



Sunday, November 5

October 2023

The celebration of All Saints' Day has a long history in the worship life of the Christian Church. It began as a commemoration of the martyrs who had died for the faith, and it has since become a day when we honor and remember those who, in death, have joined the Church Triumphant, as well as the faithful saints of the present who serve Jesus Christ. Martin Luther held that all Christians are simultaneously sinner and saint--a sinner because of our rebellious nature, but a saint because of salvation in Jesus.

On this special Sunday, our church family gives thanks to God for "all the saints from whom their labors rest." Through prayer, song, and the lighting of candles, we honor those who we dearly love and will always remember. For those worshipping at home, please have a candle available to light during the time of remembrance and reflection.



On September 17th, **Melody York** was ordained and installed as **Elder of Worship and Music**.

Marv Helf was also installed for a second term as **Deacon of Finance**. Thank you Melody and Marv for answering this call to serve God's church.




October 2023

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Upcoming Events

Sunday School Begins	October 1 st
Men's Bible Study	October 11 th
Women's Bible Study	October 14 th
Book Group	October 24 th



October Mission of the Month

In honor of Breast Cancer Awareness, The October Mission of the Month is To Life! in Delmar.

"For those affected by breast cancer in the Capital Region, To Life! provides personal support, empowers informed decision-making, and enhances the quality of life. We do this by: facilitating community support groups, providing individualized guidance and mentoring, delivering reliable and unbiased information and resources, presenting dynamic educational programming, offering personalized fittings for mastectomy products and wigs, and developing community partners."

Donations can be made via check in your yellow "Mission of the Month" envelope. Please be sure to write To Life! on the check memo line. For more information, you may visit their web site tolife.org.

Looking ahead – The Outreach Committee is hoping to be able to supply 80 pies for the Help Center Food Pantry's Thanksgiving meal deliveries. Pies will cost \$15 each. Check your Sunday bulletin for more information as November approaches.

Stewardship Committee

A Component of Stewardship Sharing our "Time and Talents"

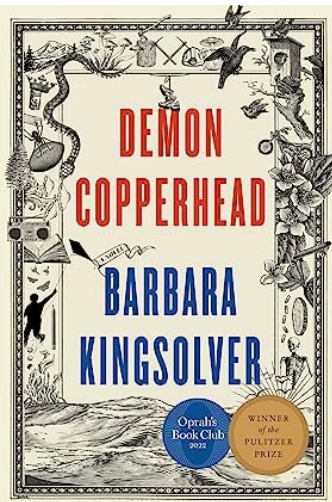
"Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good."

(NRSV, 1 Corinthians 12:4-7)

We each have unique talents that have been given to us by God for a purpose. These verses remind us that we were given these gifts, not to let them languish, but to be nurtured and used for "the common good." Is there a better way to use our God-given talents, as well as the precious resource of time, than to help others?

At CRCC, we have many opportunities to use these gifts in service to others and to strengthen the ways that we worship God. Just a few examples: delivering the children's message during worship, caring for the grounds and building of our church home, crafting items to provide comfort, carrying out the technical requirements of the worship service, providing hospitality and welcome on Sunday mornings, supporting community outreach, and sharing musical talents at worship. What are your gifts, and how can you use them to give Honor and glory to God?

For the Stewardship committee –
Linda Murphy



Book Group News

The Book Group will be reading the first half of **Demon Copperhead** by **Barbara Kingsolver** for their **October 24th**, meeting.

All are welcome.

Questions? Contact **Karen Reynolds**.

CALLING ALL SEWING MACHINES AND SEWISTS

Sew-In to construct fleece hats for families in need.

October 8

The Outreach Team invites any of you with a sewing machine in good working order to gather on **Sunday, October 8**, after worship, with your machines, to construct simple fleece hats for adults and children in need.

A fleece hat may seem like a small contribution to the problems many will face this winter, but even something this simple can make a crucial difference to someone facing winter ice and winds.

Once the machines are all set up, the process will take about an hour or so.

