

# THE MESSENGER

## *A Pastor's Ponderings*

In most, if not all, arenas of life, context is key. This is certainly the case for the church. Churches across the nation continue to struggle with the ever changing religious landscape. Decline began with the turn of the millennium and has only accelerated since the pandemic.

We however have a bad habit of comparing the church today with the church of yesterday. We must come to terms with the fact that, whether we like it or not, the world has changed. And we do ourselves a great disservice by evaluating the church of today, but the church of yesterday's metrics.

In a world of church decline, we must celebrate stability and consistency. While we all certainly desire

growth, not declining is a huge accomplishment. And we are certainly not declining! Are there often less kids in church than we would like? Or fewer people in our pews, especially young people? Well sure, but in a landscape where it is estimated that up to a quarter of all churches in America will close by the end of the decade, we are thriving!

Below you will find pictures and brief profiles of the three newest members of our church that officially joined on Palm Sunday. Let us rejoice that God continues to so generously bless this congregation!

Sincerely Yours in Christ,

*Rev. Christopher J. McCloskey*

## Meet Our Newest Members!



Kate Seward (left) & Darcy Pratt (right)



Dianne Giannetti

**Kate Seward** was baptized in Gouverneur, NY in the United Methodist Church. In the 90s she joined the Burnt Hills Methodist Church. Throughout her life she has been an elementary teacher and a X-ray technologist. She has a daughter and two grandchildren. She is excited to be a member here at FRCS and join us in fulfilling Christ's mission.

**Darcy Pratt** moved to NY in the early 2000s. Upon her arrival, she began a career at Lowe's where she met her future husband. After 20 special years, the Lord called her husband, George, home. She fairly recently came to Scotia for a fresh start. She found FRCS at just the right moment in her life. Worshipping here has helped her move forward into what God has planned for her next.

**Dinane Gianetti** has sung in the FRCS chancel choir for a number of years now with her sister June Coryer and has recently been joined by her husband, Mark. She is excited to now be an "official" member of the church that she has come to love so much. She has a passion for justice and a deep love of animals.

# THE DAY OF PENTECOST

Pentecost this year falls on Sunday, June 8th. We will mark the coming of the Holy Spirit and the birth of the church with the celebration of the Sacrament of Holy Communion at both 8am and 10am Services. Remember to wear red!

## The “Renew” Bible Study

The group will be taking a break for the summer. They plan to resume in September.

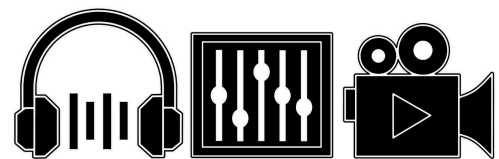


## Outdoor Worship

Beginning on Sunday, June 29<sup>th</sup> the 8:00 AM Worship Service will be outside. Make sure to dress accordingly and join us! The 10:00 AM Service will continue to worship in the Sanctuary.

## Audio-Video Help Needed

We are currently looking for individuals who are willing to be trained to use the sanctuary's audio and video equipment. Anyone can learn how to do this, no special skills needed. If you are interested in being trained and helping out, please talk to Pastor Christopher or Paul Munson.



## June Financial Update

As of 5/27/25					
		Annual Budget	YTD Budget	Total to Date	Over/Under
Congregational Giving		\$ 255,000.00	\$ 107,100.00	\$ 122,432.00	Over 11%
Other Income		\$ 266,450.00	\$ 111,909.00	\$ 61,603.00	Under 54%
Total Income		\$521,450.00	\$219,009.00	\$184,035.00	Under 16%
Total Expenses		\$ 521,450.00	\$ 219,009.00	\$191,654.00	Under 12%

## Conversation Project Challenge

Our congregation has been challenged to “have the conversation, complete the necessary paperwork, and share with the appropriate people in your life.” So here is the challenge: share your end-of-life wishes with your family by the end of this summer. Once you have the conversation; complete, to the best of your ability, the “Funeral Arrangement Planning Guide.” Copies can be found on the literature rack outside of the office. Our goal is to have 25 people submit their partially or completed packets to Pastor Christopher by September.

## Community Lunch Update:

The Community meal for April was well attended. We had 92 meals go out. I would like to thank all the volunteers for their support. I would also like to thank Sunny and Linda for being available to take our guests' blood pressure.



The Grab and Go lunch for May had 50 meals go out. Thanks to Janet, Cindy, Deb and Carol for helping with this meal. Vicki made cookies and potato salad for the lunch. Thank you Vicki! We opened at 11 am and all our lunches were taken by noon.

## Backpack Program:



How can it be June already?! This year's school year backpack program will be ending the first week in June. It usually begins again in Mid-October, giving the schools time to identify students in need of the program. We already had a distribution of extra food at the end of May, giving out 45 boxes of food. Looking ahead to the summer, the Missions

Council decided to offer 3 additional distributions in July, August, and early September. The families always express gratitude for this extra food.

We could not do any of this without your generous support, both financially and with your time. I want to thank all of the volunteers that every week have picked up the food at the Regional Food Bank in Latham, those who pack the 76 bags of food every Wednesday, and those that deliver the bags to schools and families every Thursday morning. A special thank you to Sue Pitts for organizing the packers and to Chris Bodden for organizing food pick-up and delivery volunteers. It takes a village, and in our case a dedicated congregation, to help our neighbors. So, THANK YOU TO ALL!

