



DATES TO NOTE:

July 19
Christianity &
Epidemics
Presentations

July 26
FPCY goes to camp.
Stay tuned for details.

Aug 9
TED talk via Zoom

Aug 19
Lunch Bunch Zoom

The Disciple



Are we there yet? How many of us have been on either the speaking and/or the listening end of this question, especially on long trips and summer vacations? Are we there yet? These words communicate our excitement and impatience at reaching our destination, whether it's a quiet getaway, a family reunion, a long-awaited adventure, or even just a rest stop along the way.

When are we going to open the church? When can we have worship together again? These questions are a lot like "Are we there yet?" because they communicate our impatience and weariness with our current situation of separation and physical distancing. They also communicate how much we are looking forward to being able to gather together again in the sanctuary for worship, the fellowship hall for coffee, the classrooms for Bible study and Sunday School, the Pantry and mission projects. These questions reveal how much we miss each other and the friendship and fellowship we share together.

Please know that we hear you, and we miss you too! We can't wait to be back together again, and we are doing everything we can to figure how to do that in the safest and most faithful way possible.

The Session has appointed a Re-Opening Team (Nancy Caswell, Alice Chin, Lynn Edling, Bill Herman, Jeff Kephart, Tami & Chip) that has been carefully sifting through lots of information, guidelines and recommendations from the CDC,

New York state, and the Presbytery. We are hoping to present a plan to Session in early August, so that we can start planning for the fall. In the midst of this ever-evolving situation, our priorities remain the health and safety of our staff, our membership and everyone who uses our facility.

As Ecclesiastes reminds us, "For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; ...a time to embrace, and a time to refrain from embracing." In this time of coronavirus, we might add, "There is a time to gather together and a time to stay apart; a time to risk and a time to protect; a time to discern the safest way forward and a time to implement the plan."

In the meantime, we will continue to find creative ways to gather and connect with each other online. We are so very grateful to all of you for your prayers and patience, your ongoing support and commitment to our mission and ministry together. Throughout this newsletter, there are many opportunities for you to engage your faith and our church family in the midst of this summer season of uncertainty.

As we journey together, may we know God's presence and peace all along the way.

"See" you in church,
Tami & Chip

Staying Connected — While We're Apart

- ⇒ **ONLINE WORSHIP** — Join us online for the worship service at 10:00am. Find the livestream (and services you missed) on our Facebook page (https://www.facebook.com/fpcyorktown/live_videos/).
- ⇒ **VIRTUAL CLASSES AND MEET-UPS** — While we are out of our building, we will have numerous opportunities to “see familiar faces” via Zoom (bible studies, virtual coffee hours and more). *Be sure to join us for a virtual lunch bunch on August 19th at noon!* If you haven't used zoom yet, there are some quick tutorials on the company's website: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>
- ⇒ **EMAIL** — Make sure you're getting our weekly emails. Sign-up if you're not on the list: <http://tinyurl.com/FPCYemail>



⇒ **YOUTH GROUP**

Hey everyone! Online Youth Gatherings are taking a break for a couple of weeks, but stay tuned to your email for announcements about our next virtual gatherings. Need to add an email address to the list? Drop a note to Steph — stephanie@fpcyorktown.org.

- ⇒ **CONTINUE YOUR FINANCIAL SUPPORT** — During these trying times filled with so much uncertainty, OUR church is taking creative measures to stay connected and care for its congregants, friends, and neighbors. While we cannot physically pass the plate on Sundays, we can continue our financial support by giving on-line (<https://tinyurl.com/FPCYgive>) or by mailing pledge commitments or offerings directly to the church office. If you need any technology assistance, please contact Chip, Tami or Lisa.



Personnel Corner:

Summer is here and I want to remind everyone that we are in prime vacation time for all staff. They might not be traveling far and wide in this time of pandemic lockdown, but they are all in much need of time to unplug. They've been busy on computers and technology practically non-stop since March.

But have no fear, we will have coverage for both custodial and pastoral care throughout the summer. In the event of hospitalization or some other need for pastoral care including visitation, please call the church office and speak to Lisa Flanagan who can tell you which Elder and/or Deacon is on call for pastoral support. There is also always another pastor in the community who is on call to help when needed.

Nance Thompson, *Personnel Chair*





Garrett Artman
Director of Music Ministry



Summer is here at FPCY and I'm looking for performers!

If you are interested in performing, please let me know via email Garrett@fpcyorktown.org; If you are interested in showcasing some of that hidden, virtual talent, let me know and we can work you into the service.

If there's one thing I've been learning over the past couple of months, it's audio and video editing, and I'm finally getting the hang of it.

There are a few ways to go about doing this, as the church building is currently closed for most in person gatherings.

- ♪ You can record it yourself and send it to me via email, dropbox, or google drive. Your phone or other device is perfectly suitable for this recording.
- ♪ You may have a recording of a piece of music already; if so, kindly share it with me and we can program it in as long as there are no copyright issues.
- ♪ You can schedule an hour recording session with me and/or the tech master, Benjamin Low. We would open the sanctuary and then record you performing the pieces. We simply ask that you email us both and then we can set up a time to record before the service on Sunday.
- ♪ Lastly, if you would like to come and perform in house, please email me and we can discuss the guidelines in order to make it happen. Just a heads up, the sanctuary will be emptier than usual, but you already knew that.

I know there are many out there who missed a recital opportunity and this is the perfect time to get that performance back. Thank you all!



