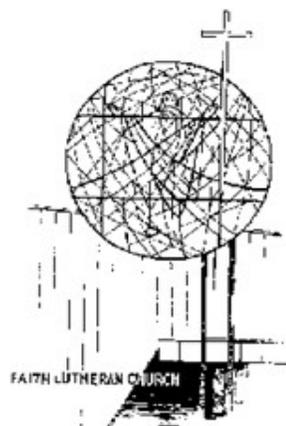


Faith Lutheran Church  
50 Leverage Road  
Troy, NY 12182



# ***Following Faith***

**OCTOBER 2022**



**Faith Lutheran Church**

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

**Pastor Kate Drefke**

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

(518) 279 6127 (Voice and Text)

(Observes Sabbath 9:00 PM Thursday thru Friday)

(In an emergency call the number above)

[www.faithlutherantroy.com](http://www.faithlutherantroy.com)

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

**Sunday Morning Worship**

In Person and Zoom

10:45 AM at Faith

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

Bill Jarosz, President (Property)

Vacant, Vice President (TBD)

Carol Karpien, Secretary (Stewardship)

Roberta Hayward, Treasurer

Rich Anderson, Financial Secretary (Interim)

Doug Adamek (Inreach/outreach, Missions, Property)

Katie Bonnier (Inreach/Outreach, Missions)

Errol Bull, (Property)

David Cerrone (Education, Worship)

Diane Dyer (Office Administration)

Sara Martin (Education)

Donna Van Zandt (Worship)

Partnership Council – Roberta Hayward, Bill Jarosz, Carol Karpien, and Donna Van Zandt

Fred Howard, Interim Newsletter Editor

**Want to Speak with Pastor?**

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

**Pastor's Desk**

With this being the October newsletter, we are now solidly into fall. My phone's weather widget tells me the predicted high for the next 10 days won't get above 71 Fahrenheit, with overnight lows dipping in the 40s. If the humidity would get under 40%, it'd be perfect. But instead of focusing on how much I love fall (it's my favorite!), let's review our summer series on grief and loss. This space in last month's newsletter focused on other summer series, particularly thinking about the varied ways God has gifts each of us singly and collectively, so let's give some space now to our other summer focus.

On the fourth Sunday of June thru September we sang *In All Our Grief* in place of a kyrie and canticle of praise. Instead of the lectionary assigned Gospel being read and preached on, I selected a sampling of scripture (and once lyrics from Bonnie Raitt) and focused the sermon on one of William Worden's four tasks of mourning, a clinical model for grief counseling and therapy (5<sup>th</sup> edition of his book, ©2018). I chose Worden's four task model largely because it's the one with which as a clinician I was most familiar. I decided to do a grief and loss series because there's been a lot of personal and communal loss in our congregations the last several years, and this was my pastoral attempt to lay a foundation for us to come together and talk with one another about some of these losses and their impacts, like Pr. Steve's death, the revolving door of interim pastors, COVID-19, longtime members who have died or become otherwise absent, other deaths, losses, etc. In each sermon, I tried to balance the clinical education and the spiritual care without undermining either.

Here's a summary of the four tasks:

**Task I:** To accept the reality of the loss.

This requires both intellectual and emotional acceptance. What are the facts (e.g.: dead)? What are the emotions or habits (e.g.: reaching to feel them on their side of the bed)?

**Task II:** To process the pain of grief.

Grief hurts. Emotionally and physically. We like to avoid, deny, push down pain. But if we are successful at not dealing with our pain, we prolong our grief, and our emotional pain may turn into physical symptoms or abnormal behaviors. (Our grief might come out sideways; think, “taking out your anger on someone who doesn’t deserve it.”)

**Task III:** To adjust to a world without the deceased.

Proving that mourning takes time, this task acknowledges that we don’t know for months, or longer, what all we have lost when someone dies. We have three areas of adjustment:

*External Adjustments*, or how the death affects one’s everyday functioning in the world.

*Internal Adjustments*, or how the death affects one’s sense of self.

*Spiritual Adjustments*, or how the death affects one’s beliefs, values, and assumptions about the world.

**Task IV:** To find a way to remember the deceased while embarking on the rest of one’s journey through life.

Sometimes it feels disloyal to a loved one to “move on” or to love someone new. But it’s normal and healthy to find ways to develop continuing bonds with someone after they’ve died, and to make room to love someone new.

Among some of the scriptural examples we considered, were the story of Job, who needed time to sit in his pain, surrounded by friends who just let him weep. Later, Job claimed his right to grief and anger, as he processed all he had lost. John tells a story about Peter after the Resurrection, trying to go back to living his life like he did before Jesus disrupted and transformed it. And Paul tells us repeatedly that we who have been joined with Christ in baptism have been joined with him in death and resurrection.

