

N e w s B r i e f

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

March, 2003

From the Pastor's Pen-Cell

Lent is upon us. March winds blow in Ash Wednesday on the 5th of the month and the penitential period of reflection and renewal for Christians will carry us until Eastertide in April. Easter is later this year, but hopefully spring won't be too far delayed (despite the shadowy prognostications of Punxsutawney Phil). Winter has marinated us for the expectation of new life.

With the possibility of war looming and the uncertainty of these winter days I feel that what I write early in February could ring hollow and far from the mark when we get to March. Certainly God is certain, one of the few unchangeables in our post-dotcom, post 9/11 slump. Maybe the symbol we need now is the rainbow, the evidence offered to Noah, that God did not despair of creation, but offered revitalized commitment and hope and promise. Sometimes I think that real assurance would be many rainbows, not one.

I've noticed that when we've toured art displays, that I have been fascinated with depictions of Noah's ark. I have visited homes where there are hat hangers in the shape of an ark, with the heads of animals sticking out of the portholes and the noses of animals forming the hooks. There are kitchen stools with folk art painting of Noah's craft. In the museum store they had ceramic coasters with pictures of the ark on them and a painting of a dejected Noah with all the animals sitting on the roof of the ark while the rest of the crew goes about the job of cleaning out the ark. The title of the painting was "Spring Cleaning." Come to think about it . . . the ark was probably pretty fragrant after 40 days and 40 nights of storm.

The ark seems to represent God's determination to never give up on us. Perhaps the story of the great flood was that humanity may not have changed a great deal, but God changed. From that moment on God has approached a rebellious and disobedient humanity with unlimited patience, with unconditional and unlimited love. When we are down and feeling like life has reached an all-time low, we have rainbow reminders that spring is coming, that Christ like attitudes and behavior can emerge from the chrysalis of winter anticipation.

The same God who came back with a rainbow after the storm came forth with a new covenant promise in Jesus Christ. Sometimes things seem to be destroyed around us, but they were for Noah, and Noah filled up his boat with a future.

The firemen who survived that day of terror at the World Trade Center say the major insight they took away was to treasure every day and every breath. A man with esophageal cancer reflects: "My cancer is a gift. It has shown me how precious now is. I didn't know before." The rainbow guarantees the future as it guarantees our redemption. Just one rainbow will do. We do not need more. When we learn to love what God provides, we have boarded the ark.

Bruce

Spiritual Discipline...

"What are you giving up for Lent this year Carrie?"
Grammy has always been good about giving up

chocolate. That is no mean feat for her. She and I are both chocoholics. Many of us may have had varying degrees of success in trying to give something up for Lent over the years and I commend the discipline it takes. Others have taken a more light-hearted approach... "Alice, what are you giving up for Lent?" "Howard, I'm giving up smoking." "But Alice, you don't smoke..."

As we head into Lent with Ash Wednesday on March 5th, I would like to challenge us to think a bit differently about our practices in this season. However we might individually choose to prepare ourselves for Easter, each of us can practice a spiritual discipline.

What is a spiritual discipline? A cognate of the word discipline is disciple and the Greek word for disciple, *mathetes*, means someone who learns or is trained. According to the American Heritage Dictionary, a discipline is "the training expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement." Jesus trained each of the disciples. As we read in the book of the Acts, the disciples then carried out what they had learned – proclaiming, healing, or teaching - as a discipline.

The word "discipline" also has negative connotations. Disciplining a child can be thought of as punishment. Or someone enjoying too much Valentine candy might lament "I need to be more disciplined about my exercise regime." That negative sense of the word "discipline" has influenced our practices in Lent. Lenten practices - such as fasting for a day or giving up food, drink or a luxury - tend to be ascetic.

The good news is that *spiritual disciplines* are *God's gifts to us* rather than something we deny ourselves. In a world of uncertainty, God has given us the grace necessary to keep us from hopelessness and despair. Knowing that God loves us and desires our growth in spiritual maturity, we more confidently face our daily challenges. The gift of spiritual disciplines helps us grow in our faith and acts as a means of grace.

