



FIRST
PRESBYTERIAN
CHURCH OF
YORKTOWN

The DISCIPLE

February 2023

Save the Dates:

February 12
Souper Bowl of
Caring

February 15
Lunch Bunch

February 21
Shrove Tuesday
Pancake Supper

February 22
Ash
Wednesday
Services at Noon
and 7:30pm

February 26
1st Sunday of Lent
New Member
Classes Begin

March 5
2nd Sunday of Lent
Annual Meeting &
Luncheon

March 8
CrossGen

Forward in Faith



2023 has gotten off to the fast start! It feels like we've barely caught our breath from the Christmas holidays and now it's already February! It also feels a bit like that movie *Groundhog Day* in which the cynical and self-centered TV reporter Phil Connors (played by Bill Murray) keeps waking up to and reliving the same day, February 2, until he learns some important lessons about life and love.

Why do I say that? Well, for one thing, it still feels like we're coming out of the pandemic and trying to figure out what our "new normal" is. Many of us felt that way at this time last year and had high hopes that 2022 would be the year when we finally got back to our pre-pandemic lives and activities. We soon realized, however, that Covid would not be that easily left behind, nor would some of the larger issues and questions that the pandemic exposed. So here we are again at the beginning of 2023, faced with important questions about who we are as a church and what God is calling us to be and do in this new world in which we live.

Ten years ago, our church spent the season of Lent and Easter with the book *Practicing Our Faith: A Way of Life for a Searching People* edited by Dorothy Bass. Each chapter focuses on a spiritual practice that will help us deepen our relationship with God and live our faith more authentically in the world. Discernment is the name of spiritual practice that seems particularly relevant to where we are as a church and how we can move forward into this new future. As Frank Rogers writes in the chapter on discernment:

"Christians believe that we are not alone... God is present, hoping and urging, in the midst of all the situations of life. As Christians, we believe that God is passionately involved in human affairs and intimately invested in all of our questioning. Moreover, we believe that God's involvement in our lives has purpose and direction. God is seeking to bring healing and wholeness and reconciliation, transforming this broken world into the New Creation where there will be no more sadness or injustice or pain. Our decisions and our search for guidance take place in the active presence of a God who intimately cares about our life situations and who invites us to participate in the divine activities of healing and transformation.

(Continued on page 2)

Discernment is the intentional practice by which a community or an individual seeks, recognizes, and intentionally takes part in the activity of God in concrete situations.”

We are definitely in a time of discernment here at FPCY. As we come out of the pandemic and complete the capital campaign, how has the world around us changed and how is God calling us to work for healing and transformation in this time and place? Do the hopes and plans we had pre-pandemic still make sense in this new reality or do we need to listen for God’s voice calling us to make some course corrections and move in new directions? Who are we now as a congregation, and how can we faithfully participate in God’s activity and work with the people and resources God has given us?

We hope you will join us in prayer and active engagement as we discern the way forward in 2023. The Session spent its retreat on just these questions and is looking forward to sharing more with you at the Annual Meeting on Sunday, March 5. In the meantime, we will trust that the Light revealed to us during this Epiphany season will continue to guide us as we seek to follow God’s will and way in this new year.

Faithfully yours,
Tami & Chip



Chip

Tami

PERSONNEL COMMISSION

“We call people to varied forms of service and covenant to support them so they may devote their best gifts and energies to the work of God’s kingdom.”

~“A Theology of Benefits”, from *Living by the Gospel* by The Board of Pensions of the Presbyterian Church (U.S.A.), Nov. 2022

Each year, the Personnel Commission, in cooperation with Budget and Finance and upon guidance from the Presbytery, considers a Cost of Living Adjustment (COLA) to the wages and salaries of our staff and pastors. For 2023, we recommended, and the Session approved, an adjustment of 4% for all paid staff (except Childcare Providers).



For our church employees, the increase takes effect immediately. For the Co-pastors, the increase will take effect if approved by the Congregation at the Annual Meeting on March 5, where it will be presented as part of a revised Terms of Call package.

While this does represent an increase in our payroll costs, it is important to note that we are not yet keeping pace with the actual rise in living costs. For comparison, the Social Security Administration enacted a COLA of 8.7% for 2023, its highest since 1981. (This continues the deficit trend from 2021, when we approved a COLA of 3.4% percent for our staff, while the SSA adjustment was 5.9%.) As the Social Security COLA is tied to the Consumer Price Index for Urban Wage Earners and Clerical Workers, it is a good indicator of the increase in everyday expenses for our employees.

We anticipate that these rising costs will continue to be an important point of yearly discernment for the Personnel Commission.

Prayerfully submitted,
Alice Chin & Nathan Perry, *Co-chairs*



The Annual Meeting of the Congregation and Corporation of the First Presbyterian Church of Yorktown

will be held both in person and by Zoom (hybrid) on Sunday, March 5, 2023 following the 10:30 AM Worship service

- ⇒ to review and approve the Co-pastors' Terms of Call,
- ⇒ to elect one Ruling Elder to the Class of 2025;
- ⇒ to elect:
 - one Deacon to the Class of 2023,
 - one Deacon to the Class of 2024,
 - one Deacon to the Class of 2025,
- ⇒ to receive the Annual Reports,
- ⇒ to elect five Members-at-Large to the Nominating Committee
- ⇒ and to conduct any other business which may properly come before the meeting.

