

**The Covenant of Our
Congregation
Adopted in 1962**

We do hereby set forth the principles of the Christian faith as commonly held among us, believing that no other foundation can anyone lay than that which is laid, which is Jesus Christ.

It shall be our aim to bring joy to little children, instruction and high ideals to youth, inspiration to men and women in the midst of life, and comfort to those in life's later years; and to labor together for the betterment of humankind.

Our fellowship shall not be dependent upon identity of theological opinion, or of outward circumstance, or of denominational concern, but shall grow from a common loyalty to Jesus, a common commitment to serve the world we touch, and a common purpose to do justly, to love kindness, and to walk humbly with God.

Our ideal is a church of the open mind, the warm heart, the hopeful spirit, and the social vision which ever seeks to express, in all walks of life, the mind of Jesus.

metanoia

(n.) the journey of changing one's mind
heart, self, or way of life.

January 26, 2020

Because we put God first, we are dedicated to caring for creation, for human diversity, for the next generations, and for each other.

*First Reformed Church
8 North Church Street
Schenectady, New York 12305
(518)377-2201 www.1stReformed.com*

Welcome to First Reformed

Absolutely everyone is invited to our worship, activities, and service.

If you are a visitor, we hope you feel at home here. Please pick up and fill out a Welcome Card and place it in the offering plate. After the service please join us for refreshments.

Parking

You may park right out in front of the church in the 'no parking' area' (only) if you have trouble getting around.

Childcare on Sunday

Childcare for infants through Pre-k is available from 9:45am until noon downstairs in the Kinderwyk Nursery.

Youth Ed & Nurture

Following the Children's Message all children are invited downstairs to the Youth Ed & Nurture Level to participate in Dwell Kids Class (3rd-8th grade) or Young Children and Worship (K-2nd grade); parents pick up their children there at 11:15am.

Children's Music After Worship

Music for kids is offered in the upstairs music level between 11:15-12pm.

Elders in Worship

Past and current leaders called 'elders' walk in together and sit in the front pew. This is to identify them as servants of the church and make it easy to see who you might talk to about the life of our congregation.

Helping Others Focus

It will be easier for God to get through if we silence our cell phones. God can always call you later.

After Worship

Typically, after worship, people stop for a chat and a cookie in Covenant Hall before going to a learning opportunity that lasts until noon. All are welcome.

Open Communion

Our congregation celebrates the Lord's Supper on the first Sunday of the month. All followers of Christ are invited to share this meal.

Joining the Congregation

To become a member of the congregation, there is a one-time orientation, a meeting with the governing board, and a reception in worship. If you are interested please fill out a white pew card.



Hearing Assistance

We have a hearing aid loop system that will make it easier to hear. Ask an usher.

Non-Emergency Number

Schenectady Police: 518-630-0911



Third Sunday after Epiphany

January 26, 2020

*The congregation may stand.

PRELUDE

L'Inverno

II. Largo

Max Caplan

Antonio Vivaldi (1678-1741)

GREETING AND ANNOUNCEMENTS

The grace of Christ be with you.

And also with you.

Daniel Carlson

CALL TO WORSHIP

Bill Levering

*HYMN

Somebody's Knocking at Your Door

#382

*OUR NEED FOR GOD

Almighty God, who makes all things new, in this new year we need your help to heal our division, break bad patterns, and show us new ways of living that lead to a better life. Give us wisdom and courage, we pray.

*GOD'S FORGIVING LOVE

*RESPONSE OF PRAISE (*unison*)

Gloria, Gloria

#576

Glo - ri - a, glo - ri - a, in ex - cel - sis De - o!

Glo - ri - a, glo - ri - a, al - le - lu - ia, al - le - lu - ia!

*AFFIRMATION OF FAITH (*from Our Song of Hope*)

Our only hope is Jesus Christ. After we refused to live in the image of God, He was born of the Virgin Mary, sharing our genes and instincts, entering our culture, speaking our language, fulfilling the law of our God. Being united to Christ's humanity, we know ourselves when we rest in Him.

*PASSING THE PEACE

ANTHEM

Jesus is the Light

Anna Laura Page

Jesus is the light of the world,
If we follow Him we won't walk in the darkness,
Jesus is the light of the world,
And He'll give us the light of life!

I know where I'm going and my witness is true,
I know where I'm go-in' and new life He'll give you.

