

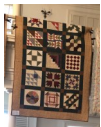


The Old Man's News

Mt. Sinai Congregational Church, UCC - March 2024

Exciting News @Mt.SinaiChurch

Look to the upper left corner of this page. See it? That's our new logo. Look closely and you will see that it says a lot about us in a very small package – how long we have been around, our beautiful building and a simplified version of our defining statement, “No matter who you are or where you are on life's journey, you are welcome here!” All of this is underscored with a rainbow line reflecting our commitment to equity and being an open and affirming church. Thanks go out to Erica Schultz, marketing specialist, who has been helping us re-brand the church so that we present a modern face to the community. We will have more information on these efforts in the April issue of the OMN.



Upcoming Events@Mt.SinaiChurch

Game Changer Activities for April - May



The Game Changers team will be sponsoring a number of activities in 2024 to enrich the lives of our congregation and engage members of our local community. Throughout January and February Terry Burke led a wonderful series of Bible Study sessions after church each Sunday. They were well attended, and I believe we all learned things we did not know about our Bible! Thank you, Terry!

Coming up in the next few months:

April 7th -11:30-4:00 p.m. Join us for a Sunday afternoon retreat **Through the artist's eyes: Rembrandt, and the Prodigal Son.** This half day retreat will explore Rembrandt's remarkable painting based on Jesus's famous parable in Luke 15:11-32. The retreat will include guided observations of the Rembrandt painting, small group time, personal reflection, and a simple art activity. Please register at mssc1@optonline.net by March 30, 2024. \$20

per person. Look for the separate article on page 6 for more information.

April 22, 2024 and April 29, 2024 - Join us for this Monday evening 2-part series from 7-8 p.m. in the church conference room entitled **Food is Medicine.** Iman Marghoob MS, RD, an integrative and functional nutritionist and member of our congregation, will lead us in topics such as: inflammation, gut health, sleep, immune health, movement, herbs and spices, vitamins and minerals, and culinary nutrition. Please register at mssc1@optonline.net by April 14, 2024.

May 25, 2024 Antique Fair and Quilt Show 9 a.m.-3 p.m. Explore a variety of antiques from about 20 vendors, view the lovely quilts in our sanctuary, and then stroll over to the Red Barn to see what items have been donated over the winter. P.S. we will need lots of help from the congregation to make this happen, so save the date!

WORSHIP & SACRAMENTS

HOLY WEEK AT MT. SINAI CHURCH

"But the angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus who was crucified. ⁶ He is not here, for he has been raised, as he said.'"

Matthew 28:5-6

Palm Sunday, March 24

Our speaker will be Barbara Lyon, whose message, "Reliving the Journey," will be based on passages from the Gospels of Mark and John, as well as from the prophet Isaiah.

Maundy Thursday, March 28

Having decided to forego a worship service, the Worship Board is offering information about a Maundy Thursday Service of Shadows you can do at home. Please see information about it elsewhere in this issue of the "Old Man's News."

Good Friday, March 29

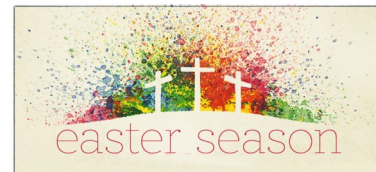
Visit the sanctuary at any time between the hours of Noon and 3:00 p.m. for a spiritual journey along the Stations of the Cross.

Easter Morning - Sunrise, March 31

At 6:00 a.m., we'll gather at Cedar Beach for an Easter Sunrise Service to rejoice in the dawn of new life in the Resurrection. (If the weather is threatening, look for the lights in the sanctuary; if they're on, we'll celebrate indoors.)

Easter Morning - 10 a.m., March 31

At 10:00 a.m. we'll rejoice in the Risen Christ with word and song in the sanctuary. Officiating will be Reverend Barbara Toll of the New York Conference, UCC. Rev. Toll has been assisting our minister search team, and we look forward to celebrating the Resurrection with her this Easter morning.



Easter Tulips - Last day to order: March 10

It is time to get your tulip orders in for Easter. Each plant is \$10. Order forms are in the Narthex. Please place completed forms, with payment, in the box in the Narthex, or drop them off in the office.





A Maundy Thursday Service of Shadows (that you can do at home)

Mt. Sinai Congregational Church has traditionally commemorated Maundy Thursday with an evening worship service and Communion. This year, without a minister, the Worship and Sacraments Board is offering you a way to honor the day at home with a "Service of Shadows," or *Tenebrae*.

