

# Agape Harvest

**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](http://www.hudrivpres.org)

**Words to reflect on for the New Year**

*What's in a Name?*

"Here we are in a month named after the Roman god Janus, an appropriate personification of the start of the new year. This particular Roman god had two faces so that he could look ahead toward the future and back at the past at the same time. As we get rid of an old year and look forward to a new one, we all try to be a little like Janus. We know through experience what we did wrong and what we did right, and hope to do better this year. Some people make ambitious new year's resolutions; others just take a deep breath and hope for the best...." - *Complete Speaker's Almanac*, p. 22

***Recipe for a Happy New Year***

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing— don't do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor - *Anonymous*.

***This New Year***

"I wish for those I love this New Year an opportunity to earn sufficient, to have that which they need for their own and to give that which they desire to others, to bring into the lives of those about them some measure of joy, to know the satisfaction of work well done, of recreation earned and therefore savored, to end the year a little wiser, a little kinder and therefore a little happier." - *Eleanor Roosevelt, "My Day Column", Jan.1, 1937*

***A Prayer for the New Year***

"Grant us, O Lord:  
The hope to envision new dreams;  
The strength to rise above our limitations,  
our fears and whatever holds us down;  
The courage to stand on our own,  
to stretch our imagination  
and to experience being fully human, fully  
alive;  
The faith to live our lives in your image and  
likeness.

Guide us, O Lord, this new year,  
every way, every day.  
Amen." -- *Fr. Brian Cavanaugh, TOR*  
*[Third Order Regular of St. Francis].*

"To live at this time is an inestimable  
privilege, and a sacred obligation devolves  
upon you to make right use of your  
opportunities. Today is the day in which to  
attempt and achieve something worthwhile."  
- *Grenville Kleiser, Author*

***Quotes***

"You are never too old to set another goal or  
to dream a new dream." - *C.S. Lewis*

"For last year's words belong to last year's  
language and next year's words await  
another voice." - *T.S. Eliot*

"Year's end is neither an end nor a beginning  
but a going on, with all the wisdom that  
experience can instill in us." - *Hal Borland,*  
*Naturalist*

"Learn from yesterday, live for today, hope  
for tomorrow." - *Albert Einstein*

"The changes in our life must come from the  
impossibility to live otherwise than  
according to the demands of our conscience,  
not from our mental resolution to try a new  
form of life." - *Leo Tolstoy*

## *Pastor's Report*

When the year number adds one after 12 months have passed, it can be a time of dreaming. Sometimes, more a time of planning when dreams less easily come or are less useful. I wanted to hurl a tennis ball at my tv as for weeks as folks celebrated the end to 2020. I wanted to turn that one-way channel into a reply and say the changing from December to January is not going to fix the many things we need desperately fixed. And then, I looked in the proverbial mirror and realized, I do such things to attempt to soothe myself, too. Here are some things I think are real:

- The vaccines already being administered and the vaccines/treatments to come will bring COVID-19 major disruptions and dangers to end. I trust the scientific protection process around what vaccines have been approved and are being distributed. If you are eligible and are fearful of becoming vaccinated, please call me. I will listen. I do not want any delays in your best defenses from this horrible disease to be because you and I have not talked.
- We'll be together again as a church in ways we have too long missed

When it is time, we'll call everyone to be together to in worship as community, to come with openness and see if being with us is better than being without us. To participate, to truly connect, to look to what missions we have amongst ourselves and beyond ourselves. We will see if the children within reach our gatherings have all they need from us. We will look to our neighbors and see what we may be duplicating in ways lesser apart than together, explore how we can be better together. Our voices will continue to ask the community, nation, and world as it will hear us to partner with us in change and improvement of live and care of all creation. Pray, plan, and help us all know where the work is ready to be done now. We are already doing what is possible in these times: in-person and online video worship services, mission to a great need in these times, and connecting in the ways we adapt. We all work to push aside that which is less useful so we make the widest spaces and create the greatest amount of energy for God's purposes. When we record what happens in 2021, it will be good what is done.

