



# One voice

Weekly Newsletter of the United Church of Phelps

58 Main Street

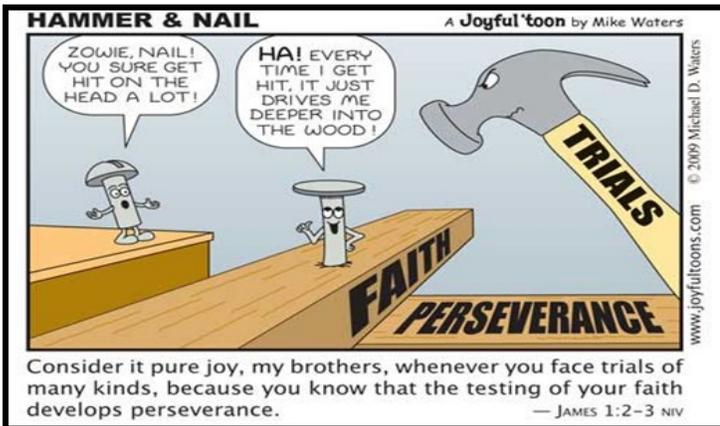
Phelps, NY 14532

315-548-2772

[www.unitedchurchofphelps.org](http://www.unitedchurchofphelps.org)

Pastor Emerita— Reverend Shirley H. Filiatreau

Transitional Pastor— Reverend Ellen Donnan



## FROM THE PASTOR:

I knew God was on the move, doing new things in our midst, but I wasn't aware that we would be called to step up to social distancing! LOL! I encourage you to watch for God at work during this time because God is. People are checking on neighbors. We are feeding children and youth with drive through take out meals. Prayer is on the rise – good thing it can't be hoarded and is ever renewable for access.

Despite everything else going on in the world, SPRING IS ARRIVING! The daffodils outside the offices are up and just waiting for a few more warm days to pop open. Trees are budding. The grass is greening up. I have seen robins and blue jays, and birds are chirping when I awaken in the morning. The temperature is getting warmer outside – I can't wait to have my windows open and allow fresh air to blow through my place.

EASTER cannot be cancelled or postponed and will come no matter what and where we celebrate the resurrection of Jesus Christ. For regardless of what is happening in this world, God is the same: yesterday, today, and tomorrow! God's love for us means that even though we are not encouraged to worship together at the church any more, God understands and perhaps even enjoys the new ways of worship we have initiated from the safety of our homes (both Sunday morning worship and contemporary worship will be posted weekly on our website). Remember, God is creative and enjoys different ways of doing things. Just think about the giraffe's long neck, the skunks' smell as protection for them, and the anteater's long nose! God must have a sense of humor and is definitely creative to have come up with those animals. And then there are humans – look around and see God's creativity in making each one of us different in looks, likes, and personalities.

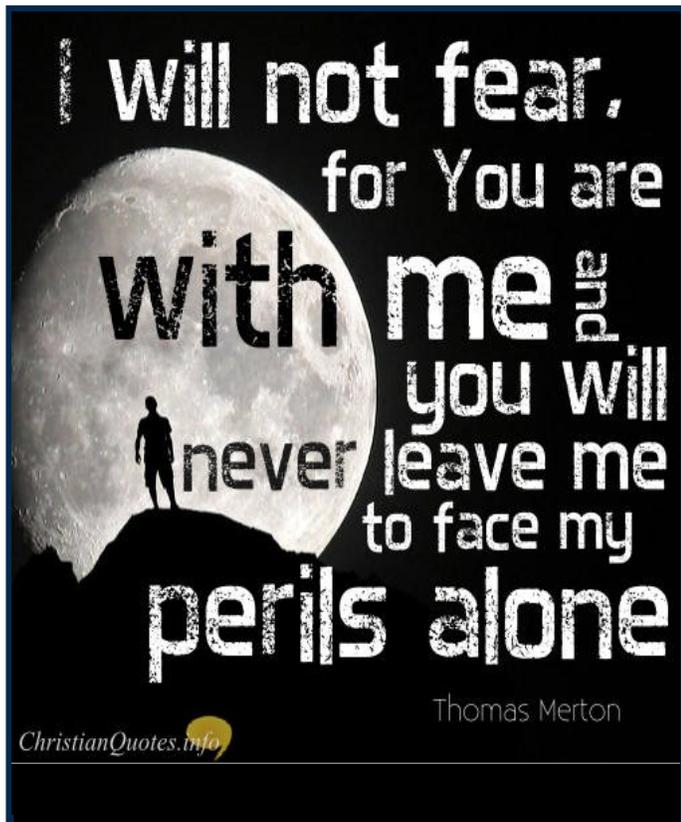
We all like the comfort of our routines and those routines have now mostly been shaken up and destroyed. However, let's consider this an opportunity to slow down, tackle things that we have wanted to accomplish but didn't have time to do, get that spring cleaning done inside and out, and rest. There is a reason why God rested on the seventh day and we are called to do the same, although in our busy society that normally is not encouraged. It is very important now

