

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:

Dear Friends,

Several years ago a dear friend sent me "Planting Your Spring Garden". As Spring is coming and I have once again been reminded of it I'd like to share it again with you. The Bible talks about the fruits of the Spirit in our lives and the Spring Garden certainly reflects them reminding us of the fruit of living in Christ's love.



Plant three rows of Peas
Peas of mind
Peas of heart
Peas of soul.

Plant four rows of Squash
Squash gossip
Squash indifference
Squash grumbling
Squash selfishness.

Plant four rows of Lettuce
Lettuce be faithful
Lettuce be kind
Lettuce be patient
Lettuce love one another.

No garden is complete without Turnips
Turnip for meetings
Turnip for service
Turnip to help one another.

To conclude our garden we must have Thyme
Thyme for each other
Thyme for family
Thyme for friends.

Water freely with patience and cultivate with Love. There is much fruit in your garden because you reap what you sow. Pass it on!!!

With love,
Carol

Inside this issue:

Upcoming Events, Notices
Servants Calendar

2 Nutrition Corner
3 Stewardship

4
5 Prayers

International Women's Day

6
8

www.pineplainsprebysterianchurch.com



Upcoming Events, Notices

* Events dates & times subject to change

All meetings/events in the Fellowship Hall unless stated otherwise.

Bible Study: Thursdays at 7 pm. (except while Pastor Carol is away)

Session Mtg: No session meeting for March.

Women's Assoc.: Thursday March 8 at 1:00 pm.

Council of Churches: Friday March 16 at 10:30 am at St Anthony's Church.

Remember to set your clocks ahead 1 hour next Sunday March 11!!

Corned Beef Dinner

Our annual corned beef dinner will be on St. Patrick's Day, Saturday March 17.

Sit-down is at 6 pm with take-outs available at 5 pm. Adults \$15, children 6-12 \$7, and 5 and under free. All take-outs are \$15. For reservations, please call Carol Hart at 518-398-7056 or email her at carolhart131@aol.com.

This is our usual family-style all-you-can-eat dinner and includes corned beef, cabbage, parselied red potatoes, glazed baby carrots, Irish soda bread, dessert, and coffee/tea.



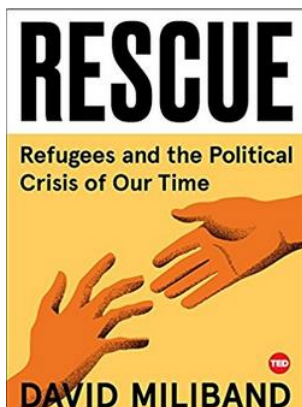
Holy Week

Palm Sunday, March 25 at 11:00 am. We will be doing a dramatic reading of the Passion Story according to St. Mark.

Maundy Thursday, March 29 at 7:00 pm at the Ancramdale Church, with Tenebrae and the Sacrament of Holy Communion. **The choir from FUPC will be joining the choir at Ancramdale for this service.**

Easter Sunrise Service, April 1, Winchell Mountain, 6:30 am.

Easter Service, April 1 at 11:00 am.



“Rescue: Refugees and the Political Crisis of Our Time”, a book by David Miliband, is available at the Pine Plains Library. He is the UN commissioner for Refugees and has a good perspective on the situation. Here is what Amazon says:

We are in the midst of a global refugee crisis. Sixty five million people are fleeing for their lives. The choices are urgent, not just for them but for all of us. What can we possibly do to help?

With compassion and clarity, David Miliband shows why we should care and how we can make a difference. He takes us from war zones in the Middle East to peaceful suburbs in America to explain the crisis and show what can be done, not just by governments with the power to change policy but by citizens with the urge to change lives. His innovative and practical call to action shows that the crisis need not overwhelm us.

Miliband says this is a fight to uphold the best of human nature in the face of rhetoric and policy that humor the worst. He defends the international order built by western leaders out of the ashes of World War II, but says now is the time for reform. Describing his family story and drawing revealing lessons from his life in politics, David Miliband shows that if we fail refugees, then we betray our own history, values, and interests. The message is simple: rescue refugees and we rescue ourselves.

Servants' Calendar



Liturgist March – April 2018

March 4	March 11	March 18	March 25	
Margo Jackson	Dyan Wapnick	Jim Petrie	Roberta Cerniglia	
April 1	April 8	April 15	April 22	April 29
Carol Hart	John Hart	Scott Chase	Doug Hart	Lynne Clinch

Communion: March – Linda Wendover
 April – Jim Jackson

Session Meetings: 1st Tuesday of the month
Next Session Meeting: Tuesday 4/3/18 @ 7 pm

SESSION: Kathy Bartles, Bob Clinch, Jeanne Valentine-Chase, Scott Chase, Jim Jackson, and Linda Wendover.

