

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 | 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

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From the Pastor's Desk

Hope in the Deepest Struggles

The beginning of the season of Lent is marked by Ash Wednesday. On this day many Christians gather to receive a mark of ashes on their foreheads as a sign of their morality and humility before God. The Lent season remembers Jesus' journey in the desert for forty day in which he fasted and prayed and relied on God alone for his survival. In Jesus' journey, we see reflected what it truly means to be human as we must wholly depend on God for our lives.



Dietrich Bonhoeffer, a German theologian and leader of the movement to resist the Nazi party during World War II, wrote often of Jesus' suffering, in particular on the cross, as he took on human nature. Bonhoeffer found deep comfort in the truth that Jesus became human and took on the suffering of humanity as he worked against the evils that sought to harm humanity during his time. Below is a prayer of Bohoeffer's in which he expresses hope that in the deepest struggles that he faced God was with him and provided for him. As you begin your Lent journey this season, may you find comfort that Christ is with you and knows your greatest struggles.

I Cannot Do This Alone

O God, early in the morning I cry to you.

Help me to pray

And to concentrate my thoughts on you;

I cannot do this alone.

Mix a Pancake

By Christina Rossetti

Mix a pancake,
 Stir a pancake,
 Pop it in the pan;
 Fry the pancake,
 Toss the pancake—
 Catch it if you can.



In me there is darkness,
 But with you there is light;
 I am lonely, but you do not leave me;
 I am feeble in heart, but with you there is help;
 I am restless, but with you there is peace.
 In me there is bitterness, but with you there is patience;
 I do not understand your ways,
 But you know the way for me....
 Restore me to liberty,
 And enable me to live now
 That I may answer before you and before men.
 Lord whatever this day may bring,
 Your name be praised.
 Amen
 - Dietrich Bonhoeffer

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 all the hard work the B&G committee put into the pipes this month, and to the congregation for offering their showers for our use. We're happy to report everything has been repaired and is in working order!

Pastor Lindsey & Steve



Fellowship Hall and Kitchen Floor Project

Volunteers are needed to help replace the worn out Fellowship Hall floor and hallway. Tiles have started to break and lift creating a dangerous tripping hazard situation.

Work will begin on Friday, April 19 and will continue daily until finished or Saturday, April 29. There is something for **everyone** so please plan on assisting us in this large task.

A sign up sheet will be located in the Fellowship Hall and additional details will be announced.

Souper Bowl Thanks

Dear Helderberg Reformed Church Community,

Thank you for the more than 170 cans of soup you collected and donated to the Altamont Community Food Pantry! Wow! That was an awesome response and very timely, since our soup supply was almost completely depleted. We now have a good supply as well as a nice variety of soups stocked on our pantry shelves. This is much appreciated, especially during these cold winter months.

Thank you for your generosity and continued support. We are very fortunate to have such compassionate, caring people in our community.

With Gratitude,

Judy Seery,

Director



Brooks BBQ is Back at HRC!

March 1, 2:30 pm to sold out. \$12 Chicken dinners. Tell your friends and neighbors—we'll sell out quick!

Drama Ministry: Sioux Center Sudan

First Reformed Church in Scotia will host "Sioux Center Sudan," a play about an Iowa teacher who became a missionary nurse, on Sunday, March 10, at 1:30 p.m. The play is based on Arlene Schuiteman's journals, in which she recorded, nearly daily, the events, relationships, and spiritual questions and insights she experienced during her three-decade career as a nurse missionary. "Sioux Center Sudan" will be performed by the Drama Ministries Ensemble of Northwestern College, Orange City, Iowa. Community members are invited to the free event, which will be followed by a "Sioux Center Sudan" book signing with author Jeff Barker.

Blessings,

Rev. Megan Hodgin
Pastor, First Reformed Church of Scotia



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