In peace,

Pastor Ryan

## *Sunday Worship*

Every Sunday at **11:00 am** (indoors now, and adapted for COVID safety)

### *Notes on Current, Adapted Worship*

We are back in the church sanctuary. We are taking extra precautions now that we are worshipping indoors, with open windows, fans etc., so we advise that if you do join us to dress warmly with heavy coat, hat, gloves etc. and to bring a small blanket or coverlet for warmth. There are two lap quilts in the back of church for warmth if needed. *If you come, please:* Bring a mask to wear.

If you need to stay away from the gathering, we understand as we miss you. Worship service video streams at [facebook.com/groups/firstunitedpineplains](https://www.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 Update*

- Set date (Jan. 31) and COVID-adjusted plan (essential business only; no meal) for Annual Meeting of congregation for 2021
- Adopted a job description for pastor (pastor has been self-governing by draft of this adopted description from February, so this will not change the functioning of the church)
- Discussed matters brought to Session in the name of our Women's Association
- Set a financial auditing committee as required by Presbyterian Constitution (members are Jim Petrie and Debbie Jackson)
- Explored the possibility of a change in Treasurer as good practice even as our current treasurer (Scott Chase) is excellent in his service. Scott says average weekly work time is ~2 hours for Treasurer responsibilities.
- Manse use plan reviewed
- Authorized isolated roof leak corrective actions
- Made a gift to a struggling family
- Discussed how to protect sanctuary when congregation holds candles

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

**DEACONS:** Roberta Cerniglia, Lynne Clinch, Dora Hage, Carol Hart, and Pam Meccariello.

*Our next Session meeting will be on **Monday January 18 at 7:00 pm.** There will be a **Remote, daily prayer worship service prior to the meeting – all are welcome – meets via Zoom call.***

## *Announcements/Coming Events*

### **ONLINE ONLY - Jan. 4 @ 7pm - Twelfth Night Christmas Party!**

This is just a fancy way of saying we are having a Christmas party in the way that is possible this strange Christmas. On Zoom - use this link: <https://us02web.zoom.us/j/9552836871>

Come! Wear pajamas if that feels most comfortable. Prepare your home table with what you'll have as Christmas party eats and drinks. We'll share stories of family/friends and loved ones in the church. As this is traditionally a party just before Christmas decorations might be packed away, maybe bring some favorite ornaments to the camera and tell their story. Perhaps you have some childhood pictures to share from Christmastides, yours or your children or ones you know. The possibilities are full of delight. Be with us.

### **ONLINE ONLY - Jan. 18 @ 7pm - Daily Prayer/Evening Vespers**

This brief, Monday worship begins our Session meeting and all are invited. On Zoom - use this link: <https://us02web.zoom.us/j/9552836871>

## Annual Meeting of Congregation

Our Annual Meeting will be on **Sunday January 31 immediately following 11 am. worship**. It will be held socially distanced in the church and also streamed online (see Sunday Worship above for instructions), but only those members attending in person may vote. The annual report will be emailed and copies left for pick-up in the Fellowship Hall.

**Please send in your committee report as soon as possible to Dyan** at [dyanwapnick@optimum.net](mailto:dyanwapnick@optimum.net) or leave it in the Newsletter mailbox in the Fellowship Hall.

## Treasurer

Scott Chase has done an outstanding job in the many years he has been our Treasurer, and the Session thought he might be long overdue for a little break. Therefore, we are wondering if anyone is interested in taking on this important task. The Treasurer does not need to be a member of Session. Please let Dyan or Pastor Ryan know

## Looking for Elder Care Help

We have been contacted by someone in our community looking for help with his 89-year old mother who suffers from Alzheimer's. She is in excellent health otherwise but is lonely, and of course forgetful. He is looking to hire a responsible, patient, and kind person to spend some time with her each day and to help with some light straightening up and cooking (shopping and cleaning the house is already being taken care of). If anyone is interested in a part time job being with her a few hours per day, please let Dyan or Pastor Ryan know.

