Van Ornam, **Proofreader**; K. Van Buren, B. Van Ornam, **Production Team**; R. Reineke, **Photographer**; L. Heyer, **Mailing Coordinator**  
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## WORSHIP AT FUMC IN SEPTEMBER

September is a month of changes. The big one - school starts. That's local grade school and high school, colleges near and far and, of course, Sunday School. You will have to check your calendar for grade, high and college schools; the date for the start of Sunday School is **September 8**. That's Rally Day. There is one Sunday before that date, **September 1**. For some that will be very busy because they will be on the road for the last holiday of the Summer season, Labor Day. The first Sunday of the month is also a busy day here at the church. Holy Communion is part of each of the four services that day. Early service, regular service, Hawthorne Ridge and the Riverside Nursing Home service that we lead the first Sunday of each month.

Yes, Rally Day marks the start of the 2019-2020 church activity year. For example, many of the musical groups begin their fall rehearsal schedules that week. The last Sunday in the month, **September 29** will be Staff Appreciation Sunday. Come help celebrate, come each Sunday and start your week with worship.

From **September 15 to October 15** our church celebrates **Hispanic Heritage Month**. The United Methodist Hymnal supports the celebration with the hymn (#434) "Cuando El Pobre" ("When the Poor Ones"). Jose Antonio Olivar and Miguel Manzano, two Roman Catholic priests from Madrid, Spain composed the hymn in 1971. Discipleship Ministries tells part of the background of this music. "The text of "Cuando El Pobre" was partially inspired by the story of the disciples on their way to Emmaus after the crucifixion of Jesus. At the moment they experienced the greatest sense of loss and abandonment, they found Christ walking beside them (Luke 24:13-35)."



Pastor Sundar is planning to fill the pulpit all five Sundays of the month.

To our Jewish friends and neighbors a special greeting for Rosh Hashanah, the Jewish New Year, **September 29**. One commentator says, "Rosh Hashanah is a fantastic holiday. At the core, it's about cleaning up . . . your life so that you can start the new year with a clean slate. It's the perfect time to take stock of your life and do some soul searching about how to be a better human."

Here is the lectionary for September:

**September 1 Twelfth Sunday After Pentecost** Jeremiah 2:4-13;; Psalm 8:1, 10-16;  
Hebrews 13:1-8, 15-16; Luke 14:1, 7-14

**September 8 Thirteenth Sunday After Pentecost** Jeremiah 18:1-11;  
Psalm 139:1-6, 13-18; Philemon 1:1-21; Luke 14:25-33

**September 15 Fourteenth Sunday After Pentecost** Jeremiah 4:11-12, 22-28; Psalm 14;  
Timothy 1:12-17; Luke 15:1-10

**September 22 Fifteenth Sunday After Pentecost** Jeremiah 8:18-9:1; Psalm 79:1-9 or  
Psalm 4; 1 Timothy 2:1-7; Luke 16:1-13

**September 29 Sixteenth Sunday After Pentecost** Jeremiah 32:1-3a, 6-15;  
Psalm 91:1-6, 14-16; 1 Timothy 6:6-19; Luke 16:19-31

## OH, TO BE AN USHER...!

We now have a number of people who have volunteered to be ushers for the 9:30am worship service. There is a sign up sheet for the year in the foyer if you want to join us. If you are thinking about being an usher and never have been one, please talk with Patty Chartrand or a member of the Worship Committee and come to an ushering meeting either in September or early October (look in the bulletin for the time). This meeting will go over the duties and guidelines, plus it will also be on "What do we do in case of EMERGENCY?" See you in church.



## MUSIC MINISTRIES

### CHERUB CHOIR

The Cherub Choir is made up of children age 3 to grade 3. Yes, 3-year olds can surprise you sometimes. They rehearse Sundays 10:45 am to 11:00 am and sing in church once a month and for special occasions. The first rehearsal will be **Sunday, September 8**. Questions? Contact me in person or by email at [1052turtle@gmail.com](mailto:1052turtle@gmail.com).

