

**First United  
Presbyterian Church  
of Pine Plains**

3039 Church Street  
(to visit)

P. O. Box 313

(for mailing)

Pine Plains, NY 12567

Tel: (518) 398-7117

*To **know** the love of  
Christ; to **show** the  
love of Christ; and to  
**grow** in the love of  
Christ.*

- All are welcome to join us at our weekly Sunday worship service at 11:00 a.m.
- Church School and childcare are available during the worship service.
- Join us for the warmth of coffee hours and fellowship following most weekly worship services.

**Pastoral Care:**

Pastor Ryan can be reached for *urgent and emergency* needs on his personal mobile phone 24/7, (518) 261-0834. For non-urgent calls, please leave a message on the church office phone: (518) 398-7117, which is checked as few as seven times/week and not every day.

Hudson River Presbytery:  
[www.hudrivpres.org](http://www.hudrivpres.org)

# Agape Harvest

What spiritual lessons and practices are suggested by the coming of autumn? Here are three areas for your meditations.

## 1. BALANCING DARKNESS WITH LIGHT

On the autumn equinox, day and night are of equal length. This signals the need to balance light and darkness within us. Far too often, we fear the dark and adore only the light. Joyce Rupp, a Catholic writer and poet challenges us in *Little Pieces of Light* to befriend our inner darkness: "I gratefully acknowledge how darkness has become less of an enemy for me and more of a place of silent nurturance, where the slow, steady gestation needed for my soul's growth can occur. Not only is light a welcomed part of my life, but I am also developing a greater understanding of how much I need to befriend my inner darkness."

Buddhist Gary Thorp in *Caught in Fading Light* tells a wonderful teaching story about accepting all situations where we are left in the dark without answers: "Once, when the Zen master Tokusan was still a student, he visited his teacher, Ryutan, just before sundown. They sat on the floor of Ryutan's hut, casually drinking tea and discussing Zen until deep into the night. At last, Ryutan said, 'Maybe it's about time you went home.' Tokusan bowed to his teacher and walked to the door. 'It's completely dark outside,' he said. Ryutan lit the lantern and said, 'Why not take this?' Just as Tokusan was about to take the lamp from his teacher's hands, Ryutan blew out the flame. Tokusan suddenly knew everything there was to know."

Thorp comments: "Sometimes there is no remedy for our situation than to begin from a point of absolute darkness. Turning off a television set and extinguishing a lantern have certain similarities; they are both abrupt and transition making and can leave us in a different world. In darkness, we are always on our own."

## 2. LETTING GO

As we watch leaves fluttering to the ground in the fall, we are reminded that nature's cycles are mirrored in our lives. Autumn is a time for letting go and releasing things that have been a burden. All the religious traditions pay tribute to such acts of relinquishment. Fall is the right time to practice getting out of the way and letting Spirit take charge of our lives.

In *Kinds of Power* James Hillman, the elder statesman of contemporary depth psychology, challenges us to learn from others about this: "For what the actor tries to achieve on stage is to 'get out of the way' so that the character he or she is portraying can come fully out. So, too, the writer and the painter; they have to get out of the way of the flow of the work onto the paper and the canvas."

Buddhist teacher Sharon Saltzberg writes in *Lovingkindness* about one of the offshoots of letting go: "Generosity has such power because it is characterized by the inner quality of letting go or relinquishing. Being able to let go, to give up, to renounce, to give generously — these capacities spring from the same source within us. When we practice generosity, we open to all of these liberating qualities simultaneously. They carry us to a profound knowing of freedom, and they also are the loving expression of that same state of freedom." Fall, then, is the perfect season to give generously of your time and talents to others.

## 3. ACKNOWLEDGING IMPERMANENCE

Autumn reminds us of the impermanence of everything. We have experienced the budding of life in spring and the flowerings and profusions of summer. Now the leaves fall and bare branches remind us of the fleeting nature of all things.

Jewish rabbi and writer Harold Kushner in *The Lord Is My Shepherd* suggests that when we contemplate fall's changes, we grow more appreciative of all the beauties that surround us: "The poet Wallace Stevens once wrote, 'Death is the mother of beauty.' What those words say to me is that we cherish the beauty of a sunrise, of a New England autumn, of a relationship, of a child's hug, precisely because those things will not be around forever and neither will we be around to enjoy them."

