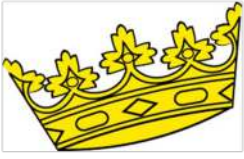


THE KING'S CROWN



September 2020

King of Kings Lutheran Church

Phone: 315-622-2077 | Email: koknewsletter@hotmail.com

Web: www.kingofkings-ny.org

Facebook: King of Kings Lutheran Church - Liverpool, NY



October
Newsletter
Deadline is
September 15

Mission Statement

“Empowered by the grace and love of Jesus, we are committed to growing in faith with the community.”



From the Pastor's Desk

A New King of Exodus

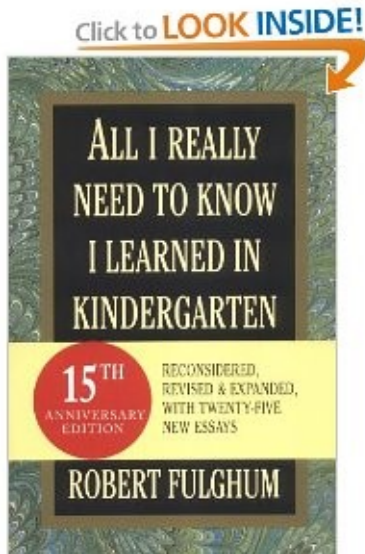


Image found at [Amazon.com](https://www.amazon.com)

This September is quite different than any September I have experienced before - and I am sure this is true for you as well. We have traveled together, as a new pastor to King of Kings and with newly called Deacon Nancy for just over 180 days. Of that 180 days, 145 have been in the current time of Covid 19. When accepting a "new call" and your calling of me as your new pastor - this is not quite the "Exodus" that we imagined. But, then again, what journey into new has ever gone the way anyone expects or imagines?

Recently, I was reminded of the book, *All I really need to know I learned in kindergarten*, and won-

dered how it's list of things to "know" might be helpful to all of us in this time of newness, change and not knowing. He writes,

"All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school."

These are (some) of the things I learned:

Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you.

Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon.

When you go out in the world, watch out for traffic, hold hands, and stick together.

Be aware of wonder.

Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So, do we.

And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK."

Look. When I look at this list of things to know, many things stand out: kindness, responsibly, playfulness, respect for people and the word LOOK.

When I think of an Exodus, I think of the people of Israel. Leaving the confines of slavery in Egypt and walking into the unknown wilderness. They were going into a place and experience where they did not KNOW but they had to LOOK to God for direction, provision, and strength.

This call to LOOK to God for help is one that King of Kings has practiced before and will live into, again.

The call to LOOK to God is a way forward into a new time, a new world, and a new way of being the church.

The call to LOOK to God not only helps us see the ways God is working in our lives, but helps us to look to one another with respect, kindness, and playfulness.

We are on an Exodus like none we have experienced before, and we do not travel alone.

We are being called to LOOK forward and walk together as God shows us the steps to take.

We cannot, like the Israelites longed - to return to Egypt. But we must go into the world, stick together, and watch out for traffic.

We are called to wonder.

We are called to compassion.

We are called into this new kind of September together and by the grace of God - we are always connected; even when the ways we connect are different.

Thank you, King of Kings, for your care, your love, and your faithfulness to this new Exodus together.

It has been an amazing 180 days, and I am thankful to be walking on the journey with you. Just imagine the adventures to come...

Do not forget, to take care of you and yours; take an afternoon nap and that the love of God is always with you - wherever you go.

~Romans 8

Grace and good trouble,
Pastor Tara L. Eastman

King of Kings Quilt Group...

BLOOM WHERE YOU ARE PLANTED

A GREAT SENTIMENT "Bloom where you are planted". It is full of possibilities. It says, stay positive, look at the bright side, make the best with what you have, find joy wherever you are.

Sunflowers, with their cheery nodding heads have strong stalks and support their large yellow heads while searching for the sun. They are found in fields and flower gardens, spreading their sunny faces to make us smile.

Bloom where you are planted. But what I want to know is, who planted these sunflowers in my deck planted 12 feet off the ground?

Donna Huberty



Schedules for September

Slide Show Creation Team

9:30 am

- | | |
|------|------------------|
| 9/6 | Matt Colbert |
| 9/13 | Kurt Richardson |
| 9/20 | Teresa Mansfield |
| 9/27 | Jacob Sousou |

Counters

- | | |
|------|-------------------------------|
| 9/6 | Ken Krafft / Barb Nies |
| 9/13 | Steve Erdley / Dave Allen |
| 9/20 | Mary Moyer / Lorraine Savidge |
| 9/27 | Doug Keim / Pat Lebel |



Council Corner...

