

West Charlton United Presbyterian Church
1331 Swanbaga Road, Amsterdam, NY 12010

Non-Profit Organization
Galway, NY 12074
Permit #8



The Beacon



WEST CHARLTON UNITED PRESBYTERIAN CHURCH 882-9874 www.westcharltonupc.org

July/August, 2011

Pastoral Reflection:

Help Our Church Grow: A Community Garden coming to WCUPC

A wonderful way to help our hungry neighbors during tough times and care for God's creation is being developed in our garden, in the field behind the church. Eventually our garden will provide needed, fresh food for our neighbors in need and church members, saving money that would have been used when we mowed what is now a garden, and offering fellowship among our church members and friends who plan to work on the garden. This year Ray Arnold plowed the field behind the church, church members made monetary donations for the cost of plants and other needs, and the Girl Scouts are earning a badge for doing the rest of the work to get our garden going. This year the fruits of their labor are going to the GGCSA Food Pantry. If you would like to help in their efforts, please contact their leader Mary Goldstein.

Our hope is that in the future the garden will become a wonderful intergenerational activity.

"Ever wonder why God placed Adam and Eve in a garden? The reason is that gardening is good for you!" said Steve Upson, horticulturist for the Ardmore-based Noble Foundation.

Families with home vegetable gardens eat more fruit and vegetables for improved nutrition.

For families on limited incomes, fresh fruits and vegetables may be a luxury they can't afford.

The home garden supplies fresh fruits and vegetables and at the same time gives over a 20-fold increase in the value of produce grown compared to material costs.

Gardening is also a key tool for improved health by providing exercise, stress reduction, and relaxation.

From the medical perspective, researchers have documented that people who interact with plants recover more quickly from everyday stress and mental fatigue.

For many, the garden is their escape from the pressures of the job and family responsibilities. This relaxation technique reduces stress levels and related issues like heart disease.

Minnie Aumonier expressed it eloquently with, "*When the world wearies and society ceases to satisfy, there is always the Garden.*"

There has also been an increased awareness in the restorative value of plants in hospitals, homes for the aged, and senior centers.

God had a purpose in placing Adam and Eve in a garden home. God could have made them cave-dwellers. God could have put them in a palace. Instead, with their greatest benefits in mind, God made them gardeners.

Today, the blessings of the first garden are available to anyone who cares to learn the simple skills required to garden. Gardens are very versatile. You can be a gardener inside your own home or office, even if you don't have access to land outdoors. With indoor lights, you may grow a variety of adaptable green and flowering plants that will improve the indoor atmosphere by filtering the air and providing needed oxygen to your indoor space. Aside from the improved air quality that plants provide, psychological benefits have also been documented. So even if you work in an office under artificial lights all day, you can improve your health through gardening, albeit on a much smaller scale than an outdoor space would afford.

Like nature, gardening offers a wide variety of benefits in four main areas of health: physical, psychological, social, and spiritual.

God cares about our physical health. God knew that gardening would provide the necessary stimulation to engage in regular physical activity. Gardening, though hard work, provides tangible rewards for labor invested. Not only can you enjoy what the garden produces, you gain physical health by increasing your physical activity level.

Adam and Eve's intellect was stimulated through work in the garden God planted. Gardening is a full sensory experience, in which all your senses are fully engaged. In this technological age where seeing and hearing are used almost to the exclusion of our other senses, gardening has the power to awaken all the senses.

In Eden, Adam and Eve learned to labor together in their appointed work in the garden. Whether you garden with family or friends, you can experience the same strengthening of relational bonds, shared cooperative effort, and deepening reliance upon one another that Adam and Eve experienced. Gardening together can help improve our relationships with others.

Our first parents knew from experience that the work of nurturing a seedling to maturity had many spiritual lessons worth learning for them. The weeds that invaded the garden were a constant reminder of the folly of sin.

But the miracle of the promised resurrection was also apparent in the burial of each seed and the subsequent springing of the seedling "in newness of life". Gardening provides a number of metaphors for life.

Make gardening a regular part of your life for increased physical, psychological, social, and spiritual benefits. Enjoy God's gift of blessings and benefits from gardening. Start today and see what God will teach you.

WCUPC COMMUNITY GARDEN INTEREST SHEET for 2012

PLEASE INDICATE YOUR INTEREST IN PARTICIPATING IN OUR COMMUNITY GARDEN BY CIRCLING ALL THAT APPLY

I. I would like to sign up for an individual garden plot.

- a. I would like my plot to be:
- b. I am new to gardening and anxious to learn more.
- c. I am an experienced gardener willing to share my knowledge with others.



