



We're on the upswing. The numbers are increasing. Slowly and surely since the end of December, there are more hours of daylight than night. We are on the other side of dormancy. We are on this side of life. Even as we still face temperatures below freezing, we are incrementally moving toward the light and new life.

Many take the New Year as a chance to start a new life. They make resolutions and commit to healthy habits. Typically, by February, those habits have long been forgotten. Any improvement effort starts with the best of intentions. You know what they say. Good intentions pave a certain road, which often ends in disrepair.

In my other day job, I happen to coach people on how to create healthy habits in their lives. There are a few trade secrets I've learned. Following these tricks of the trade can help move toward change.

- 1) **Start small.** Often times, our eyes are bigger than our stomachs when it comes to goals. The mistaken notion is that we need to make a drastic change in order to see a difference. Someone once told me, "Whenever you set a goal, cut it in half." Make it manageable. Make it achievable.
- 2) **Create a system.** Make it a routine. Another one told me, "Willpower is overrated. A good system beats willpower any day." Some days it's much too hard to muster the willpower to move a mountain. But if you move a rock each day, you can make a difference over time.
- 3) **Celebrate small successes.** Carrots work better than sticks--in the long run. Honey is better than vinegar. Too many times, we minimize accomplishments and only focus on the next challenge. A little encouragement goes a long way.

Healthy habits don't need to be just about our physical health--like starting exercise or eating better, for instance. We can actually work to build healthy spiritual habits as well. Thomas Aquinas claims the way to build virtue or character is by habit. Do you have a spiritual goal this year?

Consider picking one of the fruits of the Spirit: *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control* (Galatians 5:22-23). Then build a regular practice to show that trait to others. **Start small**--pick one small thing you can do to show love or patience (or any other fruit) to someone specific in your life. **Create a system**--do one small thing every day to demonstrate it. **Celebrate small successes**--honor and acknowledge you are making a difference.

Creating spiritual habits is one path to growth and new life. As a result, more light begins shining in the world than the darkness. It's only natural. New life doesn't just happen overnight. It takes slow and steady, incremental change to embody the new life Christ brings.

Thanks,
Chri

Stephentown Federated Church Officers 2022

Members of Presbyterian Session

Larry Eckhardt (2025) Clerk of Session
Heather Eckhardt (2024)
Paul McMillan (2024)
Marge Feathers (2025)
Larry Eckhardt (2025)
Judy Leland (2023)
Helen Wallbank (2023)

Members of Methodist Church Council

Janet Atwater (2024)
Georgi Bebee (2024)
Tom Foody (2023) Chairperson
Bonnie Bates (2025)
Donna Densing (2023)
Jean Bolen (2025)

Nominating Committee

Malcolm Beal, Presb - Chair
Donna Densing, Meth
Heather Eckhardt, Presb
Mary French, Meth
Kate Beach, Meth

Members of the General Committee

Chris Garrison, Pastor	Kate Beach (SonShiners)
Arlene Longo, Secretary	Tom Foody (Council)
Barbara Terpening, Treasurer	Heather Eckhardt (Session)
Bonnie Bates, Christian Ed	Malcolm Bears (Men's Breakfast)
Larry Eckhardt, Facility Chair (Session)	Jean Bolen (Council)
Bev Westfall (Choir, Worship)	

Pastor- Parish Committee

Larry Eckhardt - Presb Chairperson
Malcolm Beal- Presb
Tom Foody - Meth
Bev Westfall - Meth

Men's Breakfast Group

Larry Eckhardt, President
Richard Terpening, Scribe
Ted Bears, Treasurer

SonShiners

Kate Beach, President
Barbara Terpening, Treasurer
Joanne Hennig, Secretary

Worship/Tech Committee

Joanne Hennig	Barb Terpening
Tom Foody	Laurelyn Mayen
Bev Westfall - Chair	Arlene Longo
Janet Atwater	Helen Wallbank
Rev Bonnie Bates	

Denominational Treasurers

Presbyterian - Paul McMillan

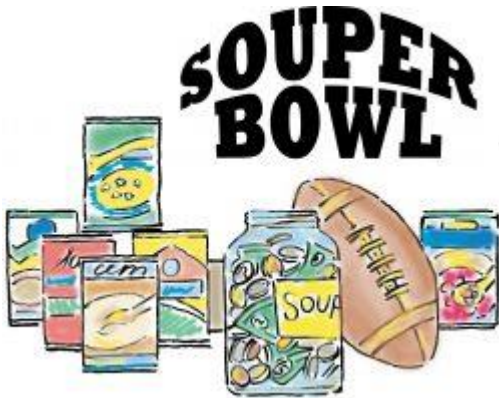
Methodist – Kate Beach

Treasurer's Report

We've been blessed the past two years with your support. Whether it's by check in the mail, in the offering plate in church or on our Tithely **GIVING NOW** button on our website. We have a challenging budget this year and your continuing support is needed. We are blessed with Pastor Chris as our part time minister and his family.

If you are giving on the **GIVING NOW** button on the website, you can choose how often you give and to which fund you give. We appreciate if you pick up the fees when doing so. You can give via your checking account or a charge card. The budget for this year is \$81577.05 which means we need \$1568.79 a week.

I have a special request. Someone picked up giving envelopes at church with the number 20 on it. You didn't sign in on the control sheet, so I know who you are, and you have given cash. Please contact me so I can record your gifts correctly at babst3@verizon.net or 518-527-0182. There are more envelopes available. Please, sign in on the control sheet so I can record your giving. All the annual statements have been mailed. If you haven't gotten yours, contact me and I'll send you a copy.