Treasurer: Scott Chase

Clerk of Session: Kathy Bartles

Moderator: Pastor Carol Miller

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

Deacon Schedule:

- 1st Sunday: John Hart
- 2nd Sunday: Carol Hart
- 3rd Sunday: Lynne Clinch
- 4th Sunday: Dora Hage
- 5th Sunday: as needed

Jan. – March: Jim Jackson covering 3rd Sunday.



Fannie Place

NUTRITION

CORNER



Nutrition this and that

In all the years that I've been writing these articles I don't believe that I've ever addressed National Nutrition Month. Every year whether it was at the hospital or nursing home we clinicians set up a display of some sort. It always consisted of displays of healthy food sources, snacks and handouts. We all shared in sitting at the table for Q & A during work hours. In other words, it was a big deal and showed we were knowledgeable not "just menu ladies". Let me give you a brief overview then we'll move on.

By Lynne Clinch

National nutrition month is "A nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. National Nutrition Month is held annually in March. Generally, it places attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy's National Nutrition Month press releases feature information for the media on activities and messages that the Academy highlights every March. Along with the other events and initiatives Registered Dietitian Nutritionist Day is also celebrated in March." (Paraphrased from the ADA directive re: National Nutrition Month)

This year emphasis is being placed on 2 phrases, go further with food and put your best fork forward. By choosing foods that are healthy for your body, preparing them and storing them correctly is a wise consumer choice. It preserves nutrients as well as preventing wastefulness and will reduce your grocery bill in the long run. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further by planning meals and snacks in advance can also help reduce food loss and waste. Make sensible choices when dining out. Bring home your leftover for lunch the next day and store it properly.

This year on March 8th the Academy celebrates RDN Day, honoring the contributions and expertise of all RDNs (Registered Dietitian Nutritionist) as the food and nutrition experts. These valuable healthcare professionals are getting deserved recognition.

Okay now on to other things. My sister came to visit me in Florida again this year. As always we have a great time...shopping...eating...and talking! We got talking about seasonings when cooking fish especially. She said she's been using one for years not only on fish but steak, pork and chicken too. She used to buy it but found one of those 'hack' recipes and said it is really good. Saves money too since it is Emeril's creole seasoning spice mix. Make it up, store in dry, dark place in tightly sealed container.

Emeril's Creole Seasoning

2 ½ T. Paprika
 2 T. each Salt and Garlic powder
 1T. each Black pepper, Onion powder, Cayenne pepper, Dried oregano and Dried thyme
 Yield 2/3 cup

The latest thing in the food world is sheet pan roasting/baking a meal. Everything is put on sheet pan (cookie sheet with sides) and roasted in the oven. Sometimes it benefits you to line that pan with aluminum foil for ease in clean up. This works for like cooking times. But if you start the long roasting item first then move to one side on the pan and add the remaining food stuff and continue with the roasting it would work. I tried it with bone in chicken breast with carrots and Brussel sprouts. Yummy! Of course I added sliced onions, olive oil and non-salt seasoning.

So if you've tried any sheet pan main meals let me know how they worked. If you'd like to share I can make that happen too.

Looking forward to seeing you all again. Should be home April 1st or 2nd. Will miss Easter Sunday but you will all be in my thoughts.

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 Sunday School is growing, 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 new organist and choir. Our minister, Pastor Carol Miller, is the only minister who actually lives in Pine Plains and therefore often acts 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.

Note: the per capita apportionment per person for 2018 is \$36.00.

With sincere thanks,
The Stewardship Committee



SPRING IS COMING!

Thank you to our Property Committee who work hard to keep our property functioning, safe and beautiful (unlike the church in the cartoon!!). If you would like to help, please let Bob Clinch know. He always has a list of tasks to be worked on, especially now with spring right around the corner, and we usually schedule a couple of work days a year. No help is too little and there is something for every skill level. Perhaps you have a special skill to share. Please consider lending a hand. Thanks!

International Women's Day

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

International Women's Day (IWD) has been observed since the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. International Women's Day is a collective day of global celebration and a call for gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others.

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights," says world-renowned feminist, journalist and social and political activist Gloria Steinem. Thus International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for well over a century - and continues to grow from strength to strength.