### CHANCEL CHOIR

Chancel Choir is for youth grades 3 – 4 and up. We will learn to read music and sing in church once a month and for special occasions. We have blue and silver robes. Rehearsals are Sundays from 11:00 am to 11:20 am. The first rehearsal will be **Sunday, September 8**. If your child has an interest, please email me at [1052turtle@gmail.com](mailto:1052turtle@gmail.com). We can always use more voices.

### CHIMEttes

The CHIMettes will meet Mondays 5:30 pm to 6:15 pm. They will play once or twice a month in church and for special occasions. This group is for children in 4<sup>th</sup> grade, possibly 3<sup>rd</sup>, and up. The first rehearsal will be **Monday, September 9**. Please see me or email me at [1052turtle@gmail.com](mailto:1052turtle@gmail.com) if your child is interested.

### THE EmBELLishments

The Bell Choir rehearses on Tuesdays from 6:30 p.m. to 8:00 p.m. We play once a month and also do outside performances. There are also opportunities to attend workshops, conferences, and concerts. We are looking for new people to either play regularly or substitute. The first rehearsal will be **Tuesday, September 3**. If you have any questions, please speak to any member or myself. You may leave a note in my folder in the church office, email me at [1052turtle@gmail.com](mailto:1052turtle@gmail.com) or call 518-368-6514.

-- *Cynthia Reineke*

### AN OPEN LETTER TO THE SANCTUARY CHOIR

We will resume our regular schedule **Thursday, September 5**, 7:00pm and **Sunday, September 8**, 8:45am...a couple of things...

I want you each to think of a friend, from church or not, and invite them to join us. There are people sitting in the congregation and friends in the community, who can sing and use the fellowship of the choir as much as we can use them to be part of us. It might even be a family member.

I would like us to sing once a quarter at Hawthorn Ridge and Riverside. We can use the same Anthem as the 9:30 service (this brings such joy to the people at those services and I would suggest doing this in memory of Helen Gustafson who rallied every time we did this for her).

I am looking forward to the continuation of our spiritual journey together. I will bring cake for the covered dish so we can celebrate the summer birthdays. **Everyone please respond if you will be there or not and what you are bringing: Main Dish, Side, Salad, or Beverage!**



In his spirit,  
Herb

## The Sanctuary Choir is Looking for New Members

Do you enjoy singing? Are you in Grade 9 or older?

Do you like to laugh and have a good time and grow spiritually?

Do you enjoy the music on Sunday mornings and holidays?

If you answered **YES** to any of these questions, you should consider joining the **CHOIR!**

You do not need to be able to read music! There is no better time to join the choir.

We are starting a new season, with new music, so everyone is on the same level.

### First Fall Rehearsal

Thursday, August 29th

Covered Dish Dinner 6:00 pm Rehearsal 7:00 – 8:30 pm

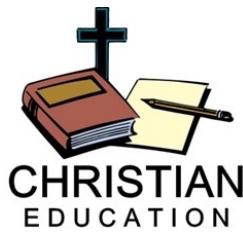
#### The Choir Room

All are welcome to join us and see what you are missing.

We hope to see you there.



## CHRISTIAN EDUCATION MINISTRY



**CHRISTIAN  
EDUCATION**

"Times, they are a changing..." Sunday School will start up in September with a great Rally Day welcome back program coordinated by Amber Beichman and a committed band of teachers. Heidi Gran has seen her son married this summer and is happily planning on being a grandmother and helping to take care of her new grandchild, once he/she is born. We thank you for completing our Sunday School questionnaire about how we can best meet Christian Education needs of your children and you. We have lots of exciting new ideas and look forward to hearing yours. If you haven't completed your questionnaire or need a new copy, please contact Amber or a member of SPRC (Staff/Parish Relations Committee). Finally, applicants are being interviewed by SPRC and it is our hope that a new Christian Education director will be hired by October.

