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Luke 13: 10-17

*10 Now he was teaching in one of the synagogues on the sabbath. 11 And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. 12 When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." 13 When he laid his hands on her, immediately she stood up straight and began praising God. 14 But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." 15 But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? 16 And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" 17 When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.*

While we don't always connect the hand of God with everything that happens, sometimes the Holy Spirit moves in a way that is especially obvious. Such is the case when I was inspired to write a guided meditation to end a recent sermon on the above Scripture. Many people shared with me that it was meaningful and that they felt God speaking to them in that time of meditation. With that in mind, here it is for those who may have missed it or would like to use it again in your private devotional time.

Blessings and peace to you,

—Rev. Thomas

Sermon summary: The woman in the story was crippled for 18 years. Her vision was constrained to a narrow, limited area of the ground before her, always looking down, because she could not straighten her back. The leader of the synagogue who criticized Jesus for healing the woman, was also crippled, but in a different way. He was crippled under his narrow and limited vision of God's law that placed a heavy burden—both on himself and on others.

To think about: What heavy burdens are causing you to be bent over, narrowing or limiting your vision, making you feel crippled?

### **Meditation: No Longer Crippled**

Imagine you're alone on a sandy beach.  
You're thinking about what is crippling you.  
What is causing you to not live life to the fullest?  
It may be a fear,

a worry,  
a broken relationship,  
a physical ailment,  
a mental or emotional stress in your life--  
Whatever it is that causes you to feel oppressed,  
heavy laden,  
burdened,  
crippled.

You are standing on the beach thinking of these things.

You bend down and use your finger to write in the sand...  
What is crippling you?

(continues overleaf)

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Look at the word...or words...that you have written.  
Ponder the hurt and the burden you feel.

As you continue to look down,  
pondering,  
praying  
thinking...

You become aware that someone is standing in front of you.  
You see his sandals.

The sun seems to grow a little brighter, a little warmer.  
Then out of the corner of your eye,  
you glimpse the shadow of hands reaching down.  
You feel one hand touch you on the shoulder.

The other hand reaches out to touch your own.  
Gently,  
slowly,  
his hand lifts you up...  
Until you're no longer bent over.

You look up...  
and you see the face of Jesus,  
however you imagine him to appear.  
You see compassion in his eyes, a soft smile on his face.  
You feel his love.  
You feel his forgiveness.  
Forgiveness for sin—  
both yours  
and for the one who has hurt you.

There is now no more guilt and shame.  
No more anger and pain.

You hear a voice calling you by name--"My child,  
You are no longer crippled.  
My grace is sufficient for you.  
You're set free."

You feel as if a burden has been lifted.  
The baggage you've been carrying is gone.  
No longer bent over by its weight, you stand tall and straight.  
Relieved.  
Free.

And then...  
there is a slosh of water at your feet  
You feel the tide coming in.

You look down  
to see that the word that you wrote in the sand is gone—  
carried away by the sea.  
You stand straight and tall on the shore,  
and look at the heavens,  
breathing a word of thanks to God.  
For you are no longer crippled.

(Suggestion: Offer a word of prayerful thanksgiving to the Lord.)



Like many churches, as our congregation ages, health issues arise, and fewer people are available during the day, many folks are unable to serve in ways that they may have been able to do in the past.

We are currently in need of people to help decide, plan and work at events, especially fundraisers, so that the work of the church can go on. If you have ideas to share for future events, are willing to serve on a newly forming Fundraising and Events Committee, or would like to find out how you can help, please come to a meeting on Sunday, Sept. 15 after church in the lounge.

Please let Sue Borasky or Gladys Greabell (co-chairs) if you are interested or would like more info.



## Resource Presbyter

The Presbytery of Cayuga-Syracuse has a new Resource Presbyter. The Rev. Dr. Karen Chamis was recently installed in leadership.

I am deeply grateful to everyone who took time on August 15, a hot Sunday morning, to come and meet her when she attended worship with us.

Thank you for your support and for making her feel welcome.

—Rev. Thomas

## Upper Room and Our Daily Bread

for the next season are available in the narthex.  
Donations are appreciated to help cover costs.

