

Lyall COMMUNITY CHURCH

Announcements

April 21, 2024

4/23 Board of Trustees Meeting 7:00 pm

*4/24 CARs exercise class canceled for
4/24*

5/19 Spring Community Concert

There will be no CARs exercise class on April 24th. We will continue at 2:30 every Wednesday beginning in May.

There will be no YOGA on Monday, April 22nd.

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, Marianne Milo, Louise Miller, and Marion Bennett.

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:

For the month of April, we are focusing on cleaning products. Please consider donating dish soap, spray cleaners such as 409, dusting spray, bleach, laundry soap, sponges, disinfecting wipes, toilet cleaner, etc.

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 **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:

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:

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)

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.

***Lyall Community Church
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