

### Contact Us

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Office hours: Monday-Friday  
8:45 am-12:45 pm

### Worship hours

Sunday at 9:00 and 10:30 am

### Lead Pastor

Rev. Amy Gregory

revgregorybhumc@gmail.com

### Associate Pastor

Pastor Brendan Fox

pastorbrendanbhumc@gmail.com

### Music Directors

Peter Van Keuren

Jill Zygo

### Sound and Video

Charles Hartmann

### Sunday School Superintendent

Jodi Facticeau-St. Gelais

### Communications Coordinator

Robyn Axon

### Custodian

Nick Adami

### Treasurer

Kimberly Spath

### Financial Secretary

Paula Miller

### Preschool Staff

Stephanie Tope - Teacher

Angie Barclay - Assistant  
Teacher

Deb Whitehead - Director



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BurnthillsUMC



Every Sunday in advent we began our worship services with a moment of reflection and breathing. This small, intentional moment was very moving for me each week. I'd find myself recognizing how much tension I was holding in my back and my shoulders—as I would exhale fully and deeply, only then would I realize what it would feel like to fully settle into the time and place I was in. Throughout my 20's, I would regularly participate in meditation classes, seminars, and workshops but as I got to seminary and I found myself having to balance work and school, I lost a lot of my feeling of connection to my own body. These brief moments of mindfulness at the start of our advent services were a reminder to me how much I've missed having such an intimate awareness of how I was feeling—both physically as well as emotionally.

As I consider the time of year, I am reminded that January is typically a season of resolutions and intentions. As the days are now growing longer and there is renewed excitement of the possibilities the new year may hold, something one of my seminary professors wrote comes to mind. I'll paraphrase here.

As we breathe in—with every breath we take—we breathe in the same spirit of God that first hovered over the waters at the beginning of creation (Gen. 1:2). As we breathe in, we are accepting into ourselves the gift of life that God first breathed into the first humans (Gen. 2:7). We as human beings can recognize how special it is to be a part of this sacred breathing, this blessed receiving of a gift that was given to us out of God's goodness. And yet, we are not alone in this equation, and it does end there.

As we breathe out, as every being that lives and breathes exhales, we all then provide what is needed for the forests—the trees, shrubs, and plants of all sizes—to breathe with us. As we exhale, we provide the carbon dioxide that our plant relatives effectively breathe in. And they, in turn, through their own gifts, again breathe out for us the clean oxygenated air we first were gifted from God.

This act of reciprocity, this collaborative process of in-breaths and out-breaths, across biological class, species, and kingdom, is the continuation of God's original gift of life. So, with that said, while some of us may struggle to decide what resolution we may or may not want to make, may we each remember that our worth is not measured by what we do, how we do it, and why. As we do so much as breathe, we help other life to flourish. That is worth celebrating! As we enter this new year, may we be blessed to remember that all beings, all of creation, are beloved children of God.

Brendan Fox

## Studies for Adults: Please join us!

- **Early Birds** with Pastor Amy, Mondays at 9:30am in the Fireside room. On January 23, we will begin a new study. (No classes on January 2 and January 16)
- **Explorer's Bible Study** with Pastor Brendan, Wednesdays at 9:30 am in the Fireside Room. The group views a 30 minute video about the bible and then talks about it. No homework, no additional reading. Just come, learn and share.
- **Seekers: Sisters in Christ**, ongoing study meets Thursdays at 9:15 am in Knight Hall. We are currently reading *The Universal Christ* by Richard Rohr.

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## United Methodist Women

**UMW Circles** are small groups that meet monthly for a devotion, fellowship, and a variety of programs and projects. All meetings are open and welcoming. For more information, call Holly Rogers at 399-8629.

**TUESDAY CONNECTION CIRCLE** will meet on Tuesday, January 10 at 9:30 AM in Knight Hall. We will be making Valentines for a local nursing home.

**SPECIAL K CIRCLE** will meet on Monday, January 23 at 2 PM in Knight Hall. We will be making stroller blankets for Young Parents United in Schenectady. It will be helpful, but not necessary, to bring your own fabric shears. If you can tie your shoes, you can make a blanket.

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## Music

For Adults:



We may not all be singers, but **each of us has a song to sing!** And if you feel like sharing your vocal gifts in the Chancel Choir, **weekly rehearsals** are at **7:00 pm in the choir loft**. It's a fun and meaningful way to worship God, and you'd be helping others in worship. **Join us in the loft;** it's the best seat in the house!

