

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

Where were you on Sept. 11, 2001? It's hard to believe twenty years have passed. It's one of those tragic dates that you always remember where you were when you first heard the news, like when President Kennedy was assassinated or when the space shuttle Challenger exploded. But even more, this is one of those dates or events that signify a turning point, a demarcation line between a before and after, like Pearl Harbor, or the current pandemic. I look at pictures taken before January 2020 and think about how our lives have completely changed in the almost 2 years since we first heard of Covid. Can it really be going on *two years*?

On Sept. 9, 2001, my family and I were traveling to Queens for the unveiling of my mother-in-law's gravestone. It was a gorgeous early fall day, and as we drove across the Whitestone Bridge, I glanced towards Manhattan and took particular notice of the World Trade Center as the Twin Towers glistened in the morning sun, an image that will stay with me forever. Two days later, on another perfect day, I reported to work as usual at IBM Poughkeepsie. The IBM campus is right on the Hudson River, and as I got out of my car I happened to notice a jumbo jet fly overhead that seemed lower than usual, but as we were on the flight path to Stewart Airport I did not give it too much thought at the time.

Shortly after settling into my office, we heard that a plane had hit the World Trade Center. We followed the live tv coverage, feeling at turns both shock and horror by what we were seeing. My father-in-law was scheduled to fly back to Florida that morning; his flight was cancelled, as were all flights after the attacks. Although management told us we could go home, my work day was just beginning: the loss of the telecommunications antennae on the North Tower caused the failure of a production line that I supported, and I spent most of that day and night at my computer "putting out fires", leaving me little time to process what had happened.

During my June vacation, I visited the site of the crash of Flight 93 on Sept. 11 in a farmer's field near Shanksville, Pa., now a national memorial. When I got there, it was early evening, and the grounds were deserted save for a lone park ranger. It had been raining, and the skies were dark and grey, and as I strolled along a quarter mile-long walkway with the crash site and debris field (the final resting place of the 40 passengers and crew) on the other side of a low wall on my left, I

was suddenly overcome. My legs became weak, and I found I could no longer continue and had to go back to my car. As I sat there, I prayed for the brave men and women on that flight who undoubtedly saved hundreds if not thousands of lives in our nation's capital, the intended target of the hijackers.

Paul Tegtmeier was a life-long member of St. James' Church in Hyde Park where I now work. Eighteen months before 9/11 Paul had finally realized his dream of becoming a New York City firefighter, just making the age cutoff of 40. But on 9/11 he became one of the 343 firefighters who died in the terrorist attack on New York, leaving his family and friends and an entire community grieving.

As we prepare to observe 9/11 and remember the innocent victims and the heroes who knowingly risked their lives and made the ultimate sacrifice on that day, I share this excerpt of "Hallowed Ground" by Scottish poet Thomas Campbell (1777-1844):

*What hollows ground where heroes sleep?
'T is not the sculptured piles you heap!
In dens that heavens far distant weep
Their turf may bloom;
Or Genii twine beneath the deep
Their coral tomb.*

*But strew his ashes to the wind
Whose sword or voice has served mankind—
And is he dead whose glorious mind
Lifts thine on high?—
To live in hearts we leave behind
Is not to die.*

...
*What's hallowed ground? 'Tis what gives birth
To sacred thoughts in souls of worth!—
Peace! Independence! Truth! go forth
Earth's compass round,
And your high priesthood shall make earth
All hallowed ground.*

Dyan Wapnick

Pastor's Letter
Worship

2
3

Session, Stewardship, Mission
Events, Calendar

4-5
6

Nutrition Corner
Prayers

7
8

Pastor's letter

Dear Church,

I try to avoid the business of “crying wolf,” even when it is in the direction of optimism and enthusiasm. There is so much to be joyful about in our good worship services and the work of our church! Our greatest gift is the people who God has called to be gathered as First United Presbyterian! You are fabulous humans! We miss those of you who have not been able to gather with us and pray that whatever would keep you away soon passes so that most Sundays, most of us are together in one place. We understand indoor, virus concerns and are doing all we know how to make the space safe to bring as quickly as possible everyone's feeling of comfort in being gathered.

To add to the good, it is time for me to share with you an idea that is such a great fit for this church. I did not create it; the concepts are a gift from other church leaders. We need many of you to join a **Season Team**.

What is a Season Team?

A group of people, always including Pastor Ryan, that looks holistically at what the church will do in *each season* of the year. The work of the team is unlimited: worship planning and leading; mission work; learning opportunities; fellowship/community events; communications. The hope is many-fold:

- More saints will be equipped with the knowledge to do the work of the church. This is a mark of a healthiest church.
- Seasons will have excitement, difference, and energy that is harder to do through long-term roles with bigger picture duties (i.e. same pastor for many years, Session members often in six-year terms)
- Folks who cannot take longer-term roles will find ways to serve for a season

What teams are forming?