II. If the garden was ready early (Mid-APRIL) I would plant early season vegetables.

III. I am willing to serve as a volunteer working in the garden.

I would like to "adopt a plot" and plan, plant and care for a section of the common area of the garden
ex: the corn plot, the tomato plants, the bean plot, etc.

- b. I would participate as a helper helping to plant, weed and harvest the garden
- c. I would be available to help distribute the harvest
- d. I am willing to serve on a committee formed to oversee the garden.

IV. I would make a free will contribution to the community garden.

- a. To help offset the cost of my garden plot
- b. To help the common area of the garden and support the Deacons Food Closet.

Please share this information with your family, friends, co-workers and community who may be interested in the gardening with us.

Name : _____ E-mail _____

Please give you completed forms to Pastor Tom at revthomasgregg@yahoo.com or by mailing them to Community Garden, West Charlton United Presbyterian Church, 1321 Sacandaga Rd., West Charlton NY, 12010.

From our Music Ministry

Our choir will get a well deserved rest for the summer months (June 19 through September 4 or 11), however we still want music while the offering is being taken. Anyone willing to provide an anthem on one or more Sundays is encouraged to do so. It can be a solo, duet, trio, etc. and can be instrumental or vocal. We would very much like to have special music every Sunday during the summer. Anyone willing and able to help out should contact Barbara Cervenka either in person, by phone (882-6676) or by e-mail (bcervenka@aol.com). Thank you in advance for considering this contribution to the music ministry here at West Charlton.



SESSION HIGHLIGHTS JUNE 6, 2011

- Joyce Bascom & Ruth Qua joined Session for the Triennial visit. Discussed the ten year trend of the church. We discussed the strengths of the church and the challenges facing us.
- Barbara Cervenka, Fred Lachtrupp, Tom Gregg & Chris Nelson will attend the Albany Presbytery meeting/workshop on June 11, 2011.
- Ham dinner/bake sale is the next fundraiser. Date of September 17th for dinner was approved by Session.
- Ideas were mentioned for new fundraisers.
- There was discussion about putting a Salvation Army Drop box in our lot. The box would be for clothes and household items. No small or large appliances. Salvation Army would have a driver come by the lot two to three times a week to empty box. If at any time we wish to have the box removed, all we have to do is call them and they will remove it. There is no remuneration; this would be strictly mission. Session members want to think about it and if agreed upon, start it in the fall.
- We discussed the contemporary worship services scheduled for the last Sunday in July and last Sunday in August. Tom asked Session for permission to have worship for those two Sunday's in Fellowship Hall. Session agreed.
- There is a sign up sheet in the vestibule at the front of the church for members to sign up for supplying refreshments for the fellowship hour on the front lawn for Sundays during the summer months. It is to be simple; juice, lemonade, etc., crackers & cheese and a few cookies.
- Session approved a switch of Pastor's for Thank Offering Sunday in November. Bonnie Orth from Northville will minister us that Sunday and Tom will minister in Northville. For the One Great Hour of Sharing offering in the fall, it was suggested that the congregation know where their offering money is going locally.
- There was discussion on whether we want to separate Worship and Sunday School/Adult Bible Study. Should we keep Sunday School and Adult Bible Study separate from Worship so all can attend? Should we change the hours of Worship to accommodate this? Would having a separate Sunday School hour/Adult Bible Study encourage more people to participate? Should we try it for a period of time and see how it goes?

Saratoga Friendly's Gives Back!

FUNDRAISER!



If you're in Downtown Saratoga and looking for a ite to eat, consider Friendly's Restaurant at 68 Congress Street. Bring your receipt back to church, drop it in the marked box in the Chapel, and Friendly's will contribute 10% of receipt totals to our church through the end of the year. **Please note- program is specific to THIS Friendly's franchise only-** manager Bonnie Horrocks will continue the program through December- ALL purchases eligible.

(Not valid at Wilton, Clifton Park, Glens Falls or Glenville franchises).
Questions? See Ann Lachtrupp-Weaver

Flowers for the Chancel

- JULY 4TH Barbara Cervenka . In celebration of life
- JULY 11TH Holly McConchie In loving memory of David Hugh Macintosh sr.
Earl Grover, McConchie, and G. Ronald Rowe
- JULY 18TH Marcie Page In memory of her Dad, Spencer Kaiser
- JULY 25TH Frances Rowe. In memory of loved ones



- AUGUST 7th Nancy Nelson. In memory of her mother, Helen Nelson's Birthday
- AUGUST 14TH Mary Jane Armer . In memory of her husband Haley D. Armor
- AUGUST 21st The Heritage Family, In memory of Marion Garrison
- AUGUST 28th. Peggy Fee, In memory of her mother, Judy Arnold's birthday



