

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 Friends,

For the past few months our Thursday night Bible Study group has been studying The Purpose Driven Life by Rick Warren. The study is organized in such a way that anyone can join the group at any time. You are always welcome to join in on Thursday evenings at 7 pm in the Fellowship Hall.

One of the topics we have covered is the meaning of the church. We are reminded that following Christ includes belonging, not just believing. We are members of Christ's body, the church, and the church is an organism, a living body in Christ, not an organization. Rick Warren reminds us that we discover

our role in this living organism by our relationship with others. He says "If an organ is somehow severed from it's body, it will shrivel and die. It cannot exist on it's own and neither can we. Disconnected and cut off from the life blood of a local body, our spiritual life will wither and eventually cease to exist". He then goes on to say why we need a church family.

- A church family identifies you as a genuine believer.
- A church family moves you out of self-centered isolation.
- A church family helps you develop spiritual muscle.



- The Body of Christ needs you.
- You will share Christ's mission in the world.
- A church family will keep you from backsliding.

If you would like copies of these studies please let me know. They have been very helpful in understanding what it means to be a Christian.

With love in Christ,  
Pastor Carol

[www.pineplainspresbyterianchurch.com](http://www.pineplainspresbyterianchurch.com)

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## *A letter from a friend...*

### *The Bread of Life VS. "Just Samples"*



If you have ever had the privilege of cruising around Sam's club on any given day, then you know that particular discount store provides quite a shopping experience!

Along pretty much every turn shoppers will pass by tables offering free samples of food. Shrimp, yogurt, chicken, quesadillas, raspberry spread, olive oil, bean dip, key lime pie...each portion is bite sized...along with a brief sales pitch of course.

A shopper could almost eat an entire meal from the samples offered at Sam's Club. Yes, it would be an odd lunch, but if you made the 'aisle circuit' several times you would eventually get full.

Our recent shopping trip to Sam's got me thinking how many people approach their faith experience as if it were 'just a sampler'. An hour of worship on some Sundays... maybe a Lenten study in the Spring...or a few hours here and there working on a church project...or a monthly meeting of one of the committees. Please don't misinterpret, each 'sample' has substance...each is a invitation to go deeper in faith. But, in the end, a 'circuit of sampling' tends to leave one unfulfilled.

There is a desire, on the part of many believers, to go deeper...to stay longer...to discuss things...to get 'food' that will last. And so these folks seek out study groups like our Thursday night group, all with quest of being nourished from more than a few 'samples'.

You know this 'seeking out more' can be a daunting task, because a serious faith journey can be exhausting. Service to the community is tiring and often discouraging especially to one who has dedicated herself to the Lord. A spiritual support group can challenge as well as support us. And serious, intense prayer can be just hard work. Besides 'religious sampling' is just so tempting. After all, it's readily available, and there's no cost!

But really, if we truly want to know what Jesus meant by...the **Bread of Life**, then we need to be willing to venture deeper into our faith. It might prove a bit confusing at first but will result in opening our lives to God's touch. For sure venturing might cause our old values to be challenged but that also might mean that our minds and hearts will be open to new and creative ways to praise and worship.

Interesting enough, venturing deeper into our faith will not make us 'more holy'...nor will it allow us to be less prone to error. Venturing deeper won't give us automatic license to 'rise above the heard'. If anything we will become humbler while learning the difference between abiding joy and the shallow lark of 'sampling'.

Could be that you're not fooled by the 'sampler cuisine' of the faith, but you have become satisfied with it.

So I urge you to 'venture deeper' in this journey we call faith. We've been promised that the "**Bread of Life**" does actually exist and can be found.

Jesus never promised us anything exotic like burgers bordelaise or tuna steak with tarragon mustard sauce. He did promise us the "**Bread of Life**". Given the sustenance and satisfaction that simple menu alone brings, I'll chose the *bread of life* over the exotic, free and easy 'samples' any day.

May the Peace of Christ be with you today and always.

*The Church Mouse*



## *Recent Events, Notices & Thanks*

### **ITALIAN NIGHT DINNER - September 22, 2012**

Bob Clinch would like to thank all those who helped to make this dinner a success. Those who helped were Jerry Heiser and his daughter Courtney, Lynne Clinch, John and Carol Hart, John Bilski, Jeanne Valentine-Chase and Andy Williams and the four seniors from Stissing Mountain High School. Bob would also like to thank all those who donated food items and all those who purchased tickets. We fed 80 people and ended with a \$625 profit. Thank you all!

