

The following was excerpted from an article in Prevention Magazine from July 2024. In the 1970s, scientists began linking outdoor temperatures with psychological and behavioral effects. Research shows an increase in aggression and irritability as the temperature rises. Riots are more likely to happen on hotter days. More drivers honk their horns and exhibit road rage when the weather is warmer. Crime, especially gun violence, spikes on hot days.

Studies show that heat related aggression is also reflected in social media posts.

Researchers found many more negative tweets on hot days. During the Pacific Northwest heat wave in June and July of 2021, people posting were ten times more negative about many topics as before and after it. When their teammates were hit by throws from the other team, on hot days baseball pitchers were more likely to retaliate by purposely hitting batters with throws. And when Canadian researchers studied U.S. judges who determine whether immigrants may be granted asylum, they discovered that every 10-degree increase outside of their air-conditioned courtrooms resulted in a 7% decrease in asylum granting rates.

Higher outdoor temperatures decrease both worker productivity and intellectual learning among students. Mental tasks become a struggle. Test scores lagged when students retook the PSAT exam on 80-degree or higher days. Even steel-factory workers, who always contend with a hot work environment, become less productive on hot days.

Higher outdoor temperatures also increase ground-level air pollution. Higher levels of carbon dioxide affect our risk-taking reasoning. Scientists tracked air pollution in relation to New York Stock Exchange gains and losses over a fifteen-year period. Each time toxic particles increased by one standard deviation- same-day market returns dropped 12%.

Areas with the highest traffic-related pollution also had the highest levels of brain plaques associated with Alzheimer's disease. The constant low-level brain inflammation associated with pollution may also result in higher rates of dementia and Parkinson's disease.

The exact mechanisms by which heat changes our brains aren't yet clear. However, on very hot days, more people go to the Emergency Room for treatment of anxiety, schizophrenia, depression, and other mood disorders. Deaths by suicide also increase when the temperature rises.

There are no easy ways to avoid the effects of higher outdoor temperatures. Employing stress-reduction techniques like slow, deep breathing may counteract the increased irritability. Awareness of our tendencies toward increased aggression on hot days can help us to moderate our reactions.

When we can finally admit that the use of fossil fuels worsens the rise in outdoor temperatures faster than our planet can adapt, then we can make better decisions about our energy use. We can hold elected officials accountable for laws that support fossil fuel consumption. We can join with others who are working to reduce pollution in our local communities.

Higher outdoor temperatures affect all living beings. Will we continue to ignore its effects? Or will we address it to the best of our abilities?



The 2027 Annual New York Conference meeting is October 1-2, 2027.

It will be at the Desmond Hotel in Albany, New York.


St. Paul's UCC may send two delegates. If you are interested, let President Jeff Peters or Pastor Laurie know.

# Pray for our Shut-ins

Russ Wackenheim

...and others who are physically unable to join us.  
Why not call or visit, to let them know they are missed?





FOOD LINK  
**FOOD**  
*distribution event*  
Wednesday, June 3rd  
10:00am  
ST. VINCENT SCHOOL  
72 EAST AVENUE, ATTICA, NY  
www.fieldsofgrace.family

## SUMMER COFFEE HOUR DATES

June, July and August

1st Sunday of the Month

Will resume weekly schedule in September



The Attica Food Pantry  
Located at  
121 Prospect Street

Open: Tuesday and Fridays  
9 am to 12 Noon

## 50-Year Member Celebration- October 4

We will be celebrating our members who joined St. Paul's UCC in 1976.

We currently have Howard Barraclough Jr and Wendy (Ripstein) Walsh on the list.

If you believe you are a 50-year member or if you know of someone who should be included, please let us know.

## Bible Studies

*Dig Deeper with Friends*



Bible Study groups will meet in our respective areas.

If you have additional questions or Concerns, contact the Convener:

Lisa Knerr-Mon.6:30pm  
Marilyn Wilson-Wed. morning, 10 am

**Sunday Bible readings:** The first reading is *italicized*; the message text is **bold**.


June 7  
**Hosea 6:1-6**  
*Psalm 50:7-14,23*

June 14  
**Psalm 100**

June 21  
**Psalm 86:1-5,8-12,16**

June 28  
**Matthew 10:36-42**  
*Psalm 89:1-2,15-18*



COME JOIN OUR  
**BIBLE**  
  
Study

## June- Strengthen the Church Offering

The Strengthen the Church Offering supports leadership development, new churches, youth ministry, and renewal initiatives in existing congregations. Donate using the enclosed envelope or pick up one from the Offering Table in the back of the Sanctuary.

The Strengthen the Church Offering furthers the work of our Conference and National Ministries as we work together to strengthen and renew existing congregations, fund leadership development, and provide exciting new programs for youth and young adults. The offering is divided between your Conference and the National Ministries.



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Christian Education Meeting Minutes  
May 3, 2026

Members present: Tom, Christine, Becki, Jen, Pastor Laurie came in towards the end.

Gifts were chosen for the confirmands, ordered by Becki.

We'll serve cupcakes and punch and coffee.

