



The Christ Life

The Newsletter of Christ Church, Schenectady
Lent

February 2010

970 State Street
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Email: ccoffice@christchurchschenectady.org
Website: www.christchurchschenectady.org

Sunday Services

8:00 am Holy Eucharist
10:30 am Holy Eucharist
Healing Prayer
7:00 pm SUN@7

Weekday Services

Wednesday
12:10 pm Holy Eucharist
Wednesday-1st and 3rd
7:00 pm FLAME

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In Memory of and Thanksgiving for the Life and Ministry of LORRAINE E. COLEMAN

August 6, 1946 – February 1, 2010

Dear Brothers and Sisters in Christ,

The emptiness that accompanies grief when a loved one dies is real, yet indescribable. To wrap your mind around the fact that someone you loved will not be seen again in this life is difficult at best. The longing for things to return to the way they were is a haunting feeling.

On Monday, February 1st, we lost a saint who lived among us. I will never forget the pain that we experienced that day in having to say goodbye to Lorraine many years sooner than we were prepared to do. As I write this, I still see the evidence of Lorraine's influence everywhere I turn. With each passing day, people are still expressing their love for her and their thankfulness for the ways she touched their lives.

As her priest, I saw in Lorraine a devotion to God and a passion for serving Him in the church that was admirable. She loved this church and so often performed her ministry tasks behind the scenes where there was little or no possibility for public acclaim. Bulletin boards were decorated, bags for Alpha Pregnancy Care children were filled, altar hangings were made, and so many other tasks performed with sudden display as though by angels. Lorraine usually carried out these labors of love beyond what was expected or required.

As her "boss" (though I use the term loosely), there has never been someone so delightful and dependable with whom to work. From the first day she started working as our Parish Administrator, we shared a common purpose in carrying out the work of this church office. Lorraine usually anticipated the things I would ask her to do before the words formed in my mouth. There was a wonderful partnership in the ministry we shared. I miss seeing Lorraine in her office next to mine and it will take a long time to get used to her absence there.

As her friend, I will miss her laugh, her smiles, her support and the many things we shared in common: love of family, football, food and fun. There were so many things that we looked forward to in the life and ministry of Christ Church and things she looked forward to doing with her family.

I rejoice that Lorraine had an opportunity to join the mission team to Ireland. I rejoice that Lorraine and John had the chance to see their son, Shawn, get married to Alene. I rejoice that God gave us several extra years to enjoy Lorraine's presence after her diagnosis of multiple myeloma. I rejoice in the privilege of working alongside such a saint.

I know that many of you share the grief I feel. But we are not without consolation.

"When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: 'Death has been swallowed up in victory.'

'Where, O death, is your victory? Where, O death, is your sting?'

The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

(I Corinthians 15:54-58)

May the Holy Spirit comfort us in our sorrow and strengthen us to carry on in the work of the Lord.

Lorraine, save us a seat at the heavenly banquet!

In His love,



LENT 2010

LENTEN OFFERINGS FOR 2010:



Ash Wednesday – We begin a holy Lent with the Imposition of Ashes and the penitential liturgy of Ash Wednesday. This year we’ll have an inspirational message on video entitled “Breathe” by Rob Bell.

Living Water – by Brother Yun

Last year at our diocesan convention, Bishop Love distributed this devotional book to every member of the diocesan clergy. He commended this book to be read and studied throughout the diocese of Albany. I now commend it to you as a Lenten devotional study. You will find each chapter profoundly inspiring and will be challenged by the powerful teachings of Brother Yun. Copies are available in The Mustard Seed bookstore.

Stations of the Cross – Walk through the Passion with our Lord each Friday night during Lent from 6:00 –6:15 pm.

Thirsty At The Well – A Friday Night Lenten Series following the Station of the Cross that includes a short meditation, time for journal writing, and ending with soup and sharing. Based on the Samaritan Woman’s story in John 4, Thirsty At The Well is designed to be beneficial not only for those who can make every Friday night but for those who can only make one or two.

