

The messenger



Our Saviour Lutheran Church Newsletter

Fall 2019

From the Pastor

A couple of weeks ago I went to a conference in Minnesota. It was called Addiction and Faith and was organized by a Lutheran Pastor. I went because I wanted to learn more about Addiction and Recovery and how faith plays a part in recovery. I loved this conference! Upon reflection what I loved most was being in a room with 183 other people who wanted to talk about, wanted to learn about, wanted to share what they knew about recovery. It was so good to know that Our Saviour is not alone in wanting to find ways for people to recover from their addictions. I loved breakfast, lunch and dinner because at each table I sat near people who wanted to talk about their connection with people in recovery. So many people with so many stories to tell, so many people willing to hear my questions and my experiences filled each break time with connections.

The most amazing thing I learned at this conference came from Dr. George Vaillant. He is a professor at Harvard who has done a long-term study of people in recovery. He had all kinds of statistics. He knew what parts of the brain are involved in addiction and recovery. He said that Joy - a positive connection with another person and Love were the keys to recovery. Who knew the Beatles were right "All You Need is Love". It seems as if hippies might have been right. The positive connection that you make with another person lights up the parts of your brain that are needed to combat addiction! People who stick with AA are most likely to stay in long-term recovery.

It is amazingly good news for me who has wondered if I possibly know enough to be helpful around all the recovery groups that meet in our building each week (I think 15). All you need is love, love. It is what we have to give here at Our Saviour. We may not have tons of money. We may not be the biggest congregation in the Synod. We are not a rehab facility. What we have here though is love to give away. Those people who have come upstairs from downstairs (come to worship after attending a meeting) have told us their stories. They come back because someone noticed them, noticed when they were not with us, were glad to see them when they came back.

You and I, who are aware of the love of God that has been given to us, have love to spare. We are continually aware of our love for one another. It is obvious in our coffee hours, in our passing of the peace, in our generosity when one of us is in need. We are also ones who are the key to ending addiction. We have Joy and Love to share. What a gift we are to those who so desperately need to be loved?

Pastor Anita



Oct-Nov Birthdays

Happy Birthday to all of our members born in the fall If the information below is incorrect in any way, either wrong or absent completely, please let the office know so that we can correct our records.

Willie Bach	Oct 21
Sharon Schmidt	Oct 23
Mary Tollerton	Nov 12
Victor Tollerton	Nov 17
David Wilbur	Nov 19
Karyn Russo	Nov 25
Kenneth Schmidt	Nov 28

Prayer List

As you pray, please remember these people who we have been praying for on Sunday in your daily prayers:

Baby Gavin,, Baby Leah, Baby Kia, Baby Ella, Gwen, Nate, Lorraine, Rick, Billy, Dennis, Tony, People in Recovery, Betty, Linda, Charlotte Lee, David ,Lou, Lorraine, Ruth, Lucy, Gus, Joe, Paul,Jr, Jerry Remy, Theoryn, Anthony, Sonny, Viola, Ann, Becky, Ken, Sue, Sharon Matt, Diana, Jerry, Denise, Emily, Jan B, Al, Verna, Parker, Lenore, Rylie, Adam, Lynn