1: **Advent/Christmas [Epiphany]** (work begins Oct 10, 2021 - last Sunday Jan 9, 2022)

2: **Green Time** (Part 1: work begins Dec 5, 2021 - last Sunday Feb 29, 2022)

In two parts: After Epiphany until Lent begins AND Pentecost until Advent begins

3: **Lent/Easter** (work begins Jan 16 - last Sunday May 29)

Who shall participate?

Anyone whom God calls, everyone is eligible including Session members and Deacons. The best design is to have no one serve on more than one Season Team at a time and to fill each Season before adding additional members to an established team.

How often are meetings/events?

Planning meetings are up to the group, at least one per season. Events of season will vary and are best attended by most or all of the season team.

How do I become a part of a Season team?

Just tell Pastor Ryan you are interested:
PastorRyanFirstUnited@gmail.com; 518-398-7117

Note: Session, Pastor retain all their normal roles. Season teams are a support.

I do hope you will serve with me. I have every reason to believe we are going to have lots of fun and do good work as Season Teams.

In peace,

Pastor Ryan

Worship

Sunday Worship 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](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.

Homecoming Sundays - Sept. 12 -- Oct. 3rd

- **Sept. 12 - HOMECOMING: Worship with a Blessing of the Backpacks** (prayers for the school year)
- **Sept. 19 - HOMECOMING: *Communion during worship**
- **Sept. 26 - HOMECOMING WORSHIP : Annual Meeting of Congregation 2021** (delayed by COVID from January norm) follows the worship service
- **Oct. 3 - HOMECOMING WORSHIP: *World Communion Sunday** (everyone is invited to bring fabrics/crafts/art from places being the U.S. to help set the space for worship)

*Denotes a worship with Communion: All are welcome to bring your own bread and something to drink if that feels safest. Elements safely prepared will be available for all.

Please note that Pastor Ryan will be on vacation starting Monday Aug. 30, returning Saturday Sept. 11. Pastor Jan Brooks will be our pulpit supply on Sunday Sept. 5.



Future team members Lizzie, Seward, and Sarah at one of our recent outdoor worship services.

Our Leaders

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

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

Next session mtg. is Monday Sept. 13 at 7 pm.

Session update (includes activities of July and August)

- Scott Chase led worship that was offered to all via Facebook (Facebook.com/groups/firstunitedpineplains)
- Called Annual Meeting (delayed by COVID from January norm) for Sept. 26, 2021 following worship
- Selected a Nominating Committee to propose to congregations at Aug. 1st meeting Session approved (meeting was held, Nominating Committee elected: Shirley MacPherson, Doug Hart, Debbie Jackson, Linda Wendover, Carol Hart, Pam Maccariello; Linda has since asked to be relieved of this role)
- Collaborated on plan for pastor's absence July 25th (thanks from Pastor Ryan to that day's worship leadership, also to leadership of August 15, and special music leaders August 1 and 29)
- Voted to co-host Wreaths Across American fundraising dinner Sept. 25th and approve dates for Women's Association Sale Oct. 1-2
- Special Meeting: Discussed options for building use in regard to COVID surge; no changes were made.

The Nominating Committee. (Shirley MacPherson, Doug Hart, Debbie Jackson, Carol Hart, Pam Maccariello) are working to nominate a number of folks to the roles of Ruling Elder (Session) and Deacon. If you know a name of someone you hear God calling to lead, including a self-nomination which would be more than welcome, please share it. You may do so to any committee member, Pastor Ryan, or by sending a message to FirstUnitedPinePlains@gmail.com. Meeting to finalize a list of nominees is soon approaching, so please share as soon as you are able.

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!

Mission

Council of Churches: Please pray on the possibility of **representing our church** on this council (along with Pastor Ryan), including the additional possibility of serving as secretary for the Council. The next meeting is on Sept. 17 at 10:30 at St. Anthony's.

Food 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 September are shampoo and conditioner. 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.

New York Project Hope

NY Project Hope is New York State's COVID-19 Crisis Counseling Program.

This program offers crisis counseling services to assist individuals and communities in understanding, coping with, and recovering from the effects of COVID-19. We provide members of the community with a safe place to process their emotions and the impacts of this past year. We are also able to assist with the following:

- Individual crisis counseling
- Brief educational or supportive contact
- Group crisis counseling
 - Support and educational groups
 - Self-help groups
- Assessment, referral, and resource linkage
- Community support and networking
- Public education

Stressed about COVID-19?

