



First Lutheran Church

The Rev. Vernon A. Victorson, Pastor
646 State Street
Albany, NY 12203-1217

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The FIRST WORD

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FIRST LUTHERAN CHURCH 360th Anniversary Year 1649-2009

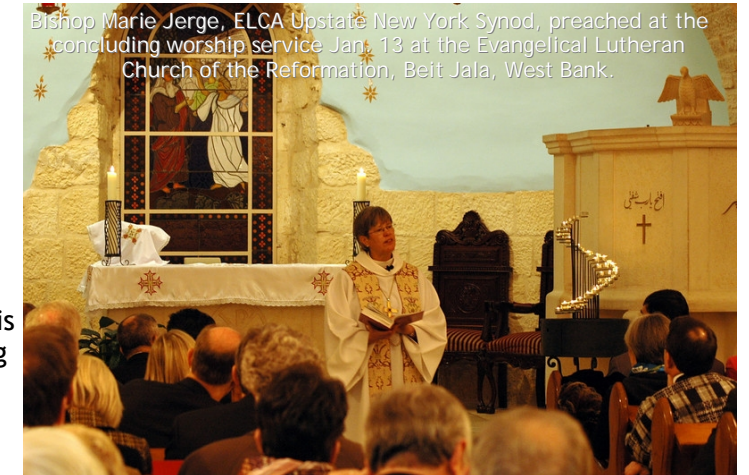
March, 2009

Looking Back—Looking Forward—Praising God In All Things

Reflections from her Holy Land Trip...

Written Jan. 7, 2009, by Bishop Marie C. Jerge

I walked the Via Dolorosa (road of sorrows) twice today. The first was a traditional walking tour in the Old City of Jerusalem. Our guide, Said, is a 3rd generation member of Lutheran Church of the Redeemer, Jerusalem. He was a powerful witness to the light of Christ as he led us on the road of sorrows – following the traditional path that Jesus might have followed as he stumbled his way through and beyond Jerusalem to Galgatha and crucifixion. It is a way of pain and suffering. We remembered his being taunted, beaten and whipped. But we know it also as the way of hope.



Bishop Marie Jerge, ELCA Upstate New York Synod, preached at the concluding worship service Jan. 13 at the Evangelical Lutheran Church of the Reformation, Beit Jala, West Bank.

It is a physically demanding journey even today. The rough paving stones are hard on the feet. Much of it is an uphill climb – a test for legs more accustomed to sitting at desks and in cars. John Kapanke and the Board of Pensions will rejoice at the number of steps we took.

The second Via Dolorosa walk was not quite so strenuous. We were tired from a long day and still feeling the effects of jet lag, but the demands were on my emotional system.

Two men spoke to us. They told a heart-wrenching story of painful loss when a loved one's life was claimed by violence born of hatred. One told us about his 14-year-old daughter killed by a suicide bomber. The other described the day his father was shot. One is an Israeli Jew and the other a Palestinian forced from his home in childhood and still living in a refugee camp. They are members of a group called Parents Circle Family Forum.

They spoke eloquently and emotionally about the choices they have made to speak for peace in the Middle East. They could call each other enemies, oppressor and oppressed, but they choose to call each other brother.

They don't agree on everything, but they agree on the importance of creating a future based on their shared humanity instead of hatred. They are men of great courage. They appear together in schools and use their common pain to remind the world of our common humanity. Their goal is to create cracks of light and hope in the walls of hatred. They are transforming their own Via Dolorosa in to a way of hope by walking it together.



Have
faith
in
God

Mark 11:22

Pastor Writes...

Dear Friends,

In this season of Lent we are again reflect with greater intention the cross of Christ our Lord. The cross is the chief symbol of the church holding before us all that God has done for us in Jesus Christ. The cross is the most prominent identifying sign of the Christian Church. With the cross we mark children and adults for Jesus Christ in Holy Baptism. Make the sign of the cross and many others will assume you are a Christian.

The cross is also the symbol of the miserable depths human beings can go in their treatment of one another. In Ancient Rome it was a torturous and drawn out form of execution which, by the way, was never used on a Roman Citizen. And yet it is this symbol of what is so wrong with the world that God chooses to make known his great and all-powerful love.

