



FIRST UNITED METHODIST CHURCH

# THE BELL

1 Gilligan Road, East Greenbush, New York 12061



VOLUME 26 ISSUE 3 - MARCH 2024

## At Church on Sundays:

♦ 8:30 am Early Informal Service

♦ 9:30 am Regular Service. This service also available live on

Facebook and YouTube. The Church's website has the links.

♦ Sunday School & Youth Group—see inside for details

## Visit us on the Web:

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

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

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

## Church Office Hours:

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

**Email:** [office@fumceg.org](mailto:office@fumceg.org)

## BELL/Bulletin (only) Email:

[editor@fumceg.org](mailto:editor@fumceg.org)

## Youth Ministries Email:

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

Rev. Danyal Mohammadzadeh  
**Pastor**

Gail Welkley  
**Administrative Assistant**

## A Closer Look at the Crucifixion - and More



Focusing on the magnificence of resurrection can lead us to close our eyes to the wounds of crucifixion. Yes, crucifixion was a traumatic event, not only for Jesus' followers, family, and disciples; but for the human Jesus who suffered on the cross. The vision of the naked, humiliated, suffering, bleeding Jesus who experienced fear and trauma is one we hear of often. We have heard it from the disciples' viewpoints frequently, but what would be Jesus' narrative? How did he experience it? Wasn't his resurrected body a

response to the trauma he endured at the hands of others? Why did the resurrected Jesus keep the scars from his crucifixion? He could have had any resurrected body he desired, and yet he chose one identifiable, mainly by his scars, that could be seen and touched.

Jesus' suffering was without question, intense. Jesus also rose again from that dark place of abuse and oppression, showing us we too can rise and heal. He was tortured, mocked, stripped, beaten, spit upon, and ultimately crucified – which was one of the worst forms of death in the ancient world. Matthew 27:27-30 gives us a clear view in which Jesus suffered physical, spiritual, sexual, and emotional abuse. Was Jesus sexually abused? Sexual abuse is not limited to forced physical touch, but includes any non-consensual exposure, which was part of Jesus' torture on that Thursday evening and Friday morning. Sexual abuse can be for the purpose of power, control, and humiliation. Jesus was forcibly stripped naked and publicly exposed for the purpose of power, control, and humiliation—fitting within the definition of sexual abuse.

(Continued on page 2)

*Daylight Saving Time begins Sunday, March 10 at 2:00 a.m. Be sure to set your clock ahead one hour before you go to bed Saturday night so that you don't miss Worship on Sunday morning.*



*A Reconciling Congregation*

(Continued from page 1)

Yes, our Christ knows trauma first-hand. He knows not only the physical pain of trauma, but he knows the psychological stress of impending threats, too. In the Garden of Gethsemane, as Jesus anticipates the coming crucifixion, He sweats drops of blood (Luke 22:44). The sufferer of trauma has far more in common with their savior than they might have thought.

Christ not only experienced trauma, but he bears the wounds of his suffering, eternally indicating that trauma is a wound that never fully heals... but it does not mean that we will never receive a new life, a new beginning, in which we can experience happiness, peace, and joy again. The wounds on His resurrected body are also a means of demonstrating solidarity with sufferers. He bears the marks of his trauma, so that the victims of trauma will know they have solidarity with Jesus Christ, their Savior. He knows about the impact of trauma. He cares about our wounds.

He bears in his body the wounds of his own past so that they might help us to believe in his compassion and gain a deep understanding. The wounds are not surface level scars, they remain gaping holes. Jesus' scars are real and tangible, so much so that the doubting Thomas could place his finger in the holes that were in Jesus' hands. Perhaps, Thomas is a symbol of people or events that could trigger Jesus' PTSD.



God grants new life, new earth, and new heaven to all believers. However, there are many things that the victim of trauma will need to work through in the process of healing and recovery. There is no short-circuiting the hard work of processing and integrating traumatic memories, nor of stabilizing symptoms. Yet, a vital key for all that hard work is the amazing power of Divine support, that reveals itself through flesh-and-blood people, safe friends and family, trained counselors, who can help

individuals and be present in the moment, and medications.

