



Pres Clippings

First Presbyterian
Church
www.firstpreselmira.org

June 6, 2017

Dear Friends in Christ,

Last Sunday, June 4 was Pentecost. That's the day we celebrate the gift of the Holy Spirit and the birthday of the church. In Ephesians 5:18, it says, "be filled with the Holy Spirit." How have you allowed the Holy Spirit to fill your mind, heart, and soul? Many people allow the Holy Spirit to fill and empower their lives by practicing something called "spiritual breathing."

Think about your physical breathing. You breathe in and breathe out approximately 12 to 14 times a minute. When we exhale, we breathe out the carbon dioxide that isn't useful to the body and when we inhale, we breathe in oxygen, which is necessary for life.

Spiritual breathing is a form of prayer that mimics the rhythm of our physical breathing. As we exhale, we let go of and give to God our sins and failures, our worries and fears, our hostilities and hurts, our anger and resentment, etc. As we inhale, we take in the love and mercy of God and feed on the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

For many people, practicing spiritual breathing provides the power needed to resist temptation; it gives a greater sense of the presence of God; and it results in a more peaceful and calm spirit, even in the middle of challenging or tense situations. In short, it's the spiritual oxygen needed for living Christ-like throughout the day.

Usually we don't think about our physical breathing. However, spiritual breathing requires a conscious decision and our attention. How about giving spiritual breathing a try?

*Love and peace,
Betsey*

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INSERT:
VBS Registration Form

Please Remember!

"FEED MY SHEEP"

June 11th:

SPAGHETTI & SAUCE

and

MACARONI & CHEESE

THIS WEEK'S SUNDAY SERVICE

June 11, 2017 ~ 10:30 a.m.

Trinity Sunday

Children's Pageant

The Rev. Dr. Betsey Crimmins will lead us in worship. The children will present a variety show-type pageant. The **Chancel Choir** will sing. The Greeters and Ushers will be **Judy Gooding, Connie, Rich** and **Andrew LaVere**. The Lay Reader will be **Tom Stegbauer**. The Chancel Flowers will be given by **Greg** and **Anne Lamb**. Childcare will be available. All are welcome to attend!

"ALL GOD'S CREATURES"

CHILDREN'S PAGEANT ~ JUNE 11th

The children will present "All God's Creatures" as the morning message during worship on **Sunday, June 11**. Children of all ages are invited to participate. The children will rehearse at these dates and times: Saturday, June 10 from 3:30—5:00 p.m. in the sanctuary, and Sunday, June 11 at 9:30 a.m. Light snacks will be provided. Contact Patricia Kapusta at 279-6849 if you have questions or want more information.

NEXT WEEK'S SUNDAY SERVICE

June 18, 2017 ~ 10:30 a.m.

2nd Sunday after Pentecost

Father's Day

Sacrament of Baptism

Two-Cents-A-Meal Sunday

The Rev. Dr. Betsey Crimmins will lead us in worship and preach. The **Chancel Choir** will sing. The Greeters and Ushers will be **Dennis** and **Nancy Cooper, Mike** and **Patricia Kapusta**. The Lay Reader will be **Rich Buchheimer**. The Chancel Flowers will be given by **Paul Kingsbury**. Childcare will be available. All are welcome to attend!

CALL TO A CONGREGATIONAL MEETING

There will be a meeting of the congregation of the First Presbyterian Church of Elmira, NY on **Sunday, June 25th** immediately following the Sunday morning worship service. The meeting will take place in the sanctuary of the church. The purpose of the meeting is to review the Annual reports, elect 5 elders to the class of 2020, 4 deacons to the class of 2020, one deacon to the class of 2019, one elder and one deacon to the class of 2018 and 5 at-large member to the nominating committee.

By order of Session, Barbara Squires, Clerk

IMPORTANT NOTICE!

The First Presbyterian Church campus and facility is a **SMOKE-FREE** and **ALCOHOL-FREE** property. That means there is to be no smoking or consuming alcohol anywhere inside or outside of the building including the grassy areas, parking lot, and driveway. Thank you.

THANK YOU TO...