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 10 am Bible Study 6:30 pm Chair Yoga 7 pm UC C services	<i>2</i> 5 :30 pm HA group 7:30 pm MUCC volleyball	<i>3</i> 4:45 PM NARCAN TRAINING 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book	<i>4</i> 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross	<i>5</i> 7 am—12 pm UCC Prayer Meeting 12:30 pm Chair Yoga
<i>6</i> 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm HA	<i>7</i> 10am Survivor's group 7:30 pm MUCC Volleyball	<i>8</i> 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rainbows to Recovery	<i>9</i> 5 :30 pm HA group 7:30 pm MUCC volleyball	<i>10</i> 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book Meeting 7:pm UCC Services	<i>11</i> 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross	<i>12</i> 12:30 pm Chair Yoga
<i>13</i> 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm HA group	<i>14</i> 10am Survivor's group 7:30 pm MUCC Volleyball	<i>15</i> 10 am Bible Study 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rainbows to	<i>16</i> 5 :30 pm HA group 6:00 pm Council Meeting 7:30 pm MUCC volleyball	<i>17</i> 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book Meeting 7:pm UCC Services	<i>18</i> 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross	<i>19</i> 9am-3 pm Fall Clean Up day 12:30 pm Chair Yoga
<i>20</i> 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm HA group	<i>21</i> 10am Survivor's group 7:30 pm MUCC Volleyball	<i>22</i> 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rainbows to Recovery	<i>23</i> 5 :30 pm HA group 7:30 pm MUCC volleyball	<i>24</i> 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book Meeting 7:pm UCC Services	<i>25</i> 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross	<i>26</i> 12:30 pm Chair Yoga
<i>27</i> 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm HA	<i>28</i> 10am Survivor's group 7:30 pm MUCC Volleyball	<i>29</i> 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rainbows to Recovery	<i>30</i> 5 :30 pm HA group 7:30 pm MUCC volleyball	<i>31</i> 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book Meeting 7:pm UCC Services		

