

***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.



I'm so mad I could just, just
Just

forgive.

September 8, 2013

Welcome Union Presbyterian Church



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

Welcome to First Reformed Church

We are a welcoming and affirming congregation and absolutely everyone is invited to our worship, activities, and service.

If you are a first time visitor we hope you feel at home here. Please fill out a little white pew card and place it in the offering plate and join us after the service for coffee and refreshments. The welcome tables at the entrance to the sanctuary and in Assembly Hall have some helpful church information.

Parking

You may park in **any** of the lots around the church or the Stockade Inn on Sunday mornings.

Need Help?

Large print bulletins and audio receivers are available to assist you. Please ask an usher. Special bulletins for children are also available. Restrooms are located out the front right doorway of the sanctuary; a baby changing station is in the women's bathroom.

Non Emergency Number

Schenectady Police: 518-382-5200

Elders in Worship

Past and current leaders we call 'Elders' walk in together at the beginning of worship and sit in the front pew. This is to identify them as servants of the mission of the church and make it easy to see who you might talk to about the life of our congregation.

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 in the next orientation please fill out a white pew card.

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.

Child Care on Sunday

Childcare for babies through age four is available from 10am and noon in Kinderwyk, which is located in the building near the church office entry.

Summer Church School

All children in grades K-8 are welcome to join in our Church School activities by leaving immediately after the Children's Message. Parents can pick up their children after worship on the 2nd floor at the top of the stairs.

Church School On Communion Sundays

On Communion Sundays (the first Sunday of the month) youth in grades 3-8 remain in the service to participate in Communion while those in grades K-2 are welcome to go upstairs after the Children's Message for music and crafts.

Children's Worship Bulletins

Special bulletins for children, ages 3-6 and 7-12 are available each Sunday. If the ushers are not handing them out, just ask for one.

After Worship

Typically after worship, people stop for a chat and refreshments in Huntley Garden (weather permitting) before going to a learning opportunity that lasts until noon. Visitors are welcome to join in.

Service Online

A recording of each of our worship services is at 1stReformed.com one or two days following the service.

Lost and Found Basket

We have a lost and found basket in the Narthex at the Union St. entrance of the church. If you have lost/misplaced an item at church, please check there.

Sixteenth Sunday after Pentecost
September 8, 2013

*The congregation may stand.

PRELUDE

Sonata No. 3 in A Major Felix Mendelssohn
Con moto maestoso
Andante tranquillo

10:00 a.m.

GREETING Daniel Carlson
The grace of Christ be with you.
And also with you.

ANNOUNCEMENTS & ORIENTATION

CALL TO WORSHIP Bill Levering

INTROIT *Psalm 122:8* Franklin G'vnn

***PROCESSIONAL HYMN #455** (vss. 1,2,5,6)
All Creatures of Our God and King

***GOD'S FORGIVING LOVE**

***RESPONSE OF PRAISE** (*unison*)
South African melody
God welcomes all, strangers and friends;
God's love is strong and it never ends.

***OUR NEED FOR GOD** (*silent*)

***AFFIRMATION OF FAITH** (*unison*)
We trust in Jesus Christ, fully human, fully God. Jesus proclaimed the reign of God: preaching good news to the poor and release to the captives, teaching by word and deed and blessing the children, healing the sick and binding up the brokenhearted, eating with outcasts, forgiving sinners, and calling all to repent and believe the gospel.

***PASSING THE PEACE**

ANTHEM *In This Place* Donna Butler

In this place we honor all the spirits
who dreamed this sacred space,
Reaching out and reaching in
to share the gift of faith.

Ev'ry soul is welcome in this covenant of
grace. Beloved child of God, join our table,
take your place.

It was only brick and stone when I first
walked through the door,
but something stirred my spirit here
and now it's so much more.

Our hearts and doors stand open,
surely God is in this place.
May the light of loving kindness shine
from each and ev'ry face, in this place.

In this place we gather
to soar on hope and awe.

With your wisdom, clear our vision,
help us face our flaws.

