

# THE ENVOY

A Newsletter of Emmanuel Friedens Church  
American Baptist and United Church of Christ Congregation  
218 Nott Terrace, Schenectady, NY 12307  
Rev. Dr. Kathryn Stenta, Pastor

Issue 443

March 2026

## From the Pastor

### The Lord's Prayer Remix

Parent  
Being who nurtures us  
You remind us to notice things  
You make the ordinary things holy  
the dirt, the ashes, the bread, the water  
Your name is separate, sanctified,  
In other words, we are taking note of it.

We are praying for your order to happen  
over and about ours  
Your way which probably looks nothing like ours  
After all you invented plants that talk through roots  
And stars that are visible millions of miles away

We want Divine will over human will,  
(most of the time, we want this)  
or perhaps we should pray for the most humane will  
Over the quick human ones  
For we know we are made in the image of the Divine

May Grace and forgiveness abound  
Between you and us  
Between me and others  
Teach us the kind of forgiveness we need  
May everything be based on forgiveness first

And shepherd us  
Away from that which  
Tempt, invites or otherwise snares us  
Into the path of evil  
Protect us, deliver us, Save us Jesus

Contact Us:  
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Director of Music  
(Music Minister)  
Dianna Parisi

Worship Hours  
Sunday @ 10 am

Sunday Classes  
(Sept-June)  
11:15 am

Office Hours  
9:30 am-3:30 pm M-F  
9:30 am-1:30 pm M-F  
(SUMMER HOURS)



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## From the Pastor (continued)

Snatch us out of any danger and oppression

*I did not know until today God, that this is an ancient Greek verb  
That rehyomai that properly means removing someone who is in the midst of danger or  
oppression!*

Rehyomai Indeed

For truly,  
You rule,  
To you belong to, in and above all realms (which is less capitalist)  
So yours is the kingdom

And the Power—or rather  
The ability  
Or miracle  
Which might all be the same thing  
In the end  
Or not  
Depending how one  
Looks at it

And the Glory  
AKA dignity  
Essence  
Intrinsic worth  
For all the ages  
Or into all times (which is more romantic)  
Amen.

Dear Emmanuel Friedens,

Every Sunday, Easter calls us during Lent. Pastor friends post that Sundays are in Lent but not *of Lent* reminding us that every Easter should be a little break and celebration during Lent. Even as Lent is about the struggle, the journey, the reality of the time where we ponder the reality of being human. Kate Bowler says “The ache is not a phase it is a part of being alive” in a post where she reminds everyone that Lent is not about resetting, glowing up, accomplishing or getting better at life. Instead it is the time to fully experience being human. It is a time to understand that life is hard. Gold Medal winner Alyssa Liu says “I love struggling, actually. It makes me feel alive.” Because struggling is a part of it all. It is like the artist formerly known as Prince said “Dearly beloved, We are gathered here together, to get through this thing called life.”

Lent is to help us to embrace and understand that life is a process. To maybe get a step closer to feeling and understand Jesus Christ's fully human side. I often think about how when I was young, I was fascinated by Jesus Christ's full Divinity, and now, I am more fascinated by his fully human side. Jesus Christ's journey to the cross might just be about how human he really is/was/ can be. It might be about God understanding humanity, and in turn, humanity understanding God, more. When we say, Jesus teach us to pray, Jesus teaches us a prayer that we can take apart and put back together, and rewrite a million times, and still not fully understand. It is a teaching prayer. One where we can learn it by heart, and still try to deepen in on. The Lord's Prayer is a prayer, where different lines can resound differently upon us depending upon where we are in life. It's one where we can mindlessly repeat it for years, and then one day give us a tear to course down our cheeks. This is what it means to be a heart prayer. To know it so deeply, that it takes meaning again, one day upon the heart.

I hope that you have a chance to pray some this season of Lent.