Palm Sunday – This year we will have the blessing of having Bishop Bill Love as our Celebrant and Preacher on Palm Sunday.

Maundy Thursday – Our Maundy Thursday observance will begin with a Seder Meal as we have done in previous years. Stay tuned for more information.

Good Friday – Public Stations of the Cross throughout Hamilton Hill followed by our evening observance, “The Message of the Cross”.

ALTAR FLOWERS

The following dates are available for Altar flowers:

- February 14
- April 18, 25
- May 2, 9, 16, 23, 30
- June 6, 13, 20, 27
- July 4, 11, 18, 25
- August 1, 8, 15, 22, 29
- September 5, 12, 19, 26
- October 3, 10, 17, 24, 31
- November 7, 14, 21, 28
- December 5, 12, 19

The cost of the flowers is \$30.

SANCTUARY CANDLE

The following dates are available for the Sanctuary Candle:

- February 14, 21, 28
- March 7, 14, 21, 28
- April 4, 11, 18, 25
- May 2, 9, 16, 23, 30
- June 6, 13, 20, 27
- July 4, 11, 18, 25
- August 1, 8, 15, 22, 29
- September 5, 12, 19, 26
- October 3, 10, 17, 24, 31
- November 7, 14, 21, 28
- December 5, 12, 19

The cost of the sanctuary candle is \$10.

If you are interested in altar flowers and/or a sanctuary candle, please call the church office at 374-3064.

February Birthdays

- | | | | |
|----|------------------------|----|-----------------|
| 2 | Moriah Jones | 11 | Mary Jones |
| 4 | Rachel Taylor | 13 | Debbie Bisner |
| 5 | Deb Gerlach | 13 | Stephen Stewart |
| 6 | Andy Foust | 15 | John Preston |
| 9 | Christopher Wright Jr. | 17 | Elizabeth Jones |
| | | 18 | Dcn. Jacob Dell |
| 10 | Darlene Chesnut | 19 | Hillary Wright |
| | | 22 | Neal Longe |
| 11 | Dave Hart | 27 | Louise Popa |

Recipe Corner – Great for Valentines Day

Hugs and Kisses Brownie

- | | |
|------------------------------------------------------|-------------------------------------------------------|
| 1 package fudge brownie mix (8-inch square pan size) | 1 ½ cup vanilla <i>or</i> white chips, <i>divided</i> |
| 1 egg | 14-16 milk choc kisses |
| ¼ cup vegetable oil | 14-16 striped choc kisses |
| ¼ cup water | 1 ½ tsp shortening |

In a bowl, stir brownie mix, egg, oil and water until well blended. Fold in 1-cup vanilla chips. Pour into a greased 9-inch heart-shaped or round springform pan. Bake at 350 for 35-40 mins or until a toothpick inserted 2-inches from the side comes out clean.

Let stand for 10 mins; alternate milk choc and striped kisses around the edge of pan with points toward center. Melt shortening and remaining chips; stir until smooth. Drizzle over brownie. Cool completely. Remove sides of springform pan. Yield: 10-12 servings.

More blessed...

*“Remembering the words the Lord Jesus himself said, ‘It is **more blessed** to give than to receive.’” (Acts 20:35)*

As a new feature in *The Christ Life*, I will be writing a monthly article encouraging biblical values regarding our money and possessions. In the coming months I will share some brief excerpts from Money, Possessions and Eternity, by Randy Alcorn. The Vestry of Christ Church has just finished studying this book together and I highly commend it for your reading. Copies are available in The Mustard Seed bookstore. I begin with the following quotation:

“If Christ is not Lord over our money and possessions, then he is not our Lord... The principle is timeless: There is a powerful relationship between our true spiritual condition and our attitude and actions concerning money and possessions...”

