

# *Lyall Memorial Federated Church, Millbrook. Newsletter April 2017*



## *Pastor's Letter*

I called Carol Colby and asked her when and where our Whitehall High School Fortieth Reunion would be held. She sounded as she did in high school, the timbre of her voice just like her mother's-a little high-pitched and enthusiastic. She told me that she was not, in fact, one of our class officers and directed me to speak with Cindy Morat, whose Dad is famous for Morat's English Muffin Bread (you can't get it around here-if you could you'd never eat another bagel in your life).

Anyway, once Carol gave me the skinny on the venue, the VERY POSH CROSSWINDS RESTAURANT RIGHT ON THE WATER AND EVERYTHING (YES, THEY WILL SERVE ORANGE JELLO **WITH MIXED FRUIT**!!!! Awesome!!!); then she said:

“It's been thirty-five years since you came to the last reunion, don't you think it is time to report in?”

“Hello?”...

“Hello?”...

I have been training to be a minister and in the ministry for all of those thirty-five years. A great deal has come and gone. How do I account for it all? How would you account for your last thirty-five years? How would you say it? Name it? Give it a value? How does one understand one's own life? And can you bear what you know about yourself? Is there a thread running through our lives that makes sense of it all?

One of the supreme gifts given to every human being is the gift of meaning, to create meaning and discover a language to match it. We are called to be truth-tellers not only in terms of the brute facts of our lives but also THE TRUTH of our lives, that is, how our lives have matched with the will and intention of God. Christians believe that God will help us in this monumental passage that leads to redemption, but you have got to want it; you have got to work at it.

It is one of life's fearsome requirements, to take something of an inventory of one's own life in the presence of God.

We are on the back stretch of Lent now, some of you take this annual journey very seriously as well we all should. Some give up things. Some give in to things. Some ponder what is and what could be. We end this season at an empty tomb with the risen Jesus, banged up but alive; strangely himself, strangely Other. Jesus too will report in after this experience. He is a witness to his own experience, strength and hope. “I have died and been resurrected, and you shall go through the very same.” It is *the* witness for the human family. As your pastor, I wish you well as you report into the Maker of the Universe, no matter how long it's been since the last time you did. Godspeed to you all.

Bless you, Darlings of Lyall,  
Thom Fiet, Pastor

## ***From the Pastor ...news and happenings***

- Our **Spring Rummage Sale** has been rescheduled for the Fall. Please hold on to everything, including your enthusiasm, it will be greatly appreciated in the Fall.
- **The Community Festival Choir** recently began rehearsals for their Spring choral concert. If you or someone you know enjoys singing please let them know practices are on Sunday evenings: Children 6:30-7 pm; Adults 7:00-9:00 pm.
- The **Offering Envelopes** in the pews may be used if you would like to make a donation toward Easter Flowers in memory of a loved one. Please contact Dawn Blackburn at [blackburn2@aol.com](mailto:blackburn2@aol.com) if you have a question.



### **Dates to Remember:** in the upcoming schedule for Holy Week

We begin our Holy Week with an Ecumenical service on **Palm Sunday April 9 at 9.30 a.m.** in front of the Thorne Building. We invite you to join us for a congregational pot luck in the Gathering Room after our 10:25 service!

**Maundy Thursday April 13** we will have a special service. We will use the Rowan Rite, which is the oldest known liturgy in Christendom, created by Hippolytus, bishop of Rome in 215 AD. Service will begin at 7.00 p.m.

**Good Friday, April 14, at 7.00 p.m.** will feature a very moving Tennebrae Service, remembering our Lord's crucifixion and passion.

**April 16, we will gather for Easter Sunrise Service at 7.30 a.m.** at the Nine Partners Cemetery. Please meet the Pastor at the Lyall Grave marker at the top of the hill. Breakfast will follow at the Church after the service. Easter Sunday will continue with our 10.25 a.m. service. These are wonderful opportunities to bring family members and friends!

### ***Shout outs!!!***

To Kurt Pragman who is helping us build a communications infrastructure for us here at Lyall.

To Allen Decker, who removed a mountain of snow for us following the blizzard!

To John Lenihan, who has spent a great deal of time getting our furnaces to get along.

### **A NOTE OF**



## ***Bob's Bistro...***

Report on Lyall Lunch by Bob Tierney



This past March 2017 Lyall Lunch served Chicken Mulligatawny, Beef Lentil, Green Pea and Ham, Corn chowder and Chicken Rice soups. An average lunch feeds between 35 to 40 with about 10 leftover pints. Special thanks to Walbridge Farms for the beef.

