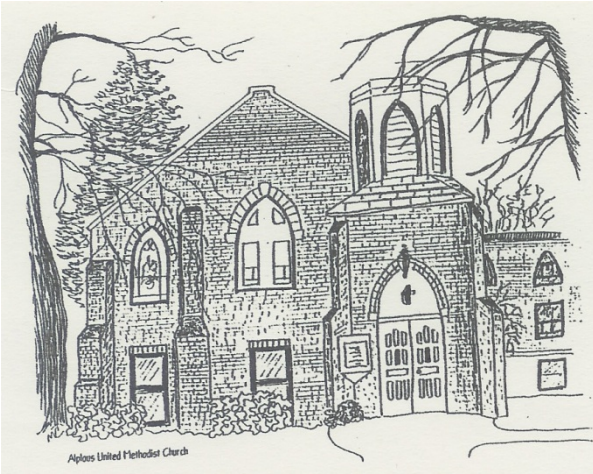




The Alplaus United Methodist Church Muse



The Alplaus United Methodist Church's Mission and Vision:

Our vision for the AUMC is to be a viable, active, open church that supports both individual members and the community with a loving, spiritual atmosphere.

Our mission is to worship, serve, pray, and play by connecting with the community and each other.

Pastoral letter

Lent – This has been a wonderful season of Lent! We are reminded that in our repentance, we turn to the Holy, we direct our hearts and lives toward God. Whether we've given up something or taken on a discipline for Lent - every time we do or don't do something specific in this season our hearts and minds are reminded of our commitment to following Christ. For the past few weeks we've heard wonderful scriptures on Invitation, nurturing and second chances – reminding us that when we pause and direct our lives toward God we are assured of forgiveness, love and welcome. Lent is not a season to be feared or simply endured. Lent reminds us that even in our struggles and pain, we continue to walk on the path of Christ. As Christians we already know where that path will lead us, into the loving arms of our Savior who died for us that we might know salvation. So while the path may be difficult and the hurt and the sorrows may be plentiful, the grace is assured and the destination is known. Thanks be to God!

Shalom,
Pastor Kristi

Movie Night update

As we have had no attendance for the past two movies, I am cancelling the 3/18 movie but will show "The Peanuts Movie" on 4/15.

Community Luncheon

The luncheon will be on Tuesday, March 8th in Fellowship Hall from 11:30 to 1:30. It will be our St. Patrick's Day party, so wear green! Invite a friend and bring a dish to share if you can.

United Methodist Women

The UMW will meet Thursday March 17 at 12:30. We will have a speaker from Bethesda House in Schenectady. Hopefully the 2016 program booklets will be ready. The hostess will be Shirley Sutphen.

Sunday School news

Just a reminder that there will be no Sunday School on Easter Sunday, March 27.

**Lay Leader**

20 Tips for Making 2016 a Positive Year! *By America's Energy Coach Jon Gordon*

1. Take a 10-30 minute "Thank you" walk every day. While you walk, practice gratitude. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a TIVO, tape your late night shows and get more sleep - it's the ultimate energizer.
4. When you wake up in the morning, complete the following statement:
My purpose is to _____ today.
5. Live with the 3 E's: Energy, Enthusiasm, Empathy.
6. Read more books than you did in 2015.
7. Make time to practice meditation, yoga, tai chi, qigong and prayer. They provide us with daily fuel for our busy lives.
8. Do the "one thing" you have always wanted to do.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants, and eat fewer foods that are manufactured in plants.
11. Mentor someone and be mentored by someone.
12. Engage in daily random acts of kindness.
13. Clear your clutter from your house, your car, your desk and let new and flowing positive energy into your life.
14. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts, or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Each night before you go to bed complete the following statements:
I am thankful for _____. Today I accomplished _____.
19. Remember that you are too blessed to be stressed.
20. Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

Blessings,

Lisa Beretz, Lay Leader

Church directory updates and corrections

We printed a new directory last year, and will be including changes for you to update in your own copy within each Muse as we learn of the changes. Please remember to let us know when you move or have a change of any kind. Email LLberetz@gmail.com and put "Directory Update" in the subject line.

Dave and Karen Atkinson
58 Saint Andrews Drive
Clifton Park, NY 12065
H- (518) 877-7150
C- (518) 369-6963
Email: Kmaz@nycap.rr.com

George Peterson's correct email address is:
gspete@gspete.net

Sadly we think of Helen King and Robert Culver (deceased) - their work is done, their troubles are now past, entering gladly through that friendly door to "Home at last."



Children’s Church

The first time we met was on January 24th and it was well received. Karen Atkinson sat in with me, because she will be substituting as needed. We had two children attending and they seemed to enjoy our time together. The Sermon we are using is from “Sermon4Kids”, which is for this age group of 4th graders and older. The time went very quickly, because it ends up being about 30 minutes, so the children took home the unfinished items related to the sermon. I look forward to doing it again each 4th Sunday of the months ahead. If you have any questions or comments, please call or send them to me at (518)330-9277 or LLBeretz@gmail.com.