Greetings from your Church Council. It was another busy meeting doing the work of our congregation. Thank you to all, who responded to the survey about church attendance. It was very helpful for us to have your preferences as we continue to do what is needed to serve your needs and our community. The results are that 2/3 of the respondents are not ready to return to in person worship. And 75% would like to continue with our services online which will be maintained at this time. Having said that we have had long discussions in Council and in the Evolution Team about how something could be offered in person. Pastor Tara and Deacon Nancy are going to offer an in person prayer service which is in the process of having the details worked out. As this process moves forward we will be sharing this with all of you.

We are so thankful for your support which gives us financial stability. We are certainly aware that these are difficult times for many. We continue to pay our bills and support the activities which we are able to do at this time. Along with that it is always a high spot in our meeting to read off the "extra" giving that happens each month from the donating of time cutting the lawn to gathering school supplies for children both in our community and abroad and sending them off in new home-made school bags We rejoice in your generosity.

And as a reminder, there is financial support available to our church members through the King of Kings Faith Family Fund .This fund is to support members finding themselves in need of a bit of help to get over the tough times. If you are in need of receiving help to make ends meet, please contact Pastor Tara by calling the office or email her at reveastman@outlook.com. If you would like to help feed this fund, just mark your checks as for the Faith Family Fund or you can go online and chose this fund. Once again, thank you for your support.

For a boost, check out Deacon Nancy's list of 135 activities which are happening. It is a reminder that is these strange times we continue to do God's work. The world continues to need our help and our faith family is there to respond. How blessed are we?

And we can not forget as we go month to month appreciating our online service that this is accomplished with extraordinary volunteering, expertise and love. It keeps us fed spiritually and connected to each other in prayer. Thank you so much to those that continue to give of their time and talent each and every week.

Be safe and healthy.

Yours in Christ, Pat Lebel (Council Member)



Greetings from the Deacon's Digital Desk

135 Days (Or When A Congregation Refuses to Say “We’ve Never Done it That Way Before”)

Over roughly 135 days from the start of the NY Pause to the first Sunday in August we experienced a monumental change to our circumstances, which led to some extraordinary shifts in our ministry. Since the onset of the Pandemic much of our ministry has either been created anew or re-created and approached in a new way. This takes time, energy, planning, resources and faith. So what has this NEW, innovative ministry looked like:

1. Sunday Morning Worship – Live Streamed
 - a. Led Off-site and Live Streamed on Facebook
 - b. Led from Church building and Live Streamed
 - c. Addition of various recorded segments (music, sharing the peace, children’s message, puppets)
2. Mid-week Holden Evening Prayer shifted to being recorded and posted to Facebook during Lent
3. Full Worship Services now can be found on the Website and FB, not just the sermon
4. Holy Week Options Shifted to include:
 - a. Palms available to pick up and use at home
 - b. Night Prayer on Monday of Holy Week on FB Live
 - c. Wednesday Prayer of the People on FB Live
 - d. Online Maundy Thursday Worship from Pastor’s Kitchen
 - e. Good Friday with Crossroads Pastors on FB Live/Zoom
 - f. Fully online Prayer Vigil using zoom
 - g. Holy Saturday Stations of the Cross from Onondaga Lake Park on Facebook
 - h. Easter Morning by Onondaga Lake on FB Live
5. Saturday Compline in the Spring on FB Live
6. Saturday Sing A Long in the Summer on FB live
7. Tuesday Check ins on FB Live
8. Wednesday Prayers of the People on FB Live
9. Thursday Morning Devotions were created, recorded and posted to FB
10. Holy Communion offered during Digital Worship (this included several Cottage meeting conversations)
11. Puppets created a video presentation for worship
12. Coffee and Conversation Zoom Meetings during the week
13. Fully online congregational meeting for a call vote (plus mail in ballots)
14. Sunday School shifted immediately to an online zoom format including recordings of the children singing and inviting the congregation to travel with Jesus on the Go which were included in worship and coordinating the garden service project in a physically distanced manner.