International Women's Day timeline journey

1908

Great unrest and critical debate was occurring amongst women. Women's oppression and inequality was spurring women to become more vocal and active in campaigning for change. Then in 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

1909

In accordance with a declaration by the Socialist Party of America, the first National Woman's Day (NWD) was observed across the United States on 28 February. Women continued to celebrate NWD on the last Sunday of February until 1913.

1910

In 1910 a second International Conference of Working Women was held in Copenhagen. A woman named Clara Zetkin (Leader of the 'Women's Office' for the Social Democratic Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the same day - a Women's Day - to press for their demands. The conference of over 100 women from 17 countries, representing unions, socialist parties, working women's clubs - and including the first three women elected to the Finnish parliament - greeted Zetkin's suggestion with unanimous approval and thus International Women's Day was the result.

1911

Following the decision agreed at Copenhagen in 1911, International Women's Day was honoured the first time in Austria, Denmark, Germany and Switzerland on 19 March. More than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination. However less than a week later on 25 March, the tragic 'Triangle Fire' in New York City took the lives of more than 140 working women, most of them Italian and Jewish immigrants. This disastrous event drew significant attention to working conditions and labour legislation in the United States that became a focus of subsequent International Women's Day events. 1911 also saw women's [Bread and Roses](#) campaign.

1913-1914

On the eve of World War I campaigning for peace, Russian women observed their first International Women's Day on the last Sunday in February 1913. In 1913 following discussions, International Women's Day was transferred to 8 March and this day has remained the global date for International Women's Day ever since. In 1914 further women across Europe held rallies to campaign against the war and to express women's solidarity. For example, in London in the United Kingdom there was a march from Bow to Trafalgar Square in support of women's suffrage on 8 March 1914. Sylvia Pankhurst was arrested in front of Charing Cross station on her way to speak in Trafalgar Square.

1917

On the last Sunday of February, Russian women began a strike for "bread and peace" in response to the death of over 2 million Russian soldiers in World War 1. Opposed by political leaders, the women continued to strike until four days later the Czar was forced to abdicate and the provisional Government granted women the right to vote. The date the women's strike commenced was Sunday 23 February on the Julian calendar then in use in Russia. This day on the Gregorian calendar in use elsewhere was 8 March.

1975

International Women's Day was celebrated for the first time by the United Nations in 1975. Then in December 1977, the General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace to be observed on any day of the year by Member States, in accordance with their historical and national traditions.

1996

The UN commenced the adoption of an annual theme in 1996 - which was "Celebrating the past, Planning for the Future". This theme was followed in 1997 with "Women at the Peace table", and in 1998 with "Women and Human Rights", and in 1999 with "World Free of Violence Against Women", and so on each year until the current. More recent themes have included, for example, "Empower Rural Women, End Poverty & Hunger" and "A Promise is a Promise - Time for Action to End Violence Against Women".

2000

By the new millennium, International Women's Day activity around the world had stalled in many countries. The world had moved on and feminism wasn't a popular topic. International Women's Day needed re-ignition. There was urgent work to do - battles had not been won and gender parity had still not been achieved.

2001

The global internationalwomensday.com digital hub for everything IWD was launched to re-energize the day as an important platform to celebrate the successful achievements of women and to continue calls for accelerating gender parity. Each year the IWD website sees vast traffic and is used by millions of people and organizations all over the world to learn about and share IWD activity. The IWD website is made possible each year through support from corporations committed to driving gender parity. The website's charity of choice for many years has been the [World Association of Girl Guides and Girl Scouts](http://www.wagggg.org) (WAGGGS) whereby IWD fundraising is channelled. A more recent additional charity partnership is with global working women's organization [Catalyst Inc.](http://catalystinc.com) The IWD website adopts an annual campaign theme that is globally relevant for groups and organizations. This campaign theme, one of many around the world, provides a framework and direction for annual IWD activity and takes into account the wider agenda of both celebration as well as a broad call to action for gender parity. Recent campaign themes have included "Be Bold for Change", "Pledge for Parity", "Make it happen", "The Gender Agenda: Gaining Momentum" and "Connecting Girls, Inspiring Futures". Campaign themes for the global IWD website are collaboratively and consultatively identified each year and widely adopted.

