

# NewsBrief

♥For the members and friends of the First Presbyterian Church of Pittsford ♥

## February 07

### From the Pastor's Pen-Cell

"Valentine's Day means lots of things to lots of people. For some, it's a blissful celebration of romance, passion or friendship. To others," says the website, eCrush, "it's a heinous plot hatched by furtively pitiless couples and corporate greeting-card companies to make you feel lousy for being alone."

But, the origins of the day are mixed and uncertain. One tradition says that Valentine's Day has its origins in the ancient Roman feast of Lupercalia, an annual festival held on Feb. 15 to help keep dangerous wolves away from townspeople and their crops. On the eve of the festival, Feb. 14, the young women of the town would write their names on slips of paper, put them in a jar, and every young man would pick out a name at random. The pair would then be partners for the remainder of the festival. It was 270 B.C. when St. Valentine stood up for love, after Roman Emperor Claudius II forbade Roman soldiers to get engaged or married, believing that married men would rather stay at home than go to war. The priest named Valentine, in defiance of Claudius' orders, secretly married young couples, and on Feb. 14, was punished for his "crime," thereby becoming the patron saint of lovers. Flowers on Valentine's Day appeared in the 17th Century. A daughter of Henry IV of France gave a party in honor of St. Valentine. Each lady received a beautiful bouquet of flowers from the man chosen as her valentine.

Martha used to have a sweatshirt that said, "Give me chocolate and nobody gets hurt." I don't know where this custom started, but for chocolate lovers a small gift of it is appreciated and beneficial. Or you could try a card, or poetry, or song writing. If you can't write your own, you could rephrase an enhance another's. A modest example is offered:

When the moon hits your eye like a big pizza pie  
That's amore.  
When an eel bites your hand and that's not what you planned  
That's a moray.  
When Othello's poor wife, she got stabbed with a knife  
That's a Moor, eh?  
When a Japanese knight used a sword in a fight  
That's Sa...mur...ai.

Well, I'm sure that you could do better! But, no matter what we give, what we say, what we do, it would be hard to improve on God's demonstration of unmerited love. Jesus is the world's greatest Valentine and of the quality of the gift the apostle Paul outlined the embodied attitudes of Jesus when he said *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.* Let's try giving and showing a little of this for our February Valentines celebrations.

Bruce

## *Prayerfully Pondering Communicating Love...*

I have the privilege this winter of meeting with several couples preparing to be married in 2007. As I delight in the love they have found with one another, I think ahead to Valentine's Day and the sentiments of love and faithfulness it brings. As we discuss marriage, these couples recognize that many things might make for rocky waters: finances, health, children, in-laws, intimacy issues, prioritization of time, and practicing a faith. While this list is not comprehensive, it does represent many of the areas which require consistent cooperation in a joyous and long-lived relationship.

As Bill and I were about to get married seven years ago, we asked many couples whose marriages we admired their "secret". We amassed some priceless answers: never go to bed angry; always say, yes, dear; kiss constantly; have a date night at least once a month. Whether in jest or seriousness, all the answers we collected boiled down to one thing: communication. What? The answer is not love? We can love one another to death. But we have to live with one another. How many times have you said to someone, "I love you, but I do not like you very much right now"? Living together and liking the person with whom we live requires communication.

The best model I have seen is one that applies not just to couples, but to any one of us involved in any kind of meaningful relationship. Dr. Deborah Van Deusen-Hunsinger ([www.ptsem.edu](http://www.ptsem.edu)) teaches "A Model For Nonviolent Communication" in her seniors-only Marriage and Family Pastoral Care seminar.<sup>1</sup> Her teaching recognizes the power our words have upon one another as James writes in 3:5-6: "So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell."

The Model has four steps:

- 1) State clearly or simply in "I" language what one is feeling. For example: I feel sad.
- 2) Continue the phrase with a specific example of when this feeling occurs. For

<sup>1</sup> Nonviolent Communication has been developed over the past 35 years by Dr. Marshall Rosenberg, a clinical psychologist and the Director of the Center for Nonviolent Communication in Geneva, Switzerland.

example: I feel angry when you walk away from our discussions.

