

# 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.
- 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](http://www.hudrivpres.org)

*Lockdown --- contributed by Connie Coons*

Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.  
But,  
They say that in Wuhan after so many years of noise  
You can hear the bird again.  
They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.  
They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.  
They say that a hotel in the West of Ireland  
is offering free meals and delivery to the housebound.  
Today a young woman I know  
is busy spreading fliers with her number  
through the neighborhood  
So that the elders may have someone to call on.  
Today Churches, Synagogues, Mosques and Temples  
are preparing to welcome  
and shelter the homeless, the sick, the weary  
All over the world people are slowing down and reflecting  
All over the world people are looking at their neighbours in  
a new way  
All over the world people are waking up to a new reality  
To how big we really are.  
To how little control we really have.  
To what really matters.  
To Love.  
So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul.  
Yes there is even death.  
But there can always be a rebirth of love.

Wake to the choices you make as to how to  
live now.  
Today, breathe.  
Listen, behind the factory noises of panic  
The birds are singing again  
The sky is clearing,  
Spring is coming  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.

by  
Fr. Richard Hendrick, OFM  
March 13, 2020

**Next Issue: June 2020**

**Submission Deadline:**  
May 25, 2020

**Send submissions to:**  
[dyanwapnick@optimum.net](mailto:dyanwapnick@optimum.net)

Pastor's Message	2	Worship	4	Scholarship, Mission	7
Upcoming Events & Calendars	3	Nutrition Corner	6	Prayers	8

## *Pastor's Message*

*Dear Church,*

As we evolve into the times that changed so rapidly and are now changing again, slowly, I am noticing a trend. Your deacons (those ones elected by you to take a special role in your care as group) are also aware. Many of us, as a world, nation, and heavily impacted region are developing some mental health consequences through this very odd time of life, being distanced from our normal rhythms of life, including the fullest forms of human interaction. This calls for reminders and a gentle push: when you think someone, your pastor included, is too busy, etc. for your phone call... challenge that, and ring them. When you feel a time of struggle set in, do not go it alone. Reach out for help. Some professional help is free or inexpensive, and differently so in this time. Many who do not have particular training in mental health can help navigate the way to the help you need, your pastor included. We are not a church with any stigma, any value difference in the health needs: physical, mental, and Spiritual. We are a church that believes in God's dream of a whole health. Please ask for help when you need. Please ask a deeper question when you are the caregiver, so that deeper ask might reveal a deeper need amongst your people.

Here are some more thoughts I borrowed:

- Fear/anxiety is a normal response to real and potential threats. It's okay to be afraid/anxious. However, fear and anxiety are to be brief emotional states. Caregivers do well to honor these emotions and invite folks into ways to lessen the life-impacts.
- Limit your exposure to news, and especially commentary, on the pandemic. Be informed, not an expert.
- If you run into a mental wall, step back, turn off things (as it is possible) that are stimulating the stress, reach out to others.
- Access your spiritual practices (Pastor Ryan has ideas if you have trouble thinking of what these can be beyond Sunday worship)

You have your order of worship to follow at home this week (May 10<sup>th</sup> – see below). Will you consider coming back around so we are not two weeks apart for a ZOOM (by telephone or internet video) **REMOTE POTLUCK May 13th at 6pm** (or whenever you can get to it, we'll end whenever the conversation does, come and go as you will)? You have your food with you in your safe space and we'll just have a dinner conversation together via Zoom. Set your phone or computer up on the dinner table! Then, **May 17th we'll come back to ZOOM for worship and always keep it Sundays at 11am.**

Really, try one more time if you have not been with us yet. Worshipping God really is a blessing, a gift, and a peace in any time and especially these times.

It is just a simple phone call if that is the simplicity you wish: *Dial on your telephone (646) 558-8656; then hearing a voice ask you dial further: 9552836871# #*

*This address serves you for the OPTION of VIDEO: <https://us04web.zoom.us/j/955283687>*

I am praying with and for you. Pray with and for me, please.