“The depth of transformation in the lives of the early Christians was most clearly evident in their willingness to surrender their money and possessions to meet each other’s needs (Acts 2:44-45; 4:32-35) It was no more natural for the Christians in the book of Acts to cheerfully liquidate and disburse assets they had spent their lives accumulating than it would be for us. And that’s the whole point. Conversion and the filling of the Holy Spirit are supernatural experiences that produce supernatural responses – whether in the first century or the twenty-first.” (pp. 5 & 6)

It is natural to give what is comfortable to give. Natural, but it takes no faith. We worship a *supernatural* God who challenges us to trust in his supernatural ability to provide for our every need. Are you prepared to give to the Lord in such a way that challenges your comfort levels? Is Jesus Lord of your money and possessions?

May you be *more blessed* until next time,

Brad

ADDITIONAL SCHEDULES

Power Point Control

Ministry Leader: Dave Hart, 880-6712
or olfactus@nycap.rr.com

Date	Name
2/7	Andrew Carlson
2/14	Andrew Kaminsky
2/21	Ben Carlson
2/28	Matthew Jones
3/7	Moriah Jones
3/14	Ben Carlson
3/21	Andrew Kaminsky
3/28	Jennifer Jones

Sound Mixer Control

Ministry Leader: Dave Hart 880-6712
or olfactus@nycap.rr.com

Date	Name
2/7	Deacon Howard Smith
2/14	Dave Hart
2/21	Dave Hart
2/28	Dave Hart
3/7	Deacon Howard Smith
3/14	Dave Hart
3/21	Dave Hart
3/28	Dave Hart



SMALL GROUPS

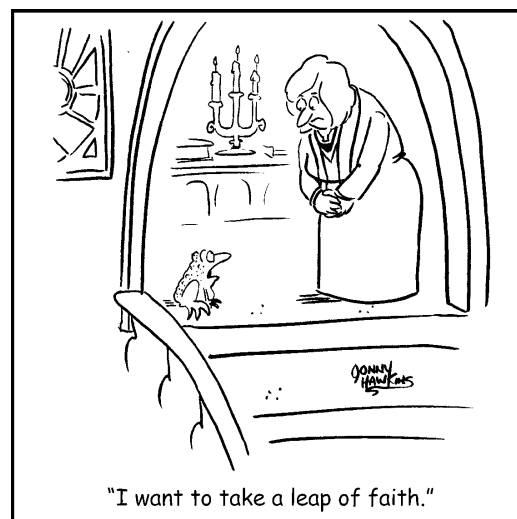
MONDAYS

Small Group at the Andresens’ meets at 1204 Rugby Road from 7:00 - 9:00 pm for Bible study. For more information contact Myra at 372-0935.

Small Group at the Bissells’ meets at 830 Bedford Road at 7 pm for Bible study. For more information contact Torre at torre.bissell@verizon.net or 374-5305.

WOMEN’S GROUP

Women’s Bible Study and Prayer Group meets every Wednesday at 9:30 am. For more information and location of the meetings, contact Jean Bissell at 374-5305 or torre.bissell@verizon.net.



(Used with permission from Church Art Pro)

March Schedules

ACOLYTE SCHEDULE

Ministry Head: The Rev. Howard Smith 388-0788,
smith4jc@yahoo.com

- 3/7 Moriah Jones, Kaitlin Klink
3/14 Barb Stott Ayers
3/21 Dave Carlson
3/28 Ryan Dussault-t/Dave Dussault-i/Barb Stott Ayers-i

ALTAR GUILD

Ministry Head:

- | | |
|----------------------------------|-----------------------------|
| <u>Sunday Assistants 8:00 am</u> | Nancy Kelly, Gloria Ballard |
| <u>Pre-Sunday Setup</u> | 3/7 Nancy White |
| | 3/14 Marilyn Wessels |
| | 3/21 Michelle Diaz |
| | 3/28 Jeanette Ballard |

Sunday Assistants 10:30 am

CHALICE BEARERS

Ministry Head: Tom Gibbons 465-8768, Tj_gibbons@hotmail.com

- 3/7 Torre Bissell *
3/14 Barb Stott Ayers *
3/21 Dave Carlson*
3/28 Dave Dussault*

* Second person dependent on the number of priests and deacons at the altar.

