

*The Rev. Christopher McCloskey, Pastor*

# THE MESSENGER

## From Pastor Christopher's Desk:

What do we need to live happy, healthy and fulfilled lives? Many philosophers, theologians and social scientists have attempted to answer this question. One such scientist that endeavored to do so was Abraham Maslow. Through study and research he created his very influential hierarchy of needs which he arranged in the shape of a pyramid. On the bottom of the pyramid are physiological needs like the need to have water to drink and air to breath. Next are safety needs, then psychological, social and spiritual needs. Finally Maslow theorized once all of the needs are met one would be able to reach self-actualization. In other words, have a whole, happy and good life.



Recently a group of scientist have suggested adding an additional need to Maslow's hierarchy – that is the need for play. They argue that all people, no matter their age or condition, have a physiological need for play. The argument is that without play a fundamental building block on the road to self-actualization is missing and thus that without play a happy and fulfilled life is unattainable.

These scientists are concerned that as we age many of us forget how to play or at the very least do not prioritize making time for play. They suggested that this lack of play in adult life is having long-term negative physiological and emotional impacts on our health. They argue that employers,

governments and health care providers need to be concerned about making sure that the people under their care are getting time for play.

Admittedly, you may be at a point in your life that you don't even remember that last time you set aside time for play. And so the researchers suggest that you think back to your childhood to the things that you did for pure enjoyment and to reengage, as you can, with these activities.

In Matthew 18, Jesus encourages his disciples to be like children. Often this has been interpreted as a call to be humble like a child, sincere like a child, curious like a child or trusting like a child. While all of these interpretations do indeed have merit, I have been wondering if Jesus was also calling us to be playful like a child.

For Jesus is not only concerned with our eternal life to come, but our lives right now as well. Jesus promises us not only eternal life, but also abundant life. Jesus wants us to live happy, healthy, and fulfilled lives.

So today, I hear Jesus calling on us to be joyful and playful like children. I challenge you to embrace this calling and to think back to what you enjoyed doing as a child. Get in touch with your kid self because they remember how to make you happy. Your kid self knows what makes you fulfilled and satisfied.

Was it a team sport? Or a group activity like duck duck goose or red rover? Was it a solitary activity like doing a puzzle or playing with Lego? Remember back to what you did for fun as a child and do just that! Don't worry if you are too old, or if people your age don't do stuff like this anymore. I challenge you to be like a child just as Jesus calls us to be. Call up a friend and play hop scotch or jacks. Call over a neighbor and their kids and teach them a new game. On this day, as your pastor, I challenge you to find the time and play.

*~ Pastor Christopher*

## Pastor Christopher’s Installation:

Please join us on Sunday, October 1 at 3:00 pm in the sanctuary to celebrate the installation of Pastor Christopher McCloskey.

Rev. Matthew J. van Maastricht, pastor at the Reformed Church in Altamont and Guilderland Center, will be preaching. Attendees are encouraged to wear red.

After the service, a reception with light refreshments will be held in Brink Hall. We hope to see you there!

## Thank You’s:

*The Grab and Go Lunch* would like to thank Vicki Hayner and her daughter, Molly, for the cookies and tuna macaroni salad they have made for the bag lunches. The guests and volunteers truly enjoyed them.

## Community Meal:

The community meal for July had 100 meals served and the grab and go for August had 50 bag lunches given out. We are at 4363 meals so far.

The Community meal for August will be pigs in a blanket, sweet potato fries and watermelon. In October we will have the Chili Cook Off and are looking for twenty crock pots of chili for the competition. So stock up on your chili beans, jalapeños and hot sauce and let your spicy or not spicy creations simmer.



In November we will have the first Thanksgiving meal pick up or delivery by our participating fire companies. If you would like to donate towards our meal please send donations to the office marked Community Thanksgiving Meal. Contact Mark Holley for specific donations he is looking for.

I would like to thank the volunteers, Kristen, Paul and Vicky for supporting the meals. Also a thanks goes out to our Pastor Christopher for his support. Any of our members, friends and the members of our community are invited to the meal. Please come and have lunch and fellowship with us. God Bless ~ Mark Holley

## Caring & Sharing:

The Caring & Sharing Group is looking for people who would be willing to write short notes to members who are shut-in’s, mourning the loss of a loved one or are feeling under the weather. You would receive 5-6 cards a month, and everything you need is provided (cards, stamps, envelopes, and address labels). If we are to continue this important ministry, we need some volunteers willing to serve. If you are interested, or would like more info, please call Margo Snyder at 518-256-5351. Thank you!



## Capital Region Interfaith:

Join the Capital Region Interfaith Creation Care Coalition ([www.capitalcreationcare.org](http://www.capitalcreationcare.org)) at our next meeting on September 18 at 7:00 PM by Zoom. Our speakers will be Joan Howard from [Home Earth Alliance](http://Home Earth Alliance) and Sheree Cammer and the topic is "Life is good! Regenerative practices and EcoLandscaping."