Talk it out with a Dutchess County
NY Project Hope Counselor

Access: Supports for Living: 1-888-750-2266

Mon-Fri 9am to 9pm/Sat-Sun 10am to 6pm

CONFIDENTIAL, ANONYMOUS & FREE

NY Project Hope
Coping with COVID

ACCESS:
SUPPORTS FOR LIVING

Rewarding lives. Healthy communities.

Events

Chicken BBQ - The Ancramdale Presbyterian Church -- Saturday September 18th. Take out only. \$16 donation for each meal. 1/2 a chicken, potato salad, coleslaw, baked beans, roll and brownie. Pickup 4:30 to 6 at the church hall. If you would like tickets please call Gail at 518-789-4560 or Monica at 518-329-6872. Reservation are required.

Wreaths Across America Roast Beef Dinner – First United Presbyterian Church of Pine Plains -- Saturday Sept. 25. Take-out only. Pickup will be at the church from 4:30 – 5:30 pm. Roast Beef, Mashed Potatoes, Gravy, Vegetable, Roll and Dessert. Tickets are \$17 and can be reserved by calling Carol at 518-398-7056.

Sponsored by Wreaths Across America Location Coordinators
 Co-sponsored by the American Legion &
 First United Presbyterian Church of Pine Plains

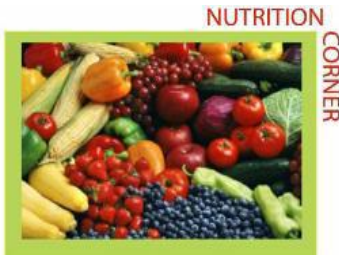


Proceeds from the dinner will be used to purchase wreaths for Veterans at **Evergreen Cemetery** on National Wreaths Across America Day **December 18th at 12:00 p.m.**

The Women’s Association Fall Sale (rummage and Christmas bazaar all in one) is planned for October 1st & 2nd from 10:00 to 2:00 both days. If anyone is interested in donating items please leave them in the Sunday school room as the kitchen will be in use the week before.

Calendar

September 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 11 am - 12 pm Sunday Worship (Church)	30 Pastor Vacation	31 Pastor Vacation	September 1 Pastor Vacation	2 Pastor Vacation	3 Pastor Vacation	4 Pastor Vacation
5 Pastor Vacation 11 am - 12 pm Sunday Worship (Church)	6 Labor Day Pastor Vacation	7 Pastor Vacation	8 Pastor Vacation	9 Pastor Vacation	10 Pastor Vacation	11 Pastor Vacation
12 11 am - 12 pm Sunday Worship - Homecoming - Blessing of the Backpacks (Church)	13 7 pm - 9 pm Session Meeting (Fellowship Hall)	14	15	16	17 10:30 am - 11:30 am Council of Churches (St. Anthony's)	18
19 11 am - 12 pm Sunday Worship with Communion - Homecoming (Church)	20	21	22	23	24	25 4:30 pm - 5:30 pm Wreaths Across America Fundraising Roast Beef Dinner - Take-out Only
26 11 am - 12 pm Sunday Worship - Homecoming (Church) 12 pm - 1 pm Annual Meeting	27	28	29	30	1 10 am - 2 pm Women's Assoc. Sale	2 10 am - 2 pm Women's Assoc. Sale



By Lynne Clinch

Fruits aren't for just fruit salad

Here we are at the end of summer already! Boy, those months flew by fast. September to me always means the countdown to Florida starts. Three months and counting.... But reality sets in and I realize that's a lot of time so now I usually focus on end of summer meals and fresh produce available to make those terrific meals.

One thing over the years I've never talked much about is using fruit in various recipes other than grilling and the usual fruit salad. Well, a little digging and I found some interesting recipes.

First though, the nutritional benefit has to be discussed. Most fruits are naturally low in fat, sodium and calories. It is also a source of many essential nutrients such as potassium, Vitamins A and C, folate and dietary fiber. The RDA is 2 to 4 servings of fruit per day. "Eating fresh fruit daily not only provides nutrients vital for good health and maintenance of your body. Research suggests fruit may help reduce the risk of Diabetes, Obesity, Stroke, Heart Disease and Cancer." The main source of calories in fruit comes from carbohydrate which varies per fruit. Normal serving size is medium fresh, ½ cup canned and ¼ cup dried. Fruits are however, naturally low in fat and protein. BUT, when made into desserts that can all change. So beware and select carefully... Above reference information obtained from current ADA and USDA literature.