Congregational Life

- ♥ Thank you to everyone who has been participating in the BINGO and Outburst games. The games with their fellowship and camaraderie are on hiatus until September.
- ♥ Our virtual coffee hours are starting at 11 am now that the summer worship begins at 10 am. Please join us for a moment of relaxation and conversation. The link to this event arrives in your email inbox at approximately 10:30 am, so check your mail immediately following Garrett's last notes.
- ♥ We held the first virtual Lunch Bunch on June 17. It was good to "see" everyone. The next dates we will ZOOM in for Lunch Bunch are July 15 and August 19.
- ♥ Also on tap for the summer is a virtual dessert party. While you are waiting for us to announce the date and time, start looking through your recipes for something to share. Yes, indeed we hope that everyone will share their sweet recipes.
- ♥ Due to everything being in flux, our TED talk might be via ZOOM using breakout rooms followed by the group discussion. Our date is Sunday, August 9. Details will appear in the Sunday bulletins or by email.

From the Communications Commission

Have you been to our website lately?

Here are a few tips to help you get the most out of it:

- ⇒ sliding graphics feature the most current, important info. You can click through them using the arrows.
- ⇒ You can see ALL the posts by clicking on Connections Blog.
- ⇒ And if you look at the word cloud at the bottom of every page (more or less) you can get to different categories of posts, such as Faith4Life, Youth, Our Mission, Food Pantry, etc.



Our Blog - past and current news items

Fast Forward for sliding graphics

From the Mission Commission



Noon Time Meal is being catered by Nino's Pizza on Rt. 202. He was the one Pat found in April who was willing to deliver to the Salvation Army. So far, both Nino's and the Salvation Army are pleased with how things are going, so at least for July, August and September we will continue to use this service.

Jan Peek Meal has been so far very successful using a drop off method with no contact. We have all slots filled until November 28th, so if you are interested in helping beyond that, please call Pat 737-4674. Thank you to Liza Placido, Jessica Mayes and their families for providing the May dinner and to Amy, Vinny and Lily Wallace for the June dinner.



Until we can open our building to small gatherings, our **Knit Togethers** and **Prayer Shawl Teams** continue to knit/crochet at home. If you need yarn or project guidance contact Norean (914-962-4370 — Knit Togethers) or Marianna (914-737-8294 — Prayer Shawl)

What does a faith-based approach to good mental health look like? The **Mental Health Initiative (MHI) Team** would like to find out. Like the parable of the Good Samaritan, we are called to help our neighbors when others may look away. Let's take a look at how we can:

- Educate - Build Awareness -Reduce Stigma
- Build Community and Ministry
- Show Intentional Hospitality
- Provide Resources
- Advocate for a Better System

While not a counseling service and certainly not making any diagnoses, we hope to empathize with those who may feel anxious or depressed, and help with everyday stress and strain - while also acknowledging that some people suffer from much more serious problems. Especially now! We are a subcommittee of missions and deacons. Please contact either Pastor or Jennifer Burns with questions, or if you would like to help out.

For those suffering or caring for someone with mental illness, the struggle is ongoing. Please see the facing page for some important information from NAMI (National Alliance on Mental Illness).

Mental Health Care MATTERS

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

43% of adults with mental illness

64% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

25% of Asian adults

31% of black adults

32% of adults who report mixed/multiracial

33% of Hispanic or Latinx adults

49% of white adults

49% of lesbian, gay and bisexual adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed.
Therapy saved my life.*

– NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/inhstats

NAMI HelpLine
800-950-NAMI (6264)



NAMI



NAMICommunicate



www.nami.org





Green Team News

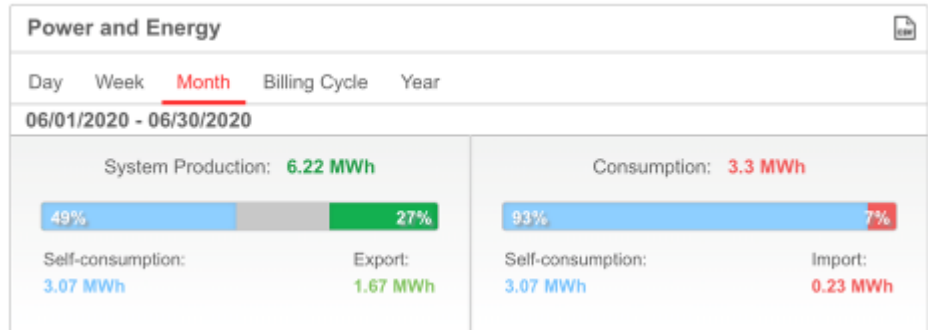
The Green Team hosted a talk on June 28, "Precious Plastics" presented by Yorktown High School grad Gillian Rosh. This event was co-sponsored by HRP Green. She explained the concept of Precious Plastic, why it is

important to take plastic out of the waste stream, and ways to upcycle for other uses. Be sure to check out the Fiercely Green blog posts by Lily, located on the FPCY website: <https://fpcyorktown.org/fiercely-green-tips-from-a-green-teen/> and <https://fpcyorktown.org/fiercely-green-tips-from-a-green-teen-vol-2/>



Now that we are out and about a bit more, remember to **shop at local farmer's markets** if you feel comfortable doing so. A typical carrot travels 1,838 miles to reach your dinner table (*Sustainable Table*). Think about what that means in terms of fuel to get it to you, not to mention time. There's nothing like the freshness of produce that's been picked just before it comes to your dinner table. We are fortunate to have nearby many farmers' markets that provide a wide variety of produce grown in the Hudson Valley, as well as sustainably farmed meats and eggs, artisanal breads and cheeses, and condiments such as jams and honey, even local wine! Find some of our favorite spots on our blog: <https://fpcyorktown.org/green-team/your-local-farmers-markets/>

The Power of Solar — As we enjoy these sunny days remember that the solar panels are indeed working! We are producing more than we are consuming! See chart for June's results.



