

# THE MESSENGER

## *A Pastor's Ponderings*

They say a picture is worth a thousand words, so my thoughts this month come to you in the form of a photo collage of some of the recent happenings at First. These include my first baptism at First, Norma's 90<sup>th</sup> Birthday Celebration, Heart Day Training, Camp Fowler Spaghetti Dinner & Cake Auction, my first Sunrise service & my first Easter Service at First. Photo credit to my lovely wife, Susan.





**Let's Stay Connected!** If you aren't on our Constant Contact email list, this is a great time to add yourself, so that we can all stay connected! Please go to the church website: [firstreformedscotia.org](http://firstreformedscotia.org), and click on the "NEWSLETTER" tab. If you scroll all the way to the bottom, you will need to click on "JOIN OUR EMAIL LIST." From there, you just fill out your information, and click "SIGN UP." We look forward to hearing from you.

**"Renew" Bible study** We continue to meet Tuesdays at noon, via Zoom. In April this group will be discussing a "Sampler" of readings. The schedule is as follows:

- April 9- Remember God's Covenants and the Cross, Chapter 6
- April 16- Eastertide using Sanctified Arts' Wandering Hearts, pages 49-55.
- April 23 & 30- Discussion using the scripture reading, *The Power of Prayer*.



If you would like more information about the resources or the Zoom link, contact Sunny Baldwin at 518-320-4562 or [csunnyb@nycap.rr.com](mailto:csunnyb@nycap.rr.com).



**Spring Work Day!** The year's Spring Work Day has been set for Saturday, April 13<sup>th</sup> from 8:00am-12:00pm. If you are looking to get outside for some fresh air and exercise, you can help take care of the grounds and facilities we have been entrusted with. We have a number of tasks to do including: raking any leaves left over from fall and prepping our lawns for summer mowing; setting out hose reels; trimming vines behind the church; washing Brink Hall windows. Please bring gloves and a rake. We will have coffee and donuts set up outside on a table at the Brink hall entrance.

**Flower Garden Help Needed:** It will soon be time to begin working on our church's gardens. We hope to recruit enough people so that each of our church's several garden beds will have a person or several people caring for them, keeping them weed free. This is a terrific way for some of you to help us make a positive impression on the many people who walk through our church campus or who drive past on Route 50. Please call the church office, 518-370-4751, and let us know that you can stop by from time to time to weed.





## Meal Train @ First

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! 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 will be others in the future for you to 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. Thank you very much!

## Fowler Spaghetti Dinner



Thank you! Thank you! Thank you, to all who volunteered and came to the dinner! An extra big thank you to Mark Holly, our cook extraordinaire! We can't do this without all your hard work. We raised over \$3600 for our scholarship fund. This will help send kids to camp to experience the miracle of Fowler.



## Backpack Program

Our numbers for the weekly bags of food have consistently been 70-72 for all of this year. Trinity Presbyterian Church packs up to 30 bags each week and 12-14 students at the High School take home food each week also. The cost of food continues to be high so the need is still there in our community. We should know soon if SICM will be hosting the free summer lunch program at Collins Park again this year. Our Church usually serves lunch for ten days, with other churches in Scotia also sending volunteers throughout the summer.

The student council at the Middle School will be organizing a collection of personal hygiene items in April for families in the backpack program. The 3<sup>rd</sup> graders often have had a competition to see who brings in the most items: shampoo and conditioner; toothpaste and toothbrushes; soap and body wash. In the past, the other schools have participated by collecting paper products, such as toilet paper, facial tissues, and napkins.

The common expression is that "It takes a village to raise a child." In the case of the BackPack Program, it is truly a community effort, spearheaded by our congregation, but supported by the schools, community organizations, businesses, and generous individuals. Our families are truly grateful.

## Design/Delivery Team Update

Just over a year ago, the congregation declared a set of core values and prioritized a number of activities that represented those values. The Design/Delivery Team shares the following summary of recent work.

- **Communications:** The team expanded our communications reach through use of the Village and Town digital signs to promote Church activities. We also installed an information screen in the main foyer outside Brink Hall. We are using social media to increase information sharing.
- **Food Pantries:** The team has designed a Little Food Pantry, which is being prepared and installed by Bill Shave. It will be installed in the outside entry to Brink Hall.
- **Bible/Book Studies:** The Church offered three Bible study programs per 'semester', each at a different time or using Zoom delivery, during this Church year. The Education Council will continue to evaluate different delivery methods and times-of-day as a way to increase participation.
- **Mission Shed Project:** The Mission Council has expanded the Church "Mission Shed" sales days to increase our outreach to the community. This work has been very successful, and the team is considering other steps for working with this 'thrift store' concept.

