

# Good News

**The Monthly Newsletter of the People of  
HAMILTON UNION PRESBYTERIAN CHURCH  
GUILDERLAND, NEW YORK**

Volume 31 No. 05



## May 2020

**Sunday Worship Services are held online at 10:00 a.m.**

### **A Spirit who comforts**

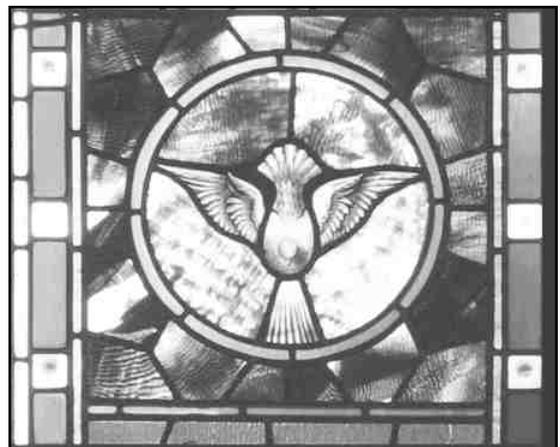
In a time when life expectancy was around 40 years, Hildegard of Bingen (1098-1179) lived more than twice that long. The Benedictine abbess and mystic wrote books and music, founded two convents, conducted four "preaching tours" and much more, despite chronic illness, lack of schooling, grave self-doubt and a male-dominated church and society. Perhaps these poetry excerpts reveal her source of strength and inspiration:

O comforting fire of Spirit,  
Life, within the very Life of all Creation.  
Holy you are in giving life to All. ...

O sacred breath, O fire of love ...  
O most pure fountain  
through whom it is known  
that God has united strangers  
and inquired after the lost. ...

You always draw out knowledge,  
bringing joy through Wisdom's inspiration.

Therefore, praise be to you  
who are the sound of praise  
and the greatest prize of Life,  
who are hope and richest honor  
bequeathing the reward of Light.



## LAY READERS

May 3	Sue Ferris
May 10	Bruce Williamson
May 17	Karen Unser
May 24	Mickey Nieman
May 31	Steve Smith



**“In life,  
there are many promotions  
in spiritual growth,  
but there is no graduation.”**

—T.J. Bach

### **To Leave a Telephone Message at the HUPC Office:**

- Dial HUPC at 518-456-5410
- To skip the opening message, you may dial an extension at any time:  
10 – Office, or 11 - Rev. Janice  
(Or you can listen to the entire message and input the extension at the end.)
- When you reach the individual mailbox, press \* to skip the message, and wait 5 seconds for the beep.  
(Or you can listen to the entire message and leave your message after the beep at the end.)
- Leave your message.
- Hang up.  
(Or you can press \* to receive verification [after a few seconds] that your message has been sent.)



**Easter Basket Project 2020 ..... sponsored by HUPC Presbyterian Women**



Our annual 2020 Easter Basket Project was successfully completed. Baskets were assembled and delivered to the New Faith Program for Women at the Capital Area Rescue Mission in Albany, The Family Life Center at Schenectady City Mission, and the Living Resources, Inc. Group Home where Brian Nitsky resides. Baskets were also assembled for the Church Staff as a way of saying thank you! The process was challenged this year due to the coronavirus restrictions, but where there's a will there's a way through Christ!

THANK YOU for your wonderful support of our endeavor to spread Easter JOY!

Darlene Bauer  
Project coordinator for HUPC Women

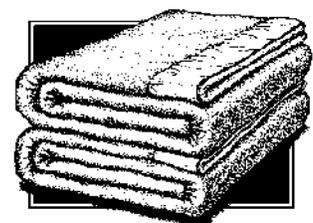
**BLANKET YOUR WORLD WITH LOVE**

Presbyterian Women are again sponsoring Church World Service Blankets for Mother's Day. Our dates for this project are April 26—May 17 (using the Sunday following Mother's Day to give us a full four Sundays). We know you might want to honor someone other than your mother, and you can use the card provided when you sponsor a blanket to honor anyone!!! One blanket = one card!! Start thinking of those special people now.