The pews of the church are filled with members whose bodies bear the burden of trauma from painful experiences. Some of us might suffer in silence, without speaking about our pain to anyone. Tears slide silently down our cheeks over the sacrament tray, sometimes we weep when we return home from worship. Even if we never see the tears, those who live with trauma are there, all around us. Perhaps this is you.

Jesus' divine mission included reaching out to those who have been and will be traumatized. Until she touched the hem of his cloak, the woman with an issue of blood suffered the trauma of an incurable chronic illness for twelve years, spending all her money on physicians who could not cure her. Jesus' response to her was, "Daughter, be of good comfort: thy faith hath made thee whole; go in peace" (Luke 8:43-48). Her inability to be healed was a matter of inadequate medicine, not insufficient faith. He dispelled his disciples' moral suspicions about a man with congenital blindness, saying, "Neither hath this man sinned, nor his parents" (John 9:3). Jesus did not stigmatize anyone for a disability. It is not easy to perceive trauma unless we know what we're looking for, and developing a discerning eye and compassionate heart for trauma survivors has the potential to change how we minister in the church. Since 2023, our congregation has started to make room for trauma healing at the church. It is the way that we understand the resurrection and offer it to all: the wounded body of Christ rose again from that dark place of abuse and oppression, and you too can rise in healing. Come and see!

Peace be with you, *Pastor Danyal*

**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. March 2024, Volume 26, Issue 3. **George Herrick**, Editor; **Shawna Lambert**, **Danyal Mohammadzadeh**, **Gail Welkley**, Editing Team; **Kathy Van Buren**, Production Leader; **Dave Caneen** and **Paul Deming**, Photographers; **Marian Smith**, Envelope Labeler; The Church Staff: **Danyal Mohammadzadeh**, Pastor; **Gail Welkley**, Administrative Assistant; **Lauren Lehmann**, Substitute Director of Children's Christian Education; **Amber Telford**, Youth Leader; **Jacqueline Krahforst**, Organist; **Robert Thomsen**, Choir Director; **Cynthia McLaughlin**, Director of Bell Choirs; **Steven Green**, Custodian; **Helen de Leon Camarce**, Missionary with the General Board of Global Ministries of The United Methodist Church, Treasurer of the agency's Cambodia and Southeast Asia Missions and part of the Cambodia Women's Livelihood Projects.

## SOME NOTES ABOUT WORSHIP FOR MARCH

In March we continue in the season of Lent. What impact does this season have on each one of us, what makes it special? There is a list of spiritual disciplines that you can adopt during Lent on the table in the church foyer. Look for the sheet titled: **Welcome to John Street!**

There are five Sundays in the month, including Easter on **March 31**, and Pastor Danyal will be preaching on all five. Holy Communion will be celebrated on the first Sunday, **March 3**. On the second Sunday our clocks “spring ahead”. Don’t forget to change your clock.

We hope you will be able to join us in the Sanctuary for one or more of the Sunday services. If not, our Sunday morning 9:30 service is live streamed. For a link, go to our church website at [www.fumceg.org](http://www.fumceg.org). Previous services are also available on our website.

Here are more of the details for each Sunday and other days in March:

**March 1** – *World Day of Prayer*

**March 3** – *Third Sunday in Lent*

We will contemplate Psalm 23 and the question: *Finding Jesus as Our Shepherd.*

**March 10** – *Fourth Sunday in Lent* UMCOR Sunday

We will contemplate Psalm 110 and the question: *Finding Jesus as Our Hope.*

**March 17** – *Fifth Sunday in Lent*

We will contemplate Psalm 69 and the question: *Finding Jesus as Our Strength.*

**March 24** – *Passion/Palm Sunday*

We will contemplate Psalm 22 and the question: *Finding Jesus as Our Savior.*

**March 28** – *Maundy Thursday*

Maundy Thursday service will be from 6:00 pm to 8:00 pm. The service begins with the opening prayer and choir anthem followed by the ritual of hand washing, Mediterranean meals prepared by Pastor Danyal, Holy Communion, reading the scriptures related to the passion of Christ, and singing hymns. This **entire service and meal** will be held in the Fellowship Hall.