Garden of Hope—More Help Needed!

While our team has shrunk, the need for food is much larger this year. We are hoping to have a big crop to help match the need of our busy pantry, but in order to do that we need to be able to maintain regular watering and weeding.

Can you help us? It is a socially-distanced outdoor activity with few others around, many days. There's a handy how-to guide on

our website: <https://fpcyorktown.org/mission/garden-of-hope-how-to-guide/>

Questions? Contact: Heidi Haring; hkharing@optonline.net, 914 737-9047 or Nance Thompson; bsnwahoo@gmail.com

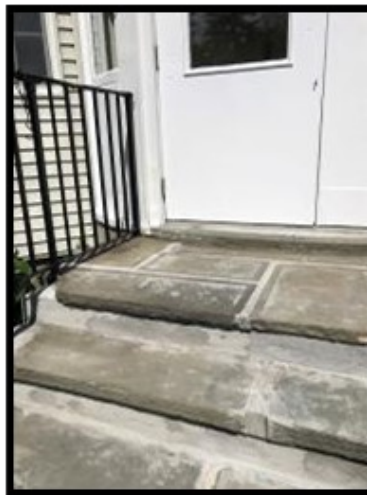
If you're ready to sign up, find a time slot here: <https://www.signupgenius.com/go/8050e45aea62fa1fb6-garden2>

Campaign Project Management Team and Operations Commission Update

The campaign and operations teams continue to be busy with renovations and maintenance projects, taking advantage of the flexibility provided by the empty building.

- ⇒ Renovations of room 16 near completion with dry wall painted, trim added, tiles replaced and the floor waxed.
- ⇒ After a few days and countless bags of weeds, the memory garden has been weeded. Thank you to the Coccodrillis! Many birds (robins and morning doves) have taken sanctuary in this quiet space. There was a nest in each of the trees this spring and one on a downspout!
- ⇒ Outdoor painting and gathering space doors (repair and painting)
- ⇒ Room 1 painting has begun
- ⇒ The stairs at the South entrance by room 1 have been repaired.

As ever, we are so grateful for the support of the congregation and the faithful fulfillment of pledges, to enable us to do this work. If you haven't yet made a commitment, please prayerfully consider participating in this campaign for the present (and future) of our Ministries of Faith. Pledges can be made via myFPCY.org. If you have made a pledge, but haven't yet made a gift, or if wish to make a one-time gift, you can do so at your convenience here: <http://tinyurl.com/FPCYCapital>



Pantry Plus – How We are Helping Those in Need

The FPCY Pantry continues to be incredibly busy, which is probably no surprise. In May we served 3,118 individuals, and we see 250+ families each pantry. We are so grateful to our volunteers, who are working longer hours with smiling faces, and to the congregation for your financial and material support. Without the donations of cereal, as an example, we would not be able to offer this critical breakfast item to our clients. We have also gotten great support from the United Way, the Lions Club, and even local businesses like Blue Hill at Stone Barns.



In addition to food, we are continuing to offer diapers once per month and eldercare supplies once per month. Did you know that we have been delivering food to the elderly at Beaver Ridge for over twelve years? It began as a simple “if we send someone to pick up the bags could you pack some for us” and has turned into a twice monthly ongoing commitment. Huge thanks to Louise Fang, our liaison to Beaver Ridge, and to John Watkins and John Bentley who do the deliveries. For the past year we have added once monthly deliveries to the Wynwood Oaks complex in Shrub Oak as well. With the deliveries, elder care offerings, and senior clients who come to the pantry themselves, we are helping over 300 seniors every month.

Thanks again for all the support you’ve given us so far. We continue to struggle to find cereal and canned fruit in our supply chain so donations of those items would be very welcome. Keep your eyes out for future items of the month either in the bulletin, on Facebook, or on the church website. We’re also working on an Amazon wish list of the most needed Pantry items. For those who like to shop Amazon, you would simply shop our list on smile.amazon.com and items will be sent directly to the church. Amazon will also give 0.5% of ALL eligible purchases you make on Amazon to the church if you set the church (“First Presbyterian Church of Yorktown”) as your designated charity in the Amazon Smile program.

Coming Soon

 by amazon

Even though summer just started we’re already looking towards the fall to our school supply distribution so please look for updates about that as well.

They can only take out what we bring in.

The majority of the food we offer at the FPCY Pantry comes to us from **Feeding Westchester**.

Some items we like to distribute are in short supply and your contribution can help fill that gap.

We thank you for bringing in

Cereal
and
Canned Fruit



Are you (or are you aware of a congregation member) in need of help getting groceries?

Contact Katharine Frase via email:
kfrase98@gmail.com

**Next Pantry Dates:
 July 25, August 8 & 22**

FPCY PANTRY MATCHING GRANT—FPCY PANTRY MATCHING GRANT—With the start of the new year, the FPCY Pantry grant matching program begins anew. Throughout the year, every dollar is matched up to at least \$10,000. Please consider supporting our FPCY Pantry, an outreach that provides food to over 200 clients twice a month throughout the year. Gifts can be given via mail, in the collection plate or online. Make sure to mark gifts “FPCY Pantry” when submitting a check or cash.

A letter of thanks
from our Governor



STATE OF NEW YORK
EXECUTIVE CHAMBER
ALBANY 12224

ANDREW M. CUOMO
GOVERNOR

May 27, 2020

Dear Friends:

I want to extend my great thanks for your extraordinary work and invaluable partnership in our efforts to respond to the COVID-19 pandemic.