We suggest you set aside a time to have a meal with family, or friends, or by yourself *before* the Service of Shadows. We've included a prayer to begin the meal if you wish to use it. You can access it [here](#)

We are mindful that the word, "communion" shares its root with "community." So, even alone, you can be assured that there are communities of faith the world over who are sharing a holy meal with you on this Maundy Thursday.

What you'll need for the Service of Shadows:

- A room or area in a room where lights can be dimmed; a space where you will be comfortable.
- Six "shadow candles" and one Christ candle with candle holders for all seven. Candles and candle holders need not be uniform.
- A Bible. If you are using a hard copy, bookmark the readings before you begin. If you'd like to use an online Bible site, we recommend using biblegateway.com and selecting the New Revised Standard Version Updated Edition. You can then enter the scripture reference and go directly to that selection in that translation.
- The order of the readings and prayers, which you can access [here](#). If you're with a group, you might plan who will read each passage so the service will flow freely through the sections. Alternatively, you may simply leave that to the moving of the Spirit.

Be sure to honor the silence after extinguishing each candle. Let it last, maybe even longer than you're comfortable with.



SUNDAY WORSHIP AT MT. SINAI CHURCH

In-Person Worship - Join us at our 10 a.m. service in the sanctuary. Communion, as always, takes place on the first Sunday of the month.

Digital Worship - Digital worship is available as a live stream. at 10 a.m. on the LIVE tab of our YouTube channel: [Mt. Sinai Congregational Church, UCC - YouTube](#). After that time you can find the service in the regular recordings section.

Offering - There are many ways to donate to the church: via check or cash (offering plate, drop-off or mail), electronic payment via the church website <https://www.msucc.org/giving/>, by setting up bill pay through your bank or roll-over from a 401(k)/403(b). We appreciate your support.

Sunday School Update

We have been continuing our new initiative of looking at different religious practices around the world. On the first Sunday of each month both Sunday School classes combine for a multi-age experience exploring traditions and traits of different religions through music, art, dance, readings, prayers, play etc.

During Lent and Easter, our children have been learning about this important part of our faith. The younger Sunday School class has been enjoying “Brain Breaks” provided by Ms. Caroline.

The older children have been using the Big Room downstairs for the Lenten Season. There is a 40 step hopscotch board outlined on the floor that is used in each Sunday during Lent along with a 40 day poster calendar displayed on the wall with a scripture for each of the 40 days. They students look up the verses and draw an illustration or symbol of the scripture for that day on the calendar.

Both activities are helping our children understand this important time of the year while enjoying themselves in engaging activities.



Share the Light – One Great Hour of Sharing

You may notice a new envelope in the pews this weekend. It is for the UCC’s annual request for contributions to their “One Great Hour of Sharing” special mission offering during Lent. This year’s theme is *Share the Light*.

The UCC has designated March 10th as the day for contribution, but you may make your donation at any time during Lent. Your contribution will be put towards disaster relief, refugee/immigration needs, and to help UCC develop ministries throughout the world. When a disaster strikes or people are displaced or made refugees by violence or extreme poverty, your contribution is part of the immediate response and of the long-term recovery.



This donation is one of the five special donations requested throughout the year by the UCC, to which our church is committed. Please consider a donation as your means will allow. Thank you.

Mt. Sinai Congregational Church

We are a congregation committed to justice. All are welcome into our full life and ministry regardless of age, race, abilities, economic or marital status, gender, sexual orientation, or gender identification. We are a church that is open and affirming of all people, as we are each made in the image of God.

No matter who you are or where you are on life's journey, you are welcome here.

Old Man's News

Published by the Mt. Sinai Congregational United Church of Christ, formerly known as The Congregational Church in the Community of Old Man's, Miller's Place & Rocky Point, established 1789.

If you would like something in the church's monthly newsletter, the deadline to let the editor know is the **20th of every month**. Please, keep in mind that your submission may be edited for content and for space. Email the OMN Editor at cdwiebel@optonline.net with all submissions and questions.

Break the Fast

Mt. Sinai Church is delighted to again host the Turkish Cultural Center's Ramadan Iftar Dinner on Sunday, March 17th at 6:30p.m.

Members of the Turkish Center will bring a delicious meal to share with us when they break their fast for the day. This is a wonderful event that gives us the opportunity to learn more about Ramadan, to share ideas and to spend time with the friendly and generous people of the Turkish Cultural Center. Please join us in Voorhees Hall on March 17th at 6:30 p.m. Dinner will be served after sundown.

If you expect to attend, please let the office administrator know by March 10th so we can let the Center know how much food to bring.



Pax Christi Lenten Effort



The Pax Christi Hospitality Center in Port Jefferson is a crisis homeless shelter for men. A part of the Hope House Ministries, Pax Christi was established in 1991 by Father Francis Pizzarelli in response to the death of a homeless man found near the railroad tracks in the Port Jefferson area.

