

Our Christian Walk

The Gazette Of Grace

Summer Issue 2013

Serving The Community Of Our Lady Of Grace

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Dorothy's Note

Dorothy Sokol, Parish Life Director

I have one brother and one sister. They each have a son and a younger daughter. So would you believe my luck -- of the four of nieces and nephews, I have three graduations this spring.

Mother's Day weekend was the Clarkson University graduation. My nephew graduated in Civil Engineering with high honors. It was a 3.5 hour ceremony! When he finally crossed the stage and received his diploma, he opened it up and said a few choice words... because instead of the diploma, he saw a letter. It was a note of congratulations with the diploma underneath, but for just a moment, he imagined the worst.

That prompted me to ask myself if I am a person who sees the glass half full or half empty. Do I see the potential or do I look at all the struggles? Do I delight in the ice cream or whine about no sprinkles? It's good to know this about yourself.

At all these graduations, I'll hear some inspiring ideas. I'll have time with my family, as well as a break from the phone, housework and stresses of every day's routine.

But there's more. Like my nieces and nephew, I can take stock of my goals and dreams and take time this summer to pray about them. Whether it is on vacation or retreat, there should be some reflection time! Then, I can set new goals, make new plans, and ponder ways to make the dreams come true.

Don't let the whole summer go by without talking to God. Tell Him your hopes and your dreams. And then listen for the affirmation or call to change direction. Take time to contemplate and rest. And remember your gratitude list!

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OLG Mission Statement

We are a welcoming community of believers, being disciples of Christ through worship, the Sacraments, ongoing faith formation, evangelization and Christian service to others!

My Walk with God

By Ann Cotrupi

The attendants were in their places. The four little flower girls (ages 1-1/2 to 4 yrs.) had made it down the aisle without breaking stride, focused as they were on scattering tissue paper petals along the way. The groom was waiting for his bride and love was in the air. This part of the wedding was accomplished amid the strains of *Come Thou Font of Every Blessing*.

Soon, the entire church, packed with over 200 invited guests, waited to hear the familiar first strains of Mendelssohn's Wedding March or some other such familiar wedding march that would announce the entrance of our granddaughter, Liz, as she walked (floated?) to meet the love of her life on the arm of her father (our son, Tony). I guess I shouldn't have been surprised when she finally appeared and *The Litany of the Saints* burst forth—in a clear and ethereal invocation of the Saints whom the bride and groom had always considered friends and helpers throughout their five year courtship. The only other time I remember being swept away by this beautiful chant invoking all the Saints was at the ordination of a young priest several years ago. For me, it had been the most powerful and moving part of the priestly ceremony and commission.

Coincidentally, just the night before, I had invoked these same saints, as well as Mary and any other angels within hearing distance, to be with me during my own walk to the lectern today to do the first reading. I'd been astonished when Liz and asked me if I would be willing to do this and felt it a high honor, so I accepted quickly—before she could change her mind. "I know you can do it, Nana," she said, "But maybe you should come to the wedding rehearsal anyway—just to get used to the stairs."

I had cause for concern when I got to the beautiful church of St. Mary's in Bristol, R.I., for the Friday afternoon wedding rehearsal and saw the many marble steps interspersed with broad landings leading to the final step to the lectern. No railings were in sight!

Would I be able to navigate the walk in my new slingbacks? I wondered. Plus move through that relatively narrow space around the bride and groom... and climb the marble steps-with-no-railings to the lectern without stumbling? Would my voice come through loud and clear, my nose not run, my eyes not jump ahead of my lines?

Well, suddenly it was Saturday afternoon and the wedding was in full swing. As described above, all had gone beautifully so far with everyone playing his or her part to perfection. The bride and groom were seated and waiting calmly for the first reading. As my husband nudged me on, and those in the pew made room for me to pass, I sent one more prayer heavenward and my son Tony stood to let me exit the pew. I breathed a sigh of gratitude as he took my hand in a firm grip and guided me ever so carefully around the wedding couple and delivered me safely to the lectern that had seemed so far away. He waited a short distance behind me while I spoke the first sentence. "A reading from the book of Genesis..." I remember wondering whether that voice so loud and clear could possibly be mine. I looked down at the smiling and beautiful faces of the bride and groom and felt completely relaxed as I heard myself speaking the rest of the selection directly to them.