In peace,  
Pastor Ryan

# Upcoming Events and Calendar

\* Events dates & times subject to change

**All worship, events, and meetings other than through announced remote means, are cancelled at this time.**

**We meet and worship together *remotely* using Zoom:**

**Dial on your telephone (646) 558-8656; then hearing a voice ask you dial further: 9552836871# #**

**This address serves you for the *OPTION* of VIDEO: <https://us04web.zoom.us/j/955283687>**

## Schedule of Services

May 10th - **Worship done in your home**; ZOOM not needed (order of worship included in this newsletter)

May 13th - 6pm (or whenever you can make it/as long as you want to stay) **ZOOM Remote Potluck** (you provide your meal, call or come by internet video, we'll have a dinner conversation).

May 17th - 11am - **ZOOM worship**

May 18th - 7pm - Monday Daily Prayer **ZOOM Worship** (opens a Session meeting - all are welcome to worship!)

May 24th - 11am - **ZOOM worship**

May 31st - 11am - **ZOOM worship with Communion - Day of Pentecost!**

(those worshipping remotely from home consider preparing something as the bread and to fill their cup for the meal)

June 7th - 11am - **ZOOM worship with Communion - Trinity Sunday!**

(those worshipping remotely from home consider preparing something as the bread and to fill their cup for the meal)

**Please Note: The Chicken BBQ scheduled for Memorial Day has been postponed. Date to be determined.**

**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.

*Thank you for your service!*

**Our next Session meeting will be on Monday May 18 at 7:00 pm. There will be a Daily Prayer worship service prior to the meeting – all are welcome.**

May 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 11 am - 12 pm Sunday Worship	27	28	29	30	May 1	2
3 11 am - 12 pm Sunday Worship	4	5	6	7	8	9
10 Mother's Day 11 am - 12 pm Sunday Worship - Individual Worship	11	12 10 am - 11 am Deacon's Meeting	13	14	15	16 Armed Forces Day
17 11 am - 12 pm Sunday Worship	18 7 pm - 9 pm Session Zoom Mtg.	19	20	21 Ascension Day	22	23
24 11 am - 12 pm Sunday Worship	25 Memorial Day	26	27	28	29	30
31 Pentecost 11 am - 12 pm Sunday Worship	1 Whit Monday	2	3	4	5	6

**Worship of God for May 10th, 2020** *(and adaptable to any day of the year)*  
**The Fifth Sunday of Easter**

*Dear Family of God – this are trying days in God’s beloved world. As Christ’s church, sustained by the Holy Spirit, we have gifts and a call by which to care for one another and for our neighbors. Worship in which we encounter our living God and know ourselves connected to the body continues. We will expand our worship into our homes, knowing that as we read the same Scripture and share in the same prayers, we are held together.*

*If you are worshipping today simply with this print order, be encouraged to prepare for a time of devotion with God that remains a good offering to God on Sunday, the Day of the Resurrection. Light a candle, or three. If you are gathering for worship with others in your home, find a shared place to spend some time, and take turns reading the Scriptures and prayers aloud. If you have children in the home, it might be special for them to stay in their jammies. See what works best for you.*

*Have your own snacks/foods and good drink for a home coffee hour if that is good. If it is just you, enjoy this intimate time with God, perhaps write in a journal that which you might share with others in a worship space. You can also call a friend or family member and on speakerphone share in the worship order together. Establish some new home worship routines that will perhaps become precious to you during a daily form of prayer. Know that as you listen, pray, reflect, remember others, you do so in concert with our congregational family and God is there with you. Hold onto this order of worship, so you might use it, with a changing of Scripture reading and new questions you reflect on, any time you wish to worship.*

*It is intended that this worship happens without any need to come into our regular ZOOM telephone call or video online on May 10th, yet for at least a few minutes from 11am, Pastor Ryan will be there if you call or log-in in case anyone forgets or needs a worship partner. Then come back to ZOOM May 17th at 11am and ZOOM every Sunday at 11am until the end of time or the end of the internet!*

**GATHERING** (this begins the worship service for May 10th, in your home)

**Lighting of the Candle** As you light a candle (or turn on your reading lamp), say: *“The light shines in the darkness, and the darkness did not overcome it.”*

**Prayer: Gracious God, our way in the wilderness, guide us by your Word, and minister to us with your Holy Spirit, so that we may be reformed, restored, renewed through Jesus Christ our Lord. Amen.**

**GOD’S WORD**

Gospel Lesson: John 14:1-7

**Reflection** *For discussion with others, or personal reflection (maybe journal, or on a walk/hike):*

- In what ways are you uncomfortable, restless these days? Is it specific to a time of worldwide pandemic, or are these things more lasting?
- What do you imagine this place that Jesus promises to be preparing for us to be? Do you have a vision for what it may be?
- If you believe that anything you ask, Jesus will do as Jesus promises, what do you ask now of Jesus (it can be more than one ask)?

