

Woestina Reformed Church Newsletter

August 2023

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A McHeard Moment: Remember to Say Thank You

“What do you say?” Thank you was always my reply whenever I was prompted to do so like many of us growing up. I find myself saying that to my sons, yet many times they say thank you before I could prompt them. Many of us have learned at an early age to say thank you whenever we received gifts. How do we then say ‘thanks’ to God? Thanksgiving is a feast dedicated to the giving of thanks. I sometime and bewildered watching people struggle at Thanksgiving meals giving thanks, whether I am watching it on television or live. Why is it difficult for some to give thanks?

The Apostle Paul said in First Thessalonians 5:18 “give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” I know of many people who struggle with giving thanks in all circumstances. How could people who are still trying to piece their lives together after the effects of tropical storms Irene and Lee be thankful in their circumstance? Is that what scripture mean?

It might be interesting to know that in the Greek the verse does not say ‘give thanks in all circumstances’, it simply says to give thanks in all things. As a matter of fact, the word “circumstances” translated in most of our texts is actually in the Greek the adjective pas which means every, all, all things. When I think of it that way, I can understand how Shadrach, Meshach, and Abednego were able to be thankful to God while in the midst of the fiery furnace; they were not thankful to be in the flames, but they were thankful that God was with them in the flames.

How can we say thank you to God? We can say thank you to God when we know what it means to have God with us at all times. We can be thankful also when we think about how Good God is. I came across an acronym of Thanksgiving, I cannot remember where I got it so that I could give credit, perhaps this might be helpful to you as we remember to say thank you.

Totally Sufficient – Psalm 116:17

Holy – Psalm 50:14

Awesome – Nehemiah 12:46

Never Ending – Psalm 107:22

King of Kings – Psalm 95:2;100:4

Salvation – Jonah 2:9

Grace – 2 Corinthians 4:15

Infinite – Philippians 4:6

Victorious – Isaiah 51:3

Indwelling – Colossians 2:7

Never Leaving – Revelation 7:12

Giver – 1 Timothy 4:4

What?? No Holidays in August? What are the Dog Days of Summer?

While there are no Federal or State holidays in August, did you ever wonder how the month of August came into being in the modern-day calendar or where the term “Dog Days of Summer” came from?

The Roman Senate named the month of July after Julius Caesar to honor him for reforming their calendar, which had degenerated into a chaotic embarrassment. Bad calculations caused the months to drift wildly across the seasons—January, for example, had begun to fall in the autumn.

The new calendar went into effect on the first day of January 709 A.U.C. (ab urbe condita—"from the founding of the city [Rome]")—January 1, 45 B.C.—and put an end to the arbitrary and inaccurate nature of the early Roman system. The Julian calendar became the predominant calendar throughout Europe for the next 1600 years until Pope Gregory made further reforms in 1582.

Certain countries and institutions in fact adhered to this ancient system until well into the twentieth century: the Julian calendar was used in Russia until 1917 and in China until 1949, and to this day the Eastern Orthodox church adheres to Caesar's calendar.

The month Julius replaced Quintilis (quintus = five)—the fifth month in the early Roman calendar, which began with March before the Julian calendar instituted January as the start of the year. Unfortunately, Caesar himself was only able to enjoy one July during his life—the very first July, in 45 B.C. The following year he was murdered on the Ides of March.

After Julius's grandnephew Augustus defeated Marc Antony and Cleopatra, and became emperor of Rome, the Roman Senate decided that he too should have a month named after him. The month Sextillius (sex = six) was chosen for Augustus.

Not only did the Senate name a month after Augustus, but it decided that since Julius's month, July, had 31 days, Augustus's month should equal it: under the Julian calendar, the months alternated evenly between 30 and 31 days (with the exception of February), which made August 30 days long. So, instead of August having a mere 30 days, it was lengthened to 31, preventing anyone from claiming that Emperor Augustus was saddled with an inferior month.

To accommodate this change two other calendrical adjustments were necessary:

- *The extra day needed to inflate the importance of August was taken from February, which originally had 29 days (30 in a leap year), and was now reduced to 28 days (29 in a leap year).*
- *Since the months evenly alternated between 30 and 31 days, adding the extra day to August meant that July, August, and September would all have 31 days. So, to avoid three long months in a row, the lengths of the last four months were switched around, giving us 30 days in September, April, June, and November.*

The Dog Days of Summer originated when the Ancient Greeks and Romans believed the "dog days" to be a time of misfortune plagued by drought and unrest as animals and people alike were driven mad by the unbearably hot temperatures. This view changed when, actually a reference to Sirius (the Dog Star) which is part of the constellation, Canis Major (the Greater Dog). As Sirius is the brightest star in the night sky and quite literally means "scorching," when those in ancient civilizations noticed that it began to rise with the sun after the summer solstice, they thought the sweltering days were caused by the Earth's proximity to the star. The Ancient Greeks and Romans then began to refer to the late summer period of July 3 to August 11 as "dies caniculares" or "dog star days." Even though the heliacal rising of Sirius doesn't begin until mid-August nowadays, the translated and trimmed saying seems to have stuck.



SPECIAL PRAYERS FOR THOSE IN NEED

For our Church Family:

For members who are ill or in need, or who have recently lost loved ones.

For our Community, Nation, & World Peace:

Those serving in the Armed Forces and their families, and Christians throughout the World. For those who are oppressed, for God to give wisdom to world leaders to make good decisions

Please give your prayer requests to Pastor Kent

JOIN US FOR BIBLE STUDY



Sunday's @ 9:30 a.m. (see bulletin board for occasional changes)

The food pantry is always taking donations. If you or someone you know in our community has any needs, please call Karin Carr or Linda Young (contact information below) and they will be happy to assist. The pantry is currently open every 2nd & 4th Saturday of the month from **9:00am - 11:00am**. Any emergent needs can be met by scheduling a pick-up appointment by calling either Linda or Karin. Current items needed are crackers, tuna fish, peanut butter, jelly, canned pasta, jello, pudding, juice, and snack foods.

