



May 2020

DATES TO NOTE:

May 24

Memorial Day Recognition

June 14

Summer Service at 10am

June 21

Celebrate the Gifts of Men Sunday

June 28

Children's Sunday

Tami and I have enjoyed watching Some Good News, a weekly show on YouTube hosted by John Krasinski. In each episode, Krasinski shares the good news he is seeing around the world in the midst of the pandemic. First, it's noteworthy that he actually believes there is good news to share. So, he seeks to deliver it each week in response to our quarantine and isolation, both of which can and do make many believe good news doesn't exist now, if it ever did. It's not a denial of the present situation, but a celebration of the way we human beings can continually respond in adaptive ways to what life throws our way. I hear in his show an answer to the question, "How do we live in this time when life isn't what it used to be, and we aren't sure yet what it will be?"

I like the idea of searching for some good news so much that I think it would be a good exercise for us. Where is some good news in our church's ministry? Our worship services have pivoted online, and we are connecting with more people in many states as well as people locally who don't normally come to our in-person services. Our commitment to food justice continues in different ways. You can see a picture from 300-feet up, thanks to John Bentley, of how our dedicated Pantry team is handing out food and accommodating the drastic increase in food insecurity and need. JanPeek and Noontime Meal are receiving food deliveries from us thanks to the leadership of Pat Prauda and the people who signed up to make it happen over the last three months. Our Bible studies, commissions and committees are meeting over Zoom to be community, study together, and do the ministry of the church. In the month of May, we are raising Mental Health Awareness, seeking to erase the stigma of mental illness and encourage ways to take care of our mental health. We are finding new ways to do Sunday school with our kids, our youth are meeting weekly together, plans are in the works to celebrate our graduates, meetings are happening for virtual coffee hours on Sundays and games during the week. We haven't postponed or canceled our ministry. We've adapted so that the good news of God's love in Jesus Christ is known in and through our lives and ministry. In these and many more ways,



we are searching for answers to the question above. How do we live in this time when life isn't what it used to be, and we aren't sure yet what it will be?

The Apostle Paul wrestled with that same question in his letter to the Romans. One example is this: "I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us." Paul recognized that Christians live in an in-between time, what is often called "liminal space." The word liminal comes from the Latin word limen which means "threshold" and refers to points or places of entering or beginning. A liminal space is the space/time between "what was" and "what comes next." It is a place of transition, waiting, and not knowing. In her book Almost Christian: What the Faith of Our Teenagers is Telling the American Church, Dr. Kenda Creasy Dean writes, "Liminal space is where all transformation takes place, if we learn to wait and let it form us."

I believe we are in a liminal space right now. This space isn't new to us. Just look at our capital campaign. We've been preparing our building for the next ten years of what God will want to do through us. We know what it's like to be here as people of faith. We've been in thresholds before, the transition from one pastor to the next, the move from one kind of Sunday school to another, the shift from some forms of mission projects to others. All of these and many more examples invited us to stand in the threshold for a time and wait, to let the waiting form us in ways that prepare us for where God will lead us next. So, we continue

(Continued on page 2)

The Disciple

to worship, pray, study scripture, feed the hungry, support the homeless, teach our children, gather in fellowship, build community, give generously, all the practices that have helped us experience God, but with the added invitation now to listen. What is God saying to us now? What is the virus, the isolation, the quarantine, the distance revealing to us about next ministries to develop? That's how we will live the question, "How do we live in this time when life isn't what it used to be, and we aren't sure yet what it will be?"

One way in which the Session is answering this question is with a Re-Opening Task Force. Tami and I asked the elders on Session what their hopes for re-opening are. Not what procedure we should follow. Not what solutions we need to implement. Those things will come in time. Instead, we asked them and would ask all of you reading this to think first about what you hope for our re-opening. We want to re-connect with why we gather and what makes it important before we develop how we will gather. Otherwise, we've missed the liminal opportunity to understand our purpose as a church and how will we live into the next normal faithfully.

I think that the best news of all in the midst of this liminal time is that God is with us. That's not just some good news. That is the Good News. God is with us at the threshold. God is with us in our grief and loss. God is with us in our isolation and quarantine. God is with us as we pivot and adapt. God is with us as we serve and continue our ministry. God is with us as we put our faith into practice. We may not know yet where we are going and who we will become and what we will do next, but we do know that God is with us in this time of standing in the doorway, this liminal space, loving us and preparing us to continue to worship and serve faithfully.

Thank you for your faithfulness in our ministry during this time. Thank you for inviting your family and friends to our worship services online. Thank you for sharing your stories and your faith through the Checking Our Pulse emails. Thank you for sending your prayer requests to us. Thank you for your many gifts to support our shared ministry and the lives of so many people. And, thank you for your patient, faithful, listening with us as we live in the threshold of where God is leading us to connect with God, one another, and the world next.

Thankful,
Chip



Staying Connected — While We're Apart

- ⇒ **EMAIL** — Make sure you're getting our weekly emails and daily "Checking Our Pulse" devotionals. Sign-up here if you're not on the list: <http://tinyurl.com/FPCYemail>
- ⇒ **SHARING INSPIRATION** — Think about where you turn in trying times for comfort, hope, strength and support. Pick a scripture passage, share a favorite hymn or piece of music, write a brief reflection on why this is meaningful to you, and end with a short prayer. Email submissions for the "Daily Pulse Checks" to tami@fpcyorktown.com
- ⇒ **VIRTUAL MEET-UPS** — See familiar faces yet again via an "FPCY Connects" zoom call with Chip. While there have been many Bible Studies and church meetings happening across zoom, these "FPCY Connects" are casual virtual gatherings where we can say hello, see each others faces and just check in with one another. 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/20618765-Zoom-Video-Tutorials>



Choose from either date or both: Wednesdays at 3:00pm and Thursdays at 7:00pm

zoom
Video Conferencing



⇒ **ONLINE WORSHIP** — Join us online for the worship service at 10:45am. Find the livestream (and services you missed) on our Facebook page (https://www.facebook.com/fpcyorktown/live_videos/).