COUNTERS

Ministry Head: Bob Ballard 399-2782, ballard_robert@msn.com

- 3/7 Mark Chesnut, Bob Ballard
3/14 Ray Davis, Bob Ballard
3/21 Dave Dussault, Bob Ballard
3/28 Chuck Baumgartner, Bob Ballard

COFFEE HOUR

Ministry Head: Steve Ames 899-2357, tlcpss@capital.net
Carol Baum 355-7641

- | <u>Date</u> | <u>Set-up</u> | <u>Serve & Clean-Up Team</u> |
|-------------|---------------|----------------------------------|
| 3/7 | Carol Baum | Dave Hart, John Coleman |
| 3/14 | Sheila Smith | Steve Ames, Donna Rost |
| 3/21 | Steve Ames | Binil, Siji |
| 3/28 | Ray Davis | Steve Ames, Sylvia S. |

EUCCHARISTIC MINISTRY

Ministry Leader: The Rev. Peter Schofield, 374-9495 or
frpetercc@aol.com

- 3/7 Deacon Larry and Jerusha Hubert
3/14 Carol Baum, Barb Stott Ayers
3/21 Dave and Doris Carlson
3/28 Deacon Howard Smith and/or Deacon Neal Longe

WELCOMER'S MINISTRY

Ministry Heads: Ray & Linda Davis 393-6511,
raydavis@nycap.rr.com

- 3/7 Davis, Wessels
3/14 Davis, Wessels
3/21 Hugh & Agnes Vandeyar
3/28 Hugh & Agnes Vandeyar

USHERS

8:00 am Service – Don Hart 346-2616

10:30 am Service – Dan Popa, 864-5397, POPADLJM@aol.com

- 3/7 Dan and Matthew Popa
3/14 Gil Bisner, Mike Maloney
3/21 Rich Gerlach, Steve Ames
3/28 Erich Kaminsky, Dan Popa
Backup – Tom Gibbons

HEALING TEAM SCHEDULE

Ministry Head: Darlene Chestnut, 785-4708, mchesnut@nycap.rr.com

- | | | |
|------|------|---------------------------------|
| 3/7 | P,HT | Myra Andresen, Mary Jones |
| | HT | Sheila Smith, Carol Yezzo |
| | HT | Barb Ayers, David Carlson |
| | PS | Jean Bissell |
| 3/14 | P,HT | Jennifer Jones, Linda Richmond |
| | HT | Debbie Bisner, Chris Dussault |
| | HT | Darlene Chesnut, Jerusha Hubert |
| | PS | Ryan Dussault |
| 3/21 | P,HT | Shelia Smith, David Dussault |
| | HT | Carol Yezzo, Debbie Bisner |
| | HT | Barb Ayers, Myra Andresen |
| | PS | Mary Jones |
| 3/28 | P,HT | Chuck Rinaldo, Darlene Chesnut |
| | HT | Jennifer Jones, David Carlson |
| | HT | Torre and Jean Bissell |
| | PS | Debbie Bisner |

PS =Support Prayer HT =Healing Team

P =Preacher Prayers

PRAYERS OF THE PEOPLE 10:20 am Service

Ministry Leader: The Rev. Peter Schofield, 374-9495 or
frpetercc@aol.com

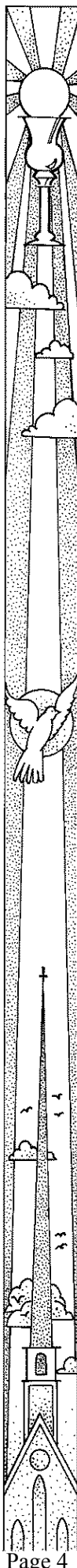
- | <u>Date</u> | <u>Intercessor</u> |
|-------------|---------------------|
| 3/7 | Barb Scott Ayers |
| 3/14 | Deb Gerlach |
| 3/21 | Deacon Larry Hubert |
| 3/28 | Torre Bissell |

READERS' SCHEDULE (10:30 am Service)

