

# *Lyall* COMMUNITY CHURCH

## ***Announcements***

*July 7, 2024*

### **Prayers:**

Pastor Thom receives prayer requests from members of our church family, our community, the country, and world. Please pray for the family and friends of Trish Adams, Corey Phillips, Margaret Gowara, Charlene Gay, Guy Lavallee, and Anne VanVlack. We also pray for the healing of Fran Barndt, Colleen Kleinganz, Bernadette Lancevich, Jeremy and Teresa Gould, Joe Credle, Dorothy Myler, Donna Cervoni, Jean Armstrong, Louise Miller, Marion Bennett, Charles Drew, and Sharon Topp.

### **Summer Office Schedule**

The office will be closed on Mondays and Fridays from June 5<sup>th</sup> through the end of August. Office hours are 9:00 to 12:00 pm Tuesdays, Wednesdays and Thursdays.

### **Contact Information**

Please remember to fill out a new Contact Information form (there are some on the table in back of the sanctuary). You may leave it there in the basket, or give it to Alice. If you prefer, please email your name, address, cell, phone and email to [acama@lyallcommunitychurch.org](mailto:acama@lyallcommunitychurch.org).

### **CHAIR YOGA NOW BEING HELD ON TUESDAY MORNINGS at 1100 AM**

Please do your best to be on time.

Chair Yoga is one of the most gentle forms of yoga. This class is accessible for everyone. No previous yoga experience is necessary. You can enjoy its many benefits without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion and stress reduction.

### **First Harvest**

First Harvest vegetable distribution has begun and will continue Tuesday morning through September (8:00 – 10:00 am).

### **Food for Folks:**

During the month of June, please consider donating peanut butter, jelly, and low sugar cereals.

Thank you,

Diane Moretti, (845) 242-6508.

**Celebration Bags for Food Pantries:** The congregation continues to be generous to the children of our area by providing birthday bags that include cake mix, frosting, and sprinkles. A friend of Lynn's is providing a birthday card for each child. Our intent is to continue this as a year-round effort.

### **Meals on Wheels:**

Meals on Wheels is seeking kitchen volunteers and drivers to help deliver meals. If you would like to know more, please contact John Hummel: (845) 677- 4235. [mealsonwheels@lyallcommunitychurch.org](mailto:mealsonwheels@lyallcommunitychurch.org).

### **Exercise Class, CARs:**

Wednesdays at 2:30 pm, in the Gathering Room (new wing). Join us for one class, or all four. Wear comfortable clothing. We will stand or sit as we are able.

CARs stands for **Controlled Articular joint Rotations**. This is a way for us to actively explore our range of motion. This can help improve the health, strength and mobility of our joints. Kristen Reid has been taking this class for a few years now and finds it extremely beneficial. She has gained mobility in some joints, and finds she is then able to strengthen the muscles around those joints.

Alethea Hutchinson will be leading this class. Her credentials include: NSCA personal trainer, medical exercise specialist, functional range conditioning specialist. Spartan SGX coach.

ACE health coach, RRCA running coach, and Whals health practitioner.

**Anti-Racist Study Group**

On Monday, May 13 the Anti-Racist Study Group is starting a new book: *The Color of Water: A Black Man's Tribute to His White Mother* by James McBride. This book was on *The New York Times* best seller list for two years. It is a memoir that tells the story of McBride's mother, Ruth, a self-declared "light-skinned" woman, who hid her ethnicity while showing love for and devotion to her twelve Black children. James McBride is a journalist, novelist, musician, and son, exploring the truth of his mother's past, as well as his own upbringing and heritage, in this moving and powerful memoir.

We meet Mondays from noon - 1:00 pm on Zoom. This is a perfect time to join us. If you're interested, please contact Pastor Thom or Cat ([catgreenstreet@gmail.com](mailto:catgreenstreet@gmail.com)).

**Senior Trips:** The Town of Washington has several Senior Trips planned. If you are interested please visit the Town of Washington website: [www.townrecreation.com](http://www.townrecreation.com), or Danielle Szalewicz (Recreation & Park Director) at [recdirector@washingtontny.org](mailto:recdirector@washingtontny.org); phone: 845 677-3419, ext 6.

July 27, Lake George Steamboat tour

October 2, Silver Birches, Hawley PA, Fall Foliage Train Ride

**Quaker Meetings**

***Beginning on Sunday, May 19 the Quaker Meetings will be held at the Quaker Meeting House (by Nine Partners Burial Grounds) at 9:00 am.***

***Lyall Community Church  
30 Maple Ave., Millbrook, NY  
(845) 677-3485  
[acama@lyallcommunitychurch.org](mailto:acama@lyallcommunitychurch.org)***