Your tireless efforts have helped feed countless New Yorkers in need as we face one of the biggest public health crises in our history, and I truly can't thank you enough for stepping up in this time of great need. Day after day, you exemplify selflessness in the face of long, difficult hours and unprecedented challenges, providing an example of commitment and compassion at a time when it is truly needed most.

On behalf of all New Yorkers, thank you for your extraordinary work and sacrifices and for serving as such an invaluable inspiration to us all. We know how hard you're working and we couldn't be more thankful to have you on our side as we combat this pandemic. Please keep up the great work – we couldn't do it without you.

With deepest gratitude and respect.

Sincerely,

ANDREW M. CUOMO

WE'RE PARTICIPATING IN THE
**ACME GIVE
BACK WHERE IT
COUNTS BAG
PROGRAM**

When you buy this bag this month, \$1 will be donated to our organization.



For the
Month of August,

Our Pantry will receive a \$1 donation from each purchase of the \$3.00 reusable GIVE BACK WHERE IT COUNTS Bag

at the ACME store located at 149 U.S. Route 6, Mahopac NY.



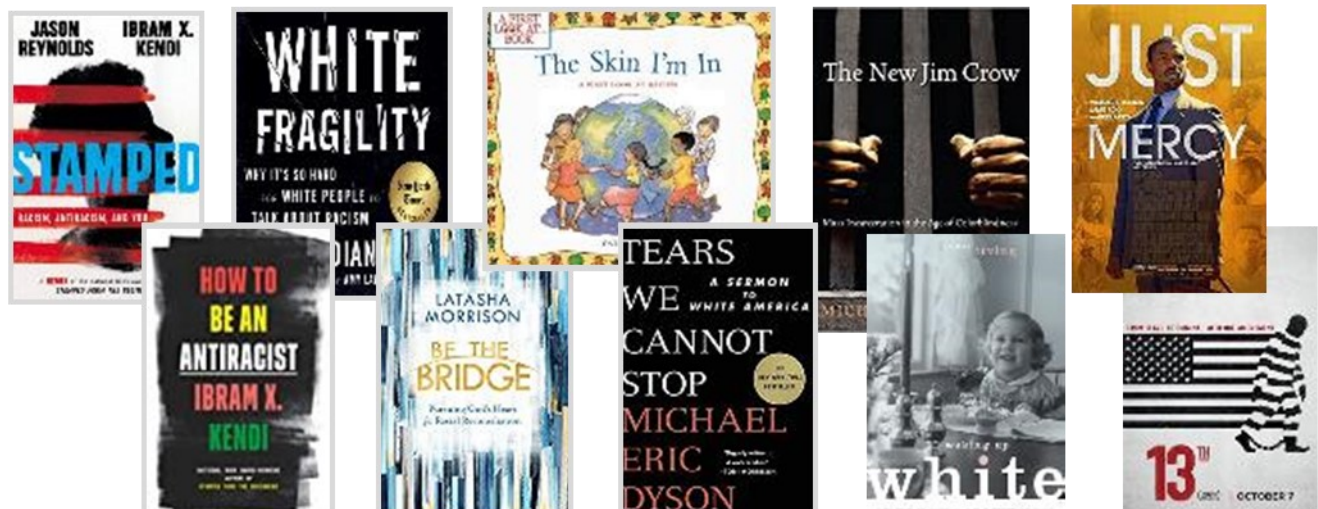
Take the Challenge: Let's Learn, Talk, and Do Something about Racism!

The turmoil in our country of the past few weeks has made it clear that racism is a continuing scourge in our country. We must seek to address this problem, but where do we even begin?

This summer, the Faith Formation Commission is challenging us, the FPCY family, to commit ourselves to listening to, learning about and better understanding the reality of racism in our community, our nation and our world, and what we can do to move change in a positive direction.

Here are two ways you can take this challenge:

1. Check out the Responding to Racism Reading & Resource Guide (facing page). Pick at least one book to read, podcast to listen to, movie to watch, or books and resources to share with your families and encourage conversations.
2. Join us for a discussion of the book *How To Be An Antiracist* by Ibram X. Kendi. The Tuesday morning Faith4Life group has chosen to read this groundbreaking and courageous book over the next month and discuss it on August 18 at 10 am. Copies of the book are available in the church office for \$15 or can be ordered online.
3. Take the 21-day Racial Justice Challenge which was developed by our denomination to help individuals and congregations raise awareness and encourage action. The challenge provides a link to an activity for each of the 21 days which include reading material and watching videos. You should plan to devote between 45 minutes to an hour to this challenge each day. You are invited to complete this challenge as part of a group or on your own, whichever way you are most comfortable.



