



.The Visitor

Schoharie Reformed Church

November 2019

Pastor Mike & Pastor Sherri



What's Inside

<i>Pastor's Article</i>	1 -2
<i>The Bode Family News</i>	3
<i>Sunday School</i>	3
<i>Special Thanks</i>	4
<i>Mission Project</i>	4
<i>Thanksgiving Baskets</i>	5
<i>Operation Christmas Child</i>	5
<i>Fall Clean-up</i>	6
<i>Creating Healthy Boundaries</i>	6
<i>Fund Raising Committee</i>	7
<i>Food Pantry</i>	7
<i>Thank You's</i>	7
<i>Announcements</i>	8
<i>Worship Time Change</i>	
<i>Evaluation Questionnaire</i>	9



Grateful in Change:

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thessalonians 5:16-18

On my morning walk with our dog Ellie, I (Pastor Sherri) have intentionally been enjoying the last of the fall colors, noting how much I have enjoyed the colors, and my own desires to hold on to the beauty of them! It reminded me of another reminder I have received from God recently. As I was preparing for the Churches Learning Change retreat last week and getting ready to facilitate a session on "Adaptive Leadership," God reminded me of the profound truth that "change is constant." We all know this, yet I know I need to be reminded of it. I notice I naturally start struggling with change, I resist it, as though I can stop it from happening if I just try hard enough. When I become aware of my own struggle with a futile attempt to stop change, like trying to keep my kids



Happy Thanksgiving

from growing up or trying to keep the leaves from falling, I laugh at myself, and re-focus my energies on what I can control: managing myself in the midst of the change. Change is constant: but I get to decide who I want to be in the midst of change. I think this struggle with change is a constant cycle that is most likely happening inside all of us, as we live and learn. What makes change so hard? I think the hardest part of change has to do with loss and grief. These things are a natural part of change, and we don't like to face this reality. Handling grief and loss is hard work that we often don't want to do and subconsciously avoid!

Facing grief and loss in change is hard and necessary. It starts with acknowledging that it is actually work, and hard work! It is hard work to recognize the impact of grief and loss on our lives. It is hard work to face our feelings. And, as I have also shared recently in sermons, it is especially hard work to reframe my grief in gratitude. Now I want to be clear that reframing grief in gratitude does not diminish the difficulty of the grief work, it adds to it. Reframing reminds us of another dimension and helps us acknowledge the depths of our feelings. Grief and loss are complicated for sure. One reason for the depths of our feelings may be because of how much we have loved and the ways in which our lives have been impacted positively. Reframing in gratitude is a way to remind ourselves of the depths of the love and the positive impact.

Lately, Ellie has been slowing down at a rapid pace in her 17th year of life and my emotions are raw as we know what is coming. Yet, I know the depths of those emotions are because I have loved deeply, because we have had a wonderful 17 years with her, and because we are so grateful for her presence in our lives. Through tears, I say prayers of thanksgiving and gratitude. During our Colossians series, we recognized a helpful distinction that I am not grateful **FOR** the circumstances of recognizing the end of her life and the loss we are experiencing, but I am grateful **IN** the midst of it.

Reframing with gratitude is a powerful practice as we all face the change that is constant in our lives. With change comes grief and loss. May we have courage to acknowledge our feelings, to feel them, and to practice gratitude, even in the midst of the difficult circumstances we all face. This is really hard work! When we step into this work and learn to breathe deeply, to be compassionate with ourselves and others, to pray through tears, and to reframe our lives through the lens of gratitude, we find something wonderful. We find the abundance of God's gifts to us, and we find the grace of God's presence with us. *Gratitude, Gifts, and Grace*, these are the things God invites us to continually uncover "in" the midst of life's changes.

Change is constant; grief and loss are real; the work is hard; and reframing in gratitude helps remind us of the ever-present gifts and grace of God amid of all our lives.

