

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

I was recently watching a tv series from Thailand and the subtitles said the year was 2545 (which corresponds to 2002 in the Gregorian calendar system that we use). I suddenly realized I had not given much thought to the existence of other calendar systems in use around the world. This got me curious: how many different calendars are actually in use out there, and what are some of their origins?

I discovered there are around 40 calendars worldwide today. Most are used to calculate religious observances, with the Gregorian calendar adopted as an additional calendar for secular purposes.

All calendars fall within three types: lunisolar, solar, or lunar. A lunisolar calendar is one where the months are based on the phases of the moon and the year is based on the time from one vernal equinox to the next, with adjustments made for leap years. The Chinese and Jewish calendars are examples of lunisolar calendars.

The Chinese calendar traces its origins to 2637 BCE and was used by court astronomers to confirm the relationship between Heaven and the reigning emperor. Unlike most calendar systems, the Chinese calendar does not count years in an infinite sequence but names its years using a 60-year cycle. According to the Chinese calendar, 2022 is Ren Yin Year. It lasts from February 1, 2022 to January 21, 2023 in the Gregorian calendar, and the zodiac sign is Tiger.

The Jewish or Hebrew calendar dates from 3761 BCE, the date for the creation of the world as described in the Old Testament. It is used for religious purposes but is also the official calendar of the state of Israel. We are currently in the Jewish year 5782, which lasts from sundown September 6, 2021 to sundown September 25, 2022.

Thailand uses a version of the Buddhist calendar for religious purposes, which is a lunisolar calendar common throughout Southeast Asia. For secular purposes Thailand uses a calendar based on the Gregorian calendar but 543 years ahead of the Gregorian calendar. This was introduced in 1889 by King Chulalongkorn (Rama V), and that's the year I saw in the tv show.

The Islamic calendar is an example of a strictly lunar calendar, which means the Islamic year only has 354-355 days. It is the official calendar in the Persian Gulf countries, but most Muslim countries elsewhere use it only for religious purposes and otherwise use the Gregorian calendar.

The Julian calendar was a solar calendar introduced by Julius Caesar in 45 BCE in order to clean up the messy Roman calendar. The year was divided into 12 months that have no relationship to the motions of the moon. Eventually its use spread throughout the Roman Empire and the Western world.

In 1592 Pope Gregory XIII instituted the Gregorian calendar, also a solar calendar, as a revision of the Julian calendar. Jesuit missionaries later brought the Gregorian calendar with them to Asia. However, parts of the Eastern Orthodox Church, such as in Russia, still use the Julian Calendar.

The Gregorian calendar started out as a Christian calendar but is now the most popular secular calendar in the world. The Christian liturgical calendar that we use is based on the Gregorian calendar but with moveable feasts (religious holidays that occur on different dates in different years) calculated using the phases of the moon, Easter being the first Sunday after the full moon that occurs on or after the spring equinox.

Today, many of us complain about daylight saving time, but as these various calendar systems show, civilizations have been arbitrarily manipulating time for millennia, often creating confusion and other issues in the process. When England finally adopted the Gregorian calendar in 1752, some 170 years after it was introduced, Benjamin Franklin wrote, "*It is pleasant for an old man to be able to go to bed on Sept. 2, and not have to get up until Sept. 14.*" --- Dyan Wapnick

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. **Masks are optional!**

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.

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, Pam Meccariello, and Amanda Zick.

Our next Session Mtg. is Wednesday July 27 at 7pm on Zoom.

Pastor Ryan is away, returning July 24. In his absence, please use your directory to contact one of your deacons if you have a need. They are Amanda, Lynne, Marva, and Pam. In urgency if you cannot reach a deacon, the on-call number for the pastor will work when cellular service is available to him: 518-261-0834.

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:

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

A food box has been set up on the back porch of the Pine Plains Free Library. People can pick up/drop off non-perishable food items at any time.

Stewardship

Online giving with Venmo!

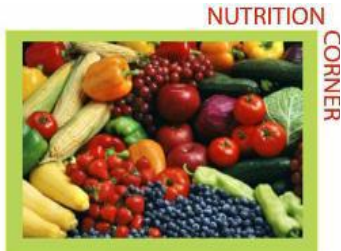
1. Log into the Venmo app on your phone or tablet
2. Click "Pay or Request" -- the big blue button at the bottom
3. In the "Add Recipients" box type **@FUPCPP** (stands for First United Presbyterian Church Pine Plains)
4. Select "FirstUnitedPresbyterianChurch Pine Plains" if it doesn't populate automatically
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

The Pine Plains Council of Churches has already been advancing the plan for our first in-person **Vacation Bible School** for children since 2019! The need to know they will have all the volunteers needed. If you are interested in volunteering, but cannot attend the meeting, please tell Pastor Ryan (pastorryanfirstunited@gmail.com or 518-398-7117). Pastor Ryan will be there with you daily during the event week running four days: **August 22-25, 9am-noon.**

Calendar

July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 10 am - 11 am Community Worship at the Church of the Regeneration - celebrating God's LGBTQOL people	27	28	29	30	July 1	2
3 11 am - 12 pm Sunday Worship (Church)	4 Independence Day	5	6	7	8	9
10 11 am - 12 pm Sunday Worship (Church)	11	12	13	14	15	16
17 11 am - 12 pm Sunday Worship (Church)	18	19	20	21	22	23
24 11 am - 12 pm Sunday Worship (Church)	25	26	27 7 pm - 9 pm Session Mtg (Zoom)	28	29	30
31 11 am - 12 pm Sunday Worship (Church)	1	2	3	4	5	6



NUTRITION

CORNER

By Lynne Clinch

Healthy Side and Stovetop Dishes

Summer is here! The rain and sun are making a great start to the growing season. Soon there will be an abundance of fresh produce. I always love this time because there is so much that can be made and is so good for you. But often we are at wits end trying to find new recipes for our families to try. When summer squash and zucchini are here you will be glad to have this easy to fix, different and delicious side dish.

Squash Ribbons 2 servings

1 small yellow squash
1 small zucchini
1 T. butter, melted
¼ tsp. each of onion powder and dried crushed rosemary
1/8 tsp. each of salt, pepper and dried thyme

With vegetable peeler cut very thin slices down the length of each squash. Place in a steamer basket over about an inch of boiling water. (If no steamer basket use strainer over boiling water but put lid on it. Steam until tender about 3 minutes. Combine remaining ingredients in small bowl and add squash. Toss well to coat. This recipe can be doubled or tripled easily.

One of our favorite ways to have both summer squash and zucchini is grilled. Simply slice diagonally ¼ inch slices and marinate in Italian dressing for 30 to 60 minutes. Remove the squash and grill 3 to 4 minute per side. I've done this stove top also and kept warm in the oven while the rest of the meal is finished.

Had enough green beans? Try this easy to make recipe.

Asian-Style Green Beans 4 servings

2 C. fresh (cooked) or frozen (thawed) cut up green beans
1 T. olive oil (or sesame oil)
1 garlic clove, minced
2 T. soy sauce
1 to 2 tsp. honey or sugar
Sesame seeds optional

In large skillet heat oil and cook beans until heated through. Add garlic and cook for another minute. Stir in honey and soy sauce. Turn off heat and add sesame seeds if using.

I like 1 pot main dishes especially in the summer time. We all have a tendency to eat lighter meals then anyway. Quick meals with easy prep and fast clean up. I've not made this next recipe yet but by the time you read this it will be done. It looks delish and has 2 serving options. First, as a 1 pot casserole dish. The second, as a taco filling. Just add chopped lettuce, tomato or salsa and sour cream.

