

The Rev. Lynn Carman Bodden, Interim Minister

THE MESSENGER

In the Interim...

Dear Friends,

I am writing this article on the day the snows of March are falling with tremendous enthusiasm and volume. The staff – and you, I trust, are safe and warm at home this day, enjoying a change of pace that I hope is life-giving. (Whether snow-blowing and shoveling are life-giving may be debatable!) I am in the office, having walked across the bridge mid-morning to check on the building, to take a phone call and to catch up on a few things in the quiet of an (appropriately) empty church. Having shaken off the snow, I have remembered a packet of hot chocolate in my desk drawer, a gift from someone at Christmas that is restoring me this morning.

As I think ahead to the rest of our journey into Lent and through the coming sobering realities of Holy Week, I am aware that what Jesus lived and endured and was willing to die for was to give life – life to the people of his time and life to our world today. I believe that Jesus' witness was given to open us to ways we too might share our lives that others may live.

I mean this quite literally this year. Later this month, our congregation will host a blood drive – one postponed because of another big snowstorm in February. Many of you are regular donors of blood and platelets. Thank you! I am hoping that more of us might roll up our sleeves that day, if we are able. All of us know someone who has had to receive blood for some reason. Are we willing to share this gift of life?

I wonder as well how many of us have dared to register as organ or tissue donors, or to be tested as people who might be matches for individuals awaiting bone marrow or stem cell transplants. Registering and being tested are easy to do – and part of the life God has given us in the flesh might save the life of someone else some day.

If -for whatever reason-, you cannot donate blood, or offer yourself as an organ or tissue donor, perhaps you can talk to someone who can, and will.

We have no greater love, suggested Jesus, than to offer our lives for others. May it be so.

Peace,

Lynn



Lent 5: April 2 – “Inhale” – John 11:1-45

Palm Sunday: April 9 - (Those who are able are invited to gather in the Narthex before worship to process with their palms)

Maundy Thursday: April 13, 7:30pm

Good Friday: April 14, 9:00am Cross Walk starting at Scotia United Methodist

Easter Sunday: April 16 – Sunrise Service (6:00am) and Festival Services (8:00am/10:00am)

Thank You's:

Since we published the last issue of *The Messenger* we received the following thank-you notes and letters. They are posted on the tack strip outside of the pastor's office. Read and enjoy them there for yourselves.

- From Shirley Taft (Along with Sue, Val, Linda and Cheryl):
Thank you to the youth group for the great Fellowship Luncheon. The food was delicious and we all had fun participating in the games.
- From Marian and Chic Gilgore:
Thank you for the sanctuary flowers delivered by Richard Doyle on Chic's birthday, March 5. Their presence added a festive note to our family gathering that afternoon! God bless you all.
- From Barret and Maria Germain:
FRCS Staff: Thank you so much [for the wedding gift.] It was very thoughtful. We truly appreciate your generosity!
- From Scotia Food Pantry:
Thank you so much for the generous food donations during the month of March. The families and volunteers of the Scotia Food Pantry appreciate all that you do for us.
- From Fort Miller Reformed Church Consistory:
We would like to express our deepest appreciation for your hosting of the recent Classis meeting. The dinner your congregation prepared was just outstanding, the many volunteers and servers, as well as the welcoming environment. We had a wonderful time and so appreciate all the effort that went into the evening. We look forward to hosting the Classis meeting in May, and hope to see you there!
- From Girl Scout Troop 2760:
Thank you very much for allowing our troop to use your facility for our Silver Award ceremony in January. The space has a lovely view of Collins Lake, which was perfect for our meeting. Our guests enjoyed the view and our gathering was a great success. Thank you again for providing a wonderful spot to celebrate our accomplishments.
- From Phyllis Beck:
Thank you so much for the cards, prayers and support after the death of my mother Ruth Beck, and sister Karen R. Bruinsma.