When I was finished with the reading, and my son had guided me safely back to my seat, I experienced the rest of this unimaginably beautiful and profoundly Catholic wedding as an actual meeting between heaven and earth. It seemed that the combined prayers of everyone present for this couple had been answered. Liz and Bob's dream had become a reality and gone as perfectly as it had been planned.

For helping me to play my small part in my granddaughter's wedding without a misstep or falter, I expect that God may ask me for something in return. That may sound like a "this for that" relationship, but I think of it as an unspoken agreement on my part to answer His call as I hear it along the way. ***It's never been more than I can handle.***



SICM Summer Lunch Program (Approximate 2-3 hour Volunteer Opportunity)



We tentatively have the week of (July 8-12) for OLG to serve the SICM Summer Lunch Program in Quackenbush Park in Schenectady. This a short-term rewarding opportunity to help out the kids at lunchtime this summer! You may sign up for one or more days. There are several people each day to work together.

Sign-ups are in June. For more information, contact Peter or Barbara Notch @ 393-7712 or notchp@nycap.rr.com

Here is what volunteers can expect:

Location: Quackenbush Park located on Forest Road right next to Mt Pleasant Middle School. It is between Mt Pleasant and Pleasant Valley School. (Detailed directions available)

What do I need to do?

(11:55)

Arrive and prepare serving area. Receive lunches from vendor.
Post signs/set up sharing box & garbage bags.
Prepare to hand out lunches. Meals are only for children 18 yrs or younger.

(12:15-1:15)

Ask children to line up. Food must be eaten on premises.
Use gloves for distributing food. Wear a baseball cap of your own or a hairnet will be provided. Watch food temperatures. Give meals as complete units.
Unwanted items can go into the sharing box.
Keep an accurate meal count.

(1:15-1:30)

Seconds (If there are any), are only available 15 min before closing.
Clean up and wait for pickup.



The Gardeners of Grace

We are inviting all gardeners or blooming gardeners (all ages) to help us make the Our Lady of Grace grounds a beautiful place of welcome this summer. As you can see, we've started already. Helping Hands ladies have planted a wonderful row of hosta to the left of the church entrance. Sheila Fridholm, Bob Gering, and Mary Ellen Hickey joined us on May 20 to weed and feed ourselves with fun conversation! Sheila commented that she would now view the property with new eyes as she drove into the parking lot. Nice idea! We ask all of you to do just that!

Just a couple hours per week; and if you can't do that, we welcome any time you can provide! Perhaps you would like to maintain a small area under a tree, or a bush or two, at your convenience. Your choice. Dave has broken the property down into prioritized areas. Please call Dave *and/or join us on Monday, June 3 starting at 8:30 a.m. and bring your favorite tools/gloves. If you are not a gardener, come anyway.*

Other Options: You can you donate some easy-care drought-resistant perennials from your garden; or provide a memorial donation in memory of a loved one. We would be delighted to acknowledge your donation.

We don't mind begging...so here it is, **"we are begging!"** Help us celebrate the gifts of Mother Nature as we enter the gathering space. Your support is so needed and appreciated.

Questions or comments...please contact :

Dave Pierce, pep416@aol.com or 399-6308
or Janet Troidle, jantroidle@gmail.com or 399-3861

Summer Book Club

THE GIFT OF YEARS

By Joan Chittister



Come one come all, join us for a hearty discussion on Wednesdays, starting June 5. We will cover a few chapters per week, so if you are away for awhile, you can jump right back in. It is written so that you do not need to read the entire book ahead of time. Not just for the over 50 club...if you want to understand what your loved ones are experiencing you will also enjoy/benefit from this book.

Book available online, at bookstores, or Dorothy may have a copy left for you if you call her right away.

Gather Time: 9:15 a.m. Start: 9:30 to 10:45

Date: June 5, 2013

Location: OLG Room 1

PLEASE REGISTER: Janet Troidle 399-3861 or jantroidle@gmail.com

Kids Korner

Everywhere Fun Fair

is coming soon! This summer's Ecumenical Vacation Bible School is an interactive, energizing program that gives all children entering K – 6th grade a chance to discover God's welcoming love.



