

**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.

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

Agape Harvest

Ash Wednesday (February 26) is a penitent service that uses ash to mark the sign of the cross on the believer's forehead, symbolizing our sinful nature and need for salvation. Some denominations use the ashes of Palm Sunday branches from the previous year's Palm Sunday service. Ash Wednesday is always 46 days before Easter Sunday and marks the beginning of the Lenten season. Lent is traditionally a 40-day fast — a reference to the time Jesus spent being tempted in the desert — that seeks to prepare the heart of the believer for the solemn remembrance of Jesus' death. It concludes and is followed by a joyous Easter Sunday celebration of the resurrection of Christ.



A Prayer for Ash Wednesday:

Lord, Holy One, have mercy on us. We confess our sins to you. We have fallen short of your glory and without your mercy and grace, we would be dust. We repent now. Lord, as we enter into this Lenten season, be near to us. Help us, by your Holy Spirit, to feel right conviction and repentance for our sin. Help us, by your Spirit, to have the strength to overcome the enemy.

Thank you, Lord, that Easter is coming! Death has no sting, no victory, because of Jesus! Glory and honor and praise to His name! Thank you for rescuing us. Help us keep both the weight and the joy of this season in our hearts and we move through the next several weeks. Help us bear the good fruit of your Spirit.

Thank you that the ashes on our forehead do not symbolize our ultimate reality. From dust we might have been formed, but our bodies, our spirits, ourselves, await beautiful redemption and the restoration of all things. Help us long and look forward to that day, and let it come quickly, Lord Jesus. Amen. -Excerpted from [What Is Ash Wednesday?](#) by Kelly Givens



Upcoming Events, Notices

* Events dates & times subject to change

Women's Association Mtg. - Thursday Feb. 13 at 1 pm.

Council of Churches Mtg. – Friday Feb. 21 at 10:30 am at the Methodist Church. The Council of Churches meets at 10:30 am. on the 3rd Friday of the month at the Methodist Church. Please let someone on the session know if you are interested in becoming our liaison.

Ash Wednesday service on February 26: Please check Facebook or the Sunday bulletin for more information in the next couple of weeks. Lenten devotionals will be available.



Ordination of J. Ryan Larkin: The ordination of Pastor Ryan will be held on Sunday March 1 at 3:00 pm at our church, with a reception following. Please join us in this joyous occasion as we welcome Ryan into the Presbyterian Church.

There will be a brief Congregational Meeting immediately after worship on Sunday March 8 to vote on the changes to the Bylaws.

Next Session Mtg. – Monday March 9 at 7:30 pm. (there is no February meeting)

Corned Beef Dinner -- Our Annual Corned Beef and Cabbage Dinner will be Saturday, March 14 with snow date Sunday, March 15. Each dinner includes corned beef with “secret sauce”, cabbage, red potatoes, glazed baby carrots, Irish soda bread, and dessert.

This dinner will be takeout only and pickup is between 4.30pm to 5.30pm. Dinners are \$17 adults, \$5 children ages 6-12, and free under 5 years old. Tickets should be reserved by phone Carol Hart 518.398.7056 or email Carolhart131@aol.com.

Sign-up sheets will be in the Fellowship Hall.

Those who bake desserts: please package each portion individually in waxed paper wrap or waxed paper bags. We are trying to avoid plastic wrappings to help decrease our carbon footprint and the proliferation of plastic in our landfills and oceans.

This is an important fundraiser for our church and the participation of our congregation with food donations, kitchen help, and purchasing dinners is imperative for a successful event. Your physical presence also is important to increase fellowship and camaraderie among us!

Please be generous with your time and donations!



Servants' Calendar

Liturgist Schedule for February-March 2020

| February 9 | February 16 | February 23 | | |
|--------------|---------------|-------------|-------------------|--------------|
| John Hart | Scott Chase | Doug Hart | | |
| March 1 | March 8 | March 15 | March 22 | March 29 |
| Dyan Wapnick | Margo Jackson | Jim Petrie | Roberta Cerniglia | Dyan Wapnick |

SESSION: Kathy Bartles, Jeanne Valentine-Chase, Nathaniel Chase, Samantha Chase, Scott Chase, Jim Jackson, Doug Hart, Ryan Orton, and Dyan Wapnick. **(new session members awaiting ordination and/or installation, date TBD)**

Next Session Mtg: Monday, March 8 at 7:30 pm.

