



COVID-19 Anniversary

We've been dealing with the COVID-19 pandemic for a year now. What have you learned from this experience? Have you gained any new wisdom?

What are you doing differently? What has become so important to you that you have maintained it no matter what? When have you been able to reach out to others? In what ways have you hunkered or bunkered down?

Where do you see yourself as more vulnerable? Where have you found yourself to be more resilient than you could have imagined? Have you discovered a newfound interest in connecting with others? Have you relished this return to a less busy time?

What are you celebrating? What are you grieving? Where are you stressing out? What are you anticipating? What are you dreading?

Has the availability of a vaccine brought you hope or fear? Do you see it as the light at the end of the tunnel? Are you anxious about being able to get it? Or do you worry about the needle- and how your body will react to the vaccine? Do you still subscribe to any of the hype or conspiracy theories about the vaccine? Do you still think this whole pandemic thing is a hoax? Why?

How are you doing spiritually and religiously? Is it well with your soul? Has your worship life changed? Is it more precious? Is it more expendable? Are you so stressed out that you haven't had the time to even think about it?

What physical shape are you in? Have you, like most people, put on a few pounds? (I recently spoke with a coach who reported that even high school athletes have acquired a few extra pounds due to the availability of food while at home.) Are you improvising ways to keep up with your exercise program? Or is it just another casualty of the pandemic?

As I wrote a year ago, we are all on a spiritual, physical, mental, emotional, and social journey with God and with each other. Whether we're being stretched, regressed, or both- this isn't a punishment. Our Creator hasn't abandoned us. Christ is for us. The Holy Spirit continues to flow in us and between us.

Indeed, researchers recently looked at more than fifty studies that dealt with how people manage stressful situations. They discovered that those who are determined to be both kind and generous, even in difficult circumstances, tend to better weather the situation. Medical tests were used to determine these conclusions.

An anniversary is a good time to remember and reflect about how well we handle life in general. Whether the anniversary is about something positive, like a birthday or wedding, or about something difficult, like a death or other loss, it is good to ponder it. It is how we gain wisdom. It is how we learn from our mistakes. It is how we acquire the stamina to act as followers of Jesus rather than react in ways that harm ourselves and others.

Godspeed!

Let love flow.

**One Great
HOUR
OF SHARING**

Give to One Great Hour of Sharing
ucc.org/oghs

UCC One Great Hour of Sharing Offering—beginning March 7th

One Great Hour of Sharing reminds us that God can bring transformation anywhere. Our shared resources accomplish greater things than we could ever imagine doing alone!

The money we give provides not only for another's family, but also their neighbors. The teacher we provide trains about seed selection so that the good seeds multiply and can be shared. The seedling we donate grows into the tree that provides both shade and bountiful fruit for years to come. Give generously to this UCC offering!

Pray for our Shut-ins



Carol Shreder
Bev West

Larry & Marie Taylor
Rose Marie Moeller

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



It's that time of the year for Durkirk Camp. Registration for 2021 Summer Camp programs is now available and if you register by April 15, 2021 you will receive the Early Bird discount of \$25.00. Please remember this could change at any time due to covid-19.

THANK YOU!
Saint Paul's UCC's 2021 Collection
raised:
\$84.97 and 8 food items

Thanks to your efforts this year, more dollars have been raised, more lives have been changed and the nation has seen the impact of people working together to help those in need. Thank you for working to transform the time around the Super Bowl into the nation's largest celebration of giving and serving.

Super Bowl
February 7, 2021

Alison Reese
Alison Reese
Executive Director
Super Bowl of Giving
superbowl.org

Attica Food Link Distribution:



March 4th
April 1st
10am-12pm
Attica Veteran's Park

Pre-portioned boxes will be placed in your vehicle. Please write down how many adults & children live in your household and put the paper on the driver's side window.