Many thanks to all, for the giving of time and materials that make Lyall Lunch a success. The first soup of April will be Italian Wedding.

Team leader and cook, Bob Tierney. The loyal crew are: Helen Lomangino, Mary Jane Tierney, Sandy Beaumont, Marion Bennett, Adelaide Jasmine, Louise Roeller, Peter and Linda Blasini, and Thom Fiet, Pastor.

Please bring a bring a friend and join us on a Thursday, 11:30-12:30.

Yours in Christ, Bob Tierney



## **Outreach** by Lynn Grainger

Evie Grainger is off again, making a difference in the world. This time she is in Northwest India studying rural water quality issues with a team from Worcester Polytechnic Institute and Mandi ITT Tech. You can follow her experiences through her blog at <https://whereintheworldisevelyn.wordpress.com/>.

## ***The Garden Path*** by Brad Roeller

*The flowers appear on the earth; the time of the singing of the birds is come, and the voice of the turtle is heard in our land. Song of Solomon 2:12*

Well, so much for an early spring. As I write this article in mid-March, I'm looking out my window to two feet of drifted snow and temperatures below freezing. However, the telltale signs of spring are upon us. While robins and red-winged blackbirds began to arrive ahead of this snow, more are coming, including those pesky swallows. Let their singing commence! By the time this edition is published, I suspect that the annual springtime evening concert of lonely amphibians will mark the beginning of their mating season. Tom turkeys are gobbling their fool heads-off, likewise attempting to attract a receptive hen to mate with. To me, there is nothing more soul-satisfying than heading into the woodlands and vernal pools in the evening to witness this ritual concert, the voices of the night as it's been referred to. Red maples and elms are in flower, pussy willows and spicebush are soon to bloom. However, the real harbinger of spring for me is when those fleeting spring ephemeral wildflowers show themselves.

What's an ephemeral you ask? Well, these are primarily woodland wildflowers which have evolved to bloom and set seed before the tree canopy fully leafs-out. Most are not evident during the mid-summer months as they "retreat" underground with summer's heat. Other spring wildflowers such as our native trilliums, trout lily, and spring beauty bloom shortly after snow melt, get pollinated and set seed before trees leaf-out; however their foliage stays evident during the summer months.

Most ephemerals inhabit the rich, undisturbed mesic forests of eastern North America.

According to Brooklyn Botanic Garden's *Native Flora* publication, the seeds of many spring ephemerals are dispersed by ants (termed myrmecochory). Seeds of ephemerals bear fatty external appendages called elaiosomes which attract the ants. Ants carry these elaiosomes back to their nests where they are consumed by their young. The unharmed seeds are subsequently deposited into a midden (a dunghill if you will) where their germination is stimulated in as BBG puts it, "a composting stew". A single ant colony may collect as many as a thousand seeds over a season; however their dispersal distance (think dunghills), is not great, perhaps a couple meters. That explains why we often observe spring ephemerals in tight "colonies".

There are dozens of spring ephemerals indigenous to our area. Trout lily, Dutchman's breeches, bloodroot, rue and wood anemones, toothwort, several species of trilliums, hepaticas, bluets, Mayapple, celedine poppy, marsh marigold, skunk cabbage, Virginia bluebells, and spring beauty are all on my must-see list for early May scouting forays into our woodlands. While I'd love to talk about them all, I necessarily will limit myself to two, trout lily (*Erythronium americanum*) and bloodroot (*Sanguinaria canadensis*).



Trout lily, as its moniker suggests, is a member of the lily family and is quite common along our streams and damp woods where it will form huge colonies, some of which may be well over 100 years old. Early colonists provided its common name because the mottled leaves of this wildflower very much resemble the back of the native brook trout when viewed from above. When you observe a colony of trout lilies, you'll notice that all of the plants do not flower. Whether a particular plant will flower remains a botanical mystery. It typically takes 4 to 5 years for a seedling plant to mature to the point of being able to flower and those yellow, reflexed lily flowers are a joy to behold.

The trout lily has had a variety of ethnobotanical uses ranging from treating skin diseases caused by tuberculosis, brewing a tea from the leaves to cure hiccups, remedies for ulcers, tumors, and stomach ailments, as well as a fever reducer. According to Lark Wells, a wildflower aficionado from Virginia, the Cherokees used it in a ritual to help them catch fish, chewing on it and then spitting it into the water (tried that technique Pastor Thom?). Locally, the Iroquois would use the plant as a contraceptive as well as for skin treatment. The plant was even used in Roman times to cure soldiers' sore feet.





