

*The Rev. Lynn Carman Bodden, Interim Minister*

# THE MESSENGER

## *In the Interim...*

*Not that I have already obtained this or have already reached the goal...*

*~Philippians 3:12*

Well, what I'm about to write to you this month may not be the best use of a line of scripture, but it surely is descriptive! Since I arrived seventeen months ago, we've been talking and working and wrestling with how to produce a good, current, possibly even online directory – so that people new to the congregation and people who have been here since forever can be in touch with each other. But after all this time, we aren't there yet. We haven't reached the goal.

This doesn't make the goal impossible! We really are going to get an updated database in place. We really are going to produce some kind of member directory. And we are going to do it BEFORE a new pastor arrives. We are!

But we need your help. Kristen Shave and Bobbie Nelson and others of us who work in and around the office work hard to track changes about you: changes in your address when you move, changes when your children move out on their own, changes in your phone number when you drop your land-line and go completely to cell phone service (which often means tracking down more numbers for one household), changes in your email service when the old one doesn't work, or gets spammed too often. You understand the challenges on our end, and why we need your help! We really need your help!



Enclosed with this messenger - in hard copy, if you still receive a print edition of *The Messenger*, or through an online link if you receive your copy online - is a form we need you to fill out with the information we need for a directory. PLEASE fill this form out, and be sure to include information for everyone in your household who is actively a part of this church. **PLEASE fill it out by March 1, 2017.**

This is just one thing we'll need your help with as we ready the congregation, the records, the building for your new clergy.

On their behalf, and ours, thanks!

*Lynn*

## 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 Jan Tunison at Scotia Relief: *Scotia Relief sends a sincere thank you for your donation to local relief efforts. During the past year community members, businesses and organizations donated funds to support neighbors with food, utilities and other daily needs. Thank you for joining with your neighbors to make a positive impact upon your Scotia-Glenville community. We appreciate your support.*

From Yvonne & Hugh Boyd: *Thank you to the carolers who braved the cold weather to come and sing to us.*

From Betty Jane Blackmore: *I want to thank you for the lovely poinsettia plant. I also want to thank Rev. Dr. Bill Faulkner for the visit and lovely prayer he said.*

From Shirley Taft: *Thank you to the group of carolers who stopped at my house in December. Also thanks for the goodies.*

From Susan Duncan: *Thank you for coming by and singing Christmas carols which we enjoyed so much. Please thank our congregation for the beautiful poinsettia. We are enjoying all of your gifts.*

From Nicole Retajczyk: *Thank you to the Sharing & Caring group for all the special thoughts and cards throughout the years. I look forward to every letter and poem you send me. I am eternally grateful.*

From Simon Trbovich: *Thank you for my bible. I liked all the wrapping paper.*

## Messenger Delivery Changes:

We still press toward a goal of having all mailings of *The Messenger* done electronically. If you have email and do not yet receive your copy online, please consider switching over. It saves the office time and the expense of paper, stickers and postage.

Beginning in April 2017, if you still receive a hard copy of the Messenger and are a regular attender in worship, we will be asking you to pick up your copy here at church. Copies will be labeled and alphabetized, and available for two weeks in the narthex. If you want your church news in a timely fashion and are willing to help us save postage, we'd really appreciate it if you signed up to have it emailed!

If you are homebound, no worries. Copies of *The Messenger* will still be snail-mailed to you.

## Flowers:

We would like to thank all of those who contributed to the flower fund in January, to help vest the sanctuary in flowers for our Sunday worship:

**Norma Hamm, Sue Pitts**

*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.*

## February Mission of the Month:

Mission of the Month for February is Bethesda House whose role in the continuum of care provided by multiple local agencies is to reach out and care for the chronically homeless, disabled adults in our community. Many services are geared towards the unique needs of this group and focus on housing as the first step in the process rather than the end result. This "Housing-First" approach is a proven best practice for successfully assisting chronically homeless persons to leave the streets and regain their physical, emotional and spiritual well-being. Bethesda House is located on State Street. Volunteers are needed during the day. Please call 374-7873 to volunteer.



## #SHOW UP - KIDS HOPE USA NEWS:

How might an elementary student describe an 'Active Listener'? One can imagine a student telling of someone doing jumping jacks while listening to music, or a harried mom 'listening' while making dinner for the family as the dog barks to go outside. Kids Hope students get to experience the real form of 'active listening' and see that modeled for them each week.

