

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.

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

A Brief Meditation On Lent

By Rev. Andrew Demotses

All of us lead lives so filled with the demands of work and family that little time is left to us to cultivate the garden of our soul. In our preoccupation with the ceaseless business of life, our spirit, if not completely forgotten, is often sadly neglected. When we do find the time to look at ourselves honestly, we soon discover that the spirit of the world has gradually and imperceptibly eaten away at our good intentions; we have become shopworn by the cares and self-centered spirit of the world.

Fortunately for us, the church recognized from its earliest days that we would need regular periods of reflection and renewed effort if we were to free ourselves from the relentless grip of worldly cares, to once again imitate the example of Christ and reflect it in our lives. It did so by developing the season of Lent, a season which invites us to renew our concentration on prayer, fasting, and almsgiving which lie at the very heart of Christian living.

Through the discipline of quiet prayer, we acknowledge and affirm the sovereignty of almighty God in our lives. In doing so, we surrender the notion of living according to the principle of power; we accept that we are not the measure of all things. In the practice of fasting, we seek to overcome the power that material things have gained over us; we strive to be servants of the sacred and not merely masters of the material and profane. Finally, we are called to almsgiving, through which we share the fruits of our labor with those in need, and thus surrender our natural tendency to be self-seeking. Prayer which unites us to God, fasting which curbs our ceaseless desires, almsgiving which allows us to actively love our neighbor as ourselves --- these are the transforming gifts of Lent.

If they are to convey their wonderful grace, however, we must make them the tools by which we deepen and enrich our faith and relationship to Jesus Christ. That, truly, is what it means to be a Christian. The wisdom of the ages invites us once again to this marvelous opportunity to find God in our lives; let us take care that we not waste it.





Upcoming Events, Notices

* Events dates & times subject to change

There will be a brief Congregational Meeting at the conclusion of worship on Sunday March 8 to vote on the changes to the Bylaws, which were included in the Annual Meeting packet.

Next Session Mtg. – Monday March 9 at 7:30 pm. **Moderator: The Rev. Ryan Larkin.**

Deacon Mtg. – Tuesday March 10 at 10:30 a.m.

Women's Association Mtg. - Thursday March 12 at 1 pm.

Council of Churches Mtg. – Friday March 20 at 10:30 am at the Methodist Church. The Council of Churches meets at 10:30 am. on the 3rd Friday of the month at the Methodist Church. Please let someone on the session know if you are interested in becoming our liaison.

Next Communion Service – Sunday, April 5. **Please note that we are providing a gluten free alternative to the bread.**

Corned Beef Dinner -- Our Annual Corned Beef and Cabbage Dinner will be Saturday, March 14 with snow date Sunday, March 15. Each dinner includes corned beef with “secret sauce”, cabbage, red potatoes, glazed baby carrots, Irish soda bread, and dessert.

This dinner will be takeout only and pickup is between 4.30pm to 5.30pm.

Dinners are \$17 adults, \$5 children ages 6-12, and free under 5 years old. Tickets should be reserved by phone Carol Hart 518.398.7056 or email Carolhart131@aol.com. Sign-up sheets will be in the Fellowship Hall.

Those who bake desserts: please package each portion individually in waxed paper wrap or waxed paper bags. We are trying to avoid plastic wrappings to help decrease our carbon footprint and the proliferation of plastic in our landfills and oceans.

This is an important fundraiser for our church and the participation of our congregation with food donations, kitchen help, and purchasing dinners is imperative for a successful event. Your physical presence also is important to increase fellowship and camaraderie among us!

Please be generous with your time and donations!



Servants' Calendar

Liturgist Schedule for March-April 2020

March 1	March 8	March 15	March 22	March 29
Dyan Wapnick	Margo Jackson	Jim Petrie	Roberta Cerniglia	Dyan Wapnick
April 5	April 12	April 19	April 26	
Carol Hart	John Hart	Scott Chase	Doug Hart	

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

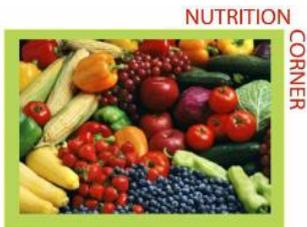
DEACONS: Roberta Cerniglia, Lynne Clinch, Dora Hage, Carol Hart, and Pam Meccariello.

