

Ilion Presbyterian News

March 2023

Pastor Rick Riggle

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Lent is upon us again, and while we make this journey every year, I wonder what we really know about it. So did some research.

Between Ash Wednesday and Easter, many Christians observe a 40-day period known as Lent. This name comes from the “Old English [lencten](#) *springtime, spring*” and “from West Germanic [langitinaz](#) *long-days* or *lengthening of the day*.”

Lent is meant to be a time of repentance. That’s not a feeling of shame but an awareness that sin separates us from God and of what it cost Him to be reunited with us. There are numerous ways to approach Lent, some more legalistic than devotional. Still, the origins of Lent seem to be rooted in Christians giving up food or money in order to emulate Christ’s obedience to the Father.

Community fasting provided accountability and support, but also led to pressure and judgment. Today, “some still observe fasts that restrict quantity and type of food,” but “many view Lent as a time in which to give up a particular vice, bad habit, or pleasurable thing.”

There are three constant traditions that the church has practiced during Lent. These are:

**Prayer** - Prayer accompanies fasting as a historic tradition of Lent. We should pray to improve our communion with God and strengthen our spiritual discipline during the preparation of Easter Sunday.

**Fasting** - Fasting is a well-known aspect of Lent, inspired by the fast of Jesus spending 40 days in the wilderness. Christians partake in fasting to increase their self-control over worldly desires, such as food.

**Giving** - Helping others is also a tradition of the Lent season, inspired by the command of Jesus to "[love your neighbor as yourself](#)." While we should likewise give to others in love throughout the entire year, an extra emphasis is added during the time of Lent. This is why we receive the One Great Hour of Sharing during the Lenten season.

The purpose of all we do is to create a closer relationship with God. To empty ourselves and allow the Spirit to fill us and give us new energy for service. Maybe you have given something up for lent. If not I have put a list of possible things you might consider in this newsletter. However I challenge you to go further. If you give up something consider what it might have cost you if you didn’t give it up and give that amount to the OGHS offering.

I wish you a deep and meaningful Lent this year and pray that as you walk you will see all the ways God has blessed you and this church.

Peace for the Journey  
Pastor Rick

## Things to Give Up for Lent

**Meat.** You can be a vegetarian for 40 days, or give up meat on Fridays, or give up red meat. Whatever it is, make it meaningful to you.

**Soda.** It's not good for you anyway.

**Sugar.** Did you know a teaspoon of sugar has the ability to lower your immune system for three to four hours? Enough said.

**Dining out.** All forms of fast food and restaurants.

**Dairy.** This means cheese, lasagna, milk, you name it.

**TV.** Are the shows you're watching hindering your relationship with God or not?

**Your morning latte and all forms of caffeine.** Save the money and tithe to a specific fund at your church.

**Replacing one of your mealtimes with reading the Bible.**

**Your phone.** Instead of having it in your hand 24 hours a day, give it up. As soon as you get home from work, dock it somewhere in the house.

**Social Media.** All platforms. Facebook, Twitter, Instagram. ALL. OF. IT. This is the perfect opportunity to surrender this idol.

**Gluten.** Your body may be inflamed because of how much gluten you consume. This may be the perfect time to take your health seriously and give it up.

**Alcohol.** Yes, friends, wine is included in this category.

**Sleeping in.** Instead, get up early to spend time with Jesus. Get up at 5 a.m. so it's nothing but you, Jesus, a Bible, and a pen.

**Plastic.** God ordained us to rule the earth, this includes taking care of it.

These are just a few ideas, be creative and make it a real sacrifice.

## MIS News

Thank you all for supporting our food drive for Catholic Charities. We will continue to accept food donations through March. I can tell you from firsthand experience, there is definitely a growing need right here in our area. I volunteer at the pantry and I am amazed at the increasing number of families and families with children that have come through the door. As Pastor Rick says, the next time you are at the grocery store, think about putting an extra can or box in your cart for those in need.

Upcoming Blood Drive: Our next blood drive is scheduled for Wednesday, March 15<sup>th</sup> from 1:00 to 6:00 p.m. in the upstairs community room. There is always a need for blood in our area. The donation process takes approximately 25 minutes, and with each pint of blood there is the potential to save 3 lives. You could be a life saver... How many people can say that? If you have any questions, don't hesitate to ask me. To sign up, go to [www.RedCrossBlood.org](http://www.RedCrossBlood.org) and put in the Ilion zip code. Our drive list will pop up and all you do is pick a time to donate. It's that simple.