Mentors are patient listeners who can ask a question in the peace and 'one on one' atmosphere of the mentor hour each week. Kids Hope students receive the gift of an adult who will listen without interruption until the student finishes speaking. Mentors' genuine interest in the student allows for follow up questions. Students learn about eye contact, how to read facial expressions and how to articulate their thoughts. These acquired skills are invaluable for life.... during a job or college interview, working out relationship issues with friends, parents or caregivers and eventually, a significant other or spouse.

All children benefit from questions other than, "How is your day going?" Kids Hope mentors are trained to ask questions like, "Tell me about how you were kind to someone today?" or "Did anyone do something nice or helpful for you today?", "What was your favorite activity during gym (or quiet time or recess)? Or "What is one interesting fact you learned today?"

Through active listening, mentors show support for their Kids Hope student, and for the student's education. To be listened to improves a student's self-esteem, and a mentor's listening has been demonstrated to have a positive impact on a child's academic achievement. This is another way Kids Hope mentors show they care and work through God's grace to help ALL students succeed.

## Caring for Aging Parents?

Are you caring for aging parents, either here in the community or at some distance? **You are not alone!** At a recent meeting of the FRCS Caring Ministers, we began to make a list of members and friends of the church who are caring for parents – and we discovered there are many, many of us engaged in this important ministry.

Your church would like to celebrate this expression of your faith witnessed through your gifts of love and kindness. We know that even in loving families and amid moments of real joy this work can be challenging. We want to say thank you, by gathering you with the many others in this congregation who share in the joy and the costs of this form of discipleship.

On Sunday, March 5 join us after the 10am worship service in Memorial Lounge for a Celebration of Caregivers! We'll have plenty of refreshments – especially if you sign up outside the Pastor's office to let us know you'll be there. We look forward to learning how your church can support you best, as you support others.



## Men's Group

Calling all men of First Reformed Scotia! Would you like to be a part of a Men's Group? Sign up on the bulletin board by The Pastor's office if you are interested. Join in some fellowship opportunities, mission work, retreat and more.

Watch for information about the next Men's gathering in the weekly Bulletin, Facebook, The Messenger and postings. Have an idea? See Kristin Bodden with suggestions and questions.



## Fowler Spaghetti Supper and Cake Auction

Save The Date: Saturday March 25 from 4:00-7:00

Love Your Neighbor is this year's theme for the supper and summer program at Camp Fowler.e for 2017. Cakes from around the world, symbols of love and friendship, peace and the Golden Rule... so many choices for fun and inspiring cakes this year!

Come support our campers and enjoy delicious food, great company and take home a delicious cake. We will be hearing from some campers through the coming weeks as we get their perspective on the benefits of Camp Fowler and how it has helped shape their lives. Volunteer opportunities and ticket sales will be posted shortly; think about taking part in this fun and important event. Help serve, bake a cake or enjoy the food.

### Valentine Luncheon:

This year our annual Valentine Luncheon will be held on Sunday February 12 at noon in Brink Hall. All seniors are invited to come and share a soup lunch with our FRCS youth. We'll share a meal, get to know each other, play a game or two and maybe sing some songs together. Be sure to sign up on the board next to the Pastor's office so we know how much food to prepare. See you then!



Youth Group and FROGS families, please check out the Youth Group board to sign up for volunteer opportunities for this event.

### Fowler WINTER Camp

All youth in grades 6 - 12 are welcome to attend Winter Youth Camp, February 19-21, 2017  
Chi Rho House - \$150

Have you ever felt when winter is at its longest that you wished you could just go to camp? Well now you can! Camp Fowler is pleased to be offering "Camp" in the winter. Based out of the heated Chi Rho House .

Polar Bear "swimming" takes on new meaning as you roll in the snow. Hiking is really cool with snowshoes on your feet. Recreation on the meadows will find you and your friends enjoying the best that winter can offer, not to mention the fun we can have on a frozen lake! Winter Camp will be run by returning summer staff and volunteers and will get you back into the spirit of Camp Fowler.

Go to [www.fowler.com](http://www.fowler.com) to register.

### Fowler Summer Camp

**Registration:** Registration for summer sessions at Camp Fowler in Speculator, NY is open online at [campfowler.org](http://campfowler.org). Check out the Camp Fowler bulletin board for details on weeks available. Register early to secure your date!

**Scholarship:** This congregation will again award scholarships this year to our FRCS campers. We have a short scholarship application to make registration easier for families. See the Fowler board for details. Following the Fowler Spaghetti Supper in March, the amount for scholarships will be determined. See Kristin Bodden with questions.

**Volunteer Opportunities:** Do you want to be a part of the Fowler family? They need you! Check out [campfowler.org](http://campfowler.org) for details on how to get involved as a cabin counselor, kitchen helper and more.

