

# *Lyall* COMMUNITY CHURCH

## **Announcements**

*February 11, 2024*

*2/11 Conversation re: film "Origins" following worship this morning, in our library*

*2/12 Chair Yoga, 10:30*

*2/14 Ash Wednesday*

*12:00 Creation of Ashes*

*7:00 pm Imposition of Ashes*

*2/14 CARS Exercise, 2:30*

*2/20 Bible Study, 11:00*

*2/21 CARS Exercise 2:30*

*2/28 CARS Exercise 2:30*

**ASH WEDNESDAY is this Wednesday, February 14<sup>th</sup>. We will create ashes at noon in the Social Room, and Pastor Thom will impose ashes at 7:00 pm in the sanctuary.**

### **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 Gawara, Charlene Gay, Guy Lavallee, and Anne VanVlack. We also pray for the healing of Marie Burr, Fran Barndt, Suzanne Volk, Colleen Kleinganz, Bernadette Lancevich, Tappy Jordan, Jeremy and Teresa Gould, Joe Credle, Dorothy Myler, Donna Cervoni, Jean Armstrong, Marianne Milo, Louise Miller, and Marion Bennett.

**Defensive Driving Course** will be held on February 26<sup>th</sup> and 27<sup>th</sup> (Monday and Tuesday) at 6:30 pm at the Millbrook Fire House. There is a \$40 fee. To sign up call Laurie at (845) 527-7814.

### **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:**

If you are in need, or know someone who is, please contact Diane Moretti at (845) 242-6508.

### **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).

**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.

### **Community Refrigerator at the Millbrook Library**

Lynn Grainger has volunteered for the month of February. This involves going to the Library three times a week to clean the refrigerator and check the temperature. If you are interested in signing up to volunteer during February, please contact Lynn Grainger.

### **Game time!**

Join us on February 18<sup>th</sup> after worship for a meal of chili and potatoes with fixings, followed by time playing board games or doing a jigsaw puzzle in the Assembly Room.

Hosts: Lynn Grainger and Kristen Reid.

**January 15, 2024, Monday mornings at 10:30. See you there!**

### **Bible Study:**

A new Bible Study series will begin on Tuesday, February 20<sup>th</sup> at 11:00 am, and run for six weeks. We will meet in the Sanctuary. Pastor Thom will be working with the Book of Job, and the Book of Jonah.

### **Exercise Class!! (NEW)**

#### **CARs at Lyall Church**

Wednesdays at 2:30 pm, February 7, 14, 21 & 28<sup>th</sup> 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:**

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 the many benefits without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion and stress reduction. Rachelle Baez has generously agreed to continue offering her Chair Yoga Program beginning on

**Choir Practice** Choir Practice will be held Wednesday evenings at 7:30 pm. If you have questions, or would like to join, please contact Dan Koch.

### **Anti-Racist Study Group:**

We will hold conversations about the film "Origin" in the library this morning immediately following worship. Everyone is welcome, whether you've seen it or not. Those of us who have seen it will talk about what impressed us, which scenes made an impact, what we were left with overall, and anything else inspired by it.

The Anti-Racist Study Group's current book is *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson. This is the Pulitzer prize winning story of how and why millions of African Americans left the South between 1915 and 1970 to escape brutal, degrading, and inhumane Jim Crow laws, hoping to find safety, better pay, and greater freedom. We will begin reading this on Monday, October 2, 2023. We've changed the meeting time to Mondays from noon to 1 pm. All are welcome. Cat Greenstreet [catgreenstreet@gmail.com](mailto:catgreenstreet@gmail.com))

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