



## First Presbyterian Church, Niagara Falls, NY Newsletter March 2022



Dear Friends,

As the days lengthen and the air warms, my heart is always filled with the wonder of spring. I love seeing the first shoots of crocus as they push through the soil. I have a small bird feeder next to the door we use to come and go. The birds have been crowding around it, getting a few seeds to help them on their way. The variety of birds stopping by seems to change over time. We have a table that our cat, Slava, loves to sit on to watch them through the window.

I am always full of plans and wonder at this time of the year. I am going to get the seed planted for sunflowers that I love. I will get peas in the ground on Good Friday as one of my parishioners from long ago assured me would provide the best harvest. I flip through the seed catalogs and think about a yard full of flowers and how I would love that. And then there is more snow. And I remember not to plant seeds too soon. And time slips by and it is July and I wonder what happened to my beautiful garden.

The really good thing about my failings is that I always get a chance for a do over. This could be the year that I get the flowers planted. This could be the month that I study something I have always wanted to learn. We belong to a God that is full of second and third and fourth chances.

During Lent we will be taking a journey with Vincent Van Gogh, and the scriptures, and our own experience. Van Gogh's work is so well known today, it is hard to remember that he rarely made any money from his painting. His brother, Theo, basically supported him with a monthly stipend. Van Gogh was a letter writer. We will meet him in his own words as we study during this season of Lent. There will be opportunities for conversation and gathering in person and online as we delve into the scriptures and his work. Please plan to join in what promises to be a season of beauty and wonder.

Maybe we will all be inspired to do the thing we have been pushing off to another time. The season may be right.

Blessings,  
Cathy



### NAP Lenten Services

Ash Wednesday is March 2nd. Island Presbyterian will host a simple supper followed by an Ash Wednesday service at 5:00 pm to help make our way into the Lenten season.

Riverside will have an Ash Wednesday service at 12 noon.

Island Presbyterian will host weekly soup lunches and conversation during Lent. Lunch will be at 12:15 on Thursdays during Lent, starting March 3. Everyone is welcome. We will discuss the weekly study questions in our devotional material -- Vincent Van Gogh and the Beauty of Lent. If you are not comfortable gathering in person or can't get away during the day, we will have a similar discussion on Zoom Thursday evenings at 7:00. Art and faith and beauty will draw us into conversation together.

### An Irish Wish

*May you always have...  
A sunbeam to warm you...  
Good luck to charm you...  
And a sheltering angel  
so nothing can  
harm you...  
Laughter to cheer you...  
And whenever you pray  
Heaven hears you!*

**Happy St. Patrick's Day**

### Time to Spring Forward

Daylight Savings begins Sunday, March 13. Turn your clocks ahead one hour Saturday night before you go to bed to be sure you get to church on time. It is also a good time to check the batteries in your smoke detectors and carbon monoxide detectors.

GetHealthyU.com

### Spring Forward

You may lose an hour of sleep, but...

**FOCUS ON THE POSITIVE**

It's a sign of spring

**More sunlight after work hours**

A brighter evening commute home

**Opportunity for an outside workout in the evening**

Move more: Take a walk after dinner

**A little sunshine = vitamin D**



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



Dolores Coleman

**Prayer List**

Monique Wilson	Charlene Bush
Margaret Smith	Mark Tarbell
Andrew Hinchliffe	Cissy Malinowski
Bill Karches	Christine King
Joe Mallary	

**March Volunteer Schedule**

**Lay Readers**

March 6 - John Goddard  
 March 13 - Carol Dashineau  
 March 20 - Lis Slenk  
 March 27 - John Goddard

**Communion Servers**

March 6 - Carol Dashineau,  
 John Goddard

**March Birthdays**

March 19 - Christine King  
 March 20 - Jasmine Street  
 March 27- Korena Jackson

Happy Birthday

Sunday worship service is recorded and is on First Pres' YouTube channel after 4:00 pm on Sundays for your viewing. The YouTube link:

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

**Bell Ringing Circle**

Hand Bell Ringing Circle is on Wednesdays at 5:30 pm. All are welcome. Come join the group for laughs, learning and fellowship. Musical talent not needed

Thank you Dale Roat for keeping the Church walkways shoveled during the February snowfalls.