Moderator: Pastor Ryan Larkin

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

Deacon Schedule:

1st Sunday: Pam Meccariello

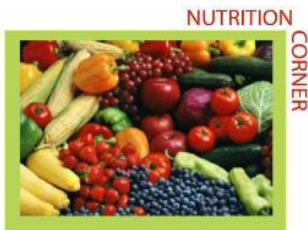
2nd Sunday: Carol Hart

3rd Sunday: Lynne Clinch (Jim Jackson will cover February)

4th Sunday: Dora Hage

5th Sunday: Roberta Cerniglia

| February 2020 | | | | | | |
|--|---|-----|--------------------------|--|---|------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 26 11 am - 12 pm Sunday Worship | 27 7:30 pm - 8:30 pm Session Mtg. | 28 | 29 | 30 | 31 | February 1 |
| 2 Groundhog Day 11 am - 12 pm Sunday Worship 12 pm - 2 pm Annual Mtg. | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 11 am - 12 pm Sunday Worship | 10 | 11 | 12 Lincoln's Birthday | 13 1 pm - 2 pm Women's Assoc. Mtg. | 14 Valentine's Day | 15 |
| 16 11 am - 12 pm Sunday Worship | 17 President's Day | 18 | 19 | 20 | 21 10:30 am - 11:30 am Council of Churches Mtg. (Methodist Church) | 22 |
| 23 11 am - 12 pm Sunday Worship | 24 | 25 | 26 Ash Wednesday | 27 | 28 | 29 |



Healthy Recipes

I have written in the past tips and given various ideas on how to change a recipe in order to make it healthier. Usually it only takes very little to reduce fat or calorie content in any recipe without losing the taste. Take the challenge.

Lynne Clinch

The daily paper here in Ormond Beach each week has a section called "let's eat". I often find recipes that are different, unusual and always nutritious. The following one is an example. Thought I'd share since it's a unique way to serve sweet potatoes and easy to prepare. It's a great idea for meatless Monday, relatively low in fat and sodium but has 14 g of protein and 13 g of necessary fiber. Sounds like a win-win to me. Try it! I'm sure you'll surprise yourself and like it. Before I give the recipe let me tell you where to get Sumac. It's found in the spice section of a well-stocked supermarket. An appropriate substitute is freshly grated lemon zest. Since it's only 1 tsp. I would use the lemon zest and spare the expense. Pomegranate seeds obviously come from the fresh fruit. Would not using them make a difference? Probably not but it's in the recipe. Remember: Make it before you make the changes.

Spiced Tahini Loaded Sweet Potatoes

400 degree oven, approx. 45 minute bake time

- 4 medium sweet potatoes
- 1 can chickpeas, drained, rinsed well and dried
- 3 T. oil of choice
- 1 $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ c. tahini, well stirred
- $\frac{1}{4}$ c. fresh lemon juice
- 2 cloves garlic, finely diced or grated
- 2 to 4 T. water if needed
- $\frac{1}{2}$ tsp. pepper
- 1 tsp. cumin
- 1 tsp. sumac or substitute lemon zest
- 2 T. pomegranate seeds
- 2 T. chopped parsley, dried can be sub if need be (use 1 T.)
- 4 fresh mint leaves - optional

Easy directions. Preheat oven to 400. Line ribbed baking sheet with parchment paper. Cut sweet potatoes in half lengthwise, rub all over with oil and turn cut side down on baking sheet. With remaining oil mix with the 1 tsp. salt and chickpeas. Roast with the potatoes 25 to 30 minutes or until potatoes are cooked. Remove and scoop out the flesh leaving a border in the potato. Mash with fork. In another bowl mix tahini, lemon juice, garlic and $\frac{1}{2}$ tsp. salt. Thin with water if necessary until consistency of ranch dressing. Mix half the dressing with the potato flesh and scoop back into the shells. In small bowl mix the chickpeas with the sumac, pomegranate seeds, cumin and pepper. Sprinkle over the potatoes and drizzle with the remaining dressing. Pop back in oven if desired and sprinkle with the parsley. OR serve warm or room temperature. Add a salad and perhaps a dinner roll and a meatless meal is on the table.