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### Men's Breakfast

Men's Breakfast will be on **Saturday, January 7 at 8am in Knight Hall**. Men of all ages are invited. Come and meet other people of the Church and share good food and fellowship. Hope to see you there.

### Pub Theology Update

**Pub Theology has moved to Pizza Works** on Saratoga Rd. We are still meeting every Wednesday (except for the last Wednesday) at 7 pm. Hope to see you there!

### Lunch Bunch

Lunch Bunch will meet on **Friday, January 27th at Glenville Applebee's at 12:00 pm**. Last month, fifteen of us gathered at The Charlton Tavern. A thank you to Karen Lathrop for making Christmas favors for all of the attendees. Contact Carol Borthwick (399-5405) or Lynn Christie(399-8838) if you would like to attend.

## Hello Folks from Social Justice Action Group!

The **Social Justice Action Group** is excited to start the new year, and we have some wonderful things planned already!

Starting on January 16th we'll be hosting a **Loving Awareness Mindfulness Course** (4 weeks on Mondays). "Mindfulness is waking up to the life you are living in its full range of experiences in all the seasons of life. Discover and develop the empowering gifts of awareness and compassion. Mindfulness is much more an enlightened way of living and being, as a list of things to do.

Join us on **Monday January 16, 23 and 30 and February 6 at 6:00 pm.**

The course is presented by Rev Immanuel van Tonder. He did his post-graduate studies in Mindfulness-Based Interventions at the University of Stellenbosch & IMISA. Accreditation for the .b and paws b courses were acquired in London for teaching Mindfulness to primary and secondary school children. More information at [www.mindfulness.art](http://www.mindfulness.art)

Please RSVP to Scott Bryson at [sbrys69@aol.com](mailto:sbrys69@aol.com), by phone, or in person. We hope you'll join us there!

In other news, I thought we would lay out a little of what we had accomplished in 2022, and a hopeful plan for 2023.

In 2022 we:

- Hosted a presentation on the **History of Social Justice** within the United Methodist Church led by Holly Nye.
- Hosted a presentation by Paul Fisk, through Capital Region Interfaith Creation Care Coalition, on **climate activism.**
- Attended a presentation by a local weatherman, **The Climate Peril.**
- Hosted **J.J. Warren** for the weekend - a Saturday keynote address, with a panel discussion, and on Sunday a guest speaker.
- Attended the **PRIDE Parade in Albany**, and held a booth at the festival.
- Were a strong presence in the "**Mission Area**" of the **Lord's Acre Fair**
- Attended the **Women's March** in Albany.
- Hosted a **Social Justice 101** event
- Built up the infrastructure for our group!

In 2023 our proposed topics and hopeful schedule looks like -

- January - Mindfulness Course, and Houseless SOS Drive
- February - Book Drive, Potluck, and Black History Month event
- April - Climate Discussion/Presentation
- May - Mental Health
- June - PRIDE
- September - Suicide Walk, and focus on World Peace
- November - Food Insecurity

If anyone is interested in collaborating or leading an event please reach out! We're always happy to have new folks take the lead on things. **As always, everyone is welcome.** Much love to all in this new year!

~ Shelby Bryson on behalf of the Social Justice Action Group

## Grow Team December 2022

So much to be grateful for over the past several weeks!

Special thanks to Jill Zygo and our families for visiting **Glendale Nursing Home** and bringing songs and cheer!

While we always celebrate advent with candles in the sanctuary, this year we were able to send candles and wreaths homes with everyone who wanted to have this celebration at their table and/or to give them away to family, friends, and community. There was information about the significance of each week, with a prayer attached so that people would be able to embed this tradition within their own meal sharing space AND our pastors had a Zoom option each week, wherein folks could join in community, celebrating this tradition together.

We are happy to have been able to celebrate **decorating the Chrismon Tree together**, enjoy a meal, and end the evening with a prayer and singing Silent Night at the **Memorial Lights** celebration at the tree nearest Saratoga Road. The lights are in remembrance of our loved ones we hold dear, who are no longer with us this holiday season. This celebration had been on hold during Covid, so we are especially happy that it could re-start this year! Of course, the celebration wouldn't have been complete without Pete Farrell leading the tables in a festive 12 days of Christmas, with each table acting out their part of the song!

Our youth and their families, pastors, and youth group leader were able to enjoy a **special holiday concert at Little Spa Theater @ SPAC**. A wonderful time was had by all!



Finally, many thanks to the children who were able to write **Christmas cards** to our members who are homebound at this time. Some Chrismons were also delivered.



