

THE MOSAIC

Published monthly by
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October 2019

Volume XXXVI No. 9

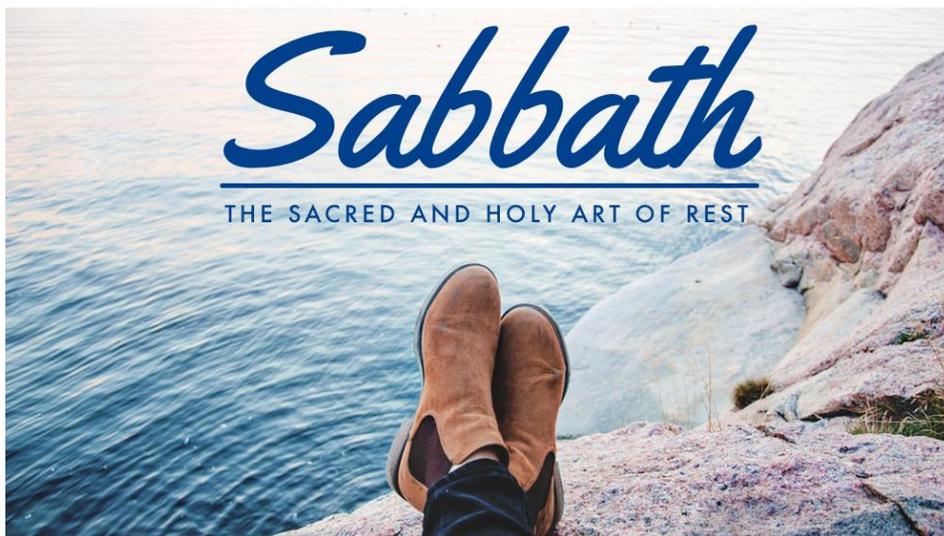
Pastoral Ponderings

Many of you have asked about my sabbatical. It is hard to offer a short answer that captures 3 important months of my life. So far, my responses have focused on places I went or people I met. The best answer to “how was your sabbatical?” needs to include some reflection on its immediate impact and also on what I hope to gain in the long term. So, for those of you who have been asking, here is an answer I haven’t given yet.

If you squint at the word *sabbatical*, you can almost see the word *Sabbath*. Both words relate to the same concepts of rest and recovery. The Bible says to observe the Sabbath by resting and remembering. Rest from work and remember the work of God in creation and liberation. The Biblical model of Sabbath calls for a rest from work for everyone on the seventh day, a rest for cultivated fields which were to lie fallow on the seventh year, and a Jubilee, a liberation from debt and bondage after 7x7 years. My sabbatical was modelled on the fields lying fallow after seven years.

I understand the theory and theology of the Biblical Sabbath. The beauty and gift of Sabbath is something I have long appreciated. The tricky part is in being disciplined enough to apply the theory. It is difficult to resist the inner voice which tells me to use my time more productively, to make every minute count, to respond to all the e-mails and read all the books and make all the phone calls and write the sermon and set-up the meetings and do all the things every week. One

of the benefits of sabbatical time was the explicit permission to silence that inner voice. For these weeks, no one was expecting me to do all those things. In fact, I was expected NOT to do them. As that silence and space to breathe persisted, I was able to take stock of how undisciplined I had become.



continued...

Observing Emmanuel members over the year, I have come to appreciate your disciplines. Many of you take regular walks, alone or with a significant other. Many of you have a designated day off. Many of you hike or kayak or regularly spend time in the woods or near bodies of water. These disciplines are all forms of Sabbath-keeping, ways that you rest and remember, routines that keep you in touch with what matters. I am trying to learn from your good examples.

You might remember that I injured my back the week before my sabbatical began. Recovery from that injury required me to engage in a new discipline. I saw a physical therapist two times a week every week that I was in town. Whether I was in town or out of town, I did daily exercises to strengthen my back muscles. I quickly learned that if I did the exercises, I would have less pain. If I missed them for a day or two, the pain would increase. Reduction of pain is a serious motivation to exercise.

Similarly, reduction of pain is a reason to practice Sabbath. When I fail to honor my needs for rest and recovery and attending to what matters, when I allow work tasks to spill from one day to the next until all the days are used up, it results in pain. The pain is less obvious than the pain from my back injury. The kind of pain that comes from over-work might be an inflated sense of self, as if everything depends on me, or it might be stress in personal relationships when I send out the not-so-subtle message that I'm too busy to do something fun. It might result in my losing sight of the mission and purpose to which I'm called and the privilege of that call, and you might end up resenting having to deal with a grumpy pastor.