-Chris will take care of the punch.

-Tracy agreed to make the cupcakes for us, requested 5 doz in a cross cake.

-Becki will order religious themed napkins (ordered with the gifts).

Tom reported that everything is set and ready for Dunkirk Campers.

We need to set a date for our pig purchase for Heifer project.

Sincerely,

Becki Peters  
Secretary

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### CELEBRATING A CENTURY OF FAITH, FAMILY AND FAIRWAYS

You are invited to a 100th Birthday celebration  
For The Rev. Carleton Norton

Sunday, August 2nd, 2026  
From 2:00—5:00 pm

We will sing "Happy Birthday" at 3:30 pm.

Location:  
St. John's UCC

If you would like to send a card:  
Rev. Carleton Norton  
1939 N Signal Hills Drive  
Saint Louis, MO 63122-6821



## GRADUATES

Graduation Sunday is June 28th

If you have someone in your family that is graduating from High School, Tech School or college, please email the following information. **(along with a picture if possible)** no later than June 21st. The information will be in the July/August newsletter.



Name of graduate

School attended/degree received

Honors/Awards/Scholarships received

Name of college they will be attending and major/future plans

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Congratulations to the following Attica High students on their academic achievement

### Merit Roll

11th Grade:

Madelyn Perry

### Honor Roll

11th Grade:

Joshua Kipfer

Also Congratulations to:

Charlotte Perry who placed 1st in the 55 meter dash at the 4th grade track meet.  
She also placed 6th in the 200 meter and 2nd in hurdles.

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## A DAD IS MANY THINGS....

He is a fixer of bicycles and electric trains...

A patient source of answers to childhood's never-ending questions...

A supplier of dimes for ice cream bars on warm summer nights...

A novice at combing hair.

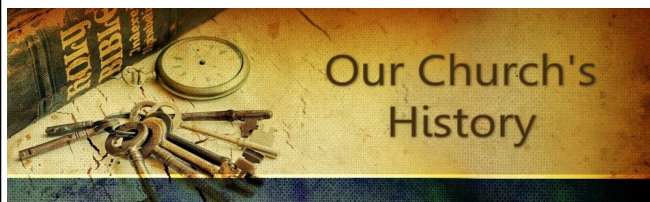
To his son he is a hero to imitate...

A never-erring authority...

The smartest, strongest man on the block.

A Dad is a protector, a provider of food, clothing, shelter...

He makes every possible provision for his family's well being



From your church's Historian

Jimmy Neary

-Taken from the June 1959 newsletter

# CHURCH COUNCIL

April 21, 2026

President Jeff Peters called the meeting to order at 6:56pm. Pastor Laurie led us in prayer. Members present: Tom Baker, Chris Eddy, Jennifer Eddy, Ruth Hopfinger, Jeff Peters, Vicki Silvernail, Roy Ticen, David Williman. Members absent: Lynne Jacoby, Justin Kipfer, Lisa Knerr.

Agenda was reviewed and accepted, MMSC Ruth Hopfinger, David Williman.

March minutes were reviewed and accepted, MMSC Jennifer Eddy, Vicki Silvernail.

Music Ministry - Arlene Brandon and Lani Friedhaber were present to resign as choir directors. We accepted their resignations with regret. This will take effect the end of June.

## Reports

Deacons - see report

Trustees - see report

Christian Education - see report

Pastor Laurie - We received two certificates through the New York Conference thanking St. Paul's for our yearly donations. St. Paul's was recognized as a 5 for 5 church. Jeff will accept the certificates at the next Sunday service.

St. Paul's received two sizable donations. Jeff will speak to Investment Committee with possibly putting the money into the property improvement account. Discussed using the money towards the roof repair. NYS offers grants to churches for building improvements. This could be a possibility for us to help with the cost.

## Old Business

Easter Sunrise Service - successful, although smaller amount of people. Next year we will have new signs. Also a possibility of involving members of community churches to take a part in the service.

## New Business

Back to School Picnic - We will discuss at the annual meeting to see if there is an interest from the congregation to help with this. There is also a possibility of obtaining a grant from Walmart to help with supplies. Council decided not to do the inside garage sale this year. Deb Best will continue to take the returnable cans and bottles for Heifer Project. Bring your cans & bottles in if you would like to donate.

Roy presented a new idea to promote St. Paul's. He made " My Hometown, Attica NY, St. Paul's UCC" buttons. Discussed having them available for free at community events (Winterfest, Pancake Breakfast) Roy will make 100 to start.

Our next meeting will be May 19th.

We adjourned with The Lord's Prayer.

Respectfully submitted,

Ruth Hopfinger

## DEACONS

*If anyone serves me, he must follow me; and where I am, there will my servant be also. If anyone serves me, the Father will honor him.*

John 12:26

April 21, 2026

Vicki called the meeting to order at 6:30. Head Deacon Lisa was absent.

Pastor Laurie led us in prayer.

Agenda was reviewed and accepted, MMSC Ruth Hopfinger, Jennifer Eddy.

March meeting minutes were reviewed and accepted, MMSC Jennifer Eddy, Vicki Silvernail.

