



DATES TO NOTE:

**September 13**  
Blessing of the  
Backpacks  
Virtual Church Picnic

**September 16**  
Lunch Bunch  
MS Youth Group

**September 20**  
Sunday School Begins  
HS Youth Group

# The Disciple

## LIFE IN THE NEIGHBORHOOD



## Words of Love For Life

Take good care to observe the commandment and instruction that Moses the servant of the Lord commanded you:

to love the Lord your God,  
to walk in all his ways,  
to keep his commandments,  
and to hold fast to him,  
and to serve him with all your heart  
and with all your soul.

~ Joshua 22:5

I feel like I say this every year, but this year it's even more true: I can't believe that it's September! 2020 has certainly been an unusually tumultuous and challenging year! The pandemic and its social and economic impacts, the political situation and the resultant polarization, the social unrest and racial reckoning, even the weather (hurricanes, windstorms, wildfires, tornadoes, etc.) have all added on to the more "normal" ups and downs of life – school and work milestones and transitions, births and deaths, illness and recovery, etc. – to make this a very unusual and demanding time. I recently heard someone say, only half-jokingly, "The past six months have been the longest 10 years of my life!"

Many of us had hoped that by September, things might have calmed down and stabilized a bit, but the ongoing sense of uncertainty is still with us. How are we to live in times like this? What can we hold onto?

The American poet William Stafford wrote this simple yet profound verse just 26 days before he died in August 1993:

### "The Way It Is"

There's a thread you follow. It goes among things that change. But it doesn't change. People wonder about what you are pursuing. You have to explain about the thread. But it is hard for others to see. While you hold it, you can't get lost. Tragedies happen; people get hurt or die; and you suffer and get old. Nothing you do can stop time's unfolding. You don't ever let go of the thread.

As people of faith, what is the thread that we hold onto through the ups and downs of life, in times of both uncertainty and stability, transition and trial? What is our anchor, our foundation that keeps us grounded and even hopeful in times like these?

The answer, quite simply, is our FAITH. As the psalmist proclaims, "God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult." From the first day of creation to the life, death and resurrection of Jesus Christ to the coming of the Holy Spirit to this very day and far into the future, **God is with us.** That is the good news of our faith to which we hold fast. As long as we hold onto this precious thread, we will never get lost.

When the people of Israel had finally come to the

end of their 40 years of wandering in the wilderness and were about to enter the great unknown of the Promised Land, their leader Joshua reminded them how they were to live – love the Lord your God, walk in all his ways, keep his commandments, and hold fast to him, and serve him with all your heart and with all your soul.

Over the summer we have grounded ourselves in the Ten Commandments, God's Words of Love for Life in the Neighborhood. As the church program year begins this fall, we will continue to ground ourselves in the basics of our faith, focusing on the 100 Things Every Christian Should Know (based on the book *100 Things Every Child Should Know Before Confirmation*). We will continue to gather online for worship at 10:00 am on Sundays and to grow in our faith through our Sunday School and Faith4Life programs. We will continue to move forward in faith, serving our community, giving generously, and living out the mission God has given us. We will continue to find creative ways to connect with God, one another and the world. We will continue to be good neighbors and build God's neighborhood in this time and place, all because we hold onto the thread of FAITH and live by it through these uncertain times.

In the midst of our topsy-turvy times, Chip and I continue to be so grateful to be serving with you, the family of faith at FPCY. Through your support, prayers and faithful engagement with our ministry and mission, you help us hold onto the thread and hold fast to the good news of God's firm and abiding presence with us all.

Holding fast and moving forward in faith,  
Tami & Chip



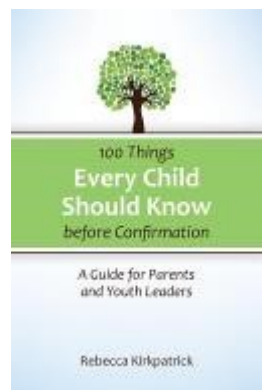
Get ready to receive  
your Daily **GIFT** this fall!

After the success of our daily Checking Our Pulse email devotions last spring, we will be starting up again on Monday, September 21st, with a new Daily GIFT.

GIFT stands for **Growing In Faith Together**. In the midst of these unusual and stressful times, the Faith4Life Team thought it would be a good idea to focus on the basics of our faith, the thread that Tami spoke about in her article above and which keeps us grounded when everything else seems to be changing all around us.

We are going to focus our daily GIFTS on the 100 Things Every Christian Should Know, which is based on the book *100 Things Every Child Should Know Before Confirmation* by Presbyterian pastor Rebecca Kirkpatrick. Just as our Sunday School classes aim to prepare our children and youth to affirm their faith and live it in the world, so these daily devotions and our Faith4Life study groups will help all of us grow in faith together and live our faith more authentically in the world.

**Stay tuned for more information in the weeks to come!**





## Online Worship Service

### Staying Connected — While We're Apart

⇒ **ONLINE WORSHIP** — Join us online for the worship service at 10:00am. Find the livestream (and services you missed) on our Facebook page ([https://www.facebook.com/fpcyorktown/live\\_videos/](https://www.facebook.com/fpcyorktown/live_videos/)).

