



The Good News

OCTOBER 2016

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

FROM THE PASTOR'S PEN-CELL

Lectionary for the month of October

20th Sunday after Pentecost

October 2

Lamentations 1:1-6

Lamentations 3:19-26

Psalm 137

2 Timothy 1:1-14

Luke 17:5-10

21st Sunday after Pentecost

October 9

Jeremiah 29:1, 4-7

Psalm 66:1-12

2 Timothy 2:8-15

Luke 17:11-19

22nd Sunday after Pentecost

October 16

Jeremiah 31:27-34

Psalm 119:97-104

2 Timothy 4:6-8, 16-18

Luke 18:9-14

23rd Sunday after Pentecost

October 23

Joel 2:23-32

Psalm 65

2 Timothy 4:6-8, 16-18

Luke 18:9-14

24th Sunday after Pentecost

October 30

Habakkuk 1:1-4, 2:1-4

Psalm 119:137-144

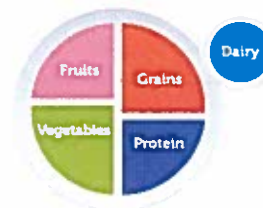
2 Thessalonians 1:1-4, 11-12

Luke 19:1-10

Azodicarbonamide – I didn't even know that I was ingesting this stuff! It is a whitening agent in flour.

If you occasionally venture out onto Facebook, you will likely encounter the Probiotic America ad that screams: "4 Foods that are Absolutely Harmful to Your Health". I learned to stay away from this kind of advertising, but one summer evening when the heat and humidity were better handled from the air-conditioned office in the house, I clicked on the advertisement. It proclaimed: "New research says ingesting these 4 foods will take years off our lives!" The scary thing is, 70% of Americans will have at least one of them in their kitchen right now!" So I subjected myself to this infomercial (be careful if you do this – it will spew out fear for about 23 minutes before you get to learn what these four foods are. But, just to spare you listening to this stuff, they are:

- Azodicarbonamide, a whitening agent used in flour,
- Diet soda ("shocking new studies" ... etc.),
- Coffee (mostly the sugar we put in coffee),
- Alcohol (affected by gut yeast).



Well, I didn't care for this list one bit! The infomercial asks, "Are you afflicted by brain fog, gut yeast or a "leaky gut"? At least one of these four items is responsible." My distillation of this diatribe was that a common characteristic of harmful foods is that they are "rich" in ingredients that contribute to a high calorie count. We usually call them "junk" foods because they contribute little good to our well-being (except sometimes tasting wonderful) and, instead, make us feel like junk. It is their promise of taste and pleasure, we gorge ourselves on them, never being content with enough.

Most of us want to eat food that is healthy. I concluded long ago that many of the most enjoyable things are illegal, immoral, or fattening. In October I am drawn to the abundance of apples in upstate New York, but although I like a simple Empire apple, I am more tempted by apple pie, apple strudel, and caramel apples. To help us make healthier food choices, government health guidelines have abandoned the food pyramid nutritional model and have taken on a new metaphor: my plate.

Some senior citizen and youth programs have gone so far as to use actual plates that utilize color and clever art to designate portions for protein, fats, fruits, and vegetables. From the government website: "My Plate illustrates the five food groups that are the building blocks for a healthy diet—fruits, grains, vegetables, protein, and dairy".

What's on your plate and mine these days? Chances are that our first response has little to do with food and a lot more to do with how full our calendar and "to do" list are. It's amazing how we have become so obsessed with food that *we even envision our lives as a dinner plate!*

In Paul's Jewish world, many believed that serving God would lead to financial wealth. Thus, they pointed to their good works in expectation of a blessing. Instead, Paul says, "There is great gain in godliness combined with contentment, for we brought nothing into the world so that we can take nothing out of it; but if we have food and clothing, we will be content with these" (vv. 6-8). Paul then offers up his own list of *four harmful things* that people can consume that will "plunge" them into feeling awful: then into "ruin and destruction" and "pierce" them with "many pains" (v. 9-10). *Discontent (v. 6) - Harmful desires (v. 9) - Love of money (v. 10) - Eagerness to be rich (v. 10).*

The old saying that "money is the root of all evil" isn't what Paul says here. It's not money itself that's the problem, just like fat and sugar themselves aren't the real problems in our diets. We actually need them to live, just like we need money. But we need them in moderation and we need them in perspective.

