

THE MESSENGER

A Pastor's Ponderings

At the end of June, I preached on what I believe underlies all of the problems facing our world: Selfishness. Often this is phrased as hyper-individualism, as a way of making it sound less negative, but whatever we call it it is a problem especially in Western nations. The United States has not been immune from this trend of hyper-individualism in fact we have super-charged it and spread it across the globe.

The results of this trend are clear: people interacting less in person, even leaving their houses less, fewer people finding a partner or even making friends, and a general loneliness epidemic. There has been a rise in hateful and xenophobic rhetoric and even violence.

Sadly the people most in need of looking in the mirror and reflecting upon their selfishness rarely do. They will be quick to say that they have done enough or have given enough to this or that charity. Those infected by selfishness will be quick to let themselves off the hook.

However, those that are already selfless and self-giving often hear sermons on selfishness as further condemnation. They feel guilty and they want to do more even if they don't have any more to give. So the rest of this article is for them.

There is a difference between selfishness and self-care. You are not and cannot be expected to give from an empty vessel. Sermons on selfishness are not for you. Instead you need to remember to take care of yourself: to rest, to eat well, to be merciful to yourself. This is not selfish. This is necessary.

Often those that take sermons on selfishness particularly hard are women. Women are often trained from a young age to give and to serve. Often as they grow and develop they are given responsibilities like caring for younger siblings or other care based tasks. These same women then grow up to take care of partners and children only to graduate to taking care of aging parents. So whether you are a mom, a wife, or a caretaker, remember self-care is not selfishness.

This is not to say women cannot be selfish or that men cannot be selfless. But often Christian theology over the centuries has been used as a hammer against women. To tell them that they need to continue to give of themselves even to the point of their being nothing less. Incredibly unequal standards have been set for men and women through societal expectation baptized by preachers into the Bible.

So if you find yourself giving and giving; if you find yourself exhausted and anxious and overwhelmed; my sermon on selfishness was really not directed at you. While it is always good for us all to do some self-reflection and make sure our selfishness is in check, do not forget that self-care is not selfishness.

However, if you received my call to reject selfishness as irrelevant or not pertaining to you, maybe it's time to look in the mirror. For we all have a lot of work to do.

Sincerely Yours in Christ,

Rev. Christopher J. McCloskey



Outdoor Worship

8:00am Worship Service is now being held outside (weather permitting). Make sure to dress accordingly! The 10:00am Worship Service will continue to be in the Sanctuary.



Outdoor Worship Service



Save the Date!

Ice Cream on the Patio is coming August 3rd after the 10:00am service. Please watch for upcoming announcements.

Save the Date!

CRAZY Family Fun CARNIVAL

Sunday, September 7th following 10am service
Bounce house, Carnival games, Prizes and more!
More info to come!



Help Wanted!

Our gardens around the church property are in need of some love and care. Can you spare one hour to come and do some weeding? Many hands make for light work and our flowers and plants will love you to see you!!

July Financial Update

As of 7/2/25	Annual Budget	YTD Budget	Total to Date	Over/Under
Congregational Giving	\$ 255,000	\$127,500.00	\$134,689	Over 6%
Other income	\$ 266,450	\$133,225.00	\$75,887	Under 43%
Total Income	\$521,450	\$260,725.00	\$210,576	Under 19%
Total Expenses	\$ 521,450	260,725.00	236,818	Under 9%

In Brief: Giving up and Spending Down!!

June Garage Sale

At our latest sale, we earned over \$5,000! These monies are split between the Mission Council and the Church's budget. Many thanks to everyone who helped make this sale possible!

Community Lunch Update by Mark Holley

The Community Meal and Grab and Go Lunch have been very busy. We had 75 meals go out at the end of May and the grab and go had 60 meals go out in June. We have served a total of 7,026 meals in the beginning of our seventh year. Thanks to all the volunteers who have helped to serve our guests and make a difference in the lives of our guests.

Backpack Program by Linda Lewis



Oftentimes we are so busy doing something that we neglect to take a moment to really look at what we have accomplished. This is why it is so important to take that moment to look carefully at the following information about the 2024-2025 BackPack Program.

