

# Cross and COMMENTS

701 Sand Creek Rd, Colonie, NY 12205-2497 — Rev. Trey Tirpak, Pastor — Telephone (518)869-5589 — [www.communityreformedchurch.com](http://www.communityreformedchurch.com)



## Service of Healing and Restoration

*Filled with compassion, Jesus reached out his hand and touched the man.*

Mark 1:41

**Sunday, March 22 ~ 10 AM**

This special Lenten worship service calls upon our Lord who is the Great Physician to touch us with his healing hand and anoint us with his soothing oil.

For those worshipping in person, there will be anointing with oil in the midst of our ordained elders and pastor.

For those worshipping at home, if you would like to be prayed for during this service, please send your name to Sandy Cornwell at [crccsandy@gmail.com](mailto:crccsandy@gmail.com) by March 21. Only your name, no personal details, will be shared with the worshippers.

## LABYRINTH PRAYER EVENT

Lent is the solemn season when we spend quiet time to reflect on our spiritual journey. One way to do this is through the ancient practice of following the path of a labyrinth for meditation and prayer.

On Saturday, April 4, from 10:00 AM to 1:00 PM, there will be a walkable labyrinth available for all to use in our sanctuary. This event will also be open to the public.

We hope this journey quiets your busy mind, allows for the voice of God to be heard, and provides new insights into your daily life.

Together in Christ,  
The Stewardship and Creation Care Committee  
Lou Ann Connelly, Deb Desnoyers, Jessica Kaercher, Linda Murphy

### March 2026

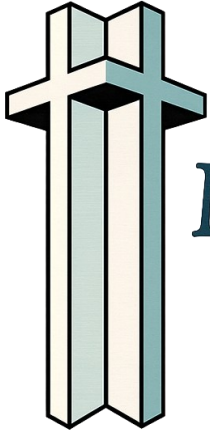
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### Upcoming Events

Service of Healing	March 22 <sup>nd</sup>
Book Group	March 24 <sup>th</sup>
Palm Sunday	March 29 <sup>th</sup>

# The Regional Food Bank of Northeastern New York



## CRCC MISSION *of the* MONTH

Not far from Community Reformed Church of Colonie, at 965 Albany Shaker Road, is The Regional Food Bank of Northeastern New York. "The Food Bank provides food assistance to charitable agencies serving hungry and disadvantaged people, through: food pantries, soup kitchens, emergency shelters, youth programs, senior programs, and programs for the disabled."

Donations are sourced from farmers, manufacturers, retailers, wholesalers, and community members just like you!

### Most Needed Items:

- ♥ PB & J
- ♥ Canned soups/meals
- ♥ Cereal/oatmeal/granola bars
- ♥ Canned fruit/vegetables
- ♥ Canned protein: tuna, chicken, beans
- ♥ Pasta
- ♥ Macaroni & Cheese
- ♥ Shampoo/conditioner
- ♥ Soap/body wash
- ♥ Deodorant
- ♥ Toothbrushes/toothpaste
- ♥ Paper towels
- ♥ Bathroom tissue



### **NO GLASS JARS PLEASE.**

**All items must be in original packaging, unopened, not expired.**

Throughout March, you may make a financial donation to the food bank using the yellow Mission of the Month envelopes or electronically through the church's web site. Please be sure to make a note that it is for the March Mission of the Month. A gift of your TIME would be extraordinary, as well!!

The church will be volunteering as a group on Monday, March 30th, from 5pm - 6:30pm. We will be sorting and packing food or non-food donations for distribution. All are welcome. Please sign up on the back table or contact Vicki Lane @ [vlane1020@gmail.com](mailto:vlane1020@gmail.com).

You can always volunteer on your own, too! Check out their web site for more information: <https://regionalfoodbank.net/volunteer/>

# Advocacy and Global Mission Update

In August of 2022 Karl Cote, Elder, was approached by Reverend Bruce Cornwell regarding the creation of the Advocacy and Global Mission team. This committee, including Karl Cote, Sue Bredice, Nancy Bacon, Diane Ogren, and Donna Davidson, was formed later that month. A meeting was held with Bruce in October 2022, establishing a focus on social justice issues and to be entrusted with disbursing donations from an annual budget of \$6000 to worthy causes. Over the past three years, six organizations have annually received a donation of \$500, including Room For All, World Vision, Street Soldiers, RISSE, Elton John AIDS Foundation, American Foundation for Suicide Prevention, World Central Kitchen, Moon Catcher, Nature Conservancy, and World Health Organization.

