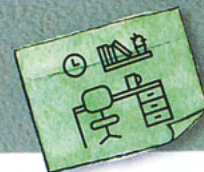


LYNNWOOD REFORMED CHURCH

3714 CARMAN RD • SCHENECTADY NY 12303 • 518-356-4327 • LYNNWOOD REFORMED.ORG

## The Pastor's Notebook

from the desk of Pastor Garret



A few weeks back I was on a run. I needed a run for many reasons but one of them was due to feeling stressed. As I ran my mind kept up its paces of running over all the things I was stressed about. My mind kept cycling through negative thoughts.

Halfway through the run I decided that I wanted to stop the spiral. As I thought about what to contemplate to help me out Psalm 23 came to mind. I have read it enough times (as I am sure you have as well) that I could recite it from memory.

I started out... 'The Lord is my shepherd, I shall not want.' And before I knew it I was at the end, "and I shall dwell in the house of the Lord my whole life long."

That was quick. So I decided to recite it again. And again. And again. I repeated it at least 12 times. Each time different phrases stuck out to me. I pondered their general meaning. What it might have meant to David when he wrote it down. And then what it meant for me in that moment.

"He leads restores my soul..."

"He leads me in right paths for his name sake..."

"Your rod and your staff they comfort me..."

"My cup overflows..."

By the end of my run I was physically weary, but deeply refreshed. Have you ever experienced that?

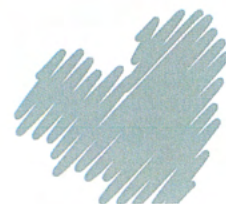
As I ended my run and went back through the front door I was thinking about how I could share this with you and the Lynnwood community. What came to mind is doing a summer sermon series on Psalms that offer encouragement, bring joy, provide hope, and are good for everyday living.

In short, I want to give you psalms to tuck into the back pocket of your heart, mind, and soul that can refresh you when you need it most.

So, on June 4th we will start our new series called, 'Psalms for the Road'. I will preach on Psalm 23, sharing a little bit more in depth about things I was thinking as I ran. Beyond that I will be coordinating other people to preach during the summer so that they can share Psalms that have been meaningful to them.

For instance, Jason White will be joining us on June 11th to share a Psalm and how it has encouraged him.

I am really looking forward to this "Psalms for the Road" series and how it can be spiritually enriching for us this summer! Please join us on Sunday morning in the sanctuary at 9:45am or go online to Facebook or Youtube. If you are away for a week or two I hope that your summer is refreshing and restful!





# Updates From Consistory

This past month at Consistory we...

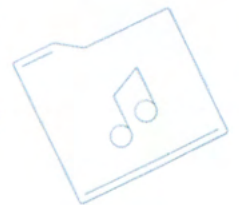
Prepared for the upcoming Design Team meeting and Design Team Booklets are available by contacting the office.

Additionally, a motion was passed to recommend to Consistory that \$50,000 from our General Funds be invested in a Trustco 6-month CD. The anticipated rate is approximately 4%.

The Worship Team and Consistory have both agreed that worship time would not change during the summer, services will continue to be held at 9:45am every Sunday.

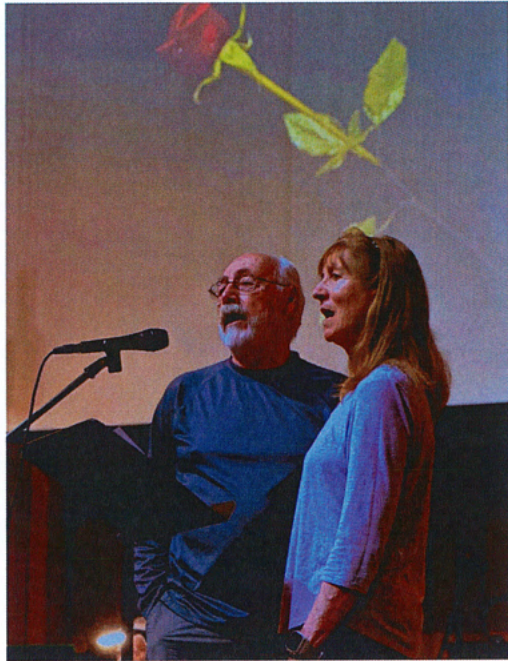
Consistory has also spoken about communicating to the congregation that early voting will be happening during the summer and there will be an overlap while worship is going on. They have decided that having a deacon to ensure that the narthex is watched will be beneficial and helpful to this process.