Equip us with a growing understanding of your
grace. Then, send us out to those in need your
embrace.

What is the future? What are we called to do?
We're filled with possibility because we follow
you.

FIRST LESSON Rob Dickson
Guide us, O Lord, by your Word and Holy
Spirit. **Amen.** *Ephesians 4:26 (page 194)*

CHILDREN'S MESSAGE

SECOND LESSON *John 2:13-17 (page 93)*

SERMON *Feelings & Faith: Anger*

***HYMN #437** *Our Cities Cry to You, O God*
Kingsfold

MINUTE FOR MISSION *Walkabout*
Caroline Welch

OFFERING

OFFERTORY

A Rose Touched by the Sun's Warm Rays
Jean Berger

A rose touched by the sun's warm rays
All its petals gently does unfold;
So you, when touched by God's great
mercy,
Let joy and gladness win your soul.

Maria Brubacher, tr. Jean Berger

*THANKSGIVING #591

Praise God from whom all blessings flow,
Praise Christ all people here below, Praise
Holy Spirit evermore, Praise Triune God
whom we adore. Amen.

*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.

*RECESSIONAL HYMN #488

The God of Abraham Praise

*CHARGE AND BENEDICTION

CHORAL RESPONSE

POSTLUDE

Sonata No. 3 in A Major Felix Mendelssohn
Con moto maestoso

Worship Notes

Our Need for God is drawn from The Presbyterian
Church (USA) Brief Statement of Faith. The
Affirmation of Faith is drawn from The
Presbyterian Church (USA) Brief Statement of
Faith.

Music Note

Our Response of Praise is a joyful declaration
which comes to us via John Bell of Scotland, who
first heard the tune at the Sunrise Hospice in S.
Africa.

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 this
congregation who entered eternal rest in previous
years about this time:

*James Pontius, Charlotte Ramsey, Richard L.
Shuey, and Allen John Wood*

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

In Memoriam

The chancel flowers today are placed in the
sanctuary to the glory of God and to celebrate the
life of Jane Bryant from her family. We are
grateful that these flowers, which represent our
prayers and praise, will be taken to church family
members to recognize a special need or
celebration.

Celebratory or Memorial Flowers

A flower calendar is posted on the right side of the
Poling House entrance to the sanctuary wherein
you can choose a date for donating chancel
flowers to remember a loved one or to honor a
special event. Please inform the office of your

wishes. The cost of the flowers is \$30 for the two bouquets. You may send your check payable to Chancel Guild, c/o Marlene Risseuw, 2140 Niskayuna Dr., Niskayuna, NY 12309.

Faith Bookshop

The Bookshop will be open briefly for browsing and purchasing after today's church service. After that, see you at the picnic!

Equal Exchange Coffee and Teas

Equal Exchange coffees and teas and other surprises are currently available in the Faith Bookshop. Proceeds from sales benefit small projects of Mission and Benevolence Committee. There is a self-serve and pay display in the corner and shoppers can put cash or check in the tin. Prices are posted. If you have special suggestions on type of coffee or tea you want to see on the shelf please leave suggestions in tin. A small order of decaf has been placed so let us know your preferences. Questions and suggestions, contact Carol DeLaMarter at 394 - 4735.

Baby Changing Stations

There is a baby changing station in the women's bathroom located across from the Johnson Library. Soon there will be changing stations in the women's and men's bathrooms located below the Union St. entrance.

Kinderwyk - Childcare

We need church members that are 18 and over to help our professional staff care for our youngest members during worship. Fill out a white pew card and place it in the offering plate to let us know you would like to be a part of this ministry. Following a required background check the church office staff will contact you to schedule the Sundays you are willing and available to serve.

Welcome Back Picnic

Everyone is invited to plan on staying after worship on Sept. 8 for a time of fun, food, and fellowship!

In an effort to promote a healthier environment and eating experience, those attending the picnic are encouraged to use locally grown/locally made products in the dishes they bring to share. Organic, local hamburgers from Buckley Farm will be served, in addition to hot dogs, veggie burgers, and drinks.