## *Thank You*



- To all who made Friendship Sunday on September 16 a success by attending the service and contributing to the fantastic meal and fellowship which followed.

## *Servants' Calendar: October—December 2012*

### **LITURGIST SCHEDULE**

Oct. 7	John Hart	Nov. 4	Lynne Clinch	Dec. 2	Scott Chase
Oct. 14	Doug Hart	Nov. 11	Jim Petrie	Dec. 9	Carol Hart
Oct. 21	Andy Smith	Nov. 18	Dyan Wapnick	Dec. 16	John Hart
Oct. 28	Linda Bartolomeo	Nov. 25	Margo Jackson	Dec. 23	Doug Hart
				Dec. 30	Kathy Bartles

### **SESSION : Next Session Meeting: October 2 @ 7:00 pm**

Meetings: October 2, November 6, December 4

Session Members: Kathy Bartles, Ed Casazza, Scott Chase, Bob Clinch, Doug Hart, Debbie Jackson, Brendan Kilpatrick, Andy Smith, and Dyan Wapnick.

Treasurer: Scott Chase

Clerk of Session: Kathy Bartles

Moderator: Pastor Carol Miller

### **DEACONS**

Harriet A'Brial, John Bilski, Marva Blackmar, Lynne Clinch, Connie Coons, Mel Finkle, and Jim Jackson.

### **COMMUNION SCHEDULE:**

**October**—Kathy Bartles, **November**—Andy Smith, **December**—Brendan Kilpatrick



## Upcoming Events

10/19  
10/20

### WOMEN’S ASSOCIATION CHRISTMAS BAZAAR

The Annual Christmas Bazaar and Food Sale is scheduled for October 19th from 10:00 am—4:00 pm and October 20th from 10:00 am—2:00 pm.

The back door (kitchen door) will be opened all day starting on 10/15 for donations to be dropped off.

In support of this event we invite all members and friends to bake something for our food sale which can be left off on Thursday evening. Also, we are asking anyone who might have a day off during that week if they might be able to help out a few hours. We could use help getting the items out, pricing them, selling and then on Saturday afternoon cleaning up. Any help you could give would be greatly appreciated.

10/21

### COUNCIL OF CHURCHES—CROP WALK

The Pine Plains Council of Churches hosts its CROP Hunger Walk on Sunday, October 21, 2012 at 1:00 pm at the Lion’s Club Pavilion. The CROP Hunger Walk is a national event organized by the Church World Service to raise awareness and funds for international relief and development as well as local hunger-fighting. If you are interested in participating in or supporting the CROP Walk, please see Marie Herow. 25 percent of funds raised will go the Pine Plains Food Locker. This year’s walk will also include a Bake Sale and Raffle.

11/03

### ANNUAL TURKEY SUPPER

*Saturday, November 3, 2012*

*Seatings at 5.30 and 7.00pm Take Outs Available*

*\$13 Adults \$6 Youth Free under 5 yrs*

Dinner includes: Turkey, Dressing, Mashed Potatoes, Gravy, Green Beans, Butternut Squash, Cole Slaw, Cranberry Sauce, Rolls/Butter, Dessert, Beverage

Please help us to erase our projected \$15,000 deficit by attending our dinner and helping with preparations. We will also need people to roast turkeys (these are purchased by the church and roasted by volunteers), bake pies, prep help in the kitchen and people to help with clean up. Sign up sheets will be available within the next few weeks and we appreciate any and all help!

For tickets and information, please phone Shirley MacPherson at 518-398-1380.

Thanks for your consideration!

Co-Chairwomen: Jeanne Valentine-Chase (518.398.5247) and Dyan Wapnick ( 518.398.5822)

## *Looking Ahead*

\* Events, dates & times subject to change.

