

THE MESSENGER

A Pastor's Ponderings

So what's the deal with this season called Lent?
 A time towards which most feel ambivaLENT.
 Unlike its sister season of Advent, filled with hope, love and cheer;
 Lent's call to repentance feels rather drear.
 Our times feel too uncertain, too turbuLENT,
 Our problems and our fears, too prevaLENT,
 To spend our time reflecting on all the ways
 Our own sinfulness impacts our days.
 Some try to give up, but why not give in,
 To God's love that is so great, greater than sin.
 Now is not the time to give up, but reLENT.
 Take the time now to reflect and be siLENT.
 God is still speaking, if only we'll hear.
 Lent corrects our course for the unfolding year.
 So employ your God given gifts and taLENT
 To give back to those who are weary and spent.

The word Lent might simply mean springtime, but it means so much more.
 Spring is rebirth, new life, a fresh slate, an open door.
 Lent is about starting again; mending and healing and reconciliation.

So let us fast from violence, from fear and hatred.
 Lent is a time for seeking the sacred.
 What you make of Lent is up to you,
 There is no 'right way', to yourself be true.
 Confront what you must confront, face what must be faced.
 Doing this labor is never a waste.
 So I wish you a blessed and meaningful Lent.
 Remember God loves you! Yes, you are exceLENT!

Sincerely Yours, Rev. Christopher J. McCloskey



Lift High the Cross! We rejoice and give thanks, that as we approach Holy Week, our cross has been righted. For some time our wonderful cross on the lake had begun to tilt. But thanks to the hard work of John Pierce and his friend, our cross stands taller and prouder than before!

Holy Week 2024



Maundy Thursday

March 28th

Service of Communion and Contemplation at 7:00pm

Good Friday

March 29th

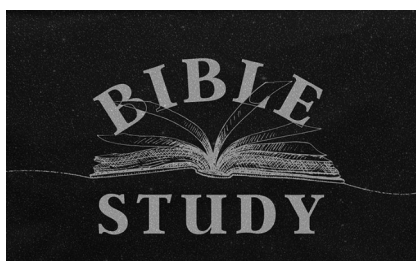
Service of Shadow at 7:00pm

Easter Sunday

March 31st

Sunrise Service, 8:00am and 10:00am Services

Lent Bible Studies



Lent Bible Study - Rev. McCloskey is leading a Lent Bible Study on Wednesdays at 6:00pm. This study coordinates with the devotional based on the life and faith of Peter.

"Renew" Bible study, which meets Tuesdays 12:00-1:15pm via Zoom, is studying Susan Robb's book, *Remember: God's Covenants and the Cross*. Using biblical history and personal stories, Rev. Robb leads readers through the covenants with Noah, Abraham, Moses, and David followed by the new covenant established on Maundy Thursday. The Lenten story culminates with an examination of the cross as another example of God's promise for a new world. Kindle and book versions are available online. This six week course began February 20. If you would like more information or the Zoom link, contact Sunny Baldwin at csunnyb@nycap.rr.com, or 518-320-4562.



March Mission of the Month: The Mission of the Month for March is Camp Fowler Ministries. Camp Fowler, located near Speculator, NY does not receive direct financial support from Albany Synod. The annual budget for the camp is at least \$150,000, which is raised from churches, organizations, and individuals who share its vision for ministry. One goal of Fowler is to keep the fees affordable for the children who attend. Camp Fowler is an important part of the life of this congregation. We contribute and receive incredible benefits from this partnership. Won't you consider the importance of this ministry and give generously to the March offerings?

Community Lunch - The Community Meal and Grab-n-go lunch have been very busy for the month of February. The bag lunch had 50 meals go out and thanks to Vicky for some very delicious cookies.

The Community Meal had 76 meals taken and the guests enjoyed the tacos, taco slaw, spice rice, and homemade brownies. Thanks to all the people who made brownies and my wonderful volunteers for all the hard work putting this meal together.



