



THE PASTOR'S NOTEBOOK

Lectio Divina

A few weeks ago during the sermon I had us go through the ancient practice of Lectio Divina. Perhaps you remember this because you were present in the sanctuary for worship or maybe you joined online. Whether you joined in on the experience or not I would like to go over what Lectio Divina is and how it can be meaningful for you in your walk with God.

Lectio Divina comes from the Latin words for 'reading' (lectio) and 'divine' (divina). This spiritual practice called 'divine reading' is termed as such because the practice inherently believes it is about reading scripture with the Holy Spirit.

St. Peter's Roman Catholic church in Edinburgh, Scotland had this to say about it:

"The goal of Lectio Divina is an expanding capacity to listen with the heart to the Word of God in all of life's situations, leading to a more constant awareness of God's presence. It is a listening that leads to a new way of seeing and integration of prayer, work, and relationship with others."

I love how they frame this practice as both developing the capacity to listen to God when reading scripture and also when interpreting the dynamics and relationships in our life.

Lectio Divina is a practice that does not take much. You only need a Bible, some time, and a willingness to sit in silence with purposeful pauses for reflection. You can also add in a journal so that you can keep track of what you hear and learn.

In order to go through this spiritual exercise first find a space to sit and be with scripture. This can be in the quiet of your home, at a coffee shop, or perhaps at your work desk on your lunch break. Find a passage of scripture. Say a prayer asking the Holy Spirit to be your guide and companion in reading the passage, and asking the Holy Spirit to speak and show you what it wants you to hear.



Lectio Divina has four specific parts. First, Lectio (Read), meaning to read the passage. Second, Meditatio (Meditate), meaning to meditate on what word or phrase is sticking out to you. Third, Oratio (Pray), meaning, to pray to the Holy Spirit and ask why this word or phrase is sticking out. And fourth, Contemplatio (Contemplate), meaning to contemplate God's presence and what (if anything) God would like you to do with this new understanding.

This practice can be something you go through just once, or a few times. Whenever I have done this practice in the past I have read through the scripture passage three times. After the first time reading the passage notice what one word sticks out to you. After the second time notice what phrase is sticking out to you. And after the third time reflect on what meaning, what questions, or what learnings the Holy Spirit wants you to contemplate.

If you have any questions feel free to reach out to me!

From the Desk of:
Pastor Garret

LENT SERVICES

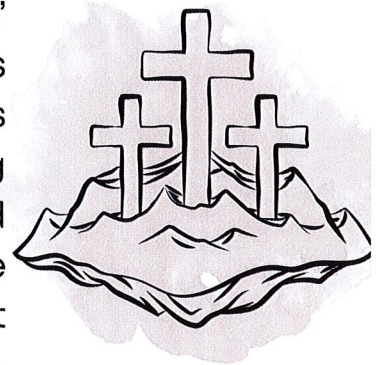
ASH WEDNESDAY SERVICE **FEBRUARY 14TH**

Join us for Ash Wednesday service at Lynnwood Reformed Church on February 14th, 2024, at 7:00 pm. Commemorate the beginning of Lent with a reflective gathering, featuring the imposition of ashes. We invite you, your friends, and family to a meaningful evening of contemplation and renewal. See you there!



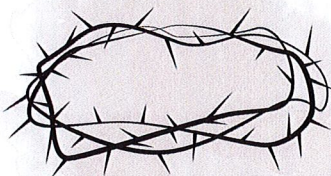
LENT **ENDS MARCH 30TH**

During the season of Lent we will return to a familiar series with a twist. We will be going through a series on Jesus' interaction with women of the New Testament. Join us for this series as we reflect on what these interactions can teach us about our life of faith. Also, during Lent we will be collecting items for the Caring Closet, located in the Guilderland Food Pantry. The Caring Closet is an organization that provides free personal hygiene items to Guilderland Central School District students and their families.



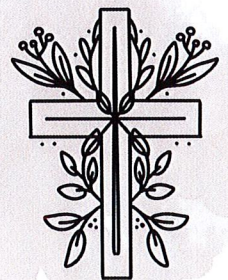
HOLY WEEK **BEGINS MARCH 24TH**

Holy Week begins on Sunday, March 24th with Palm Sunday. During that week we will also have a Maundy Thursday Service on 7pm with a soup supper before hand coordinated by the Fellowship team.



