

# Connections

March 2020

Building a community where all are enriched through Christian Love, Service, and Spiritual Renewal.

## Our Lenten Walk

Our Lenten Theme, *The Walk* is taken from the book by Rev. Adam Hamilton. It is an opportunity to think about Jesus' life and connection to ours during this sacred time. During Lent, several events are taking place that will help us Spiritually connect with God: the Lenten Fast, the Lenten Book Study during the Forums, Confirmation Retreat, Reader's Circle, 30-hour fast and Service Saturday, and the Community Theatre Play to name a few.

The purpose of Lent has grown stronger for me over the years. I understand Jesus was keenly aware what his *walk to the cross* would mean. He made it for you and for me. The season of Lent is a time for me to reflect and understand Jesus' purpose and mission. Lent gives me the opportunity to redirect my ways and recommit myself to our faith. It is a purposeful time for me to think about what Jesus sacrificed and why.

Walking is something we do everyday and often times we do it without thinking. Lent is a time for us to be intentional about walking.

When we get up in the morning, let our first steps be accompanied by a praise to God.

If we walk as part of our exercise regime, let us say a prayer for the wonderful outdoors.

While we are walking the aisles at the grocery store, let us remember the people in our community that are food sensitive and cannot make such leisurely strolls.

Walking our dogs can be an opportunity to be mindful that God placed us in charge of this earth.

If we are lucky enough to travel, let our steps in a new place be done in awe of this vast world.

There are many references and images of God walking with us as a way to communicate to us, which will be covered in the weekly Forum Study Series. The topics will include:

Worship and Prayer: A Living Hallelujah

Study: The importance of Listening and Paying Attention

Serve: Here I Am, Lord, Send Me

Give: Where Your Treasure Is

Share: Going Fishing, Reflecting Light

I hope you will Walk with me during this Lenten Season and reflect upon your purpose and mission and ultimately say to God, "Here I am, Lord, Use Me."

Blessings,

Lynn

Senior Pastor

## Inside This Issue

- Gratitude Grows
- Holy Week Worship
- Forums
- Save the Date
- Lenten Brochures & Flyers
- Installation of Officers/luncheon
- Rev. Shernell Edney Stilley
- New Website
- Margie Price's Ecclesiastical Council
- GCC Theatre
- Service Day
- New Member Informational Mtgs
- Home Communion
- 3rd Grade Bible Class
- Youth Ministries
- ABS (Adventures in Bible School)
- Reader's Circle
- Easter Plants & Music
- Sandwich Sunday
- Confirmation Schedule
- Yin/Yang Yoga
- It's Okay for Men to Cry Seminar
- Lutheran Counseling

## Worship Schedule

### Sundays

8:30 AM  
Chapel

10:30 AM  
Sanctuary

### Tuesdays

Intercessory  
Prayer Service  
9:30 AM  
Chapel

### Wednesdays

8 PM  
Gardner Hall

## GRATITUDE GROWS!

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Gratitude Grows has been a way to thank and highlight members of our faith community who continue to take the extra step in helping our church and volunteering their time. If you are grateful for someone, contact Lynn to be added to next month's list:

- Drew Hearon for providing the lunch at the annual meeting
- Melissa Bradley for creating the year in image
- Melissa Bradley for donating a commemorative plate from World Church Weekend February 1960
- Everyone involved in the Annual Report and Annual Meeting
- The Caring Ministry Team for delivering flowers
- The Fellowship Team for providing goodies at the Fellowship Hour
- Everyone who makes Sandwich Sundays such a huge success
- Everyone who gave to the Souper Bowl for Caring 556 nonperishable food items
- Everyone involved in the three Ash Wednesday Services

### HOLY WEEK WORSHIP

#### Palm Sunday – 4/5

8:30 am & 10:30 am

#### Tuesday Prayer Service - 4/7

9:30 am

#### Wednesday - 4/8

6:45-8:30 pm

Ying/Yang Yoga

#### Maundy Thursday - 4/9

8 pm

#### Good Friday - 4/10

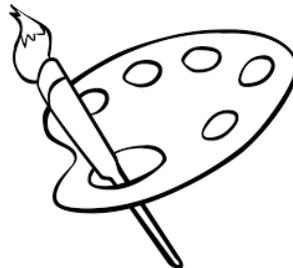
Noon

4:30 pm - Family Service

#### Easter Sunday - 4/12

6:30 am Sunrise Service

8:45 am & 10:45 am



### SAVE THE DATE

Little Art Studio – Sunday April 19<sup>th</sup>

11:30 am Gardner Hall

For adults & children

More info to follow in April newsletter

### MEN'S BREAKFAST

All men are invited for food and fellowship at  
the Park City Diner Saturday April 4th at 8 AM.

