



Arlington Reformed Church

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THE ARLINGTON POST

Newsletter, August 2020

PSALMS

Speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord. (Ephesians 5:19)

At church each Sunday this summer, Pastor Michael and Pastor Frank have been bringing us messages from the Book of Psalms. Our singing has been hymns and songs written from the Psalms as well.

In the Psalms, David meditates on how, in times of distress and instability, God himself is the only source of hope and rest. Whatever trouble befalls him, God is there for and with him. Whatever people may be plotting against him, their plans are ultimately temporary and transient. In contrast, God is likened to an unshakable rock to whom David can call upon in his pain and anxiety. So David chooses to simply wait for God to answer with loyal love. Are we able to do that during these troubling times—wait for God to answer with loyal love? Read Psalm 62:

Psalm 62

Truly my soul finds rest in God; my salvation comes from him.

² Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

³ How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

⁴ Surely they intend to topple me
from my lofty place;
they take delight in lies.

With their mouths they bless, but in their hearts they curse.

⁵ Yes, my soul, find rest in God; my hope comes from him.

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WEEKLY SCHEDULE

New York States Executive Order

Phase Four Reopening allows worship services with 33% of our 245 capacity in (82 worshipers)

Sunday Worship 11AM-12PM

We are now meeting at church for Sunday worship with Pastor Frank Gallo or Michael Ackerbauer, Phd. or one of our elders bringing the message.

Coming soon! An online livestream of our worship service from the church.

Wednesday Phone Chat 7-8PM

There is a weekly phone chat scheduled each Wednesday. Here is how **anyone** can access the call to check in, discuss a scripture, pray together:

Dial: 1-929-436-2866
Meeting ID#:616-565-565
Meeting Password: 972760

Website

There is regular updated information regarding COVID-19, community events and resources, and other church related information on our website: arlingtonreformedchurch.org including a prayer page, worship videos and messages, community resources. You can leave prayer requests there.

Contacts

Elders Phone or Email:

Cynthia Canaday: 845-546-1634
Ann Veeder: 845-546-3286
Dawn Kostenko: 845-546-6093

Join Our Facebook Page:

www.facebook.com/arlingtonreformed/

Truly he is my rock and my salvation; he is my fortress, I will not be shaken.

⁷ My salvation and my honor depend on God; he is my mighty rock, my refuge.

⁸ Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

⁹ Surely the lowborn are but a breath, the highborn are but a lie.

If weighed on a balance, they are nothing; together they are only a breath.

¹⁰ Do not trust in extortion or put vain hope in stolen goods, though your riches increase, do not set your heart on them.

¹¹ One thing God has spoken, two things I have heard: "Power belongs to you, God,

¹² and with you, Lord, is unfailing love"; and, "You reward everyone according to what they have done."

Question 1:

In light of the challenges we have now in our world with coronavirus, as you read Psalm 62, what brings you the most comfort?

Question 2:

In what ways do you resonate with the idea of being in the midst of chaos but finding rest in God? Take a moment to meditate on the idea of God as a refuge in the midst of chaos.

Like David wrote in Psalm 62, let's trust in God at ALL times.

By Cynthia Canaday

READ PSALMS AND PROVERBS IN A MONTH

deepen your prayer life and gain wisdom

There are 150 Psalms in the Bible and 31 Chapters of Proverbs.

As Pastor Michael Ackerbauer encouraged us, reading 5 Psalms a day (Psalm 119 is long, so this counts as one day) and reading one chapter of Proverbs a day you will complete the entire books of Psalms and Proverbs each month of 31 days.

One suggestion Pastor Michael made was, read the Psalms in the morning, and read a chapter of Proverbs at bedtime. But however you structure your reading, reading through the books of Psalms and Proverbs each month will truly enrich your life.

So, on the 1st of the month, read Psalm 1-5, and read chapter 1 of Proverbs. On the 2nd of the month, read Psalms 6-10, and chapter two of Proverbs, and so on.

Reading the Psalms and Proverbs in this way allows you to deepen your prayer life and gain wisdom that applies to your circumstances. Since the situations you face each month will be unique, you will gain fresh insights from the Scriptures daily as you consider them in light of your current needs and questions.

We have pocket Psalms and Proverbs available. Ask a greeter or call the church for one.

THANK YOU!

How can we thank God enough for you all! Your calls to each other, prayers, services, and faithfulness to mail in or drop off your offerings is keeping the church going during this time when we cannot gather. You are all amazing-you re the church!



NEW YORK STATE FORWARD PLAN

We have entered Phase Four in the New York State Forward Plan. In phase four no more than 33% of the maximum occupancy for a particular area of church as set by the certification of occupancy for services occurring indoor. Our occupancy for the sanctuary is 245. One third of that is 82.