Paul tells Timothy to avoid the junk food aisle. Instead, he advises consuming things that have a high value in spiritual nutrition: righteousness, godliness, faith, love, endurance, and gentleness (v. 11). These are things you can consume and share as much as you want!

Because God supplies what we need, Paul encourages Timothy to put those in his congregation who are wealthy on a real diet where they can see their riches as a tool to be used by God. They should adjust their consumption. Paul says, Set hopes on God (v. 17) Be rich in good works (v. 18) and t Be generous and ready to share (v. 18).

After years of extensive research, psychologists have discovered at least ten practices - all of which are under our control - that lead to happiness. All ten of these traits are taught in scripture. They provide a diet that richly results in contentment.

Contented people use trials as growth opportunities.

Contented people cultivate optimism.

Contented people focus on the present.

Contented people practice forgiveness.

Contented people practice generosity.

Contented people nurture relationships.

Contented people express gratitude.

Contented people care for their bodies.

Contented people care for their souls.

Contented people LOVE GENEROUSLY.

Bruce

Upcoming Deacon Events:

Sunday September 25 —Dinner Club at 6pm—45 S. Main Street, Pittsford
Brazilian themed meal that everyone helps prepare. Cost is \$7.

Thursday September 29 to Sunday October 2, 2016 – Adirondack high peaks mountain climbing trip. Staying near Johns Brook Lodge in Camp Peggy O'Brien. Cost \$75.

Friday October 14—Classical Music Concert—Eastman School of Music Philharmonia. The students perform a free concert at Kodak Hall—we will meet at 7 pm in room 201 and car pool to concert together.

NOT SO BASIC BIBLE STUDY ~

The headlines read, "There is great division among the people, sexual immorality is rampant, trivial lawsuits are forged against brother and sister, the ideals of sex, marriage and divorce crumble in the face of a changing society. Spiritual matters that once seemed important, diminish in favor of the promotion of self or the lauding of powerful individuals." This could be any city in America, but actually is the city of Corinth around 50 A.D. Problems faced by the Corinthian church are the same problems we face today. We invite you to join us this fall in Not So Basic Bible Study of the book of 1 Corinthians. There could not be a more relevant study for our times than this amazing letter from the Apostle Paul. Our study meets on Monday nights at 7:30pm at 20 Wren Field Lane in Pittsford. If you have any questions, please call Pem Tyler. Jeff and I hope you will join us this year for this exciting study.

TREASURER'S CORNER

ONLINE GIVING FEEDBACK—Nearly 20 families/individuals have taken advantage of our online giving service. We have received pledge contributions, Special Offerings, Mission Trip payments, and other forms of giving. If you have used the service, I would really appreciate feedback on your experience. If you are interested in this service please let me know of any questions or concerns. Thank you...Rob Rhodes, Church Treasurer.

robrhodes24@frontiernet.net.

JOIN US IN PRAYER

A Prayer Group meets in the Library every Monday from 11am—12pm. All are invited to attend. Some come periodically—some every week. Prayer requests are always appreciated—members, friends, etc.

As we are told, “Wherever two or three are gathered, there I will be also”. God attends—always.

We do not meet on school holidays.

WELCOME—ALL!!

STEPHEN MINISTERS ARE CARE-GIVERS, GOD IS THE CURE-GIVER

The role of a Stephen Minister is to give care. They listen, empathize, encourage, pray, and provide emotional and spiritual support on a weekly basis to hurting people for as long as the need persists. God works in and through them to bring hope and healing. If you are feeling lonely, experiencing a crisis, struggling through a difficult time, or simply find yourself stressed by everyday life, talk with one of our Stephen Leaders to learn more or talk with a pastor or a Stephen Leader: *Jane Hunter, Alice O'Dwyer, Barbara Smith, Dick Sprenkle or Carol Tiemann.*

Our Stephen Ministers are ready to care for you.



News from the Nursery School

Happy Fall! Here in the Preschool we have decorated our school with pumpkins, apples, Fall leaves and acorns. After a few weeks of school everyone has transitioned into a new and fun routine. The kids are thinking about Halloween and we are too. We are planning a trip to Chase Pumpkin Farm, as well as practicing our safety drills and enjoying afternoon enrichment programs. We are also learning to share with and care about our fellow classmates. As always, please visit us, we are proud to show off our accomplishments. Thank you for your support!