EASTER SERVICE **MARCH 31ST**

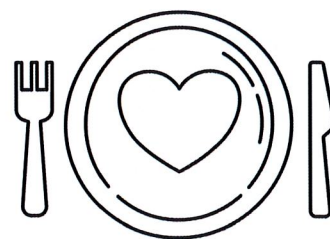
Join us for a joyous Easter Sunday at Lynnwood Reformed Church on March 31st at 9:45 am! Alongside a heartfelt Easter service, we invite you to partake in the excitement of an Easter egg hunt and savor the fellowship at our Easter brunch, courtesy of the Lynnwood Fellowship Team.



UPCOMING EVENTS

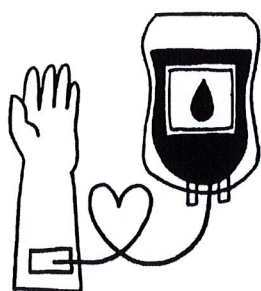
DINNERS ON US **MARCH 8th**

Join us at Lynnwood Reformed Church for "Dinners On Us" on March 8th at 5:00 pm, provided by the joint efforts of the Mission Team and the Fellowship Team. Delicious food and wonderful company await you. Bring friends and family for a heartwarming evening. See you there!



RED CROSS BLOOD DRIVE **MARCH 25TH**

Lynnwood Reformed Church is proud to host a Red Cross Blood Drive on March 25th at 1:00 pm. Your donation can save lives! Join us in giving the gift of life and making a positive impact on our community. Every drop counts, and your support is invaluable. Mark your calendars and be a hero on March 25th at 1:00 pm!



EASTER EGG HUNT **MARCH 31ST**

Join us for a joy-filled Easter celebration at Lynnwood! Following the Easter service, we invite all children to join our exciting Easter egg hunt in the Fellowship Center. Bags will be supplied, so bring your enthusiasm and get ready for a delightful time searching for colorful eggs filled with treats. The fun begins directly after the Easter service. Don't miss out on this egg-citing event!



CITY MISSION VOLUNTEERING **MARCH 13TH & 23RD**

Join us for the upcoming City Mission volunteer group sessions at Lynnwood Reformed Church on March 13th and 23rd! As part of our ongoing efforts to serve our community, carpool leaves the church at 4:00pm to serve food together. To sign up and be a part of this impactful initiative, please visit citymission.com. Let's come together and make a positive impact in the lives of those in need.



UPDATES

STEWARDSHIP

Thanks from the Stewardship Team to persons who were able to pledge towards the 2024 budget. Budget planning is proceeding. Pledge commitments assist the leadership of the church in planning for ministry in the upcoming year.

Thanks to Ann Satterly, who is serving as the interim Church Treasurer.

MULTIGENERATIONAL RETREAT

Mark Your Calendar!

The Lynnwood Multigenerational Church Retreat is scheduled for November 8-10, 2024, Mark your calendar, so that you can be prepared to join us at Camp Fowler. Planning is underway. If you'd be interested in sharing your ideas as part of a planning group, please contact Pastor Garret.

PRAYER SHAWL

During the Lenten Season, the Lynnwood Prayer Shawl Ministry extends its compassionate reach by leaving prayer shawls on the pews for anyone in need, including family and friends who may not attend Lynnwood. These prayer shawls, crafted with care and imbued with heartfelt prayers, serve as tangible reminders of comfort and support during times of difficulty or uncertainty. Whether attending services or seeking solace from afar, all are welcomed to receive the warmth and blessings of these lovingly-made shawls, symbolizing the unity and strength of our shared community.

MISSION TEAM

Thanks to everyone who contributed to the City Mission toy collection for Christmas. They were delivered along with \$800 worth of toys for the "Toy Store" from our Mission funds. It is always heartwarming that our congregation is always so willing to help others in need over the holidays !

THANK YOU!

Dear Lynnwood Community,

We want to take a moment to say how grateful we are as a staff for the generous gift that you all provided us at the end of last year! It is a great honor to be the staff that serves the community and we do not take the opportunity for granted.

Your love, care, and generosity for us is deeply felt and appreciated. So, from the bottom of our hearts, thank you!

thankyou

LRC Staff: Pastor Garret, Jean La Crosse,
Emily Conti, and Amy Chevalier



OPPORTUNITIES TO GIVE

CARING CLOSET



Lynnwood Reformed Church is presently welcoming donations of personal hygiene items intended for families and children within the Guilderland Central School District. A list of acceptable items is conveniently located in the narthex next to the donation bin. We extend our heartfelt gratitude to all who have already donated or are considering doing so. Your generosity truly makes a difference!