November 2019

Sun

Mon

Tue

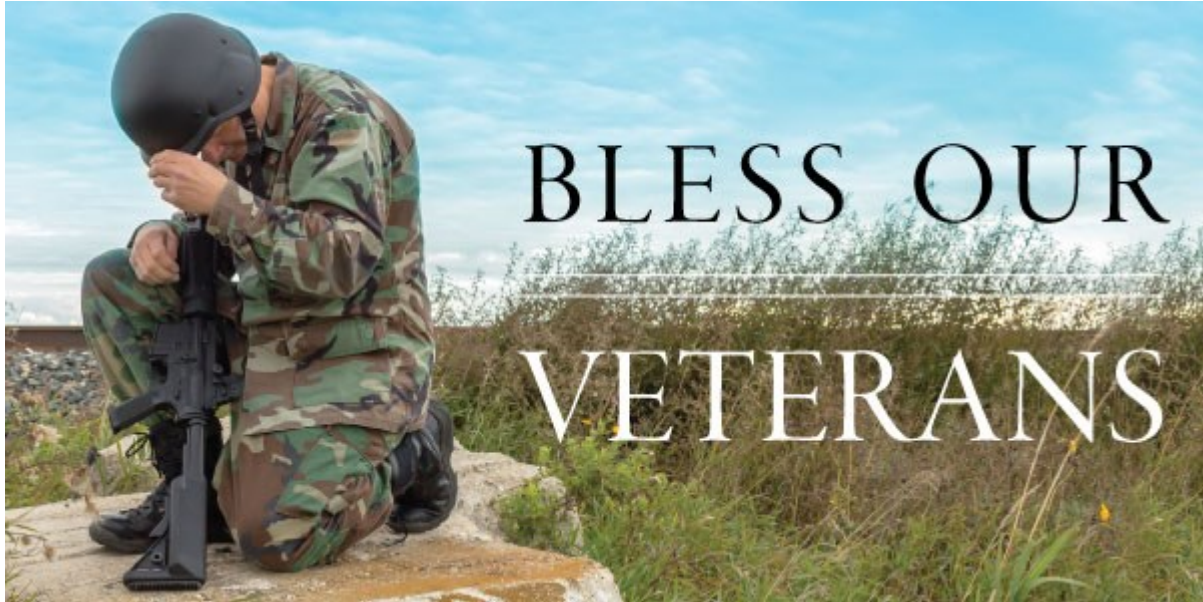
Wed

Thu

Fri

Sat

					<p>1 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross</p>	<p>2 7 am—12 pm UCC Prayer Meeting 12:30 pm Chair Yoga</p>
<p>3 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm</p>	<p>4 10am Survivor's group 7:30 pm MUCC Volleyball</p>	<p>5 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rainbows to Recovery</p>	<p>6 5:30 pm HA group 7:30 pm MUCC volleyball</p>	<p>7 4:45 PM NARCAN TRAINING 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book</p>	<p>8 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross</p>	<p>9 12:30 pm Chair Yoga</p>
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<p>17 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm</p>	<p>18 10am Survivor's group 7:30 pm MUCC Volleyball</p>	<p>19 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rainbows to Recovery</p>	<p>20 5:30 pm HA group 6:00 pm Council Meeting 7:30 pm</p>	<p>21 3 pm MUCC Basketball 5:30 pm HA group 6:30 pm Big Book</p>	<p>22 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross</p>	<p>23 12:30 pm Chair Yoga</p>
<p>24 10 am Service 11:15 Bible Study 1 pm Women's Group 2pm UCC services 7:30 pm</p>	<p>25 10am Survivor's group 7:30 pm MUCC Volleyball</p>	<p>26 10 am Bible Study 6:30 pm Chair Yoga 7 pm UC C services 7 pm Rain-</p>	<p>27 9 am Making of Stuffing 5:30 pm HA group 7:30 pm MUCC volleyball</p>	<p>28 Thanksgiving 5:30 pm HA group 6:30 pm Big Book</p>	<p>29 3 pm MUCC Volleyball 5:30 pm HA group 7:45 pm Prayers around the cross</p>	<p>30 12:30 pm Chair Yoga</p>



Honor Veterans, Service Members
& Their Families, November 11

Fall clean up day is scheduled for Oct 19, 2019. Please lend a helping hand.



October and November Helpers

	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Greeters	Scott and Pam Donovan	Bev and Lou Lombard	Jim and Sandy Lenahan	Barbara Dolan and Willie Bach	Katherine David and Norris Ellinwood	Bev and Lou Lombard	Jim and Sandy Lenahan	Barbara Magnusson and Liz Douglass
Acolytes	Anthony Robles	Mia Russo	Robbie Dygert	Gavyn Burgdoff	Anthony Robles	Mia Russo	Robbie Dygert	Gavyn Burgdoff
Worship Assistants	Liz Douglas	N/A	Michael Robles	N/A	Clare Thiem	N/A	Barbara Godbey-Miller	N/A
Lector	Jan Dudajek	N/A	Barbara Magnusson	N/A	Larry Hajdasz	N/A	Betty Galup	N/A
Coffee Hosts	Pam Donovan and Bev Smith	Bev and Lou Lombard	Barbara Magnusson	Linda Roser and John Adasek				

Jam Time :Oct: Sally Townsend/Nov Liz Douglass

Ushers : Ed Riemenschneider, Scott Donovan, Rick Dygert and Lou Lombard



201 Bleecker Street | Utica, New York 13501 | 315.738.1083 | TheCenterUtica.org

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FOR IMMEDIATE RELEASE
MVRRCR Launches Welcome & Opportunity Center.
Rebrands as “The Center.”

UTICA, NEW YORK (September 20, 2019) – Mohawk Valley Resource Center for Refugees (MVRRCR) announces the launch of The Welcome & Opportunity Center – a state-of-the-art community space and training center aimed to promote community engagement, workforce development, and inclusiveness – and with it, the announcement of their name and brand as The Center.

Founded in 1981 in response to the War in Vietnam and the 1980 Refugee Act, MVRRCR was born of a community banding together to help those in need. The organization was built around the core vision of helping refugees achieve independence and self-sufficiency by providing services and support throughout the integration process.

Since that time, MVRRCR has helped more than 16,500 individuals from 36 different countries join into the community and the workforce, and has trained more than 130 entrepreneurs—contributing significantly to the revitalization of the community and the stabilization of Utica and the county’s declining population.

“Not only have the depth and breadth of our integration services and community programs evolved over the years, but our reach has expanded as well. Building on Utica’s history of welcoming immigrants, refugees, and the community at large, The Welcome Center is a place of inclusion, and a hub for workforce development and economic growth,” says Executive Director Shelly Callahan. “And in an effort to better reflect our core position in the community, we’ve renamed and rebranded as The Center.”

For a city with such a rich migrant history, the future looks bright. And, as The Center’s expansion of physical space and services means a continued focus on the cultural and economic vibrancy of Utica and the greater Mohawk Valley Region, the organization has created a model that can be adopted across New York State, and beyond.

For more information, please visit TheCenterUtica.org. For additional media materials, please visit TheCenterUtica.org/media.

