



FIRST
PRESBYTERIAN
CHURCH OF
YORKTOWN

The DISCIPLE

March—April 2023

Save the Dates:

March 19
3rd Sunday of Lent
New Members
Received

March 26
4th Sunday of Lent
Confirmation
Sunday

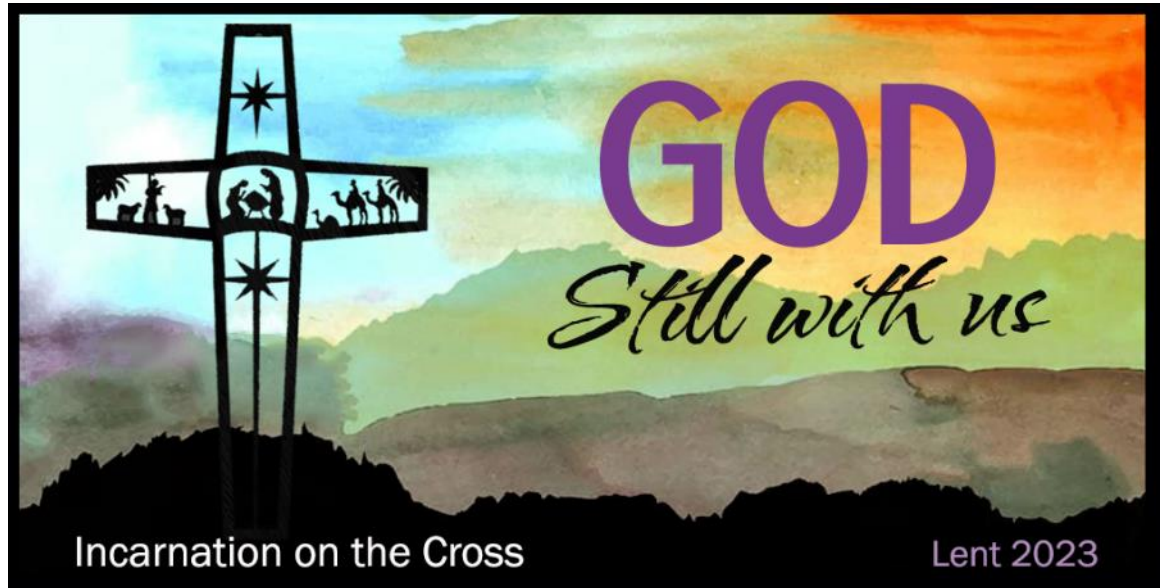
HOLY WEEK

April 2
Palm Sunday

April 6
Maundy Thursday

April 7
Good Friday

April 9
Easter Sunday



I am grateful for the life and ministry we share and the opportunity to celebrate our ministry in 2022 with you all at our Annual Meeting earlier this month. Thank for you for listening carefully as we shared with you both the joys and concerns of our ministry. It was wonderful to be in person again after three years, as well as to continue to include people who needed to be with us online. We focused the meeting on the state of the church, trying to raise up both areas to celebrate and how we need to discern how we will move forward in ministry together in 2023. Tami and I appreciate your comments and questions and give thanks for your commitment to our ministry as we live through the everchanging landscape of ministry together in our community, as well as the changing landscape of religious life around our country.

In my work for our Presbytery and denomination and as a coach, many church leaders have shared their concerns about the challenges facing so many churches today. The most common theme is fear and anxiety. How will we make it? What are we to do? The more fear and anxiety chart the course, my colleagues have noted, the more their ministries become paralyzed. People do anything and everything, but not what they are called to do, let alone be, as people of faith. As Tami preached in a recent sermon, faith and fear can and do go together, but we need to manage our fear so that we can live by faith. All the more reason why I am grateful for our church's faith and willingness to live into the future, even when we don't always know where things are going, and trust that we can discern God's way for us together.

This is also why our Lenten theme this year is so timely: ***Incarnation on the Cross: God Is Still With Us!*** The incarnation we celebrate at Christmas isn't simply a moment in our story. It defines the path of faith and life for everything that comes after it. Otherwise, it turns Jesus Christ into "a mere Plan B," as Father Richard Rohr puts it, "after the first humans sinned, which is the way most people seem to understand the significance of the death and resurrection of Jesus. The Great Mystery of Incarnation could not be a mere mop-up exercise, a problem-solving technique, or dependent on human beings messing up." Instead, Jesus Christ was Plan A as the way of life all along, he writes, even before humans existed. The Word, then, became flesh and lived among us so that we could learn how to be who we are created to be, in joys and sorrows, in certainty and doubt, in faith and fear, all the while knowing that God is still with us.

