

# The Messenger

## Newsletter of Helderberg Reformed Church

Worshipping God since 1767! Come join us Sundays at 9:30 a.m.

435 State Route 146 Guilderland Center, NY 12085 | [hrchurch.org](http://hrchurch.org) | Find us on Facebook @HelderbergReformedChurch

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### Our Church

#### Sunday Worship

9:30 am with Lord's Supper on the 1st Sunday of the month.

#### Make Contact

P.O. Box 196  
Guilderland, NY 12085  
[hrchurchoffice@gmail.com](mailto:hrchurchoffice@gmail.com)  
Church Office (518) 861-8031  
Parsonage (518) 861-5489

#### MINISTER OF WORD AND SACRAMENT

Rev. Lindsey De Kruif

#### ADMINISTRATIVE ASSISTANT

Ellen Root

#### ORGANIST

Agnes Armstrong

#### CONTACT THE MESSENGER

[HRCMESSENGER@GMAIL.COM](mailto:HRCMESSENGER@GMAIL.COM)

### From the Pastor's Desk

## Caring for Each Other

In ministry, one of my primary responsibilities is to care for the congregation along with the elders and the deacons. Sometimes I find it hard to care for people in the best way, so often I look for ideas for how I might care for members of the



congregation. I can have tendency to overthink what I am doing, but find more often than not the simplest of gestures are found to be the most meaningful. People want to know that they are remembered and that they have a place within the community.

With that in mind, I thought I would share with you this month a few great ideas for caring for one another from Karen Mulder's ebook, *122+ Ways to Care Well*. These are a few of my favorite:

- Give the gift of restaurant coupons to someone going through a crisis. Going to a restaurant gives the person the opportunity to get "up" and "out."
- Receiving a note or card is like being hugged. Neither the eloquence of the words nor the elegance of the stationery is as significant as the care expressed.
- If someone is in the hospital, bring them a comfy new robe to wear during their stay. It will be a delightful and welcomed surprise.
- Say, "I know you are hurting, and I really care about that. If you want to talk about it, I'll listen." Then let the person talk without interruption.
- Say, "I'll go with you." To have a friend go with you when you are facing new and frightening situations (seeing a lawyer,

## Starlings in Winter

By Mary Oliver

Chunky and noisy,  
 but with stars in their black feathers,  
 they spring from the telephone wire  
 and instantly  
 they are acrobats  
 in the freezing wind.  
 And now, in the theater of air,  
 they swing over buildings,  
 dipping and rising;  
 they float like one stippled star  
 that opens,  
 becomes for a moment fragmented,  
 then closes again;  
 and you watch  
 and you try  
 but you simply can't imagine  
 how they do it  
 with no articulated instruction, no pause,  
 only the silent confirmation  
 that they are this notable thing,  
 this wheel of many parts, that can rise and  
 spin  
 over and over again,  
 full of gorgeous life.  
 Ah, world, what lessons you prepare for us,  
 even in the leafless winter,  
 even in the ashy city.  
 I am thinking now  
 of grief, and of getting past it;  
 I feel my boots  
 trying to leave the ground,  
 I feel my heart  
 pumping hard. I want  
 to think again of dangerous and noble  
 things.  
 I want to be light and frolicsome.  
 I want to be improbable beautiful and  
 afraid of nothing, |  
 as though I had wings.

psychologist, or doctor, finding a new apartment, and so on) is a greatly valued gift.

- Don't push someone who is struggling to "get well," or to "get on with their life." Instead, help the person make an effort to accomplish one simple thing during the day. It doesn't matter what it is... make a call, pay a bill, keep a dental appointment, get a haircut.
- After a tragic death, avoid asking probing questions such as "Did she smoke?" or "Was he wearing a seatbelt?" or "Was there drinking involved?" When someone is suffering these questions are beside the point.
- Ask the person if there's someone they might like to visit them. Sometimes people are just too tired or too shy to initiate these contacts.
- Help the major caregiver in their life. He or she needs some uplifting too! Help him or her wash the car, mow the lawn, drive the kids to activities, vacuum the house, or do the laundry. Invite him or her out to a movie or for dinner or to play tennis, and so on.

Karen has many more great ideas about how to care people on her website: [wisdomofthewounded.com](http://wisdomofthewounded.com).

And if you would like to learn more about how to engage in the ministry of care in our congregation, sign up to join the course offered in February on Caring for Inactive Members.

In Christ,

Pastor Lindsey



# Events and Notes

## Ash Wednesday

Wednesday, March 6 at 7:30 PM

Join Altamont Reformed Church and St. John's Lutheran Church for worship at Helderberg Reformed Church as we begin the season of Lent in worship.

## Thank You!

We are very grateful for the HRC community's generous Christmas gift. It put smiles on our faces and I'm sure we'll put it to good use in 2019.

Pastor Lindsey & Steve

## HRC – DECEMBER INCOME AND EXPENSES

### INCOME

Offering	\$19631.06
Fund Raising	186.38
Pre-School Rent	<u>600.00</u>
<b>TOTAL INCOME</b>	<b>\$ 20417.44</b>

### EXPENSES

Salaries	\$ 4370.07
Payroll Taxes/Benefits	2103.61
Utilities	1933.58
Insurance	815.08
Supplies/Postage	375.38
Auto reimbursement	21.91
Committees	272.96
Property	1546.66
RCA Assessment	<u>2127.83</u>
<b>TOTAL EXPENSES</b>	<b>\$13567.08</b>

### INCOME OVER EXPENSES \$ 6850.36

Trust Fund Transfer	<u>1500.00</u>
Ending Balance	<b>\$ 8350.36</b>

## Address Update

Pamela Crouse and Kevin O' Shell  
108 Hagood Drive  
Galivants Ferry, SC 29544

## Consistory Highlights

The consistory welcomed our new members who will be installed on January 13, elder Joan Healey and deacon Sue Brooks. Sue will also be ordained to the office of deacon.

The consistory discussed the annual Consistorial Report and reflect on our ministry for the past year. We celebrated the ways our children have become more involved in the life of the church and the work our consistory has done in the past year to better care for the congregation.

Discussion was held on the replacement of the Fellowship Hall floor. Funds will need to be raised for replacement.

Pastor Lindsey will be away for Albany Synod's Beginning and Beyond Retreat at Camp Fowler January 13-15, for the RCA Regional Executive's Learning Event in Phoenix January 21-24, and for Albany Synod's Mediation Team Retreat in Rhinebeck January 28-29. If you have a pastoral need during this time, please contact one of the elders (Bev Herrington, Linda Schlutow, Carol Tashijan, or Joan Healey).

The minutes from the January Consistory meeting are posted in the Fellowship Hall for your information.

Also note that a Brooks BBQ fundraiser is scheduled for March 1 beginning at 2:30 pm until sold out. Volunteers will be needed. Look for more information in the bulletin soon.



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