⇒ **VIRTUAL CLASSES AND MEET-UPS** — While we are out of our building, we will have numerous opportunities to “see familiar faces” via Zoom (bible studies, Sunday School, youth group, virtual coffee hours and more). If you haven't used zoom yet, there are some quick tutorials on the company's website: <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

⇒ **EMAIL** — Make sure you're getting our weekly emails. Sign-up if you're not on the list: <http://tinyurl.com/FPCYemail>

⇒ **CONTINUE YOUR FINANCIAL SUPPORT** — During these trying times filled with so much uncertainty, OUR church is taking creative measures to stay connected and care for its congregants, friends, and neighbors. While we cannot physically pass the plate on Sundays, we can continue our financial support by giving on-line (<https://tinyurl.com/FPCYgive>) or by mailing pledge commitments or offerings directly to the church office. If you need any technology assistance, please contact Chip, Tami or Lisa.



⇒ **Pray with us** — Please feel free to stop by the church and tie on some prayer ribbons whenever you would like to offer the prayers of your heart and life. There is a plastic bin on the front porch that contains pre-cut ribbons and markers. Just write your requests on the ends of the ribbons and tie them on the strings hanging between the columns. Visit <https://www.facebook.com/fpcyorktown/videos/300943321041503/> to see a video explanation of our prayer ribbons.

## Congregational Life

**September 13** is the date for our Church Picnic, so Coffee Hour will be **PICNIC Hour**. We will ZOOM to backyards or kitchens after our worship service. Have your picnic lunch ready and be prepared to show your creativity! Perhaps we will play a game! Check your email for the link and join in by ZOOM or phone immediately following Garrett's last notes.

Our **virtual coffee hours** will continue, but with some changes. Every now and then the coffee hour will have a discussion theme. Our first theme is “Your Summer Gardens”. Check the bulletin and your email for the date. Everyone is invited to give a live tour or send your photos to [CLC@fpcyorktown.org](mailto:CLC@fpcyorktown.org). Please join us for a moment of relaxation and conversation. The link to this event arrives in your email inbox approximately mid-way through our Worship Service. *A big thank you to Dick Seymour for giving us a guided tour of their African Safari.*

The next dates we will ZOOM in for **Lunch Bunch** are **September 16 and October 21**.

**Saturday Night Specials** are planned! We're going to follow up on our dessert party on selected Saturdays at 7pm with special events. We might have a “what book are you reading?” sharing favorite titles conversation, dinner together (sharing recipes again), game night, a costume party, who knows!

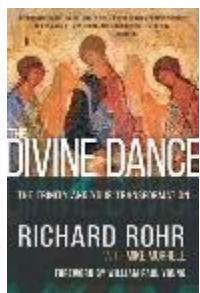






## Fall 2020—Faith Formation for All

**See You In September** - That song was a hit for a group called The Tempos during the summer of 1959. It has been recorded many times since and in 1973 was on the soundtrack of the film *American Graffiti*. This has been such an unusual summer that it's hard for me to realize that it's September already!



Our **Thursday morning** discussion of *The Divine Dance* by Father Richard Rohr will end on September 10 (Tropical Storm Isaias wreaked havoc with our schedule). Tim Lupfer will be joining us on October 1 to reprise his talk, *Epidemics and Christianity: A Long History*. We'll be choosing our next topic in the coming weeks. Check the Sunday bulletin and/or our website for an announcement.

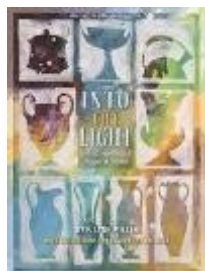
Our **Tuesday morning** group is discussing *How to be An Antiracist* by Ibram X. Kendi.

You are welcome to join these groups at any time, and you can drop into the Thursday morning session as a "one time" visitor—the discussion is focused on the film clip watched during the session (unlike the Tuesday group where the discussion is focused on the book). Contact Tami to be included on the distribution list for the Zoom links.



Please consider signing up for the **free webinar** offered by Presbyterian Outlook on September 15 at 2 PM. The title is *Holy Imagination + Race: How the Church Can Be a Healing Force in America's Racial Divide*. There is more information on page 9.

The **Women's Circle** will begin the Presbyterian Women's curriculum *Into the Light: Finding Hope Through Prayers of Lament* on Wednesday, September 9 at 10:00 AM. For the rest of the year we'll be meeting on the first Wednesday of each month.



This fall we'll be starting **Faith4Life Sunday Classes** on Sunday September 20th. The classes will begin at 9 AM and end at 9:45, just before the 10 AM worship service. We'll be working our way through *100 Things Every Child Should Know before Confirmation: A Guide for Parents and Youth Leaders*. We'd like to use the book as a basis for daily devotions—you'll be hearing more from us about that soon!

Our **Disciple Bible study groups** are forming and reforming. Interested in beginning with Disciple I? Let Tami or Chip know of your interest.

Help us "**Bring the Bible to Life**" with your artistic imagination. See the article on page 16-17 and watch the video made by Benjamin Low where Connie Knapp and Eric Kreuter discuss the project. You can see that video here <https://fpcyorktown.org/help-us-bring-the-bible-to-life/>

What would you like to read? Discuss? Learn? Do you have a topic that you'd like to present, one with ties to your own faith journey? Email Connie at [connie.knapp@icloud.com](mailto:connie.knapp@icloud.com) or Tami at [tami@fpcyorktown.org](mailto:tami@fpcyorktown.org) with your suggestions.

Connie Knapp,  
for the Faith4Life Planning Team



## Sunday School

We hope that you and your families are ready to grow in faith with us this fall! The Faith Formation Commission is eager and excited to welcome everyone back to Sunday School and Youth Groups.