Ministry Head: Donna Rost 875-6077, maranatha_acres@msn.com

- | | | |
|------|-------------------------------------------------------------|-----------------|
| 3/7 | 3rd Sunday of Lent, Luke 13:1-9 | |
| | Exodus 3:1-15 | Myrna Barber |
| | I Cor. 10:1-13 | Deb Gerlach |
| 3/14 | 4th Sunday of Lent, Luke 15:11-32 | |
| | Joshua 4:19-24; 5:9-12 | Chuck Rinaldo |
| | II Cor. 5:17-21 | Erich Kaminsky |
| 3/21 | 5th Sunday of Lent | Luke 20:9-19 |
| | Isaiah 43:16-21 | Linda Davis |
| | Philippians 3:7-16* | Debbie Bisner |
| 3/28 | Palm Sunday (Bishop Love vocation), Luke 22:39-23:56 | |
| | Liturgy of the Palms, Luke 19:29-40 | |
| | Isaiah 52:13-53:12 | Dave Hart |
| | Philippians 2:5-11 | Theresa Rinaldo |

*Readings lengthened beyond lectionary selection.



February Schedules

ACOLYTE SCHEDULE

Ministry Head: *The Rev. Howard Smith, 388-0788, smith4jc@yahoo.com*

- 2/7 Moriah Jones, Kaitlin Klink
- 2/14 Dave Carlson
- 2/21 Myrna Barber
- 2/28 Barb Stott Ayers

ALTAR GUILD

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 - 2/21 Michelle Diaz
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Sunday Assistants 10:30 am

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Ministry Head: *Tom Gibbons 465-8768, tj_gibbons@hotmail.com*

- 2/7 Torre Bissell *
- 2/14 Dave Carlson *
- 2/21 Lorraine Coleman *
- 2/28 Barb Stott Ayers *

*** Second person dependent on the number of priests and deacons at the altar.**

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- 2/7 Dave Dussault, Bob Ballard
- 2/14 Mark Chesnut, Bob Ballard
- 2/21 Dave Dussault, Bob Ballard
- 2/28 Chuck Baumgartner, Bob Ballard

COFFEE HOUR

Ministry Head: *Steve Ames 899-2357, tlcps@capital.net*
Carol Baum 355-7641

- | Date | Set-up | Serve & Clean-Up Team |
|------|--------------|------------------------------|
| 2/7 | Carol Baum | Sylvia Schofield, Steve Ames |
| 2/14 | Sheila Smith | Steve Evans, Linda Davis |
| 2/21 | Steve Ames | Steve Ames, Julie Rickson |
| 2/28 | Ray Davis | Rich Gerlach, Chuck Rinaldo |

EUCHARISTIC MINISTRY

Ministry Leader: *The Rev. Peter Schofield, 374-9495 or frpetercc@aol.com*

- | Date | Team 1 |
|------|----------------------------------------------|
| 2/7 | Deacon Larry and Jerusha Hubert |
| 2/14 | Carol Baum, Barb Stott Ayers |
| 2/21 | Dave and Doris Carlson |
| 2/28 | Deacon Howard Smith and/or Deacon Neal Longe |

WELCOMER'S MINISTRY

Ministry Heads: *Ray & Linda Davis 393-6511, raydavis@nycap.rr.com*

- 2/7 Davises, Wessels
- 2/14 Davises, Wessels
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- 2/28 Hugh and Agnes Vandeyar

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 - 2/28 Erich Kaminsky, Dan Popa
- Backup- Tom Gibbons

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Ministry Head: *Darlene Chestnut, 785-4708, mchesnut@nycap.rr.com*

- 2/7 P, HT Myra Andresen, Dave Carlson
- HT Barb Stott Ayers, Debbie Bisner
- HT Chuck Rinaldo, Mary Jones
- PS Jean Bissell
- 2/14 P, HT Mary Jones, Dave Dussault
- HT Darlene Chesnut, Linda Richmond
- HT Jerusha Hubert, Debbie Bisner
- PS Ryan Dussault
- 2/21 P, HT Jean and Torre Bissell
- HT Carol Baum, Myra Andresen
- HT Barb Stott Ayers, Sheila Smith
- PS Dave Carlson
- 2/28 P HT Linda Richmond, Torre Bissell
- HT Chuck Rinaldo, Chris Dussault
- HT Darlene Chestnut, Jennifer Jones
- PS Ryan Dussault

