

**CHURCH OF OUR SAVIOUR**  
**PO Box 827 Lebanon Springs, NY 12125**

**GIDEON'S TRUMPET November 2023 VOLUME 15 #5**

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**Covid Update:**

The Diocese has stated that each Church may establish its own Covid protocols. Our Vestry has voted to return to the full Eucharist. We may now go to the altar for the bread and wine, however, this is optional. If you wish Father Lockwood to come to your pew, please let him know. The "Peace" will still be exchanged from our pews. No hugging for the time being. We will continue to monitor Covid activity in Columbia County and update as necessary.

**Church Calendar:**

11/19 Holy Eucharist Rite II with music 8:30 am

11/22 Bible Study 5:30 pm

11/26 Holy Eucharist Rite II 8:30 am Laying on of Hands and Anointing with Oil

11/29 Bible Study 5:30pm

12/3 ADVENT begins Holy Eucharist Rite 1 from Irish liturgy with music 8:30 am Teaching Sunday

12/6 Bible Study 5:30 pm

12/10 Holy Eucharist Rite I 8:30 am

12/13 Bible Study 5:30 pm

12/17 Holy Eucharist Rite II 8:30 am GREENING OF THE CHURCH 9:30 am

12/20 Vestry 6pm

12/24 Holy Eucharist Rite II 8:30 pm

**12/24 CHRISTMAS EVE SERVICE HOLY EUCHARIST RITE II 6:30 PM**

**12/25 CHRISTMAS DINNER AT CHRIST CHURCH COXSACKIE 2PM TAKE OUT**

12/27 Bible study TBD

12/31 Holy Eucharist Rite II service D Laying on of Hands and Anointing with Oil 8:30 am

## Diocesan News:

Bishop Elect Jeremiah Williamson has now received all the needed additional votes from the United States Episcopal church and is scheduled for Ordination Saturday 2/ 24 in the Cathedral of All Saints. He and his wife were in the Albany area to work on housing and to meet with the Standing Committee and meet the Clergy. They are looking forward to joining us soon.

The Standing Committee continues to run the business of the Diocese of Albany they send out information reports after the meetings and copies of those are found in the Hall on the bulletin board as you enter the room on the left as well as copies of Vestry minutes.

The Deanery meeting was held in Greenville on 10/29, the Dean went over information related to the Deanery. Mary will give a report/ add to this newsletter.

Parish giving: It is the time of year when we put an emphasis on giving especially to our community. We have several opportunities again this year.

1. Thanksgiving giving: The Vestry voted to give \$30 to the Joseph P. Dwyer Veterans food pantry for preparing Thanksgiving Meals for Veterans in need in Columbia County.
2. Backpack Program: We will be collecting for this program until 12/1, checks can be made out to the church, put back pack program in the memo line and the Treasurer will forward the money to the program.
3. Shoeboxes: We packed 11 shoeboxes for needy children. Thanks to Eugenia for collecting so many children's items and helping us make sure that every shoebox was stuffed to overflowing.
4. NLCS Christmas: The school is again giving gifts to the students at NLCS in need. They will be sending us the information for 6 students for us to give gifts to. Mary Young will have that information available at the service on 11/29.
5. New Lebanon Christmas: The vestry asked the Chairperson of the town Christmas giving program to give us the name of a family in need. Once she has shared this information with us, we will distribute it so you can join in the giving.
6. Christ Church Coxsackie Christmas Giving: Father will give us information about the Christmas giving program at Christ church. We will distribute that also.
7. Christ Church Coxsackie Christmas Dinner: We will be collecting canned goods and or money for the Christmas dinner held in Coxsackie. Each year the church cooks a dinner and then distributes it to families who have asked for it. In addition to the fixings for the dinner they can always use hands to prepare it and to distribute it. Let Father know if you can help with either of those needs. Dinner is provided for those who help.

The Parish will be distributing Pledge cards during November. Please be prayerful in how you can help financially in the caring for our church property and providing the GOOD NEWS OF JESUS CHRIST to the New Lebanon Valley and beyond. We ask these be

returned by 12/3 to allow the treasurer time to prepare a budget for 2024. Thank you for your continued support of our ministries all year long.

### **Programs:**

**Charlies Pantry:** Our members give nonperishable food items and household supplies as well as support the fuel fund. A food basket for donations is located in the back of the sanctuary. Eugenia delivers the food twice a month to Charlie's Pantry for distribution. This Pantry is open to the community in need on Saturdays.

### **Building Fund: Money Needed for New Driveway for the Rectory**

We have installed a proper driveway for the Rectory. The cost is \$3500. This is not a budgeted expense. We did budget for a new roof on the Rectory garage which was completed this Spring. This is a financial challenge and any help you can provide will be greatly appreciated.