The spiritual discipline of Sabbath-keeping is an exercise which reduces the likelihood of that kind of pain, or to say it more positively, Sabbath-keeping opens up space for joy. I want to be a wise pastor. I choose joy.

In practical terms, one outcome of this is that I'm shifting my day off to Monday. I will be at church or doing church-related work in the community on Tuesdays, Wednesdays and Thursdays. On Fridays I will work from home to write sermons and prepare for worship. You have always been very respectful of my time. This shift is not because you needed to change, but because I have to take responsibility for my own Sabbath discipline.

I know I'm not the only one who struggles with time for celebration and recovery vs the constant pressure to be productive. I welcome conversations with you about how you do it.

Blessings,
Kathy

“The higher goal of spiritual living is not to amass a wealth of information, but to face sacred moments.”
~ Rabbi Abraham Joshua Heschel

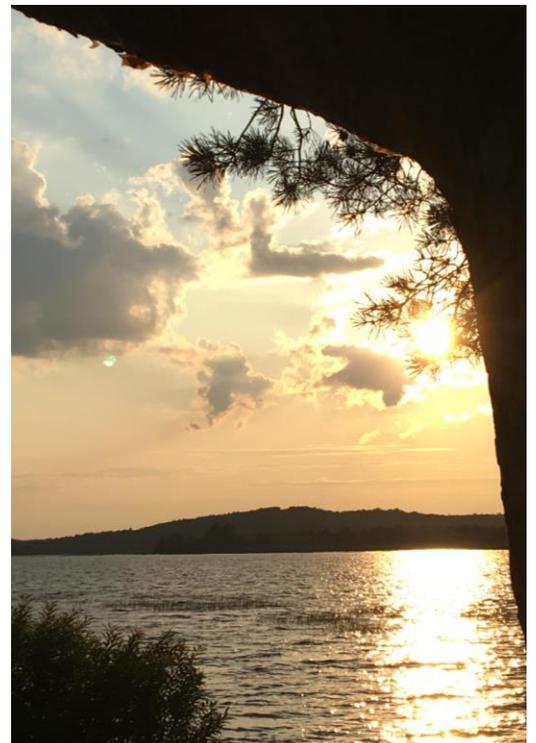


Photo: D. Wilburn

OCTOBER 6

Join us in celebration of World Communion Sunday, October 6 at 10:00 a.m. Our communion bread will include loaves from around the world. If you own an article of clothing from another culture or country, you are invited to wear it to worship. If you are willing to contribute bread, please let us know through the clipboard in fellowship hall. We need to receive uncut loaves by 9:00 a.m. on October 6, but labeled bread may be left in the kitchen refrigerator or freezer ahead of that time.

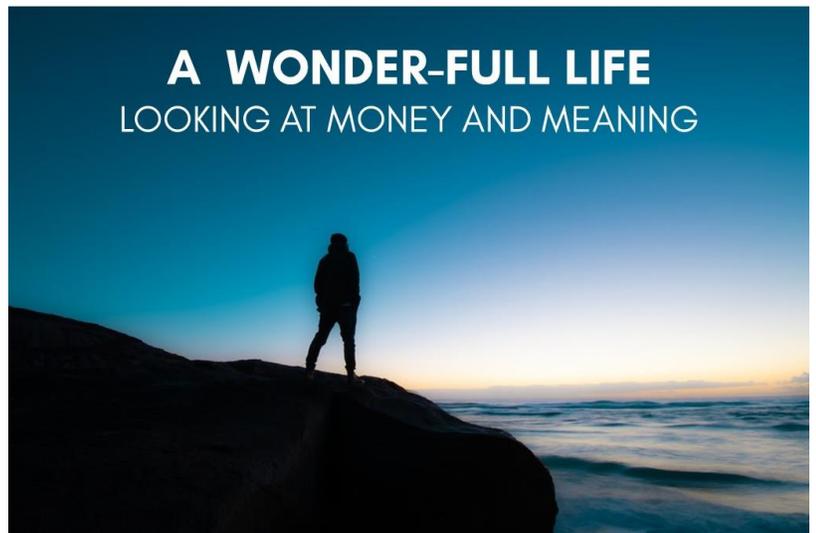


Hear a report from the Global Baptist Peace Conference. Jan Curtis and Jim Ketcham attended this event with Baptists from all over the world in Cali, Colombia this summer. During the second hour, they will offer some of their impressions and learnings and observations from an intense week of worship and workshops and relationship-building. Join us, after coffee hour, in the parlor on October 6.

