

April
2022

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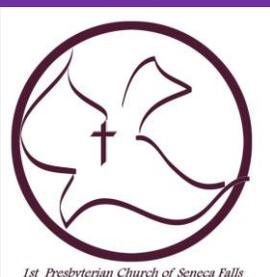
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1st Presbyterian Church of Seneca Falls



May Newsletter Articles
Are Due on April 21st

The First Presbyterian Church of Seneca Falls

Pastor's Corner

We are almost through with Lent, the season of reframing and repenting. I hope it has been a blessed time for you. During a portion of my time, I read a book by Ethan Kross called *Chatter: The Voice in Our Head, Why It Matters, and How to Harness*. I found the book intriguing because I recognized that many of the tools he talked about were similar to the ways I prayed to God. So, what is chatter?

Chatter is a common problem that many people experience: we try to think through our problems logically, but our minds run amok instead. We focus our attention inward, hoping to tap into our inner coach, but find our inner critic. Fortunately, science-based tools exist to help people resolve the tension between getting caught in negative thought spirals and thinking clearly and constructively. Scientists have identified how these tools work in isolation. But different tools work for different people in different situations. The challenge for you is to figure out which combination of these practices works best when you find yourself getting stuck. The 10 Chatter Tools in this toolbox represent a small sample of the techniques you can use to help quiet your mental chatter - and hopefully harness it to make your inner voice work for you rather than against you.¹

Tool One

Use Distanced Self-Talk

The ability to "step back" from the echo chamber of our own minds so we can adopt a more objective perspective is an important tool for combating chatter. One way to create distance when you're experiencing chatter involves language. When you're trying to work through a difficult experience, use your own name to coach yourself through a problem. Doing so is linked with less activation in brain networks associated with rumination and leads to improved performance under stress, wiser thinking, and less negative emotion. Another way to think about your experience from a distanced perspective is to imagine what you would say to a friend experiencing the same problem as you. Think about the advice you'd give them and then apply it to yourself.

Tool Two

Zoom Out

Chatter involves narrowly focusing on the problems we're experiencing. A natural antidote involves broadening our perspective. To do this, think about how the experience you're worrying about compares to other adverse events you (or others) have successfully endured, and how other people you admire would respond to the same situation.

Tool Three

Rise to the Challenge

Chatter is often triggered when we interpret a situation as a threat—something we can't manage. To aid your inner voice, reinterpret the situation as a challenge that you can handle by, for example, reminding yourself how you've succeeded in similar situations in the past, or by using distanced self-talk in Tool One.

Tool Four

Write Expressively

Write about your deepest thoughts and feelings surrounding a chatter-provoking experience for fifteen- to twenty-minutes a day for one to three consecutive days. Really let yourself go as you jot down your thoughts; don't worry about grammar or spelling. Focusing on your experience from the perspective of a narrator provides you with distance from the experience, which in turn helps you make sense of your feelings in ways that improve your inner conversation and how you feel over time.

Tool Five

Perform a Ritual

Performing a ritual—a fixed sequence of behaviors that is infused with meaning—provides people with a sense of order and control that can be helpful when they're experiencing chatter. Although many of the rituals we engage in (e.g., silent prayer, meditation) are passed down to us from our families and cultures, performing rituals that you create can likewise be effective for quieting chatter.

Tool Six

Build Your Chatter Board

Finding the right people to talk to, those who are skilled at providing both support and advice for how to manage your chatter, is the first step to leveraging the power of others. Depending on the domain in which you're experiencing chatter, different people will be uniquely equipped to do this. While a colleague may be skilled at advising you on work problems, your partner may be better suited to advising you on interpersonal dilemmas. The more people you can turn to for chatter-support in any particular domain, the better.

Tool Seven

Minimize Passive Social Media Usage

Voyeuristically scrolling through the curated newsfeeds of others on Facebook, Instagram, and other social media platforms can be a potent trigger of self-defeating, envy-inducing thought spirals. One way to mitigate this outcome is to curb your passive social media usage. Take a break from social media or, if you have to use it, use the technology to have meaningful social exchanges with members of your network at opportune times (i.e., not when you have work or other engagements to attend to).