About

The Center is a nonprofit organization dedicated to helping refugees and immigrants successfully settle in the Mohawk Valley region by offering programs that promote independence and full participation in the greater community. Since its inception in 1981, the organization has been instrumental in stabilizing the area’s declining population, fostering significant economic growth, and cultivating a thriving, vibrant and inclusive multicultural community.

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Many Cultures. One Community.





LUTHERAN CHARITIES APPEAL

Scheduled for October 27, Nov 3 and Nov 10, 2019

"Things hoped for..."

These special ministries are an extension of ministry done in one of our congregations. Through your gifts, we become partners in their work.

Appleseed Community: Developing community among Southside residents living in poverty; providing a hot meal, fresh food, activities for youth, and a job mentoring program. Joint effort by Atonement, South Valley Presbyterian, and Campus Ministry.

Blessings in a Backpack – Oswego County

Blessings in a Backpack – Onondaga County

Both of these programs provide food for hungry students over weekends and school breaks. Each county operates separately. Supported by the people of Prince of Peace, Fulton and St. Paul's, Liverpool.

Central Crossroads Conference: Care for congregations, training for leaders, and developing shared ministries. Supported by the office of Dean.

Lutheran Campus Ministry at Syracuse University

Expanding minds, deepening faith, inspiring service in our multicultural and secular world, LCM reaches out to spiritually hungry students.

St. Paul's, Redwood Food Pantry: Feeding the hungry this year means we need food to keep our freezer full and our shelves stocked.

Vanderkamp: VK fosters positive youth development through a Christian camping experience. These funds will support our camperships for 2019.

Watertown Urban Mission: This is an ecumenical outreach to the poor and the powerless in Jefferson County.
dia/Watertown

Your Neighbors: An inter-faith ministry which provides home cooked meals, accompaniment to medical appointments, shopping assistance to the elderly and disabled in Utica. Our Savior and Zion LC

When the Charities Appeal began more than two decades ago, it served as a clearing house for many of the little pots of money congregations passed on to local ministries.

As the years progressed and funding from the wider church to many conference ministries was decreased or eliminated, the Appeal took on a larger role in supporting the work that moves the Gospel beyond the walls of Lutheran congregations in Central New York.

The need to keep our ministries funded has never been greater than it is today.



We Are Church, We Are Called

50•40•10

In 2019 and 2020, the ELCA is celebrating the 50th anniversary of the church's decision to ordain women, the 40th anniversary of the ordination of women of color and the 10th anniversary of the church's decision to remove barriers to ministry for persons in publicly accountable, lifelong, monogamous same-gender relationships.

With gratitude for those who have gone before and hope for the future, the ELCA gives thanks to God for the ministry of women. In 2019 and 2020 we celebrate 50 years of Lutheran women being ordained in the United States, 40 years of women of color being ordained, and 10 years of LGBTQIA+ individuals being able to serve freely.

As part of this anniversary year, we lament that women have been barred from serving and have been bullied, dismissed and excluded. We also celebrate the gifts and service that women have brought to our church and our world as pastors.

ELCA presiding bishop issues pastoral message on racism and white supremacy

September 13, 2019

There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus (Galatians 3:28).

Racism — a mix of power, privilege, and prejudice — is sin, a violation of God's intention for humanity (*Freed in Christ: Race, Ethnicity, and Culture*, 1993).

Dear Church,

Centered in Christ, the 2019 Churchwide Assembly was significant in many ways: worship, thoughtful deliberation and prayer led to the adoption of memorials and resolutions that will shape this church for years to come. Among these decisions, this church was called to address the deadly power of racism and white supremacy. Martin Luther's clear exposition of the gospel — that God justifies, that we are redeemed by the death and resurrection of Jesus, and that grace is a gift — not only makes it possible to engage in this work but gives us a framework in which to do it. The doctrine of justification is a great leveler. It acknowledges that no one group of people can claim supremacy over others. We are all deeply in need of grace, and God gives this gift to all. Standing equally under the judgement and promise of the gospel, we, as a church, can recognize the overt and covert ways that a culture of white supremacy denies full humanity to all people, and we can work to dismantle it.

