

June
2024

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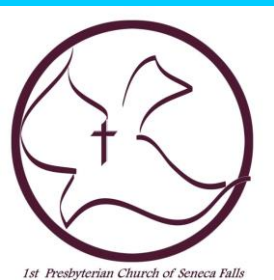
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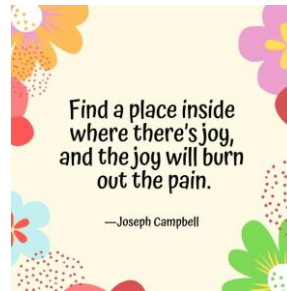
1st Presbyterian Church of Seneca Falls



July/August
Newsletter Articles
Are Due on June 24, 2024

The First Presbyterian Church of Seneca Falls

Pastor's Corner



Happiness is an emotion; it is response to what is happening. However, Joy is a state of being. It needs to be sought out and cultivated. Every one of us finds joy in different ways. Some of us find joy in having a cup of coffee and bird watching in the morning. Some of us find joy in art, like crafting, knitting, painting, gardening, etc. Some of us find joy in watching others, in silence, and in exercise. The important part isn't how we do it - it is that we do it.

So how do you find joy? What steps or actions are you taking to cultivate joy?

At church in June, we are cultivating joy in many ways. We will cultivate joy in Game Night on Friday, June 7th at 5:30pm. On Sunday, June 16th we will cultivate joy with Random Acts of Kindness AND an Ice Cream Social. On Saturday, June 22nd from 2p-6p, we will cultivate joy with We Exist-FLX by having a Table of Found Souls potluck luncheon. On Sunday, June 30th joy will be cultivated with a hymn sing. I hope you will join us as we lean into joy.

If you want to cultivate joy on your own, here are a few mindful perspectives and practices to cultivate joy in your daily life:

Shift Your Frame of Reference: I've made a case for finding joy in the nooks and crannies of our lives because too often, we reserve jubilation for milestones—a wedding day, the birth of a child or a hard-won promotion, etc. When we think of joy as belonging only to big events, we sideline the many small pleasures strewn along the way. Finding joy in our daily routines makes it far more accessible and creates a positive feedback loop. The more we attend to joy in the ordinary moments of our lives, the more we experience it, and the more joyous we become.

Slow Down: It can take the brain a few seconds to register that something good is coming your way. Slowing down lets your heart, mind, and body to acknowledge pleasure is present. Savoring the flavor of juicy peach allows you to enjoy it more as does pausing to feel your bare feet in the grass or lingering over the lines of a beautifully written poem.

Non-Problematic Joy: Sometimes, finding joy is as simple as noticing what's not wrong. In the wild swings between pleasant and unpleasant, we often neglect the contentment of the neutral middle. Most mornings, for example, my teeth feel fine, the sun rises with confidence, and birdsong fills the air. While these experiences might not thrill us, paying attention to them encourages an appreciation and gratitude for all that's still right in the world. As Chade-Meng Tan writes in *Joy on Demand: The Art of Discovering the Happiness Within*, "Knowing you are not entirely at the mercy of agitation can bring some joy."¹

Peace, Pastor Leah

¹ <https://www.mindful.org/3-simple-ways-to-cultivate-joy-every-day/>

Contact Us

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Thursday
8am-3pm

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Rev. Leah Ntuala-Pastor
Rev. Dr. Peter J. Crego-
Pastor Emeritus
Laurie Weller- Office Manager
Kae Hoyle- Treasurer
Jim Clark-Sexton
Jen Braun- Music Director
Carol Millis- Bell Choir Director
Susan Sholar – 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,
Jay Hoyle, Ginny Konz,
Anne Millis and Susan Sholar

Session Briefs

At its Thursday, May 23rd Meeting, the Session discussed several issues. The following is a brief overview:

- Treasurer's report for April was received from Treasurer Kae Hoyle, showing Total Revenue of -\$68,069.36 (reflects adjustment of Investment Account balances) and Total Expenditures of \$33,549.42.
- 2023 Audit: Accountant Judy Selover says all looks great. She has helped Kae and Laurie update all the items in QuickBooks to show our full and transparent financial picture.
- Clerk of the Session, Susan Sholar, attended the Seneca County Sheriff's Training on Active Shooter Threats, on behalf of the church. There have been increased threats in the county and they are providing church training for preparedness. 1) Church Floor Plan to be given to the Sheriff Department; 2) Looking into installing cameras at all entrances and exits; 3) Reminded that all church landlines have the address and phone number of the church in case there is a 911 issue.
- Youth Group received \$7,500 Synod Grant to host monthly social gatherings for Middle School and High School students. All youth 6-12th grades will be invited to these events. The youth determined the items they wanted to purchase and will be in charge of marketing their monthly events, beginning in the fall. They expressed that they desire a safe place to connect and build community. We will need volunteers for chaperoning these events. Please let us know if you are interested in helping.
- Pastor Leah attended the Policy Academy with the United Way in Washington, DC for four days.
- Session approved Family Leave Policy, Child and Adult Protection Policy, Anti-Harassment Policy, Sexual Misconduct Policy, and Anti-Racism Policy. All of these policies are required by the Book of Order and can be found in the Manual of Operations in the church office.
- Outreach Summit was scheduled for May 21st at 4:30pm at the UMC. The Minister's Association gathered, along with church members, so see if there are mission projects we can do collectively.
- Creative Choices received a grant to redo their playground.
- Ice Cream Social and the day of Random Acts of Kindness are scheduled for June 16th.
- Talks are beginning to do an Advent Community Sing Along with UMC.
- Art Mural will be painted sometime this summer. The artists are Phung Cao and Lauren Olmstead (members of the SF Youth Group). We look forward to the dedication service.
- Water pipe to Eastman Hall has been replaced.
- The church office has begun to digitize the Wills, Trusts, Deeds and building schematics.

The next meeting of the Session is Thursday, June 20th at 10am



**Clarie Damaske - 6/06
Wayne Lohr-6/07
Marvin Lay-6/19**

Members and Friends to Keep in Our Thoughts

Joanne Elyseev
3120 Patton Road
Seneca Falls, NY 13148

Jean Morris
5465 Upper Mountain Rd.
Lockport, NY 14094

Carol Rook
2878 Hopewell-Manchester
Townline
Clifton Springs, NY 14432

Our Law Enforcement
Officers, Fire Fighters and
EMTs



Women's Circle

Meets for LUNCH on Monday, June 3rd at Wolffy's... 11:30am

At Circle's May meeting, Kae offered our opening prayer and Joyce read from Columbia University linguistics Professor John McWhorter's New York Times commentary on Black (African American) language: "There is simply no way Whiteness and Blackness will mingle as they have in music, cuisine, gesture, greeting styles, dating, matrimony, and multi-racial identity; **and yet be halted at Language**. The horse has been out of the barn ever since kids embraced Jay-Z and Tupac ..." (March 1, 2024, NYTimes). We talked about "style-switching", which young Black people often do in their speech when they may be in an integrated or all-White school campus, for example and then, return to their homes, neighborhoods, churches, and clubs. White kids have adopted the originally Black music genre: Rap, and strive to achieve the rhythms, gestures, and overall voice styles and language of Black performers.

In discussing the C.S. Lewis book, *Mere Christianity*, some take-aways:

In **Chapter 8 The Great Sin ...Pride or self-conceit**: each person's pride is competing with everyone else's pride. The opposite virtue is, in Christian morals, called *Humility*.

Chapter 9 Charity ...Do not waste time bothering whether you "love" your neighbor. *Act* as if you do!

Chapter 10 Hope ...Aim at heaven and you will get earth thrown in. Aim at earth and you will get neither.

Chapter 11 Faith ... is regarded by some as a virtue; we have to be continually reminded of what we believe.

Joyce recommended the movie, *Shadowland*, a story of C.S. Lewis and his marriage with Joy Davidson, an American divorcee and member of the Jewish faith.

Everyone present agreed that **Wolffy's at 2943 Lower Lake Road, Seneca Falls** should again be the place to meet for our annual **Spring Luncheon**. They do not take reservations. Some of us will get there near opening time, 11:00 a.m., and save a table. If the weather is good, we'll be on the sunny, outside deck, at a long umbrella table. Barb, Joyce, and Kae will call women in the church to invite them. **If any readers miss their call, we ask you to consider yourself invited!** (Feel free to bring your husbands, partners, daughters, and /or house guests).

HOUSE OF CONCERN for JUNE: Canned Fruits & Vegetables
We thank everyone who donates food and non-food items each month.

Circle received notes of thanks from the House of Concern and from Presbyterian Church USA Ministry Engagement and Support office. Circle sent a check for \$150 designated for Disaster Relief-International Disasters and Emergencies ...Ukraine, Gaza, & Israel for refugees and displaced persons.

Neighbor is not a geographic term.