Come and join us!

### SUNDAY LENTEN FORUMS - 9:15 AM IN THE PARLOR

THE WALK BY ADAM HAMILTON

March 1: James Burdi

March 8: Margie Price

March 15: Mary Dewar

March 22: Chris Dieguez

March 29: Lynn Sullivan

## LENTEN BROCHURES AND FLYERS

The following brochures and flyers can be found on the Whitehall Conference desk:

Lenten Brochure

Lenten Fast

OGHS Lenten Calendar

### Installation of Officers and Church wide luncheon

**March 8, 2020 after the 10:30 am service**

Associate Conference Minister Shernell Edney Stilley will be preaching. At the church luncheon, she will discuss how to be a W.I.S.E. church (welcoming, inclusive, supportive and engaged (WISE) for mental health.

#### **Rev. Shernell J. Edney Stilley**

Reverend Shernell Edney Stilley currently serves as the Associate Conference Minister for Congregational Vitality in the New York Conference. Her programmatic responsibilities include, but are not limited to: Faith Reconciliation, Community Re-Discovery, Social Justice Empowerment, Revitalization Strategies, and Oversight of New Church Start programs. Other responsibilities within the Conference include resource person for local church Open and Affirming (ONA) processes, Our Whole Lives (OWL) Education, and how to become a Welcoming Inclusive Supportive Engaged (WISE) Congregation. She is presently a member of the United Church of Christ Board of Directors and the United Church of Christ Mental Health Network (UCCMHN).

### NO MORE REASONS TO BE FRUSTRATED WITH OUR CHURCH WEBSITE



We have a NEW AND IMPROVED WEBSITE. Check us out at [www.theGCCC.org](http://www.theGCCC.org).

You'll LOVE it!!

## **4 Reasons to Attend the Ecclesiastical Council for Margie Price At 6 pm on March 9, 2020, GCCC Sanctuary**

### **One - Show Support**

Support Margie in her journey to ordination. She and Chris Dieguez are currently what we call Members in Discernment (MID) and Licensed Ministers, both of which are temporary. Margie has come to that point in her journey we call the Ecclesiastical Council. She has been working very hard toward her goal of fully authorized, full-time ministry, and your presence at this stage would demonstrate your love and support.

### **Two – Learn**

What is an Ecclesiastical Council? Did you know that you have a vote?

Only after years of study, reflection, practical experience, and numerous examinations, candidates may seek ordination. In the UCC, the Association is the body responsible for ordaining and maintaining the standing of clergy. The GCCC belongs to the Metropolitan Association, which includes all five boroughs of NYC and Nassau, Westchester, and Rockland Counties. Members of UCC Churches in the Association – this means YOU -- meet, in an Ecclesiastical Council, to authorize the ordination of new clergy.

### **Three -- Vote**

Before you vote, you will be given a chance to hear Margie talk about her ordination paper and journey toward ordination. You will have the opportunity to ask about her experiences, her theology, her journey, and her hopes for the future. Challenge her.

A positive vote would mean that Margie would be permitted to seek a call in any setting of the UCC. She would not be ordained for any one specific setting, but for the entire denomination, and for life. It is a significant responsibility, but a gratifying and joyful one as well.

### **Four -- Snacks**

When do we ever meet as a church body without food? We will be hosting members of other association churches (we need at least five churches represented to make a quorum). We cannot send them home without a snack.

If you would like to bring something, contact someone in our GCCC MID committee (Mary Dewar, Jim Burdi, and Peg Mainusch).

**To Commemorate Our 90th Year  
Your Attendance is Graciously Requested**

## Still Waiting for Moyers

A Special Production & Church Fundraiser

of

THE GARDEN CITY COMMUNITY THEATRE

Friday, March 27th @ 8pm - Saturday, March 28th @ 7pm - Sunday, March 29th  
@ 3pm

Gardner Hall

Your Attendance Will Make This Year's Production

A LANDMARK FUNDRAISER

TICKETS GO ON SALE IN EARLY MARCH

CHECK YOUR CHURCH BULLETIN & EMAIL BLAST FOR SALE DATE(S)

TICKET PURCHASE(S) AVAILABLE TO CHURCH MEMBERS IN ADVANCE

~ OTHER WAYS YOU CAN HELP ~

Stocking the Snack Bar

Donations Needed of Pre-Packaged Snacks & Water

Home Baked Goods Are Proven Sellers & Are Especially Welcome

Staffing the Snack Bar

Organize & Serve During Intermission at Each Performance

Want to Help? Have Questions?