Responding to Racism Reading and Resource Guide

ADULTS

Nonfiction

How To Be An Antiracist by Dr. Ibram X. Kendi
So You Want to Talk About Race by Ijeoma Oluo
The New Jim Crow: Mass Incarceration in the Age of Colorblindness
 by Michelle Alexander
*White Fragility: Why It's So Hard for White People to Talk About
 Racism* by Robin DiAngelo, PhD
*Biased: Uncovering the Hidden Prejudice That Shapes What We See,
 Think and Do* by Jennifer Eberhardt
*The Warmth of Other Suns: The Epic Story of America's Great
 Migration* by Isabel Wilkerson

Race & Faith

*America's Original Sin: Racism, White Privilege and the Bridge to a
 New America* by Jim Wallis
*The Color of Compromise: The Truth About the American Church's
 Complicity in Racism* by Jemar Tisby
The Tears We Cannot Stop: A Sermon to White America by Michael
 Eric Dyson
*Anxious to Talk About It: Helping White Christians Talk Faithfully
 About Racism* by Carolyn Helsel
Disunity in Christ: Uncovering the Hidden Forces that Keep Us Apart
 by Christena Cleveland
Be the Bridge: Pursuing God's Heart for Racial Reconciliation
 by Latasha Morrison

Memoir

I Know Why the Caged Bird Sings by Maya Angelou
Heavy: An American Memoir by Kiese Laymon
Between the World and Me by Ta-Nehisi Coates
Waking Up White and Finding Myself in the Story of Race
 by Debby Irving

Fiction

Their Eyes Were Watching God by Zora Neale Hurston
The Bluest Eye by Toni Morrison
Go Tell It on the Mountain by James Baldwin
Americanah by Chimamanda N'Gozi Adiche
Homegoing by Yaa Gyasi

Articles (links are on our website)

"America's Racial Contract Is Killing Us"
 by Adam Serwer | Atlantic (May 8, 2020)
The 1619 Project (all the articles)
 The New York Times Magazine
 "Where do I donate? Why is the uprising violent? Should I go
 protest?" by Courtney Martin (June 1, 2020)
 "White Privilege: Unpacking the Invisible Knapsack"
 by Knapsack Peggy McIntosh
 "Who Gets to Be Afraid in America?" by Dr. Ibram X. Kendi
 Atlantic (May 12, 2020)

Podcasts

1619 (New York Times)
Code Switch (NPR)
Momentum: A Race Forward Podcast
Seeing White

Videos

"Uncomfortable Conversations with a Black Man"
<https://youtu.be/h8jUA7JBkF4> (YouTube, 9 min)
How Studying Privilege Systems Can Strengthen Compassion,
 Peggy McIntosh at TEDx Timberlane Schools
<https://youtu.be/e-BY9UEewHw> (YouTube, 18:26 min)
Let's get to the root of racial injustice, Megan Ming Francis at TEDx
 Rainier <https://youtu.be/-aCn72iXO9s> (YouTube, 19:37 min)
Why I'm Not Racist only Half the Problem by Robin d'Angelo
<https://www.youtube.com/watch?v=kzLT54QjclA> (7 min)

Documentaries/Movies

Race: The Power of an Illusion
 13th
Just Mercy
Selma
The Hate U Give

PARENTS & FAMILIES

Raising White Kids: Bringing up Children in a Racially Unjust America
 by Jennifer Harvey
 For a variety of other resources visit Forming Faithful Families
 at <https://www.fpcfaithfulfamilies.com/anti-racism-resources>
 All the young adult and children's books listed next:

CHILDREN

Antiracist Baby by Ibram X. Kendi (kids and parents of all ages)
A is for Activist by Innosanto Nagara (ages 3-7)
The Skin I'm In: A First Look at Racism by Pat Thomas (ages 4-8)
The Skin You Live In by Michael Tyler (ages 4-8)
Something Happened in Our Town
 by Marianne Celano, Marietta Collins, et al. (ages 4-8)
You Matter by Christian Robinson (ages 4-8)
Brian the Brave by Paul Stewart (ages 3-12)
Race Cars: A Children's Book about White Privilege
 by Jenny Devenney (ages 3-10)
Let's Talk About Race by Julius Lester (grades 1-5)
Not My Idea: A Book About Whiteness
 by Anastasia Higginbotham (grades 4-6)

YOUNG ADULT

Fiction

The Hate U Give by Angie Thomas
On the Come Up by Angie Thomas
All American Boys by Jason Reynolds and Brendan Kiely
Dear Martin by Nic Stone

Nonfiction

Stamped: Racism, Antiracism, and You
 by Jason Reynold and Ibram X. Kendi
This Book Is Anti-Racist by Tiffany Jewell
All Boys Aren't Blue by George M. Johnson

Graphic Novel

Fights: One Boy's Triumph Over Violence by Joel Christian Gill

Poetry

Say Her Name by Zetta Elliot



“Let’s Dance”

When David Bowie sang that song in 1983 I don’t think he was thinking of the Trinity, but our **Thursday morning 10 am Faith4Life class** has been participating in a 15-week discussion of Richard Rohr’s book *The Divine Dance*. We are watching one of a series of short videos each week and discussing them. Each session stands by itself, so please join us when you can. In this unusual summer we’ll be meeting every Thursday all summer.

You are welcome to join this group at any time, and you can drop into the Thursday morning session as a “one time” visitor — the discussion is focused on the film clip watched during the session. Contact Tami to be included on the distribution list for the Zoom links.

Your Faith4Life planning team is continuing programming through the summer. Tim Lupfer will be giving a talk entitled “*Epidemics and Christianity-A Long History*” on July 19 at 11:15 am, following morning worship and again at 7:00 pm.

We are working on putting together a series for “*Spiritual Resilience in Challenging Times*” looking at spiritual practices. This is in the “thinking” stage. Let us know what practices you’d like to learn and/or talk about. So far we’re thinking about these practices: meditation, centering prayer, the examen, breath prayers.

Help us “Bring the Bible to Life” with your artistic imagination. See the article below.

What would you like to read? Discuss? Learn? Do you have a topic that you’d like to present, one with ties to your own faith journey? What’s a time that would work for you this summer? Sunday right after church? Sunday evenings? Any particular day during the week?

Email Connie at connie.knapp@icloud.com or Tami at tami@fpcyorktown.org with your suggestions.