SAFE AND PREPARED TO GATHER

We have instituted regular and strict sanitizing protocols throughout the building-twice weekly and after every group or service. There are a few things that we should all consider or do to make our worship safe for each other.

1. If you are 65 years of age or older, have a compromised immune system, medical and/or health condition which may put you at risk, in following the CDC and local recommends, we ask you to consider waiting to attend church service until coronavirus concerns have diminished. If you are of good health, are able to be here, have taken proper precautions and believe yourself to be safe, we welcome you no matter what your age is.
2. If you feel sick in any way or have knowingly been exposed to someone with the coronavirus in the last two weeks, please do not come to or stay at service, and follow up with your healthcare provider before attending church.
3. Do not wear gloves within the building unless you are a greeter handing out the bulletin
4. Regularly wash your hands, don't touch your face.
5. Wear a mask when walking through the building or waiting outside rests rooms.
6. Dispose of used masks in the trash cans by the exits.
7. If you have to cough or sneeze (even if it's just your known allergy), use a tissue. Or cough or sneeze into your elbow.
8. Use hand sanitizer, especially on your way in and out of the building. Hand sanitizer stations and bottles can be found throughout the church.
9. Practice social distancing when you are walking, sitting or waiting outside a restroom. Six feet apart is the recommended distance.
10. Every other pew is roped off so we can sit distanced. People who live together may sit together. If you are sitting six feet or more from others, you may safely remove your mask.
11. If you sing, standing or sitting is fine, but sing quietly, as to yourself, as if you were talking softly. (God hears you loud and clear-and gladly!)
12. At this time, we have suspended snack fellowship and our children's programs. We will add them as we continue to look to best practices and recommendations. When service ends, leave quietly, distanced from others and if you want to connect, please do so in the fresh air of the parking lot, practicing social distance.
13. When you exit the building, please go in single file, maintaining social distance.
14. It might feel sad for us to not get fully back to church life as we knew it, but because we are doing what needs to be done now, when the time comes, we can again enjoy other ministries and church events in good health together.



PRAYER REQUESTS

- Those with ongoing health issue: Karen Rugar, Chet & MaryLou Graves, Dottie Hanlon, Hugo Becker, Edith Tomlins, Marcia Morse, Wendy Bohlinger, Cissy Kenyon, Pastor Ben LeFevre
- Eleanor MacIsaac, in nursing care and whose health is failing
- Kathy Ayuso who injured her knee and is going for an MRI this week
- Pastor Derek Duncan, now on hospice care
- Rev Eric Titus, home from having a liver transplant
- Nettie Farrier home actively recovering from knee replacement surgery
- MaryAnn Sorci, as she adjusts to life without Carmine
- The Arlington Reformed Church: our ministries, financial stability, community outreach and needs, children's programs, our consistory, church during COVID-19.
- Our Classis and the Reformed Church in America
- Our local government officials, national leaders
- Please keep praying for the church family, especially those who are not able to or feel ready to come out to a church service at this time. Everyone is missed dearly, everyone needs prayers!

NEWS AND INFORMATION

Condolences: Jean Patchin passed away on August 6th. Her family stopped by to let us know-as was her wish. Jean was a former member of the Arlington Reformed Church who had resumed worship with us, as she was able, in 2018. She was very ill for quite some time. Jean told us her father was a pastor and one of the ministries she helped him with was preparing the bread for communion, something she had started to do for our church family in the months before the coronavirus pandemic. If you would like to send a condolence card to the family of Jean Patchin, the address is: 29 Lewis Drive. Poughkeepsie, NY 12603

Refresh: We continue to use the "down time" at church to freshen, make repairs and make some upgrades to the building. This month's project has been the office...a place where Dawn Kostenko, financial secretary and her assistant counter/recorder, Ann Veeder, spend some time on Sunday afternoons. We've done some painting-more is still to be done as well as some additional decorations to be found! Watch for more pictures next month.



AS May School Supply Drive: As a church family, we have an A S May Elementary School Supply Drive each fall. Everything collected goes directly to the A S May Elementary School, part of the Arlington School District. A S May Elementary School is on Dutchess Turnpike.

This year because of COVID-19, we are not doing our usual collection of supplies and then dropping them at the school, but instead will order supplies to be delivered to the school. So if you can contribute to this fund, please mark your offering envelope "AS May Supplies" and your donation will go to helping the kids at the school as they reopen-or at home while they learn with the supplies that they often desperately need help with getting. **Love in action!**

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)