⇒ Email a photo of you or your family that we can add to the Sanctuary collection of faces that Tami and Chip can see while preaching on Sunday mornings. Live Streaming lets you see them, but they can't see you! Won't you add "yourself" to our Sanctuary? Email photos to lisa@fpcyorktown.org



⇒ **VIRTUAL COFFEE HOUR** — Each week following our online worship, join us for a virtual coffee hour.

⇒ **SUNDAY SCHOOL AT HOME** — Each week we will send you a simple lesson and some activities to do together as a family (see page 8 for more details on this and virtual classes for certain grades).

⇒ **YOUTH GROUP ZOOM MEETINGS**
Join Stephanie and
your
each
youth group friends
week via Zoom.



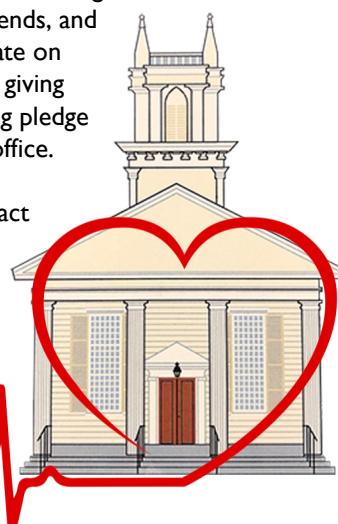
Middle School Youth - Wednesdays at 5 pm
High School Youth - Sundays at 7 pm

If you're not getting Stephanie's emails, please contact her at Stephanie@fpcyorktown.org



⇒ **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.



Deacons & Pantry – How We are Helping Those in Need

Connecting with Our Congregation During Covid19

Praying Together

Devote yourselves to prayer, keeping alert in it with thanksgiving. (Colossians 4:2)

The Board of Deacons is re-organizing the prayer ministry at FPCY, and we need your help!

1. We need pray-ers. Prayer is something that anyone and everyone can do! We can even teach you, if you want to learn. No matter how young or old, big or small, mobile or stuck at home, everyone can pray. If you would like to be involved with our Prayer Ministry, please let us know at prayer@fpcyorktown.org.
2. Praying for people on the front lines. We would like to compile a list of everyone connected to our congregation who is working on the front lines of the coronavirus pandemic – health care workers, first responders, essential service providers, funeral home workers, store clerks etc. We will be giving their names to at least 2 people in our church who will commit to praying for them every day. If you or someone in your family or someone you know is working in any of these areas, please send us their information (name, job, connection to you) to prayer@fpcyorktown.org.

Ex. Ben Herman, EMT, son of Bill & Christie Herman

Casey Peterson, NYC criminologist working in the morgue, son of Judy & Dave Peterson, grandson of Marianna & Ken Sherman
Ali Winget, nurse at Hudson Valley Hospital, daughter of Jean & John Winget

If you would like to pray for our front line folks, please let us know at prayer@fpcyorktown.org.

Stay tuned for more prayer opportunities coming soon!

The Prayer Ministry Team



Card Ministry

These times are filled with challenges, uncertainties, unknown and unplanned situations. This new reality is causing us to come to grips with how important human connection really is. In an attempt to continue that feeling of connection and care for each other, the Deacons are communicating by phone, texts and emails with members of our congregation. Through this program, we hope to help alleviate the pain and isolation that members may be feeling and make sure everyone's needs are being met.

"Rejoice with those who rejoice, weep with those who weep." (Romans 12:15)



In this world where there's so much negativity and sending a card is something that is not done as often as it used to be. So, it is appreciated and something that will stand out. The Card Ministry, based within the Deacons, supports the congregation by sending cards to anyone of the members in need, celebration or concern. The people who receive cards are often suggested through Joys and Concerns, emails to me from our pastors and/or Jean Post-Winget, Deacon's chair. In addition, members who are over 80 years old are sent birthday, anniversary, Easter and Christmas cards yearly. Younger members are sent birthday cards at 21 and after that birthdays on the 5s. (25, 30 35,to 80). New members and Confirmation class members are sent cards upon completing their classes and welcomed. Sympathy, Get Well and Thinking of You cards are sent as needed.

For all cards sent out through the Card Ministry, a note is added stating that this card is from our faith family here at FPCY and the Deacons. We extend congratulations, regards, sympathy, welcome, prayers, etc to the recipient depending on the type of card sent and I then sign the card with my name. For the month of April thus far 51 cards have been sent. Of these, 27 were Easter cards, 7 Welcome, 6 Birthday, 6 Sympathy, 2 Get Well, 2 Thinking of You, and 1 Anniversary.

I joined the Deacons in January and took over the Card Ministry in February. So far, I am pleased to be able to reach out to members in this way and hopefully bring cheer and love and support through the cards.