First Presbyterian Church of Yorktown
Annual Meeting
Sunday, March 5, 2023
following the single worship service
being held at 10:30 AM

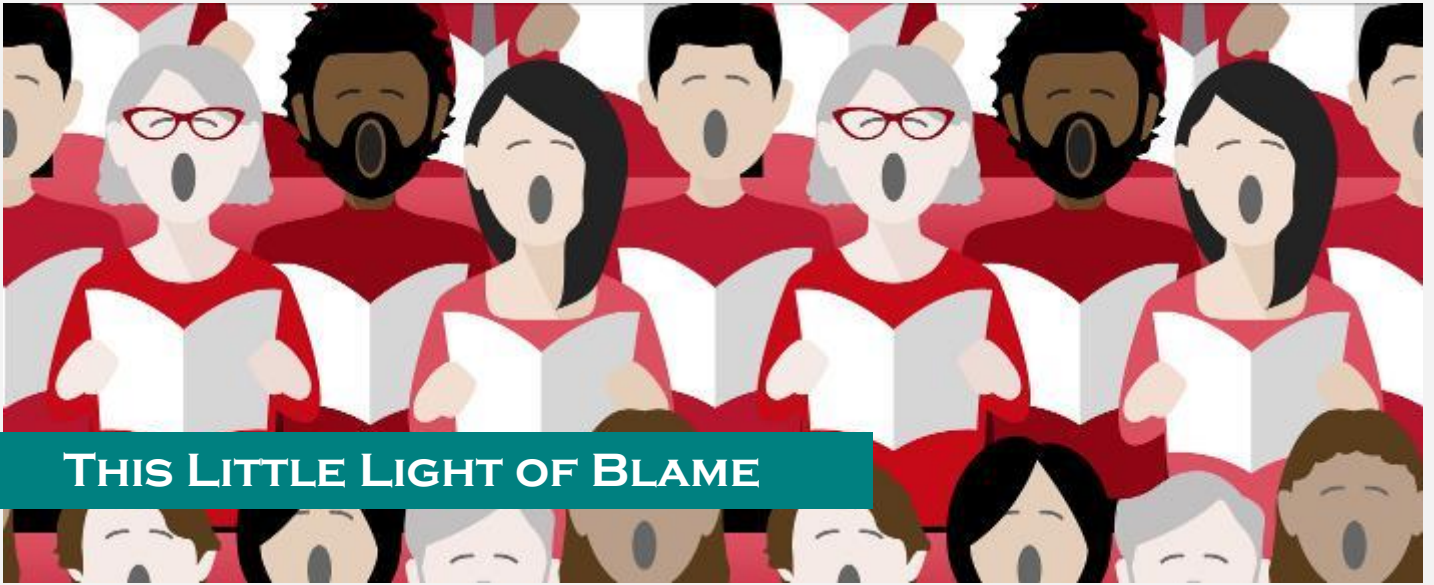


ANNUAL MEETING & POTLUCK — March 5th.

Another year begins and it's time for the FPCY Annual Meeting & Pot Luck lunch. Please plan to bring either a main dish, side dish, salad, or dessert. Vegetarian, vegan, and gluten-free dishes most welcome. Please label your dish, and whether it is vegetarian/vegan or gluten-free; index cards will also be available. Please use the online form to help us organize volunteers for set-up/hosting/clean-up as well as a to track the food that will be coming. There will be also be a sign-up sheet by the Welcome Desk for those who can't access the sign-up genius.

<https://tinyurl.com/FPCY-PL23>





This Little Light of Blame, I'm Gonna Let It Shame

Connection is why we're here. It's what gives meaning and purpose to our lives. Yes? So if connection is so vital to our well-being, then why do so many of us struggle with it? Shame. I've talked about it before, but music is one of the largest cultural culprits of shaming and blaming people – at least the institutions and systems we practice. Tell me if you've heard this before,

“WHO played that wrong note?”, “Fix it”, “I listen to everything except country and rap”, “only real musicians know this group”, “Only girls play the flute” and the list goes on. It's not just music, we live in a culture of shame and blame. It's our cultural post-traumatic stress. To quote Dr. Brene Brown, “Our Culture of scarcity is defined by this sentence. Never _____ Enough.

Never good enough. Never perfect enough. Never thing enough. Never powerful enough. Never successful enough. Never smart enough. Never extraordinary enough.

Scarcity thrives in a culture where everyone is hyperaware of lack. Everything from safety and love to money and resources feels restricted or lacking. We spend inordinate amounts of time calculating how much we have, want, and don't have, and how much everyone else has, needs, and wants. The greatest casualties of a scarcity culture are our willingness to own our vulnerabilities and our ability to engage with the world from a place of worthiness. Three components of scarcity are shame, comparison, and disengagement. To transform this scarcity, we need to dare greatly. We need to cultivate worthiness, a clear sense of purpose, and we need to re-engage.