Christian Education will host a reception of the new Confirmants on Pentecost Sunday, May 24th.

Graduation Sunday is June 28th. We will discuss with Trustees about the reception following worship. There have been requests for ashes to be offered on Ash Wednesday. Pastor Laurie has offered to do this next year. She discussed a few different ways to offer this service and possibly opening it up to the community along with members of St. Paul's. Meeting was adjourned at 6:51 with The Lord's Prayer.

Respectfully submitted,

Ruth Hopfinger

## TRUSTEES MINUTES

April 21, 2026

Changed streamers to red for Pentecost.

Inspected roof and pre school rooms for water damage.

Discussion on roof repair/replacement.

David Williman

Chairman

## June Parish Nurse Notes



June is the start of summer and all the outdoor activities. CPR and AED awareness week starts off the month. Take time to learn basic CPR and AED basics. There are many programs available through American Heart Association and Red Cross. As people become more active in the summer, an increase in cardiac events is possible, especially around water. Learn these life saving techniques.

Also in June is Family Health and Fitness Day on the 13th. This is a day set aside for families to address health and fitness concerns. Make a start for better health with meals and activities to improve overall health. Take a hike on National Trails Day and see the beauty of our outside. We have a wonderful park in Letchworth in our back yard!

World Blood Donor Day is June 14th. If able, donate this lifesaving fluid. 1 pint of blood can help multiple people in desperate need. In the US, someone needs blood every 2 seconds. This simple act can help people survive surgery, traumatic injuries, chronic illnesses, and cancer treatments.

Cataract awareness draws attention to the need for eye exams to detect cataracts. Cataracts are a film over the lens of the eye which reduces vision. Replacement is simple and improves vision instantly. Make sure to get your eyes checked yearly.

The last week of June draws attention to fireworks safety. Fireworks are beautiful and exciting to watch. Also very dangerous. Each year thousands of people are injured while doing fireworks. Handle with care, remain a safe distance from fireworks, and never point towards people.

Enjoy the start of summer! Stay hydrated, wear sunscreen and stay safe!

Prayer Shawls from  
Sisters In Faith



2026 Confirmation  
Christopher Eddy  
Eleanor Eddy



# JUNE 2026



| SUN  | MON  | TUE   | WED  | THU   | FRI  | SAT |
|--|--|---|--|---|--|-----|
|  | 1<br>Bible Study 6:30 pm<br><br><i>Jennifer Eddy</i>                   | 2   | 3 Food Link<br>Bible Study 10 am                         | 4 Chancel Choir<br>6:45pm   | 5<br><br><i>Emilia Perry</i>                   | 6   |
| 7 Worship and<br>Communion 10 am<br><br><i>Alyssa Jacoby</i>                   | 8<br>Bible Study 6:30 pm<br><br><i>Steve &amp; Joanne<br/>Ripstein</i> | 9   | 10<br>Bible Study 10 am                                  | 11 Sisters In Faith<br>5:30 pm<br>Chancel Choir<br>6:45pm<br><i>Henry Donahue</i> | 12   | 13  |
| 14 Worship 10 am<br>Flag Day   | 15<br>Bible Study 6:30 pm  | 16<br>Deacons/Trustees/<br>Council 6:30/7pm                                 | 17<br>Bible Study 10 am<br><br><i>Danielle Paganello</i> | 18 Chancel Choir<br>6:45pm<br><br><i>Jen &amp; Chris Eddy</i>                     | 19 Juneteenth                                  | 20  |
| 21 Worship 10 am<br>Newsletter deadline<br>Father's Day<br>First day of Summer | 22<br>Bible Study 6:30pm   | 23  | 24<br>Bible Study 10 am                                  | 25 Chancel Choir<br>6:45pm  | 26<br><br><i>Lisa Knerr &amp;<br/>Roy Tien</i> | 27  |
| 28 Worship 10 am<br>Graduation Sunday  | 29<br>Bible Study 6:30pm   | 30<br><br><i>John &amp; Chris Prusak<br/>Megan &amp; Shann<br/>Simonsen</i> |  |   |  |     |

St. Paul's United Church of Christ  
11 Washington Street  
Attica, NY 14011



of St. Paul's United Church of Christ, Village of Attica

*June  
2026*

**St. Paul's UCC, 11 Washington Street**

Just around the corner, first block down from Main Street.

**Join us for Sunday Worship at 10:00 am**

*Sunday School for children K-7th Grade - Nursery always open!*

"No matter who you are or where you are on life's journey, you are welcome at St. Paul's."

Reverend Lauran Heidenreich

Call the church at (585-591-2705), [stpaulunited@verizon.net](mailto:stpaulunited@verizon.net) or [pastorucc@verizon.net](mailto:pastorucc@verizon.net)

Website: [atticaucc.org](http://atticaucc.org)

**July/Aug Newsletter Deadline  
June 21st**

**Please make sure all newsletter  
submissions are in by this date.** Place in the pink  
folder on the office window or e-mail to:  
[stpaulunited@verizon.net](mailto:stpaulunited@verizon.net)