


**First Presbyterian Church,
Niagara Falls, NY
July 2023 Newsletter**



Dear Friends,

Over the past few weeks I took a virtual class on eco-spirituality. As is often the case, I was not able to keep up with all of the work I was meant to complete over the eight weeks of the class. The good news is that I have another six months to get it all done. It was such an interesting class. People from across the country and other parts of the world participated. We thought about how we can honor ourselves and creation, what breaks our hearts about the world as we find it today, what gives us hope.

One of the things we were encouraged to do was to identify a tree to call our own. I used to have a tree. It was a weeping cherry tree that I planted at the community center where I worked in Buffalo. I still think of it as mine, but I do not visit it as I used to. So I am looking for a new tree to call my own. It was so interesting to hear people talk about their tree experiences. One person talked about how they found comfort when just sitting near their tree. Another talked about how their sense of the tree changed over a period of months. That they felt a real presence from the tree after having spent time with it every week over an extended period of time.

I have always been kind of skeptical of this kind of talk and connection. Yet, I find myself leaning into these experiences more and more. I committed to completing 52 hikes this year. So far I have completed 22, so I am a little behind. I hope to catch up by early July. I am keeping a journal with photos from each of my hikes. I am also committed to 52 different trails. It has been fun finding out-of-the-way places to go for a walk. And I find I love spending time with the trees. I listen to the birds. I wonder what I am hearing. Sometimes I stop and sit and just listen to the world. The rhythm of nature is everywhere. Part of the class included spending time being grateful. How often do we take time for that? No matter how much we think we do, I am sure we could do much more!

Friends, let's commit to spending time in nature this summer. Let's commit to offering gratitude for all that we have and all that we are, everyday. Who knows how we might be changed? Who knows how our understanding of our place and our role in the world might also change?

With gratitude for each of you!

Cathy

NAP July Dinner
First Presbyterian Church of
Lewiston will host the July NAP
Dinner Wednesday, July 5, 5:00 PM.
Get to know your neighbors and
enjoy fellowship and a meal.



It is hard to believe that it is time for Back to School shopping already, but July is when school supplies are on sale. While you are out shopping, pick up a few extra things so we can help stock the supplies at JFS. Pens, pencils, backpacks, crayons, paper, glue, rulers, all the usual things. Help us make September easier when it rolls around.



Separator line of small characters

The deCycles Group

First Pres was proud to host the deCycles Saturday June 24 to Monday, June 26. The deCycles is a cross country cycling youth group based in Bloomington, Indiana. When the group arrived at the church on Saturday afternoon, tired and hungry, they were greeted by members of First Pres who served them a pasta dinner. The group attended Sunday worship service at First Pres and gave a small talk on the activities and goals of the group. Sunday afternoon the deCycles toured the Falls.

The deCycles will pedal their bicycles 1500-miles in 23-days from Bloomington, Indiana to the Atlantic Coast in Maine. Most of the riders are new to cycling and have trained to prepare for this trip. They will cycle 600-miles through Indiana, Ohio, and New York along the shorelines of Lake Erie, Lake Ontario, and the St. Lawrence River. The remaining 900-miles will be through New England, Vermont, New Hampshire and all the way to the Atlantic coastline of Maine.



Please Pray for Those Who are Sick or Shut-in



Shut-Ins

Dolores Coleman
Abraham McLarahmore
Dom DeFazio

Prayer List

Bill Karches Mark Tarbell
Christine King Jillian Horner
Micheline Bevacqua

July Volunteer Schedule

Lay Readers

July 2 - John Goddard
July 9 - Carol Dashineau
July 16 - Lis Slenk
July 23 - John Goddard
July 30 - Carol Dashineau

Communion Servers

July 9 - Jeanette Lamorie and
Dori Parry

July Birthdays



July 4 Carol Lasoux
July 8 Sang Bae Kim
July 22 Kirk Parry
July 30 Abe McLarahmore
Happy Birthday!

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_gWm7wiggyl-q03g](https://www.youtube.com/channel/UCV8PmvV_gWm7wiggyl-q03g).

The Office will be closed the week of July 3rd. The Secretary will be on vacation.



"I can't stay long. I have to homeschool my grandparents on technology."



Budget Report for May 2023

	<u>Actual \$</u>	<u>Year to Date \$</u>	<u>Budget YTD \$</u>
GIVING	815	13,054	12,370
Investment Income, Other	369	7,715	13,645
TOTAL INCOME	1,184	20,769	26,015
EXPENSES	7,658	52,026	56,610
NET (Deficit)	(6,474)	(31,257)	(30,595)

Investment income was from the L.T. Marshall Trust. Expenses included \$534 for Maid Brigade (3 cleanings), \$301 for gas heat, and \$449 for a new printer.

July

2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

*Office
Closed*

4



5

*Office
Closed*

6

7

8

9

Communion

10

11

12

13

14

15

16

17

18

*Session
7:00 PM*

19

20

21

22

23

24

25

26

27

28

29

*30 Service
of Healing
and
Wholeness*

31

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

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Return Service Requested



We're on the Web:

www.firstpresnfny.org

You Tube <https://www.youtube.com/watch?v=LSk4U35pI2I>

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/>

Please Note: Starting May 7, Sunday Worship Service will be 10:00 AM

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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**July
2023**