GUILDERLAND FOOD PANTRY



At Lynnwood Reformed Church, our commitment to serving the community extends to ensuring that food donation bins are always readily available. Located in the Breezeway, these bins serve as a constant reminder of our dedication to supporting those in need. All donations received are graciously given to the Guilderland Food Pantry, where they play a vital role in providing nourishment and assistance to individuals and families facing food insecurity.

THINGS OF MY VERY OWN



At Lynnwood Reformed Church, we're proud to support meaningful initiatives like Things Of My Very Own, which is currently accepting monetary donations for their impactful "Don't Text Your Ex" program. This vital program provides families with essential items such as diapers, wipes, and other necessities, aiming to alleviate their financial burdens and reduce the risk of them reaching out to past abusers. By donating to this cause, individuals can directly contribute to the safety and well-being of vulnerable families in our community. Contributions can be made conveniently through their website at <https://thingsofmyveryown.org/donate/> or via Venmo at TOMVOInc, offering an accessible means to support this important cause and make a difference in the lives of those in need.

CITY MISSION VOLUNTEERING

Lynnwood Resumes Serving at City Mission of Schenectady

City Mission of Schenectady serves three meals a day, seven days a week to Schenectady residents, relying on volunteers every day to help with this endeavor. During the pandemic meals were served on a take-out only basis, but now The Mission has resumed serving in its dining room and members of our Lynnwood community are once more providing assistance waiting on tables. The response from the Lynnwood community has been amazing! In our first month of volunteering we have had 13 individuals helping on three different dates! And even more are interested.

If this is something that interests you, please read more about the experience below and take the simple steps to sign up at their website at citymission.com to become a volunteer. We also ask that you let Carol or Mike Lynch know that you have become part of the Lynnwood group so we can include you in group emails.

Each month we will choose a couple of dates and send an email to our group asking for volunteers to sign themselves up at the website if they are able to serve. Everyone is not expected to serve every date... only when it fits your schedule. We ask that you let Carol and Mike Lynch know any date you have signed up for so we know to look for you. We also need to know if you would like to car pool from the church parking lot at 4 p.m

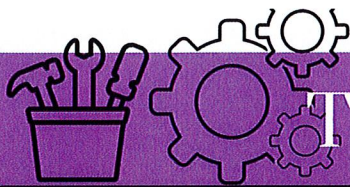


Upon arrival at The Mission (by 4:30 p.m.) volunteers sign in on the computer, are given an apron and begin setting the tables. After a brief "training" session in serving procedures, volunteers are assigned a specific table to serve. Once the doors are opened and the blessing is offered you begin bringing salad, main course and dessert to those at your table. After dinner and wiping down the tables volunteers are free to leave, usually 6:15-6:30. This proves to be a very fulfilling experience. We are given the opportunity to better get to know fellow Lynnwood folks and also see part of the work of The City Mission, a mission supported financially by The Lynnwood Reformed Church. Perhaps most importantly we are given the chance to serve and talk with our brothers and sisters in the City of Schenectady. City Mission staff never hesitate to express their appreciation to us as volunteers which is a bit ironic since we are the ones who, as we leave, feel the most blessed.