## Calendar

January 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 11 am - 12 pm Sunday Worship (Inside)	28	29	30	31	January 1 New Year's Day	2
3 11 am - 12 pm Sunday Worship (Inside)	4 7 pm - 8 pm Twelfth Night Worship (Zoom)	5	6 Epiphany	7	⊕ 8	9
10 11 am - 12 pm Sunday Worship (Inside)	11	12	13	14 12 pm - 2 pm Women's Assoc. Mtg. (Inside)	15 10:30 am - 11:30 am Council of Churches Mtg. (Presbyterian Church)	16
17 11 am - 12 pm Sunday Worship (Inside)	18 Martin Luther King Day 7 am - 8:30 am Session Meeting and Worship (Zoom)	19	20	21	22	23
24 11 am - 12 pm Sunday Worship (Inside)	25	26	27	28	29	30
31 Annual Meeting 11 am - 12 pm Sunday Worship (Inside)	1	2 Groundhog Day	3	4	5	6

## Stewardship

**From Scott Chase (Ruling Elder/Treasurer)** - "We still need your financial support. As we go through this time we continue to pay our employees, provide funds for mission work, and maintain our buildings. Your support is greatly appreciated and critical to helping us serve our church family and the broader world community. You may mail checks to **First United Presbyterian Church PO Box 313, Pine Plains, NY 12567**. If you need another way to give, please write me [schase560@yahoo.com](mailto:schase560@yahoo.com) or call (518) 398-5247. Thank you for all you do.

*We also offer online giving with Venmo!*

## Mission

**Our Mission Committee, combined with donated funds, was able to help a needy local family with \$500 in Target gift cards for Christmas.**

**Willow Roots** - Run by Nelson and Lisa Zayas from their home on North Main Street with the help of many volunteers.



Food Pantry  
Donations Needed

### **Pine Plains Food Locker:**

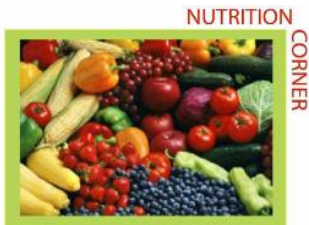
**The monthly drive items for January is canned tuna.**

**Toiletries are always welcomed.**

**Please send \$ donations to the Pine Plains Food Locker**

**2852 Church Street Pine Plains, NY 12567**

## **New Year New You**



2021 is finally here and we all know it is going to be a better year. It was until I stepped on the scale this morning! Where did that extra weight come from? Oh yeah, the holidays plus all that baking and cooking during those quarantining days. Guess that bathing suit stays packed for the time being. Now the question is how to lose this weight. If those are the questions you're asking yourself, you are not alone.

***Lynne Clinch***

What is the best weight loss strategy you ask? Consider the following:

- Make sure you are ready. Weight loss takes time.
- Find your inner motivation
- Set realistic goals
- Enjoy healthier foods
- Get active and stay active
- Change your outlook. Weight loss does not happen overnight.

I can't stress this enough. Check with your doctor before starting any program. You must remember that diets don't work. That's been proven. Eating a well-balanced meal and portion controls are the key. Healthy snacks, not pie, cake and sweets should be considered between meals if hungry. Always remember that a pound of body weight weighs 3500 calories. In order to lose a pound of weight per week you must decrease your oral food intake by 500 calories per day. That's what I was taught, that's what I've always had success using, that's what worked for people I've counseled over the years. That's what I would recommend using as a guide. Things do change especially in nutrition so it wouldn't be surprising to learn of 'new and better methods' of teaching weight loss.

Along with decreasing your intake of food, increase your activity level. Walk if possible. Climb stairs even going up and down multiple times. Turn the TV to an exercise program and follow along. These can be done during this 'stay at home' time. And for heaven's sake do not step on the scale daily! That will discourage you faster than anything. Weekly or monthly would be better.

Of course, weight loss is more fun if doing it with others. If that works better for you, try the weight watchers program. They do have some good cookbooks. So, this year instead of talking about losing weight just do it and wait for the compliments.