I think we all have our favorite or family recipe for apple pie. So, I'm not going there other than to say --- try a different variety of apple. There are so many out there that something new might just make that recipe better. I had a friend who always added 2 delicious apples to either Jonathan or McIntosh when she made pies. I have always preferred Honeycrisp or Northern Spy myself. Try putting a crumb topping on instead of top crust. That is easily made using pantry items. Combine ¾ c. flour, ½ c. rolled oats, ½ c. brown sugar, ¼ tsp. cinnamon, a pinch of salt and 6 T. melted butter in food processor and pulse to mix. Can make in bowl using a wooden spoon and muscles too... Remember apple pie is an avenue for a scoop of ice cream, whipped cream or caramel sauce. Just remember all this adds calories.

Don't forget about pears. A great fruit to cook with too. They are yummy in crostatas (free-form tarts), added into salads along with almonds or walnuts or made into a crisp with mixed berries of choice. Pears can be interchanged for peaches in most recipes. One of my favorite crisp recipes uses peaches and blueberries. I bet it would be delicious using and/or adding pears too.

I found a recipe when I was researching this article that I want to share. It's an appetizer but a healthy cheese ball you might want to tuck into your holiday pile. 63 calories per 2 T. with acceptable cholesterol, fat and sodium levels served with assorted crudités and crisp party crackers. Can be made ahead and finished last minute.

Pear-Pecan Cheese Ball

24 servings

8 oz. reduced fat cream cheese, softened
 1 ¼ c. shredded extra sharp cheddar cheese
 1 medium firm ripe pear finely chopped (peel or not your choice)
 1 scallion, white and green separated and both chopped finely
 ½ tsp. salt
 ¼ tsp. pepper
 ½ c. finely chopped toasted pecans

Mix all together EXCEPT green scallion tops and pecans. Once combined, spray a large piece of plastic wrap with cooking spray. Form cheese mixture into a ball on this wrap using the wrap as needed. Wrap tightly and refrigerate up to 2 days. Before serving mix the pecans and scallion greens together and roll the cheese ball in the mixture pressing as needed. Place on serving dish with crackers and/or crudités.

Strawberry Oatmeal Bars

8 x 8 baking pan, 375 degree oven, 16 servings

1 c. old fashioned rolled oats 2 c. small diced strawberries
 ¾ c. flour 1 tsp. cornstarch
 1/3 c. brown sugar 1 T. lemon juice
 ¼ tsp. ground ginger 1 T. sugar
 ¼ tsp. salt
 6 T. melted unsalted butter

Line the 8 x 8 square baking pan with parchment paper so 2 sides overhang like handles. In medium bowl combine the first 6 ingredients. Set aside ½ cup of this crumble. Press the rest into the baking pan. In a small bowl put half the strawberries, cornstarch, lemon juice and ½ T. of sugar. Mix and sprinkle over the crumble crust. Scatter the remaining strawberries on and sprinkle with remaining ½ T. sugar. Sprinkle with remaining reserved crumbs. The fruit will show through. Bake bars for 35 to 40 minutes. Cool on wire rack. You can glaze if desired using ½ c. powdered sugar, ½ tsp. vanilla and 1 T. milk mixed well. Using handles in pan lift bars from pan and drizzle. Cut into 16 pieces and enjoy. Now this recipe can be made with any fruit or combination of fruit as long as it is 2 cups total. Experiment and enjoy the rewards.

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

The family and friends of Rick Jackson, Judy Parliman, Robert Couse, Sr., Don Spohr, Ursula Foster, Helen Travis, Jeannette Bartles (Don and Kathy's mother), Margaret Faulkner, Deb Phillips (Linda's cousin), Danny Larkin, Patti Ladoceour, Kay Koch, Clifford Goldsmith, Lee Hauser, Elder Ben Sung who passed away from COVID, Charlie Place, essential workers who have died while serving during COVID lockdown, and our congregation. Pray too, for our congregation, all our children, our loved ones, and all of those who have lost loved ones in the past year, and our pastor.

Roberta Cerniglia, Steven Hay (Linda's son-in-law), Trang (Linda's friend), John and Piper (Laura's daughter), Lynne Clinch, Ellen White, Shirley MacPherson, Millie Hinsch (Dora's mother), Ola Yannetta (Linda Wendover's aunt), Mark (Cindy Glozier's brother), Liane McGhee (Jim and Margo Jackson), Clifford Thorpe, Jerrod Dorozynski (Lynne Clinch), Patty Hall (Linda), Carol Foley (Regeneration Church), Marva Blackmar, Irene Dieter (Ancramdale Church), Adalyn Forgey and her family (Carol Hart), 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, 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.

Geer Nursing Home: Linda Bartolomeo

Noble Horizons: Lek McNeill, RuthAnn Pulver, Charlie Napoli

Meadows (formerly The Baptist Home): Ron Parliman

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.

Share a Blessing!

Next Issue: October 2021

Submission deadline: Sept. 25, 2021

Send submissions to:

dyanwapnick@optimum.net