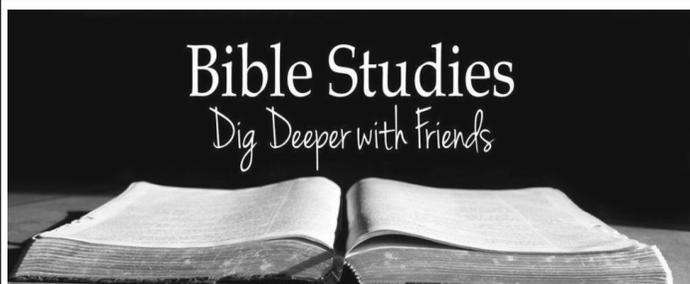


Daylight Savings Time begins
March 14th.

We are currently worshipping in-house at St. Paul's UCC. (This is subject to change if COVID cases increase.) Your Church Council is working to provide as safe as possible worship. Masks are required at ALL times while in the building. Check in with an usher upon arrival. Be here by 9:50am to hear lots of great music played by one of our organists. To connect virtually, the direct link to our YouTube Channel is:

<https://www.youtube.com/channel/UCi2hK62nkmeNAMJwMpchvJw>

We will now be live on YouTube AND Facebook around 10am on Sundays. You'll also be able to watch the recorded YouTube video at a later time.



Bible Study groups will meet in our respective areas - unless we can't maintain safe social distancing. We'll need to wear masks. If you have additional questions or concerns, contact the Convener: Lisa Knerr- Mon. evening, Charles- Wed. morning

Mondays @7pm in the lounge
Wednesdays @ 10am in the multi-purpose room.
Prepare your Spirit by spending an hour studying the "Message" Reading for Sunday. There is no better way to be ready for Worship than to study The Word of God!

Sunday Bible readings:

The first reading is *italicized*; the message text is **bold**.

- | | |
|---------------------------------------------------------------------------|---------------------------------------------------------------------|
| March 7
<i>1 Corinthians 1.-18-25</i>
Exodus 20.16-21 | March 21
<i>Jeremiah 31.31-34</i>
John 12:20-26 |
| March 14
<i>Numbers 21.4-9</i>
John 3.14-17 | March 28
<i>Philippian 2:5-11</i>
Mark 11:1-11 |



St. Paul's UCC Christian Education Committee
Meeting Minutes February 7, 2021

The meeting was opened with prayer by Chris. Members present: Chris, Lynne, Jennifer, Susan, Ruth

Souper Bowl money was collected at today's service. The total donated will be in next month's minutes.

Dunkirk Summer Camp: Lynne will put a sign up sheet on hallway bulletin board. Registration is currently taking place. See Lynne for questions.

Heifer: Susan will look up balance. Committee decided to make a purchase; possibly a well for water if we have enough money.

UPDATE: Water for Life is \$750. We almost have enough to purchase this.

Easter Egg Hunt: April 4th - we will put together treat bags at our March meeting for the children on Easter Sunday. They will watch a movie during Sunday School.

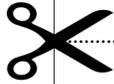
Sunday School and Nursery sign ups were completed for February and March.

New positions were chosen:

Chairperson- Susan, Secretary- Ruth, Sunday School - Jennifer
PreSchool - Chris, Dunkirk - Lynne Heifer - Vicki

Next Meeting - March 28th

Meeting was closed by reciting The Lord's Prayer



2021 EASTER FLOWERS



EASTER LILLIES: \$8.00

TULIPS: White Red Yellow \$6.00

HYANCINTHS: White Pink Blue \$6.00

IN HONOR OF:

IN MEMORY OF: _____

NAME: _____

DEADLINE TO ORDER FLOWERS:

Order flowers by to ensure requests: March 14th
Please make all checks payable to: Laurie Bellucci
Payment needed by March 21st



Parish Nurse March Notes

March has many scheduled awareness topics. It also signals the ending of winter and soon start of spring. With that comes many opportunities for reawakening our health.