When: August 5 – 9, 2013 8:45 – 12:30pm

Where: Immaculate Conception Church, 400 Saratoga Road, Glenville

Director: Christine Goss

Contact Info: 399-9203 cicyouth@nycap.rr.com

Sponsored by the Burnt Hills Inter Church Council. Member parishes include: Good Shepherd Lutheran, Our Lady of Grace, Immaculate Conception, Burnt Hills Baptist, Burnt Hills United Methodist, Charlton Freehold, East Glenville Community, St. Andrew Episcopal Missionary, Calvary Episcopal Church.

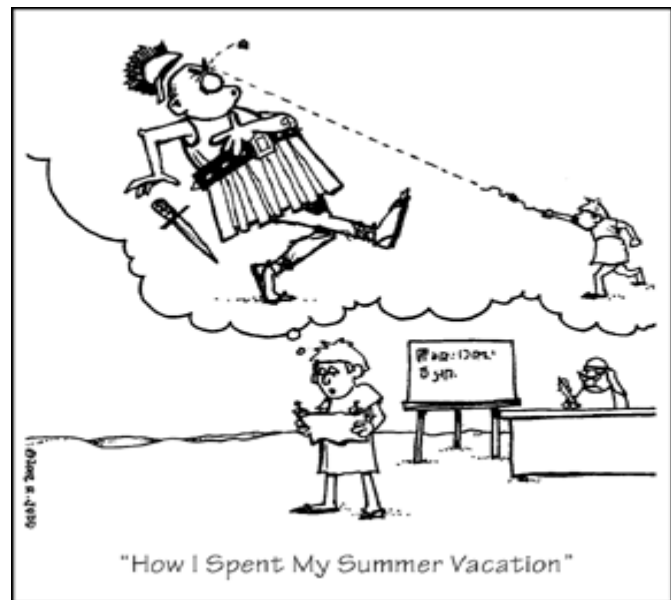
Registration forms are available at each parish or by contacting the Director. **Registration deadline is July 26th** (don't wait - the program fills quickly). Registration fee is \$20 per child. Scholarship assistance is available.

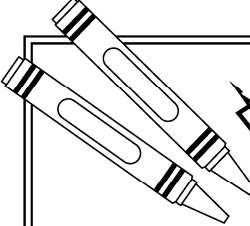
Volunteer Orientation for VBS will be Wednesday, June 5th beginning at 6:30pm for new volunteers, 7:15 for returning volunteers at the Church of the Immaculate Conception Flicker Room. Chris hopes that you are able to attend this important first gathering! Please invite your friends and neighbors to be a part of the VBS experience - you know and I know how much FUN it is! Call Chris for volunteer forms.

In order to have a safe and successful VBS experience we need at least 30 adult volunteers! We are returning to the age-based groupings that will rotate through various activity centers. Each grade level will need a minimum of 2 adults and each activity center needs an adult leader and several adult volunteers. Please consider taking a leadership role on the VBS team! The materials are easy to follow, each day's activities are planned out and you will have lots of support throughout the planning and prepping time! Activity centers for this year are:

Bible Bazaar (bible storytelling), Global Games (recreation), Creation Zone (crafts), Choral Corner (music), Innovation Station (discovery), Eatery Expo (snacks)

For more information, follow us on Facebook at "BH-BL Summer VBS" or online at www.icglenville.com/vbs.htm





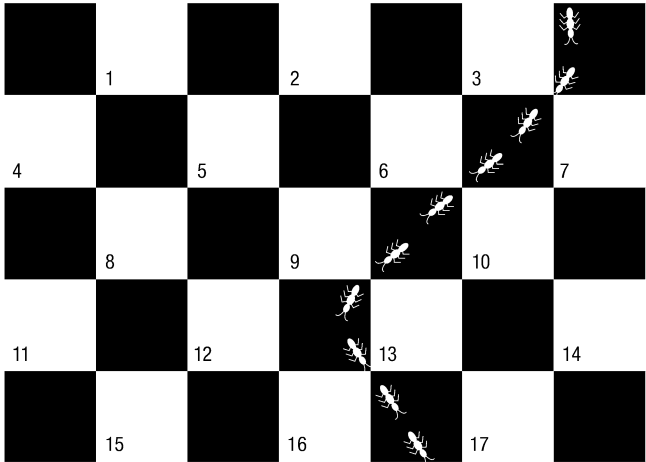
PUZZLE

The ants go marching...