Post Service Refreshments

We are always looking for volunteers to bring in food! It can be cookies, cheese and crackers, fruit, or anything you want. Beginning Sept. 15, post service refreshments will resume in Assembly Hall. Food should be brought around 9:30am, unless it is already set up on a platter. Any questions, please contact Heather Chestnut at 346-7887.

Jazz Vespers Every Sunday, 5pm

Today: 'Azzaam Hameed, piano

Sept. 15: Peg Delaney, piano; Bill Delaney, bass; Tom D'Andrea, drums

Sept. 22: Paul Mastriani, piano

Sept. 29: Scott Bassinson, piano

Forum

Held after worship each Sunday, the aim of Forum is to provide stimulus to the congregation on current events or issues important to the community and world at large through informative presentations and conversation. Suggestions for programs are welcome from any committee or member; simply contact Joe Doolittle (384-1700) or the church office by phone or e-mail 1streformedpub@gmail.com.

Sept. 8: Church Picnic

Sept. 15: Introduction to Orff instruments and Handbells (see article below)

Sept. 22: Welcome and Introduction of our new Covenanters; Rev. Stacey Midge

Sept. 29: What's new with our Albany Synod; Rev. Abby Norton-Levering, newly appointed Ministry Coordinator

Sunday Adult Classes

This year, in addition to Forum, there will be classes after worship for adult to reflect on the theme of the service, or to delve into some new topics. In Sept., Dr. Levering will lead an after-worship class on the Feelings of Faith, which is the worship theme of the month. The classes will be held in Poling Conference room right after a quick cup of coffee and will end promptly at noon. Childcare is provided.

Today: Church Picnic

Sept. 15: Feelings & Faith: Sadness

Sept. 22: Feelings & Faith: Fear

Sept. 29: Feelings & Faith: Love

Church School

Regular Church School begins Sept. 8. We are in need of teachers and helpers. There are eight spots to choose from (see below).

You do not need to have teaching expertise or scholarly biblical knowledge, everything is provided for you - ideas, materials (even the snack). We can do a group teacher orientation or one-on-one, whichever you prefer. We have WONDERFUL kids at church and here is the perfect opportunity to get to know them!

Fall: Sept. 8 – Nov. 24

Grades: K-2; 3-5; 6-8

Winter: Dec. 1 – Feb. 23

Grades: K-2; 6-8

Spring: Mar. 2 – May 11

Grades: K-2; 3-5; 6-8

If teaching isn't your thing, there are lots of other ways for you to be involved - (look for the list posted upstairs on the bulletin board outside room 20). Contact Jamie Ipsen 399-6848 to let her know where you can best help or if you have any questions.

Small groups - Stepping Forward in Faith

Member groups, with common interests are currently being formed so that everyone can learn about this year's stewardship campaign *Stepping Forward in Faith*. This group **Wise and Single**

(for older singles, widows, and widowers) hosted by Carol Troost, **will meet today, Sept. 8 at 1pm** in the Dirck Romeyn room. Please contact Carol at troostcarol@gmail.com or sign up on the sheet posted in Assembly Hall if you would like to attend.

Other Groups being formed are:

- Young Families
- Young (-40) Singles
- New Members,
- Pillars of the Church
- Music Lovers
- UPCers

Folks interested in:

- Mission and Outreach
- Pastoral and Congregational Care
- Adult Education

There will also be a Sunday Morning Miscellaneous Group. At these gatherings a short video will be shown followed by time for discussion and questions, and of course refreshments. Sign-up sheets are posted in Assembly Hall. These groups will usually meet in homes in the evening for dessert, a short video, and a bit of discussion. No pledges will be collected at the meetings.

Archives & Historical Concerns

The Archives and Historical Concerns Committee is looking for new members. We will be meeting on Tuesday, Sept. 10 at 6pm before consistory. Please contact Caroline Welch 956-0728 with any questions.

