



Spiritual Preparedness

Last year, I attended a learning event about being prepared for a disaster. It was sponsored by the Citizen Preparedness Corps, a unit of the New York National Guard. They educate people about what to do before a disaster, so they can better help themselves and others during the event. Consequently, there will be less people who need to be rescued by the National Guard.

Likewise, when we're young, we depend on others to teach us what we need to know to function in daily life. We learn to eat, walk, and go to the bathroom by ourselves. Eventually, we need less help from others and can become more independent.

But independence isn't the final goal. Yes, we want to be able to take care of ourselves, so that we don't have to depend on someone else for everything. Yes, we strive to attain self-sufficiency, so we might have more freedom to make our own decisions. But never needing others isn't our end goal.

Independence is actually about developing skills- and having time- to be available to ourselves and others both in ordinary times and in times of need. And about having the ability to inspire more and more people to also reach out to others in need.

Independence is also about a continual growth of virtues. The more we're ready to deal positively with the unknowns of life, the better we'll fare. So, our path should always be towards union with God, as well as union within our self (mind, heart, soul, and body). This helps us to mature both as Christians and as adults.

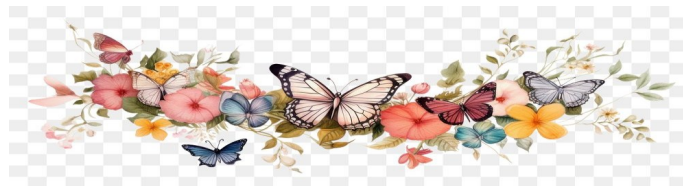
When we're young, our still-developing mind tends to be dualistic because that's what it can handle. We need to understand differences, so we can define ourselves. But as we learn those differences, the world begins to wound us. We adopt ways to deal with those wounds, at times espousing vices. Our interior baggage starts to pile up.

So, as we age, inner soul work is crucial to our healing and spiritual growth. Otherwise, we tend to become bitter and self-serving. Which is why Jesus' greatest command is to love God and others as we love ourselves.

Deeper levels of consciousness are non-dual. So, we generally have to go through a period of unknowing in order to function at a more mature level. As we consider more factors, we see a bigger picture. We realize how diverse things can unite- rather than separate. We start to adopt virtues like faith, hope, and charity.

We gain self-control and can more humbly make better decisions. We can better show gratitude. We have more patience. We also have the courage to act in more just ways, including ways that cost us.

As we adopt these virtues, we begin to live more like Jesus did. We become the Body of Christ in the world today. We help to bring about God's Realm here on earth.



Annual Meeting of the New York Conference- June 6-7, 2025

The Annual Meeting of the New York Conference of the United Church of Christ will convene at the Crowne Plaza Albany - The Desmond Hotel, Albany New York, beginning at 1:00 PM on Friday, June 6, 2025, and will be in session until after the Closing Service of Worship on Saturday, June 7, 2025. St. Paul's UCC may be represented by two delegates. If interested, please contact Pastor Laurie.

Western Association Spring Meeting and Workshop Event- May 3

Western New York Area Churches in Covenant is offering Fellowship, Worship, and Workshops from 9am-2pm. Pastor Laurie will be attending. Let her know if you're interested. Thank you!

Pray for our Shut-ins



Bev West

Larry Taylor

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



Congratulations to Sawyer West

Sawyer was inducted to the National
Technical Honor Society.
Sawyer is majoring in Conservation, Diesel and
Heavy Equipment.



**Attica Food Link
Distribution:
1st United Presbyterian Church
Main Street**

May 7, 2025
10am-12pm

Bring your own bags
1st come 1st served.



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.

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. evening, 6:30 pm
Marilyn Wilson- Wed. morning, 10 am

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

May 4

Acts 9.1-6

Revelation 5.11-14

May 11

Acts 9.36-42

John 10.22-28a

May 18

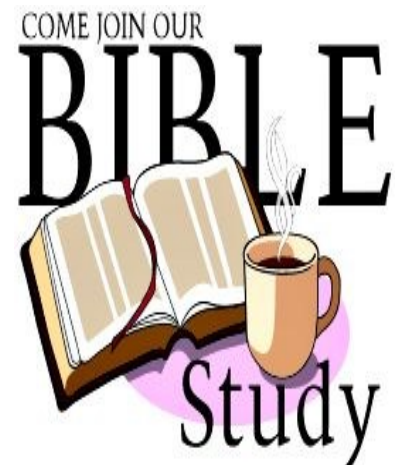
John 13:31-35

Revelation 21:1-6

May 25

Revelation 21.10,22; 22:1-5

John 14.23,25-27



Please call or e-mail the church office when ...

