



First Pres. Press

check the **church calendar**



I've said before how much the start of a new year is stressful for me. I like to get my plans laid out in advance but I never feel like I have enough information to be confident. I envy those who can just jump in and start acting.

Each of us have three ways of processing life, that is, of taking in what's around us in life and then doing something productive with it. Those three centers are **thinking** (Head), **feeling** (Heart), and the **acting** (Body). For each of us there is one of these which isn't well developed. I bet that many failures of New Year's resolutions can be traced back to only operating in two of those centers. We are neglecting one of the ways God has made us. We aren't using our full self and all the gifts God has given us.

What part of you— thinking, feeling, or doing —have you experienced in yourself as least productive, that is, not moving you forward but spinning in circles. Maybe your resolution this year is to become more whole in this area. If you're interested stay tuned for an Enneagram class coming this year at LFPC.

Peace in the New Year,
Pastor Garrett

The Angel Tree Program

Thank you to all who participated in the 2019 Angel Tree Program. Of the original 90 tags placed on the tree in the fellowship hall all 90 were returned with gifts. Three extra gifts were donated as well. The gifts filled 12 boxes with some overflow. My wife and I needed both of our vehicles to transport the boxes of gifts to the Salvation Army. **Special thanks to the following people for their help:** Karen Judge and my wife, Becky, for help organizing and packing the gifts prior to delivery to the Salvation Army and to Heather Brown for her nice work updating the church bulletin and newsletter. I would also like to once again give a **very special thanks to all of you and the Women's Association** for support of this program. Please know that your donations will help spread the joy of the Christmas season to those less fortunate. -
John Krebs

Thank you to everyone who donated shoes and sneakers to help raise funds for Teresa Neumann, a friend of Karen Judge, who was born with a congenital abnormality that causes her to have severe seizures. Through 4 Paws for Ability, the Neumann family is hoping to raise the \$17,000 required for a service dog that would be trained to assist and respond to seizure events. If you're feeling led to make a direct contribution, go to <https://4pawsforability.org/> to donate. Include Teresa Neumann in the description field on page 2 of the donation form.



January Mission Report



**BLESSINGS IN A
BACKPACK**

Who will feed the kids this weekend?

Update - As part of the partnering rotation for the month of January, we are asked to collect:

veg. beef soup (ready to serve, any brand)

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/>. Grey collection bins are labeled BIB in fellowship hall and the back of the sanctuary.

Samaritan Center Service Day - Tuesday December 31st

THANK YOU to all who served the New Year's Eve dinner meal at the Samaritan Center.



Also as a reminder: Samaritan Center is in need of volunteers to help serve meals throughout the week. More specifically, they are in need of volunteers on Tuesday mornings for the breakfast shift. If interested, visit the website at this link:

<https://www.samcenter.org/how-you-can-help/volunteer> or call Amy Rossi, Volunteer Coordinator (315) 472-0650 x 203

2020 Dedicated Missions

At the November 3 mission committee meeting, we agreed to persist the budget request for dedicated mission support in 2020 for three mission areas: PCUSA Mission co-workers Charles and Melissa Johnson, Liverpool chapter of Blessings in a Backpack, and Vanderkamp.

We support the Johnsons, because we believe in maintaining an element of international outreach through our parent PC USA mission organization. It connects us to the broader global mission of spreading the love of Jesus Christ. We support Liverpool chapter of Blessings in a Backpack, because we believe in maintaining support for a local element of mission outreach. Together with partner churches in Liverpool, we are providing simple weekend meal options for children attending Seymour Dual Language Academy elementary school in Syracuse. We support the mission of Vanderkamp in their time of missional transformation.

For the dedicated mission, plan is same as 2019 with division as follows:

- \$1200 to Vanderkamp
- \$1200 to PC USA Mission Co-workers Charles and Melissa Johnson
- \$1200 to Blessings in a Backpack
- \$400 unallocated margin, to be decided during 2020.

This is dedicated \$ from your pledges to LFPC, not from special offerings.



MATTHEW 25 The PC USA Presbyterian Mission has challenged congregations to unite under a common purpose for mission under a new program called Matthew 25.

From their website:

What is a Matthew 25 church?