(Continued on page 2)

This is the good news that will chart the course as we discern faithful ways forward in our lives and ministry. We will listen together for God's Word speaking to us now in a world recovering from a pandemic. We will listen for the call of Christ to be his body of love and grace, care and healing for our church family. We will listen for where the Spirit is leading us to reach out into the community and the world, in words and actions, through mission and service, so that others may also discover the good news that we celebrate every day – God is still with us.

Faithfully yours,
Chip



Chip



Tami

PERSONNEL CHANGE

In case you missed the email...

Dear FPCY Family,

We are writing to let you know that after seven and a half years, Stephanie Hare is stepping down as our Director of Youth & Intergenerational Ministries (please read Stephanie's letter on page 9).

Her last day will be Sunday, April 2nd, and we will celebrate her time with us in worship on Sunday, April 16th.

We are so grateful for the many gifts Stephanie has brought to her ministry with us (her genuine love for our youth, her fun-loving spirit, her thoughtful perspective, her commitment to welcome and justice, just to name a few!) and for the ways she has helped our youth ministry grow and become more integrated into the life of our congregation. We certainly send our prayers and continued support with her as she transitions into this next stage of her journey.

At its meeting on February 7th, Session reaffirmed its commitment to a vibrant ministry to youth and their families and pledged their continued support to this priority at FPCY. In the short term, the Faith Formation Commission will work to ensure staffing and a continuation of programming through the end of this program year. The Personnel Commission will be appointing a transition team to re-evaluate the position and search for a new staff person.

If you have any questions or concerns, please contact Tami and Chip or the Personnel Commission co-chairs Alice Chin and Nathan Perry.

*Trusting God to show us the way forward,
Tami & Chip*

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	S	Jane Amato
CO	Bryan Ekelund	CL	Elaine Heyde	FF	Andy Cross
CO	Donna Gresh	M	Connie Knapp	CL	Margaret Harrison
S	Jessica Mayes	CL	Jennifer Rowe-Behun	WD	Bill Herman
BF	Fred Mintzer	BF	Jack Shaughnessy	FF	Jean Post-Winget
WD, P	Nathan Perry	M	Marisa Swift	OP	Vinnie Wallace

COMMISSIONS & TEAMS

BF = Budget & Finance

N = Nominating

CL = Congregational Life

OP = Operations

CO = Communications

P = Personnel

FF = Faith Formation

S = Stewardship

M = Mission

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
Allen Arnwine	Judy Chessa	Tim Chin
Jennifer Burns	Sue Nelson	Nancy Paskin
Heidi Haring	John Winget	Marilyn Rivera-Alvarado
Lynda Spring	Mary Vezzuto	Ann Timmons



Practicing Lenten disciplines has always been one of those spiritual activities that has escaped me. I've heard friends tell me what they're "giving up for Lent," and it seems more like New Year's resolutions with religious flavor rather than vehicles for self-reflection. I don't mean to devalue these efforts - bad habits can block spiritual development, so there is merit in any concentrated effort to free oneself, whether it ensues on January 1, Ash Wednesday, or any other day. It's just that these "list items", whether we give up chocolate or take a break from social media for forty days don't always obviously connect with following Christ. One might even say that many of our Lenten disciplines trivialize the whole thing (*gasp*).

Musicians like to practice (sometimes). To me, some of these sacrifices aren't signaling practice; it's placing much more emphasis on what we are sacrificing and directs too little attention to what we may take up instead. After hearing Tami's sermon in the first Sunday of lent, I found the intention was much more than creating a magical void that God enters and fills. It was the practice of a discipline to keep temptation away. Lent calls us to take up something new into the space we have created through our letting go, most often through prayer, acts of charity, etc. But I think we as a society should dare greatly and invest mindfulness in learning something new. We're beckoned to seek something—someone—outside ourselves.

"But Garrett, isn't that a little self-centered? Why would I choose to pick up something new when I've been told to practice sacrifice?"