Learning the fullness of gratitude,

Pastor Sherrí and Pastor Mike



The Bode Family News

Mission Update from the Bode Family (Oct 2019): We have returned to Oman after summer traveling in the States to share the story of the Oman mission. For the first time in our family's life, all three kids are now in school, leaving Erica the opportunity and challenge to explore what else she is called to. The ministry of the Protestant Church in Oman is up and running after summer's normal slowness. Josh is Lead Pastor and beginning the journey of discovering all that entails.

We invite everybody to join our Facebook Group: www.facebook.com/groups/BodesInOman

And to sign up to receive our family's email newsletter: bit.ly/BodesInOman

Please pray this month:

- For the Protestant Church in Oman, that its institutional and communal life may be witness to Jesus.
 - For the Bode family, that their life and work in Oman may contribute well to the witness of the Christian community in Oman.
- For the people of Oman, that they may be blessed by the Christians among them and that their country may flourish in righteousness and shalom.



Sunday School



*November 3 – Regular Sunday School PreK-2nd Grade; 3-9th Grade no Sunday school so they may

celebrate communion.

*November 10 – Practice for Christmas Program - All

*November 17 – Practice for Christmas Program – All

November 24 – No Sunday School Thanksgiving Recess

*December 1 – Practice for Christmas Program - All

*December 8 – Dress rehearsal & practice for Christmas Program

*December 15 – Dress rehearsal & Christmas Program Performance

December 22 – No Sunday School – Christmas Recess

December 29 – No Sunday School – Christmas Recess

*The Sunday School will have a time of praise singing beginning at 9:15am in the Community Room.



All are invited to join us!

Special Thanks

We would like to thank the congregation for the very meaningful notes of encouragement given as a part of Pastor Appreciation in October, as well as the \$240 gift. Your words were thoughtful and moving; and we feel very appreciated and loved. It is a joy and privilege to continue to learn, grow, and serve God with you all. Thank you!

Pastors Sherri and Mike



A Mission Project



It takes a community to raise a child. Some families, for a variety of reasons, have a difficult time being able to provide for all the needs of their children. As a church family we have a wonderful opportunity to help meet one of those needs for kids in our local elementary school. We are going to be collecting snacks now through the end of January to help the elementary teachers be able to provide snacks for all the kids in their classrooms who would not otherwise have them. This is a great way to help us connect to our local school and to meet a real need in our community. Please join us in helping to provide for this special "Snack Program" We would love to have this become an on-going ministry of our church and this is the first step in moving this forward.

We have provided a list to help with ideas (some children are allergic to nuts, peanut butter, etc) of the appropriate snacks, just to name a few. We do ask that the snacks are individually packaged. If you are able to help provide snack items please place them in the labeled box in the Narthex or if you would just like to make a monetary donation we will make the purchases on your behalf. You may make your donation by placing it in the offering plate or by sending it directly to the church: (PO Box 635, Schoharie, NY 12157).



Snack ideas:

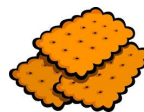
Dried fruits/raisins/trail mix
Popcorn
Gold fish crackers
Cheese crackers
Ritz/Townhouse crackers

Granola bars
Pretzels
Corn chips
Vanilla wafers/cookies
Graham crackers

Rice Krispie treats
Fruit roll ups/gummy fruit snacks
Chex mix
Teddy grahams/animal crackers

If you have any questions you may contact Cindy Parks or the Church Office.

Thank you for your support and participation,
The Consistory



Snacks





Thanksgiving Baskets



The Joshua Project with Schoharie County Catholic Charities are collecting food to provide Thanksgiving Baskets to our needy neighbors. Their goal is to assist between 200 – 250 families this Thanksgiving.

Items needed: boxed stuffing, cranberry sauce, instant potatoes, applesauce, can gravy, can vegetables, can yams. Monetary contributions are also welcome.

A donation box is in our Narthex.

Food donations will need to be received by Monday, **November 18th**.