Karin Carr - (518) 256-5640

Linda Young - (518) 952-4310

Ginny's Lunch

Westina Reformed Church welcomes you to Ginny's Lunch, a free lunch held on second and fourth Thursdays of each month. Doors open at 10AM Lunch served at Noon

August 10th

*Hamburger/Cheeseburger
Pasta Salad
Baked Beans
Chips
Watermelon
Cookies*



August 24th

*Chef Salad
Italian Bread
Lemon Bars*

If you plan on attending, please call Nancy MacLea at 518-355-0543

or email her at nmaclea@nycap.rr.com

Please leave a message with your name and phone number if needed. Bible Study Afterwards

August Birthday's & Anniversaries

Birthdays

*8/9- Ryan Salisbury
8/12 - Stephen Pickney
8/13- Laura Brittain
8/22 - Nicholas Decker
8/22 - John Havlik
8/23 - Mollie Borne
8/24 - Dominick Eggleston
8/26 - Nancy Spring
8/30 - William Pickney*



Anniversaries

*8/14- Stephen & Kandace
Pickney

8/18- Ken & Laura Brittain*



Mission of the Month

The August Mission of the Month is JEM Food Pantry

The JEM Food Pantry is held here at the Woestina Reformed Church on the second and fourth Saturdays of the month from 9-11AM. The monies received will go towards the purchase of much needed items to help assist members of the community. Food donations are always welcome.

**JEM FOOD
PANTRY**

Two Wolves



One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son the battle is between two "wolves" inside us all

One is Evil, It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth and compassion and faith.

□The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed"



Sunday School News

VBS was held from July 24 – 28 and was a great success.. A special thanks to all those that served in any capacity from teaching, to driving kids to the church, to donating snacks and drinks. All of your contributions are greatly appreciated

We are also still collecting empty soda & water bottles. You can drop off at Southside Beverage at 1451 State Highway 5S, Amsterdam, NY 12010 or leave them by the garage in the ed center. Make sure you tell them they are for the Woestina Church Youth Group.

*Nancy Gore
Sunday School Committee*



CHRISTIAN SYMBOL



Bread

Bread has always been a symbol of the means of sustaining life, hence the phrase, "Bread is the staff of life." In the Old Testament bread was the symbol of God's providence, care, and nurture of His people. He sent manna to the children of Israel in the wilderness. "And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat" (Exodus 16:15). Christ gave new meaning to this symbolism when He said, "... I am the bread of life: he that cometh to me shall never hunger ...:" (John 6:35). At the Last Supper, Christ used bread as the symbol of His sacrifice upon the Cross. "And he took bread, and gave thanks and brake it, and gave unto them, saying, This is my body which is given for you: This do in remembrance of me" (Luke 22:19).

SPECIAL DAYS CELEBRATED IN AUGUST

2023						
AUGUST						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

None

In July there was a baptism: Mollie Borne



KIDS PAGE

King David was considered to be a man after Gods own heart and is most famous for defeating the giant Goliath when he was only a shepherd boy.

When King Saul sinned in the eyes of God, God became very displeased with him and commanded Samuel, His prophet, to anoint another man to be king after Saul. Samuel followed the directions of God and was led to the home of a man named Jesse, who came from the tribe of Benjamin.

Jesse had eight sons, seven of whom were shown to Samuel. Samuel thought that surely the Lord would pick one of them, as they were strong and fine in appearance. The Lord, however, told Samuel that He does not consider a person's outward appearance, but instead looks at their heart. Samuel was told to anoint the youngest son, who was a shepherd boy; this boy was called David.

When the war between the Israelites and Philistines took place, a giant named Goliath would shout out a challenge, each day, to any Israeli who would defeat him in battle. Nobody was brave enough to face him.

When David heard him challenge the armies of God, he told King Saul that he would fight the giant. King Saul was worried, as David was not a warrior, but he put his own royal armor on David and gave him his blessing. David asked that the armor is removed, as he was not used to it. He chose, instead, to face the giant, dressed as a simple shepherd boy; his slingshot his only weapon.

As the giant came towards him, David slung a stone in his slingshot and shot the giant. The small stone sunk into Goliath's head and the giant died instantly. The Philistines tried to flee when their hero died, but the Israeli army cut them off and defeated them.

God does not look at the appearance of a person, but instead looks at a person's heart. He does not need His people dressed in fancy armor to help them defeat their enemies.



In August we enjoy the Summer time. Warm weather, picnics, vacations and being with family and friends. But as we know there is a time for everything: *Ecclesiastes 3 :1-13*

To every thing there is a season, and a time to every purpose under the heaven:

² A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

³ A time to kill, and a time to heal; a time to break down, and a time to build up;

⁴ A time to weep, and a time to laugh; a time to mourn, and a time to dance;

⁵ A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

⁶ A time to get, and a time to lose; a time to keep, and a time to cast away;

⁷ A time to rend, and a time to sew; a time to keep silence, and a time to speak;

⁸ A time to love, and a time to hate; a time of war, and a time of peace.

⁹ What profit hath he that worketh in that wherein he laboureth?

¹⁰ I have seen the travail, which God hath given to the sons of men to be exercised in it.

¹¹ He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.

¹² I know that there is no good in them, but for a man to rejoice, and to do good in his life.

¹³ And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.

The Chosen is taking a summer break. It will return in the Fall



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Hello March! In like a Lion, out like a Lamb?