Tool Eight

Create Order in Your Environment

When we experience chatter, we often feel like we're losing control. Our thought spirals control us rather than the other way around. When this happens, you can boost your sense of control by imposing order on your surroundings. Organizing your environment can take many forms: Tidying up your work or home spaces, making a list, and arranging the different objects that surround you are all common examples.

Tool Nine

Make Room for the Great Outdoors

Spending time in green spaces helps replenish the brain's limited attentional reserves, which are useful for combating chatter. You can surround the spaces in which you live and work with greenery to create environments that are a boon to the inner voice.

Tool Ten

Seek Out Awe-Inspiring Experiences

Feeling awe allows us to transcend our current concerns in ways that put our problems in perspective. Of course, the experiences that provide people with awe vary. For some, it is exposure to a breathtaking vista. For someone else, it's the memory of a child accomplishing an amazing feat. For others, it may be staring at a remarkable piece of art. Find what instills a sense of awe within you, and then try to cultivate that emotion when you find your internal dialogue spiraling. You can also think about creating spaces around you that elicit feelings of awe each time you glance at them.



I wondered, in reading, if it is in the "chatter" that we are most distanced from God? Are those moments of negative self-talk the places where we forget we are children of God? Do those moments create space for not only negative thoughts but for poor choices? AND do these tools help us to ground, to repent, and to turn to God? My prayer is that this season of Lent has reminded you that you are beloved child of God, created in the image of God, put here to do the work of God. Peace, Pastor Leah

¹ <https://www.ethankross.com/chatter-toolbox/>

Contact Us

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8am-1pm

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Rev. Leah Ntuala-Pastor
Rev. Dr. Peter J. Crego-
Pastor Emeritus
Laurie Weller- Office Manager
Kae Hoyle- Treasurer
Peter Snyder-Sexton
Jen Braun- Pianist
Carol Millis- Bell Choir Director
Joyce Lohr- Clerk of Session

Session

Session meets every
3rd Thursday at 10am.

Presently serving
Ruling Elders:

Jim Clark, Marion Crull, Dick
Damaske, Susan Derr,
Michele Edmondson,
Susan Harkey, Jay Hoyle, Ginny
Konz, and Susan Sholar

Session Briefs

At its Thursday, March 17, 2022 Meeting, the Session:

- Received the February Financial Report for the church, showing Total Revenues of \$14,849.33, and Total Expenditures of \$24,216.70 (reflecting higher than usual utilities costs and maintenance at Eastman Hall)
- Heard Report from Personnel of staff reviews and designation of position of Music Director, for Organist, Pianist and Choir Director Jen Braun, with related salary adjustment approved by Session
- Approved moving April Communion to Palm Sunday, April 10th
- Learned of Bible study to begin on May 4th
- Heard report for PI Day pie sales totaling over \$1,200
- Heard report that all rooms in Eastman Hall are now freshly painted and of floor work there, to take place on Memorial Day weekend
- Heard that problems have occurred with pavement in church parking lot, requiring more work
- Approved streaming the Sunday, March 20th worship service with no in-person attendance
- Endorsed Pastor's application for study in doctoral program of Missional Leadership and sent letter to Pittsburgh Theological Seminary
- Heard report of stained-glass windows, front steps, wooden front doors, some exterior wood and brick work needed for church building and of basement windows, insulation, furnace replacement, heat pump, and weather-stripping at the manse
- Approved matching funds up to \$50,000 if grant for reimbursement is awarded, and authorized Bob Seem to represent the church in making application to the Genesee Valley Rural Revitalization Grant Program citing the church's community involvement

