



October 2011

Volume 9 Issue 7



Letters from the President - A Special Reflection from the President

Rev. Dr. David H. Benke

September 18, 2011 at 7:56 PM

HOPE THOU IN GOD *“Why art thou cast down, o my soul? And why art thou disquieted within me? Hope thou in God; for I shall yet praise Him, who is the health of my countenance, and my God!”* Ps. 42: 11 (paralleled in v. 5 and in Ps. 43:5)

In the months angling toward the tenth anniversary of September 11, 2001, I slowly began to realize through the spring and into the summer of 2011 that I was “not myself.” Interacting with other first responders the connections were too sharply defined for me to avoid coming to the “uh-oh” appreciation that I was undergoing once again what is called these days P.T.S.D, or post-traumatic stress disorder. In that frame of mind, the world IS very evil, the times ARE waxing late, and life loses its savor, its meaning. Most of all, emotional responses and negative mental patterns are not able to be controlled, which makes for damaged immune system responses and physical problems. And, for a Christian, it is difficult unto impossible to find spiritual peace or the Presence of the Almighty.

Along the way – and this was true for me in the months and several years after September 11, 2001 – the Psalms became (again) vividly personal for me. In my situation, the closer we came to September 11, 2011, the more the clouds lifted for me, as the healing community of the faithful and so many friends and civic partners joined in commemoration and reflection. And so I’m able to write a little bit about it.

Psalm 40 is a reflection on a Godly attitude of patient trust in the Divine First Responder: “I waited patiently for the Lord; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay and set my feet upon a rock, and established my goings. And He hath put a new song in my mouth.”

These are great thoughts, and as I’m leading our parish choir they are my exact personal experience – I have new songs in my mouth. They are songs of praise to God for his help and salvation. And we’re going to sing them together. Wonderful!

However, *during* the distress/stress/period of anxiety/depression, that end-game is not envisioned, not even a little bit. There is no singing, no new song. For me, when I am NOT able to play my instruments and sing, I know I’m in the horrible pit. And there I was.

So the words of Psalm 42, thrice repeated, resonated more accurately. The PTSD interior framework is “what in the world is happening to me and why am I not able to put these things out of my mind? Why am I not in control of my own thought process? What’s going on?” And the twin beams of depression and anxiety are directly included in the Psalmist’s cry – *Why art thou cast down O my soul, and why art thou disquieted within me?*

Depression and anxiety make for a whipsaw effect – “I’m stuck, it’s bad, I’m stuck, it’s bad” gives way to “there’s no way out of this, there has to be an exit and I can’t find it.”

For me the presenting circumstance and horror has always been all that smoke, and the penetrating smell, and the knowledge that the smoke and dust covering us at Ground Zero, a zone I estimated early on as being six feet deep and sixty miles in circumference, included the atomized remains of people. A small group of Lutheran religious leaders trudged around the sixteen acre site on September 18, 2001, and the most vivid recollection for me was the response of the members of the elite rescue teams we greeted. When we put a hand on their shoulders to a person they dropped to the ground in tears and requested prayer. They could not rescue the dead. They could not bring the atomized out of the pit. They could not lift fifty ton beams and hope to hear a cry for help. The situation was out of their control and ability to perform their duty as rescuers. And yet they fought on.

That’s the internal process for someone in PTSD. No control – must fight on – can’t fight on – why bother – but must fight on.

And so the Psalmist bears us up even in what seems like an exhortation flung to the foul wind of his own empty spirit – “Hope thou in God!” Because he’s been through what we go through – “my tears have been my meat day and night, while they continually say unto me, ‘Where is thy God?’” And yet the Psalmist understands that all seeking and searching in these times is not for self or even about self but about the search for God – “my soul thirsteth for God, for the living God.”

So the cry to self to hope is not flung heedless to the wind, but is anchored in past experience and confidence remembered even as deep cries unto deep. Life does belong to God, and God is in fact and in truth the Author of Life. That remains bedrock.

And so from the far side of disorder, when feet are solidly placed on the Rock again, the last words ring the most true – “for I shall yet praise him, who is the health of my countenance, and my God.” *The health of my countenance* – how about that? I smile as I write this: The glow of life, the sparkle in the eyes, the spring in the step, all of it is from God and goes to God. O give thanks unto the Lord, for His mercy endureth forever!