As always sending a few recipe ideas your way... Looked up a few weight watchers recipes to help transition to the new you! With the temps dipping thought a good, hearty, filling soup would be in order; and of course, it's low calorie. Use for snack, lunch or first course for dinner depending on portion.

### Italian Inspired Vegetable Soup

2 cups chopped escarole	2 tsp. thyme
2 cups baby spinach	1 tsp. oregano
1 medium red pepper, diced	¼ tsp. red pepper flakes
1 medium onion, chopped	Salt and pepper to taste
2 cloves garlic, minced	6 cups sodium reduced chicken broth
1 28oz. can fire roasted diced tomatoes	¼ cup fresh basil and parsley to finish soup.

Dump all in soup pot, bring to boil and reduce to simmer. Cook for 30 minutes. Add basil and parsley and serve. Can use a crockpot which is what I'd do and cook on high maybe 4 hours.

Now that is a soup recipe I'd never make the same way twice. Since I don't usually have escarole I'd substitute cabbage or skip it altogether. Then add celery and carrots. If I had zucchini would add or maybe summer squash, green beans and any leftover veggie in the fridge. And don't forget the mushrooms. Would probably add a grain of some sort or perhaps a can of white beans. Remember as I always say, make it your own. I'd also think very hard about adding that leftover chicken from last night's dinner or chopping up the leftover meatloaf. Ideas are endless!

I'm sure this pandemic has brought out cooking skills you never had time to think about before. I'm trying new things all the time. My grocery lists are better organized. My meal plans are thought out. I've always done scratch cooking but did use convenience foods. Now even those are from scratch due to the sodium content. Enjoy your time in the kitchen. Happy cooking...

## Christmas Flowers

### *The Christmas flowers were given by the following:*

#### **In Honor of:**

All thanks and Glory to God  
as we celebrate George Dennis's  
84th birthday 12/20/19

#### **Given by:**

Laura Dennis

#### **In Loving Memory of:**

Mary and David Blackmar  
and Vincent Newland  
Mary and David Blackmar  
and Vincent Newland  
Bob McCarty  
Mary and David Blackmar  
and Vincent Newland  
Loved Ones  
Loved Ones

#### **Given by:**

Allan Blackmar  
Susan and Russell McCarty  
Susan and Russell McCarty  
Shirley and Walden MacPherson  
Shirley and Walden MacPherson  
Barbara Wesley and Gloria Doyle & family

Roz Jackson  
Irving Jackson  
Ron Potter  
David Cookingham Jr  
David Cookingham Jr  
John Ladoceour  
Loved Ones  
Kenneth Hinsch Sr.  
Henry and Hattie Hinsch  
Lester and Jean Funk  
Lester and Mary Funk  
Reverend and Mrs. Moser  
Robert and Finley Moser  
Jean Kallgren  
Jack and Dorothy Hart  
Mabel and Paul Hart  
Ernie, Doris and Vincent Vater  
Jean Hart  
Don Bartles Sr  
Bea and Carl Freiberg  
George and Mabel Frenzel  
George Frenzel Jr.  
In memory of our wonderful son  
Brad Dickinson  
Herbert and Virginia Kemp  
Herbert Kemp IV  
Alan Kemp  
Grace Knickerbocker Couse  
Rena Knickerbocker  
Marvin and Beatrice A'Brial  
Mary and David Blackmar  
Mary Blackmar  
Roy and Toni Merritt  
Jean and John Shelley  
Darwin and Dorothy Miller  
George Dennis  
Mary Jo Glozier  
Helen Robinson  
Muriel Swart  
Arlene Brower