Pastor Katy

## Lenten Season (February 18-April 4-Upcoming Worship/Events)

### **March 1: Second Sunday in Lent**

Theme: Jesus Washes Feet

Readings: John 12:1-17, Psalm 51:7-12

Sermon: *Thy Will Be Done, On Earth as it is In Heaven*

### **March 8: Third Sunday in Lent**

Theme: Peter's Denial

Readings: John 18:12-27, Psalm 17: 1-7

Sermon: *Forgive Us*

**\*Fellowship Meal following the worship service.**

### **March 15: Fourth Sunday in Lent**

Theme: Jesus and Pilate

Readings: John 18:28-40, Psalm 18: 40

Sermon: *Thy Kingdom Come*

### **March 22: Fifth Sunday in Lent**

Theme: Jesus Condemned

Readings: John 19 1-16a, Psalm 146: 40

Sermon: *For Thine is the Kingdom, and The Power and the Glory Forever*

## Lenten Season (February 18-April 4-Upcoming Worship/Events)

### HOLY WEEK SERVICES

#### **Palm Sunday**

**March 29**

**We remember Jesus' joyful procession into Jerusalem.**

**Palm Sunday marks the beginning of Holy Week**

Readings: John 19:16b-22, Psalm 24

#### **April 2: Maundy Thursday**

**A remembrance of Jesus' Last Supper with his friends.**

A combined service with members of the First United Methodist Church will be held at 7 pm at Emmanuel Friedens.



### **Journeying With Jesus Through Lent (through March 22)**

Members and friends, after worship, you are invited to the Board Room for coffee and snacks, followed by experiences of journeying with Jesus through Lent on our way to Easter Sunday. Discussions/ activities will center around the scriptures and sermon for that Sunday. **Please join us!**

**Music Notes**



**Choir Member: Mary Lou Chotkowski—Choir Memories**

*Hi, I'm Mary Lou Chotkowski. Most of you have known me, in one capacity or another, over the years. Our family joined Emmanuel in 1945, when we transferred from Albany Emmanuel, so Dianna asked me to write a little bit about my time here at church and in the choir.*

*I first joined the "Cherub Choir" when I was five and have continued through the years under thirteen directors. (That I can remember!) We wore red robes with white surpluses. We have since worn blue, grey, maroon and even shorts and T-shirts over the years.*

*Our music has been as varied as the directors. Some being very exacting and liturgical and others going with the relaxed "House of the Rising Sun" style. We had one director who was only 16 at the time and another who was in his 80s and traveled from Lake George every Thursday for rehearsals and Sunday mornings.*

*I came across an old Directory the other day, from about 1956. That was a time when GE was going full strength. We would have two services on Sunday morning – packed to capacity with men in suits and ties and women in hats and gloves. We had just added the Sunday School wing to the church and in the summer we would swelter in the Sanctuary. Thank you Paul !*



*I have enjoyed so many good times here and still do. I guess that is why I keep coming back. Plus, all of you. We are a community of friends who work together and for each other.*

*You ask why I keep showing up every Sunday. One: I enjoy singing and having the chance to sing a variety of music. Two: It gives me a purpose to come to church. If I didn't have a job to do, I wouldn't be here. Thank you for making it possible.*

**Music Notes (continued)**

What are the youth doing?

The Voorheesville Dionysians will be performing *HADESTOWN: Teen Edition* from Friday, March 20 to Sunday, March 22! The Friday and Saturday shows will be at 7 pm, and the Sunday show will be at 2 pm. The performances will be in the Lydia C. Tobler Performing Arts Center at Clayton A Bouton High School, 432 New Salem Rd, Voorheesville, NY.

Our choir members Aaron Effinger, Kai Reynolds, and Dom Tillou will be in the show, with Aaron playing the role of Hades, Kai as Featured Ensemble, and Dom as Hermes. Dom is the president of the Drama Club and Aaron is the vice president, and the lighting design for the show is done by Kai and Aaron. We hope to see you there!

Pastor Katy's son, Franklin is Assistant/Student directing *Mamma Mia* with music by *Abba* for Colonie Central High School. He is also in the chorus and performing as the priest (yes, it's hilarious). The high school is located at 1 Raider Blvd in Albany. Performances are March 12-14 at 7 pm and a matinee on March 14 at 1 pm.