It has been my personal philosophy in music (and life) that failure is the only option. People get audibly uncomfortable when I tell them “I don't care how you sound, I care that you're here”. Vulnerability is not knowing victory or defeat, it's understanding the necessity of both. The “Maestro” you had in other musical groups that shames you into perfection is a broken person living inside an outdated system. It's Idolatry. Perfect is seductive, but it doesn't exist in the human experience. We must walk into a new relationship, an important meeting, our creative process, or a difficult conversation with courage and willingness to engage. Rather than sitting on the sidelines and hurling judgment and advice, we must dare to show up and let ourselves be seen.

Yours in vulnerability,
Garrett






**February
Lunch Bunch**
**Wednesday
February 15th
12 - 2 pm
in Fellowship Hall**

Congregational Life

FEBRUARY LUNCH BUNCH—Wednesday, February 2/15 from 12 - 2 pm—Fellowship Hall

Valentines themed Italian lunch catered by Little Sorrento

\$10 per person

Last name A-M please bring a beverage to share

Last name N-Z please bring a dessert

RSVP by Feb 12 <https://tinyurl.com/FPCY-Feb15>

ANNUAL MEETING & POTLUCK—March 5th at Noon

Another year begins and it's time for the FPCY Annual Meeting. On the first Sunday in March we will have ONE service at 10:30 am, with a Pot Luck lunch to follow in Fellowship Hall. Please plan to bring either a main dish, side dish, salad, or dessert. Vegetarian, vegan, and gluten-free dishes most welcome. Please label your dish, and whether it is vegetarian/vegan or gluten-free; index cards will also be available. We created an online form to help us organize volunteers for set-up/hosting/clean-up as well as a to track the food that will be coming (to ensure we have enough for all). There will be also be a sign-up sheet by the Welcome Desk for those who can't access the sign-up genius. <https://tinyurl.com/FPCY-PL23>



COFFEE HOUR

Coffee hour assistance is needed - set up, clean up, and refreshments. Please sign up through the sign up genius link below and contact Elaine Heyde (elainedeely@hotmail.com) or Jennifer Rowe-Behun (jennifer.rowephd@gmail.com) with questions. Thank you!

<https://www.signupgenius.com/go/8050e45aea62fa1fb6-coffee#/>





Faith4Life—Signs & Wonders!!

New Study Opportunity

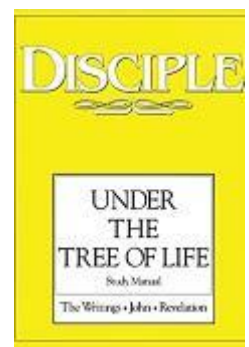
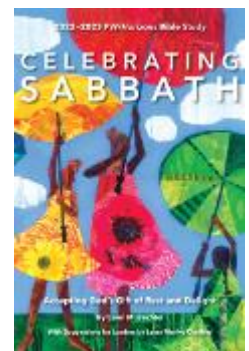
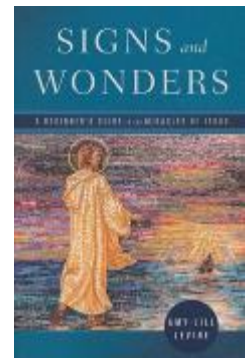
Join us for a new Faith4Life study, *Signs & Wonders* with Amy-Jill Levine. There are three opportunities to join this study. Some of the groups have already begun. Please know that you are welcome to join at any point.

- ⇒ **Tuesday morning**, from 10 AM until 11:30, hybrid (Zoom and in person in the library). This group began the study on January 3rd.
- ⇒ **Thursday morning**, from 10 AM until 11:30, hybrid (Zoom and in person in the library). This group began the study on January 19th.
- ⇒ **Sunday morning**, from 9:15 until 10:15, hybrid (Zoom and in person in the library). This group began the study on January 22nd.

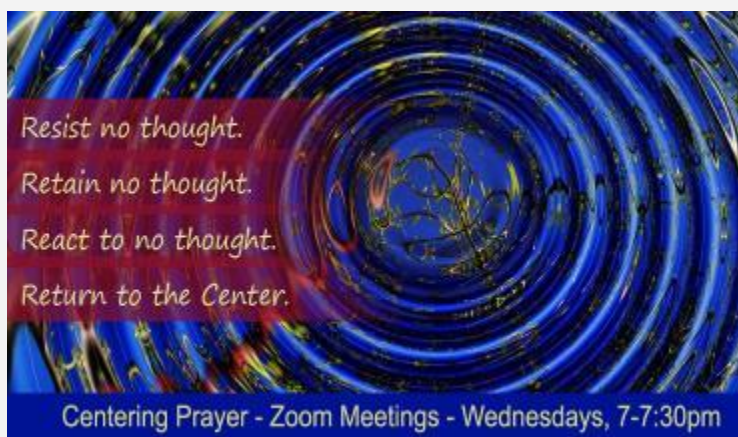
Join us for conversation and community as we look at some of Jesus' miracles and discuss what they mean for our lives today. Each week includes a video presentation with the author. Books are available in the office for a suggested donation of \$13. The Tuesday morning group will be reading the book; the Thursday and Sunday morning groups will be "book optional."