15. KCY shifted immediately to an online zoom format and included a physically distanced Pay it Forward service project of collecting food for the Pantry.
16. Care Pod Ministry – members calling other members on a regular basis to check in
17. M&M's Women's Bible Study shifted to online zoom meetings
18. Men's Bible Study shifted to online zoom meetings
19. Quilters and others sewed masks for those who needed them
20. Worship Evolution Team was created and continues to work on transitioning to in-person ministry
21. Upgrades in the sound/tech booth for a sustainable online presence
22. First Communion Faith Stepping Stones shifted to online zoom format
23. Fully Online Vacation Bible School (including members of St. Michael's in Camillus and other children who are not local)
24. Anti-Racism Book Group – weekly zoom meetings
25. Artful Prayer online Bible Study
26. Collaborative Pentecost Message (6 Pastors)
27. Council and Teams shifted to zoom meeting
28. Synod online resources shared with KOK members
 - a. 9@9 Devotions
 - b. Bishop Zoom Meetings
 - c. Other Rooms
 - d. Racial Justice Prayer Vigil
 - e. Racial Justice Task Force
29. Conference Meetings on zoom
30. Pastor's Text Study on zoom

I am sure there is even more ministry happening and that has taken place since this list was created. If we missed something please let me know so we can properly acknowledge the ministry that is being done. I am confident even more innovation and creativity will enhance the ministry we do together in the name of Jesus Christ. My hope in sharing this list is to encourage us during this very challenging time. I welcome your insights and thoughts as we move forward to where God is leading.

Peace, Deacon Nancy



**God's work.
Our hands.**

For **God's Work Our Hands Sunday** this year we were committed to preparing and serving a meal at the Samaritan Center. Due to COVID-19, the Samaritan Center has modified its operations to "take-out" model of service and has scaled back its in person volunteers. Although our hands on help is not as great they do have a need for financial support and donations. **We will collect the following items during the month of September:** Items can be left in the Narthex at church.

- ⇒ INDIVIDUAL JUICES & WATER
- ⇒ FRUIT CUPS
- ⇒ PACKAGED COOKIES AND SNACKS
- ⇒ HAND SANITIZER
- ⇒ ZIPLOCK SANDWICH BAGS
- ⇒ PLASTIC FORKS AND SPOONS
- ⇒ TOILET PAPER
- ⇒ NAPKINS KLEENEX
- ⇒ FACE MASKS

Items can be left in the Narthex at church. Monetary Contributions, marked for Samaritan Center, can be placed in the offering plate or mailed to the church office. We will also be in need of someone to deliver collected items to the Samaritan at the end of the month. Contact **Sue Tierney** for any questions.

The Samaritan Center is an interfaith meal site in Syracuse that serves breakfast 4 mornings a week and dinner 7 days a week, 365 days a year. This meal site is truly the difference maker for whether people go hungry or not. The Samaritan Center is located at 215 North State Street (the former St. John the Evangelist Church).

Greater Syracuse Annual CROP Walk – Virtual Style

October 1-18, 2020



The CROP Walk will be a Virtual Walk this year. Participants are encouraged to walk in a safe manner that works for them between October 1 and 18, 2020. The Greater Syracuse CROP Hunger Walk has a Facebook page where you can get information and follow the progress of the event. Walkers are encouraged to post photos of their individual walks.

<https://www.facebook.com/GreaterSYRCROPHungerWalk>

King of Kings has registered a team and has a team page where you can sign up to be on the team by clicking on the “Join Our Team” button. You may also make a pledge to support the team on that page as well. You can find that page at:

www.crophungerwalk.org/syracusenyc/kingofkings

Members of the King of Kings team are asked to walk in a socially distanced manner at a time and day that works in their schedules between October 1 and 18. We will set up a CROP Walk photo album on the King of Kings Facebook page so team members can post walk photos.

We encourage online giving but there will be pledge envelopes available in September for those who would like to use them. We ask that all pledges be turned in by Saturday, October 18.

Sunday School Update...

Sunday School will resume after Labor Day on Zoom. We will gather Sunday mornings for a story, prayer and to share what we are up to with each other. Be on the lookout in September for the Zoom link and join us!

In September we will also gather in the Pavilion to assemble our school kits for Lutheran World Relief. Thank you to all those who have donated school supplies.

A special thank you to Lorraine Savidge for the beautiful backpacks that she has once again sewn for us. More details will follow as we get closer.

