

Lyall COMMUNITY CHURCH

Announcements

May 5, 2024

5/14 Bible Study, 11:00

5/19 Spring Community Concert, 7:00

5/21 Bible Study, 11:00

5/28 Bible Study, 11:00

5/28 Board of Trustees, 7:00

6/04 Bible Study, 11:00

6/15 Church Council Meeting, 10:00 am

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, Tappy Jordan, Jeremy and Teresa Gould, Joe Credle, Dorothy Myler, Donna Cervoni, Jean Armstrong, Louise Miller, and Marion Bennett.

Bible Study

Pastor Thom will begin a new four week Bible Study Series on May 14, 2024 at 11:00 am. This series will focus on *Jonah*.

The Millbrook Community Festival Choir presents HOW CAN I KEEP FROM SINGING?

Please join us on Sunday, May 19th at 7:00 pm!

Lyall Leftover Lunch

Lyall Leftover Lunch is being held on most Tuesdays at **12:30 pm** in the Library.

Lyall Lunch:

Lyall Lunch is now being offered **every** Thursday at 11:30 am. Please join us for delicious soup, sandwiches, dessert and friendship!

Food for Folks:

During the month of May, we will focus on beverages. Please consider donations of juice, juice boxes, tea, coffee, etc.

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.

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.

Chair Yoga:

Classes will now begin at 11:00 am.

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.

Choir Practice

Choir practice will be held Wednesday evenings, as follows: *Chancel Choir* 7:00 – 7:45 pm;
Community Choir 7:45 – 9:00 pm.

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).

Quaker Meeting

Every Sunday morning at 9:00 am, there is a Quaker meeting in the library. Everyone is welcome for an hour of quiet contemplation before worship.

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