

First United Presbyterian Church of Pine Plains, N.Y.

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 Members and Friends,

In his second letter to the Corinthians, St. Paul writes:

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have

received from God (2 Corinthians 1: 3-4)."

Over the past few weeks my family and I have received that comfort from God and from you all that has given us the strength to move forward following the death of my father. As St. Paul reminds us, when we have gone through a loss or difficult times, we are able to comfort others with the comfort we have received. You all have shared your comfort and compassion with us and we are deeply grateful.



I pray that by God's grace we will be able to do likewise. We must never underestimate the power of our prayers, our presence, a delicious meal, a hug, a card, a listening ear, sympathetic words, and gifts to help and heal. They are all deeply appreciated and we thank you.

With love in Christ,
Pastor Carol and family

www.pineplainspresbyterianchurch.com

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Recent Events, Notices & Thanks

CONTENT FOR CHURCH WEBSITE

If you have photos or anything else you would like to have posted on the church's website, please let Dyan know at wapnickfamily@fairpoint.net. Thanks!

WEEK FOR PRAYER AND CHRISTIAN UNITY 2014—January 19, 2014

A Prayer Service for Christian Unity, sponsored by the Pine Plains Council of Churches, was held on Sunday, January 19 at 4:00 p.m. at the First United Presbyterian Church.

We gathered in hope and unity. The members of the Council of Churches, namely Pastor Carol Miller, Pastor Greg Higgins and Father William White along with Pat Mara, Gwen Higgins, Carole Foley and Carol Hart led the service.

There was a very small attendance we assume because of the cold weather. Who could blame people for staying home and keeping warm? However, those who did not make it out missed a very moving service.

We are so fortunate to have an active Council of Churches in our community. Not only does the Pine Plains Council of Churches enable us to join together in ecumenical services, we support the Food Locker and emergency aid to people in need in our school district. We also provide a wonderful Vacation Bible School every summer and a Baccalaureate Service for graduating seniors. We want to thank everyone who supports these programs financially and with their time and talents.

Carol Hart & Carol Miller

THANK YOU FROM THE BUNCE FAMILY

To the Congregation--

Ashton, Dick, Jesse and I want to thank everyone that helped us in celebrating my Dad's life. We are all so grateful for the kind words, love, and support. The generosity of all who prepared and spent so any hours preparing and sharing the food that was made was overwhelming. The positive memories that were made will always be with us and will help us deal with our loss. Thank you!

With love and gratefulness--
Dick, Caren, Ashton, & Jesse



Thank You

- To Almighty God for His safety and protection during the Winter months. Praises are due for all mercies, big and small!
- To all who contributed to the Annual Meeting and Covered Dish Luncheon.
- A profound thank you to Arlette Vidal-Williams for continuing to publish this outstanding Newsletter even from afar.



Upcoming Events

ANNUAL CORNED BEEF SUPPER

03/15

Saturday, March 15 at 6pm

Adults \$13; Children \$6 (ages 6-12); Children under 5 Free.

Take-outs available \$13 at 5pm

Reservations: please phone Shirley MacPherson 518.398.1380 or email Jeanne Valentine-Chase jvc_sc@yahoo.com

This is one of our important Church Fund Raisers and we hope that everyone will participate. We need help in the kitchen in the morning, afternoon and evening of the dinner, servers in the Dining Room, help with clean up, and donations of desserts, Irish Soda Bread, Corn Muffins and various "pantry supplies" to prep the dinner.

We always have fun in the kitchen and it is a great way for our congregation - new comers and those more established - to get to know each other! You will find sign-up sheets in the Fellowship Hall or you may contact Jeanne Valentine-Chase 518.398.5247 or jvc_sc@yahoo.com or Dyan Wapnick 518.398.5822 or wapnickfamily@fairpoint.net. Please plan to help!

RED CROSS BLOOD DRIVE

03/31

There will be another Red Cross blood drive at the Church on Monday ,March 31 from 2:00 to 7:00 pm. To sign up for an appointment, call **1-800-Red-Cross**. There is always a need for donations. There is no upper age limit. Call the 800 number if you have questions about donating while taking certain medications .