Valid point, internet, and spiritual stranger. Here I argue: self-examination doesn't equate to self-centeredness; instead, it can be an opportunity to expand our vision, to become more aware of our context and environment. When reading music, one of the fundamentals of literacy is understanding what we call a "key-signature". It's an alteration of specific notes in a scale. Think of it as road signs guiding you to a destination. The road you normally take may be under construction and it is no longer traversable. Sure, it may be a new road, but the detours will keep you on the right path – it may even be inconvenient compared to what you normally do, but you may stumble upon something beautiful, something fun, something worth going out of your way for. Curiosity, delight, interest, and openness. these are hardly words that we associate with Lenten practices of discipline and sacrifice. But they characterize ways to relate to the rest of creation.

I'm not here to offer programmatic solutions or to further emphasize our scarcity culture (never being able to do enough, we are apt to do nothing). It's hard to know how to embrace and enact it, no matter how compellingly we are urged toward it. Think of it as an opportunity to try on some different ways of thinking that can translate to new forms of practice. As I prepare for Lent, I want to do my part to help provide the members of this church with opportunities for an individual journey within the key-signature of Lent. It is my prayer that, though individuals, our collective journeys will enable us to contribute our gifts to a common effort and make a difference in the broader community.

Yours in Music,
Garrett





Congregational Life

St. Patrick's Day Dinner — Friday, March 17th, 5 - 7 pm

Menu:

Corned Beef, Potatoes, Cabbage, Carrots, Shepherd's Pie and Irish Soda Bread

\$15 per person (kids 10 and under = \$5, Kids 3 and under = free)

Families are welcome!

Register Here: <https://tinyurl.com/FPCYmar17>

Bring desserts or a drink to share.

Can you help set up and/or clean up?

Check the box on the form!



COFFEE HOUR—assistance is needed - set up, clean up, and refreshments.

Please sign up through the sign up genius link below and contact Elaine

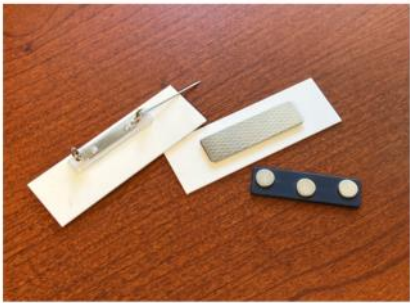
Heyde (elainedeely@hotmail.com) or Jennifer Rowe-Behun

(jennifer.rowephd@gmail.com) with questions. Thank you!

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

*Volunteer
to host a
coffee hour!*





Need a NameTag? Want an upgrade?

Part of our ministry of Radical Hospitality is the wearing of nametags!

- ⇒ New tags cost \$9 and come with a magnetic back*. Just send an email with your desired name to office@fpcyorktown.org
- ⇒ To upgrade your old "pin-style" back to a magnetic one, drop off your old tag in the basket near Lisa's desk in the office. Suggested Donation \$5.

**magnetic backs cannot be used if you have a pacemaker*



Giving Covenants 2023 — Still need to make your Giving Covenant to FPCY for 2023? You can find the 2023 Giving Covenant Form by scanning the link or by visiting: <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!



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

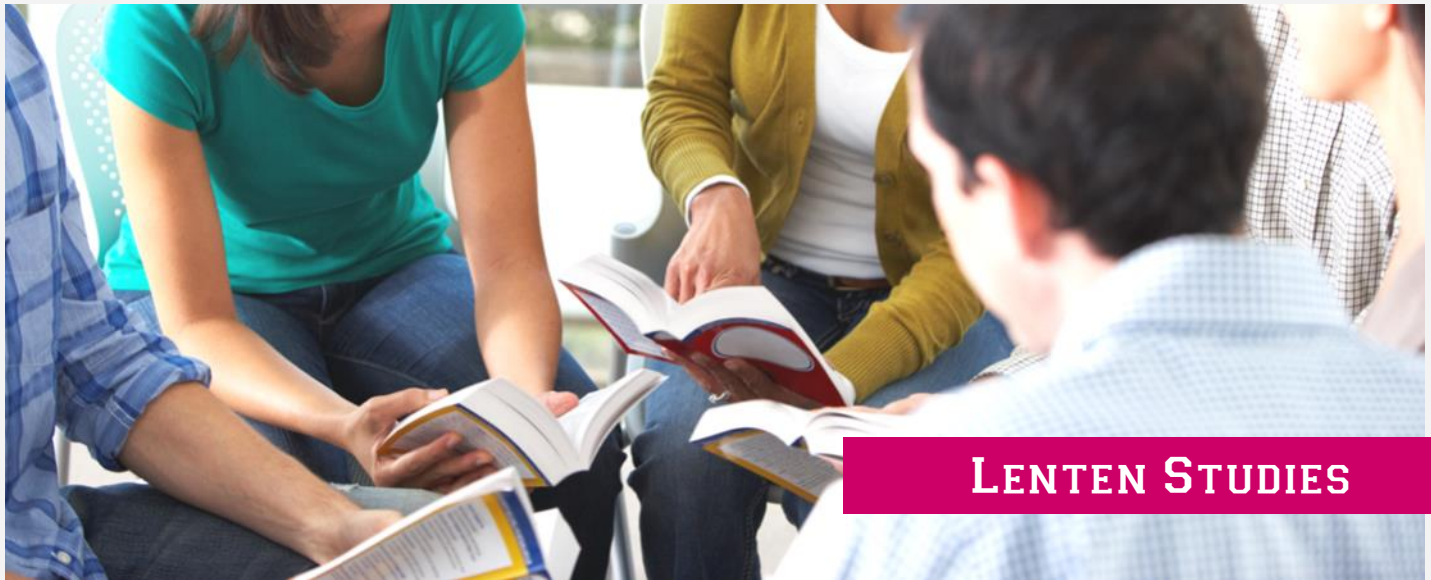
One Great Hour of Sharing:

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



LENTEN STUDIES

Sunday or Thursday Mornings

Join us on Sunday mornings at 9:15 or Thursday mornings beginning at 10 in the library or on Zoom as we explore the gospel of Luke with Adam Hamilton for Lent. Instead of giving up something for Lent, how about adding roughly 40 verses from Luke to your day? If you want to read the Gospel of Luke for Lent, you can download a 40-day reading plan here: <https://tinyurl.com/FPCY-Luke23> We'll be watching Adam Hamilton on video and discussing Luke in his series, Jesus and the Outsiders, Outcasts, and Outlaws. You can watch a short video of Hamilton talking about his book here: <https://www.adamhamilton.com/>. Optional books are available in the office for \$12.

Tuesday Mornings

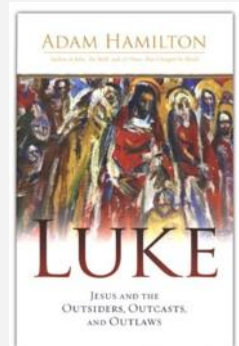
⇒ Join us as we continue our study, Signs & Wonders by Amy-Jill Levine.

Wednesdays

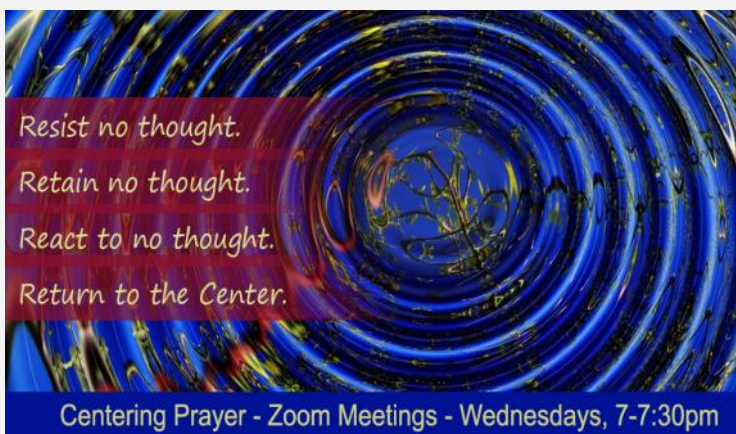
- ⇒ The Women's Circle meets at 10:30 AM on the first Wednesday of each month.
- ⇒ We will continue with our Centering Prayer group on Wednesday evenings at 7 PM.
- ⇒ Our Disciple Study group continues to meet weekly at 7:30 PM

Saturdays

- ⇒ Women @ the Well will meet on March 4 (see next page for more details)
- ⇒ The Men's Breakfast will be held on March 18



Important: Please note that you do not have to be a member of our congregation to join us for any of these offerings. If you know someone who might be interested in any of these topics, feel free to invite them to attend.





Greetings from Sunday School!