Contact Ruby Gustavson at [rbygustavson@gmail.com](mailto:rbygustavson@gmail.com)

## GCCC Service Day – Saturday, March 14, 2020 9am – 12 noon

Are you interested in giving back during Lent? Join us for our first GCCC Day of Service on Saturday, March 14th. Service sites include the Ronald McDonald House, Anna's House, the GC Bird Sanctuary, and Birthday Wishes (Birthday in a Box.). Adults and children welcome (some sites have age restrictions)

See Whitehall desk for more registration information. Space is limited.

To sign up to donate items for the Birthday in a box go to:

<https://www.signupgenius.com/go/904084bacad2eaa8-gccc>



## New Member Informational Meetings

We will be holding informational meetings in the Parlor on Sunday, March 15th at noon and Tuesday, March 24th at 7:30 pm for those that may be interested in becoming a member of the church. Please let Rev. Lynn Sullivan or the church office know if you are interested in attending one of these meetings. New Member Sunday will be on April 19th.

## HOME COMMUNION

Home Communion is available to anyone not able to attend church. Please contact the church office at [churchoffice@theGCCC.org](mailto:churchoffice@theGCCC.org) or (516) 746-1700 to arrange a time for a visit.

The next home communion will be Palm Sunday, April 5<sup>th</sup>. Please contact the church office if you can serve.

## 3rd Grade Bible Class

Each year we run a 3<sup>rd</sup> grade Bible class as a little more in-depth introduction to the Bible for our 3<sup>rd</sup> graders before they are given their Bibles at the end of the school year on

June 12<sup>th</sup> Children's Sunday.

The classes are going to be on March 15, March 22, March 29 and May 17 from 9:15 am to 10:00 am in the Whitehall Conference Room.

Please let the office know if your child will be attending these classes.

For more information on the class contact Margie at

[margie@thegccc.org](mailto:margie@thegccc.org)



### Intercessory Prayer Service

At the Intercessory Prayer Service, we faithfully pray for your loved ones each Tuesday morning at 9:30 am in the Chapel. If you have a request for prayer, please fill out the yellow "Prayer Request" card in the back of the pew and place it in the offering plate or give it to an usher or minister. All matters of prayer are strictly confidential. All are invited to join us in the work of prayer each Tuesday morning.

### YOUTH MINISTRIES UPDATE

We are now on our way through the Lenten Season. This is a time when we specifically take time out to contemplate the sacrifice Christ made for all of the world, what that means for each of us, and how we can live into that.

One way we do this is through the 30-Hour Fast.

The GCCC youth, confirmation age and up, are invited to join us for our annual 30 Hour Fast on March 13th. As we feel hunger in our own bodies, we will remember and pray for those around us who experience hunger on a daily basis. Lunch on Friday will be our last meal until dinner on Saturday. Please gather at the church on March 13th at 7PM for an overnight followed by a church-wide day of service on Saturday, ending at 6PM with a short communion service. While the overnight is a youth event, people of all ages are welcome to join us during the day of service and communion as we experience the joy of Christ through compassion and service. For more information, please contact Chris Dieguez ([chris@thegccc.org](mailto:chris@thegccc.org)) regarding the fast and Paula Tusiani-Eng ([ptusianieng@aol.com](mailto:ptusianieng@aol.com)) regarding the day of service. Please note that youth must complete a permission slip in order to attend.

Another way we experience Lent is through worship. Just as we had our Ash Wednesday Family Service, we will also be celebrating a Good Friday Family Service with and interactive Stations of the Cross journey. Let us join together to remember all that Christ did for us so that we can more fully share His love with the world.

Blessings,

Middle and High School Leaders

### ABS (Adventure Bible School)

We did it! Many thanks to all who participated in the Souper Bowl of Caring food drive: from those who donated, to those that counted cans after services to those who helped decorate our scoreboard. All of it helped make a very successful food drive. We had a **goal of 500** donated items and with everyone's support **we collected 556 items!** How lucky we are to be able to share these gifts with our neighbors.