Matthew 25:31–46 calls all of us to actively engage in the world around us, so our faith comes alive and we wake up to new possibilities. Convicted by this passage, both the 222nd and 223rd General Assemblies (2016 and 2018) exhorted the PC(USA) to act boldly and compassionately to serve people who are hungry, oppressed, imprisoned or poor.

How the vision unites all Presbyterians

By accepting the Matthew 25 invitation, you can help our denomination become a more relevant presence in the world. We recognize Christ’s urgent call to be a church of action, where God’s love, justice and mercy shine forth and are contagious. And we rejoice how our re-energized faith can unite all Presbyterians for a common and holy purpose: our common identity to do mission.

There are 3 core missions

- **building congregational vitality**
- **dismantling structural racism**
- **eradicating systemic poverty**

There is a lot to unpack in those nine words.

At the November 2 Presbytery meeting, we were oriented to the goal by our resource presbyter Karen Chamis. She will be leading activities to network churches in Cayuga-Syracuse presbytery who express an interest. The mission committee discussed this at our November 3 meeting. We agreed no action for now, but generally for all of us to study up on the material. Of the three focus areas, one for eradicating systemic poverty is most directly linked to mission activities. However, we don’t want to just relabel what we’re currently doing for Blessings in a Backpack for example, which are really just ‘band-aid’ actions addressing a symptom of poverty, to suit this new rebranding.

Instead, if we do this, we want to challenge ourselves get after the deeper, systemic root causes.

Addressing the other topics of building congregational vitality and dismantling structural racism are broader goals that involve whole church (not just mission).

[An article for a cool recent example of a Matthew 25 initiative comes from a PCUSA church in Boise, ID, at this link.](#)

The invitation and the request is for all of us to read through the materials and ask ourselves, in what way might we challenge ourselves to lead and become a Matthew 25 congregation? How might we, as the body of Christ at LFPC, redefine ourselves in mission as a Matthew 25 church, at our intersection of God and the World?

Respectfully submitted, Rob Santos



The Junior High Class collected items to fill 100 hygiene kits for people who are displaced from their homes due to natural disasters. This is part of PCUSA's Presbyterian Disaster Assistance ministry. Items included: bar of soap in wrapper, toothbrush in package, nail clipper, 16 x 28 hand towel, wash cloth, wide tooth comb and 10 bandaids. ***Thank you to all who donated items for, and assisted in packing, the kits.***

From the Deacons



When: Friday, January 10 (6:30-9:00 p.m.)
Who: LFPC Church & Guests (all ages)
Where: LFPC Fellowship Hall
Why: To have F-U-N!
What: Tabletop games.

Please bring a snack or dessert to share.
Beverages will be provided by the deacons.

Choir

LFPC Choir meets on **Thursdays at 7.00 pm.**

New, returning, and former members are cordially invited to join voices.



Not Just For Men

by Pastor Garrett

This is the second part of a new series in our newsletter on men's spirituality. My hope is that it will begin conversations among both men and women, deep personal reflection, and be some grist for the process of growth and transformation

An archetype is a unconsciously held image or model that is universal within humans for what it means to be human. We encounter them in all societies, though they take different names and concrete forms. The four main male archetypes are King, Magician, Lover, and Warrior. Each one offers its own energy and strength to us to accomplish God's good in the world. They can help us find our own God-given calling.

The Warrior has courage, persistence, and loyalty to a group or a cause that is bigger than himself. He is willing to "lay down his own life" for his friends and to "die to himself" for the greater good. The Warrior has power but, as Jesus has taught and showed us in his life, does not need to be violent. The Good Warrior does not need to make a person an enemy in order to find energy to fight for what is good. The Warrior is focused but not simplistic in his fight for virtue.

The unredeemed Warrior is ultimately egocentric even though he claims that he is fighting for a larger cause. He has no self-awareness and insight into his own limitations or sinful use of power. This manifestation of the Warrior is the bully who has not undergone the testing needed to bring him from immaturity to maturity.

Questions for reflection: Who is a concrete example of the Good Mature Warrior in your life? When have you needed to access the energy of the Warrior archetype in order to accomplish God's good in the world?

