

THE MOSAIC

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EMMANUEL BAPTIST CHURCH
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Summer 2019

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Greetings, Friends!

Now that the academic year has ended at Union College where I serve as the Interim Campus Protestant Minister, I've been filling out reports about how many students came to the various programs I offered. For many years, our Tuesday evening "Dinner and Discussion with Diversity" has been a popular event on campus. This year, 27 students joined in as

we talked about "Big Questions" and ate food from a wide variety of Schenectady's ethnic restaurants. But I was surprised to discover that an even larger number--37 students--joined me for "Mindful Monday", a new event this year.

Every Monday during the term, a group of students gathered with me in Union's "Prayer and Meditation Room", a small room in the campus center right next to the dining hall. One of us gave a short introduction to Mindfulness Meditation and then we sat in silence together for 15 minutes, attempting to focus only on our breath and the current moment.

When I arrived on campus last July and told a staff member at the student Wellness Center that I was thinking of starting a Mindfulness group, the person warned me that 15 minutes of silence would be way too long. "You might want to start with 5 minutes," she told me. "Much longer and the students will want to run out of the room." I decided to take a risk and ignore her advice--and only one student ran out of the room all year.

Mindfulness is trendy right now, I guess, but the basic practice has been around forever in various forms. Back in Divinity School I learned a practice called "Centering Prayer" that is a close cousin. The basic idea is to spend a set period of time each day training our brains to slow down and pay attention to whatever is happening right now.

It is surprisingly hard to do. Practice for just a few minutes and you'll discover that your mind dwells on the past or imagines the future much more easily than it notices the present. Paying attention to the hear and now takes a lot of practice--and a lot of patience.

continued...

When I attended the visioning meeting of the Executive Team last week, I was impressed by how seriously the group was taking the work of imagining what EBC's future might look like. The group had read at least eight books between them and everyone had taken notes and gleaned important ideas. One theme that emerged from all of that research for me was how important it is to pay attention to the place in which a church is located. Who lives there? Who works there? What are they interested in? What are they concerned about? The future of the church, these writers argued, is rooted in the present.

I was struck by the connection between this advice for church and the practice of mindfulness. Just like people, churches spend a lot of time dwelling on the past or imagining the future. We must somehow find that easier than just being right where we are, as we are, in the place where we are. But maybe, with practice, we can start to take to heart the wisdom of all those books. We just need to breathe in, breathe out, and invite ourselves back into the moment at hand.



It is good to be here with you!

Pastor Heather

A Note from Pastor Kathy

Be sure to take a look at the postcard Pastor Kathy sent from Berlin. It's on the bulletin board in Fellowship Hall. Her message follows:

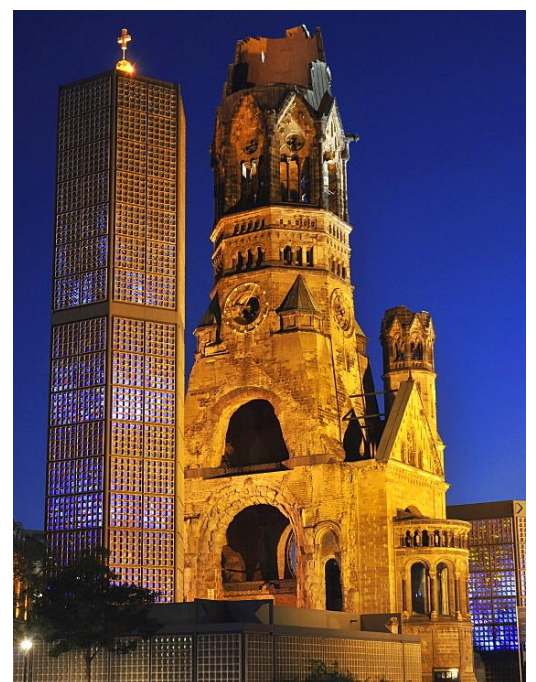
"We attended Prayers for Peace here, in the church tower destroyed by WWII Bombs and kept as a memorial. It's part of the Community of the Cross of Nails. Also toured many WWII and Cold War sites. Frightening to see history repeating itself.

Had great family time. My next trip will be to Homestead Child Prison Camp for minor asylum-seekers.

I trust all is well at EBC.

Peace be with you,

Pastor Kathy





CABA WOMEN'S GATHERING

"DO SOMETHING"

Saturday, July 13, 2019

First Baptist Church of Ballston Spa
202 Milton Ave.

8:30 am -- Registration – refreshments

9:00 am – 11:30 am Program; 11:30 am - Lunch

Love Gift Offering; Puerto Rico Mission Trip Presentation by Lorraine Brownell

Registration - \$5.00 Please pre-register by July 8

Send your name & check to: CABA ABWM c/o Lorraine Brownell,
3 Pine Hill Rd., Buskirk, NY 12028; Ph:518-686-7737



Noontime Summer Picnics Scheduled:

Sunday, July 21 at the Green's house

Sunday, August 18 at Becca Leet's house

Join us as we come together for summer fun and fellowship

Meat for the grill and beverages will be provided.

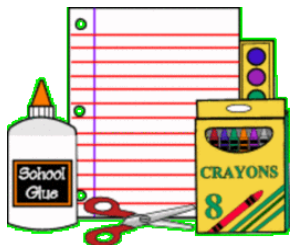
Please bring a dish to share.