*It is a
Moral concept.*

- Rabbi Joachim Prinz

Church Family News



- **Memorial Day Parade Grand Marshal** - Marvin Lay, accompanied by his wife Iva, was the Grand Marshal for this year's Memorial Day Parade. Marv, a Korean War Veteran, is a lifelong resident of Seneca Falls who enlisted in the Army in 1948 and was assigned to the Transportation Corps as a ship's carpenter. He spent nine months in Korea and was discharged in 1952 when he went into business with his father as a contractor. He taught carpentry at BOCES and then in 1968 worked at Gould Pumps as a Plant Engineer until his retirement in 1992. He was a Trustee of the Seneca Falls Savings Bank, and served in the Seneca Falls Historical Society, Library, and the Boy Scouts. Both Marv and Iva are members of FPSF.
- **Seneca Singers Spring Concert:** will be held on **Sunday, June 2nd** at Mynderse Academy in the Douglas Avery Performing Arts Center at 7pm. Admission is free, and donations are welcome.
- **Game Night and Potluck:** bring a dish to pass to the church on **Friday, June 7th** at 5:30pm. Be ready to compete.
- **Ice Cream Social and "Random Acts of Kindness"** will be happening on **Sunday, June 16th** at the church, right after the worship service.
- **Learn to Knit** with Barb Van Kirk is still going strong, every **Wednesday at 10am** in the Hawley Room. It's never too early to start working on those Christmas gifts!
- **Our monthly Coffee and Conversation** with Pastor Leah will meet at Café 19 on **Tuesday, June 18th** at 10am. Please plan to come by to visit and have a beverage with your church friends.
- **On June 19th** from 5:30 to 8pm, First Presbyterian Church in Geneva is having a **Strawberry Festival**. Come by and have some strawberries, cake and ice cream.
- We Exist-FLX will be hosting a **Table of Found Souls luncheon** in the Social Hall on **Saturday, June 22nd** from 2pm to 7pm. Church members are asked to bring a dish to pass and or a dessert. Gluten-free and vegan food will be available.
- **On June 23rd**, the Ecumenical Youth Group plans to do some painting at the Community Garden - please see Pastor Leah for details.



Worship Schedule

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



June 2nd - Communion - Isaiah 9:1-7; John 8:12.

June 9th - Isaiah 55:1-13; John 4:13-26. Ginny Konz will lead the service.

June 16th - Isaiah 61:1-11; Luke 4:16-21.

June 23rd - 2 Peter 1:1-11; Matthew 13:44-46.

June 30th - 2 Peter 1:16-2:2, 15-19; Mark 13:5-7. Hymn Sing, Carol Millis will lead the service.

July 7th - Communion - 2 Peter 3:1-10, 17-18; Matthew 24:42-44.



June 2nd - Marion Crull

June 9th - Barry Porsch

June 16th - Carol Millis

June 23rd - Dick Damaske

June 30th - Anne Millis

July 7th - Barb Van Kirk



It's almost time for
CAMP WHITMAN!!
150 Whitman Road
Penn Yan, NY 14527
315-220-0084
camp@campwhitman.org

Coffee Hours

Coffee Hour is taking a break for the summer months. If you have any ideas for coffee hours to begin in September, please contact Sue Derr.



To Keep in Our Prayers: Kathleen Albert; Reatha Bishop; Robin Blunden; Jennifer Colbert; Peter Crego; Norine Crull; Cindy Danielson; Joanne Elyseev; Carl Feltus; Joanna Fuller; the family of Walt Gable; Diane and Cal Goodman; Pat Gordon; Rev. Deborah Grohman; Amy Guarino; Tori Guerina; Crystal Hanes; Susan Horton; Bea Jones; the Jopek family; our Law Enforcement Officers, Firefighters and EMTs; Bob Lamphere; Josh Lenard; Stephanie Lesinski; the Lobdell family; the Lopez family; Ana Marcias; Kim Martin; Ken Mell; Tyler Morgan; Roger Morin; Timothy Mosher; Jinny Noone; Joy Novack; Linda Parker; Paula Paxton; Gene and Dean Potter; Justine Saunders; Mary Sceney; Dale Shaw; Nora Sibley; Shelley Vanderbogart; Linda Warner; Robert Wagner; Gretchen Whittacre; the Wilson family; and all those suffering in the world.

Know someone ill or hospitalized? Please call:

Anne Millis 315-246-6264



Building Congregational
Vitality

Dismantling Structural Racism

Eradicating Systemic Poverty

FIRST PRES OF SENECA FALLS
A MATTHEW 25 CHURCH!

In Other News...

Elks Lodge 7th Annual Butterfly Release Seneca Falls

7th Annual Memorial
Butterfly Release

For those that are attending,
please bring a photo of your loved one
to display the day of the ceremony

June 8, 2024

Ceremony begins at 11 AM
Pick up for private release begins at 10 AM

Elks Lodge
2221 W. Bayard St
Seneca Falls

Butterflies will be released following a ceremony at the Elks Lodge.

**Pickup is available prior to the ceremony for those
who want to release their butterflies elsewhere.**

Pathway Home of the Finger Lakes PO Box 516 Seneca Falls, NY 13148
315-257-0307





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

Happy Father's Day to you, a fearfully and wonderfully made child of God:

