

# *Lyall* COMMUNITY CHURCH

## **Announcements**

*May 19, 2024*

**5/19 Spring Community Concert, 7:00**

**5/21 Bible Study, 11:00**

**5/21 Last Lyall Leftover Lunch**

**5/23 Last Lyall Lunch of the Season**

**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 began a new four week Bible Study Series on May 14<sup>th</sup>. This series, which will focus on *Jonah*, will be held on Tuesday mornings at 11:00 in the Sanctuary.

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

Please join us this evening at 7:00 pm.

**LYALL LUNCH: We will hold our last Lyall Lunch of the season on Thursday, May 23, 2024.** We plan to resume in the Fall, and will let you know when.

Sincere thanks to everyone who cooked, chopped, set up, served and cleaned up for us every week. Thanks also to all of you who came to join us for

lunch. We look forward to seeing you all again in the Fall.

### **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.

### **Lyall Leftover Lunch**

The last Lyall Leftover lunch will be held this Tuesday, May 21<sup>st</sup>.

**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 **C**ontrolled **A**rticular joint **R**otations. 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: Mondays at 11:00 am**  
**Please try to arrive 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.

**Choir Practice**

Choir practice will be held Wednesday evenings.

**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 [redirector@washingtontny.org](mailto:redirector@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**

*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.*

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