Continuing Studies & Meditations

- ⇒ Women's Circle continues on the first Wednesday of each month at 10:30am.
- ⇒ Centering Prayer—Wednesday Evenings at 7:00pm
- ⇒ Disciple—Wednesday Evenings at 7:30pm
- ⇒ Saturday Morning Men's Breakfast on the 3rd Saturday of each month at 8am
- ⇒ Women @ the Well— see next page...



FAITH FORMATION FOR ADULTS



The Hudson River Presbyterian Women will be holding an Ash Wednesday Retreat IN PERSON at Hitchcock Presbyterian Church in Scarsdale on February 22 at 10am.

Our retreat leader is The Rev. Katherine Pater with the topic of "Sin and Redemption."

Hitchcock PW has invited us to breakfast at 9:30 and lunch following our Ash Wednesday worship service.

If you have any questions or wish to register contact PWHRP Moderator at Diana.pwhrp@gmail.com

Too busy? Too many demands on your time and energy? Need an infusion of joy and relaxation? Come and refill your cup at the well! Mark your calendars and come join us for our next Women at the Well gathering on **Saturday, March 4** at 7 - 8:30pm in the church library.

Our first W@W event was an evening of much laughter, connecting, and resource-sharing! We came with questions, and shared support and ideas with each other. We also heard some great future event suggestions -- such as Sip and Paint night, bowling, games....who knows where the Well will take us!

Feel free to bring a friend and a small appetizer to share (not required, though!) -- the organizing team will provide beverages.

Women at the Well is a new FPCY group that recognizes the challenge many women face today in finding time for self-care and restoration in a supportive environment of their peers, especially in the midst of the busy lives they and their families lead. We invite women to set aside this time to spend with each other in conversation and fellowship, to discuss meaningful topics, to laugh together, and to lean on one another in all the joys and tribulations of our lives.



"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28



Sunday School



We hope you all had a very Happy New Year!

Sunday School has had a great start to 2023 after our wonderful Christmas pageant. Thank you again to everyone who helped make the pageant so successful!

This winter we are excited about all the fun and learning activities our children are participating in. Some of these activities include joyful singing and crafts with our Shine group, enthusiastic investigations of Bible stories in Connect, as well as deeper conversations with our FaithX and Fathom groups.

We are so blessed to have such fantastic energy in every room, every Sunday morning.

If you have been on the fence about subbing, or even co-teaching your own Sunday School class, we can be found in Room 4 while Sunday School is in session. Please stop by and say hello!

Love & blessings,
Wanda & Miranda,
Sunday School Superintendents



- SHINE—our youngest students, up through grade 4
- Connect—5th & 6th graders
- FaithX—7th & 8th graders
- Fathom—9th – 12th graders



Register your children and youth here: <https://tinyurl.com/FPCY-SundaySchool-2022-23>

FPCY YOUTH GROUPS



Mark your calendars for the following Youth Gatherings:

Sunday, February 5: 5:30 - 7:30 pm
Tuesday, February 21 - Pancake Supper!
Sunday, March 12: 5:30 - 7:30 pm
Sunday, March 26: 5:30 - 7:30 pm

Any questions, please reach out to Steph Hare stephanie@fpcyorktown.org
We can't wait to see you!

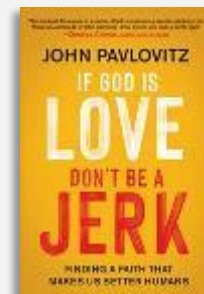
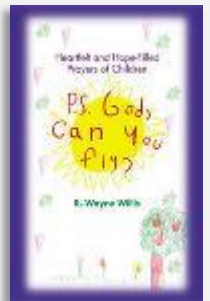
NEW IN THE CHURCH LIBRARY

P.S. God, Can you Fly, by R. Wayne Willis (242 W) has the subtitle “Heartfelt and Hope-Filled Prayers of Children.” The author is a hospital chaplain and has collected prayers that children have left in the hospital chapel. Here’s just one sample: “Thank you Lord for not letting it be any worse.” After each prayer he has written a brief commentary, offering insights into the meanings that might be relevant to our own prayers.

I’m pretty sure I’ve never seen the word “jerk” in the title of a religious-oriented book. But here’s one: “If God is Love, Don’t be a Jerk; Finding a faith that makes us better humans” by John Pavlovitz (234 P). There’s a hint about the author’s style and approach in this sentence from the introduction: “I often envision an exasperated Jesus coming back, and the first words out of his mouth to his followers as his feet hit the pavement being ‘You had one job, Love. So what happened?’” Or there’s the headline on the rear cover: “Thou shalt not be horrible.” This is a witty yet inspiring roadmap to making a better world.

It’s OK that you’re not OK; Meeting grief and loss in a culture that doesn’t understand (155.9 D) by Megan Devine, is a heartfelt guide to dealing with a topic we all face at some point. She doesn’t flinch from approaching grief, dividing the book into four sections: the reality of loss, what to do with your grief, friends and family, and the way forward. The author’s web page (refugeingrief.com) has helpful hints, links to a 30-day online course, and other resources.

Carol Jensen,
Church Librarian





BEREAVEMENT SUPPORT

FPCY Bereavement Group

A bereavement group is meeting weekly at the church on Mondays at 10 am.

