

Faith Lutheran Church
50 Leverage Road
Troy, NY 12182



Following Faith

April 2025 Newsletter

***Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles.
~Luke 24:10***

Faith Lutheran Church

50 Leversee Road
Troy, New York 12182
(518) 237 4641

Pastor Kate Drefke

drefkekate@gmail.com
(518) 279 6127 (Voice and Text)
(Observes Sabbath 9:00 PM Thursday thru Friday)
(In an emergency call the number above)

Sunday Morning Worship

In Person and Zoom
10:45 AM at Faith

www.faithlutherantroy.com

Gospel and Sermon Recordings <https://anchor.fm/kate-drefke>

Church Council**Officers****(Committee Assignments)**

Evelyn Jarosz, President
Doug Adamek, Vice President
Diana Rieker, Secretary
Linda Hulihan, Treasurer
Errol Bull, Financial Secretary

Council Members

Mike Moroskey (Property)
Diane Anderson (Missions)
Dana Cerone

Partnership Council – Linda Hulihan, Evelyn Jarosz, Doug Adamek, and Diane Anderson

Want to Speak with Pastor?

See phone/text/email contact information above and let her know that you want to speak with her.

Faith Online

“Like” us on Facebook: <https://www.facebook.com/FLCTroy/> We’re also on Instagram! @faithlutheran.troy

Can’t make it in on Sunday morning for worship? Join us on Zoom!

Zoom Meeting ID: 83772454374 Password: 049977 Dial-In: 646-558-8656

Direct link: <https://us02web.zoom.us/j/83772454374?pwd=ZVJDL3FhRjZSN2ZHTTFlUGo3TVVmdz09>

Miss worship altogether, but still want that Gospel lesson and sermon? Pr. Kate posts audio recordings of her sermons online each week at <https://open.spotify.com/show/0eBYyey9x0b7gCJCnEAwYE>

From the Pastor’s Desk

I’m thinking about bodies. Obviously- it’s kind of the focus of our Lenten worship and preaching time. But also because of different proposed legislation and executive orders happening in the present. Prepare for a completely obvious and not at all profound statement: we all have bodies, each different with their own abilities and needs. My contact lenses are probably not going to help you see, or at least not as well as they do me. Our clothes and shoes are different sizes; our car seats and mirrors adjusted to fit us. Our healthcare needs differ from one another, and over time. E.g.: I currently use an IUD to prevent pregnancy. Someday (hopefully not too soon), I won’t have to take such precautions. A changing body. Some of you have diabetes and take care of it with different combinations of medications. (Given my family history- that’ll probably be me someday, too. Boo!) We move differently, impacted by combinations of age, injury, medical and surgical histories. Our bodies can be sites of pleasure- alone or with a partner. Most of us are right-hand dominate, but some of you are extreme lefties and my standard right-handed kitchen is a no-go for you. The diversity of our bodies is truly amazing. God’s diversity, reflected in each person, is genuinely infinite.

These remarkable bodies, images of God’s own incarnation, require good attention- food, water, exercise. Acts of love (yes, sex, but I was actually thinking first of things like mental and emotional health needs that unmet can have negative impacts on the body. Depression kills). Sometimes they require medication, surgery, adaptive equipment to help with mobility or any of our senses. Our bodies need safe homes and neighborhoods, places to rest, to learn, to play, to heal. Anthropologist Margaret Mead is often attributed with saying, “a healed femur is the first sign of civilization.” The ability to care for and support someone through such a debilitating injury demonstrates compassion and cooperation- essential for building community. We can be weak and vulnerable but not done for.

Looking at the news, I worry about our bodies and the bodies of our neighbors. How will some of us eat with rising grocery prices and declining SNAP and WIC benefits? How will some of us get medical care as Medicaid is cut? How many who are on private insurance still can't afford their deductibles for preventative care, co-pays for medication? Do you know how many people go bankrupt after a cancer diagnosis? What about those receiving survivor or disability benefits through Social Security? People being detained and deported, regardless of their papers? Bodies that need mental health care? I'm struggling to see our weakest and most vulnerable getting care and support as they heal from (metaphorical) broken femurs.