We offered a [public apology](#) titled "Declaration of the ELCA to People of African Descent." In the context of the quadricentennial remembrance of American slavery in this country, we acknowledge that racism and white supremacy are deeply rooted in that history, and that the church is complicit. This apology "means working toward a deeper understanding of slavery and its legacy, of institutional and structural racism, of white privilege, and of attitudes and foundations of white supremacy." It was accepted by the African Descent Lutheran Association with a call to accountability. You can watch the video [here](#) and utilize this [explanation](#) as a resource. In June the Council of the Lutheran World Federation, our global communion, also adopted a [resolution](#) commemorating the quadricentennial.

We adopted a [resolution](#) condemning white supremacy. Through study, prayer and action, we call "all congregations of the Evangelical Lutheran Church in America to engage in communal study of the structures and rhetoric that empower and fuel racism and white supremacy and to take to heart the teaching of Scriptures, so we may all be better equipped to speak boldly about the equal dignity of all persons in the eyes of God." Whether our churches and communities are racially diverse or predominantly white, this is work for all of us. We have several existing racial justice [resources](#) available to support this work.

We adopted a [resolution](#) to establish June 17 as "Emanuel 9 Day of Repentance," commemorating the martyrdom of Clementa C. Pinckney, Cynthia Marie Graham-Hurd, Susie Jackson, Ethel Lee Lance, Depayne Middleton-Doctor, Tywanza Sanders, Daniel L. Simmons, Sharonda Coleman-Singleton, and Myra Thompson by a violent white supremacist, Dylann Roof, who grew up in the ELCA. The resolution calls for June 17 as a day of repentance, grounded in prayer; worship resources are currently in development. It also calls for deepening conversations with the African Methodist Episcopal Church on matters of racism and white supremacy, and building upon the long-standing relations between our two churches. A letter I received from the senior episcopal leadership of the African Methodist Episcopal Council of Bishops noted that "Martin Luther was the 'Great Reformer.' Richard Allen started the AME Church to reform the racially divided American Christianity he experienced in his lifetime. It is appropriate that Churches birthed by these two persons who sought more authentic and true expressions of Christianity engage in conversations that will lead to 21st Century reform, justice, and reconciliation." In response, I have acknowledged the significance of their willingness to engage in deeper conversations with us, as an affirmation of our striving to be accountable in and through authentic relationships. I shared my hope that our talks since 2015, as well as previous rounds of dialogue between our two churches, will enable us to develop new models that move us from [dialogue to diapraxis](#), or dialogue in action, for the sake of our witness to our unity in Christ in these divisive and deadly times. As you think about possibilities in your local context, I commend to you the congregational resource we co-published in 1996, "[Understanding One Another](#)." These recent developments build upon the continuous work we are doing as the ELCA and in ecumenical partnership. Through bilateral work, such as our joint [Statement of Mission](#) with the African Methodist Episcopal Zion Church, and in councils and coalitions, especially the National Council of Churches and its [A.C.T. Now to End Racism](#) initiative and the cross-racial dialogue of the [Conference of National Black Churches](#), we are doubling down on our work, witness and advocacy with other Christians against racism and white supremacy.

You, in congregations and synods, are identifying new and renewed possibilities for engaging in this difficult but life-giving work and witness. We take the next steps together assured that there is no longer that which divides us, for we are one in Christ Jesus.

In peace,

The Rev. Elizabeth A. Eaton
Presiding Bishop, ELCA

All are invited!

Fall Festival of Song in the Welsh Tradition

A Gymanfa Ganu sponsored by St. David's Society of Utica

Sunday, October 13, 2019

3:00 PM

Tabernacle Baptist Church

12 Hopper Street in Utica

Conductor will be Jay G. Williams III

Organist will be Michael Moore

Pianist will be Jeanne Jones

Special Choral Music offered by choirs from Tabernacle Baptist Church

A reception ("te bach") will follow the singing

A Free Will Offering will be received

Attention Married Couples:

Last chance to sign up for the Lutheran Marriage Encounter Weekend on November 1-3, 2019, at the lovely Hampton Inn Berkshires in Lenox, Massachusetts. Learn new communication skills which will result in more closeness and intimacy in your marriage! This is the final Weekend to get the half price registration fee of \$50 in honor of Marriage Encounter's 50th Anniversary. Please go to www.GodLovesMarriage.org, and pay the registration fee plus the Weekend fees with a credit card, or mark the option to mail a check. This covers your 2 nights in the hotel and 5 meals for each of you plus all supplies. For questions, please contact Northeast US Directors of Lutheran Marriage Encounter, Fred & Julie Schamber at fjschamber@comcast.net or 724-325-3166.