As we continue to live into and adapt to the many challenges this year has brought, we have some important news to share with you about how we will grow in faith together this fall:

- ⇒ **Sunday morning worship** will continue to be online at 10:00 am.
- ⇒ **Blessing of the Backpacks** will be on **September 13**. We will do a blessing during the online worship service, and then families are invited to drive by the church between 11:30 am – 1:00 pm to pick up backpack keyrings and Sunday School supplies for your child(ren).
- ⇒ **Sunday School** will begin **September 20** and will also be online, either before the worship service at 9:15 am or after at 11:15 am. As you juggle the other activities and demands on your family's schedule, we hope you will set aside Sunday mornings as a time to worship and grow in faith together as a family.

- ⇒ To register your child(ren), grades PreK—9, go to: <https://tinyurl.com/FPCY-SundaySchool2020-21> for Sunday School. Please sign-up at your earliest convenience so that we have the materials on hand to start the Sunday School year well.

### ⇒ Sunday Morning Schedule

9:00 am	Faith4Life (for older youth and adults)
9:15 am	SHINE Sunday School (PreK-Grade 4) – see below
10:00 am	Worship Service
11:15 am	Connect (Grades 5-6)
	FaithX (Grades 7-9) – see next page

zoom

- ⇒ We want to empower families to grow in faith together. Parents are the most important factor in your child's faith development. Especially for the younger children (PreK – Grade 4), Sunday School will be for children AND parents to participate in together. *Classes will be on Zoom for approximately 30 minutes* and include a Bible story, music, some simple activities for children and parents to do together and a weekly blessing.
- ⇒ For the younger children, we are introducing an exciting new curriculum called **SHINE: Living in God's Light**. SHINE is "Sunday School that lights the way" as it encourages children and families to "love Jesus, grow in faith, and change the world." We hope SHINE will enable children and families to engage Bible stories and talk about their faith together as they learn how to live their faith in the world.



**SHINE**  
LIVING IN GOD'S LIGHT



⇒ For our **7th–9th graders**, we are embarking on a new journey we are calling **FaithX: Exploring the Frontier of Faith**. FaithX is an opportunity for our older Middle School students to deeply engage with the Bible, the traditions of our faith, and gain a stronger understanding of how we as Presbyterian followers of Christ connect to God, one another, and the world.

**FaithX is a new path towards Confirmation.**

- This year, our 9th graders who would be preparing for Confirmation will instead join our 7th and 8th graders in FaithX for a deep dive into the Bible, exploring our sacred texts using our imaginations, our curiosity, as well as our critical thinking skills. We're calling this year **FaithX: Bible**.
- Next school year (2021-22), our current 8th and 9th graders, who will then be rising 9th and 10th graders (shaded in peach - see chart below), will move into **Big God, Big Questions**, culminating in a Confirmation service. Meanwhile, our current 7th graders (shaded in yellow) will move into the next year of FaithX joined by the new rising 7th graders where they will investigate Church History, Reformed Theology, and Presbyterian Polity in **FaithX: Church**.
- In 2022-23, our current 7th graders (who will then be rising 9th graders) will move into *Big God, Big Questions* and work towards the Confirmation service while that year's rising 7th and 8th graders will explore *FaithX: Bible*.

School Year:							
2020-21		2021-22		2022-23		2023-2024	
7th grade	FaithX: Bible	7th grade	FaithX: Church	7th grade	FaithX: Bible	7th grade	FaithX: Church
8th grade	FaithX: Bible	8th grade	FaithX: Church	8th grade	FaithX: Bible	8th grade	FaithX: Church
9th grade	FaithX: Bible	9th grade	Big God, Big Questions	9th grade	Big God, Big Questions	9th grade	Big God, Big Questions
		10th grade	Big God, Big Questions				



As you can see, FaithX is a new path towards Confirmation. Confirmation is more than a box to check on a to-do list, and preparing for Confirmation is much more than a one-year class. The Presbyterian practice of Confirmation is an opportunity for young people to publicly profess their faith in God, affirm promises made on their behalf in baptism, and establish their own relationship with the Church. Rather than a graduation from religious education, it is an important step on a life-long journey of faith.

At FPCY, we want to assure that every person who seeks Confirmation is fully prepared and informed to answer the Confirmation questions and make their own commitment to their faith journey. Although we will not be holding a service of Confirmation this spring, if you wish for your child to be confirmed with their grade level, it is extremely important that they participate in FaithX this year.

If you have in your family or know of a student above 9th grade who is interested in Confirmation/ Church membership, please let us know and we will be happy to design a plan of study for that student.

⇒ All of our classes will be meeting online via Zoom for at least the first part of the school year. We will send secure links to access your child's class to the email address(es) you indicate on the registration form. For security reasons, we will not publish Sunday School Zoom links on the church website or on social media. If you have friends or family who would like to sign their child (ren) up for Sunday School and are not already on our mailing list, please feel free to share the registration form with them! The Sunday School staff will then email class access links directly to the family.

⇒ To **register** your child(ren), grades PreK—9, go to:  
<https://tinyurl.com/FPCY-SundaySchool2020-21> for Sunday School.  
*Please sign-up ASAP so that we have the materials on hand to start the Sunday School year well.*

The Faith Formation Commission extends great gratitude to Bridget Bentley and Kristy Berlin for continuing as our Sunday School Superintendents this year. We are grateful for their commitment and continued leadership, especially during this year of transition and new opportunities.

Please reach out with any questions. We would love to be in touch with you.

Growing in faith together,  
Bridget, Kristy, Tami, Chip, Steph and the Faith Formation Commission

## Youth Group

After quite the unusual summer, we're getting Youth Groups back in action!

- ⇒ Middle Schoolers (grades 6-8), put these dates on your calendar:  
Wednesdays, September 16 & 30, Zoom Meeting from 7-8 pm.
- ⇒ High Schoolers (grades 9 +), Zoom Meeting on Sunday, September 20th from 7-8 pm.