As Lutheran Christians we take particular care to pursue a theology of the cross rather than a theology of glory. Our understanding and conversation about God is cross-centered. St. Paul reminds us in 1st Corinthians “we preach Christ Crucified” which sounds like folly to the ears of the world but to the ears of faith it is Christ the power of God and the wisdom of God. The cross of Jesus Christ is our chief proclamation. As the hymn sings “Lift high the cross, the love of Christ proclaim.”

May this time of Lent help us to pause and reflect upon the cross as it symbolizes and defines us as disciples of Jesus.

Peace,



Vernon A. Victorson, Pastor



The First Word is the monthly publication of:
 First Lutheran Church—646 State Street—Albany, NY 12203-1217
 (518) 463-1326

The Rev. Vernon A. Victorson, Pastor
 Curtis W. Funk, Organist & Director of Music, Julie E. Lind, Parish Administrator,
 Edward J. Moore, Sexton

2009 Church Council Members: Steven B. Carlson, Lay President; Samantha Rossi, Secretary; Tim Eskeli, Treasurer; Dominic Colafati, Finance; Faith Beebe, Worship & Music; Judy Skuse, Congregational Life; Lisa Dilcher, Christian Education; Carolyn Johansen, Social Ministry; Colin McKnight, Evangelism; Joe Markowski, Stewardship; Richard Allyn, Ad Hoc Member; Lyle Norton, Financial Secretary.




We are collecting these items for the St. Paul’s Center for Women & Children.

- Pots and Pans
- Bedding: Comforters & Sheets for Single Beds Only (New or Gently Used)
- Silverware
- Basic Household Items to set up a home: Mixing Bowls, Cooking Utensils, Dishes, Cups and Glasses
- Furniture: Couches, Dressers
- Baby Items: Diapers, Various Sizes, Wipes

We also accept monetary donations for the Angel Fund which is solely used to purchase items for the mothers and children to help them with the basics to set up their home.

Newsletter DEADLINE

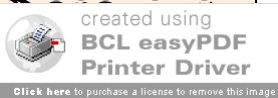
The deadline for the April issue of “The First Word” is **Sunday, March 22nd**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The First Sunday in Lent 9:00 a.m. Adult Forum— “No Experience Necessary” 9:30 a.m. Adult Choir Rehearsal 10:00 a.m. Worship with Holy Communion Sunday School Begins after Communion Coffee and Fellowship Hour 11:10 a.m. Adult Forum— “No Experience Necessary” 11:15 a.m. Adult Forum— “No Experience Necessary” 11:20 a.m. Chime Choir Rehearsal		3 10:00 a.m. Sermon Study for Clergy 12:15 p.m. Peace & Justice Forum 2:00 p.m. “No Experience Necessary” Study with Judy Greenwood	4 Albany Lutheran Chester Lenten Study Series “Finding a Crown-Up Faith” Starts at 6:00 p.m. St. Paul’s with Pr Paul	5 12:00 noon Mid-week Devotions 7:00 p.m. Adult Choir Rehearsal	6	7  Set clocks ahead before bed 1 hour!
8 The Second Sunday in Lent 9:00 a.m. Adult Forum— “No Experience Necessary” 9:30 a.m. Adult Choir Rehearsal 10:00 a.m. Worship with Holy Communion Sunday School Begins after Communion Coffee and Fellowship Hour 11:10 a.m. Adult Forum— “No Experience Necessary” 11:15 a.m. Adult Forum— “No Experience Necessary” 11:20 a.m. Chime Choir Rehearsal		10 10:00 a.m. Sermon Study for Clergy 12:15 p.m. Peace & Justice Forum 2:00 p.m. “No Experience Necessary” Study with Judy Greenwood	11 Albany Lutheran Chester Lenten Study Series “Finding a Crown-Up Faith” Starts at 6:00 p.m. St. John’s with Pr Bill	12 12:00 noon Mid-week Devotions 7:00 p.m. Adult Choir Rehearsal	13	14
15 The Third Sunday in Lent 9:00 a.m. Adult Forum— “No Experience Necessary” 9:30 a.m. Adult Choir Rehearsal 10:00 a.m. Worship with Holy Communion Sunday School Begins after Communion Coffee and Fellowship Hour 11:10 a.m. Adult Forum— “No Experience Necessary” 11:15 a.m. Adult Forum— “No Experience Necessary” 11:30 a.m. POTLUCK LUNCHEON—BRING A DISH !!		17 10:00 a.m. Sermon Study for Clergy 1:00 p.m. AARP FL Orange Meeting 2:00 p.m. “No Experience Necessary” Study with Judy Greenwood 7:00 p.m. Church Council Meeting	18 Albany Lutheran Chester Lenten Study Series “Finding a Crown-Up Faith” Starts at 6:00 p.m. Good Shepherd with Pr Victorson	19 12:00 noon Mid-week Devotions 7:00 p.m. Adult Choir Rehearsal	20	21
22 The Fourth Sunday in Lent 9:00 a.m. Adult Forum— “No Experience Necessary” 9:30 a.m. Adult Choir Rehearsal 10:00 a.m. Worship with Holy Communion Sunday School Begins after Communion Coffee and Fellowship Hour 11:10 a.m. Adult Forum— “No Experience Necessary” 11:15 a.m. Adult Forum— “No Experience Necessary” 11:20 a.m. Chime Choir Rehearsal 4:00 p.m. CROPWalk Rally		24 10:00 a.m. Sermon Study for Clergy 2:00 p.m. “No Experience Necessary” Study with Judy Greenwood	25 Albany Lutheran Chester Lenten Study Series “Finding a Crown-Up Faith” Starts at 6:00 p.m. First Lutheran with Pr Ray	26 12:00 noon Mid-week Devotions 7:00 p.m. Adult Choir Rehearsal	27	28 5:00 p.m. Damien Center Dinner
29 The Fifth Sunday in Lent 9:00 a.m. Adult Forum— “No Experience Necessary” 9:30 a.m. Adult Choir Rehearsal 10:00 a.m. Worship with Holy Communion Sunday School Begins after Communion Coffee and Fellowship Hour 11:10 a.m. Adult Forum— “No Experience Necessary” 11:15 a.m. Adult Forum— “No Experience Necessary” 11:20 a.m. Chime Choir Rehearsal		31 10:00 a.m. Sermon Study for Clergy 2:00 p.m. “No Experience Necessary” Study with Judy Greenwood				