As I think about bodies and how we live in and through them, I remember a couple of my college classes twenty-some years ago playing the same 2001 documentary, *Southern Comfort*, named for a conference of that same name. It followed Robert in the last year of his life spending time with his closest friends, falling in love with Lola, working to reconcile with family, and attending his final Southern Comfort conference before dying from ovarian cancer. The conference was a gathering of trans people from around the southern US, offering each other care and support, honoring the joy of being in bodies that now matched what they had always felt inside. Robert began his transition in his forties and was counseled against hysterectomy and oophorectomy. When the cancer was diagnosed, some twenty doctors refused to treat him. By the time he found someone who would, a year later, it had spread too much. He died the month after his 53rd birthday. While I have been advised by many- including some of you- not to "get old"- I'd bet most of you agree with me that 53 is too young for death, especially one that could have been prevented with access to medical care.

As members of the body of Christ, how are we taking care of this body? This body of humanity. Just as our individual bodies are made of interconnected and interdependent systems, so are our social bodies. The kids need quality education and nutritious food in regular meals is good for the brain. Everyone needs to use the toilet for safe and sanitary elimination of food that our body is done with. Some members need medical assistance. How are we ensuring that our right hand and our left hands, our spleens and kidneys, our toenails and ears, every valve and tendon, are getting the care and attention they each need? How are we honoring the joys of our individual and collective bodies, seeing the God's creative joy and holy image/s in all people?

These are the things I'm thinking about as I consider embodiment, the incarnation of our God who knows intimately what it is to be human, growing, sensing, learning, struggling, laughing, eating, crying, suffering, dying. Lent is fast coming to an end, and we will soon read again the stories of Jesus making his triumphal entry into Jerusalem, knowing he won't make it out of the week alive. But at the breaking of the new week, he will rise from the dead and be present again, in a body wounded and scarred by violent death. What stories of life and death in faith do our own scars tell?

You are made in God's infinitely diverse image. Honor it in yourself and others.

Pr. Kate Drefke

----- **March 3, 2025 Council Meeting Highlights** -----
6:30 p.m. – Zoom

In attendance - Diane Anerson, Evelyn Jarosz, Mike Moroskey, Diana Rieker, Pastor Kate, Doug Adamek, Dana Cerrone

Absent - Linda Hulihan, Errol Bull

I. Call to order -

- President Jarosz called the meeting to order at 6:34 p.m.

II. Opening Devotion -

- Pastor Kate shared a reading from Psalm 35 followed by a prayer.

III. Approval of Agenda -

- There were no additions to the agenda

IV. Approval of February 2025 meeting minutes

V. Treasurer's Report

- Linda was not present; reviewed what she had sent ahead of time

- Diane Anderson had a correction for missions on February 2025 treasurer's report

VI. Financial Secretary's Report

- No Financial Secretary's report. Errol was not present.

VII. Pastor's Report

- Ash Wednesday services are this week. Lenten book study is also starting this week. Lenten worship will be more like coffee hour worship in the fellowship hall and will focus on the five senses. We will be back in the sanctuary for Palm Sunday. This will include Reader's Theatre - Luke's version of the Passion. Easter Sunday will also be in the sanctuary. Looking for ideas or suggestions for this service.

VIII. President's Report

-Unusual month, lots of ice and snow, tough to keep walks clear. Unable to pick up mail, everyone is welcome to join the quilter's group on Saturday morning to talk about 'church life'. These gatherings have been very productive discussions.

IX. Committee Reports

- Missions Committee – Discussion about options for upcoming missions. It was decided:

o April-Side Walk Warriors

o May- ELCA World Hunger

o June – Capitol Roots

- Blood drive – Donna Van Zandt and Donna Truland are coordinating. Diane Anderson volunteered to make cookies and volunteered time. Dana Cerrone is making cookies, Deb Kegan is donating time, Evelyn Jarosz is donating time and cookies. Mike Moroskey and Doug Adamek will set up and take down tables, Janet Walsh is making cookies.

- Property Committee – Evelyn had a suggestion to add Diana Rieker to the property committee. Everyone agreed to this suggestion. Mike fixed the accessible restroom door and replaced the snowblower carburetor.

