

**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:

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

Dear Church,

I am thinking a lot this season about the place(s) we have as our dwellings. I think not in this letter about the dwelling we share, or we could share, as our church building. Instead, I write of the house/apartment in which we sleep most of our nights. Sometimes, such a place becomes a home. It is a beautiful thing when someone knows a home, beyond just shelter. It is not a given that everyone gets to have a place that feels as home always on Earth, some maybe never know the feeling.

I know and love some of your dwellings. I am thankful for your invitations inside, in hospitality. Most of the dwellings of the congregation I do not yet know. I have reason to believe they are well for us all. Good enough indoor air quality that is warm enough. I think all of us have clean water that flows and is heated when it needs to be. I trust we have facilities we need for cleanliness, ways to keep food safe, and tools to prepare food. That inside is bedding and sitting places to rest.

Dwellings that are enough, and certainly those that are beautiful and extra enjoyable, are beautiful gifts. For those who have rarely, or not recently, had inadequate housing, it may be difficult to know what it is to be without that peace. Peace of a door that one can close, peace of security that makes life better lived. We know that adequate dwellings are not a worldwide given for God's people. What may be more surprising is that even within our town limits, there are a number of folks without enough in their housing. I had the gift, even as it was a hard one to take in, of accompanying Nelson Zayas of Willow Roots in his deliveries of food to those who need help filling their meals. The deliveries go to those who have some limit that keeps the recipient from coming to the community distribution.

While hoping to hold privacy in the task of delivering, one could not help but observe in glances that folks are living in tough housing here in town. I also was invited into a Tri-Town Council meeting that expanded my understand of this region's cost of living, including situations of Millerton and Amenia plus anecdotes from Westchester County.

We have much to be thankful for, those like me who have more than adequate spaces to rest and take care of ourselves. We have to be aware that Pine Plains and our surrounding places are not immune from housing troubles we might be more comfortable thinking of as the problems of bigger cities, farther places including international/developing locations. Making folks safe and well in the places they dwell is a particular passion of your pastor. Finding food for one meal or several for someone in need can seem doable. Housing is much harder. Help me know if you personally have a need, or if you know of a need in someone else's living. If you read this at your place, or soon after you return there, look around. Give thanks for what you have and pray for those who need more. Pray for a way you and your church may help.

In peace,
Pastor Ryan

***A special note:** You are very good in granting me time away for Continuing Education (and not optional via our middle-governing body called Presbytery). Your beloved Deacons: Amanda, Lynne, Marva, and Pam will take primary roles in most of your needs from Feb. 20 - Mar. 12 while I travel with international complexity to phone use. We shall all give them our direct thanks for their ministries that allow this enrichment of my faith that I will hope to spread as an enrichment to yours.*

Worship

Sunday Worship is at **11:00 am**
(indoors and adapted for COVID safety)

Notes on Current, Adapted Worship

We are worshipping in the church sanctuary. We are taking extra precautions now that we are worshipping indoors, with open windows, social distancing, fans etc. *If you come, please:* Bring a mask to wear ***even if you are fully vaccinated.*** **We have decided to make this adjustment to our in-house worship due to the Delta variant. We have disposable masks available.**

If you need to stay away from the gathering, we understand as we miss you. Worship service video streams at facebook.com/groups/firstunitedpineplains Video is available there forever, to watch at any time. If you need another way to worship with us while you stay away from the gatherings, please ask Pastor Ryan. Perhaps a DVD you may play at home? Just ask.

Session Updates

- Adopted Budget for 2022
- Voted to join in community worship for Ash Wednesday (Mar. 2) - details coming
- Authorized Mission Committee fundraising Corned Beef Dinner (Mar. 19) - details coming

Our next Session mtg. is Monday February 14, 2022, at 7:00 pm in the Fellowship Hall.

Our Leaders

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

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

Mission

Local Assistance



Willow Roots: Willow Roots is a non-profit community-based food pantry on South Main Street that compliments the Pine Plains Food Locker based at the Methodist Church. Willow Roots began several years ago by Lisa and Nelson Zayas as a way to receive excess produce donated by local farmers and gardeners and distribute to residents who experience food insecurity from around the Tri-state area. Willow Roots doesn't accept state or federal aid and relies exclusively on donations. They currently service 40+ households. Distribution is every Saturday *except* the 2nd Saturday of the month.

