



Agape Harvest

First United Presbyterian Church of Pine Plains

3039 Church Street,
P. O. Box 313,
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.
- Pastor Carol's office hours are by appointment. Please call her at (518) 697-0025 (home), (845) 235-3569 (cell) or (518) 398-7117 (church office).

From Your Pastor:

God works in mysterious ways. We only have to look back in our lives to experience that truth. How did we come to know the love of Christ? How did we come to serve in Him in this place? That invitation and welcome may inspire us to invite and welcome others. And no matter how difficult things may seem there is always light at the end of the tunnel because Christ is the light at the end of the tunnel. Forty years ago a Philadelphia congregation watched as three 9-year-old boys were baptized and joined the church. Not long after, because they were unable to continue with its dwindling membership, the church sold the building and disbanded. One of those boys was Tony Campolo, now author and Christian sociologist at Eastern College in Pennsylvania. Dr. Campolo remembers: "Years later when I was doing research in the archives of our denomination, I decided to look up the church report for the year of my baptism. There was my name and Dick White's. He's now a missionary. Bert Newman, now a professor of theology at an African seminary, was also there. Then I read the church report for 'my' year: 'It has not been a good year for our church. We have lost 27 members. Three joined, and they were only children.' "Now, not everyone who is baptized grows up to be a Tony Campolo or a Seminary professor like Bert Newman. And while we might not go on the mission field like Dick White, we all become missionaries through the water of our baptism because, that water is the water of life." The Holy Spirit had not stopped working. The work of that little congregation had ceased in one way but has continued to bear the fruit of the Holy Spirit in another way, taking on a new and powerful outreach, through the seeds of faith it sowed in these young men's lives. Truly God works in mysterious ways. What looked like the end of God's work through that congregation turned out to bring forth great fruitfulness. Let us keep on sowing the seeds of new life in Christ. It is God who gives the harvest often when and how we least expect it.



With love,
Pastor Carol
Excerpts from Billy Strayhorn's *Drink Deep*

www.pineplainspresbyterianchurch.com

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Upcoming Events

* Events, dates & times subject to change

February 2015 Calendar

Bible Study: Thursdays at 7 pm.

Women's Assoc. Mtg: Thursday February 12 at 1 pm.

Council of Churches Mtg: Monday February 16 at 12 pm at the Church of the Regeneration.

Ash Wednesday Service: February 18 at 7:00 pm at our church.

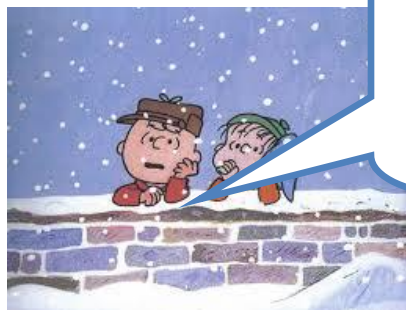
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**Looking Ahead:** Annual Corned Beef Dinner on Saturday March 14.

### **Volunteer Needed**

We are looking for a volunteer to coordinate the Christmas and Easter memorial flowers. This important task involves collecting donors' information and giving it to Dyan for the Christmas Eve and Easter Sunday bulletins, and arranging and taking care of the potted flowers on the altar during these two holidays. Please let Dyan or Pastor Carol know if this is something you would like to do.

*We are organizing a Youth Group. Please see Pastor Carol if you would like to participate.*



**Please call the church office at 398-7117 when we are having inclement weather to find out if church services are cancelled.**

#### **NEWSLETTER E-MAIL MAILING LIST**

In an effort to reduce costs of distributing the newsletter and preserving the environment, we will be distributing the newsletter via e-mail instead of postal mail to those who are interested. If you would like to join our e-mail mailing list, please send a note to Dyan Wapnick at [wapnickfamily@fairpoint.net](mailto:wapnickfamily@fairpoint.net).

# Sunday School News

The water project that the children have been doing has ended, and the Session has approved their next mission project: Plumpy'Nut. While the focus of the water project was to provide water to poor children in India so they could go to school, the Plumpy'Nut project addresses another major problem in the developing world: hunger. Plumpy'Nut helps children all over the world who are malnourished. Plumpy'Nut is very rich in protein and highly nutritious. It is composed primarily of peanuts, along with vitamins and minerals to make a very tasty bar, like a granola bar, but it is a paste that can be tolerated even by children who are too weak to chew. It keeps well and is portable, so a supply can be given to parents to take home with their child - they don't have to be at a hospital receiving intravenous nutrition. Donations from our Sunday School will be sent to the World Vision Christian organization to distribute Plumpy'Nut in many areas of the world where children are malnourished due to famine, diseases or war. "Innovations like peanut-based therapies really are miraculous, extending our ability to feed children far beyond what was possible only a few years ago." World Vision President Rich Stearns.