The next meeting of the Session is Thursday, April 21st at 10am



Carolyn Seem-4/05	John Damaske-4/15
Carolyn Jessop-4/16	Atticus Ntuala-4/18
Ginny Konz-4/22	Simon Ntuala-4/24
Abigail Rescorl-4/29	Romona Lobdell-4/30

Members and Friends to Keep in Our Thoughts

Dorothy Dickieson
303 Ferris Hills
Canandaigua, NY 14424

Betty Geraghty
8 Iroquois Lane
Waterloo, NY 13165

Carson Lankford
3120 Patton Road
Seneca Falls, NY 13148

Jean Morris
5465 Upper Mountain Rd.
Lockport, NY 14094

Jean Stenlake
Steuben County
Healthcare Facility
Room 194, 7009 Rumsey
Street Ext.
Bath, NY 14810



Women's Circle

Will meet on Monday, April 4th in the Hawley Room at 12:30pm

In April we'll try to catch up - with our study, each other, and our work

The Circle meeting in March was cancelled because some members were unable to attend. Barb was all prepared to lead discussion of Chapter 5, "Hannah and Miriam: Speaking God's Truth" in *The Women of the Bible Speak*, the book by Shannon Bream, and she will do so at the April meeting. Kae will offer an opening prayer and Joyce will have a diversity item.

Many of us baked pies for the March 14th PI DAY sale, which Ginny organized, and we congratulate her and all the bakers and buyers for what turned out to be another very successful fundraising project.

Circle members are asked to bring one or more items for the House of Concern box at the meeting.

The House of Concern SPECIAL ITEM FOR APRIL IS: BREAKFAST CEREALS

We always welcome women to join us. Put CIRCLE on your calendars for April 4th







Church Family News

- **New Midweek Bible Study, with Michele Edmondson** will begin on Wednesday, May 4th at 11:30am. The time and day of the week are somewhat flexible; however, we need to pick a firm date, day and time to get the Bible study off the ground. The intent is to make each study 30-45 minutes, at the most. The idea would be to present a specific study, with a few suggested readings, but to leave room for others to discover verses that speak to them and to share their discoveries at the next Bible study. These studies will be open for each person to be able to lead, and anyone who wants to attend and participate is welcome.
- **New Member Service:** On Sunday, March 20th, Carol and Anne Millis were received into our congregation. Welcome! Welcome! Welcome!
- **Hope Sculpture Created at Hot Art Studio:** Over thirty members of the congregation got together on Sunday, March 20th to help transform our COVID Memorial into a piece of art. The instructor helped participants to repurpose pieces of metal and weld them into a sculpture. The art will incorporate the ribbons in our COVID Memorial, and will also include a butterfly as a symbol of hope. The piece will be dedicated on Palm Sunday, April 10th at 11am. Please plan to join us.

You are cordially invited to the dedication of a new sculpture made by
The First Presbyterian Church of Seneca Falls
in partnership with Hot Arts Studio in Romulus.

We are transforming our Covid Memorial into a symbol of Hope 'and they shall beat their swords into ploughshares' We are repurposing pieces of metal that would otherwise be discarded into a piece of art. The art will incorporate the ribbons from our Covid memorial and a butterfly as a symbol of hope and transformation.

The piece will be dedicated on **Palm Sunday, April 10th at 11am** in front of
The First Presbyterian Church of Seneca Falls.
We invite everyone to come and be a part of this dedication.



Worship Schedule

Join us online: www.fpressf.com or our YouTube Channel

April 3rd- Psalm 146; John 19:1-16a

Jesus is condemned, they have no king but Caesar.

Service will be led by Ruling Elder Ginny Konz, as Pastor Leah will be at GAPJC

April 10th-Palm Sunday-Communion-Psalm 24; John 19:16b-22; Sign above the cross proclaims the crucified king.

April 14th-Maundy Thursday- *Service to be held at United Methodist Church in Seneca Falls at 7pm*

April 15th-Good Friday- *Service to be held at First Pres, In-Person and Streaming, at 12pm*

April 17th-Easter Sunday-Psalm 118:21-29; John 20:1-18
Empty tomb, Jesus calls Mary by name.