- ... either your home phone, address, or e-mail address changes, so that church records can be corrected.
- ... you are planning to move or return to college, university, trade school, etc.
- ... a new baby arrives, a death occurs, or a special event occurs.
- ... a new family moves into your neighborhood.
- ... you feel the congregation can assist you in some way.
- ... you would like to visit with the pastor.



CWS Blanket Sunday- May 11

A blanket can provide warmth and comfort when our neighbors have lost everything.

Blankets and Kits are dispersed throughout the world to families impacted by hurricanes, tornadoes, flooding, and other crises including homelessness and poverty. Look for your donation envelope in this newsletter.



Easter Dawn Service

*We had a wonderful turnout for our service in the park.
Thank you to those that helped in any way to
Make this service possible.*

42 people attended

16 community members and 1 dog.



GRADUATES

Graduation Sunday is June 29th.

If you have someone in your family graduation from High School or college, please email the following information

(along with a picture if possible) no later than June 15th.

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:



Graduation time is almost here.

St. Paul's UCC Scholarship Fund could use your help.

If you feel compelled to help out a graduate, you can make a donation to this fund.

You can donate for a birthday gift, in honor of,
in memory of someone or just because you feel it in your heart to help.

We would like this tradition to continue. With your help it can.

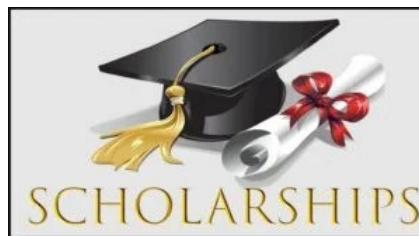
This year we have two graduating seniors that are continuing their education in college.

We will accept cash or check.

Place your donation in an envelope marked

St. Paul's UCC scholarship fund/Memorial Committee.

Thank you for helping this tradition to continue.



Have you been Decluttering your Home?

Now is a good time to think about this.

INSIDE GARAGE SALE

Inconjunction with the Village wide Garage Sales

June 14th

Pay \$10 for a 6' table and bring your stuff to sell.

RSVP by calling the church by June 1st





March Council Minutes - March 18, 2025

Meeting was called to order at 7pm by President Jeff Peters
Pastor Laurie led us in prayer
Agenda was reviewed and accepted- MMSC Laurie Bellucci, Ruth Hopfinger.
February minutes were reviewed and corrected, accepted- MMSC David Williman, Justin Kipfer.

Reports

Deacons- see report
Trustees- see report
Treasurer- no questions
Christian Education- Palms have been ordered for Palm Sunday children will hand out.
Pastor Laurie- no report

Old Business

Easter sunrise service- 6am at Fireman's pavilion in park. St. Paul's will provide light refreshments.
Pancake breakfast- approximately 85 people were served. \$49 received in donations. Jeff Peters proposed using funds for other community events. Christian Education basket raffle \$655.

New Business

Counting sheets were completed
Request received from Flo Nolan to remove her from membership- MMSC Chris Eddy, David Williman.
Ideas for community engagement:

David suggested a board game day- Ruth suggested doing near Christmas to allow parents time off to leave children at event while they shop.

Marie mentioned doing a movie night, possibly stream movie from Sight & Sound. Roy will look into planning another trip to Sight & Sound.

Roy discussed coffee hour in narthex. Suggested we do a campaign

"St. Paul's is Attica's best kept secret"- promoting St. Paul's.

He will talk to his son Eric who specializes in improving recruitment and retention of new members- will have Eric speak to council at future meeting.

Ruth recommended resuming Caregivers Group to contact absent members.

Jeff would like to plan Dyngus Day take out next year as fundraising event and promotion of St. Paul's.

St. Paul's has been asked to join Attica Chamber of Commerce group- is of no cost and will be good advertisement. MMSC - Laurie Bellucci, Marie Lowe.

Shelter Point Insurance letter concerning FML and disability- will forward to Susan McPherson to review.

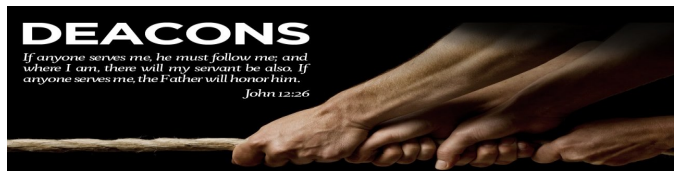
David is researching a film for the back doors- asking for suggestions for design.