Deacon Schedule:

- 1st Sunday: Pam Meccariello
- 2nd Sunday: Carol Hart
- 3rd Sunday: Lynne Clinch (Jim Jackson will cover March)
- 4th Sunday: Dora Hage
- 5th Sunday: Roberta Cerniglia

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 11 am - 12 pm Sunday Worship 3 pm - 5 pm Ordination of Ryan Larkin	2	3	4	5	6	7
8 Daylight Saving (Start) 11 am - 12 pm Sunday Worship and Congregational Meeting	9 7:30 pm - 8:30 pm Session Mtg.	10	11	12 1 pm - 2 pm Women's Assoc. Mtg.	13	14 4:30 pm - 5:30 pm Corned Beef Dinner
15 11 am - 12 pm Sunday Worship	16	17 St. Patrick's Day	18	19	20 10:30 am - 11:30 am Council of Churches Mtg. (Methodist Church)	21
22 11 am - 12 pm Sunday Worship	23	24	25	26	27	28
29 11 am - 12 pm Sunday Worship	30	31	1 April Fool's Day	2	3	4



Lynne Clinch

Lowdown on Fats

For years we have heard the term good fat and bad fat. We are still confused when the doctor uses the term LDL, HDL and triglyceride in a sentence. Can we eat eggs? Is red meat ok to eat? Must I always eat a plant-based diet? Why is EVOO good for you? And how the devil do you read those food labels. This is enough subject matter to fill the Nutrition Corner for the next year.

Very briefly, I'll try to give you the simplified version of a 4-credit college chemistry course.

Starting with definitions is the best place to start. Fats are one of the three macronutrients along with carbohydrates and proteins. The body uses fat as a fuel source and is the major storage form of energy in the body. It is 9 calories per gram and does constitute 20 to 35% of total calories daily. That's about 44 to 77 grams of fat per day if you eat a 2000 calorie diet. Of course, some fat is better for you than others but know that the body does need fat daily to maintain good health. Now don't become alarmed with the total grams mentioned above. Let me give you an example. One tsp. butter is 5 grams. Don't use butter well 1 tsp oil, any kind is the same. A normal 3 to 4-ounce portion of meat, fish or poultry is 15 to 20 grams. You can see how fast that adds up over the course of a day.

Now that we know what a fat is and how much we need daily let us look at good vs bad fats. Simply stated-- avoid foods high in saturated and trans fats. These are fats that are typically solid at room temperatures. Examples are fatty beef, lamb, poultry with skin, cream, solid shortenings like Crisco, butter, cheese and other products made from whole milk and bakery products. A small amount is ok to have but avoid an overindulgence. Replacing foods that are high in saturated fats with healthier options can lower blood cholesterol levels and improve lipid profiles. Ahhhh, that LDL vs HDL thing doctors talk about. Soooooo, what do I eat? More fruits and veggies, whole grains, low fat dairy products, more fish and chicken without the skin. Limit red meats and sugary foods.

So, the healthier fats are HDL fats and better for me. These are unsaturated and further broken down into monounsaturated and polyunsaturated fats. It's all in the chemical bonds! This can be confusing and I want simple-to-understand language. These fats can decrease your risk for heart disease. They are found mostly in plant-based foods and oils. The ever-popular omega-3 fatty acids are found here. That's why health care professionals push increased intake of fish, oils such as olive (EVOO) or corn, flaxseed and nuts.

Focus on replacing foods high in saturated fat with foods lower in unsaturated fats. Some tips worth trying may include:

- Read labels. By law if a food has less than 5 grams of saturated fat it can be listed as 0 so very important to look for the words "partially hydrogenated" in the ingredient list. If it's there stay away.