As we experience grief, at all stages, it is important to talk to people about our loss and pain. In this group, it is not necessary to hide or deny our feelings. We can learn to be grateful for those with the compassion and openness to hear our pain and stay with us--as we all travel this journey together.

Facilitating the group will be Judy Chessa and Dolores Vidal-Roy. Please contact Judy (914-552-2509) or Dolores (914-980-6877) to register or if you have any questions.

God heals the broken-hearted,
and binds up their wounds. ~Psalm 147:3



FPCY Bereavement Group

Prayer Shawl

The Prayer Shawl Team is in need of White Yarn. Do you have any that you can donate?

The **Prayer Shawl Team** will meet in the church library on February 1 at 9:30am and on February 15 at 10:30am.

Anyone who would like to join us in knitting is most welcome. If you need yarn or project guidance contact Marianna Sherman at 914-737-8294.



Knit Together

This year we are making baby blankets and lap blankets to give to local community groups.

Our next meeting dates are on Mondays February 13 & 27 and March 13 & 27 in the church library.

All knitters are welcome to join us; yarn is available. For information call Noreen Radke 914-962-4370.





MISSION OPPORTUNITIES



Seeking Help with Jan Peek and Noontime Meal

We are seeking volunteers to provide dinners to the residents of Jan Peek House in 2023, most urgently for March 25th and April 22nd. Sign-up is easy. Just visit: <https://www.signupgenius.com/go/8050e45aea62fa1fb6-janpeek1> and claim a slot.



We are hoping to resume the practice of having a small team prepare the Noontime Meal in our own kitchen within a few months. Please contact Jeff Kephart at jeffkephart@gmail.com if you are available on occasional Wednesday mornings and are potentially interested. If you were involved in preparing the Noontime Meal in the past, I'd also be interested in talking with you to understand how the process worked so that I can learn about best practices from you.



Sincerely,
Jeff Kephart
Chair, Hunger Action Team



MISSION TRIP: NEW BERN, NORTH CAROLINA

to work on homes affected by
Hurricane Florence!

Informational meeting on
February 5th at 12:00 pm at
the church.



ITEM OF THE MONTH: PASTA

The **SOUPER BOWL OF CARING** is the result of thousands of young people joining together to fight hunger and poverty in their local communities. This unique, youth-led movement of caring is transforming the nation's biggest weekend of football into its largest weekend of giving.

The Superbowl (the football game, that is) is on February 12. You can bring your donation of non-perishable items to the church then, or anytime before that and drop off in the bins at the red double doors behind the Christian Education Building.

We would very much appreciate hearty soups or stews (that can be a meal). Please no cream soups or broth. Low-salt varieties would be super (souper!) for our senior clients. Thank you!

If you would like to make a food donation, Please Note:

- Non-Perishable FOOD Only
- NO Food with expired dates on the packages.
- Donate the quality of food you would serve to your own family.

Online contributions to the Food Pantry are also most welcome!

ITEM OF THE MONTH—PASTA

We are very grateful for Item of the Month food donations to fill gaps in our ability to offer balanced food choices to our clients. You can drop off items any time in the labeled bins near the red double doors at the back of the church building. You can also easily give electronically, and use the "Food Pantry Plus" line, or you can write "Food Pantry" on the memo line of your check and mail it to the church office or place it in the offering plate.

PANTRY VOLUNTEERS

We continued to operate in a pre-packed, masked, socially distanced, drive-by distribution model for 2022, as the challenges of managing high client volume, uncertain supply chains and public health concerns continued. We hope to return to indoor full-choice operations sometime in 2023. Our clients appreciate our personal touches: choice of unusual items at the front desk; stocks of specialty items for those needing vegan or gluten-free, etc., choices; birthday greetings; and our wearing of name tags so that they can call us by name. We are immensely grateful for the core team of volunteers who have packed bags on Fridays, and particularly those who have stood outside in all sorts of weather for the pantry throughout 2022 (and in many cases since 2020!). We have resumed welcoming new volunteers and are grateful for the enthusiastic response from our congregation.



COMMUNITY SUPPORT

We continue to have unbelievable support from the congregation, the community at large, and local businesses, houses of worship, schools and civic groups in terms of both financial and food drive contributions. A partial list includes Wilkens' Farm, Meadows Farm, the Garden of Hope, the Yorktown Federation of Teachers, the monthly food drives of the Knights of Columbus at St Patrick's, Yorktown for Justice, Uncle Guiseppe's, the Elks Club, local politicians, many school and sporting groups, and local families who created their own food drives or charity sales initiatives on our behalf. The ongoing support of our "Item of the Month" has enabled us to offer canned fruit, canned protein, pasta, cake mix and breakfast cereal to our clients (not to mention Turkeys!) when our other sources ran dry. We are also grateful to Sue Nelson for taking on the diaper purchasing this year, and to the Fang family (Louise, Marina and Janice) and the Bentley family for making the deliveries to our elderly neighbors at Beaver Ridge.