From [spiritualityandpractice.com](http://spiritualityandpractice.com)

Pastor's Report  
Worship

2 Stewardship & Session 4  
3 Calendar, Christian Ed., Mission 5

Nutrition Corner, Joys 6-7  
Prayers 8

[www.pineplainsprebysterianchurch.com](http://www.pineplainsprebysterianchurch.com)

## How We Tell People Who We Are – *Pastor's Report*

Church,

When folks who do not already know us are looking, or folks are willing to check-in after some time to see who we are now with our current assembly and its new presence in a pastor, there are certain things that we need to say *first*. We shall only say that which is true, and say them only when we are willing to keep working to make them more true. Here I print a draft of what I will have on our website as a pastoral letter appropriate for that venue. I call it a draft because such a message will need to change over time, as we learn more, and the needs of people are revealed. We seek to be an oasis in a beautiful and troubled world, yet for the great needs that exist, an oasis is only useful if God's beloved creatures will come to it and have a drink.

These messages take on particular urgency as these days there is a particular movement to try to divide in order that power, temporary as it is, may be gained. This is a phenomenon as old as humanity, and our work to turn ourselves and others towards God's ways unending. Voices made loud by power and money behind them are trying to tell us that if people with darker skin find more justice, that those with lighter skin will lose and be harmed. Further, that darker skin folks and police are in a battle, and that people must choose between these groups. These are dangerously false choices. The church has an urgent role in bringing about God's dream, and we shall take on our work, with prayer and God's great help. Perhaps, a message like the one below will be an important glimpse towards who we are, making an invitation folks who need to be with us will accept. In hearing, they may come and give us the chance to offer hospitality and other forms of peace. For this, we pray.

From our website:

“Hello! Thank you for stopping by our web presence. We try to use it to give a glimpse of what you can find when you gather with our community. There are sweet, intelligent, and compassionate people who join together as First United. We are open. If you claim no faith, if your faith is other than Christianity, or a form of Christianity different than Presbyterian (USA), you are just as welcome as any. We are on a journey together, and there is always room for more in our gatherings.

We understand God calling us to help turn the world from racism, discrimination against LGBTQI folks, and limitations attempted to be placed on women's lives. We leave judgments to God, and are careful not to try to take on God's role in service of our own whims and fears. Black Lives Matter here, recognizing that they are beloved by God as we love them, also. Black folks are made in the image of God. All people called by God may worship and serve here, in the daily life of faith and leadership roles, too. Children are very welcome to be children amongst, with their sounds and full participation. We are taught by the children as they are regularly leaders in worship. The way we worship flows from the Bible and our lives of prayer. These few words can only do a little to show who we are, what we believe, and how you will find your place among us. If you need more before we meet, please call the church (518-398-7117). I will be the one who will respond. We are already praying with and for you. Thank you for visiting here and reading.

In peace,

Pastor Ryan”

## *Worship*

**Every Sunday at 9:30am (outdoors and adapted for COVID safety)**

Of note:

**Sept. 6** - Communion meal offered - *YOUR CHOICE* - pack a picnic for your household with something as bread and something as the drink OR individual, safely-prepared containers of the elements will be offered during worship

**Sept. 13** - Worship includes prayers for education - students may want to bring their backpack and it will be prayed over - invite all those students, teachers, and others involved in education

**Sept. 27** - Worship of God including a blessing of animals - if you wish, bring your animals! In lieu of their presence, bring a picture or pull one up on your smartphone. An excellent Sunday to invite those who love animals!

**Oct. 4th** - World Communion Sunday - see above options for how to partake in the sacrament

*Notes on Current, Adapted Worship*

In-person worship commences at 9:30am Sundays. We are in the church backyard. If rain makes it necessary, we may move to the Lion's Club Pavillion (intersection of Beach Road and Stissing Avenue, Pine Plains 12567). You may call the church (518) 398-7117 if you suspect we may have moved due to weather. If you need, park in the back lot for a shorter walk. You may bring your own chair, or we will provide one for you if you wish.

If you need to stay away from the gathering, we understand as we miss you. Worship service video streams at [facebook.com/groups/firstunitedpineplains](https://www.facebook.com/groups/firstunitedpineplains) Video is available there forever, to watch at any time. If you need another way to worship with us while you stay away from the gatherings, please ask Pastor Ryan. Perhaps a DVD you may play at home? Or a device delivered with the worship service playing? Just ask.

### ***Do not attend any gathering if:***

- You have a fever (100.4 or above is the official, too high reading)
- You feel at all sick (no time to guess, if you feel ill, worship remotely)
- If you are subject to the quarantine becomes you have traveled in the last 14 days to one of the NY/NJ-listed states of increased COVID risk

*If you come, please:*

- Bring a mask to wear. If you've not yet been able to obtain one, please ask Pastor Ryan if you need help having one ready for your next time in a public setting.
- Dress for a picnic. We are never concerned about fancy dress, and especially not in this season.

