

The Christian Season of Lent

Lent isn't about sacrificing so that we can get in good with God. It isn't about doing good works so that we can get in good with God. It isn't about fasting so that we can get in good with God. Nothing we can do, say, or be- can get us in good with God. We're already good with God because of Jesus.

Lent is a time of preparation for the celebration of Easter. It's a time of turning away from self-reliance and independence. It's a time to turn towards God and increase our trust in God. It's a time of change- a change of mind and life direction- because of the good news of Jesus Christ.

Lent is a great time to reconcile our loving God with the suffering in our world. The suffering we encounter isn't the result of a wrathful God. It isn't punishment for sin. God doesn't really need to reprimand us. We do enough of that ourselves. We get enough of that from others.

We also abandon God far too much by running after the little 'g' gods of power, control, success, status, independence, and wealth. Which is why our Bible reminds us that God runs towards us. Even while we're still sinners, God reaches out to us and wants a stronger relationship with us.

Matter of fact, God dwells deep within us at our very center. God is with us in both the fun times and the difficult times. God walks with us through the shadows and the valleys. God guides us in our mountain top experiences and in the deepest gutters in which we find ourselves. If we feel that God isn't there, it's we who're ignoring God. It's never that God has abandoned us.

God is hope. God is infinite possibilities. God is generosity and abundance. God is the Creator of the Universes. God is the sacrificial love found in Christ Jesus. God is our Empowerer.

God gets involved in the messiness of our lives and of our world. God shows up where we create violence in order to show us a better way. God shows up where we create danger to show us a safer way. God shows up where we create drama and chaos in order to show us a healthier way. We can trust God to transform our lives towards the way of Christ.

Lent is all about God leading us toward deeper truths. It's about us discovering the miracles of God's Reign and working to further it. It's about immersing ourselves in the Savior-ness that is our Triune God, rather than expending energy on blaming and shaming.

Lent really isn't about us as individuals. It's about the ties that bind us together through and in God. Ties that help us thrive in the broken and anxious world. Ties that transform us into the people God envisions us to be.

May God's Blessings be with us on our Lenten journey!



You're Invited! Maundy Thursday Potluck and Communion

6pm on April 6

We're moving Maundy Thursday worship back into the Fellowship Hall! We'll share a potluck meal and celebrate Communion. Meet at 6pm with a dish to share!

Save the Date: Good Friday Worship- 12 Noon, St. Luke's

On Good Friday, **April 8**, the Church in Attica will offer **Tenebrae** worship at noon at St. Luke's. Plan to attend and bring a friend.

On-Line Donations—Do you pay your bills on-line?
Consider adding your monthly church donation to that list.
Donations to the church can be set up as recurring transactions.
Checks are mailed from the bank to the church and clearly indicate the donor.



Pray for our Shut-ins



Carol Shreder

Bev West

...and others who are physically unable to join us.

Why not call or visit, to let them know they are missed?

Larry Taylor

Chuck Kellogg



Interested in attending Dunkirk Camp this summer? Sign-up in the hallway & register on-line by April 15th to take advantage of the "early bird" discount and church-funded scholarship. See Christian Ed bulletin board or Tom Baker for details.



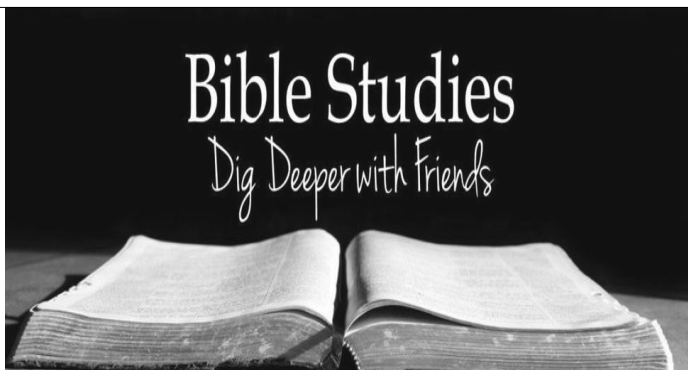
Attica Food Link Distribution:



Attica Presbyterian Church
March 1
10am-12pm

—1st come 1st served , Bring your own bags
This will be for the next six month period.
Sponsored by Attica Food Pantry

We want to continue to keep our congregation healthy. If you have been exposed to a suspected or confirmed case of Covid, please stay home and worship with St Paul's virtually for 2 weeks. If you are having any cold/flu/rsv symptoms please stay home. As always our policies may change as local and state guidances change.