The uptick in inflation is hitting our clients. For the full year, we served 18,485 individuals from 4,589 families with 145,000 pounds of food; for comparison, the 2021 volume was 16,000 individuals, 3,900 families and 125,000 pounds of food. We also distributed nearly 1000 bundles of diapers, eldercare supplies for nearly 1200 people and 250 school supplies.

2023 will bring its own challenges, and we will continue to rely on the congregation's support in prayer, financial support, food donations, and volunteer efforts. We are so very grateful to be able to help our hungry neighbors with your support. Thank you all!

Liam McAuliffe and Debbie Bernardini, *Pantry co-leaders*

Next Pantry Dates:
February 11 & 25, 8 to 11am



Diaper Ministry



**Working to keep them covered.
You can help.**

The Deacons Corner

As we begin this new year, the Deacons want to thank the outgoing Deacons: Terri Froehlich, Diane Hawlk, Christine Lazarus, Dana Mordue, and Nancy Paskin, for their dedicated contributions to the Deacons' ministry. We welcome our new Deacons: Tim Chin, Nancy Paskin, Marilyn Rivera-Alvardo, Lynda Spring, Ann Timmons and Mary Vezzuto. We look forward to a productive and positive year ahead.

DID YOU KNOW?

The role or office of Deacon was developed in the early church primarily to minister to the physical needs of the members of the body of Christ. The initial appointment takes place in Acts 6:1-6.

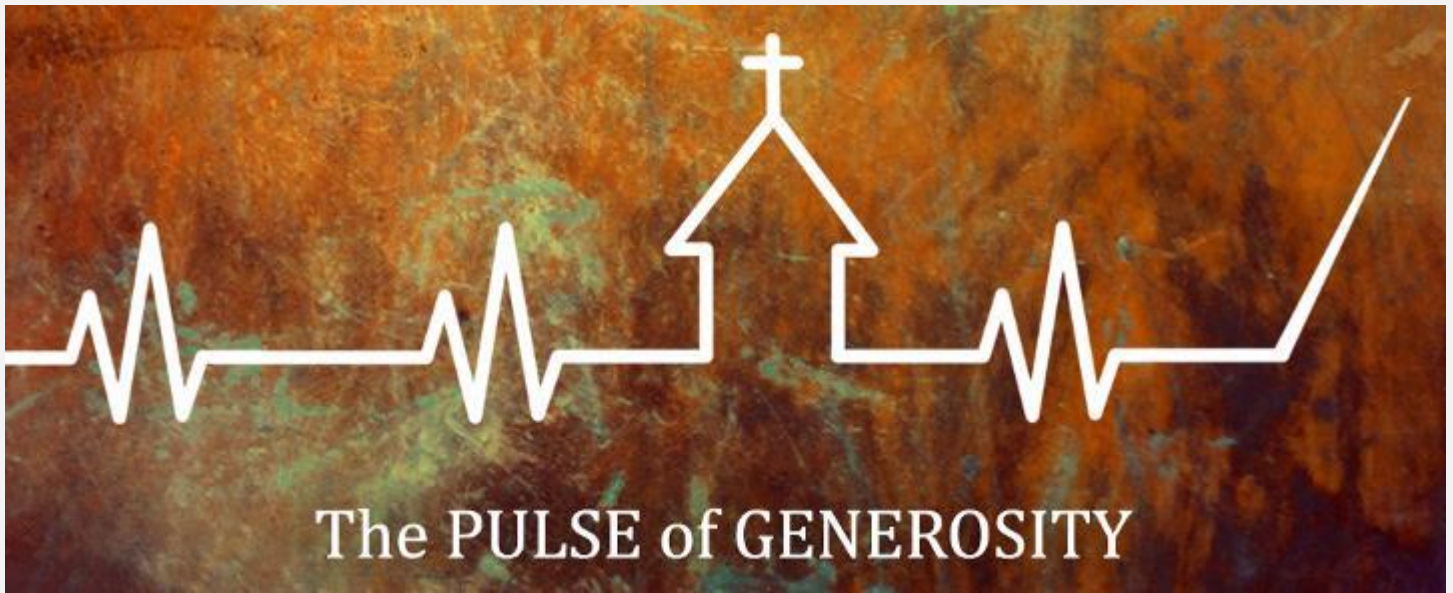
The term Deacon comes from the Greek word diakonos meaning "servant" or "minister." The word, which appears at least 29 times in the New Testament, designates an appointed member of the local church who assists by serving other members and meeting material needs. Our Deacons carry on that service in so many ways—providing meals for those who in times of need, offering on-going prayers, giving prayer shawls lovingly knit by the prayer shawl group and offering rides to medical appointments—to name just a few of the Deacons' missions.

If you would like to help the Deacons with one of our many missions, please contact Deacon co-chairs: Heidi Kebschull-Haring or John Winget.

Thank you!

Judy Chessa, *for the Deacons*





Happy New Year! Last fall, the Stewardship Commission asked everyone at FPCY to discern the pulse of generosity within our church and ourselves, and to make a giving covenant for 2023. So many of you have already responded, and we are deeply grateful for your commitment! Your pledge helps us plan for the year ahead, and responsibly manage our church's resources. Thank you!