If you want happiness for an hour, take a nap.  
If you want happiness for a day, go fishing.  
If you want happiness for a year, inherit a fortune.  
If you want happiness for a lifetime, help someone else.  
...Chinese proverb.....

Most people do not listen with the intent to understand, they listen with the intent to reply.  
..Stephen Covey..

## Lenten Luncheon Schedule

The Mohawk Valley Council of Churches is again hosting its highly popular Lenten Luncheons. The luncheon will begin at 12 noon with soup & sandwiches followed by a message by the church leader. We should be out the doors by 1pm. We look forward to seeing our friends from the participating churches.

March 8 -Morning Star Methodist Church, Ilion

March 15 –First Presbyterian Church, Ilion

March 22 –Herkimer Reformed Church, Herkimer

March 29 –Blessed Sacrament Church, Mohawk



## **Building & Grounds**

The meeting was held in the Fellowship Hall at 12:10 PM on February 21, 2023.

In attendance: George Gullis and Sue Thomas.

. Some more shingles have come off the other side of the roof. We'll look into getting them replaced in the Spring.

. The parking lot light nearest Morgan St needs replacing. George has purchased a new LED fixture similar to the one by the parking lot door. We will replace as soon as convenient.

. With the addition of the auxiliary furnace the heat in the Sanctuary is now sufficient in the cold weather.

. Next meeting: March 14, 2023 at 12:00 PM in the Fellowship Hall.

Meeting adjourned at 12:33 PM.

### **List of things still to be done:**

. New crash bars are in house for the West St door. These will be installed as time allows.

. We will place plywood covers on top of the outdoor A/C units to protect them during the winter and from falling nuts in the Fall.

## **Easter Flowers for the Chancel**

6" pots of lilies \$19.50

Hyacinths & Tulips—\$13.99

Mums \$19.99

I did not get color choices. Our florist was working while battling the flu. Nope, not Covid, I asked.

Anyway, the prices have risen just like everything else in our lives. The distributor wanted her numbers when he finally gave her the prices, so we are under the gun.

Please call me this week if you want to "spring" for some flowers. (Did you see what I did there? - Howie Mandel) 315-269-6295 I will have a form in the sanctuary this week. I am sorry for the very short notice. This seems to be the way it's going right now.

You may order w/o payment this time in order to get the numbers in & pay later.





# FOOD \$EN\$E



*A monthly food buying program for anyone who wants to stretch their grocery dollars*

**SIGN-UP:** March 6<sup>th</sup> – 10<sup>th</sup>, 2023

Presbyterian Church

10 am. – 11:30 am.

**PICK UP:** March 24<sup>th</sup>, 2023

90 Morgan St., Ilion

10 am. – 11:00 am.

**Reminder - you can order for April when you pick up your March order.**

## MARCH PACKAGE (\$20.50)

Pork Tenderloin, 1.7 lb. (avg.)  
Chicken Drumsticks, 3.25 lb. (avg.)  
Tilapia Fillets, 1 lb.  
Ground Turkey, 1 lb.  
Apple Chicken Sausage, 1 lb.  
Stuffed Rigatoni, 12 oz.  
Frozen Carrots, 1 lb.  
Mixed Veggies, 15 oz.  
Elbow Macaroni, 1 lb.  
Mandarin Oranges, 11 oz.  
Fresh Produce #1  
Fresh Produce #2

## FEBRUARY PACKAGE (\$20.50)

Marinated Pork Pieces, 1 lb.  
Ground Beef, 1 lb.  
Loop Kielbasa, 13 oz.  
Fish Sticks, 1 lb.  
Boneless Chicken Breast, 1.8 lb.  
avg.  
Cheese Pierogi, 13 oz.  
Mild Cheddar Cheese, 8 oz.  
Frozen Diced Potatoes, 1 lb.  
Applesauce, 15 oz.  
White Rice, 1 lb.  
Onions, 2 lbs.  
Carrots, 1 lb.

### March Specials:

- **Spiral Ham, 9 lbs. (avg.) for \$13.50:** The spiral hams average between 8 and 10 pounds per special.
- **Crab Rangoons, 11 oz. for \$5.00:** The crab rangoons can be cooked in the oven or air-fryer.
- **Chicken Alfredo, 24 oz. for \$6.00:** The chicken alfredo is a complete meal with penne pasta, vegetables & grilled white meat chicken, with a creamy alfredo sauce.
- **Stuffed Pork Chops, 2 lbs. for \$8.50:** The pork chops are stuffed with apples and cranberries.
- **American Cheese, 5 lbs. for \$14.00:** The sliced American cheese is not individually wrapped.
- **Chicken Wings, 5 lbs. for \$9.00:** The chicken wings are ready for the air-fryer or oven and are in a re-sealable bag.