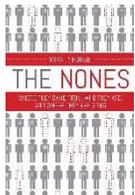
Worden’s tasks are intended for death loss, but we loosely applied the tasks to other losses—relationships, health, ability, employment, etc. God has made us for relationship, with one another, with the Divine, with Creation. Everyone, even the “best” of God’s people, experiences loss, and in many ways. Grief hurts. It’s normal and healthy to process what we lose, to seek help from friends, professionals, and God dealing with the pain. It’s normal that some losses might cause us to question everything we thought we knew about, life, love, God, who or what we’ve lost, even about our own selves and capabilities. Working the tasks, we eventually come to find a way to live with unanswered questions and to love new people. In Christian faith, unanswered questions are a part of faithful living. We trust the promises of the Resurrection, knowing that death is not the end.

Yours in the Risen Christ,  
Pr. Kate Drefke

PS: A reminder that I record and post each week’s sermon at <https://anchor.fm/kate-drefke>. I’ve done a “super cut” of both summer series if you don’t want to search for them individually. Grief & Loss can be heard here: <https://spotifyanchor-web.app.link/e/yky5k0SjEtb>. Mission & Discernment here: <https://spotifyanchor-web.app.link/e/vELtLZSjEtb>.

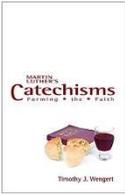
## Reading

*The Nones: Where They Came From, Who They Are, and Where They Are Going* (2021), by Ryan P. Burge.



Burge is an assistant professor of political science at Eastern Illinois University and a pastor in the American Baptist Church. In this book (and much of his other writing), he uses his love of data to give a picture of what religion in America looks like, what it has looked like, and to hypothesize on what it might look like in the future and why. This book was initially inspired by raw data in 2018 showing that for the first time “the religiously unaffiliated were statistically the same size as the largest religious groups in the United States” (p.2). What does all this mean for us in the church?

*Martin Luther’s Catechisms: Forming the Faith* (2009), by Timothy J. Wengert.



Wengert is now professor emeritus at United Lutheran Seminary in PA, after several years as a professor at LTS Philadelphia. (No, I didn't have him as professor; I went to PLTS in Berkeley, CA.) He's a big deal in the Lutheran world, including being an editor on the most recent translation/edition of *The Book of Concord* (2000) with Robert Kolb, a Lutheran scholar from the Missouri Synod (which considering the LCMS's history of backstabbing when working with other Lutheran bodies is huge!) Anyway, I'm reading this as some prep work for our "Catechism! for the already confirmed" starting Oct. 6.

## CATECHISM! (For the already confirmed)\*

Let's have some fun doing our own catechism class!  
Faith formation is lifelong and there are always new things to learn, even about the stuff you learned once upon a time.

We'll do a 2-year cycle, meeting weekly-ish from October thru May.  
You can "commit" to both years (recommended, obviously), come for the parts that interest you (check newsletter for updates), or as your schedule allows.

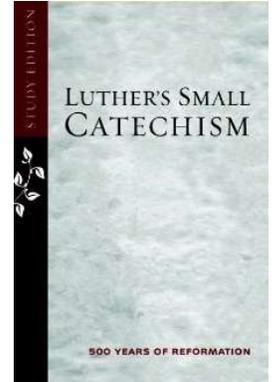
**Year 1** (Oct. 2022 – May 2023) will start with the Small Catechism then move into other stuff, e.g.: Church and Lutheran history, the Church year, worship, etc., as requested by you/the group.

**Year 2** (Oct. 2023 – May 2024) will look at the Bible, then other writings from the early church and beyond. Again, lots of room for your questions.

**Day and time:** Thursdays 10-11:15am (+/- 15 minutes depending on the conversation)  
First session: Oct. 6

**Location:** Oct-Jan at Poestenkill, Feb-May at Faith

**Book:** Obviously you'll want to bring your Bible. We'll also use *Luther's Small Catechism, Study Edition* as our "base" text



\*The "non-confirmed" or "not yet" confirmed are also *very* welcome and, if interested, may affirm their baptisms Pentecost 2024.

### Ask the Pastor

It's been requested that we add a little feature to the newsletter called "Ask the Pastor" where you can submit questions (email, text, grab me after worship and say, "for you next...") that I answer here. And the first question is...

"Why do you say, 'Jesus the Christ'?"

I say "Jesus the Christ" because Christ, like Messiah, is a title. Christ comes from the Greek *Christos* and Messiah is from the Hebrew *Mashiach*. Both mean "anointed one" or "one who is anointed." In the ancient world people like kings and priests were anointed as a show of divine promise. So, Jesus is the anointed one. Saying either "Jesus Christ" or "Jesus the Christ" is correct, and comes down to a personal preference or piety. You will likely hear newer pastors (those ordained in the last ~10 years) say "the" more than pastors that have been around longer.



## **Our Faith at Work**

### **October Mission of the Month**

Our Mission for the month of October is in support of St. Paul's Center for Women and Children. St. Paul's Center, located in Rensselaer NY, provides emergency and transitional housing for homeless mothers and their children. To assist the residents in moving on to independent living, they receive support and services in counseling, parenting, homemaking, budgeting, literacy, pediatric care, mental health, substance abuse, domestic violence education, job training and placement and permanent housing. Your continued support is greatly appreciated.

August Mission Collection was \$243 (for the Ebenezer Foundation)

Thank you!

Katie Bonnier, Inreach/Outreach.

### **September 6 Council Meeting Highlights**

Opening Devotion                      Pastor Kate, open with a prayer

Treasurer's Report

*We have received check from Poestenkill*

Financial Secretary's Report

*Accepted*

President's Report

*Bill Jarosz reported that he is looking forward to the planned catechism study. The fellowship hall has been rented several times. Thanks to Pastor for sharing YouTube hymn links.*

Pastor's Report

*Pastor reported that the planned catechism class for the already confirmed will be in-person and during the day. All are welcome. She is hoping to schedule an activity for youth in October. She has put up the gifts bulletin board and has visited several congregation members.*

Committee Reports

Inreach/Outreach – Kate Bonnier & Doug Adamek

Katie Bonnier is sending out cards and asks that people share information about happy events to increase outreach.

Missions – Kate Bonnier the August mission contribution was \$243.

September's mission is Habitat for Humanity.

Education – Sara Martin, Dave Cerrone: Sara reported that she is working on activities for October.

Property – Errol Bull, Bill Jarosz: Bill reported that painting prep will take place this fall in preparation for painting in the spring.

Worship – Donna Van Zandt: Planning continues and new music is being introduced.

#### Business at hand

##### Policy writing team

- Hall Rental agreement.
- Memorials gift agreement: Karpien will work on this
- Carol Karpien will contact Katie Bonnier and Doug Adamek about setting up a meeting to look over policy options.

#### New Business

Roberta will be retiring as treasurer this September.

She will be contacting two individuals who may be interested in collaborating on Treasurer's position.

#### Old Business

Pastor continues to research printers for the office.

#### Next regular meeting

Tuesday, October 3, 2022 at 7:00pm. - In-person

#### Joys and Concerns

Wedding Anniversaries: Roberta and Rob Hayward & Carol and Ron Karpien

Closing with Lord's Prayer    Adjournment: 7:45

----- *end of council meeting highlights* -----

## Quiet Forest



Quiet Forest is the name given to this month's featured quilt.

The quilt was pieced by Millie Landry, a friend of Janet Walsh. Unfortunately, before the quilt was finished Millie passed away. Janet put the quilt blocks together and completed the quilt in Millie's honor. Some lucky person at St. Paul's Center will be warm this winter using Millie/Janet's quilt.

We quilters are always looking for opportunities to teach new students the craft of quilting. Won't you join us? We meet Monday and/or Saturday mornings which ever fits your schedule best.

Evelyn Jarosz, Master Quilter

### AMONG OUR PEOPLE

*If you have a special Joy or Concern that you would like to have included in this section, please email your item to: [farmerf169@aol.com](mailto:farmerf169@aol.com) by phone at 518 421 4576 and leave a voicemail if he is unable to answer.*

**We ask that the Holy Spirit guide Pastor Kate and each of us as we discern and move forward in the coming years together!**

**Prayers of supplication for people suffering in war torn counties. 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 leading to the terror of destructive violence.**

**Continued prayers for healing and recovery for Larry Lansing.**

**Paul Haas who continues to do well at Van Rensselaer Manor. He has a new cell phone number - 518-203 6547 - and enjoys telephone calls from his friends.** His address is the same: 85 Bloomingrove Drive, Unit B – room 318A, Troy, NY 12180.

**Prayers for renewal of our Congregations as we move into a new journey of faith, service and outreach in our communities.**

## Leading Our October Worship

### Lay Assistants

Oct. 2 - Evelyn Jarosz  
Oct. 16 - Bill Jarosz  
Oct. 23 - Carol Karpien  
Oct. 30 - Heather and Errol Bull  
Nov. 6 - Fred Howard  
Nov. 13 - Diane Dyer

### Flowers on the Altar for October

We have no special flower remembrances for altar flowers in October

If you would like to place flowers on the Altar, fill in the flower chart hanging in the Narthex Bulletin Board. Please fill in your name along with who the flowers are in memory or in honor of.

The cost continues to be \$19.00 per bouquet. Cash or check made out to WELCA is accepted. See Donna Van Zandt for questions and/or payment.

## Newsletter Deadline

The newsletter item deadline for the November, 2022 newsletter is Friday, October 28, 2022. Please email your articles to: [farmerf169@aol.com](mailto:farmerf169@aol.com). If you would like a special joy or concern shared, you can also contact him by phone at 518 421 4576 and leave a voicemail if he is unable to answer.

## Online

“Like” Faith on Facebook: <https://www.facebook.com/FLCTroy/> and keep up with what’s happening.

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

<https://us02web.zoom.us/j/83772454374?pwd=ZVJDL3FhRjZSN2ZHHTTFIUGo3TVVmdz09>

Miss worship altogether, but still want that Gospel lesson and sermon? Pr. Kate posts audio recordings of her sermons online each week at <https://anchor.fm/kate-drefke>

---