

Ilion Presbyterian News

August 2025

90 Morgan St. Phone 315-894-2070 Fax 315-894-3807

Church email: fpcilion@gmail.com

Church website: www.ilionpresbyterian.com

Facebook page: First Presbyterian Church, Ilion, New York

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.

Help Us Make History / Mohawk Valley Gives

Have you dreamed of making history? Of course, we all have. And now we have a chance to be a part of our community's day of giving—an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

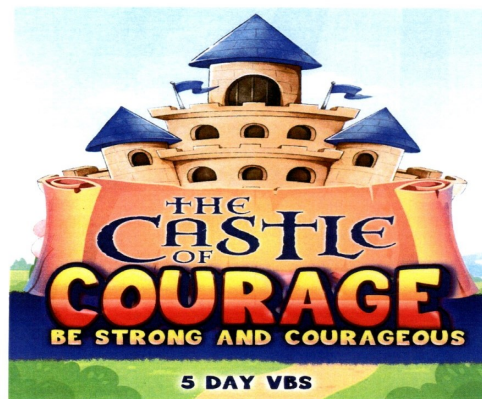
We need your help! Please join our campaign and help us reach our goal of continuing our free food program. We need you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

Get ready to give! On September 19th visit www.givemv.org and make a donation to FPC, Ilion and/or to any of the great participating nonprofit organizations in our community. All giving will end at 9:00PM on September 19th, so make sure to get your gift in on time!

If you have any questions or would like more information contact the church. Thank you in advance for your generosity.

Vacation Bible School will be taking place the week of August 18th thru the 22nd. FPC will be participating and are looking for volunteers to help with serving lunches, games, crafts and all that is entailed! So if you can help, or if you know of any children who would like to participate please contact Kayleigh Marosek at 315-360-5801 or contact St. Augustine's.

FREE VACATION BIBLE SCHOOL 2025!



WHEN:
M – F, August
18-22, 10-2
Please arrive at
9:30 on Monday
for registration!

WHERE:
St. Augustine's
Episcopal
Church,
78 Second St.
Ilion

WHO:
Kids ages 5-11

CONTACT: Kayleigh Marosek
at (315) 360-5801 for questions
and to pre-register *(Limited Space)*

Prayer List:



Men and women who protect us and our freedoms

Bill Anton Dick Bly Brianna Nicole Tudy Brooks Janey Carrico Sharon Chasteen
Baby Colton Tim Conover Carole Jean Crimmins Jim Crossway Scott Darling
Barry Doolen Adrianna Dye Eldredge family Alicia Fisher & boys Betty Foor Erin Gill
Greg Goodale Jan & Dave Heap Ken Helmer Hulser family Susan Jones Robert Kennedy
Don Lamphear Barbara Lennox Dick Long Jeffrey Maine Marie 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 Utica Presbytery Ed Vennaro Veronica Weiss Carl Wheat

In maintaining our connection as part of a community of faith and witness, and intentional in prayer, the Presbytery asks that we lift up North Gage Presbyterian Church, Utica; Westminster–Moriah-Olivet Presbyterian Church, Utica; Church of Christ Uniting, Richfield Springs; Church in the Hood, LaDana Clark (New Worshipping Community); First Presbyterian Church, Westernville

Worship Responsibilities

August 3

Rev. Betsy Jay
Marvin Nellenback

Reader — Carol Okusko
Greeter —
Ushers —
Communion — George Gullis
Fellowship — Class Act

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

August 10

Rev. Martie Fischer
Jeanne Bennett

Reader — Susan Backus
Greeter — Karen Macrina
Ushers —
Fellowship — Deacons

August 17

Rev. Betsy Jay
Jeanne Bennett

Reader — Steve Getman
Greeter —
Ushers —
Fellowship — Janet Darling

August 24

Rev. Cory Jones
Marvin Nellenback

Reader — Anita Smith
Greeter — Diane Lamphear
Ushers —
Fellowship — Deacons

August 31

Rev. Betsy Jay
Martha Regelmann

Reader — George Gullis
Greeter — Karen Macrina
Ushers —
Fellowship — Religious Studies

*Funeral Services for Andrea
Williams will be held here at FPC
on Friday, August 22 at 2:00 with
a reception to follow at the
Knights of Columbus.

The Order of the Eastern Star
Memorial service will be held
prior to the funeral service.*

FREE DINNERS

August 14

Baked Chicken
Salt Potatoes
Corn On The Cob
Watermelon/Beverage

August 28

Hot Dogs/ Hamburgers
Salad
Corn On The Cob
Dessert/Beverage

OUTSIDE WEATHER PERMITTING

A note from Janet Darling

It is with a grateful heart that I thank everyone involved in the recent benefit basket raffle for my son Scott Darling. I thank those who donated baskets, donated a monetary gift, helped with setting up the raffle and helped selling tickets and those that bought many tickets. I was able to raise \$5,000.00 to help him with his huge medical expenses. My committee selected the winners on July 30th and contacted them all. Congratulations to all the winners and again thank you!