CROP Walk:

'Walk with Us, Walk with the World' in the 37th Annual Crop Hunger Walk on Sunday, May 7, 2017! 25% of all funds raised by the Capital Region CROP Hunger Walks goes to local food pantries and soup kitchens. More than 40,000 people in our region use local free meal programs to provide adequate food for their families. Our participation provides an effective link to make a real difference on critical concerns: refugees, famine, local poverty, and more. JOIN US! To register as a team and participate with other area churches, please see Tee Munson, or email frcstmunson@verizon.net or call (518) 370-4751. Look and listen for more information in the coming weeks. Let's come together for the need to feed the hungry!

Flower Garden Help Needed:

It will soon be time to begin working on our church's gardens. We hope to recruit enough people so that each of our church's several garden beds will have a person or several people caring for them, keeping them weed free. This is a terrific way for some of you to help us make a positive impression on the many people who walk through our church campus or who drive past on Route 50. Please call the church office, 370-4751, and let us know that you'll stop by from time to time to weed. You can choose a garden bed you'd like to care for, or we can assign one to you.

Search Committee Update:

-Kent Busman

The Search Committee is meeting weekly at this point as interviews have begun. We are currently interviewing for both positions (Senior and Associate) and have been pleased with a number of candidates. Second Interviews for a number of them have already been scheduled. The consistory has been informed of our progress.

We deeply miss David Walsh's expertise, skill, and gentle spirit but we feel the best gift we can give David as he heals is the knowledge that we are continuing on in the direction that he helped us chart out.

Please continue to keep the Committee in your thoughts and prayers as we enter a crucial time in the search process.

On Your Mark!

-Lynn Carman Bodden

Are you concerned about rising rates of drug addiction in our area? I am. And because I am, last year when I read in the newspaper about a brand new 5K race being held in Guilderland, I entered to show my support. Imagine my surprise when, in the middle of the race, I realized it had a connection to our Kid's Hope USA program here in Scotia – in fact through my very own mentee!

This race, the second annual Summer Smith 5K Addiction Awareness Memorial Run, is being held this year on May 13, starting at Guilderland High School. If you are a runner of any level, or a walker, if you are a person concerned for addiction awareness and treatment, if you are a person who supports our Kid's Hope USA kids who may face this challenge in their families, perhaps you will join me – as part of a First Reformed Church of Scotia team! If you aren't a runner or walker, there is a chicken barbecue following the race. For more information, talk with me, or check out the website:

<http://www.summersmith5k.com/>

Youth and Family Events:

Youth Group: We are glad to see the signs of spring, with the hope to get some fun outdoor projects and fellowship with other local youth groups underway. We will be greeting as a group for Palm Sunday, so please be at church early.

Family Movie Night: scheduled for Saturday April 29 at 6:30. Come join the family fun and watch Sing! Sign up on the bulletin board by the nursery.

Upcoming events: We'll be doing some planting projects and hosting a coffee hour. See the bulletin board for dates and further details.

VBS: We'll again be partnering with Trinity Presbyterian for Vacation Bible School. If you would like to assist in leading or be a youth volunteer please see Kristin Bodden. Dates and themes are in planning stage and will be announced early April.

Blood Drive:

The blood drive has been **rescheduled** to April 27. Sign up by calling the American Red Cross at 1-800-733-2767. Your donations save lives!

Health & Wellness Ministry:



Spring is finally back and it often signals a time for cleaning our homes after being closed up all winter. If your cleaning includes de-cluttering, it also has health benefits. In de-cluttering and simplifying your life can bring a sense of calm, order and renewal. Everyone has stuff that's just laying around, maybe in a closet or "junk drawer." We tend to think that a little clutter won't harm us, but studies are finding that clutter can have a detrimental effect on our mental and physical health. In fact, some psychologists are starting to recognize that having a clean, organized home is an essential part of the wellness equation. If you're not convinced, here are six ways cleaning out your clutter can help you live a healthier life.