Remaking or reinventing old tried and true recipes is a challenge. But if you have always liked something and are now on dietary restrictions due to health reasons or just want to eat a more healthy diet it becomes a labor of love. It's no secret I love to cook and I have always loved wild rice soup. I have made it in the past but was always high caloric and very rich in flavor. When I recently found a knock off recipe from Panera I decided to try it. I cut the recipe in half since it made too much for one person. I also took liberties with the instructions and made a few minor changes in amounts of seasonings. The end result produced a wonderful product lower in calories and sodium too. This is what I did. I took 2 boneless chicken breasts, 1 qt. container sodium reduced chicken broth, 1 medium diced onion, 2 carrots diced and 1 stalk of celery and simmered about 30 minutes stove top. I then took the poached chicken out and diced up into smaller pieces and put it and the hot liquid into a crockpot set on high for 4 hours. Then I opened 1 package wild rice box with seasonings (I used Rice A Roni) and dumped it into the pot along with 2 cups water. Taking 2 cups 2% milk and 1/3 cup flour mixed together until smooth adding about $\frac{1}{4}$ tsp. pepper and NO salt added slowly into the warm contents of the crockpot. Stirred and walked away. It cooked perfectly, was seasoned perfectly and made 2 quarts of soup, one going into the freezer for later use. *When the soup started to bubble around the sides during the cooking I turned it down to low. I didn't want to curdle the milk.

Friends came to visit Bob and I this January and so we headed out to dinner at one of our more frequented places, Betty's A1A right on the ocean. Anyway, a sign was on the wall right by our table. I wanted to share what it said.

Laugh when you can, apologize when you should and let go of what you can't change. Life is too short to be anything but happy.

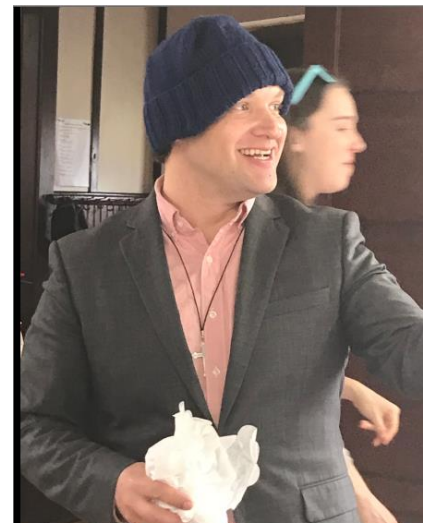
As always, want to share a recipe? You know the drill. Happy cooking....



Pastor Ryan presenting his statement of faith at the Presbytery meeting on January 28 at First Presbyterian Church of Yorktown (above) and at the brunch in his honor at our church after worship on January 26, where he was given an assortment of necessities for winter living in New York.



More pix from the January 26 welcome brunch:



Stewardship

Dear Members and Friends of our Church,

We are inviting you to participate in our annual stewardship appeal.

Stewardship means caring for someone or something as a shepherd does for his flock or as parents do for their children. So too the church needs nurturing and caring for it to remain a viable force in our lives and our



community. Our church continues its long tradition as a positive influence in this community. Our fund raising dinners are well attended, and our worship services are comforting and thought provoking as well as invigorating with the enthusiasm of our organist, Ryan Orton, with the choir, and our new pastor, Pastor Ryan Larkin. As the only minister who actually lives in Pine Plains, Pastor Ryan will have the honor of acting as our community pastor. We invite you to join with us in support of this important community asset. There are no dues or fees. All giving is voluntary and strictly confidential. Your pledge is only an estimate of what you can give, not a required amount. Please give what you can to keep the important work of the Presbyterian Church active in the Pine Plains area.

Per Capita--

As a local church we contribute \$38.80 for each of our 70 members to cover the per capita cost of belonging to the larger Presbyterian Church USA.

This money supports the administration of the larger organization, helping us in recruiting new ministers, training for the various officers in all churches (ministers, deacons and elders and participation in the life of the wider church by serving on General Assembly committees and commissions. We ask that our members consider an extra donation to help us cover the cost of supporting our larger church that in turn supports us in spreading God's love. Thank you.

Please consider making this amount above your normal tithe to shield our local budget for its local purposes. Please make your intentions known by using a separate check with "Per Capita" in memo line OR use an envelope with "Per Capita" written on it for cash placed in the offering plate.

Scott Chase - Treasurer

Film about water crisis in Michigan available through streaming and cable services

By Darla Carter | Presbyterian News Service

LOUISVILLE — The riveting documentary [“Flint: The Poisoning of an American City”](#) is coming to your neighborhood. In fact, you can watch it right from the comfort of your own home — thanks to streaming services and cable television providers.