- 3) Explain why this feeling in these particular circumstances is of such concern. For example: I hurt when you call me stupid because it reminds me of the schoolyard bully's taunting me.
- 4) Clearly request the specific change in behavior which would help the situation. For example: I want to share a hug with you when we have concluded a tough discussion.

Nonviolent Communication is a language of emotional literacy and is remarkable because only one person in an exchange needs to be fluent. With enough skill it can be used in virtually any situation, including parenting.

Nonviolent communication assumes that if we can get clear about our feelings and needs, then our choices will become clear, and if we can help someone translate their thoughts and considerations into clear feelings and needs, then their choices will become clear.

The key to practicing nonviolent communication is having patience when listening empathetically until all the feelings and needs have been heard and clarified. When this occurs, there will be a perceptible shift in the energy. It will lighten. Sometimes the other person will just stop talking and be silent. Sometimes they will want to hear our feelings and needs at that point. When we know we are heard, we know we are loved as God loves us and listens to us. May this Valentine's month be a reminder of that love in your home.

Go With God,

*Carrie*

Week of Feb. 4 – Isa. 6:1-8 (9-13); *Ps. 138*;  
1 Cor. 15:1-11; Luke 5:1-11

Week of Feb. 11 – Jer. 17:5-10; *Ps. 1*; 1 Cor. 15:12-20  
Luke 6:17-26

Week of Feb. 18 – Exod. 34:29-35; *Ps. 99*  
2 Cor. 3:12-4:2  
Luke 9:28-36 (37-43)

Ash Wednesday – Joel 2:1-2, 12-17 or Isa. 58:1-12  
*Ps. 51:1-17*; 2 Cor. 5:20b-6:10  
Matt. 6:1-6, 16-21

Week of Feb. 25 – Deut. 26:1-11; *Ps. 91:1-2, 9-16*  
Rom. 10:8b-13; Luke 4:1-13

**LOGOS – 2007**  
from Sylvia Fix  
**Putting God First!**

**January 24** – Bring a Buddy Night. Have a Ball – Learn to roll with the punches. The word is *playful*. Please phone in your Buddy reservation to the church office (586-5688) by Monday, January 22.

**January 31** – Super Bowl Night – Super Bowl Party. – Take the plunge. The words are *Touchdown*. Get ready to party.

**February 7** – Tacky Tourist – Dress up for travel. The word is *patience*.

**February 14** – SURPRISE NIGHT – (bathing suit under clothes/towel) Hugs and Kisses. The word is *love*. Happy Valentines Day!!

**February 21** - No Logos – Happy Vacation!

**February 28** – Hold On...Dinner Strength  
The word is *faith*.

**LOGOS CHOIR UPDATE**  
from Dede Holmes

I'd like to extend a warm thank you to all choir members and their families for all of your musical and logistical efforts that helped make our Christmas musical offerings a success. As we turn the corner into the New Year, our Logos program year passes quickly and before we know it, we'll be celebrating our Grand Finale on March 21.

For those youth interested in continuing with music after the Logos program ends, we will begin rehearsing It's Cool in the Furnace, which will be shared in worship June 10. This musical was written in the 70's but has stood the test of time with its jazzy tale of faith shown through the actions of Daniel and his pals, Shadrach, Meshach and Abednego. Stay tuned for more information coming soon.



**DON'T MISS THE HEIFER FAIR!**

The Heifer Fair will be held on Sunday, **February 11th, 2007** immediately following the 10:00 service and Annual Meeting. The Heifer Fair is part of our annual **Church School Mission Project** for the benefit of **Heifer Project International**, which provides income-producing animals, as well as trees and seedlings, training in animal husbandry and education in environmentally sound farming practices, to people in over 100 countries. Our children are working hard and having fun in their Sunday School classes in support of this mission.