For those of you who have not yet had an opportunity to submit your 2023 covenant, we'd ask you to do so as soon as you can. It's never too late or too little, and we are thankful for your prayers and gifts at any time. FPCY depends upon your generosity! Don't forget that you can pledge and give online at <https://tinyurl.com/FPCYcovenant2023>. The form will help you make a spiritual commitment through prayer, engagement in our ministry, and financial support. Your generosity will strengthen the lifeblood of our congregation and keep our ministry and mission alive and well. Thank you!

Online Givers: As a reminder, if you set-up recurring payments to your pledge via www.MyFPCY.org, you should log-on to make sure your payments match what you pledged for 2023. If you didn't give your scheduled payments an end date, they will continue to be made at the 2022 rate. Also, gifts for your 2023 Pledge need to be directed to General 2023" fund code. Contact Lisa in the office with questions.



Pledge Envelopes—If you requested a box of envelopes for managing your 2023 giving, you can pick them up at the welcome center, or request that the box be mailed to you. Contact Lisa in the office if you have decided that you would like a box.

In January, we celebrated the life and legacy of Dr. Martin Luther King, Jr. As we live into our giving covenants this year, let his words lead us to remember that we are all called to serve: "If you want to be important—wonderful. If you want to be recognized—wonderful. If you want to be great—wonderful. But recognize that he who is greatest among you shall be your servant. That's a new definition of greatness.

By giving that definition of greatness, it means that everybody can be great because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein's theory of relativity to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace, a soul generated by love. And you can be that servant."

This year, may God's love and grace fill our hearts and souls, and guide our service and stewardship.

The Stewardship Commission



Got Plastic? How2Recycle.info is for you!

Our Green Team wants you to know that you can drop your plastic bags off at participating grocery stores. In our area you can drop plastic off at these locations:

Mohegan Lake:

- ShopRite, 3140 E Main St
- Walmart, 3133 E Main St

Cortlandt Manor

- Kohls, 3008 E Main St
- ShopRite, 460 S. Riverside Ave

What can be recycled through Store Drop-Off?

- ⇒ Certain flexible plastic packages can be recycled through Store Drop-Off locations. Look for the How2Recycle Store Drop-Off label on flexible plastics made of high-density polyethylene (HDPE) and low-density polyethylene (LDPE), including grocery and produce bags, bread bags, some plastic wraps, some plastic mailers, some cereal bags, and more.
- ⇒ Most plastic bags, like grocery bags, produce bags, newspaper bags, zipper sandwich bags, and some cereal bags can be recycled through Store Drop-Off.
- ⇒ Most stretchy plastic wraps, like the wrap around multi-packs of drink bottles, paper towels, or diapers can be recycled through Store Drop-Off.
- ⇒ Plastic pouches and air pillows that carry the How2Recycle label and can be recycled at Store Drop-Off.

Look for the poster on the Stewardship bulletin board for more information. You can also learn more at the How2Recycle website: <https://how2recycle.info/>





MENTAL DISORDERS

Overview of the prevalence of Mental Disorders

Statistically, one out of every five individuals in the US suffers from a mental health problem each year. One out of every 25 individuals in the US are dealing with a serious mental health disorder. Half of these individuals have the disorder in place by age 14. 75% of these individuals have the disorder in place by the time they are 24 years old.

A mental disorder is a clinically significant disruption of a person's thoughts, moods, behaviors, or ability to relate to others, that is severe enough to require treatment or intervention to help the individual function normally. Most individuals with mental disorders receive no treatment. Over 40,000 individuals die from suicide each year. Those who do seek treatment are more likely to seek out clergy than mental health providers.

In our church we have wellness companions you can speak with who will listen and help you find appropriate professional resources to help address your problems should there be need. As we find in John 14:16 God is our eternal helper and spirit of truth. As such, we are all guided by Scripture to help each other in time of need.

Eric Kreuter, *Mental Health Team*

LENT BEGINS



Ash Wednesday

02.22.23

Services at Noon and 7:30pm



What's Up with the Kitchen?

We are nearing the completion of the kitchen! Thank you for your support and patience as we worked through the design, supply, and execution details to create the new FPCY kitchen. It will include enhanced cooking and serving capabilities, better accessibility, and commercial-grade, efficient sanitation. The cabinets, countertops, and floors are installed, and soon the appliances should also be in place.



Around the Building...

Since the beginning of the year, we have been making improvements throughout the building for better heat management/oil use. Old analog thermostats have been replaced with updated Wi-Fi-models allowing for more precise scheduling of heat based on actual room use. A wall heater has been installed in the ladies restroom to supply heat into that space for the first time since its creation. Please help us keep the restroom door closed in order to maintain the temperature setting. Many thanks to Dick Seymour and Bud Coccodrilli for taking on this project!