## Ash Wednesday:

March 1 is Ash Wednesday in 2017. Those who find it meaningful are invited to join together in an evening worship service in the Sanctuary at 7:30pm, which includes the opportunity for the imposition of ashes. The service summons us to look inward and take inventory of our spiritual lives, and to consider where God might be calling us to press forward into God’s future in our lives of Christian faith. Please join us for this service of reflection and prayer.

## Labyrinth Link:

Save The Date for Ash Wednesday, March 1, for a labyrinth walk before and after service. Start out the season of Lent with a peaceful, prayerful labyrinth walk.

### Labyrinth Spirituality

By Cathy Rigaly & Lorraine Villemare from *Labyrinth Reflection*

Why are labyrinths necessary in our society today? Why do people use labyrinths to foster spirituality? There are two basic reasons.

1. We live in a stress-filled world. Walking is helpful for dealing with tensions in life. Our bodies are not comfortable with stress or dis-ease. This often leads to physical and emotional illness.
2. There is a spiritual hunger in our world. People seek answers to basic life questions:

**Who am I?**

**Why am I here?**

**What do I really believe?**

Many people feel their spirits are malnourished and seek answers to these questions. Spirituality is the quality of being fully alive, connecting to the deepest part of who you are.

Walking the labyrinth is one way for the body to touch your Inner Spirit. By walking in a gentle, relaxed manner, your inner and outer worlds come together. The labyrinth provided an opportunity to gain knowledge about your true self.

The labyrinth walk quiets the mind while your body is moving. The rhythm of the movement allows stress to ebb. Philosophers throughout the centuries have said the answer is found in the walking.

An important part of reflectively walking a labyrinth is to take slow deep breaths in order to relax. A calm body at rest, a feeling surfaces and reveals a message. The result, a thought, action or behavior may call for change. This is why the labyrinth is called a tool for transformation.

The beauty of walking the labyrinth is its simplicity. Put one foot in front of the other, relax, empty your mind and let your Inner Spirit guide you.

## Adult Lenten Education Series:

### “Journey In - Journey Through: Aging, Caregiving and End of Life Issues”

In a recent meeting of the FRCS Caring Ministers (former Stephens Ministers), we began to count how many members of the congregation are caring for parents or partners facing the dynamics of chronic or serious illness, and the realities of end of life preparations. It made sense that people might want some support, some ideas and some information around what they are dealing with on a daily basis.

Sundays after worship, we offer you the opportunity to face into the spiritual, relational, economic and legal realities of aging, care giving and end of life issues. We expect to invite some resource people who have helpful expertise. You don’t need to attend every session! Pick and choose what is pertinent to you.

Please sign up outside the Pastor’s office for each session you’d like to attend, so we make sure to have enough space and enough resource material. If you haven’t signed up, but feel moved some Sunday to drop in, you are most welcome!

## New Consistory:

Our 2017 Consistory met for the first time on Saturday, January 28 and organized itself for its work this year. This year’s Consistory is made up of the following people, whose pictures you can find posted on the picture board in Brink Hall:

### Interim Pastor

The Rev. Lynn Carman Bodden

### Deacons

David Bicknell, Emily Kohout, Erin Parker, Karen Trbovich, John Hoffman, Steve Warfield

### Elders

Laurie Cooper, Richard Doyle, Diane Faubion, Russ Garrison, David Schalekamp, Sunny Baldwin

### Consistory Officers

President, Lynn Carman Bodden

Elder Vice President, Richard Doyle

Clerk, Erin Parker

Other Members of the Executive Committee: Diane Faubion and Russ Garrison

Councils assist our consistory in planning and organizing the ministries and activities of our church. Membership on one of our councils is open to anyone who is part of our worshipping community -- church member and friend alike. Unlike Consistory whose members are called and elected, council members can volunteer for consistory appointment. Are you interested in serving on one of our councils? Speak to Pastor Lynn. She’ll tell you more.

Here are this year’s council leaders:

- Administration Council: Diane Faubion and Richard Doyle
- Buildings & Grounds Council: Emily Kohout and David Bicknell
- Christian Education Council: David Schalekamp, Steve Warfield and Karen Trbovich
- Congregational Care Council: Laurie Cooper and Sunny Baldwin
- Missions Council: Erin Parker, chair and Deacons
- Worship Council: Russ Garrison and John Hoffman

Have you even wondered what your consistory does? The most recently approved consistory minutes are always posted on the bulletin board outside of the pastors' offices. If you ever have any questions about what you read, simply ask Pastor Lynn or any other member of Consistory. Their names are printed regularly in the bulletin and are part of the posted minutes.