Join us for fun and connection. Watch your email for the Zoom links!  
For more info, reach out to Steph Hare [stephanie@fpcyorktown.org](mailto:stephanie@fpcyorktown.org)





## How Can I (We) Keep from Singing?

*"The silencing of choral groups could hit hard since an estimated 54 million people — or 1 in 8 Americans — sing in some type of choir, according to a 2019 study made for the group Chorus America." (Cincinnati enquirer)*

In my opinion, we've managed very well at our church. Thanks to the efforts of many, we've seamlessly transitioned into an online worship format and while everyone was caught off guard - nobody lost their footing. Our virtual music offerings have provided comfort, fun, and the perfect amount of frustration for all of us to be proud of what we can achieve. Not only that, but did you know our performances are being shared for nursing homes across the country to provide comfort for the residents? For centuries singing has been used as a symbol of hope, community, and joy; a tool of reconciliation, justice, and peace. Even now in the season of isolation, music still brings us together virtually, but what about singing in person? The irony of our situation is not lost on me...in a time when we need singing most, we're told it's the one thing we can't do.

These past five months have felt like a mix of 10 years and 10 days. The continuous spigot of seemingly contradictory information leading to short-sighted decisions has certainly left me a little confused, even a little jaded. When will things go back to NORMAL? As much as I wish there was an answer to that question, the fact is: nobody knows yet. However, thanks to some heroes in the science and music communities, there are new opportunities and new concrete information for us to use when making decisions about getting back together. An aerosol study commissioned by the National Federation of State High School Associations (NFHS), the College Band Directors National Association (CBDNA) and a coalition of more than 125 performing arts organizations has generated a second set of preliminary results that provides further optimism for mitigating the impact of COVID-19 on performing arts activities.

The preliminary results are reassuring! We're in week five of a six month study but some key takeaways for us are:

- ♪ A mask must be worn (a special singers mask is ideal)
- ♪ 6 feet social distancing rules should be observed
- ♪ Rehearsals should not exceed 30 minutes
- ♪ Outdoor, or a space of large volume, is best

If you are interested in learning more about this study, and continuing the discussion of re-opening our music program, please contact me at [garrett@fpcyorktown.org](mailto:garrett@fpcyorktown.org)

"My life flows on in endless song;  
Above earth's lamentation,  
I hear the sweet, though far-off hymn  
That hails a new creation"

Yours in music,  
Garrett



Garrett Artman

Director of Music Ministry





The turmoil in of the past few months has made it clear that racism is a continuing scourge in our country. We must seek to address this problem, but where do we even begin? This summer, the Faith Formation Commission challenged us, the FPCY family, to commit ourselves to listening to, learning about and better understanding the reality of racism in our community, our nation and our world, and what we can do to move change in a positive direction. Here is another resource to help us on the journey.

**webinar**

**Holy Imagination + Race:**  
How The Church Can Be a Healing Force in America's Racial Divide

**GOOD WHITE RACIST?**  
Confronting Your Role in Racial Injustice  
KERRY CONNELLY

Presented by Kerry Connelly, author of *Good White Racist*.

WEBINAR  
**September 15**  
2 p.m. ET / 11 a.m. PT

The Presbyterian **OUTLOOK**  
Sponsored by Presbyterian Publishing

Copies of *Good White Racist* can be purchased online at the PC(USA) Store.

PC(USA) Store  
www.pcusastore.com

### **HOLY IMAGINATION + RACE:** How the Church Can Be a Healing Force in America's Racial Divide

September 15 at 2 p.m. ET — 90-minute Presbyterian Outlook webinar

Presented by Kerry Connelly Sponsored by Presbyterian Publishing — **Free of charge to participants**

To learn more and register, visit: <https://tinyurl.com/RaceFaithSeminar>

There is no denying what history makes clear: Systemic racism in America is deeply entwined with the history of the institutional church. Even today, the church must look at our complicity — which at times has been overt, and other times the product of mere silence. The good news — and there is good news — is that the church is in the business of redemption and prophetic imagination. That means that the church can lead toward a more just world that truly resembles the realm of God.

In this webinar, you will:

- Begin to understand and deconstruct white identity and how it operates in the world.
- Understand the process of this deconstruction, and how it resembles the stages of grief.
- Learn how to practice agency over embedded whiteness, unconscious bias & inherent racism.
- Get practical tips on how to combat systemic racism.
- Acquire language and tools to companion others in their process of deconstructing whiteness and other systems of dominance.
- Learn how the church can be an agent of change and justice in the current racial divide.

**KERRY CONNELLY** is a certified coach, speaker and the author of *Good White Racist? Confronting Your Role in Racial Injustice* and *Pause: Making Time to Walk with God*. She holds additional certifications in DISC personality, emotional intelligence and global citizenry and is a New York City Leadership Fellow.



## From the Mission Commission

**Noon Time Meal** is going well under these new circumstances. We were asked to increase our numbers a little this past month to 36 from 30, which we were able to do. They also asked if it would be possible for us to give juice boxes and fruit cups with the September meal. To help defray the cost, please consider donating one of these items and dropping it off at the church on Tuesday September 10 between 10 and 4. Any questions, call Pat at 914-737-4674.



**Jan Peek Meal** has been so far very successful using a drop off method with no contact. Thank you to Beth Coccodrilli and Amy Coccodrilli Families for the July Meal and for the August meal we thank Carolyn Braverman, Sue Caruso, Christine Lazarus and Emily Monk (and to Mike Delany who supplied and cut up a watermelon). Thank you to all. We still need families for November 28th so if you are interested please give me a call.