## June Mission of the Month: Summer Lunch Program



Last year in response to Collins Park being eliminated as a Summer Lunch location by the Sycamore Collaborative (previously SICM), we saw an opportunity to take up the mantle and to serve lunches to our neighbors during the summer. We learned a lot during our 'test run' year last summer and hope to make this program even better and more impactful this summer.

This June, as we prepare for summer, our Mission of the Month will support our Summer Lunch Program. During July and August we will be offering lunches on Tuesdays and Thursdays. We will offer quick, easy, nutritious snacks and small meals-to-go.

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 once again offering easy meals to help out so everyone can enjoy the summer!

## 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 6<sup>th</sup>, from 9:00am to 1:00pm and Saturday, June 7<sup>th</sup>, from 9:00am to 1:00pm. 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 1<sup>st</sup> after 8 & 10am worship and Tuesday-Thursday June 3<sup>rd</sup> through June 5<sup>th</sup> between 9am-1pm. Contact Sue Pitts at 518-417-0914 for any further questions.





As the weather improves and we are able to get outdoors and exercise more, some people may start to experience increased knee pain. Knee pain is not inevitable as we age and there are actions you can take. These tips from orthopedists and pain management specialists can help you reduce the stress on your knees, minimize the risk of injury, and protect your knees as you age.

- 1. Maintain a Healthy Weight:** As with many other conditions or diseases, too much weight is not good for our health. The excess weight can lead to wear and tear of your knees.
- 2. Be Stair Aware:** Each day most of us climb stairs, but there are ways to prevent knee injury. First, be sure to use the handrail in order to lessen the pressure on your knees. Then, be sure to place your whole foot on the step to support your knees.
- 3. Stay Active with Low Impact Activity:** Examples of low impact, joint-friendly exercises are walking, swimming, low-impact cardio, and cycling. Avoid jumping, lunges and high impact cardio workouts. Also, make sure to wear sneakers that support your feet rather than casual or dress shoes.
- 4. Maintain good posture:** Whether sitting or standing, distribute weight evenly across your joints. Poor posture can lead to misalignment and added stress on your knees, especially if you wear high heel shoes.
- 5. Pay attention to your pain:** If you do experience persistent discomfort or knee pain, give your knees a rest. If the pain does not go away or there is swelling around your knee, you should be seen by a healthcare provider. Early intervention can prevent minor issues from becoming major problems.
- 6. Watch hydration:** For joint health, staying hydrated ensures that your joints, including the knees, remain adequately lubricated. Aim for at least eight glasses of water a day to support overall joint health.
- 7. Include anti-inflammatory foods in your diet-** Nutrition plays a vital role in joint health. Incorporate foods rich in omega-3 fatty acids, such as salmon and flaxseeds, as well as anti-inflammatory ingredients like turmeric. These dietary choices can help manage inflammation and promote knee well-being.
- 8. Don't be a Weekend Warrior:** A common mistake, particularly among working adults, is playing hard on the weekend but neglecting exercise the rest of the week. It's much safer to exercise more moderately on a frequent basis than to try to pack a week's worth of movement in a day or two. You'll build strength slowly and avoid injuries like strains and sprains when you exercise three to five times a week and increase intensity deliberately.

**Here's to a fun-filled summer and healthy knees with these tips!**



## Kids Hope USA - Another successful year!

On June 4th our 15 mentors with their 15 prayer partners will celebrate a wonderful year with their 15 Kids Hope kids with an Ice Cream Sundae party. Thank you mentors, prayer partners and Sacandaga teacher and staff for all your hard work for these at risk kiddos. You all have made a powerfully positive difference in these kids' lives! What a gift you have given a child in need!

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.** Training is provided. No special skills are required, just a love for children.

## Youth Sunday

June 8<sup>th</sup>, 2024 at 10:00 AM

*The Joy of Pentecost*

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.**



## Summer Bingo

Summer is a time to rest and relax. There will not be any Faith Formation classes this summer **BUT** be on the lookout for Campfire stories & BINGO online. ENJOY the stories and your summer!

## From Miss Diana

As I head into my summer break, I would like to thank all those who volunteered throughout our program year. You have made our education programs and our church events a meaningful experience. We are very lucky to have all of you in our congregation! From the bottom of my heart thank you for all your efforts and support!



## Congratulations to our graduates!

🎓 Jacklyn Zenner

🎓 Helen Graber

🎓 Zach Swain



### June Anniversaries:

Bill and Karen Faulkner 1

Bob and Barbara King 3

Kent and Jill Busman 4

Jeff and Cindy Taft 5

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

Diana Ackner 19

Al Carter 21

Darcy Pratt 25

Laurie Cooper 28

Sierra May 2

Pam Walsh 6

Bub Bekkering 8

Aleksey Falcon 11

Laura Bull 14

Collin Penn 15

Thomas Hoffman 19

Grace Ackner 23

Linda Naumowicz 26

Terri Doyle 28

Demetri Zappone 30

Ayanna Willoughby 4

Randy MacNeil 7

Jacklyn Zenner 8

Joe Deamer 12

Linda Ciabotte 14

Cassandra Stryjek 17

Phil Davis 20

Alta Pirigyi 25

Barbara Wurz 26

Ron Locke 30

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