Last year we sponsored 65 blankets, 46 of the lightweight (@\$10), and 19 of the heavyweight (@\$15). This year, 100 cards will be requested. I can tell you my friends LOVE this kind of gift. They feel they're a part of helping someone stay warm without putting any extra ounces on themselves.

Cash is always accepted; checks can be made out to "PW at HUPC."  
Thanks in advance.

Mickey Nieman for Presbyterian Women



## Presbyterian Women News – All Women are Welcome

All women are invited to participate in any *Presbyterian Women's* activity at any time. There is no need to make a commitment to join the organization. For questions about *Presbyterian Women*, contact Katy Waggener at [katyatmags@aol.com](mailto:katyatmags@aol.com) or 518-456-6422.

- From April 26 - Sun, May 17 - Church World Service Blanket Sale
- Fri, May 15 – Sun, May 17 - Gade Farm Days
- Tues, May 26 – Presbyterian Women's Circle Meeting from with 10:30 am – 12:30 pm. – Lesson 9, *God With Us* will be discussed. Bring a bag lunch. Coffee and dessert will be provided. Extra study books are available.
- Fri, May 29 – Sun., May 31 - Gade Farm Days



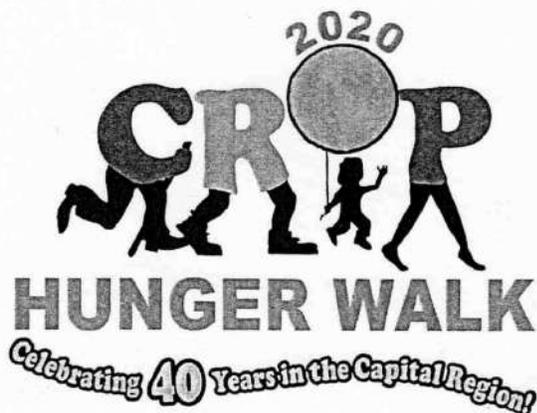
More information can be found elsewhere in this newsletter.

### Sunday, May 3 – Virtual CROP Walk

The CROP Walk on Sunday, May 3 will be a Virtual CROP Walk this year. For more information and to donate to The Hamilton Union Presbyterian Church fund, go to <https://www.crophungerwalk.org/albanyny/>. Checks are to be made out to CROP with "HUPC team" in the memo line. Send checks and cash to Betty Deitz or to the church attn: Betty Deitz.



# WALK WITH US



## Sunday May 3, 2020

in

### the 40<sup>th</sup> Annual Albany CROP HUNGER WALK

### now known as the John U. Miller Memorial CROP HUNGER WALK

## JOIN US!

To register as a walker,  
\*\* register a team,  
or make a donation online  
visit

[www.crophungerwalk.org/albanyny](http://www.crophungerwalk.org/albanyny)

IF ALL 36.2 MILLION AMERICANS FACED WITH FOOD INSECURITY STOOD IN A LINE AT A FOOD PANTRY IN NEW YORK CITY, THE LINE WOULD STRETCH TO LOS ANGELES AND BACK...TWICE. \*

25% of all funds raised by the Capital Region CROP Hunger Walks goes to local food pantries and soup kitchens. With more than 40,000 people in our region using local free meal programs to provide adequate food for their families, this money is very helpful. The local share (25%) of the 2019 Albany CROP Hunger Walk was \$24,030.45.