Pastor Garret presented that Jean LaCrosse has requested time off for July and August, as agreed upon in her contract when she started, consistory approved of this. Jean and Garret will be working together to coordinate a schedule of musicians who will be filling in.





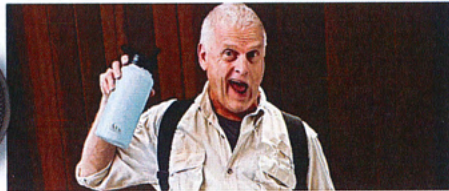
# Spring Memories



THE LYNNWOOD TALENT SHOW WAS A HUGE HIT!



THE BEST DAYS HAVE BROOKS' BBQ



THE CITY MISSION  
A VISIT FROM MIKE SACCOCIO





# How to Live Your Summer Musically

**NEWSLETTER –SUMMER 2023 – Jean La Crosse, Director of Church Music**

**Please accept my appreciation and gratitude for your wonderful support of the Music Programs at Lynnwood. Your and participation are immeasurable. Thank You!!**

Our lives are a whirlwind of daily activity. Rush here and there, work, keep the appointments, household chores, dinner and finally catch a few hours of rest then start all over.

**Exodus 23:12** says: (Sabbath Law given to Israel) *“Six days thou shalt do thy work, and on the seventh day thou shalt rest.”* The scripture continues to include servants, animals and even visitors from other places.

**Matthew 11:28-30** Jesus promises us rest from our burdens, a break for our tired bodies and souls. As we vacation this summer take God with you and into the journey of your everyday life where you live and work and play. Be refreshed us and inspired to return to productive labor and worship. *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* Enjoy your summer!!

**Lynnwood Reformed Church –Inspirational Traditional Hymns and Modern Worship Songs**

Every Sunday Morning 9:45 all summer long – Free admission and Parking –All welcome  
3714 Carman Road, Schenectady, NY 12303 -518-356-4327 –office@lynnwoodreformed.org

**Altamont Free Library Concerts- Free Admission and Parking –Bring a Chair**

Tuesdays 7 pm June 27-August 8  
Orsini Park 175 Main Street, Altamont, NY 12009 (Route 146) Information 518-861-8554

**Guilderland Summer Concert Series – Free Admission and Parking – Bring a chair or blanket**

Thursdays 7:30 pm June 27 – August 17  
Tawasentha Park, 188 NY 146, Altamont, NY 12009 Call (518) 456-3150 for more information

**Saratoga Performing Arts Center**

Swan Lake Ballet - July 21, 7:30;  
Philadelphia Orchestra with Festive Fireworks - August 2, 7:30pm  
Yo Yo Ma - August 17, 7:30pm





108 Avenue of the Pines, Saratoga, NY Tickets and Info 518-584-9330

**Lynnwood Reformed Church**

Gospel Sing-a-long in the choir room – Mid-August 7 -8 pm. Information TBA

**Ashokan Music & Dance Camp an experience in nature, history, music and art.**

Sing, dance, listen or dine with new friends –Check website for detailed summer information  
Ashokan Center 477 Beaverkill Road Olivebridge, NY 12461 (845) 657-8333

**Freedom Park Foundation**

Multiple Outdoor Concert Series – All Concerts at 7 pm - Check Website for Free Shows

Youth Pipe Band - June 28 at 7 pm;

Capital Region Wind Ensemble -July 23

Puppet People Present “The Wizard of Oz” – August 6 at 7 pm

5 Schonowee Ave, Scotia, NY 12302 (Across from Collins Park, next to Jumpin’ Jack’s)

**Adirondack Bluegrass Festival**

Traditional Old time as well as modern contemporary bluegrass music

Check out our friend Moe Safford with Hilltown Ramblers

Jul 1, 2023 12:00 PM - Jul 3, 2023 12:00 AM

The Barn at French Mountain 518) 792-6092 5 Mill Road Lake George, NY 12845 518) 792-6092





# LYNNWOOD REFORMED CHURCH TEAM MESSAGES

## BUILDING & PROPERTY



### LYNNWOOD IS GOING GREEN

Your Building and Property Team has been busy reducing both our energy use and carbon footprint. We have completed a retrofit of lighting in the upstairs YMCA classroom, replacing the fluorescent lights with new, dimmable LED fixtures.