March 7-13 is Patient Safety Awareness Week- is an annual recognition event intended to encourage everyone to learn more about health care safety. During this week, the Institute for Healthcare Improvement seeks to advance discussions locally and globally and to inspire action to improve the safety of the health care system for both patients and the workforce. This is extremely important now with the pandemic. Understanding the function of the health care system and how to support both the system and workforce can help us negotiate this last year and plan for an improved health care system to better handle challenges in the future.

March 8- 14 is Sleep Awareness Week- the effect of good sleep cannot be overemphasized with relation to health. Quality sleep allows your body and brain to refresh and prepare for the next day. Good sleep habits include having a cool, dark room and comfortable bedding. Decreasing electronic use- both TV and tablets/computers- will improve ability to fall asleep and sleep well. Decrease caffeine intake and alcohol intake a few hours prior to sleep. Exercise earlier in evening. Don't eat heavy snacks before bed. If continued trouble with sleeping, contact your health care provider for further evaluation and treatment options.

March 23 is American Diabetes Alert Day- this is a day to call attention to diabetes. This is a time to discuss with your health care provider the symptoms of diabetes and impact on cardiovascular function along with vision involvement. This is extremely important as over 30.3 million Americans have diabetes. Some of the risk factors for diabetes include obesity, age over 45, family history of diabetes, high blood pressure, elevated triglycerides in blood and inactivity. Symptoms of diabetes include extreme thirst, increased appetite, increased urination, fatigue, weight loss, blurry vision and and fruity smell to breath. Diabetes can be easily diagnosed with a blood test. There are many treatment options for diabetes, starting with improved diet and exercise. Contact your health care provider to be checked for this disease if you have any of these risk factors or symptoms.

March 21-27- Poison Prevention Week- check your closets and cupboards for items that can be poisonous to people and pets. Take precautions to limit access to these items, placing them out of reach of young children and pets. Know who to call in case of accidental poisoning 1-800-222-1222 to be connected with local agency

March is also Save Your Vision Month- take the time to make an appointment for an eye exam to check your vision and the health of your eyes. This is more important as our use of computers and electronics have increased. Blue light from these devices along with eye strain can lead to vision problems. The average person spends over 7 hours daily using digital devices and straining to examine data and info. This can have a serious impact not only on your vision but also on your sleep pattern. Decrease use of electronics will help decrease potential problems in the future.

Continue to stay safe, wash your hands, wear a mask



St. Paul's IT department is looking for more persons to train on live streaming and videoing during our church service.

If you have any questions or are interested, contact Media Minister Eric Lovell at stpaulattica@gmail.com

CHURCH COUNCIL

Council Meeting
January 17, 2021

New council members were welcomed and given their council binders.

New officers were chosen:

Head Deacon: Laurie Bellucci
Deacon Secretary: Deb Best
Head Trustee: David Williman
Trustee Secretary: Chris Kipfer
Council President: Marie Lowe
Vice President: Jeff Peters
Council Secretary: Lisa Neary

Secretary position – We have one applicant at this time, Laurie Bellucci, therefore, Laurie will be the church's new secretary.

Our next meeting is February 16th at 6:30 for Deacons and Trustees and 7:00 for council.

Marilyn reminded everyone that counters need to sign up to help count. The sign-up sheet is on the table in the back of church.

Respectfully submitted,
Lisa Neary

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

Deacons Meeting
Dec. 15, 2020

Members present: Laurie Bellucci, Marie Lowe, Lisa Neary, Lorraine Wolf and Debbie Best

Meeting was called to order at 6:33 pm. Pastor Laurie opened with prayer. Agenda was reviewed and motion to accept by Laurie and seconded by Marie. Feb. minutes were reviewed and accepted by Marie and seconded by Lorraine.

Old Business- Screen usage for services were discussed. Marie will greet supply minister on Dec. 27th.

New Business- Lay readers were discussed. Candles for Candlelight service needs to be ordered. Christmas Eve Service discussed. Candles are prepared. Snuffers will be used to put them out. Please bring snuffers to church to use.