## Mission Donations:

Spring is here! It’s that time of the year when we feel the itch to clean out our closets and look for a place to donate items that we don’t have either the room or need for anymore. Here at First Reformed, we offer opportunities to help you donate items several times a year. First, we have the St. Pauly Donation Shed. It is the yellow and brown shed located across the parking lot near the Mission Shed. You can place bagged items into the shoot anytime all year long. These items are then transferred to places of need around the globe. St. Pauly accepts gently used clothing, shoes, pocketbooks, stuffed animals and linens. They also reimburse our church four cents per pound of items donated. As you can see, it is a win-win situation for everyone. It keeps clothes out of the landfill, helps out areas of need and keeps the amount of donations under control for our volunteers.

Second, we have our three sales per year here at First Reformed. If you prefer your donations to remain local to assist our community neighbors, then this is the time that you would want to bring in your donations to us. Before the February Brink Hall Sale and the June Garage Sale, volunteers are available to accept your donations that you bring into Brink Hall, usually the week of the sale. That is the time to follow the Messenger and Sunday Bulletins for the days and hours the Hall will be open with people to accept your gently used clothing, toys, books, jewelry, linens and home goods. The Dutch Fair is a larger sale and requires more preparation time for the volunteers. Donations will be accepted at certain days and times later in the summer and into September. Again, watch for donation acceptance days and times in the Bulletins and Messenger as the time draws closer. The proceeds from our three yearly sales go towards supporting the many missions that First Reformed actively organizes and supports both near and far. Because we have specified dates and times for donation acceptance, we kindly ask that no donations are left anywhere else on church property at any other time.

The Mission Council thanks you for all you have done and continue to do to walk with us as we continue to work together in discipleship on God’s green earth. We thank you from the bottom of our hearts.

## April Financial Update

	Annual Budget	YTD Budget	Total to Date	Over/Under
Congregational Giving	\$227,000	\$ 56,750.00	\$ 62,955	Over 11%
Other Income (includes draws from investments)	\$202,240	\$ 89,889.50	\$296,896	Over 230%**
Total Income	\$429,240	\$146,639.50	\$359,851	Over 150%
Expenses	\$583,358	\$146,639.50	\$179,168*	Over 22%
			* Expenses reflect 1 <sup>st</sup> payment for HVAC project	**Income reflects draw from Fenimore for HVAC project

## April Mission of the Month: Community Lunch Program

April's Mission Of The Month is The Community Lunch Program. This program has been running for six years. It consists of a sit down luncheon on the last Saturday of each month along with a bagged Grab And Go lunch on the second Wednesdays. There is a dedicated group of volunteers to assist with the meals of which Mark Holley is the coordinator. This valued mission offers these meals at no cost to our guests who look forward to their time here at First Reformed. Through Mark Holley's vision, to feed the people of our community facing challenging times, the Community Luncheon offers a comfort meal, support and encouragement to our neighbors. The program relies on the proceeds of fundraising along with the generous donations from people like you in order to function. Please consider supporting the Community Luncheon program as this month's Mission Of The Month. We sincerely thank you for all you have done and continue to do to support this valued and important mission here at First Reformed.

**Community Lunch Update:** The Community meal guests had an unique experience in March. They were given a spaghetti dinner ticket at the February meal. This way they could share in the fellowship with our church members at the spaghetti dinner. We didn't have a meal at the end of the month in March and the money for the tickets was given from the community meal budget for the Fowler scholarships.

Many of the guests enjoyed watching the cake auction while some took their meals home. I would like to take the opportunity to thank all the volunteers that worked at the dinner. They made this meal run smoothly and it was a very memorable event. The total meal count is 5270 meals served.

In April we are having spiral ham, mac and cheese with broccoli. If any member would like to make a pineapple upside down cake for the 27<sup>th</sup> of April please let Mark know.

Please keep our friend David in your prayers.



**Fresh Table Community Pop-up Pantry:** There is really good news in Scotia-Glenville! On the third Wednesday of each month there will be a FREE distribution of fresh produce, meat, and dairy products. Although normally scheduled for the parking lot of the First National Bank of Scotia, from 6:00-7:30 pm, make sure to check [Freshtable.org](https://www.freshtable.org) for location changes. No identification is needed---you just show up and choose what you need! It is called the Fresh Table Community Pop-up Pantry. Please let your neighbors that need this fresh food about this service. The dates are the following: April 17, May 15, June 19, July 17. This is sponsored by the Regional Food Bank and volunteers in our community.



**Health and Wellness Note:** If you are an after dinner or midnight snacker, you are not alone. According to a recent paper in *Clinical Nutrition*, 3 in 5 Americans say it's normal for them to eat after 9pm. However doctors suggest that people should shift their caloric intake to earlier times of the day. A recent study found that most adults persistently consume higher amounts of their daily calories later in the day.