This should cut electricity consumption by at least 50%, in an area that represents a significant portion of our monthly electric bill. We hope to start on the downstairs YMCA classroom soon. Inline image



### A HUGE THANK YOU!

We are so grateful for the incredible participation in our annual spring clean-up day. It was great to see people dive right in and tackle so many of our tasks. Thank you once again for stepping up to the plate to help out.

Your Building and Property Team

### LEND A HELPING HAND

The Lynnwood Buildings and Properties Team is seeking people to fill the volunteer positions of "Superintendent of Buildings and Properties" and "Chair of the Buildings and Properties". Additional information, including job descriptions, is available by contacting Walt Cogswell at (518) 229-1947 or Mark Watson at (518) 992-8224.

Additionally, there are still two-week sign-up slots, starting in June, for mowing the church's 4+ acres of greenery. Must be at least 18 years old and have orientation on the zero-turn mower. Contact Walt Cogswell (518.229.1947) if interested or just curious.



### THE WORSHIP COMMITTEE & CONSISTORY

Want to remind everyone that worship times are NOT changing! Sunday Services will continue to be at 9:45 throughout the entire year including this coming season. We hope that this will better accommodate volunteers and help attendance.



 **TECH TEAM BBQ** 

 THE SATTERLY'S Thanks to Neil Satterly, There will be a Tech Team Barbecue this year on June 15th at 6:00pm. All team members are invited to stop on by the Satterly's for a night filled with activities, great people, and amazing food!

 It's **BBQ** Time! 



# From the Mission Team



For many years we have supported the needs of the City Mission Summer Youth Adventure providing children with a wonderful few weeks of games, learning experiences and fun. They still have this program, but when the school supplies needs were greater, we offered our assistance and answered the call.

This year the Mission team wondered if we could better serve the City Mission youth in another way. What other way than to provide God's Word to the children this summer? We have worked with the City Mission to provide copies of The Daily Word for Kids devotional. This devotional will be given to the children to keep and share the knowledge of God's promises with them, their families, and friends.

The Mission Team and City Mission are very excited to purchase these beautiful devotionals and open God's word to children. We are asking you today to support this program by making a donation as you have so generously in the past to the backpacks. In order to get them in time, we ask that all checks be made out to Lynnwood (memo Daily Word Devotional) and be in by July 9, 2023.

On behalf of your Mission team and the City Mission, we thank you.

Personally, I cannot wait for City Mission to give us a report at the close of this adventure.



Peg Kniskern for the Mission Team.





# DO YOU LOVE TO GARDEN?

Passionate about gardening?  
Passionate about feeding the hungry?  
Then the Lynnwood Reformed Church Giving Garden, for the local food pantry is the place for you!  
This garden is tended by community volunteers and we could use your help.  
Currently open volunteer time slots can be found by contacting Joanne Cogswell at (518)331-6719.





# The Backpack Program

The Mission Team is collecting the following items for the backpack program at Guilderland Food Pantry during the month of May. Donations can be left in the narthex or in food bins if the church is closed .



Individual sized microwaveable Mac and cheese and raviolis.

Individual sized bags of tuna ( no cans ).

Individual sized cold cereals.

## Reminders!

Please remember when visiting or volunteering at the church after hours, all doors need to be shut and all lights need to be turned off before leaving. Especially with the warmer weather approaching, we need to be extra cautious not only with fire safety protocols but also to minimize our carbon footprint.



Please check the Lost and Found for any misplaced items you may have left behind! It is conveniently located inside the coat closet, off the Narthex.