Worship Series October 13 – November 3

Our faith and our spiritual practices feed that part of ourselves that is oriented toward serenity, harmony, truth, compassion, gratitude, love and joy. But these are not always words we use to describe the role of money in our lives. In the classic film, "It's a Wonderful Life," a crisis of money creates vastly diverse reactions from several characters that can hold up a mirror to our own relationships with money. In this four week series, we will look squarely in the face of our money issues in compassionate ways that can offer more depth of meaning, healing, and wholeness and a whole new outlook on what constitutes a wonderful life.

October 13	Looking Back	Matthew 22:15-22
October 20	Looking In	Matthew 6:19-24
October 27	Looking Out	I Timothy 6:17-19
November 3	Looking with Gratitude	Acts 4:32-35



EBC photographers, we want your pictures! In this season, our Sunday morning prayer will include a visual expression of wonder, awe and gratitude. We are seeking your contributions of digital images to be projected within this element of prayer. The most appropriate pictures will depict the rich and abundant beauty of creation and the treasures of people in our lives.

Please send your images to pastorkathy@emmanuelalbany.org. Use e-mail rather than texting to preserve the highest resolution possible, because they will transfer to the big screen with the most clarity that way. If you have many images to offer, please be selective and consider sending your ten best pictures each week. **Deadlines are Mondays, October 7, 14, 21 and 28** for inclusion the following Sunday.

Western New York MINI PEACE CAMP



Friday and Saturday,
October 18-19, 2019
GREECE BAPTIST CHURCH
1230 Long Pond Road
Rochester, New York



Program

- inspiring worship, speakers, and music
- reports from the recent Global Baptist Peace Conference in Cali, Colombia
- Deeper Than The Skin concert featuring Reggie Harris and Greg Greenway
- original contemporary hymns dealing with our feelings about race and immigration shared by Rev. Carolyn Winfrey Gillette
- a sand mandala created by Rev. Katie Jo Suddaby
- workshops on a variety of topics from race to immigration to ministry to families impacted by violence to respite care for families living with dementia
- time to relax and share

Cost

\$35-\$75. Participants are asked to pay what they can afford. Our cost to put on the event is \$55/person. Those who can pay more will help supplement those who cannot. This fee covers dinner Friday, a light breakfast and lunch on Saturday, and admission to the concert on Friday night. Registration deadline is October 10, 2019.

Keynote Speakers

Dr. Angela Sims

President of Colgate Rochester Crozer Divinity School

Ray Schellinger

Global consultant on immigrants and refugees for ABC/USA's International Ministries

Contact

Marilyn Thrall: MarilynTatGBC@gmail.com
Church office: (585) 225-6160

Register at this link: <http://bit.ly/minipc-2019-register>



Come to the Cabaret!

“Tune That Name!”

Name-titled Songs with Personality, Pathos, and Pizzazz!

Saturday October 26, 7 pm

Featuring:

the Emmanuel Baptist Choir, Soloists, and Guest Artists
directed and accompanied by Michael Clement, pianist

Admission free; donations appreciated

purchase of dessert items to benefit our church programs





From Sharon Koh, Executive Director /CEO

Dear Friend of International Ministries:

Hello and greetings in the name of our Risen Lord and Savior Jesus Christ. I am writing to offer insight into the state of IM and a difficult decision I faced recently. As I share these changes with you, it is helpful for me to mention that our budget had a \$1.2M deficit last year, and the draft for next year shows a deficit of less than \$400k. Our Board and I believe that it is our responsibility to you, our friends and donors, to conduct our operations in a fiscally responsible and sustainable manner.

So, with an eye on the long-term sustainability of IM's ministry and mission, I recently announced to IM Board, staff and global servants that we found it necessary to eliminate five home office staff positions. We have made other financial adjustments but this one is very likely the most difficult as it impacts our colleagues and very likely, some of your friends.

It is never an easy choice to make when we recognize these colleagues have served with diligence and commitment alongside of us. We thank God for their years of service, and we want you to know how blessed we are to continue to consider them IM family.

However, in order to move past the fiscal challenges and prepare next year's budget within agreed upon limits, IM's financial plans need to enable IM global servants to continue to serve in God's mission well into the third century.

Our global servants are also impacted and will also be raising additional funds as part of their personalized support goal to offset a portion of the Missionary Support Services that we provide. Finally, we have all tightened expenses and adjusted all specific project funds under IM's management to arrive at funding goals that are comparable to professional standards with other organizations doing similar work.