### **OCTOBER 2012**

<b>Tue. 02</b>	- <b>Christian Ed. Meeting @ 6:00 pm</b> - <b>Session Meeting @ 7:00 pm</b>	<b>Thurs. 18</b>	Bible Study @ 7:00 pm
<b>Thurs. 04</b>	Bible Study @ 7:00 pm	<b>Fri. 19</b>	<b>Women's Association Christmas Bazaar</b>
<b>Sun. 07</b>	<b>Collection of Peacemaking Offering</b>	<b>Sat. 20</b>	Women's Association Christmas Bazaar
<b>Thurs. 11</b>	- Women's Association Meeting @ 1:00 pm - Bible Study @ 7:00 pm	<b>Sun. 21</b>	<b>Council of Churches Crop Walk @ 1:00 pm</b>
<b>Mon. 15</b>	<b>Council of Churches Meeting @ 12:00 pm, Presbyterian Church</b>	<b>Thurs. 25</b>	Bible Study @ 7:00 pm

### **NOVEMBER 2012**

<b>Thurs. 01</b>	<b>Bible Study @ 7:00 pm</b>
<b>Sat. 03</b>	Annual Turkey Supper @ 5:30 pm & 7:00 pm
<b>Tue. 06</b>	- <b>Christian Ed. Meeting @ 6:00 pm</b> - <b>Session Meeting @ 7:00 pm</b>
<b>Thurs. 08</b>	- Women's Association Meeting @ 1:00 pm - Bible Study @ 7:00 pm
<b>Thurs. 15</b>	<b>Bible Study @ 7:00 pm</b>
<b>Mon. 19</b>	Council of Churches Meeting @ 12:00 pm, Presbyterian Church
<b>Thurs. 22</b>	<b>Bible Study @ 7:00 pm</b>
<b>Thurs. 29</b>	Bible Study @ 7:00 pm

### **DECEMBER 2012**

<b>Tue. 04</b>	- <b>Christian Ed. Meeting @ 6:00 pm</b> - <b>Session Meeting @ 7:00 pm</b>
<b>Thurs. 06</b>	Bible Study @ 7:00 pm
<b>Thurs. 13</b>	- <b>Women's Association Meeting @ 1:00 pm</b> - <b>Bible Study @ 7:00 pm</b>
<b>Mon. 17</b>	Council of Churches Meeting @ 12:00 pm, Presbyterian Church
<b>Thurs. 20</b>	<b>Bible Study @ 7:00 pm</b>
<b>Thurs. 27</b>	Bible Study @ 7:00 pm

## *Nutrition Corner*

*Lynne Clinch*

### *Time Saving Tips 101*

For some reason this month has been very busy for me. I've tried to organize myself according to what needs to be done next. My mind was wandering as per usual with many projects to do in a very short period of time. One of those 'things' was this column. What better segue then time saving tips. That being said, lets get to it!

#### **Quick cooking tips:**

- Before you start set up all ingredients and equipment on the counter.
- Cover all pots and pans while on the stove top so the contents cook quicker.
- Use the microwave to get a jump start on veggies and or potatoes especially when grilling.
- Read the recipes and coordinate cooking times and temps so things are ready at the same time.

#### **Shopping tips:**

- Before shopping make a tentative menu for the week and then write your grocery list. This will cut down on impulse buying.
- Use coupons wisely and only those items you normally use.
- Buy pantry items when on sale and stock up when possible.
- Buy meats/poultry/pork on sale in bulk. Take the time to re-package them for family usage.
- Clean veggies ahead but make sure they are sealed and dry when you store in refrigerator.
- Make shopping list on back of old envelope and keep the coupons you will be using inside it.
- Buy blocks of cheese and shred your own. It's fresher and saves money. Can be packaged and frozen in smaller portions.

#### **Streamline your prep:**

- Use convenience foods to save on time--- refrigerated biscuits, minced garlic, precooked chicken or ham, instant potatoes or prepackaged

potatoes. We've all done this but caution with sodium levels.

- A fully cooked ham can be cut and frozen in smaller packages and actually save money in the long run.
- Clean your fridge out weekly so everything will always be fresh.
- Take inventory of the freezer so you know what is on hand and utilize it so you don't discard due to freezer burn.
- Buy fresh garlic. Peel each clove and store in small container covering the cloves with oil.

#### **Quick facts:**

- 1 tsp. dry herb =1 tbs. fresh herb after use.
- To ripen fresh fruits like pears or peaches, put in brown paper bag and fold the top.
- Save butter wrappers. Fold so the buttered side is inside and store in baggie. When recipe calls for buttered dish open one up and use. Then discard the wrapper.
- When using 'sticky' ingredient like honey, corn syrup or molasses, spray the measuring cup with nonstick cooking spray. It comes out of the cup easier.
- To remove burned on food, place about 1 inch water along with dish soap in pan. Bring to boil and simmer 15 min.. Let cool then use pot scrubber to clean.
- Like to line roasting pans but always make a hole in the foil when doing it? Try turning the pan upside down and forming the mold. Turn right side up and put in place.
- Need crushed crackers for a recipe but don't know how many to crush? Just remember 1 cup of crumbs equals:
  - 12 saltines
  - 4 butter flavored crackers
  - 14 graham squares
  - 30 vanilla waffers

