



FIRST UNITED METHODIST CHURCH

THE BELL

1 Gilligan Road, East Greenbush, New York 12061

We Are A Reconciling Congregation



VOLUME 26 ISSUE 10 - NOVEMBER 2024

◆ **8:30 am** Early Informal

Service suspended until May, 2025

◆ **9:30 am** Regular Service and Sunday School

This service also available live on Facebook and YouTube. The Church's website has the links.

Visit us on the Web:

www.fumceg.org

www.facebook.com/FUMCEG

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Robert Thomsen, Choir Director

Cynthia McLaughlin, Director of Bell Choirs

Steve Green, Custodian



Introducing Our New Ministry:

Mental Health Matters

Mental health is a crucial aspect of our overall well-being, and it is deeply rooted in our Christian faith. The Bible encourages us to care for our minds and spirits, just as we care for our bodies. One scripture that beautifully encapsulates this is Philippians 4:6-7:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

This verse reminds us that God cares about our mental state and offers us peace and comfort. By addressing mental health within our church, we are following Christ's example of compassion and care for all aspects of our lives.

Dear Congregation, we are thrilled to announce the addition of a new ministry to our church family, introduced during our annual church conference in October. This ministry, **Mental Health Matters**, is dedicated to fostering a supportive and nurturing environment where mental health is openly discussed and prioritized.

Vision Statement

“Our vision is to create a community where mental health is openly discussed, supported, and nurtured, fostering holistic well-being for all.”

Mission Statement

“Our mission is to promote mental health awareness and resources within our community through educational opportunities, faith-based support, and referrals to mental health services.”

We warmly invite you to join the Mental Health Matters ministry. Our team meets on the third Wednesday of each month from 6:30 pm to 7:30 pm in Room 16. Our next meeting is scheduled for **November 20, 6:30 pm, Room 16**. Your participation and support can make a significant difference in our community. We look forward to seeing you at our next meeting and working together to create a community where mental health is supported and nurtured.

In addition to our monthly meetings, we will be hosting a series of workshops and seminars aimed at providing practical tools and resources for mental health. These sessions will cover topics such as stress management, coping strategies, and the integration of faith and mental health. We



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encourage everyone to attend and benefit from these valuable resources.

Furthermore, we are establishing a support network within our church, where members can connect with one another, share their experiences, and offer mutual support. This network will include access to professional counseling services and referrals to mental health professionals for those in need.

We believe that by coming together as a community, we can break the stigma surrounding mental health and create a safe space for healing and growth. Let us embrace this new ministry with open hearts and minds, and work together to support one another in our mental health journeys.

Blessings, Pastor Danyal

HERE IS THE LECTIONARY FOR NOVEMBER

November 1—All Saints Day

Isaiah 25:6-9; Psalm 24; Revelation 21:1-6a, John 11:32-44;

November 3—24th Sunday After Pentecost

Ruth 1:1-18; Psalm 146:1-10; Hebrews 9:11-14; ark 12:28-34

November 10—25th Sunday After Pentecost—Organ and Tissue Donor Sunday

Ruth 3:1-5; 4:13-17; Hebrews 9:24-28; Mark 12:38-44

November 17—25th Sunday After Pentecost

1 Samuel 1:4-20; 1 Samuel 2:1-10; Hebrews 10:11-14 15-18) 19-25;
Mark 13:1-8

November 24—United Methodist Student Day—Christ The King/Reign of Christ Sunday

2 Samuel 23:1-7; Psalm 132:1-12 (UM849); John 18:33-37

November 28—Thanksgiving Day

Joel 2:21-27; Psalm 126 (U847); 1 Timothy 2:1-7; Matthew 6:25-33



YES, IT'S ALREADY TIME TO ORDER POINSETTIAS!

You can help fill the sanctuary with beautiful flowering poinsettias for Christmas while honoring or remembering special people in your life. **We are offering 6.5" size plants, available in RED for \$12.00 each plant.** Please write your order on the order sheet found on the long table in the lobby. Remember to make checks payable to the "United Women In Faith." **Orders must be received in the church office no later than Sunday, December 10.** If you have any questions, please call the church office at 518-477-9693. Thank you.

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CHANGE IN EARLY CHAPEL SERVICE

At the Church Council meeting in October, it was voted that the 8:30 am Chapel service will run from the first Sunday in May until the First Sunday in October (Blessing of the Animals Sunday). The 8:30 am service will resume on **May 4**.