**March 29** – *Good Friday*

The service will begin at 7:00 pm. There will be a very short introduction to worship followed by our church choir singing the cantata "From Silence to Song" by Joseph M. Martin.

**March 31 - Easter:** Worship this Sunday will begin with the *Sunrise Service* outdoors in the **Chapel in the Woods at 6:30 am**. There will be **NO** 8:30 am service. The main Sunday worship service will be held in the sanctuary at 9:30 am. Pastor Danyal will lead us in contemplating John 20:24-31 and the question: Why did the resurrected Jesus keep the scars from his crucifixion?



## HERE IS THE LECTIONARY FOR MARCH

**March 3** – Exodus 20:1-17; Psalm 19; 1 Corinthians 1:18-25; John 2:13-22

**March 10** – Numbers 21:4-9; Psalm 107:1-3, 17-22; Ephesians 2:1-10; John 3:14-21

**March 17** – Jeremiah 31:31-34; Psalm 51:1-12; Hebrews 5:5-10; John 12:20-33

**March 24** – Palm Sunday Psalm 118:1-2, 19-29; Mark 11:1-11;  
Passion Sunday Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Mark 14:1-15:47

**March 28** – Exodus 12:1-4, (5-10) 11-14; Psalm 116:1-4, 12-19; 1 Corinthians 11:23-26;  
John 13:1-17, 31b-35

**March 29** – Isaiah 52:13-53:12; Psalm 22; Hebrews 10:16-25; John 18:1-19:42

**March 31** – Psalm 118:1-2, 14-24; Acts 10:34-43; 1 Corinthians 15:1-11; Mark 16:1-8; John 20:1-18

## SUNDAY SCHOOL

Hello Sunday School Family!

Can you believe it? The Lent season is here! Easter is just a short few weeks away! We have a lot of fun events coming up in March- and we hope to continue to see all the smiling faces of our Sunday School children.

We will be studying a 5 week Lent lesson entitled "Walk HIS Way". The lessons will discuss ways Children of God can practice kindness, courage, faithfulness, and many other traits, in our community and daily life.

Along with the lessons, the children will be working on creativity through art! The work will be displayed in our classroom for our upcoming community Art Show on March 9.

Here is an overview of the upcoming weeks:

**Sunday March 3:** Lesson 3 of "Walk HIS Way"

**Saturday March 9:** Community wide Art Show hosted at church! Come and enjoy a variety of art displays and music as well as kid activities!

**Sunday March 10:** Lesson 4 of "Walk HIS Way"

**Sunday March 17:** Pretzel Sunday! The tradition continues with the baking of pretzels - this is an event the children look forward to each Lent season!

**Sunday March 24:** Palm Sunday- the children will be participating in the 9:30 am church service, and will have an Easter Egg hunt following service!

**Sunday March 31:** Easter Sunday! We will be enjoying Pastor Danyal's amazing Easter service. The nursery will be available for the young children.

Thank you all for continuing to support our amazing church! I am so grateful to see the Sunday School growing!

Happy Easter! *Lauren Lehmann*—[llehmann@fumceg.org](mailto:llehmann@fumceg.org)

## UNITED METHODIST YOUTH FELLOWSHIP

"A kind gesture can only reach a wound that compassion can heal."

For the Lent season I challenge you to do one thing that is kind, that shows compassion for others. We are gearing up for a Community wide Art Show that I hope each and everyone of you would take part in. We also have to bring our love kit donations to be given away. We will end our month with our traditional Easter Egg Hunt.

**March 9** - Community Wide Art Show - The art show will be from 2:00 pm - 4:00 pm . We have many opportunities for people to volunteer . We need help with items for our bake sale . The money raised will go to supplies for our trip to Mission Central Hub. We are looking for youth that would want to play an instrumental piece for the art show and for youth that will want to help with art projects and clean up.