Each Sunday School class in K through 6<sup>th</sup> grade has selected one or more animals that are provided by Heifer. Our Sunday School teachers use the Heifer Project's Bible based curriculum "Animal Crackers" to teach the children how these animals may provide food, clothing and income to a family in need. The children will make and sell animal-related crafts and plan games and activities for the Fair. And, of course, there will be ice cream. All proceeds will go to Heifer Project to help those in need around the world.

Please mark your calendars and plan to support our children's celebration of mission!



**LOGOS Mission**  
from Stacy Leland

The 42 shoeboxes our LOGOS kids decorated and filled with tasty treats, games, toys, and even some clothing were collected by Samaritan's Purse and shipped off to needy kids through the Operation Christmas Child Project. Operation Christmas Child, under the umbrella of Samaritan's Purse, is an organization founded by Franklin Graham. The love and caring of millions of people, like those in our LOGOS program sent Christmas boxes to children in 120 countries throughout the world. WAY TO GO LOGOS – you really are spreading God's love through your actions and words.



**2007** envelope boxes are available in the Church office.

## CONFIRMATION: COME CLAIM THE CREED!

The Confirmation Classes of 2006/2007 began in September with a great orientation and retreat. 8<sup>th</sup> grade confirmands and their mentors will continue meeting regularly the first Sunday afternoon of every month (2/4, 3/4, 4/1) in the Youth Forum room between 11:30am and 1:00pm for faith-building exercises and fun! We look forward to a great class!



**ENRICHMENT HOUR** – February 11 – Donna Brower, R. N, CDE. , ViaHealth Diabetic Educator in Endocrinology Practice will be discussing “Diabetes: How do I know if I have it, or should be concerned?” **CHAPEL 11:30 A.M. - 12:30 P.M.** Please join us for this discussion on a subject of universal interest. Donna is responsible for educating persons with diabetes or pre-diabetes in the skills for self-management.



**Sometimes Valentine’s Day Isn’t Happy** – For some people, Valentine’s Day is a painful reminder of a broken relationship, the death of a loved one, a recent relocation, a chronic illness, or another life challenge. If you are going through a difficult time, our Stephen Ministers can bring Jesus’ love (God’s “ultimate valentine”) back into your life. Stephen Ministers provide confidential, one-to-one Christian care. They will meet with you privately on a weekly basis to listen, support and encourage you, to pray with and for you, and to walk with you for the duration of your struggle.



To find out more about Stephen Ministry for you or someone you know, talk with one of our Stephen Ministry Leaders: *Jane Hunter, Alice O’Dwyer, Kay Saxum (385-9807), Barbara Smith, Dick Sprenkle or Carol Tiemann.* **Our Stephen Ministers are there to care!**

## Membership & Evangelism

### MEET OUR NEW MEMBERS

from Trudy Bartleson, M & E Committee

#### **Tim & Martha Henry**

It is a joy to welcome Tim and Martha to our church family. They have two young daughters; Ellen 3 and Annelise 2. Martha is a school counselor in Webster and Tim, a professor at Brockport. Tim’s interest is football and Martha is enthusiastic about photography – “mostly of the girls”. They live at 30 Wind Mill Rd., Pittsford 14534. Their phone is 267-7159.

#### **Mark & Lisa Hughes**

We extend a warm welcome to Mark & Lisa who originally lived in Pennsylvania and for the last 4 years have lived in Flanders, New Jersey. They have two sons, Justin 21 and Erik 17. Mark is the golf superintendent at Monroe Golf Club and Lisa works at the blood bank at Strong. They live at 27 Hunters Pointe, Pittsford 14534. Their phone is 267-7231.

#### **Warner & Joanne Meininger**

We are delighted to have Warner & Joanne among our newest members. They have three adult children; David & wife Isabel in Boston, Karen in Lake Placid and Jennifer in Maryland. Very family and people – oriented, they very much enjoy visiting their children, as well as meeting their new neighbors and church members. They live at 165 New Tudor Road, Pittsford, 14534. their phone is 427-8859.