This month, the Advocacy and Global Mission committee has allocated a donation of \$750 to the Malala Fund in honor of Karen Reynolds. The Malala Fund is an international non-profit organization created by Nobel Laureate Malala Yousafzai and her father, Ziaudin, investing in girls' education programs to ensure every girl can access twelve years of free, safe, and quality education to reach their full potential. According to [Malala.org](https://malala.org), there are more than 122 million girls out of school today. The organization focuses on secondary education (grades 7-12) when gender discrimination may cause girls to leave school. The Malala Fund currently focuses on countries where adolescent girls face significant barriers to education: Afghanistan, Brazil, Ethiopia, Nigeria, Pakistan and Tanzania.

Reading was a passion of Karen Reynolds, evident throughout the 20 years of her leading the CRCC Book Group. This past October, the Bethlehem Library hosted Malala Yousafzai, an education activist and

youngest ever Nobel Laureate (2014), as their featured author. The interview highlighted her recently launched memoir, Finding My Way, capturing the years since being attacked at age 15 by the Taliban, in October 2012. In order to better understand Malala Yousafzai's newest memoir, Karen supported I am Malala as the January Book Group selection, as it lays the necessary groundwork for her latest writings.

To learn more:

[Malala.org](https://malala.org)

'*I am Malala*' by Malala Yousafzai (2013)  
\*Young reader's version and picture books are available

Documentary: '*He Named Me Malala*'

'*Finding My Way*' by Malala Yousafzai (2025)

## The Capital Region In-Person Informational Gathering for The Northeastern Middle Assembly (NEMA)

**When:** Sunday, March 22nd from 2-4 PM.

**Where:** The Community Reformed Church of Colonie  
701 Sand Creek Road  
Albany, NY 12205

**Why:** This gathering is an opportunity to learn more about the Northeastern Middle Assembly (NEMA)

**Who's Invited:** All members and consistories of the Regional Synod of Albany are welcome to attend.

\*\*\*Please Note\*\*\*

This will be IN-PERSON ONLY.  
Coffee and light refreshments provided.



You can learn more about the restructuring of the Regional Synod of Albany on its website: [www.albanysynod.org/restructure](https://www.albanysynod.org/restructure)

*All are welcome!*

## Save the Date!

**HOLY SATURDAY  
APRIL 4  
10:00 AM-1:00 PM**

**Labyrinth  
Prayer Event**



## Did You Know?

*I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.*  
Matthew 26:29

During the initial years of our church, wine was used during communion. In the late 1960's, the decision was made by the consistory to replace wine with non-alcoholic grape juice. This practice continues today.

So, why did churches change to juice?

In the mid-1800's, many Protestant churches began using grape juice which had become processed, pasteurized, and shelf-stable. This is still considered "fruit of the vine." Using juice was a significant step in inclusiveness that welcomed to the table, not only those who avoid alcohol, but also those congregants who were underage.

Recently, we have begun using only gluten-free bread to further open the Lord's table to all, as one beloved community.

*Spring Forward*



**March 8, 2026** • Set your clock ahead!

*Be Someone's Hero*  
Give Blood



**Blood Drive**

## Save the Date!

**April 25th  
9AM-1PM**

Questions? Contact Sue Bredice  
[sbredice@yahoo.com](mailto:sbredice@yahoo.com)

# Lenten Schedule

**Second Sunday of Lent - March 1<sup>st</sup>**  
*Communion Sunday*  
*Lenten Devotional* after worship

**Service of Healing & Restoration - March 22<sup>nd</sup>**  
*Lenten Devotional* after worship

**Palm Sunday - March 29<sup>th</sup>**  
*Lenten Processional* 10AM  
*All Members Class* after worship

**Good Friday - April 3<sup>rd</sup>**  
*Tenebrae Worship* 7PM

**Holy Saturday - April 4<sup>th</sup>**  
*Prayer Labyrinth* 10AM-1PM

**Easter Sunday - April 5<sup>th</sup>**  
*New Member Sunday*  
*Children's Activity* after worship

**Final Lenten Devotional - April 12<sup>th</sup>** after worship

Questions? Contact Pastor Trey [treytirpak@crccpastor.org](mailto:treytirpak@crccpastor.org)



1 MARCH

## Self-Injury Awareness Day

#SIAD

Self-Injury Awareness Day takes place every year on March 1<sup>st</sup>. Self-injurious behaviors cross economic and racial lines, with initial behavior occurring at age 13, on average.

