

The Old Man's News

Mt. Sinai Congregational, United Church of Christ
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February 2012

Getting stuck. We all do it. We fall into old patterns, ruts. We think of doing the new thing and because we're so stuck in the mire of the old things, we can't. Do the new one, that is. We procrastinate. We take few steps forward and then sit down. We wait for a sign. We seek advice and then think better of it. We know best, of course. We think we know just what we need but can't find a way to get there – to do it.

Getting well. We all want to. We want to be spiritually mature, centered, peaceful. We want to be fit and healthy and emotionally stable. We know what the doctor recommends and what all the websites and magazines say. We try to break our habits and "make better choices." And it works for a while. Then, it doesn't. It gets hard. We stumble.

Getting "it". We all want that click to come, that Aha! moment which will change everything and set us on a new path. We want to have a vision or wake up from our old way of seeing things. Unfortunately, sometimes the big "aha" moment comes from someone giving us bad news: you better change, or else! And even that doesn't work. How sad. How human.

Getting help. It's OK you know, to ask for help. To turn to God or the therapist or the trusted friend. It's OK to admit defeat and reach out a hand. It's OK to start again, to begin a 12 step program or confess to the doctor that you need more than 15 minutes and a co-payment. That you need to get to the bottom of the problem.

Getting unstuck. We all want to "get on with it." To find the life we were created to live; to be the person God intended us to be. And you can. God put you here for a reason. You were born into this place and time to serve – to use your unique talents and gifts to serve the world and save the planet – and yes, even save yourself.

"Behold I am doing a new thing!" says Isaiah 43:19.

Close your eyes and consider this:

Being stuck right now serves you in some way. In what way? What might these old frustrations be telling me?

Imagine being delayed waiting for a flight or train. You can't speed up your travel. Here you sit. What do you see around you? In this way-station of your life, what might God be doing in your life?

As you stand here, stuck, why not wonder, what **new** thing might God do in my life?

Blessings, Rev. Diane

Music Ministry Happenings in early 2012 . . .

Seasonal Singers Invited!

Get started with Chancel Choir to sing Lenten and Easter music by attending a special rehearsal on **Sunday, February 12, 1-4 pm**, and the **regular Thursday rehearsals (7:30-9:00 pm) from March 1 through April 5**. You can then sing with the Choir starting on **Sunday, Feb 26**, the first Sunday in Lent, and continue singing through **Easter Sunday, April 8**. We will joyfully welcome you!

Ringers Sought!

If you have wanted to experiment with ringing handbells, you are invited to give it a try on **Sunday, Feb 12, right after the eleven o'clock service**. Current ringers will give you a few tips on basic ringing technique and reading handbell music and help you play a song with Harbor Bells. If you then want to learn more about how to ring, you may attend a series of **orientation rehearsals in mid March(8, 15, 22), on Thursday afternoons from 5:30-7:00 pm**. Take a chance and check it out!

Our **Music Ministry for Children and Youth (MMCY)** is well under way, thanks to Emma Apsel and Brittney Puglissi and all of you who are supporting this work. Although Brittney and Emma are leaving their work with us to pursue full-time teaching and education, the ministry with the church school, with the youth singers and instrumentalists will continue. We are searching for one or two other teachers and we have a few volunteers who will help this work go forward.

We are eager to hear your feedback so far and ask all of you to remain expectant, eager and prayerful about the growth and future of this ministry to our children and youth.

Many blessings,
Rev. Elaine

Minister of Music

Annual Meeting

Our Annual Meeting was held on January 22nd after the 9am service. We had over 67 members present, which made a quorum. If you were not able to make the meeting or did not pick up the annual report and budget, there are copies available in the church office. The annual report should give you an overview of what happened over 2011 and the vision for 2012.

A Few Highlights...

All four of the four changes proposed to our Constitution and by-laws were approved. They included reducing the number of members on the Board of Christian Education from 12 to 6, eliminating the Board of Delegates and having one member of Board of Christian Outreach attend the meeting of Suffolk Association and NY Conference, to eliminate the Memorial Committee in favor of assigning *The Dream Fund* these responsibilities and to establish three year terms for the Dream Fund.

The congregation approved a deficit budget of \$28,162.14 and an appeal was made to the congregation if they had not pledged yet to prayerfully consider doing so.

From the Generosity Team...

The Generosity Team, together with the Executive Council, thank everyone who is sharing so faithfully in supporting the ministry of this church.

A growing number of people are intentionally pushing themselves toward tithing as part of their personal spiritual growth. Other folks are content just to support the staff, programming, and physical plant to the extent that is comfortable. We need both ends of this spectrum for the good work to continue, so—once again—thanks.

Please remember to send your offering if you are absent, and don't forget the convenience of setting up automatic payments from your bank account. If you feel odd not putting something into the plate every Sunday, how about writing a thank you note to the staff or volunteers? Gratitude for God's blessings takes many forms.

Kathleen Robinson- Chair



From the Dream Fund...

During the annual meeting the Dream Fund's mission has been expanded to include the Memorial Committee (which has been eliminated) duties terms of three years for the committee has been established.

About *The Dream Fund*, it is a long-term project, which is seeking to raise funds through planned giving. The Dream Fund will help us build a legacy for our very special church.

If you are considering a "Planned Gift" to our church, please contact a member of our Dream Fund Committee to discuss.

submitted by: Rich Winkler, Lynn Jordan, Dennis Murphy and Bruce Texeira



About half of our 9th through 12th graders are planning to attend the 2012 NY State Youth Event at Painted Post Conference Center. The theme of the event is **Mission: Possible**. The event will be a great time for youth and adults from all over New York to get together.