**RESPONSE TO GOD’S WORD**

**Hymn: Amazing Grace** *You can sing this aloud, or reflect on these cherished words, underling the lines that are most meaningful to you today.*

Amazing grace how sweet the sound, that saved a wretch like me.  
 I once was lost but now am found, was blind but now I see.

**Offering Ourselves to God**

You can still send your tithes in to the church by check in the mail: P.O. Box 313 Pine Plains, NY 12567. There are many additional ways to offer ourselves to God. Take a moment now or after worship to phone a person or several who need to hear encouragement that God knows and loves them. Make a quick list of what you intend to do, calls, monetary gifts, and beyond as service to God between now and the next Sunday worship.

**Prayers** *If you are worshipping with others, you may take turns reading lines. If you are worshipping personally, pause after each line and remember particular related needs in your family, town, and in the news today. Please remember to contact Pastor Ryan ([PastorRyanFirstUnited@gmail.com](mailto:PastorRyanFirstUnited@gmail.com) or 518-398-7117 if you have needs to share)*

Jesus, remember us when you come into your kingdom. Your kingdom come, your will be done. For your church around the world this day, we ask new life.

For all who are carrying out ministries in your church, we ask wisdom and strength.

For Christians in every land, we ask new unity in your name during this time of need.

For Jews, Muslims, peoples of all faiths, we ask blessing as we care for your world together.

For those struggling with despair, doubt or worry, we ask your faithful love.

For the leaders of our country and our world, we ask your guidance.

For people who suffer and sorrow and are ill, we ask your healing peace.

For those we know who need your special care, we name them now and ask your abundant mercy: *Name aloud or in your heart those in need, and your needs.*

As we pour out our hearts in prayer, O God, lead us to pour out our lives in service to you – ever trusting in your guidance, ever following your way, all in the name of Jesus Christ.

*Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, in earth as it is in heaven. Give us this day our daily bread, and forgive us our debts as we forgive our debtors. Lead us not into temptation, but deliver us from evil. For thine is the kingdom, the glory, and the power forever. Amen.*

**Charge and Blessing** (ends the worship service for May 10th)

Place your trust in the God who sees your need and showers compassion upon you. See others through the compassionate eyes of Christ, and demonstrate God's love to them. May the steadfast love of God, the abundant grace of Jesus Christ, and the abiding presence of the Holy Spirit be with you this day and always. Amen.

**Order of Worship for ZOOM services of Sundays May 17 - June 7, all start at 11am**

**Call to Worship**

**Gathering Prayer**

**Music**

**Call to Confession**

**Silent Confession**

**Assurance of God's Grace**

**Passing of the Peace (by remote means)**

**Prayer for Illumination**

**Scripture**

May 17<sup>th</sup> -- Acts 17:22-30; John 14:15-21

24<sup>th</sup> -- Acts 1:5-14; Psalm 68:3-10, 32-35; 1 Peter 5: 6-8a, 10-11; John 17: 1-11

31<sup>st</sup> (PENTECOST) -- 1 Samuel 2:8 (Scripture for meditation);

Psalm 104:24-34, 35b (Gathering Prayer);

1 Corinthians 12:3b-13; Acts 2: 1-21;

Luke 1:46-55 (Prayer after Communion);

Romans 12:9-16b (Charge);

June 7<sup>th</sup> (TRINITY SUNDAY) -- Genesis 1:1-2:4a; Psalm 8: 3-9; Matthew 28:16-20; 2 Corinthians 13: 11-13

**Sermon**

**Music**

**Prayers of the People**

**An Offering**

**Prayer of Dedication**

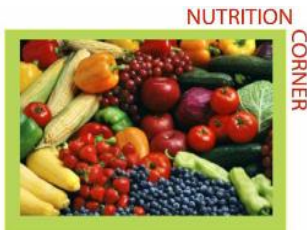
May 31 & June 7

**Celebration of Holy Communion**

**The Lord's Prayer**

**Charge and the Blessing**

*Coffee Hour - time of sharing*



*Lynne Clinch*

## **Gluten Free 101**

As a result of the “What are you doing during this quarantine” email letter Carol sent out several weeks ago I was asked to print a few gluten free recipes. I’m more than happy to do that but first feel I must tell you something about gluten. To the person who can not tolerate gluten, it is a very serious problem.