### Facts:

- Self-harm is not attention-seeking behavior. It's a coping mechanism for intense emotional pain.
- Self-injury is more common than most people think and can affect individuals of any age, gender, or background.
- Self-harm is not a sign of weakness or lack of willpower but rather a symptom of underlying mental health issues that need to be addressed.



## Winter Weather Advisory!

If winter weather becomes a hinderance to us worshipping safely on Sunday morning, Zoom ONLY will be announced approximately 1 hour before worship begins. The Worship Team for the day will make the decision. Building closure will be announced on the church's website ([communityreformedchurch.com](http://communityreformedchurch.com)), Facebook, Instagram, and via email.

Even if the decision is made to remain open, PLEASE exercise appropriate caution when deciding whether or not to commute. Keep in mind that you need to get TO and FROM the church safely and that weather where you live may be different than the church's location. Your safety is of utmost importance and with Zoom, you can still access and participate in worship.

**Community Reformed  
Church of Colonie**

701 Sand Creek Rd  
Colonie, NY 12205-2497

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Instagram:

Colonie\_reformed

Facebook:

[facebook.com/ColonieReformed](https://facebook.com/ColonieReformed)

## Worship Hours

We invite you to join us for worship and fellowship every Sunday at 10 AM in person and via Zoom.

Outdoor Services are also available in the Summer every Sunday at 9 AM

Holiday and Special Services will be announced on our website and this newsletter

## Colonie Community Day Care Center

701 Sand Creek Rd  
Colonie, NY 12205-2497

Carol Grasso, Director

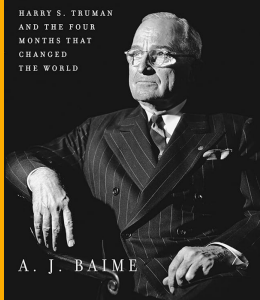
Tel: (518) 869-0131

E-mail:

[cgrasso6@yahoo.com](mailto:cgrasso6@yahoo.com)

# Book Group News

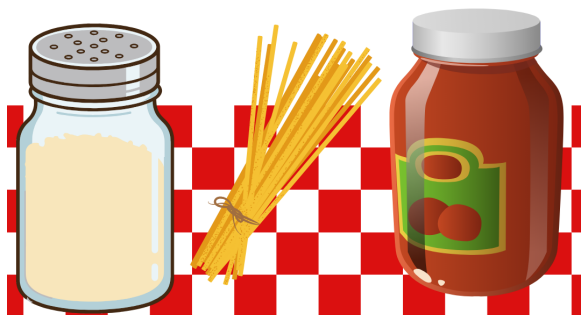
## The ACCIDENTAL PRESIDENT



The Book Group selection for March is **The Accidental President** by **A.J. Baime**.

Discussion and fellowship will take place on Tuesday, March 24<sup>th</sup>, 6-8PM. Questions? Contact Vicki Lane, Elder of Adult Enrichment. She can be reached at [vlane1020@gmail.com](mailto:vlane1020@gmail.com).

## MARCH *Food Pantry Collection*



**SHELF STABLE GRATED CHEESE, PASTA, AND JARRED SAUCES OF ALL KINDS**

## TRANSGENDER DAY OF VISIBILITY

MARCH 31

International Transgender Day of Visibility is celebrated every year on March 31<sup>st</sup>.

“By a general estimate, there are 3.3 million transgender adults across the United States...Trans, non-binary, and gender-expansive youth and adults are a part of every community.

Right now, anti-equality officials are...trying to strip away healthcare, education, and basic freedoms from trans people...Today and every day, we must celebrate all trans and non-binary people everywhere and combat disinformation, discrimination and hate impacting our community,” Human Rights Campaign.



## Facebook

facebook.com  
/coloniereformed



## Instagram

colonie\_reformed



## Padlet – Online Bulletin Board

[padlet.com/crccsarah/churchbulletinboard](https://padlet.com/crccsarah/churchbulletinboard)



## Website

[Communityreformedchurch.com](http://Communityreformedchurch.com)



## YouTube

## Community Reformed Church of Colonie

Communications/Media Coordinator: **Sarah Huiest**

Layout Designer: **Bob Becker**

Articles are due by the 15th of the month and can be submitted to [crccsarah@gmail.com](mailto:crccsarah@gmail.com) or given to Sarah Huiest.