that we slow down, stay home as much as possible, eat healthy foods to nourish our bodies to fight of diseases, and reach out to others via the phone or email or text.

The church office will have limited hours so that Missy and I can do the things that we need to do to keep all of you informed and up to date. Please check the website ([www.unitedchurchofphelps.org](http://www.unitedchurchofphelps.org)) regularly. We have added a blog which I am trying to change up regularly that will be filled with spiritual insights. The worship services can be found there as well as updates regarding "events" and more. So please check it out. We will also be using our Facebook page for updating you regularly and to post uplifting items.

As always, I want to know that you are doing ok, so don't hesitate to email, text, or call me. Who knew the "old fashioned" method of communicating via phones would make a comeback! My cell phone # is 315-521-2593. Praise God for new things, springtime, slowing down, and for God's grace and love!

*God bless! Ellen*



## April Celebrations



April 2- Gliee Gansalas

April 4- Piper Mobley &  
Armando Caraballo

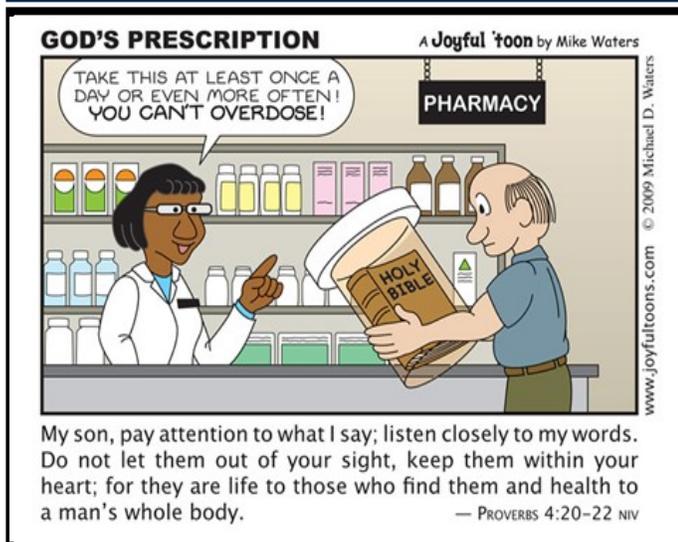
April 13- Mary Ann Gier

April 14- Earl Motzer

April 15- Rose Smith

April 30- Brian Gansalas

If you would like to have a listing in Birthdays and Anniversaries, please enter your information on Desk Calendar in back of Sanctuary, or call the office: 315-548-2772.



"I looked, and the Ten Commandments don't say anything about running with scissors!"

“Focus on Balance”

“Think Positive”

“Get Active”



“Have Faith”

“Prayer”

“God’s got you”

### Focus on Balance

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead. To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get immune-boosting vitamins, minerals and antioxidants.