If you can sew a straight line, you can make these hats, which go together with only three seams.

There is no need for you to supply anything but your threaded machine, a full bobbin, and a pair of scissors or snips. Thread in a neutral color is preferred but not necessary.

Kits of fleece fabric will be made available already sized and cut. Your job will be to sew the pieces together, following a super easy pattern.

If you can make a pillowcase, you can make these hats; instructions and assistance will be provided.

A 7-minute video tutorial of the hat pattern and process is available on YouTube. If you choose to watch the video, keep in mind that the measuring and cutting will already be done for you.

Search online for: How to sew a fleece hat without a pattern DIY.

<https://www.youtube.com/watch?v=FgnuqOwaGYw>



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SUICIDE PREVENTION

In September, for National Suicide Prevention Month, the Advocacy and Global Mission Committee used your generous support of the Community Reformed Church of Colonie to make a \$500 donation to the American Foundation for Suicide Prevention.

Generally taking place the week after Labor Day, National Suicide Prevention Week begins with World Suicide Prevention Day on September 10. The American Foundation for Suicide Prevention (AFSP) recognizes the entire month of September as National Suicide Prevention Month: a moment in time in which we rally the public to create awareness of this leading cause of death, and inspire more and more people to learn how they can play a role in their communities in helping to save lives.

This year, AFSP is highlighting the new Talk Away the Dark campaign by way of a Public Service Announcement film, personal stories and perspectives, shareable social graphics, and other materials. We can all make a difference by learning the warning signs, knowing the risk factors, and bravely having a REAL open and honest conversation with someone we care about.

For the month of September, the AFSP has encouraged a series of specific actions that offers the public just a few examples of how we can all get involved and make a potentially lifesaving impact within our local communities. See their website at AFSP.org to read, watch, and learn more about the Talk Away the Dark campaign, and how you can help spread the word and get involved.

Suicide prevention is important every day of the year. National Suicide Prevention Month gives us an opportunity to shine a special, encouraging light on this topic that affects us all, and send a clear, hopeful message that help is available, and suicide can be prevented.

Suicide is the **11th** leading cause of death in the US.

In 2021, **48,183** Americans died by suicide.

In 2021, there were an estimated **1.70M** suicide attempts.

The age-adjusted suicide rate in 2021 was **14.04 per 100,000 individuals**.

The rate of suicide is **highest in middle-aged white men**.

In 2021, **men died by suicide 3.90x more than women**.

On average, there are **132 suicides per day**.

White males accounted for **69.68% of suicide deaths in 2021**.

In 2021, **firearms accounted for 54.64% of all suicide deaths**.

94% of adults surveyed in the U.S. think suicide can be prevented.

You can make a difference and save a life. For more information, visit the American Foundation for Suicide Prevention at [AFSP.org](https://www.afsp.org)

Are you in a crisis? Call or text 988 or text TALK to 741741

Church Choir

This summer, I was given the privilege of attending the Alleluia Conference at Baylor University in Waco, TX. The Alleluia Conference provides music ministers, worship leaders, and church musicians resources and enrichment through a variety of different workshops, concerts, and more. As a choir director and keyboard player, I primarily attended the workshops about choir and keyboard, but also attended sessions on using technology in worship. It was, also, a great opportunity to talk with other musicians and expand my realm of musical repertoire to use for CRCC. This fall, the choir will be singing many of the songs that I read-through during the conference reading sessions. I would like to thank the Worship Team and Bruce for allowing me this wonderful opportunity to learn, network, and be inspired by the wonderful clinicians and musicians leading and attending the conference. I hope to attend next year's conference; hopefully it isn't 105 degrees next year!

Ben April

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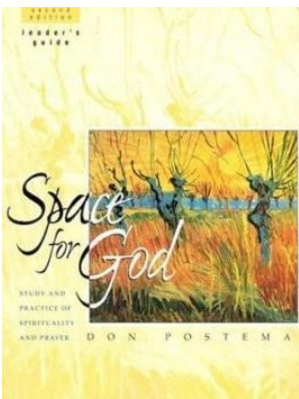
If you plan to take part in this project, please let us know by emailing **Lou Ann Connelly** at louannconne@nycap.rr.com. Even if you don't have a usable sewing machine but would still like to help, let her know by email. In addition, if you will be unavailable to attend in person on October 8, but would like to make some hats at home, please let Lou Ann know.