What are these spiritual disciplines? Prayer, reading the Bible, sharing with other Christians, and ethical living. Consider which of these might be a gift you give yourself during Lent. Perhaps you would like to join the Monday Prayer Group at 4:30 in the library, participate in a fellowship event, or adopt a better behavior. For those of you committed to reading through the Bible in a year, you'll notice the March schedule on this page. Let this discipline be a gift of enjoying the stories of Paul and the Apostles as well as the retelling of the law in Deuteronomy.

Paul reminds his protégé and colleague, Timothy, that these disciplines were given with love for our own good: "For this reason I remind you to rekindle the gift of God

that is within you through the laying on of hands; for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline." (2nd Timothy 1:6-7). May you find the gift of these spiritual disciplines helpful as you walk with Christ this Lent.

Carrie

MARCH

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|----------------------------|-------------------------|
| 1. Num. 6,7/Ps. 26/27 | 17. Deut. 4, 5/Acts 27 |
| 2. Num. 8, 9/Acts 16 | 18. Deut. 6, 7/Ps. 33 |
| 3. Num. 10, 11/Acts 17 | 19. Deut. 8, 9/Acts 28 |
| 4. Num. 12-14/Ps. 28, 29 | 20. Deut. 10,11/Rom. 1 |
| 5. Num. 15, 16/Acts 18 | 21. Deut. 12-14/Rom. 2 |
| 6. Num. 17-19/Acts 19 | 22. Deut. 15, 16/Ps. 34 |
| 7. Num. 20, 21/Acts 20 | 23. Deut. 17, 18/Rom. 3 |
| 8. Num. 22, 23/Ps. 30 | 24. Deut. 19, 20/Rom. 4 |
| 9. Num. 24, 25/Acts 21 | 25. Deut. 21, 22/Ps. 35 |
| 10. Num. 26, 27/Acts 22 | 26. Deut. 23, 24/Rom. 5 |
| 11. Num. 28, 29/Ps. 31 | 27. Deut. 25, 26/Rom. 6 |
| 12. Num. 30, 31/Acts 23 | 28. Deut. 27, 28/Rom. 7 |
| 13. Num. 32, 33/Acts 24 | 29. Deut. 29, 30/Ps. 36 |
| 14. Num. 34, 35/Acts 25 | 30. Deut. 31, 32/Rom. 8 |
| 15. Num. 36/Deut. 1/Ps. 32 | 31. Deut. 33, 34/Rom. 9 |
| 16. Deut. 2, 3/Acts 26 | |

LOGOS

Ash Wednesday is March 5. LOGOS extends an invitation to the congregation to join us for a simple supper before the Ash Wednesday service at 7:00 PM. Supper is at 6:10 PM and the cost is \$2.00. Please call the office for reservations by Monday March 3.

February 19 – No LOGOS

February 26 – Pass the Potato

The word is teamwork

March 5 – Food Cupboard Frenzy

Ash Wednesday

The word is sharing

March 12 – Teacher/Volunteer
Appreciation Night

the word is thankful

March 29 – Kids Choice Awards

The word is reflect

March 26 – Grand Finale – Potluck

The word is family

Sylvia

Youth Musical – June 15, 2003

From Dede Holmes

On alternate years when the Logos program ends, we begin work on a musical that is shared with the congregation in June. This year we will be learning the timely message from Michael Marion's musical parable titled *Peace in the Kingdom*.

Rehearsals will begin on April 2 and will be on Wednesday afternoons. More information will be forthcoming in the next Newsbrief or contact Dede Holmes at dmh91654@aol.com or 624-4157. Shalom.

Excuses, Excuses; Adults and Christian Education

From Jack Holzwarth and Dave Jenks

A few thoughts on why adults may tend to avoid Christian Education. (As gleaned from the recent Association of Presbyterian Christian Educators Conference [APCE] in Denver, Colorado).