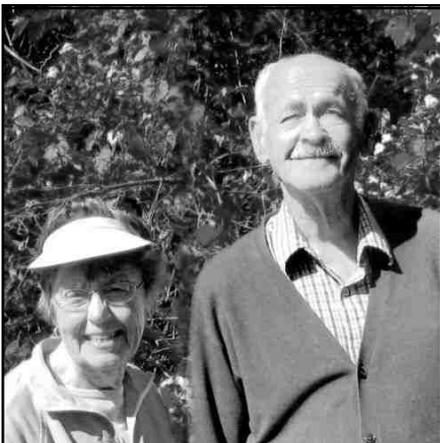
1.02 BILLION PEOPLE WORLDWIDE ARE UNDERNOURISHED.\*

75% of the funds raised by CROP Hunger Walks help support the work of Church World Service and its partners for hunger relief and development projects around the world. Visit [www.cwsglobal.org](http://www.cwsglobal.org) to learn how CWS helps provide emergency food for refugees and disaster victims, improve access to clean water, and provide resources that empower and enable people to meet their own needs.

\*STATISTICS COURTESY OF THE WORLD FOOD PROGRAM AND THE FOOD RESEARCH AND ACTION CENTER.

\*\* HUPC Team

- See Betty Deitz or Wayne Goodnow to sign up and/or to financially support
- make checks out to CROP



A church is so much more than its physical structure, its sunlit sanctuary space, or even its oft recognized pillars. Indeed, it is the vitality of its family members that forms the framework. It is a member's gracious hospitality, afforded to all, that warms the collective body. It is the steadfast commitment, of the humble few, that actually up-lifts and identifies a church.

We at Hamilton Union are blessed to have a prime example of faith-in-action with the fellowship of Betty Koban. As is true for many, Betty's life is the product of multiple influences and personal endeavors. Betty

grew up in a large family of five closely connected sisters who thrived under the tutorship of a loving Mom and Dad. In her early adulthood, she trained for her subsequent professional life as an art teacher for the public school systems (most of which was spent within the Bethlehem Central School District). There she delighted in preparing students for what would usually represent their first brush with field trips to noteworthy art museums. Along her personal journey, she met and, in 1958, married a Johnstown Pennsylvania native, Charles (Chuck) Koban, who also came from a large family. At one point, Betty and Chuck lived in England with their own young family while Chuck was on sabbatical. Could it have been from that experience that Betty perfected the renowned British calm and charming language patterns? Mastering the demands of studies, work, and family life, Betty and Chuck raised 5 wonderfully attentive children who have been a source of much joy: David, Denise, Alison, Laura, and Susan. In addition, Betty cherishes her 8 grandchildren and 2 great-grandchildren. With the December 2015 passing of Lay Minister, educator, and devoted husband, Chuck, there have been necessary life changes. At this time, Betty has moved to Lafayette, New Jersey to be with one of her loving children, Alison Barnes.

Betty takes with her many hobbies and interests that have helped form her engaging personality and have given expression to her boundless energy. Those hobbies are extensive and varied; and due to her sharing nature, many of us can attest to her mastery of all of them. Always, she is an avid cheerleader- encouraging the artistry and practical endeavors of friends and family, be it painting, photography, crafts, baking or DIY enterprises. A list of her own hobbies must include bird watching and the love of nature. This is an interest that she shared with Chuck. It led to a volunteer activity for Betty at Five Rivers and resulted in her joining Chuck for shared visits to Five Rivers Nature Preserve and multiple other destinations. Betty is one of the few retired people who doesn't begrudge the birds their early morning routine and has always been willing to change her schedule to accommodate important sightings like blue herons and Baltimore orioles. After all, they have often been the inspiration for her wonderful, professionally drawn greeting cards that she so generously shares. In addition, Betty has a practiced hand for printing favorite inspirational Bible passages to gift to friends who are facing challenges. Sewing, too, is an outlet for Betty's creativity, with dolls and mice stitched for the youngsters in her life. In later years, this led to her joining a quilter's group whose company she enjoyed immensely. Other crafting projects involved the whimsical and practical such as

magnetized book marks as Betty has become an avid reader as well. Further, she always enjoyed the chance to socialize and explore. Her warm invitations to meals in her home and shared trips to museums provide her many friends with fond recollections. One of her incredible accomplishments that we applaud is her love of swimming because it resulted in her regularly doing a mile in the pool on a daily basis. Imagine starting your day with that!