~Nancy Paskin, for the Deacons

The FPCY Pantry

We are so grateful to have the human, financial and food resources to support the rising need for hunger assistance in our community. This need is likely to continue long after businesses "reopen", and we are committed to being ready. The volume at the pantry continue to rise; compared to an average of 210 families/month, in April we helped 453 families, 1,480 people, 550 bags plus produce, meat, diapers and eldercare. Our volunteers are working longer hours and have been cheerful and flexible as our model has changed to pre-packed bags and a drive-through distribution. We have expanded distribution hours by 1 hour and added an additional Saturday in May to handle the volume. We have been able to source enough food volume, but some food types continue to be a struggle. We are grateful for the 100 boxes of breakfast cereal that were donated. We have a great need for rice and pasta, as well as breakfast cereal. There are bins outside the back doors of the Sunday School building for donations, which are brought into the building daily.

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

Contact Katharine Frase via email: kfrase98@gmail.com

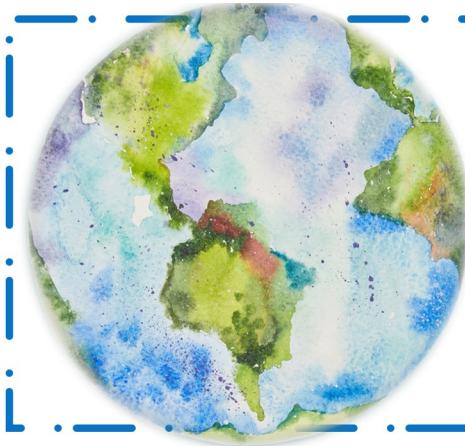
**Item-of-the-Month:****RICE, PASTA, CEREAL, CANNED VEGETABLES AND BROWN PAPER GROCERY BAGS**

The majority of the food we offer at our Pantry comes to us from Feeding Westchester. Some items we like to distribute are in short supply. Your contribution of the item-of-the-month can help fill the gap! A donation bin is by the back doors.

**Next Pantry Dates:
May 23 & 30, June 13 & 27, 8 to 11am**

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.





50th Earth Day Celebration

April 19, 2020

Good morning! It is great to be here with you all on this Earth Day Sunday. Even though everyone is watching from home this morning, it's super great to be with all of the photos of our congregation here in the sanctuary. So if you are joining in today in your jammies, slouched down on your couch, the photos here are making you all look like you are sitting upright and are super smiley. So, good job. Wherever you are right now, to quote comedian Tom Papa from his newest standup special: you're doing great (can you tell that I may be watching a bit more Netflix than usual these days?)

For those of you who don't know me, I am Stephanie Hare and I am here this morning to share some thoughts with you on this day that is just a few days away from the 50th anniversary of the first Earth Day in the United States. That's right, the first Earth Day was established on April 22, 1970 at a time when folks around the country were coming to a collective realization that our environment was in deep trouble and it was time to do something about it. Over the past 50 years, a lot has been done to help Creation. But in that 50 years, we have continued to learn more and more about the impact that human actions have had on the environment here in the US and around the world and how that impact has had negative consequences on the health of our ecosystems, our animal life, and also on all of us. It is becoming more and more clear every day that time is of the essence to preserve our planet.

Lily Wallace, a student at Lakeland Copper Beech Middle School, has some thoughts to share about her passionate concern for the environment too, (read her comments on page) Thanks, Lily!

According to Earthday.org: on the very first Earth Day, on "April 22, 1970, 20 million Americans — at the time, 10% of the total population of the United States — took to the streets, parks and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment."

20 million people – 10 % of the population. That's a massive number of people. All engaged in simultaneous activities across the US. And these demonstrations had an effect. Again according to Earthday.org, "groups that had been fighting individually against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness and the extinction of wildlife united on Earth Day around these shared common values. Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, urban dwellers and farmers, business and labor leaders. By the end of 1970, the first Earth Day led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air Act. Two years later Congress passed the Clean Water Act. A year after that, Congress passed the Endangered Species Act."

Now, all of this organizing did not just spontaneously happen. There had been scientists studying issues like the effects of pollution and deforestation on the environment for a few decades before the first Earth Day. Like in our scripture passage from Job, scientists like Rachel Carson had been listening to the birds of the air, the plants of the earth, and the fish of the sea, and they saw that Creation was in



trouble. And like Esther in our second scripture reading, scientists, educators, and civic leaders realized that the time was at hand to take action to save the planet and the people that live on it.

Of course, these polluted conditions had not just popped up overnight either. The dawn of the Industrial Revolution had kicked off an amazing era of technical ingenuity in human society that led to the invention of all kinds of new machines to make human life more efficient, comfortable, profitable, and in many ways - better. And as new things were invented, there followed a rapid increase in the need for the resources to create and power these machines and then to continually innovate, improve and create even newer machines and the products they produced. And then as new things were being produced, we had to start figuring out what to do with the now "old" stuff. All of this rapid development has come at a great cost to our planet.

I've lived nearly my entire life within walking distance of the Hudson River. And like a lot of other kids growing up around here in the 70's and 80's, I distinctly remember being warned *not* to swim or fish in the Hudson. The water and the sediment at the bottom of the river were dirty, grownups told us, and could make us sick if we went swimming in it and swallowed the water. Fish and crabs that had once been plentiful in the river had all but died off, and the ones that were still there – well, you really wouldn't want to eat those. This pollution had come from decades of industries that had also grown up along the Hudson River dumping waste chemicals into the river. Sewage and garbage ended up in the river as well. I grew up on the border of Ossining and Briarcliff and just a couple of miles down the river in Sleepy Hollow (then officially known as North Tarrytown) there used to be a General Motors factory. The former director of the Hudson River Fishermen's Association (which later became the organization Riverkeeper) Dominick Pirone was quoted in the New York Times in 1971 as saying: "You can tell what color cars they are painting on a given day by what color the river is."