There will be an informal deacon meeting after annual meeting. Next meeting will be Feb. 16th at 6:30 pm. Meeting was adjourned at 6:48 pm.

Respectfully Submitted,
Debbie Best, Deacon Secretary



Spotlight on our youth



Lauren West from Perry Central School, has been named this year's recipient of the Arts Council for Wyoming County and Creekside Fabrics Visual Arts Scholarship. The sophomore will spend a year studying with a master artist. The apprenticeship will culminate with a solo exhibition at the ACWC in May 2022. This scholarship is for high school students who wish to further their studies in visual arts: photography, fiber arts, ceramics, carpentry, and drawing and painting. Lauren has a passion for drawing and painting, which she would like to incorporate into a future career. [#PrideInTheHive](#)

From your Church Historians:

This is the first time your church historians interviewed a couple. We asked Bill and Nancy Colvenbach if they would like us to “feature” them in an article for “The Spirit,” so here goes:

“Bill and Nancy, what brought you to Attica and to St. Paul’s?”

“Well,” Bill said, “my roommate had an interview for a teaching position in Attica.” “I don’t feel well, he said, why don’t you go to Attica for me Bill?” “Ok.”

The interview went well, and Bill got a position in the High School, beginning in September of 1969.

Nancy’s roommate could not make an interview in Attica, so she said, “Nancy why don’t you go?”

Nancy did, and got a teaching job in 1971, in Attica Middle School.

(An editorial note: Charles and Nancy have this thing that whenever something unusual happened, they would ask each other, “is it coincidence or The Holy Spirit?” We agreed it was The Holy Spirit.)

Bill had just begun his teaching and a Parent-Teacher-conference with Chet Watson. Chet invited Bill to come to St. Paul’s!

“What does St. Paul’s mean to you?”

FAMILY-SINCERITY-and many BEAUTIFUL PEOPLE.

Nancy joined the choir and became the Director when Kent Bates took sick. She was the organizer of the Bell Choir.

Bill has served on the Church Council, Mission Committee, taught Sunday School, is the “Coffee Man” at Sauerkraut Supper, and served on a Stewardship Visitation Committee and an Interest Fair.

Nancy has served on the Church Council, as Choir Director and Bell Choir Director, and also served on the

Stewardship Visitation Committee with Bill, and the Internet Fair and the Sauerkraut Supper.

“What is your favorite worship service?”

Nancy and Bill agreed, “The Thanksgiving Candlelight Service”

This interview took place on February 16, 2021; and because of COVID-19 it was conducted via telephone.

Would you like to be interviewed by your “Church Historians?” We would be honored to “hear” about your

Spiritual Journey at St. Paul’s; anytime, anywhere! Call us 591-1201.

Your Church Historians,
Floss and Charles



MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Bible Study 7pm	2	3 Bible Study 10am	4 Chris Eddy	5	6
7 Worship & Communion 10am	8 Bible Study 7pm Lisa & Jim Neary	9 Floss Williman	10 Bible Study 10am	11 Sisters in Faith 6pm	12	13
14 Worship 10am Sharon Huynh	15 Bible Study 7pm Linda Hughes	16 Trustees/Deacons 6:30pm, Church Council 7pm	17 Bible Study 10am Eric Lovell Wendy & Jim Walsh	18 Lena Hopfinger	19 John Prusak Cris Mahoney	20 Michelle & Eric Lovell
21 Worship 10am Newsletter Deadline Doris Knab	22 Bible Study 7pm	23 Livy Peters	24 Bible Study 10am	25	26	27
28 Palm Sunday, 10am Christian Education meeting	29 Bible Study 7pm Carol Shreder	30 Tracy O'Neill	31 Bible Study 10am			

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



Sp The Spirit

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

March
2021

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 Luran Heidenreich

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

Website: atticaucc.org

April Newsletter Deadline
March 21st

Please make sure all newsletter
submissions are in by this date. In the green folder
on the office window or e-mailed to: stpaulunited@verizon.net