PS =Support Prayer HT =Healing Team P=Preacher Prayers

PRAYERS OF THE PEOPLE 10:20 am Service

Ministry Leader: *The Rev. Peter Schofield, 374-9495 or frpetercc@aol.com*

- | Date | Intercessor |
|------|---------------------|
| 2/7 | Barb Stott Ayers |
| 2/14 | Deb Gerlach |
| 2/21 | Deacon Howard Smith |
| 2/28 | Torre Bissell |

READERS' SCHEDULE (10:20 am Service)

Ministry Head: *Donna Rost 875-6077, maranatha_acres@msn.com*

- 2/7 **5th Epiphany, Luke 5:1-11**
Psalm 85:8
Judges 6:11-24a Linda Davis
I Corinthians 15:1-11 Debbie Bisner
- 2/14 **Last Epiphany, Luke 9:28-36**
Psalm 99:9
Exodus 34:29-35 Dave Hart
I Corinthians 12:27-13:13 Theresa Rinaldo
- 2/17 **Ash Wednesday, Matthew 6:1-6,16-21**
Joel 2:1-2,12-17 Ray Davis
II Corinthians 5:20b-6:10 Bob Ballard
- 2/21 **1st Sunday of Lent, Luke 4:1-13**
Deuteronomy 26:1-11 Carol Baum
Romans 10:8b-13 Rich Gerlach
- 2/28 **2nd Sunday of Lent, Luke 13:22-35**
Genesis 15:1-12,17-18 Jerusha Hubert
Philippians 3:17-4:1 Pat Hart

*Readings lengthened beyond lectionary selection.





Christ Church
970 State Street
Schenectady, NY 12307

Transformed lives, transforming our community.



HEALTH MINISTRY: WHOLE PERSON HEALTH

February is recognized as Healthy Heart month. In Proverbs, we are reminded that a cheerful heart is good medicine and that a person's heart reflects the person (17:22; 27:19). This month, we will talk about **Personal Responsibility and Your Health**. As we think about the contribution of our heart to our health we are struck with several insights: (a) there is a strong relationship between our actions and our true values, (b) we can change both our actions and our values, and (c) our health is intertwined... our physical health is affected by our emotions, values and relationships.

How does Personal Responsibility affect our Health?

The media frequently discusses health and lifestyle topics. We pick up newspapers and read about someone suing a company for making a beverage too hot, for causing their lung cancer, or for making them overweight. The sad truth seems to be, that we can bring much (certainly not all) of our poor health on ourselves. In fact, up to 60% of our poor health can be directly traced to lifestyle choices that we make.

What does God's word Teach us about Personal Responsibility?

We certainly do not want to give the impression that any or most diseases are the direct fault of the person, but rather that our Christian freedom encourages us to make healthy choices all day, every day. Certainly we can empathize with Paul, that the things we ought to do, we do not do, and the things we should not do, we do (Rom. 7:19). Thanks be to God that He provides the motivation and the will to do that which is good and healthy, all day, every day (Phil. 2:13).

Some Suggestions?

Here are some ideas that I hope will help you in living well.

In taking our health responsibility seriously, I think it would be helpful if we...

- Remember that our God is awesome, and HE wants us to live and be well!
- Focused on what we can do, not what we cannot do
- Set small reachable goals and build in some rewards
- Worked the words *no* and *less* into our vocabulary (supersizing our meals, also seems to supersize our diseases and health insurance bills!)
- Considered that our physical health is strongly related to nutrition choices, balancing rest and work, getting regular exercise, and stress management
- Health has always been more than physical, and we need to take responsibility for our emotional, relational, spiritual and intellectual health too!

Your Parish Nurses,

Sheila Smith
Jay Loveless

Chris Dussault
Vivette Ram

(Taken by permission from "Seasons for Wholeness.")