Pine Plains Food Locker:

The monthly drive items 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
Distribution is on the 2nd Saturday of the month.



Food Pantry
Donations Needed

Thanks to all who generously donated hats, gloves, mittens, scarves and socks to our annual Mitten Tree project. These items were delivered to Willow Roots and the Food Locker for distribution.

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!

Events and Committees

"**Lent/Easter Season Team** - it is time to launch the work of a new Season Team to prepare us and lead us through Lent and Easter. The first meeting is soon. While you may join at any time and on a limited basis, the most fun can be found in full participation. Please let Pastor Ryan know any questions and if you'll join."

Our annual Corned Beef and Cabbage Takeout Dinner

Saturday, March 19. Details coming!

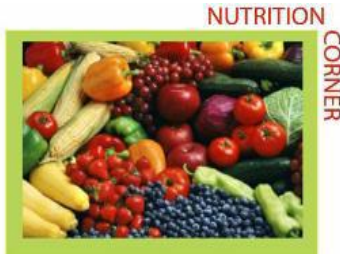
Please mark your calendars and let Jeanne or Dyan know if you can help with this event/fundraiser!



Calendar

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 11 am - 12 pm Sunday Worship (Church)	31	February 1	2	3	4	5
6 11 am - 12 pm Sunday Worship (Church)	7	8	9	10	11	12
13 11 am - 12 pm Sunday Worship (Church)	14 7 pm - 9 pm Session Meeting (Fellowship Hall)	15	16	17	18	19
20 11 am - 12 pm Sunday Worship (Church)	21 Presidents' Day	22	23	24	25	26
27 11 am - 12 pm Sunday Worship (Church)	28	1	2 Ash Wednesday	3	4	5



By Lynne Clinch

Winter Soups

As winter weather surrounds us, I start looking for hearty warming soups. Alright, I'm not in winter weather but regardless, I make soup all the time all year round. Especially in today's climate with rising food prices you want the best bang for your buck. So by substituting a hearty soup for dinner can be an economical way to stretch that buck. Not only that but you control what goes in it especially the salt. And it's a great way to use up a little of this and a little of that leftover vegetables, potato or pasta and maybe that leftover hamburger or meatloaf that you hated to discard. All these leftovers can make one delicious soup. I call it refrigerator or dump soup. The use of spices can achieve taste without added salt.

The following soup recipe is a nutrition powerhouse packed with protein, fiber and iron. It's an Italian one dish meal with addition of crusty bread or rolls and/or side salad. Remember a phrase I've used previously over and over? Make it your own! And I want you to consider just that with this recipe.

Tuscan White Bean Soup with Sausage and Kale

Yield: 4 servings

cook time 30 minutes or crock pot 4 hours

2 T. olive oil
 ½ pound chicken sausage, (2 links) substitute turkey or Italian sausage if desired
 1 medium onion chopped
 2 cloves garlic minced
 1 tsp. *oregano and *basil
 ½ tsp. *rosemary and pepper
 1 *bay leaf
 Pinch salt
 1 15 oz. can diced tomatoes
 1 15 oz. can white beans, rinsed and drained well
 32 oz. box vegetable broth
 ¾ c. Ditalini pasta, uncooked
 2 c. chopped fresh kale

*All spices are dried.

Using 1 T. olive oil brown off sausage in soup pot or Dutch oven. Remove and cut into rounds. Add remaining oil to skillet. Add onions cooking for 2 minutes then add the garlic for additional minute followed by all the spices. Add all the remaining ingredients including the pasta and sausage. Bring to simmer and cook for 30 minutes. Remove bay leaf before serving. I'd be using my crockpot and adjusting cooking time to 4 hours on high or 6 hours on low. I'd also use sodium reduced tomatoes and broth.