April 24th-Psalm 145:13-21; John 20:19-31
Jesus gives Spirit, appears to Thomas.

May 1st-Communion-Matthew 6:24; Acts 9:1-19a
Paul and Ananias, each called into Christ's service (globally and locally).



Liturgist List

April 3rd- Dick Damaske

April 10th- Susan Sholar

April 17th- Ginny Konz

April 24th- Barb Van Kirk

May 1st- Michele Edmondson

Coffee Hours

April 3rd: Lori Gottlieb - How changing your story can change your life

April 10th: No Coffee Hour - Dedication of Hope Sculpture

April 17th: No Coffee Hour - Easter

April 24th: Joshua Prager - In search of the man who broke my neck
<https://www.youtube.com/watch?v=3Z6x5t5A9so>

May 1st: Lidia Yuknavitch - The beauty of being a misfit
<https://www.youtube.com/watch?v=9AgCr2tTvng>



To Keep in Our Prayers: Reatha Bishop; Sue Charles; Jennifer Colbert; Bev Cowan; Sue Ellen and Peter Crego; Norine Crull; Dorothy Dickieson; George Elyseev; Joanna Fuller; Betty Geraghty; Pat & Marvin Gordon; Amy Guarino; Tori Guerina; Crystal Hanes; Teall Harkey; Jack Hassler; Greta Hauser & family; Rick Huntington; Al Johnson; Bea Jones; Wendy Kain; our Law Enforcement Officers, Firefighters and EMTs; Carson Lankford; David Lobdell; Ronald Lobdell Jr.; Lucy and Nancy Lopez; the Lowry family; Eleanor Mirabito; Tyler Morgan; Cheri Murphy; Jinny Noone; Joy Novack; John Schavemaker; Barb Squires; Jean Stenlake; Linda Warner; Darryl Wells; Gretchen Whittacre; and all those suffering in the world.

**Know someone ill or hospitalized?
Please call:**

Church Office 315-568-6636

In Other News...

How is Presbyterian Disaster Assistance Helping in Ukraine?

By Rich Copley | Presbyterian News Service | Excerpt

Lexington, Kentucky - Since Russia invaded Ukraine late last month, Presbyterian Disaster Assistance (PDA) has committed rapid response solidarity grants to five ecumenical partners in Eastern and Central Europe addressing the humanitarian crisis created by the unprovoked attack.

Recipients include Friend of Community of Sant'Egidio, who are still in Ukraine, and Hungarian Reformed Church Aid, which is essentially the PDA of the Hungarian Reformed Church, said Susan Krehbiel, PDA's Associate for Refugees & Asylum. "We are part of a church," Krehbiel said. "And so, we have church relationships, and that gives us a different way of entering into this work that is special. It means we're grounded in those relationships and people that have relationships in the community."

In situations such as Ukraine, Krehbiel says PDA's role is finding organizations on the ground, in the communities that need help, and helping to build their capacity to assist through the generosity of donors to PDA, including through the **One Great Hour of Sharing special offering**. She cites the Hungarian Reformed Church as an example.