This matters because our bodies are meant to digest and process nutrients during the day and then power down at night. Eating within three hours of bedtime can adversely affect our health. It can lead to heartburn, acid reflux, and disrupted sleep. Also, those that ate more than 100 calories were more likely to be overweight, obese, and/or have an increased risk for diabetes.

Nutritionist have these recommendations:

- When you grab a midnight snack, go for something light like fruit or yogurt.
- Plan your snacks like you do your meals so you don't exceed your daily calorie allotment.
- Pre-measure servings of snacks so you are not tempted to eat more.
- Try using a 'veggie or fruit + protein' concept to keep it more satisfying. For example, try cherry tomatoes with hummus; dried fruit mixed with some nuts and sunflower seeds; banana whirled with peanut butter in a smoothie. (Jackie Newgent, RDN, CDN, chef, nutritionist, and author of *The Plant-Based Diabetes Cookbook*)
- Another nutritionist, Abbie Gellman, Chef and Registered Dietitian, suggests: Aim for a trio of fiber, lean protein and healthy fats. This will keep you satisfied and full longer and fuels your body as you go through the day. A simple snack like fruit and nut butter or cheese can satisfy that sweet tooth and jump start your body and brain when you hit that afternoon slump. Or for a savory bite, try some veggies and hummus or guacamole.

**Take the time to plan your nighttime snacks, and you can improve your health!**



## **Cocoa and Crafts**

*Sunday, April 14<sup>th</sup> at 11:15*

Come enjoy some hot cocoa, tea or coffee and learn a cool painting technique. Miss Laurel-Le will show us how it is done. Open to all!

## **Story Time with Uncle Kent**

The Fellowship Council is excited to announce that on Sunday April 21<sup>st</sup>, directly following the 10am worship service, Kent Busman, Camp Fowler Director, will be doing a story time in Brink Hall. Kent Busman has been the Executive Director of Camp Fowler for 37 years. During that time, he has had the opportunity to earn his storytelling stripes. While he favors folk and regional tales, Kent has also dabbled with telling stories of his adventures, sometimes even mixing them with older tales. Come join us for Stories and a Walking Taco lunch. It should be fun and delicious!

## **CROP WALK 2024**

*SAVE THE DATE* - Sunday, May 5<sup>th</sup>

The CROP Hunger Walk will be hosted at the Rotterdam Community Center, 705 Curry Road, Schenectady, NY, 12306. Registration starts at noon and the opening ceremony will begin at 1:00 pm. Stay tuned for more information as we get closer to The CROP Hunger Walk!

## **Youth Group Calendar**

Sunday, April 14 - Cocoa & Crafts - Come find out cool painting technique - 11:15-12:15

Sunday, April 21 - Story Time with Uncle Kent - 11:15-12:15

Sunday, May 5 - Crop Walk - 1:00

Saturday, May 25 - Camp Fowler 70<sup>th</sup> Anniversary celebration at Camp - 10:00-4:00

Sunday, June 9 - Youth Sunday Service and Breakfast



# Camp Fowler's 70th Church Picnic

**Come enjoy a day at your camp!**

- 10am Tours and Boats
- Noon Lunch\*
- 1pm Sing-a-long and Dedication
- 2pm Enjoy the grounds
- 4pm Depart

Saturday, May 25th • 10am - 4pm

152 PELCHER ROAD, LAKE PLEASANT, NY 12108

\*Fowler will provide a picnic lunch

**If you are able, please bring pie to share.**





April Anniversaries:

**Jerry and Tina Haldeman 16**

**Jeff and Kathy Reynolds 17**

**Sara and Aaron Madison 26**

April Birthdays:

**Judson Hoffman 3**

**Linda Lewis 6**

**Paul Rooney 11**

**Peg Foster 13**

**Bill Eberle 15**

**Jordan Zenner 17**

**Nancy Pfuntner 20**

**Ethan Schalekamp 23**

**Ashley Zappone 29**

**Emily Taft 30**

**Jeff Reynolds 4**

**Seneca Willoughby 7**

**Allison Beauchemin 12**

**Helen Graber 13**

**Rachel Rosenberg 16**

**Katherine Makrin 18**

**Kim Rosenberg 20**

**Kathe Sheehan 25**

**Micah Faulkner 30**

**Cynthia Tygert 30**

**Evelyn Torelli 4**

**Amiee Warfield 9**

**Eric Carpenter 12**

**Walter Pfuntner III 14**

**Alena Willoughby 17**

**Bob Baldwin 20**

**Cheyenne Willoughby 22**

**Jane Lansing 27**

**Beth Hoffman 30**

**Address Service Requested**

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