We remain committed to the vision and mission of responding to God's call into cross-cultural mission by sending global servants in partnership with international partners. This has been our mission for 205 years, and it will continue to be so. For example, this past summer, we were delighted to host one of our largest and most diverse *Hear the Call* conferences in Sandy Cove, MD. I am very excited about the commitment of those servants God is calling to live in cross-cultural contexts. Along with our churches, IM remains committed to God's mission with focus on ministries relevant for today. As we have since our beginnings, we continue to respond in the areas of discipleship, evangelism and theological education and still at the core of our ministries are issues of injustice and oppression, the need for education, economic development, and health and wellness. Thank you for your ongoing partnership in all these focused impact areas.

You may be wondering how you can continue to help. First, please consider strengthening your financial and **prayer support of our global servants**. You may be able to increase your monthly pledge or introduce someone in your network who would be glad to partner with their ministry. Second, encourage your friends and your church to give generously to the **World Mission Offering (WMO)**. The WMO and general fund covers the entire work of IM, often filling in shortfalls and gaps in other types of giving.

As we step into IM's third century of mission together, may God grant us joy and steadfastness as we embrace our part in God's great mission.





World Mission Offering to be Received: October 20 & 27

This annual appeal supports International Ministries' partners and nearly 1,800 missionaries and global workers in more than 70 countries around the world.

Envelopes will be provided for your convenience.



Joy to the World, a beloved Christmas classic, turns 300 this year. Composer Isaac Watt's interpretation of Psalm 98 invites us to "sing a new song"—and it is a powerful cosmic performance of all creation being renewed and freed. This theme will undergird Emmanuel's Advent and Christmas celebration.

Join the team designing worship for the season on **Sunday, October 13 from 6:00-8:00 p.m.** Sign-up today in fellowship hall.

A BIG THANK YOU!!



Essential, but behind the scenes for several years, Bob Green and Sam Koonce have worked every week to remove trash at Emmanuel. Sometimes that would be just a few light bags, other times they lugged numerous heavy, drippy, smelly bags of trash to their cars for disposal. They have retired from hauling trash for the church and a commercial company has been hired. But this has

underlined the importance of caring for our environment.

Emmanuel is now a carry in/carry out facility. Tenants and building users are required to dispose of their own garbage and trash. So, when planning events at the church be mindful of what happens afterwards to food, packing materials and paper. Thanks again to Bob and Sam who agreed to continue assisting with paper recycling, so be sure not to mix paper with other trash. Paper recycling boxes are found in the office and sanctuary. Some plastic and returnable containers will be recycled using bins in the kitchen



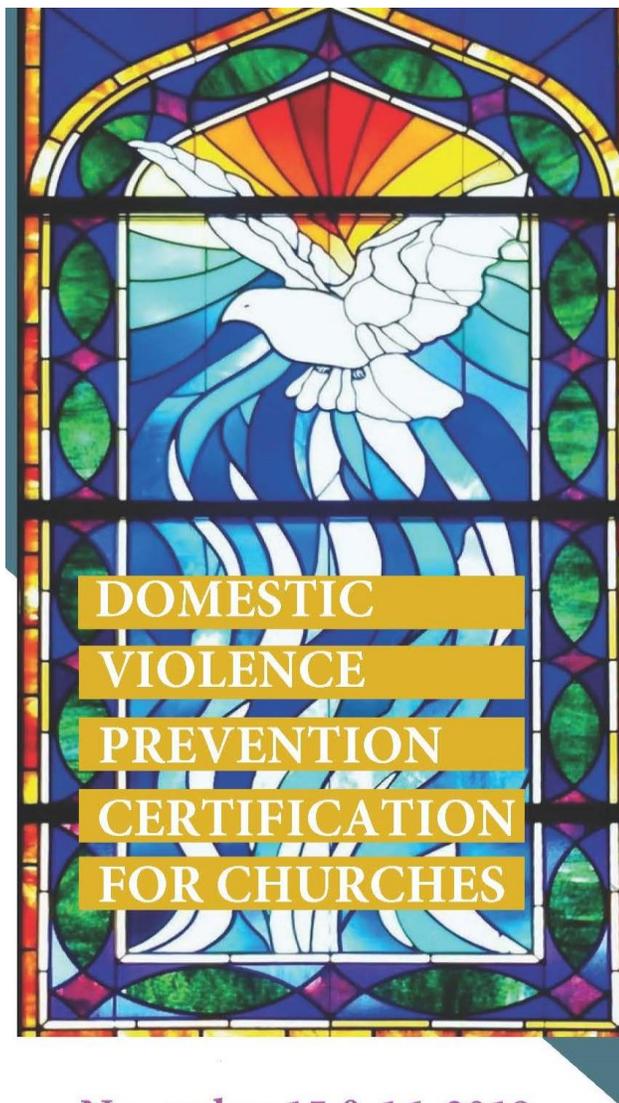
Mark your Calendar...

