

First Presbyterian Church of Niagara Falls, NY

FIRST PRES Newsletter

April 2021



Pastor Cathy's Letter

Dear Friends,

I am so glad the ice is melting and the spring flowers are poking through the ground. I think that the change of seasons this year is bringing good news for all of us. We have the usual changes that we are accustomed to and we have the changes that COVID has brought to us.

Having access to vaccines has made it possible for us to break out of the isolation so many of us have been living with over the past year. I think we all have discovered that isolation really does play with our minds. I cannot tell you how many times I have talked with people who are not sure what day it is or what part of the month we are in. All of us lose track of days now and then, but somehow this kind of losing track of time has been different. This isolation we have all been living with also has an impact on our memory. Things that always seemed easy to remember now slip our minds and we don't even notice.

I am looking forward to getting together with family and friends. I am looking forward to having worship services in person. I am looking forward to getting to know all of you a little more than I have been able to since I joined with you in October.

We have learned some things during the pandemic. Several of us have learned how to make videos that we use for worship together. We have learned to share leadership of the worship services. We have connected with people who do not live in our area. We are preparing the sanctuary for reaching out to those near and far, even when we are also meeting in person.

Continued

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As we continue into spring and summer, I encourage you to find ways to gather with friends and family, to gather with your church family. We are planning some fun activities for the summer. We are working with other congregations to reach out and show God's love and grace to people in our community. Reflect upon your experience during the pandemic and think about what you missed the most, what you wish you could have done, how you found comfort in the midst of challenge. Share those ideas with us. Help us learn from our experiences

If you have not already done so, please get the COVID vaccine. Your efforts protect all of us. In the meantime, we will continue to wear masks covering our nose and mouth while we are at church. We will also maintain physical distance from one another. Hugs are not yet part of our gathering time. Our separation now will make hugs possible sometime in the future.

We will be back in the sanctuary for worship on Easter Sunday at 11:15. Please plan to join us and celebrate God's great love for all of us.

Blessings,
Cathy



Easter Sunday Worship
11:15 AM

April 50 Days of Spiritual Practices: Easter Themes

Week 1 Resurrection

4 What were signs of resurrection you saw today?

5 On your Monday walk, what are the signs of new life you see?

6 Send a card or note to someone who needs a little cheer

7 Get moving! Move more than you're used to

8 Take a nap (or rest quietly) to renew

9 Renew a friendship—by phone, email, or even Zoom!

10 Resurrect an old chore you've been avoiding

Week 2 Practicing Mindfulness

11 During worship, be attentive to your prayers

12 On your walk, be aware of Creation's wonder

13 Don't be baited by an argument (this includes television)

14 Get moving! Be attentive to your body movements

15 Be still and meditate for five minutes

16 Be mindful of your friends and family

17 As you go about your chores today, think about what you can get rid of

Week 3 Promise Amidst Chaos: Signs of Hope

18 What signs of hope did you witness during worship?

19 Push to move a bit more than you're used to today

20 What has made you angry recently? What can you do about it?

21 Get moving! Watch a video on chair yoga and join in

22 Reach out to someone in a spirit of reconciliation (IF IT'S SAFE)

23 Have a Pandemic social hour: in person, virtually, or by phone

24 Clean out the junk drawer—or a whole closet. Eliminate chaos!

Week 4 Community, Darkness, and Light

25 Appreciate your community of faith, and your part in it

26 As you walk, think about who lives in your neighborhood. Smile with your eyes!

27 Light a candle in memory of someone you've loved and lost

28 Observe today how light and dark interact (such as sunrise or sunset)

29 Who needs a respite? Can you bring them food or flowers?

30 Order food from a restaurant you've never patronized. Think about those who serve you

1 Thinking about your chores, how can you lighten your load?

May 50 Days of Spiritual Practices: Easter Themes

Week 5

Thinking About God's Love (I AM...)

2 During worship, I AM - grateful? Bored? A child of God!

3 As I walk today, consider: I AM thankful for this body of mine.

4 Consider how you may have hurt another. I AM -

5 Get moving! I AM strong. How do you experience your strength?

6 I AM tired. How will you rest in God's love?

7 I AM... ?? How will you spread God's love today?

8 I AM blessed with stuff. How can my (good) stuff bless another?

Week 6

Abide

9 How does a Mothering God abide with you?

10 Abide in God's amazing creation by walking in a garden

11 Who or what is missing in your life?

12 Abide in God's peace as you breathe slowly and stretch deeply

13 Get comfortable and contemplate how God abides in you

14 FREE DAY! What will you do?

15 How can you make your home a symbolic temple to God?

Week 7

Prayer Practices

16 Recite the Jesus prayer: "Jesus, remember me as you come into your kingdom"

17 As you walk, be in attentive prayer

18 Pray for your enemies and those who hate you

19 Movement prayer: pray The Lord's Prayer with your whole body

20 As you breathe in say, "Presence of God" breathe out: "abide in me"

21 Sing your favorite hymn with gusto and joy!

22 Prayer of gratitude: you did it!

Day of Pentecost

May 23

23 Don't forget to wear red to church!



Prepared for the Presbytery of Western New York and the Center for Christian Growth of Western New York by Rev. Leslie Latham and Rev. Dorothy Burton Pearman. Designed by Monika Toney. No permission is needed to copy or distribute the content of this publication. Credit is appreciated but not required.