## STORIES

### PLUMPY'NUT TRANSFORMS SABIYOU



Sabiou was clearly malnourished. In only a few hours, his body and his condition deteriorated visibly.

Dear Friends,

**When I first saw 10-month-old Sabiou, I wanted to turn away.** I didn't want to look at his tiny arms, or the ribcage sticking out of his chest. I didn't want to see his little mouth letting out an anguished cry. It was almost too much.

But Sabiou's little face captivated me. His eyes looked into mine and pierced my heart. I couldn't look away.

He was clearly malnourished and had a fever and diarrhea. In only a few hours, he deteriorated in front of my eyes. His hands stopped reaching for relief, his legs ceased kicking, his head fell back in his mother's arms, and his eyes rolled back in his head.

I was tense. Help needed to come now. Someone went to get the doctor, a man trained by World Vision to treat malnourished children. Finally, the medicines arrived too.

Sabiou received an oral rehydration solution made of water, sugar, and salt, along with malaria medicines and the miraculous plumpy'nut.

Plumpy'nut is a fast-acting solution to malnutrition. A peanut paste

## STORIES

### PLUMPY'NUT TRANSFORMS SABIYOU



Within four days, Sabiou was more alert, stronger, and able to eat

enriched with vitamins and minerals, it is high in protein and very nutritious.

But I wasn't sure it would cure Sabiou. Four days later, I went back to check on him. His mother and the whole extended family greeted me with smiles and laughter. Sabiou was transformed. His body was still small, but it had life in it. His arms moved rapidly and his head swung around trying to take in the excitement around him. His mother, Hasia, greeted us with a huge smile. "Truly it's much better now," she said.

In his mother's arms, Sabiou grabbed the plumpy'nut and fed it to himself. He was easily eating two packets a day, and clearly enjoying it. His face had filled out already and his arms looked stronger. His fever was gone and the diarrhea was almost over. Plumpy'nut and the medicines had saved his life.

I told Hasia I was so happy. "I am happy, even happier than you!" she replied. "You and God are the reason he is better. Thousands of thank you's."

I am so pleased to pass her words along to you. Thank you for your support of malnourished children. It truly is making a difference and saving lives.

Andrea Peer

Publications and Information Resources, World Vision

## *Servants' Calendar*



### Liturgist Schedule Feb - March 2015

|                   |                   |                    |                    |                 |
|-------------------|-------------------|--------------------|--------------------|-----------------|
| <b>February 1</b> | <b>February 8</b> | <b>February 15</b> | <b>February 22</b> |                 |
| Scott Chase       | Carol Hart        | John Hart          | Doug Hart          |                 |
| <b>March 1</b>    | <b>March 8</b>    | <b>March 15</b>    | <b>March 22</b>    | <b>March 29</b> |
| Linda Bartolomeo  | Jim Petrie        | Dyan Wapnick       | Margo Jackson      | Erik Lindmark   |

**2015 Communion Schedule (so far):** March (Melanie), April (Linda), May (Kathy), June (Dyan), October (Brendan), and November (Doug).

**SESSION :** Next Session Meeting: Tuesday March 3 @ 7:00 pm

**Meetings:** 1<sup>st</sup> Tuesday of the month.

**Session:** Kathy Bartles, Ed Casazza, Scott Chase, Doug Hart, Brendan Kilpatrick, Melanie Lindmark, Dyan Wapnick and Linda Wendover.

**Treasurer:** Scott Chase

**Clerk of Session:** Kathy Bartles

**Moderator:** Pastor Carol Miller

**DEACONS :** Marva Blackmar, Lynne Clinch, John Hart, Jim Jackson and Erik Lindmark.

**Deacon Schedule:** 1st Sunday: Jim Jackson; 2nd Sunday: John Hart; 3rd Sunday: Lynne Clinch; 4th Sunday: Erik Lindmark; Alternate: Marva Blackmar.



## Stewardship

Please return your pledge cards. They can be placed in the offering plate or mailed to the church. If you did not receive a pledge card and would like to pledge, blank pledge cards are available at the end of each pew.

**Per capita Apportionment.** The per capita for each member in 2015 is \$31.00. Please use the blue envelope in your pledge envelope box (if you have one, otherwise envelopes are also available at the end of each pew) and place it in the offering plate with your pledge. Thanks!

## Presbytery News

### THE PRESBYTERY OF HUDSON RIVER

655 Scarborough Road • Scarborough, NY 10510  
914.941.2100 • Fax 914.941.2263  
www.hudrivpres.org • info@hudrivpres.org



Susan Andrews, General Presbyter • Susan De George, Stated Clerk • Rhonda Kruse, Connections & Change Presbyter  
914.941.2278 • susan@hudrivpres.org • 914.941.2100 x15 • susandegorge@hudrivpres.org • 845-499-1383 • rhonda@hudrivpres.org

January 6, 2015

Dear Sisters and Brothers in the Body of Christ,

This past year I have been immersed in all things Presbyterian. Whether serving in a local congregation, learning the ropes of Presbytery as Moderator-elect, or representing Hudson River as a commissioner and overture advocate at General Assembly in Detroit, I have experienced the church in action, touching people's lives, bringing hope to the hopeless, shining light into darkness. Big and small, near and far, **we are all joined together in Christ's mission** to make disciples and to live the love and grace, justice and peace of God in the world.

What I have been privileged to witness over the past year is one of the hallmarks of our Presbyterian tradition – **we are a connectional church**. We affirm with Paul, "For as in one body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ, and individually members one of another" (Romans 12:4-5). Although it may be tempting to go it alone at times, we believe that the Body of Christ functions better when all the different parts are present and doing what God created them to do in relation to each other. We can be far more effective stewards of God's gifts when we share in ministry and mission with brothers and sisters in faith, honoring our diversity while at the same time celebrating our common bond in Christ.

Hudson River Presbytery seeks to be such a partner with our 82 congregations, 177 teaching elders and 10 commissioned ruling elders, and 12,900 members. Following our calling to be "**passionate people in partnership**," the Presbytery connects in so many ways, such as:

- Walking with congregations through times of transition, conflict and new beginnings;
- Providing pastoral support to clergy, staff and their families;
- Bringing congregations together around shared mission goals such as food justice, youth, cross-cultural, and prison ministries;
- Offering opportunities for creative reflection and visioning about the church of the future and then offering support for new initiatives like the Nyack Project.

The more time I spend in the larger church, the more grateful I am to be connected to such a creative, supportive, faithful Presbytery committed to living resurrection in a changing world!

**As members of the Body of Christ, we are all connected.** As you reflect on 2014 and look forward to 2015, please prayerfully consider how you and your congregations may continue to support our connectional ministry together. In addition to your gifts of time and talent, our Presbytery Stewardship Team is challenging all of our churches to **increase their Mission Support pledge to the Presbytery by 1% of their receipts**. Your generosity will help our connections grow even stronger as we serve God together.

Connected in Christ,

Tami Seidel  
2015 Moderator of Hudson River Presbytery

Partnership Hospitality Justice Passion Curiosity Honesty Joy Generosity

# *Nutrition Corner*

*Lynne Clinch*

## **A little of this and a little of that!**

This is a case of writer's block. I sat down with full intentions of having something witty and informative to say but the words are not there. I sit here staring at the ocean and still nothing! The daily newspaper usually has several recipes I would have thought to be interesting and pass on but that are not the case. Then it hit me. Spices, seasoning mix, baking mix! It's costly to purchase any of these so why can't you make your own. I have in the past made my own and know them to save money at the grocery store. So I went searching and found several I thought you might be interested in trying.

### **Salt substitute**

5 teaspoons onion powder  
3 teaspoons garlic powder  
3 teaspoons ground mustard  
3 teaspoons paprika  
1/2 teaspoon celery seed  
1/2 teaspoon white pepper

In a small bowl, combine all ingredients. Store in airtight container for up to 6 months. Use to season meats, vegetables or anything you'd use salt on without the addition of sodium.

### **Spice mix for chili**

3-1/2 teaspoons garlic salt  
3 1/2 teaspoons chili powder  
2 teaspoons each salt, onion powder, pepper, ground cumin, paprika  
And dried parsley flakes  
1/2 teaspoon cayenne pepper

### **Bisquick mix**

8 c. flour  
1 1/4 c. nonfat dry milk  
1/4 c. baking powder  
1 Tb. Salt  
2 c. shortening

Mix thoroughly the dry ingredients. Cut in the shortening. Store covered tightly in cool place. Refrigerator works best. Use in place of Bisquick in any recipe.

### Hot Chocolate mix

3 c. nonfat dry milk -- use good quality dry milk  
3/4 c. sugar  
1/2 c. unsweetened cocoa powder  
1/8 tsp. salt

Mix together and store in air tight container. Use 1/4 c. mix to 1 c. hot water. Now I find if you use half water and half milk (or all milk) the hot chocolate is richer in flavor. Don't forget the marshmallows!