#### **Robert & Patricia Miller**

Bob & Pat, we are so pleased to have you join us; coming from Penn Yan. They have four grown children. March, Dede, Keith and Kathryn. As retirees, they lead active lives; Bob doing carpentry, involved in Habitat for Humanity and enthusiastic about golf and Sudoku. Pat enjoys music, gardening, golf and crossword puzzles. They live at 682 Mendon Road, Pittsford 14534. Their phone is 385-3225.

#### **Chris and Amy Oldfield**

A very hearty welcome to Chris & Amy who are the proud and very busy parents of 4 year-old triplets, Emily, Owen and Sadie. They come to us from Gates Presbyterian. Chris is with the Gates-Chili Central School District; Amy is a stay-at-home mom. They are both musicians and enjoy teaching and performing. “Our triplets keep us very busy too!” They live at 4 Woodstock Lane, Pittsford, 14534. Their phone is 249-9522.

## Notes from James

Many thanks to the number of people involved in bringing Advent and Christmas music to our worship services. Our music staff, Sanghwa Lee (pianist), Dede Holmes (Children's Choirs), Ruth Hugenbruch (Kirkringers), and Sharon Peet (Joyful Noise), provided strong leadership to meet the demands of the season. Also, my deepest appreciation to each member of our ensembles. It's not easy participating in extra rehearsals at the busiest time of the year, but our church is indeed fortunate to have a committed group of individuals who are highly invested in providing music for each worship service.

Thanks to all for your support of our Sacred Favorites Concert. It was such a pleasure to work with Harold McAulliffe. When the concert was over, Harold and I planned a Christmas Eve Surprise as we arranged for him to come and sing "O Holy Night" for our 10:00 PM Christmas service. I am grateful to Harold for the strong leadership he provided during his time at our church and delighted that we could collaborate on a project that would benefit the new organ project. Rumor has it that we might even have a Sacred Favorites II concert next fall.

The new organ is moving along. The instrument, at this point, is about 28% complete. We approved an exchange of a couple of stops and some design changes in the Organ Committee meeting last week. It is amazing how this group of individuals have taken the time and effort to learn about organ building, which is not a light subject. As we progressed through Christmas this year, I could only think about the fact that this was our last Christmas without an organ. Taylor and Boody are eager to immerse themselves in the building of the instrument. They have been making some pipes. Soon, final drawings will be made and the construction of the manuals and keyboard will begin. We are hoping to take a trip to Staunton, Virginia, sometime in September to hear the organ when it is played for the first time in the shop. The complete instrument will be built in the shop and then dismantled to travel to Pittsford! Remember, the Taylor and Boody website is [www.taylorandboody.com](http://www.taylorandboody.com). Our instrument is Opus 57.

If you still haven't made your New Year's Resolutions, it's not too late to join one of our music ensembles. The list of rehearsal times is available on the church web page under the tab

marked MUSIC. We can always use an extra voice in the ensembles, as well as an extra pair of hands in the bell ensemble. An article in Complete Health Magazine by Barb Wilson sums up the benefits of singing, "In fact, Dr. Graham Welch, of the University of Surrey, who has spent over thirty years researching the health benefits of singing, claims that people who sing are healthier than those who don't. In fact, singing, which necessitates breathing deeply, is good aerobic exercise for the lungs, abdominal muscles, and circulatory system. Endorphins are released that lift the singer's spirits and relax the body. Ironically, singing the Blues (or any other kind of music) eliminates them! But there is also research from Manchester University that suggests that a small organ in the inner ear, called the sacculle, is stimulated by singing, which in turn produces immediate pleasure. If singing alone can produce such results, it stands to reason that singing with large numbers of people must have benefits that go beyond the physical."