1. **Reduce anxiety-** your brain will be less irritable and you will be less embarrassed about your home.
2. **Improve your sleep-** it will be easier to unwind and get into a deeper sleep if you aren't stressed about your home.
3. **Improve your productivity and creativity-** there will be less distractions.
4. **Free up your schedule-** you won't spend time frantically searching for keys, wallet or purse in the morning.
5. **Rid your home of allergens-** Dust, dander and pet hair won't be piling up on cluttered items.
6. **Help you lose weight-** There is less clutter to cause stress that causes some to overeat.

So what are you waiting for? Start de-cluttering and improve your health today.

#SHOWUP - Kid's Hope USA News:

For 36 years I can share that I have driven a car without running out of gas... until this morning. The rising sun was just peaking up over the horizon prompting a quiet moment of gratitude for such beauty as I drove along the highway. The next moment my car gasped its last gulp of fuel injected momentum. There I sat, stranded alongside a busy road of frantic morning commuters rushing by in their cars. I felt embarrassed, foolish and vulnerable. I sat there for a bit, self-consciously staring straight-ahead wondering how to get myself out of my mess. After a time, I heard a slight car horn tap to my left and looked over to a smiling, kindly face, "Do you need a hand?" he asked as I opened my window. I sheepishly shared my predicament and said help would arrive in an hour or so. "I am happy to help you now! I can easily get a gas can and get you on your way." Off he went. A short time later he returned gas can in hand, the now precious petrol allowing my car to sputter back to life. He refused my persistent offer of payment for his kindness. "Happy to help," he said in a jolly manner. "Peace." The next moment he was gone.



As I pulled away from the curb, my heart and mind settled down and my thoughts turned to this season of Lent and how much it meant for this kind stranger to lend a hand. Then my thoughts turned to our Kids Hope USA mentors and prayer partners. They don't 'drive by' when they know a child is in need. They give their students 'fuel' to go forward each week, whether it is in the form of prayer or showing up to metaphorically say, "Do you need a hand?" We have Kids Hope USA children right now who experience such challenges as homelessness, an incarcerated parent, loss, and economic hardship. My tiny window of vulnerability and momentary helplessness this morning reminds me of how Christ-like it can be to somehow say or show, "I am happy to help you now!" May we all be so blessed by the kindness of strangers. "Peace."

Adult "Youth" Group:

Next meets for Happy Hour at Centre Street Pub on Friday, April 28 from 5:00-7:00. See Sarah Hoffmann for details, or e-mail her at sarahrturtle78@hotmail.com



Mission of the Month:

Our April Mission-of-the-Month is Schenectady Home Furnishings, a relief agency that provides household items for people in need. Home Furnishings needs: small kitchen tables and chairs, small dressers, and kitchen appliances and utensils. Please call Home Furnishings, 346-2444 to schedule a pick-up of your donated furniture. For information on what they accept, please see the flyer on the Missions bulletin board and in the narthex.



Prayer Shawls help our FRCS community in times of transition. Those who are in need of prayer for healing, support, care, celebration or encouragement are recipients or our prayer shawls. We have a circle of artists who pray as they knit and crochet for those in need of a warm hug of prayer. If you know of anyone needing a prayer shawl, or would like to create shawls to share, please see Kristin Bodden. We will meet April 30 at 11:30 in Memorial Lounge to discuss needs and share projects. Bring a dish to share, all are welcome!



Next Service with Communion:

April 13 – Maundy Thursday: by intinction.

May 28 – Ascension Sunday: pass the bread and cup.

August 6 – Summer communion: by intinction.

October 1 – World Communion Sunday: pass the bread and cup.

November 5 – All Saints Sunday: by intinction.

December 3 – Advent 1: pass the bread and cup.

January 7 – First Sunday of the year: by intinction.