In researching this article, I found every Committee chairperson first praising Betty's quiet, unassuming but industrious nature. It seems that whatever she touches is improved by her involvement.

Betty and Chuck were both very supportive of the Congregational Life Committee, offering their help wherever needed—especially for coffee hour. In addition, Betty and Chuck spent many hours providing “Mystery Luncheon” opportunities for the entire congregation. These well-attended events were first proposed by Betty and Chuck through the Congregational Life Committee. What a fun way to promote fellowship – and test our sense of faith and direction in the process! Through the Koban adventures we certainly discovered novel paths to the familiar: namely to Warner's Lake, Glenmont, West Sand Lake, Clifton Park, and even the Mohawk River. Betty, thank you for the adventures: thank you for the memories.

As a Deacon, Betty was always an indefatigable, dependable, willing, and calm champion-of-others. Betty seems to see her own selfless acts as merely a response to Christ's expectation of us. She never calls attention to her own contributions. They are done with Christ's help. As one of her favorite Bible verses says: “I can do everything through Christ who gives me strength.” For example, it isn't an established program of the deacons that mandated her hours of personal-shopper for the home-bound when she was in pursuit of the exact socks or soups, etc. that had been wistfully mentioned by

someone. Instead, it was her perception of just the proper thing to do. And, of course, that response includes home-made soups for all who needed a pick-me-up and home-baked peanut butter cookies to insure a supply existed after Chuck's sampling “duties” were completed. Betty, we loved those cookies, too, and we love your years of quietly caring, giving, and sharing on both the established committee level and on a deeper very personal level.

Other organizations that have benefitted from Betty's participation include “In His Presence” and “The Peer Group”. Both of which she joined as her own life situation changed. In His Presence is a cancer survivors' organization that continues to appreciate her captivating card artistry and misses the “Little Betty's” positive attitude in fellowship. That sentiment is a resounding “Ditto” for The Peer Group, a supportive social outlet for the widowed or divorced. Betty always tried to be supportive through her attendance – even once when there was a venue change but a safe-guard call that typically happens closer to event day was omitted. Unfortunately, that resulted in a drive to the wrong place for Betty. In typical Betty fashion, she enjoyed her ride and enjoyed being in the moment at an ice-cream stand. She never complained about the oversight, and,

to my knowledge, never complains about anything!

In her admirable way, Betty always demonstrates God's love – both in what she does and in what she refrains from doing. She is the personification of love as defined in 1 Corinthians: the very patient and kind variety...”never jealous or envious, never boastful or proud, never haughty or selfish or rude.” Many of us refresh our memories of this valued friend by re-reading her wonderful cards and letters sent in our hours of need. Yes, we have kept these meaningful remembrances, and we have preserved them carefully in memory boxes and treasure troves. But you, Betty Koban, have been – and will always be – the true treasure.

Nelda Polansky

### **The Presbyterian Women in the Presbytery of Albany Spring Gathering - Cancelled**

The Presbyterian Women in the Presbytery of Albany Spring Gathering that was to be held on Thurs, May 21, at First Presbyterian Church of Hudson Falls, has been cancelled due to the pandemic. The program *Standing on the Gifts of Empowered Historic Women*, a report on the *2019 USA Mission Experience Trip to the Finger Lakes Region*, by Lisa Gray, the Moderator of Presbyterian Women in the Synod of the Northeast will be rescheduled.

### **Book sale suspended**



Jack Haefeli's books that mainly have religious subjects will be on sale again in the multi-purpose room when we can again meet there after worship. They could be purchased with a donation to the One Great Hour of Sharing. Donations would be placed in a marked envelope in Margaret L. Gardam's mailbox in the church office. If anyone wishes to make a purchase in the meantime, please contact Margaret.