*Safety notes:*

- There will be no part of worship where you will have to decide to participate or take a safer health route. We have changed all the COVID-dangerous parts of worship.
- The worship service is planned at about 40 minutes, with hopes that folks can feel free to move on when they need, without the need to access the building. Of course, the restroom will be available.

## *Stewardship*

**From Scott Chase (Ruling Elder/Treasurer)** - "We still need your financial support. As we go through this time when we cannot gather together and hold services at our church, please remember we still need to keep up with our financial support. We continue to pay our employees, provide funds for mission work, and maintain our buildings. Your support is greatly appreciated and critical to helping us serve our church family and the broader world community. You may mail checks to **First United Presbyterian Church PO Box 313, Pine Plains, NY 12567**. If you need another way to give, please write me [schase560@yahoo.com](mailto:schase560@yahoo.com) or call (518) 398-5247. Thank you for all you do.

*We now offer online giving with Venmo!*

### **How to tithe with Venmo:**

1. Log into the Venmo app on your phone or tablet
2. Click "Pay or Request" -- the big blue button at the bottom
3. In the "Add Recipients" box type **@FUPCPP** (stands for First United Presbyterian Church Pine Plains)
4. Select "FirstUnitedPresbyterianChurch Pine Plains" if it doesn't populate automatically
5. Enter how much money you would like to donate
6. Add "what it's for" -- you can do this in emojis which is fun!
7. Click "Pay" on the bottom right-hand side
8. Select your payment method
9. Click "Pay" -- the big green button at the bottom
10. You're all set!

## *Notes on the work of Session*

*Your elected leadership council*

- A grant from Presbyterian Disaster Assistance (a group of our national denomination, funded in part by our annual per-capita contributions to Hudson River Presbytery and collections from a special offering collected annually during worship) was approved, forwarding \$1000 to Willow Roots, a Pine Plains organization serving those in need of food, clothing, and household items.
- Session affirms that the church states that Black Lives Matter, joining in our way the international movement to correct the long history of injustice towards those who are Black
- Deacons have a list that includes all of the congregation divided amongst the five currently serving, with a commitment to regularly check-in. If the frequency is not often enough, please anyone call Pastor Ryan (518-398-7117 or after-hours 518-261-0834) or any of the deacons at any time.
- Nate Chase asked to be relieved of the particular role of Clerk of Session. Session affirmed his excellent work and honored his request by electing Dr. Doug Hart as Clerk
- Pastor Ryan's Terms of Call options were clarified based on compliance with Presbytery (middle-governing body) rules, with pastor and Session agreeing to a renewable two-year term ending Jan. 19th, 2022, unless extended.

**SESSION:** Jeanne Valentine-Chase, Nathaniel Chase, Samantha Chase, Scott Chase, Deb Jackson, Jim Jackson, Doug Hart (Clerk), Ryan Orton, Jim Petrie, and Dyan Wapnick.

**DEACONS:** Roberta Cerniglia, Lynne Clinch, Dora Hage, Carol Hart, and Pam Meccariello.

*Our next Session meeting will be on Monday September 14 at 7:00 pm. There will be a Remote, daily prayer worship service prior to the meeting – all are welcome – meets via Zoom call and internet video.*

# Calendar


September 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 9:30 am - 10 am Sunday Worship	31	September 1	2	3	4	5
6 9:30 am - 10 am Sunday Worship with Communion	7 Labor Day	8	9 Women's Assoc. Mtg.	10	11 Patriot Day	12
13 GrandParents' Day 9:30 am - 10 am Sunday Worship with Prayers for Education	14 7 pm - 9 pm Zoom Worship Followed by Session Mtg.	15	16	17	18 10:30 am - 11:30 am Council of Churches Mtg. (Presbyterian Church)	19
20 9:30 am - 10 am Sunday Worship	21	22	23 Women's Assoc. Mtg.	24	25	26
27 11 am - 12 pm Sunday Worship with Blessing of the Animals	28	29	30	1	2	3

## Christian Ed.

The Council of Churches Vacation Bible School was held this summer, a little differently than usual because of COVID-19. The committee put together packets with a spiritual message based on a Bible reading. There was a puzzle, word search, crayons, and activity book and stickers in each pack. They were mailed to the 40 families that participated in VBS last year, one mailing in July and the other in August. Both the Clas and Zick families from our church received packets.