RECOGNIZING THE STAFF OF OUR CHURCH

On Sunday, October 13 we recognized and thanked the staff of our church for their generous contributions to the running of our church. The following is the list of staff and their liaisons. Justin Naef, liaison to Gail Welkley, Administrative Assistant; Deb Rubenstein, liaison to Pastor Danyal; Tom McLaughlin, liaison to custodians Bobby

Rumsey and Steve Green; Laurel Fitzmaurice, liaison to Lauren Lehmann, Director of Christian Education; Dan Morton-Bentley, liaison to Robert Thomsen, Choir Director; Janet Schmidt, liaison to Cindy McLaughlin, Director of Bell Choirs; Cindy Conley, liaison to Jackie Krahforst, organist; Amber Telford, former Youth Group leader, was also honored.

SUNDAY SCHOOL

November is a month to reflect on being thankful. This month Sunday School children will focus on scripture that tells stories on thanksgiving. We will learn about the word harvest and how it is important in the Bible.

It has been so wonderful to see the kids in church each week. We thank you for making the commitment of sending the little ones each Sunday. We enjoy them, and have really loved learning with them. Advent is right around the corner, be sure to continue to check the Google Classroom for updates.



YOUTH GROUP

Socktober was a hit! Thank you for all of your donations. Things Of My Very Own was very appreciative of the large donation.

For November: We will meet on **Sunday November 17**, at 11:00 am, after church, for a pizza party. Pastor and I will chat about what advent will bring and about our family Christmas Eve Service.

The Youth Group will also be partaking in the craft fair on November 30th. We will be selling items to gain funds for our spring mission project.

Thanks for your continued support! Tell a friend about how awesome and fun youth group is, we would love to see our group continue to grow!

Be Blessed,
Lauren Lehmann
LLehmann@fumceg.org

UNITED WOMEN IN FAITH

The United Women in Faith's next meeting is **November 4** at 2:00 pm. This is an important meeting. We will be going over 2025 calendar and officers, and planning the roast beef dinner.

The Giving Tree is back again this year. It will be in the foyer on November 17. The items on the tree are for the CoNCERNS-U Christmas Store. Please take a slip from the tree, buy the gift and bring it back to the church unwrapped no later than December 8. We need to have the gifts to CoNCERNS-U by December 9. Gift cards can be placed in the envelope in the UWIF folder in the church office.



Roast Beef



Our Roast Beef Dinner is **December 7**. We are looking for help in all areas: cooking, dishwashing setup, cleanup, serving, baking pies. We will have a signup sheet in the church foyer by November 10. Please sign up for whatever area(s) you can help with. The proceeds of this fundraiser will go towards more updates with the church kitchen.

FINANCE COMMITTEE

October has been Stewardship Giving month, and hopefully you have written on your index card your personal promise to God of your giving amount to support his work through our church for 2025. October 27 was Consecration Sunday, and most of you have had your Giving envelopes blessed upon delivering them to us during the worship service. If you were not able to attend church on the 27th, you can return your card anytime either in the offering plate or directly mailed to the church office. Don't forget that we will be recording how many Giving cards are returned in order to assess whether we reached our goal of receiving 200 Giving commitments. We'll return your card to you with a thank you letter describing the ways you can proceed to deliver your Giving amount throughout 2025.



MISSION MOMENT: Van Rensselaer Heights located at 460 Forbes Ave. Rensselaer, is an apartment community for those 62 and older who have a disability. The Mission team has been involved with the residents there for a number of years with different projects such as: planting flowers, singing Christmas Carols, and collecting hygiene items for them. Right now, their urgent need is warm outdoor winter clothing. For the month of November, I am collecting gently used or new hats, gloves, scarfs, and winter coats for women and men, sizes S thru 3X in the bins in the foyer. Thank you for your help.

Lorraine Beals

A GREAT BIG THANK



A big thank you to all those who helped make our recent Brooks Barbecue a success—John and Karen Peterson, Barbara Morse, Kathy Garofal, Lorraine Beals, Janet Schmidt, and Lin Burns. This year we tried a new approach. We did not take reservations. It was drive thru only. We started serving at 4:15 pm. There was a number of people waiting in line in their cars at 3:45. WE SOLD OUT!!!! We made \$2,070.

THANKSGIVING AND HOLIDAY COFFEE HOUSE

FRIDAY, NOVEMBER 15, 2024 7:00-8:30 PM



Halloween and goblins exit the end of October making way for Thanksgiving, Christmas and New Year's Eve. Join us at the Holiday Coffee House on Friday, November 15 and relax with tasty snacks, song, dance and stories, all performed by talented performers from the Capital District area. This show is special as artists include themes of each holiday with sing-a-longs, dance troupes, instrumentals and vocalists. Join with friends and neighbors for an evening of fine entertainment.

Donations at the door go to help fund our Family Assistance Ministries.



MADE BY HAND WITH LOVE MISSION

Tuesdays, November 12 & 26 10:00 AM.

Wednesday, November 27 6:30 PM

Visit our table at the church Christmas Craft Market November 30. There will be a display of our handiwork with some items for sale to help with materials and shipping costs. Look for our raffle basket with some examples of our talented group!!