We are also now in the season of Lent: a time of reflection, when we think about Jesus' life and prepare for his death and resurrection. During the season of Lent many Christians give something up in recognition of the sacrifice Christ made for us. In Adventure Bible School we will be given the opportunity to think about that sacrifice through our Lenten Giving Calendar. On each day they children will have the chance to collect pennies or other change for all the blessings they have in their lives (chance to brush their teeth, the meals they eat, the steps they can climb, etc.) and remember those who do not have those same opportunities. At the end of Lent (the week after Easter) the blessings will be collected and will be donated to One Great Hour of Sharing in the coin boxes we will pass out with the calendars. You can also find the calendar on the church website. Everyone is welcome to join in!

I am looking forward to sharing this spiritual season with all of our kids. And, just as we've just celebrated our Ash Wednesday Family Service, our Good Friday Family Service, including an interactive Stations of the Cross walk, will take place on Friday, April 3, 2020 at 4:30. I look forward to experiencing that journey together.

Blessings,

Margie

## READER'S CIRCLE



**Tuesday, March 10th at Noon**

Whitehall Conference Room

“The Walk” by Adam Hamilton

Bring your lunch Dessert Hostess is Carole Halvorsen

## EASTER MUSIC 2020

If you would like to donate to enhance the Music Program of our Church, you are invited to contribute to the Music Fund. Please fill out the form below and return it to the church office no later than **FRIDAY, APRIL 3.**

In memory of: \_\_\_\_\_

OR

In honor of: \_\_\_\_\_

Given by: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_



## EASTER PLANTS 2020

We invite you to have Easter plants placed in the Sanctuary in memory of or in honor of loved ones. Please fill out the form below and return it to the church office no later than **FRIDAY, APRIL 3.**

I would like to have an Easter plant in the church this year...

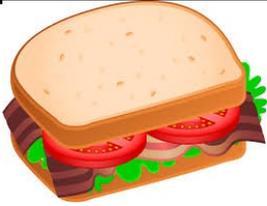
In memory of: \_\_\_\_\_

OR

In honor of: \_\_\_\_\_

Given by: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_





## SANDWICH SUNDAYS

Looking for a new way to serve God and the community this year?

Sunday, March 8, 2020 Gardner Hall 11:30 am – 12:30 pm

Sandwich Sundays is a monthly ministry in which members of the Garden City Community Church make sandwiches after worship and deliver them to the Interfaith Nutrition Network (INN) in Hempstead, where they are served to those in need with the Monday lunch.

We need donations of lunch items such as sandwich bags, fruit, water, brown bags and chips. We also need donors to help us offset the cost of the cold cuts with monetary donations to support this program. We need many church hands to assemble the sandwiches after church, and we need a driver to deliver the sandwiches. Each month Sandwich Sunday involves in the range of 30 church members and friends and feeds almost 200 people in our community.

**This will be our last Sandwich Sunday until the fall so please help out!**

To donate funds, sign up here:

[www.osvonlinegiving.com/1454/DirectDonate/62698](http://www.osvonlinegiving.com/1454/DirectDonate/62698)

To participate or donate items, sign up here:

<https://www.signupgenius.com/go/904084bacad2eaa8-sandwich6>

### ATTENTION 8<sup>TH</sup> AND 9<sup>TH</sup> GRADERS CONFIRMATION CLASS DATES

**Confirmation I (8<sup>th</sup> Grade):** Meets Mondays

March 2<sup>nd</sup>, 16<sup>th</sup>, 23, and 30<sup>th</sup> - Meeting

March 9<sup>th</sup> - Dinner/Meeting

**Confirmation II (9<sup>th</sup> Grade):** Meets Tuesdays

March 3<sup>rd</sup> - Dinner/Meeting

March 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> - Meeting

Please contact Rev. Lynn Sullivan

([lsullivan@thegccc.org](mailto:lsullivan@thegccc.org)) or

Chris Dieguez ([chris@thegccc.org](mailto:chris@thegccc.org)) for any questions.

### FLOWER DELIVERY

ARE YOU INTERESTED IN DELIVERING FLOWERS TO OUR HOME BOUND, SICK OR MEMBERS IN THE HOSPITAL.

For more info contact Cindy Campbell:

(516) 524-1617 or [cindala86@gmail.com](mailto:cindala86@gmail.com).

### Still Waiting for Moyers

THE GARDEN CITY COMMUNITY THEATRE CHURCH FUNDRAISER  
FRIDAY, MARCH 27TH @ 8 PM, SATURDAY, MARCH 28TH @ 7 PM,  
SUNDAY, MARCH 29TH @ 3 PM IN GARDNER HALL

The GCC Theatre is pleased to announce that the following Church members

will be appearing in the cast:

Celia Hearon ~ Margot Hearon ~ Bill Volz ~ Karen Zalewski

### CHURCH TABLES AND CHAIRS

Please do not borrow or remove table or chairs from the church without speaking to the church office first.