We need nursery coverage every Sunday through September. Please contact Megan Vrooman if you are able to help out and let her know which Sunday you can do. Thanks in advance for your help, Chris

Remember... This is a combined July/August Beacon

Annual Ham Dinner Fundraiser

September and the Take Out Ham Dinner are fast approaching. Pies will again be needed for the dinner and I'm trying to get a head start on the process and eliminate me calling you. If you are willing to bake 2-9" pies or purchase 2 pies (made by Shelley Smith) for \$8 each please either give me a phone call (882-6516) or send a check made out to Holly McConchie for \$16 (I'll call Shelley with a total order and pay her with one check) to Holly McConchie, 2491 Northline Road, Galway, NY 12074. If I don't hear from you, then obviously you will hear from me with a phone call. Please also don't forget we will need bake sale and food items (jams, jellies, etc.).
Thank you in advance. Holly



Summer Fellowship
Outdoor (weather permitting)

Fellowship on the front lawn following worship this summer.

The deacons are inviting members of the congregation to sign up to provide a simple snack of finger food (cookies, fruit, cheese, etc.) and a cold drink one Sunday during the Summer. The sign-up sheet will be in the narthex. Cups and napkins are provided and can be found in the cabinets in the northeast corner of the kitchen. Our fellowship together following worship provides a witness in the community to God's love. Please join the deacons in participating in this ministry which celebrates our spirit of unity and proclaims Christ's love.

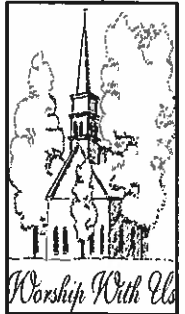
July

Lay Worship Leaders:

3 Helen King
10 Aileen Donnan
17 Chris Nelson
24 Ray Greenhill
31 Contemporary Service

Ushers: Gerolyn De LaFleur & Phyllis Ryan

Greeters: Shirley and Floyd Palmateer



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August

Lay Worhsip Leaders:

7 Bill Nelson
14 Holly McConchie
21 Bonnie Donnan
28 Contemporary Service

Ushers: Barbara Cervenka & Fred Lachtrupp

Greeters: Geralyn De Lafeur & Sharon Bellamy

Have a safe and happy Summer!



Treasurer's Report

Local Fund:

Balance 5/1/11 **-\$7,095.58**

Receipts 10,157.00

Fundraisers 7,959.15

Expenses 16,356.46

Balance 6/1/11 **-\$5,335.89**

Fundraisers:

BBQ	Rec'd	5,463.25	
	Exp	3,473.50	1,989.75

Basket/raffle 1,055.65

Rummage 1,030.65

Clothing 410.00

Happy Birthday to all those who have birthdays in July and August including the following:

JULY:

*Ray Greenhill, 1st
Barbara Cervenka, 4th
Jonathan Nelson, 14th
Todd Hohlenkamp, 14th
Marcie Page, 17th
Colin Mathias, 17th*

*Brad Gregg, 19th
Ute O'Brien, 19th
William Kindl, 22nd
David Goldstein, 27th
Lois Nelson, 27th
Bonnie Donnan, 30th*



AUGUST:



*Marilyn Miller, 3rd
Ashley Jones, 7th
Joel Holt, 8th
Jessica Nelson, 9th
Brittany Arnold, 10th
Leroy White, 10th*

*Darlene Muzzy, 11th
Mary Jane Armer, 17th
Donna Lou Arnold, 21st
Anne Lachtrupp-Weaver, 22nd
Elizabeth Wood Pustolka, 28th*

West Charlton United Presbyterian Church
"Scotch Church", Corner of Routes 67 & 147