Please continue to drop off your bottles & cans at the church.

They are picked up at least once a week and redeemed. All monies redeemed go to support Mission.

Until we can open our building to small gatherings, our **Knit Togethers** and **Prayer Shawl Teams** continue to knit/crochet at home. If you need yarn or project guidance contact Norean (914-962-4370 — Knit Togethers) or Marianna (914-737-8294 — Prayer Shawl).

From Norean~

*While self-isolating for 90 days and now semi-isolating, I am knitting scarves for the Deacons December Gift Tree at the Food Pantry. All knitters please join me; it is easy and fun! Pick up your needles #7-#10, cast on 22-30 stitches and knit, knit, knit for 45" to 60". For more information and yarn delivery, call Norean at 914-962-4370. We are also busy knitting hats, scarves, and lap blankets for giving to others.*



From Marianna~

*Sue, Terri and I met at the Labyrinth in the shade at a picnic table for prayer and knitting in August. Since we couldn't be inside we were out. We will try and do this again. Anyone that would like to join us, we would be happy to have you and see you there. It almost felt normal. Call me if you would like to gather with us so that we can make sure our group can maintain a safe distance.*

From our **Mental Health Initiative (MHI) Team** — Like the parable of the Good Samaritan, we are called to help our neighbors when others may look away. While not a counseling service and certainly not making any diagnoses, the MHI team hopes to empathize with those who may feel anxious or depressed, and help with everyday stress and strain - while also acknowledging that some people suffer from much more serious problems. Especially now! We are a subcommittee of missions and deacons. Please contact either Pastor or Jennifer Burns with questions, or if you would like to help out. One of our efforts will be to "Educate - Build Awareness - Reduce Stigma". As part of this, please see the next page for an important infographic produced by NAMI (National Alliance of Mental Illness) that addresses the "ripple effect" of mental illness.

In August, we held a clothing drive for **St. Christopher's Inn**, a residential drug and alcohol treatment program in Garrison, NY. The men, ages 18 -75, who complete the program are presented with nice clothing that they can use as they begin the next chapter of their lives. Thank you for your amazing generosity and stay tuned for future drives!



# The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

## PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

## FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



**20% of people** experiencing homelessness also have a serious mental illness

## COMMUNITY



**37% of people** incarcerated in state and federal prison have a diagnosed mental condition



**70% of youth** in the juvenile justice system have at least one mental health condition



**1 in 8** of all visits to U.S. emergency departments are related to mental and substance use disorders



## WORLD



Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

f NAMI

Twitter NAMICommunicate

Instagram NAMICommunicate

www.nami.org

**nami**  
National Alliance on Mental Illness



## From our Mission Partners in Dominican Republic: Work on the La Guama Primary School Resumes!



Last summer, our Mission trip team traveled to La Guama, Dominican Republic with Bridges to Community, a community development organization which works in rural DR and Nicaragua in some of the poorest communities in the Western Hemisphere. While there, our group heard about the very exciting plans in the works to build a new school in La Guama, to expand access to education for the children of the village. Currently, the local school building can only accommodate a limited number of elementary school children, so if students are going to continue their education beyond the 5<sup>th</sup> grade, they must walk many miles each way to attend a school in another municipality. The community leaders have been hard at work developing these plans in partnership with Bridges to Community.

But then the Covid-19 pandemic hit. Work on construction projects had to be halted and Bridges had to cancel plans to send volunteer groups to the work sites in both DR and Nicaragua for this year and possibly into the future.

However, we are thrilled to report that the construction of the new school building in La Guama recently started up again! The Mission Commission recently sent a contribution to Bridges to aid in the construction that is currently underway.

Here is the happy update from Bridges about the project:

"Great news! Work in our partner communities in Nicaragua and the Dominican Republic is continuing, even without volunteers. We are very excited that construction on the primary school in La Guama, DR resumed in June!

Bridges has been working in the impoverished community of La Guama since 2017. Located in a mountainous area an hour away from the municipality of San Juan de la Maguana, it has a population of approximately 1,500 people.

The new primary school was identified as a top priority project by La Guama's community leaders due to a growing student population and the deterioration of the old school. The new school will include four classrooms and will accommodate 120 students, 45 students more than the current 75.

The municipality loaned us a backhoe for a few days and we have excavated more than 28,758 cubic feet of material with help from many community volunteers! The start of construction has filled the people of La Guama with much happiness and hope.

Residents share the excitement: "We've always trusted in BTC despite the COVID-19 pandemic. We knew you wouldn't abandon us, not now. All of the community members are happy now that it's apparent the project will be a reality for the community." - Miguel Angel Cordero Contreras, father of two children who will be attending the school."



We praise God for this good news and for the tenacity of all involved who are making this project happen, despite many obstacles. We extend thanks to all of our FPCY community for your continued support of our Mission projects through prayer and contribution. Through the combined efforts of many, the children of La Guama will soon have a new school to attend and hope for a brighter future.

## Campaign Project Management Team and Operations Commission Update

The campaign and operations teams continue to be busy with renovations and maintenance projects, taking advantage of the flexibility provided by the empty building.

- ⇒ Renovations of rooms 2, 7 and 9 continue
- ⇒ The widening of the office hallway/entrance is nearly done
- ⇒ Exit signs have been rewired/repaired/relocated as needed
- ⇒ Installation of handicap access electronics on the gathering space doors is being scheduled
- ⇒ Kitchen renovations plans are being assessed
- ⇒ Heating and cooling systems are being evaluated
- ⇒ A plan is underway for technology and storage needs for worship

Fall Clean-up will not be an “all hands on deck” one day event. Rather, in light of social distancing, smaller groups of volunteers coordinated by the Operations Commission will tackle the annual fall yard work & prep for the coming winter.