The Route Fifty **5**
A brass ensemble

Benefit Concert:

The Route Fifty 5 brass quintet, with special guest Alex Atchley, invites you to a concert to benefit the Scotia-Glenville Backpack Program on Sunday April 30 at 1:00. We hope that you can join us for an afternoon full of music, family fun, and more sympathetic laughter than we deserve! Suggested donations, with all proceeds going to the Scotia-Glenville Backpack Program, are \$5 per person, and \$20 per family. A post-concert reception will be hosted by First Reformed Church of Scotia and Trinity Presbyterian. Additional information on the Scotia-Glenville Backpack Program can be found at:

<http://www.regionalfoodbank.net/backpack-program/>



Music Notes:

Choir Rehearsal during Holy Week will be held on Wednesday April 12 instead of Thursday evening due to Maundy Thursday service.

To anyone that is interested in joining the choir on Palm Sunday, Holy Week, Easter, or any other services... you are more than welcome!

Please contact Barret Germain barretgermain@gmail.com if you have any questions.

Sunday School Update:

Our Little Lambs (6 months to 4 years old) enjoy their learning time with Ms. Diana as they have been learning about God's world and people, Jesus work, helpers and love.

Children in Worship (K-Grade 2) Ms. Joanna has continued to lead our little ones in peaceful worship practice. Students have been learning about Bible stories through the Christian year. Ask them to share some of the songs and sign language they learn in class.

The Eagles and Doves (Grades 3-6) have been following the lectionary this year as they learn about faith and practice. They are currently using the Seek and Find Lent devotional for combined hands on learning.

Jr. / Sr. High class has been discussing missions based faith practices and seeing how they can make a difference. They have successfully collected 103 winter coats for the community and are currently collecting spring coats and boots. Do you have any spring wear to donate?

Volunteers are still needed for our nursery and Children in Worship programming. We can work together to give our youth the best opportunities to learn in grow in our community of faith. See Kristin Bodden if you'd like to help out!

Easter Flowers:

On Easter the sanctuary is filled with lilies and spring flowers that are later delivered to shut-ins and others. Flower Fund donations not only help purchase Easter Lilies, they also help provide fresh flowers for worship throughout the year. Dedicate your gift in celebration of an event, in honor or memory of a loved-one. Dedications will be printed in the Easter bulletin. Please make your donation with dedication by Tuesday, April 11.

Labyrinth Open:

Our labyrinth is set up and available for personal walks any time during church office hours 8:30-3:00 in room 9 upstairs. It will be open until Good Friday. Come take advantage of this peaceful opportunity for prayer, renewal and contemplation.

Spaghetti Dinner Results:

Love your neighbor was our theme this year. Camp Fowler gives our kids near and far the opportunity to come together, make new friends, connect with God and nature and see how to truly do as Jesus taught. This year we saw lots of love in all the volunteers who came out to help, the cake bakers and of course the neighbors who came to eat and support this effort. We are blessed to have brought in \$4318 for Fowler scholarships!

There are so many special people to thank! Check out our Fowler bulletin board for a list of our volunteers this year. We especially thank our coordinators Amanda Faulkner, Kristin Bodden, Sunny Baldwin and Walt Pfunter and our fabulous kitchen, serving and cake teams. We had a wonderful variety of cakes and confections this year and always look forward to your creations!

For information about Camp Fowler, visit www.campfowler.com or contact Kristin Bodden. Consider sending your youth to camp or volunteering this year as a counselor. Scholarship amounts will be posting shortly. Please add your name to the camp week list if you've already signed up. What a beautiful gift we are able to give our children of The First Reformed Church of Scotia, the gift of camp.

Youth Sunday:

Sunday June 11 will be our Youth Sunday this year where our Sunday School kids and youth will lead worship from announcements, to music and sermon. Our theme this year is Fruit of the Spirit. This month parents will receive further information on this event.