2023 LEADERSHIP

THE SESSION

Clerk of Session: Christie Herman

Moderators: Chip Low, Tami Seidel

Class of 2023		Class of 2024		Class of 2025
P	Alice Chin	OP	Katharine Frase	Jane Amato
CO	Bryan Ekelund	CL	Elaine Heyde	Andy Cross
CO	Donna Gresh	S	Connie Knapp	Bill Herman
S	Jessica Mayes	CL	Jennifer Rowe-Behun	Jean Post-Winget
BF	Fred Mintzer	BF	Jack Shaughnessy	Vinnie Wallace
WD, P	Nathan Perry	M	Marisa Swift	

COMMISSIONS & TEAMS

BF = Budget & Finance
 CL = Congregational Life
 CO = Communications
 FF = Faith Formation
 M = Mission

N = Nominating
 OP = Operations
 P = Personnel
 S = Stewardship
 WD = Worship Design

THE BOARD OF DEACONS

Moderator: Heidi Haring and John Winget

Secretary: Nancy Paskin

Class of 2023	Class of 2024	Class of 2025
Jennifer Burns	Judy Chessa	Tim Chin
Heidi Haring	Terri Froehlich	Nancy Paskin
Lynda Spring	Sue Nelson	Marilyn Rivera-Alvarado
	John Winget	Ann Timmons

JOIN US



New Member Classes Sundays at 9:15 am

February 26 — March 19

In addition to your regular giving, we ask that you consider making a gift to our denomination's special Lenten Offering,

One Great Hour of Sharing:

One Great Hour of Sharing is the single, largest way that Presbyterians come together to work for a better world by advancing the causes of justice, resilience, and sustainability. Through One Great Hour of Sharing...we stabilize, we strengthen those who are weak, we connect. Each gift to One Great Hour of Sharing helps improve the lives of the suffering and the vulnerable through three life-saving programs:

PRESBYTERIAN DISASTER ASSISTANCE

Restorers of Streets to Live In

PRESBYTERIAN HUNGER PROGRAM

Share your Bread with the Hungry

SELF-DEVELOPMENT OF PEOPLE

Loose the Bonds of Injustice



Save the Date March 8



CrossGen—Join us on Wednesday, coming up on March 8, 2023 from 5:30-7:30 pm!

CrossGen Wednesdays are for everyone of all ages where we come together for dinner, conversation, activities, and music - where we cross the generational boundaries as we learn from each other and grow in our faith together.

At our March CrossGen Wednesday, we will explore the Greatest Commandment: to love God with all your heart, soul, and mind, and to love your neighbor as yourself.

Let us know that you are coming! Register through this link or by scanning the QR code <https://tinyurl.com/Mar2023FPCYCrossGen>



February 2023

www.FPCYorktown.org
914-245-2186
office@fpcyorktown.org

The DISCIPLE

Office Hours: Mon-Wed, Fri 9-4, Thu 9-2
Co-Pastors: Rev. Chip Low and Rev. Tami Seidel



Facebook.com/fpcyorktown



@fpcyorktown



@fpcyorktown



office@fpcyorktown.org



FIRST PRESBYTERIAN CHURCH OF YORKTOWN
2880 CROMPOND RD | YORKTOWN HEIGHTS NY, 10598

Current Resident or:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY			1 9:30am Prayer Shawl 10:30am Women's Circle 7:00pm Centering Prayer 7:30pm F4L Study	2 10:00am F4L Study 7:00pm Adult Bells 7:30pm Stewardship 8:00pm Choir	3	4
			8 7:00pm Centering Prayer 7:30pm F4L Study	9 10:00am F4L Study 7:00pm Adult Bells 8:00pm Choir	10 2:30pm Food Pantry Set-Up	11 8am Food Pantry
			15 12pm Lunch Bunch 7:00pm Centering Prayer 7:30pm F4L Study	16 10:00am F4L Study 7:00pm Adult Bells 7:30pm Budget/ Finance 8:00pm Choir	17	18 8:00am Men's Breakfast
			22 Ash Wednesday 12:00pm Ashes 7:00pm Centering Prayer 7:30pm Ashes & Service	23 10:00am F4L Study 7:00pm Adult Bells 8:00pm Choir	24 3:00pm Food Pantry Set-Up	25 8am Food Pantry 6pm Jan Peek Meal Served
5 8:00am Worship 9:15am F4L/Sunday School 10:30am Worship 11:30am Coffee Hour 11:45am Youth Bells 5:30pm Youth Group	6 10:00am FPCY Bereavement	7 10:00am F4L Study 7:30pm Session				
12 8:00am Worship 9:15am F4L/Sunday School 10:30am Worship 11:30am Coffee Hour 11:45am Youth Bells	13 10:00am FPCY Bereavement & Knit Togethers 7:30pm Worship Design	14 10:00am F4L Study				
19 8:00am Worship 9:15am F4L/Sunday School 10:30am Worship 11:30am Coffee Hour 11:45am Deacons/Youth Bells	20 Office Closed 10:00am FPCY Bereavement	21 10:00am F4L Study 5:30pm Pancake Supper 7:30pm Mission, Operations				
26 8:00am Worship 9:15am F4L/Sunday School New Member Classes 10:30am Worship 11:30am Coffee Hour 11:45am Youth Bells	27 10:00am FPCY Bereavement & Knit Togethers	28 10:00am F4L Study 7:30pm Faith Formation Communications	1 MARCH 9:30am Prayer Shawl 10:30am Women's Circle 7:00pm Centering Prayer 7:30pm F4L Study	2 10:00am F4L Study 7:00pm Adult Bells 8:00pm Choir	3	4