Sunday Bible readings:

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

March 5

Genesis 12.1-4

Romans 4:1-5,16-17

March 12

John 4:1-16a,23-26,

28-30,40-42

Romans 5.1-2,5,8,10-11

March 19

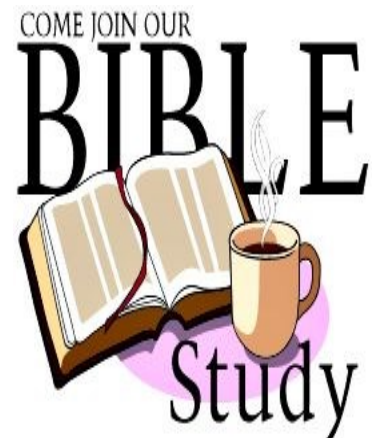
Psalms 23

John 9.1-7

March 26

Psalms 130

Ezekiel 37.1-2,4-12a,14



Bible Study groups will meet in our respective areas. If you have additional questions or concerns, contact the Convener:

Lisa Knerr- Mon. evening,

Charles- Wed. morning



SAVE THE DATE

March 12, 2023

8am to 12 Noon

Pancake Breakfast with sausage, fruit and juice

Cost \$10 (children \$5)

BASKET RAFFLE
MARCH 12TH

- Helps fund Dunkirk-Camper Scholarships
- Please leave donations in narthex by March 5th



BACK DOOR

Our back door is out of order for 1-3 weeks.

Use the front door on weekdays in the meantime.
Thank you Trustees.



OUR NEW SONG BOOK IS COMPLETE

*YOU WILL FIND THIS IN THE PEWS.
THE MUSIC IS IN ALPHABETICAL ORDER
WITH THE CHRISTMAS MUSIC IN THE BACK OF THE BOOK.*



SAVE THE DATE

The next Scrapbooking event for the Youth Mission Trip
is April 22, 2023.

Come, enjoy a day with friends, good food—

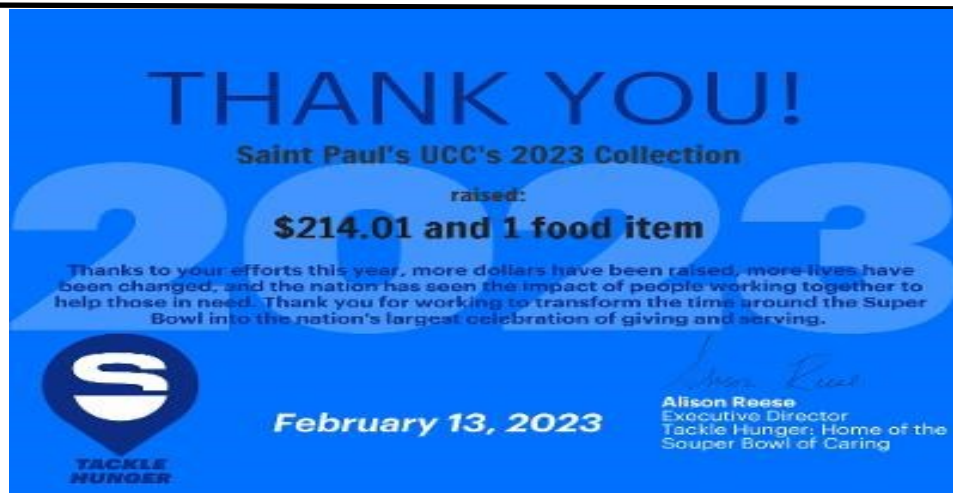
Breakfast, lunch and dinner



UCC One Great Hour of Sharing Offering- March

One Great Hour of Sharing reminds us that God can bring transformation anywhere. The 2023 One Great Hour of Sharing (OGHS) theme is It's Time to Share. It's based on Galatians 6:9-10. "So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all..."