With love in Christ,
Dave Benke

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Special points of interest:

- 10/14 - Scrapbooking night 7:00-10:00PM
- 10/22 - German Festival 5:00-9:00 PM
- 10/25 - “Girls Night Out”
- 10/29 - Halloween Party 6:00 - 8:30 PM
- 11/4 - Scrapbooking night 7:00-10:00 PM
- 11/18— 11/19 - Youth Group Sleepover

SUNDAY SCHOOL

RALLY DAY

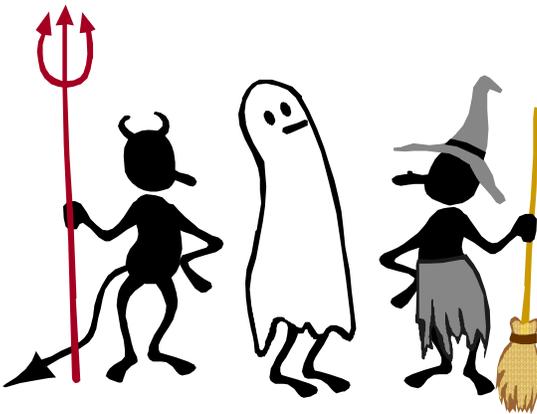
We began our new Sunday School year on Sunday, September 11th with Rally Day. Sunday School begins at 9:30 AM and concludes at 10:30 A.M. We are extremely happy to welcome several new students into our program. There are 24 students in all enrolled.

Come and see the bulletin board in the Fellowship Hall that the students made on Rally Day.



HALLOWEEN PARTY

On Saturday, October 29th, we will be holding our annual Halloween party from 6:00 to 8:30 P.M. Everyone from the congregation is invited!!! Come in costume (or not if you prefer), just come and be a kid again. Bring a friend. There will be music, light refreshments, prizes for costumes and games for the children. The mummy hot dogs and witch's brew are always a hit!!!



YOUTH GROUP

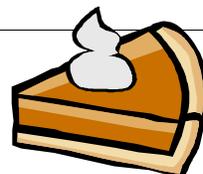
The Youth Group will be decorating for the Sunday School Halloween Party on **Friday, October 28th** beginning at 7:00 PM., and then hosting the Halloween party on October 29th. We will also have a brief meeting that evening to discuss upcoming events and the annual retreat. Please speak with Laura D'Angelo for more information at 356-9204 or LDangten@aol.com. All those in 7th grade and up are welcome. **Hope to see you there!!!**



THANKSGIVING PIE SALE

The Youth Group is holding our annual pie sale for Thanksgiving. All pies will be homemade by the Youth Group. Order form will be distributed in the next few weeks. (Apple, pumpkin, blueberry or chocolate fudge pie)

Order deadline is November 13th. Pies will be available for pick-up on Sunday November 20th and Wednesday, November 23rd..



YOUTH GROUP

ANNUAL RETREAT

Our annual retreat to Koinonia is set for the weekend of Friday, January 20th through Sunday, January 22nd. All those in 7th grade and up are invited. Letters and permission slips will be distributed in the next few weeks. Registration and payment deadline is December 4th. The cost of the retreat is \$45.00, which includes all activities.

Please speak with Laura D'Angelo at 356-9204 or at LDangten@aol.com, if you have any questions or concerns



GERMAN FESTIVAL

On Saturday, October 15th from 5:00 PM to 9:00 PM, the Youth Group will be holding our fourth annual German Festival.

The planned menu includes bratwurst, knachwurst, sauerkraut, schnitzel, sauerbraten, as well as a hot dog platter and more.

All platters will be served with sides, choice of appetizer, as well as salad, beverage and dessert.

Adults:	\$ 20.00
Seniors	\$ 18.00
Children (under 12):	\$ 12.00



Seating I: 5:00 - 7:00 PM

Seating II: 7:00 - 9:00 PM

Letters and tickets are in your mailboxes and/or have been mailed. For additional information and extra tickets, please speak with Laura D'Angelo at 356-9204 or at LDangten@aol.com.



YOUTH GROUP SLEEP-OVER

The Youth Group will be sleeping over at the church Friday, November 18th into Saturday, November 19th. During our "sleep-over," we will be baking around the clock for our Thanksgiving Pie Sale. While the pies are baking, we will be playing games, watching movies (a request has been made to watch "Jesus Christ Superstar" again) and having fun! All those in 7th grade and up are invited to join us.

If you have any questions, please speak with Laura D'Angelo at either 356-9204 or at LDangten@aol.com.



LADIES GUILD

OCTOBER ALTAR GUILD

Ladies Guild

NEXT MEETING:

Wednesday, October 12, 2011 at 8:00 PM

HOSTESS:

Birgitt Culver

**ALL LADIES OF THE CONGREGATION
ARE INVITED!!!**

FLOWERS

If you would like to place flowers on the altar on any Sunday, please sign the flower chart posted in the Fellowship Hall. Please indicate if it is in memory or honor of someone or in celebration. Please note that the cost of each arrangement is \$8.00.

Just like our coffee hour, we need you to sign up for flowers. There are many weeks throughout the year that the altar flowers go without sponsorship. If each family/member signed up for just one week.....