In the summer of 2012, Rev. Stewart Pattison and Carl Hasselbarth accompanied Keni Banda to Chituka Village in Malawi. We have been developing a relationship with the people there for several years. We have sent sports equipment, school supplies and money to help the community develop. With the hope of making our connection more personal, we ask that anyone interested, write a note or a prayer using the form below. We will put a photo of you, with your permission (cut from our most recent pictorial directory) on the note. Circle yes or no in the photo box. There will be a collection box in the Multi-Purpose Room.

Thank you from the Mission and Social Witness Committee

<p>photo box</p> <p>your photo</p> <p>yes or no</p>	<p>Dear Friend in Chituka Village,</p>
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Maryanne Masley-Hannett (May 4)

Matt Shafer (May 14)

Terry Nieman (May 25)

John Nitsky (May 26)

Brian Nitsky (May 28)

### *Knitting4Peace*

One of the organizations that Churchwide Presbyterian Women partners with is *Knitting4Peace*. It collects knitted, crocheted and woven items to send to areas around the world, where there is need. More information and patterns can be found at <https://www.knitting4peace.org/>



The **Guilderland Food Pantry** is in need of food, household products, and especially financial donations. Needs have greatly increased due to job losses and school closings resulting from the Coronavirus pandemic.

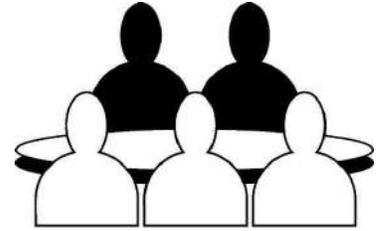
Financial donations can be made online at [guilderlandfoodpantry.com](http://guilderlandfoodpantry.com), or mailed to Guilderland Food Pantry, 4 Charles Park, Guilderland, NY 12084.

Donations of food can be brought to the Pantry at Christ's Church, 4 Charles Park, Guilderland, which is located on Route 155. Hours for donations are Monday through Saturday, 9:30 to 11:00 AM. Donors are asked to call ahead (518) 930-1001 and leave items outside at the entrance door.

Your assistance in helping our food insecure neighbors is greatly appreciated.



## Session Highlights:



*March 3, 2020*

There was a productive and fun joint meeting of the Deacons and Session, with a potluck dinner and discussion of Deacon activities and needs.

Motions were approved to name Bill Hasselbarth as President of the Corporation, Margaret Gardam as Treasurer, and Ron Messersmith as Clerk of Session.

Motion to receive Karen Unser into membership at HUPC by Reaffirmation of Faith was passed unanimously.

The Mission Study was approved by COMAC, starting the formation of the Pastor Nominating Committee.

Motion was approved for \$1177 for computer consultation at the church office.

Motion was approved for \$100 gift for Dan Rogers, retiring Presbytery Clerk. The Session expressed appreciation for the excellent work of Jim Gade during his term on the Session.

*April 7, 2020*

Pastor Janice discussed the many Zoom activities during the past month as she has guided HUPC's adjustment to the Coronavirus impacts on services and meetings. Communion will continue to be held on the first Sunday of the month on Zoom. Elders Karen Williamson and Charlotte Hasselbarth have been extensively involved in the communication issues presented, while development of the new website continues.

Motion was approved for the Session to apply for a small business loan/grant through Citizens Bank(\$27,000).

## INSTRUCTIONS

## Zoom Meetings:

With the upgrades to Zoom security, and in light of the Zoom-bombing that has occurred, all of our more public Zoom meetings will require passwords. Many of these meetings are recurring and the same Password has been used for these meetings each week. When these meetings expire, there will be new links and new passwords. The links to the meetings will continue to be published, but the passwords will be removed.

First – if you enter by computer, tablet, Kindle, or Smart phone, do what you always do – follow the link provided. (On-going meetings have the same link and password for multiple weeks, and Rev. Janice will alert you when a new link, ID & password are needed). If you enter by non-smart phone or landline, you will dial in as usual. Then you will need to enter the meeting ID and meeting password.

Join Zoom Meeting: link example <https://zoom.us/j/162506373>, or call phone 1-929-205-6099 (does not change).