### Our Daily Bread Mission:

*Our mission is to make the life-changing wisdom of the Bible understandable and accessible to all.*

### The Upper Room Covenant

Conscious of the need for a closer walk with God, of a deeper spiritual life in the Church, and of a revival of religious faith throughout the world, I hereby covenant with God:

1. To seek an enrichment of my own spiritual life by observing a period for devotions each day, and
2. To share Christ with my fellows and endeavor to enlist them in His service.





We took Camryn down to her new college, William and Mary University, in Williamsburg, Virginia. It is a relatively long excursion, by the time you stop for food, gas and the occasional break. Of course Lori and I were a little sad at her leaving and perhaps somewhat despondent at seeing our 'little' girl becoming a more independent young lady seemingly right in front of our eyes, but out of our home, as it were. Of course Cam was ecstatic, the campus is gorgeous, the climate much more to her liking, and I doubt if she will regret her being out on her own very much either.

Nevertheless, the change is difficult. As I have been reading the Biblical chapters about the less well known of the Old testament prophets, Hosea, Joel and Amos are urging the people of Israel and Judah to make changes as well. But change is challenging. Our family dynamic will be different without Camryn's stories, perspectives and commentary. So too, God's chosen people must also change the status quo. But they find that their traditions of luxury and ease (for a few of the people, but not the majority) are not easily given up. The transgressions of the people go on much as before and the prophets are brought in to thunder about the future and the changes that God will bring on even these, his 'chosen' people.

This is where we start as we end the summer, so sadly gone amidst way too many clouds, and too much rain and humidity for my liking. But the end of summer also means the start of fall and with that comes the opening of schools and our Christian Education program. This year, with our small number of students and staff, we are going to attempt to make some significant changes also. Once a month we hope to come before the congregation and present what we are doing and learning in class. We hope to get some new technology and provide fun, interesting, interactive, and worthwhile lessons for our children's futures and maybe for the congregation as well.

Now as with so many changes, this will not be easy. It will take away some of the ease for both the teachers and the students. But as with Camryn developing towards her future career and life paths (whatever they become), these changes will hopefully produce very positive results long term. And as it relates to the prophets, maybe, just maybe, we will be found listening, attentively and actively, ready

to make the necessary changes and turn towards the paths that our loving God has prepared for us.

Please pray for us all as we start the fall and the changes. God bless us everyone!

—Dale H. Greabell for the Christian Education department

### September sessions

- 1 - no Christian Education -  
but Happy Labor Day weekend
- 8 - Christian Education kickoff:  
Getting to Know YOU and me!
- 15 - Acceptance
- 22 - Welcoming
- 29 - Forgiveness



**RED CROSS BLOOD DRIVE IS THIS  
TUESDAY, SEPTEMBER 3.  
AN EMERGENCY ALERT  
HAS BEEN ISSUED**

There is a need for blood and blood products. Patient care may be delayed.

Our upcoming Blood Drive on September 3 from 1-6 pm can help replenish the blood supply.

Call 1-800-REDCROSS to schedule an appointment or just walk in. You will be welcome. Please consider making a donation.



The choir rehearses after worship on Sundays, starting in the choir room around 11:20. Also, we warm up before worship, at 9:30AM, also in the choir room.

New members are warmly received during the after worship rehearsal. Just come to the choir room, which is next to the Pastor's Office (there is a sign to that office on the wall next to the Lounge).



## Finance Update

### Status of the Budget as of the End of July

	Income	Expenses
YTD Budgeted Amounts	\$89,894	\$91,134
YTD Amounts Received/Disbursed	\$89,951	\$88,214

### Summary of the Major Income Lines as of the End of July

	2019 Budget	YTD Budget	YTD Actual
Current Year Pledges	\$118,476	\$69,111	\$69,805
Unpledged Offerings	\$ 8,000	\$ 4,667	\$ 3,343
Interest Income	\$ 14,000	\$ 8,166	\$ 9,420

### Ladies Tea, Silent Auction and Christopher Banks Fashion Show

The net proceeds from this event, held May 11th, to support our church's 2019 budget, are \$926.59.

Thank you to those who set up, prepared food, hosted a table, modeled clothes or participated in any way to make the event a success.

Those who attended enjoyed a light snack, viewing the fashion show as well as a wonderful time of fellowship.