COFFEE HOUR

It's done a vanishing act again! Won't you please sign up to do a coffee hour?. Pair up with someone else. A coffee hour is a great time to sit and talk with friends and catch up on what is going on in all of our lives—a wonderful time for fellowship. The Ladies Guild purchases the coffee and paper goods.

All you have to do is set up, bring some drinks and goodies to eat, and clean up. The sign up sheet is in the **Narthex** next to the Flower chart. Let us all work together to bring back our beloved coffee hour!!!



GIRL'S DINNER NIGHT OUT

Come join the "girls" for a night out. We always have a great time together, so we are going to try to get together more often, outside of the church. On Tuesday night, October 25th we will meet at a restaurant (time and place to be determined) and enjoy a night out. All "girls," young and old are invited to join us for a night of good food and conversation.



SCRAP BOOK NIGHTS

Save the dates and your pictures! On **Friday, October 14th** from 7:00 PM to 10:00 PM, and again on **Friday, November 4th** the Ladies Guild will be hosting a Girl's Night out for scrap booking. If this is something that you always wanted to try, we will get you started in the right direction. If you are an experienced scrap booker, join us for a relaxing night amongst friends, doing what you love! Refreshments will be served.

There is a sign-up sheet in the Narthex. Please note space is limited and the deadline is October 10th, which includes payment. Please speak with Barbara Cavanagh or another member of the Ladies Guild.

Two packages available:

\$10.00 - Space to scrapbook. Bring your own supplies/pictures..

\$20.00 - Starter package will be supplied. Bring your own pictures.

Additional supplies will be available for use and for purchase.



ANNOUNCEMENTS

NEWSLETTER ITEMS

All items for the monthly newsletter are due by the 20th of each month. Please mark your calendars accordingly. Items received after that date will be published in the newsletter the following month. Please note that reminder e-mails for items are no longer sent.

Please give your newsletter items to Laura D'Angelo or send via E-mail to LDangten@aol.com. Thank you.

FOOD DRIVE



Our food drive will begin early this year. We will be collecting food beginning in October to donate to those who are suffering.. Why not take advantage of the free turkeys that the supermarkets offer around the holidays and donate them. While we are all so blessed, there are many others out there in need of help and our prayers.

Thank you.



WEDDING BELLS

On Saturday, July 23rd, Lisa Walker and Christopher Trow were married at Seasons, in Washington Township.

On Saturday, August 6th, Amanda Tatti and Robert Walsh were married here at Atonement.

On Saturday, August 13th, Janet Toborg and Jared LaMonica were married here at Atonement.

Prayer:

Most gracious God, we give thanks for the joy and blessings that You grant to husbands and wives. Assist them always by Your grace that with true fidelity and steadfast love they may honor and keep their vows, grow in love toward You and for each other, and come at last to the eternal joys that You have promised; through Jesus Christ, our Lord. Amen.



The Junior Girl Scouts are meeting in the Fellowship Hall. Meetings are held twice monthly on Monday evenings from 7:00-8:30 PM. Meetings resumed on September 19th. If you are interested in having your daughter join the Girl Scouts, please speak with Barbara Cavanagh at 429-6475 or at Bviguie@aol.com.



Boys! Get off the couch, put your video games away and look around at nature. Enjoy what God has given us! The scouts meet on Thursday nights, beginning on August 26th from 7:00PM-8:30 PM. Please check out our website at www.troop2010.com for more information.

The Boy Scouts are always looking for new members. If you are between the ages of 10-17 and are interested in scouting, please stop by on a Thursday night with a parent, take a look and ask questions. If you are over 18, there are always opportunities for you to get involved with the leadership of the scouts. Please speak with Charlie Blaha, Scout Master for more information.

SUNDAY SERVANTS

October 2nd

Minister's Assistant: Laura D'Angelo
Lector: Laura D'Angelo
Ushers: Sylvia Gonzalez & Sylvia Walker
Acolytes: Sean McSharar & Jennette Tisbe
Introit: Jennette Tisbe

October 9th

Minister's Assistant: Laura D'Angelo
Lector: Carol Hoerter
Ushers: Carol Hoerter & Johanna Kmetz
Acolytes: Matthew LeMoine & James Dawson
Introit: Madeline Evangelista

October 16th

Minister's Assistant: Irene Tatti
Lector: Amanda Walsh
Ushers: Irene Keenan & Joan Tisbe
Acolytes: Mark Culver & Samantha Hanzus
Introit: Samantha Hanzus

October 23rd

Minister's Assistant: Laura D'Angelo
Lector: Nicholas Culver
Ushers: Nicholas Culver & Harvey Culver
Acolytes: Joseph Bayer & Jennette Tisbe
Introit: Joseph Bayer

October 30th

Minister's Assistant: Deacon Frank Gonzalez
Lector: Linda Worker
Ushers: Birgitt Culver & Pat Toborg
Acolytes: Kelly Worker & Kimberly Cavanagh
Introit: Kimberly Cavanagh

November 5th

Minister's Assistant: Irene Tatti
Lector: Diane Hoehn
Ushers: Joan Tisbe & Deacon Frank Gonzalez
Acolytes: Mark Culver & Madeline Evangelista
Introit: Madeline Evangelista

If anyone is unable to keep this schedule, please notify Nicholas Culver at (429-3843) as soon as possible so that a replacement may be found.

