

**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 16, 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



Sixth Sunday after Epiphany

February 16, 2020

*The congregation may stand.

PRELUDE

Max Caplan

Il Gardellino

Antonio Vivaldi (1678-1741)

II. Cantabile

GREETING AND ANNOUNCEMENTS

Daniel Carlson

The grace of Christ be with you.

And also with you.

CALL TO WORSHIP

Bill Levering

*HYMN

Humble Thyself

Humble thyself in the sight of the Lord (echo)

Humble thyself in the sight of the Lord (echo)

And God (echo)

Shall lift (echo)

You up. Higher and higher

And God (echo)

Shall lift (echo)

You up.

*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	<i>Oh, I Woke Up This Morning</i>	Spiritual
Oh, I woke up this morning with my mind	And it was stayed on freedom, Halleluia	
And it was stayed on freedom, Halleluia	O was singing and praying with my mind	
I was walking and talking with my mind	And it was stayed on freedom, Halleluia	

FIRST LESSON *Deuteronomy 30:15-20 (pg 186)* Cynde Schwartz
Guide us, O God, by your Word and Holy Spirit. **Amen.**

CHILDREN'S MESSAGE

SECOND LESSON *Matthew 5:21-37 (pg 4)*

SERMON *National Anger Management* Bill Levering

*HYMN *God of Compassion, in Mercy Befriend Us* #261

OFFERING

OFFERTORY *Swing Low Sweet Chariot* Johnny Willis

*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.

*HYMN

Lord, Dismiss Us with thy Blessing

#538

*CHARGE AND BENEDICTION

*CHORAL RESPONSE

Amen

#585

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:

Mary Reimherr, Gladys Toung Margaret Sager, F. David Sheldon Mary Bee, J. Marie Herman

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.

Celebratory or Memorial Flowers

Sign up 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 Risseuw, 2140 Niskayuna Dr., Niskayuna, NY 12309.

First Forum

Today in Poling Chapel at 11:15am, First Forum will be racism book review on *Anxious to Talk About It* with Chris Daniels and Liz Mastrianni.

Four Chaplains Service - Feb 23

55th Annual Four Chaplains Brotherhood Award & Remembrance on Sunday, Feb 23 at 2:30pm in Poling Chapel. We recognize the sacrifice of the famous Four Chaplains that includes our own Clark Poling.

Mardi Gras Jazz Vespers - Feb 23

Jazz Vespers, Mardi Gras themed will be the Wayne Hawkins Trio with Mike Lawrence on bass, Pete Sweeney on drums and our friend (and former FRC church pianist) Wayne Hawkins.

Ash Wednesday - Feb 26

We usher in the season of Lent with our traditional lentil soup (etc) supper in Covenant Hall at 6pm. A family-friendly service is offered in Poling Chapel at 7pm and will include opportunity for the imposition of ashes.

Green Steps

Home Energy Efficiency - Be energy smart: Small changes in water use such as installing low –flow showerheads, turning off unnecessary water and washing clothes in cold water has a big impact on energy use.

Johnson Library News

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

Faith Bookshop

Keep the love of Valentine's Day alive. Stop on the Book Shop today and pick up a little bundle of sweetness to give to a friend or enjoy by yourself. These treats are a gift to you from the Book Shop... we love our visitors!

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.