X. Old Business

- None

XI. New Business

- Additional signature for the checking account - currently Linda Houlihan and Roberta Hayward are authorized to sign checks. The need for an additional backup was discussed. It was decided Evelyn Jarosz will be the backup.

- Easter flowers – there is an issue with our current supplier not having bulb flowers this year. We may need to figure out another option to dress the altar. Donna Van Zandt is checking into other suppliers.

- Spring cleaning – A mid-week clean-up was discussed and is scheduled tentatively for April 2nd and 9th from 9:30am -12:00pm

XII. Joys and Concerns

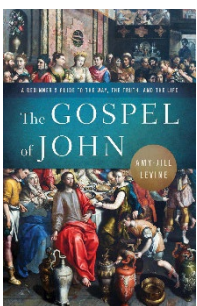
- Diane Anderson is going to meet her daughter-in-law and granddaughter this week.

XIII. Next Meeting - Monday, April 7, 2025 - 6:30 - in person

XIV. The meeting was adjourned at 7:16 p.m. with the Lord's Prayer.

----- End of Council Meeting Highlights -----

Lent Book Study! Schedule update!



This year's midweek book study by Dr. Amy-Jill Levine is The Gospel of John: A Beginner's Guide to the Way, the Truth, and the Life (©2024).

We are taking a break on Wednesday April 2,

and resume with chapter 4 on Wednesday, April 9,

chapter 5 April 16 (Holy Week),

and chapter 6 April 23 (following Resurrection Sunday).

We'll still meet **in person at 1pm** at Poestenkill,

and on **zoom at 7pm** (Meeting ID: 823 7842 7045 Passcode: 103601

<https://us02web.zoom.us/j/82378427045?pwd=bnow6hEgd7Y797LqMzAWlEv8qtxo6M.1>)

SERVING OUR APRIL SUNDAY PROGRAMS

Lay Assistants

Apr 6 Tim L
Apr 13 Bill J
Apr 17 (MTh) Diana R
Apr 20 Carol H
Apr 27 Errol B

Coffee Hour

Apr 6	Cerrone	During
Apr 13	Howard	After
Apr 20	No coffee hour	
Apr 27	Jarosz	After

If you would like to be a coffee hour host, please see Bill Jarosz.

Counting Team

Apr 6 Anderson
Apr 13 Howard
Apr 20 Bull
Apr 27 Jarosz

If you would like to volunteer to help with counting and depositing our offerings, see Errol Bull.

Altar Guild

April 6 Diane Anderson
April 13 Diane A & Janet W
April 17 (MTh) Diane A & Janet W
April 20 Evelyn Jarosz
April 27 Evelyn J
May 4 Kathie Vumbacca

Thank you in advance for your continued support.

If you would like to volunteer with preparing for the altar for Sunday's service, please see Diane Anderson

NOTE: Starting March 9, Sunday morning Lenten worship will take place in the Fellowship Hall. We'll be back in the sanctuary for Palm/Passion Sunday (13 April) and Resurrection Sunday (20 April).

EASTER PLANTS

Once again we will have a variety of spring plants adorning the Altar for Easter Sunday. If you would like to place a plant in loving memory of or in honor of someone please fill in the information below and return it to Donna Van Zandt no later than Sunday, April 13, 2025.

The price for each plant will be \$ 13.00.

I would like to purchase _____ Easter Plant(s) at \$ 13.00 each in loving memory or

honor of _____

Given by _____

My plant(s) may be given to the sick or shut-ins. ____ Yes ____ No

If possible please fill out a separate order form for each plant purchased.

Make your check payable to WELCA.

Thank you.

Mission of the Month

The Mission for April is in support of Sidewalk Warriors Troy. Sidewalk Warriors are a grassroots group of volunteers who support people in our community who are experiencing a need. That need includes homelessness, food insecurity or those who just run short at the end of the month. They believe in empathy, compassion and don't pass judgement or question anyone's needs. The volunteers are from our amazing community and help fellow community members. They set up at United Methodist Church in Troy, located at 35 State Street, Troy at 4:30 pm and start serving at 6:00 pm each Thursday. They welcome anyone who would like to join them and help with distribution. Your continued support is greatly appreciated.