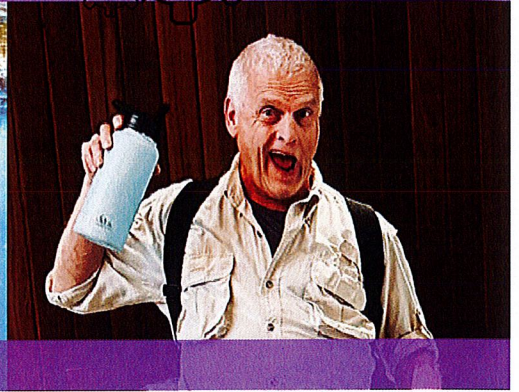
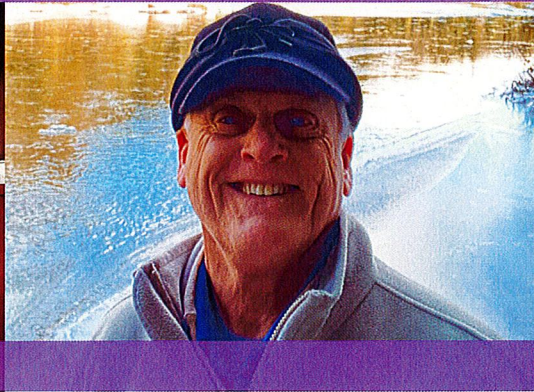
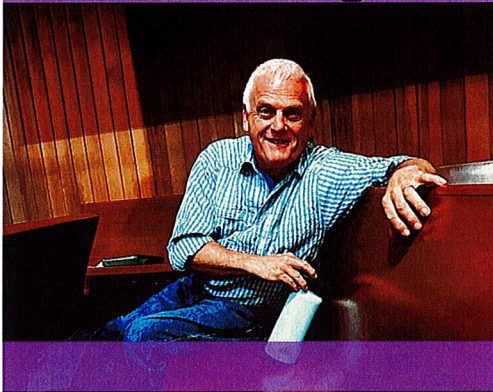
March Lynnwood Dates to serve dinner:

Wednesday, March 13

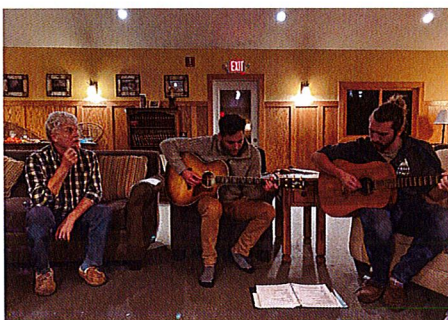
Saturday, March 23



THANK YOU, WALT!



Let's come together to express our heartfelt appreciation for someone who has played a vital role in making our church feel like home for what seems like an eternity. Walt Cogswell, our former Buildings and Properties Superintendent, recently stepped down from his long-held leadership position. Throughout his tenure, Walt has not only been our reliable go-to person for all things related to our building but has also exuded warmth and welcome to everyone who walks through the doors of Lynnwood.



From upgrading our outdated boilers to installing new energy-efficient models, to bringing the comfort of air conditioning into the Fellowship Center and sanctuary, Walt's meticulous attention to detail has transformed our space into a welcoming haven for all. And let's not overlook the subtle touches—like the gentle glow of LED lights and the inviting atmosphere of our refurbished areas—that add to the overall ambiance.



However, Walt's impact extends far beyond mere infrastructure. His infectious warmth and can-do attitude have made tackling any issue, no matter how minor, a seamless experience for us all. With a solution always at hand and a smile to match, Walt has truly made us feel like one big family on this journey together.

So, let's raise our voices in a resounding cheer for Walt, celebrating his dedication, hard work, and the undeniable sense of warmth he has infused into our Lynnwood family. Thank you, Walt, for being an integral part of making this place feel like our cherished home sweet home.



MUSIC NOTES



LENT 2024

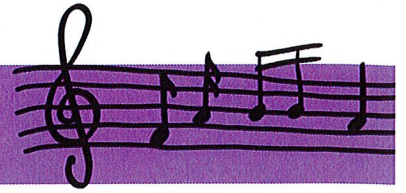
Greetings to you in the name of our Lord Jesus Christ, the love of God, and the peace and power of the Holy Spirit as we enter the season of Lent. We begin as a period of fasting and preparation for penance by all Christians. Lent begins with Ash Wednesday (Valentine's Day), where we are reminded of our mortality. Somber colors of purple are encouraged during this season with encouragement to remove all shiny things and flowers from the worship areas and perhaps give up something. Wait a minute! What do we do, plan to build a snowman rather than have an Easter Egg Hunt on March 31? Perhaps you say, "I've already given up much and had to deal with many things - a loved one, illness, job loss, time together, hope. Isn't giving up something intended to be in our plans of creating space for something new like giving up sweets for better health or I do for you and you do for me? Could Lent mean to be more disciplined in our use of time, energy, or resources? That could be uncomfortable. Or, does it mean I should be more patient, kind, thoughtful, and loving? Maybe I should take a look at the songs for Lent since I will need to get working on those. I didn't have any planned as I am not through with Christmas. My binders are full of carols and songs of celebration with the joyful news that Jesus is born. I still have some poinsettia decoration in my hallway along with a very large deer adorned with a gold and silver bow. Now, I need to choose music carefully and more with a "Lord, have mercy" or "How Deep the Father's Love for Me" theme. Perhaps I will start by calming down and taking a look into the Psalms. Here is one of my favorite passages from Psalm 51. A favorite choir anthem uses this passage.