Amber will be running our Youth program. This summer, the Clarks three...Laura, Kevin and Emily... attended our District Leadership training program and the next week they, plus Victor Giso and Kassandra Gran had a moving and life changing week at **Youth 2019**. The youth-run **Friday Night Alive** services will continue this year with 4 contemporary services held on Friday evenings, dates to be announced. Our Facebook website is up and running, filled with announcements, photos, and shared thoughts.

Bible studies are being organized for the fall and spring by Kevin Conley and Pastor Sundar (look in the Sunday bulletin for times and dates). Deb Samuel continues to lead a fun older adult Bible Study incorporating their life stories on Monday afternoons at 3:30pm at Hawthorne Ridge. The Tuesday Morning Study Group continues to meet in the Lounge 9:30am - 11:00am to discuss thoughtful and sometimes challenging books. SOS (Supper on Sundays) has one program planned for **November** focusing on the topic of immigration and two other nights planned focusing on travels near and far by members of our Church community. We are holding another Red Cross Blood drive in honor of Lee Pierce on **Friday, January 31, 2020**.

The Education Ministry would love to see new members attending our three meetings during the program year 2019-2020...we need your ideas and help as we develop Christian Education programs that challenge and nurture us, that help us understand who we are in a rapidly changing digital world and that help us live lives worthy of being called Christian. Please contact Carrie Larson with your thoughts, ideas and interest in participating in the Education Ministry.

## WELCOME BACK SUNDAY SCHOOL FAMILIES!

During the transition to a new person as the Christian Education Coordinator, Amber Biechman will be working with a team to help make Sunday School runs smoothly during the month of September. If you have any questions she can be reached at [youthleaderAmber@gmail.com](mailto:youthleaderAmber@gmail.com).

All parents are being asked to fill out a new registration form updating your information. Please see the front lobby for the form, and put it in the Sunday School mailbox in the church office when completed.

Sunday School Rally Day is **September 8, 2019**. Please meet Amber, the Youth Leader, in the front hallway between the Nursery Room and Youth Lounge at 9:25 am. We will parade into Church during the first hymn. After the Children's Time, we will then go to the Fellowship Hall for a Super Sunday of music, bible story, crafts and more.

Sunday School will run as normal for the rest of September. We will be bringing back an alternating schedule for the first 15 minutes. Some Sundays the children will go to Church first and other Sundays they will go to the Fellowship Hall for worship music. Please look for the sign to let you know where to have your Sunday Schooler go.



## WE'D LOVE SOME SUNDAY SCHOOL HELP

We are very excited for Sunday School to start but we need your help -- even if you might not want to teach. We are also looking for Sr. High Youth to help assist in a classroom as well.

### **Ways the Sunday School can use your help:**

- Volunteer your time to teach. Please sign up using the link below. If you are having trouble, please email Amber saying you would like to teach, or see her in church) <https://www.signupgenius.com/go/8050845A4A629A7F85-September>
- Donate gently used toys. We are in need of Nursery and Pre-School toys to update their rooms.
- Sunday School is hosting Coffee Hour for Rally Day. If you would like bring a snack to share that would be greatly appreciated. Rally Day is **September 8th**.
- Help organize a classroom. From time to time the classrooms can get unorganized especially when there are many groups using them. If you are someone who likes to organize, please let Amber know.

We are volunteer-based program and depend on volunteers. With your help Sunday School can be a great success.

**Any volunteer that is spending time in the classroom must have the church do a background check on them and must complete Safe Sanctuaries® training. You can get forms from Amber or the church office.** Background checks only need to be done once.

Sign up to Teach! Link below!

<https://www.signupgenius.com/go/8050845A4A629A7F85-september>

## UNITED METHODIST YOUTH FELLOWSHIP



Welcome Back! I am so excited for this year and what 2019-2020 has to offer. I can't wait to hear about your summer, **Youth 2019**, vacation trips, Skye Farm and I am sure so much more. I hope you've been following the **fumcyouthgroup518** Instagram.