For the safety and well-being of everyone, masks covering nose and mouth are recommended at First Pres

**Budget Report for January 2022**

	<u>Actual \$</u>	<u>Year to Date \$</u>	<u>Budget YTD \$</u>
GIVING	4,718	4,718	3,666
Investment Income, Other	0	0	2,333
<b>TOTAL INCOME</b>	<b>4,718</b>	<b>4,718</b>	<b>5,999</b>
EXPENSES	13,154	13,154	11,151
<b>NET (Deficit)</b>	<b>(8,436)</b>	<b>( 8,436)</b>	<b>(5,152)</b>

In spite of a strong month for giving, no investment income was reported and expenses were high, leading to a substantial deficit. Expenses included \$2890 for gas, \$2771 for church and van insurance, and \$445 for snow plowing.

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# Seeking to be an Anti-Racist: Living the Love of Jesus

## So, what can I do?

To be anti-racist is to be an authentic part of the community of God, where everyone is recognized as carrying God's image. But, what can we do to help build this community? First, we need to be aware of our prejudices, biases, and stereotypes. Do we make assumptions about those who are different than us? Do we expect certain behavior from someone because of how they look? We need to examine our assumptions. How stereotyped are they?

Second, learn about the effects of racism in our society. White people might like to assume that there has been so much change since the 60's that the average white person just doesn't need to concern themselves with racism. If that is your belief, you are encouraged to do some reading to understand the reality of racism in today's society and the damage it is doing. [So You Want to Talk About Race](#) by Ijeoma Oluo or [The Sum of Us: what racism costs everyone and how we can prosper together](#) by Heather McGhee are places to start.

Third, we all need to examine our privilege. Yes, we may be tired of hearing about privilege, but it is real. There are articles about White Privilege in the archived Presbytery newsletters. Or google: [White Privilege: unpacking the invisible knapsack](#) by Peggy MacIntosh.

Fourth, take some time to learn the stories of those who have not been included in most American History classes. For example, watch the PBS program "Slavery by Another Name" to learn some of the realities of Jim Crow or "Reconstruction." Learn the story of the Underground Railroad in our area at the museum in Niagara Falls or visit the Onöhsagwë:de' Cultural Center in Salamanca to learn about the Seneca people of Western New York who have two churches in our Presbytery.

*This is a weekly feature by the Presbytery of Western New York's Anti-Racism Task Group. This task group is made up of Presbyterians who are seeking to grow in understanding of the issue of racism in our communities and churches. We seek to learn about the issues, listen to voices that need to be heard, and explore ways that we and others might respond to, and actively engage in the work of anti-racism. For more information contact Cynthia Wickwire Lundquist at*

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# March

coloringpage.eu

# 2022

Sun

Mon

Tue

Wed

Thu

Fri

Sat

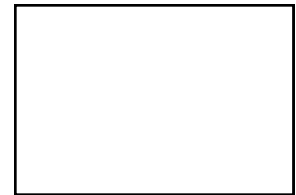
		1	2 NAP Dinner and service 5:00 pm  	3	4 World Day of Prayer	5
6 First Sunday of Lent Communion	7	8	9 Bell Ringing Circle 5:30 pm	10	11	12 
13 Second Sunday of Lent Day Light Savings ends	14	15 Session 7:00 pm	16 Bell Ringing Circle 5:30 pm	17 	18	19
20 Third Sunday of Lent 	21	22	23 Bell Ringing Circle 5:30 pm	24	25	26
27 Fourth Sunday of Lent	28	29	30 Bell Ringing Circle 5:30 pm	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.firstpresny.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 11:15 am  
Communion First Sunday of Month

## BOARD MEETINGS

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 and Thursday by appointment.

Mask and social distancing are recommended 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.**

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