We are so grateful to have such a wonderful community of students and teachers. We have been having a great winter and are looking forward to a fantastic spring. Sunday School meets at 9:15 am every week and all are welcome, from Kindergarten through high school! If you are interested in subbing or teaching (we're still looking for a co-teacher for Shine!) this year, or even thinking ahead to next year, please let us know! We can be found in Room 4 while Sunday School is in session.

Love & blessings,
Wanda & Miranda

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

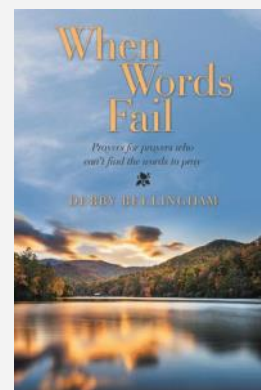
- SHINE—our youngest students through grade 4
- Connect—5th & 6th graders
- FaithX—7th & 8th graders
- Fathom—9th – 12th graders

NEW IN THE CHURCH LIBRARY

When Words Fail: Prayers for prayers who can't find the words to pray, Debby Bellingham (242 B)

Debby Bellingham is well known to me, as over the past 10 years, I have shared Bible studies, courses and retreats taught by her and one-to-one mentoring. She has a background in Counseling, and is a pastor trained in Spiritual Formation. This book of prayers is a product of many years of seeking closeness to God, and how to best lead others who are hurting to God's Presence. She uses a variety of methods of prayer in her own practice each morning and is always eager to spend time with God and what she learns during these times—most days.

Her insights have touched many over the years, including me. She has a devoted following from her days as a minister in California and has developed a devoted group in the Hudson Valley as well. Debby often starts her morning time with Psalms and Bible verses. You might recognize their influence on many of these prayers. One could say that many of these prayers are modern Psalms with open emotion, creative word-images, and a genuine seeking of God each day. One way to use this book is to read through some of the prayers. There are many, however, so it is helpful to use the topics index in the back of the book, if you are searching for prayers for a specific issue or time in your life.



Submitted by Heidi K Haring

FPCY YOUTH GROUPS



Mark your calendars for the following Youth Gatherings:

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!

Dear FPCY Family,

Seven and a half years ago, I had the honor to become the Director of Youth Ministries at FPCY. You probably already know that seven is a pretty important number in the Bible; in Biblical Hebrew, seven is a number that poetically signifies wholeness or completion in God's Creation. Seven is also tremendously significant in the world of Youth Ministry. In seven years: a rising 6th grader can transform into High School graduate; a 9th grader, to a senior in college. In terms of brain development, it will take a current 12th grader about seven more years to cross the bridge from adolescence to young adulthood. And in seven years, a class of Kindergarteners become 6th graders, heralding a whole new group of amazing, inquisitive adolescents. Basically, seven years is a complete generation in the world of work with Youth.

So it seems somewhat fitting that after seven years in this role, this is the time for me to complete my time as Director of Youth – and now Intergenerational – Ministries. I will be leaving my position at the end of Lent; my last day of teaching Sunday School will be Palm Sunday. My future plans are not fully formed as of yet, but I will be taking some much needed time off in the coming weeks to continue settling my late parents' affairs, to rest, and to discern where God is leading me next.

To all the families who have entrusted me with the care and safety of your children, whether for an hour, a week, or seven years, I am humbled and grateful. You are raising some truly remarkable young humans and it is a blessing to know them.

To all the adults with whom I have had the pleasure of working with in planning youth group meetings; who have chaperoned road trips as short as to the east side of Yorktown and as long as to the western side of Indiana; who have been my co-teachers in Confirmation and Sunday School classes; and all who have formed relationships with and prayed for our Youth, thank you. You have done more for the young people of this congregation than you will ever really know. Keep it up. It's really important.

To the young people of our church family, you teach me something new every day, you inspire me to make the world a better place, and all y'all bring more joy into my life than I can ever put into words. I will forever hold onto the memories of the laughter, the tears, the pranks, the games, the thoughtfulness, the questions, and more slices of pizza than can ever be counted that we have shared together. These times we have spent together are truly a gift from God.

If I may leave one thing here for every one of you that I hope you will take to heart and commit to memory, to paraphrase a quote from author Glennon Doyle, I leave you this reminder:

Be brave – because you are a precious and beloved child of God.

And be kind – because everyone you meet is too.