—Anne Coughenour for your Finance Committee

## Labors of love

Thomas Merton, an American monk, writer and social activist, said, "It is in the ordinary duties and labors of life that the Christian can and should develop his spiritual union with God." As the United States observes Labor Day, may we find meaning not simply in marking summer's end but in celebrating the ways nearly all "duties and labors of life" can empower ministry and faith.

Whether as a dentist, parent, artist, teacher, mechanic, gardener, city councilor, farmer, day laborer, attorney or anything else, a Christian can begin each workday or shift by praying for opportunities to serve whoever they'll encounter. We also can pray for and seek ways to grow in "spiritual union with God": cultivating spiritual fruits; actively loving God and neighbor; seeing Jesus in the vulnerable; practicing humility, gratitude and praise.

In Labor Day, may we find inspiration to make all our labors loving and faithful!

**Newsletter**

## The heart of worship

The worship to which we are called in our renewed state is far too important to be left to personal preferences, to whims or to marketing strategies.

It is the pleasing of God that is at the heart of worship. Therefore, our worship must be informed at every point by the Word of God as we seek God's own instructions for worship that is pleasing to him.

—R.C. Sproul

Puzzle answers are on the calendar page, so you can check your work.

# Puzzle!

Match each numbered description  
with the correct biblical dreamer.  
Use the passages as hints, if needed.

- \_\_\_ 1. His brothers were irritated when he told them of his dreams. (*Genesis 37:5-8*)
- \_\_\_ 2. He saw angels going up and down a ladder. (*Genesis 28:10-12*)
- \_\_\_ 3. This ruler dreamed about some skinny cows eating fat cows. (*Genesis 41:17-21*)
- \_\_\_ 4. She had an unpleasant dream and told her husband to have nothing to do with Jesus. (*Matthew 27:17-19*)
- \_\_\_ 5. He saw a statue whose feet were smashed by a stone. (*Daniel 2:24-34*)
- \_\_\_ 6. He was warned to take his family to Egypt. (*Matthew 2:13*)
- \_\_\_ 7. He saw a vine produce grapes, and he squeezed their juice into a cup. (*Genesis 40:9-11*)
- \_\_\_ 8. They were warned in a dream about Herod's evil plan. (*Matthew 2:12*)

- A. Pharaoh
- B. The magi
- C. Jacob
- D. Pharaoh's cupbearer
- E. Joseph (Mary's husband)
- F. Joseph (Jacob's son)
- G. Pilate's wife
- H. The king of Babylon



*In September*

1. Dawn Evans
2. JoLeigh Kirkland
6. Dylan Steigmeier
7. Ellen Adler,  
Theresa LaVergne
8. Mary Louise Kauhle
9. Kevin Ryan Metz,  
Joan O'Donnell,  
Donna Dow
10. Brandon Lansing,  
Diane Shafer
14. Beverly Lowe,  
Chuck & Darlene Lesser's anniversary
16. Andrew Metz,  
Austin Hill
17. David Green
18. Nancy Bregard
19. Lynn Jacques,  
Samantha Lansing,  
Deborah Paladino,  
Bill & Dawn Evans' anniversary
28. Paul & Susan Spero's anniversary
30. Charles Lesser

## Happy birthday to — and for — you!

Birthdays are unique because they celebrate who someone is, not what they've done. Henri Nouwen wrote, "It is more important to celebrate a birthday than a successful exam, a promotion or a victory. Because to celebrate a birthday means to say to someone, 'Thank you for being you.' ... On a birthday we do not say, 'Thanks for what you did, or said, or accomplished.' No, we say, 'Thank you for being born and being among us.'"

To rejoice over someone purely for who they are is an echo of God's joy over us. Some families celebrate "baptism birthdays" (anniversaries) by lighting candles, sharing scripture and prayer, perhaps looking at photos and recounting stories of that milestone event that marked the beginning of their faith life.

On a birthday, said Nouwen, "we lift someone up and let everyone say, 'We love you.'" In baptism, God lifts us to his very heart and declares, "You are my precious child. I love you."

