

**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.*



If nothing changes, nothing changes.

March 9, 2014



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

### **Non Emergency Number**

Schenectady Police: 518-382-5200

### **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.

### **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.

### **Hearing Assistance**

We have hearing reinforcement units that will make it easier to hear. Ask an usher.

### **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.

### **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 Assembly Hall 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](http://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.

## First Sunday in Lent

March 9, 2014

\*The congregation may stand.

PRELUDE  
10:00 a.m. Naphtali Rothrock

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

ANNOUNCEMENTS & ORIENTATION

CALL TO WORSHIP Stacey Midge

INTROIT *Introit for Lent*  
John Yarrington

\*HYMN #420  
*God of Grace and God of Glory*

\*OUR NEED FOR GOD (*unison*)

Forgive us Lord for our apathy and for our lack of courage to speak up. Forgive us when we walk past and don't help. Forgive us when we get it wrong. We confess that we are afraid and don't want to change in order to be with those who are different. We ask that you would lead us into action: give us strength to be a voice crying for justice and peace and whatever is needed to act justly, love mercy and walk humbly with you.

\*GOD'S FORGIVING LOVE

\*RESPONSE OF PRAISE

*What wondrous love is this, O my soul, O my soul!  
What wondrous love is this, O my soul!*

\*AFFIRMATION OF FAITH (*unison*)

*(adapted from Isaiah 58)*

This is the fast to which we are called: to free those who are wrongly imprisoned and lighten the burden of those who work, to let the oppressed go free and remove the chains that

bind people, to share our food with the hungry and give shelter to the homeless, to give clothes to those who need them, and not hide from those who need our help. Then our salvation will come like the dawn, and our wounds will quickly heal. Then our light will shine out from the darkness, and the darkness around us will be as bright as noon.

\*PASSING THE PEACE

ANTHEM *In What Torn Ship*  
Daniel E. Gawthrop

In what torn ship soever I embark,  
That ship shall be the emblem of thy ark;  
What sea soever swallow me, swallow me,  
that flood shall be to me an emblem of thy blood;  
Though thou with clouds of anger do disguise thy face;  
yet through thy mask I know those eyes,  
which though they turn away sometimes,  
they never will despise.

I sacrifice this island unto thee,  
and all whom I loved there, and who loved me;  
when I have put our seas twixt them and me,  
Put thou thy sea betwixt my sins and thee.

In what torn ship soever I embark,  
That ship shall be the emblem of thy ark;  
What sea soever swallow me, swallow me,  
that flood shall be to me an emblem of thy blood.

Put thou thy sea betwixt my sins and thee.

John Donne (1572-1631)

FIRST LESSON Nancy Wainwright  
Guide us, O Lord, by your Word and Holy Spirit. **Amen.** *Romans 5:12-19 (pg 156)*

CHILDREN'S MESSAGE

SECOND LESSON *Matthew 4:1-11 (pg 3)*

SERMON *How to Change Your Life*  
Stacey Midge

\*HYMN #80  
*Jesus Walked This Lonesome Valley*

## OFFERING

## OFFERTORY

*Jesus, Tempted in the Desert*

Thomas J. Williams

Jesus, tempted in the desert,  
lonely, hungry, filled with dread:  
“Use your pow’r,” the tempter tells him;  
“Turn these barren rocks to bread!”  
“Not alone by bread,” he answers,  
“can the human heart be filled.  
Only by the Word that calls us  
is our deepest hunger stilled!”

Jesus, tempted in the temple,  
high above its ancient wall:  
“Throw yourself from lofty turret;  
angels wait to break your fall!”  
Jesus shuns such empty marvels,  
feats that fickle crowds request;  
“God, whose grace protects, preserves us,  
we must never vainly test.”

Jesus, tempted on the mountain  
by the lure of vast domain:  
“Fall before me! Be my servant!  
Glory, fame, you’re sure to gain!”  
Jesus sees the dazzling vision,  
turns his eyes another way:  
“God alone deserves our homage!  
God alone will I obey!”