Help Us Bring the Bible to Life

When you read the Bible, do you “see” images? Do you “smell” the flowers? “Taste” the fruit? The Faith Formation Commission invites you to use your imagination and help us bring the Bible to life. Here’s the plan:

- ⇒ Pick a Bible story or scripture passage that speaks to you. Stay tuned for list of Bible stories and themes to spark your creativity.
- ⇒ You provide your imagination and paint, draw, sculpt, photograph, quilt, dance, write a poem, build a Lego model or [fill in the blank with your creative talent] to illustrate the passage.
- ⇒ Write a brief statement reflecting on how the passage spoke to you and what it was like to create a piece of art about it.
- ⇒ If you would some help or support with your art project, we will connect you with a volunteer mentor artist from the congregation.

We would like to display your creations at a community art show in Spring 2021. We encourage submissions by individuals, families, groups of friends, or even entire commissions! Submission form and list of mentors to follow. Questions? Contact Connie (connie.knapp@icloud.com) or Eric (erickreuter@aol.com). See next page for an example.



Example (work in process) – Eric Kreuter

Matthew 8:23-27 (New International Version (NIV)) Jesus Calms the Storm

Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, “Lord, save us! We’re going to drown!” He replied, “You of little faith, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, “What kind of man is this? Even the winds and the waves obey him!”



photo



painting

Watch Connie and Eric talk more about this project: <https://tinyurl.com/FPCYBibleArt>



Bring the Bible to Life: Artist Mentors Wanted

Do you paint or draw? Take photographs? Quilt? Build models? Are you a Lego expert? Is there some other artistic medium you use to express yourself?

“Bringing the Bible to Life” is a project of the **Faith Formation Commission** that invites members of the congregation to illustrate Bible scenes using whatever medium they choose: painting, sculpting, photography, sewing, etc.

The goal is a community show to be held in the Spring of 2021 where all submissions will be displayed.

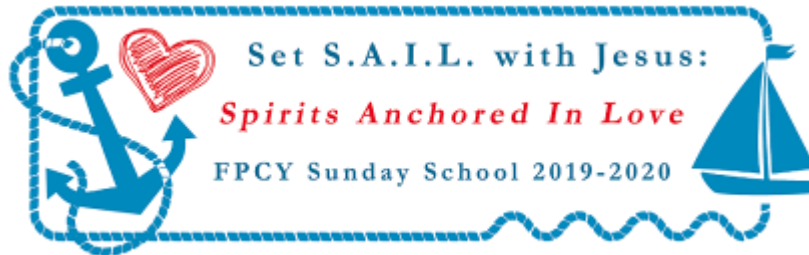
- ◆ We are looking for artist mentors to provide guidance, suggestions and support.
- ◆ We will be providing Scripture passages for members of the congregation to illustrate in any way they choose.
- ◆ We’d like to also provide a list of artist mentors, members of the congregation who would be willing to be available if needed.

Artist mentors will be encouraged to submit something also, so know that serving as a mentor doesn’t prevent you from participating in the project.

If you are willing and able to accept our invitation, please contact Connie Knapp (connie.knapp@icloud.com), or Eric Kreuter (erickreuter@aol.com) and let us know that you’d like to volunteer, and also tell us the medium (or media) you work in!



Thank You to Our 2019-2020 Sunday School Volunteers!



<u>Co-Superintendents:</u>	Bridget Bentley & Kristy Berlin
<u>Co-Pastors:</u>	Chip Low & Tami Seidel
<u>Youth Ministries:</u>	Steph Hare
<u>Gathering Time:</u>	Dan Hager & Abby Cross
<u>Music:</u>	John Winget
<u>Technical Coordinator:</u>	Ben Low
<u>Snack Coordinators:</u>	Pat Prauda, Pete Eagleton, Wendy Eagleton & Mary Vezutto
<u>Art:</u>	Teachers - Joanna Marcos & Jessica Mayes Youth Assistants - Jenna Shaughnessy & Marina Wheeler
<u>Science:</u>	Teachers - Andy Cross & Jane MacDonald Youth Assistants - Kate MacDonald & Emma Placido
<u>Cooking:</u>	Teachers - Liza Placido & Barbara Wanamaker Youth Assistants - Ryan Chin & Anthony Mosca
<u>5th-6th:</u>	Alice Chin, Debbie Hager & Bill Herman
<u>7th-8th:</u>	Nicole DeCintio, Debbie Flynn & Dick Mills
<u>Confirmation Class:</u>	Gordon Braudaway, Pam Darreff & Suzy Rishel
<u>Shepherds:</u>	Pre-K/K/1st - Joann Campoli & Jackie Sheridan 2nd/3rd- Joanne Leftwich & Ashley Leftwich 4th - Maura Delaney & Sara Delaney
<u>Substitutes:</u>	Nancy Caswell, Louise Fang, Theresa Kennedy, Michelle Mosca, Nance Thompson, & Kathy Winsted



Staycation Bible School

Hey Families! In light of so many of our traditional Summer activities being canceled this year, Presbyterian Outlook has created a “Staycation Bible School” program. The theme is Feet that Follow: Awesome are YOUR feet! They carry God’s love wherever you go! It’s kind of like Vacation Bible School in the comfort of your own home – or take it with you if you are hitting the road this summer.

FPCY is providing this program to anyone in our church family who would like to give it a try with their families. It’s geared toward families with elementary school age kids but could be adapted to get the whole family involved.

There are other ways to adapt it as well – if you want to declare one week in your home “SBS” week, awesome!