Work Day Scheduled

Before winter sets in, Emmanuel will spend a few hours on **Saturday, October 12th**, from 9am to noon to clean and organize. One of our tenants has moved out, but left lots of dust and old EBC furniture.

Also, we have hired a trash removal company, and we need to better organize the trash room. Relocating our hymnal storage will allow us to make better use of first floor space. Bring some cleaning rags, wear old clothes and a smile. Lunch will be provided. (JB)





November 15 & 16, 2019

Latham Community Baptist Church

This workshop will consist of two parts. You are encouraged to attend both, but if you prefer, you may register for only one day.

Friday, November 15

1:00 pm to 4:00 pm

Leader: The Rev. LaThelma Yenn-Batah,
Associate Executive Director, ABW

Join us for an inspired Biblical teaching that explores the origins and attitudes of domestic violence and the role of the Christian community to advocate for, protect, and encourage persons affected by domestic violence.

Saturday, November 16

8:30 am to 4:00 pm

CHURCH CERTIFICATION

Creating a Safe Haven is the first-of-its-kind program designed to help faith communities develop the skills and a plan for how they would respond when supporting a victim or survivor of domestic violence.

DOMESTIC VIOLENCE PREVENTION AND RESPONSE PLAN

Safe Haven works with you to create policies and procedures that support appropriate violence response and prevention. Some areas of policy include:

- Training for staff and volunteers
- How to handle disclosures of abuse
- How to respond when abuser attends church
- How to promote healthy relationships for adults and youth
- Practices that support primary prevention

Registration required by October 30

COST \$10 /person (includes lunch)

Update on FOCUS Task Force Formation

FOCUS churches has identified 4 current areas of priority. They are food security, housing, anti-racism and immigration. Food security continues to be a priority, but it is the one we are addressing the most directly through the breakfast program and the food pantry. The next step for each of the other priorities is the formation of a task force which will be comprised of interested volunteers from each congregation.

Many of you indicated your interest last spring. If you did that, you are on the e-mail list and will receive updates as more information becomes available. If you did not indicate interest earlier, your participation is still welcome. The first task force will focus on immigration. In her role as FOCUS Board Member, Pastor Kathy is convening the first meeting of Immigration Task Force in late October. The date is still being determined. The next task force will probably be launched in about 4 months. If you want to join this task force or a future one, please let Pastor Kathy know.





Shelter Dinners Resume

During the winter months, Emmanuel supports both the Emergency Overflow Shelter at First Lutheran Church and the Shelter at Interfaith Partnership for the Homeless by occasionally providing home cooked meals for their guests.

On November 15, we will deliver a warming supper of soup and bread to the Emergency Overflow Shelter. Can you help by preparing a pot of soup that will serve ten people? Karen Kendall is organizing this effort so please let her know. Guests are always grateful for these special meals.

Something New...

Friday Night Lights

“Who built the ark? Depends who’s asking”

October 11 October 25
5:30 to 7:30 pm

(the second & fourth Fridays of the month)

- Light supper** (provided)
- Light activities** (for adults and children)
- Light from the Word** (exploring together)
- Lights out!!** (7:30)

This is an opportunity for **multigenerational fellowship, learning and sharing**; a chance to invite friends & neighbors to experience Christian community. Bring a friend and try it out!



Pastor Kathy’s new e-mail address is
pastorkathy@emmanuelalbany.org
Please make a note of it.



New Address:

Pat Campbell
40 Autumn Dr. Apt. 129
Slingerlands, NY 12159
(518) 269-4304



**Deadline for the November
MOSAIC ~ Oct. 18**



Notice of Meeting:

Executive Business Team Meeting:
October 7, 6:15 pm
in the church parlor

**Remember the
Food Pantry... October:
deodorant and shampoo**

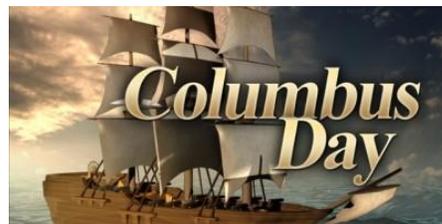
Happy Birthday...

- Chris Moaton
- MarilynMalone
- Warren Burton
- Bien Baez
- Julie Shaw
- Taylor Stroebel
- Bernie Kennedy
- Madeline Green
- Heather Green



- 1st
- 6th
- 6th
- 11th
- 13th
- 16th
- 20th
- 23rd
- 28th

If your birthday is not published in our monthly listing, please notify Dorothy at 465-5161.



**Church
Office
Closed
October 14**

Emmanuel Baptist Church
275 State St.
Albany, NY 12210

