

The Bell Ringer

Of the Presbyterian Church of Sweet Hollow

A Friendly Church; So When You Come — Bring a Friend

APRIL 2022

Sunday worship services at 10:00 am

We Are Open . . . Come And Praise God!!!



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From the Pastor's Nook

Are you ready to (re)build?

For many years, at least 20, I was in a constant effort to tear my body down by feeding it the wrong things. Having a food addiction, I was in a constant state of feeding my body junk. Tasteful junk, but junk nonetheless (and yes, some of that junk was distasteful as well). It wasn't until I was approaching my 50s that I realized how much damage I had done and I needed to rebuild my body.

Rebuilding the body after decades of damage is not easy. It is about changing habits. And one of the habits that needed to change was about what I put into my mouth. The church is in a similar space right now. We have a rebuilding project to undertake.

There are two important points to be made here. The first is understanding what we are taking in. The second is what are we sending out?

The first item is pretty simple here. What we are taking in is as simple as what is the message that we are investing in for the church? How are we investing in the church? What are we doing to help grow the investment in the church?

That brings us to item number two. We have to change what comes out of our mouth.

As we emerge from the cloud of CoVid (which is a cloud we hope stays away for a long time), we have to be incredibly intentional about how we have to rebuild the church. In rebuilding the church, we have to

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Presbyterian Church of Sweet Hollow

(631) 367 - 9249

www.sweethollowpresby.org

Rev. Wade Pond, Pastor

Jason Black, Director of Music Ministries

Lori Kevelos, Church Administrator

Jill Conroy, Treasurer

Monica Van Houten, Clerk of Session

Elders:

Ed Conroy

Melissa D'Angelo

Niaja Mowatt

Frank Sansone

Bill Von Brook

Deacons:

Jean Cavanaugh

Maureen Sansone

Other Groups & Activities:

Book Discussion	Sukey Walter
Christian Education	Carol Keil
Fellowship, Outreach & Mission.....	Maureen Sansone
House & Property.....	Bill Von Brook
Nominating	Barbara Martin & Niaja Mowatt
Personnel.....	Frank Sansone
Prayer Circle	Carol Keil
Prayer Shawl Ministry.....	Sukey Walter
Budget & Stewardship	
Women For Women	Maureen Sansone & Sukey Walter
Worship	Joan Sommermeyer
Youth Group	
Church Historian	
Bell Ringer Editor	Bill Chamberlain

BELL RINGER

DEADLINE

**for May 2022 Issue:
Sunday, April 24, 2022**

Subject to change



April 2022

- 3..... April Fallon
- 3..... Nate Pereira
- 5..... Mary Reiser
- 8..... Courtney Schmitt
- 17..... Douglas Moder
- 20..... Kaleb Pond
- 21..... Korey Pond
- 29..... Gloria Sperry
- 30..... Ryan Schiffmacher



Happy Anniversary

April 2022

28.....Barbara & Joe Moder

 **Choir Rehearsal** 

7:00 pm Every Thursday Night

From the Pastor's Nook --- Continued from Page 1

realize that things will have changed forever. Things like Zoom meetings, Facebook streaming, and mask wearing are going to stick around. It is unrealistic to expect things to return to the way they were.

We have to forge forward instead of stumble backward. And part of that forging forward is realizing that some people will never come back. That is the reality of CoVid. And we could dwell on that reality, making negative comments about 'those' people or making negative comments about the church itself. If you find yourself shelling out that kind of negative energy, ask yourself "Who am I serving? Am I looking out for me or for others? Am I building up or tearing down?"

If you claim that you are building up, how many times have you invited someone for worship? Once, maybe twice? Studies show that you have to invite someone seven times to an event before they typically say yes! That is part of the persistence of faith. It is caring enough to invite someone over and over and over and over and...you get it.

Proverbs 18:21 says, "Death and life are in the power of the tongue" and the tongue that matters is yours. Which part of death or life are you doing in rebuilding the body of the Presbyterian Church of Sweet Hollow?

What is in front of us is dependent on YOU! Your attitude, your energy, your words and your prayers are key to moving forward.

"Our Spring obligation of PER CAPITA"

Spring is now upon us and it is a breath of fresh air we will embrace. Within your church donation box, you should have found a **BLUE** Per Capita Apportionment envelope. Our Sweet Hollow church must pay these "dues" for all our members within the first quarter of the year. It would most helpful if members could cover their share with the \$38.08 per family member before May 9. (1=\$38.08, 2=\$76.16, 3=\$114.24, 4=\$152.32...) For those using the online payment or sending in checks, please indicate the amount is *for per capita*.



