

**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.

Pastoral Care:

For non-urgent calls,
please leave a message
on the church office
phone: (518) 398-
7117, which is not
checked every day.

Our website:

[http://pineplainspresbyterian
church.com](http://pineplainspresbyterianchurch.com)

Email: [firstunitedpineplains@
gmail.com](mailto:firstunitedpineplains@gmail.com)

Hudson River
Presbytery:

www.hudrivpres.org

Agape Harvest

A childhood best friend of mine recently passed away, someone I had been closest to when we were 10-14 years old. Her sudden death affected me deeply, even though we had lost touch with each other through most of our adults lives. I had lost my husband and both of my parents -- my mother when I was 29 -- and I don't want to trivialize these other losses because they were each significant to me in their own way, but the death of this friend was different and I wanted to understand why.

A few years ago we found each other again on Facebook, which was followed by our first face-to-face meeting in about 35 years. Reconnecting with a childhood friend in midlife is not unusual. The more we age the more we look for ways to hold onto youth, and sharing defining childhood memories with someone can help us do that.

We met in fifth grade. I was the new kid in school and she was something of a loner. Without any other friends, we latched on to each other.

Looking back, those last years of childhood with Pam feel like an endless summer. It was a carefree time, before outside forces came along that ushered us into adulthood. We spent hours at the Dutchess County Fair, going on the rides and seeing the farm animals; a highlight was watching a calf being born. Together we went on family vacations, attended school dances, went to our first concerts, and chased after boys. We were there for each other when we argued with our parents. I remember Pam climbing the 50 ft. tall pine tree next to her house in defiance of her mother.

In spite of our best intentions, childhood friendships don't always last. Some friendships drift apart on their own, or one family moves away. For Pam and me, the end came when her mother decided to marry her 16-year old daughter to a soldier. It was pretty much an arranged marriage, and we saw very little of each other after that. I was still a teenager in high school, while Pam had to suddenly become an adult. The good news is that this marriage defied all expectations and lasted. Pam was eventually a mother to seven sons!

There is a Hebrew expression said when someone dies: "May her [his] memory be a blessing." This is done to give comfort to the living as we reflect on our memories of that person, and also to honor the dead.

Those years that Pam was my best friend was the happiest time of my childhood. Her memory will forever be a blessing to me.

Dyan Wapnick

Worship

Sunday Worship is at 11:00 am.

Yes, we are open!!!

Here is the list of guest clergy we have over the coming weeks:

January

15 - Debra Tyler

22 – The Rev. Jan Brooks (Christian Unity Service)

29 – The Rev. Glenn Henricksen

Our Leaders

SESSION: Doug Hart (Clerk), Scott Chase, Deb Jackson, Ryan Orton, Jim Petrie, and Dyan Wapnick.

DEACONS: Marva Blackmar, Lynne Clinch, Dora Hage, Pam Meccariello, and Amanda Zick.

Our next Session Mtg. is Monday, January 9 at 7pm on Zoom.

Stewardship

Online giving 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!

Mission

Local Assistance

Willow Roots: Distribution is every Saturday *except* the 2nd Saturday of the month.

Pine Plains Food Locker:

The monthly drive item for January is canned tuna.

Please send \$ donations to:

Pine Plains Food Locker

2852 Church Street Pine Plains, NY 12567

Distribution is on the 2nd Saturday of the month.

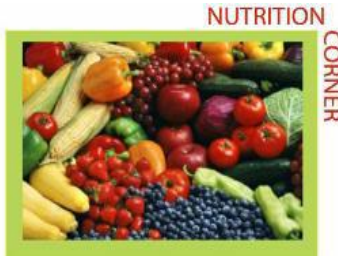
Calendar & Events

Sunday, January 22: Ecumenical Service of Prayer for Christian Unity. This is a Pine Plains Council of Churches service held at our church this year.

Sunday, January 29: Holy Cow! Consulting Meeting.

Sunday, February 5: Annual Meeting and Covered Dish Luncheon. Please have your committee and other reports submitted to Dyan by **Friday, January 27.**

January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Day	2	3	4	5	6 Epiphany	7
8	9	10	11	12	13	14
15	16 Martin Luther King Day	17	18	19	20	21
22 Ecumenical Service of Prayer for Christian Unity	23	24	25	26	27	28
29 12 pm - 2 pm Holy Cow! Consulting Meeting	30	31	1	2	3	4



By Lynne Clinch

As we venture into the New Year our thoughts and prayers are that things will be better. As I give thought to that statement I can't help but reflect on the past year. And for that matter the past few years. I have, as I'm sure you have, made changes in many areas of my life. One of the big ones is the way I grocery shop. I've used lists more; planned out meals more; spent less time in the stores and consolidated errands while out.

Over the past years I have eaten at home more and refrained from that weekly dinner out. I've always cooked from scratch but use more spices and herbs and no salt now. The taste of food is wonderful. And you know what? I can taste when something has salt or worse yet is toooooo salty. I buy a lot of lemons and use that in place of salt when cooking pasta or rice. Just squeeze the juice of a whole lemon into the water before heating. You do not miss the salt and it does not alter the flavor. Therefore, I buy many lemons at a time. Although they look good on the counter it's best to store in a covered container in the refrigerator. The lemons will last 3 to 4 weeks in the refrigerator while only a week on the counter looking good. So looking good or lasting longer saving money? Your choice.