But now, wow, what a difference a couple of decades have made - decades marked by conservation efforts, responsible cleanup projects, and management of resources. Today people can swim, kayak, fish, and gather crabs in the Hudson again. Due to the concerted efforts of so many people who heard and heeded the call from the creatures of our environment and knew that the time was right to act, the conditions of this immense body of water have rapidly improved. And if we listen to the animals, they are confirming this. Just four years ago, a humpback whale was seen swimming in the Hudson River off the coast of Manhattan. Environmental scientists believe the whale came up from the ocean into the river looking for food. This would not have occurred just a short time earlier because none of the marine animals that the whales feed on could survive in the polluted water and sediment - but now they are coming back. Now during certain seasons of the year, whales can periodically be spotted swimming up as far as the George Washington Bridge. Cool.

But our job is nowhere near done. Pollution is still a major problem both here and around the world. As standards of living and population have increased, so has our consumption of fossil fuels and our collective production of greenhouse gasses like carbon dioxide. According to the EPA, "Global carbon emissions from fossil fuels have significantly increased since 1900. Since 1970, CO₂ emissions have increased by about 90%". Emissions from the burning of fossil fuel and industrial processes have

contributed the vast majority of the total greenhouse gas emissions increase. An increase of 90% since 1970. Again, what a difference 50 years makes, but this time, not in a good way.

These carbon emissions are bad news and research shows that we must act sooner rather than later to get this under control. The British newspaper, The Guardian reported this just about one month ago, "The polar ice caps are melting six times faster than in the 1990s, according to the most complete analysis to date... Without rapid cuts to carbon emissions the analysis indicates there could be a rise in sea levels that would leave 400 million people exposed to coastal flooding each year by the end of the century". I'll do the math for you – the end of the century is only 80 years away from now. That means that children who are alive right now are going to be seeing the effects of either our action or our inaction on this very problem before the end of their lifetimes.



In addition to looming rising sea levels, the pollution of our air is having an impact on the health of people right now. It has been known for a while now that air pollution exacerbates symptoms for those who have asthma and other chronic lung issues.

A new research study out of Harvard University that is on its way for review to the New England Journal of Medicine is showing a disturbing connection between air pollution and severity of complications in our current coronavirus crisis. Researchers at Harvard as well as those currently conducting studies in Europe and Asia are positing that the longer that a person has lived in a community with higher rates of air pollution, the more likely they are to require hospitalization or possibly die if they contract Covid 19. This may explain why doctors are seeing a greater rate of very severe cases of the disease in some communities but less in others. While the conditions in our environment affect each and every one of us, like so many other issues, the folks that are being most immediately and adversely affected by environmental problems are the poor and communities that are already living in vulnerable situations, particularly communities of color. Caring for our planet is an issue not just of plants and animals, but of human existence. It is an issue not only of birds and fish, but of how we treat each other.

Interestingly, the current "Stay Home, Stay Safe" efforts to combat the spread of the coronavirus have had an amazing and immediate impact on the air quality in many parts of the world. With factories slowing down production and many modes of transportation powered down, satellite imagery is showing a remarkable change in our atmosphere around the world. Recent photos taken in India are showing a drastic reduction in the amount of smog in areas of dense population. We are living at a stunning moment in history right now. In all of the stress and disruption of life as we know it in this global pandemic, we are learning everyday about how our collective actions affect both the health of our immediate neighbors and the wellbeing of the planet on which we live.

To me, all of this begs several questions: when we emerge out of this shelter in place holding pattern that we are living in, how are we going to remember that our call from God to love our neighbors includes caring that there is clean air to breathe, water to drink, food to eat and secure places to live for everyone? What changes are we going to make as we move forward to slow down the rate at which we pump carbon into our atmosphere? How are we going to hold our elected officials accountable and continue the work of those first Earth Day activists to combat pollution? And what little things can we do now around our own homes that can have a positive impact on the whole world? There are SO many BIG questions, it can feel incredibly daunting. But knowing what we know now, this is the time to ask them. As Dr. Martin Luther King Jr. said, "we are now faced with the fact that tomorrow is today. We are confronted with the fierce urgency of now." Perhaps we are being called for a time such as this. Amen.



Something new for you: check the FPC Yorktown website for the

**Fiercely Green-Tips
from a Green Teen.**

Following her Earth Day Service reflections Lily is continuing our plastics challenge. It seems like a long time ago we were going to reduce the use of plastics during coffee hour. Now we are turning our attention to home use! (see her note below). Recycling

is part of the solid waste management stream and there are many ways to reduce your input to this. Test some "upcycling" ideas to remove plastics from the waste stream. Eventually we will be back and can bring things to the Terra Cycle boxes that are one of our Middle School youth group projects. We invite additional youth to be on our team! Our next meeting is April 21. The solar panels are producing electricity. We hope to be able to make the panel output visible to congregation members soon. Enjoy our almost springtime weather. There is a lot of home gardening going on!

Hi Everyone,

On Earth Day Sunday I talked to you all about really reducing your use of plastic while we're at home at this time. Plastic is bad for every living thing on our planet. Before plastic was invented people just got along without it – we can too. It's a little harder now because plastic is inexpensive for manufacturers to use and so it's everywhere.

"We are now faced with the fact that tomorrow is today. We are confronted with the fierce urgency of now. In this unfolding conundrum of life and history, there "is" such a thing as being too late. This is no time for apathy or complacency. This is a time for vigorous and positive action."