3 cups uncrushed cornflakes

### The freezer is your friend:

- Buy lemons, limes or oranges when on sale. Squeeze the juice out. Freeze in ice cube trays. Remove and put in baggie. Each cube is 1 Tbsp. Can do the same with wine.
- Need to open up a can of tomato paste for 1 Tbs. Put left over in baggie, roll into a log, seal and freeze. Cut off what is needed.
- Chop extra onions or peppers. Put in freezer bags. They are already for use when in a hurry.
- Left over veggies from dinner can be stored in freezer bags. When enough to make soup is saved take out and use. The same goes for a turkey or chicken carcass or ham bone.
- Store these small baggies in a plastic shoe box so they don't get lost.

That's all there is to this edition of Time Saving Tips 101.

### 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)

## *Holy Communion*

The cross is the great paradox at the heart of life and of God himself. It is there, where Jesus gives up everything, that we find everything. "I," Jesus said, "if I be lifted up from the earth, will draw all men unto myself." There Jesus Christ confronts what ails us, everything that stems from our alienation from God. He goes into the very heart of human darkness, the great wound in the soul of our human race; and he lightens and heals it. He dies our death.

Holy Communion, which the Lord instituted and commanded to be continued until his coming again, communicates the healing and nourishment of the cross of Jesus. Holy Communion is the gift of the risen Christ. As we receive this Sacrament by faith with thanksgiving, we find that far from being put off or offended, we have entered into the life-giving paradox of the Gospel, the blessing of the cross. For the Body and Blood of our Lord Jesus Christ, the flesh and blood of the Son of man, is the living Bread which preserves our bodies and souls unto everlasting life. O taste and see how gracious the Lord is!

*Excerpted from a sermon preached by The Reverend Andrew C. Mead, Rector of St. Thomas Church, NYC.*



# Prayer Requests

Please remember the following people in your daily prayers:

Our Pastor, our congregation, all our children, our loved ones, the family of Carl Butler, the family of Diana Swart, the family of Don Bartles' aunt, Jeanette Bartles, and all of those who have lost loved ones in the past year.

**At home:** George Frenzel (Delores Dickenson's brother), Phairah Dickenson, Brad and Eli Dickenson, Carl Butler, Harriet A'Brial, Lisa Bilski (John Bilski's sister-in-law), Bridget and Zack McDonnell, Richard Valentine (Jeanne Valentine-Chase's father), Lynn Schlude (Linda Wendover's sister), David Jones (Linda Wesley's brother), Ann Cramer (Ruth Smith's aunt), Elaine (Nan Herow's friend), Scott, Kate, and Ella (Cathy Fitzpatrick's friends), Sheila Trombini (Erin Blackmar), Emery (Nan Herow), Gil and Theresa Day (Nan Herow), Evelyn Day (Nan Herow's mother), Ann (friend of Nan Herow), Brian Beckwith (Scott Chase), Dale Meccariello, Dale Bartholf, Jerry Chestney, Doris Vater, Mel Finkle, Marge Freiberg (Kathy Bartles' aunt), Judy Parliaman, Fanny Place and Jessica Pezze.

**At Livingston (Adventist Home):** Bill Parliman  
(2789 Route 9, Livingston, NY 12541)

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

**At Dutchess Care:** Gail Smith  
(186 Washington Street, Poughkeepsie, NY 12601 )

**In the military:** Keith Jackson (Afghanistan), Garrett Cummings, Daniele Casazza, Jacob Coons, Chris Riley (Afghanistan), Kyle Moskowitz, Justin Day, Brian Coons, Tyler Larsen (Louise Coons' great grandson), Elizabeth Cohn (Afghanistan), Sarah Anderson, Matt Cade, Zach McDonnell, Tyson Klay, Scott Klay, John Cort (Afghanistan), Mark Hall (Afghanistan), Ron Potter and Danny Hoysradt (Afghanistan).



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

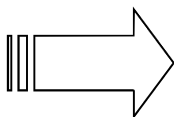


Pine Plains Food Locker: October

Monthly Drive Item: Paper Towels

Yellow Bag Items: Tissues, Soap, Conditioner, Salt

Share a  
blessing!



Next issue: **NOVEMBER 2012**

Submission deadline: **October 17, 2012**

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