

**NEW HACKENSACK REFORMED CHURCH**

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**Rev. Keith W. Tamlyn, Senior Pastor**  
Rev. James A. Neevel, Pastor Emeritus

**MARCH CHURCH NEWS, 2012**

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**March 2012 Worship Schedule**  
**9:15 and 11:00 a.m. Worship Services**

**March**

- 4 Lent II/Communion**  
    Scripture: Mark 8:31-38  
    "Lent Alive: 'Living out the story of Cross  
        and Resurrection'"
- 11 Lent III** "Lent Alive: 'The Burden that is Light'"  
    Scripture: Exodus 20: 1-17
- 18 Lent IV** Guest Preacher: the Rev. Don Heringa
- 25 Lent V/Daffodil Sunday** "Lent Alive: 'The Hour has Come'"



## FROM THE PASTOR'S PEN....

Dear Members and Friends of New Hackensack,

As I write this, we are beginning the church season of Lent, the 40 days before Easter. Lent became a popular Christian discipline in the fourth century. Lent is traditionally associated with penitence, fasting, and prayer. It is a time to "give things up," balanced by "giving to" those in need. However, as the author Graham Greene writes, "Lent should never be morose -- an annual ordeal during which we begrudgingly forgo a handful of pleasures. Instead, we ought to approach the season of Lent as an opportunity, not a requirement." Our theme for Lent this year is "*Lent Alive.*" May this time of self-reflection be a time to reclaim and rejoice in our opportunity to find our deepest desire; unity with Christ.

### **A Sunday with Daffodils - March 25th, 2012 -**

We will continue our Lenten journey and prepare our hearts and minds to grow ever closer to God and His purpose for us. Our sanctuary will be filled with beautiful blooming daffodils, representing the gifts of hope and healing as we remember our loved ones who have faced cancer recently and in the past. We will be writing their names on the paper daffodils provided, to be collected and included in our prayers of thanksgiving and intercession. The deadline for ordering your daffodils in honor or memory of someone special and in support of the American Cancer Society is Monday, March 19th. Please see the yellow insert in the Church News or call the Church Office for more info.

Blessings to you this Lenten Season,

Rev. Keith Tamlyn

## CHRISTIAN EDUCATION....

**Kris Rice, Christian Education Director**  
**462-0810, Ext. 104**

*Let us not become weary in doing good, for at the proper time will we reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.* Galatians 6: 9-10

### **SUNDAY SCHOOL...**

**Our two year old class is in need of a teacher and an assistant.** If you can pray, and find it in your heart to share God's love with our precious little ones, please call or email me. It is such a rewarding experience!

It's never too early to start thinking about this year's **Vacation Bible School.** Our theme is called "*Skye*" and the dates are August 6<sup>th</sup> - 10<sup>th</sup>. We need lots of volunteers to make this an exciting, learning, fun-filled week for the children. Please consider helping out for this rewarding experience where "Everything is Possible with God" (Mark 10:27). Watch for sign-up sheets in the coming weeks in the Gathering Area and Education Center. You can call or email me and I'll place you on the list.

**Our Sunday School Lenten Mission** this year will be collecting coins to help for more details.

**Volunteers are needed** to help our Nursery caregiver take care of our babies and door.



children overseas. See up-coming Sunday bulletins

toddlers. Sign up in the Gathering Area or Nursery

*“The heart of the giver makes the gift dear and precious.”*

Martin Luther

In His service,

**Kris Rice**

Christian Education Director

### **YOUTH GROUP...**

☺**Youth Group meets** on Sundays at 11:00 a.m., during the second service, in the Youth Room.

☺**Camp Taconic Youth Retreat/March 9 - 11...**Join with other churches for a crazy weekend of fun and fellowship! Games, activities, crafts, speakers and seminars, free time with friends – and a bouncy house! Seriously! \$85.00 includes everything – lodging, meals, bedding, all you need. Payment is due by February 26<sup>th</sup>.

☺**Spaghetti Dinner/April 28<sup>th</sup>...**Save the date and plan to support our Youth Group at this delicious annual fund-raiser.

☺**Bridge Builders/August 11 - 17...**This summer’s local mission camp will again reach out to provide help and hope while sharing Christ’s love around the city of Poughkeepsie. New this year is the location of “home base” at the beautiful Camp Taconic Retreat Center (check it out during the Youth Retreat in March!). See Pat Meaney or Alex Gilchrist for details. \$50.00 due April 1st.