Christian Education

Upcoming Events

Men's Prayer Breakfast	10/2 7:00 am
Optimists	10/14 5:30 pm
Anthony Circle	10/19 9:30 am
Naomi Circle	10/17 12:30 pm
Evening Circle	10/24 7 pm
Prayer Support Group	Mondays 11:00 am
Wednesday Evening Book Club	Monthly 7:30 pm
Lectionary Study	Weds. 7:15 pm
Men's Ecumenical Group	Thursdays 7:15 am
Adult Study	Sundays 9:45 am
Not So Basic Bible Study	Mondays 7:00 pm

Jesus to Constantine: The Revisionist story

Rod Frohman's lecture series continues on October 9 at 11:30 in room 201. The topic will be The Diversity of Forms of the Primitive Christian Story. If you have not tried one of these lectures you will be greatly impressed. Rod teaches in an understandable style with depth that will inspire continued interest.

Light refreshments will be provided by the group.

Upcoming for kids:

September 28: LOGOS — Explore — offsite
 October 5: LOGOS — Culture
 October 9: Sunday School — K-6 Group class
 October 12: LOGOS — Fabulous
 October 19: LOGOS — Beautiful — bobbing for apples

The Rotation Model

Grades kindergarten through fifth follow a three-week rotation model. For three weeks children go through different Bible study centers. These centers work on understanding the same passage in multiple ways. Not only do they try to address different learning styles, but they attempt to apply the passage to life in different ways.

Starting on October 2, the classes will be learning the story of Abraham and Sarah. They will learn about Abraham and Sarah through drama, acting out the characters in the story. This helps children not only to memorize the story, but also to get into the role of the characters and explore what they might be thinking and feeling. They will also explore the passage through study of the science of time and laughter to better understand Sarah's actions. The third Bible study section for this rotation is a video section. This section helps them connect Abraham and Sarah's story to what they see and hear in modern media, helping keep the Bible and it's characters alive as children learn and grow.



WORSHIP THEMES FOR FALL 2016

LOVING GENEROUSLY is our Fall 2016 theme and we will celebrate God's generosity and yours as we bring our commitment cards for 2017 to worship on Sunday, November 6. There will also be an opportunity to use electronic giving on our website and an example of this year's commitment card IS published below. Bible studies and video series exploring the loving generosity of the "Donovan Family" are happening too. Come any week. Wednesdays at 7:15 in room 200.

Sept. 25	BE GRATEFUL
Oct. 2	WORK HARD World Communion and Peacemaking Sunday
Oct. 9	BELIEVE IN YOURSELF GOD
Oct. 16	ENJOY LIFE
Oct. 23	KEEP YOUR PROMISES What happened in Kenya this summer
Oct. 30	GIVE FREELY Treasurer Rob Rhodes Presentation
Nov. 6	LOVE GENEROUSLY Dedication of Commitment Cards Communion Necrology for All Saints Sunday

COMMITMENT CARD

LOVING GENEROUSLY

In 2017 I intend to express my love for God and Others by generously giving through First Presbyterian Church

(Here indicate gifts of service, time, or talent)

And giving _____ per week, month, quarter, year
for a Yearly Total of \$ _____

Name _____ Phone _____

Email _____ Offering Boxes ☐ yes ☐ no

~ Additional Thoughts on the Back ~



Tear Off and Keep this Stub for yourself

In 2017 I intend to:

- Volunteer within the church in _____
- Serve Jesus Christ by _____
- The Person in my life I need to forgive is _____
- I need to ask forgiveness from _____
- I need to invite into my life _____
- Give _____



EveryONE Counts was our Fall and Stewardship Emphasis at First Presbyterian Church two years ago. It was our way of saying every PERSON and every \$ counts toward supporting and doing God's ministry and mission through the life of our congregation. This fall our emphasis is on

Loving Generously. Individually everyONE counts, but we are asked in scripture to Love ONE another. Perhaps you haven't seen how often ONE another appears in the Bible, but scripture says:

A new command I give you: **Love ONE ANOTHER**

Be devoted to **ONE ANOTHER** in brotherly **Love**

Live in harmony with **ONE ANOTHER**

Let us stop passing judgment on **ONE ANOTHER**

Serve **ONE ANOTHER** in **Love**

Bearing with **ONE ANOTHER** in **Love**

Be kind and compassionate to **ONE ANOTHER**

Speak to **ONE ANOTHER** with psalms, hymns and spiritual songs

Submit to **ONE ANOTHER** out of reverence for Christ

Admonish **ONE ANOTHER** with all wisdom

Encourage **ONE ANOTHER**

Spur **ONE ANOTHER** on toward **Love**

Do not slander **ONE ANOTHER**

Love ONE ANOTHER deeply from the heart

Live in harmony with **ONE ANOTHER**

Offer hospitality to **ONE ANOTHER**

Clothe yourselves with humility toward **ONE ANOTHER**

Love ONE ANOTHER as he commanded us

Dear friends, let us **Love ONE ANOTHER**

If we **Love ONE ANOTHER**, God lives in us

LOVING GENEROUSLY IS SOMETHING WE ARE ASKED TO DO AS OUR WORSHIP OF GOD AND WE DO IT ESPECIALLY AS WE GIVE OURSELVES ONE TO ANOTHER.

John 13:34 ♦ Romans 12:10 ♦ Romans 12:16 ♦ Romans 14:13 ♦ Galatians 5:13 ♦ Ephesians 4:2 ♦ Ephesians 4:32 ♦ Ephesians 5:19 ♦ Colossians 3:16 ♦ 1 Thessalonians 5:11 ♦ Hebrews 10:24 ♦ James 4:11 ♦ 1 Peter 4:8 ♦ Romans 12:16 ♦ 1 Peter 4:9 ♦ 1 Peter 5:5 ♦ 1 John 4:12 ♦

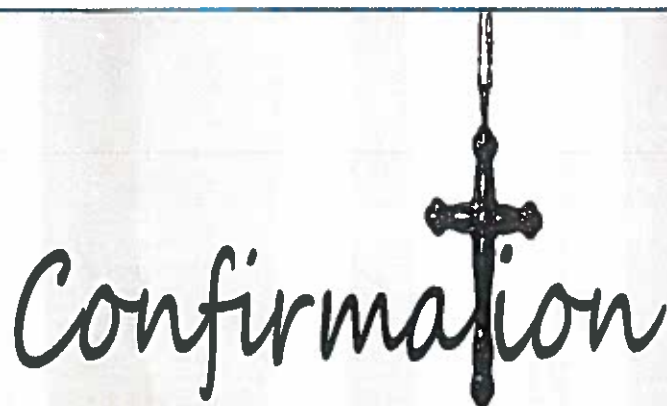
Upcoming Youth Events – We are looking forward to seeing all of you again and to having another fantastic year!

SOSO – October 16 and 30

Logos – September 28, October 5, 12, 19 and 26

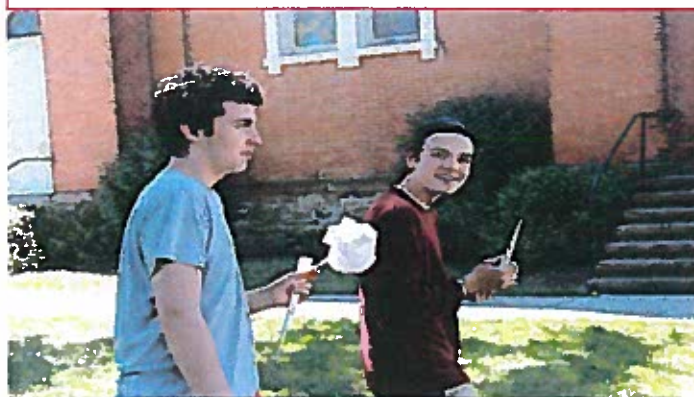
Confirmation – October 2

Halloween Haunted House and Corn Maze – October 21



With the new year comes a new confirmation class! Carrie does a fantastic job with each new class and once again she has a fantastic year planned! Don't miss out on this wonderful time in life!

It's a start to a whole new year! Lots of fun new events and ideas, from fun games and food to mission and bible studies. We hope to have all of you join us at anytime you can! You are all always welcome for anything and we encourage you to bring any friends who would enjoy themselves with us!



WEB CLUB

Oct. 12th - "Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right" by Jane Mayer.

From Amazon "Jane Mayer spent five years conducting hundreds of interviews—including with several sources within the network—and scoured public records, private papers, and court proceedings in reporting this book. In a taut and utterly convincing narrative, she traces the byzantine trail of the billions of dollars spent by the network and provides vivid portraits of the colorful figures behind the new American oligarchy."