Good hygiene and hand-washing help prevent the spread of germs (*soap & water for 20 seconds, sing your ABC’s*). Remember to wash produce before eating or using in recipes.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further. *Take advantage of the warmer weather that is coming and go for a walk.*

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age. *You know your body best, listen to it.*

### What About Herbals?

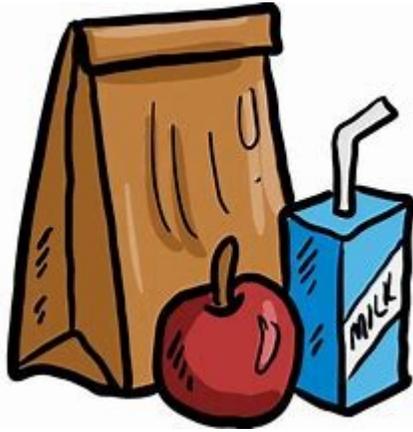
Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications. *The key word here is marketed as remedies. Marketing and facts is not always the same thing.*

# Don't Forget!

Although we are not having Sunday or Thursday worship, *please* still send in your tithes/donations. You can do so by mail, 58 Main Street Phelps, NY 14532 or drop it by in the mail box. The church still needs to function and we depend upon your support to do so. We GREATLY appreciate any and all support.

If there is any additional questions or concerns please call the office:

315-548-2772



# Bag Meal Ministry

**“See a need, fill a need” Bigweld, from “Robots”**

The United Church of Phelps, under the leadership of Dawn Norton, has begun a “FREE” bagged meal ministry. With the school closure and knowing many families depend upon the free and reduced lunches that were provided at school, and now they are closed, we are coming together to help meet that need. There will be two times a day a bagged lunch will be offered, (see below). This is a pick up service at our kitchen door located at the back of the church. This will provide us to practice and uphold the “social distancing” needed.

We thank the many people who have already given to this ministry in the way of food and monetary donations. You are a blessing! If you would like to donate, donations can be mailed or dropped off at the church. Please make checks payable to: United Church of Phelps and put “bag lunch” on the memo line.

Also a HUGE thank you to those helping by donating their time in the kitchen making and handing out the lunches; Dawn Norton, Dawn Colangelo, Kathy Tubbs and Sherry Ebel for making our first week of desserts for the lunches. There is still a need for help with this function so please reach out to Dawn Norton via email [dawnnorton19@gmail.com](mailto:dawnnorton19@gmail.com) or by phone: 315-521-2899 to volunteer for any time slots or if you have a talent for baking, contact Dawn about baking a goodie for the lunches. Brownies or cookies always puts a smile on children’s faces. Make sure to check the website. We will be keeping you up to date about this on there. Thank you and God Bless!!

## PICK-UP TIMES:

Monday	11:00am—1:00pm	5:00pm—6:00pm
Tuesday	11:00am—1:00pm	5:00pm—6:00pm
Wednesday	11:00am—1:00pm	5:00pm—6:00pm
Thursday	11:00am—1:00pm	5:00pm—6:00pm
Friday	11:00am—1:00pm	5:00pm—6:00pm

**\*Times are always subject to change\***





Check out these portions of a letter written to our Presbyterian leadership from the Stated Clerk of the General Assembly and the Executive Director of the Presbyterian Mission Agency. It is great to know that the denominations are supporting us in prayer! I have heard from DS Jeff McDowell as well and the United

Methodist leadership is supporting us as well! God bless! *Ellen*

March 18, 2020

Dear Siblings in Christ,

These are truly trying times for all of us as we face a rapidly spreading virus, panic buying that has left grocery shelves nearly empty and supplies in great demand. We have seen the worst in people and the best. Yet, through it all, we take hope in Christ and the promise to never leave us.

We are holding each of you in prayer. Like the rest of the country, our Presbyterian communities are physically separated, but we are still deeply connected through our common humanity, spirituality and strong faith in God. ....

We are compelled by our faithfulness to Christ's charge to love our neighbors. During this crisis, we are mindful of our denomination's commitment to Matthew 25, and urge compassion for others by not purchasing more supplies than we need, and by speaking out against the racism being directed at some of our Asian siblings. Jesus makes it clear that how we respond to our neighbor is of paramount importance to him. These tough times call for the best of Christian character and actions.

Please note that we will hold an online Easter service from the chapel of 100 Witherspoon in Louisville for those of you who would like to be part of a national experience. Easter is a new way of life — in which we are “dead to sin and alive to God in Christ Jesus” (Rom. 6:11) and called to “walk in newness of life” (Rom. 6:4). There is much new happening in the world around us. We pray for God's comfort and grace as we walk forward together during these uncertain times.