FIRST LESSON

Isaiah 9:1-4 (pg 638)

Therese McCarty

Guide us, O God, by your Word and Holy Spirit. **Amen.**

CHILDREN'S MESSAGE

SECOND LESSON

Matthew 4:12-23 (pg 3)

SERMON

Changing Our Minds, Hearts, and Lives

Bill Levering

*HYMN

Take My Life

#391

MINUTE FOR MISSION

Souper Bowl

Liz Matrianni

OFFERING

OFFERTORY

Sing for Joy

Henry Purcell arr. Hal Hopson

Sing for joy, all earth sing for joy.
Praise the Lord; bless His name;
Come before Him with a song;
For He is God, and we are His,
The sheep of His own flock.

Go with songs, and enter His courts.
Go with thanksgiving, O come with a song;
For He is God, and we are His,
The sheep of His own flock.
The Lord is good, His love and truth
Endures forevermore.

*DOXOLOGY

Praise God From Whom All Blessings Flow

#592

*PRAYER OF DEDICATION

PRAYERS OF THE PEOPLE

Bill Levering

THE LORD'S PRAYER (unison)

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

*CHARGE AND BENEDICTION

*CHORAL RESPONSE

Threefold Amen

Traditional

POSTLUDE

+ + +

Entered Into Eternal Rest

Jack Bestgen – Jan 21, 2020

Service will be held on February 11
at 11am in the Sanctuary.

Reception to follow.

Saturday Fellowship Breakfast - Feb 1

Join us on Feb 1 at 8:30am for a
Conversation with George J Giokas, MD,
Director, Palliative Care, Community
Hospice of Albany, NY & the Inpatient
Palliative Care Team at Ellis Medicine.
Join us for a roundtable on how best to
care for persons with serious illness.
RSVP to Gene Rowland
rowland.gene2@gmail.com, or Joe
Doolittle aldenjoe@nycap.rr.com.

Heritage Sunday - Feb 2

This year we honor our partnership with
the Mohawk Nation. In 1680 over half our
congregation were Mohawks. Mohawks
have returned to the Mohawk Valley, to
Kanatsiohareke, and we are rebuilding
connections. In First Forum, Andy
Chestnut will share the legacy of FRC
members who traveled to England in
1710 in a diplomatic delegation. The
“Four Kings of the New World” went to
visit Queen Anne. Their visit helped
shape the history of the Mohawk Valley.

Meal Delivery Volunteers Needed

The Support and Care Committee is in
need of volunteers to prepare meals for
members in need of meal assistance.
Contact Kim Burgoyne, Joanne Arnold or
Vickie McGowan Horan.

Prayers of the People

Requests for prayer may be noted on a
pew card and placed in the offering plate.
We pray regularly for those who are ill,
those who serve their country, those who
hunger, and those who are our enemies.
As part of our prayers this morning, we
remember with thanksgiving members of
our church who entered eternal rest in
previous years about this time:

*Douw Kunhardt Beekman, Marguerite
Wellborn, Barbara Gifford, Caleb Paine,
William Tucker, Herbert Strong, Emily
Nagamatsu, Matilda Fontaine, Ellsworth
Langdon, Rev. Bertram D. Atwood*

If you are aware of a departed member,
whose name has not been noted near
the anniversary of their death, please
contact the church office.

Interested in Joining? - Feb 2, 3pm

Come to an informal time to learn more
about First Reformed and possible
membership. It starts at 3pm in the
church office.

Chili Cook-Off and Auction - Feb 8

February's not so cold and this year...we're having a Chili cook off on Feb 8 at 5pm, along with an auction to raise funds for our mission trip. Bring a batch of chili or corn bread. Donate an experience (preferable) or item (needs approval) for auctioning. If you would like to help please contact Christina Jones at 1streformedyouth@gmail.com.

The Communion Preparation Team

We are looking for people interested in preparing Communion the first Sunday each month. If you are interested contact Amy Brule at amy1941castle@gmail.com or (518) 785-8201.

Green Steps - Buying Healthy Rugs

Buying a rug? Natural fiber rugs and pads will cost more. Be sure to shop around to make sure that you have found the best-possible deal. It matters where you shop and what you buy.

Johnson Library

Look for a collection of *The Great Courses* CD's and DVDs, as well a group of books recently added to the library. They are on the display area as you enter the Johnson Library.