Just what is gluten? Without getting too technical and wordy, gluten is a substance present in cereal grains, especially wheat, that is responsible for the elastic texture of dough. It’s a group of proteins called prolamins and glutelins which occur with starch in the endosperm of various cereal grains. It’s also found in rye, barley, triticale (a cross between wheat and rye) semolina, farro and graham or any combination of these grains. While other grains such as corn, rice and quinoa contain gluten they don’t seem to cause the same problems. The easiest way to avoid gluten is to eat unprocessed, single ingredient foods. Otherwise you must read the food labels. Caution with the use of oats.

Most people tolerate gluten well. But for those who don’t severe gastric problems can develop. Included is celiac disease. It’s an autoimmune disorder and causes the immune system to attack the gut. This in turn can cause anemia, bloating, diarrhea or constipation, tiredness, skin rashes, and other unpleasant things. Many people can have an intolerance to gluten but not celiac disease. IBS (Irritable bowel syndrome) comes to mind as does a wheat allergy. These all can be treated and controlled by diet. \*Information/research obtained from ADA , Mayo clinic and AMA materials.

Now to the recipes... Who doesn’t like cookies? I found this recipe that is not only gluten free but dairy free and vegan too!

### **Gluten free chocolate chip cookies**

350 degree oven for 10 min. Makes 2 dozen

2 1/2 c almond flour  
 1/2 tsp. each of baking powder and salt  
 Wisk above together in large bowl and set aside.  
 1/2 c grapeseed oil or substitute 1/2 c applesauce  
 1/2 c agave nectar  
 1 T. vanilla

Wisk liquid ingredients together. Add to dry ingredients and combine. Stir in 1/2 c chocolate chips. Read label for hidden gluten. Combine and roll into 1/2 inch balls. Place on baking sheet. These can be frozen in airtight container at this stage. So you may bake a dozen and save a dozen for later. \*Reviews of this recipe found applesauce to be better than the grapeseed oil and less expensive.

Now let me suggest a sheet pan dinner. Although I haven’t tried this it’s on my list of things to do. Try substituting any fresh veggie of choice. Bet carrots would be good.

### **Honey mustard chicken**

(with potatoes and green beans)

Start by making the mustard sauce

1/2 c honey  
 1/2 c mustard of choice  
 1 tsp each dried basil  
 1/2 tsp. dried parsley and paprika

Wisk together. Will keep in refrigerator in airtight container 7 to 10 days. Try on shrimp or pork too. Don’t limit yourself to chicken only. Using boneless chicken breast use enough of marinade to cover and let sit. Use the number of pieces of chicken you need. No rules here. Next step...

Wash and cut up red potatoes into 1 inch pieces. Season with salt and pepper and place on one side of small sheet pan. On other side put washed and seasoned green beans. Spread out along the side of pan as you did the potatoes. Again prepare what you need. Now place the marinated chicken down the center adding some extra sauce if desired. Into a 350 degree oven for about 45 minutes. Enjoy... \*Brown or Dijon mustard is suggested, not yellow. Also consider making your own mustard using seeds. Many recipes out there so check the internet. Also take care not to burn the green beans so check at 30 min. mark. If done remove from oven and keep warm.

I know this continues to be a difficult time with the stay at home order. But we all understand it's necessary. Hopefully, you've found the kitchen and are becoming creative chefs. Got something new to share then pass it along. Always looking for new recipes. Maybe, just for laughs, I'll write about bloopers in the kitchen next time. Got any of those? I know I do. Let's get a laugh or two. Send them along. Until next time happy cooking....

## *Annual Scholarship from the Council of Churches*

The Pine Plains Council of Churches will award annually a scholarship (\$500, not renewable) to a graduating high school student who is actively affiliated with one or more of the following member church organizations: Church of the Regeneration; Pine Plains United Methodist Church; First Presbyterian Church of Pine Plains; or St. Anthony's Roman Catholic Church. A student graduating from a high school (Including a private school or a home school, inside or outside of the Pine Plains Central School district) is eligible. Scholarship applications is available from Pastor Ryan (also in the Guidance Office of Stissing Mountain High School if it opens). An applicant will submit the official application with a letter of recommendation from a church member (so many would surely be glad to be asked, may not be a person legally-designated as family) to Pastor Ryan ([PastorRyanFirstUnited@gmail.com](mailto:PastorRyanFirstUnited@gmail.com)) by mid-May of the year they are eligible."

