

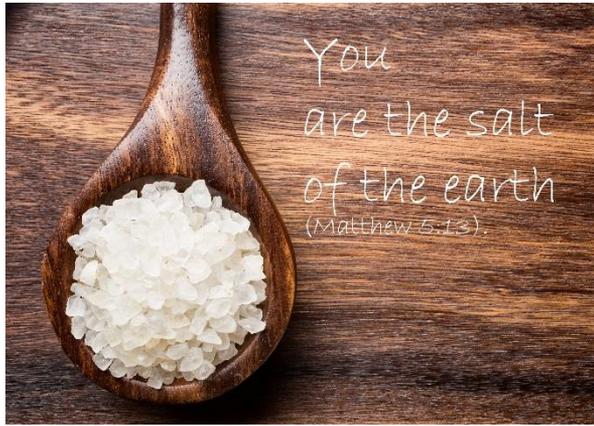
**The Covenant of Our
Congregation
Adopted in 1962**

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.



February 9, 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



Fifth Sunday after Epiphany

February 9, 2020

*The congregation may stand.

PRELUDE

Stockade Strummers

*They'll Know We Are Christians
You Are the Light of the World
This Little Light of Mine*

GREETING AND ANNOUNCEMENTS

Daniel Carlson

The grace of Christ be with you.
And also with you.

CALL TO WORSHIP

Bill Levering

*HYMN

God Is Here

#461

*OUR NEED FOR GOD

God of light and dark, we confess that we are often in the grey places. Help us to see your dawning brightness in whatever gloom we face. Lift our eyes to see a new hope for a new day.

*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

Sing out to God

Richard Voorhaar

Sing out to God, all people,
Freed by our God, All people
Sing praise to God, all people
Let our song ring in all the land.

Our mouths are filled with laughter
Our tongues with joy and laughter.

Restore us, Lord with laughter,
Let our song ring in all the land.

Let us go forth with gladness
And as we sow, sow gladness,
O Lord, restore our gladness,
Let our song ring in all the land.
Jesus o'er us reigns!

FIRST LESSON

Psalm 112:1-9 (pg 563)

George Trimarco

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

CHILDREN'S MESSAGE

SECOND LESSON

Matthew 5:13-20 (pg 4)

SERMON

Staying Salty

Bill Levering

*HYMN

O Jesus, I Have Promised

#388

MINUTE FOR MINISTRY

Stephen Ministry

Lisa Ettkin

OFFERING

OFFERTORY

Agnus Dei

Georges Bizet

Rachel Rose, soprano

Agnus Dei qui tollis peccata mundi,
miserere nostri.

Lamb of God, who takest away the sins of
the world, have mercy on us.

*DOXOLOGY *Praise God From Whom All Blessings Flow* #592

*PRAYER OF DEDICATION

PRAYERS OF THE PEOPLE

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

POSTLUDE

+ + +

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:

Lois Joyce Berner Mix, Esther Langworthy, Myrtle Wilson, Bruno DePaoli, Bernice Stratton

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.

In Memoriam

The chancel flowers today are placed in the sanctuary to the glory of God and in loving memory of Janet Gardner by Dick Gardner.

Celebratory or Memorial Flowers

Sign up for a date to donate flowers to remember a loved one or to honor a special event. The cost of the flowers is \$30 for two bouquets. You may send your check payable to Chancel Guild c/o Marlene Risseeuw, 2140 Niskayuna Dr., Niskayuna, NY 12309.

2nd Sunday Potluck Lunch

All are invited for fantastic food and fellowship on the 2nd Sunday of each month at 11am in Covenant Hall. Please bring a plentiful dish or dessert to share as you are able. Everyone is welcome.

Green Steps - Home Energy Efficiency

Be energy smart: Lowering your thermostat by 10-15 degrees, can reduce your costs by 5-15% a year.

FRC Sole Searchers Hike

On Saturday, February 15, the Sole Searchers will visit Indian Meadows Park for a 4-mile loop hike hosted by the Town of Glenville. Pack a snack and meet at 10 am at the Indian Meadows playground pavilion. RSVP to James @ 607-765-5349.

Johnson Library News

The library will be discarding more books that were removed from its collection during its move during February. On Sundays, you will find them on the large table in the library. During the week they will be on the library's red book cart. If you are returning books during February, please place them on the desk in the library.

Looking Ahead to Lent

The Adult Education Committee is working on nourishing your spirit, mind and body during the upcoming Lenten season. On Ash Wednesday, February 26, there will be an introduction to the three classes that will be offered in the following five weeks. For more information see First Things.

Faith Bookshop

Stop in the bookshop today and pick up a sweet treat for Valentine's Day, to keep or give away. Our gift to you!

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.

Support and Care

We invite you to consider helping with a new supportive ministry. We are looking for those interested in grocery shopping for the homebound in our midst. Daniel Carlson, 518-346-6416 or Barbara Walton, 518-346-1943.