Faith will be resuming our food donations for Bread of Life Food Pantry which is located next to Evangelical Church in Poestenkill. Each month, a new item will be requested for donation. If you would like to participate, please put your donations in the "donation box" located in the Narthex. The requested item for April is cereal. Your support is greatly appreciated.

Diane Anderson, Missions

Many thanks to everyone who offered to help with our March Blood Drive. This drive was considered to be a success as we were able to donate 19 pints, including 2 pints of power red blood.

Without everyone's volunteerism, we could not be so successful. It is our hope to have another blood drive sometime this fall. Please consider getting involved, if you haven't already.

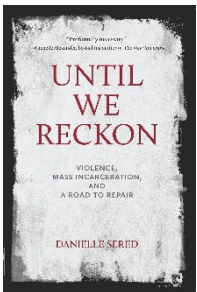
Blessings,

Donna Van Zandt



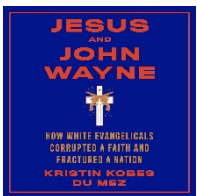
What is the Pastor Reading?

Until We Reckon: Violence, Mass Incarceration, and a Road to Repair (©2019), by Danielle Sered.



Reading this one for an online book group. It's very interesting, particularly some of the case examples she gives from Common Justice, based in Brooklyn, NY. Their work develops and advances solutions to violence that transform the lives of those harmed by violence and foster racial equity without relying on incarceration. Locally, it operates the US's first adult violent felony alternative-to-incarceration and victim service program. Some of the book is obvious: violence begets violence begets violence. One of the main points from the first few chapters is about how prison hides people away from accountability. From arrest onwards, a person is in a system that promotes not telling the truth about what they did in service of a plea deal (very few cases ever make it to trial). Her and Common Justice's work is based in accountability, and the first of her 5 steps towards that begins with truth-telling.

Jesus and John Wayne: How White Evangelicals Corrupted a Faith and Fractured a Nation (©2020), by Kristin Kobes Du Mez.



I started listening to the audiobook of this for a different book group. It's disturbing how ideas about a "masculine" macho, militaristic Jesus has taken hold of people. A gentle, compassionate Jesus just won't do. These ideas supporting and pushing for men to be head of household have become so intertwined in Christianity and politics that the nation becomes an extension of the household/ family and only a man can lead. I'm in awe of the cognitive dissonance of people who follow and believe the hypocrisy of figures such as John Wayne (a character himself- real name Marion Morrison) who avoided military service because his, at the time, minor film career was more important, but pushed for other young men to enlist and go to war because it's what "real men" do.

AMONG OUR PEOPLE

Teach us to forgive ourselves and one another. Restore wholeness to all who seek hope and healing in times of sickness, economic struggle, and all of life's other difficulties.

Mike Moreskey's great niece, Brittany.

The Coleman/Lansing family is thankful for the continued healing of matriarch, Carolyn. Also, remember Steve who is in a nursing home, and Larry who continues to struggle with his chronic conditions.

Prayers for the Speanburg extended family. Bill and Carolynn are now living in the Danforth Adult Care Center in Hoosick Falls. Brenda Speanburg Stevens has retired and moved to Colorado and is living in an apartment in the home of her daughter Molly and enjoying taking care of her grandchildren some of the time. Finally, Bonnie Speanburg Snyder has recovered from a serious bout with Covid and has returned to the treatments that are keeping her cancer suppressed.

Prayers for the Fike and Martin families as Sara and her sister plan, manage, and share in their father, Alan Fike's care.

Prayers for strength, healing, and continuing support for Nancy Johansen as she lives with chronic conditions and disabilities.

Prayers of supplication for people suffering in war torn countries. Where there is starvation nourishment; where there is persecution, shelter, and clothing for refugees; and where there is open warfare, negotiations leading to peaceful settlement of the issues that are leading to the terror of destructive violence.

Finally, prayers for our country that we focus on the things that unite us as one nation under God, rather than differences that divide us.

Newsletter Deadline

The deadline for the April 2025 newsletter is **Wednesday, April 23, 2025**. Please email your letters or articles to Pastor Kate Drefke, drefkekate@gmail.com, and put "May 25 newsletter" in the subject line. If you would like a special joy or concern shared, you can also contact her by phone at 518-279-6127 (Voice and Text) and leave a voicemail if she is unable to answer.