Meeting ID: example 162 506 373. NOTE that the meeting ID is the numbers found in the “address.”

Password: example 123456.

Also note: there is no local number to call for a Zoom meeting, so yes, long-distance charges do apply.

Again – call or text Rev. Janice if you have an issue.



Second – if you enter the meeting before the moderator does, you will find yourself in a waiting room. Just hang out and wait. This is the second level of security, as Rev. Janice or second person will then “open the door” and “let you in” to the meeting, and then close it again. What this means is that we will need a second person to be a co-moderator, especially during worship, as it is difficult to do both at the same time. If you would like to volunteer, let Rev. Janice know. Remember, there is always grace!

## **SAVE THE DATE**

### **PRESBYTERIAN WOMEN IN THE SYNOD OF THE NORTHEAST TRIENNIAL GATHERING**

## ***EMPOWERED TO SERVE***



#### ***JOURNEY WITH US!***

As we explore 1 Peter 4:10  
Each one should use whatever gift she/he has  
received to serve others, faithfully administering  
God's grace in its various forms.

#### ***JOIN US!***

Friday, Aug. 21 & Saturday, Aug. 22, 2020  
Desmond Hotel and Conference Center  
Albany, NY

#### ***WE INVITE YOU!***

For a weekend of connecting with awesome  
sisters in Christ, amazing worship services  
and informative workshops.

#### ***KEYNOTE SPEAKER***

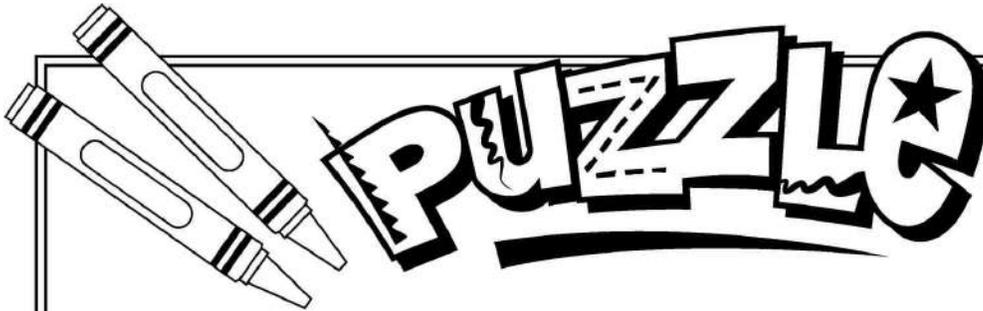
The Revered Dr. Diane Moffett  
President/Executive Director  
Presbyterian Church USA Mission Agency

For more information, contact: 585 526 5841  
Lorraine Cuffie, Chair ([lcuffie@verizon.net](mailto:lcuffie@verizon.net))  
Virginia Champlin, Registrar ([danvirginiac@aol.com](mailto:danvirginiac@aol.com))  
Lisa Gray, Moderator ([lisa\\_a\\_gray@hotmail.com](mailto:lisa_a_gray@hotmail.com))



***MORE TO COME***

*For registration and scholarship information, please see [pwsne.org](http://pwsne.org)..*



