

Ilion Presbyterian News

October 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.

All Saints' Day

All Saint's Day began as a way to mark the anniversaries of the deaths of martyrs—their birthdays as saints through the completion of their baptism. By the middle of the church's first millennium, there were so many martyrs that it was hard to give them all their due. All Saints' Day was established as an opportunity to honor all the saints, remembered and forgotten, known and unknown. It has been celebrated on or around November 1 since the ninth century.

In the Reformed tradition, the emphasis of this festival is on the ongoing sanctification of the whole people of God. While we may give thanks for the lives of particular luminaries of ages past, we also give glory to God for the ordinary, holy lives of believers in this and every age. This is an appropriate time to give thanks for members of the community of faith who have died in the past year, and to pray that we may be counted among the company of the faithful in God's eternal realm.

We will celebrate All Saints Day on November 2nd. If you have someone you would like to have remembered please let us know.

To all God's Beloved, who are called to be saints:

Grace to you and peace from God our Father and the Lord Jesus Christ. Romans 1:7

Committees

Reminder—committees need to submit their budgets for 2026 by the end of October. We are always looking for new members to join our committees:

Budget & Finance
Building & Grounds
Worship & Fellowship

Mission, Interpretation & Stewardship
Christian Education & Faith Formation
Nominating Committee

We are forming a Worship and Music team to manage and oversee our worship music and organ concerts. If you are interested call the office.

Healthy Aging (by Susan Backus, M.S.)

Health in a minute... What is the number one best habit for healthy aging?

(If you know me, you can easily guess what it is)

KEEP MOVING: Regular exercise is the best way to improve our heart health, maintain a healthy weight, reduce stress and anxiety, and increase strength, flexibility and balance. It also keeps your brain sharp and lowers your risk for dementia by boosting blood flow to the brain. People who regularly exercise not only live longer, but also live a better quality of life with less pain or disability.

The CDC recommends 150 minutes of moderate intensity aerobic exercise a week and muscle strengthening activities two or more days a week.

Aerobic exercises like swimming, walking or biking, and even things like dancing, cleaning or gardening can help strengthen muscles, joints, and bones while getting the heart pumping. Strengthening exercises using exercise bands, free weights, or machines found in a gym or health club can help build muscle and maintain bone health. Exercises like yoga and tai chi are important for balance and fall prevention.

Until next month.....Susan

Reminder - We offer exercise classes Monday and Wednesday mornings (9:00-9:45 & 10:00—10:45) free of charge. Check us out!!

We also continue to offer the Tai Chi classes on Wednesday mornings in the fellowship hall, also free of charge.

RED CROSS BLOOD DRIVE @ FPC, 90 Morgan Street, Ilion

****SATURDAY -- NOVEMBER 8, 2025 -- 8:30 am - 1:30 pm ****

Make an appointment in advance, if possible:

redcrossblood.org - 1-800-REDCROSS = 1-800-733-2767

*****Note: Date & time changed per request by Red Cross*****

STEWARDSHIP SUNDAY - NOVEMBER 9, 2025

Hard to believe November is just around the corner.

In November, we celebrate Veterans Day and Thanksgiving. We are reminded to COUNT OUR BLESSINGS, and to be thankful for the freedom to come to our place of worship. As we reflect on all our blessings, let us think about our pledge for the coming year.

On Stewardship Sunday, the pledge cards will be collected. By making your pledge in advance, it helps our Budget and Finance Committee establish a budget for the coming year. The MIS Committee will be sending out the annual stewardship letter with a pledge card later this month. Keep November 9th in mind, and watch for more information to come regarding what we will do special on that day.

