

# THE MESSENGER

## *A Pastor's Ponderings*

When church people hear the word stewardship, likely the first thing that comes to mind is pledge cards and monetary giving to the church. While using the word stewardship in this context is certainly correct, stewardship means so much more than this. Stewardship is simply the obligation to care and responsibly manage something.

In the beginning, God gave humanity the obligation of caring for and responsibly managing the earth. A task unfortunately that we have often come up short in executing. But stewardship not only applies to our planet and to the church, but also to our nation, community and our own lives. To this end, over the next couple of years, an emphasis of this congregation will be the Stewardship of Life. This work includes discussions and resourcing around issues like funeral arrangements, living wills, power of authority, medical proxies and end of life care. For some these topics might feel a bit macabre or even depressing, but if done right this work can be life giving, freeing and even uplifting. These discussions and events will be geared to all people of all age groups. It is never too early or too late to start getting things written down.

The process of properly stewarding one's own life not only provides peace of mind to the planner, but is also an immense blessing to the loved ones that they leave behind. I have worked with many families as loved ones have come to the end of their earthly lives and there is a big difference in the experience for those whose loved ones left clear instructions and for those who have not. It saves siblings fighting over what kind of life prolonging care is acceptable and what is not for their dying parent. So much pain around an already difficult time can be avoided with a little pre-planning.

No one likes to think or talk about death, especially our own, but we must not allow our natural aversion keep us from doing what is right for ourselves and our loved ones. This is especially true as Christians since we know death on this earth is not the end. For people of faith this kind of work is simply keeping our house in order.

Even before any of these programs begin at church, it would be good for us all to review and take stock of what we have already done in this arena. Do you have a will? If so, when was it last updated? Is it clear who will be taking care of your estate and do they know where to look for important documents?

Stewardship is an incredible blessing and gift when done well. Just as we should be good stewards of our earth and our church so that the next generation can benefit and thrive, we too must be good stewards of our own personal affairs. It would be my honor to sit down with you and discuss your own funeral arrangements.

Another stressor after a loved one has passed is the obituary. Having one pre-written is a huge relief. Since who knows you better than you. I would also be willing to offer assistance and examples in doing this as well.

After a life well lived, you can still continue to be a blessing to those you leave behind by being a good steward of your own life. None of us know the day or hour of our passing, so the time to do this work is now. Do not let fear or discomfort keep you from doing what is right and choose to be a good steward today.

Sincerely Yours in Christ,

***Rev. Christopher J. McCloskey***



**A Celebration of Al and Sue Fedak** - Following 10am worship on June 16th, the congregation will gather in Brink Hall to honor and celebrate both Al and Sue Fedak. The 16th will mark Sue's final Sunday with our congregation as our Interim Choir Director. Our organist Al will complete his service to us on June 30th. Both have been invaluable to this congregation's worship. We will miss them both dearly. Though they will surely turn up from time to time.

**Mid-Year Budget Report** - You are invited to join our Treasurer Jerry Haldamen following 10am worship in Brink Hall on Sunday, June 23rd for a mid-year budget report. Jerry will review where the congregation's finances stand at this point in the year. This presentation will also include an opportunity to ask him any questions you might have.



**“Renew” Bible study** - Meets Tuesdays at noon via Zoom through June 18. We are currently studying The Call: The Life and Message of the Apostle Paul by Adam Hamilton. We will follow Paul as he spreads the gospel through what is now Greece and Turkey. Come as we learn how indispensable Paul was to both the early Christians and to our world today. Books are available online. For assistance or to obtain the Zoom link, contact Sunny Baldwin at 528-320-4562.

**Flower Garden Help Needed:** We continue to look for people willing to care for the church's garden beds. This is a terrific way 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.



**Outdoor Worship:** Beginning on July 7th at the 8:00 AM Worship Service will be outside. The 10:00 AM Service will continue to worship in the Sanctuary. Make sure to dress accordingly and join us!

## June Financial Update

As of 5/28/24					
		<b>Annual Budget</b>	<b>YTD Budget</b>	<b>Total to Date</b>	<b>Over/Under</b>
Congregational Giving		\$ 227,000	\$ 95340.00	\$ 112,577.00	Over 18%
Other income		\$ 202,240	\$ 151,014.36	\$ 109,624.00	Under 28%
Income draw from Fenimore for HVAC			\$ 250,000.00	\$250,000.00	
Total Income		\$429,240.00	\$246,354.36	\$2222,201.00	Under 10%
Total Expenses		\$ 583,358	\$ 246,354.36	\$154,188.00	Under 37%
HVAC Project			\$300,000	\$285,550.00	Under 5%



### 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 - just show up and get what you need! It is called the Fresh Table

Community Pop-up Pantry. Please let your neighbors that need this fresh food know about this service. The dates are the following: June 19, July 17. This is sponsored by the Regional Food Bank and volunteers in our community.