— Martin Luther King Jr.

Here are a few ways my family and I have reduced our use of plastic:

1. Even though stores won't provide you with plastic grocery bags anymore, lots of people are opting for the reusable types of bags that are coated with (you guessed it) plastic! For a fun craft during quarantine, you can use old clothing and other things you have around the house to make your own shopping bags. Visit our website for a few tutorials for making your own from old t-shirts, fabric, and an item you probably never guessed you could reuse (<https://fpcyorktown.org/fiercely-green-tips-from-a-green-teen/>).
2. Stop using ziplock and sandwich bags. Just stop using them. You can use Tupperware containers, glassware, or repurposed deli containers for all your leftovers and sandwiches – in 2 weeks you won't know why you ever used those plastic baggies.
3. Stop using plastic water bottles. Instead opt for reusable stainless steel or glass water bottles. There are many great zero waste websites where you can purchase one if you don't already have something.
4. Notice what you're buying at the grocery store. Does one brand of an item you buy regularly come in plastic and another in a metal can or a glass bottle? Support the companies who package using materials that are more sustainable than plastic.

Keep coming back here for more tips on being green!

~Lily Wallace

Garden of Hope (a note from Heidi Haring from the Mission Commission)

Despite the chilly weather and strange times of COVID, the Community Garden is opening; the mulch is there, etc.

I am writing to determine the help we can count on for the Garden team for this year. With the Food Pantry's need exploding, we can assume there will be extra need for fresh produce. So, if we have enough help we can manage more than one row.

We will need people to help with the following:

- Digging in the mulch to get ready for planting; Let me know if you can help ASAP as this is the most pressing need.
- Regular watering help
- Regular weeding help/ looking for signs of insects on plants.
- Harvesting and Food Pantry deliveries



I would like to know of your availability and area(s) of interest. There will be a Sign-Up Genius for scheduling, once we know who is on the team, so that we know the tasks are covered.

This year to cooperate with social distancing guidelines the Garden management is asking that each person bring their own tools, gloves—when dealing with the water, and reducing the number of people working at once. This has rarely been an issue outside of harvest time, however just keep this in mind if you see several people working in one row—wait or come back later.

Please respond via e-mail: hkharing@optonline.net Thanks in advance for any help you can offer.



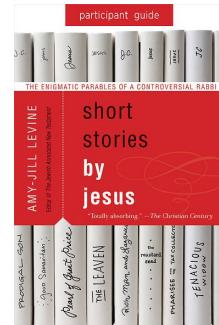
**“Ob-la-di, ob-la-da, life goes on”
and so does Faith4Life**

So sang the Beatles in this Lennon-McCartney song from 1968. Some of us might remember the song from the first time around, some might have heard it on an “oldies” station, and some might have no idea at all! And so life does go on, even in the time of coronavirus. Like everyone else, our Faith4Life groups are meeting online.



Tuesday morning at 10 AM a group is reading and discussing Amy-Jill Levine's *Short Stories by Jesus*, a book examining Jesus's parables. Dr. Levine is a Jewish New Testament scholar at Vanderbilt Divinity School. She delights in helping us see how first century Jews would have heard Jesus's teachings.

Thursday morning at 10 AM a group is watching a film series entitled *Resurrection Now: Delighting In Our Salvation* with Father Richard Rohr. Father Rohr is a Franciscan priest and the founder of the Center for Action and Contemplation in Albuquerque, New Mexico.



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.

Your Faith4Life planning team is looking at continuing programming through June and into the summer. We're considering a book discussion (perhaps the *Chronicles of Narnia* by C. S. Lewis), a series on spiritual resilience and practice for challenging times, a series on financial management strategies. We're also thinking of offering a noon-time session. Let us know if you would be available and interested! 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 or Tami at tami@fpcyorktown.org with your suggestions.

May we all stay well and feel God's comforting arms surrounding us during this difficult time.
Connie Knapp, for the Faith4Life Planning Team

GIVE BLOOD

You can make a difference.



American Red Cross

**Next Emergency Blood Drives
in Fellowship Hall:
Thursday June 11th and 25th, 10-4pm**

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 in April. Here's a note from their coordinator Susan:

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

*30 donors registered to donate
4 donors were deferred
29 units (including 3 POWER RED donations) were collected
57 lives potentially impacted*

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!

The drive with its additional safety protocols was such a success, that we will open our doors again on June 11th and 25th. To sign-up to be a donor, visit RedCrossBlood.org and enter 10598 in the “find a drive” box in the upper right corner.

Campaign Project Management Team update for the Congregation

Our Campaign Project Management Team is continuing to meet and plan for the future. As mentioned last month, we are awaiting permits for the work to update Room 7 and complete the office hallway. In April we made progress on some of the light renovation tasks, including refurbishment of Rooms 1, 5 and 16. These projects should be finished shortly, to enable their use whenever the building reopens. We continue to work with the Worship Commission on technology improvements for the Sanctuary, and to support the Kitchen team as they discern a strategy for that space.



It is wonderful to have the financial resources to be able to do these projects and to plan with confidence for our future. 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. If you have made a pledge, but haven't yet made a gift, or if you wish to make a one-time gift, you can do so at your convenience here: <http://tinyurl.com/FPCYCapital>

Additional Operations Updates

- ⇒ Basement Remediation Update — With the significant rains this Spring, both basements have been checked and all is well! The basements were dry and all of the remediation equipment was working as it should!
- ⇒ Spring Clean-up—in lieu of our traditional annual Spring Clean-up, members of the Operations Commission and others have volunteered to do various indoor and outdoor tasks around the building including power washing, sanding, painting, weeding and more.