Total bags distributed	2323
Average weekly enrollment	75
Total pounds of food distributed	49,316
Equivalent meals distributed	41,097
Meals per child distributed	548

You, as members of our congregation, and with community support, made this happen! This is part of a greater celebration of the incredible contribution to feeding children in our area through the Week-end BackPack Program. Betsy Dickson of the Regional Food Bank sent this message: "This year, 250 schools across 113 school districts distributed 131,000 BackPack bags, delivering **1.1 million meals** directly into the hands of hungry children." Well done!!

Mission of the Month: Joan Nicole Prince House

The Joan Nicole Prince home provides a safe, comfortable and caring residence for people who have the fewest options and least amount of support during their final days. Over the course of one year, 15 to 20 people are expected to pass through its doors. Volunteers and staff provide care 24 hours-a-day, 7 days-a-week serving as "family" for residents of the home, which is located at 22 Glenview Drive in Scotia. The Joan Nicole Prince home works in collaboration with the Community Hospice to provide medical care for each individual. The love that fills this home is amazing and the love that has surrounded the home through the generosity of the community is awe-inspiring. Please consider supporting July's Mission of the Month.



Summer is here and along with that comes ice cream. Many enjoy the tasty creamy treat, but they also find that it upsets your gut. This can be because ice cream, even when it's marketed as natural or healthy, can contain emulsifiers, which are used to keep ice cream from melting, which is great for a hot summer day when you're eating a cone, but not if it causes an upset stomach. Emulsifiers can also be used to control the consistency of other foods. Polysorbate 80, carboxymethyl cellulose, carrageenan, and maltodextrin are all emulsifiers to watch for.

According to a recent report from CNN, emulsifiers can change the mix of bacteria in our guts, which can damage the gastrointestinal tract lining. This can cause inflammation that may also contribute to problems elsewhere in the body. One example is a genetic scientist, Lewis Rands, who had irritable bowel syndrome. He had bloating, stomach pain, cramps, frequent bowel movements, and bleeding after eating foods with emulsifiers. He became anxious and stressed because he was always wondering where the nearest bathroom was and whether he'd reach it in time. Then, on the advice of a dietitian, Rands began avoiding foods with emulsifiers: chemicals such as carboxymethyl cellulose, carrageenan, guar gum, xanthan gum, and maltodextrin — plus other additives. For instance, instead of eating Ben & Jerry's ice cream, he switched to Häagen-Dazs ice cream that is free of the substances at issue. The relief was dramatic.

So if you find you're having stomach issues after eating ice cream or other foods with emulsifiers, start tracking when and what food bothered you. Then follow up with your primary provider who may recommend changes in your diet or a dietitian visit. You may be able to have your ice cream after all!

Camp Fowler Letters



We have many kids attending Camp Fowler this summer, it's going to be amazing! Consider writing letters to our campers. Check out the Fowler bulletin board for information on who's attending which weeks and send a quick note saying hello. It's always fun to get mail... and they get to "Kiss the Moose" if they get 3 letters!!!

Send mail to: Camp Fowler
Camper Name (Week #)
P.O. Box 207
Lake Pleasant, NY 12108



West Glenville Reformed Church Summer Concert Series

2172 W. Glenville Rd
Saturday July 12th from 4-6pm
Featuring Agape Blues Company



Benefits: New Beginnings Christian Academy of Liberia

www.westgrc.com



Summer Bingo Project



Want to have some fun while building your faith this summer? Let's play some BINGO! The object is to see if your household can get a BINGO before the summer ends - Do the things in any 5 boxes on the BINGO sheet. Want a bigger challenge? Can you fill the whole card? Just follow the directions in each box to X that box out. I wonder who will get a BINGO? The card and links are posted on our FRCS webpage(Christian Ed tab). Let Miss Diana know if you get a BINGO - any 5 boxes; your name will go into a drawing for a special prize come September.