### **Trunk or Treat**

Saturday October 28<sup>th</sup> we participated in the New Lebanon Trunk or Treat  
Misty did a great job decorating our truck ...and we were able to pass out loads of candy to the local children  
Thanks to Father Frank & Misty for their work

## **From Father Frank Lockwood:**

Dear Brothers and Sisters in Christ;

Here we are in the first days of Autumn. Honestly, Autumn is my favorite month. Not sure why. I know it is a season of last-minute preparation for the nap that much of nature will take during the winter months. I see the leaves turning colors and dropping off the trees. This year, the transition happened quickly. At least out front of the rectory. I didn't get the chance to see the maple tree go into that golden color that autumn can sometimes bring.

Cold rains come along with the changing of the season. No more will the next downpour offer a refreshing relief from heat and humidity. Quite the opposite as the rains will mean cold and damp trying to get into my bones. The menu at home will change. We go from bright salads to darker stews, pastas, sauces, meatloaf with sticky mashed potatoes or perhaps another stab at crockpot mac n cheese. All in an attempt to drive the dampness away and feel cozy and warm inside.

Soon, we will smell the first frost. We have come close for sure, a few mornings just out of the thirties for temps. That crispness to the air will open other smells as well. Unlike summer when the humidity will decrease how far scent travels, the air as we move towards winter will have less and less interference from smells of cooking and home. There was one-night last year as I smelled the stew that had been in the crockpot all day—as I got out of my truck in the driveway. It was like being welcomed home and invited in just by the smell of the food.

Others I know will be struggling with this time of year. The days get shorter. It seems more difficult to get outside and remain active. Season depression may play a role. I get it. I too have struggled in the past with the same. Mine was more rooted in events related to my family growing up, but still the same emotional baggage stopping by to visit every year. When I became aware of it, thanks to a friend, I was now faced with the choice of either living into it or doing something about it. Eventually I did something about it. I still have my moments. Occasionally, I must throw a dinner together that is more of a summer meal to help fight off the blues—nothing like a good hamburger or steak on the grill when it's 9 degrees out!!

Our view of the world really does depend much on how we interpret what we see in front of us. For those caught amid depression, the interpretation of what they see will be such to add to the depress—becoming keenly aware of what they don't have or who hasn't come around or how much they have lost, etc. I am not trying to oversimplify by the way. I know about the chemical changes that occur within the brain as a result of depression as well as effects of brain injuries including CTE. However, there is no denying that the way we choose to interpret sensory input (and situations) will have a direct impact on how we handle them.

I knew someone who hated the fall. They saw it as a season of “everything is dying”. They would completely withdraw during the fall and winter months. Their family would have to

spend a lot of time attempting to draw them out. They would stop going for their walks, out for meals with friends or even spending time during the day with friends. I have to say that their interpretation of fall carried over to many other aspects of their life. They never saw gains. They only saw the losses. They saw any change as a loss to “what was”.

In the context of my faith, I have decisions to make how I interpret things as well. These decisions will have a direct impact on whether my faith is strengthened or weakened. A young man I refer to as my Godson recently was in a motorcycle accident. He got banged up hard. His bike is a loss. He still has his life though and, once his ribs heal a bit more, he will be back up and doing everything he used to do. Some can interpret this as luck. Others will attribute it to fortune. Others will say that the blessing prayed for didn't work—or God would have prevented the accident. I would argue against all of these. I will choose to see the blessings in what took place. God gives us choices to make. That includes the choice to maintain our vehicles and to ride/drive within safe limits or not. When we step outside of those limits, whose choice is that? And who should have to face the circumstances that were just created?

Also, looking at the physics of what occurred, he shouldn't be here. He was tossed by momentum off his bike landing on his ribs on a guardrail and then bouncing over onto a gravel embankment that ends in a 40' drop off. He hit gravel and stopped. I don't see this as anything short of that blessing having done its job. No concussion or life-threatening injuries. I will choose to see the blessing and I will allow that choice to strengthen my faith.

I have been hurt as many of you know and as many of you have been yourselves. I get it. It is not easy to keep getting back up and trying to move forward again and again. I get it. It gets tiring. One can sometimes hit a limit that will break one's faith. Allow that to happen, but don't quit. Let the dryness of the desert feel like it has left your faith nothing more than the pile of bones Ezekiel encountered. But don't quit. Know that this is only temporary. You have entered Autumn and Winter. On the other side, though, is Spring. A refreshing of life. Hold onto those around you during these times when the sunlight seems so little. Share good meals and fellowship. Laugh from your belly. And allow the faith of others to feed yours.

Soon, a warm breeze will announce another change of the seasons and you will spot that first blossom breaking through. That my friend is hope.

In the love of Christ,

Fr Frank