### Community Lunch Update:

It's hard to believe that we are entering the sixth year of this remarkable program. I find it astonishing that 5,517 meals have been served. We are so blessed to have so much support from our Pastor, the Missions Council, the volunteers, the consistory, the staff of the church and our members. Thank you to each of you that has helped in some way to feed our guests.



We have a core group of guests that visit the meal twice a month and have done this from the beginning. The Grab and Go lunch will celebrate 3 years this July. In June we will have a memorial service for David Alexander in Brink Hall at 1 pm on June 29th. If you would like to attend, please come.

The meal for June will be hot meatball sandwiches, spaghetti salad and cookies. Here's to another successful year of the Grab and Go Lunch and Community Meal!

## Backpack Program:



WOW! This school year went by quickly---or so it seems. The last day for the weekend Backpack Program will be June 5th for packing and June 6th for delivery to homes and schools. Keep a look-out in the next newsletter for some statistics on the number of bags we packed this year and the total weight. We usually provide a distribution of extra food to families only before the 4 vacation periods but this year we have decided to offer 2 additional distributions. There will not be free lunches at Collins Park this summer and because Easter was so early this year, we are going to offer a distribution day on June 20th and another in early September. Inflation has really challenged these families and we are so grateful that we can help. Thank you all for your continued support!

## June Mission of the Month: Summer Fun Food Days



For over 20 years, Summer Lunch in the Park has supported youth throughout Schenectady County. A program run by Sycamore Collaborative (previously SICM), a quick lunch meal is provided to any youth, no sign up needed. During the past few years, Collins Park had been a site for these meals, helping to provide a daily lunch to local youth spending time in the park. This year, Scotia's Collins Park will no

longer be a Summer Lunch location.

At First Reformed, we have seen such a successful outreach in providing nutritious food through our Community Meals, Grab and Go lunches, Weekend Backpack Program, and Emergency Food Distribution. We see this as an opportunity to continue to serve our youth and neighbors this summer. This June, as we prepare for summer, our Mission of the Month will support Summer Fun Food Days, our newest initiative in serving our community. We will offer quick, easy, nutritious snacks and small meals-to-go.

We will be coordinating dates with other Scotia churches, who offer free meal opportunities, maximizing our outreach coverage to ensure both youth and neighbors have access to a meal during the summer months. While the summer vacation off from school is often a highly anticipated time filled with lazy mornings, fun trips, or adventures for the family, for many of our community it is a time of stress and worry about balancing the costs of summer child care and scraping together a lunch or dinner to hold over until the next meal that can be comfortably made.

We look forward to offering this new opportunity of an easy meal, once a week, to help create some Summer Fun.

**June Garage Sale:** (VOLUNTEERS NEEDED- Both for set up during the week and for the sale!!) This year's date has been set for Friday, June 7<sup>th</sup>, from 9:00am to 3:00pm and Saturday, June 8<sup>th</sup>, from 9:00am to 12:00pm. To raise funds for our local missions, we will be participating in two ways:



- We will be renting spaces for a small fee, to those that wish to sell their items, but not at their own house or apartment. We advertise, you bring your items, you staff your tables and keep what you make. All remaining items must go home with you.
- You can donate items on our list (clothing, shoes, toys, books, jewelry, housewares, linen and bake sale) for the church to sell to benefit the church and our local missions. All remaining items will be stored for next sale.

If you have interest in renting a space to sell your goods - you may go to our website and print a form or see Sharon in the office. If you would like to donate items for the church to sell, please drop off items in the coat room on Sunday June 2<sup>nd</sup> 9-11:30am and Monday-Thursday June 3<sup>rd</sup> through June 6<sup>th</sup> 9am-1pm. Contact Sue Pitts at 518-417-0914 for any further questions.



**Health and Wellness Note:** It is likely that you know someone that has had a heart attack (MI), which is when the blood flow to the heart is severely reduced or blocked. This can be due to a buildup of fat, cholesterol, and other substances in the coronary arteries. The deposits, known as plaque, can rupture and form a clot that blocks the blood flow, which then damages or destroys part of the heart muscle.