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### **RCWM...**

**The Birthday Dessert Committee** has met and we are excited about plans for this year's Birthday Dessert and Fashion Show fundraiser, which will be on Wed. evening, June 6. Pat Chism and Karen Dietz are organizing and running the fashion show and are excited about their plans for Birthday Dessert. We have some tables available and would welcome some new hostesses. Join the fun; pick a table from the lists on the bulletin board between the Gathering Area and Fellowship Hall. Look for more info in next month's newsletter, and at the Birthday Dessert coffee hour on April 1.

**Monthly Dinner...**There will not be a monthly dinner in March due to the church’s Lenten schedule. The next dinner will be held on Wednesday, April 11<sup>th</sup>.

**The Book Club...**The March Book Club will be held on April 20<sup>th</sup> at 7:00 p.m. at the church when we’ll discuss “*What Alice Forgot.*” Please sign up in the Gathering Area.

### **PARISH HEALTH MINISTRY...**

**Mary Lou Grott, R.N., Parish Nurse,  
462-0810, Ext. 110, Tues., Wed., Thurs.**

## CANCER PREVENTION AND EARLY DETECTION

I know how the very mention of the word "cancer" can make us feel more worried, uneasy and nervous. Before we go any further, I want to stress this important hope-filled fact - there are several positive things we can do to lower our risk of developing cancer and to increase our chances of detecting it early when it is still very curable. There is a wealth of information on the American Cancer Society's (ACS) website [www.cancer.org](http://www.cancer.org). I encourage each of you reading this to take the time to visit the site, written in easy-to-understand language and user-friendly categories, to learn as much as you can to safeguard your health. For those without computers, please call if I can assist you in obtaining information with my office computer.

Cancer Prevention from the American Cancer Society - What you eat and drink, how you live, where you work...all these factors can affect your risk of cancer:

●**Tobacco and Cancer** - Smoking damages nearly every organ in the body, is linked to at least 10 different cancers, and accounts for some 30% of all cancer deaths and 80% of all lung cancer deaths. Yet nearly 47 million Americans still light up (22% of men and 17% of women). If you or someone you know uses tobacco, go to this site to learn more and get help in quitting. To kick the habit, it takes motivation, dependable support, and sound strategies. There is even an on-line web support group that you can join. Stop into my office if I can help get you started. I quit 23 years ago, know personally how tough it can be, and also know anyone can do it with support and determination!!

●**Sun Safety** - Some practical steps to protect you from skin cancer are: limit direct sun exposure during midday (10am-4pm), cover up, wear a hat, use sunscreen with a Sun Protection Factor (SPF) of 15 or higher regularly and properly, wear sunglasses that block UV rays, and avoid tanning beds and sunlamps. Learn more about the different types of skin cancer and how to regularly check yourself for changes in your skin.

●**Food and Fitness** - Eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer, in addition to preventing heart disease and diabetes. Changing our diets to include more fiber through whole grains and nuts, eating more fruits and vegetables and less animal/saturated fat, and including a variety of exercise in our daily lives are vital keys to overall wellness.

●**Environmental and Occupational Cancer Risks** - Environmental factors can include smoking, diet, sun exposure, and infectious diseases, as well as chemicals and radiation in our homes and workplaces. Learn more about these risks and how you can reduce them.

●**Early Detection** - The ACS believes that early detection examinations and tests can help save lives and reduce suffering from cancers of the breast, colon, rectum, cervix, prostate, testicles, mouth, and skin. In fact, if all Americans had early detection testing according to the ACS guidelines, the 5-year survival rate for people with these cancers would increase to about 95% !! We all need to follow these established guidelines with care.

God bless each of you with His healing peace and love,

Mary Lou

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**OUTREACH**

**Homeless Shelter:** The new volunteer sign-up list to cook and serve the homeless is now available at the Information Table. Please check your calendars and sign up.

**Food Pantry Collection:** Collection boxes are available in the Gathering Area, Fellowship Hall and the Education Center. The food pantries that we support are The Veterans at Castle Point and The Beacon Reformed Church. Please consider bringing in a box or can of food the next time you come to church. A complete listing of the shelter needs are available near each box.

→Thank you to Jerry Carey, Frank Darrow, Dick Dietz and Tom Williams for volunteering to deliver collected food.

**Creative Kindness:** We are currently making blankets and scarves for the Veterans at Castle Point, pillows for the kids at Vassar Brothers Medical Center (gearing up for Easter) and more aprons (bibs) for the seniors at Avalon. If there are any sewing talented people who are interested in making handmade gifts for this program, please let us know. We are always accepting gift cards of any amount from Joanns Fabrics or Hobby Lobby to help purchase the material and other sewing supply needs. All donated gift cards will be recorded with our Financial Secretary as a donation to NHRC. Gift cards can be dropped off with Hazel at the Church Office.