When we face temptation’s power,  
lonely, struggling, filled with dread:  
Christ, who knew the tempter’s hour,  
come and be our living bread.  
By your grace protect, preserve us.  
Lest we fall, your trust betray.  
Yours, above all other voices,  
be the Word we hear, obey.

Herman G. Stuempfle

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

\*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 #434  
*Today We All Are Called to Be Disciples*

\*CHARGE AND BENEDICTION

\*CHORAL RESPONSE *Threefold Amen*  
Danish

POSTLUDE

*Lord, Dismiss Us with Thy Blessing*  
Sicilian Mariners

+ + +

## 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:

*Roy Stratton and Daniel Thuener*

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.

## Entered Into Eternal Rest

James Scholtz  
March 1, 2014

## 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  
flowers to remember a loved one or to honor a  
special event. Please inform the church office of  
your wishes. 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.

### **Post Service Refreshments**

Everyone is invited to have refreshments in Assembly Hall right after worship. We are always looking for volunteers to bring in food. It can be cookies, cheese and crackers, fruit, or anything you want. Food should be brought around 9:30am. There is a sign-up sheet in Assembly Hall or fill out a white pew card and place it in the offering plate. If any questions, please contact the church office. **We are in need of 3 volunteers for Mar. 16.**

### **Helpers Needed For Lenten Dinners**

Seeking volunteers for Lenten dinners to serve as hosts/hostesses. This could be an individual, a couple, a family, a group of friends, or members of an organization. Hosts will plan the menu, solicit volunteers to help prepare and serve the dinner, and assist with food storage/distribution. FRC will provide coffee and tea and do the set up for the dinners. Please call Mary Jewett at 355-8059 to volunteer or for more information.

### **Forum**

After worship most Sundays at 11:15am in Poling Chapel, suggestions for programs are welcome from any committee or member; simply contact Joe Doolittle 384-1700, Peggy King 370-1885, or Amy Brule 785-8201.

**Today:** Youth Group Mission Trip-Report and Reflection-Rev. Stacey Midge

**Mar 16:** Economic Disparity and its Implications for Faithful Communities. Bradley Lewis, PhD Professor of Economics, Union College

**March 23:** Challenges & Innovations in Our Library System-A Family Literacy Center, Marsha Mortimer, Board Member

### **Jazz Vespers Every Sunday ~ 5pm**

**Today:** Azzaam Hameed, piano

**March 16:** Peg Delaney, piano

**March 23:** Scott Bassinson, piano

### **Junior & Senior High Youth Groups**

ALL youth in grades 6-12, will meet from 5-7pm on Sunday nights unless otherwise noted, all will meet for dinner, fellowship, service, and learning activities.

**Today:** Regular Meeting

**Mar. 16:** Regular Meeting

**Mar. 23:** Regular Meeting

### **Faith Bookshop**

There are still some interesting items on our mid-winter sales table. Books relating to Lent are available as well.

### **Lenten Devotional Booklets and Discussion**

Today after worship, Linda Witkowski will lead conversation on the various devotional writings of the first week. Booklets are available near Assembly Hall. So bring your coffee and cookies at 11:20am and meet us in the Dirck Romeyn Room.

### **New Member Class**

People interested in membership in First Reformed are invited to a class that will go over the basic ideas of the congregation and a tour of the building. It takes place from 3 to 4:30pm on Sunday, March 16. Please contact the church office in some way if you are planning on attending, especially if you need child care.

### **Group V and Group VII**

Both groups will meet together on Friday, March 21 at 10am in Assembly Hall. Refreshments and coffee will be served. Co-hostesses: Ann Gotwals and Linda Witkowski. Program: Coffee Hour. All women of the church and their friends are invited. Contact Ronnie at 393-7679 if you have questions.

### **Prayer Shawl Knitting Group**

We will be meeting on Mar. 27 at 9:30am at the home of Ronnie Bartholic. For questions, contact Ronnie Bartholic 399-7679.

### **Horizon Bible Study**

The Horizons Bible study group meets on Tuesdays at 10am in the Poling Conference room for a study of *Mark's Gospel*. Study guides by Mark Deibert from the Interpretation Bible series are available for \$7, and will be available at class. April 1<sup>st</sup> will begin a 6 week Lenten study of "*Gospelled Lives: Encounters with Jesus*," study guides are available at the church office for \$10 each. All are welcome to attend.