## Prayer and Personal Concerns



### *In Hospitals, Nursing Homes, Assisted Living*

Nancy Bregard – Morning Star Care Center - Oswego  
Juanita Coleman – Elderwood – Diane Shafer's mother

### *At Home*

Chuck Baker  
Sandy Briggs  
Kari Briggs - Sandy & Bob Briggs daughter  
Daniel Camp – friend of Christy Knowlton  
Jean Troy & Debbie Kelly – Shancy Gorman's cousins  
Betty Hickox – Lynn Jacques' mother  
Chuck & Madeline Kieb – Horton family friends  
Mary Pat Lavigne – Chuck & Marsha Provo's daughter  
Barbara Manley  
Heather Miles – friend of the Provos  
Christine Opera – Shancy Gorman's niece  
John Novak  
Mark Radley  
David Shafer  
Bob Stanton – Terri LaVergne's uncle  
Sandra Van Auken- Don Snyder's sister  
Shirley Venterea – Shancy Gorman's aunt  
Judy Walters

### *Serving in the Armed Forces:*

Tina Bearup - US Navy -Joan O'Donnell's niece  
Bret Gratien - US Air Force – son-in-law of Cindy Jackson  
Jamie Jarmacz - US Air Force - Dick & Diana Law's son-in-law  
Andrew Metz – California  
Austin Miller – US Navy – Linda Graves grandson  
Beth and Nate Roczen – US Army - Horton family friends  
Eric Spero – US Navy

*Please notify the office of any changes  
so this list may be kept current.*

"God is not out there or back there or yet to be, but hidden in the most ordinary things of our ordinary lives." —Sallie McFague

## Special dates

- Labor Day, September 2, 2019
- National Grandparents Day, September 8, 2019
- Patriot Day, September 11, 2019
- Hispanic Heritage Month, Sept. 15 – Oct. 15, 2019
- First day of autumn, September 23, 2019

# September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worship	2	3 1:00 PM Red Cross Blood Drive (FH 'til 6)	4	5 5:30 PM Girl Scouts (FH) 6:30 PM Finance Comm. Mtg. (Lounge)	6	7 10:00 AM CNYGS (Lounge 'til noon)
8 10:00 AM Worship & Christian Ed.  Blessing of the Backpacks	9 7:00 PM Girl Scout Service Unit (Lounge)	10 6:30 PM Parish Council (Lounge)	11	12 5:30 PM Girl Scouts (FH)	13	14
15 10:00 AM Worship & Christian Ed. 11:15 AM Sandwich Making 3:00 PM Mission Comm. @ Onondaga Center	16	17	18	19 5:30 PM Girl Scouts (FH)	20	21
22 10:00 AM Worship & Christian Ed.	23	24	25	26 5:30 PM Girl Scouts (FH)	27	28 10:00 AM CNYGS (Lounge 'til noon)
29 10:00 AM Worship & Christian Ed.	30	<div>Answers: 1. F, 2. C, 3. A, 4. G, 5. H, 6. E, 7. D, 8. B</div>				

## First United Church of East Syracuse Events





## GROWING generations

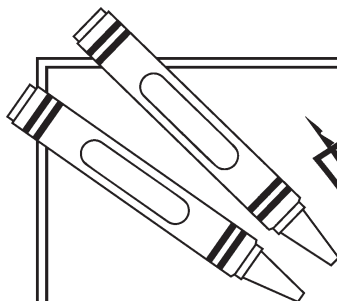
Honor your grandparents with a gift that all generations can enjoy.

### What you need:

- Cups (various sizes)
- Pencil
- Family photos
- Scissors
- Colored paper
- Hot glue (and adult help)
- Clothespins
- A small potted tree or bush

### What you do:

1. Use a cup to trace a circle around faces in the photos. Cut out the circles.
2. Cut larger circles out of paper. Glue each photo onto a paper circle.
3. Glue a clothespin to the back of each photo. Clip photos to the branches.
4. Present the gift to your grandparents, and tell them you're glad to be in their family tree.