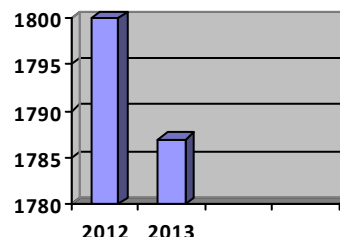
Got Stuff?

The Women's Association Annual Rummage Sale will be held on Friday, April 25th from 10:00 to 4:00 and on Saturday, April 26th from 10:00 to 2:00. The door to the kitchen will remain open the week before the sale for donation drop-offs.

It's a great way to convert gently used items (clothing, furniture, appliances anything) into funds that assist with church programs and expenses. We have a target of \$1800.00 to beat!

All items **except televisions** are welcome.

04/25 -
04/26



Servants' Calendar

LITURGIST SCHEDULE

Mar. 2	Doug Hart
Mar. 9	Andy Smith
Mar. 16	Linda Bartolomeo
Mar. 23	Jim Petrie
Mar. 30	Erik Lindmark

SESSION : Next Session Meeting: March 4 @ 7:00 pm

Meetings: March 4, April 1

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

Treasurer: Scott Chase

Clerk of Session: Kathy Bartles

Moderator: Pastor Carol Miller

DEACONS

Harriet A'Brial, John Bilski, Bob Couse, Marva Blackmar, Lynne Clinch, John Hart, Jim Jackson and Erik Lindmark.



Chemically Dependent Anonymous

A 12-step fellowship for anyone seeking freedom from drug and alcohol addiction.

Interested in a scheduling a meeting for a group? Leave a message with the First United Presbyterian Church at 518 398 7117.

ONGOING DONATION OPPORTUNITY

The Homeless Shelter in Poughkeepsie which serves 60 people every night and Hillcrest House is in great need of the following:

Used, in good condition:

- Towels** **Sheets**
- Pillowcases** **Blankets**

Dry Cereal—not in individual boxes is also needed.

Donations can be left at the church marked for Kathy Bartles, who will deliver them to the shelter.



Wanted: Youth Helper

If you are interested in working with the young people's group once a month, please contact Pastor Carol (weybrevcam@aol.com).

Looking Ahead

* Events, dates & times subject to change.

March 2014

- | | |
|-----------|---|
| Tue. 04 | • Session Meeting @ 7:00 pm |
| Thurs. 06 | • Bible Study @ 7:00 pm |
| Thurs. 13 | • Women's Association Meeting @ 1:00 pm
• Bible Study @ 7:00 pm |
| Sat. 15 | • Annual Corned Beef Supper @ 6:00 pm |
| Mon. 17 | • Council of Churches Meeting @ 12:00 pm, St. Anthony's Roman Catholic Church |
| Thurs. 20 | • Bible Study @ 7:00 pm |
| Thurs. 27 | • Bible Study @ 7:00 pm |
| Mon. 31 | • Red Cross Blood Drive @ FUPC, 2:00 pm—7:00 pm |

April 2014

- | | |
|-----------|---|
| Tue. 01 | • Session Meeting @ 7:00 pm |
| Thurs. 03 | • Bible Study @ 7:00 pm |
| Thurs. 10 | • Women's Association Meeting @ 1:00 pm
• Bible Study @ 7:00 pm |
| Thurs. 17 | • Maundy Thursday Service @ FUPC, 7:00 pm |
| Sun. 20 | • Easter Sunrise Service on Winchell Mountain @ 6:30 am with breakfast following at the Ancramdale Presbyterian Church.
• Service of Resurrection @ 11:00 am at FUPC |
| Mon. 21 | • Council of Churches Meeting @ 12:00 pm, St. Anthony's Roman Catholic Church |
| Thurs. 24 | • Bible Study @ 7:00 pm |
| Fri. 25 | • Women's Association Rummage Sale |
| Sat. 26 | • Women's Association Rummage Sale |



Wanted: Newsletter Editor

We are looking for a new editor for upcoming issues of the Agape Harvest. It's a spiritually rewarding job that involves soliciting articles of interest to our readers and reporting on recent and upcoming events—and it comes with lots of help! If you'd like to give it a try, contact Arlette Williams (abvidal@gmail.com) or Pastor Carol Miller (weybrevcam@aol.com).