We are at a total of 2164 meals. On a serious note, please keep one of our guests named David in your prayers. He has had some serious health problems. Thank you for all of your support.

There will be a community lunch Grab-n-go on March 6th, serving from 11 am -12:30 pm.



Backpack Update: It is so surprising that we are already ordering food for the Spring distribution! Because Easter is early this year, we are planning for our Spring distribution with a delivery on February 26th of frozen chicken, eggs, cereal, yogurt! Our next distribution will be on Wednesday, March 27th. We distributed 44 boxes of food on February 15th, with so many families expressing their gratitude.

There is really good news in Scotia-Glenville! On the third Wednesday of each month there will be a FREE distribution of fresh produce, meat, and dairy products at the parking lot of the First National Bank of Scotia, from 6:00-7:30 pm. No identification is needed---you just show up and choose what you need! It is called the Fresh Table Community Pop-up Pantry. Please let your neighbors that need this fresh food about this service. The dates are the following: March 20, April 17, May 15, June 19, July 17. This is sponsored by the Regional Food Bank and volunteers in our community.

Come Walk the Labyrinth during Holy Week

The Labyrinth offers us a space to reflect, to recognize that God is with us at every turn on the path, and is always full of love for us. The small labyrinth will be available to walk during office hours on Holy Week, March 25-29 in the Lakehill Library during office hours.



Winter Warm-Up Sale - We had a wonderful turnout for our Winter Warm-Up Sale. Many thanks to all the volunteers who worked so tirelessly to make it a success. We realized over \$5,000 in proceeds from this mission project.

A Retreat Fund has been established at our church in order to help defray the costs of people attending church sponsored retreats and to be able to offer a scholarship to folks who might not be able to afford attending a retreat. The women of our church have established the fund and donations have already begun to be received! If you wish to contribute to this fund, please submit your donation clearly marked "Retreat" and we graciously will accept it and apply it to our Retreat fund.

Save the Date!! Camp Fowler's 70th Church Picnic. Come enjoy a picnic at your camp in Lake Pleasant, New York on Saturday May 25th 10am-4pm.



Heating and Cooling: The Consistory has approved the heating and cooling project and has signed the contract with B&B Plumbing out of Saratoga Springs. We are moving ahead starting next week!

Easter Flowers: Donations are being received in the office or in the Sunday offering. After Easter worship, plants are delivered to members who cannot attend Easter Sunday worship. Donations and dedications are due to the church office by March 24th.



Daylight Savings Time begins on Sunday, March 10. Remember to spring forward!

Health and Wellness Note:

Easter is early this year, March 31. Chances are you may be thinking about Easter baskets soon. If you would like them filled with less candy, you may be thinking about alternatives. However, crackers, including goldfish, are not the healthiest alternative. Kids love carbs, but cracker snacks, which are high in sodium, are a bad choice for your child's oral health. Graham crackers, goldfish crackers, and other types of crackers all turn into sugar once they're on your child's teeth, which means **they increase the risk of cavities as much as eating candy does**. They can also cause constipation in children. So this year look towards the fresh fruit aisle.

*****Health & Wellness HEART HEALTH DAY on Sunday, March 17*****

We will be offering Naloxone training and “HANDS ONLY Resuscitation” after 10 o’clock worship. After the cardiac arrest of Damar Hamlin, during a Buffalo Bills football game, people expressed a desire to learn resuscitation. With the increased number of drug overdoses publicized and education about drug addiction, people are more aware how Naloxone can reverse an overdose and are interested in training. Here are the opportunities available:

1. **Walter Pfuntner, Jr.**, who grew up at FRCS and is a Beukendahl EMT, will be teaching official Naloxone training. After the training is complete, free kits will be distributed to those who attend.
2. **Rev. Kent Busman**, Director of Camp Fowler, will teach “Hands Only Resuscitation,” which is an easy, effective non-certified way for any bystander, especially if they act immediately, to double or triple the chances of someone surviving a cardiac arrest. The presentation will be in Brink Hall so all can observe and see. Manikins will be available for those that wish to practice.

