

March 2019



First Pres. Press

Are you a give-something-up-for-Lent person or an add-something-on-for-Lent person? Maybe you are a Lent-isn't-even-in-the-Bible-person.

Whether giving up something or adding on something during the 40 days of Lent the whole purpose is to make us more sensitive and responsive to the renewing and purifying presence of Christ in our lives. The practice of giving up something that you enjoy is for us to focus on the deeper desires of our souls. Adding on a practice is for us to more actively and purposefully participate in God's renewing work. Both are great things to practice! Both can lend themselves to just going through the motions, however.

Let me suggest a third way...or maybe a different approach to the give-up / add-on duality: mindfulness. Commonly known as paying attention to your life and the movement of the Spirit within it (those two actions are central to prayer by the way). So how would mindfulness work in these cases of giving up or adding on?



A common give-up is dessert (or specifically chocolate!). If we were to eat it mindfully we would be fully present and aware of the taste, texture, effect on us. We would be thankful for this gift of the creation, for the people who harvested the cacao bean and made it into chocolate. They too are a gift of creation! To eat slowly like this is a spiritual exercise that counters the addictive way we often eat, stuffing ourselves to satiation.

Instead of adding on loving deeds like service you could apply mindfulness to your everyday actions and do them with love. If you do laundry for the family you can do it thankfully for how each piece has kept a loved one warm, protected, dry. Feel the variety of textures and threads used. Wonder at the way we have developed synthetic material. Fold or hang them with care the way you would put a child to bed. Notice how your attending to these inanimate things prompts you to attend with love to those who wear them.

Brother Lawrence, a medieval European monk, was an inspiration to his community for the way he served in the kitchen and "turned the eggs for the love of Christ". He wrote about this kind of love in the spiritual classic *Practicing the Presence of Christ*. Approaching simple everyday things and duties with curiosity, fully present, and thankful is one way we join in God's renewing work in our lives.

Eugene Peterson's translation of Psalm 100 says that the doorway into God's presence takes the password "thank you!" and then we may "make ourselves at home".

May you be fully present to this Lenten season and may it be filled with Christ for you.

Peace and grace,
Pastor Garrett

Join us Ash Wednesday, March 6th, for a family dinner at 5:45 pm. Then we will have a brief service of ashes and communion. We will be done at 7 pm. Nursery Care will be provided.



What is Alpha? Come and See!

Alpha is a 12 week course that explores a number of questions that Christians and non-Christians alike might ask, such as "How Can I Have Faith?", "How Does God Guide Us?" and "How Can I Resist Evil?" A typical Alpha evening includes a tasty meal, a lesson, dessert and small group discussion.

Church members who have attended an Alpha course in the past have credited it with helping them explore their faith and reinvigorating their spiritual journey and prayer life. The opportunity to make new friends is also a benefit of attending an Alpha course!

Alpha will be held on **Friday evenings from 6-8:30 pm beginning March 8th and running through May 31st**. The course also includes an overnight retreat, tentatively scheduled for May 3rd and 4th. For further information or to sign-up for Alpha, please contact the church office or Tim and Karen Fay at fimtay@gmail.com.

March Mission Report

Blessings in a Backpack Update

As part of the rotation among the partnering churches, for the months of March and April we are asked to change up our collected food item to be: **applesauce cups (any brand or variety)**

The rotation helps give us appreciation for the variety of foods they are trying to provide for the kids at Seymour Dual Language Academy in Syracuse. For more information or a refresher on the program see the direct link to the Liverpool chapter website: <https://blessingsinabackpackliverpoolny.org>

PCUSA One Great Hour of Sharing

The season of lent is our opportunity to partner with Presbyterian churches around the world in the PC USA's largest collective mission offering for One Great Hour of Sharing.

See: <http://specialofferings.pcusa.org/oghs>

This year marks the 70th anniversary of this denomination wide effort. Families with children will receive fish banks and we will collect for the special offering through Palms Sunday April 14. Look for a visual example of one of the three pillars of the OGHS offering (Presbyterian Disaster Assistance, Presbyterian Hunger Program, Self Development of People) on the bulletin board in the coming weeks. Our church goal is to meet or exceed \$1000 - an average of prior years of giving to mission.