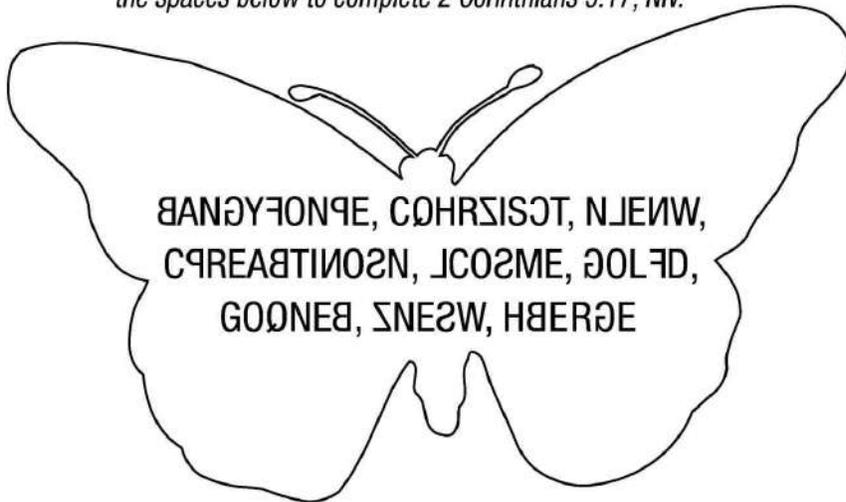
# Transformation **POWER**



Just as the caterpillar becomes a butterfly,  
God transforms us from old to new.



*Directions: Cross out the backward letters. Write the remaining letters in order in the spaces below to complete 2 Corinthians 5:17, NIV.*



Therefore, if \_\_\_\_\_ is in \_\_\_\_\_ ,

the \_\_\_\_\_ has \_\_\_\_\_ :

The \_\_\_\_\_ has \_\_\_\_\_ ,

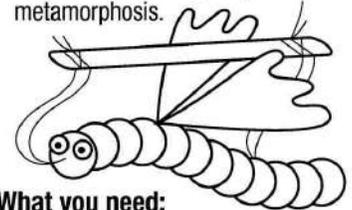
the \_\_\_\_\_ is \_\_\_\_\_ !

2 CORINTHIANS 5:17, NIV

Answer: anyone, Christ, new, creation, come, old, gone, new, here

## CHANGED!

Make this cute puppet to show and tell the amazing story of metamorphosis.



### What you need:

- Needle and string
- 12 small pom-poms
- Wooden craft stick
- Scissors
- Googly eyes
- Glue
- Coffee filter
- Markers

### What you do:

1. Sew pom-poms together to make a caterpillar body. Tie off that string.
2. Thread another string up through the first pom-pom, leaving 12 inches to dangle. Repeat with the ninth pom-pom, leaving two dangling strings.
3. Wrap those strings around opposite ends of the stick, adjusting their length to about 6 inches. Tie in place.
4. Glue on eyes.
5. Flatten the coffee filter and draw a symmetrical design on it. Pleat in the center to create wings.
6. Move the caterpillar puppet by holding the stick. Glue on the wings as you describe the transformation into a butterfly.

# HAMILTON UNION HAPPENINGS



# MAY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <i>Communion</i> 10am Worship Service (Z)	4 2pm Making Connections (Z)	5 12noon Midday Prayers (F)	6 12noon Midday Prayers (F) 7pm Evening Prayers (Z)	7 12noon Midday Prayers (F)	8	9
10 10am Worship Service (Z)	11	12 12noon Midday Prayers (F)	13 12noon Midday Prayers (F) 7pm Evening Prayers (Z)	14 <i>Newsletter Deadline</i> 12noon Midday Prayers (F)	15	16
17 10am Worship Service (Z)	18	19 12noon Midday Prayers (F)	20 12noon Midday Prayers (F) 7pm Evening Prayers (Z)	21 12noon Midday Prayers (F)	22	23
24 10am Worship Service (Z)	25	26 12noon Midday Prayers (F)	27 12noon Midday Prayers (F) 7pm Evening Prayers (Z)	28 12noon Midday Prayers (F)	29	30
31 10am Worship Service (Z)						

Z = Zoom    F=Facebook

# HAMILTON UNION PRESBYTERIAN CHURCH

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Change Service Requested

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[hu-pc.org](http://hu-pc.org)

Ministers: The People of Hamilton Union

## Our Staff:

Rev. Janice West, Interim Pastor

Ann Duncan, Administrative Assistant

Charlotte Palmeri, Director of Music

Rae Rau, Director of Handbell Choir

## GOOD NEWS



Published monthly by the Session, and is available electronically on our website. Copies are also mailed to select church family households, students away from home, and others.

Mark Hutchinson, Editor

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Newsletter deadline for the  
*June* issue is  
*Thursday, May 14*