- Use oil instead of solid fats, i.e. olive oil vs Crisco.
- Use fish in your weekly intake and increase to twice a week if possible. Bake or broil it instead of frying.
- Choose lean meats and skinless poultry. Make smart choices when selecting pork. This meat is much leaner than it once was but avoid fatty cuts, those for example like the pork butt choosing the tenderloin instead.
- Processed snack foods are generally high in trans fats. Be sure to check the labels. Make informed decision. Better yet go for fruit or vegetables instead.
- And last but not least, don't get bogged down with details. Focus on good fat foods. Just remember all fats are calorie dense and your body does need it.

Hopefully, this information has not confused you but I'd like to give you a great recipe as a place to start.

Roasted Tomato Caprese Sheet Pan Pasta

Serves 8 so consider cutting in half, oven set at 375

On rimmed sheet pan combine:

2 containers cherry tomatoes cut in half

2 T. olive oil

2 tsp. ground pepper

1 tsp. salt

6 cloves garlic minced

Toss to coat and spread evenly on the pan. Bake 20 to 25 min until tomatoes are soft. Meanwhile, cook 1 (16 oz.) package whole grained fusilli pasta until al dente. Drain. In pasta cooking pot combine with the roasted tomatoes. Add grated mozzarella cheese (8oz.) and approx. $\frac{1}{2}$ cup fresh basil torn. Toss to combine and serve. This is basically a meatless Monday meal but as I've always suggested to make it your own. I'd add a protein. Use cubed up chicken in the initial roasting process. Or add salmon or another fish while roasting the tomatoes. Serve it whole with the pasta side dish. Nutritionally speaking, you've made a dish rich in whole grains, good fats and antioxidants. But that's another subject.

Until next time: happy cooking!

Please pray and let Pastor Ryan know if you might be hearing a call to **help lead worship** in a role perhaps more expansive than liturgist or music. There is a particular need approaching for worship service leaders who have had *one or multiple significant leadership roles and relationships with children (yours or others)*.

Service of Ordination and Installation of John Ryan Larkin, Sunday March 1





l-r: Rev. Ray Bagnuolo, Rev. Dr. Susan DeGeorge, Dr. Constance Knapp, Rev. Ryan Larkin, Margery Rossi, Rev. Martin McGeachy, Rev. Jean-Paul Marshall.

Our church presented Ryan with the ordination stole as a gift for his ordination and installation.



During the coming week, please remember the following people in your daily prayers: the family and friends of Barbara Remsburger, 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: Teresa Maleonski (Marva), Craig Shelley, Katherine Sweeney, Jen Thornton, Joe (Susan), Pastor Laurie's Mom, Melissa McKinney, Phyllis Shanks, Barbara Gurbel, Randy Burns (Dyan), Jim Fabrizio, Kyleigh Cummings, Peggy Hart, Bobette Costello (friend of Carol and John), Mort Jackson, Judy Parlman, Donald Cerniglia, Millie Sheldon, Pastor Laurie, 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, Daniel Hegarty III, Bridget and Aylee, Arlene Brower, Chun Ok Blackie (Jim and Margo Jackson's sister-in-law), Caitlin Edge (Deb), Elaine Hage, Joann Amelio, Debra Rose, Marge (Laurie), Marjorie Bright, Judy MacMorran (Barbara Gurbel's daughter), Debbie (Laurie), Brittany.

At Geer Nursing Home: Linda Bartolomeo

At Thompson House: George Dennis

At The Manor at Woodside: Helen Travis and Rod Davis

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

At The Eddy Memorial Geriatric Center (Rm. 23A, Burdett Ave., Troy, NY 12180): Muriel Swart

The Wesley Community: Helen Robinson

At Meadows (formerly named the Baptist Home): Mary Jo Glozier

In the military or Reserves: Joey Bayne, Pierre Mesnard, Spencer Johnson (Iraq), Jason Craddock, Patrick Brooks, Garrett Pendleton (South Korea), Keith Jackson (Saudi Arabia), 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).

And all those who have served in our military.



Food Pantry
Donations Needed

Pine Plains Food Locker:

The monthly drive item for March is laundry detergent.

Toiletries are always welcomed.

Please send \$ donations to the Pine Plains Food Locker

2852 Church Street Pine Plains, NY 12567

Share a Blessing!

Next issue:

April 2020

Submission deadline:

March 25, 2020

Send submissions to:

dyanwapnick@optimum.net