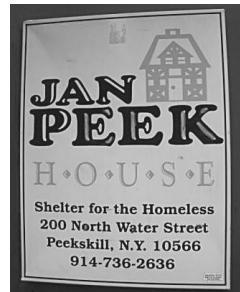


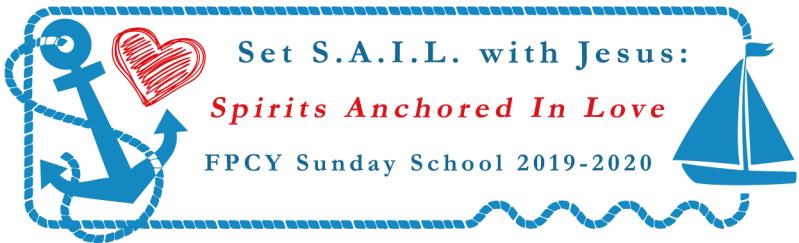
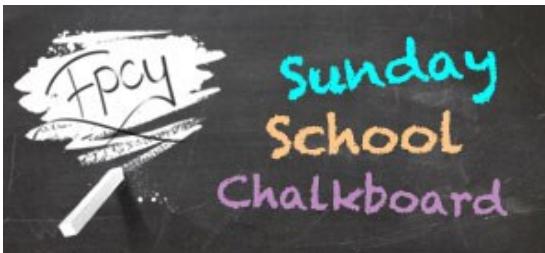
Noon Time Meal

While we didn't gather to help prepare a noontime meal for May 12th, we did have it catered again like we did in April. Nino's Pizza delivered grilled chicken, lettuce, and tomato wedges to the Salvation Army in Peekskill where the sandwiches were handed out in the parking lot. A decision about June will be made when we know more about the state of COVID-19 in our area.

Jan Peek Meal

We had a wonderful Jan Peek Meal prepared and delivered by four families on April 25th. THANK YOU to Nance Thompson, Sue Caruso, and Robin Corpobongo and a new church friend, Carolyn. Thanks, Sue for introducing Carolyn to many of FPCY's activities including Food Pantry, Noon Time Meal Prep, Midnight Run and Lunch Bunch. Social Distance was maintained and it went very well. We are still in need for families for July 25th, August 22nd, and November 28th. If you can help out, contact Pat.





While Sunday School had to take a little break for a while, we've been working on ways that we can still keep growing in our faith, even while we are at home. Our **5th & 6th graders** and **Confirmation** class are already meeting by Zoom and we've got plans for our other grade groups to get in on the action as well. Below, you'll find info for our **Pre-K - 4th Graders** as well as our **7th and 8th Grade** crew!

We miss seeing everyone in person, so we would love to hear how everyone is doing and how our church family can be present with your family during this unusual and pretty stressful time.

Please complete our online survey for parents and caregivers of young people of all ages:
[**\(https://tinyurl.com/FPCYSS-survey\)**](https://tinyurl.com/FPCYSS-survey)

Your answers will help us see what kind of support and resources would be helpful for all of our families now and in the near future. Thanks for taking a moment to share!

For our families of Pre K up through 4th graders, we will be sending out a weekly video of one of our very awesome Sunday School leaders reading a Bible story! We're going to recap some of the stories that we've been studying throughout the year. See how well your child remembers them! Along with the video, there will be a page with some very simple activities for you and your child/ren to do to help understand and reflect on the story.

We know that families are feeling extra busy and often rushed because of all of the disruptions to our routines, so we invite your family to find a time that works for you: maybe it's still at 9:30 on Sunday mornings, maybe it's after dinner on Sunday night, or maybe on a totally different day altogether. Whatever day and time it might be, we invite you to set aside 20 minutes to watch the Bible story video together and engage with the activity sheet in a way that is appropriate for your child's age and development. Throughout the weeks, there will be some opportunities for your child to create a drawing of parts of the stories and we want to see them! We would love it if parents could snap a picture of your child/ren's drawings and send them to us!

Families of 7th and 8th graders! There's a plan afoot for your child's class as well! Starting a week from this Sunday - May 17th - we're going to start up a weekly Zoom meeting at 4 pm on Sundays. There's a fun and creative project in store for this class! Look for more details and the information for logging-in coming your way next week from Kristy Berlin and the 7th and 8th grade teaching team.

For all Sunday School families: our new plan is to celebrate our children and youth in our online worship on June 28th (this is a change from the original date of June 14).

The current state of the world is presenting all kinds of new challenges as well as shining a light on some old ones. We hope you and your family are doing well while navigating these uncharted waters. We encourage you to share your challenges as well as your successes with us through our survey, but also know that you can reach out directly with any questions or concerns.

Wishing you all good health and smooth sailing!

In Christ's love,

Tami, Bridget, Kristy, and Steph





Garrett Artman

Director of Music Ministry

On Sunday April 26th you may have noticed a new pianist in our midst that certainly wasn't anybody from the church. That was my dear friend, Amy Irish. Amy is an accomplished performer and pedagogue receiving her Bachelors of Piano Performance at UMaine, Masters of Music in Piano Pedagogy at UNC Greensboro, and her post graduate certificate in Piano Performance at the Royal Scottish Academy. She performed Brahms *Intermezzo in A Major*. I ask you to find a recording of this piece and simply meditate on it for a moment. Listen to the way those first three notes set the entire piece in motion. As it unfolds and develops, I feel the music is "searching" for a way forward, attempting to find just the "right" note.