For the director of music, A psalm of David. The prophet Nathan came to address David's sin.

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me.



MUSIC NOTES



Maybe I should make this a time of transition. Perhaps my life could be better with less of many things. For example, I could watch less TV – just turn it off. Often it's on but I don't listen. I could call a friend or write a note. I should spend more time in scripture and prayer. Less coffee and fast foods would be a good idea. A cup of hot water with a splash of juice is quite satisfying. Turn that cell phone off for a while. I've learned over the past year and a half that quietness can be tolerated. I now live in an apartment where I only see the backyards of other homes. I see no traffic, or kids on bikes or dogs. I hear very little noise except for a faint fire siren and the bells from a village church. I am adjusting. I'm getting more comfortable just seeing trees covered with beautiful leaves and now snow. I see the leaves emerge and later fall. The snow melts. I hear the creek rush with water. I see the most incredible performance of skill, balance, coordination, and agility as the squirrels as they fly through the air with the greatest of ease all year long. I see the birds. I see beautiful moons, sunrise, and sunset.

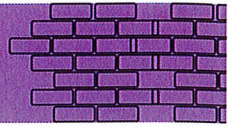
Please consider this Lent to be a time of our restoration. I am so grateful to be considered your friend, and I thank you for the generous gift at Christmas. I appreciate the opportunity to serve as your Director of Music and appreciate the many efforts of the Lynnwood Choir, Praise Band, Tech Team, staff, Consistory, and multiple volunteers.

Jean La Crosse

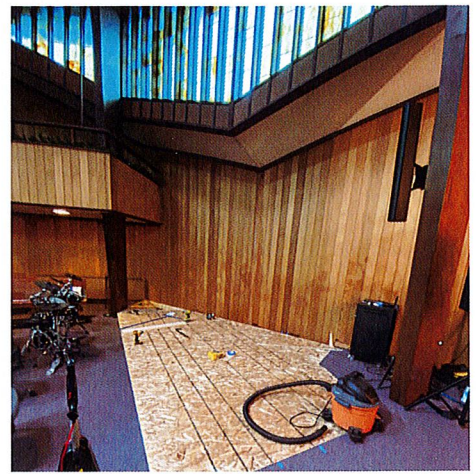




STAGE CONSTRUCTION



In January, an exciting endeavor began at the Lynnwood Reformed Church as the construction of a new stage in the sanctuary commenced. Spearheaded by dedicated volunteers including Neil Satterly, Mark Watson, Bill Ports, and the enthusiastic support of Pastor Garret, the project is poised to transform the sanctuary's aesthetic and functionality. Among the volunteers, Neil's unwavering commitment has been particularly notable, as he has poured countless hours into ensuring every detail of the stage's construction meets the highest standards.



The primary objective of this ambitious undertaking is to enhance the church's music ministry by providing a stage that not only looks magnificent but also caters to the diverse needs of performers and congregants alike. This collaborative effort underscores the spirit of community and generosity that defines Lynnwood Reformed Church, as it relies on the collective contributions of both time and financial support from its members. Indeed, it is through the dedication and generosity of individuals like Neil Satterly, Mark Watson, Bill Ports, Pastor Garret, and countless others, that this transformative project is made possible, promising to enrich the worship experience for years to come.

SMALL GROUPS FOR SENIORS

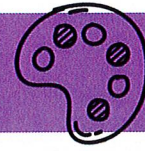
The Small Group for Seniors at Lynnwood Reformed Church has hit the ground running, with its initial meetings proving to be a fantastic success. Gathering in the welcoming atmosphere of the Fellowship Center, the turnout exceeded all expectations as seniors came together for engaging conversations, delicious soup, and the pleasure of each other's company.



Their inaugural meeting on January 19th at 12:00 set a high bar for future gatherings. With such a positive start, the group is eager to continue meeting regularly, on the first Thursday of every month. Exciting plans are in the works, including Mike Lynch's trivia and possibly cornhole, ensuring there's never a dull moment. This vibrant community is a testament to the strong bonds and lively spirit that characterize Lynnwood Reformed Church.