ADOPT-A-HIGHWAY PICK-UP

Many thanks to these folks: **Norm Schamel, Barb Fitzsimmons, Kammie Morrisey, Kathy** and **Phil Menges, Carole Wereski** and **Greg Lamb** who turned out on Saturday June 3rd for the Adopt-A-Highway Clean-up. We were able to do roughly 3 of our 4 miles of Route 352. Of note; a stray/abandoned black kitten was found by Kathy, who walked the kitty nearly 7 tenths of a mile to the SPCA and turned it in. Anyone wanting a cute and lucky kitty, please contact the SPCA. Thanks again to the great turn out. I will reschedule another time soon to finish up. Thanks. ~Greg Lamb



HERO CENTRAL IS COMING! TIME TO REGISTER!

Vacation Bible School is coming! **June 26-30, 2017**, from 8:45 a.m. to noon, for 4 year olds through rising 3rd graders! Come where everyone is a hero! At VBS Hero Central, students will...Discover their strength in God...Explore God's mission for their lives...Encounter epic adventures alongside biblical heroes...Realize qualities that make them truly heroes in God! There will be a short program on Friday, June 30th at noon, followed by a picnic lunch. **REGISTRATION FORMS ARE NOW AVAILABLE** in the church office and in this issue of Pres Clippings. Sign up today! If you can't use this enclosed registration form, we would so appreciate it, if you would please pass it onto someone else.

Helpers are heroes too and we need your help! There is a sign-up sheet located on the bulletin board in the Missionary Lobby. If you have any questions, please contact Stacia Kruckow (734-3407), Sheila O'Bireck (331-8858), or Kathy Menges (425-5538).

FOOD DONATIONS NEEDED FOR VBS!

Your help is needed in making VBS the best yet! The **VBS food donation board** is located in the Missionary Lobby. Please sign up if you are able to donate any food. Thank you for supporting our children on their journey in faith.

ITEMS NEEDED FOR VBS!...YCE is looking for a couple of **large beverage servers** (with spigots) to use during VBS. If you have one we could borrow, please let Kathy Menges know, 425-5538. Thank you.

BOX FANS NEEDED!...VBS would like to borrow any **box fans** to use for the week of June 26 – 30. If you have a fan that we can borrow, please label it with your name and drop it off at the church office. Thank you.

THANK YOU for all of the donations of toilet paper rolls for VBS. We have plenty of them and won't need anymore. Thanks again.

THANK YOU to everyone who participated in the Sunday worship service on June 4....**Jim Barr, Barb Cacciotti, Harry Fitzsimmons, and Donna Hutchison** for Greeting and Ushering...the **Chancel Choir** for singing...**Mike Crimmins** for giving the Minute for Mission...**Jane Ivanick** for Lay Reading...Deacons, **Liz Holloway and Alida Schamel** for preparing the Communion elements...Elders, **Marilyn Betschen, Hank**

Dalrymple, Paul Hornbuckle, Chuck Stewart, and Mike Mitchell for serving the Communion...**Joanne Tunison** for leading the Children's Sermon...**Mike Crimmins** and **Patricia Kapusta** for leading the Children's Sunday School...**Carole Wereski** and **Rehana Stanley** for hosting the Fellowship Hour...**Jim Barr** for giving the Chancel Flowers, "The Chancel Flowers are in loving memory of Nancy."



CHURCH FAMILY



Our prayers of joy and congratulations extend to God on behalf of **Melissa Dixon** and **Darryn Mickley** who were joined in marriage on Friday, May 26, 2017 at Taughannock Falls, Ithaca, NY.

Our prayers of sympathy and comfort extend to God on behalf of **Susan Stapleton** on the passing of her mother on June 1, 2017.

KITCHEN RENOVATION UPDATE

In case you are wondering where we are with the kitchen renovation project, here's the latest. We are waiting for the design proposal to be completed. Once we have the proposal in our hands, we can begin to get estimates from contractors.

SCRIP CARDS ~ GIFT CARDS!

Graduation season is here and there are plenty of opportunities to give the perfect gift to your grad while benefiting the programs of First Presbyterian Church. From Bed Bath and Beyond, to Target and Staples, we have a great selection. Father's Day is just around the corner and if you can't think of what to get your dad, consider Dick's Sporting Goods (now accepted at Field & Stream) or Lowe's. As the end of the school year approaches there are several low denomination scrip cards available for teacher appreciation or graduation gifts, including \$5 Barnes & Noble and Starbucks gift cards, \$10 Target, Amazon and Applebee's gift cards.