Elsie O'Neil/Woman's Association

All Women are INVITED. We are more than a ladies group. We are a number of individuals who assemble together once a month, & have developed a unifying relationship. We bring our brown bagged lunches & share a delicious dessert. We discuss church business & our many church projects. We support each other in trials & joys. We also work together on a light Bible Study, which sometimes leads to deep & wonderful conversations. We meet every month, on the third Thursday @ 12:30PM, in the library. So, mark your calendars for the fun!

If you haven't thought about joining us, or haven't been with us in a while, please give us a try. I think you'll be pleasantly surprised! Call me with any questions or concerns. 315-247-9304.

In Christ, Coleen Clapper

BIBLE STUDIES

These studies are open to new participants at any time! If you are interested in one of these studies, or would like a different type of study, contact Leigh Anne Herd, Tracie Folley or the group facilitator.

Group Facilitators	Day Time	Where	Study
Adult Faith Class Mary & Joe Gorman	Sundays 9:00 a.m.	Green classroom (2 nd floor)	Disciple Series
Pellottes' Group Louise & Rick Pellotte	1 st /3 rd Wednesdays 1:30 p.m.	Church Library	Adam Hamilton
Becoming Faithful Followers (BFF Group) / Linda Hook	2 nd /4 th Wednesdays 6:30 p.m.	Church Library	Joyce Meyers Jan 8 & 22 Game/Social Night Feb 12
Fays' Group Karen & Tim Fay	1 st /3 rd Fridays 7:30 p.m.	Fays' Home	Adam Hamilton's "Unafraid"
Elsie O'Neil Circle	3 rd Thursday 12:30 p.m.	Fellowship Hall	Jesus Always (Sarah Young)
Manuscript Study Leigh Anne Herd	1 st /3 rd Wednesdays 6:30 p.m.	Herds' Home	Book of John
Manuscript Study Leigh Anne Herd	2 nd /4 th Thursdays 1:00 p.m.	Newells' Home	Book of John

MANUSCRIPT STUDY

Manuscript study is an interactive way to study Scripture. Scripture is taken apart, observed and studied, then applied to our lives today. If you enjoy writing notes as you study, using colored pencils and markers, and delving deeply into the language of Scripture, then this type of study is for you. It is my favorite way to study the Bible and I am excited to start a Manuscript Study group in our church. We meet on the 1st/3rd Wednesdays at 6:30 p.m. at the Herd's Home and the 2nd/4th Thursday at 1:00 p.m. at the Newell's Home. Please let me know if you are interested, email me at laherd02@gmail.com.- Leigh Anne

BECOMING FAITHFUL FOLLOWERS (BFFs)

At our February 12 game/social night we will be talking about our next study. Women in our group bring studies, books, scripture, DVD curriculum, etc. and we decide as a group which study will be next in line for us. Whether you can make a night here and there or want to come to every gathering, all are welcome. This is a beautiful group full of life, love for God and each other, and laughter. Want to know more? Contact me at 315-657-4823 or hookdonzumba@gmail.com. - Linda Hook

January Birthdays

- 1 - Mary Gorman
- 2 - Becky Krebs
- 3 - Margaret Gouger
- 5 - Leah Cirillo
- 6 - Joe Gorman, Lisa Gaffney
- 9 - Zoie Carlisle
- 15 - Amber Thayer
- 18 - Jessica Gorman
- 19 - Bill Calnan
- 20 - John Krebs
- 24 - Simon VanHoute
- 29 - Haley Everts
- 31- Arlene Carlisle

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

LFPC Food Pantry Shopping List
Canned Vegetables, Canned Fruit in juice or water (not syrup), 100% juice
Protein rich foods contain 7 grams per serving: Beans, Canned meats, Canned fish, Peanut butter

Bottle Drive
We are still collecting returnable cans and bottles for the preschool. Place your rinsed bottles and cans in the bin outside of Fellowship Hall. Thank you!



**The Church Office will be CLOSED on January 20, 2020
for Martin Luther King Day.**



The February 2020 Newsletter Deadline is Monday January 27 by noon. Please get all articles and pictures into the church office by then. You may call the church office at 457-3161 or email lfirstpr@twcny.rr.com.

Presbytery of Cayuga-Syracuse E-News

Our goal is to highlight things going on throughout the Church: within our Presbytery, in our congregations, as well as in the Synod of the Northeast and across the Presbyterian Church (U.S.A.). To subscribe see: <http://cayugasyracuse.org>.