If you know of someone who could use a little cozy comfort with a snuggly blanket, please let us or Mary Lou Grott know so we can accommodate that need.

**Blood Drive:** Thank you to all who donated blood on February 13th. What a wonderful Valentines gift you gave.

**Missionaries:** Your financial assistance will help support Ruth Estelle (Missionary in China) and Ina Montoya (Missionary in New Mexico Native Americans)

**New Members Class:** March 11 from 12:30pm until 3pm. Potential new members will be joining on March 25<sup>th</sup>.

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### **From Jan Fritzinger, Seminary Student**

#### "Another Reflection"

*"Self-centeredness is the root and source of all natural and oral evils." "The world spins, but not around you!"*

- Jasper Comstock

Although, the above quotes are not biblical scripture, I thought they were very appropriate to what I wanted to reflect on today---self-centeredness. To me, self-centeredness is the most unappealing personality trait in a friend, acquaintance, colleague, or family member. We live in a world today where most of us struggle to maintain a sense of compassion and understanding toward others. Self-centered people, on the other hand, don't bother to take the time to understand another person's point-of-view or feelings.

An article I read entitled "Self-Centered Cultures Narrow Your Viewpoint" recently reported that cultures that emphasize individualism, such as America, fail at being able to infer another person's perspective. Cultures that emphasize interdependence, on the other hand, like those in Asia, are easily able to put themselves in the shoes of others and be more empathetic.

What is it about American culture that applauds us being self-centered? And why is it that so many of us take the bait? Our current culture not only supports, but requests, that individuals put themselves and their own happiness first. According to Mark Drummond, a psychologist who specializes in personality disorders, "being 'self caring' is considered healthy, but many mistake that for being self-centered." Self caring means that you have concern for others, but not at the expense of yourself. Today we have taken it to an unprecedented level and seem to take pride in being self-centered and for caring only about their needs and wants. Self-centered people---their outlook or perspective is limited to concern with their own activities or needs. It is an attitude and personal characteristic of

interpreting everything as being about oneself.

I have been reflecting intensely lately on human relationships. I know several people (as I mentioned above; my friends, acquaintances, colleagues, and family members) who fall into self-centeredness. It is always about "them" even when you are trying to share a part of your life with them. It disturbs me, saddens my heart and takes away from our friendship. In fact, I am beginning to think "Are they really a friend to me?"

Since all of us around this table have the anticipation of going into some type of ministry, I would hope and pray that we are not the least bit self-centered. I pray that God will transform us from self-centered to God-centeredness---take away the "I" and speak of the "we".

Here are some scriptural verses now that I think reflect on our God-centeredness:

When we do not depend on the Lord and fail to follow His plan for our lives, then we are on shaky ground indeed. (Matthew 7:26-27)

For I delight in the law of God in my inmost self. (Rom 7:22)

Love,

Jan

## Congregational Life

### Alps Sweet Shop Fund-raiser

It's not too late to order Alps Sweet Shop Easter candy for our fund-raiser! You can pick up an order form in the Gathering Area. Pictures of the items for sale and detailed instructions are included in the packet. All orders are due back by Sunday, March 11.

Candy orders will be delivered here on Sunday, March 25, ready for you to take home in time for Easter.

All funds raised will be used to purchase lighter weight, sturdy tables for the Fellowship Hall.

Thank you for your help!

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### Greetings from Kermit!

We're off to another great year at Piggy Bank Bazaar. The planning and closet-cleaning is all finished, and the Workshops are underway once again, which makes this little frog very happy!! I love to see all you humans getting together and having a good time, while making things for the young humans at the Bazaar later this year!! I have lots to tell you, so I'd better get started right away.

The March Wednesday Morning Workshops will be held in room 15, at 9:30 a.m., on the 7th, 14th, 21st and 28th. Lots of new, easy projects are planned for the Workshops. Usually there are several crafts underway at a time, so there's bound to be one that's just perfect for your skills and preferences. We are aiming to make at least 1100 crafty gifts at the Workshops, (that's how many we made last year), so we really need YOU to join in and help! It's lots of fun, and children are always welcome.

Mrs. Ray (my human friend who has a whole new year of Piggy Bank Bazaar to be excited about) tells me that at the annual planning meeting, it was decided that donations for this year would be to the Youth Group, the baby roll, "Camperships" to overnight Christian camps, reducing the mortgage on the church building, and replacing the sink unit in Room 13.