The Center provides emergency services to men over 16. They are open 24/7, and under staff supervision at all times. In addition to providing basic necessities, such as a meal, clothing and a place to shower and sleep, they provide supportive assistance to help guests connect to services in the community than can meet their needs.

As a Lenten effort this year, **Missions** is organizing a men's underwear collection for the guests of Pax Christi. All sizes of men's briefs or boxers are requested. Donations must be brand new, in an unopened package. A collection bin has been set up in Voorhees Hall for your donations. Donations will be accepted through Easter Sunday.

Please consider providing a small comfort to these unsheltered individuals. Your donation is greatly appreciated.

MEN'S BREAKFAST GROUP AND WOMEN'S BREAKFAST AND LUNCH GROUPS

Men of the church are invited to meet each Thursday morning at 8 a.m. for coffee, food and conversation at Zona Out East diner in Rocky Point. Want to be reminded via email? Please send your email address to Dennis Murphy at murphyde@optonline.net.

Please call the office if you are interested in knowing more about the women's Lunch Bunch and breakfast groups.



Retreat - Through the artist's eyes: Rembrandt, and the Prodigal Son

Sunday, April 7, 2024 11:30 a.m. - 4:00 p.m.
Mount Sinai Congregational Church, UCC
Rev. Candace Whitman, Facilitator

Join us for a Sunday afternoon retreat exploring Rembrandt's remarkable painting known as *The Return of the Prodigal Son*. Based on Jesus's famous parable in Luke 15:11-32, Rembrandt's painting is a masterpiece that beautifully depicts the characters and events in the parable. At the same time, the painting helps us see this parable through the artist's eyes, with the insights and details that make it come to life. The painting is also an invitation to see stories within the main story, each of which help us make a more personal connection to this timeless teaching about penitence, forgiveness, and celebration.

The retreat will include guided observation of the Rembrandt painting, small group time, personal reflection, and a simple art activity. (One needn't be an artist to participate!) The retreat is designed to help us encounter this scripture afresh and be steeped for a while in the ways



of God's love. And there will be good fellowship and creative fun along the way! If possible, please read the parable before the retreat. Art supplies will be provided.

Register at mssc1@optonline.net by March 30, 2024. The retreat is \$20 per person. Bring a brown bag lunch (etc.)

BIO: Rev. Candace Whitman is pastor-at-large for the Presbytery of Long Island. Her ministry includes preaching, teaching, and writing with articles most recently published in *The East Hampton Star*, Yale Divinity School journal *Reflections*, and *The Christian Century*. Prior to pastoral ministry Rev. Candy made her career in art and art education, and she remains active in the art world. She enjoys leading church retreats involving art as a doorway to deeper faith. She lives in East Hampton, NY.



CALLING ALL SINGERS!

Like to sing?

So do we!

Come join us in the
Chancel Choir.

Rehearsals are at 9:00 a.m.
each Sunday in the choir
room.

CONGREGATIONAL NURTURE

FRIENDLY CIRCLE!

The Friendly Circle meets on Tuesdays in the Conference Room from 2 to 4 p.m. Participants work on personal knitting, crocheting and craft projects while sharing conversation and good feelings.

If you are interested in joining the Friendly Circle, feel free to drop by on Tuesdays or give the office a call at 631-473-1582 to let us know that you are coming.

If the door is locked when you arrive, call the office and someone will open it for you.

CARING MINISTRY

Caring Ministry is pleased to welcome another new member to our group, Paula Hennessy. She and Nancy Byrnes have expressed an interest in calling and/or visiting those members of the congregation who are not able to attend regular church services. We welcome you both!

The Caring Ministry will continue to generate the prayer list for the bulletin each week. Please send in prayer requests to mssc1@optonline.net. Thank you to Jane Carter for steadfastly sending out cards for holidays, birthdays, and to those who are experiencing health issues.

Caring Ministry is looking for someone to take over coordination of this group. Please contact Barbara DeTurk, Congregational Board Lead, if you are interested.



CONTACT US

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United Church of Christ**



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FIND US ONLINE

Email
mssc1@optonline.net

Website
www.msucc.org

Please visit our website if you would like to be added to our email list.

Hours

Office Hours - 9 - Noon, MWF & 1-4 p.m. on TTh

Church Food Cupboard - Tuesdays, 9:15 to 11:45 a.m.

IHFP - Wednesdays and Thursdays from 2 to 4:15 p.m.