All help is greatly appreciated, and we thank you in advance for your participation.

Coffee Hour Hosts needed!

We are so excited to officially have Coffee Hour back in full swing on Sunday mornings. We had to set it aside during the height of the pandemic, and it has slowly returned to its place following Sunday morning worship. Many hands make light work! If you are interested in volunteering just one Sunday or on a regular basis, please contact **Linda Murphy**. If you aren't sure if it's right for you, reach out to Linda. She would be more than happy to answer questions!

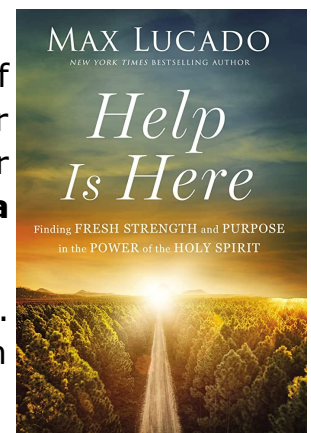
Bible Studies



The Men's Group is continuing their study **Space for God** by **Don Postema** the second Wednesday of every month at the church from 6-7:30. Their next meeting is **October 11th**. For more information, please contact **Mike York, Mark Kaercher, or BJ Todd**.

The Women's Bible Study meets the second Saturday of every month at 9:30, in the gathering room. Their current study is **Help is Here** by **Max Lucado**. Their next meeting is **October 14th**. For more information, please contact **Ana Crosbourne**.

Sunday school for children in grades 3-7 will begin **Sunday, October 1st**. Children will meet in the gathering room on Sunday mornings from 9-9:45AM. Questions? Contact **Sarah Huiest**.



**Community Reformed
Church of Colonie**

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Worship Hours

We invite you to join us for worship and fellowship every Sunday at 10 AM in person and via Zoom.

Outdoor Services are also available in the Summer every Sunday at 9 AM

Holiday and Special Services will be announced on our website and this newsletter

Colonie Community Day Care Center

701 Sand Creek Rd
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Carol Grasso, Director

Tel: (518) 869-0131

E-mail:

cgrasso6@yahoo.com

Break Bread, Share Bread



The Break Bread Share Bread collection for the month of October will be Boxed Potatoes and Canned Chicken. Items can be placed on the back table in the sanctuary and will be donated to the Help Center Food Pantry on Vly Road.



Thank You! Community Outreach.

Colonie Community Day Care News

After a summer filled with rain, smoke, chaos, construction, and cooking in the Church Nursery, we begin our new school year certainly blessed. We have a Center filled with beautiful, happy children and a great staff. We also have an amazing new kitchen to work in. I always said I would not see a new kitchen in my time here, but thanks to Bruce and Kevin Ingalls, that dream has been realized. The kitchen is amazing. The shiny stainless-steel countertops, the amazing pantries, the wonderful cabinets, and my favorite, a little coffee bar! It is quite a transformation. Hats off to Kevin for the countless hours and headaches he endured this summer. We appreciate all you do.

Over the past year, thanks to an OCFS grant for our program, we have had the opportunity to make so many improvements in the Day Care area. We have painted the entire area, taken up carpets and put in flooring, added 2 children's sinks, and remodeled the 2 children's bathrooms. We have also purchased tables, chairs, cabinets, toys, playground equipment, and school supplies. Again, blessings.

We are off to a great start this fall; Parent's Night was a huge success. It is so nice to welcome new and returning families to our CCDC "Home Away From Home."

Communications/Media Coordinator: **Sarah Huiest**

Layout Designer: **Bob Becker**

Articles are due by the 15th of the month and can be submitted to crcsarah@gmail.com or given to Sarah Huiest.