**March 10** - Organizing the Love kit materials and filling Easter Eggs. This will be open to any youth. We will meet until from 11:00 am -1:00 pm

**March 16** - We will meet under the bridge in Rensselaer around 9:30 am -11:00 am to help with distributing the Love kits to community members in need. We will be part of the Rensselaer Street Soldiers Movement. They meet once a month handing out various items to individuals who need it. Some items that they have handed out in the past were clothes, hot food, various food items and more.

**March 24** - After Church we will be hosting our Annual Easter Egg Hunt, hiding the eggs for the kids. After the East Egg Hunt is over we will have a regular meeting until 1:00 pm .

God Bless, *Amber Telford*

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



## UNITED WOMEN IN FAITH

**A KITCHEN UPDATE:** Our church kitchen is continuously being used. But things need to be updated and repaired. The kitchen needs to be painted and cabinets need to be replaced as some are broken. We have repaired the commercial dishwasher - \$1,700 to get it usable for the Madrigal Dinner and Spaghetti Dinner. The United Women in Faith paid \$500 towards the bill. For the island cabinet near the microwave we have a quote from Curtis Lumber of \$5,745. The drawers stick and the mold has permeated the cabinet. The sink cabinet will cost \$3,973. Both will match the new cabinet. The wall cabinet was painted with latex over oil and inside is peeling, plus the hardware is rusted and hard to adjust the shelving. The counter with the coffee Bunn machine needs repairing and the whole room needs painting. If you ever have renovated a kitchen you can understand the high cost of paint, cabinet, service repair. The UWIF needs help with raising funds for all this. There are donation envelopes in the bulletin once a month, the profits from Easter Pie sale will go towards the project. A portion of the Thrift Sale profits will go towards the kitchen and in December we will hold a roast beef dinner and the profits from this event will also go towards the kitchen repair. If you have any suggestion to help raise the funds please contact Patty Chartrand at [pjdc560@gmail.com](mailto:pjdc560@gmail.com)



The next meeting of United Women in Faith is **March 4** at 2:00 pm in room 16. We continue to see new faces at our meetings with the new meeting time. Remember all women of the church are welcome. We hope to see you then.

## JOSEPH'S HOUSE

Joseph's House Outreach Van Program works with homeless adults who are sleeping out in the streets, in abandoned buildings, vehicles, parks and ravines, and other places not meant for human habitation. It goes out every day of the year, makes initial contact and builds rapport with people having a variety of health, mental health, substance abuse, and other issues. Many of those served may not be able to access the low-demand housing-first services that Joseph's House provides. Thank you to our volunteers who provide lunches on Mondays. Please see the sign-up table and consider if you can commit to prepare and deliver 17 sandwiches, along with vegetables or potato chips and a dessert on a given Monday in March or April. Assistance with delivering lunches to the Joseph's House administrative offices is available, if needed, and you can be reimbursed for purchased food. Please contact Kevin Conley ([e.kevin.conley@gmail.com](mailto:e.kevin.conley@gmail.com), 518-253-4907) if you have questions.



## OUR SECOND ANNUAL COMMUNITY ART SHOW !!



ART SHOW

Come join us and local artists of all ages from around the community. Our second annual Community Art Show is on **March 9** from 2:00 pm - 4:00 pm. This year we will be having artists selling their work, a bake sale, items from Made With Love group, art projects to do and music performances while viewing local art.

We are looking for volunteers. We need help the day of the event, clean up and baked goodies. Please see the clip boards in the lobby to sign up.

We also are looking for some art judges. If you know anyone please see Amber Telford. The art judges will come in before the art show .

God Bless, *Amber Telford*  
[Youthleaderamber@gmail.com](mailto:Youthleaderamber@gmail.com)

## SHARING GOD'S LOVE IN PAKISTAN



Thank you for being the hands, the feet and the compassionate heart of God with all of your support locally and around the world. The people of Pakistan are feeling God's love through your generous support of one of our most recent missions, "Seeking the Lost" which is providing water and food support to 20 Families of Kotla Mughlan, Tehsil Jampur, District Rajanpur, Dera Ghazikhan Division, Punjab, Pakistan. The people of Kotla Mughlan are thankful to The First United Methodist Church, East Greenbush, NY, USA for their generous support and sustenance. They are requesting help for the remaining 280 families with food assistance as the month of



Albert Liaquat

Ramadan is arriving and they need food support in their fasting days (Sehri and Aftar). Donations are welcome and appreciated. Donations may be made at the Church website on the Giving Page or in person on Sundays.