Highlights of 9/18/2019 Council Meeting

Call to Order

Devotions

Outreach Report: Larry Hajdasz reported on AA meetings, members of AA helping with cleaning, are receptive to helping. Looking to have other groups help also. He stated that the people from his day job will be conducting workshops here on Weds or Thursdays to assist community. Chair yoga started on 9/17/19 in our gym, has several people who are handi-capped and is a great thing for this community. Is looking at grants for a community garden from American Heart Association, will need permission from The Grand to use the lot. The AA Group is planning their annual Halloween Party.

Treasurer's Report: Everything is going as planned as per budget and special meetings held with congregation

Property Report: Clare Thiem reported on scheduling clean up day for the fall. The date of October 19th was agreed upon. He states that the roof is in the process of being repaired, with the roof over the Narthex having been found to have a lot of water damage and therefore needed new wood put down, The roofer Rieben Roofing is coming in with new material to change the angle of the pitch which should help it last longer. The insurance company sent a check for the repair of the lighted sign on the front lawn, which was damaged by vandals. Jim Lenahan is checking into finding a mason to repair columns on the portico. Barbara Godbey-Miller suggested we look into Boces for students that may want to do repairs as part of their training. The committee is looking painting the floors in the basement and into replacing the overhead lights that were damaged.

Unfinished Business

Audit for Synod: Still need to find a volunteer to complete audit, all who were approached were unable to help. It must be completed by someone who is not treasurer, financial secretary or a clerk.

Cameras (exterior and interior) on church property was discussed and it was decided that it would be a sound investment.

We welcomed 4 new members to the congregation: Larry Hajdasz, Paula Caruana, James Wrana and Angela Wong.

Closing Prayer

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315-404-6045
Barbara Godbey-Miller, Vice president
315-269-7032
Seymour Morris, Treasurer
315-580-2305
Jan Dudajek, Secretary
315-736-8685
Michael and Anthony Robles, Jr Members

Coffee Hour Coordinator: Barbara Magnusson

Hope House Coordinator: Jan Dudajek

Altar Guild Coordinator: Gerry Presser

JAM Coordinator: Pam Donovan

THE MESSENGER

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Be sure that your group's upcoming events are included. All members of the congregation are welcome to submit information for the monthly Messenger. Articles may be sent to the church office, dropped off or emailed to: oslc-utica@verizon.net
The Editor reserves the right to edit

Our Community Outreach

Members of Our Saviour live among God's faithful people, serve all people, and strive for justice and peace in all the earth by sharing our building and supporting these programs:

Alcoholics Anonymous® a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism holds regular meetings in our facility.

Seeds of Hope, a local food pantry is a collaborative effort of First Presbyterian—Utica, Our Saviour, New Hartford Presbyterian, and New Hartford United Methodist churches.

Hope House, a safe haven providing meals and other services in Utica is supported by volunteers from our congregation.

Heroin Addicts Anonymous: a resource program for individuals who are affected by drug-related problem or related mental health problem meets weekly in our building.



Join Us for Worship

Worship at 10:00am

Jesus and Me (JAM) children's time

*As faithful believers of Our Saviour Lutheran Church
we profess the covenant God made with us in our Baptism:
to live among God's faithful people,
to hear the word of God and share in the Lord's supper,
to proclaim the good news of God in Christ through word and deed,
to serve all people, following the example of Jesus,
and to strive for justice and peace in all the earth.*

PLACE
STAMP
HERE

Our Saviour Lutheran Church
1640 Genesee St
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