Zoom Link: <https://us06web.zoom.us/j/8905115630?pwd=dHptblhhZlMrbGs3c09OczZPaVppUT09>



## Mission Corner:

### *Mission of the Month, September 2023 -*

**Scotia Relief:** Scotia Relief is a community organization that promotes the practice of neighbors helping neighbors in the Scotia-Glenville community, and provides annual assistance to residents in need of daily living supplies. Assistance is provided in the form of vouchers for resources including food, clothing, heating fuel, and school supplies. Community Residents, business associates, church congregations, and local organizations contribute to Scotia Relief in support of their neighbors. This all-volunteer organization formed during the time of the Great Depression and currently supports 50-60 families and residents annually.

### *Communion Offering -*

**Habitat for Humanity:** For over twenty years, HFH has renovated existing housing or built new simple housing for people who would otherwise be frozen out of the housing market – a good and noble work. For more information, see <http://www.schenectadyhabitat.org>.



**Backpack Program:** A recent article in the Daily Gazette reported the formation of the Schenectady County Food Council, an "initiative designed to combat food insecurity in the city and county at large." The article cited statistics from Feeding America that nine percent of Schenectady County residents were food insecure in 2021, with 11.2% of children being in this category. At this time, these numbers are likely to be much higher.

When our congregation began participating in the Weekend BackPack Program, we packed 30 bags per week at a cost of \$183 per child for 30 weeks of the school year. For the last five years we have packed between 60 and 70 bags per week. Last year, because of inflation, the Regional Food Back had to raise the price/ per bag to \$228 per child. Although the food bank included milk and egg cards from Stewarts in that cost, they were distributed only every other week. Our Missions Council decided to pay extra in order to provide the cards weekly. We have received notification from the food bank that the cost this year per bag per child will be \$273 (up another \$45.00). So, if we continue to support the food needs of 60 school children, it will cost \$16,380 this year, an increase of \$5,400 in only two years! This does not include the cost of the food distributions we have been able offer families over the four vacation times.



As each of us knows, the cost of food has increased dramatically. The Backpack Program receives some funds from the Dutch Fair and also relies on money raised from the December Cookie Walk for the extra food distributions. To date, we have never said "No" to a family in need, nor have we limited the number of children in a family who can receive a bag. As one member of our congregation has remarked, "How would we decide which child would go without?"

Please consider making a generous donation by writing a check to the church and putting "backpack" on the memo line. Thank you for your support of this essential program.



**Our Church's Meal Train:** If you have ever been ill, gone through a challenging time, or recovered from surgery, chances are you have wished someone would make you dinner? Well, that is exactly what the Meal Train here at our church is designed to do! The Meal Train is a wonderful mission. Recipients have raved about how comforting and helpful it has been for them. This help we provide for one another is truly an example of what being a disciple of God can mean.



Through the Meal Train, volunteers sign up to make and deliver a meal to church family members who find it very comforting to be on the receiving end at that time of their lives.

**Here's how it works:**

- As a volunteer, you will receive an email every time the Meal Train is opened for a church family member.
- The email lets you know who is in need, what's needed, and the dates available.
- You select a day that works best for your schedule.
- Then cook the meal- it can be as easy as doubling a recipe that you are already making for your family.
- If you are too busy or unable to sign up to contribute a meal at that time, you can order a meal to be delivered from a favorite diner, deli or restaurant of the recipient.
- Gift cards are also a great alternative.
- You don't drive? Again, not a concern. Arrangements can be made so that your meal can be delivered by another volunteer.
- If you can't do it for one train, there's always another one later that you can consider.

Of course, the Meal Train can always use more volunteers. Although most trains provide meals 2-3 times a week for only a few weeks, the more volunteers we have on the list, the easier it is for everyone. As they say, many hands make light work.

So, won't you consider jumping on board? Please contact Linda Naumowicz to volunteer or with any question at: Home: 518-399-1366, Cell: 518-225-2246.

**Dutch Fair: Saturday, Sept. 16**

Can you believe it? Another year has passed and it is time for the 74th Dutch Fair! Your Mission Council has been busy making plans for the event. This year, we are very fortunate that Kristen Shave and Laura Bull have graciously volunteered to be the chairwomen again.



Some things to look forward to this year are as follows:

- The Kiddie Fair along with the beloved pony rides and farm petting zoo will return, as well as Pumpkin Painting and photo booth. Adding to Kiddie Fair: THE PICK A POCKET LADY WILL BE MAKING A RETURN!!!!
- Craft Vendors
- Our Doug Bartling JR. will be the MC for the event.
- Make your mouth water, Mark Holley's delectable homemade cinnamon buns, gourmet coffees and pizza.
- Scrumptious homemade baked goods by our own renowned baking ladies.
- Rummage sale of clothing, jewelry, home goods, the famous white elephant section, books, and toys.
- By popular request, Stan and Fern Lee's plant booth will return.

The Fair will run from 9:00 AM to 3:00 PM come rain or shine. Donations are being accepted into the Mission Shed, (new name for the Green Shed) on September 3 and 10, for an hour each, after both the 8:00 and 10:00 church services those days.

WE DO NEED VOLUNTEERS to help setup, work during the Fair and clean up. Even if you can give one hour, that will be a great help! Please talk to Kristen Shave, Laura Bull, Sue Pitts or Linda Naumowicz for further information.