Nutrition Corner

Lynne Clinch

Making Lifestyle Changes (Part 2)

Now that you've wrapped your brain around this new concept and the meatless Monday has worked with the family; time to move on....Make it meatless Thursday too! The days starting with "T's"--- easy to remember. Try lactovegetarian meals. Remember this is food made from plant sources but also incorporates dairy and cheeses. Remember if you add eggs you will fall into the ovo-lactovegetarian class. Nothing wrong with this either.

Examples of some meals might be quiche, mac and cheese, eggplant parm, spaghetti with Alfredo sauce or portabella mushroom 'hamburger' on a roll. Quiche is simple to make. There are many variations. An example has eggs mixed with milk/half and half, S&P poured over unbaked pie crust that has potatoes (cooked and cubed) or not; saute diced onions and any veggies (left overs) work great. Bake until set. Cheese is optional but always tastes good here. Add salad and rolls and maybe light dessert and you have a meal. A portabella 'hamburger' is quite easy as well. Clean the mushroom, sprinkle with olive oil and balsamic vinegar and cook on top of stove along with a 1/2 inch thick cut of onion in lightly oiled fry pan. When almost done put 1-2 spoons of Bleu cheese on mushroom and let melt. Serve with lettuce on bun. Any cheese will work also as well as adding sliced tomato. Of course, you can kick it up by adding fried egg on top of the melted cheese --- just saying.....

The most difficult of the vegetarian diets to follow is the vegan. There is nothing wrong with this diet as long as you do your research and balance your meals. This diet is healthy and nutritionally sound if they are carefully planned to include essential

nutrients. They can become unhealthy if it contains too many calories and/or saturated fat. Remember the American Heart Association's recommendation of total calorie intake of no more than 30% fat, 10% coming from saturated fat only.

Remember the vegan meal plan includes only foods from plants: fruits, vegetables, legumes, grains, nuts and seeds. Most studies show that there is a lower risk of obesity, heart disease, high blood pressure, diabetes and some forms of cancer. That being said, it is not a cure all but helps when used with a healthy lifestyle and exercise.

You don't need to eat foods from animals to ensure enough protein in your diet. Plant proteins can provide enough essential and non-essential amino acids. These are called complimentary proteins and as long as taken in the total meal plan for the day will not present any problems. Soy protein has been shown to be equal to animal proteins and can be your sole source of protein. There are many recipes out there to aid your meal plans.

Dried beans, spinach, brewer's yeast and dried fruits are excellent sources of iron along with enriched products. Vitamin B-12, D, Calcium and Zinc should be closely watched since the best food sources come from animal products. For that reason vitamin supplements should be considered. Vegans are at higher risk for an iron deficiency anemia. For that reason I would strongly consider a yearly doctor visit for a wellness check-up that includes blood work.

Any type of vegetarian diet should include a wide

variety of foods and enough calories to meet your energy needs.

- Keep intake of sweets and fatty foods to minimum. These foods are low in nutrients and high in calories.
- Choose whole and unrefined grain products or choose fortified or enriched cereal products.
- Use a variety of fruits/veggies, including those rich in vitamins A and C.
- If you use milk/dairy products choose fat free/nonfat or low fat varieties.

Try these recipes compliments of Melanie.

Quick Bean Burger (from Happy Herbivore)

1 15oz can black beans, drained and rinsed
 2 TBSP ketchup
 1 TBSP yellow mustard
 1 tsp each onion powder and garlic powder
 1/3 cup instant oats

In a mixing bowl, mash black beans with a fork

until mostly puréed but with some half beans and bean parts left. Stir in condiments and spices until well combined, then mix in the oats. Divide into 4 equal portions and shape into thin patties. Grill, or bake in the oven at 400 degrees, for 10 minutes, carefully flip over, and bake for another 5 minutes, or until crusty on the outside. Slap onto a whole wheat bun with lettuce, tomato, ketchup, etc. and enjoy!