**Special Offerings**

**America for Christ (American Baptist)/Neighbors in Need (United Church in Christ)-**

**America for Christ/Neighbors in Need Special Offerings:** We will receive special offerings throughout March to support our wider church families' important ministries bringing healing, hope, justice, compassion, and transformation to communities across the United States and Puerto Rico. We invite you to support either offerings. Envelopes are available on the table outside of the Chapel. Thank you.

**Ways of Donating:**

- Using envelopes which are located on the table outside of the Chapel
- Through an on-line donation on the church's website (<http://emmanuelfriedens.org/GiveOnline/>)
- Through the ABC and UCC websites (see below)

[abhms.org/volunteer-opportunities/give/where/america-for-christ-offering-2026/](http://abhms.org/volunteer-opportunities/give/where/america-for-christ-offering-2026/) (ABC) and [www.ucc.org/neighbors-in-need-special-mission-offering](http://www.ucc.org/neighbors-in-need-special-mission-offering) (UCC)

# 2026 Spring Plant Order Form

Purchased by: \_\_\_\_\_

In memory of: \_\_\_\_\_

In celebration of: \_\_\_\_\_

Plant Choice:	<input type="checkbox"/> Lily	Cost: \$16. 50/each	Number of plants: _____
	<input type="checkbox"/> <b>Mum*</b>	Cost: \$15/each	Number of plants: _____

\*Color of mum:  white  yellow  lavender  purple  
(please check a color choice)

**OR**

\_\_\_\_\_ I would like to donate to the purchases of Easter Plants (either for the sanctuary or to be given for a congregation member)

\_\_\_\_\_ Will pick up plant(s) after the Easter service

Total Amount: \_\_\_\_\_ Cash \_\_\_\_\_ Check (made payable to Emmanuel Friedens Church)

\_\_\_\_\_ Will pick up plant(s) after the Easter service

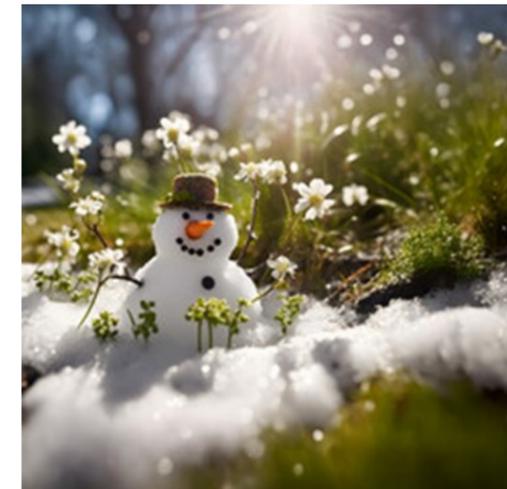
\_\_\_\_\_ Will leave the plant(s) after the Easter service

\_\_\_\_\_ Would be available to deliver a plant to a congregation member

**Please return the form for your order by March 16. Thank you.**

Spring plants will be ordered to beatify the sanctuary for Easter Sunday. To order a spring plant, a lily or chrysanthemum, or both, to decorate the sanctuary on Easter Sunday and have for the Easter season, please complete the above form and return it **by Monday, March 16**. Please make your check payable to Emmanuel Friedens Church, memo note, "Spring Plants." You can either mail the form and payment to the church office or place these items in the offering plate on Sundays. You can also make the payment via the church's website under Flower Fund, and under Note (optional) add the words "Spring Plants." If you are paying via the church's website, you must still complete the order form and send it to the office so that Maria is aware of your order. Thank you.

Emmanuel Friedens Church  
218 Nott Terrace  
Schenectady, NY 12307



**Spring is coming: Friday, March 20**

As a Welcoming and Affirming/  
Open and Affirming Church, Emmanuel Baptist Church and Friedens United Church of Christ welcomes and affirms all persons without regard to sex, marital status, age, race, sexual orientation, or abilities, inviting all into membership, mission, and leadership.

**STAY CONNECTED**



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**A Vision for Our Journey**

***Captivated by Jesus' life and teaching,***

***Committed to***

***Growing hearts and minds;***

***Learning openness, courage and love;***

***Serving with our neighbors;***

***Pursuing God's justice and peace;***

***Inviting others to share the journey!***