## City Mission Meal Service for 2017:

Would you like to be a part of an important and rewarding mission? We’ll be serving meals to our Schenectady neighbors at the City Mission this year and we’d love for you to join us! Can’t make it? We also need volunteers to bake desserts for us to distribute after the meal. Sign up on the bulletin board outside the Pastor’s office.

**Monday, February 27: Meal Service 4:45-7:00**

**Tuesday, June 13: Meal Service 4:45-7:00**

Look for more ways to get involved with City Mission outreach and assistance. We’ll be creating opportunities for all ages to be a part of creating peace and joy right here in our own community.

## Youth Group and FROGS

We thank all who have participated in our youth events so far this program year. We've enjoyed the fellowship together and look forward to more opportunities to make new connections and grow our youth program. Looking ahead:

### Youth Group

- Feb: 2/5 **Crafts for Valentines Lunch** at 6:30 to 8:30  
 2/11 **Soup Making** and setup for luncheon 5:30 - 7:00  
 2/12 **Valentines Luncheon** at 12:00 Brink Hall  
 2/17 **Casting Crowns, Danny Gokey and Unspoken - Concert**  
 in Glens Falls see Tracy Swearingen for details  
 2/19 **Pastor Lynn and Heather Kramer on worship** at 6:30 to 8:30.  
 We'll begin preparations for spring Youth-led worship service  
 2/26 **Rock Painting** at 6:30 to 8:30 Get ready to rock out!!!!  
 2/27 **City Mission** Serving - See sign-up in Brink Hall for details

### FROGS

- Feb: 2/12 **Valentine Luncheon**  
 March: 3/26 **Easter Egg Hunt / Brunch** 10:30 Saturday morning Brink Hall  
 April: 4/30 **Family Movie Night: The Good Dinosaur**: 6:30 Brink Hall

## Blood Drive:

On February 9, we are having a blood drive in Brink Hall, and we need you! Give the valuable gift of life by giving a little bit of yourself. Did you know, a single blood donation can help up to three different people. Stay tuned for further details.

Brought to you by the Health & Wellness Ministry.



## Prayer Shawl Ministry:

Do you know someone in need of prayer and support? Is someone in our church family going through a life change? Prayer shawls are a way of wrapping those we love in prayer and healing. Each shawl, lap blanket or afghan is knit or crocheted, by a member of our church as they pray with each stitch for Gods love and grace to warm the recipient. Would you like to be a part of this ministry? Yarn and knitting supplies are available in Room 5 or contact Coordinator of Christian Living, Kristin Bodden at 703-1327 with questions or requests for shawls.

## Caregivers Group:

Are you a caregiver for a parent, for children or grandchildren, for a neighbor or other person on a regular basis? Would it help to have a support group, where you could share openly and honestly about your experiences, both the hard and happy ones? First Reformed Church of Scotia has a Caregivers support group which meets every month. Our February meeting is on Monday, February 13 at 11:30 in Memorial Lounge, with Rev. Dr. Bill Faulkner as leader. The group is small and welcoming, holds confidences, and has been making a difference in people's lives. Come see what we're about. Speak with Rev. Dr. Bill Faulkner or Betsey Homer if you'd like to know more.

## Financial Report:

Thank you to all who turned in a pledge card toward the 2017 budget. As of mid-January, we had received 136 pledges for a total of \$282,723. Of these pledges, 73% were increased over pledges made by the same people last year. Six were new pledges. This is good news. In addition, we know that some of you are givers but not pledgers. We are grateful for your generosity as well, as it helps us reach toward our budgeted income goal of \$342,200 for 2017.

If you would still like to make a pledge, please pick up a pledge card in the rack outside the church office. Your pledge is welcome any time of year. Should you need to adjust your pledge during the year because of changed circumstances, either positive or negative, please be in touch with Bobbie Nelson, Financial Secretary, or Laura Bull, Assistant Financial Secretary.