March, 2009

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	Lector / Lit Deacon	Acolyte	Ushers	Communion Assistants	Counters	Altar Guild	Coffee Hour	Van Driver
Sunday, March 1st 10:00 a.m.	Sheri Van Orden	tba	Group 3 Wayne Wilson Caller	Liz Peters Rich Klaus Judy Greenwood	Bob Frost with Marjorie & Wayne Wilson	Betty Hathaway Clara DeMarco	Steve & Judy Carlson	Steve Carlson
Sunday, March 8th 10:00 a.m.	Eric Meyer / Barbara Shafarzek	tba	Group 5 Jeff Reynders Caller	Kim Ryan Julie Lind Eric Meyer	Bob Frost with Janice Frost	SunCha Sawyer Fred Sawyer	Betty Hathaway Marcia Hoyt	Larry Johansen
Sunday, March 15th 10:00 a.m.	Michael Casler	tba	Group 6 Bob Frost Caller	Barbara Shafarzek Karie Robertson Faith Beebe	Bob Frost with Bob Howland	Judy Greenwood Joan Greenwood	Fred & SunCha Sawyer	Mike Novak
Sunday, March 22nd 10:00 a.m.	Cara Brousseau / Judy Greenwood	tba	Group 1 Al Hoyt Caller	Rich Klaus Kim Ryan Carolyn Meyer	Bob Frost with Colin McKnight	Nancy Endres Karie Robertson	Russ & Pam Drennen	Colin McKnight
Sunday, March 29th 10:00 a.m.	Jedda Gayle / Larry Johansen	tba	Group 2 Cliff Danielson Caller	Judy Greenwood Julie Lind Barbara Shafarzek	Bob Frost with Jeff Reynders	Richard Klaus	Joe & Joyce Marchesi	Colin McKnight
Sunday, April 5th 10:00 a.m.	Dorothy Carlson	tba	Group 3 Wayne Wilson Caller	Faith Beebe Karie Shafarzek Liz Peters	Bob Frost with Larry Johansen	Beverly Hazzard Karen Moore	OSJ Pancake Breakfast	Cliff Danielson
Thursday, April 9th Maundy Thursday 3:00 / 7:30 pm	3:00 pm Richard Allyn 7:30 pm Michael Casler	tba	Group 4 F. Sawyer Group 5 J. Reynders			R. Reynders T. Fedden E. Norton K. Victorson B. Shafarzek		
Sunday, April 12th 10:00 a.m. EASTER	Judy Greenwood & Larry Johansen	tba	Group 6 Bob Frost Caller	Lisa Dilcher Cindy Reynders Carolyn Meyer	Bob Frost with Marjorie & Wayne Wilson	Barbara Shafarzek	Festival of Easter Breads	Rich Klaus

360th Anniversary Celebration News



Spring Greetings!