On Saturday, March 10th, there will be JEWELRY WORKSHOP for anyone who would like to have fun with all the wonderful beads we have been collecting. Having lots of these made into beautiful pieces of jewelry would make us very happy! There will be instructors to teach the basics of creating beaded necklaces, bracelets, and earrings. Those of you skilled in jewelry making will enjoy working with our wide variety of beads. Each participant may take home a free piece of jewelry, and we hope you'll also have time to make some jewelry for the Bazaar. The class will be from 9:30 a.m. to noon.

Piggy's Closet has been all cleaned out and rearranged, and there's room for additional supplies. We need floral foam, floral moss, vases, beads, jewelry making supplies, mugs, small birds, small flocked teddy bears, new nails, screws, hooks and washers, wool plaid fabric, fleece fabric, yardsticks, rulers, buttons, polyester stuffing and batting, rhinestones, wiggle eyes, golf tees, plastic storage tubs, Styrofoam cones and balls, craft paints, and any miscellaneous craft supplies. We really enjoy the challenge of creating gifts from your donations, and it helps to keep Piggy Bank expenses low.

Take Home Kit Sunday, when kits are made available to members of the congregation, will be on May 13th. We would like to have a wide variety of kits ready, so we want to encourage YOU to be a designer of some of the kits. Each designer takes a craft idea, makes a sample of the craft, writes instructions, and assembles materials needed to make more of the item. Mrs. Ray (humans call her "Carol") has lots of ideas to help you get started, so please volunteer!! Last year's Take Home Kits produced 932 gifts for the Bazaar.

I've actually heard a few of my froggy friends chorusing over the last couple of weeks, confused by the strangely warm weather. I think now I'll hop over to my favorite pond and see if I can join in. I hope I'll see YOU at the workshops!

♥Yours in Love,

Kermit

### **NEW MEMBERS' CLASS...**

NHRC will be holding another New Members' Class on Sunday, March 11, 2012 from 12:30 - 3:00 p.m. for all those who are interested in learning more about The Reformed Church in America as well as programs the church has to offer the congregation. The class will be held in Room 7 immediately following the 11:00 a.m. worship service. This is a great opportunity for anyone who may be looking to make New Hackensack their church home. Pastor Keith Tamlyn will be the facilitator and along with some of the church staff. He will be available to help with any questions you may have. If you would like to attend the class, please contact Hazel Gregson, the Church Administrative Assistant, at 845-462-0810, ext. 100.

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### **Jewelry Making Class on March 10**

Everyone is invited to a jewelry making workshop on March 10 in Rooms 13 and 15. The class will begin at 9:30 a.m. and end at 12:00 noon. Each participant will take home a free piece of jewelry of his/her choice. We will make jewelry to be sold at our children's Piggy Bank Holiday Bazaar. We will have a wide variety of beads available, and we will be making necklaces, earrings, bracelets and elasticized ankle bracelets. We will have snacks available. Jill Jurina will be a special guest instructor.

Walk-ins on the day of the workshop are welcome. Please sign up in the Gathering Area.

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**Care Net Pregnancy Center** of the Hudson Valley 26th Annual Fundraising Banquet - "True Love... Faith Moved to Action." Care Net thanks you for your continued support of donations and prayers. Please prayerfully consider supporting Care Net by attending this year's fundraising banquet to be held at Grand View (next to Shadows on the Hudson) Friday March 23rd 6PM. Cost of dinner is \$35 and includes a delicious meal starting with hors d'oeuvres and soft drinks, followed by a 3 course meal (salad, main course, dessert and coffee/tea). All donations covering dinner and beyond are tax deductible - the proceeds you donate above the cost of dinner go directly to the operating expenses for this ministry. This is Care Net's main fund raiser for the year, come and learn more about this important ministry in our neighborhood. For reservations, contact your Care Net Liaison - Sherry Seney. Deadline is March 15<sup>th</sup>.

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### **Thank You's...**

#### **Dear Church Family,**

Thank you to all for your cards, calls and prayer. Thank you to Keith and Mary Lou for visiting with my family in the waiting room during my surgery. This is such a loving and caring church.

Thank you, -Barb Weikel

#### **Dear Friends,**

Thank you for your kindness and help to me during my convalesce. Your prayers, culinary goodies and cards are very much appreciated. Fortunately, I'm doing better taking one day at a time. Good wishes to each of you for new year filled with many blessings, good health and happiness!