2011

2011 saw the 100 year centenary of International Women's Day - with the first IWD event held exactly 100 years ago in 1911 in Austria, Denmark, Germany and Switzerland. In the United States, President Barack Obama proclaimed March 2011 to be "Women's History Month", calling Americans to mark IWD by reflecting on "the extraordinary accomplishments of women" in shaping the country's history. The then Secretary of State Hillary Clinton launched the "100 Women Initiative: Empowering Women and Girls through International Exchanges". In the United Kingdom, celebrity activist Annie Lennox lead a superb march across one of London's iconic bridges raising awareness in support for global charity Women for Women International. Further charities such as Oxfam have run extensive activity supporting IWD and many celebrities and business leaders also actively support the day

2018 and beyond

The world has witnessed a significant change and attitudinal shift in both women's and society's thoughts about women's equality and emancipation. Many from a younger generation may feel that 'all the battles have been won for women' while many feminists from the 1970's know only too well the longevity and ingrained complexity of patriarchy. With more women in the boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts, women still are not present in equal numbers in business or politics, and globally women's education, health and the violence against them is worse than that of men. However, great improvements have been made. We do have female astronauts and prime ministers, school girls are welcomed into university, women can work and have a family, women have real choices. And so each year the world inspires women and celebrates their achievements. IWD is an official holiday in many countries including Afghanistan, Armenia, Azerbaijan, Belarus, Burkina Faso, Cambodia, China (for women only), Cuba, Georgia, Guinea-Bissau, Eritrea, Kazakhstan, Kyrgyzstan, Laos, Madagascar (for women only), Moldova, Mongolia, Montenegro, Nepal (for women only), Russia, Tajikistan, Turkmenistan, Uganda, Ukraine, Uzbekistan, Vietnam and Zambia. The tradition sees men honouring their mothers, wives, girlfriends, colleagues, etc with flowers and small gifts. In some countries IWD has the equivalent status of Mother's Day where children give small presents to their mothers and grandmothers.

So make a difference, think globally and act locally!

Make everyday International Women's Day.

Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.

<https://www.internationalwomensday.com/About>



Please remember the following people in your daily prayers: : the family of Pat Boyles, the family of Bill Palmer, the family of The Rev. Paul Carlson, the family of Chad Malarchuk, 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: Marge Palmer, Bill Dobie, Pete Bartolomeo, Kim McDonnell (Cathy Fitzpatrick), Gene Gernigan, Barbara Gurbel, Deb Philips (Linda Wendover), John Hart, Phil Amelio, Ron Osofsky, Darcy Hay (Linda Wendover), Judy Parliman, Dorothy Whitaker, Cliff and Eleanor Goldsmith, Lauren (Judy and Ron's granddaughter), Courtney, Daniel Hegarty III, Gregg Pulver, Cookie Pecorella, Andy Babcock, Alyce Larkin, Ray and Kathy Enright, Chrissy McBeth, Ben Curtis (Linda Wendover), Bill Hendrickson (Lynne Clinch's brother), Bridget and Aylee, Tina Brunow (Cindy and Roberta), Dave Filipe, Bev VanVoorhis, Joe Imperato, Steve Bracey, Lauranne Oliver, Jeanette Finkle, Harriet A'Brial, Marietta (Linda Rosado's daughter), Arlene Brower, Whitney and family (Susan), Chun Ok Blackie (Jim and Margo Jackson's sister-in-law), Caitlin Edge (Deb), Elaine Hage, Joann Amelio, Jen (Linda Wendover), Kim Bloodgood, Virginia Kemp, Mort Jackson, Luane Ballantine, Ruth Hart, Mary Douglass, Debra Rose, the family of Georges St. Laurent, Laura Dennis, Trudie Wilson, Marge (Laurie), the family of Lizzie Burger, Marjorie Bright, Lisa Spear, Karen Lane (Marva), Judy MacMorran (Barbara Gurbel's daughter), Debbie (Laurie), Helen Robinson, Shirley and Waldy MacPherson, Mary Lou Jenson, Brittany, Debbie Kinney, Lotty Kate (Barbara Gurbel's great-granddaughter), Jennie Clark, Mikayla Clark.

At Westchester Medical Center: Robert Wendover

At Thompson House: George Dennis

At The Manor at Woodside: Helen Travis and Rod Davis

At Noble Horizons: Rev. Herb Day

At Geer Village: Dorothy Miller and Phyllis Ronner

At Geer Rehab: Fannie Place

At Sharon Health Care Center: Marion Doyle, Vinny Masarelli.

At The Pines: Muriel Swart

At the Baptist Home: Mary Jo Glozier, Betty Clinch.

In the military or Reserves: Garrett Pendleton (South Korea), Joey Bayne (Afghanistan), Zane King (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 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

Pine Plains Food Locker:

The monthly drive item for March is laundry detergent.

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:
April 2018

Submission deadline:
March 25, 2018

Send submissions to:
dyanwapnick@optimum.net