Projects to work on for delivery early December:

Hats for adult men and women at Van Rensselaer Heights Seniors

Hats, scarves mittens for local R.I.S.S.E (Immigrant and Refugees).

Aleta Schweigert and Regina Wheeler



REMINDER: Daylight Saving Time ends at 2:00 am on **November 2**. Be sure to set your clocks back one hour before going to bed or you will be very early for church on Sunday.



HAWTHORNE RIDGE: GOOD NEWS GROUP

Make a Good Day

We are about 20 who gather weekly to learn, build community and cherish friendships. Pastor Danyal leads us in worship and communion the first Tuesday of each month. Jean Sheviak and Carrie Larson lead us in a variety of "Good News" activities including hymn sings, prayer, and discussions on topics addressing our own spiritual journeys. For example, on Tuesday the 15th, we reviewed quotes from Holy Books of 11 different religions on the importance of peace, truth and justice. Then, we shared ideas about Aging and Strength: How do you find strength and purpose as you age? What practices help you feel supported and not forsaken? Answers included: "Courage, we have to accept where we are in life...and then USE IT". Use what we learned from our experience and that we have lived and learned a long time. Even if we can't do all we used to be able to do, we can SPEAK OUR TRUTH". "Each day there seems to be little I can do but I can speak my truth without fear and tell others what I believe is true." "I feel COURAGE to be who we are and find purpose in helping others". "When I was younger and always busy, I had lists each day. Now I have a broader view of life and I spend more time each day staying connected to people who are important to me."



OUR JOURNEY TO BECOMING A RECONCILING CONGREGATION

Many people have had a part in making our church a **Reconciling Congregation**. One of those persons was the Rev. Bruce Robbins who died this past August 3. Bruce was many things in the church, he wore many hats. United Methodist News tells us, "He was a longtime advocate for LGBTQ rights and never stopped pushing for dialogue ecumenically and among United Methodists with theological differences on the issue."

Bruce was a storyteller. One of his stories was about a businessman in New York City where Bruce worked for a number of years and where he had an office in the *God Box*, The Interchurch Center, 475 Riverside Drive in Manhattan, when he was the staff executive of the UMC Commission on Christian Unity and Interreligious Concerns. The story... the businessman was hurrying up the street in Manhattan, coffee cup in one hand and his phone in the other. Coming in the other direction was a street person pushing a shopping cart, collecting bottles and cans. They collided and things went in all directions, The businessman, exasperated, spoke out, *Jesus Christ!* The other man put his finger to his lips and uttered, *Shhh! Incognito!*



Bruce was born in Brooklyn, later attended Oberlin College and held degrees from Union Seminary and Perkins School of Theology at Southern Methodist University. Many other events and activities, both here at home and at many other points in the world helped in shaping Bruce's ministry. One was volunteer work with the Missionary Brothers of Charity in India, a group associated with Mother Teresa. "He credited Mother Teresa with changing his life, which 'set my course in ministry in The United Methodist Church'".

I met with Bruce a number of times at the *God Box* to discuss both Christian Unity and Reconciling Ministry. While there, Bruce was a member of our own, former, Troy Conference. Bruce and I also had a little time together at General Conference, meeting that year, 2004, in Pittsburgh. Their meetings were always productive.

Following Bruce's stint in New York City, he became senior pastor of Hennepin Avenue United Methodist Church in Minneapolis, from which he later retired from active ministry.

Please go to the September 3, 2024 issue of the UM News for a much more complete story of Bruce's life, ministry and the efforts he championed. It is available on line.

George Herrick


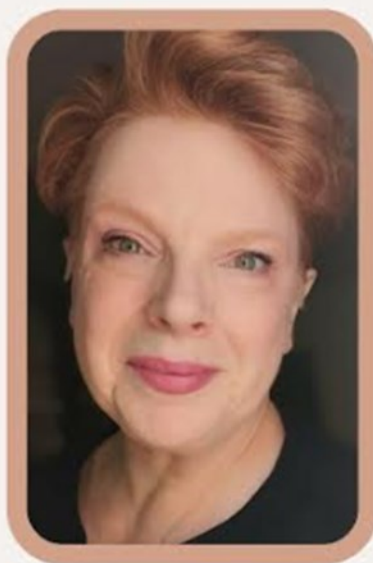


Storytelling Night

CHRISTINE BAXTER

NAMI CAPITAL REGION FAITHNET CONSULTANT

NOVEMBER 6, 2024 7 PM



Please join us as Ms. Baxter addresses the effects of ageism, isolation, economic hardship and declining physical health on the mental well-being of older adults. She will speak on Exodus 4 and 1 Kings 19.

1 Gilligan Road, East Greenbush, NY

All Are Welcome

Refreshments