It's 7 months until the October 25th Grand celebration, however, there are many, many activities that are coming prior to the Fall.

A hearty THANK YOU to Colin McKight for organizing the beautiful banners outside on Western Avenue! Great job!

FLC's new, improved website is also nearly completed! (As of this writing, we hope to have it up and running by newsletter printing!)

Peter Christoph will be sharing his knowledge of church and local history with some speaking engagements throughout the Anniversary year.

As a congregation, we will be participating in our own history and remembering those who have laid the ground before us at a special ceremony at Albany Rural Cemetery.

In closing, I wish to extend my thanks to everyone who has offered input and expertise at our committee meetings. This celebration wouldn't be happening without our brothers and sisters. Again, it's amazing to me the new faces that attend at every meeting. THANK YOU SO MUCH!

FLC is in need of a couple "items."

1. Curtis is looking for someone to lend their time and talent on the guitar for some musical selections for the anniversary year. If any member wishes to assist, please contact him.
2. A glass display case, or two, is in need for us to display our history in pictures, documents, etc. Please contact Pastor if you know of any business that may donate or sell a couple that we can pick up.

Praise to God, from whom all Blessings flow!

Kim Ryan (ryankja@msn.com)

Greetings Sunday School Parents:

Hopefully this note finds you well with this bit of a February warm trend; perhaps the groundhog was wrong!

I wanted to gather the parents together to discuss how you feel the changes in Sunday School are going. To facilitate this discussion this I would like hold a Parents Meeting on Sunday March 8th at 9:15am in the Augsburg Room.

Additionally, at this meeting I would like to go over some upcoming events and ask for volunteers to assist with each event. This is an exciting and historic year for First Lutheran and I look forward to working with you to ensure the children are aware and involved in the festivities!

If you are not able to attend this meeting please contact me so I can discuss the upcoming events and your role in facilitating your child's faith formation.

Lisa Dilcher
Chairperson, Christian Ed.



A Meditation for the
Beginning of Lent
from Pastor Judith M. Mattison,
Mount Olive Lutheran Church,
Minneapolis

Read Acts 9:1-22

... belonging to the Way ...

Lent arrives
and I'm looking for
direction.
My fragmented life
and self-concern
pull at my intentions,
unsettling my faith
and diluting my
commitment.
This season I want to
change.
Where do I begin?
I look to Jesus
how he lived and loved
what he said
and to his followers
called The Way.
This Lent will be different
as I examine myself
my live-style
my faith and
my Lord.
Guide me, Father,
in the Way of Lent and
Life.

Prayer:
Lord, compel me this
Lent toward discipline, to
daily meditation in your
Presence. Amen.

Albany Lutheran Cluster
Lenten Study Series
"Finding a Grown-Up Faith"



What questions of faith do you struggle with? Do you share your faith with others? Do you question faith and its place in your life? Do you understand clearly Jesus' place in your journey of faith?

Each Wednesday during Lent...

6:00 p.m. Soup Supper ~ 7:00 p.m. Worship

This study works through five steps toward fully understanding and sharing our faith:

March 4th:
Asking the right questions...
at St. Paul's ... leader, Pastor Paul Rees-Rohrbacher

March 11th:
Deepening your faith...
at St. John's ... leader, Pastor Bill Hempel

March 18th:
Jesus and faith...
at Good Shepherd ... leader, Pastor Vernon Victorson

March 25th:
Practicing Faith: Faith in Action...
at First Lutheran ... leader, Pastor Ray Strawn

April 1st:
Sharing faith...
at Holy Spirit ... leader, Pastor John Knarvik



March Memorial Flowers

Given to the Glory of God and...