Please contact Albert Liaquat, our newest Missions member at [abert@seekingthelost.org](mailto:abert@seekingthelost.org) for more information.

The Missions Team

## MADRIGAL DINNER UPDATE

**Here ye hear ye!** Last year, on December 8 and 9 great music, feasting and merriment was had by all in our Great Fellowship Hall! Visitors from both near and far came and followed the Christmas star, filling us with light and hope for the coming New Year!

The Lord and Lady of Greenbush Manor wish to thank all who contributed to the success of this event raising \$7,842 for our church. We have heard many great stories not only of years past but also in creating new traditions in the years to come.

We personally would like to thank the community sponsors who are displayed on our church placemats and the many people who made this event possible, stepping up at the last minute to bake bread or make a trifle or to help in a myriad of ways. There are too many to mention individually! Moreover, there was a great sense of reciprocity from organizations that utilize our building and by the wonderful local community which touched many lives in our Christmas Madrigal production.



Although this event is held infrequently, it leaves a lasting impression for all those who participated or attended. We hope to continue with this Christmas Madrigal legacy which began in 1989 and look forward to having new involvement for the future.

Happy New Year!

Sharon Wheeler and Jenn Kilinski, producers

## EASTER PIE SALE



The United Women in Faith is selling homemade coconut custard, blueberry and natural cherry pies for Easter. The pies are made from all natural ingredients from scratch. The sign up sheet is on the table in the church foyer or you may call the church office to place your order. The price is \$15 for the coconut custard and \$20 for the blueberry and strawberry. The proceeds will go towards the kitchen repairs. Pick up time for these baked pies is Saturday, **March 30** between 10:00 am and 2:00 pm.

## STORYTELLING NIGHT CONTINUES

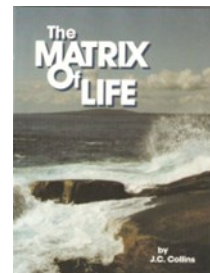
### LAST MONTH'S PROGRAM

#### LIFE AS A SCIENTIST: CHALLENGING, FRUSTRATING AND FUN

We gathered together in Fellowship Hall on the evening of February 6. The smell of delicious coffee and snacks greeted us. Joe Collins, now in his early 90's, is a friend to many, a scholar, a chemist, a spiritually mature man and an author.

Joe shared the story of his complicated, challenging life as a chemist interested in the spatial structures of natural molecules and the role of water in providing spatial order in living cells. Joe mentioned nothing of his awards and accolades, or patents. Rather, he shared memories of him and Betty living in many different academic and pharmaceutical settings so he could earn a living following his passion of studying how molecules interact with each other. Joe showed hand made stick models of different molecule structures as he chronicled work, failure, more work, recalcitrant supervisors, bosses both poor and brilliant and success.

Joe's most recent publication "The Matrix of Life: A View of Natural Molecules from the Perspective of Environmental Water" was published in 2023. Joe shared his hope that some young chemist will read this book and continue the research on..."the amazing way natural molecules formed and evolved to give us life" (Paraphrased).



#### MARCH'S STORYTELLING PROGRAM—GIRL SCOUTS



**March 10-16** is National Girl Scout Week, celebrating over 100 years of this organization of adventure and giving back to the community. Our Storytelling Night on **March 6** at 7:00 pm **pm** will include a history presentation. Mom scout leaders will share their experiences as young girls and now as troop leaders. The tradition of scouting in families will be demonstrated by our own high school girl scout, whose great grandmother was a scout leader. Join us to hear more about how Girl Scouts are learning to use their abilities and opportunities

while making forever friendships.