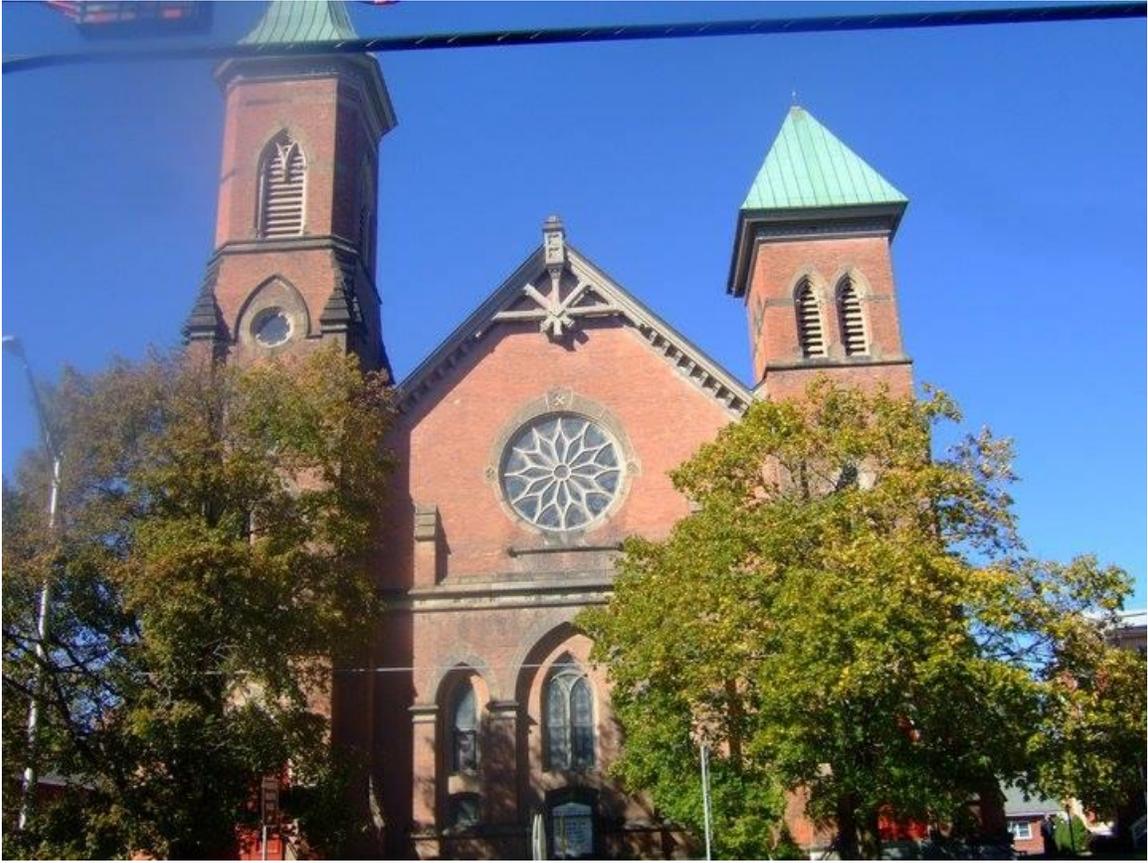
"They have relationships with individual congregations," Krehbiel said. "Then they have relationships with local governments, they have relationships with other ecumenical churches and organizations that do this work. And they get international support, not just from PDA, but also from other Reformed churches in the world.

The Rev. Dr. Laurie Kraus, director of PDA, said the outpouring of response from Presbyterians has been unprecedented, and that she is hearing the same from other denominations. "It's a massive, massive refugee response that's still unfolding, and that could escalate into a much different sort of issue," Kraus said, noting it is the largest refugee crisis in Europe since World War II. As of Monday, March 21st, 3.6 million people have left Ukraine and 6.48 million have been displaced within the country.

"I'm grateful that your heart has been broken by what's happening in Ukraine, and I'm hopeful that the breaking of your heart over Ukraine will break your capacity open even more to make connections when these things happen in places that don't feel as close as Ukraine," Kraus said.

A quickly growing issue in the countries taking in Ukrainian refugees is the need for housing, as it becomes obvious many will not be able to go home anytime soon, if at all. PDA's specialty is long-term response, and its partner ministries in the Presbyterian Mission Agency and the Office of the General Assembly (OGA) will be part of a broad, sustained response."

Give to One Great Hour of Sharing in April, to enable Presbyterian Disaster Assistance to respond quickly to catastrophic events.



The First Presbyterian Church of Seneca Falls
P.O. Box 383 Cayuga Street
Seneca Falls, NY 13148

Greetings To You, a fearfully and wonderfully made child of God:



Toward a Church as Generous
and Just as God's Grace