- March 1 In loving memory of Robert and Esther Conklin and Charles and Frances VanZandt, by Bob, Karen, Jamie and Erin Conklin; and in loving memory of Ralph and Ruth Kromphardt, by Mr. and Mrs. James Cummings and their daughter Kellie Kelm and Heidi Kromphardt.
- March 8 In loving memory of loved ones by Geri Saulpaugh; in loving memory of Margaret Ladue, by the family.
- March 15 In honor of their 59th wedding anniversary, by Mr. and Mrs. Christian Fedden; and in loving memory of Frederick D. Norton and Samuel Maytan, by the Norton family.
- March 22 In loving memory of Willard and Caroline Lipes Hoyt and Dr. Harry and Lulu Sagendorf Lipes, by Albert and Marsha Hoyt; and in loving memory of her father, Vincent Virgili, by Larry and Carolyn Johansen.
- March 29 In loving memory of Donald Endres, Eleanor Konis, Richard Yarter and Anthony & Loretta Picarillo, by Kyle, Kerri, Amber, EllieAnn and Olivia Yarter; and in loving memory of Mr. and Mrs. George A. Hutson, by Mr. and Mrs. Donald Heidrich.
- Sanctuary In loving memory of Carla Wolffe, by her mother Charlotte, son Ashton and sister Darlene.

Any new requests, questions or changes call Liz Peters, 869-0387 (evenings).

Altar vase - \$22.50 Sanctuary vase - \$27.50

Here's The Scoop ...

We have now begun the liturgical season of Lent in preparation for Holy Week and the Resurrection of Jesus on Easter Sunday. There is a lot that we can do for ourselves during this time... Wednesday evening Bible Study with the pastors and members of our Cluster Churches... Tuesday afternoons Judy Greenwood will be leading a Bible Study from the "NO Experience Necessary" series... Pastor Victorson will also lead studies on the "No Experience Necessary" series on Sundays at 9:00 am and 11:15 am... Pastor will lead mid-week Lenten devotions every Thursday at noon again this Lenten season.

We are pleased to announce the arrival of Ellenora Katherine Rossi, infant daughter of

Page 9

Samantha and Michael Rossi. Ellenora was born on February 9th. She was 4 lbs. 6 oz. and 17 inches tall. Mom says that she has dark hair and eyes like her daddy! Hopefully we will have some photos to share next month.

Congratulations to Laurel Riker as she awaits the birth of her first grandson. She held the baby shower for her daughter here on Sunday, February 22nd.

Sunday School made a time change move that affords all the children to take part in our worship service each week and receive communion or a blessing. We hope that this switch will encourage more parents to bring their children back to the Sunday School program.

Looking for some voices to add to our chancel choir during the

Lenten season. Please join us on Thursday nights at 7:00 pm, and each Sunday at 9:30 am for rehearsals.

This church cat is hopping on a plane to visit her sister and dad down in St. Petersburg, Florida on Ash Wednesday. The office will be un-manned until Thursday, March 5th. Please leave messages on the answering machine as Pastor will check for them frequently.

Lilies for Easter will be \$9.50 this year. Look for reservation forms in church or in the April issue of The First Word.

Until next month, that's the scoop! Let's all try to keep a good Lent...



The Church Cat

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Let Us Pray for the following...

Our Members:

- Marilyn Allyn
- Richard Allyn
- Sharon Calka
- Flo Christoph
- Lois Coon
- Marcia Coon
- Katie Crandall
- Clifford Danielson
- Karl & Irene Francis
- Janice Frost
- Judy Greenwood
- Keith Hansen
- Beverly Hazzard
- Bessie Klett
- Jackie Kurtessis
- Fernando Leiva
- Claire Lynch
- Jane Matey
- Mary Moore
- Heather Pittman
- Stan Polonski
- Kristen Reynders
- Marge Roraback
- Jane Rosell
- Samantha Rossi
- Marc Salzer
- Tom Salzer
- Elaine Smith

Our Friends, Neighbors and Family:

- Naomi Adams: friend of Karie & Scott Robertson
- Lois Angelini: co-worker of Joyce Marches
- Leni Angerstein: former member
- Kathy Barrett: friend of the O'Connors
- Richard Barton: friend of Lois Skuse
- Anna Bestenheider: sister of Bernie Shafarzek
- Joy & Warren Bull: friends of the Shafarzeks
- Frank Butkus: grandfather of Joe Markowski
- Donald Butler: a friend
- Shirley Cohen: friend of Geri Saulpaugh
- Chuck Conklin: brother of Bob Conklin
- Tom Conklin: brother of Bob Conklin
- Lynne Cuva: friend of Kerri Yarter
- John Denman: cousin of Barb Shafarzek & Nancy Endres
- Jean Diloreto: sister of Eve Norton
- Tyler DiNuzzo: child of co-worker of Lisa Dilcher
- Mary Beth Dunne: co-worker of Kay Victorson
- Marilyn Erling: mother of Anne Erling
- Barbara Frost: daughter of Jan & Bob Frost
- Grace Hanny: sister of Carol Raabe
- Jeannie Johansen: sister-in-law of the Johansens
- Michael Kilmade: friend of the O'Connors
- Richard King: father of Julie Lind
- Leslie: friend of Ed Moore
- Marguerite LaVigne: friend of the Johansens
- Marc and Ayesha LeFebvre: friends of the Dilchers
- Eileen Lippert: cousin of Joan & Judy Greenwood
- Erna Ludemann: friend of the Wilsons
- Mark Mance: cousin of the Vinings & Dan Smith
- Thomas Mangano: brother-in-law of Bev Hazzard
- Nina Mesick: sister of Geri Saulpaugh
- The Rev. John U. Miller: Exec. Director of CACC
- Barbara Moore: cousin of Ed Moore
- Carlyn Murray: cousin of Karl Manthei
- Beverly Olander: sister of Pat Hansen
- Peter Pasternak: brother-in-law of Judy Skuse
- Eric Petersen: husband of niece of Joan & Judy Greenwood
- Jim Prehoda: son-in-law of Jim Leonard
- Geri Pressley: friend of Sandy O'Connor
- Vickie Quay: friend of the Johansens
- Jennifer Rogone: friend of Bernie & Barbara Shafarzek
- Lucas Romano: child with returned cancer



- Robert Schoneman, III: great-nephew of Joan & Judy Greenwood
 - Jennifer Sclafani: former classmate of Lisa Dilcher
 - David Sedlock: former member
 - Carol Stern: step-mother of Stacey Novak
 - Joseph Stern: father of Stacey Novak
 - Rob Stickle: friend of the Allyns
 - Lori Taylor: co-worker of Joyce Marchesi
 - Julie Tottey: friend of Lois Skuse
 - Joan Van Apeldoorn: friends of the Mantheis
 - Frans Victorson: cousin of the Victorsons
 - Victoria Vining: mother of Ed Vining
 - Lyal Van Vleet: sister of June Danielson
 - Sharon Warner: niece of Richard Allyn
 - Robin Wheeler: friend of Barbara Shafarzek
 - Matthew & Michael Ward: grandsons of Jack & Barbara McGuinness
 - Marvin Woodcock: friend of Paul Hyde
 - Alex Zito: son of co-worker of Judy Skuse
- Our Men and Women in Uniform:
- Capt. Rachel Breslin: Iraq, friend of the O'Connors
 - Capt. Christian Drennen: US Army, FLC member
 - Lt. Joseph Wiese, nephew of the Victorsons
- Our Wider Mission Concerns:
- For peace.
 - For President Barack Obama and for our Country.
 - For peace in the Middle East and our sisters and brothers of the Evangelical Lutheran Church of Jordan in West Bank congregations.
 - For Marie Jerge, Bishop of the Upstate New York Synod.
 - For Mark Hanson, our ELCA Presiding Bishop.
 - For Bishop Shava and the Evangelical Lutheran Church of Zimbabwe.

The friends and family members named on our prayer list will remain until we hear from you to have them removed.



!! REMINDER !!

Change your clocks
AHEAD ONE HOUR
before you go to sleep
on MARCH 7th!!

More than Luck with a Potluck

"And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan: and he was with the wild beasts; and the angels waited on him." Mark 1: 9 - 15

A frequent activity often practiced in Lutheran congregations during Lent is a potluck supper. Unlike Jesus' forty days in the wilderness, there is usually plenty of food to tempt our palates at these suppers. It can, however, also be a time when we could be thrust into an unexpected wilderness of an emergency if we are not careful with our food preparations. As our group gathered to write this month's article the following anecdotes came to light -