Here are some important actions YOU should take to protect yourself and others:

1. **Know the symptoms of a heart attack.** Common heart attack symptoms include:
  - Chest pain that may feel like pressure, tightness, pain, squeezing or aching
  - Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
  - Cold sweat
  - Fatigue
  - Heartburn or indigestion
  - Lightheadedness or sudden dizziness
  - Nausea
  - Shortness of breath

- Women may have atypical symptoms such as brief or sharp pain in the neck, arm or back.
2. **Get prompt treatment** - Call 911 or emergency medical help if you think someone is having a heart attack.
    - **Take nitroglycerin, if prescribed to you by a healthcare provider.** Take as instructed while awaiting emergency help.
    - **Take aspirin, if recommended.** Taking aspirin during a heart attack may reduce heart damage by preventing blood clotting. Since aspirin can interact with other drugs, don't take an aspirin unless directed to do so by medical personnel. Call 911 first, then take the aspirin if directed.
  3. **What to do if you see someone who might be having a heart attack**
    - If someone is unconscious and you think they're having a heart attack, **first call 911.** Then check if the person is breathing and has a pulse. If the person isn't breathing or you don't find a pulse, only then should you begin cardiopulmonary resuscitation (CPR).
    - **If you're untrained in CPR,** do hands-only CPR. That means push hard and fast on the person's chest — about 100 to 120 compressions a minute.
    - **If you're trained in CPR** and confident in your ability, start with 30 chest compressions before giving two rescue breaths.
  4. One way to prevent heart attacks is to have regular screenings, and to help you:  
**The Health & Wellness Team is offering BP screenings June 2<sup>nd</sup>, 11:00-11:30 in the Memorial Lounge.**

## Graduates:

- Paul Munson IV is graduating from Virginia Tech University with a Bachelor of Arts in Political Science and National Security. Paul will also be commissioned as a Second Lieutenant officer in the U. S. Army Reserves in May. Paul has been assigned to Westover Reserve Air Base in Massachusetts as a Counterintelligence Law Enforcement Officer for his Army Reserve duty station. He hopes to obtain a law enforcement position for his civilian career as well.
- Katherine Makrin is graduating from Niskayuna High School. She plans to attend SUNY Oneonta to study art.



**West Glenville Summer Concert Series:** Join us for our Summer Concert Series which kicks off on June 8<sup>th</sup> at the WGRC Amphitheater 2172 W. Glenville Road. We'll hear prepared pieces by the West Glenville Vocal Ensemble and the West Glenville Praise Band and conclude with the Holy-Spirit-Filled Praise-Music Sing-Along.



## Kids Hope USA - Another successful year

On June 5th our 12 mentors with their 12 prayer partners will celebrate a wonderful year with their Kids Hope kids with an Ice Cream Sundae party. The staff at Sacandaga Elementary are so supportive of this program, and I hear many stories about what a positive difference it has made in these students' lives. I am looking forward to fall and would love to have more mentors for the many students that are on our waiting list. Please consider becoming a mentor, with training expected to begin in September. No special skills are required, just a love for children. I want to thank all the Mentors, Prayer partners and staff for their time and efforts! What a gift you have given a child in need!



## Youth Sunday

**June 9, 2024 10:00 AM**

*Love like Jesus*

Come join us for a Pancake breakfast, served from 9-10 and 11-12, and a very special 10am service led by all our youth.

## From Miss Diana

I want to thank all those who volunteered throughout our program year. You have made our education programs and our church events a meaningful experience. From the bottom of my heart, thank you for all your efforts and support! God Bless!



## Summer is a time to rest and relax.

There will not be any Sunday School classes this summer but be on the lookout for some fun and meaningful online summer ideas!

ENJOY your summer!





**June Anniversaries:**

- Bill and Karen Faulkner 1**
- Bob and Barbara King 3**
- Kent and Jill Busman 4**
- Jeff and Cindy Taft 5**
- Stanley and Fern Lee 6**
- Russ and Claudia Garrison 10**
- John and Diana Ackner 18**
- Judson and Beth Hoffman 18**
- Al and Margo Snyder 21**
- Robert and Mary Grumbling 28**
- David and Jae Schalekamp 28**
- George and Karen Squires 28**

**June Birthdays:**

- Cheryl MacNeil 1**
- Leo Crisci 5**
- Jim Penn 7**
- Michaela Kilgallen 10**
- Juliet Torelli 12**
- Miranda Gilgore 14**
- Cassandra Stryjek**
- Phil Davis 20**
- Alta Pirigyi 25**
- Laurie Cooper 28**
- Demetri Zappone 30**

- Sierra Grace May 2**
- Pam Walsh 6**
- Bub Bekkering 8**
- Aleksey Falcon 11**
- Laura Bull 14**
- Collin Penn 15**
- Diana Ackner 19**
- Al Carter 21**
- Linda Naumowicz 26**
- Terri Doyle 28**

- Ayanna Willoughby 4**
- Randy MacNeil 7**
- Jacklyn Zenner 8**
- Joe Deamer 12**
- Linda Ciabotte 14**
- Paul Kramer 16**
- Thomas Hoffman 19**
- Grace Ackner 23**
- Barbara Wurz 26**
- Ron Locke 30**

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