

# Christ Lutheran Church

1500 Western Avenue Albany, New York 12203-3525

## Chronicles December 2015

### *Message from the Pastor*

My Friends in Christ,

All of us have dates that are so etched into our minds that we will never forget where we were and what we doing that day.

*November 22, 1963?* I was in Mr. Sporano's 5<sup>th</sup> grade class at Bradt Elementary School. I felt sick that day and I went home early.

*September 11, 2001?* It was just about the most beautiful morning ever. I picked my mother at her assisted living facility and took her to a doctor appointment.

*December 4, 2005?* That afternoon I was at Christ Lutheran Church being ordained into the Office of Holy Ministry and installed as your Associate Pastor.

Isn't that amazing? Ten years have flown by already. And you and I are still here, gathered around God's Word and Sacraments, sinner saved by God's grace through the gift of faith because of Jesus.

I searched through my computer files and found my ordination and installation service. Here is the Epistle reading from 1 Timothy 1:15-17:

*The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life. To the King of ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen.*

God – Father, Son and Holy Spirit – continues to be patient with me and blesses me with His mercies daily. I thank all of you for the patience and forgiveness that you have shown me over the past decade. I do not know what the next 10 years has in store of us, but I am certain that if we hold on to Christ and each other with faith, humility and love, our futures are secure.

My prayer for you is the same as Bishop David Benke prayed for me a decade ago:

*May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing His will, and may He work in you what is pleasing to Him, through Jesus Christ, to whom be glory for ever and ever. Amen.*

**+Pastor Russ Craig**

#### **Worship**

Sunday 10:30 A.M.  
Holy Communion

Wednesday 11:00 A.M.  
Holy Communion

**Christmas Eve**  
**Carols & Candlelight Service**  
7:00 P.M.

#### **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***

### **ADVENT AND CHRISTMAS ACTIVITIES & SERVICES**

All are invited to attend these events and worship services:

**Wednesdays** (11:00 A.M.) - Holy Communion with an Advent sermon series (no service Dec. 9)

We will look at the Christmas story through the eyes of Zechariah, Joseph and Mary.

**Saturday, December 5** (3:00 P.M.) – ***Church Decorating Party***

This is a fun afternoon & evening putting up decorations, singing carols, and eating good food.

**Sunday, December 6** (4:00 P.M.) – Guilderland Advent Service at Christ the King Catholic Church

The pastors and choirs of Guilderland present the stories and songs of Advent & Christmas.

**Christmas Eve, December 24** (7:00 P.M.) - ***Service of Carols & Candlelight***

Celebrate the birth of our Savior, Jesus Christ.

### **PASTOR CRAIG ON VACATION IN DECEMBER**

Pastor & Carole will be on vacation December 6 to 13. Deacon Tom Craig will lead a Service of the Word on those two Sundays. The 12/9 Wednesday morning service will not be held.

If you have a pastoral emergency, please speak with Madison in the office (456-1530) or Sandy Smith (461-1701) and a local pastor will be contacted.

### **JEAN GRASER HAS MOVED TO QUEENSBURY**

Jean Graser, wife of our late pastor, Rev. Al Graser, has moved back to the North Country. Her new address 536 Luzerne Road, Queensbury, NY 12804.

## ***HOLIDAY GIVING OPPORTUNITIES***

### **EMERGENCY OVERFLOW SHELTER**

The homeless shelter has requested the following items:

Canned meats (tuna, beef, chicken)

Canned vegetables (beans, carrots, corn, spinach, peas, potatoes, etc.)

Snack items (juice boxes, applesauce, granola bars, crackers)

Beverages (fruit juice, lemonade, Kool-Aid mixes, coffee)

Sliced bread, peanut butter,

Canned soup, chili, beef stew

Boxed meals that require only water

Instant oatmeal,

Pasta and pasta sauce

Powder creamer and sugar

### **GUILDERLAND INTERFAITH FOOD PANTRY**

We are also collecting canned food, peanut butter, paper products, etc. for the food pantry.

### **THANK YOU FOR SUPPORTING OPERATION CHRISTMAS CHILD**

**34** shoeboxes were donated this year and will be distributed to children around the world. Thank you!!

### ***FINANCIAL REPORT: JANUARY – OCTOBER 2015***

Income \$ 92,773.50

Expenses \$ 93,770.56

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Difference \$ - 997.06

## Senior Wellness Tips

Muscle weakness is the major reason elderly Americans need to incorporate some type of exercise into their daily lives. Building muscle tissue around bones is the best means we have of protecting them from the weakening effects of aging. When your leg and hip muscles are strong, you are less likely to fall, and should you experience a fall, it is less likely to result in a fracture.

According to the National Institute on Aging, there are four areas of fitness that are key to staying healthy and independent as long as possible: Strength Training, Endurance, Flexibility and Balance.

Make your activities a part of your everyday life. It is easy to do. Wellness programs are all around us today. Check with local churches or synagogues, senior centers, parks, recreation departments, YM/YWCAs, or even local shopping malls. Find a partner to keep you motivated. Do things you enjoy, such as brisk walks while listening to music, gardening or raking leaves in the yard, or physical tasks around the house. Just remember: stop if your body tells you “no more.”