"Dark Money is a book that must be read by anyone who cares about the future of American democracy." Meeting at 7:30pm at the home of Nancy Sprenkle, 103 Stuyvesant Rd. Please call her at 381-8990 if you plan to attend or email her at nancy.sprenkle@gmail.com



FPCP Concert Series 2016-2017

On **Sunday October 2 at 3:00 pm.** the series opens with another wonderful concert by the **Cordancia Ensemble Orchestra.** Conducted by David Harman, they will present Mozart's Serenade in B-flat major and Antheil's Serenade for Strings, among others. Hearing this musical group in our sanctuary is akin to going to the RPO without having to go downtown.

FALL AND WINTER TIMES

September—June

8:30 & 10:00 AM	Worship
9:15 AM	Choir Warm-up
9:30 & 11:00 AM	Fellowship
9:45 AM	Adult Ed
10:00 AM	Church School
	K-12th Grade
	Nursery & Preschool

Office Hours

8:30 AM — 4:30 PM Monday—Friday

Cesca's Hours

8:30 AM — 4:30 PM Tuesdays & Thursdays





The Pittsford Food Cupboard

A brief update: They served 272 families in May, 281 during the June/July period, and 239 families (540 total people including 57 senior citizens and 148 children) in August.

Please note the excellent new logo designed by Liz Gable. You might see the logo on donation cans around town: local merchants, sports venues etc. Please drop in your spare change.

Optimists October Meeting Friday October 14



"Islam for Presbyterians – a look at how much we share"

We will travel from the times of Abraham through Jesus of Nazareth and the common sacred narratives and values we share. Our speaker will be Dr. Ahmet Celenli, a teacher at the Rochester Academy Charter Middle School and the Muslim Chaplain at the U of R. He teaches an interfaith discussion for Jews, Christians, and Muslims. Turkish by birth, he was educated at Methodist Hamlin University in Minnesota.

We will gather at 5:30 and dinner will be served at 6. We will be enjoying a perfect fall dinner of pork schnitzel, German potato salad, green beans, rolls, and dessert. Tickets will be available in Fellowship Hall on Sunday October 2 and 9 or call the church office no later than Friday October 7. Plan ahead as we must give an accurate count to our caterer.

Please bring your own table service and a donation of a paper product for the Pittsford Food Cupboard.

THANK YOU! THANK YOU! THANK YOU!

Dear Church Family and Christian Friends,

Thank you all so much for your outpouring of generosity, love, and affection at the reception after the Service on Sunday Morning. I especially enjoyed and loved all the hugs and kisses. Your extension of all this love to Jim and our family, made the day complete. May our God and Savior bless and keep you in the days and years ahead.

In His Love and Grace,

Doris



OUTREACH: PDA MISSION OPPORTUNITY—COLUMBIA, SOUTH CAROLINA

Saturday October 22-29, 2016. Cost \$200. We will be rebuilding flood-damaged houses as part of Presbyterian Disaster Assistance program. Call Dan Traina for information.

PRESBYTERIAN WOMEN

ANTHONY CIRCLE ~ Anthony Circle is a group of young-at-heart women who meet on the 3rd Wednesday of the month for fellowship and mission. We meet in the church kitchen/fellowship hall. All women are welcome to join our group; our next meeting will be on October 19. For more information contact Janette Henderson or Claudia Williams.



CAMERON UPDATE – September was our last delivery of summer clothing to Cameron Clothing House. Please hold on to your winter items until November.

NAOMI CIRCLE! ~ **OCT. 17, 12:30** — Bring your lunch and mug and come hear Bev Pollock's presentation (and see slides) about her trip this past summer to In-Step Children's Home in Kenya for abandoned and orphaned children. Non-members Welcome.

EVENING CIRCLE~ will start off the new season on September 26 at 7:00 PM, in Room #200. Program to be decided. Next meeting will be October 24. All ladies are invited.

***Westside Presbyterian Women** is a group formed from three churches (Gates, John Knox and Brockport) with the backing of the church council in order to provide quality programming to all women of the church. This is especially needed as our Presbytery and many of our churches no longer have a functioning Presbyterian Women organization.*

On Thursday, October 6th at 6:00 pm, all women are invited to attend a catered dinner at John Knox Presbyterian church, 3233 Ridge Road West in Greece. The program to follow will be a presentation by the authors of "Singing In The Rain", which documents their experience caring for their spouses with Dementia. They had become friends through their support group and upheld each other through the tough times and good times. The cost for dinner and program is \$15.00. Please make your reservation to Janice Bilohlavek - 352-1754 or 766-7131 or Jo Ann Vander - 494-6024

The book will also be available for purchase after the program.