March Flower Thanks:

We would like to thank those who contributed to the flower fund in March, to vest the sanctuary in flowers for Sunday worship:

Janice Ellis, Bill Shave, Carl Fitch

If you would like to sponsor chancel flowers, call the office to arrange a date. The normal cost of the two arrangements is \$50, but negotiations are possible. Larger arrangements are also possible through the florist.

FRCS Caring Ministers:

BURDENS!!!... "Bear one another's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2)

Which game have you either played or watched on TV?

- a) What's My Line? b) Apples to Apples c) Cards Against Humanity

You're *all* smiling, because games invoke great memories with friends and family and the entertainment value in playing "your" game with other generations! The connection between these 3 is the goal of discovering what you know or learn about your opponents - guessing an occupation, or knowing them so well that you play cards he/she will be most apt to choose. How well do we know each other? If you've played any of these games, you realize maybe not as much as you thought...

One thing we know about each other without having to ask *any* questions, is that we carry burdens - and none are heavier than the other, because they affect us in ways we don't always admit to or recognize. The list of burdens is endless, but includes loss of family, friends, jobs, living quarters - changes in age, health, marital status, and even stresses that once seemed small but now consume our thoughts and energy level.

FRCS has, at the ready; individuals trained and equipped to walk alongside you and your burdens, for the long and short term. Would a calm, reassuring presence be helpful to you? Could you use a weekly or monthly conversation to bring comfort?

Asking for such assistance is not a sign of weakness, or of taking away from others' needs - it is about making a connection to help ease your burden and walk together.

Caring Ministers, Krankenbesoekers and others are ready - we invite you to inquire about their services - engage in conversation - build up your resources and give *them* the opportunity to do what they do best!

Contact the church office to be directed to Pastor Lynn Carman Bodden, Rev. Dr. Bill Faulkner or Laurie Cooper to learn more!

April Ushers:

April 2: Ken Swain, Carl Fitch, Brad Coryer, Bill Shave
 April 9: Nancy Passer, Pete Lewis, Paul Munson, Mike Torelli
 April 13: (*Maundy Thursday*) Carl Fitch, Nancy Passer, Bob King, Russ Garrison
 April 16: (*Easter Sunday*) Nancy Passer, Bill Shave, Matt Parker, Russ Garrison
 April 23: Paul Munson, Dave Gonyea, Carl Fitch, London Shepherd
 April 30: Barb King, London Shepherd, Bob King, Mike Trbovich

April Greeters:

April 2: Sheila and Tim Dort
 April 9: Youth Group
 April 13:
 April 16: Bodden Family
 April 23: Nelson Austin and Anne Fetter
 April 30: Dot Brooks and Carole Tygert

April Flowers:

April 2: Carl Fitch
 April 9: Sanctuary Choir
 April 16: *EASTER LILIES*
 April 23: London Shepherd
 April 30: STILL AVAILABLE

Giving:

Each month we report our giving.
Here is how we gave so far this year:

(as of March 27, 2017)			
	Budget	Income	Difference
Congregational Giving	\$348,700	\$76,967	-\$271,733
Other Giving	\$127,400	\$91,177	-\$108,223
Total Income	\$476,100	\$96,144	-\$379,956
Total Expense	\$476,100	\$102,191	-\$373,909

March Attendance

* Easter was in March of 2016

CHURCH ATTENDANCE			
(as of March 27, 2017)			
	2017	2016	Difference
MONTHLY AVERAGE	177	285*	-108*
YTD AVERAGE	177	229	-52*

April Food Pantry Needs:

Every week our bulletin lists the food most needed for the Scotia Food Pantry. Below are the items for April. Please place your donations in the container in the narthex or in the one outside Brink Hall. What a great offering we would give if **everyone** brought the weekly item!

Here is this month's food theme:

"Special Needs Diet"

- Low Sodium Soups
- Sugar Free Products
- Gluten Free Products
- Vegetarian Products

What else can you think of?



