

Ilion Presbyterian News

June 2025

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The First Presbyterian Church of Ilion, through the Worship of God and gathering together, seeks to support each other, to welcome and serve others and to be a faithful presence of Jesus Christ in our larger community.

One Home, One Future

One Home, One future—we are beginning with a garden. And what a garden it is!! The “Green Team” have worked long and hard to “make our garden grow”. They have worked constantly and diligently in all kinds of weather to make this project a reality. If you would like to be a part of this amazing project, any help will be appreciated. It will take many hands to keep things going throughout the summer.

We were approved to receive \$1,000.00 in grant money from the group Outside The Walls which will help defer some of the cost it took to get the garden ready for planting and purchasing plants.



Prayer List:

Men and women who protect us and our freedoms



Dick Bly Tudy Brooks Janey Carrico Cathy Carpenter Sharon Chasteen Brianna
Nicole Tim Conover Carole Jean Crimmins Jim Crossway Scott Darling Betty Foor
Erin Gill Greg Goodale Jan & Dave Heap Ken Helmer Hulser family Susan Jones
Robert Kennedy Barbara Lennox Dick Long Jeffrey Maine Wes Maine Lee Maley Joe Maneen
Joan Matteson Melanie L. Rebecca Mento Claire Miller Henry & Sue Miller Jackie Murphy
Marvin Nellenback Peg Olson The Orendorfs Sharon Outtrim Jesse Rounds Patricia Ruller
Fred & Jean Sullivan Veronica Weiss Utica Presbytery Ed Vennaro

In maintaining our connection as part of a community of faith and witness, and intentional in prayer, the Presbytery asks that we lift up Special Offerings of the PCU(USA) (One Good Hour of Sharing, Christmas Joy, Pentecost, Peacemaking); Forest Presbyterian Church, Lyons Falls; 226th General Assembly of the Presbyterian Church, (USA General Assembly, PC(USA); Mental Health Ministry Network of the Presbytery of Utica; Niccolls Memorial Presbyterian Church, Old Forge

Worship Responsibilities

June 1	Reader — Anita Smith
Rev. Martie Fischer	Greeter — Denise Goodale
Jeanne Bennett	Ushers — Carol Okusko, Karen Benham
	Fellowship — FPC Friends

June 8	Reader — George Gullis
Rev. Betsy Jay	Greeter — Cathy Conant
Andrea Radesi	Communion — Paul Conant
Pentecost	Ushers — Betty Helmer, Sheila Kennedy
	Fellowship—Deacons

***PLEASE BE SURE TO NOTIFY
THE CHURCH OFFICE WHEN
YOU HAVE A LOVED ONE IN
THE HOSPITAL, OR IN NEED
OF PASTORAL CARE***

June 15	Reader — Sue Backus
Rev. Cory Jones	Greeter — Sandy Eldredge
Marvin Nellenback	Ushers — Betty Helmer, Karen Benham
	Fellowship— Janet Darling

June 22	Reader — Jan Heap (children?)
Rev. Betsy Jay	Greeter— Carol Okusko
Jeanne Bennett	Ushers — Children
Children's Day	Fellowship — Deacons/Make Your Own Sunday

June 29	Reader — Carol Okusko
Rev. Betsy Jay	Greeter — Karen Macrina
Martha Regelman	Ushers —
Noisy Sunday	Fellowship—Religious Studies
Pentecost Offering	

Over the past year the Presbytery of Utica has begun through small groups to develop resources for congregations to use in their ministry and mission. Among these are:

Our Abolitionist Roots

Whitesboro's Radical Vision: The Oneida Institute, Abolition, and Black Student Admission

The Oneida Institute of Science and Industry in Whitesboro, an academy nationally known for its radical, “immediatist” abolitionism under its leader Rev. Beriah Green, was founded with financial support from the Oneida Presbytery. It was the first higher educational academy in the nation to admit Black students. The Institute was closely connected to the First Presbyterian Church of Whitesboro where Green often preached. Rev. John Frost, pastor of the Whitesboro church, was an ally of Green and deeply committed to abolition.

Our Abolitionist Roots has a video channel on YouTube at @OurAbolitionistRoots.

Indigenous Peoples/Earth Care

The Presbyter of Utica recognized the recertification of Ilion, Old Forge and Cooperstown as Earth Care congregations at the May 27th Presbytery meeting. Thank you to Steve Getman for making this happen for us. To learn more about the PCUSA Earth Care Congregation initiative, visit <https://qrco.de/bg21OK>. Weaving Home ministry has a new blog post at <https://qrco.de/bg21QE>. If you are interested in becoming a part of this initiative contact Betsy Jay or Naomi Kelly who co-chair, or Steve Getman who is a member.