DESPERATELY SEEKING

Ushers, Lectors, Psalmists and Acolytes. If you or your child are interested in serving **your** church in any of those capacities, please speak with Nicholas Culver, Head Usher.



Reminder: Daylight savings ends on November 6th. Don't forget to turn your clocks back!



Special Services

Thanksgiving Eve
November 23rd—7:30 PM



CHURCH COUNCIL

The next church council meeting is scheduled for **Tuesday, October 18th** at 7:30 PM. Please make every effort to attend, and forward appropriate reports and agenda items to me no later than **Sunday, October 16th** for distribution. Thank you.

Deacon Frank Gonzalez, President Church Council

Atonement Lutheran Church

71 Central Highway
P.O. Box 622
Stony Point, New York 10980

Phone: (845) 942-0121
Sunday School—9:30 A.M.
Holy Communion Service—10:45A.M.

Minister: Vacant
Organ Assistant: Joseph Tisbe
Newsletter Editor: Laura D'Angelo



Visit us at

www.atonementlutheranstonyp.org

CELEBRATIONS

October birthdays

1st Amy Todd
5th Jason Walker
7th Erik Haaland
Joan Tisbe
Kimberly Cavanagh
21st Joshua Reilly
23rd Marion DiBari

October Baptismal Birthdays

1st Daniel Lemoine
Joseph Tisbe
13th Sean Bayer
15th Lindsay Wolk
30th Jennifer Giordano
? Lindsey Worker

CHURCH COUNCIL

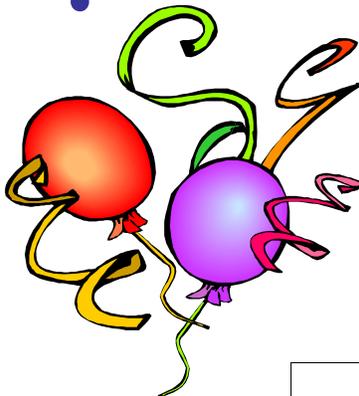
President: Deacon Frank Gonzalez
(917) 620-2020
Vice President: Carol Hoerter
Treasurer: Heidi Hanzus
Financial Secretary: Sylvia Gonzalez
Secretary: Joan Tisbe
Church Administrator: Barbara Cavanagh
Head Usher: Nicholas Culver
Elders: Irene Keenan
Walter Leppert
Birgitt Culver
Trustees: Diane Hoehn
Steve Hoehn

Sunday School

Superintendent: Laura D'Angelo
Asst. Superintendent: Sylvia Walker

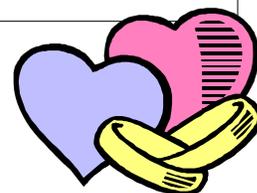
Youth Group

Adult Advisor: Laura D'Angelo
Youth Advisor: Nicholas Culver



October Anniversaries

18th Joan & Joe Tisbe



For newsletter contributions, questions or comments, please contact
Laura D'Angelo at 356-9204 or E-mail at LDangten@aol.com.

October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Sunday School 9:30 AM Worship Service 10:45AM AA- 6:00 P.M.	3 Girl Scout meeting 7:00-8:30 PM	4	5 Boy Scouts- Parents Meeting 8:00 P.M	6 Boy Scouts 7:00 PM	7	8
9 Sunday School 9:30 AM Worship Service 10:45AM AA- 6:00 P.M.	10 COLUMBUS DAY 	11	12 LADIES GUILD 8:00 PM	13 Boy Scouts 7:00 PM	14 Scrapbooking Night 7:00 - 10:00 PM	15
16 Sunday School 9:30 AM Worship Service 10:45AM AA- 6:00 P.M.	17 Girl Scout meeting 7:00-8:30 PM	18 COUNCIL MEETNG 7:30 PM	19	20 Newsletter items due Boy Scouts 7:00 PM	21	22 GERMAN FESTIVAL 5:00 - 9:00 PM 
23 Sunday School 9:30 AM Worship Service 10:45AM AA- 6:00 P.M.	24	25 "GIRLS NIGHT OUT"	26	27 Boy Scouts 7:00 PM	28 Youth Group Decorating/Meeting 7:00 PM 	29 HALLOWEEN PARTY 6:00 - 8:30 PM 
30 Sunday School 9:30 AM Worship Service 10:45AM AA- 6:00 P.M.	31 REFORMATION DAY 					