### Deaths

Gloria Pretzfelder—January 28, 2020

**Need a Recliner Lift Chair?** Greg Pretzfelder is willing to donate his mother's recliner lift chair for anyone who would like it. Contact Greg at (516) 220-6671 if you are interested.



**HOLY WEEK YIN/YANG YOGA AND  
RESTORATIVE WORKSHOP**

## *The Walk*

Wednesday, 4/8 from \*6:45pm to 8:30 pm. \*There will be no Wednesday worship service this week.

A Lenten experience with movement, prayer and meditation. The first half of the workshop will be an active practice on the mat with a focus on movement and breath. (Yang: Led by Ed) The second half of class will be a restorative practice with a focus on stillness, rest and meditation. (Yin: Led by Kathy) The workshop will conclude with prayer and a reverent walk through the stations of the cross, as we celebrate Holy Week.

This workshop requires pre-registration to hold a space. **Please contact Kathy Yoo at [kedyool23@gmail.com](mailto:kedyool23@gmail.com) to register and hold your space.** A suggested donation of \$20 can be paid by check or cash at the door.



SPECIAL TOPIC SEMINAR

# It's Okay for Men to Cry

Thursday, March 12, 2020

1:30 pm –3:30 pm

NYU Winthrop Martin Spatz Conference Center, Room A  
Registration is required.

This seminar is for men only, free and open to the public.

Presented by Spiritual Care Department  
For more information, please contact 516-663-4749 or [bereavement@nyulangone.org](mailto:bereavement@nyulangone.org)

## Finding Resiliency In A Broken World

By Janet Siry, LCSW, LCC Psychotherapist

The world in which we live can sometimes seem chaotic and hopeless. In our daily life, there are so many stressors that invade our sense of peace and serenity. At times, it seems that life is too overwhelming to achieve our dreams. The efforts we make to change our circumstances seem futile. We feel alone and abandoned by the attitudes and values of those we are close to and by those of society at large.

It is tempting to believe that no one else can understand the desolation we feel. These thoughts, left unchecked, may lead to feelings of depression, anxiety and may result in suicide. Suicide is often an impulsive decision that provides temporary relief in that moment but leaves behind a wake of destruction and trauma for those left behind. If only there was a way to prevent individuals from going down a path of self-destruction.

Dr. Bessel van der Kolk (van der Kolk, B.A., 2014; *The body keeps the score: Brain, mind, and body in the healing of trauma*; Viking) is a world renowned expert on the long term impact of traumatic experiences upon the individual, family and communities we interface with. In his book, *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*, Dr. van der Kolk provides evidence that if we experience traumatic stressors at any time during our lifespan, the psychological and physical damage imprints to our primitive brain. If a person denies or ignores the depth of the damage done to our psyche, we impede progress in our healing. Unless these circumstances are revealed through the therapeutic process, our healing may be limited or not be able to occur at all.

Currently, there is a belief among clinicians (Southwick, S.M., Bonanno, G.A., Masten, A. S., Panter-Brick, C., & Yehuda, R., 2014; *Resilience definitions, theory, and challenges: interdisciplinary perspectives. European Journal of Psychotraumatology, 5, 10.3402/ ejpt.v5.25338*) that developing appropriate skills to encourage resiliency among individuals and groups may provide a means to rebuild hope in the aftermath of potentially life-threatening traumatic experiences. Our churches have a unique potential to engage in healing through the power of our Lord, Jesus Christ. Through individual and church wide ministries, we plant seeds of hope to nourish body, mind and spirit. These seeds may grow to provide healthy connections to support diversity in our world. When we share our vulnerabilities, our shared experiences may provide a source of connection and strength to prevent and heal traumas before tragedy occurs. There are natural strengths inherent in our cultures when we share selflessly with one another.

*"I have cared for you since you were born. Yes, I carried you before you were born. I will be your God throughout your lifetime-until your hair is white with age. I made you, and I will care for you. I will carry you along and save you"*  
Isaiah 46:4 NLT

Janet Siry, LCSW, has a MSW from Fordham University and a BS in Elementary Education from Valparaiso University. She has had extensive experience working with children, teens, couples and families. She was awarded the Woman of the Year in Religion in 2005. Janet counsels at LCC's Patchogue site.

Visit our website at [www.LCCNY.org](http://www.LCCNY.org) or call us at 1-800-317-1173 for more information or to set an appointment at any of our nine sites over the metropolitan New York area.