There are five days’ worth of activities in this program. If instead you want to say Saturday is SBS day and break it up over 5 weeks, you can absolutely do that too. Feel free to use it as the Spirit moves you.

Here is an introduction for parents and caregivers to give you a sense of what’s involved:

<https://tinyurl.com/fpcy-SBS-introduction>

And here is the complete program: <https://tinyurl.com/fpcy-SBS-Curriculum>

We know a lot of folks are super sad about not being able to do our traditional VBS with our friends from our neighboring congregations this summer. That is a serious bummer. We give thanks for the fun and the amazing relationships that we get to have at our community VBS and we look forward to being with our friends when our community is in good health again.

This summer is definitely like no other that most of us have experienced, but we hope that families will use this opportunity to set aside some time for family faith formation and have some fun while doing it. If you have any questions, please reach out to Steph or Tami. And if you decide to try out the “Feet that Follow”, we want to know about it! Let us know how your family carries God’s love this summer!

Our journey begins



Where in the world is Flat Jesus?



Make Your Mark



Energizers!



Travel buddy time



Car tunes

Learning along the way



Rest stop

Side trips and excursions



Our journey comes to a close





Stewardship Ice Cream Sunday @ Home

Our annual Ice Cream Sunday can't happen as-usual this year, but we still want to celebrate the faithful giving of FPCY. So thinking outside the box, we thought we'd share some ways to make ice cream at home without a machine.

Mid-year statements will be mailed out soon, so be on the look-out!

Basic 2-Ingredient Vanilla Ice Cream Recipe

Ingredients

- 2 cups heavy cream, chilled
- 1 (14 ounce) can sweetened condensed milk, chilled
- 1/2 teaspoon vanilla extract

Directions

1. In the bowl of an electric mixer, whip the cream until stiff peaks form.
2. On low speed, mix in the condensed milk, vanilla, and any flavorings (see next page).
3. Pour into a resealable container, cover the surface with plastic wrap, then seal.
4. Freeze for at least 6 hours, or until firm. *Keep stored in the freezer.*



Plastic Bag Method (can double as a science experiment with the kids or kids at heart)

Ingredients

- 1 1/4 cups whole milk, chilled
- 3/4 cup granulated sugar
- 2 cups heavy cream, chilled
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt

Directions

1. In a large bowl, use an electric mixer to beat the milk and sugar until the sugar is dissolved, 1 to 2 minutes.
2. Stir in the cream, vanilla, and salt until combined. If mixture isn't cold, place in the refrigerator until chilled, about 30 minutes.
3. Place the ice cream mixture in a quart size resealable bag, squeezing out as much air as possible and sealing tightly.
4. Place this bag inside another quart bag, again squeezing out as much air as possible and sealing tightly.
5. Put the bags inside a gallon size resalable bag and fill with about 4 cups crushed ice then sprinkle with 4 table-spoons coarse salt. *(the science — The salt lowers the freezing point of the ice and creates an extra cold environment that absorbs heat, causing the ice cream base to freeze.)*
6. Squeeze out all the air and seal tightly.
7. Wrap the bag in a towel or put gloves on before shaking vigorously and massaging the bag, making sure the ice is surrounding the ice cream mixture constantly. You may need to add more ice if it melts too quickly.
8. Shake for about 5 to 8 minutes, or until the ice cream is frozen. The more vigorously you shake, the smoother the ice cream!



Flavor Ideas

Note: some mix-ins may increase the amount of time the ice cream needs to freeze before serving. Also be sure to check out all my ice cream recipes for more inspiration and guidance!

MINT CHIP — 1 teaspoon peppermint extract + 1 cup mini chocolate chips + green food coloring

CINNAMON ROLL — 3 tablespoons butter, melted + 1/2 teaspoon cinnamon

CARAMEL or DULCE DE LECHE — 1/2 – 1 cup caramel drizzled over the almost frozen mixture, stir to break up the ribbon a bit. Add a teaspoon of sea salt and/or a few tablespoons of bourbon for a gourmet touch!

CHOCOLATE — 3/4 cup cocoa powder (sifted) + 4 ounces melted cooled chocolate

ROCKY ROAD — 1 cup chocolate syrup + 1 cup mini marshmallows + 1 cup toasted almonds swirled into ice cream

S'MORES — 10 graham crackers, crushed + 1 Hershey's bar, chopped + 1/2 cup marshmallow fluff

MOCHA — 1/2 cup cocoa powder (sifted) + 2 tablespoons instant espresso powder

COOKIES & CREAM — 15 Oreo cookies, coarsely chopped (about 1/2 cup)

BLUEBERRY SWIRL — 2 cups fresh blueberries + 3 tablespoons sugar + 2 tablespoons lemon juice cooked in a small saucepan over medium-high heat until burst. Chill before swirling into ice cream.

Source (with additional ideas and videos): <https://www.handletheheat.com/how-to-make-ice-cream-without-a-machine/>



Chocolate Peanut Butter Frozen Yogurt

1 can (14 ounces) nonfat condensed milk
1/2 cup creamy peanut butter
1 tablespoon pure vanilla extract
1/4 teaspoon fine salt
2 cups nonfat plain Greek yogurt
1 cup low-fat milk (1%)
1/2 cup unsweetened cocoa powder, sifted

Directions

In a large metal bowl with an electric mixer, beat together condensed milk, peanut butter, vanilla, and salt until smooth. With mixer on low, beat in yogurt, milk, and cocoa powder until smooth, scraping down sides of bowl as necessary. Freeze until firm but scoopable, about 4 hours, beating with an electric mixer every hour.