### **New Writers Group Starts**

A Flash Fiction critique group will meet on the second and fourth Wednesday of each month in the Walton Conference Room. Flash Fiction is a COMPLETE story, fiction or nonfiction, written in 1,000 words or less. For more info and signups, contact James Gonda at jamesgonda63@yahoo.com or the church office.

### **Shares Available to Help Youth Mission**

FRC has a rich history of sending youth on mission trips where they have the opportunity to help people in need while also experiencing diverse cultures and circumstances, building community, and learning about how they relate to the wider world. As a result of these trips, many FRC youth have gone on to service-related careers and lifestyles of volunteerism. Your support is invaluable as the Senior High Youth Group prepares for this year's trip, which will be right here in Schenectady. The youth will be joining with other area youth groups to serve meals, clean up neighborhoods, do flood relief, and participate in other projects that strengthen our own community. Please support the Youth Group and participate in their journey by purchasing a Mission Share from any member of the youth group, or from Stacey Midge, for only \$25. Mission Shareholders will also be invited to a dinner on March 30 to hear directly from the youth about their experience and to enjoy food inspired by the trip.

### **Easter Reception Volunteers**

We are in need of one or two leaders for our Easter Sunday reception in Friendship Hall. If you would simply like to contribute in another way, we are looking for volunteers with set up, cleanup and/or bringing a food item to share. Food items desired are deviled eggs, cheese and crackers, dip and chips, fruit and veggies, and cookies. You can sign up for any of these tasks by calling the church office at 377-2201, by using a white pew card, or by signing up on the bulletin board in Assembly Hall.

### **College Scholarships**

Applications for the Rev. Al Smith Education Scholarship are available through the church office. Please submit completed applications by Wednesday, May 15<sup>th</sup>. Questions can be directed to Sara Erickson at 374-4161 or ericksonhs@aol.com

### **Chancel Choir to Sing Faure Requiem April 6**

The FRC Chancel Choir will be performing the Faure Requiem on April 6 during the Sunday service. They will be accompanied by string orchestra and Leah Kidwell-Fernandes, harpist. Gabriel Faure (1845-1924) began sketches for the Requiem in 1887 in which he sought to create a new kind of church music. He wanted something different from the operatic bel canto style and the large-scale German Romantic style. He helped to establish a distinctive French style which set the stage for the development of the Impressionist styles of Debussy and Ravel. For the Requiem, he draws inspiration from the tunes and rhythms of Gregorian chant. Faure saw death "as a happy deliverance, an aspiration towards the happiness of the hereafter, rather than as a painful passing away." For this reason his setting is remarkably subdued, omits visions of wrath and hellfire, and adds the Pie Jesu and In Paradisum texts, which are not part of the requiem proper but emphasize the granting of eternal rest.

## Lenten Schedule 2014

### Wednesdays, March 12 – April 9

6pm ~ Dinner

7pm ~ Lenten Classes

8pm ~ Lenten Evening Worship

### Wednesday, April 16

7pm ~ Movie Screening: *A Place at the Table*

#### Dinner

Come share a free, delicious meal and good conversation at 6pm any Wednesday of Lent.

#### Classes

##### **Race: The Power of an Illusion**

Rev. Daniel Carlson

Employing an exceptional PBS documentary, we'll explore the idea of race on the basis of many perspectives.

##### **Lent For Kids - Jamie Ipsen**

A class for children in grades K-8 full of art projects, music, and stories.

##### **Scarves - Carol Troost**

Learn how to crochet several different styles of ruffle scarves, the different yarns and resources. Attendance limit is 10 people, sign up in Assembly Hall.

##### **God Talk-Rev. Dr. Bill Levering**

Chats with local political and economic leaders about faith.

##### **Learn the Art of Pysanky**

Rev. Abby Norton-Levering

Learn to decorate eggs the Ukrainian way.