Our First Youth Event will be all Youth for a Game Night on **Friday, September 13th** at 7:00 pm. Come hang out with your friends and be ready to play games! New and old!

We will have Youth Group at church on **Sunday, September 22nd** from 11:00am - 1:00pm. Lunch will be provided. We will be discussing our upcoming trip to Skye Farm, the menus, and more. We will also discuss the plans for **Friday Night Alive**, and other youth activities. Then we will play an awesome game.

**September 27-28th** The UMW is hosting the Thrift Sale. Please come to help. I will be there Friday night to help the UMW.

If you would like to go on the Skye Farm camping trip **October 4-6th** (no cost), please let me know by **September 22nd**.

God Bless,  
Amber Biechman, Youth Leader

## UNITED METHODIST WOMEN

The Fall Thrift Sale is **Friday, September 27** from 5:00 pm - 8:00 pm and **Saturday, September 28** from 9:00 am - 12:00 pm (Bag Day) with a Snack Bar both days. We will be collecting on **Sunday, September 22** after setup and after church. No construction material or large furniture please. We have a list for places to donate large furniture. Please note time to bring things in has changed; **Sunday 9/22** 12 noon-4pm; **Monday through Wednesday (9/23-9/25)** 9am-7pm, **Thursday (9/26)** 9am -5pm. Please bring in any large amounts of donations by noon on Thursday. Thank you from the Thrift Sale Team.

### WE NEED HELP WITH EVERYTHING

**September 15** is a Thrift Sale team meeting. We have major changes with layout and need to go over it before the sale. Please - all involved, even with sorting, please attend.

UMW business meeting on **Monday, September 9th** at 7:00 pm in room 16.

A note to everyone about the church gardens. There has been a lot of cleaning up with the gardens this year. Our Master of Gardening Linda Marshner has had a very busy year personally and has needed much help. I have been helping with only two hours a week to clear weeds. I felt called to do so but there is always more to do. Just volunteer an hour (ask Peter Larson what needs to be done) then Linda's work will not be so overwhelming.

Thanks,  
Patty Chartrand



## HELP WANTED!



Jesus believed that fellowship among Christians was very important. Our fellowship time following the 9:30am Sunday worship service is our time to visit with friends and welcome newcomers. Coffee and fellowship seem to go hand in hand. Even Jesus enjoyed a freshly brewed cup of coffee to start the day with his disciples, (at least according to the Internet). **Would you consider hosting one of our coffee hours between September and June?**

**June?** Many of our committees and ministries are helping out but there are still slots available. Please sign up for a Sunday. It only takes a couple of people to set up the table in Fellowship Hall, prepare the coffee and juice (provided by UMW), and clean up afterwards. The sign-up sheet is in the lobby. Thank you.

## YEE HAW VACATION BIBLE SCHOOL A SUCCESS



This year, VBS used a weekend curriculum that taught one Bible Point, "God gives good gifts." We learned about the birth of Jesus, His death and resurrection and how this was God's greatest gift to us. During the *Project With a Purpose* station, the children created 21 dry soup mix packages which were delivered to St. Paul's Center for women and children in Rensselaer. We also sang many songs, played fun games and ate delicious meals. 18 children and youth attended and 12 adults volunteers helped to make this children's ministry a special summer experience with God. Thank you to everyone who participated and supported this event.

## FINANCE COMMITTEE UPDATE – AUGUST 2019

The Finance Committee has been working on the Financial Commitment Campaign for the 2020 Budget. That Campaign will begin **Sunday, October 6<sup>th</sup>** and end on Commitment Sunday on **October 27**. The Finance Committee is excited to share with you how your gifts support the ministries of our Church. We ask for your continued prayers and support throughout the Campaign.



The Finance Committee has also begun the work needed to create the Church Budget for 2020. We need budget requests from staff members, Ministry Chairs and Committee Chairs submitted by **Friday, September 27**. Requests can be left in the Finance Chair mailbox in the Church office or emailed to Colleen Rumsey at [colleenmrumsey@gmail.com](mailto:colleenmrumsey@gmail.com). If you are unsure about the amount you requested for 2019, please feel free to contact Colleen Rumsey.