## Mission

**Our church supports two food pantries in our community:**



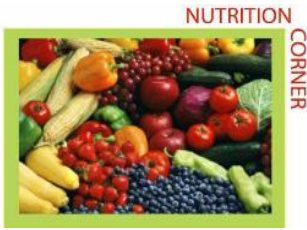
Food Pantry  
Donations Needed

Pine Plains Food Locker:  
**The monthly drive items for September are shampoo and conditioner.  
 Toiletries are always welcomed.  
 Please send \$ donations to the Pine Plains Food Locker  
 2852 Church Street Pine Plains, NY 12567**

## Willow Roots

Run by Nelson and Lisa Zayas from their home on North Main Street with the help of many volunteers.

## Zucchini



*Lynne Clinch*

Can you believe it! Summer is almost over. The virus is still lingering. We're still staying home with very little or no social gatherings. I know I can't remember the last time I was out to dinner although we have ordered pizza a few times. BBQ season is winding down. We're all picking what is left from the summer supply of veggies from the garden. I have to admit, my small garden was not very productive at all. Zucchini plants grew; blossoms came but never produced any zucchini. But the roadside stands have a lot so at 50 cents each is still a deal. So I've been making zucchini bread which is more like a dense cake. Very tasty and addicting! Recipe following. Then I moved on to side dishes but after a fashion got tired of eating them.

Then I started combining several recipes to make one very tasty meal. This virus is not going to get the best of me!!

It started with a salmon dish with a honey garlic sauce. That was delish! Found the recipe on a site called Pinterest. Then while looking for something of interest to do with shrimp I saw a couple of recipes of interest but didn't have something it called for in the house. So I became creative. You know I'm always saying make it your own. So I took a little from here and a little from there and made it one. It turned out to be a very tasty dish, really economical and fed 4 healthy portions easily. Better yet, only 2 pans and a pot to cook rice to go with it. I call it....

### Shrimp with veggies

I used 12 oz. frozen raw shrimp I had in freezer. Defrosted of course and seasoned with pepper and a sprinkle of red pepper and quickly pan fried in olive oil. Removed from pan, added more oil and dab of butter to pan then cooked the veggies. The hardest part of this is getting all the veggies prepared. Slice 2 peppers into sticks. Use any combo of green, red or yellow. Do same to 1 medium onion. Cut 1 carrot into coins. Cut 1 zucchini into quarter slices. Cut 8 oz. package of mushrooms in quarters or slices. (Add any other veggie you have in refrigerator like broccoli or cauliflower.) Heat 2 T. olive oil and 1 T. butter in large pan and add all your veggies. Season with S&P and fresh basil. Add back the shrimp and the sticky honey garlic sauce to heat. Serve with rice which takes longer to cook than the shrimp dish.

### Sticky honey garlic sauce

½ c. honey  
¼ c. soy sauce (I use reduced sodium)  
3 garlic cloves minced  
The juice of 1 lemon  
2 T. butter  
½ c. wine (I used chicken stock)

I used my small fry pan and put everything in pan and heated until it was slightly reduced and thickened... Now this sauce is what was used with the salmon. I used it with the above dish but could see it used on scallops, cod, halibut or any other firm white fish. I could also see substituting the shrimp with pork or chicken.

The zucchini bread recipe has been in the family for a while and is passed from an Aunt of mine. I did play around with the oil and sugar and found a good balance. Don't be afraid to do this in small amounts or use correct substitutions.

### Zucchini Bread

350 oven for 50 to 55 min. but check at 45 min.

Makes 2 loaves

Grate zucchini to make 2 cups, set aside  
In large mixing bowl

3 eggs  
1 cup vegetable oil  
1 ¾ c sugar  
2 tsp. vanilla

Beat together until well mixed. Add the zucchini and blend.  
Add and blend well

2 c flour  
2 tsp. baking soda  
¼ tsp. baking powder  
1 tsp. salt  
3 tsp. cinnamon

These are optional but it sure does make a difference if not added. 1 cup each of chopped nuts and raisins. Pour into greased loaf pans and bake.

Hope you enjoy these end of season recipes. And as always if you have one to share pass along. I have 1 on the back burner, a spin on pesto but ran out of room. Have a good recipe for pesto send along. Happy cooking as Julia would say!

## *Joys*

Congratulations to Mara Chase-Malkin and Mike Malkin (parents), and big brother Cooper, grandparents Jeanne Valentine-Chase and Scott Chase on the birth of Ethan Scott Chase born punctually on his due date, July 30, and weighing 7#.