KNITTING4PEACE POD

The Peace Pod meets every **TUESDAY** from **3 - 4:30 p.m.** in the Genesis room. Please join us to knit and/or crochet, as we have plenty of yarn, needles and patterns for anyone to use. All we need is you! Every stitch is a prayer for peace.

VOLLEYBALL!



You are invited to a pick-up volleyball game on **FRIDAY NIGHTS** from **6 - 9 p.m.** The volleyball games are open to everyone, including members and friends of the church. The next volleyball game will be on **Friday, June 9th.** If you would like more information, please contact Shane Wingard at irishconsultingwny@gmail.com.

HOST A FELLOWSHIP HOUR!

The sign-up sheet is on the bulletin board in the hallway by the kitchen. The next available date is **June 11th.** The church provides the beverages; you provide the eats. Keep it simple - pretzels, cheese and crackers, bagels cut in bite size pieces, cut up apples and things like that are always a hit! Or, you can gather up a couple of friends and host as a team!

COLONY PARK BIBLE STUDY GROUP will meet on **Wednesday, June 14th** from **1 - 2 p.m.** in the Community Room at Colony Park Apartments, 1210 West Water St., Elmira. Please note the change of day to **WEDNESDAY.**

The **CIRCLE OF WOMEN** will have their next meeting on **Monday, June 19th** at **10 a.m.** in the Hoffman Great Room. All women are invited.

NEW BOOK DISCUSSION

The upcoming book discussion is Waking Up White and Finding Myself in the Story of Race by Debby Irving. The book will be discussed here at First Pres on **Tuesday, June 20 at 7 p.m.**



As mentioned on Amazon, Irving began her career “in a variety of urban performance-art and community-based non-profits, where she repeatedly found that her best efforts to “help” caused more harm than the good she intended. Her one-step-forward-two-steps-back experience of racial understanding eventually led her to dig deeply into her own white privilege, where she found truths she never knew existed. “Waking Up White” describes that journey and the lessons learned along the way.”

RED CROSS BLOOD DRIVE

Thursday, June 22nd

1 - 6 p.m. ~ Hoffman Great Room

When was the last time you thought about donating blood? A momentary inconvenience can save a life! There is a great need for blood in our area. Walk-ins are welcome at any time. You may schedule an appointment by calling 1-800-RedCross or by visiting www.redcrossblood.org.



FIRST PRES WORKS will have their next meeting on **Tuesday, July 25th** at **6:30 p.m.** You are invited!

FLOWER CHART

The Chancel Flower Chart is posted on the bulletin board in the hallway across from the kitchen. The next available dates are **July 9, 16, and 23**. Bouquets for the chancel are

\$40 each. The flowers are separated into bouquets after worship and then delivered to those who are sick or homebound, by the Deacons.

The **KEY LOCK BOX** combination code for the church building has been changed. Please call Kelly Stewart, Church Secretary, (734-1614) if you need the new code. Thank you.

NAME TAGS

Do you have a name tag to wear at church? Have you lost it or have you never had one? We would love to provide a name tag for you. Please contact Kelly Stewart at the church office if you need a name tag. Wearing name tags makes it so much easier to learn people’s names! This is your gentle reminder to wear your name tag, please!



CHURCH STAFF

Here is information for contacting the church office staff:

- Rev. Dr. Betsey Crimmins, bcpreselm@stny.rr.com
- Felix Perez, Outreach & Service Specialist, fpreselm@stny.rr.com
- Kelly Stewart, Church Secretary, kespreselm@stny.rr.com
- Susan Weaver, Financial Secretary, slwpreselm@stny.rr.com

The church office hours are from 9 a.m. —3 p.m. Monday through Friday and the church phone is (607) 734-1614.

FYI: Jackson, the dishwasher, has been fixed and is now usable.



THOUGHT FOR THE WEEK...



“The quieter you become.....the more you can hear.”

~ *Ram Dass*

The Rev. Dr. Betsey R. Crimmins, Pastor

Felix Perez, Outreach & Service Specialist

Barbara Squires, Clerk of Session

Gary Tucker, Organist

Melissa Moore, Music Director

Scott Kelley, Instrumental Director

James Stewart, Sr., Church Sexton

Kelly Stewart, Church Secretary

Susan Weaver, Financial Secretary

Fred Betschen, Church Treasurer

Paul Kingsbury, Assistant Church Treasurer

Tara Brown, Child Care Giver

Church Office (607) 734-1614

Visit our website: www.firstpreselmira.org