Sheila Meisner and Lisa and Chad  
Rossbach & family and Brayden  
Debbie Jackson  
Debbie Jackson  
Debbie Jackson  
Carol and John Hart  
Michael Cookingham and Family  
Troii and Cole Cookingham  
Bob and Lynne Clinch  
Peter, Dora, Loren and Michael Hage  
Peter, Dora, Loren and Michael Hage  
Peter, Dora, Loren and Michael Hage  
Peter, Dora, Loren and Michael Hage  
Rod Kallgren  
Rod Kallgren  
Rod Kallgren  
Carol and John Hart  
Carol and John Hart  
Lonnie Vater and children  
Don and Kathy Bartles  
Don and Kathy Bartles  
Don and Kathy Bartles  
Dolores and Bill Dickinson and Family  
Dolores and Bill Dickinson and Family  
Mom and Dad "DaDa" and Family  
  
The Kemp Family  
The Kemp Family  
The Kemp Family  
The Kemp Family  
The Kemp Family  
Ken and Marva Blackmar  
Ken and Marva Blackmar  
Jeff and Erin Curnan  
David and Katie Blackmar  
Carol Miller and Craig Shelley  
Carol Miller and Craig Shelley  
Church family  
Church family  
Church family  
Church family  
Church family



**HELLO PRINT SUBSCRIBER:**

If you receive this newsletter by U.S. Mail, we are glad. We are conducting a semi-regular survey to make sure our postage expenses are well-spent. If you wish to continue to receive a mailed, paper copy, please just let us know. You may e-mail [dyanwapnick@optimum.net](mailto:dyanwapnick@optimum.net) or call Pastor Ryan at (518) 398-7117 to indicate any of the following: A. You wish to keep getting the mailed copy (we are so glad to send to any who need it in this format), B. you wish to switch to e-mail receipt to help with church efficiency, or C. you wish to be removed from all lists. About February, if we haven't heard you are enjoying the paper version, we may stop sending it until you indicate you'd like to resume. Thank you!



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](mailto:dyanwapnick@optimum.net)

During the coming month, please remember the following people in your daily prayers: The family and friends of those who have died, essential workers who have died while serving during COVID lockdown. Pray too, for our congregation, all our children, our loved ones, all of those who have lost loved ones in the past year, and our pastor.

**At home:** Dorothy Whitaker, Judy Parlman, Don Bartles, Margo Jackson, Carol Foley (Regeneration Church), Marva Blackmar, Irene Dieter (Ancramdale Church), Danny Larkin (Alcyce Larkin's husband), Deb Phillips, Adalyn Forgey and her family (Carol Hart), Kelly Wilkie (Pastor Ryan's sister), Bridget and Aylee, Mort Jackson, Brian & Jessica Weglinski & family, Laurena Mesnard, Teresa Maleonski (Marva), Craig Shelley, Joe (Susan), Melissa McKinney, Phyllis Shanks, Barbara Gurbel, Randy Burns (Dyan), Jim Fabrizio, Kyleigh Cummings, Millie Sheldon, Bobby Wendover, Victoria Hull (Dot), Carey (Amanda Zick), Ron & Cathy Osofsky, Rich Cummings (waiting on kidney), Caeden Boyce (Cindy and Roberta) small child with leukemia, 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.

At Geer Nursing Home: Linda Bartolomeo

At The Manor at Woodside: Helen Travis and Rod Davis

At Noble Horizons: Lek McNeill, RuthAnn Pulver, Charlie Napoli

**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 (Basic Training, Fort Sill). *And all those who have served in our military.*



## Hudson River Presbytery Prayer Calendar 2021

*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.*

### Share a Blessing!

Next Issue: February 2021

Submission deadline: Jan. 25, 2021

Send submissions to:

[dyanwapnick@optimum.net](mailto:dyanwapnick@optimum.net)

January 3 ~ Second Sunday of Christm:

Amenia, Smithfield

Ancramdale, First

January 10 ~ Baptism of the Lord

Beacon, First

Bedford, First

January 17 ~ Second Sunday after Epip

Racial & Intercultural Justice

Bethel, For Faith Parish

Criminal Justice Sunday

January 24 ~ Third Sunday after Epiphany

Brewster

Rev. Susan De George, Stated Clerk, Presbytery

January 31 ~ Fourth Sunday after Epiphany

Campbell Hall, First of Hamptonburgh

Holmes Camp and Retreat Center