Thank you - Lisa

Religious-based campership scholarships available

Summer camps play a valuable role in a child’s life. The Alplaus United Methodist Church and the Alplaus Residents Association have a scholarship fund to help finance the attendance at religious-based summer camps for children in our town or who attend the Alplaus United Methodist Church. **Sky Farm Camp** in the Lake George area (skyefarmcamp.org) and Camp Aldersgate in Syracuse (aldersgateny.org) are examples of such camps that are offered through the Methodist church. They both offer numerous camp options during the summer for children of all ages with a wide range of activities. Even children as young as 3 years old can enjoy a 3 day adventure with their parent at the Skye Farm Camp. To find out about the various camp programs available at these two camps please visit their web sites. If your family would like help financing a camp experience for any of your children this summer, please fill out an application form for each child (available on the display table in fellowship hall) and give it to Barb Trask. Parents are expected to pay the deposit, and the scholarship could finance up to \$300 of additional expenses. If you need an application sent to you, Barb can be contacted at 399-6454 or dtrask1@nycap.rr.com. We hope some of the children attending our church will be able to attend camp this summer!

Pill bottle program

Yes we are still collecting clean, unlabeled plastic pill bottles. They will be reused to help dispense medicine in poor, developing countries. There is a box on the table in Fellowship Hall to collect them.

Prayer list

- | | |
|--------------------------------------|-----------------------------------|
| Ginny Smith | Bill Broland |
| Barbara Hutchins | Alice and Claudia Lewis |
| The King, Story, and Culver families | Robin’s grandson Tyler and family |
| Gordon Neufeld and family | Tami Flanders and family |
| Amanda’s cousin David and family | Anne, Emily, and Deontae |
| Victims of disasters and violence | Kwiatkowski |

Urgent request for pediatric cancer patients

The Melodies Center for Childhood Cancer and Blood Disorders, and The Bernard and Millie Duker Children’s Hospital at Albany Medical Center have a need. Albany District UMW hopes to provide a blessing to them. Very often procedures and cancer treatments bring on immediate side effects and children have no clean clothing for the ride home. If they have an unplanned admission, they have no clean clothes of their own. They have specifically asked for **T-shirts, socks, two piece PJs, and underwear for boys and girls ages 0 to 21. All clothing must be new.** Please bring your donations to church by **April 3rd** so we may bring them to the spring district meeting. Thank you!

**Lectionary**

These are listed with the idea that you might care to read the scriptures before attending church each week, especially if you will be the liturgist and especially the psalms, which we seldom read in worship.

	<u>Hebrew Scripture</u>	<u>Psalm</u>	<u>Epistle</u>	<u>Gospel</u>
3/6	Joshua 5:9-12	32	2 Corinthians 5: 16-21	Luke 15:1-3, 11b-32
3/13	Isaiah 43:16-21	126	Philippians 3:4b-14	John 12:1-8
3/20 Palm Sunday	Luke 19:28-40	118: 1-2, 19-29	Philippians 2:5-11	Luke 23: 1-49
3/24 Holy Thursday	Exodus 12:1-4, 11-14	116: 1-4, 12-19	1 Corinthians 11:23- 26	John 13: 1-17, 31b - 35
3/25 Good Friday	Isaiah 52: 13-53:12	22	Hebrews 10:16-25	John 18:1 – 19:42
3/27 Easter	Acts 10: 34-43	118: 1-2, 14-24	1 Corinthians 15: 19-26	Luke 24: 1-12

Fulfilling our promises - our presence and our presents

	<u>Our Presence</u>	<u>Our Gifts</u>
1/3	18	\$2,980
1/10	26	\$1,768
1/17	22	\$597
1/24	27	\$1,131
1/31	30	\$582

Comparison of expenses and income

	For January	Actual year to date	Budgeted year to date
Expenses	\$8,630	\$8,630	\$5,789
Income	\$7,058	\$7,058	\$4,166

March Anniversaries

20 Jeff & Judy Thomas '81

March Birthdays

3 Berkley Davis
 14 Yvonne White
 21 Julia Wither
 23 Elysia Bechand
 29 Alice Lewis
 31 Peter Trask



CORNED BEEF & CABBAGE DINNER



**SAT., MARCH 19
from 5 – 7 p.m.**

**Alplaus United
Methodist Church**

*1 Brookside Ave., Alplaus
Info: 518-399-6000*



PRICES:



Adults (13+): \$10

Kids (5-12): \$5 / Under 5: Free

Family Pkg. \$25 (2 adults & 2 kids 5-12)

**DINERS ARE ENCOURAGED TO BRING A NON-
PERISHABLE FOOD ITEM FOR THE SICM FOOD PANTRY**

TAKEOUTS AVAILABLE / WALK-INS WELCOME

The Alplaus church is handicapped accessible • www.alplausmc.org



EASTER EGG HUNT

Sat. March 5

11 – 12:30 p.m.



Alplaus United Methodist Church
1 Brookside Avenue in Alplaus

Free! All klds & famlles welcome.

Games & activities with prizes,
refreshments.

Church is handicapped accessible.

Call 518-399-6000 for info.