I realize that you may not and will ever use something from the ingredient list. Remember, I said to make the dish your own. Well, forget about the sausage, kale, pasta and spices. Go back to basics: dice carrots, onions, celery. Use as much as you want. Cup of each sounds about right. Soften the veggies in small amount of oil in soup pot or fry pan if planning on cooking in crockpot.

Add sodium reduced chicken stock and any leftovers including meats or chicken and veggies all diced up. Open can or two of beans. Any combo will do but make sure you rinse and drain well. Add 2 handfuls of rice (if no leftover) or diced potato. Hold the mashed potato right now until soup is done. Then add just enough to the soup to thicken it up. Neat trick used to give body to soup instead of slurry of cornstarch or flour. It's also filling. I sometimes use instant potato flakes but don't tell Bob! Oh yes, seasoning, don't forget the seasoning. And don't forget to consider using poultry seasoning for something besides stuffing at Thanksgiving. After all remember what it consists of: sage, thyme, marjoram, rosemary, nutmeg and black pepper. A squeeze of lemon juice adds to the flavor too. Guess what? You didn't add salt.

One must be careful in these times. With rising prices and limited items in the grocery store you have to plan carefully in order to put food on the table. A warm bowl of soup never fails to hit the spot. Whether you use crackers, crusty bread, biscuits or rolls it's always a winner.

Stay safe, remain healthy and happy cooking...



To add to these prayers, Pastor Ryan is always glad to pray with you (518-398-7117 to find the best ways). If you wish to directly add to the list, please e-mail dyanwapnick@optimum.net

During the coming month, please remember the following in your daily prayers: our congregation, all our children, our pastor, our loved ones, and all who mourn.

Bill Bartlett, Malachi (17-month old with leukemia), Erica (family friend of the Hages), Ray Wendover (Linda's husband), Darcy (Linda's daughter), Bob Clinch, Marva Blackmar, Laura Dennis, Marge Parlman (Shirley's sister), Ron Brandt (Ancramdale), Roberta Cerniglia, Steven Hay (Linda's son-in-law), Trang (Linda's friend), John and Piper (Laura's daughter), Ellen White, Shirley and Walden MacPherson, Millie Hinsch (Dora's mother), Ola Yannetta (Linda Wendover's aunt), Liane McGhee (Jim and Margo Jackson), Clifford Thorpe, Carol Foley (Regeneration Church), Irene Dieter (Ancramdale Church), Adalyn Forgey and her family (Carol Hart), Bridget and Aylee, Laurena Mesnard, Teresa Maleonski (Marva), Craig Shelley, Joe (Susan), Barbara Gurbel, Randy Burns (Dyan), Jim Fabrizio, Kyleigh Cummings, Millie Sheldon, Bobby Wendover, Carey (Amanda Zick), Ron & Cathy Osofsky, 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), Marjorie Bright, Judy MacMorran (Barbara Gurbel's daughter), Debbie (Laurie), Brittany.

Geer Nursing Home: Linda Bartolomeo

Noble Horizons: Lek McNeill, RuthAnn Pulver, Charlie Napoli

The Manor at Woodside: Rod Davis

In the military or Reserves: Pierre Mesnard, Spencer Johnson (Iraq), Patrick Brooks, Garrett Pendleton (South Korea), 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, Eric Wiltsie (Tom and Renee Strudwick's nephew), TroiHunter Cookingham (Fort Campbell, KY).

And all those who have served in our military.



Hudson River Presbytery Prayer Calendar 2022

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.

February 6 - Fifth Sunday after Epiphany

Carmel, Gilead
Presbyterian Federal Chaplaincies

February 13 - Sixth Sunday after Epiphany

Chester, First
Cold Spring, First of Philipstown
Camp and Retreat Sunday

February 20 - Seventh Sunday after Epiphany

Congers
Universal Day of Prayer for Students
Presbyterian Media Sunday

February 27 - Transfiguration of the Lord

Cornwall-on-Hudson
Emily Monk, Finance Manager, Presbytery

Share a Blessing!

Next Issue: March 2022

Submission deadline: Feb. 25, 2022

Send submissions to:

dyanwapnick@optimum.net