As ever, we are so grateful for the support of the congregation and the faithful fulfillment of pledges, to enable us to do this work. If you haven't yet made a commitment, please prayerfully consider participating in this campaign for the present (and future) of our Ministries of Faith. Pledges can be made via [myFPCY.org](http://myFPCY.org). If you have made a pledge, but haven't yet made a gift, or if wish to make a one-time gift, you can do so at your convenience here: <http://tinyurl.com/FPCYCapital>





## Pantry Plus – How We are Helping Those in Need

The FPCY Pantry continues in its drive-through delivery model twice per month. We continue to serve 400 families and over 1600 people per month, about 2X our pre-pandemic volume. We continue to deliver to elderly clients at two facilities in Yorktown, and are grateful for the volunteers that make that ministry possible.

On August 22nd, thanks to Pam Darreff and her School Supplies team, we helped 230 children be prepared for the new school year. We will do a second distribution of school supplies on September 12 for families that didn't attend on August 22nd.

We give thanks for our volunteers, for the produce from Garden of Hope (see their report on the next page), and for the financial and material support from the community and congregation in our work. Your donations of cereal have allowed us to offer this important food type most weeks, and it continues to be our greatest need.

**Are you (or are you aware of a congregation member) in need of help getting groceries?**

Contact Katharine Frase via email: [kfrase98@gmail.com](mailto:kfrase98@gmail.com)



**They can only take out what we bring in.**

The majority of the food we offer at the FPCY Pantry comes to us from **Feeding Westchester**.

Some items we like to distribute are in short supply and your contribution can help fill that gap.

We thank you for bringing in

**CEREAL**



**Next Pantry Dates:  
September 12 & 26**

### FPCY PANTRY

#### **MATCHING GRANT—**

**FPCY PANTRY MATCHING GRANT—**With the start of the new year, the FPCY Pantry grant matching program begins anew. Throughout the year, every dollar is matched up to at least \$10,000. Please consider supporting our FPCY Pantry, an outreach that provides food to over 200 clients twice a month throughout the year. Gifts can be given via mail, in the collection plate or online. Make sure to mark gifts "FPCY Pantry" when submitting a check or cash.

On Sunday, September 6, the John C. Hart library in Shrub Oak held a Concert to Benefit Our Pantry. The Independence, a multi-generational band played a mix of jazz, R&B, pop and rock. Socially distanced fun was had by all and our pantry received food and monetary donations!





## Garden of Hope: The garden has been productive this year!

We have been able to donate at least 150 lb of veggies to our pantry and nearly 400 lbs, with some other group's donations to St Mary's pantry on the 1st and 3rd weeks. (Since we don't have a scale, we estimate weight of donations based on a very scientific principle — we use another grower, Janet Moira's 20lb vacuum cleaner as a "feel" equal; totally her idea.)

Special thanks to the Caswells and Nance Thompson for regular watering, weeding, etc. We also want to thank: Steph for squeezing weeding and watering into her busy schedule; as well as those who filled in from time to time when they could: Terri Froehlich, Frank Hodgkinson, Jeff Kephart, Karen Mack, Susan Solomon, Johanna (Nance's Friend). Kudos to those who stepped up to help with watering and harvesting last week while Nance and I were away; Sue Caruso, Janice Caponera and Terri Froehlich. (Please forgive me if I have left any names out.)



We hope to have several more harvests of tomatoes, tomatillos, peppers—several varieties—and some beans and herbs. This was a gratifying year to work in the garden, in terms of amount of produce raised. We were able to work well with several groups of scouts, some connected to our member Dawna Dennis. Between the scouts and coordination with several individual gardeners, we were able to deliver much larger donations of produce, which was truly appreciated by the pantries and a joy for me.

Exciting news from the Yorktown Interfaith Council about the Garden of Hope! We are grateful for the use of the property where the Garden of Hope is currently located on Whitehill Road, which has been generously donated for the past several years. While the property is in the process of being sold by the owners, members of the Yorktown Interfaith Council have been working in partnership with the Town of Yorktown for the past several months to secure a new location for the Garden and a new location is in the works! More news to follow when plans are finalized, but the Council is excitedly looking forward in hope to the 2021 planting season in the new location.

For Mission and on behalf  
of our church,  
Nance and Heidi



**THANK YOU!** The need for blood is constant. With thousands of blood drives cancelled during the COVID-19 pandemic, we opened our Fellowship Hall to the Red Cross again in August. Here's a note from their coordinator Susan:

*Thank you so much for letting us host the blood drive yesterday. Here are the results:*

**34 donors registered, 2 donors deferred**  
**34 units collected (including PowerRed donations!!)**  
**102 lives potentially saved!**

Blood drive goal: 34 units      % collected to goal: 100%      **AMAZING job collecting to your drive goal!**

*I truly appreciate your generosity in helping during these difficult times.  
 Thank you for being such a great partner in this lifesaving mission! Stay healthy and safe!*



## Green Team News

From the Podcast On Being with Krista Tippet, The Intelligence of Plants, Robin Wall Kimmerer, Update Aug 20, 2020

*"In talking with my environment students, they wholeheartedly agree that they love the earth. But when I ask them the question of "Does the earth love you back?" there's a great deal of hesitation and reluctance and eyes cast down, like, oh, gosh, I don't know. Are we even allowed to talk about that? That would mean that the earth had*