## STYROFOAM RECYCLING



Please bring your Styrofoam peanuts and blocks to the garage at the far end of the church parking lot before or after the 9:30 a.m. service on **September 29th**. The Eco-Team will be bringing the Styrofoam to Shelter Enterprises in Cohoes to be recycled. Your Styrofoam needs to be clean and free of debris such as tape, cardboard or wires. Please DO NOT include food containers, even when cleaned. For more information, please contact Kevin Conley ([e.kevin.conley@gmail.com](mailto:e.kevin.conley@gmail.com), 518-253-4907).

## COFFEE HOUSES RETURN IN SEPTEMBER

Hope you save the following dates and join us at this seasons Coffee Houses on **Friday September 20<sup>th</sup>; Friday, November 15<sup>th</sup>; Friday, January 17<sup>th</sup>; Friday, March 20<sup>th</sup> and Friday, May 8<sup>th</sup>**. Performers have been tuning up, vocalizing, practicing dance steps and collecting jokes. Bakers have been trying out new recipes. All we need now is you, our wonderful audience, to be there to share in an evening of fun, food and friendship. Dollars donated at the door support local families in times of great stress. See you on **September 20<sup>th</sup>** at 7:00 pm in the Fellowship Hall.



## LYNN MINDERMAN BRINGS MESSAGE OF HOPE



On Sunday, August 18, we welcomed back Lynn Minderman of Qholaqhoe Mountain Connections. Lynn shared pictures of the college scholarship recipients who are sponsored by QMC with information about the hardships of the students and their families. Despite the many forces working against them, Lynn presented a picture of strength and determination.

Lynn's passion in helping others comes at least in part because she understands from personal experience how difficult growing up can be. She wants to provide opportunities for children that they might not otherwise receive. We have supported Lynn's organization for ten years. QMC provides food, medical care and educational opportunities for people in Lesotho, one of the poorest countries in Africa. As a Peace Corps volunteer, Lynn was able to see first-hand the poverty and

difficulties endured by the people. She was determined to help, and with the assistance of others, started QMC, established in 2009 in response to the dire needs of the population of the rural Qholaqhoe Mountain region of the country of Lesotho, a developing country geographically surrounded by South Africa. Lesotho is a mountainous country, mostly barren and plagued with erosion and the resulting poor soil quality. 75% of the population of 2 million people live in remote, rural areas and are subsistence farmers. Lesotho is one of the countries hardest hit by HIV, with the second highest HIV prevalence after Swaziland.

Our Missions Ministry is grateful to have the opportunity to be a blessing to Lynn and the people of Lesotho. If you would like to know more about QMC, please see John Schmidt, Kevin Conley, or visit the QMC website at <https://www.qmconnect.org/>.

Submitted by John Schmidt

## 50 YEARS OF WALKING

For 50 years, average Americans have come together to fight hunger in exceptional ways through the **CROP Hunger Walk**. These aren't politicians or celebrities - they're passionate (and compassionate!) farmers, students, members of a faith community, volunteers and more who care that the people they see on a daily basis are struggling.

The story of the CROP Hunger Walk goes back to 1969. Teens in Bismarck, North Dakota and York County, Pennsylvania decided it was time to do something for families who had to walk miles for food and clean water. So they walked...and, because they took that first step, hunger has forever been changed.



Today, millions of people across nearly every state have participated in what is now called the CROP Hunger Walk. Our walks of life may look different, but we move forward with the same vision: a world where every child has enough healthy food to survive each day.