**The Christmas Pageant** had our halls a buzz for several weeks, with helpers behind the scenes, musicians preparing, and our amazing families learning their parts to make the Christmas Story come alive! **A special thank you to Jill Zygo and Mary Alice Nyhan for coordinating and directing us to make this all possible!**

## Caregiver Support Group



*Are you the caregiver for a family member or friend? Do you know of someone who is having difficulties with caregiving? It helps to talk to others who are going through the same experiences. This group is open to both church members and non-church members.*

The next Caregiver Support Group meeting will be **Saturday, January 7th at 10:30 am** in the Fireside Room. There will be a handout available "Fall Prevention and Home Safety Program". The caregivers who attend this support group are in all stages of caregiving from just taking care of a loved one in their own apartment or house to those dealing with hospice in nursing homes. Lynn Christie is the facilitator and can be reached at 399-8838 or hlchristie@aol.com for any questions.

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## Soup Kitchen



Because of Monday holidays in January and February, we are only having one soup kitchen. It will be **Monday, January 23rd**. We will collect items for the lunch by Friday January 20th, make the soup and egg salad on Sunday 22nd after second service and leave church to serve at the Salvation Army in Schenectady at 10 AM on January 23rd. Please write your name or initials on the items brought to the kitchen. What a great New Year's resolution to provide some items, help prepare or serve; we would love to have you participate whenever you are available! Libby Horn, 698-4043, Terry Prany's, 256-8476

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## Thanks for all the Effort

Recently, a number of parishioners have commented about how nice the church property and gardens have looked this year. This is **truly a team effort and we wanted to publicly thank those responsible for their efforts**. For the past few years Maryann Snell has planted and cared for the flowers in front of Knight Hall. They looked great all season. Paula Miller has cared for our Rose Garden for many years and it always looks nice. Mark Billings and Bill Borthwick have been mowing the lawn all season with an emphasis on the weed whacking which has made the place look better than ever. Linda Noonan spent time this summer painting the sign posts and posts along the driveway. The Fix-its continue to work on the gardens, mulching, trimming and weeding. Thanks go to Dale Delano, Dan Walz, Dan Richardson, Mike Thomas, Jerry Brady, Don Hennel, Bill Borthwick and Bert Longbotham. We also appreciated the tree trimming efforts of Chris Hyde, Terry Bikowicz and Greg Adams.

*thank you*

## Altar Flowers



BHUMC has a tradition of having **members donate flowers to decorate our altar** as a **remembrance or a celebration**. Examples of this are loved one's birthdays, wedding anniversaries or "just because". In the past we had a physical signup sheet in the hallway outside Knight Hall. With fewer people in the building, we will be changing how this works. Instead of a physical list in the hallway, **Robyn Axon, our communication coordinator, will be maintaining this list**. Please call her at (518) 399-5144 to reserve your weeks. A member of the altar committee will call you close to your selected date as a reminder and to help with any necessary coordination. **You may bring in your own flowers, or use Country Florist** at (518) 399-2650. Country Florist has a key to the church and will insure they are delivered for the Sunday service. Now that we are back in the sanctuary fulltime, it would be **great to celebrate your special days in this way**.

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## Burnt Hills United Methodist Preschool

Preschool was very busy during the month of December. **We said Goodbye to Mrs. Herbage and Hello to Mrs. Barclay**. The kids were very busy preparing for the holiday making Christmas gifts for their families and practicing for our Nativity program. We would like to thank Peter VanKeuren for playing the piano, Pastor Amy, Pastor Brendan and Bill Phillips for helping us put on our Nativity program for our families. Thank you to Robyn for helping us with our programs and song sheets. **Also a huge thank you to**

**our Preschool families for their assistance and support during our teacher transition**. We are looking forward to more fun in January. We will be learning about hot vs cold, arctic animals and hibernation. We wish you all a Happy New Year! **We are currently taking registration for the fall. Please help us spread the word.**

Contact Stephanie Tope at 518-466-6566

or [bhumpreschool@gmail.com](mailto:bhumpreschool@gmail.com) for more information.