- An individual was severely burned in a church kitchen when they picked up a pan of hot grease alone. The liquid grease shifted in the pan and spilled down the front of the individual. The difficult recovery took more than a year. Lesson - Don't do it alone, ask for help.
- Busy in conversation an overweight gentleman got too close to the barbecue grill and set his shirt on fire, cooking his belly along with the burgers. Lesson - Always pay attention - distractions can hurt.
- An enjoyable women's luncheon became an unhappy hospital trip as many in the group ate potato salad that had sat out in the hot sun too long. Lesson - Keep cold foods cold by placing on tubs or buckets filled with ice and keeping out of the sun. Some basic safety steps will help keep your church potluck supper from becoming an emergency.
- Pay attention to the task at hand, whether chopping with a knife, working the dishwasher, or lifting hot liquids from the stove.
- Designate a safety person for your potluck supper, church breakfast or other event. This person's job is to monitor activity for unsafe practices and to serve as the 'go to' person in the event of an emergency. Identify medically trained persons in your congregation who would be willing to help in an emergency. (You might consider having this person become your church's LDR disaster coordinator as well. Contact LDR Coordinator, Patsy Glista, for more information at pghlista@lutherancare.org.)
- Keep hot foods hot and cold foods cold. (Contact your local Cooperative Extension or visit <http://www.fs.is.usda.gov/home/index.asp> for more information)
- Monitor the leftovers. When the Israelites tried to gather more manna for the day than they required, it spoiled. Send leftovers home with the person who brought it. If an item is something that you want to use at another upcoming meeting, i.e. cookies that can be used for Sunday coffee hour, mark it with the date and purpose. If it is more than a couple days away, freeze it. Set up a plan to clean-out the refrigerator on a regular basis so that spoiled foods are not accumulating there.
- Keep a First Aid Kit - kit supplies should include: adhesive bandages of various sizes, roller gauze bandage, triangular bandages, sterile gauze pads, hand wipes or alcohol-based hand sanitizer, antiseptic wipes, adhesive tape, anti-bacterial ointment, cold pack, 2 pair medical grade non-latex gloves, scissors, tweezers, CPR breathing barrier such as a face shield.
- Post emergency numbers (911 or appropriate number) and CPR/Choking posters in the kitchen, social hall, and other group gathering places.
- Use gloves when preparing food to prevent food born illnesses.
- Have a fire extinguisher in the kitchen and be sure it is maintained yearly and that people know how to use it. Call you local fire department to come give instructions. If you have a commercial stove, the fire suppression system over the stove also needs to be maintained.
- Never disable smoke detectors - test smoke detectors and change batteries twice a year.
- Stay Calm in an emergency.

Following these simple safety measures will keep your church potluck a safe and happy fellowship event and keep you from having an unexpected wilderness experience.

In the event of an actual emergency, do not leave any person alone at the accident site. Call your local emergency authority or 911 immediately.

Friday, 13 February 2009

Dear Brothers and Sisters in Christ,

As you have probably heard, on Thursday evening, February 12, a plane headed for the Buffalo-Niagara airport crashed into a home in Clarence Center, NY killing all crew and passengers and one person on the ground. I am grateful for the phone call that I received from Pr. Walter May, Asst. to Presiding Bishop Mark Hanson, expressing concern for those in our synod who might be affected and assuring us of their prayers today and in the days to come.

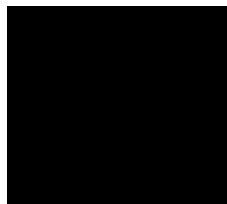
Pastor Steve Biegner called me from near the crash site Friday morning. I could hear the shock in his voice as he simply said "I have never seen anything like this before. It is horrible." The crash site is about two blocks from Zion, Clarence Center, our largest congregation. Miraculously there is only one home that was directly affected. The people who live there have no church home and Zion is reaching out to them. He tells me that the father of the family was killed and a mother and child escaped. Steve is staying close to the site and most of his ministry at this point is pastoral care and presence with the rescue people, mostly firefighters, many of whom are members of Zion. They are all exhausted.

Pastor Randy Milleville, Zion's other Pastor, is at the Town Hall, which is the operational and communications center for all the agencies involved, making himself available for pastoral care at that site.

Since it is almost the weekend and Zion normally has 4 worship services starting on Saturday evening - they will not offer anything additional, but will be making themselves available for anyone in the community and shifting the focus of the service to deal with this horrible tragedy.

Pastor Wendy Buckley of St. Paul's, Williamsville has also contacted us. She tells us that at least one family at St. Paul's has been affected by the crash. She and her husband and co-Pastor Tim Madsen are ministering there.

I prayed with and for Steve and all involved. We will be in touch again tomorrow at the latest. He tells me that he has already received a call from Lutheran Disaster Relief in Chicago. We have others in our emergency/disaster network who are checking around to see if other congregations are involved.



We invite your prayers for all those touched by this tragedy. We will post prayers at Upstate New York Synod site and will also use this location to communicate any new information that we receive.