Ham Dinner

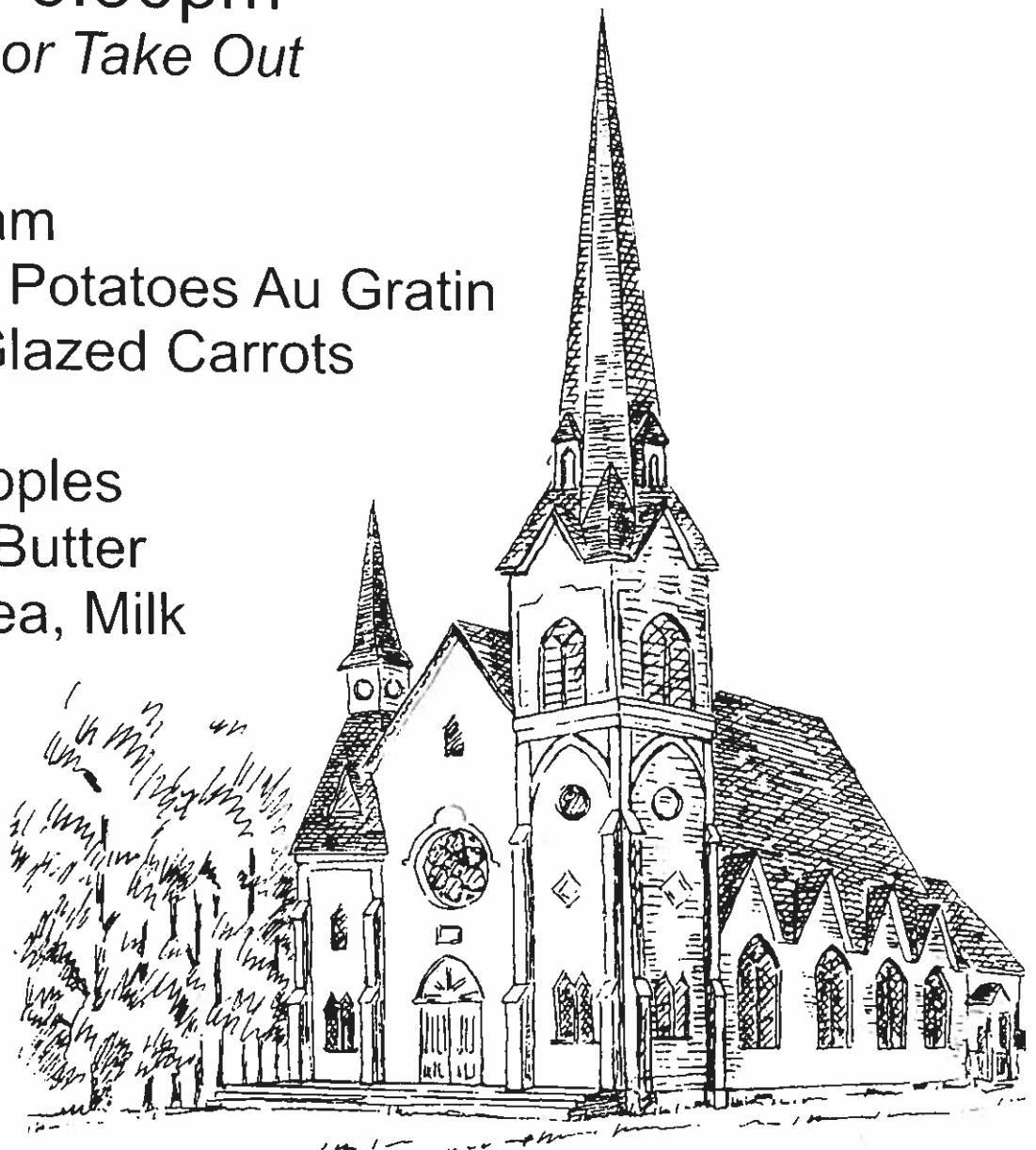
Saturday, Sept. 17, 2011

3:30-6:30pm

Eat in or Take Out

- Baked Ham
- Creamed Potatoes Au Gratin
- Orange Glazed Carrots
- Coleslaw,
- Spiced Apples
- Roll with Butter
- Coffee, Tea, Milk
- Pie

Tickets
\$9.50



Also: Bake Sale!

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3
9:30 Worship
COMMUNION
Child Care Available

4

5

6

7

8

9

Flowers: Connie & Dave
Wood

Independence Day

10
9:30 Worship
11:30 Fellowship Hour
Child Care Available

11

12

13

14

15

16

Flowers: Holly McConchie

17
9:30 Worship
Food Pantry Sunday
Child Care Available

18

19

20

21

22

23

Flowers: Marcie Page

24
9:30 Worship
Child Care Available

25

26

27

28

29

30
Maplewood Manor
2:00 PM

Flowers: Frances Rowe

31
9:30 Worship
CONTEMPORARY
MUSIC SUNDAY
Child Care Available

Notes:

Flowers: The Heritage
Family

~ August 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 9:30 Worship COMMUNION Child Care Available	8	9	10	11	12	13
14 9:30 Worship Fellowship Hour Child Care Available	15	16	17	18	19	20
21 9:30 Worship Food Pantry Sunday Child Care Available	22	23	24	25	26	27
28 9:30 Worship CONTEMPORARY MUSIC SUNDAY Child Care Available	29 Session Meets 7 PM	30	31	Notes:		
Flowers: Peggy Fee						
Flowers: Mary Jane Armer						
Flowers: Nancy Nelson						
Flowers: Lester & Betty Dennison						