| Sunday Volunteers | This Week | Next Week |
|-------------------------------|---|---|
| Bookshop | Jane Wilkinson | Sarah Howes |
| Children & Worship | Elsa Hjelmars | Natalie Pizzolo |
| Counting Deacons | Dave Hjelmars, Doug Todd | Fred Daniels, Cathy Lewis |
| Dwell Kids Teacher | Dave Pizzolo | Tom Mancuso |
| Flower Delivery | Marey Bailey, Claire Hughes | Ellie & Gene Rowland, Sutton & Mark Wemple |
| Forum | 2nd Sunday Potluck | <i>Anxious to Talk About It</i> book review Chris Daniels and Liz Mastrianni |
| Jazz Vespers | Mike Lamkin, piano | Peg Delaney, piano; Bill Delaney, bass; Nathan Schied, drums |
| Kinderwyk | Jaclyn Weber, Claire Hughes | Alexis Wisniewski, Christina Jones |
| Liturgist | Daniel Carlson | Daniel Carlson |
| Preacher | Bill Levering | Bill Levering |
| Processing Elders | Birdie Blackmer, Peggy King, Tom Lindsay, Walt Robb, Richard Rose, Maria Todd | Christine Daniels, Cathy & Brad Lewis, Bill Rochelle, Laura Lee and Barbara Walton |
| Reader | George Trimarco | Cynde Schwartz |
| Refreshments | 2nd Sunday Potluck | Lisa Etkin |
| Ushers | Art Shultes, Hendrick & Joanne Arnold, Joan Lindsay, Mary Jane Wilkinson | Mike Horan, Hannah Bachorik, Sarah Bachorik, Crystal Mongillo, Justine Ochal, Ralph Rosenthal |

"[N]obody likes having salt rubbed into their wounds, even if it is the salt of the earth." — Rebecca West, *The Harsh Voice*

"Neither sugar nor salt tastes particularly good by itself. Each is at its best when used to season other things. Love is the same way. Use it to "season" people."
— Vera Nazarian, *The Perpetual Calendar of Inspiration*

"You are the salt of the earth. But remember that salt is useful when in association, but useless in isolation."
— Israelmore Ayivor

"Don't be a pepper on the eyes of people; Rather be the salt on their tongue and make a difference that influences their sense of belonging to the earth."
— Israelmore Ayivor

"Images are deceiving. Salt and sugar look exactly the same but taste very different."
— Suzy Kassem, *Rise Up and Salute the Sun: The Writings of Suzy Kassem*

"She reached for a tiny white dish on top of the stove. "Oops, and salt. I almost forgot salt."

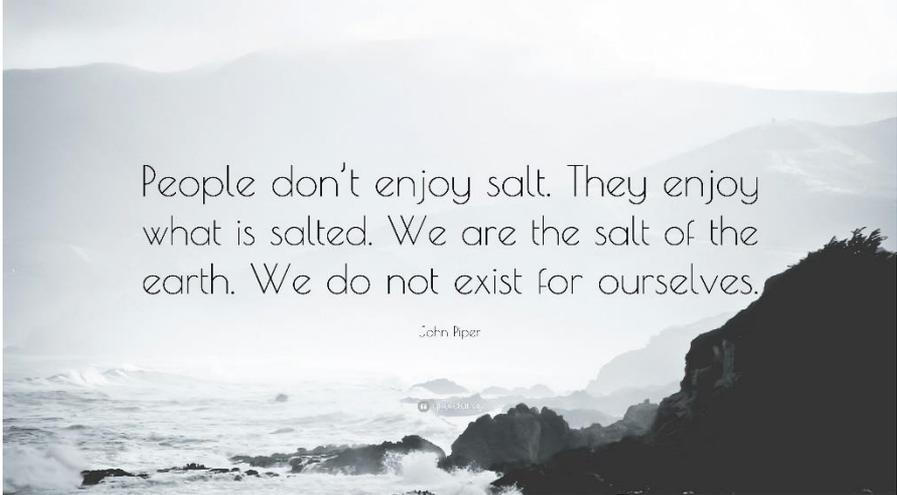
"Salt?" I wrinkled my nose, and then widened my eyes. "Is that your secret ingredient?"

Sophie laughed. "Salt isn't a secret ingredient, doofus. Besides, you just add a pinch. Salt brings out all the flavors." She paused. "It's weird, isn't it? How something so opposite of sweet can make things taste even better?"

"How does it do that?" I asked.

"I don't know," Sophie answered. "It just kind of brings everything together in its own strange little way."
— Cecilia Galante, *The Sweetness of Salt*

"Pepper and salt are indispensable in a delicious meal but if they dominate other ingredients, the meal is ruined."
— Vincent Okay Nwachukwu, *Weighty 'n' Worthy African Proverbs - Volume 1*



People don't enjoy salt. They enjoy what is salted. We are the salt of the earth. We do not exist for ourselves.

John Piper

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Coming Up

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

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|--------------------|--------------|-------------------------------|----------------|
| Sun, Feb 9 | 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 | 2nd Sunday Potluck Lunch | Covenant Hall |
| | 11:15am | Children's Music | Rooftop Room |
| | 5pm | Jazz Vespers | Covenant Hall |
| | 5pm | Youth Group | Trinity Presb. |
| Mon, Feb 10 | 6pm | Community Yoga | Covenant Hall |
| | 6:30pm | Creation Care Committee | Library |
| Tue, Feb 11 | 10am | Horizons Bible Study | Mohawk – Pres. |
| | 11am | Jack Bestgen Memorial Service | Sanctuary |
| | 6pm | Finance | Mohawk – Pres. |
| | 6pm | M&B | Mohawk – Lunn |
| | 6:30pm | Standing Committees | Various |
| | 7:30pm | Consistory | Covenant Hall |
| Wed, Feb 12 | 11:30am | Wednesday Lunch | Covenant Hall |
| | 2pm | Staff Meeting | Church Office |
| | 7pm | Adult Ukulele | Poling Chapel |
| Thu, Feb 13 | 7:30am | Breakfast Bible Bunch | Mohawk – Lunn |
| | 10am | Stitch Group | Walton Room |
| | 7pm | Choir Rehearsal | Choir Room |
| Sat, Feb 15 | 9am | FRC Sole Searcher Hike | Parking lot |
| Sun, Feb 16 | 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 |
| | 11:15am | First Forum | Poling Chapel |
| | 11:15am | Children's Music | Rooftop Room |
| 5pm | Jazz Vespers | Covenant Hall | |