Blessings, Hugs, and Awesome Sauce, Steph





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** will meet in the church library on March 1 and April 5 at 9:30am and on March 15 and April 19 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 March 13 & 27 and April 10 & 24 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 **urgently** seeking volunteers to provide dinners to the residents of Jan Peek House for March 25th and April 22nd. It's very easy to sign up: just visit

<https://www.signupgenius.com/go/8050e45aea62fa1fb6-janpeek1> and claim a slot.



Thanks very much to Jennifer Rowe-Behun, Elaine Heyde, and Sheri Gausepohl and their families for covering January, and to Barbara and John Wanamaker and the Vlad and Chin families for volunteering for February.

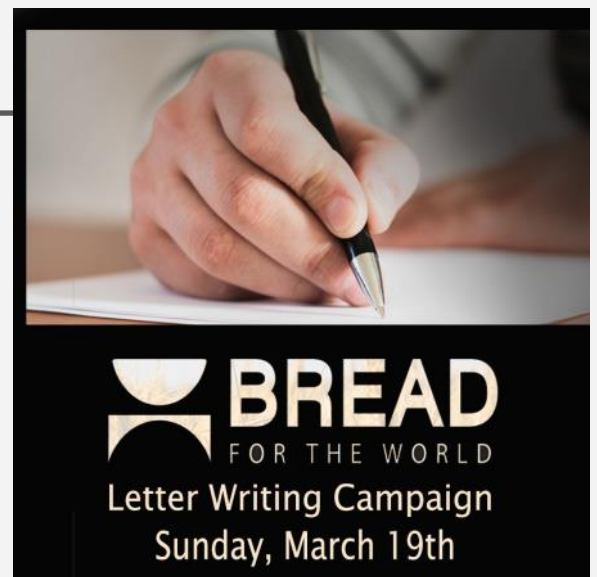
We are hoping to resume the practice of having a small team prepare the Noontime Meal in our own kitchen by April or May. We are currently discussing the details of how this will work with the Salvation Army in Peekskill. Please contact Jeff Kephart at jeffkephart@gmail.com if you are available on occasional Wednesday mornings and are potentially interested.



Sincerely,
Jeff Kephart
Chair, Hunger Action Team

From the Hunger Action Task Force

Your Hunger Action Task Force is excited to announce that starting on March 19th we'll be staffing a table during coffee hour to have us join Bread for the World's Offering of Letters (<https://tinyurl.com/BreadLetters>). Bread for the World is a faith-based "advocacy organization whose mission is to educate and equip people to advocate for policies and programs that can help end hunger in the US and around the world." You can learn more from their announcement: Between now and the end of May, churches, campuses, and small groups across the country will hold letter-writing events urging Congress to pass a Farm Bill that prioritizes nutrition, equity and sustainability in our food systems. All the materials for your Offering of Letters can be found at www.bread.org/ol.





ITEMS OF THE MONTH: PASTA AND CEREAL

The Pantry Needs Your Help!

Thank you so much for the 150 cans of soup that came in for the Souper Bowl of Caring !

We have three areas where we need your help---

1) Advocacy. HPNAP (Hunger Prevention and Nutrition Assistance Program) is a federal program funded at the state level that supplies funding and other support to Food Banks like Feeding Westchester. Our pantry benefits through Feeding Westchester with low cost foods, lines of credit, and support for appliances and staffing through the HPNAP program. Our pantry client volumes rose through 2022 as the effects of inflation affected all our clients, particularly those on fixed incomes. There is a proposal in Albany to cut HPNAP funding by 40% -- please help us by signing a petition to retain HPNAP at its current level, and by sending it to any friends and family with an interest in food justice. <https://tinyurl.com/FPCYpantryHelp23>

2) More Volunteers. We are planning on returning to an indoor shopping model for the Pantry for the first time since March 2020. The shopping model is more respectful for our clients as they can choose the foods their families need and like rather than receiving a pre-packed bag of food. BUT -- this shopping model requires more volunteers to operate. Please consider whether you can help us for 3 hours on two Saturday mornings a month. If we can generate a large enough volunteer register, it will afford more flexibility in how often any one person needs to come. Please let Liam McAuliffe or Debbie Bernardini know of your interest.

3.) ITEMS OF THE MONTH—PASTA or CEREAL

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.

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

Next Pantry Dates:

**March 11 & 25 and April 8 & 22
8 to 11 am**



FPCY PANTRY NEWS



*Buy
this bag
and
we get*
\$1

Every \$2.50 Fight Hunger Bag sold at our Hannaford this month donates \$1 to our organization.