Beef and Pepper Skillet 4 servings

1 pound ground beef
1 small diced onion (about ½ cup)
1 can (14 ½ oz.) diced tomatoes with mild green chiles, undrained
1 ½ cups beef broth
1 T. chili powder
1 garlic clove, minced
¼ tsp. salt

2 medium sliced peppers (1 red and 1 green)
2 c. cooked rice, white or brown
1 c. shredded cheese (i.e. Colby, Monterey Jack or Cheddar)

In a large heavy bottomed skillet cook the beef and onions. Add the garlic, chili powder and salt and cook another minute or so. Add the tomatoes with chiles and beef broth and stir well bringing to a boil. Add the rice and peppers, reduce heat and simmer covered for 10 minutes or until the liquid is absorbed. Remove from heat. Sprinkle with cheese, cover and serve when the cheese has melted. Please note this recipe is Mexican inspired and may be too spicy for you. To fix that use regular diced tomatoes and/or slowly add the chili powder 1 teaspoon at a time.

And last but not least when you've had enough BBQ chicken switch it up and try something French. It's not Julia Child's version but a simple stovetop version that is low in fat and sodium. I've made it while in Florida and served it with rice. I will admit, I did a crockpot version and served it for a luncheon for my lady friends.

30 Minute Coq Au Vin 6 servings

¼ c. flour
1 tsp. dried thyme
1 tsp. salt
6 boneless skinless chicken thighs (or breasts or tenderloins or even bone in chicken---your preference)
1 T. olive oil
6 c. quartered cremini (baby bella) mushrooms (I used a mixture of button and baby bellas, which mix well together)
2 c. sliced fresh carrots
3 slices bacon diced
1 T. tomato paste
1 c. chicken broth
1 c. dry red wine

Dredge the chicken pieces in a mixture of flour, thyme and ½ tsp. salt. Heat the oil in a heavy bottom pan or Dutch oven. Cook until golden brown. Remove from pan and keep warm. In same pan and drippings cook the mushrooms, carrots, bacon, tomato paste and ½ tsp. salt for about 2 minutes. Add broth and wine and bring to boil. Return chicken to the pot, reduce heat to simmer and cook an additional 10 minutes. Chicken should temp at 170 and carrots should be tender. I will tell you I altered this recipe to add small frozen onions for additional flavor when boil stage was reached. I also did not use wine but doubled the broth. I served with rice, of course, and added green salad and light dessert.

I've given you a few ideas of some new dishes to try. Enjoy the summer and until next time 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 people in your daily prayers: our congregation, all our children, our pastor, our loved ones, and all those who mourn.

Betty Jackson (Dot's sister), Louise Woodcock (Linda's sister-in-law), Maci Cayea (5- year-old w/stage 4 neuroblastoma), Bill Bartlett, Malachi (toddler with leukemia), Ray Wendover (Linda's husband), Bob Clinch, Marva Blackmar, Laura Dennis, Marge Parlman (Shirley's sister), Ron Brandt (Ancramdale), 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, Carey (Amanda Zick), 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), Judy MacMorran (Barbara Gurbel's daughter), 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), 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 (Romania).

Share a Blessing!

Next Issue: September 2022

Submission deadline: August 25, 2022

Send submissions to:

dyanwapnick@optimum.net

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.

July 10 – Fifth Sunday after Pentecost

Montgomery, First

Monticello, First

Jean Kaiser, Office Manager, Presbytery

July 17 – Sixth Sunday after Pentecost

Mount Kisco

Mount Vernon, First

Validated Ministries

July 24 – Seventh Sunday after Pentecost

New City, Germonds

New City, New Hempstead

Candidates and Inquirers for Ministry

July 31– Eighth Sunday after Pentecost

New Hampton, Denton

PC(USA) Office of Public Witness

August 7 – Ninth Sunday after Pentecost

Newburgh, Calvary

College and Young Adult Sunday

August 14 – Tenth Sunday after Pentecost

Newburgh, Union

Presbyterian Women

Day of Prayer for the Peaceful Reunification of the

Korean Peninsula

August 21 – Eleventh Sunday after Pentecost

New Rochelle, KPCOW

New Rochelle

Public Education Sunday; Young Adult Volunteer

Commissioning Sunday

August 28 – Twelfth Sunday after Pentecost

New Windsor, Bethlehem

Youth in the Church and World