Sunday Volunteers	This Week	Next Week
Bookshop	Martha Winchester	Committee Member
Children & Worship	Sarah Bachorik	Liz Mastrianni
Counting Deacons	Joan Lindsay, Therese McCarty	David Bundy, Claire Hughes
Dwell Kids Teacher	James Gonda	Bill Potter
Flower Delivery	Joanne Arnold, Inge-Lise Pangburn	Vickie McGowan-Horan, Connie Young
Forum	Senior and Long Term Caregiver Issues by Cathryn Bern-Smith	Heritage Sunday The Legacy of the Four SAchems (Our Link to the Mohawk Indians) Andy Chestnut
Jazz Vespers	Peg Delaney, piano; Bill Delaney, bass; Tim Coakley, drums	Nat Phipps, piano; Pete Toigo, bass
Kinderwyk	Natalie Pizzolo, Dave Bundy	Lian Drisgula, Liz Gleason
Liturgist	Daniel Carlson	Daniel Carlson
Preacher	Bill Levering	Bill Levering
Processing Elders	Birdie Blackmer, Gay Doolittle, Phil Falconer, Thomas Lindsay, Bill Rochelle, Maria Todd	Karen Gonda, Laura Lee, Vickie McGowan-Horan, Del Pierce, Darwin Brudos, Eric Evans, Keith Muse, Jeanne Shoulder
Reader	Therese McCarty	Kristin Lion
Refreshments	Ellie & Gene Rowland	Amanda Potter
Ushers	Del Pierce, Lian Drisgula, Christine Lund, Doug Todd, Tom Zych	Jim & Sharron McCullough, Amanda & Bill Potter

Coming Up

More information is in the newsletter at the back of the sanctuary.

Sun, Jan 26	9am	Choir Rehearsal	Music Level
	9am	Ukuleles For All Ages	Rooftop Room
	9:45am	Kinderwyk Childcare	Forest Nursery
	10am	Worship	Sanctuary
	10:15am	Dwell Kids' Class	Mountain room
	10:15am	Young Children and Worship	River room
	11am	Care & Prayer	Dykstra Chapel
	11:15am	First Forum	Poling Chapel
	11:15am	Children's Music	Rooftop Room
		5pm	Jazz Vespers
	5pm	Youth Group	Education Level
Mon, Jan 27	6pm	Community Yoga	Covenant Hall
Tue, Jan 28	10:30am	Horizons Bible Study	Mohawk – Pres.
Wed, Jan 29	11:30am	Wednesday Lunch	Covenant Hall
	7pm	Adult Ukulele	Poling Chapel
Thu, Jan 23	7:30am	Breakfast Bible Bunch	Mohawk – Lunn
	10am	Stitch Group	Walton Room
	7pm	Choir Rehearsal	Choir Room
Sat, Feb 1	8:30am	Saturday Breakfast	Covenant Hall
Sun, Feb 2	9am	Choir Rehearsal	Music Level
	9am	Ukuleles For All Ages	Rooftop Room
	9:45am	Kinderwyk Childcare	Forest Nursery
	10am	Worship/Communion	Sanctuary
	10am	Heritage Sunday	Sanctuary
	10:15am	Dwell Kids' Class	Mountain room
	10:15am	Young Children and Worship	River room
	11:15am	First Forum	Poling Chapel
	11:15am	Children's Music	Rooftop Room
		3pm	Introductions to the FRC
	5pm	Jazz Vespers	Covenant Hall

Metanoia, a transliteration of the Greek μετάνοια, means "a transformative change of heart." So Jesus' famous passage should read "Change your life, because Reign of God has arrived."

"The hardest thing in the world is believing someone can change. It's always easier to go along with the way things are than to admit that you might have been wrong in the first place."

— Jodi Picoult, *Change of Heart*

"I want to live," he said, "So I have to die." — Jodi Picoult, *Change of Heart*

"...when your heart changes, you change, and you have to make new plans." — Katherine Hannigan

"The most beautiful thing in the world is a heart that is changing." — Anasazi Foundation

"People don't change, they come closer and closer to who they really are." — Faraaz Kazi

"Love is divine act that can transform and bring a change of heart." — Lailah Gifty Akita

"Change is gonna do me good." -Elton John

"I know that people who don't believe in God might scoff at the idea that the creator of the universe has the time or inclination to try incessantly (and with not much long-term success) to change my heart. I get it. I just have no other explanation." — Nadia Bolz-Weber, *Pastrix: The Cranky, Beautiful Faith of a Sinner & Saint*

"Don't believe the dark whisperings that invite you to walk backward. At any time in your life, you have the power to turn forward." — Anasazi Foundation, *The Seven Paths: Changing One's Way of Walking in the World*

"But the odds against me were getting higher each day. I, who was my own worst enemy, needed a best friend. I thought booze was my friend. I did not know I was in a fight—not just with my lawyers, not just with my husband, but also with my disease. I didn't know I could not win this one on my own, that it would take years, and a change of mind and heart, to win the battle with an opponent I could not even see." — Judy Collins, *Sweet Judy Blue Eyes: My Life in Music*

"There is no better means of promoting another person's change of heart than allowing our own heart to be changed." — C. Terry Warner