John suggested rolling up memorial rug in back of church during winter months to prevent and salt damage to rug.

Meeting was adjourned @ 8:02 pm with Lord's Prayer.

Next meeting April 15, 2025

Respectfully submitted,
Marie Lowe,
Secretary



Deacon's Meeting Minutes-March 18, 2025

Laurie called the meeting to order at 6:36 pm.
Pastor Laurie led us in prayer. MMSC to accept agenda by John and seconded by Justin.
MMSC John to accept minutes and seconded by Lynn.

Maundy Thursday service is April 17th in the dining room at 5:30. It will include a potluck dinner. Set up will be done at the Council meeting on Tuesday.

Good Friday service is April 18th at noon. Pastor Laurie will put a sign up sheet on bulletin board for readers.

We reviewed the months each member is assigned to obtain lay leaders, greeters, and ushers.

We looked at the Communion set up list. Lynn was added to the list; Laurie will re-do the schedule.

Meeting was adjourned with the Lord's Prayer at 6:53.

Respectfully submitted,
Ruth Hopfinger

Trustees Meeting Minutes – March 18, 2025

Discussed about moving the streamers in the sanctuary

Finalized film-sun glare for back door.

Discussed what had to taken care for service during Easter week.

Discussed a cleanup date for Spring cleaning. Finished roof vents.

May Parish Nurse Notes



May - springtime and sunny days start. As we prepare our gardens and flower beds, take time to brush off winter and start your spring cleaning of your health. There are many awareness programs in May.

Hand hygiene day stresses the importance of proper handwashing. This is needed to stress the safety issues of clean hands. Wash for at least 30 seconds with soap and running water before meals, after using the bathroom, first thing in mornings and last thing before bed. With doing outside work and yard cleanup, it's especially important to wash your hands to keep germs, dirt and allergens off your body.

Asthma awareness is in May. Asthma is a chronic condition where airways narrow after a trigger such as allergen exposure. Avoiding triggers will lessen events, along with stopping smoking, losing some weight and exercising daily. All these help to strengthen your lungs. There are many medications used to treat symptoms- follow up with your primary for additional help.

Skin cancer awareness calls attention to the damaging rays from the sun. We all love to be outdoors and enjoy the feeling of the sun on our faces. Make sure you use sunscreen especially on your face and arms whenever you are outside- you can get a sunburn even on cloudy days. If you notice any changes in skin color or any blemishes, contact a dermatologist for further examination and treatment.

Stroke awareness draws attention to the symptoms of a stroke. Strokes can be caused by a blood clot to the brain, or bleeding in the brain. Without rapid treatment, one can become debilitated or even die. Use the acronym FAST to assess for symptoms. F- facial drooping, inability to smile. A- arm weakness, inability to hold both arms level. S- speech; slurred or garbled. T- time- call 911 immediately. Every minute counts when treating possible strokes. Note the time symptoms appeared. Quick response can decrease the severity of symptoms.

May also has various fitness awareness days. Start a slow program to increase your fitness. Check with your primary medical person first to make sure you can physically do some exercise. There are a variety of ways to exercise and get fit- aerobics, yoga, Pilates, swimming or walking. All of these plans have different modalities to help everyone get more fit and strong.

Enjoy the beautiful month of May and beginning of spring and summer. Stay healthy, get good rest, eat healthy and wash your hands! Enjoy the beautiful area we have.





MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Chancel Choir 6:45pm	2	3 <i>Waylon Paganello</i>
4 Worship and Communion 10 am <i>Lani Friedhaber</i> <i>Evelyn Mest</i>	5 <i>Bev Myers</i>	6	7 Bible Study 10 am Food Link	8 Sisters In Faith 5:30 pm Chancel Choir 6:45pm	9	10 <i>Finley Paganello</i>
11 Worship 10 am Mother's day	12 <i>Patricia & Tom Baker</i>	13	14 Bible Study 10 am	15 Chancel Choir 6:45pm <i>Howard Barracough Jr.</i>	16	17
18 Worship 10 am Newsletter Deadline Pastoral Relations	19 Bible Study 6:30pm	20 Deacons/ Trustees/Council Meeting 6:30/7pm	21 Bible Study 10 am	22 Chancel Choir 6:45pm	23 <i>Charlotte Perry</i>	24
25 Worship 10 am <i>Becki Peters</i>	26 Memorial Day Office Closed <i>Chris & Justin Kipfer</i>	27	28 Bible Study 10 am	29 Ascension day Chancel Choir 6:45pm	30	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 of Attica

May
2025

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

June Newsletter Deadline
May 18th

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