Sue Tierney



As the new school year is about to begin, many of us might be feeling sad about the end of summer, anxious about facing the present and the future, stressed while trying to resolve conflicting circumstances, and struggling to retain control of our lives. Often, we are unable to make changes, however, we can always change the way we look at things. The research has shown that people who sing, whether professionally or leisurely, have a better outlook on life. Experiencing music in various ways, but particularly through playing an instrument or singing, helps to heal, distress, shake off depression, lower blood pressure, reduce anxiety, and feel spiritually fulfilled. Songs that bring us closer to Lord have an even stronger effect. For those who do not want to put much thought into singing, or who find vocalizing to be a foreign activity, doing the following two exercises may just do the trick (as suggested by Diane Austin, who serves as an executive director of Music Psychotherapy Center in NY and a professor of music therapy at NYU):

1. Breathe out loud: Lie on your back on the floor. Relax, breath deeply, and as you exhale make a sound. "Just let any sound out that wants to come out," she says.
2. Tone: While lying down, sing a long, sustained note on a vowel sound. Take a breath and continue, allowing the pitch to change as it wants. Keep it up for about ten minutes. "This is like meditation," says Austin.

The following exercises have been referenced from the online article "Sing two songs and call me in the morning" by Sari Harrar at www.Oprah.com.

God Bless, *Kristina V.*

CONFIRMATION CONNECTIONS

As we continue to navigate these uncertain times with COVID-19 and social distancing, we are making tentative plans through emails and Zoom meetings for a fall Confirmation for our three confirmands. Our confirmands, Jack Heatley, Elizabeth Ngumbi and Jacob Sousou, have completed their Faith Projects and Faith Statements and look forward to sharing them with the congregation.

Stay well and look for more information on KCY in the fall.



With JOY,

Joanne Keim and Kurt Richardson, KCY Education Guides

Hello from the Parish Nurse/Health Ministry Team



Thought I would just give a quick update as to how we are continuing to function during this time of uncertainty.

Our Caregiving Team continues to do what they do best, which is keeping in contact with our shut ins and those that may be in need of some extra care and support. The only difference is that home visits are not possible at this time. This is an ongoing ministry at King of Kings and is in addition to the new Care Pod teams that have been reaching out to each and every one of our members.

Obviously we are unable to offer Blood Pressure screening at this time or any in person health education. Please be sure to continue to check your blood pressure on your own if you are able and reach out to your Doctor if you have any concerns. Although we may not be able to be together physically at this time, please know that I welcome your calls or emails if you have any questions related to your health that I may be able to help you better understand. I am only a phone call or an email away! If you do not feel comfortable contacting me directly please call the church office and request a call and I will reach out to you.

Be safe, wash your hands, keep 6 feet apart from people not a part of your immediate family- especially indoors- and wear a face mask.

It appears that a mask is a very effective tool in controlling this virus, but it is only effective if worn correctly. It must cover your nose and your mouth.

The most up to date information about face mask use can be found on the Centers for Disease Control or CDC website <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

We do have a few members who have been making masks. If you feel you are in need of one please contact the church office and we will do our best to help you out.

Carol Genalo, Parish Nurse and Health Ministry Team Leader

Church Council

Barb Winkel, Chair
Pat Lebel, Vice Chair
Scarlett Erdley, Recording Secretary
Art Leitgeb, Financial Secretary
Carl Bastedo, Treasurer
Alicia Francis, Council Member
Greg Yoder, Council Member
Doug Keim, Council Member
Niel Zuern, Council Member
Rev. Tara Lamont Eastman



September
Ministry Teams

Finance, Doug Keim
Property, Niel Zuern
Service Ministry Team, Deacon Nancy
Stewardship, _____
Worship & Music, Deanna Pavlacka
Children's Ministry, Sue Tierney
Young Families, Jen Hepburn
Mutual Ministry Committee, Jerry Foor
Parish Nurse, Health Ministry Team, Carol Genalo
Fellowship, Shari Murray
Transition Team, Anita Leitgeb
Hospitality, Cathy Miller
PALMS, Weta Hayden
Stephen Leader: Marcy Grundner
Stephen Leader: Lynn Myers
Quilters: Donna Huberty
Women's Group: Dawnelle Jager
Women's Group: Jennifer Foor
Women's Group: Lynn Weeks

King of Kings Lutheran Church
8278 Oswego Road
Liverpool, NY 13090

Return Service Requested

Non-Profit
Organization
U.S. Postage Paid
Liverpool, NY 13088
Permit No. 3