Check with your doctor first. And, while you’re doing that...don’t forget your flu and Pneumovax shots. It is that time of year! -- *From The Lutheran Care Network (TLCN)*

### REMEMBER IN YOUR PRAYERS

Carol Fike  
Pastor Arthur Gerhardt  
Hilda Griessel  
Herta Haupt  
Joe Henstenberg  
Judy LaHart  
Hazel Lanza



#### DECEMBER BIRTHDAYS

6 Jeffrey LaPorte  
7 John Zamurs  
25 Michael Halbrend

#### *Family & Friends*

Ed Beutel (brother of Bea White)  
Christopher Bombardier (relative of Dell & Joe Henstenberg)  
Elizabeth Brickman (US Navy, Camp Lemmonier, Djibouti, Africa)  
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)  
David Dilloway (uncle of Matthew Woehlke)  
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)  
Brian LeBuis (friend of Jeff & Mary LaPorte)  
Heather Mires (granddaughter of Loretta Flanders)  
Harold Mathis (brother of Carol Fike)  
Peter Noonan (nephew of Joe & Della Henstenberg)  
Vicky Quay (daughter of Joan Long)  
Nicole & Alex Rodrigous (relatives of Della & Joe Henstenberg)  
Diane Schwegler (cousin of Sandy Smith)  
Jerry Sutherland (brother-in-law of Sandy Smith)  
Robert Way (WWII brother of James Way)  
Kyle Zindell (friend of the Bentsen Family)

## DECEMBER 2015

| <i>Sunday</i>   | <i>Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   | <i>Saturday</i>   |
|---|---|--|--|---|---|---|
|   |   | <b>1</b><br>7:00am<br>TSL All Day<br>12:00pm<br>Al Anon<br>8:00pm AA   | <b>2</b><br><b>11:00am</b><br><b>Advent</b><br><b>Communion</b><br>2:30pm TSL<br>7:30pm GA         | <b>3</b><br>2:30pm TSL<br>7:00pm<br>Strawberry<br>Lane Assoc.   | <b>4</b><br>2:30pm TSL<br>7:30pm AA   | <b>5</b><br><b>3:00pm</b><br><b>Church</b><br><b>Decorating</b> |
| <b>6</b><br><i>Pastor away</i><br><b>10:30am</b><br><b>Service of Word</b><br>4:00pm<br>Micronesians<br><i>4:00pm</i><br><i>Guilderland</i><br><i>Advent Service</i><br>8:00pm GA | <b>7</b><br><i>Pastor away</i><br>2:30pm TSL<br><b>7:00pm</b><br><b>Council</b> | <b>8</b><br><i>Pastor away</i><br><b>12:00pm</b><br><b>Christ Women</b><br>12:00pm<br>Al Anon<br>2:30pm TSL<br>8:00pm AA | <b>9</b><br><i>Pastor away</i><br><b>No Morning</b><br><b>Worship</b><br><b>Today</b><br>7:30pm GA | <b>10</b><br><i>Pastor away</i><br>2:30pm TSL   | <b>11</b><br><i>Pastor away</i><br>2:30pm TSL<br>7:30pm AA                      | <b>12</b><br><i>Pastor away</i>                                 |
| <b>13</b><br><i>Pastor away</i><br><b>10:30am</b><br><b>Service of Word</b><br>4:00pm<br>Micronesians<br>7:30pm GA  | <b>14</b><br>2:30pm TSL   | <b>15</b><br>12:00pm<br>Al Anon<br>2:30pm TSL<br>8:00pm AA   | <b>16</b><br><b>11:00am</b><br><b>Advent</b><br><b>Communion</b><br>2:30pm TSL<br>7:30pm GA        | <b>17</b><br>2:30pm TSL   | <b>18</b><br>2:30pm TSL<br>7:30pm AA  | <b>19</b>   |
| <b>20</b><br><i>Newsletter</i><br><i>Deadline</i><br><b>10:30am</b><br><b>Communion</b><br>12:30pm<br>Gurren Baptism<br>2:30pm<br>Micronesians<br>7:30pm GA                       | <b>21</b><br>2:30pm TSL   | <b>22</b><br>12:00pm<br>Al Anon<br>2:30pm TSL<br>8:00pm AA   | <b>23</b><br><b>11:00am</b><br><b>Advent</b><br><b>Communion</b><br>2:30pm TSL<br>7:30pm GA        | <b>24</b><br><i>Christmas Eve</i><br>7:00am<br>TSL Half Day<br><b>7:00pm</b><br><b>Carols &amp;</b><br><b>Candlelight</b> | <b>25</b><br><i>Christmas Day</i><br><b>Office closed</b><br>TSL closed         | <b>26</b>   |
| <b>27</b><br><b>10:30am</b><br><b>Communion</b><br>2:30pm<br>Micronesians<br>7:30pm GA  | <b>28</b><br>7:00am<br>TSL All Day  | <b>29</b><br>7:00am<br>TSL All Day   | <b>30</b><br>7:00am<br>TSL All Day<br><b>11:00am</b><br><b>Communion</b>                           | <b>31</b><br><i>New Year's</i><br><i>Eve</i><br>7:00am<br>TSL Half Day  | <b>January 1</b><br><i>New Year's Day</i><br><b>Office Closed</b><br>TSL Closed |   |

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

| Date      | Communion Assistant | Lector          |
|-----------|---------------------|-----------------|
| <b>6</b>  | ---                 | Linda Halbrend  |
| <b>13</b> | ---                 | Lorraine Urbano |
| <b>20</b> | Judy Zamurs         | Lois Ruppert    |
| <b>27</b> | Sandy Smith         | Jeff LaPorte    |