



February 26<sup>th</sup> marked Ash Wednesday and the beginning of the season of Lent. There are 40 days of Lent. These 40 days are associated with many scriptural references - the flood of Genesis, Moses' sojourn at Mount Sinai, Elijah's journey to Mount Horeb, Jonah's call to Ninevah to repent, and Jesus' time of testing in the wilderness. (The Sundays in Lent are not counted in this reckoning of the time between Ash Wednesday and Easter, as every Lord's Day is a celebration of the resurrection of Jesus Christ.)

Lent is often observed with prayer and fasting, with introspection and an emphasis on personal investigation, a change of one's heart to be realigned with the Lord. If we think about it, it is almost like a boot camp for the soul. And this year, that is exactly what our Sermon Series is entitled: Boot Camp for the Soul. We walk this season together, demanding the best of ourselves, supporting others, and prepared to see the truths that shatter our self-understanding. Each week we will look at a different aspect of becoming more spiritually fit during Lent. As with a "regular" boot camp, the hope is that this Boot Camp for the Soul will give us the strength and agility we need when facing hard times throughout life.

This a journey we will be taking together this Lent through worship, but there it is also important that there be personal action, not just corporate action, too. So this Lent, while we worship each week, becoming more spiritually fit, it is also suggested to pick up a prayer practice or fast from something that keeps you from God to help you remain spiritually fit throughout the season (and perhaps beyond). If you feel like this is something that is often hard for you to do, ask a friend or family member to check in on you from time to time or ask if someone will share a prayer practice with you.

You may decide that walking outside and reflecting on your day, talking to God may be a good way to stay spiritually fit. Or, you may decide it best to pick up the Bible and use the Psalms to help you pray daily. You could decide to meet up with a friend to pray for each other, our community, and the larger world. Or you could decide to journal about your day, listing times you experienced God or times you felt like you needed to feel God more.

Whatever you decide, as we go through this Lenten season of boot camp, may you feel a stronger connection and relationship to God through the journey.

## Lenten Sermon Series: Boot Camp for the Soul

March 1: The Need for Change: We face temptation as we discern what God really wants for us

March 8: Reset: Spiritual rebirth means a new start

March 15: Hydrate: Living water sustains us on our journey.

March 22: Redefined: We are more than we appear to be

March 29: Dead End: When all hope seems lost, God revives.

April 5, Palm Sunday: Celebrate and Wait: Rejoice at the end of the journey, but know challenges lie ahead

Rev. Erin Moore



## Good News Gazette

First  
Presbyterian  
Church of  
Chester, NY  
94-96 Main  
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Chester, NY  
10918



### Possible Outreach Programs

Monthly Church Dinners – Free dinners to the public, if we can get a grant from presbytery would folks be willing to help with an easy meal – soup and salad, pasta, chili, etc...?

Storytime – Once a week or once a month offer story time and snacks to pre-schoolers.

Book-swap event

Collecting/Packing School Supplies

## Crafters Corner

We started our new crafting group in February! We will be meeting Thursday afternoons at 1pm and are excited by the good energy! If you can't meet but would still like to make some crafts at home, please let Pastor Erin or Betty Ann Reilly know and we'll glad speak with you about both our ideas as well as your own ideas.

**FYI** – The Deacons, Session, and the Food Pantry hope to form a community board to help share some of the responsibilities and work load and truly make it into a community food pantry. There will be an informational meeting on March 18<sup>th</sup> at 7pm for those who are interested in this possible change.

### Soup Take Out Dinner

Saturday, March 28<sup>th</sup>, from 2-5pm we will be hosting our soup take out dinner. Selections include: Chicken & Vegetable, Beef & Barley, Cream of Mushroom, Beef Chili, and Vegetarian Chili. Two sizes are available, pints: \$4 and quarts: \$8. Rolls are included. We will be making the soups Friday, March 27<sup>th</sup> (time to be determined) and the chili will be made Saturday, March 28<sup>th</sup> starting at 9am. More details will be posted in the bulletin closer to the event. We will need help with making the soups/chili, packaging them (& labeling them), 2-3 people to sit at the sales table and a few people to act as runners. If you could please consider setting aside some time either Friday or Saturday (or both!), we'd greatly appreciate it!

### Other Fundraising Ideas:

May – “Wing Fling” at one of the local breweries (would need someone to help with wings);

May 23rd Kiwanis Road Race

June 6th Chicken BBQ

July – Possible Pig Roast at one of the local breweries

August 15—Pasta Dinner the night before the Tour de Goshen; and possibly an ice cream social

September – Craft Sale and Silent Auction

October – Partner with the Cemetery Committee and Historical Society to do a Cemetery Tour (Historical/Halloween themed); pasta dinner Columbus Day weekend

November 7 – Tentative Roast Beef Dinner

December – Christmas House Tour

Jigsaw puzzle competition, Rummage Sale, Chili cook-off, Some sort of create your own herb garden. Pictures with Santa Garden Tour, Diner fundraiser (would just need someone to go talk with the diner and set up a date), The Ultimate Discount Card, Thrift Store – Open once or twice a month – would need volunteers to help run it.

## In the Community

**Chester Historical Society Yard Sale June 6:** Members will be at the station every Saturday 10 am to 12 pm starting February 22 to accept donations.