Congratulations to Nate and Sam Chase (expecting in December)



Congratulations to Matt and Amanda Zick and sister Sarah on the baptism of Elizabeth Zick on July 19.





To add to these prayers, Pastor Ryan is always glad to pray with you (518-398-7117 to find the best ways). If you wish to directly add to the list, please e-mail [dyanwapnick@optimum.net](mailto:dyanwapnick@optimum.net)

During the coming month, please remember the following people in your daily prayers: those who love Breonna Taylor and George Floyd, the family and friends of those who have died: Donald Cerniglia, Stacey Wilson (mother of Sam Chase's friend), Dale Thorton, Stanley Kilmer (Dot Whitaker's cousin) who died of COVID-19, essential workers who have died while serving during COVID lockdown, our congregation. Pray too, for our congregation, all our children, our loved ones, and all of those who have lost loved ones in the past year, and our pastor.

**At home:** Deb Phillips, Chrissy Thornton, Adalyn Forgey and her family (Carol Hart), Kelly Wilkie (Pastor Ryan's sister) and the people of Spartanburg (SC) Regional Hospital dealing with COVID and other illnesses, Bridget and Aylee, Dot Whitaker, Mort Jackson, Brian & Jessica Weglinski & family, Paul & Sarah & Rhonda Murphy, Laurena Mesnard, Teresa Maleonski (Marva), Craig Shelley, Katherine Sweeney, Dale Thorton, Jen Thorton, Joe (Susan), Pastor Laurie's Mom, Melissa McKinney, Phyllis Shanks, Barbara Gurbel, Randy Burns (Dyan), Jim Fabrizio, Kyleigh Cummings, Peggy Hart, Bobette Costello (friend of Carol and John), Judy Parlman, Millie Sheldon, Pastor Laurie, Bobby Wendover, Victoria Hull (Dot), Carey (Amanda Zick), Ron & Cathy Osofsky, Rich Cummings (waiting on kidney), Caeden Boyce (Cindy and Roberta) small child with leukemia, Anthony Silva, Emo #4 (Rosanne's son-in-law's aunt), Lynn (Linda Wendover's sister), Antonio Gonzalez (Dyan), Melissa and Anthony, Gene Jernigan, Arlene Brower, Chun Ok Blackie (Jim and Margo Jackson's sister-in-law), Caitlin Edge (Deb), Elaine Hage, Joann Amelio, Debra Rose, Marge (Laurie), Marjorie Bright, Judy MacMorran (Barbara Gurbel's daughter), Debbie (Laurie), Brittany.

At Geer Nursing Home: Linda Bartolomeo

At Thompson House: George Dennis

At The Manor at Woodside: Helen Travis and Rod Davis

At Noble Horizons: Lek McNeill, RuthAnn Pulver, Charlie Napoli

At The Eddy Memorial Geriatric Center (Rm. 23A, Burdett Ave., Troy, NY 12180): Muriel Swart

At Meadows (formerly named the Baptist Home): Mary Jo Glozier

**In the military or Reserves:** Pierre Mesnard, Spencer Johnson (Iraq), Patrick Brooks, Garrett Pendleton (South Korea), Lewis and Denzel Jackson (Keith Jackson's sons), Garrett Cummings, Daniele Casazza, Kyle Moskowitz, Matt Cade, Zach McDonnell - Reserves, John Cort, Mark Hall, Jacob Coons, Danny Hoysradt, Brian Montross, Eric Wiltsie (Tom and Renee Strudwick's nephew). *And all those who have served in our military.*



## Hudson River Presbytery Prayer Calendar 2020

*As a Presbytery family, we hold each other in prayer – all of us sisters and brothers in Christ. We invite you to lift up prayers for our churches, our staff, and our ministry partnerships, including them in your pastoral prayers each week, and in your church bulletins. The Church is all of us - made one in Christ.*

### September 6 – Fourteenth Sunday after Pentecost

Ossining, First

Presbyterian Foundation Staff

### September 13 – Fifteenth Sunday after Pentecost

Otisville, Mount Hope

HRP Green Team

### September 20 – Sixteenth Sunday after Pentecost

Palisades

Patterson

### September 27 – Seventeenth Sunday after Pentecost

Pearl River, Nauraushaun

Church Leadership Connection Staff

### Share a Blessing!

Next Issue: October 2020

Submission deadline: Sept. 25, 2020

Send submissions to:

[dyanwapnick@optimum.net](mailto:dyanwapnick@optimum.net)