Prayer List:



Men and women who protect us and our freedoms
Bill Anton Susan Bates Dick Bly Tudy Brooks Janey Carrico Sharon Chasteen
Baby Colton Tim Conover Carole Jean Crimmins Jim Crossway Scott Darling
Teresa Dasyнки Barry Doolen Adrianna Dye Alicia Fisher & boys Betty Foor Erin Gill
Greg Goodale Jan & Dave Heap Ken Helmer Hulser family Kasi Jones Susan Jones
Robert Kennedy Don Lamphear Barbara Lennox Dick Long Jeffrey Maine Marie Maine
Wes Maine Lee Maley Joe Maneen Joan Matteson Rebecca Mento Claire Miller
Henry & Sue Miller Jackie Murphy Marvin Nellenback Peg Olson The Orendorfs
Sharon Outtrim Bill Parmon Jesse Rounds Patricia Ruller Fred & Jean Sullivan Utica Presbytery
Ed Vennaro Ann & David Walrath 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 South Trenton Presbyterian Church, South Trenton.; First Presbyterian Church, Springfield; Presbyterian Peace Fellowship of the PC(USA); First Presbyterian Church, Utica

Worship Responsibilities

October 5
Rev. Betsy Jay
Marvin Nellenback

Reader — George Gullis
Greeter — Susan Backus
Ushers — Deacons
Communion —
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***

October 12
Rev. Martie Fischer
Randy Davis

Reader — Anita Smith
Greeter — Karen Macrina
Ushers — Deacons
Fellowship — Deacons

October 19
Rev. Cory Jones
Cathy Wheat

Reader — Susan Backus
Greeter — Cathy Conant
Ushers — Deacons
Fellowship — Janet Darling

October 26
Gene Doremus
Andrea Radesi

Reader — Steve Getman
Greeter — Paul Conant
Ushers — Deacons
Fellowship — Deacons

FREE DINNERS

October 9th

Meatloaf & Mashed Potatoes

Veggie

Salad

Dessert & Beverage

October 23rd

Roast Pork & Mashed Potato

Stuffing, Veggie

Salad

Dessert & Beverage

NO TAKEOUTS

Building and Grounds

The Buildings and Grounds committee is still seeking contractors to repair the vinyl flooring in the basement, the hardwood floor in the Fellowship Hall and the carpeting in the Sanctuary. If you have names to recommend, please let George, Don or Robert know.

The church fire alarm system is now up to date. The "comm box" has been upgraded and all previous error codes have been cleared. All fire extinguishers will be inspected soon.

The brick-and-mortar work around the exterior of the church has been completed.

Some organ pipes (2) will be replaced, and some organ pipes (4) will be repaired by Kerner and Merchant Organ Builders and Cassavant pipe organ builders. Additional structural support will be installed on some pipes as needed by K & M. The repair contract has been approved in Session. Work will begin as soon as K & M can fit us in their schedule.

George, B & G.

Last year, First Presbyterian Church learned that Frankfort Schuyler Central School began a program that sent food home on weekends to families that are or may be experiencing food insecurity. Joe Palmer, Superintendent, came by with his Administrator, Nicole, and presented the goals of the program in an exciting way that reinforced our commitment to reach out into our communities and help where we can.

I am extending an invitation to all who are interested to join the Class Act Wellness group at 10:15 a.m. on Wednesday, October 22nd to hear Joe and Nicole speak again about this wonderful and innovative program. (Not to worry, you will not have to do any exercise...) The presentation may last an hour or so, depending on the questions afterward. There will be a donation basket on the table if you are inspired to throw in a buck. You are under NO obligation to do so.

In addition, Lynn Olmstead, Medicare coordinator for Herkimer County, will be coming on Monday, October 27th at 10:15 a.m. to speak on current increases to supplemental plans as well as discussing Medicare Advantage Plans. Anyone who is interested is invited to attend.

Look forward to seeing you! Susan Backus



Sunday School

Sunday School has been back for four weeks and the kids have settled in. In the coming weeks we will be learning about All Hallows Eve, All Saints Day, the importance of stewardship and "Giving Thanks" and of course doing many activities and lessons on Advent leading up to Christmas. We always focus on treating everyone with the same love, acceptance and kindness that we receive from Jesus through scripture and bible stories. We as a church family are blessed to have a great group of young people who are curious, kind and respectful with open minds eager to soak in all the wonderful lessons and relationships we as a congregation can offer them. There is always room for more kids!

As always, thank you for all your support, Judy

The First Presbyterian Church

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