Invitation to attend a Peace Conference!

LFPC has been invited to attend a conference with the Presbyterian Peace Network for Korea (PPNK) on **March 25-27 downstate at Stony Point, NY**. This meeting will be a chance to meet the rest of the Network and to clarify and renew the commitment to work together for peace in Korea. The goals are to go deeper and wider in understanding of the issues of war and peace on the Korean peninsula and the role of the USA and build a closer community of Presbyterians who are actively working together to further our Christ-given mission of peacemaking. See Rob Santos with questions or if interested.

MobilePack Event April 3-6, 2019

The MobilePack event for Feed My Starving Children is returning to the Vineyard Church in Syracuse on April 3-6, 2019. **Registration is now open**. You can register your family for a high energy two hour block of packing ingredients for the MannaPack meals. Or based on interest Rob will look to reserve a set number of spots for a time block for our participation as a group. See Rob for details or see their website at : <https://give.fmssc.org>.

Respectfully submitted, Rob Santos



Everly, Nick, and Ben at their First Communion class held in February.

Alzheimer's Association of CNY, has a lot of new, exciting volunteer positions that could give members of our congregation additional ways to get involved in the local community. Please see :
<https://alz.org/centralnewyork>

alzheimer's association®

Attend an Alzheimer Association Caregiver Support Group

Join an Alzheimer Association support group and learn how the power of your peers can help you navigate your journey. **We meet the 2nd Saturday at 11 a.m. at LFPC.** Facilitators: Florence Felt & Skip Collins. For more information, call (315) 472-4201.

Hello Ladies,

Our Presbyterian Womens' Association/Elsie O'Neil meetings are in full swing. **We'll be meeting on every third Thursday of each Month @ 12:30 PM. Potato chips & dessert provided.**

Our Bible study this year is through Cokesbury and is titled "Jesus Always, Leading a Joy Filled Life" by Sarah Young. So bring your brown bag lunch & and fresh ideas & join the fun.

The Elsie O'Neil group decided to donate a birthday cake, once a every third month in honor of the people who have a birthday for those months. The cake for January, February & March, was on February 10th. **The next birthday cake will be for April, May & June. It'll be on May 19th, after service in Fellowship Hall.**

We still need people to bring refreshments on other Sundays, so please look at the sign up sheet when you are enjoying the treats each Sunday.

Our **Rummage Sale** is scheduled for **Friday 04/26 9AM-3PM & Saturday 04/27 9AM-12PM.**

So clean out your closets & basements & donate it to us. Please **NO SHOES OR BOOKS.** We need extra help setting up on Wednesday, 4/24 starting @ 9:15 & Thursday 04/25 @ 9:15. And yes, you can help close up the Rummage Sale! On Saturday, 04/27 @ 12:00, you can help us package up what is left over, which will be donated to the Rescue Mission.

In Christ.

Coleen Clapper

Floral Committee 2019

During the year the Floral Committee works with members of the congregation to beautify our sanctuary to the glory of God. Congregation members select a Sunday during the year to honor someone, celebrate a special occasion or person or to remember a family member with flowers. The sign up sheet is across from Heather's office, so please sign up for your special day. Someone from the committee will contact you the week prior to your date, to set it all up.

We will be providing lilies for Lent and Easter. The lilies will be available this year as well. Watch your weekly bulletins for information & order forms. They will be \$10.00 each.

Geraniums, will be available for Memorial Weekend.

The Women's Association has been very supportive and provides financial assistance to renew and update supplies. - Committee members Coleen Clapper, Louise Pelotte, and Lynda Fauler.

Friends in Faith Christian Preschool

With winter holding on it's hard to imagine that we should be preparing for the fall, but we are! Registration for the 2019-2020 school year is underway. Please share with your neighbors, friends and family that we offer a Christian preschool, a place where every child knows they are special and loved by God. See our website or speak with Tracie Folley for more information.