Grace and peace,

Marie C. Jerge
Bishop, Upstate New York Synod, ELCA

Lord of compassion and caring, as you wept at the death of your friend Lazarus, we trust that you weep with those who grieve today. Give your comfort to all who have lost family members, friends and loved ones and give your strength to those who minister to them in these days. Continue to shine the light of your presence on all who stand in darkness and live in the shadow of death. Amen.

Resources for Lent...

Daily bible reading lists are now available in both the front Narthex and rear hallway. Please take and use.

Mid-week prayer: Thursdays at 12:00 noon. Pastor will be leading short meditations on the questions of Jesus.

Weekly Bible study: Sundays at 9:00 a.m. and 11:15 a.m. in the Chapel/library and led by Pastor Victorson. No Experience Necessary series, unit 2: You're Hired, God Has A Job For You. This will also be presented on Tuesdays at 2:00 p.m. in the Hartwick Lounge (beginning on March 10th). Judy Greenwood will be leading this session.

Health Care for All
Is a Moral Imperative
A Congressional Town Hall Meeting on A Single Payer "Medicare for All" Proposal

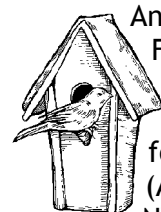
With Rep. John Conyers (D-Mich.) and Rep. Paul Tonko (D-NY)

Also invited Governor Paterson, Senators Schumer and Gillibrand, Rep. Hinchey

Sunday, March 29th
2:00-4:30 pm
Westminster Presbyterian Church
262 State St. Albany
(1/2 block east of State Capitol)

Call for Entries!

Albany Charity for Arts in Education seeks donations of original artwork and individually decorated birdhouses by regional artists to be sold at its Fifth

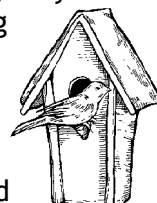


Annual Silent Auction Fundraiser.

The Albany Charity for Arts in Education (ACAE) is a recognized NYS non-profit corporation whose mission is to promote, develop and fund arts in education programs in the Albany City School District.

ACAE's auction will take place on May 21, 2009 at Dale Miller's Restaurant, 30 S. Pearl Street Penthouse, in Albany. The proceeds from the reception and art sales will benefit ACAE's grant program which funds after-school arts and humanities enrichment programs for Albany City School students. Last year's event raised more than \$6,000.

Artists may submit an original piece of artwork or create a functional or decorative birdhouse. Undecorated birdhouses are available, constructed by Albany City Schools students using donated materials. In celebration of the Hudson Quadricentennial, artists are encouraged to look towards Henry Hudson's voyage of discovery for inspiration.



For more information or for artist registration packets please visit ACAE's web site:

<http://www.albanyartsined.org>
Email: artsineduc@yahoo.com
Or call: 518-465-9081

A thought on Stewardship

I'm amazed to be writing this, even thinking about Stewardship. It's not something that I would ever anticipate talking about in public or writing about even. It is early in the calendar year and we completed our Stewardship drive in the fall. But over the past few weeks, a simple thought has crept into my mind and now it is becoming a personal challenge.

I'm one of the lucky people receiving an income tax refund this year. This is uncommitted money for my budget, like a gift or even a prize. I don't prepare my budget planning on a tax refund, so it's available for my use, whatever that may be. Most years when I have received a refund I have spent it on something that I wanted. Maybe it was the latest electronic gadget, maybe a vacation, maybe I just frittered it away. But this year I began to think about a personal challenge for this refund.

Out of the blue, a thought came to me that perhaps I should tithe my refund to the church. Since that time, I have thought about our stewardship campaign and the information on tithing. I even sat down and read verses in the Bible related to tithing. Everything is pointing me towards challenging myself to tithe my refund before any other expenses or purchases are made.

So I have decided to challenge myself to make that tithe of my tax refund. Perhaps you'd like to join me in tithing your tax refund also. It's a personal decision for each of us to make based on many factors. As I think about making this tithe, I think about what our congregation can do with that money. My contribution may not be that significant by itself, but what would happen if others did the same thing? What would our congregation be called to do with that money?

Oh, and by the way, you probably know that Stewardship isn't a topic just for the fall season. Just as our Church has ongoing expenses, Stewardship should also be an ongoing discussion.

In Christ,
Faith Beebe, Chairperson
Worship & Music

Think of us in this way,
as servants of Christ
and stewards of
God's mysteries.