Lynnwood Reformed Church is still actively looking to fill the roll of Faith Formation Director.

Position Vision and Overview:

The Director of Faith Formation supports the ministry of Lynnwood Reformed Church through leadership and facilitation of faith formation. The Director of Faith Formation gives focused attention to faith formation at Lynnwood by chairing the Faith Formation Team and leading them to carry out their mission and vision for people of all ages, with specific attention to youth.

The Director of Faith Formation is a part time, approximately 20 hours per week position (some of which are on the weekend) and is supervised and supported by Lynnwood's Minister of Word and Sacrament and consistory representative to the Faith Formation Team. Compensation for this position is \$20-\$25/hr, based on experience. If you are interested please email resume and cover letter to [personnel@lynnwoodreformed.org](mailto:personnel@lynnwoodreformed.org).





# Appreciation Page

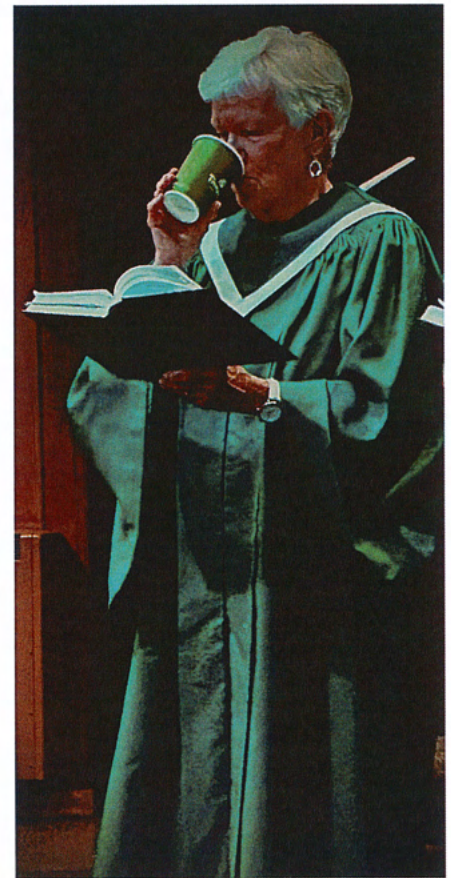
Every single member at Lynnwood Reformed Church goes above and beyond in too many ways to list! I'd personally like to thank each one of the people I've met so far for helping me as I made my transition into the office manager position. Whether it be helping one another, volunteering and organizing for events, or completing projects that help make Lynnwood a more fun and inviting place, the congregation and teams always go above and beyond. The church runs because of the dedication of those who worship here, so thank you, for all you do, you are appreciated! (Especially Walt)



Appreciation for Jerry, who is always making us smile....



And Walt for always offering support (to people and the building)



Plus we cannot forget about Betsy, for always making sure things go smoothly!



# THANK YOU

Mark is pretty cool too, he's Walt's best friend after all!



# I'm Loving Memory of Jean M. Dean



1937-2023

Jean M. Dean, 85, wife of Donald E. Dean of Schenectady, NY passed away Friday, May 26, 2023. She was at home as she wished.

Born December 12, 1937, in Albany, NY she was the daughter of the late Edward and Ethel Louisa Miller.

Jean attended Averill Park High School. She then worked at Lynnwood Reformed Church as a secretary. She also worked for Gray Electric Company as a bookkeeper. Jean was very involved with her church and was the first woman elder in the Reformed Church of America.

She is survived by daughter, Karen Hallenback of Ballston Lake, NY and son, Douglas Dean and his wife, Susan of Greenville, SC; grandchildren: Ashley and husband Andrew Sansom of Ballston Lake, NY, Matthew Dean of Greenville, SC, Paige Dean of Greenville, SC, Evan Schermerhorn of Malta, NY and Tyler Schermerhorn of Corona, CA.

Jean was predeceased by her sister Shirley Breigle and her daughter's soulmate James Schermerhorn.

Friends may call, Saturday June 3rd from 2:30 to 4:00 pm at Lynnwood Reformed Church, 3714 Carmen Rd, Schenectady, NY. A celebration of life will follow immediately afterwards.

