



# First Presbyterian Church, Niagara Falls, NY January 2024 Newsletter



Dear Friends,

Over the past few months I have been learning what it is like to live with changes to our bodies. We all know about the things that happen as we age. Various aches and pains appear over time. Our joints are less flexible. We can't move as fast. Buttons and snaps are more challenging. They are often small and sneak up on us and we adjust as time goes by.

For me, some changes have come all of a sudden. Half of my hair is gone! I really liked my hair. And now I have to consider what to do with only half as much. I can barely stand after I have been sitting for a while. Apparently women are more affected by the chemo drugs than men. Moving from sitting to standing is tough. If you see me headed for stairs, dart around me so you do not have to wait for me to get to the top. One step at a time is not easy. I say all of this, not to complain about my lot, but to remember I am so fortunate to have been treated and to be doing so well.

I write about this because my recent experiences remind me that we are all managing things others cannot see or know. I have often been frustrated at the grocery store when someone in front of me is moving slowly. And yet – maybe their legs are hurting, maybe they have just left a loved one at home, maybe they don't remember what they are looking for. There can be any number of reasons why people do not move through the world the way we would choose for them to. I think when we recognize these differences, we are living the gospel. We are living the love Jesus talks about.

I always start a calendar year with some ideas about how I might improve myself, or something like that. Usually there are some plans for more exercise. There are some stabs at a meditating or practicing more mindfulness. There is often an idea that I might read more, and maybe some sewing or kind of creative endeavor. Last year I committed to 52 hikes. I think I made it to about thirty and then got off track. I practiced mindfulness for 90 days in a row. So my progress happens, but rarely do I meet the whole goal. I find setting them helpful, though.

I am committing to the hikes again this year. And the meditating. I really do want to sew something, so maybe I will make a quilt. This is all a way to ask you about what you are going to do this year. We can all study the bible. We can learn more about the people of faith who have come before us and who are with us now. But, how will we be changed by that? How will we let each word change us? It is only through changing ourselves that we are able to be a change in the world.

And this brings me back to where we started. Change comes to us when we are ready or not. Just like the morning back in September when I discovered the surgeon had taken a tumor out of my brain. Change comes to us. The question we all have to ask ourselves is: How will we respond? My friends, I hope you will embrace change during the coming months. You never know what might come from it. You will always know you do not enter change alone. This is the season of Emmanuel — God with us. God is with us, no matter what!

Blessings and change for 2024!

Cathy

## Annual Congregational Meeting

The Annual Congregational Meeting was held Sunday, December 10, before worship service. Dory Parry and Tracy Hazel were voted to serve on the Session with Session members Janet Bianca, John Goddard, Lis Slenk, Rev. Cathy Rieley-Goddard, Moderator and Carol Dashi-neau, Clerk of the Session. The Session meets the third Tuesday of the month at 7:00 PM. Members are welcome to attend the meetings.

The Congregation also voted to reduce the number of Deacons from 6 to 3.

## NAP January Dinner

The January NAP Dinner will be hosted by Island United Presbyterian Church, 1822 Huth Road, Grand Island, Wednesday, January 3, 5:00 PM. The NAP dinners are a nice way to get to know your neighbors and enjoy fellowship and a meal.

All are Welcome



All tags were taken from the Angel tree and gifts were returned wrapped in bright Christmas paper. Thank you First Pres Members for your thoughtful giving.

I HAVE DECIDED  
TO STICK WITH  
*Love.*

HATE IS TOO GREAT  
A BURDEN TO BEAR.

- Martin Luther King, Jr.



Martin Luther King, Jr. Day is Monday January 15. Martin Luther King, Jr Day is a national holiday. Government offices, Post Office and most schools will be closed in honor of Dr. King.

## Spring 2024 at First Pres

Happenings this Spring at First Pres and its neighborhood.

On Monday April 8th a full eclipse of the sun will happen and First Pres will be in the epic center of the eclipse. NASA is planning a four day event in Niagara Falls during the eclipse and visitors from around the world will be visiting Niagara Falls for the eclipse.

Also, in April, weather permitting, restoration work on the bell tower and the southwest turret will be begin. Grants from the New York Landmark Conservancy and the Office of Parks Recreational and Historic Preservation have made the repairs possible.

The buildings that surround First Pres are scheduled to be torn down in the spring of 2024.

**Please Pray for Those Who  
are Sick or Shut-in**



**Shut-Ins**

Dolores Coleman  
Abraham McLarahmore  
Dom DeFazio

**Prayer List**

Bill Karches	Christine King
Jillian Horner	Christine Goddard
Mark Tarbell	Rita Horner
Collette Sorg	Cathy Rieley-Goddard
Jordan Street	

**January Volunteer Schedule**

**Lay Readers**

January 7 - John Goddard  
January 14 - Lis Slenk  
January 21 - Carol Dashineau  
January 28 - Lis Slenk

**Communion Servers**

January 7 - Jeanette Lamorie and  
Dori Parry

There's a time each winter  
when things go from magical  
to miserable. They call it  
"January."



**Sunday Worship on You Tube**

Each week the Sunday morning worship service is video-recorded. The video is uploaded to First Pres Niagara Falls early in the week. Check it out. The link to You Tube is [youtube.com/channel/UCV8PmvV\\_gWm7wjgyl-q03g](https://youtube.com/channel/UCV8PmvV_gWm7wjgyl-q03g).

**January Birthdays**



January 13 - Carol Restivo  
January 28 - Young Sook Kim  
Happy Birthday!

**Budget Report for November 2023**

	<u>Actual \$</u>	<u>Year to Date \$</u>	<u>Budget YTD \$</u>
GIVING	1,370	25,493	27,214
Investment Income, Other	391	31,295	30,019
TOTAL INCOME	1,761	56,788	57,233
EXPENSES	7,792	110,386	124,542
NET (Deficit)	(6,031)	(53,598)	(67,309)

Investment income was from the L.T. Marshall Trust. Expenses this month included \$624 for gas and \$380 for cleaning ( Maid Brigade).

# JANUARY

# 2024



*1 New  
Years Day  
Office  
Closed*

*2*

*3 NAP  
Dinner  
Island  
Presbyterian  
5:00 PM*

*4*

*5*

*6*

*7*



*8*

*9*

*10*

*11*

*12*

*13*

*14*

*15  
Martin  
Luther  
King Jr  
Day*

*16*

*Session  
7:00 PM*

*17*

*18*

*19*

*20*

*21 Coffee  
Fellowship  
9:30 AM*

*22*

*23*

*24*

*25*

*26*

*27*

*28*

*29*

*30*

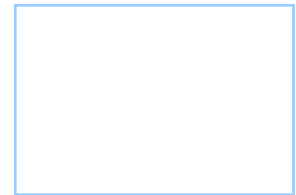
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The Newsletter of First Presbyterian  
Church of Niagara Falls, N.Y.

First Presbyterian Church  
311 First St  
Niagara Falls, NY 14303

Phone: 716-285-3555  
Fax: 716-285-3482  
E-mail: [firstpresnfy@gmail.com](mailto:firstpresnfy@gmail.com)



Return Service Requested



Monday  
January 15

**We're on the Web:**

[www.firstpresnfy.org](http://www.firstpresnfy.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: 716-285-3555

Sunday Worship 10:00 AM

Communion First Sunday of Month

Rev. Cathy Rieley-Goddard office hours are Monday and Wednesday.

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](mailto:firstpres2@verzon.net) or may be dropped through the mail slot of the church office.

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Editor/Publisher: Janet Roat

Reporters: John Goddard, Janet Bianca, Lis Slenk

**Newsletter deadline is the 15th of the month.**



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