Breakfast Bible Bunch

Dr. Levering leads an early morning Bible reflection at 7:30am Thursday mornings in the Walton Conference room. The Bible study will review a text to be used the following Sunday, expose a little background of the passage, and mostly delve into its relevance to us. Coffee and carbs will be served. More if you are lucky. We will be finished at 8:30am for those who work.

Stitch Group

Complete your *PHD with the Stitch Group. Classes meet every Thursday at 10am in the lobby by the main office. Our first meeting this year is on Thursday, Sept. 12. Join us whenever you can. For more information call Joan Lindsay at 399-3153. (*PHD - *Projects Half Done*)

Horizons – Bible Study Is For All

All are welcome to join Horizons Bible Study class on Thursday mornings, beginning Sept. 12 from 10:30 to 11:30am in the Poling Conference room. Although it is sponsored by the UPC Women's Association, we welcome ALL – men and women. The study is on *An Abiding Hope: The Presence of God in Exodus and Deuteronomy*. Study book is available from the Church Office or Rev. Ruth Kuo.

Please join us for a cup of tea, interesting discussion, and an opportunity for sharing and strengthening faith.

Memorial Services

A memorial service will be held for William Hubbard on Saturday, Sept. 14 at 1:30pm in the Sanctuary with a reception in Assembly Hall.

To celebrate the life of Pieter von Herrmann who died this past July. A gathering will be held Saturday, Sept. 28 at 3pm at The Church of the Covenant in Cleveland, Ohio.

Experience Orff and Handbells 'Hands On'

No musical training necessary! Please join us at Forum after worship on Sept. 15 for a participatory introduction to Orff instruments and handbells. This will be a chance to find out more about the wonderful world of toned percussion instruments. For more information about Orff instruments and Handbells (Klokken Tower Ringers), please see titled articles below.

Name Tag Sunday

Since we have many new faces in worship, on Sept. 15 we will call that Sunday *Name Tag*

Sunday. It would be helpful to all if we wore our name tags. Name tags can be found on the door by Poling Chapel. Don't have one? Contact the church office or let us know on a white pew card.

Magnetic or Clip-On Name Tags

If you do not have a name tag and would like one, please indicate that on a white pew card and place it in the collection plate. The following Sunday please check the door (alpha order) by the Poling Chapel.

Communion Class

This class is offered to our third graders AND any older children who want to learn about the Lord's Supper. Classes will be held Sept. 15, 22 and 29 during church school. The students will help prepare the elements on Oct. 6 and will celebrate World Wide Communion with the congregation. Please contact the church office if you'd like your child to attend.

Junior High - Senior High Youth Groups

The Youth Groups will kick off the year by participating in the North Star Peace Walk on Sept. 15 (see article below). We will leave from church at 1pm. This is an interfaith, multigenerational, non-political event with stops at a synagogue, mosque, and church.

We will resume our regular meeting schedule on Sept. 22 at 5pm with a picnic for all youth in grades 6-12 and their parents. Please bring a dish to share.

In a change from last year, ALL youth will meet from 5-7pm on Sunday nights unless otherwise noted, dividing into Junior and Senior High groups for most activities.

North Star Peace Walk – Sept. 15

The Interfaith Alliance of NYS and the Fellowship of Reconciliation will host the North Star Peace Walk on Sunday, Sept. 15 at 2pm, which will begin in the parking lot of Congregation Beth Emeth, 100 Academy Road, Albany, NY. The

purpose of the walk is to use the positive energy in our country among religious and secular groups to transform our communities and to allow people to provide witness to reaffirming the common roots of our different religious and cultural traditions.

The 2.2 mile route of the Walk will include stopping at various houses of prayer: Quaker Meeting House, Church of God of Prophecy, St. Mary's and St. George's Coptic Orthodox Church, First Lutheran Church/Capital Area Council of Churches, Morning Star Missionary Baptist Church, Victory Christian Church, The Shrine of Our Lady of the Americas, and the Masjid As-Salaam, 276 Central Ave., Albany, NY will be the final stop.

This will be a multi-generational, non-political event and group/congregational banners and non-political signs of peace are welcome. The event is free of charge and white clothing and comfortable shoes is the suggested attire. Water bottles are recommended.

For more information about the North Star Peace Walk, please contact co-chair Barbara Dworkin at 526-0618 or barbaradworkin@englishperfect.com

Klokken Tower Ringers

Our rehearsal time begins on Monday, Sept. 16 at 7pm to 8:30pm. We are open to change and willing to entertain other times to practice in order to accommodate additional ringers. Contact Judy Moore at Moorebells@gmail.com with questions.

What's Your Story?

Beginning Sept. 16 (and continuing every third Monday through December at least) those interested in taking turns telling and listening to real life stories will meet in the Dirck Romeyn room at 10am. Some may decide to go out to lunch together afterward. Please contact either Ginny Laumeister (381-4201) or Daniel Carlson (377-2201) to sign up (required) or to pose any questions about what is expected to be an excellent experience.

Support & Care

On Tuesday, Sept. 17 the Support & Care Committee will meet at 11am in the Poling Conference Room. Thereafter they meet every third Tuesday same time and place. If anyone is interested in joining this committee, please contact either Daniel Carlson at the church or Ronnie Bartholic at 393-7679.

Tuesday Ladies

We will meet every third Tuesday at 7:30pm beginning Sept. 17, location to be announced. All ladies are welcome. Please call Connie at 393-7061 if you have any questions or for more information.

Back-To-Church School Night

Your child's school has a back-to-school-night so why not church school? On Wednesday Sept. 18 from 7pm to 8pm come and hear our goals for the year. See artwork and stories scribed by your children. Experience a bit of our curriculum. Maybe ring a few chimes! Refreshments too!

Group VII

On Friday, Sept. 20 at 11:30am Group VII will meet for a luncheon at the Mohawk Golf Club at 1849 Union Street in Schenectady. If any questions, please contact Ronnie Bartholic at 393-7679.

Orff Instruments

We are an intergenerational group that encourages all ages to participate. Best of all you do not have to have previous musical experience! We will show you HOW TO DO IT! Regular rehearsals will be following Sunday service from 11:15am to noon beginning Sept. 22 in the Music Office (off of the library).

Prayer Shawl Knitting

We will meet on Thursday, Sept. 26 at 9:30am at the home of Ronnie Bartholic. If any questions, please contact Ronnie at 393-7679.

Fellowship Potluck Luncheon

Union Presbyterian Church has had a Fellowship Potluck Luncheon once a month for years. That practice will continue and it is open to friends at First Reformed Church. The first luncheon will be Friday, Sept. 27 at 11:45am in Assembly Hall. If you can join us, please bring a casserole or a salad to share. Dessert and beverages will be provided. We frequently have a program but for this first luncheon, we thought a get acquainted event would be more appropriate. We are looking forward to a good turnout – a reunion for some and a new experience for others. Although reservations are not necessary, let us know if you can make it or help out by signing-up in Assembly Hall, calling the church office, or Sally Bestgen at 346-0304.

53rd Stockade Walkabout

Our church will be open **Saturday, September 28** from 11am to 5pm. Come and welcome visitors to our architectural and historical landmark. Greeters/guides are needed for 3-hour shifts: 9:30-12:30pm, 12-3pm, 2:30-5:30pm, which includes help setting up, running taped background music, selling items, and closing. Volunteer sign-up sheets and Walkabout brochures are on bulletin boards, information racks, in church office, or call Laura Lee Linder, 882-6866. Please let us know if you have an activity, program, display, or such, for people to do or see as they tour First Reformed Church.

During the Walkabout we also have our Hospitality Room in Assembly Hall with complimentary beverages and delicious heritage pastries. The pastry? Dutch “banket.” What Scottish pastry shall we have? Please find volunteer sign-up sheets to help bake pastries on **Friday, September 27** from 3pm till evening and/or to help with hospitality during Walkabout day. Or you may contact Mary Jewett at 355-8059.

Walkabout tickets are \$20 in advance and \$25 on Walkabout day. They are available at Open Door Bookstore, Schenectady County Historical Society, Kulak’s Nursery, and Proctor’s, or online

at www.historicstockade.com. Volunteers of at least 2½ hours earn a free Walkabout ticket.

Creation Care Committee

Only for this September meeting will we meet on Monday, Sept. 30 at 7pm in the church office. Normally our meetings are every fourth Monday and will resume as such in October.

Kerygma Conversations to Begin in October

All are welcome to this ongoing and open group each Wed. morning, 9:30 to 11am to explore the meaning and application of the gospel for our lives. This fall, beginning Wed., Oct. 2 and concluding Dec. 18, we'll be considering the nature and complexities of four foundational community practices: gratitude, promise keeping, telling the truth, and hospitality. *Living into Community: Cultivating Practices that Sustain Us* is the excellent book we'll use as the springboard to our lively conversations. You'll soon be able to examine/buy the book and sign-up for this class in the Faith Bookshop. Those with questions may contact Daniel Carlson.15

Thank You

The family of David Griggs-Janower wishes to express their sincere gratitude to their many friends at FRC. The calling hours for David were much enhanced by gracious offerings of food and beverages. We truly appreciate everyone’s efforts.

Unity Festival on World Communion Sunday

To celebrate the cooperation of Union Presbyterian Church and First Reformed Church, Schenectady, Oct. 6 will be set aside for great festivities. The first Sunday in Oct. has been observed as World Communion Sunday by both churches and this year will be a great witness to God's work that calls us to new vistas.

After an exciting worship service, we will go to a special luncheon at the Lighthouse Restaurant where we will all say nice things about each other and our God that has arranged such a wonderful match between our congregations. All are invited

to the luncheon and an offering will be taken at the event. It is important that we know who is coming, so please **RSVP** at any time to 377-2201. Feel free to leave a message.

A Reminder - October 20 Book Fair

It's not too early to rummage through your home library to find books that need a new home. Why not donate them to our church Book Fair? Fiction, non-fiction, children's (no college text books, please.) They maybe just the books you have been looking for. We're beginning to collect books and will store them in the Poling Conference Room, opposite our church library. If you'd like to be part of the Fair in some capacity, see or call Linda Witkowski 374-7904.

Art Placement Team

The Property Committee is looking to form a group to find perfect places for some of the art that Union Presbyterian Church has brought to us and some other art that has not found a good home here. If you are interested, please make a note on a white pew card in worship and place it in the offering plate. UPC and FRC members sought.

Committees Need You

There are committees for almost anything you can think of here and FRC members, UPC members and just anyone who drifts in are welcome to join in the fun. If you would like to help make decisions or do stuff, just write a note on a white pew card in worship and someone will follow up. We particularly need Mission Schleppers to help haul food and clothing to the right places from our collection bins.

Church Facility Tour

If you are new to our church building and would like a brief tour, every Communion Sunday there will be someone to show you around immediately following a cup of coffee. Meet in front of the church office.

Chancel Choir

Chancel Choir is looking forward to new faces and new energy thanks to our joint venture with Union Presbyterian Church. Additional voices are always welcome. Contact Julie Panke, Director of Music at 518-370-5434, or come to a rehearsal on Thursdays at 7:30pm in the downstairs choir room.

Vocal Ensembles Now Forming

Love to sing but can't commit to weekly Thursday night choir rehearsals? Our new Artistic Coordinator, Corine Salon will be forming small groups (duets, trios, quartets) to sing in Sunday worship services. If interested contact Julie Panke (kirkechor@earthlink.net) or Corine Salon (csalon@nycap.rr.com) to indicate your interest.

Youth Music Groups

Carol Choir: grades K-2 meet upstairs in room 20 the first Sunday of each month during regular church school

Kirk Ringers (sometimes Singers): grades K-6 meet upstairs in room 20 each Sunday from 11:20 - noon

Youth Orchestra: open to anyone who has played an instrument for 2 years or longer. Meets upstairs in room 20 each Sunday 4-5pm

Basic Boomwackers: All ages! Cool rhythm group.