Finally, the past week has been full of high anxiety and mounting fears. We have heard from government leaders and health experts, now let us turn to the Scriptures to find out where biblical people found faith, hope and courage in the face of pestilence. Over 100 times the Bible tells us, “Don't be afraid.” In Psalm 27:1, David tells us why:

The Lord is my light and my salvation; whom shall I fear?

The Lord is the stronghold of my life; of whom shall I be afraid?

*Yours in Christ,*

Rev. Dr. J. Herbert Nelson, II Stated Clerk of the General Assembly of the Presbyterian Church (U.S.A.)

Rev. Dr. Diane Moffett President, Executive Director Presbyterian Mission Agency

## BREAD FROM HEAVEN

*Lent in Plain Sight* by Jill J. Duffield

**4** Then the LORD said to Moses, "Look, I'm going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions.

**5** On the sixth day they will gather food, and when they prepare it, there will be twice as much as usual."

**6** So Moses and Aaron said to all the people of Israel, "By evening you will realize it was the LORD who brought you out of the land of Egypt.

**7** In the morning you will see the glory of the LORD, because he has heard your complaints, which are against him, not against us. What have we done that you should complain about us?"

**8** Then Moses added, "The LORD will give you meat to eat in the evening and bread to satisfy you in the morning, for he has heard all your complaints against him. What have we done? Yes, your complaints are against the LORD, not against us."

**9** Then Moses said to Aaron, "Announce this to the entire community of Israel: 'Present yourselves before the LORD, for he has heard your complaining.'"

**10** And as Aaron spoke to the whole community of Israel, they looked out toward the wilderness. There they could see the awesome glory of the LORD in the cloud.

**11** Then the LORD said to Moses,

**12** "I have heard the Israelites' complaints. Now tell them, 'In the evening you will have meat to eat, and in the morning you will have all the bread you want. Then you will know that I am the LORD your God.'" (Exodus 16:4-12)

"Bread from heaven," my friend would say when something needed appeared, be it money to pay a bill or a dress on sale in her size. "Bread from heaven!" "God is good and right on time!" I, in my privilege, would ascribe such happenings to luck, or wouldn't ascribe them to anything at all. Yes, the dress on sale is in my size and darn if it doesn't look good on me, too. Today is my lucky day, I would think or say, or simply take it to the counter and pay, gratitude not part of the process.

My friend who talked about being "too blessed to be stressed," and told me when I expressed worry to "give it to the Lord in prayer" saw bread raining down from heaven everywhere. School supplies donated to the PTA: bread from heaven. A parking spot close to the building on a rainy day: bread from heaven. A job offer, rebate, or help with her kids, all bread from heaven. While I admired her ability to see downpours as loaves, I confess I also inwardly rolled my eyes and wondered if she was stretching the biblical metaphor. After all, if you read the account in Exodus, the morning manna came predictable every day, from God, not unexpectedly out of nowhere.

Moses told the people God would provide all the bread they wanted, and God did. They didn't get an inadvertent overpayment from the electric company in the mail on the very day the rent was due, in just the amount they needed. They got exactly what they expected, day after day. They even came to complain about the repetitiveness of the provision before long. They took it for granted and wanted more and other. They forgot to give thanks, be surprised by grace, delighted by tangible signs of care, profuse in their gratitude. They got complacent and comfortable and forgot that everyday bread from heaven is worship rejoicing over every single day. They forgot that bread from heaven should surprise us every single day. They came to forget that everything, absolutely everything, from dresses to job offers, from breath to a day at the beach, is, in fact, bread from heaven, a gift, a blessing, something worth celebrating.

A truth my friend knew well. I think I'll call her and thank her for her bearing witness to God's grace and goodness, for being a model of gratitude and joy, for reminding me to put away my grumbling complacency and give thanks instead. I have not talked to her in a long time. She'll probably tell me I called at just the right moment. She'll tell me God is good and right on time. She may even say of my call: Bread from heaven.