If you have questions, you may contact Ellen Corcoran or Karen Green.

All are Welcome!

A Night at the Theater

On **Wednesday, July 17**, join us for a FREE production of *"In the Heights"* by Lin-Manuel Miranda, the writer and composer of "Hamilton". The show is produced by Albany's Park Playhouse and held in Washington Park. The show has some adult themes and isn't recommended for children under 13. Pastor Heather and Andrea Carver will be at the park starting at 6:30 pm to reserve some seats and enjoy a picnic dinner. Come whenever works for you--the show begins at 8:00 pm. Bring your own chair and some snacks and drinks to share. Neighbors, friends, family are welcome too.



FOCUS & First Church are joining forces again this year to provide

School Supplies for the children of our Food Pantry guests.

Distribution will be August 20 at First Church, 110 North Pearl St.

The following items are requested:

- | | |
|--------------------------------|-----------------------------|
| + 1, 2,3,5 Subject Notebooks | + Post it notes |
| + Index cards | + Highlighters |
| + Pens-Pencils (#2) | + Pencil Sharpeners |
| + Pencil Erasers | + Markers/Dry Erase Markers |
| + Colored pencils/Highlighters | + Crayons |
| + Loose Notebook paper | + 2 pocket Folders |
| + Composition Notebooks | + Back Packs |
| + 3-ring binders | |

Please drop off all donations at First Church (110 North Pearl St.) by Sunday, August 18th

School Supply Set-up and Distribution Volunteers are also Needed!

Monday, August 19th – 9am until ?? (Set-up) Tuesday, August 20th - 8:45am – Noon (Distribution)

Please contact Lorraine / Belinda at 518-443-0460

From Service to Others...



CROP WALK Up-date

Thank you to the members of the Emmanuel CROP Walk team (Chelah Collins, Tony Malone, Marilyn Malone, Edith Leet and Nancy Horan) who walked (in the rain) on May 5th. Many thanks to those who supported the walkers. Together Emmanuel raised \$1372. The total for the Albany CROP Hunger Walk is over \$93,000. 25% of the funds raised by the Capital Region CROP Hunger Walk are used for local food pantries and soup kitchens and 75% goes to Church World Service for grassroots development projects throughout the world



Special Offering Opportunity

On Sundays, July 21 and 28 we will receive the annual New York State Regional Offering. Monies raised support and enhance our shared ministries with American Baptist Churches of NYS such as: area field ministry, outdoor ministries, stewardship education, youth ministries and the lay study program. Envelopes will be available for your convenience.

You're Invited!

Marilyn & Tony Malone invite you to enjoy a beautiful summer evening at our home,
17 Fireside Lane, Latham

Tuesday, August 6, 6:00-8:00

We will share food, fun, and conversation on
Exploring Faith Formation Across Generations

If you are a **believer**, a **seeker**, a **disciple on the journey**, a **young person** or a **mature adult**, all are welcome at the table.

An RSVP is helpful, but if you forget, please come anyway!

Phone 518-785-0022 or email malonehome@aol.com or text 518-312-8761

-- Marilyn & Tony



Focus Summer Worship Schedule:

All services will be held at 10:00 a.m.

Note: *There is no service at Emmanuel on these dates*

July 7 - at First Presbyterian
Aug. 4 - at Trinity Methodist
Sept. 1 - at Emmanuel Baptist

All are Welcome!

Join us!



A Night at the Ballpark August 25

Join Emmanuel friends for a Tri-City ValleyCats home game. They'll face off against the Long Island Yankees. Join us -- and bring your family and friends with you! We will be purchasing our tickets through the "Sunday Funday" offer which means that for \$6.25 you will get a ticket to the game as well as a hot dog and a soda. In other words, \$25.00 gets you 4 tickets. What a deal! Sign up with Andrea Carver or Pastor Heather to reserve your seat. **Reservations and payment due by Sunday, July 21st.**

Executive Team Business Meeting: July 23
in the church parlor, 6:15 pm



**Remember the
Food Pantry... July/Aug:**
*razors, shampoo, conditioner,
tooth brushes*



Summer Office Hours ~ 9:00 to 1:00
Office Closed ~ July 4 & Sept. 2



The next *MOSIC* will be published in August; deadline, August 18. That newsletter will highlight upcoming September events.

Happy July 4th
Office Closed!

Happy Birthday...



MaKayla Smith
Amanda Gibson
Kevin Cole
Bessie Gibson
Nancy Horan
Tracy Collins
Andrea Carver
Kendra Lahut
Silas Klope
Rebecca Malone
Jim Wilkerson
Paw E Kler
Dah Blut Soe
Esther Moore
Curtis Klope
Elaine Clark
Amber Collins

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6th
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26th
29th
31st

AUGUST



Elisabeth Scheu
Bill Silverman
Kimberly Norwood
Sam Hill
Brianna Garner
Michael Green
Beverly Norwood
Becky Klope
Parmilla Allen
Shamaal Ford
Liselle LaFrance
Karen Kendall

1st
2nd
5th
8th
7th
11th
22nd
22nd
23rd
26th
28th
30th

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



**Mark Your
Calendar...**

August 25...

*Pastor Kathy will return from
her sabbatical.*

*Be here to welcome her and
plan to stay for lunch.
(details tba)*

Emmanuel Baptist Church
275 State St.
Albany, NY 12210