APRIL ANNIVERSARIES

Carl and Janet Fitch	2	Jeff and Kathy Reynolds	17
Hugh and Yvonne Boyd	8	Don and Sarah Schermerhorn	18
Jerry and Tina Haldeman	16	Todd and Beth Vaccaro	26

APRIL BIRTHDAYS

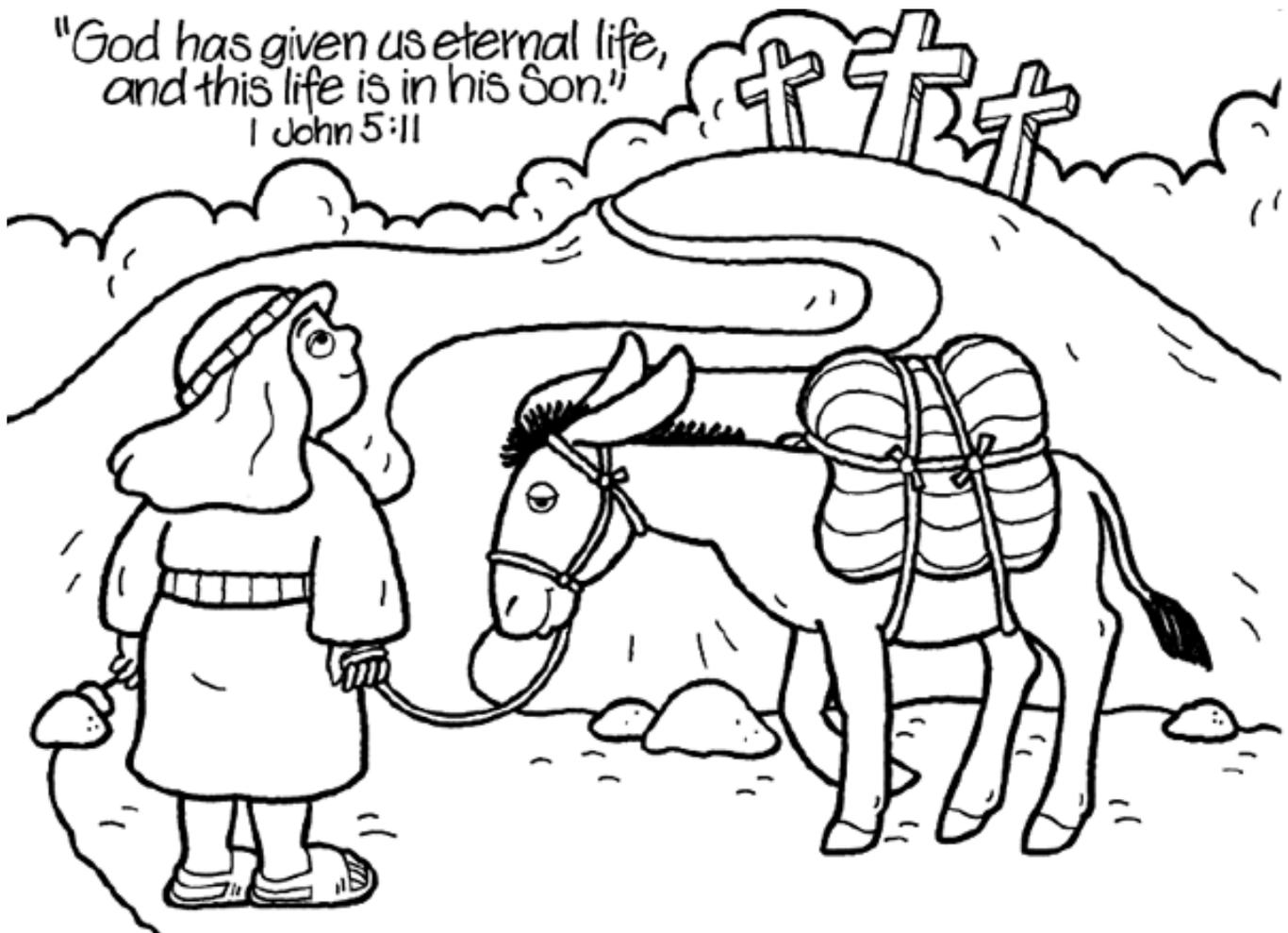
Judson Hoffman	3	Virginia Davis	15	Val Van Patten	21
Jeff Reynolds	4	Bill Eberle	15	Dirk Francois	22
Evelyn Torelli	4	Janet Fitch	15	Cheyenne Willoughby	22
Linda Lewis	6	Rachel Rosenberg	16	Ruth Henry	23
Seneca Willoughby	7	Brendon Getter	17	Kim Monaco	23
Amiee Warfield	9	Alena Willoughby	17	Ethan Schalekamp	23
Paul Rooney	11	Steve Goodspeed	18	Jillian Getter	24
Allison Beauchemin	12	Katherine Makrin	18	Ann Wright	24
Eric Carpenter	12	Bob Baldwin	20	Jane Lansing	27
Peg Foster	13	Nancy Pfuntner	20	Ashley Squires	29
Helen Graber	13	Kimberly Rosenberg	20	Micah Faulkner	30
Walter Pfuntner III	14	Susan Duncan	21	Emily Taft	30