On Sunday April 5th, you may have noticed a new trumpet player in our midst that certainly wasn't anybody from the church. That was my former college professor, Dr. Jack Burt. He earned degrees from the Baldwin-Wallace College Conservatory of Music, the University of South Carolina, and his Doctorate at the

University of Texas at Austin, with additional private studies in Berlin, Germany. We performed the third movement of Haydn's *Trumpet Concerto in Eb*. Haydn was good friends with the German trumpet virtuoso Anton Weidinger, and Weidinger had been working on a new trumpet design for several years. Haydn wrote his trumpet concerto with the specific intent of "showing off" the capabilities of this groundbreaking trumpet design – which had been delayed for over four years because Weidinger was "searching" to find just the "right" design.

There were many other performers contributing to our music ministry, and hopefully you've recognized them, either by sight or sound. I just want to give a shout out to all of those providing music for us in times like these: Carol Jensen, Christie-Virtue Herman, Katharine Frase, Liam McAuliffe, Sophie Low, Ben Low, Dick Mills, Amy Wallace, Abby Cross, John Winget, Ed Dowdall, Jill Tomczuk-Dowdall, and of course the FPCY virtual choir!

I work very hard to make music meaningful in our lives. Constantly "searching" for just the "right" piece to accent our sermons and scriptures. Solving this problem is not achievable by myself either. While I enjoy seeing the photos of you in the sanctuary, I do miss your singing of the hymns and I am in need of more volunteers to share music with those of us in the church! Yes, your animals are very cute on these zoom calls, but to have a family singing together or playing together, to have you share a hymn that got you through a hard time and brought you closer to God, that is what we need right now. Please collaborate with me and consider recording yourself playing, painting, singing, dancing, drawing and sending it to garrett@fpcyorktown.org (and if you don't know how to send a large file, just ask!)

Congregational Life

We are trying new ways to continue Fellowship during these social distancing times. Be sure to join our Sunday Worship on Facebook. You do not need a Facebook account to participate. The Facebook url is sent via email AND can also quickly be found on the FPCY website and the church Facebook page.

Near the end of the service your email inbox will receive the ZOOM link to the *Congregational Life Virtual Coffee Hour*. Bring along your own beverage, snacks or lunch. We discuss the sermon and catch up on what everyone is doing while at home these days. There's some vegetable and flower gardening going on now!

Zoom Game time! We have started BINGO Wednesdays at noon, and are rotating games on Fridays at 7 pm (Outburst, perhaps Scattergories or Skribbl.io) – vote on Wednesday what we play on Friday. The ZOOM links are sent via email on Tuesdays and Thursdays. Please join us in fellowship.





9 Ways to Improve Your Mental Health

Even if you don't have a diagnosed condition like anxiety or depression, it's vital to prioritize your emotional well-being. There might be important things you've let fall by the wayside, and getting back on track can mean the difference between just getting by and thriving. Below, you'll find detailed information on nine ways you can improve your mental health.

1. **Maintain healthy, thriving relationships.** prioritizing your relationships. Having strong interpersonal connections benefits us in countless ways: It helps us feel like we're part of a community, gives our life meaning, makes us feel accepted and reinforces that we have people we can rely on during times of adversity.
2. **Exercise.** The impact of exercise on one's mental health cannot be emphasized enough. Whether you're struggling with anxiety, depression, stress or any other condition, exercise should play an important role in your life. Exercise can improve your sleep, make you feel more relaxed and increase your body's production of endorphins (often referred to as the feel good hormones), which can improve your mood. Just 30 minutes of walking each day can improve your mood and reduce stress, according to the NIMH. On top of that, just five minutes—the length of one song—of aerobic exercise, or cardio, can lower anxiety, according to the Anxiety and Depression Association of America (ADAA). 
3. **Challenge yourself.** One of the worst things you can do in life is grow stagnant and complacent. If you stick with the status quo, you won't get to enjoy one of the best things in life, which is the wonderful feeling you get from setting and achieving goals. Take a look at your life and find an area for growth. Perhaps you want to get in better physical shape, save more money for retirement, publish a book, travel to 10 countries, have children or learn a new skill.
4. **Practice gratitude.** There are countless ways to practice gratitude each day. One simple and effective way is by journaling each morning or evening. Spend 10 or 15 minutes journaling about the things you're thankful for, both small and large. Strive to list anywhere from three to 10 things. Explore the big-picture things you're grateful for, such as your health or family, as well as small, daily things you're thankful for, like the nice weather or a compliment you received. 
5. **Check in with yourself.** Ask yourself the following questions:
 - Am I still as interested in everything I used to be interested in?
 - Do I feel more irritated, angry or on edge than normal?
 - Am I drinking alcohol more than I used to?
 - Has the quality or quantity of my sleep diminished?
 - Has my appetite changed? What about my weight?
 - Do I have less energy than I used to?
 - Have my loved ones commented on any changes in my mood or behavior?
6. **Learn about mindfulness meditation.** Mindfulness is a form of meditation that allows you to focus on (and even control, in some instances) your thoughts. It can be done anywhere, at any time. The goal of mindfulness meditation is to be more present instead of dwelling on the past or worrying about the future. The benefits of mindfulness are far reaching: It can lower stress, improve your relationships, enhance your focus and memory, and help you feel more at ease. But how exactly does it work? Mindfulness can be practiced through deep, focused breathing. It can also be accomplished by going for a solo walk in nature or by practicing yoga. One other way you can practice mindfulness, according to SUCCESS contributor Travis Bradberry, is by repeatedly reciting a short and uplifting message about yourself. Think of something that works for you (such as, "I am not my anxiety," "I am strong," or "I am fulfilled") and repeat it to yourself. Aim to practice mindfulness meditation once (or twice!) each day for 20 minutes. 