As a note I want to let you know Scott is improving each day and was told, after a recent scan, that he is cancer free. Prayers were answered. He will continue to be monitored the rest of his life but we will be thankful for each day!!

Janet Darling

Effects of Exercise on Mental Health *(by Susan Backus, M.S.)*

We all know the benefits of exercise on the body; improved strength, cardiovascular endurance, flexibility, body composition, and balance.

What about the mind? Can it possibly have any affect there?

I am glad you asked. Exercise has significant positive effects on mental health. Regular physical activity can:

1. **Improve mood:** Exercise stimulates the release of endorphins, which have mood-boosting effects. It also increases levels of serotonin and norepinephrine, neurotransmitters that play a key role in regulating mood and reducing stress.
2. **Stress and Anxiety reduction:** Exercise can help manage stress by reducing the levels of cortisol, the body's stress hormone. It can also provide a mental break by acting as a distraction from negative thoughts.
3. **Cognitive Benefits:** Regular physical activity can improve memory, focus, and overall cognitive function. It may also reduce the risk of cognitive decline and dementia, per the CDC.
4. **Improved Sleep:** Exercise can lead to better sleep quality, which is essential for both physical and mental health.
5. **Increased Self Esteem:** Achieving fitness goals and improving physical health can boost self-esteem and confidence.
6. **Social Benefits:** Exercising with others can provide social interaction and support.

Keep in mind, though, consistency is the key, find activities you enjoy, start slowly and gradually increase intensity, and if you have underlying health conditions, please take the time to consult with your health care professional before beginning a new exercise program.

July 16th Blood Drive

The Red Cross Blood Drive in honor of Richie Frank was very successful on Wednesday, July 16th. Twenty-nine units were collected !

Red Cross brought more equipment and screening stations due to having 29 pre-registered donors. The goal was 30. There were a few no-shows - offset by walk-ins.

Richie and his family were here all afternoon. His daughters checked the donors in. His relatives and friends were very supportive. Lots of smiles, hugs, and laughter. Richie's mother gave blood for the first time ever. Richie and several family members extended their thanks to our church for allowing them to host the blood drive at our church.

Joan Matteson and I mainly greeted the donors at the refreshment table. I brought homemade cookies which were a big hit with the Red Cross Staff and donors. The Red Cross supplies juice, water, and packaged snacks.

Red Cross staff had everything packed up and they were gone just before 6 pm. It is amazing to see how quickly and efficiently they set up and pack up.

Next Blood Drive at FPC is on Wednesday, November 5th.

Sandy Eldredge





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 August can still be placed at:
Presbyterian Church 90 Morgan St., Ilion on **August 11 - 15, 2025 from 10am-11:30 am**
Last day to order On-Line is Monday August 18, 2025

PICK UP for all orders placed in August will be at:
Presbyterian Church 90 Morgan St., Ilion, on **August 29, 2025 from 10am-11am**

Reminder - you can place an order for **SEPT.**, when you pick up your **AUG.** order

AUGUST PACKAGE (\$20.50)

Chicken Kabob Pieces, 1 lb.
Kielbasa, 13 oz.
Ground Beef, 1 lb.
Pollock Fillet, 1 lb.
Buffalo Chicken Pizza, 2.19 lb.
Green Beans, 1 lb.

Mango Chunks, 1 lb.
Macaroni & Cheese, 7.25 oz.
Applesauce Unsweetened, 15 oz.
Carrots, 15 oz.
Fresh Produce #1
Fresh Produce #2

AUGUST SPECIALS:

- **Pork Ribs, 3 lb. (Avg.) for \$10.00:** The St. Louis Style Ribs are uncooked and vacuum-sealed for freshness.
- **Italian Meatballs, 5 lbs. for \$13.50:** The Italian meatballs are fully cooked and are in a five-pound bag.
- **Mozzarella Sticks, 3 lbs. for \$12.00:** The mozzarella sticks are par-cooked and ready for the oven.
- **Breaded Cod, 1 lb. for \$7.00:** The breaded cod fillets are wild caught and oven or air fryer ready.
- **Fajita Vegetable Blend, 2.25 lbs. for \$5.50:** The fajita vegetable blend is a mix of onion, red pepper, and green pepper strips.
- **Chicken Meals, 24 oz. for \$6.00:** The pasta is in a garlic sauce with broccoli, carrots, corn, and seasoned white meat chicken.

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