Referral forms are available in the Narthex for anyone that would like to request a basket for their family or a family they know that is in need.

Volunteers are always welcome:

To assist with packing the baskets:

Sunday, November 24th following 9am Worship at:
Our Lady of the Valley Church Hall, 111 Wells Ave., Middleburgh, NY

To assist with the delivery of baskets:

Sunday, November 24th; please contact Jan Dano at 518-763-5800

Thank you for your Contribution!



Operation Christmas Child



What do fun toys, school supplies, hygiene items, and prayer all have in common? They all go into packing a shoe box for a child through Operation Christmas Child. Since 1993 shoe boxes have been lovingly packed with items and prayers and delivered to boys and girls in more than one hundred fifty countries and territories. It has been a long standing tradition for Schoharie Reformed Church to participate in this worthwhile project.

Shoe boxes and packing labels are available in the Narthex. The shipping cost this year is \$9.00 per box, to be included with the shipping label. More information about Operation Christmas Child is available in the Narthex or you can go to: www.samaritanaspurse.org to learn more.

We will be dedicating our boxes **Sunday, November 17th**. Let us show some children of the world how much God loves them through the goodness and love of others by packing a box or boxes full of "goodies" and prayer.

Any questions see Cindy Parks or Kim Charboneau or you may contact the Church Office.



Thank you for being part of bringing joy and the love of Jesus Christ to children throughout the world.



Fall Clean-up



Thank you all.



Creating Healthy Boundaries

**Saturday, November 9, 2019 from 9:30am to 3:30pm Registration begins at 8:30am
Schoharie Reformed Church, 258 Main St., Schoharie, NY**

Healthy Boundaries are a gift. They are helpful guidelines that give shape to our relationships... Boundaries create safe spaces and help to build trust over time... Spiritual leadership is replete with boundary challenges. Often the lines between what is appropriate and what is not are unclear... even as we may have come to some awareness about the basics of healthy boundaries, the issues before us get more complex every day. (FaithTrust Institute)

Schoharie Classis invites Pastors, Elders, Deacons, Christian Educators and other ministry leaders to a safe space where we can explore where boundaries are beneficial in our ministry together and what the creation of healthy boundaries might look like in our own settings.

Led by members of the Regional Synod of Albany BAT (Boundaries Awareness Team) who are certified in Boundaries Awareness Training by the FaithTrust Institute we will explore some of the boundaries that can prove beneficial in our ministries in areas including: personal space and safety, finances, social media, personal relationships, sexuality and self-care.

Questions please contact:

Sherry Meyer-Veen pastorsherrimv@gmail.com or

Janice Fitzgerald mediationcoord@gmail.com





Fund Raising Committee

We are at almost \$1500.00 raised by end of September. Also we were awarded a \$50,000.00 grant for our windows. We are off to a good start. We are looking forward to our next Christmas time event. Stay tuned for details! Also we would love to offer classes to our community so if you have a special talent such as teaching an instrument, art or craft, computing 101 etc please let us know!

Also any event you would like to propose let us know!



Food Pantry

With the cooler weather, heating cost and the holidays approaching the Food Pantry is continuing to serve many families in the area. The items of need are: canned yams/vegetables/gravy/cranberry sauce, box stuffing , tuna fish, pasta, pasta sauce, peanut butter, canned ravioli/beef stew/soup/ spaghetti o's/chili with beans. Other items needed are laundry & dish detergent, paper products and cleaning supplies. In addition to our Food Pantry box in the Narthex items may be dropped off at SUPC on Tuesdays thru Fridays from 11:00am till 3:00pm. Monetary donations are appreciated as well, checks may be made out to Schoharie Valley Food Pantry. *Volunteers are needed to help with the Food Pantry, if able, please contact Diane Walion at 518-868-4629.* Thank you all for your continued support.

The Food Pantry is open Tuesday & Thursdays, 12-2pm



Thank You

Reformed Church of America would like to thank you for your contribution. Your generosity is greatly appreciated. With deep gratitude,
Ken Neevel,
Director of Development and Facilitation.