### Ranch dressing mix

2 tablespoons plus 2 teaspoons dried minced onion  
1 tablespoon dried parsley flakes  
2 1/2 teaspoons paprika  
2 teaspoons each sugar, salt and pepper  
1 1/2 teaspoons garlic powder

In a small bowl, combine the first seven ingredients. Store in an airtight container in a cool dry place for up to 1 year. Yield: about 6 tablespoons mix (enough to make 6 batches).

1. To prepare dressing: In a bowl, combine 1 tablespoon mix with 1 cup mayonnaise and 1 cup buttermilk; refrigerate. Yield: 2 cups.
2. Add bleu cheese crumbles to make bleu cheese dressing or dip for hot wings.
3. To prepare dip: In a bowl, combine 1 tablespoon mix and 1 cup sour cream; refrigerate for at least 1 hour before serving. Yield: 1 cup.

There are so many more homemade mixes on line that for pennies can save you dollars. It's worth the time. It's also worth getting together with a friend or two, each bringing the ingredients and making a fun afternoon of making mixes to have on hand. Baking mixes, cocoa mixes, soup mixes not to mention making your own vanilla. The list goes on and on. Consider making your own dry rubs for meats. Just remember 2 teaspoons each spice until you get to the S & P then its 1 teaspoon. I make my own, make more than I need for the meal and store it in dry cool place. If you come up with something of your own let me know so I can share.

**Please call the church office at 398-7117 when we are having inclement weather to find out if church services are cancelled.**

## *Prayer Requests*

During the coming week, please remember the following people in your daily prayers: the Freiberg family, our Pastor, our congregation, all our children, our loved ones, and all of those who have lost loved ones in the past year.

**At home:** Pete and Helen Robinson, Devon (Nan), Betty McGhee, Shirley and Waldy MacPherson, Jessica Pezze, Bob Coburn (Trudie Wilson's son-in-law), Mary Lou Jenson, the Vincitore family, Joanne Keeler, Vinnie Maserelli (Linda Wendover), Marion Doyle, the Mathew family (Margo), Kelsey Hart (Doug's daughter-in-law), Andrew (Nan), Richard (Dyan), John (Nan), Barbara Strudwick, Roy Watson, June Emerson (Linda Wendover), Dave Dennis (Laura Clark), Gil (Nan's brother), Emily Jackson, Brittany, Christine Neubert, Katherine King, Raj (John Bilski), Pam Meccariello, John Westfall, Bob Stickle (Erik Lindmark), Karen & Abigail (Brendan), Steven, Diane, and Allen Dam (Bob Clinch), Debbie Kinney, the family of John Falcone, Kyleigh Cummings, Tracey Bowser (Jannet Watson), Robert (Linda Wendover's grandson), Vinnie Parliman, Mary and Tom Briggs, Paul Molloy (Carl Bartles' friend), Nan, Victoria, and Marie Herow, Dustin Hale, George Frenzel (Delores Dickinson's brother), Phairah Dickinson, Brad and Eli Dickinson, Harriet A'Brial, Bridget and Zack McDonnell, David Jones (Linda Wesley's brother), Scott, Kate, and Ella (Cathy Fitzpatrick), Jerry and Betty Chestney, Fanny Place, Martha Baldwin, Ryan Hawk (Dawn Robinson's son), Maryanne (Harriet A'Brial), Lottye Kate (Barbara Gurbel's great-granddaughter), Cathy Fitzpatrick, April Leonard, Laura Clark and the Clark family, and Bill Boyles.

**At Noble Horizons:** Rev. Herb Day

**At Geer Village:** Dorothy Miller and Phyllis Ronner. (77 South Canaan Rd., Canaan, Ct. 06018)

**At Sharon Health Care Center:** Kathryn Mergendahl.

**At Avalon:** Gail Smith (1629 Rte. 376, Wappingers Falls, NY 12590)

**At The Pines:** Muriel Swart (2405 15th Street, Troy, NY 12180)

In the military: Garrett Cummings, Daniele Casazza, Kyle Moskowitz, Brian Coons, Tyler Larsen (Louise Coons' great grandson), Sarah Anderson, Matt Cade, Zach McDonnell, John Cort, Mark Hall, Jacob Coons, Danny Hoysradt, Brian Montross, Nathaniel Chase (Reserves; Marge's grandson), Dylan Humbert (Troj and Cole's brother), Eric Wiltsie (Tom and Renee Strudwick's nephew).

*And all those who have served in our military.*



Food Pantry  
Donations Needed

The monthly drive item for February is toilet paper. Leave in the narthex. Please send \$ donations to the **Pine Plains Food Locker P.O. Box 587 Pine Plains, NY 12567.**

Share a Blessing!

Next issue:  
**March 2015**

Submission deadline:  
**February 25, 2015**

Send submissions to:  
**wapnickfamily@fairpoint.net**