God created amazing insects and says we can learn lessons from their hard work.

Directions: Use the word bank below to fill in the tablecloth grid for ant-based wisdom from Proverbs 30:25, NIV.

4. of	6. strength	15. summer	12. food	9. store	2. are
8. they	3. creatures	5. little	7. yet	10. up	14. the
1. Ants	16. Proverbs	17. 30:25	13. in	11. their	



Answer: "Ants are creatures of little strength, yet they store up their food in the summer." Proverbs 30:25, NIV

Book Review

by Alison Norton

Title: **Still Alice**

Author: Lisa Genova

Published: 2007



Note: This is author Lisa Genova's debut novel. She holds a PhD in neuroscience from Harvard and this first novel was self published. She is also an online columnist for the National Alzheimer's Association.

Our protagonist, Alice Howland, is a 50 year old Harvard professor of cognitive psychology and an accomplished expert in the field of linguistics. She is comfortably enjoying the ebb and flow of her middle aged life until an abrupt interruption occurs. She begins to experience nagging instances of memory loss, disorientation in familiar places and absent mindedness that she finds irritatingly unexplainable. After an exhausting gamut of tests that rule out menopause, depression and a brain tumor, the diagnosis of early onset Alzheimer's Disease was a difficult reality to accept.

Thus begins our journey along with Alice through the ups and downs of coming to grips with her new life. We take this road with Alice, right along side her and from her point of view. Ms. Genova places the reader in the very mind of Alice as we feel her confusion, anguish, pain and joy of her life. We experience the reactions of her husband and children who respond in very different ways to the news of their wife and mother's future as well as the future of their own lives as the disease is hereditary. Although we learn of intimate family details and reactions, we are always seeing things from Alice's perspective. We travel from the early to the end stages of the disease's progression and have a bird's eye view of what Alice feels.

This book is an accurate and heartbreaking portrayal of a woman's life with Alzheimer's Disease. It is so real in its depiction that it was approved by the Alzheimer's Association and has received acclaim from them. Ms. Genova hopes the reader will have a greater sensitivity and understanding of those affected by Alzheimer's Disease. This book is a true page turner that will stir your emotions when you read it. You, as the reader will form an attachment to Alice and the story will linger with you long after the last page is done.

Earth Friendly Coffee

By Liz Marcinko

On the second weekend of each month, Earth Friendly Fair Trade Coffee is sold after the Saturday and Sunday Masses. The Earth Friendly Coffee Company is a social justice initiative doing business as a fair trade coffee company. Earth Friendly Company provides an American market for the Mayan coffee growers from the rainforest of Guatemala. One of the goals of the Earth Friendly Foundation has been to purchase a roaster for the Mayan coffee growers so that eventually they will be able to mill, process, roast and export the coffee that they grow. The greater involvement these farmers achieve in the supply chain of the world coffee market, the greater their revenue and the greater their ability to care for their own health and education within their own culture. I recently spoke with Diane Hughes, the founder of Earth Friendly Coffee. She was excited to share the news that through the support of Rotary International, the farmers may soon have their coffee roaster. Earth Friendly is now expanding their efforts to provide a market for other fair trade coffee growers in Africa and Asia. Thank you OLG parishioners for helping the Mayan people maintain their culture and our rainforest.



(For more information, go to www.earthfriendly.com)

CALLING ALL WRITERS!

Would you like to contribute an article or poem to the fall newsletter? Sharpen your pencil and send an email to express your interest! We encourage all newcomers to our pages, as you are the heart of OLG. If you have a particular hobby or interest you wish to share, we would love to hear about it! Don't be shy. Set your inner writer free!

Contact: Janet Troidle
jantroidle@gmail.com

Booking a Seat for God

By Carol Harblin

When you make plans for vacation, don't forget to include God in your itinerary. Planning for our long-awaited summer vacation is always fun to do and sometimes includes an ocean view; however, being flexible and seeing your itinerary as tentative will make your vacation more relaxing.

Life does not always go according to our regimented plans.