Diane Pratt

#### **Dear Friends and Members of NHRC,**

It is a basic instinct, I believe, to be grateful and thankful that someone cares for them. That certainly applies to myself and my family. The response from so many of you via cards, flowers, calls, prayers and attendance to the Celebration Luncheon for Grace on January 8 are deeply appreciated. Since moving to New Paltz, Grace and I discontinued attendance at NHRC. The distance and the toll bridge were too much for us to ignore. I have decided to remain at Woodland Pond since I have made many new friends here and my family is too wide spread to consider a move for that reason.

I offer an open invitation to any of you to come and visit me and I'll throw in a tour for free. Give me a call at 256-5495 and we'll set a time and date. Again, thank you for caring.

Pat Kirkpatrick

### **MARCH, 2012**

#### **1, Thursday**

7:15 p.m. Senior Choir

#### **2, Friday**

10:30 a.m. Strength and Balance Exercise

#### **4, Sunday Communion/Second Lent**

**Deacons' Collection**



8:00 a.m. Adult Sunday School  
9:15 a.m. Worship, Sunday School  
Jr. and Sr. High  
11:00 a.m. Worship

**5, Monday**

5:30 p.m. Klokken Ringers/Novice  
6:45 p.m. Klokken Ringers/Advanced  
8:00 p.m. Campanola Ringers

**6, Tuesday**

10:30 a.m. Strength and Balance Exercise  
7:00 p.m. Councils/Committees Meeting

**7, Wednesday**

9:30 a.m. Piggy Bank Workshop  
6:30 p.m. Lenten Dinner/Program

**8, Thursday**

7:15 p.m. Senior Choir

**9, Friday**

Youth Group/Camp Taconic

10:30 a.m. Strength and Balance Exercise

**11, Sunday** **Third Lent**

**Daylight Savings Begins**

8:00 a.m. Adult Sunday School  
9:15 a.m. Worship, Sunday School  
Jr. and Sr. High

11:00 a.m. Worship

12:30 p.m. New Members' Class

**12, Monday**

5:30 p.m. Klokken Ringers/Novice  
6:45 p.m. Klokken Ringers/Advanced  
8:00 p.m. Campanola Ringers

**13, Tuesday**

10:30 a.m. Strength and Balance Exercise  
7:00 p.m. Stephen Ministry Supervision

**14, Wednesday**

9:30 a.m. Piggy Bank Workshop  
6:30 p.m. Lenten Dinner/Program

**15, Thursday**

7:15 p.m. Senior Choir

**16, Friday**

10:30 a.m. Strength and Balance Exercise

**3:00 p.m. APRIL NEWS DEADLINE**

**18, Sunday Fourth Lent**

8:00 a.m. Adult Sunday School

9:15 a.m. Worship, Sunday School

Children's Message

Jr. and Sr. High

1-:15 a.m. Blood Pressure Screening

11:00 a.m. Worship

**19, Monday**

5:30 a.m. Klokken Ringers/Novice

6:45 p.m. Klokken Ringers/Advanced

8:00 p.m. Campanola Ringers

**20, Tuesday Spring Begins**

10:30 a.m. Strength and Balance Exercise

7:00 p.m. RCWM Book Club

Nursery School Board Meeting

**21, Wednesday**

9:30 a.m. Piggy Bank Workshop

10:00 a.m. Wellness Committee

11:30 a.m. Stephen Ministry Continuing Education

6:30 p.m. Lenten Dinner/Program

**22, Thursday**

7:15 p.m. Senior Choir

**23, Friday**

10:30 a.m. Strength and Balance Exercise

**9:30 a.m. COLLATE APRIL NEWS**

**25, Sunday Fifth Lent/Daffodil Sunday**

8:00 a.m. Adult Sunday School

9:15 a.m. Worship, Sunday School

New Members Join

Jr. and Sr. High

11:00 Worship

8:30 p.m. Dutchess Homeless Shelter

**26, Monday**

5:30 p.m. Klokken Ringers/Novice

6:45 p.m. Klokken Ringers/Advanced

8:00 p.m. Campanola Ringers

**27, Tuesday**

10:30 a.m. Strength and Balance Exercise

7:00 p.m. Consistory Meeting

**28, Wednesday**

9:30 a.m. Piggy Bank Workshop

6:30 p.m. Lenten Dinner/Program

**29, Thursday**

7:15 p. m. Senior Choir

**30, Friday**

10:30 a.m. Strength and Balance Exercise

**April 1, Sunday**      **Palm Sunday**