In lieu of flowers donations in Jean's name may be made to: Lynnwood Reformed Church, 3714 Carmen Rd, Schenectady, NY, or Schenectady City Mission, PO Box 760, Schenectady, NY 12301.

The family would like to extend a special thanks to her loving caretakers, Robin O'Brien, JoAnn Smeaton, Sandy Lundstedt and Suzanne Wilber.



# JUNE 2023

## BIRTHDAYS

Be sure to check the calendar on [www.lynnwoodreformed.org](http://www.lynnwoodreformed.org)  
for the most recent listings.

### JUNE

- 1 Ann Satterly
- 2 Barret Smith
- Carol DeLorenzo
- Ruth Cawley
- 10 Lauri Miller
- 13 Dianna Bopp
- 15 Woodie Hacker
- 18 Andrew Zink
- Jean La Crosse
- 19 Ruth Jones
- 21 Lucy Urig
- 23 Lincoln Becker
- 25 Susan Weinberg
- 28 Emily Conti

#### Publication Deadlines

Articles for the *Life of Lynnwood* are due on the 20th of each month

#### Bulletin Insert

Bulletin insert information is due no later than 2pm on Wednesday.

#### Not receiving our emails?

If you would like to be included on our church's email list, prayer list, or newsletter list, please send us an email with your address and request.  
Thanks!

#### Pastor:

Garret Szantner

#### Director of Music:

Jean La Crosse

(518) 356-4327

[lynnwoodreformed.org](http://lynnwoodreformed.org)

[office@lynnwoodreformed.org](mailto:office@lynnwoodreformed.org)

<b>1 Thu</b>	<b>Pride Month Begins!</b> In His Presence 9:30 Band Rehearsal 6:30	<b>16 Fri</b>	Preschool Graduation 11:45
<b>3 Sat</b>	<Maria's Prayer>	<b>17 Sat</b>	<b>Early Voting Begins!</b> <Maria's Prayer> Voting 9:00 - 5:00
<b>4 Sun</b>	<b>Communion</b> Street Soldiers 11:30 Junk in the Trunk 2:00 Suburban Sounds 4:00	<b>18 Sun</b>	<b>Happy Father's Day!</b> Voting 9:00 Street Soldiers 11:45 Suburban Sounds 4:00
<b>6 Tue</b>	Faith Formation 4:30 <Scouts 5048> 6:00 Building & Property 6:00	<b>19 Mon</b>	Early Voting 12:00 <b>Newsletter deadline</b>
<b>7 Wed</b>	Stretching with Friends 6:00 Worship Team Meets 6:30 Choir 7:30	<b>20 Tue</b>	<b>Newsletter deadline</b> Early Voting 9:00 <Troop 5048> 6:00 Consistory 6:30
<b>8 Thu</b>	In His Presence 9:30 <Scouts 5011> 5:45 Band 6:30	<b>21 Wed</b>	<YMCA Water Day> 10:00 Early Voting 12:00 Stretching with Friends 6:00 Choir 7:30
<b>10 Sat</b>	<Maria's Prayer>	<b>22 Thu</b>	Early Voting 9:00 In His Presence 9:30 Band 6:30
<b>11 Sun</b>	Street Soldiers 11:30 HMRS 2:00 Suburban Sounds 4:00	<b>23 Fri</b>	Early Voting 9:00
<b>13 Tue</b>	Prayer Shawl - noon <Scouts 5048> 6:00	<b>24 Sat</b>	<Maria's Prayer> 10:00
<b>14 Wed</b>	<b>Happy Flag Day!</b> Preschool Graduation 11:45 Stretching w/Friends 6:00 Choir 7:30	<b>27 Tue</b>	Voting 6:00am <Troop 5048> 6:00
<b>15 Thu</b>	<b>Reports to Consistory Due</b> In His Presence 9:30 Tech Team BBQ 6:00 <Troop 505> 6:00 Band 6:30	<b>28 Wed</b>	Stretching with Friends 6:00 Choir 7:30
		<b>29 Thu</b>	In His Presence 9:30 Band 6:30