Part of having faith is also knowing that we are not in control of our plans no matter how much effort we put into any vacation. If we become obsessed with our own plans, then we are living under a strict plan we assigned for ourselves and not going with the flow of what comes our way.

Some of the best vacation moments are the times when we wake up without an alarm and go where the wind takes us. If you go to the beach, then stay there with an undetermined time frame.

A vacation means to be free from regimented schedules that consume us in our everyday work lives. Why do we want to regiment our vacation too? Are we incapable of letting go of a set routine? Can we allow God to be our pilot while we are on vacation?

I have traveled many times via airplane, and more often than not I observe many impatient travelers in the airport. I know that some are traveling for work and are actually on a tight schedule, but regardless of work schedules and vacation, we are still at the airport. If the airline delays our flight even by 20 minutes, we should appreciate that it was meant to be and not get anxious about something that is really out of our control.

Take time to live in the moment and be patient with where you are in each second. It is a difficult practice, but to get used to remaining in the moment, take a deep breath and slowly exhale and repeat this sentence, "I am here right now and I am safe....all will be well."

We discover that in the moments we let go, we are also the most free to become who we were meant to be. We work hard every day and we are bound by our work schedule. By the time vacation comes around we need to learn to let go of those limited and regimented schedules. God is our main boss and our navigator. Book His seat!



Prayer For A Summer Morning

By Janet Troidle

Dear Lord, come unto me this day. Help me to draw your new life from singing birds, lush green trees, gentle rains, and the glorious rainbow of summer flowers that blanket the land.

Help me to lay myself open to experience all of You in each moment of this day, so that my hands will be your hands, my feet, your feet, my heart an extension of Your deep love for all of us.

The morning dew fills my senses with Your heartfelt bid to make a difference in this world, one minute at a time. Drench me with Your grace Oh Spirit God, so I may walk and fly through this day in Your wondrous shadow.

Guard me from my inadequacies so that I may eagerly gather each moment and opportunity, like the butterfly floating from flower to flower.

For all of this Father and Mother God, in the name of Jesus Christ, I praise and thank you. Amen.

Prayer For A Summer Evening

By Janet Troidle

Father and Mother God, I lay this night with an open heart, pondering the day now past.

For our moments of unity, I praise and thank you.

For lost minutes and hours, grant me a keener awareness of Your gifted presence in each today, in the eyes of every person I behold.

Help me to journey with all of You tomorrow, bringing the day to fullness in Your love.

For all of You, Spirit God, my divine longing, in the name of Jesus, I pray a great Amen.

Faith Formation Service

By Sr. Cathy Kruegler

In March, all of Grades 1-6 Faith Formation sessions made sandwiches to donate to the "Homeless Action Committee". Homeless Action runs a shelter for about 40 men in Albany and also sponsors a van that goes out to all of the capital district area streets every night from November to April. They serve those persons who are homeless or on the streets during the cold months. The following are some quotes from our parish children after giving this service.

"I felt glad that I was giving back to the community and supporting a good cause."

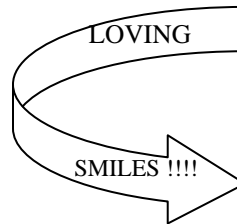
"Making the sandwiches made me feel happy because people on the street were getting food."

"I felt happy making sandwiches for people who did not have the money to make them."

"I was being helpful and kind to people in need of food."

"I liked making the sandwiches. It was nice to have a good conscience inside."

"What I was doing was a good thing, for those hungry people because think about it; if you yourself were in their shoes, you would appreciate the sandwiches a lot!"





They say such nice things about people at their funerals, that it makes me sad that I'm going to miss mine by just a few days!



Garrison Keeler

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Have a safe and
SPLASHY fun
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from all the
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We welcome your comments, suggestions and contributions. Please email or call Janet Troidle.

You can access the weekly bulletin and this newsletter with all current parish activity at:
<http://www.rcda.org/churches/olgchurch>

Do you have questions or suggestions you wish raised at the pastoral council meeting? Contact one of the members listed at the right. They represent all the membership of Our Lady of Grace.

Our Cluster Parishes:

St. Joseph's Website:
<http://www.stjosephschurchscotia.net>

Immaculate Conception Website:
<http://www.ic-glennville.com/>