7. **Prioritize your sleep.** If you're busy with things like work or raising small children, you might struggle to get seven to nine hours of restful sleep each night. But doing so is imperative. If you're struggling to get restful sleep, try to incorporate practices into your life that will help you achieve better sleep, like meditation. Exercise every day, if possible, eat a well-balanced diet, and try to eliminate things like caffeine, alcohol and smoking. Keep your bedroom dark, cool and quiet, and refrain from doing anything other than sleeping in your bedroom.
8. **Incorporate self-care into your life.** Self-care is different for each and every person, but it's a simple concept: It's important to take time to care for your physical, emotional and mental health in order to live a fulfilling life. Self-care can include things on this list (such as getting restful sleep, meditating and exercising), as well as other things that make you feel good about yourself (i.e. eating healthy, having a long chat with a friend, taking a bubble bath, giving yourself a manicure). Carve 20 minutes into your day to focus on self-care. Make a healthy smoothie before work, go for a long walk at lunch or spend time laughing with your significant other before bed.
9. **Don't be afraid to seek help.** In years past, there was a stigma attached to seeing a therapist or psychiatrist. But today, that stigma has been removed, as more people than ever are seeking treatment for their mental health disorders, especially with the rise of online, remote therapy. If you feel like you're struggling with your mental health, don't be afraid to seek out professional help.



Upcoming Recognition Sundays



Attention Military Families/Descendants

On Monday, May 25, our country will celebrate Memorial Day, and on the preceding Sunday, May 24, our church would like to recognize this celebration.

Our approach for the past couple of years has been to celebrate those who served but have since died (during their time in the military time or after) in May and celebrate our living veterans on Veterans Day in November.

If you would like to recognize a member of your family or a friend, please complete the form at <https://tinyurl.com/FPCYmemday>.

If you don't have access to the internet, please send an email with a brief description (name, service, and where he or she served) to our office administrator, Lisa Flanagan, at lisa@fpcyorktown.org. An example would be: 'Tim Lupfer wishes to recognize his mother's cousin, Jack Townley, US Army, who was killed on D-Day during World War II.'

If you submitted a name last year and you want to submit it again this year, please email Lisa that you want to repeat it for this year.

Thank you! Submissions Due by May 18th.



New/Soon-to-be Graduate in the family?

Please send the info
(Grad's Name, School, Diploma/Degree)
to Lisa (lisa@fpcyorktown.org)
so that it can be included in the bulletin
on Graduate Recognition Sunday
which will be June 14, 2020.

Submit info by June 7th.

The Disciple

May 2020

www.FPCYorktown.org
914-245-2186
office@fpcyorktown.org
Office Hours:
Monday-Friday, 9:00-5:00
Co-Pastors
Rev. Chip Low
Rev. Tami Seidel

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May/June

All meetings and services will be held online until further notice.

17 9:30am Confirmation 10:45am Worship 12:00pm Deacons Virtual Coffee Hour 2:00pm 5/6 Connect Class 4:00pm 7/8 Sunday School 7:00pm HS Youth Group	18	19 10:00am F4L Study 7:30pm Mission & Operations	20 12pm FPCY Games 3:00pm FPCY Connects 5:00pm MS Youth 7:00pm Disciple I 7:30pm Disciple FT	21 10:00am F4L Study 7:00pm FPCY Connects	22 3:00pm Food Pantry Set-Up 7:00pm FPCY Games	15 7:00pm FPCY Games	16
24 10:45am Worship 12:00pm Faith Formation 12:00pm Virtual Coffee Hour 2:00pm 5/6 Connect Class 4:00pm 7/8 Sunday School 7:00pm HS Youth Group	25 Memorial Day Office Closed	26 10:00am F4L Study 7:30pm Communications	27 12pm Games 3:00pm FPCY Connects 5:00pm MS Youth 7:00pm Disciple I 7:30pm Disciple FT	28 10:00am F4L Study 7:00pm FPCY Connects	29 7:00pm FPCY Games	23 9am Food Pantry 6pm Jan Peek Meal Served	30
31 10:45am Worship 12:00pm Virtual Coffee Hour 2:00pm 5/6 Connect Class 4:00pm 7/8 Sunday School 5:00pm Confirmation/Session 7:00pm HS Youth Group	JUNE 1	2 10:00am F4L Study 7:30pm Session	3 Women's Circle 12pm Games 3:00pm Connects 5:00pm MS Youth 7:00pm Disciple I 7:30pm Disciple FT	4 10:00am F4L Study 7:00pm FPCY Connects	5 7:00pm FPCY Games	6	
7 10:45am Worship 12:00pm Virtual Coffee Hour 2:00pm 5/6 Connect Class 4:00pm 7/8 Sunday School 7:00pm HS Youth Group	8	9 10:00am F4L Study 7:30pm Worship Design	10 12pm Games 3:00pm FPCY Connects 5:00pm MS Youth 7:00pm Disciple I 7:30pm Disciple FT	11 10:00am F4L Study 7:00pm FPCY Connects	12 3:00pm Food Pantry Set-Up 7:00pm FPCY Games	13 9am Food Pantry	