Our Bible assures us that God's Spirit will strengthen us to persist in the work of being generous in caring for others. Over the years, UCC OGHS funds have provided support that offered hope when situations seemed hopeless. We've provided food, water, medicines, education, and opportunities for sustainable development. We've given aid to those affected by wildfires, earthquakes, hurricanes, and flooding. Let's continue to give generously to support this very important ministry.



February 19, 2023

The Pastoral Relations committee met Sunday, February 12, 2023, following church services. Present: Patricia Baker, Bev Myers, Lisa Knerr, Mary West, Council President, Laurie Bellucci, Head Deacon and Pastor Laurie Heidenreich. The meeting was opened with prayer from Pastor Heidenreich. Pastor Heidenreich provided updates on arrangements for upcoming services during the holidays. Pastor The Committee reviewed the purpose of the committee and the requirements to meet. Pastor Laurie reviewed her vacation days have been submitted to the council so appropriate staffing can be found. Pastor Laurie discussed the upcoming youth trip. Pastor Laurie discussed the return of Lenten Lunches and St. Paul's participation. The committee then closed the meeting with The Lord's Prayer. The next meeting is scheduled for May 21, 2023 following services. Church members and guests are welcome to reach out to any Pastoral Relations Committee member with any concerns.

Respectfully submitted,
Patricia A. Baker

CHURCH COUNCIL

December 20, 2022

Meeting called to order at 6:33 p.m. by President, Marie Lowe.

Present: Marie Lowe, Pastor Laurie, Marilyn Wilson, Laurie Bellucci, Lorraine Wolf, Lisa Neary, Jeff Peters, Chris Eddy, and Chris Kipfer, Deb Best, Tom Baker and David Williman

Absent: Mary West

Pastor Laurie led us in prayer.

Jeff Peters made a motion to accept the agenda, seconded by Laurie Bellucci, passed.

Lorraine Wolf made a motion to accept the November 2022 minutes, seconded by David Williman, passed.

Reports:

Deacons – Pictorial is on-going.

Trustees – Heating – the boiler is fixed for now. Salome's said probably in 10 – 12 years we should think about replacing it. It was purchased in 2008. Refrigerator will need to be fixed. Fire inspector was here and there are some lighting needs to be replaced/ fixed.

Treasurer's report – was reviewed. Correction will be communicated to the treasurer.

Proposed budget was presented and discussed.

Christian Ed – No Report

Pastor's Report – The Pastor and Pastoral Relations Committee designate \$14,000 of the 2023 Base Salary as a housing allowance for Internal Revenue Service purposes.

Media Ministry – No report.

Chris Kipfer made a motion to accept all reports, seconded by David Williman, passed.

Business:

One License is up for renewal. Motion was made by Jeff Peters to renew our license with One License and pay It out of the Worship Materials budget line. Seconded by Deb Best. Carried.

Annual Meeting will be January 15. Nominations will be announced 3 weeks prior. Nomination Committee – still need a Trustee. The rest are filled. Will need a microphone for the meeting. Entire council does not need to sit up front. Annual reports are due to church secretary by January 3.

Installation of officers will be January 22.

Invoice for child AED pads for \$132 – expense should come out of bldg. maintenance/repairs.

Wyoming County Health Department needs a list of events that are open to the public for next year. Discussed having a pancake breakfast again this year, open to the public. Scheduled for March 12th, Sunday.

Next meeting is the annual meeting – January 15, 2023.