Please plan to join the [Castleton CROP Walk](#) on **Sunday, October 20th**. One-quarter of all funds will be directed to the Anchor Food Pantry and Thrift Store in Castleton. Three-quarters of the funds help support the work of Church World Service(CWS) and its partners for hunger relief and development projects in the U.S and around the world. Walkers may register at [www.crophungerwalk.org/castletonny](http://www.crophungerwalk.org/castletonny) or may register with Kevin Conley (518-253-4907). Walkers ask friends and families to support them either with an on-line contribution or check payable to "CWS/CROP." On the day of the walk, we will meet at Emmanuel Reformed Church, 1150 Maple Hill Road, Castleton at noon for a light lunch, songs, a blessing, and some pictures and then ride in our cars 2-3 miles to The Anchor on Boltwood Avenue. The 1 mile walk and the 3.3 mile walk follow the same route for a while. If you cannot join the walk yourself, please support a walker. Every contribution helps bring some relief to those in need.



- ❖ Can you find five minutes to learn about "**the coffee church**"? After you look at the video at <https://www.youtube.com/watch?v=0vSSQJLnbgY>, please answer two questions. 1. How do you define the word "all"? 2. Could we be "the coffee church"?
- ❖ A couple of dates to keep in mind. On **Saturday, October 12** the UMW will sponsor a **BROOK'S BBQ** at the church. Plan your supper that day accordingly. On **Saturday, October 19** there will be a **WORK DAY AT SKYE FARM** to trim up from this year's camping season and to prepare for next year. More information at 1884 E. Schroon River Road, Warrensburg, NY 12885, phone 518-494-7170/email [info@skyefarmcamp.org](mailto:info@skyefarmcamp.org).
- ❖ The **CAPITAL AREA COUNCIL OF CHURCHES AWARDS DINNER** will be held on **Wednesday, September 18**. It's a great way to support the ecumenical/interfaith community and some of the people who have made a special mark in our community. Reservations are due **Friday, September 6**. George Herrick has more details.
- ❖ The Cornerstone Campus Ministry at the University at Albany will hold their **8<sup>TH</sup> ANNUAL PATRON'S DINNER** on **Wednesday, September 25**. Come support Brendan Murtagh, our new Peer Minister. Here's a chance for the "next" generation and today's older generation to share a meal, to share ideas and to listen to each other. Reservations are due **Thursday, September 19**. Questions, call the church office.
- ❖ Want to do something special this month? On **Friday, September the 27<sup>th</sup>**, how about celebrating **LOVE NOTE DAY**? What? Who? Here are a couple of lines from the internet, "In the era of text messages and hasty electronic correspondence, an old-good letter, especially written by hand, can be considered a rare and special gift. These letters're (sic) relics that are repeatedly reread and carefully stored." And, "Love Note Day can be for any family members or for long time friends, too. It's the perfect day to make someone feel appreciated through just a few heartfelt words." *Excuse me, can I borrow your pen?*



## PSYCHOLOGICAL FIRST AID (PFA) TRAINING OFFERED

Many of you have expressed an interest in attending a Psychological First Aid workshop. We are happy to announce that the Rensselaer County Department of Health Preparedness Division is partnering with several local libraries to offer some dates and space for this very important and educational training.

Come join us for an opportunity to learn valuable Psychological First Aid skills that can increase your personal resilience, healthy coping skills, and overall confidence - as recovery begins after the stress of a traumatic event, natural disaster, public health emergency or even a personal crisis. The 2½-hour workshop will consist of a presentation, several hands-on activities, video demonstrations and scenarios. A certificate of completion will be issued at the conclusion of the training.

**September 17<sup>th</sup>** at 2:30 – 5:00pm Grafton Community Library <https://www.surveymonkey.com/r/SignUpGCL>

**September 19<sup>th</sup>** at 6:00 – 8:30pm Stephentown Memorial Library <https://www.surveymonkey.com/r/SignUpSML>

**October 29<sup>th</sup>** at 2:00 - 4:30pm **East Greenbush Library** <https://www.surveymonkey.com/r/SignUpEG> or <https://eastgreenbushlibrary.librarymarket.com/node/10424>

**Disaster Mental Health  
Psychological First Aid**