#### CALLING ALL CREATIVE THINKERS!

Our eleventh annual Change the World event is approaching. Do you have an idea for a project? In the past we have held food drives for area food pantries, provided potted plants for residents of nursing homes, made cards for Veterans, held a Moonbee, had a food truck festival, and collected personal hygiene items for the needy in Appalachia. Last year we brought some joy to residents of a senior living facility in Rensselaer. How else can we share God's love with our neighbors during the month of May? If you have any suggestions, please contact John Schmidt at [jschmidt13050@gmail.com](mailto:jschmidt13050@gmail.com) or 518-477-6736.



#### USE IT OR LOSE IT!

Methodists may be known for their interest in food and committees, but they also like to stay in shape! The proof is in the pictures. Here you can see the Mahjong Mavens, the Holy Rollers and Zumba participants hard at work. If you are



interested in joining them, Mahjong is on Tuesdays at 1:00 pm, the Holy Rollers Backgammon group meets on Thursdays at 2:00 pm, and Zumba is on Thursday mornings at 10:30 am.

Come join the fun! If you have a suggestion for starting another group, please see Caring Ministries Coordinator John Schmidt.



## CARE FOR CREATION SERIES



The Care For Creation series is returning to its original time and location; **Sundays from 11:00 am to 12:00 noon in room 16** at the church. In each session, we view a short TED talk video and follow with discussion. This series is intended to encourage us to talk to one another about changes we see in the climate and learn what actions we can take to protect and heal the earth. Participants can attend one or all of the series:

**March 3:** The problem with plastics -- and how they're changing the environment. Patricia Villarrubia-Gómez breaks down the consequences of producing plastic at every stage, from fossil fuel extraction to the disposal of single-use plastics in landfills and oceans.

**March 17:** Can global food companies make the shift to regenerative agriculture? CEO Steve Presley discusses Nestlé North America's progress in reducing carbon emissions and where they're investing for sustainability. A big focus will be regenerative agriculture.

**April 7:** What happens to gas stations when the world goes electric? Civil engineer and environmental sociologist Emily Grubert visualizes what a clean energy future will look like, outlining the considerations everyone needs to undertake now as the critical, decades-long transition begins.

Kevin Conley

## UKRAINIAN EGG DECORATING

### PYSANKI WORKSHOP

Learn to make beautiful Ukrainian eggs with Kate Henson.

Proceeds support RISSE (Refugee and Immigrant Support Services of Emmaus).

Two workshops offered at FUMC

- Sunday, **March 17**, 2:00 - 5:00
- Sunday, **March 24**, 2:00 - 5:00

The cost is \$25 per person. Workshop includes all materials, hands-on instruction, snacks, a gift box and egg stand.

Contact Kate Henson to register: (315) 363-3844 [henson.kate8@gmail.com](mailto:henson.kate8@gmail.com)



## NEWS FROM THE CAPITAL AREA COUNCIL OF CHURCHES

- This year CACC will be awarding one or more \$4,000 scholarships to graduating seniors who will be attending college. Applications for the scholarships are due by **March 31**. Contact the CACC office for application information.