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We celebrate the NFL's Super Bowl with our own "Souper Bowl" on Sunday, February 13th. Bring to our service the groceries and monies you would like to donate to the Stephentown Emergency Food Pantry which we house at our church.

Committee Members Needed You can make the difference!!

A Committee is being formed and General Committee wants YOU to have a say!!

Are you willing and able to volunteer (male or female) for a committee to investigate different materials to be used on the church's buildings? Both the manse and the church buildings. The manse has siding on two sides but is wood on the other two and the garage and they need paint or siding. The paint/stain we had put on the church did not hold up. The boards are wet and caused the paint/stain to come off. We have about 3 holes in the steeple from squirrels that need to be closed to keep them out. These are the issues. Are you willing to work on the solution?

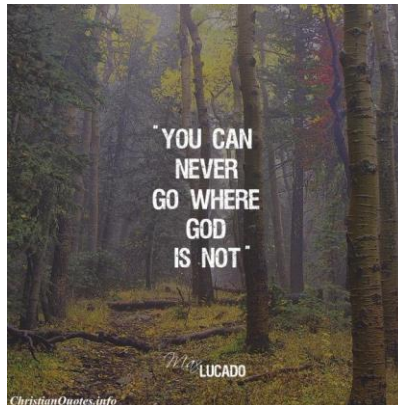
Contact Larry or another general committee member to put you on the committee. We want this group to investigate and bring back to general committee information on the different types of materials available, their cost to install and the longevity of the products. The General Committee is looking for the best long range solution.



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Choir

Due to Omicron choir will not be meeting until March at the earliest. We appreciated their special music during the Advent/Christmas season. It is our hope that we can put together some music for the Lenten/Easter season. We will wait for another month to make that decision.



January Devotional

The January devotion is now available on our website www.stephentownfederatedchurch.org. Bonnie Bates wrote the most beautiful devotional entitled "The Table". Bev took this and found music and words of a familiar hymn to go along with it. The music is How Great Thou Art. We hope you enjoy it!

Bonnie and Bev

Service Needs

...Screen

After the last Worship Committee meeting it was decided that we will change from every Sunday back to the 2nd and 4th Sundays of each month. This will begin in February. The screen will still also be available for special Sundays such as Palm Sunday, Easter, and Christmas. We thank Alene Longo for the tremendous work in doing this each week. Since we now can use our hymnals once again, we can take another step forward to normalcy if there is such a word. If you miss the weekly screen services and would like to learn how to do it Arlene would be more than happy to show you how to put it together. We are trying to encourage more than one person in these responsibilities, so everyone gets a chance to worship and not work.



...Camera

We are also looking for another person to run the camera on Sunday to record the services. We are very grateful to Tom Smith for his expertise each week. It is our hope that we could give Tom a break to worship as well. If you are interested in helping with the camera, please see Tom and he would be happy to show you how it goes.

...Sound System



We are very grateful to Ellie Garrison and Malcolm Beal for stepping up and learning how our sound system works each Sunday. We are still looking for another person to share in this responsibility. If you are interested in being a part of any of these three teams please see Arlene, Bev or Tom. That way everyone gets to worship at some point and not work the service. And more importantly our services go out to the community and to the world for those who cannot be there in person.

JANUARY/FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Service 10:30 am Coffee Hour		9:30 am Heavenly Quilters				9:00-11:00 am Food Pantry
		7:00 pm Gen Com 4th week of month	6:00 pm AA			

Each month: 1st Sunday ---Communion – Open to all

2nd Sunday---Hymn Sing at beginning of service

2nd and 4th Sunday---Contemporary Service – Visual screen used for readings and hymns

Sunday Worship Services available on our website:

www.stephentownfederatedchurch.org

CHURCH BIRTHDAYS

If you don't see but want your birthday listed contact Barbara Terpening.



Month	Day	Names
January	14	Malcolm Beal
	17	Mel Feathers
	17	Mary Schnyer
	17	Portia Westfall
	24	Richard Beckwith
	25	Stewart Peace
	25	Marge Feathers
	27	Jean Bolen
	30	Linda Secor
	February	27
March	6	Laurelyn Mayen
	21	Bill Whipple
	23	Barbara Terpening
	24	Arlene Longo



Easter Flower Order Form 2022 It is time to place your orders for Easter Lilies and/or spring bulbs in memory of your loved ones. This year the Easter Lilies are \$15.00 apiece and Spring Bulbs \$10.00 apiece. We are asking that you have your order in by March 27th. Please send your check and order form to: Stephentown Federated Church, Attn: Treasurer, PO Box 10, Stephentown, NY 12168. The flowers will be placed on the altar in time for our Easter service.

Your name or family name(s)	In memory of:	Specify your choice of Lily \$15 or Spring Bulbs \$10.00 each
Your name or family name(s)	In memory of:	Specify your choice of Lily \$15 or Spring Bulbs \$10.00 each
Your name or family name(s)	In memory of:	Specify your choice of Lily \$15 or Spring Bulbs \$10.00 each
Your name or family name(s)	In memory of:	Specify your choice of Lily \$15 or Spring Bulbs \$10.00 each

Total number of Lilies at \$15.00 apiece _____ and/or
Spring Bulbs ordered at \$10.00 apiece _____

Our total amount enclosed \$ _____