**Bag sold at: Hannaford
162 Route 22, Pawling NY**

Spring
will soon
be here...

Celebrate
with flowers



Month of March, 2023

FPCY Food Pantry
will receive \$1 donation
from every purchase of
Bloomin' 4 Good Bouquet

STOP&SHOP

Bloomin' 4 Good Program
STOPANDSHOP.2GIVELocal.COM

DEACONS

The Deacons Corner

The Deacons Need Your Help!

LOAVES and FISHES

Loaves and Fishes are part of the ministries of the Board of Deacons. They provide support and caring for members and friends of our congregation. Some people need meals for a day or two while other people appreciate meals for a much longer period of time. Please consider volunteering for this special "hands on" ministry. You may be called upon only once or twice a year. Please fill out this form even though you may have volunteered in the past. You may place it the collection plate or turn it in to the church office. Many thanks to everyone who has volunteered in the past.

I would be happy to cook & deliver a meal (entrée, side/salad, dessert):

Name: _____

Telephone: _____

e-mail: _____

Please call Deacons Sue Nelson or Judy Chessa with any questions you may have at:

Sue: 914-494-6973, suejnelson56@gmail.com

Judy: 914-552-2509, judychess@yahoo.com

Judy Chessa, for the Deacons





Remembering God's Grace in All Things by Janet Siry, LCSW

"Have no anxiety 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 passes all understanding, will keep your hearts and your minds in Christ Jesus." Philippians 4: 6-7

Throughout my years of worship, I have heard this message many times. I believe it and know that God will heal all things in His own way and His own time. Yet, I often find myself in a state of anxiety, and forget the promises God made to all believers. I do not think I am unique in this way. I can freely talk about my feelings and realize I am not alone. I recognize that my humanity often supersedes my faith that all will be handled by our loving God.

During the pandemic, the world changed. Many thought this would be a short term change; yet many are still suffering from the after effects of illness, isolation, and societal changes. Mental illness statistics support the belief that there has been a worldwide increase in mental health challenges. Many organizations including World Health Organization, Unicef, National Alliance on Mental Illness (NAMI), American Psychological Association (APA), prestigious hospitals and medical publications including Mayo Clinic, Johns Hopkins Medicine, and the Lancet, among others, have reported some staggering statistics that cannot be ignored.*

NAMI reports that 1 in 20 U.S. adults experience serious mental illness each year. 1 in 6 U.S. youth aged 6-17 (17%) experience a mental health disorder every year, 50% of all lifetime mental illness begins by age 14, and 75% by age 24. Suicide is the 2nd leading cause of death among people ages 10-14. The annual prevalence of mental illness has impacted all demographic groups with the largest increase being reported by lesbian, gay, and bisexual persons. Annual prevalence in conditions among U.S. adults are varied. Anxiety Disorders have affected an estimated 48 million adults since 2020. 46.2% of U.S. adults with mental illness received treatment in 2020, 50.6 % of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016. The average delay between onset of mental illness symptoms and treatment is 11 years. There is a "ripple effect" regarding the impact these illnesses have on individuals, families and society. The community is impacted by lost earnings, increased substance abuse, homelessness, incarceration, youth involved in the juvenile justice system, and the breakdown of societal norms.

Because of the disruption in school attendance, youth faced a unique set of challenges. Isolation from peers, adapting to virtual learning, and changes in sleep patterns disrupted many routines of family life. Many adults had to adjust to learning new technology, disruption of work routines, and new child care obligations. Access to care was limited, especially in rural areas. Those students who needed school supported services, particularly those from lower socio-economic groups, were unable to access the needed services (reports APA). Teachers may need to address and be trained to recognize the effects of trauma on students and fellow staff members.

The impact of the pandemic has been overwhelming to many aspects of life as we knew it. Some people were unable to comfort sick and dying loved ones because of hospital restrictions and changes in our mourning rituals. Many have lost homes or businesses, or are facing ongoing health challenges. Our celebration of milestone events were curtailed leaving many feeling lonely, frustrated, and vulnerable.

The good news is that anxiety and depression are treatable illnesses. Using mindfulness strategies creates self-awareness about how thoughts and feelings are affecting daily life. There are certain techniques that can be employed to lessen the effect of debilitating illness. We are seeking to restore a sense of normalcy and regain some structure in our lives. Creating a routine to our daily lives helps us to restore a sense of equilibrium. Primarily, being aware of the mind-body connection is essential. We must engage in self-care practices daily, and prioritize good sleep routines, healthy eating habits, and exercise. We need to be mindful about substance overuse, and monitor our alcohol intake and drug use.