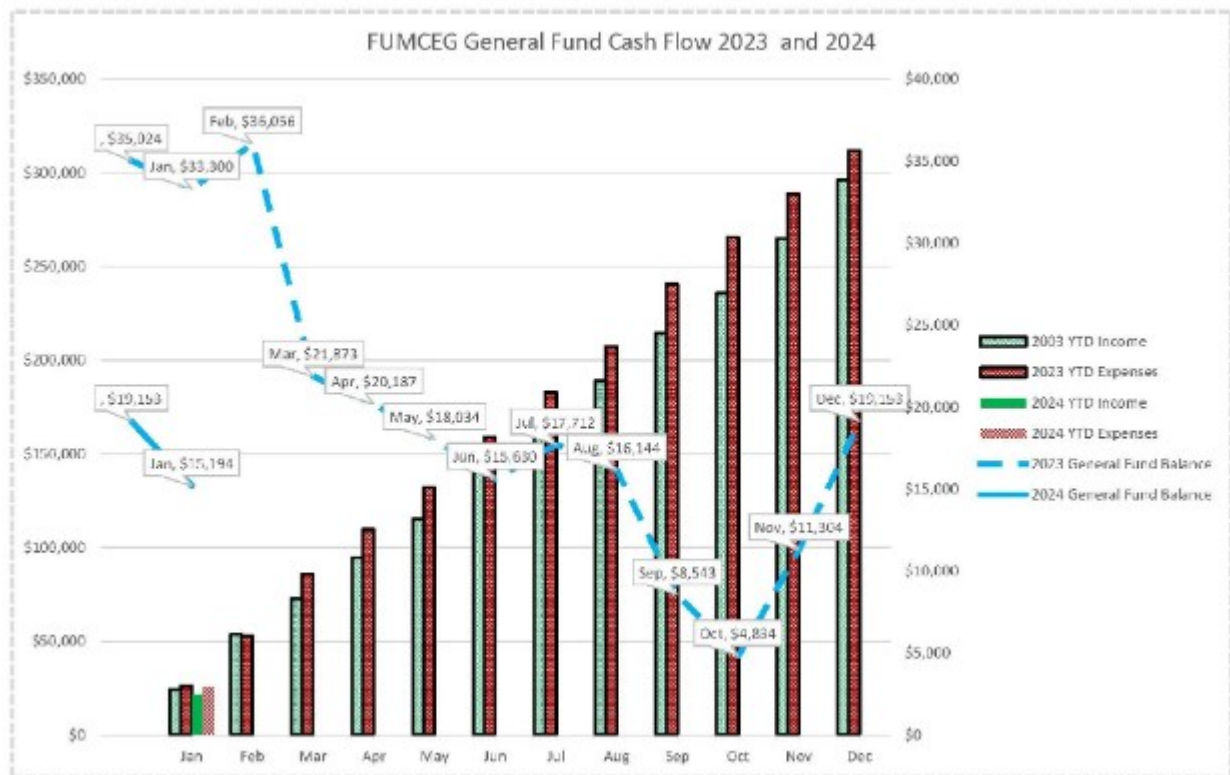
- Even if you missed attending the Martin Luther King Jr. worship service in January, it is not too late to donate to the CACC MLK Scholarship Fund. Last year, five students received \$4,000 scholarships each due to generous donations. All donations used to fund the MLK Scholarship Fund allow young people to keep striving for the fulfillment of Dr. King's dream.

- **The Good Friday worship service** sponsored by CACC is scheduled for **March 29** at 12:00 noon at St. Stephen's Episcopal Church located at 16 Elsmere Avenue, Delmar, New York.



## FINANCE COMMITTEE REPORT

The General Fund is the account that receives funds from offerings, building use and other income and pays the expenses of the church including staff costs, building maintenance, utilities, program costs, and connectional fees. As with your own family income and expenses, we need to have our income keep pace with our expenses so that we maintain some funds in our General Fund from month to month so that we can pay all of our bills. There are bequest funds and endowment funds that are not included in the General Fund. Bequest funds can be borrowed against if the General Fund gets too low. The Endowment funds generate interest that can be used for special projects and bequest funds are usually used for one time expenses.



The columns in the graph above show the year to date (YTD) cash flow in and out of the General Fund for 2023 and 2024 and use the scale on the left of the graph. The lines in the graph show the General Fund Balance at the end of the month for 2023 and 2024 and use the scale on the right of the graph. The graph shows the performance of the General Fund in 2023 and 2024. It clearly shows that income has not always kept up with our expenses over the last year.

We will be posting updates to this graph monthly. You have an opportunity to influence what this graph will look like for the remainder of 2024 by what you contribute to the church this year. Please prayerfully consider making an additional gift as you are able to help us meet the church's financial obligations this year.

Art Sanderson,  
Finance Committee Chair

## MORE IMPORTANT DATES COMING SOON

Friday, Saturday, **April 19 & 20** United Women In Faith - Thrift Sale

**April 23 to May 3** General Conference of The United Methodist Church in Charlotte, NC

Saturday, **May 18** Our Third Annual Food Truck Festival

Thursday, **May 30 to Saturday, June 1** Upper New York Annual Conference in Syracuse



### This from our United States Constitution...

Congress shall make no law respecting an establishment of religion, (Calibri 7pt.) or prohibiting the free exercise thereof; (Bodoni MT Black 6pt.) or abridging the freedom of speech, or of the press; (Lucinda Calligraphy 5pt.) **An aside:** Thanks for reading the fine print. Now, be first. Contact the church office and ask for the prize, a guaranteed negotiable US ten-dollar bill. (Ar Blanca 10pt.) ~~or the right of the people peaceably to assemble,~~ (Broadway 6pt.) and to petition the Government for a redress of grievances. (Times New Roman 7pt.)