Thank you all for your donations of candy and participation in the Village of Schoharie "Trunk or Treat" making it a success for all.





Announcements

Consistory-will meet on Wednesday, November 20th at 6:30pm in Heritage House.

After School Program-held at SUPC will begin a new year. They have a large group of Pre-K and Kindergarten children this year. Volunteers are needed to help watch the children or read to them. If you are able and would like to volunteer please contact Joanne Mayne: joannemayne418@gmail.com or you may call SUPC at 518-295-8931. A great way to spend time with our youth.



Technical Support Volunteers-we are in need of volunteers to assist with the technical support of our church sound board and the church website. If you would like to volunteer for one or both of these task please talk with Vince Smith or Jim Callahan. This is a great way to learn and offer assistance to your church family.

Announcements-If you have an announcement or an event you would like to share please submit the information to the church office @ schohariereformedchurch@yahoo.com

Newsletter-as we do our best to keep our newsletter reaching all, we do ask for your assistance to keep our mailing and email addresses up to date. If you or someone you know is not receiving our newsletter please contact the church office at 518-295-8177 or email the office at SchoharieReformedChurch@yahoo.com

Schoharie Free Library- has many events planned which are open to the community, For a complete schedule of events and times please visit: www.schoharielibrary.org

Aluminum Tabs-Please continue to bring can tabs to the church and you may leave them in the Narthex. The tabs will then be processed, proceeds will be used to offset patient cost.

Electronics Recycling Continues - Please continue to bring in printer cartridges and cell phones for recycling. The collection box is in the secretary's office.

Testimonies - We would like to celebrate the work God is doing in the life of our congregation. If you are feeling led to share a brief testimony about what God is doing in your life, please speak with one of the Pastors.

Greeter/Coffee Hour/Liturgists-volunteers are needed. Please consider being a Greeter, to welcome our church family; a Coffee Hour Host to offer a social time after worship for your church family; a Liturgist will help spread the word of God during our worship service. We invite everyone to take part. Please see Cindy Parks to be put on the schedule for one or several of the task thru-out the year. Blessings.



Worship Time Change Evaluation Questionnaire:

Our mission statement reminds us that, *The Schoharie Reformed Church is a Christian Family seeking to honor God and grow spiritually by reaching out to others through education, prayer, and loving relationships.* We continue to be committed to “Growing in God, and Living in Love.” As a part of our commitment to Growing in God and Living in Love we value healthy communication as we seek to hear and learn from one another. Our worship time change for this fall was a new experiment we tried to help connect more of our church family to worship in order to grow in our faith. Now it is time to gather feedback to help the consistory discern how this change is impacting the life of our congregation. We encourage you to help in this by answering the questions below and leaving this paper in the box in the Narthex, or mailing it to the church at Schoharie Reformed Church, PO Box 635, Schoharie, NY 12157. This questionnaire will also be available soon on our church website, www.schohariereformedchurch.org. We deeply value your voice and we want to hear from you! Thank you for sharing your thoughts with us.

How has the change in worship time to 9:30am impacted you and/or your family in relationship to your participation in Sunday morning worship?

_____ No Impact _____ Minimal Impact _____ Great Impact

Comments:

Is there a time on Sunday morning that would be a greater benefit to you or your family’s ability to attend worship?

_____ 9:30am _____ 10:00am _____ 10:30 am _____ Other?

Comments:

How has the new Sunday School format been working for you and/or your family?

_____ Works really well _____ No Difference _____ Like it to change

Comments:

Thank you for your Feedback!

Name: _____

Schoharie Reformed Church

260 Main Street

Schoharie, NY 12157

Rev. Mike & Rev. Dr. Sherri Meyer-Veen

Phone: (518) 295-8177

Fax: (518) 295-8105

email: schohariereformedchurch@yahoo.com

Website: www.schohariereformedchurch.org

November 2019