If you can't sing, but you would like to participate in other ways, we could certainly use some assistance in the nonmusical aspects of our operation. Beth Collins has done a remarkable job with our choral library. She has inventoried almost every piece of choral music in the library, which easily numbers in the thousands. We could use someone who might be interested in work with us to keep our choir members folders supplied with anthems and to do some filing and organization of our materials.

Since we started our concert activities several months ago, we have hosted many fine musicians bringing hundreds of people into our sanctuary who might not otherwise have had the opportunity to experience the marvelous acoustics of our new sanctuary and the thrill of playing our Steinway piano! If you would like to help with the publicity and the organization and presentation of these events, we would appreciate your assistance. To help with either of these administrative tasks, please email me at [jdouthit@rochester.rr.com](mailto:jdouthit@rochester.rr.com).

Finally a thank you to Richard & Carol Fullerton for the donation of a grand piano to the church. We will be utilizing that in the Music Room as our rehearsal instrument. It will receive many hours of usage and will assist the preparation of our choral music for years to come.

Best wishes for the New Year!

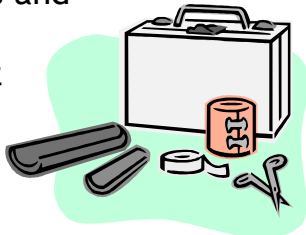


Hi there crazy junior  
highers! Hope the  
start of your  
new year is  
fabulous!  
Continue the  
awesomeness of

the year with us here at First  
Presbyterian Church! Here's what's  
going on...

**Jan. 28<sup>th</sup>:** JYF...6:00pm-7:30pm...  
Games and continuing our discussion  
about our "Survival Kits." Bring \$3 for  
pizza...New Friends get New Buddy  
Bags!

**Feb. 11<sup>th</sup> and 25<sup>th</sup>:** JYF...6:00pm-  
7:30pm... Games and  
finishing our  
discussion about  
"Survival Kits."  
Bring \$3 for  
pizza and bring  
a friend!



We have 4 spots open for our junior  
high mission trip to Pittsburgh, PA!!!  
The trip also includes a day at  
Kennywood Amusement Park. It takes  
place July 15<sup>th</sup>-21<sup>st</sup> and it's  
open to current 6<sup>th</sup>-8<sup>th</sup>



graders. Get Niki  
your application  
ASAP to secure  
your spot or call  
for details! This  
will be an

amazing experience! 😊

Support youth missions! Grab a  
coupon to eat at Applebee's in  
Pittsford Plaza on January 29<sup>th</sup>. Use it  
from 4pm-9pm and 10% of the bill  
comes right back to us! Easy way to  
help us!

Greetings to you super senior  
highers! I hope your new year is  
shaping up to be one of the  
best yet! Come join us and  
continue having an excellent  
new year at First  
Presbyterian Church! Here's  
what's coming up in your world...



**Every Friday (except Feb. 2<sup>nd</sup> and  
23<sup>rd</sup>),** join me at 3pm at Starbucks  
for catching up and a great devotion  
to end your week.

**Jan. 26<sup>th</sup>:** Sr. High Lock-In!!!...8pm-  
8am Come for the food, fun, and the  
start of our "Film Fanatics" get-  
togethers! This month's showing will  
be "Pirates of the Caribbean 2: Dead  
Man's Chest." We'll talk about issues  
like redemption and morality. (Plus  
we'll use our brand new popcorn  
machine!) Cost is \$5, friends are  
free! (Let Niki know if you're bringing  
buds!)

**Feb. 9<sup>th</sup>:** "Film Fanatics"...7:30pm-  
10:30pm...This month we'll be  
watching "Secondhand Lions" and  
talking about truth and family ties.  
Great place to bring your friends!

**Feb. 11<sup>th</sup>:** YOUTH  
SERVICE...Finding  
Strength in  
God...Come to  
Forum to help plan the service!



Want to support youth  
missions? Buy a sub for  
the Superbowl! Order  
on Sundays in  
Fellowship Hall. Made  
fresh on February 4<sup>th</sup>,  
pick up or delivery 12:30pm-2:00pm.  
Come to our table for details and an  
order form.