Source: <https://www.marthastewart.com/961517/chocolate-peanut-butter-frozen-yogurt#reviewSection>



Easy No Churn Peach Frozen Yogurt

1 (16-oz.) bag frozen peaches
(or 1 lb fresh, frozen solid)
5 tablespoons agave nectar
1/2 cup plain whole fat Greek yogurt
1 tablespoon fresh lemon juice
1 teaspoon vanilla

Instructions

Add the frozen peaches, agave nectar, Greek yogurt lemon juice, and vanilla, to the bowl of a food processor. Process until no chunks remain, be patient it takes a while. Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

Source: <https://www.bobbiskozykitchen.com/2015/05/easy-no-churn-peach-frozen-yogurt.html>

Pray with us

I call upon you, O Lord; come quickly to me;
give ear to my voice when I call to you.
Let my prayer be counted as incense before you,
and the lifting up of my hands as an evening sacrifice.
~ Psalm 141:1-2

Devote yourselves to prayer,
keeping alert in it with thanksgiving.
~ Colossians 4:2

Do not worry about anything,
but in everything by prayer and supplication with thanksgiving
let your requests be made known to God.
And the peace of God, which surpasses all understanding,
will guard your hearts and your minds in Christ Jesus.
~ Philippians 4:6-7

Prayer is one of the most powerful tools we have to stay connected to our faith and one another and to cope with and overcome our current circumstances and challenges. No matter how young or old, big or small, lost or found, believing or searching, stuck-at-home or out-and-about, everybody can pray!

Prayer flags, ties and ribbons have been used for centuries by different cultures all around the world to lift up prayers to the divine and offer blessings for the world. Some people tie ribbons around trees and poles to pray for the safe return of soldiers, to honor certain groups of people, or support various causes. This spring, the Grant A.M.E. Church in Boston started hanging prayer ribbons up for every person who died from COVID-19 in Massachusetts. Some Native American tribes create prayer ties to offer gratitude and lift up prayers for healing, safety, peace and wellbeing. Buddhist prayer flags do not carry prayers to gods, but rather are used to promote peace, strength, compassion, and wisdom in the world.

Please feel free to stop by the church and tie on some prayer ribbons whenever you would like to offer the prayers of your heart and life. There is a plastic bin on the front porch that contains pre-cut ribbons and markers. Just write your requests on the ends of the ribbons and tie them on the strings hanging between the columns. As the strings fill up, we will raise them up and put out new ones.

Visit <https://www.facebook.com/fpcyorktown/videos/300943321041503/> to see a video explanation of our prayer ribbons.



Let us check our pulse and pray:

Listening, loving God, we lift up our prayers to you this day:
prayers of joy and gratitude...
prayers of anxiety and concern...
prayers for understanding and hope...
prayers for healing and wholeness...
prayers for justice and peace...
Thank you for hearing our prayers and for answering them
with your steadfast love and faithfulness.
As we journey through these trying times,
may we continue to pray and to trust
in your mercy and strength, your will and ways.
Through Jesus Christ our Lord, we pray. Amen.

July/August

All meetings and services will be held online until further notice.

12 10:00am Worship 11:00am Congregational Update Zoom Meeting 7:00pm Racial Justice Challenge Zoom	13	14 10:00am F4L Study 7:30pm Worship Design	15 9:00am Stewardship 12:00pm Zoom Lunch Bunch 7:00pm Disciple I	16 10:00am F4L Study	17	18 8:00am Men's Breakfast Via Zoom
19 10:00am Worship 11:00am Deacons F4L— <i>Christianity and Epidemics</i> Presentation at 11:15am and 7pm	20	21 7:30pm Mission	22	23 10:00am F4L Study	24 3:00pm Food Pantry Set-Up	25 8am Food Pantry 6pm Jan Peek Meal
Office closed—July 22—28						
26 10:00am Worship <i>FPCY @ Holmes Camp</i> 11:00am Virtual Coffee Hour	27	28	29	30 10:00am F4L Study	31	1
Office closed—July 22—28						
2 10:00am Worship 11:00am Virtual Coffee Hour 11:15am Faith Formation 4:00pm Session	3	4	5	6 10:00am F4L Study	7 3:00pm Food Pantry Set-Up	8 8am Food Pantry
9 10:00am Worship 11:00am Virtual Coffee Hour	10	11 7:30pm Worship Design	12	13 10:00am F4L Study	14	15
16 10:00am Worship 11:00am Deacons Virtual Coffee Hour	17	18 7:30pm Mission & Operations	19 9:00 Stewardship 12:00pm Lunch Bunch Zoom	20 10:00am F4L Study	21 10:00am Blood Drive 3:00pm Food Pantry Set-Up	22 8am Food Pantry 6pm Jan Peek Meal
23 10:00am Worship 11:00am Virtual Coffee Hour	24	25 7:30pm Communications	26	27 10:00am F4L Study	28	29
30 10:00am Worship 11:00am Virtual Coffee Hour	31	SEPTEMBER 1 7:30pm Session	2	3	4	5

The Disciple

Summer 2020

www.FPCYorktown.org

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office@fpcyorktown.org

Office Hours:

Monday-Friday, 9:00-5:00

Co-Pastors

Rev. Chip Low

Rev. Tami Seidel



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Vacation Bible School: At-Home Edition
See page 15 for details



Have You Noticed Our Prayer Ribbons?

The front of our church has many colorful ribbons holding our prayers. Is there someone you wish to offer a prayer for? Or a thought for a better world which you want to put into the summer breeze? Send your request to prayer@fpcyorktown.org, or stop by the front of the church to create your own.

All are welcome.