10. Absolutely no reason at all – apathy
9. “And you can have the invitations engraved for only a dollar more.”
8. Ah..well..maybe next time
7. Will the phone ever stop ringing?
6. Me and Jesus have a good thing already going.
5. I don't know how to deal with disagreement.
4. I do the God thing at worship.
3. It's not relevant to my life.
2. All I need to know, I learned in kindergarten.
1. I don't know enough, and I'm afraid I'll be found out.

Does anything ring a chime?

ATTENTION ADULTS!

from Dan Kulp

Want to help Dan with all things youth related? Want to give your opinion about our wonderful youth program? Would you like to see what goes on behind the scenes? We do all this and more at our monthly Parent Board meetings. You don't even have to be a parent to attend. Being an adult that loves kids and wants to impact their lives for Christ are the only requirements. Our next meeting is in Dan's office at 12:30 PM on Tuesday, February 25. Hope you can join us. For more info, call Dan at 586-5688 ext. 31.

Fellowship Hall. Bring a sandwich and your “least coin”. All Church women are invited. Call Martha Van Zile - 425-3854.

NAOMI CIRCLE – will meet on Monday, March 17 at 11:30 am in Room 200. All women of the church are invited to be with us and our special guest, Carrie Mitchell. Remember to bring your sandwich and a mug.

OPTIMISTS – will resume their meetings on Friday, March 7 at 6:15 PM in the Fellowship Hall. We're looking forward to hearing Bob Ferris, of our church, tell us about “A Combat Pilot's Other Life” – (his experiences when not flying combat missions).

We welcome all visitors and newcomers – singles and couples 50, and over in age, who enjoy potluck suppers, interesting programs, and good fellowship. For more information, please call Sue Suter at 381-5297.

CAREGIVERS NEED CARING TOO! – If you are a caregiver and would like to explore the possibility of meeting with other caregivers for support, please contact Carrie Mitchell at 586-5688.

DO THE MATH! And you will see that 2002 was a very good year for our MITTENS ETC. Mission project.

Chet Nothhard delivered our yearly 44 pairs of mittens to the nursery school at Calvary Saint Andrews Church. 40 students = 1 pair per student and 4 pairs to cover losses. Also included was one nap blanket, made with rug yarn. Since the project started many moons ago, we have provided over 400 pairs.

Hats did well also. 50 for adults and children at Cameron Community. 10 adult scarves, 2 hats and mittens, children's sets, 2 baby sweater and cap sets, one three piece child's set. All delivered by the Saturday team for kitchen duty. Alternatives for Battered Women received 2 beautiful afghans, dropped off by Ken and Greta Garman, who helped spread our work around.

30 caps for preemies went to Strong Memorial delivery provided by Glenn Garman, hospital staff member.

Most of these items are simple to make. Design and colors are up to the creator. There was one pair of mittens with a patchwork pattern and another was red, white & blue. The recipients are pleased to have someone they've never seen, care for them, and we have pride in our work in producing so many lovely items.

MARY/WELLER CIRCLE – ERADICATING POLIO Tuesday, March 10, 11:30 a.m. in the

Stephen Ministry Corner

Musings from Carol Tiemann

We feel truly blessed to have both our Senior and Associate pastors Stephen Leader trained now.

Thirteen years ago this ministry was introduced here at First Presbyterian-----Proceeding forward, I wanted to provide you with an update on answers to frequently asked questions.

What Exactly Is Stephen Ministry?

Stephen Ministry is a ministry in our congregation in which trained and supervised lay persons, called Stephen Ministers, provide one-to-one Christian care to individuals facing life challenges or difficulties.

Who is Involved?