## *Report of the Mission Committee*

Hi all (from Ruling Elder Sam Chase) ---

Hoping all you and your families are safe! I very much look forward to the time when we can gather in person again. On behalf of the Mission Committee (members currently are Jim Petrie, Pastor Ryan, and me), I wanted to reach out to help address some of the immediate needs we are working on in the Pine Plains Community and ask for some help, if you are able and willing.

### **Willow Roots:**

As many of you know, Willow Roots is helping address food needs in our town. Our amazing church family member Kathy Bartles is already a great supporter of theirs. They have a few different needs that I think we could help with. They are serving between 90-110 people every weekend.

1. **Casseroles, chilis, and soups:** when I spoke to Lisa, they also have a lot of need for pre-made meals for those on their lists who aren't able to cook. Feel like making an extra lasagna? Cut it into individual portions and drop it off at Willow Roots! Doubling a batch of chili? They would love it! Please reach out to me if you'd like more information about this.
2. **Food donations:** as an ongoing need, Willow Roots would love any of the following pantry needs: butter, vegetable oil, juice (bottles and/or juice boxes), tuna fish, canned chili, jarred pasta and/or Alfredo type sauces, vacuum-packed turkey or beef chopped meat, granola bars, tea bags, small cans of coffee, bags of sugar, peanut butter, jelly (strawberry preferred), boxed cereal, oatmeal packages, pancake batter & syrup, macaroni and cheese boxes, boxed pasta, ravioli cans, applesauce jars, canned fruit (peaches, pear, or pineapple), side dishes like rice-a-roni, (macaroni sides).
3. **Baked goods:** And a request for baked goods for their distribution on May 9. Since people now have to wait in their cars to pick up their weekly food items, Willow Roots is handing out baked goods as they wait. If anyone is like me, you are baking a lot more during this stay-at-home period. Interested in putting some of that practice towards a good cause? If so, please let me know and I can send some more information.

**Feedback from Willow Roots:** Thank you so much. We are also getting things like side dishes of pasta like the Rice-A-Roni dishes I'm not sure if I mentioned that. Also trying to get some vegetables and fruits if they're on sale I pick that up. Thank you for your prayers -- much love to you always.

\*For any food preparation, please see the following information about preparing food safely for large groups. This is especially crucial during the pandemic: <https://www.cdc.gov/foodsafety/serving-food-safely.html>

\*\*If you are a chef but not a delivery driver, please don't let that slow you down. We have lots more people who can safely retrieve your food offerings and get them to Willow Roots. Please ask if this is a help!

### ***Face Masks***

You may have already seen, the amazing Jan Brooks has sewn quite a few face masks for free distribution which are available on the back porch of our church. However, people do seem to be snatching them up (which is great). Has anyone gotten good at making these masks and has more to add to the basket? Please let me know!



Food Pantry  
Donations Needed

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

**The monthly drive item for May is canned vegetable or fruit.  
Toiletries are always welcomed.  
Please send \$ donations to the Pine Plains Food Locker  
2852 Church Street Pine Plains, NY 12567**



During the coming month, please remember the following people in your daily prayers: the family and friends of Stacey Wilson (mother of Sam Chase's friend), the family and friends of Dale Thorton, the family and friends of Stanley Kilmer (Dot Whitaker's cousin) who died of COVID-19, the family and friends of those essential workers who have died while serving during COVID lockdown, our congregation, all our children, our loved ones, and all of those who have lost loved ones in the past year, and our pastor.

**At home:** Travis Perry and family (Pastor Ryan's former football coach), Dot Whitaker, Brian & Jessica Weglinski & family, Paul & Sarah & Rhonda Murphy, Laurena Mesnard, Teresa Maleonski (Marva), Craig Shelley, Katherine Sweeney, Dale Thorton, Jen Thorton, 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), 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, 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 Northern Dutchess Hospital: Mort Jackson

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

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.***