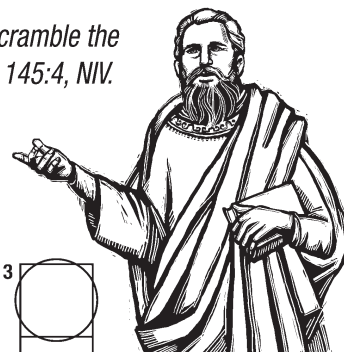
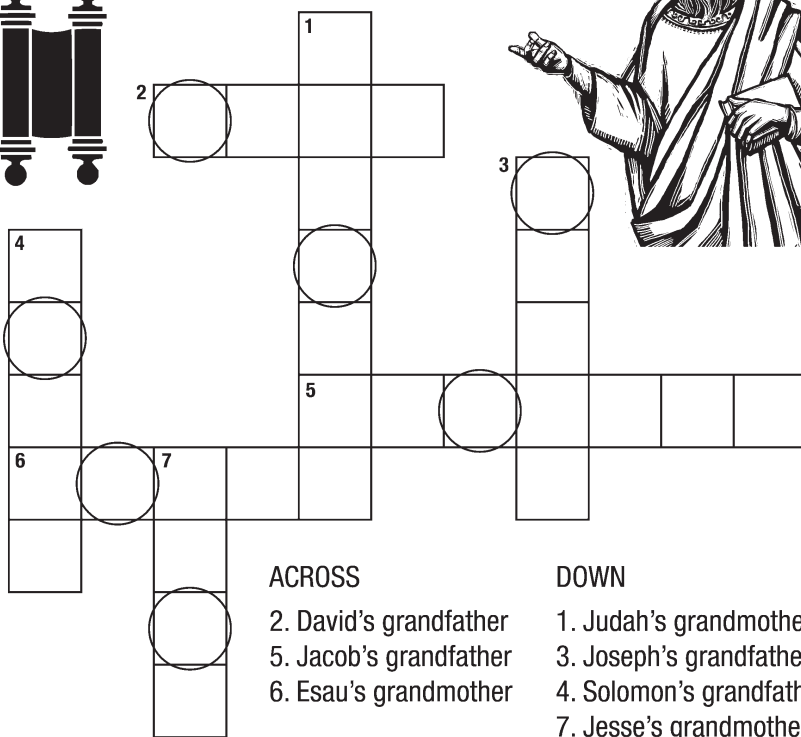


## PUZZLE

### Grandparents of the Old Testament

Can you name these biblical grandparents? If you get stuck, find an Old Testament family tree in your Bible or online.

*Directions: After filling in the crossword, unscramble the circled letters to complete Psalm 145:4, NIV.*



#### ACROSS

2. David's grandfather
5. Jacob's grandfather
6. Esau's grandmother

#### DOWN

1. Judah's grandmother
3. Joseph's grandfather
4. Solomon's grandfather
7. Jesse's grandmother

One G \_ N \_ \_ \_ \_ N commends your works to another; they tell of your mighty acts. Psalm 145:4, NIV

Answers: ACROSS 2. Obed, 5. Abraham, 6. Sarah; DOWN: 1. Rebekah, 3. Isaac, 4. Jesse, 7. Ruth. Generation

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*First United Church of East Syracuse*  
*823 Franklin Park Drive*  
*East Syracuse, New York 13057*

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**NEW PROGRAM  
YEAR BEGINS  
SEPTEMBER 8**

ADULT CHRISTIAN ED. CLASS 8:45-9:30  
WORSHIP 10:00  
SUNDAY SCHOOL 10:15  
(Following the Children's Message)  
FELLOWSHIP & COFFEE Hour 11:00

The church choir meets after Worship for rehearsal  
beginning 9/8. Warm-up is at 9:30.  
New Members Welcome!

**MARK YOUR CALENDAR &  
INVITE A FRIEND OR FAMILY**



Kids' Church Time with  
Rev. Thomas 11:00-11:15  
Elementary through middle  
school children and youth are  
invited to meet with Rev. Thomas  
upstairs in the chapel immediately after Sunday School  
& Worship for a brief time of Scripture, prayer, song &  
more while parents enjoy coffee hour in Fellowship Hall.  
(Children under 5 are also welcome to come with a  
parent or grandparent.)

**Also new this year...**

Students are invited to bring  
their backpacks to church on  
Sept. 8 for a special prayer  
for God's blessing, guidance,  
wisdom, and protection upon  
our children & youth at the  
start of the new school year.