CARD MAKING

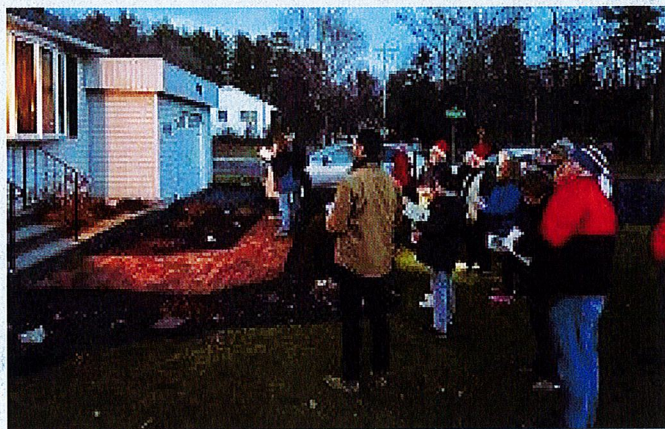
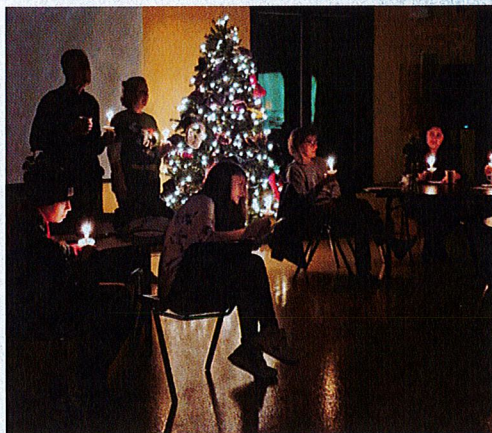


On Thursday, February 22nd, 2024, Patty Schardt and Doris Spritzer hosted a successful card-making session at the Lynnwood Reformed Church fellowship center. The turnout was fantastic, with community members eager to participate. Doris brought an impressive variety of materials, sparking creativity among attendees. It was a lively and enjoyable event, fostering camaraderie and creativity within the church community.

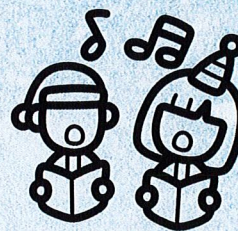


WINTER MEMORIES

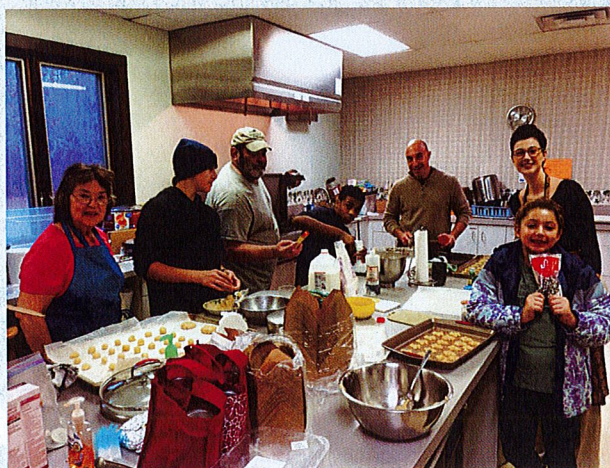
CAROLS,
COCOA
COMMUNITY
NIGHT



CARE TEAM
CAROLLING



YOUTH
GROUP



UPCOMING BIRTHDAYS

March Birthdays 04 Alice Fidler & Anna May Morrison

05 Janith Mason

09 Ken Klapp

10 Larry Bopp

12 Jean Anderson & Amanda Wilber

18 Ric Klug & Wayne Blessing

19 Neil Satterly

22 Bill Ports & Peter Palma

27 Bill MacGregor & Carol Thompson

29 Jim Van de Wal & Suzy Pris

31 Ellen Decarr & Lou Smith



April Birthdays

01 Spencer Phillips

09 Dan LaFlash

15 Ron DeLorenzo

16 Janice Shaffer

17 Garret Szantner

23 Vicki Schlierer

25 Betsy Hollander & Margaret Ettinger

27 Karen Messercola

29 Burt Robinson

30 Kimberley Wineberg



lll
HAPPY BIRTHDAY!!
MM