##### **First Reformed Church and the Civil War**

**March 12:** How Schenectady was positioned for the War – An overview from FRC's Archives and Historical Concerns Committee.

#### Lenten Evening Worship

A quiet service at the end of the evening includes songs accompanied by guitar, guided reflection on the day, sharing Holy Communion, prayers, and sharing Christ's peace.

	<b>This Sunday</b>	<b>Next Sunday</b>
<b>Counting Deacons</b>	Claire Hughes, Douglass Todd	Fred Daniels, William Rochelle
<b>Faith Bookshop</b>	Linda Witkowski	Roberta Blackmer
<b>Flower Delivery</b>	Vickie & Mike Horan, Ellie Rowland	Hendrick & Joanne Arnold, John & Karen Norton
<b>Greeters</b>	Gay & Joe Doolittle	Gay & Joe Doolittle
<b>Kinderwyk</b>	Joanne Bedell	
<b>Liturgist</b>	Daniel Carlson	Daniel Carlson
<b>Preacher</b>	Stacey Midge	Bill Levering
<b>Processing Elders</b>	Veronica Bartholic, Robert Dickson, Margaret King, Eugene Zeltmann, Thomas Lindsay, Maria Todd	Veronica Bartholic, Keith Muse, Roberta Blackmer, Carolyn Jones-Assini, Margaret Schadler, Linda Witkowski
<b>Reader</b>	Nancy Wainwright	Nancy Davidson
<b>Refreshments</b>	Jean Lindsay, Karen Dickson	Please Sign Up
<b>Offertory Deacon/Ushers</b>	Glenn Blinckmann (head usher), Karen Dickson, Rob Dickson, Michael Horan, Victoria McGowan-Horan, Doug Todd	Earl Wainwright (head usher), Hendrick Arnold, Joanne Arnold, Richard Davis, Adam Kerwin, Philip Yourno

**Sunday, March 9**

10:00 am ..... Worship with Communion  
 10:15 am ..... Church School for K-8  
 10:20 am ..... Carol Choir  
 11:15 am ..... Forum  
 11:15 am ..... Orff Rehearsal  
 11:20 am ..... Kirk Ringers  
 4:00 pm ..... Youth Orchestra  
 5:00 pm ..... Jazz Vespers

**Monday, March 10**

9:00am ..... Mens Newsgroup  
 7:00pm ..... Klokken Ringers

**Tuesday, March 11**

10:00 am ..... Morning Prayer  
 10:00 am ..... Horizon Bible Study  
 6:00 pm ..... CRTC

**Wednesday, March 12**

9:30 am ..... Kerygma Conversations  
 1:00 pm ..... Thursday Belles  
 6:00 pm ..... Dinner  
 7:00pm ..... Lenten Classes  
 8:00pm ..... Lenten Evening Worship

**Thursday, March 13**

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

**Sunday, March 16**

9:00 am ..... Choir Rehearsal-Sanctuary  
 9:15 am ..... High School Choir  
 9:30 am ..... Choir Rehearsal-Poling Chapel  
 10:00 am ..... Worship  
 10:15 am ..... Church School for K-8  
 10:20 am ..... Carol Choir  
 11:15 am ..... Forum  
 11:15 am ..... Orff Rehearsal  
 11:20 am ..... Kirk Ringers  
 4:00 pm ..... Youth Orchestra  
 5:00 pm ..... Jazz Vespers  
 5:00 pm ..... Junior & Senior Youth Group

”Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can’t ride you unless your back is bent.”—Martin Luther King Jr.

“For the past 33 years, I have looked in the mirror every morning and asked myself: ‘If today were the last day of my life, would I want to do what I am about to do today?’ ‘And whenever the answer has been ‘No’ for too many days in a row, I know I need to change something.” –Steve Jobs

“When we are no longer able to change a situation – we are challenged to change ourselves.” – Viktor E. Frankl

“It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad.” – C.S. Lewis

“All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another.” – Anatole France

“If you do not change direction, you may end up where you are heading.” – Lao Tzu

“If you don’t like something, change it. If you can’t change it, change your attitude.” – Maya Angelou

“To improve is to change, to be perfect is to change often.” – Winston Churchill