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

2017 GENERAL FUND GIFTS (as of January 22, 2017)			
	Budget	Income	Difference
<b>General Fund</b> (All Gifts)	\$348,700	\$22,626	-\$326,074
<b>Pledge Detail</b> (Included in above) (136 Pledges Received)	\$282,723	\$19,425	-\$263,298

This is how we gave last year:

2016 YEAR END GENERAL FUND GIFTS (as of December 31, 2016)			
	Budget	Income	Difference
<b>General Fund</b> (All Gifts)	\$335,930	\$308,666	-\$27,264
<b>Pledge Detail</b> (Included in above) (138 Pledges Received)	\$279,673	\$262,051	-\$17,298

## January Attendance:

CHURCH ATTENDANCE (as of January 22, 2017)			
	2017	2016	Difference
<b>MONTHLY AVERAGE</b>	183	204	-21
<b>YTD AVERAGE</b>	183	201	-21

### February Ushers:

- Feb 5: Paul Munson, Carl Fitch, Bill Shave, Russ Garrison
- Feb 12: Paul Munson, Ed Naumowicz, Pete Lewis, Mike Torelli
- Feb 19: Brad Coryer, Carl Fitch, Bill Shave, Russ Garrison
- Feb 26: Ken Swain, Sue Alibozek, Paul Munson, Todd Vaccaro

### February Greeters:

- Feb 5: The Falcon family
- Feb 12: The Makrin family
- Feb 19: Richard and Terri Doyle
- Feb 26: Pete and Glenda Lewis

### Important Dates in March:

- W Mar 1 Ash Wednesday
- SU Mar 5 Communion
- SA Mar 11 Men's Breakfast
- SU Mar 12 Daylight Savings Time
- SA Mar 25 Spaghetti Supper



Tina Haldeman	1
Kim Pierce	1
Simon Trbovich	2
Amanda Faulkner	4
Jason Bull, Jr.	5
Gordon Wright	5
Kathie Balsler	6
Walter Pfuntner Jr.	8
Emma DeMasi	9
Sophia DeMasi	9
June Shaw	9
Lynn Makrin	10
Joyce Gaudreau	11
John Pierce Sr.	11

Ellen Schultz	11
Wesley Kohout	12
Terry Paulson	12
Michelle Pierce	15
Laura Bull	16
Susan Torelli	16
Yvonne Boyd	17
Jan Hoffman	17
Bill Wragg	17
David Gonyea	20
Norma Hamm	20
Viktoriya Falcon	22
Chris Bodden	23
Hannah Greeley	23
Terri McKenzie	23
Jean Ellis	23
Emmett Hollenbeck	25
Ellen Downing	26
Eleanor Marks	26
Alison Gibson	27
Maggie Pfuntner	27
Libby Farone	28
Julia Penn	28



Linda and Richard Lewis 21

*Please note: We list the birthdays and anniversaries of our church's local active members and friends. If we missed yours, please call the church office, 370-4751. Thank you.*

## February Food Pantry Needs:

Every week our bulletin lists the food most needed for the Scotia Food Pantry. Below are the items for February. 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 in an item weekly!

There is **always** a need for bags and for monetary donations. Donations are used to purchase milk certificates and other items available at the Regional Food Bank for just 16 cents a pound. Make out your check to the First Reformed Church of Scotia and put "Food Pantry" on the memo line. Here are this month's theme:

### "Paper Products"

Toilet Paper

Paper Towels

Facial Tissue

Paper Plates / Napkins

Plastic Wrap / Foil







**African Drumming:**

Come February 25 to coffee hour to listen and learn. Henry Okpoti is a member of a drumming and dance group (and husband of Becky Jarczynski,) will demonstrate his art and you are invited to try a drum for yourself! All ages are welcome.

Submit articles for the newsletter or Sunday Announcements to: **frcsoffice@verizon.net**

*MS Word format preferred.*

Announcement deadline:  
**9:00 Wednesday morning**

The Messenger deadline:  
**20th of the previous month**

**Call Kristen Shave for any questions. 370-4751**

*-Tear off here and return-*

**The Messenger email sign-up form**

Please fill out and return to the office,  
 OR you can sign-up ONLINE at:  
<http://firstreformedscotia.org/media-publications/>  
 and click the "Join Our Email List" button.

<b>Your Name:</b>		
<b>Your Email:</b>		
<b>Please send me:</b> (Circle all that apply)	Newsletter	E-Blast news and updates
	Sunday School news and Updates	Congregational Events
<b>Comments?</b>		

## February Calendar:

W Feb 1: 5:30 Search Committee  
TH Feb 9: 9:00 - 12:00 Blood Drive  
SA Feb 11: 5:30 Youth Group Soup Making  
and Decorating  
SU Feb 12: 12:00 Valentine Luncheon  
MO Feb 13: 11:30 Caregivers  
7:15 Admin Council  
W Feb 15: 1:30 Sharing & Caring  
5:30 Search Committee  
MO Feb 20: - OFFICE CLOSED - Pres. Day  
7:15 Consistory Meeting  
TH Feb 23: 7:00 4-H  
T Feb 28: Classis Dinner & Meeting

**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

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