Sunday Volunteers	This Week	Next Week
Bookshop	Sarah Howes	Martha Winchester
Children & Worship	Natalie Pizzolo	Dave Hjelmar
Counting Deacons	Fred Daniels, Cathy Lewis	Christina Jones, Kim Burgoyne
Dwell Kids Teacher	Tom Mancuso	James Gonda
Flower Delivery	Ellie & Gene Rowland, Sutton & Mark Wemple	Vickie McGowan-Horan, Carol Troost
Forum	<i>Anxious to Talk About It</i> book review by Chris Daniels and Liz Mastrianni	Retirement Round Table Book Review and Retirement by Rev. Dr. Bill Levering
Jazz Vespers	Peg Delaney, piano; Bill Delaney, bass; Nathan Schied, drums	The Wayne Hawkins Trio with Mike Lawrence, bass, Pete Sweeney, drums and Wayne Hawkins, piano.
Kinderwyk	Alexis Wisniewski, Christina Jones	Sarah Bachorik, Vickie McGowan-Horan
Liturgist	Daniel Carlson	
Preacher	Bill Levering	Daniel Carlson
Processing Elders	Christine Daniels, Cathy & Brad Lewis, Bill Rochelle, Laura Lee, Barbara Walton	Del Pierce, Art Casey, Mary Jewett, Don & Marilyn Leach
Reader	Cynde Schwartz	Barbara Walton
Refreshments	Lisa Etkin	Please Sign-up
Ushers	Mike Horan, Matt Jones, Crystal Mongillo, Justine Ochal, Ralph Rosenthal	Tom Burgoyne, David Bundy, Joe Gotwals, Karen Gonda

Coming Up

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

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
Mon, Feb 17		Presidents Day – Church Office Closed	
	10:30am	Glen Eddy Group	Glen Eddy
	6pm	Community Yoga	Covenant Hall
Tue, Feb 18	10am	Horizons Bible Study	Mohawk – Pres.
	6:30pm	Writers' Critique Group	Mohawk – Lunn
Wed, Feb 19	11:30am	Wednesday Lunch	Covenant Hall
	11:30am	First Things Volunteers	Mohawk – Lunn
	6pm	Compassionate Dinner	Covenant Hall
	7pm	Contemplative Worship	Poling Chapel
	7pm	Adult Ukulele	Rooftop Garden
Thu, Feb 20	7:30am	Breakfast Bible Bunch	Mohawk – Lunn
	10am	Hymn Picking	Bill's Office
	10am	Stitch Group	Walton Room
	6:30pm	Stephen Ministry	Mohawk – Lunn
	7pm	Choir Rehearsal	Choir Room
Sat, Feb 22	9am	FRC Sole Searcher Hike	Parking lot
Sun, Feb 23	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
	2:30pm	Four Chaplains Service	Poling Chapel
	5pm	Jazz Vespers	Covenant Hall
	5pm	Youth Group	Trinity Presb.

“The best fighter is never angry.” — Lao Tzu

“Anybody can become angry — that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way — that is not within everybody's power and is not easy.” — Aristotle

“Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free.” — Thich Nhat Hanh

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” — Mark Twain

“Anger, resentment and jealousy doesn't change the heart of others-- it only changes yours.” — Shannon Alder

“I want to say somewhere: I've tried to be forgiving. And yet. There were times in my life, whole years, when anger got the better of me. Ugliness turned me inside out. There was a certain satisfaction in bitterness. I courted it. It was standing outside, and I invited it in.” — Nicole Krauss, *The History of Love*

“Anger ... it's a paralyzing emotion ... you can't get anything done. People sort of think it's an interesting, passionate, and igniting feeling — I don't think it's any of that — it's helpless ... it's absence of control — and I need all of my skills, all of the control, all of my powers ... and

anger doesn't provide any of that — I have no use for it whatsoever.” — Toni Morrison

“Learn this from me. Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.” — Mitch Albom

“Never respond to an angry person with a fiery comeback, even if he deserves it...Don't allow his anger to become your anger.” — Bohdi Sanders

“Let today be the day you stop being haunted by the ghost of yesterday. Holding a grudge & harboring anger/resentment is poisoning to the soul. Get even with people...but not those who have hurt us, forget them, instead get even with those who have helped us.” — Steve Maraboli,

“Transformation is my favorite game and in my experience, anger and frustration are the result of you not being authentic somewhere in your life or with someone in your life. Being fake about anything creates a block inside of you. Life can't work for you if you don't show up as you.” — Jason Mraz

“The church is not a theological classroom. It is a conversion, confession, repentance, reconciliation, forgiveness and sanctification center, where flawed people place their faith in Christ, gather to know and love him better, and learn to love others as he designed.” — Paul David Tripp