Stephen Leaders are the ones who oversee and direct our Stephen Ministry. They recruit, select, train, organize, and supervise our Stephen Ministers, identify people in need of care, and match them with a Stephen Minister. We have five Stephen Leaders. They are:

Bruce Boak	Dick Sprenkle
Carrie Mitchell	Carol Tiemann
Jane Hunter	

Stephen Ministers are the caregivers. They have been through 50 hours of training in Christian caregiving, including general topics such as listening, feelings, boundaries, assertiveness, and using Christian resources in caregiving. In addition, their training covered specialized topics such as ministering to the divorced, hospitalized, bereaved, and aging. We currently have 19 active Stephen Ministers. They are:

Florence Cufari	Alice O'Dwyer
Edith Devine	Kay Saxum
Lee Eldredge	Barbara Smith
Gregg Eldredge	Tim Smith
Jean Francis	Dick Sprenkle
Janette Henderson	Cracker Ten Hagen
Jane Hunter	Carol Tiemann
Dale Maddock	Martin Tiemann
Dorothy Naylor	Betty Wright
Don Naylor	

Care receivers are the recipients of Stephen Ministers' care. They are people from our church or community who are experiencing divorce, grief, loss of a job, loneliness, hospitalization, terminal illness, or any of an endless number of other life difficulties. Stephen Ministers usually meet with their care receivers once a week for about an hour for as long as the care receiver will benefit by the relationship.

What Do Stephen Ministers Do?

Stephen Ministers are caring Christian friends who listen, understand, accept, and pray for and with care receivers who are working through a crisis or a tough time.

Are Stephen Ministers Counselors?

Stephen Ministers are not counselors; they are trained lay caregivers. Their role is to listen and care—not to give advice or counsel. Stephen Ministers are also trained to recognize when a care receiver's need exceeds what they can provide. When that happens they work with care receivers to help them receive the level of care they really need.

Can I Trust a Stephen Minister?

Trust is essential to a caring relationship, and Stephen Ministers are people you can trust. Confidentiality is one of the most important principles of Stephen Ministry, and what a care receiver tells his or her Stephen Minister is kept in strictest confidence.

Prayer Requests

from your Monday Prayer Group

You will find a New Larger Prayer Card in the pew racks. Please sign your request. Anonymous requests will be delayed for confidentiality and sensitivity reasons. If confidentiality is desired, the card will be for staff use only.

Non-confidential requests will be recorded in the Prayer Praise Book or Prayer Needs Book. Your request will be lifted in prayer in the name of Jesus for 30 days, by the Monday Prayer Group. If you wish to keep your request active longer, please submit an updated card.

Many requests will be part of our weekly Prayer Celebration and concerns List, that can be found in the Narthex. Please pick up a copy and use this as an opportunity for you to be part of our very important Prayer Ministry, and/or, please join us in Prayer, Monday, 4:30 – 5:30 PM in the Library.

We, the Monday Prayer Group are experiencing God hearing and answering our prayers.

Michael Scholarship

This scholarship was established in the memory of Elmer J. Michael, Jr. to create and maintain a fund to assist seminary and college students who are pursuing a Christian oriented vocation.

The Session's Outreach Committee is pleased to report that 19 students have been assisted by 27 scholarships. These scholarships have been funded by interest earned of \$24,500 on the E. James Michael Jr. Scholarship Fund.

We trust that our church is fulfilling the desires of those who established the memorial and that the students assisted will bring Honor to our Lord for many years.

Your Outreach Committee:

Roberta Hutchinson, Chair

Dianne Brown	Douglas Peters
Sally Chamberlin	Ted Pollock
Eunsun Cho	Bill Smith
Lee Fox	Maria Smith
Janette Henderson	Dick Sprenkle
Jim Higbee	Gary Wahl
Elaine Johnson	Nadine Wahl

Dear Friends,

Ok. I admit it. I've been working out pretty faithfully for almost a year. There has been very little results. I do my cardio. My weight routine. I sweat like a pig. You and I know there have been very little results. I'm still the big, heavy guy that I've always been.

"How could this be?" you ask. Very simple. I still consume large amounts of, well, lets just say-less than healthy food. I could do without cake, pie or candy, but I sure love ice cream. Fast food has an intense allure for me also. McDonalds is my favorite. I will also come clean right now. I think that Coca-Cola is the greatest beverage known to man. Hands down! I love Coke!

So you see, it's no wonder at all why I don't look like a ribbed, tight buttocks, Schwarzenegeresque looking youth leader by now. It's not that a Big-Mac, soda or Ben and Jerry's are wrong or harmful in and of themselves. It's just that they are not the healthiest of dietary supplements for a guy that would like to be healthier.