**Food \$en\$e Shoppers:** Orders must be prepaid with Cash or EBT/SNAP. Please remember that sites cannot hold any packages after the scheduled pick-up time. If you have a conflict, give your receipt to a friend and they may claim the package for you or it will be donated to the Food Pantry across from Catholic Charities. If you have any questions, please speak to the site volunteers when you sign up or call Catholic Charities at 315-894-9917. Thank you.

**PICK UP DATE:** Friday, March 24<sup>th</sup>, 2023, 10:00am – 11:00am



# Loaves and Fishes Warming Center



## **Seeking Volunteers & Staff**

**We are looking for volunteers to fill various time slots and extras to fill in as needed**

- **Nights**

- Time slots available between 10pm and 8am (7 nights a week)
- Shifts can be arranged from just a few hours to entire shifts – which ever fits your needs
- Volunteers can serve once a week or once a month or as often as you wish (Flexible Hours)

- **Daytime**

- Miscellaneous part-time help will be needed (Flexible Hours)

- **Duties**

- Monitor activity, assist and interact with people utilizing center
- Prepare & serve snacks & simple meals from 10-11pm and 7-8am
- Help with set up/clean up
- Be a good listener/friend

### **Monetary donations –**

Checks can be sent to:

**First United Methodist Church,  
127 N. Prospect St, Herkimer, NY 13350  
(Memo – Warming Center)**

***Training Provided  
Great opportunity if you are CRPA Coach***

**Contact: Christine Lawrence (315)-868-9073 or [clawr1030@gmail](mailto:clawr1030@gmail.com)**

## March Worship Responsibilities

|                 |                                                                                                                     |
|-----------------|---------------------------------------------------------------------------------------------------------------------|
| <b>March 5</b>  | Reader - Steve Getman<br>Greeter - Sandra Eldredge<br>Ushers—Kim Bigelow & Denise Goodale<br>Fellowship - Class Act |
| <b>March 12</b> | Reader - George Gullis<br>Greeter -<br>Ushers— Kim Bigelow & Denise Goodale<br>Fellowship - Denise, Betty & All     |
| <b>March 19</b> | Reader - Susan Backus<br>Greeter—Karen Macrina<br>Ushers— Betty Helmer & Karen Benham<br>Fellowship -The Choir      |
| <b>March 26</b> | Reader—<br>Greeter—Karen Macrina<br>Ushers—Karen Benham & Kim Bigelow<br>Fellowship –Betty, Kim & All               |

**WOULD YOU LIKE TO GREET, READ OR BRING  
REFRESHMENTS?**

**Call the office & let us know!!**

## Prayer List:

Men and women who protect  
us and our freedoms  
Tudy Brooks Sue Cate (Marty  
March's niece) Alice El-  
dredge Crosier  
Brianna Nicole Gary  
Darling Allan Dickin-  
son Barry Doolen  
Dennis Eldredge Betty Foor  
Mike Galvin (Janet's cousin)  
Cheryl (Darling) Hennessy  
Loren Hughes Bill & Julie Huls-  
er & granddaughters, Josline &  
Paislee Bob Jones Don Lam-  
phear Linda Laurin Christine  
Lawrence Avery Maley Lee  
Maley Joe Maneen Marty  
March Mike Marro Joan  
Matteson Rebecca Mento  
Laureen Mitchell The Orendorfs  
Janet Patterson Judith Pearson  
(Kim Bigelow's Mother) Cathy  
Price Patricia Ruller Jim Siver  
er Marian Skinner (Donna  
Pritchard's mother) Jane Smith-  
son (Lynne O's mother) Fred &  
Jean Sullivan Kathy Thiery  
Laurie Voultsios



## FREE DINNERS

March 9      Corned Beef & Cabbage  
Carrots, Onions, Potatoes  
Bread  
Beverage/Dessert



March 23      Turkey Ala King  
Biscuits  
Tossed Salad  
Beverage/Dessert



The First Presbyterian Church  
90 Morgan Street  
Ilion, New York 13357-2260

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