Please Pray for Those Who are Sick or Shut-in

Shut-Ins



Pearl Durham
Dolores Coleman Elizabeth Ochab

Prayer List

Monique Wilson Rev. Jon Rieley-Goddard
Margaret Smith Robert Smith
Charlene Bush Bonnie Felstead
Carolyn Goddard Mark Tarbell
Bill Karches

April Volunteer Schedule

Lay Readers

April 4 - John Goddard (Easter Sunday)
April 11 - Carol Dashineau
April 18 - Lis Slenk
April 25 - Bill Karches

Communion Servers

April 4 - Lis Slenk, Carol Dashineau

April Birthdays



April 7 - Dylan Mott
22 - Janet Roat
24 - Carol Dashineau
27 - Robert MacNaughton
29 - Sihyeon Kim

Holy Week Schedule

Maundy Thursday service, April 1, will be by video and can be viewed after 5:00 pm

Good Friday service, April 2, will be held near the far parking lot on Goat Island 1:00 pm to 3:00 pm. It will be a self directed service featuring the Stations of the Cross.

Easter Sunday Worship Service, April 4, will be held Sunday in the Sanctuary of First Pres at 11:15 am! Communion will be Served. Mask and social distancing will be required.

Church Repairs

Repairs to the outside church stone work is scheduled to begin as soon as the weather permits. The church's large roof air conditioner unit quit last summer and is scheduled to be replaced before warm weather gets here.

Easter Lilies

Donations for Easter Lilies to decorate the Sanctuary for Easter Sunday are being accepted. Lilies cost \$10.00 each.

Future Sunday Worship Service Video

The Session is working on the ability to video the Sunday Worship Service and having the video available Sunday afternoons for those who cannot attend Worship Service on Sunday.

Budget Report for February 2021

	<u>Actual \$</u>	<u>Year to Date \$</u>	<u>Budget YTD \$</u>
GIVING	1,211	7,181	4,916
Investment Income, Other	394	447	5,116
TOTAL INCOME	1,605	7,628	10,032
EXPENSES	7,741	18,152	20,660
NET (Deficit)	(6,136)	(10,524)	(10,628)

Expenses for February included \$2280 for gas heat.

The office is now open Monday, Tuesday and Wednesday, 9:00 am to 1:00 pm

April 2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 	2 	3
4 Worship Service 11:15 am 	5	6	7	8 International Day of Prayer	9	10
11 Worship Service 11:15 am	12	13	14	15	16	17
18 Worship Service 11:15 am	19	20 Session 7:00 pm	21	22 	23	24
25 Worship Service 11:15 am	26	27	28	29	30	

The Newsletter of First Presbyterian
Church of Niagara Falls, N.Y.

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Return Service Requested



We're on the Web:

www.firstpresny.org

You Tube <https://www.youtube.com/watch?v=LSk4U35pl2I>

Face Book <https://www.facebook.com/First-Presbyterian-Church-Niagara-Falls-117888153453785/>

CHURCH OFFICE

Hours: Monday, Tuesday and Wednesday 9:00 am
to 1:00 pm

Telephone: 285-3555

Sunday Worship	11:15 am
Fellowship	On Hold
Communion	First Sunday of Month
Children Sunday School	On Hold
Food Pantry & Clothes	Closed
Closet	

BOARD MEETINGS

Deacons — 2nd Sunday of month—10:30 a.m.

Session — 3rd Tuesday of the month—7:00 p.m.

Rev. Cathy Rieley-Goddard office hours are Tuesday
9:30 am to 1:00 pm.

Mask and social distancing are required at Worship
Service.

Visit us on Facebook at <https://www.facebook.com/First-Presbyterian-Church-Niagara-Falls-117888153453785/>

News and letters may be submitted by mail to:
First Presbyterian Church, 311 First St., Niagara Falls,
NY 14303
ATTN: First Press



News may also be submitted via e-mail to the Church Secretary at
firstpres2@verzon.net or may be dropped through the mail slot of the church
office.

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Newsletter deadline is the 15th of the month.

April 2021

*Awake, thou wintry earth
Fling off thy sadness!
Fair vernal flowers,
Laugh forth
Your ancient gladness!
Christ is risen.*

— Thomas Blackburn