Bloodroot is a member of the poppy family. All plants in this family have the tell-tale colored sap, typically red. Bloodroot flowers for only a couple of days, but it's hard to miss it when in bloom. Once the petals have fallen off, the fan-shaped leaves heretofore coiled around the flower stem, unfurl and persist throughout the summer. The common name comes from the fact the plant's poisonous sap, and its roots, are indeed blood-red. Native Americans would cover their bodies with the red sap to repel insects and protect their skin from the sun (yup, the first sunscreen). I don't recommend you trying this as the sap dyes the skin of those who use it. In fact, many believe that that's how the term "redskin" came about. Native Americans also used this plant as a treatment for rheumatism and ringworm, a dye for clothing and basketwork, and as a warpaint. In pioneer medicine, it was used as an expectorant in bronchitis and asthma.

So, grab your hiking shoes and Peterson Field Guide to the Wildflowers and enjoy these woodland gifts from God.

**Next month:** Let's talk sustainable landscaping.

# ***Christian Education***

*by Linda Blasini*

Teaching children can definitely be an eye opener. Just when you think they are not listening to your rules, at home or in school, BAM they surprise you with impressive answers about rules.

Last month, the children learned about the Ten Commandments. Together with the children, we began a list titled, "Ten Best Ways to Live". Each week children added to the list. During the second week one of the children said, "God should have more than ten commandments!" The other children agreed and continued adding to the list.

The children's Fourteen Commandments:

1. Stay close to your parents
2. No hitting or punching
3. Be nice and kind
4. Think positive
5. Clean the environment
6. Obey your parents
7. Obey God
8. Love your parents
9. Don't brag
10. No talking over people
11. Say nice words
12. Be healthy, eat protein
13. Pick up your toys
14. Be safe



Last month, we held our first Family Game Night. The evening was a success, and all the children and their families came to enjoy themselves. The children worked diligently decorating pillowcases and making cards. Each child won a 100 Grand! That is.....a 100 Grand candy bar!

**Teacher Needed:** We are currently looking for a Christian Education teacher for the Intermediate Class, ages 3-2<sup>nd</sup> grade. The class meets from 10:45am - 11:30am each Sunday. The curriculum is provided, as well as lesson preparation help and support. Please contact Linda Blasini, if you are interested in working with this wonderful group of kids.

**Upcoming Events:**

April 9, Easter Egg Hunt

April 16, Easter Sunday, No Christian Education Class

April 30, Children's Worship Day

Blessings, Linda Blasini, Christian Education Coordinator.

## ***Grief Circles***

*by Cat Greenstreet*

“It is through our experience with loss, sorrow and pain that we deepen our connection with one another and enter the commons of the soul.” – Frances Weller, *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*

Since September, Pastor Thom and I have offered a weekly Grief Circle after worship on Sunday. At times there have been as many as 12 of us, at other times as few as three (or two, one memorable week). Whatever the numbers, we experience Jesus’s promise that “...where two or three are gathered together in My name, I am there in the midst of them” (Matthew 18:20). We began our journey with a four-week invitation; instead, at the request of participants, we continued for almost six months. We will take a break now until the need arises once again among the congregation. We’d like to give you a picture of what these circles looked like.

To invite spirit into our space, each week we reminded ourselves of touchstones or agreements for creating a safe, confidential environment, where the shy soul could show up. Here are some of the touchstones: Take time to become as fully present as possible. Welcome silence. Whatever is offered is by invitation, not demand. Refrain from giving advice and resist the temptation to provide answers: grief is not a problem to be solved but an experience to be witnessed. Instead, practice deep listening, so the person feels heard. Speak our own truths in “I” statements in a way that respects other people’s truths and reveals who we are, not how someone else should be. Observe confidentiality, never sharing the content of what is shared in the circle without express permission. (Adapted from two sources: the Center for Courage & Renewal and *The Wild Edge of Sorrow* by Francis Weller.)

These Grief Circles provided an opportunity to form a caring community, where we began to know one another. Whoever came – whether for the first time or regularly – was welcome to share what lived in their heart and mind. This place and time, we could be together and in various ways gently bring our attention to our sorrow, as well as to our hope and transformation. Whether we were grieving someone who died recently or long ago...whether the loss was expected or a sudden death of someone young or old...whether we grieved the loss of health, home, vocation, quality of work experience, the state of our democracy or our planet – being together week after week offered us the courage to be wholeheartedly on the journey that our grief had in store for us.



Pastor Thom and I have offered various experiences to help access our grief:

- Reflecting on a poem or blessing, a prose passage from a book, or a series of quotes.
- Drawing and sculpting in clay, not to be artistic but to invite other ways to integrate and express our loss.
- Letting images that address where we are in the process of grieving “pick us”.
- Joining in rituals that offer members the opportunity to be together with stones, water, or fire to experience their sorrow with few words.
- Journaling in response to prompts - then sharing in small groups and the whole group.

In the deepest reservoirs of being human on this planet is the need to grieve together, to experience sorrow together, to support one another through these sacred passages. We see this expressed in ancient traditions and in some cultures that have not lost their connection to these rituals today. In our own society, a funeral and memorial point to this need, but what happens afterward? As Francis Weller writes in *The Wild Edge of Sorrow*: “Grief has *never* been private; it has always been communal. Subconsciously, we are awaiting the presence of others, before we can feel safe enough to drop to our knees on the holy ground of sorrow.” We have a wonderful opportunity at Lyall to offer such a safe place. Each of us needs to be known, especially in times when our hearts are broken by grief, and together we need to learn what “the holy ground of sorrow” means for us. Maybe grief is something we actually need to learn to integrate into our daily lives.

We also need solitude; that and time in community are crucial for finding a new balance in our lives. We may even find our lives mysteriously transformed. In our individualistic culture, we get the message to get over it, to move on and get back to normal as quickly as possible. As Jan Richardson says in *The Cure for Sorrow*, “The reality of grief is that the breakage it brings will not allow us to be put back together in the same way. Our life will never look like it did before sorrow arrived. Yet there is healing that comes in our grieving, a redemption that does something other than restore us to the lives we once knew.” What might that be? Can we be witnesses for one another as each finds new found wholeness, all in good time?

And all in good time, we will once again have grief circles. We have pioneered them. Please let us know when you need them to begin again.



## *APRIL 2017 at Lyall Memorial Federated Church*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2. Society of Friends Mtg.  Community Choir Practice  Music Comm.  Bldgs. & Grnds	3. Bible Study  Nine Partners Mtg.	4. Seniors  Board of Spiritual Life	5. Youth Choir  Bible Study	6. Lyall Lunch  Dinner & Homework Help  Adult Choir	7	8.
9. <b>Palm Sunday</b>  Easter Egg Hunt  Society of Friends Mtg.	10.	11.	12. Youth Choir  Bible Study	13. <b>Maundy Thursday</b>  Lyall Lunch  Dinner & Homework Help  Adult Choir	14 <b>Good Friday</b>	15.
16. <b>Easter</b>  Society of Friends Mtg.  Community Choir Practice	17.	18.	19. Youth Choir  Bible Study	20. Lyall Lunch  Dinner & Homework Help  Adult Choir  Historical Soc.	21	22.
23.  Society of Friends Mtg.  Community Choir Practice	24.  Board of Trustees Mtg.	25.	26. Youth Choir  Bible Study	27. Lyall Lunch  Dinner & Homework Help  Adult Choir	28.	29.
30.  Society of Friends Mtg.  Community Choir Practice						

## ***Lyall Memorial Federated Church***

*A Church whose only label is Christian and whose only Head is Christ.*

*A federated interdenominational congregation that welcomes all Christian traditions.*

### ***Pastor's Office Hours :***

Monday through Friday 9:00 am until 12 o'clock.

30 Maple Avenue, PO Box 426, Millbrook, NY 12545.

Telephone 845-677-3485

Email [Lyallmemfed@gmail.org](mailto:Lyallmemfed@gmail.org)

Visit our website at [www.lyallmemorial.org](http://www.lyallmemorial.org)

### ***Birthdays and...***

- 1 Nicole Anderson  
Ella Munderback  
Donna Castaner
- 3 Cherly Bruzgul  
Helen Lomangino
- 7 William Raymond
- 8 Phyllis Randall
- 13 Michael Curcio
- 15 Helen Doland  
Richard Moretti
- 16 Lauritis Nielsen
- 18 Amy Olsen
- 23 Jacob DeLuca  
Al Sidaras
- 25 Evelyn Grainger



### ***Anniversaries, of April 2017***

- 11 Laurits and Anga Nielsen
- 19 Richard and Marie Burr





***Prayers for....***

Fred, Linda Blasini's brother.

Linda Brugzul

Guy Farrington

For Cat Greenstreet's Mother.

Mike McCracken

Sue McGinnis

Mildred Morehouse

Geoff Phillips (son in law of Adelaide Jasmine)

Tristan (Sandy Beaumont's relative)

Zelie Noelle Tierney

**Safe trips for those traveling:**

Peter and Linda Blasini

Nancy Greer

Guy and Sally Lavallee

Mike and pat McCracken

***Joys...***

For the signs of Spring

Longer days

Seven children in homework help!

The sound of Community Festival

Choir rehearsals.

The adventuresome Evie Grainger