I think the same is true for those of us that would like to be spiritually stronger, too. There are things that we seem to ingest that are not at all conducive to our spiritual growth. Recently at MTC, the teens discussed the types of music that they enjoy listening to. For the kids that really want to grow in their relationships with Christ, I think they realize that some of the stuff that they allow into their brains through music, movies and television may not be the most helpful in pursuing Christ. It may even keep them spiritually flabby.

So, whether young or old, are there things in our lives that keep us from being spiritually strong? Even things that are not necessarily evil or wrong by themselves, but that we know hinder our own walks with Christ? It might be time to go on a diet.

In Christ,

Dan Kulp

1 Corinthians 9: 24-27 " Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight

REMINDER: Per Capita for 2003 is due. It is \$20.58 per member, not per household.

Thank you.

like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

NEW MEMBER CLASS

from Pam Murray

A new member class is forming that is designed to welcome families and individuals in Christian fellowship, provide information about the Christian Faith, and to discover the uniqueness of our journey with Christ. These sessions are for people who are seeking church membership and for those who are just seeking. It is a time to explore and see if this might be a good place for you to call your spiritual home.

March 9 – 9:00–9:45 AM at the Church
March 16 – 9:00–9:45 AM at the Church
March 23 – Noon Luncheon, Fellowship Hall
March 30 – New Member Sunday, Worship Hour

If interested please contact Janet in the church office 586-5688.

GCC TOURING CHOIR TO BE WITH US ON EASTER

The Grove City College Touring choir will be ending their spring tour through New England on Easter Sunday in Pittsford, New York. The choir will be with us in worship to help us celebrate the resurrection of Jesus Christ. We will need people to volunteer hospitality to host a student(s) in their home on Saturday, Easter Evening. The choir will arrive that evening and depart after services on Easter Morning.

Grove City College is one of our Presbyterian Related Colleges. *U.S. News & World Report* has ranked Grove City College the No. 1 “Best Value” in its category for the 2003 guide. The guide ranked The school No. 4 overall in “America’s Best Colleges” among northern comprehensive colleges. Tuition at Grove City is \$4,388/semester. Room and board is \$2,313. The school is only about 4 hours drive from Pittsford and one of the many excellent opportunities that Presbyterian-Related Colleges offer.

REMINDER!!!

Next Newsbrief deadline is March 16.

DR. CHARLES KIMBALL TO SPEAK AT FPC, OCTOBER 25-26

Dr. Charles Kimball, chair of the religion department at Wake Forest University will be speaking at special events being arranged at First Presbyterian Church on October 25 and 26. Dr. Kimball’s new book, *When Religion Becomes Evil*, is accessible and will be made available on consignment this summer for your reading and preparation. The book deals with an almost untouched topic: how faith groups within a world religion can change, become profoundly evil, and violate their own traditions. He also identifies a path back to wholeness. Cr. Kimball is a consultant for the U.S. State Department and has traveled extensively throughout the Middle East. His book is a timely explanation of world events.

BLUE STAR SERVICE BANNERS

From Jack Holzwarth

The Pittsford Rayson-Miller American Legion Post is seeking the names of husbands, wives, sons and daughters of servicemen and women currently on active duty with the Armed Forces. Blue Star banners will be given to the families of these people to put in the window. One of these is shown in the window of Mrs. Ryan’s home in the film, “Saving Private Ryan.”

The banners date to WWI and are 8 inches by 16 inches with a blue star on a white field with a red border. Where appropriate send name(s), branch of service, Pittsford address and name of respondent to:

Commander, Rayson Miller American Legion Post
21 North Main Street
Pittsford, NY 14534

WORLD DAY OF PRAYER FRIDAY, MARCH 7, 2003

Church Women United, The Greater Rochester Community of Churches and the churches of

Fairport and Pittsford present "Holy Spirit, Unite Us"
[written by the women of Lebanon] at 1:30 PM at
Raymond Memorial Baptist Church
20 East Church Street
Fairport, NY