



Serving Christ and the community since 1731.

rhinebeckreformed.org

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## July 2021 Newsletter

### PASTORAL LETTER

Dear friend,

One of the fundamental things which human beings need in order to live is freedom. Freedom has been the catalyst of the Revolutionary and Civil Wars, the Civil Rights Movement, and a plethora of modern grassroots movements.

Christianity addresses the importance of freedom. Christianity focuses, however, on spiritual freedom. Christianity suggests that spiritual freedom requires a commitment to moral desires that conform with Jesus' teachings. In other words, freedom requires that we postpone instant gratification for desires that align with what Jesus expects of us.

We need to commit our ultimate loyalty and ultimate best to Jesus in order to experience true and enduring freedom. Our careers cannot do that, because they cannot forgive us when we sin. Our religion cannot do that, because religious dogma stifles us and cannot replace grace. Our wealth cannot do that, because material possessions cannot buy us salvation. (Luther proved 500 years ago that paying for indulgences does not assure us salvation or guarantee us a place in heaven.)

There is a force and person that can set us free. That force and person is Jesus. Jesus said in John 8, "*so if the Son sets you free, you will be free indeed.*"

When Jesus said these words, he was thinking of the cross in the foreground. The cross reminds us that Jesus paid a debt for our freedom. Jesus gave up his freedom for our spiritual freedom, which is the highest form of freedom. Jesus sacrificed for us.

As the beautiful Methodist hymn "*And Can It Be*" by Charles Wesley says,

*My chains fell off, my heart was free,  
I rose, went forth, and followed Thee.  
My chains fell off, my heart was free,  
I rose, went forth, and followed Thee.*

Jesus has given us freedom from the tyranny of sin, or the things that threaten to disintegrate us.

May you enjoy your Christian freedom and 4th July freedom!

Blessings,

Pastor Luis

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## UPDATES

**PARISH LIFE COMMITTEE:** “Fellowship Time” is back! As of June 27<sup>th</sup>, the congregation will be enjoying cold drinks and light refreshments after service. We look forward to fellowshiping together!

### CONSISTORY:

The Buildings and Grounds Committee, chaired by Kevin Snyder, is following up with an arborist to perform much needed tree work in the cemetery. It is hoped that this work can be completed during July.

The Consistory received a proposal from two individuals who are interested in creating a new Rhinebeck Reformed Nursery Ministry in the space formerly occupied by the Nursery School. The Consistory was enthusiastic about their ideas and Ros Geuss was asked to serve as a liaison from the Consistory to further develop their ideas.

The Consistory discussed the relaxation of COVID related protocols and procedures. Decisions will be made based on official guidance from elected officials and government agencies. While everyone is eager to return to “normal”, it is important to make decisions that ensure the safety and protection of all.

**SERVICE VIDEOS:** We are livestreaming every Sunday! You can watch the services live at:

[www.facebook.com/RhinebeckReformedChurch](https://www.facebook.com/RhinebeckReformedChurch)

You can still catch the service videos every week on the homepage of our website, and afterwards on our YouTube channel: [RRC YouTube Channel](#).

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## FOOD PANTRY

THANK YOU to all the volunteers who helped unload the Regional Food Bank order this month: Emrold and Evan Nichols, Karen Howard, Lupe Galvan and his two brothers, Adam Geuss, David Furer, Teri Olson, Jerry Brockett, Larry Miller, Debi Duke, Kathy Pearson, Valerie Buckie, and Brenda Brockett! And, as always, THANK YOU to the Monday and Tuesday volunteers working every week—even in very hot conditions, inside and out.

### DID YOU KNOW? – Part 2: Food Waste

In the May Newsletter, you read that 54 million Americans (18 million children) are “food insecure”. Despite those deplorable statistics, Americans waste 103 million tons (81.4 billion pounds) of food yearly—that’s 30-40% of the food supply. Why?

- Larger refrigerators
- Buying too much food
- Dented cans
  - \*NOTE: only seam dents along the side, top, or bottom, dents at the metal rim, or very sharp, pointed dents actually spoil the food!*
- Misunderstanding of the “Best By”, “Use By”, or “Expiration” dates that are not FDA required (except for baby food, & nutrition products for the elderly)
  - \*NOTE: These dates are used by food manufacturers to force all grocery stores to buy more of their products, not because the food products are spoiled.*

A few examples: Eggs that have been refrigerated can last up to 4 weeks after their expiration dates. Any canned products—such as beans, most vegetables, and fruit—are good up to two years after that stamped date. Open, sniff, and taste before adding to America’s growing food waste!

### NEXT MONTH:

Composting; Landfills; Methane Gas

### STATISTICS:

- # of people: **236**
- # of children: **53**
- # of adults>65: **93**
- # of adults<65: **90**
- # of families: **85**
- # of meals provided: **2,124**

### VOLUNTEERS NEEDED:

- Bread Alone pick up each **Monday at 3:30** and then repackaging at church for Tuesday clients—need one team of two people
- Basic food items **curbside pick-up** at one or more of these stores: Hannaford, Sam’s Club, Tops, Shoprite—pick-up days vary (Friday-Monday)
- **Every Monday:** Before 4 PM, pull all coolers with ice packs to patio for summer vegetables and fruit

drop-off. After 6 PM, pull the coolers inside and refrigerate items.

- **Every Monday:** pull parking signs and sandbags to South Street before 6:00 p.m.

**\*Desperately needed: Members with church keys** to pull the 4 coolers with ice packs for fresh vegetables out to the patio by 4:00 p.m. every Monday; return at 5:15 to let volunteers with Bread Alone donations in the kitchen to repack it all. Sometimes you will need to return at 6:00 p.m. to pull coolers inside to the library and put out the PARKING signs on South Street.

If you have a heart to serve and want to participate in the work of our food pantry, please contact the church at 845-876-3727 OR send a message through the website ([www.rhinebeckreformed.org](http://www.rhinebeckreformed.org)).

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## ANNOUNCEMENTS

### MEAL SERVICE: A call for volunteers!

Ros Geuss is looking for 2-3 willing and able folks to be “on-call” and assist as substitutes for the Sunday meal deliveries, to ensure the ministry is not interrupted. Help would be requested only occasionally.

The church currently delivers 31 meals. It takes approximately 50 minutes to make the rounds. If you are interested, email Ros: [geussros@gmail.com](mailto:geussros@gmail.com)

### CELEBRATION:

**Congratulations** to **Bryce Aierstok**, **Sarah Palastra**, and **Laura Voorhis** for their induction into The National Honor Society!

**Congratulations** to the recipients of the 2021 Beekman-Livingston-Perez Scholarship:

**Makena Jackson**  
**Peter Fousek**  
**Gabrielle Lamprou**

**Makena Jackson** is a graduate of Rhinebeck High School. She is passionate about using her voice to advocate for equity for marginalized groups and uses her earrings to charities such as No Kid Hungry, Stop Asian Hate and Black Lives Matter. She is in the process of creating a Human Rights Club. Her

biggest dream is to be on Broadway and to carry on her passion for fairness and justice there.

**Gabrielle Lamprou** is also a graduate of Rhinebeck High School and a communicant at the Rhinebeck Reformed Church. She has been active in many of the church's activities and programs such as teaching Sunday School and painting faces at the pasta dinners. During COVID she expanded her commitment to service by preparing means to be distributed to people in need and to experience first hand the struggles of others. Making others smile brings her great joy.

In the past our scholarships have been given to students graduating from high school and moving on to advanced education. This year, in recognition of **Peter Fousek's** decision to study theology and ethics at Yale Divinity School, it was decided by the Scholarship Commitment to award him a special scholarship. Peter is a communicant of the church and the scholarship recognizes his well-established commitment to the promotion of fairness, tolerance and justice for all.



The Beekman-Livingston-Perez Scholarship was established in 2018 on the occasion of the 15th anniversary of the Pastorate of the Rev. Luis Perez. When the Rhinebeck Reformed Church was established in 1731, the principles of commitment to community, to democratic principles, and to social justice were embedded into the fabric of the church. These core values have been expanded in the 21st century through the leadership of Pastor Perez to include tolerance, inclusiveness, and diversity. The purposes of the scholarship are to: provide financial assistance to worthy and deserving students who will be enrolling in post-secondary education or training programs; encourage academic excellence; and to recognize student leadership and activities that demonstrate the values of the Rhinebeck Reformed Church.

Many thanks to the scholarship committee—Melodye Moore, Ros Geuss, and Julie Turpin—for the time they took to review the applications and present the names of the selected scholarship recipients to the Consistory for approval!

**\*Contributions to support the continuation of the Beekman-Livingston-Perez Scholarship are gratefully welcomed and can be sent to the Rhinebeck Reformed Church 6368 Mill Street, Rhinebeck, New York 12572.**

### **290th ANNIVERSARY**

Happy Birthday, Rhinebeck Reformed! We celebrated 290 years of continuous service to this community and the kingdom of God on **Sunday, June 27**, as part of worship. This special service had **Mike Frazier** of the local historical society make a brief presentation on some interesting historical facts that he has discovered about our church. Prior to the pandemic, Mike Frazier and Sue Quimby were digitizing our archives as a way of preserving them. You can watch the video of this service on the “Classic Services” page of our website:

<https://www.rhinebeckreformed.org/classicservices>

### **MARK YOUR CALENDARS:**

The annual church potluck picnic will take place at Clermont on Sunday, August 8<sup>th</sup> at 5:30 PM. More details coming soon!

### **PASTORAL VACATION**

Pastor Luis is going to be on extended vacation, part of accrued vacation days, during these times: July 11-31 and August 15-31.

### **Pastoral Care Protocol**

If there is a medical emergency or a passing in our church community, please contact **Pam Hoffman:**

**845-876-4767**

[pamelahoffman111@gmail.com](mailto:pamelahoffman111@gmail.com)

(If you send Pam an email, please include your phone number.)

Pam is the congregation's Vice President and is an Elder in our Reformed faith tradition. Pam will provide comfort and will determine if a professional pastor or a lay spiritual leader in our congregation will be able to visit the hospital and/or provide additional care.

Additionally, Pam will activate the Consistory Prayer Circle and the Prayer Chain ministry, if she is authorized by the caller.

The Consistory Prayer Circle consists of prayers made by members of our church's board, and the Prayer Chain consists of prayers offered by fellow church members. This combined spiritual resource underscores our commitment to provide support in a discreet manner.

It is likely that pastoral care is going to be provided by the Rev. Linda Miles. She is an experienced, retired pastor and ordained with our denomination. Here is a brief bio:

*The Rev. Linda Miles was born in Illinois. She is married to Rev. Nickolas Miles. She was a special ed teacher for 25 years. Trained as a spiritual director, she was called to attend seminary in 2004. She graduated from New Brunswick Theological Seminary in 2014 and served the Reformed Dutch Church of Claverack for seven years. The Mileses have two sons and five grandchildren.*

If the Rev. Miles is not available to provide pastoral support during an emergency, the Rev. Keith Tamlyn of the New Hackensack Reformed Church will either provide the Elders with spiritual direction or make a visit, depending on the severity of the call.



## HAPPY BIRTHDAY!

### JULY BIRTHDAY CELEBRANTS:

- 1 – Kelsey Farrell, Chad Ferber
- 2 – Megan Mincher
- 3 – Liam Curthoys, David Pearson
- 4 – Gloria Rutgers
- 5 – Philip Berezney
- 7 – Nicholas Kelly, Julie Turpin
- 8 – Kayla Heenev
- 9 – Barbara Gross, Anna Pavord
- 11 – Julianna Pearson
- 12 – Adam Snyder, Emma Wiltsie
- 13 – Marion Baldauf, Mary Benjamin
- 23 – Steven Byrum
- 26 – Raina Cook
- 27 – Lisa Murray
- 29 – Annabelle Mateos
- 31 – Megan Winkler

Did we miss you?

If you are celebrating a birthday in July, contact us:

**[connect@rhinebeckreformed.org](mailto:connect@rhinebeckreformed.org)**.

We want to celebrate with you!

\*If you do not want your birthday published in the newsletter, let us know. We will remove your name from the list.\*

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### CONTINUED PRAYERS

- ~ Tori McCarthy (health concerns, friend of Donna Rhoads)
- ~ Neil Sinnott (health concerns, brother of Patti Sinnott)
- ~ Rod Griffith (health concerns, brother of Patti Sinnott)
- ~ Bud Rogers, regarding health concerns
- ~ Susan Gusmano, a relative of Susan Ainsworth, regarding health concerns
- ~ Ellen Hubbert, regarding health concerns
- ~ Please continue to lift up the family of Liz Irwin.

***“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”***

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**NOTE: Submissions to the website/newsletter for church-approved events and standing ministries can be sent directly to Ruth Nelson ([connect@rhinebeckreformed.org](mailto:connect@rhinebeckreformed.org)). Please note that your announcement may be edited for stylistic, size, and content purposes. No event that has not been approved will be published.**