FREE DINNERS

June 12th

Hot Dogs/ Hamburgers

3 Bean Salad

Beverage / Dessert

June 26th

Pulled Turkey on Buns

Green Beans

Mac N Cheese

Beverage/Dessert

OUTSIDE WEATHER PERMITTING

A Fitness Minute (by Susan Backus, M.S.)

New study suggests coffee could add years to your life. (This makes me very happy...) Not only does it “get things moving in the morning (buh-bye constipation) but it has been linked to a reduced risk of heart disease and Alzheimer’s disease, and it may help your thyroid work better. After looking at all the evidence, researchers concluded regular coffee drinkers may enjoy an extra 2 years of life; and it’s more years with good health. What good is a longer life if you don’t also have a good quality of life???

Another study found a very surprising factor that could increase your dementia risk by 31% (and you won’t believe what it is.) About 1 in 10 Americans over 65 have dementia, and it’s estimated to grow to 88 million by 2050. (Most of us don’t have to worry about the year 2050.) There are things that we can do now to keep our brain sharp; eat healthy, exercise, and get enough sleep. The thing researchers found to increase you risk of dementia by 31% is.....LONELINESS. If you are feeling lonely there are things you can do to help yourself: reach out to family and friends, join a group (Class Act, perhaps), volunteer, and engage in healthy habits to name a few. If you know someone who is lonely, reach out to them regularly. It can be a text to say ‘hi’, or a quick phone call. It may just be the motivation they need to do more for themselves. More to come next month—until thenBEE KIND!



NEW On-Line Ordering Available

You can now place your Food \$en\$e orders online in three easy steps!

1. Visit foodsense.foodbankcny.org and select your participating pick-up location.
2. Select the items you would like to purchase.
3. Pay with your credit or debit card.

In person cash and EBT/SNAP orders for JUNE can still be placed at:

Presbyterian Church 90 Morgan St., Ilion on **June 2nd – 6th, 2025 from 10am-11:30 am**

Last day to order On-Line is Monday June 9th, 2025

PICK UP for all orders placed in JUNE will be at:

Presbyterian Church 90 Morgan St., Ilion, on **June 20th, 2025** from 10am-11am

Reminder - you can place an order for **JULY**, when you pick up your **JUNE** order

JUNE PACKAGE (\$20.50)

Chicken Drumsticks, 3.5 lb. (avg)	Elbow Macaroni, 1 lb.
Kielbasa, 13 oz.	Corn, 1 lb.
Ground Beef, 1 lb.	Fruit Mix, 15 oz.
Pollock Fillets, 1 lb.	Diced Tomatoes, 14.5 oz.
Bologna, 1 lb.	Fresh Produce #1
Hamburger Helper, 5.3 oz.	Fresh Produce #2

JUNE SPECIALS:

- **Pork Ribs, 3 lb. (avg) for \$10.00:** The St. Louis Style Ribs are uncooked and vacuum-sealed for freshness.
- **Beef & Broccoli, 22 oz. for \$6.00:** The beef and broccoli consists of beef strips, broccoli florets, and red bell peppers with white rice in a savory soy sauce.
- **Chicken Wings, 5 lbs. for \$9.00:** The chicken wings are ready for the air-fryer or grill and are individually quickly frozen.
- **French Fries, 5 lbs. for \$5.00:** The French Fries are ready to cook and can be used in the oven or air-fryer.
- **Breaded Shrimp, 3 lbs. for \$13.00:** The shrimp are butterflied, breaded, and 21-25 per pound.
- **Stuffed Shells, 48 oz. for \$7.50:** The stuffed shells are frozen and have 18 shells per special.

Food \$en\$e Shoppers: 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.

For Questions, please call 315-894-9917

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

A note from Janet Darling

Update on my son, Scott Darling. He is now home from the hospital after having major cancer surgery. He has a long recovery but so far is doing fairly well. He does need cheering up, however. I am asking my church family to please send him a card. His address is:

504 Cragmont Road, Lot 12
Black Mountain, N.C. 28711-2566.

I hope to have a basket raffle at our church soon to help with his medical and other expenses. After four years of dealing with cancer, he has depleted his savings.. Although he has health insurance, it has a huge deductible. He also will be out of work for an extended period of time. If anyone is willing to make a basket please let me know. I will try to get this off the ground midsummer. Also, one of his classmates plan to do a GoFundMe page for him. Please keep the prayers going. Janet Darling