

Christ Lutheran Church

1500 Western Avenue Albany, New York 12203-3525

Chronicles September 2015

Message from the Pastor

Sisters & Brothers in Christ,

God's Word never ceases to amaze me by its ability to provide fresh insights through verses that I've read many, many times.

Jesus called out with a loud voice, "Father, into your hands I commit my spirit". (Luke 23:46)

We are familiar with these words our Lord spoke from the cross and we should remember Jesus' sacrifice for all sinners. The more I thought about it, though, the more I realized that the cry, "*Father, into your hands I commit my spirit*" should not be restricted to Good Friday, but needs to echo in my mind and life throughout the year.

At that moment on Calvary, Jesus completed the work of our salvation and willingly gave up His life. But our Savior did not commit His spirit to the Father only as He died. Jesus had committed His spirit and His entire life to the divine work of saving humanity from sin and death. The Son was committed to saving us and so left the glory of heaven to be born in a manger and live a life that would lead to the cross. Jesus' life was one of total commitment to God -- and to you and I, who so desperately needed a Savior. By the wondrous gift of faith, we have been joined to Christ and have received the Holy Spirit, so that we may also commit our spirits and our lives to God -- Father, Son and Holy Spirit.

As summer ends, I urge all of you to ponder these last words of Christ. Remember all that Jesus has done and will continue to do for you. And then pray that by the power of the Holy Spirit, you may be able to respond joyfully to God's gracious love by recommitting your lives to Jesus Christ and His Good News. Be faithful in worship, dig more deeply into God's Word, and enjoy the company of your fellow saints in Christ.

May each of us proclaim every day, "*Father, into your hands I commit my spirit*".

+Pastor Russ Craig

Worship

Sunday 10:30 A.M.
Holy Communion

Wednesday 11:00 A.M.
Holy Communion

Pastor

Rev. Russell Craig
(518) 369-7631

Secretary

Madison Murray
(518) 456-1530

Music Director

Sharon Calka

Church Office (518) 456-1530

Tuesday to Thursday
9:00 A.M. to 12:00 P.M.

Friday

8:00 A.M. to 11:00 A.M.

church@clcalbany.org
www.clcalbany.org

CHURCH NEWS & EVENTS

+ New Bible Study Begins in September: "See Through the Scriptures"

This 8-session course provides the basic framework needed to understand the sweep of the Bible's narrative, and thus see how the "jigsaw pieces" of Scriptures fit together. "See Through the Scriptures" brings clarity to the biblical story and will help you gain deeper insights into the profound, radical nature of Jesus' life and ministry.

When: Mondays beginning September 21.

10:00 A.M. & 6:30 P.M. sessions to fit your schedule.

Cost: \$20 per person for a student manual & workbook (couples may share one set).

Cash or check to "Christ Lutheran Church" (note "Bible Study").

Payment due by Sept. 21 (happily accepted earlier).

Bring or mail payment to the church - include your name and phone.

Registration is required by September 4.

If you will attend, contact Pastor Russ Craig.

Email rjcraig@gmail.com

Cell 518-369-7631.

+ Report from CLC TSL Expansion Committee

The first meeting of the committee was held on Thursday, July 23rd. Committee members representing CLC are: Joe Fahd, Jeff LaPorte, Brian Maki, Sandy Smith, Pat Spolyar, with Pastor Craig as Advisor and I (Bill Spolyar) as Chairman. Members representing TSL are the three Partners: Shameka Brown-Johnson, Lynette Smith and Tom Styles. Professional members are: Brent Kosoc, VP of BBL Albany; James Coleman, AIA, Principal, HCP Architects and Bill Mafriaci, Project Engineer, Hershberg & Hershberg. During the first part of the meeting, TSL presented fairly detailed information about their program so everyone had a base to help design and spec the building. Next everyone was asked if they had any questions/concerns, etc. about the addition project.

Examples of issues/concerns raised:

- A. Need to match look of brick on current building
- B. No flat roof
- C. Utility room in new addition-janitors closet
- D. Adequate storage space for both Church and TSL (use of stage area)
- E. Separate entrance for TSL from parking lot (well lighted)
- F. Location of doorway from fellowship hall to new building
- G. Mechanicals for new addition
- H. Need to expand parking lot?
- I. Kitchen or at least refrigerators in new building
- J. Move current shed to new location
- K. Playground location and equipment, fencing, etc
- L. 8' to 10' blacktop strip around new addition to allow for snow removal.
- M. R rating for building.