The old saying about things going wrong at the worst possible time is totally true. Instead of being negative and getting stressed out take a deep breath and find a positive outlook. For some reason I've burned my hand on hot pots and pans. Have never done that before or at least not the number of times this year. The lesson here you ask? It reminds me to slow down and smell the roses. That's another old saying worth keeping in mind.

I enjoy writing these articles. Been doing it for a long time! I've covered topics from weight loss to macro and micronutrients. Included how to balance a healthy meal and many hacks and tips along the way and encouraged recipe sharing in each article. Learned from them and especially learned from you the reader. I love to hear that you've especially liked or tried or look forward to my articles.

I think my favorite month to write is December. That month has all the cookie recipes. With contributions from our congregation it's almost like a cookie exchange. Keep those recipes coming!

As you all know, I'm usually in Florida at this time of year. It didn't happen this year. But it did afford me the opportunity to have a really wonderful Christmas holiday with my family. Instead of combining Thanksgiving with Christmas and sending cookies from Florida we enjoyed 2 wonderful holidays together. It also did show me that I'm not 40 anymore and certainly not supermom who can handle many tasks at the same time. My granddaughter stepped up to the plate and hit a home run! She was such a big help and we had such fun making cookies.

A few food hacks I learned this year...

- You can freeze stuffed mushrooms. Has to be done in raw state. Bake them frozen.
- It's true! If making new recipe or converting recipe always taste before serving. I did not. The phyllo cups I used, although properly used by date must have gotten lost in the supply chain in some hot warehouse. They tasted as if the fat had turned rancid. Not good at all....
- Use 1/2 teaspoon cornstarch with the flour when making pie crust. It produces a flakier pie crust.
- If converting a recipe from sugar to honey use 1 T. less honey per 1/4 cup. i.e.: 1/2 c. sugar (8T.) use 1/3 c. honey (6T.) 1 c. sugar use 3/4 c honey
- I saw on the Kids Baking Challenge this year a tip when making cream puffs. I'd always made the pate choux dough and then used a pipping bag to make the puffs. They used a cookie scoop. I thought to myself to remember that and I did. Sooooo much easier.

Well, that's just a few of my rambling thoughts of the past year. Had to share some tips too. Until next time happy cooking...



If you wish to directly add to the list, please e-mail dyanwapnick@optimum.net

Please remember our congregation, all our children, our loved ones, and all those who mourn.

Don Bartles, Danielle Braham, Ryan Bozzy, Danny Guglielmetti, Bill Dobie, Shirley and Walden MacPherson, Bob Clinch, Jim & Margo Jackson's daughter Cora, Louise Woodcock (Linda's sister-in-law), Maci Cayea (5- year-old w/stage 4 neuroblastoma), Bill Bartlett, Malachi (toddler with leukemia), Ray Wendover (Linda's husband), Marva Blackmar, Laura Dennis, Marge Parlman (Shirley's sister), Ron Brandt (Ancramdale), Steven Hay (Linda's son-in-law), Trang (Linda's friend), John and Piper (Laura's daughter), Ellen White, Ola Yannetta (Linda Wendover's aunt), Liane McGhee (Jim and Margo Jackson), Carol Foley (Regeneration Church), Irene Dieter (Ancramdale Church), Bridget and Aylee, Laurena Mesnard, Teresa Maleonski (Marva), Craig Shelley, Joe (Susan), Barbara Gurbel, Randy Burns (Dyan), Jim Fabrizio, Millie Sheldon, Carey (Amanda Zick), Anthony Silva, Emo #4 (Rosanne's son-in-law's aunt), Lynn (Linda Wendover's sister), Antonio Gonzalez (Dyan), Melissa and Anthony, Gene Jernigan, Chun Ok Blackie (Jim and Margo Jackson's sister-in-law), Caitlin Edge (Deb), Joann Amelio, Debra Rose, Marge (Laurie), Judy MacMorran (Barbara Gurbel's daughter), Brittany.

In the military or Reserves:

Matt Cade, Daniele Casazza, TroiHunter Cookingham (Romania), Jacob Coons, John Cort, Garrett Cummings, Mark Hall, Danny Hoysradt, Denzel Jackson, Spencer Johnson, Zach McDonnell, Pierre Mesnard, Brian Montross, Kyle Moskowitz, Garrett Pendleton, Eric Wiltsie

And all those who have served in our military.



Hudson River Presbytery Prayer Calendar 2023

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.

January 15 - Second Sunday after Epiphany

Matthew 25: Dismantle Structural Racism/Racial & Intercultural Justice/Presbyterians

Affirm Black Lives Matter

Bethel, For Faith Parish

Week of Prayer for Christian Unity

January 22 - Third Sunday after Epiphany

Brewster

Rev. Susan De George, Stated Clerk, Presbytery

January 29 - Fourth Sunday after Epiphany

Campbell Hall, First of Hamptonburgh

Holmes Camp and Retreat Center

Share a Blessing!

Next Issue: February 2023

Submission deadline: January 25, 2023

Send submissions to:

dyanwapnick@optimum.net