Valentine's Day was a wonderful celebration with children sharing the love they have for each other with the sharing of Valentine's, special snacks and crafts. We have begun to practice for "Jump for Jesus" one of our annual fundraisers. The children are training to be able to jump for 2 minutes! I'm not sure many of us could jump for 2 minutes straight. Family and friends make a pledge to a child for the number of jumps they make, that can get expensive if a child likes to jump! This is a wonderful event especially for the children who are jumping for Jesus, for their parents and for fun.

Our second "RISE" event for preschoolers and young children is scheduled for **Saturday, April 6th from 9:30 - 11:00**. We will share the Easter story, create crafts, make pretzels, share a snack and enjoy an Easter egg hunt. Please mark your calendars for this special day.

**We are now accepting registrations for the 2019-20 school year.
See Tracie for applications or call 315-457-4090.**

March 24th Worship and Potluck with 1st Presbyterian of Baldwinsville

Our sisters and brothers from the Baldwinsville congregation will be with in worship followed by a potluck lunch. As part of the search for their next pastoral leader they want to experience our congregational life and hear our stories of what make this a vital and vibrant community of Christians. We will be having a fun activity for our younger kids so that we can have conversation around the tables.



From the Stewardship Committee

Thank you for your 2019 Pledges, Family Offering envelopes are now in the rear of the church! The **2019 Per Capita Rate is \$38.50 (per member)**.

The April 2019 Newsletter Deadline is Friday 3/22 by 12 noon. Please get all articles and pictures into the church office by 3/22. You may call Heather at 457-3161 or email lfirstpr@twcny.rr.com.

March Birthdays

1 – Clarajane Pfeffer
2 – Trevan Signorelli, Pam Carges
5 – Kristin Overend
10 – Toria Herd
12 – Mike Herd
13 – Tiernan McConnell
15 – Pierre Nzuah
19 – Shawn Calnan
22 – Erik Folley, Rosanne McDougall
23 – Jerry Stewart
26 – Marjorie Thayer
30 – Lindsey Raitt

(If anyone has been omitted from this list, please call the church office)

Bottle Drive

We are still collecting returnable cans and bottles for the preschool. There is a bin downstairs outside of Fellowship Hall to place your donations. Please rinse the cans and bottles out first.
Thanks!

The birthday cake for the months of March, April & May, will be served at Coffee Hour on **May 19th.**
EVERYONE IS INVITED!!

Remember the Food Pantry

Just a gentle reminder that as you shop for the food pantry consider purchasing lots of fruits and vegetables. Foods with 7 grams of protein are considered “protein”.

LFPC Food Pantry Shopping List:
-Canned Vegetables, -Canned Fruit in juice or water (not syrup), -100% juice

Protein rich foods 7 grams per serving: -Beans, -Canned meats, -Canned fish, -Peanut butter

LFPC Church Groups

Monday

CNY Photographers-**Meets 6:30pm every third Monday of the Month** at LFPC. This month's meeting is on Monday March 18th in Fellowship Hall.

Wednesday

-Pelotte's Bible Study meets **every other Wed. at 1:30** in the Library.

-Women's Bible Study-BFF's meets the **2nd and 4th Wed. at 6:30 p.m.**

Thursday

-Choir has practice on **Thursdays at 7:00 p.m. In the Choir Room.** Please join us! If you have any questions, please contact David at djratlfpc@gmail.com.

-Presbyterian Women's Group, Ladies of the Church, **every third Thursday in Fellowship Hall @ 12:30.** Bring a brown bag lunch & your Study Books. Refreshments, potato chips & great Fellowship will be provided.

Friday

-Zentangle Craft Group meets **every Friday in the Green Classroom at 10:00 a.m.**

-Alpha meets every Friday from **March 8th till May 31st** from 6:00 p.m. (includes dinner) till 8:30 p.m.

Saturday

Kingdom Crafters meet the **1st and 3rd Saturday of each month at 10:00 a.m.** All crafters (and want-to-be crafters!) are welcome to part of Kingdom Crafters (formerly Holy Stitchers) for a time of fellowship, crafting, and prayer. The group will meet on the **first and third Saturday of the month from 10:00-11:30 AM.** So bring whatever craft you are working on to the church library.



March is Women's
History Month

Remember to set your clocks **AHEAD** one hour on Saturday night, **March 9th as Daylight saving time will begin at 2:00 AM on Sun., March 10**