# January, 2023



For the most up-to-date calendar, check our webpage at [www.nybhumc.com](http://www.nybhumc.com).  
Want to add something to the master calendar? Email [burnthillsumc@gmail.com](mailto:burnthillsumc@gmail.com) or call the office at 518-399-5144.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>New Year's Day</b> <b>9:30am</b> Worship	<b>2</b> <b>Office Closed</b> <b>6:30pm</b> G.S. Troop 2169	<b>3</b> <b>6:30pm</b> SPRC / KH <b>7:00pm</b> B.S. Troop #56	<b>4</b> <b>8:30am</b> Fixits <b>9:30am</b> Explorers <b>6:00 pm</b> Girl Scouts <b>7:00pm</b> Pub Theology –Pizza Works	<b>5</b> <b>9:15am</b> Seekers <b>10:30 am</b> BH-BL women's group <b>7:00pm</b> Choir rehearsal	<b>6</b>	<b>7</b> <b>8:00am</b> Men's Breakfast <b>10:30am</b> Caregiver's Meeting
<b>8</b> <b>9:00am</b> Worship <b>9:45am</b> Youth Choir <b>10:30am</b> Worship <b>11:30am</b> Voices of Hope	<b>9</b> <b>9:30am</b> Earlybirds <b>12:00pm</b> BH-BL club luncheon <b>6:30pm</b> Girl Scouts <b>6:30pm</b> Girl Scouts <b>7:00pm</b> Church Council	<b>10</b> <b>9:30am</b> Tuesday Connections <b>7:00pm</b> B.S. Troop #56	<b>11</b> <b>8:30am</b> Fixits <b>9:30am</b> Explorers <b>1:00pm</b> Preschool meeting <b>5:30pm</b> Girl Scouts <b>6:00 pm</b> Girl Scouts <b>6:30pm</b> Girl Scouts <b>7:00pm</b> Pub Theology –Pizza Works	<b>12</b> <b>9:15am</b> Seekers <b>7:00pm</b> Choir rehearsal	<b>13</b>	<b>14</b>
<b>15</b> <b>9:00am</b> Worship <b>9:45am</b> Youth Choir <b>10:30am</b> Worship <b>11:30am</b> Voices of Hope <b>4:00pm</b> Girl Scouts	<b>16</b> <b>Martin Luther King Jr. Day</b> <b>6:00pm</b> Mindfulness Course	<b>17</b> <b>1:00</b> BH-BL Book Club <b>7:00pm</b> Boy Scouts #56 <b>7:00pm</b> Trustees Meeting	<b>18</b> <b>8:30am</b> Fixits <b>9:30am</b> Explorers <b>7:00pm</b> Pub Theology-Pizza Works	<b>19</b> <b>9:15am</b> Seekers <b>6:00pm</b> Girl Scouts <b>7:00pm</b> Choir rehearsal	<b>20</b>	<b>21</b>
<b>22</b> <b>9:00am</b> Worship <b>9:45am</b> Youth Choir <b>10:30am</b> Worship <b>11:30am</b> Voices of Hope <b>11:30am</b> —Prepare meal for S.K.	<b>23</b> <b>9:30am</b> Earlybirds <b>10:00am</b> Serve lunch at SK <b>2:00pm</b> Special K/KH <b>6:00pm</b> Mindfulness Course <b>6:30pm</b> Girl Scouts <b>6:30 pm</b> Girl Scouts	<b>24</b> <b>7:00pm</b> Boy Scouts #56	<b>25</b> <b>8:30am</b> Fixits <b>9:30am</b> Explorers <b>5:30pm</b> Girl Scouts <b>6:00pm</b> G.S. Daisy <b>6:00 pm</b> Girl Scouts <b>6:30pm</b> Girl Scouts <b>7:00pm</b> Social Justice Action Group	<b>26</b> <b>9:15am</b> Seekers <b>10:45am</b> Memorial Committee Mtg/FR <b>7:00pm</b> Choir rehearsal	<b>27</b> <b>12:00pm</b> Lunch Bunch at Applebee's	<b>28</b>
<b>29</b> <b>9:00am</b> Worship <b>9:45am</b> Youth Choir <b>10:30am</b> Worship <b>11:30am</b> Voices of Hope <b>4:00pm</b> Girl Scouts	<b>30</b> <b>9:30am</b> Earlybirds <b>6:00pm</b> Mindfulness Course <b>6:30pm</b> Girl Scouts	<b>31</b> <b>7:00pm</b> Boy Scouts #56				

**Burnt Hills United Methodist Church**

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Burnt Hills, NY 12027

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*Join us for the season of Epiphany!*

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(518) 399-5144 [www.nybhmc.com](http://www.nybhmc.com)

**January 1: New Year's Day**

9:30am Reflect on the new year. Holy Communion. All are welcome at the table!

**January 8: Epiphany**

9am & 10:30am: Stars, Wise Ones and Light!

**January 15: Baptism of the Lord**

9am & 10:30am: With Jesus' baptism we remember ours. Contact us if you'd like to be baptized!

*Don't forget **Mindful Mondays**: Jan 16-Feb 6 . See pg. 3 for more info*