[ ] Watch for the April issue of THE BELL for a report from one of our youth, Kevin Clark about his Mission of Peace trip to Puerto Rico February 14 to February 24. This is a trip sponsored by the Northeast Jurisdiction of The United Methodist Church.

[ ] Do you like Coffee? Do you want a super simple way to give back to the church congregation. Sign up to host coffee hour. It is a super easy way to volunteer and everyone loves coffee hour. (Snacks welcome) See Amber Telford if you have questions.

[ ] Thank you to everyone who came out to Support the Youth and their Spaghetti Dinner Fundraiser. Thank you to all who have helped make it possible. With your contributions we were able to raise \$847.00.

[ ] Food & Faith at Cornerstone Campus Ministry needs your help to prepare a meal for the students on Tuesday, **March 12**. See George Herrick ASAP with any questions and/or to sign-up.

[ ] Get ready for Friday, **March 15**, for our St. Patrick's Day Coffeehouse. Make a note on your personal calendar, **March 15** from 7:00 pm to 8:30 pm in the Fellowship Hall. Join us for great music, stories and snacks. A number of the events on the program are sure to have a real Irish flavor. Share a fun evening with family, friends and performers. Proceeds from contributions are used to support our Family Assistance Ministries.

## MARCH IS WOMEN'S HISTORY MONTH

The theme for this year, established by The National Women's History Alliance, is "Women Who Advocate for Equity, Diversity and Inclusion." The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions.



Everyone who been following the national news over the past months knows of the great political divisions in our country. All the more reason for all those who are eligible to vote this year to exercise that right. In our Methodist tradition, here are six women who fought for that vote, and more.

**Sojourner Truth** (1797-1883) born a slave, "a woman with a powerful passion for equality."

**Frances Willard** (1839-1898) said "Lips that touch liquor shall never touch mine." But that was only part of who she was.

**The Rev. Anna Howard Shaw** (1847-1919) One of the first women granted a license to preach by the Methodist Episcopal Church. The second woman to graduate from Boston University School of Theology.



**Mary McLeod Bethune** (1875-1955) She founded Bethune-Cookman University in Daytona Beach, Florida. She lead the way in desegregating the American Red Cross and Women's Army Auxiliary Corps.

**Jessie Daniel Ames** (1883-1972) She played a key role in getting Texas to become the first state in the South to ratify the women's vote. She was the founder of the Association of Southern Women for the Prevention of Lynching.

**Dorothy Height** (1912-2010) The "Godmother" and Unsung Leader of the Civil Rights Movement. Her hard work helped pass the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

## HEALTH RELATED NEWS FROM THE CAPITAL AREA COUNCIL OF CHURCHES

**Free Health Screenings: 2-1-2024 to 4-18-2024.** “Heart of Hope” aims to increase awareness of the importance of heart and cancer screenings, while honoring Warren A. Mackey, coach, educator, athlete, salesman and singer who died after a long battle with heart disease. Screenings are offered at Albany Medical Center.

**Health screenings offered at Albany Medical Center**  
**FEB. 1-APRIL 18, 2024**

Heart of Hope aims to increase awareness of the importance of heart and cancer screenings, while honoring Warren A. Mackey, coach, educator, athlete, salesman, and singer who died after a long battle with heart disease.

**Through a special partnership with Albany Med, the hospital will:**

- > Consult with you to determine which screening(s) are appropriate
- > Screen for breast, lung, prostate, skin, colon, and cervical cancers
- > Assistance available for those without health insurance

**\*Complete a recommended screening and receive a \$50 gift card! \*while supplies last**

**Call 518-262-HOPE to get started!**

Follow us for more info:  
**WDMACKEYFOUNDATION**