*agency and that I was not an anonymous little blip on the landscape, that I was known by my home place. So it's a very challenging notion, but I bring it to the garden and think about the way that when we, as human people, demonstrate our love for one another, it is in ways that I find very much analogous to the way that the earth takes care of us, is when we love somebody, we put their wellbeing at the top of a list and we want to feed them well. We want to nurture them. We want to teach them. We want to bring beauty into their lives. We want to make them comfortable and safe and healthy. That's how I demonstrate love, in part, to my family, and that's just what I feel in the garden [laughs], as the earth loves us back in beans and corn and strawberries. Food could taste bad. It could be bland and boring, but it isn't. There are these wonderful gifts that the plant beings, to my mind, have shared with us. And it's a really liberating idea to think that the earth could love us back, but it also opens the notion of reciprocity that with that love and regard from the earth comes a real deep responsibility."*

And from "Braiding Sweetgrass" by Robin Wall Kimmerer

*"We are all bound by a covenant of reciprocity. Plant breath for animal breath, winter and summer, predator and prey, grass and fire, night and day, living and dying. Our elders say that ceremony is the way we can remember to remember. In the dance of the give-away, remember that the earth is a gift we must pass on just as it came to us. When we forget, the dances we'll need will be for mourning, for the passing of polar bears, the silence of cranes, for the death of rivers, and the memory of snow."*

## Help Us Bring the Bible to Life



When you read the Bible, do you "see" images? Do you "smell" the flowers? "Taste" the fruit? The Faith Formation Commission invites you to use your imagination and help us bring the Bible to life. Here's the plan:

- ⇒ Pick a Bible story or scripture passage that speaks to you. Stay tuned for list of Bible stories and themes to spark your creativity.
- ⇒ You provide your imagination and paint, draw, sculpt, photograph, quilt, dance, write a poem, build a Lego model or [fill in the blank with your creative talent] to illustrate the passage.
- ⇒ Write a brief statement reflecting on how the passage spoke to you and what it was like to create a piece of art about it.
- ⇒ If you would some help or support with your project, we will connect you with a volunteer mentor artist from the congregation.



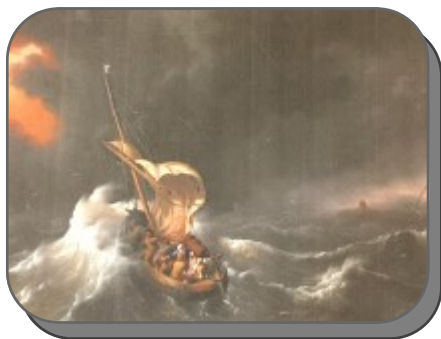
We would like to display your creations at a community art show in Spring 2021. We encourage submissions by individuals, families, groups of friends, or even entire commissions! Submission form and list of mentors to follow. Questions? Contact Connie ([connie.knapp@icloud.com](mailto:connie.knapp@icloud.com)) or Eric ([erickreuter@aol.com](mailto:erickreuter@aol.com)). See next page for an example.



Example (work in process) – Eric Kreuter

Matthew 8:23-27 (New International Version (NIV)) Jesus Calms the Storm

Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"



photo



painting

Watch Connie and Eric talk more about this project: <https://tinyurl.com/FPCYBibleArt>



## Bring the Bible to Life: Artist Mentors Wanted

*Do you paint or draw? Take photographs? Quilt? Build models? Are you a Lego expert?  
Is there some other artistic medium you use to express yourself?*

"Bringing the Bible to Life" is a project of the **Faith Formation Commission** that invites members of the congregation to illustrate Bible scenes using whatever medium they choose: painting, sculpting, photography, sewing, etc.

The goal is a community show to be held in the Spring of 2021 where all submissions will be displayed.

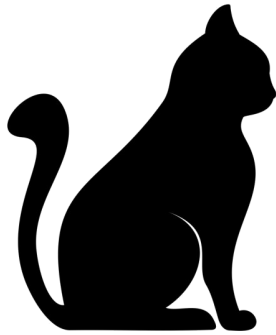
- ◆ We are looking for artist mentors to provide guidance, suggestions and support.
- ◆ We will be providing Scripture passages for members of the congregation to illustrate in any way they choose.
- ◆ We'd like to also provide a list of artist mentors, members of the congregation who would be willing to be available if needed.

Artist mentors will be encouraged to submit something also, so know that serving as a mentor doesn't prevent you from participating in the project.

If you are willing and able to accept our invitation, please contact Connie Knapp ([connie.knapp@icloud.com](mailto:connie.knapp@icloud.com)), or Eric Kreuter ([erickreuter@aol.com](mailto:erickreuter@aol.com)) and let us know that you'd like to volunteer, and also tell us the medium (or media) you work in!







## FPCY is getting a CAT scan!

FPCY has been chosen by the Healthy and Vital Communities of Faith Team of Hudson River Presbytery to be a pilot church in using a new Congregational Assessment Tool (CAT) that will help the Presbytery better support congregations in their ministries.

### **A Congregational CAT Scan**

The CAT was developed by Holy Cow! Consulting ([www.holycowconsulting.com](http://www.holycowconsulting.com)) and is a benchmarked assessment tool that has been used by over 3,000 congregations of all sizes and denominations. Using both qualitative and quantitative metrics, the CAT provides data-based insights into congregational climate and culture, community demographics, and areas of strength and growth. All of this information and interpretation enables church leadership to "make better decisions in less time with more confidence."