Remember that the grace of God can restore us to serenity and peacefulness in all things. Thanks be to God!

** Many articles about the impact the pandemic had on mental health can be accessed via google search entering "anxiety increase since COVID." The publications I reviewed for this article were extensive and too numerous to cite individually.*

Janet Siry, LCSW provides secure telehealth counseling sessions for children, teens, adults, couples and families. For an appointment, call LCC at 1-800-317-1173 or e-mail us at <https://www.LCCNY.org>.



April—Save the Dates

April 29—Spring Cleanup (inside and out) - It is time for our Spring spruce up and clean up of our church campus. This effort is a time for companionship, doing meaningful work together and enjoying outdoor life as new life begins to emerge all around us.

Please consider joining us for the Spring Work Party at 8:30am on April 29th. We are hoping for good weather, but we will do whatever we can regardless of the weather so bring appropriate attire, gloves and yard work tools.

April 22—Battle of Yorktown (joint between Operations and Green Team) — see below.



SAVE THE DATE

Battle of Yorktown — *Wage a War on Roadside Litter*

April 22, 2023

In recognition of Earth Day, this annual town event calls on volunteers to help Yorktown stay clean & green by picking up unsightly roadside litter.

We need FPCY volunteers for our team to help for an hour or two on Saturday, April 22, 2023! The town supplies us with orange litter bags, safety vests and litter grabbers; we supply about 2.5 hours to clean up the stretch of road from the church to the Taconic Parkway and part of Route 132. We gather at 7:30am.

Look for a Sign-up in April

March/April 2023

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

The DISCIPLE

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



Facebook.com/fpcyorktown



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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
MARCH/ APRIL		14 10:00am F4L Study 7:30pm Worship Design	15 10:30am Prayer Shawl 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 5:00pm St. Paddy's Day Dinner	18 8:00am Men's Breakfast 2:00pm Memorial Service for Gordon Braudaway
	19 New Members Received 8:00am & 10:30 Worship 9:15am F4L/Sunday School 11:30am Coffee Hour 11:45am Deacons/Youth Bells 7:00pm Confirmation	20 10:00am FPCY Bereavement	21 10:00am F4L Study 7:30pm Mission, Operations	22 7:00pm Centering Prayer 7:30pm F4L Study	23 10:00am F4L Study 7:00pm Adult Bells 7:30pm Personnel 8:00pm Choir	24 2:30pm Food Pantry Set-Up 25 8am Food Pantry 6pm Jan Peek Meal Served
	26 Confirmation Sunday 8:00am & 10:30 Worship 9:15am F4L/Sunday School/Session 11:30am Coffee Hour 11:45am Youth Bells 5:30pm Youth Group	27 10:00am FPCY Bereavement & Knit Togethers	28 10:00am F4L Study 7:30pm Faith Formation Communications	29 9:30am Prayer Shawl 10:30am Women's Circle 7:00pm Centering Prayer 7:30pm F4L Study	30 10:00am F4L Study 7:00pm Adult Bells 8:00pm Choir	APRIL 1
	2 Palm Sunday 8:00am Worship 9:15am F4L/Sunday School 10:30am Worship 11:30am Coffee Hour 11:45am Youth Bells	3 10:00am FPCY Bereavement & Knit Togethers	4 10:00am F4L Study 7:30pm Session	5 9:30am Prayer Shawl 10:30am Women's Circle 7:00pm Centering Prayer 7:30pm F4L Study	6 Maundy Thursday 10:00am F4L Study 6:30pm Choir 7:30pm Service	7 Good Friday 2:30pm Food Pantry Set-Up 6:30 Bells/Choir 7:30pm Service
	9 Easter Sunday 6:30am Sunrise Service 7:00am Breakfast 8:00am Worship 10:30am Worship 11:30am Coffee Hour	10 Easter Monday Office Closed 10:00am FPCY Bereavement & Knit Togethers	11 10:00am F4L Study 7:30pm Worship Design	12 7:00pm Centering Prayer 7:30pm F4L Study	13 10:00am F4L Study 7:00pm Adult Bells 8:00pm Choir	14 15 8am Men's Breakfast