High School Choir: grades 9-12. Meet upstairs in room 20 at 9:15am each Sunday. Dates and times for rehearsals may change depending upon the availability of the group.

Sign-Ups For Church Events

All Church event sign-ups can be done by:

- The Board in Assembly Hall
- Contacting coordinator of event
- Calling the church office at 377-2201
- Filling out a white pew card
- E-mailing: 1streformedpub@gmail.com

Yoga at FRC

Douglas Goodbee, certified in Kripalu/Hatha E-RYT and athletic yoga, teaches every Thursday at 6:45pm usually in Assembly Hall. The classes cost \$10 for member and non-members. This class is for everyone at any level, singles, families, and seniors. Bring a mat and wear loose clothing. Questions: contact Douglas at 229-7291 or e-mail dagoods1@gmail.com.

	This Sunday	Next Sunday
Counting Deacons	Bill Martin, Bill Rochelle	David Bundy, Becky Grande
Faith Bookshop	Committee Member	Committee Member
Flower Delivery	Ann & Emile Walraven	TBA
Greeters	Mary Jewett	Cathy & Brad Lewis
Kinderwyk	Sarah Bachorik	Sarah Bachorik
Liturgist	Daniel Carlson	Daniel Carlson
Preacher	Bill Levering	Bill Levering
Processing Elders	Mary Jewett, Peggy King, Tom Lindsay, Del Pierce, Cathy Lewis, Linda Witkowski	Rob Dickson, Keith Muse, Bill Ward, Gene Zeltmann, Christine Daniels, Cathy Lewis
Reader	Rob Dickson	Nancy Davidson
Refreshments	Church Picnic	
Usher	Earl Wainwright (head usher), David Bundy, Joe Gotwals, Chris Langdon, Linda Stanhope	Bill Clock (head usher), Cathy Allen, Robert Allen, Joe Gallagher, Maurice Robbins

Sunday, September 8

- 9:00 am Chancel Choir Rehearsal
- 10:00 am Worship
- 10:20 am Church School for K-8
- 11:00 am Welcome Back Picnic
- 1:00 pm Wise and Single -
Stepping Forward in Faith
- 5:00 pm Jazz Vespers

Monday, September 9

- 9:00 am Mens News Group

Tuesday, September 10

- 10:00 am Morning Prayer
- 6:00 pm Archives
- 6:00 pm CRTC
- 6:30 pm Standing Committees
- 7:30 pm Consistory

Wednesday, September 11

- 9:00 am Stephen Leaders Meeting
- 1:00 pm Archives
- 1:00 pm Thursday Belles
- 2:00 pm Staff Meeting
- 7:00 pm UPC Trustees Meeting

Thursday, September 12

- 7:30 am Breakfast Bible Bunch
- 10:00 am Stitch Group
- 10:30 am Horizons
- 6:45 pm Yoga
- 7:30 pm Chancel Choir

Saturday, September 14

- 1:30 pm Hubbard Memorial

Sunday, September 15

- 9:00 am Chancel Choir Rehearsal
- 10:00 am Worship
- 10:15 am Church School for K-8
- 11:00 am Refreshments
- 11:15 am Forum and Adult Class
- 5:00 pm Jazz Vespers

Angry people are not always wise. ~Jane Austen, *Pride and Prejudice*

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean. ~Maya Angelou

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

When angry, count four. When very angry, swear. ~Mark Twain

Speak when you are angry and you will make the best speech you will ever regret. ~Ambrose Bierce

The best fighter is never angry. ~Lao Tzu

It is wise to direct your anger towards problems - not people; to focus your energies on answers - not excuses. ~William Arthur Ward

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 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

Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change. ~ Malcolm X

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

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, *The Five People You Meet in Heaven*

The first human who hurled an insult instead of a stone was the founder of civilization. ~Sigmund Freud