The documentary, which had its [world premiere](#) on the big screen last September, will be available through Amazon Prime, Google Play, Apple and Roku, as well as through the video on-demand services of many major cable providers by Friday, Jan. 31.

That’s the official streaming launch of the [Presbyterian Disaster Assistance-](#)produced film, which illuminates the contributing factors and repercussions of contaminated drinking water in Flint, Michigan.

The crisis, fueled by industrial pollution, aging infrastructure and poor decision-making by government officials, led to more than 100,000 people being poisoned by lead, a substance that can cause brain and kidney damage, among other issues, at high levels.

“The seeds for it were actually sown over a hundred years of environmental abuse/contamination, infrastructure decline and systems that privileged some and marginalized others due to race and class,” the film’s writer and director, David Barnhart, notes in a backgrounder. “It is critical for us, as citizens and a society, both to understand what has happened in Flint through this lens and to examine how we can live differently in our own cities and work together to reimagine, repair and restore.”

The film, which was recently screened in the Dallas area as part of the Denton Black Film Festival and which received a glowing review on [Medium](#), was produced by PDA’s [Story Productions](#) ministry as an educational resource and catalyst for community engagement.

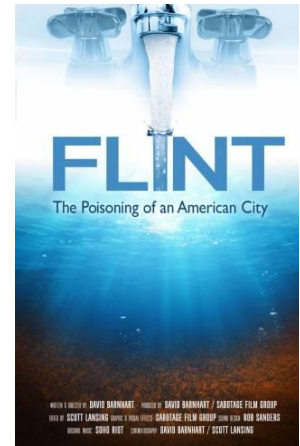
“We hope this film inspires people to advocate for clean water everywhere and encourages people to investigate their own water sources,” said Cameron Stevens, an associate for Constituency Relations for PDA.

Through its release across various platforms, the film has the potential to reach 60 million homes, Barnhart said. He also would like to see churches, presbyteries and others organize and host screenings, reflections and dialogue around systemic racism and water justice issues.

“Films focused on environmental issues rarely make it outside the bubble of film festival theaters and environmental advocates’ inner circles. This must change,” Barnhart said in the backgrounder. “By bringing these urgent water justice issues to a community level, we can build local and national networks, ready to engage. We will work with community partners to channel this energy into action, while reframing and radically changing people’s hearts and minds about the value of water.”

For more information about the film, go to pcusa.org/StoryProductions. If you are planning a screening for a group and would like some additional resources, you also can email PDA@pcusa.org.

To help support the work of Presbyterian Disaster Assistance, consider giving to [One Great Hour of Sharing](#). PDA is part of the Presbyterian Mission Agency’s [Compassion, Peace & Justice](#) ministry.





During the coming week, please remember the following people in your daily prayers: the family and friends of Elsie DeGarmo Smith, 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: Tara (Carol), Joe (Susan), Pastor Laurie's Mom, Helen Robinson, Melissa McKinney, Phyllis Shanks, Adalyn Forgey, Randy Burns (Dyan), Jim Fabrizio, Kyleigh Cummings, Peggy Hart, Bobette Costello (friend of Carol and John), Sarah Pagan (Lynne's niece), Mort Jackson, David Blackmar, Judy Parlman, Donald Cerniglia, Millie Sheldon, Bobby Wendover, Peter and Kathryn Sweeney (Troj & Cole's grandmother), Victoria Hull (Dot), Carey (Amanda Zick), Ron & Cathy Osofsky, Rich Cummings (waiting on kidney), Stephanie Barkin (Cindy and Roberta), Lorraine Clarke, 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, Daniel Hegarty III, Bridget and Aylee, 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, Karen Lane (Marva), 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 the Baptist Home: Mary Jo Glozier

In the military or Reserves: Joey Bayne, Pierre Mesnard, Spencer Johnson (Iraq), Jason Craddock (Afghanistan), Patrick Brooks, Garrett Pendleton (South Korea), Keith Jackson (Saudi Arabia), 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 Hoysratt, Brian Montross, Eric Wiltsie (Tom and Renee Strudwick's nephew).

And all those who have served in our military.



Food Pantry
Donations Needed

Pine Plains Food Locker:

The monthly drive item for February is toilet paper.

Toiletries are always welcomed.

Please send \$ donations to the Pine Plains Food Locker

2852 Church Street Pine Plains, NY 12567

Share a Blessing!

Next issue:

March 2020

Submission deadline:

February 25, 2020

Send submissions to:

dyanwapnick@optimum.net