**Rise and Root Farm has kicked off their annual plant sale:** Visit [www.RiseandRootFarm.com](http://www.RiseandRootFarm.com) or see the bulletin board for more information. They are offering a 15% off discount if you order by March 8th.

Also, new this year, if you don't want to grow your own starts, you can donate solidarity plants that they will give to people who can not afford their own.

FYI: From time to time Rise and Root donates produce to the Food Pantry as well as farmer/chef Michaela helps prepare samples for the pantry and hosts our cooking classes.

## LOOKING AHEAD

**March 1 – First Sunday in Lent, Communion Sunday, Deacons meeting following worship**

**March 2 –No Bible Study, no Music and Worship Meeting**

**March 4 – Lunch Bag Devotionals 12pm**

**March 5 – Crafters meet at 1pm**

**March 8 – Session meeting following worship**

**March 9 –Bible Study 10am at 19 Main St.**

**March 11 – Lunch Bag Devotionals 12pm**

**March 12 – Crafters meet at 1pm**

**March 16 – Bible Study 10am at 19 Main St.**

**March 17 – Women's Council Meeting 1pm**

**March 18 – Lunch Bag Devotionals 12pm, Food Pantry Meeting 7pm**

**March 19 – Crafters meet at 1pm**

**March 23 - Bible Study 10am at 19 Main St.; Food Pantry Truck 3pm**

**March 24 – Vegetarian Cooking Class 5:30pm (registration required ahead of time)**

**March 25 – Lunch Bag Devotionals 12pm**

**March 26 – Crafters meet at 1pm; Food Pantry Distribution 4-7pm**

**March 27 – Soup prep for fundraiser, time TBD**

**March 28 – Soup and Chili Take Out 2-5pm, prep help needed before hand, time TBD**

If you have an article or announcement you would like to have in the next newsletter, please have it into the church office by March 25th .

## March Second Offering

Our second offering for Sunday, March 22nd will be for One Great Hour of Sharing. More information will be posted in the bulletin leading up to the collection.

### Ruling Elders:

Vicki Braidotti  
Ron Brooks  
Ruth Magyar  
Jerry Sutherland  
Matt Van Der Meulen  
Clerk of Session  
Gene Winters

### Deacons:

Edna Babcock  
Jean Barrett-  
Helen Braidotti  
Joanne Brooks  
Vanessa Magyar  
James Peterson—  
Moderator & treasurer

Church Office:

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Facebook page:

[www.facebook.com/chespresny](http://www.facebook.com/chespresny)

## Presbytery News

Presbytery met January 28<sup>th</sup> for our first meeting of the new year. One of the Co-Moderators, Vilmarie Cintron-Oliviera, from the 223<sup>rd</sup> General Assembly was at the meeting she preached and offered a community conversation about her time as co-moderator (presbytery offers a handful of community conversations to help connect people across the presbytery, whether sharing ideas, sharing passions, or for informational purposes). Our new moderator, Connie Knapp (ruling elder from Yorktown), and moderator-elect, Dale Southorn (pastor from Mt. Kisco), were installed for the year. We welcomed two new pastors and recognized the honorable retirement of another pastor. There were numerous community conversations including one pastor was on a panel for HRP Green and another one having to do with small churches. Pastor followed up with the one having to do with small churches where a lot of ideas were shared on how to help small churches in our presbytery. There will be a follow up conversation at the next presbytery meeting, April 18<sup>th</sup> at Rye Presbyterian Church.

**HRP GREEN** a partnership of the presbytery, is challenging the churches to a Lenten Zero Waste Challenge. They are asking for churches /church members to use less wasteful materials. For example:

Bring your own water bottle or coffee mug – which many of us already do!

Use cloth napkins and table coverings during church events, no disposable plastics (I mentioned to them I wasn't sure in my over 5 years here if we ever threw out a plastic table cloth from coffee hour, certainly our dinners are a different story).

Avoid bringing products containing plastics into the church building (plastic wrap or products wrapped in plastic like veggie trays). Instead, prepare food at home and pack it in re-usable containers, or look for products that contain minimal plastic.

These are all just suggestions to help us to be less wasteful and perhaps also more mindful. If you are interested in products for your own use that are re-usable, there are silicone re-usable bags (like Ziploc bags), there are products called bees wrap that can be used similar to plastic wrap, and there's always tupperware!

There is a flier on the bulletin board for more information about the Lenten Challenge.

### Presbyterian Women/Horizons Bible Study

May 6-8 at Stony Point Conference Center the Presbyterian Women will be hosting a Bible Study led by P. Lynn Miller entitled, "Into the Light: Finding Hope through Prayers of Lament." More information to come.

### Gilead Presbyterian Church

March 8th Upgrade Your Health from 12:00-4:00pm as Gilead Presbyterian Church, 9 Church St. in Mt. Carmel, hosts a healing event where you can experience a 20m trial session of Reiki for a suggested donation of \$25.

### Soul Shop Training March 9:

It's estimated that one out of every two people in a given congregation has personally been affected by suicide. Soul Shop trains faith community leaders to offer support, hope and connection to those in their congregations. Learn more about this training from 8:30am-4:00pm held in White Plains.