## *Christian Education News*

**Happy 2007** Looking ahead to the rest of the 2006-07 program year, has several exciting offerings and events coming up. 2006 ended with a very successful Advent Brunch, Christmas Pageant with the Deacon Ham Supper, pancake breakfast and festive celebrations of the birth of the Christ-Child.

Now we are excitedly looking for the return of our APCE (Association of Presbyterian Church Educators) team to return from the conference, this January in Philadelphia. This event always brings back to 1<sup>st</sup> Pres exciting ideas and new energy. In February, we look forward to our Heifer Fair on the same Sunday as our Youth Worship Service and Congregational Meeting. Also watch for sixth graders and their huge kettles to help support the "SOUPER BOWL".

We look forward to welcoming Drs. Donald and Linda Jo McKim, in May for a weekend of learning based on their many books. We have recently been studying his Presbyterian Questions, Presbyterian Answers, and she will be sharing the fascinating histories of many of our familiar and well-loved Presbyterian hymns. Then in celebration of being Presbyterians who cherish Mission work and our Youth, we will again this year enjoy our annual Cabaret.

Our current 8<sup>th</sup> grade confirmation class will be confirmed adult members of our congregation on May 27<sup>th</sup> followed by our Children's Worship Service and Spring Musical on June 10. This will also be our celebration of the many teaching and helping hands that make our Children's discipleship programs happen as we recognize and thank our teachers. On June 17<sup>th</sup> we will acknowledge and send off into their futures our graduating seniors with accolades for a job well done and best wishes. Then, we will look forward to our summer schedule and our first Summer Church School Sunday on June 24<sup>th</sup>. Can you believe it? It's all just around the corner!!!

In addition, watch for more exciting Adult Education offerings including an in house Lenten Retreat. Our Youth have a very busy work camp and other activities planned and before you know it we will be returning to our fall two worship services schedule and our Homecoming Picnic. Helping hands are always needed and welcome. Let us know where we can count on YOU!!!

## *...from Sandy's Desk*

*The season of EPIPHANY, this time of year when we Christians acknowledge the "a-ha!" moments—our Lord's birth and childhood protection—ends on February 21<sup>st</sup> with Ash Wednesday (the beginning of LENT). During this time of "recognition" we are called beyond ourselves to look more deeply, during Lent, to our relationships with our God and each other.*

*Many of you know that I have been continuing my education; more classes, studying and exams. Several of you have wondered "why?" By the end of this year I hope to be able to celebrate that I have completed two certification processes. The first as a Christian Educator in the Presbyterian Church USA, and the second as a qualified Spiritual Director. With these two accreditations I hope to be better equipped to continue "making a difference" in Christ's name. The goal is to assist other educators to make their programs even better, to continue to encourage the desire in our own congregation to increase knowledge and spiritual growth and to offer the spiritual companionship as Spiritual Director for those who seek a closer walk with our God. Be it God's will, a difference in this world will happen because I have made an effort to be better equipped for God's work in our world.*

*When pastor, educator, theologian—Leonard Sweet—visited our Presbytery he talked about the necessity of our reaching out beyond ourselves on the Lord's behalf for the good of our souls. He asked us to consider our lives in thirds. The first third of our lives is spent learning how to survive and thrive in this world. The second third is perfecting our lives and thriving. But the third fraction of our lives, said Dr. Sweet should be spent "making a difference" in this world. As I pursue making a difference in how we as a whole church go about Christian Education and how individuals seeking a closer relationship with God might achieve that, I urge you this Lent to consider your own life.*

*Instead this Lent of asking yourself that self-centered and often unproductive question "What shall I give up for Lent?" How about asking "how or where, in the Lord's name can I make a difference?" Just as the three wise travelers, in those ancient days, you may just find yourself celebrating Easter blessings that you never expected. "A-hah!" and Amen!*