Spring Work Day:

The year's Spring Work Day is Saturday, April 22. Work Day is a chance for you to get to others better by doing a common task, and it is a day in which you can really be part of taking care of the grounds and facilities we have been entrusted with. We have a number of tasks to do including: Removing sanctuary storm windows and installing screens; Raking any leaves left over from fall and prepping our lawns for summer mowing; Putting away what little salt and winter equipment, and setting out hose reels; Trimming grape vines behind the church; Washing Brink Hall windows. We will also have some inside jobs to make the church sparkle for our pastoral candidates.

Bring your rakes and meet at the church at 8:30. We'll work until around noon. Donuts and coffee will be provided. If you can help, please sign up on the sheet posted outside of the pastor's office so we know how many donuts to get. If you can't help on Saturday, we will have jobs you can do when you are able between April 22-.30

- Children's Coloring Page -



March Calendar:

SA April 1: 10:30 **Adult "Youth" Group**
 Brunch & Easter Egg Hunt

SU April 2: 12:30 **New Members Class**

TU April 4: 7:00 **Health & Wellness**

W April 5: 6:30 **Lenten Sunrise Prayer**
 6:00 **Schenectady Art Society**

TH April 6: 5:30 **Worship Council**
 7:00 **4-H**

SU April 9: **Palm Sunday**
 10:00 **New Members Presented**

M April 10: 11:30 **Caregivers**
 7:15 **Admin Council**

W April 12: 6:30 **Lenten Sunrise Prayer**
 5:30 **Search Committee**
 7:15 **Choir Rehearsal**

TH April 13: 7:00 **Maundy Thursday Service**

F April 14: 9:30 **Cross Walk**

SU April 16: 6:00 **Easter Sunrise Service**

M April 17: 7:15 **Consistory**

TU April 18: 7:15 **Caring Ministers**

W April 19: 1:30 **Sharing & Caring**

SA April 22: 8:00 **Spring Clean-Up**

W April 26: 5:30 **Search Committee**
 7:15 **Christian Ed Meeting**

TH April 27: 12:00-6:00 **Blood Drive**

F April 28: 5:00 **Adult "Youth" Group**
Happy Hour - Centre Stage

SU April 30: 1:00 **Route Fifty 5 -Benefit Concert**

EVERY TUESDAY:
 7:00 **Adult Bible Study**

EVERY WEDNESDAY:
 8:30 **Time of Prayer**

EVERY THURSDAY:
 9:00 **Mission Bells**
 7:15 **Choir Rehearsal**

EVERY SUNDAY:
 8:00 & 10:00 **Worship**
 6:30 **Youth Group (unless otherwise listed)**

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