Building & Grounds - Help Wanted

The Building and Grounds Board is responsible for the properties and grounds of Mt. Sinai, UCC including the church, Red Barn and parsonage. There are always some handyman projects that need attention and larger decisions to be made. We are looking for volunteers to join the Board who are good with a hammer and have a head for keeping up with maintenance issues.

Interested? Please contact Barbara DeBree, bberentsen@aol.com or 631-235-1088. Thank you.

Food Missions

ISLAND HEART FOOD PANTRY

We feel a wave of gratitude for some recent responses to our call for help. On February 9th, Daisy Girl Scout Troop 707 from Waverley Elementary School in Sachem visited the pantry to gain an understanding of both the need and the response to hunger on Long Island. They brought donations of peanut butter and cereal, and helped organize and stock the shelves. Another youth-organized food drive was held at the Laddie A. Decker Middle School in Miller Place. Their "Super Bowl" canned food drive helped fill our shelves. Many thanks to both of these groups for their commitment to helping those in need! We welcome other groups to join our mission!

The Island Heart Food Pantry is still in need of volunteers. If you or someone you know would like to help keep this mission going, please contact Kathy Lahey (631-255-3144) or Janice Flaiz (631-921-7187).

- Help distribute food at the Middle Island pantry. We are open Wednesday's and Thursday's from 2-4:15. Most commit to help once a week but any help is greatly appreciated.
- Pick-up food from Long Island Cares in Hauppauge, usually on Wednesdays in the late morning, and deliver to the pantry in Middle Island. You will need access to a large vehicle/truck.

Many thanks to all our amazing team of volunteers and those who donate to keep food on our shelves.

Kat and Janice

CHURCH FOOD CUPBOARD

The Food Cupboard at the Church serves local people in need of food and supplies. Thanks to all for the generous donations in the past. We always have a need for canned tomatoes, tomato sauce, canned vegetables and fruits, soups and jelly/jams. We also need personal care items like toilet paper, toothpaste, deodorant and shampoo. Your help is greatly appreciated.

We are open on Tuesdays from 9:15 a.m. to 11:45 a.m.

June Kelly and Diane Murphy



Upcoming Events @Mt.SinaiChurch

March - May

(See individual articles for more information)

March

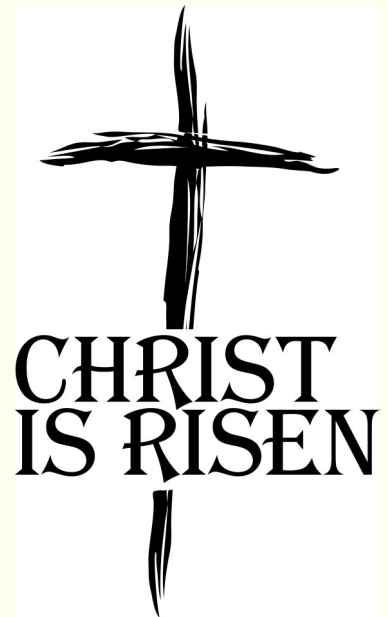
- 3/17 Iftar Dinner, 6:30 p.m.
- 3/24 Palm Sunday, 10 a.m.
- 3/23 Maundy Thursday At-home Service of Shadows
- 3/29 Good Friday Stations of the Cross, Noon to 3 p.m.
- 3/31 Easter Sunday - Sunrise Service, Cedar Beach, 6 a.m.
Easter Sunday Regular Service, 10 a.m.

April

- 4/7 Retreat - Through the Artist's Eyes, 11:30 AM - 4:00 p.m.
- 4/22 Food is Medicine - Part I, 7-8 p.m.
- 4/29 Food is Medicine - Part II, 7-8 p.m.

May

- 5/5 Clothing Fundraiser drop-off after the service
- 5/25 Antique Fair and Quilt Show, 9 a.m. to 3 p.m.



GET READY FOR THE BIG CLOTHING DRIVE IN MAY

The Strategic Planning Action Committee (SPAC) will host a clothing fundraiser on May 5th. Please start saving the following items:

Clothing, shoes, handbags, backpacks, stuffed animals, small, single item, plastic toys (NO PUZZLES, BOARD GAMES, LEGOS OR TOYS WITH PIECES) and linens including towels, curtains and table linens (NO BLANKETS OR COMFORTERS)

Please put all items in kitchen size garbage bags. The company pays 20 cents per pound up to 10,000 lbs. (100 bags = about 2,000 lbs.) and 25 cents for each pound over 10,000.

If you can, please keep your donations at home until May 5th. If you don't have space at home, you can bring your donations to church, and put them in the closet in the middle of the big room in the basement. If you need assistance bringing the bags to church or downstairs, we can help. Email us at dmcinerney63@gmail.com. If you need to come during the week, please email or call the church office to make arrangements.