Remember, with training, you too, can save a life!

March Financial Update

Report as of 2/20/2024	Annual Budget	YTD Budget	Total to Date	Over/Under
Congregational Giving	\$ 227,000	\$ 38,590.00	\$ 46,667	Over 20%
Other income (includes draws from investments)	\$ 202,240	\$ 61,124.86	\$ 22,004	Under 64%*
Total Income	\$ 429,240	\$ 99,714.86	\$ 68,671	Under 31%
Expenses	\$ 583,358	\$ 99,714.86	\$ 59,874	Under 40%

**Other income is under because we have not made any draws yet from our investments.*

Fowler Spaghetti Dinner

Fundraiser for Camp Fowler Scholarships

Saturday March 16th from 4-7 pm.

In person or take out. Cake auction starts at 5pm.

Adults: \$15 Kids (under 10): \$8 Family style take out: \$45

Volunteer sign ups are located in the Narthex and Brink Hall

lobby or contact Miss Diana, education@firstreformedscotia.org



Lent Devotionals - This year's Lent devotional entitled "Wandering Heart" is now available! You may pick up your copy in the narthex or Brink Hall lobby. Also available, Lent in a bag - Activities and devotions designed for families.

Easter Egg Hunt

The annual Easter Egg Hunt will be on

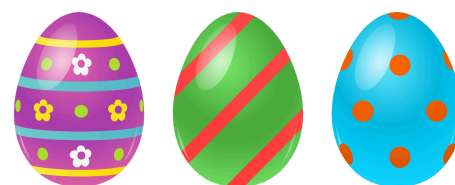
Sunday, March 24th at 11:15.

If participating in the egg hunt, bring **12 filled eggs per child.**

Kids will be provided a bag to decorate while the eggs are being

hidden. A story and some crafts will be available. Feel free to

contact Diana Ackner: education@firstreformedscotia.org



Youth Group Calendar of Events

- Sunday, March 3 - Cheer Squad - Sophia is Wendy in Peter Pan at Spa Little Theater. 2:00 show time. Let's cheer her on! Tickets at Homemade Theater.
- Sunday, March 10 - Bake and decorate cakes for Fowler dinner cake auction 11:15-12:30
- Friday, March 15 - Cheer Squad - Rylan is Aladdin in Scotia Middle School's show. 7:00 Let's cheer him on!
- Saturday March 16 - Fowler Spaghetti dinner 4-7. Sign ups are located in the narthex and brink lobby or contact Miss Diana.
- Sunday, March 24 - Easter Egg Hunt - come help hide easter eggs and more. 11:15-12:15

You are Welcome To Consistory and Church Council Meetings

- All meetings of the First Reformed Church of Scotia are open to all.
- Consistory meetings are held on the third Monday evening of each month at 7:00pm.
- Councils meet at various times over the course of each month.
- Please reach out to the Council Chairs, listed here, if you have any questions or would like to know when their next meeting is scheduled.
- If you would prefer to call someone on this list, please call the church office and they will provide you with the phone number.
- Also, Consistory Minutes are posted on the bulletin board outside of Pastor Christopher's office.

The Councils:

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Buildings and Grounds Council

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Worship Council

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Pete Munson

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March Anniversaries:

Jack and Carol Arnold	20
Jay and Judy Harlow	27
Edward and Kim Rosenberg	28
Dennis and Sheryl Pelkey	30

March Birthdays:

Ellie Zenner	5	John Hoffman	12	Megan Carpenter	25
Sheila Dort	8	Ryan Makrin	13	Jacob Hoefler	25
Michael Kilgallen	9	Tom Pirigy	15	Jeff Taft	26
Bob King	9	Anneliese Conley	16	Duane VanPatten, Sr	26
Dave Murray	9	Jae Schalekamp	16	Deborah Rahn	26
Ken Willcox III	9	Wayne Penn	17	Sharon Locke	28
Georgia Grant	11	Nancy Passer	24	Kristen Shave	30

Address Service Requested

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