After a couple of hours of very fruitful discussion, the architect will develop a first draft of the building plans and we will meet again probably after Labor Day to discuss draft for further refinement. In the interim, the engineer will do a survey of the property for elevations, utility locations, etc. I would be glad to answer any questions you may have.

Bill Spolyar, Chair

THE LUTHERAN CARE NETWORK'S WELLNESS TIPS FOR SENIORS

4 Ways to Prevent Dehydration

Dehydration increases with age and is a common health issue that can lead to bigger problems such as urinary tract infections and low blood pressure. Here are a few valuable tips for families and caregivers on keeping your favorite senior hydrated:

1. Offer fluids on a regular basis throughout the day.
2. Encourage 8 oz. of fluid intake every time the senior takes medication.
3. Keep water bottles and/or a water cooler available throughout the day wherever the senior is (for example, in bed, on the patio, throughout the house or at the senior living community).
4. Provide favorite "mocktail" concoctions, infused water, or your senior's favorite beverages (make sure they're not caffeinated or alcoholic).

FINANCIAL REPORT: JANUARY - JULY 2015

Income \$ 66,552.06

Expenses \$ 71,259.39

Difference \$ - 4,707.33

REMEMBER IN YOUR PRAYERS

Carol Fike
Pastor Arthur Gerhardt
Hilda Griessel
Herta Haupt
Joe Henstenberg



SEPTEMBER BIRTHDAYS

1 Gloria Maki
Timothy Schildt
7 Richard Smith
21 Brian Flood

Family & Friends

Ed Beutel (brother of Bea White)
Erin Carhart (niece of Della & Joe Henstenberg)
Benjamin Chagnon (infant being treated for neuroblastoma)
Shirley Curry (widow of Pastor Kenneth Curry)
Jean Davis (sister of Anne MacIntosh)
Kenny Holsopple (friend of Sandra Smith)
JoAnn Kniskern (sister-in-law of Judy Bliven)
Kim Krizan (friend of Davia LaChapelle)
Bob Kushner (friend of Lorraine Urbano)
Heather Mires (granddaughter of Loretta Flanders)
Harold Mathis (brother of Carol Fike)
Penne Naas (friend of Gloria & Brian Maki)
Peter Noonan (nephew of Joe & Della Henstenberg)
Jaxson Prudhomme (cousin of Madison Murray & Vinny DeMoor)
Vicky Quay (daughter of Joan Long)
Jerry Sutherland (brother-in-law of Sandy Smith)
Robert Way (WWII brother of James Way)

September 2015

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 7:30am All-Day TSL 12:00pm Al Anon 8:00pm AA	2 7:30am All-Day TSL 11:00am Communion 7:30pm GA	3 7:30am All-Day TSL	4 7:30am All-Day TSL 7:30pm AA	5
6 10:30am Communion 4:00pm Micronesians 8:00pm GA	7 <i>Labor Day</i> Office Closed	8 12:00pm Al Anon 1200pm Christ Women 2:30pm TSL 8:00pm AA	9 11:00am Communion 2:30pm TSL 7:30pm GA	10 2:30pm TSL	11 2:30pm TSL 7:30pm AA	12
13 10:30am Communion 4:00pm Micronesians 7:30pm GA	14 7:30pm TSL All-Day 6:30pm Deacons 7:00pm Council	15 12:00pm Al Anon 2:30pm TSL 8:00pm AA	16 11:00am Communion 2:30pm TSL 7:30pm GA	17 2:30pm TSL	18 2:30pm TSL 7:30pm AA	19
20 <i>Newsletter</i> <i>Deadline</i> 10:30am Communion 2:30pm Micronesians 7:30pm GA	21 10:00am Bible Study 2:30pm TSL 6:30pm Bible Study	22 12:00pm Al Anon 2:30pm TSL 8:00pm AA	23 11:00am Communion 2:30pm TSL 7:30pm GA	24 2:30pm TSL	25 2:30pm TSL 7:30pm AA	26
27 10:30am Communion 2:30pm Micronesians 7:30pm GA	28 10:00am Bible Study 2:30pm TSL 6:30pm Bible Study	29 12:00pm Al Anon 2:30pm TSL 8:00pm AA	30 11:00am Communion 2:30pm TSL 7:30pm GA			

All newsletter articles and announcements must be submitted to Madison by the 20th of each month.

Date	Communion Assistant	Lector
6	Linda Halbrend	Linda Halbrend
13	Lorraine Urbano	Lorraine Urbano
20	Bill Spolyar	Lois Ruppert
27	Pat Spolyar	Jeff LaPorte