Grilled Peaches

Start with peaches that are firm with just a little give when gently squeezed. Cut the peaches in half and pit them. Brush the cut side of the peaches with a neutral tasting oil, like grapeseed or canola. Grill the peaches over a medium heat on cut sides until grill marks show and the peaches are tender but not falling apart. Serve plain or pair with whipped cream or ice cream.

Hope this 2 part series has been helpful. You don't need to be vegetarian to try any of the recipes that have been included both last month and this month. But if you do please enjoy.

IN MEMORIAM—DARWIN MILLER, 1926-2014

Canaan, CT - Darwin Miller, 87, a lifelong resident of Pine Plains, NY, and a lifelong member of the First United Presbyterian Church of Pine Plains, passed away on Friday, February 7, 2014 in Canaan CT with his loving family by his side.

He was an avid gardener, hunter, trapper and fisherman.

In addition to his loving wife Dorothy of sixty five years, survivors include two daughters, Carol Miller and her husband, Craig Shelley of Pine Plains, NY; Caren Bunce and her husband Richard of Canaan, CT; three grandchildren, Christa Miller-Shelley, Jesse and Ashton Bunce.

A funeral service was held at 11 AM on Saturday, February 15. In lieu of flowers memorial contributions are requested to the Ancramdale Presbyterian Church, Ancramdale, NY 12503 or Pine Plains Presbyterian Church PO Box 313 Pine Plains, NY 12567.

Prayer Requests

During the coming week, please remember the following people in your daily prayers: the family of Henry Staats (Debbie Staats' father-in-law), the family of Helen Cook, the family of Darwin Miller, the family of Johnny Hart, 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: the family of John Falcone, Curtis Swenson (Carol Hart's and Bob Clinch's nephew), Steve (Linda Wendover), Kyleigh Cummings, Tracey Bowser (Jannet Watson), Robert (Linda Wendover's grandson), Donna (Erik's mom), Dr. Bill Coit (Christa Miller-Shelley), Deb Steidle (Martha Shultz's sister-in-law), Lynne Schlude (Linda Wendover's sister), Vinnie Parlman, Mary and Tom Briggs, Wendie Guterl (Scott), 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), Ann Cramer (Ruth Smith's aunt), Scott, Kate, and Ella (Cathy Fitzpatrick), Rev. Herbert and Evelyn Day (Nan Herow's parents), Jerry and Betty Chestney, Fanny Place, Martha Baldwin, Jasmine Quinn, Doris Vater, Lonnie Vater, Ryan Hawk (Dawn Robinson's son), Maryanne (Harriet A'Brial), Lottye Kate (Barbara Gurbel's great-granddaughter), Eleanor Goldsmith, Hunter (Linda Wendover's nephew), Roanne MacPherson Farina, Kay Phillips (Ruth Smith's aunt), Lowell Woodcock (Linda Wendover's brother), Cathy Fitzpatrick, April Leonard, Laura Clark and the Clark family, Bill Boyles and Deborah Thomas (Laura Clark).

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

At Livingston (Adventist Home): Bill Parlman. (2789 Route 9, Livingston, NY 12541)

At Sharon Health Care Center: Kathryn Mergendahl. (27 Hospital Hill Road, Sharon, CT 06069)

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

At The Pines in Troy: Muriel Swart

In the military: Keith Jackson (South Korea), Garrett Cummings, Daniele Casazza, Kyle Moskowitz, Brian Coons, Tyler Larsen - Louise Coons' great grandson, Sarah Anderson (Afghanistan), Matt Cade, Zach McDonnell, John Cort, Mark Hall, Ron Potter (Kuwait), Jacob Coons, Danny Hoysradt, Nathaniel Chase - Marge's grandson, and Brian Montross.



*The prayer of a
righteous man is powerful
and effective.
James 5:16*

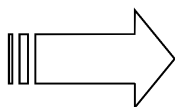


Pine Plains Food Locker: March & April

Monthly Drive Item: Shampoo/Conditioner & Dish Liquid

Yellow Bag Items: Cereal, Tea Bags, Jello/Pudding, Crackers & Tissues, Soap, Conditioner, Salt

Share a blessing!



Next issue: **April 2014**

Submission deadline: **March 26, 2014**

Send submissions to: **abvidal@gmail.com**