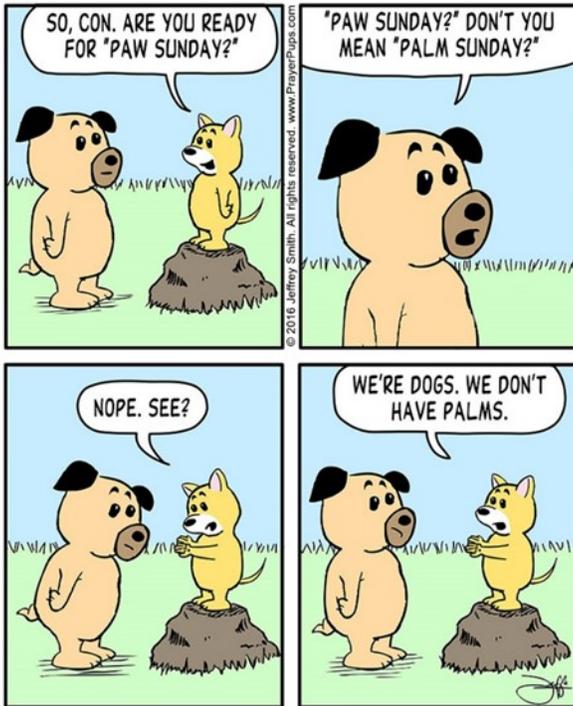
### Prayer for the Day

*God of heaven and earth, in you we live and move and have our being. Everything we have comes from you, every breath, every moment, every relationship, every provision. The earth is yours and all that is within it. Help us this day to marvel at your lavish care for us and hear our thanks as we gather the bread from heaven you give us every single day. Amen.*

# ONE VOICE

## Comics

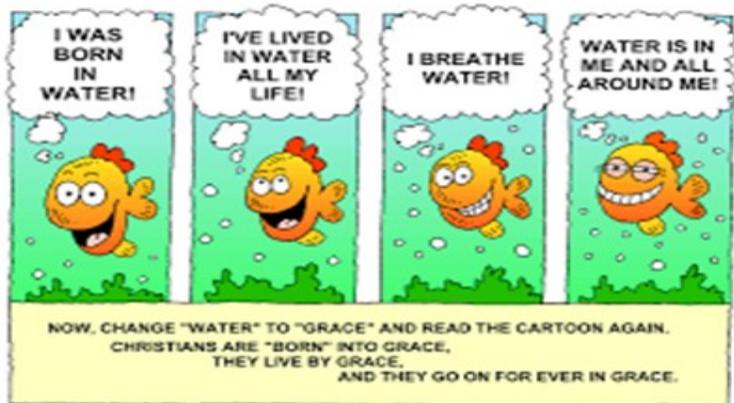
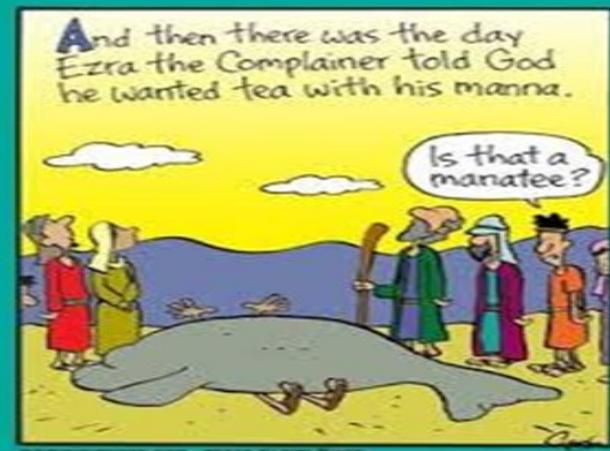
### PRAYER PUPS BY JEFFREY SMITH



REVERENDFUN.COM COPYRIGHT G4, INC.



WILL YOU PLEASE PICK UP ALL YOUR CLOTHES?



### BULLDOZER

A Joyful 'toon by Mike Waters



that is, that you and I may be mutually encouraged by each other's faith.  
- ROMANS 1:12 NIV

### FAITH, HOPE, & LOVE

A Joyful 'toon by Mike Waters



And now these three remain: faith, hope and love. But the greatest of these is love.  
- 1 CORINTHIANS 13:13 NIV

### CARRY YOUR BOOKS?

A Joyful 'toon by Mike Waters



Casting all your care upon him; for he careth for you.  
- 1 PETER 5:7 KJV