### **Frequently Asked Questions**

#### **What is the CAT?**

The Church Assessment Tool is an 86-question online assessment of a congregation that is completed by members of a church. The CAT takes 20-30 minutes to complete and is completely confidential. We affectionately call it a CAT-SCAN. It generates a report called Vital Signs©.

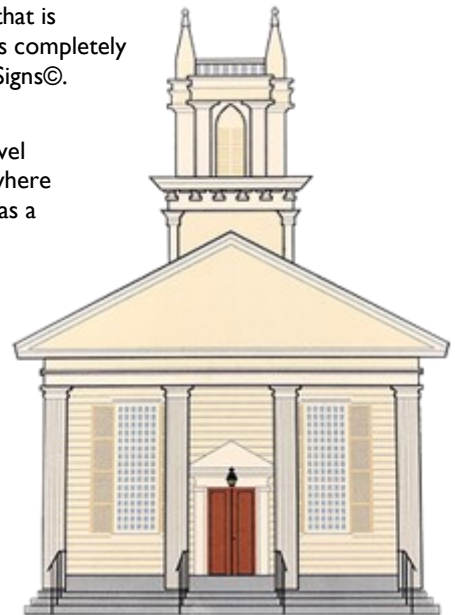
#### **What is the purpose of the CAT?**

Using the Congregation Assessment Tool is like taking your church to a doctor, a travel agent and a tailor. It gives leaders a read-out on the health of the church, a sense of where members think the church should head in the future, and a description of the church as a unique body of people.

#### **Why now?**

FPCY has experienced a fair amount of transition in our staff and programming in the past 5 years. We are also half-way through a capital campaign which is raising funds and renovating our facilities to better prepare for our ministry and mission in the next 10-20 years. The CAT will help us "check-in" with our members and with our goals and priorities to make sure we are on the right track into the future. Plus, as we are one of the pilot congregations, Hudson River Presbytery is covering the cost of the assessment and interpretation to our leadership.

**Stay tuned for more information coming soon!**



BRING YOUR CREATURES, GREAT AND SMALL, TO THE

## **BLESSING OF THE ANIMALS**

Save the Date: October 4. Details Coming Soon.





### October's Special Offering of the PC(USA)

A gift to the **Peace & Global Witness Offering** enables the church to promote the Peace of Christ by addressing systems of conflict and injustice across the world. FPCY will utilize up to 25% of this Offering to connect with the global witness of Christ's peace. Mid councils retain an additional 25% for ministries of peace and reconciliation. The remaining 50% is used by the Presbyterian Mission Agency to advocate for peace and justice in cultures of violence, including our own, through collaborative projects of education and Christian witness.

## JOIN US



Those interested in exploring membership at FPCY are welcome to attend our new member classes being held on Sundays October 18—November 15



## Your Vote Counts

Election Day is Tuesday, November 3, 2020

Early Voting Period is October 24, 2020 - November 1, 2020

Visit the NY State Board of Elections website to access information on voter registration, early voting, absentee ballots, deadlines and more:

<https://www.elections.ny.gov/VotingRegister.html>



This year marks the centennial of the passing of the 19th Amendment giving women the right to vote—something that took over 70 years to make happen. 70 years of dedicated women fighting for an equal voice.

Learn more here: <https://www.womensvote100.org/learn>

# The Disciple

September 2020

www.FPCYorktown.org

914-245-2186

office@fpcyorktown.org

Office Hours:

By Appt. Tue & Fri

Co-Pastors

Rev. Chip Low

Rev. Tami Seidel



Facebook.com/fpcyorktown



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@fpcyorktown



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**First Presbyterian Church of Yorktown**  
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**Yorktown Heights, NY 10598**

**Non-Profit Organization**  
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**Yorktown Heights, NY 10598**  
**Permit No. 20**

**Current Resident or:**

<b>September</b> <b>All meetings and services will be held online until further notice.</b>					11 3:00pm Pantry+ Set-Up	12 8am Pantry Distribution  6pm Jan Peek Meal Served
13 <i>Blessing of the Backpacks</i> 10:00am Worship 11:00am Virtual Church Picnic 11:30am Drive-by Blessing of the Backpacks 4:00pm Budget & Finance	14	15 10:00am F4L Study 2pm Race webinar 6:30 F4L planning team 7:30pm Mission & Operations	16 9am Stewardship 12pm Lunch Bunch  7pm F4L-Disciple MS Youth	17 10:00am F4L Study  Music Rehearsals Resume Times TBD	18	19 8am Men's Breakfast
20 <i>Sunday School Begins</i> 9:00am F4L 9:15am SHINE 10:00am Worship 11:00am Virtual Coffee Hour Deacons 11:15am Connect/FaithX 7pm HS Youth	21	22 10:00am F4L Study  7:30pm Communications	23  7pm F4L-Disciple	24 10:00am F4L Study	25 3:00pm Pantry+ Set-Up	26 8am Pantry Distribution  6pm Jan Peek Meal Served
27 9:00am F4L 9:15am SHINE 10:00am Worship 11:00am Virtual Coffee Hour 11:15am Connect/FaithX	28	29 10:00am F4L Study	30 7pm F4L-Disciple MS Youth	OCTOBER 1 10am F4L-Epidemics & Christianity	2	3
4 <i>World Communion Sunday</i> 9:00am F4L 9:15am SHINE 10:00am Worship 11:00am Virtual Coffee Hour 11:15am Connect/FaithX	5	6 10:00am F4L Study  7:30pm Session	7 7pm F4L-Disciple	8	9 3:00pm Pantry+ Set-Up	10 8am Pantry Distribution