The Dutch Fair is a First Reformed Church of Scotia tradition—one that has seen many changes over the years. We are very fortunate to have this historical event continuing so that we can bring a beautiful family day full of fun and laughter to the surrounding community once again this year.

Won't you come and join the fun? We are excited! ~Your Mission Council



## EDUCATION CORNER:

### Movie Night: Saturday September 9.

Come join us for an outside movie night with popcorn and s'more making over the firepit. (If it rains we will be in Brink Hall.) All are welcome!!



### Sunday School: Sunday School starts September 10.

We will start upstairs with a short gathering for all ages then we will go out and start the carnival!!

### Come one come all! CRAZY Family Fun CARNIVAL!!!

Sunday September 10, following 10:00 AM Worship  
Bounce house, Carnival games, Prizes, Ice cream making and more!



### Calling All Sunday School Teachers!

Do you value educating our youth? Then come be on the education team! Maybe you are willing to help or maybe you are being called to teach. If you are interested contact Miss Diana, [education@firstreformedscotia.org](mailto:education@firstreformedscotia.org)

### Youth Group Grades 6-12

Sunday September 17, 11:30-12:30

Parents are welcome to join us to brainstorm and help plan our year. We will talk about meetings and events. Snacks will be provided. Hope you can attend our first gathering!



### Bible Studies for Teens and Adults:

**"Renew" Bible study:** Led by Sunny Baldwin, will resume Tuesday, October 3 and is scheduled *Tuesdays at 12:00 noon via Zoom*. We will be using different resources throughout the year. The first will be a study about Catholic Saints, using Christina Sine's "Godspace" resources. We will follow with our Advent study. David Walsh and Sunny Baldwin will be leading the Advent selection, Watch for the Light: Readings for Advent and Christmas.

**Ten Commandments study:** Led by Pastor Christopher, will meet *Wednesdays at 6:00 pm* for 8 weeks. This will be a hybrid meeting style and will begin October 4. See Pastor Christopher for details.

**"God, Discovering the Divine":** Will be a 6 week series, led by Miss Diana on *Thursday mornings at 9:00 AM*. This hybrid meeting will start on October 5.



\*\*\*Please let these leaders know if you are interested in participating so we can gather materials.

**KIDS HOPE USA:** Is one caring adult mentoring an “at risk” child, one hour every week. When kids feel loved and valued, they are better able to learn, grow and succeed. Another important piece of this program is the prayer partner that each mentor and student pair have praying for them. We are entering our 14th year of this important ministry and we need your help! The list of kids who want and need mentors is growing. You can make a difference in a kid's life! Volunteer today! If you are interested in becoming a mentor or a prayer partner contact Miss Diana, [education@firstreformedscotia.org](mailto:education@firstreformedscotia.org).



**Health & Wellness Note:** Summer is just about over and most of us are back to our regular lives filled with work, school, activities and meetings. Oftentimes when we’re busy or on the run, we grab a quick snack whenever we can to help hold us over to the next meal. When you’re busy, a good snack can keep you from overeating later in the day. However, some snacks may seem healthy, but still may be high in carbs, added sugars, fat, and sodium and have little nutritional value.

Whether you’re making your own snacks or buying them at a convenience store, here are some helpful tips from the American Diabetic Association to help us make sure we’re making healthier choices:

- Keep non-perishable snacks such as unsalted nuts (walnuts, almonds, peanuts, cashews, etc.), or a homemade trail mix on hand. These snacks are great sources of healthy fats and protein and keep you full.

**Remember that with a little pre-planning and pre-packaging, you and your family can have healthy snacks wherever you are!**

## SEPTEMBER ANNIVERSARIES

Michael and Tanya Healy	1	Andrew and Emily Kohout	22
Kenneth III and Jennifer Willcox	3	Walt and Nancy Pfuntner	24
Mike and Mary Jane Crowley	5	Ed and Linda Naumowicz	26
Karen and Mike Trbovich	5	Ken and Kelly Sill	26
Jason and Maggie White	13	Brian and Jennifer Westervelt	27
Tom and Liesl Falcon	19	Bill and Amanda Faulkner	28
Mike and Patty Marré	20		



## SEPTEMBER BIRTHDAYS

Linda Willoughby	3	Doug Shaw	11	Shaeli Gravell	19	Margo Snyder	24
Kayleigh Denney	5	Angelina Hoffman	12	Jennifer Willcox	19	Joanna De Silva	25
Jaedyn Gravell	5	Betty Lauer	13	David Schalekamp	20	Trudi Thun	25
Maureen Dykstra	7	Paul Retersdorf	13	Karen Trbovich	21	Cheryl Miller	25
Kristen Faubion	7	Ed Horstkotte	14	Bill Faubion	22	Allison Atchley	26
Marian Gilgore	7	Dave Walsh	16	Madeline Westervelt	22	Erikka Burns-Gravell	28
Brian Schaefer	8	George Squires, Jr.	17	Karen Wentworth	23		
James Kohout	9	John Ackner	18	Jillian Bull	24		
Susan Hoefler	10	Joshua Rosenberg	18	John Pierce Jr.	24		



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