Meeting adjourned with a motion made by Jeff Peters and seconded by Chris Kipfer, passed.

Pastor Laurie led us in the Lord's Prayer.

Respectfully submitted,

Lisa Neary

Council Secretary

LENTEN LUNCHES

You are invited to join the Church in Attica for Lenten Lunches to be held at St. Luke's Episcopal Church.

We'll have several soup selections as well as a selection of breads. A short meditation will be given.

Plan to attend and bring a friend or neighbor with you!

Thank you to everyone helping with the Lenten Lunches every Wednesday during March at St. Luke's at Noon.

March 1 (John 3.1-17)- St. Paul's/ Pastor Laurie

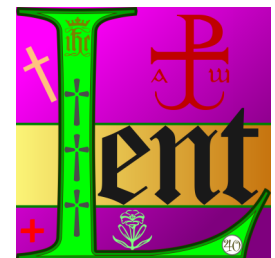
March 8 (John 4.5-42)- St. Luke's/ Pastor Chris

March 15 (John 9.1-41)- Baptist/ Pastor Mike

March 22 (John 11.1-45)- First Presbyterian/ Pastor Brad

March 29 (Matthew 21.1-11 or Matthew 26.14-27.66)- Methodist/ Pastor Pam

Come and join us and bring a friend!





March Parish Nurse Notes

Colorectal Awareness is in March. Colorectal cancer is the 2nd deadliest cancer. Estimates are 153,000 will be diagnosed with this preventable cancer in 2023. 1 in 24 people will be diagnosed in their lifetime. Early detection through screening can lead to early treatment. Recommendations are for yearly screening starting at 45 or sooner if family history. Screening is easy to do. Friday March 3 is Dress in Blue for Colon Health Day.

March is Nutrition Month- an annual campaign designed to stress healthy eat and physical activities habits. This year's theme is "Fuel for the Future"-eating with sustainability in mind is a tasty way to nourish ourselves and protect the environment. A few ways to do this -

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meal and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs

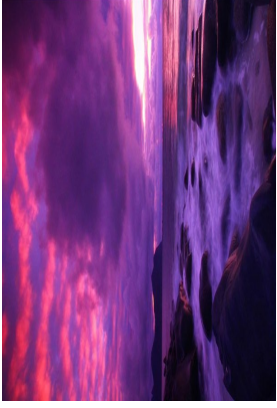
Home


1. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
2. Give family members a role in meal planning and let them pick out different recipes to try.
3. Plan to eat more meals together as a family during National Nutrition Month®.
4. Explore food recovery options in your community.
5. If you watch TV, take breaks during commercials to be physically active.
6. Practice mindful eating by limiting screentime at mealtime — including phones, computers, TV and other devices.
7. Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
8. Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do..

Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or limes

MARCH 2023

Lent | *Beholding the Sacred Space*



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Food Link 10am Lenten Lunch 12 N	2	3	4 <i>Chris Eddy</i>
5 Worship 10 am with Communion Coffee Hour	6	7	8 Lenten Lunch 12 N <i>Lisa & Jim Neary</i>	9 <i>Floss Williman</i>	10	11
12 Worship 10 am Daylight Savings Time begins	13	14 <i>Sharon Huynh</i>	15 Lenten Lunch 12 N <i>Linda Hughes</i>	16 <i>Russ Wackenheim</i>	17 <i>Eric Lovell</i> 	18 <i>Lena Donobue</i>
19 Worship 10 am Newsletter deadline <i>John Prusak</i> <i>Cris Maboney</i>	20 <i>Michele & Eric Lovell</i>	21 Deacons/Trustees Council meeting	22 Lenten Lunch 12 N	23 <i>Elizabeth Peters</i>	24	25
26 Worship 10 am	27	28	29 Lenten Lunch 12 N <i>Carol Shreder</i>	30 <i>Tracy O'Neil</i>	31	

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

May 2023

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 or pastorucc@verizon.net

Website: atticaucc.org

April Newsletter Deadline
March 19th

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