FRCS	SUMMER	BINGO	PROJECT	2025
B	I	N	G	O
BELIEVE	I LOVE CAMPFIRE STORIES	NO SCREENS	GO SERVE	OFFER
Memorize the Lord's prayer and say it every day	God's Paintbrush Part 1	Go to the link below and play Table Topics without using technology. Table Topics link	Serve a meal at the City Mission. Go to their web site to volunteer	Offer kindness to someone who is having a rough time. Offer a smile or some kind words
Read Psalm 100 then write down 3 things you are thankful for	God's Paintbrush Part 2	No Tech Family Scavenger Hunt - Here's a link for ideas. Family Scavenger Hunt	Bring Scotts individually wrapped toilet paper or a jar of peanut butter to FRCS Community Cupboard	Offer to put someones cart away at the Grocery store
Read Mark 6:30-56 - Show compassion by creating a card and sending it to someone who needs some compassion	God's Paintbrush Part 3	Mindful Nature Walk - Click this link to find suggestions: Mindful walk ideas	Help Mission council serve lunch on Tuesdays and Thursdays during July & August. Contact Laura Bull to sign up	Offer a meal or snack to someone in the church that you don't know very well and would like to learn more about them
Read John 6:1-21 - This miracle shows God's love; Write down 2 ways you can show God's love	God's Paintbrush Part 4	On a clear night sit under the stars and marvel at God's universe. Thank God for his creation	Donate food to a food pantry near your house	Offer a homemade treat, card or flower to someone who is in need of encouragement
As a household, find 3 different stories in the Bible where Jesus heals someone	God's Paintbrush Part 5	Have a game night with Family, Friends or neighbors; no tech allowed!	Volunteer at the regional food bank	Offer to help someone with free yard work or housework

BECOME A MENTOR

Walking together in one-on-one mentoring relationships



OUR LOCAL SCHOOL WANTS US

All children need healthy, consistent relationships with adults who are committed to helping them grow, develop, and thrive. Our local public elementary school has asked us to come alongside parents, teachers, and others to invest in their students through one-on-one mentoring relationships. To love them as Christ loves us.

Will you serve our neighborhood school by mentoring a student?

KIDS HOPE USA EQUIPS US

Kids Hope USA is a national organization that equips partner churches like ours to send volunteer mentors into the local school. There, each mentor is matched with one student and commits to being another consistent, supportive, encouraging adult in their life.

Just as God shows up in the person of Jesus and loves us unconditionally, mentoring a student one-on-one allows us to share unconditional love with a child in need of support.



HOW IT WORKS

As a Kids Hope USA trained mentor, you'll spend one hour each week during the school day with a student—playing games, coloring, reading books, and talking. While you may complete some basic academic work, the focus of this time together is on building a meaningful relationship. You'll receive training and be matched with a behind-the-scenes prayer partner who will pray for you and your student.



GET INVOLVED

We are committed to serving the students, staff, and families at our partner school. Together, we can make a difference.

Visit kidshopeusa.org/volunteer or contact our church's Kids Hope USA program director for more information and sign up to be a mentor today!



July Anniversaries:

- Chris & Amy Grumbling 2**
- Randy & Cheryl MacNeil 8**
- Bob & Sunny Baldwin 10**
- Lou & Stephanie Crisci 11**
- Richard & Terri Doyle 20**
- David & Lorraine Gonyea 20**
- David & Karen Wentworth 25**
- David & Joyce Murray 28**
- Diury Alvarado & Joe Carosella 29**
- Rick & Jessica Crisci 30**

July Birthdays:

- Don Bekkering 1**
- Marcia Davis 4**
- Leo Crisci 5**
- Marty Gilgore 8**
- Jack Arnold 10**
- Lou Crisci 13**
- Tony Crisci 15**
- Edward Rosenberg II 18**
- Jessica Bodden 22**
- Emma Willcox 24**
- Claire Beauchemin 29**

- Dave Schaefer 2**
- Christopher McCloskey 4**
- Liesl Falcon 6**
- Doug Bartling 8**
- Peter Lewis 11**
- Amanda Zenner 14**
- Belle Warfield 17**
- Jill Busman 18**
- Keith Makrin 22**
- Laurel Le Lipski 26**
- Christina Stryjek 29**

- Paul Munson IV 3**
- Al Fedak 4**
- Tom Falcon 8**
- Mary Jane Crowley 10**
- Barbara King 11**
- Savannah Willoughby 14**
- Sheryl Pelkey 17**
- Bill Faulkner 21**
- Jerry Haldeman 23**
- Benjamin Graber 27**
- Daniel Hoffman 30**

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