Every church is apportioned a share of the expenses of the Presbytery, the Synod, and the General Assembly for ecclesiastical purposes. The amount varies with their needs and is a regular expense payable by our church at the spring Presbytery meeting (this year's amount same as last year). Thanks for taking note of this specific offering that many of you have paid forward already.

--Assistant to Treasurer Jane Beller

Prayer Corner - April 2022

By Carol Keil

Lord, we thank you for the **promise** of Spring, as the season advances, unimpeded by the of woes of pandemic, warfare, political discord or our personal fears and concerns. Help us to recognize the **joy** in all of earth's beauty and awaken our spirits to the "greening" within us.

We thank you for the ever-present **love** of family and friends to sustain us when we feel lonely or alone.

Help us to accept our own worthiness with **self-compassion**.

May we know the **resilience** and strength dwelling within us when we feel weak and vulnerable.

Comfort our hours of distress and give us rest when we are weary.

We confess that we are restless and impatient when difficulties seem insurmountable or unmanageable. Lord, release us from the fears and dread that drag us down.

Help us to know **hope** in the most unexpected situations and find **peace** in the knowledge that with You, Lord, we are never alone.

We are privileged to join in prayers for all who seek your healing touch.

We raise our prayers of thanksgiving for signs of healing among us.

May our prayers bring comfort to those in grief.

Amen

*With thanks to Sister Joyce Rupp for **A Blessing for Healing** that inspired Prayer Corner this month*

Weekly Prayer Circle via Zoom

All are welcome to join in our weekly Prayer Circle Zoom gathering, Wednesday mornings at 10am. You'll find the Zoom meeting address in the weekly reminder email sent by Lori Kevelos.

Faith Formation

April 2022

By Carol Keil



Pretzels have long been associated with the Lenten and Easter season. There is a legend that pretzels were used by an Italian monk to encourage young people to pray. According to the legend the traditional knotted pretzel shape represents arms folded across the body with hands touching shoulders – in the position of prayer used at that time. Pretzels were also a popular Lenten food because of their sparse list of ingredients during a time of fasting.

If you would like to try making your own soft pretzels see the recipe found here:

<https://www.catholicicing.com/pretzels-for-lent/>



The hot cross bun is another very old Easter food traditionally eaten on Good Friday. You can learn the history of hot cross buns here:

<https://www.ravenhook.com/bread-blog/hot-cross-buns>

You'll find a recipe for homemade Hot Cross Buns here:

<https://www.foodnetwork.com/recipes/food-net-work-kitchen/hot-cross-buns-recipe-1928112>



April Mission Team Focus



“Building a Healthy Community One Individual at a Time”

Sweet Hollow’s Mission Team will be requesting donations of Personal Care items to benefit Helping Hand Rescue Mission through Project H.O.P.E.

Helpful Items include:

Bar Soap
Conditioner
Hand Sanitizer
Diapers

Body Wash
Toothbrushes
Tissues
Baby Wipes

Shampoo
Toothpaste
Paper Towels
Chap Stick

Donations can be left in the Sanctuary Bin. If dropping off during office hours (8am-noon), please call the Church Office at 631-367-9249, to ensure that someone will be there. Checks earmarked for Mission Work can be made payable to PCSH, and our team will purchase supplies. Donations can also be picked up by calling Jane at 631-271-3099.



As always, thank you Sweet Hollow, for your generosity.

The Little Church with a Big Heart’s Mission Team



**Our Donations
for “Marching
into Building
Healthier
Communities”
In March**



**THE PRESBYTERIAN CHURCH
OF SWEET HOLLOW**

*95 Old Country Road
Melville, NY 11747*

Phone: 631-367-9249



We're on the Web!

www.sweethollowpresby.org

Spring Clean-up

For the last couple of years P.C.S.H. has worked together to spring clean our beautiful property. This year we are asking our church family and friends to come out on Saturday morning starting around 10 A.M. April 9.

Our small but mighty congregation working together hopefully can get a good amount of clean up done so we look spiffy for Easter Sunday.

Added note: please bring garden tools, sun hat, sunscreen and work gloves. If bad weather we'll plan to only work inside. Thank you for your help, no need to RSVP, just please come.

2022 PLANT SALE is just around the corner



The Annual Plant Sale will be held on Sunday, May 14, at Otto Keil Florists located at 30 East Gate Drive in Huntington between 3-6pm.

This is your opportunity to select from a wide assortment of annuals, perennials, vegetables, herbs, hanging baskets and tropical flowering plants directly from the grower.



gg0097111 www.gograzh.com

More information will follow but it is time to *save the date* on your calendar.