There will be Bible studies, time to fellowship, and a dance on Saturday night. Youth are invited to bring their musical instruments if they wish.

In order to help defray the travel costs, the youth group will be sponsoring a Bagel Bash Fundraiser during coffee hour on February 12th.

Highlights for the rest of the year include...

5th and 6th graders are sharing their talents during the March 25th 9am and Welcome Service. They will be building sets, singing and more. They are also working on a new Greening Ministry Project. Watch for more details on the new project to come next month.

The 7th through 12 graders are involved in many different events, which include outside speakers, an overnight retreat and more.

Food Pantry News

IHFP (Island Heart Food Pantry) fed nearly 1,000 people in December.

We would like to express our gratitude to Rev. Diane, Board of Christian Outreach, all of the volunteers, including special thanks to our franchise leaders. The food pantry is a mission of Mt. Sinai Congregational Church and all of you add to the efficiency and ease of running IHFP.

The Snow Flake Dance on Friday January 20th was a fun evening and raised over \$1,300.00 for the pantry.

Continuing our journey to eradicate hunger,
Carol & Eddie Melendez

Confirmation Class 2012- February

February 5th No Confirmation Class
February 12th 6:00pm

Regular "Class" at the church

February 20-24 School Vacation

Schedules prohibit many meetings in February but Faith Statements may be started and meeting with the minister may be scheduled.



*Taking Care of Body, Soul and Spirit at
Mt. Sinai Congregational, United Church of Christ*

Worship With Us!

Communion- The First Sunday of each month.

The last Sunday of each month we celebrate our regular 9am service and 11am Welcome Service and Serenity Service at 5pm.

Serenity Service – A worship service for those in recovery programs, their family and friends.

Welcome Sunday's are services welcoming those with differing abilities and is a "multimedia" and interactive service. All are invited to worship with us.

Ash Wednesday, February 22nd we will have a Soup Supper (6:15pm) and a Service to follow at 7pm. Watch for more information concerning Lenten activities.

Get Moving...

Yoga in The Studio at Mt. Sinai Church

Kripalu Yoga- Wednesday's in the Studio at 10am and Friday's at 7pm. They will be approx. 1 hour and 15 minutes each. Led by certified Kripalu instructor Janet Metcalf. Call office for details.

Vinyasa Yoga- with Susan- Wednesday's- Lower Level at 7:00pm. Beginners are warmly welcomed. \$15 drop in / \$120 for 10 classes.

Fellowship With Us

February 11th- The Swap Shop- 10am-12pm, Look at our bulletin and website for more details.

March 3rd- We are planning a trip to visit the exhibit in Discovery Times Square of the Dead Sea Scrolls- Life and Faith in Biblical Times March 3rd. If you would be interested in taking a train ride to the city and visiting the exhibit with us please contact Mary Larson (631-473-1582).

Support

Caring Support Group- If you are you the primary caregiver of a family member, you will benefit from the support of a loving community. Please contact Mary Larson at the church office for more information. We are meeting twice a month at McDonalds in Miller Place for coffee at 10am. We are meeting in February on the 8th and the 22nd.

Caring Ministry

Our Caring Ministers are women and men who are ready to help in time of need. This can range from visits, dropping off food and being a caring listener. Here is some information that would be helpful for you to know so we can best serve you.

- Hospitalization- Due to HIPPA privacy laws, hospitals are no longer allowed to contact us when a member is hospitalized.
- Death of a family member
- Extended illness of a family member
- Communion is available for our homebound members and friends.
A Deacon and one of our Caring Ministers can share communion on the first Sunday of the month. If you feel the need to receive communion other times one of our ministers are available to visit.
- Change of address, due to health reasons
- Family emergency

February 2012

February 2nd – February 4th

Thursday	Harbor Bells	5:30pm
	Chancel Choir	7:30pm
	No Youth Group- Leaders Meet	7:00pm

February 5th-11th

Sunday	Worship and Communion Sunday	9am and 11am
Tuesday	Board of Christian Outreach	6:30pm
Wednesday	Men's Breakfast at Rocky Point Diner	7:30am
	Lunch Bunch- Heritage Diner	noon
	Caring Support meet offsite at Miller Place McDonalds	10am
	Caring Ministry	7:00pm
Saturday	The Swap Shop	10:00am

February 12th – 18th

Sunday	Worship	9:00am and 11:00am
	Bagel Bash Fundraiser-	
	to raise money for NY State Youth Conference- travel expenses	10:00am
Monday	Endowment Committee	6:30pm
Tuesday	Trustees	7:00pm

February 19th – 25th

Sunday	Worship	9:00am and 11:00am
	Confirmation Class meeting at church	6:00pm
Monday	Offices closed in observance of Presidents Day	
Tuesday	Board of Deacons	7:00pm
Wednesday	Men's Breakfast- Rocky Point Diner	7:30am
	Caring Support offsite at McDonalds	10:00am
	Ash Wednesday Soup Supper	6:15pm
	Ash Wednesday Service (check bulletin for more details)	7:00pm

February 26th- March 3rd

Sunday	Worship	9am
	Welcome Sunday	11am
	Serenity Sunday	5:00pm
Tuesday	Executive Council	
Saturday	Dead Seas Scroll Trip to NYC- taking train in the morning	

Weekly Events

Mon.	Friendly Circle-	7:30pm
Wed.	Yoga-	10:00am and 7:00pm
Thurs.	Harbor Bells	5:30pm
	Chancel Choir	7:30pm
	Youth Group-	6:30pm- See Calendar for details
Friday	Yoga- The Studio	7:00pm