

The Good News

June 2021

First Presbyterian Church of Pittsford
Embracing and Sharing Christ's Love

CHARTING THE COURSE WITH PASTOR AARON

One of the most interesting books I've read in the last five years is *The Marshmallow Test: Why Self-Control is the Engine of Success* by late Stanford University professor of psychology Walter Mischel. Stanford researchers studied self-control and delayed gratification in children by giving them the option of having one marshmallow immediately or two marshmallows if they could wait 15 minutes without eating the first marshmallow. The children were left in a room by themselves with the single marshmallow and studied as they made their choices. Some children ate the first marshmallow immediately. Other children waited, often struggling to resist and coming up with creative distractions for themselves. Mischel and his team began studying self-control in these types of environments in the 1970s. Follow-up studies demonstrated that the ability to delay gratification in childhood corresponded with other characteristics later in life, such as higher SAT scores, greater self-esteem, higher goal achievement, and greater coping skills for stress and frustration. In other words, self-control is really good for us.

According to Mischel, the good news for us is that self-control can be learned. I found two strategies he mentions in the book particularly helpful for encouraging self-control. One strategy is to think vividly and specifically about our future selves—the relationships we want to have, the work we want to be doing, the kind of health we want to be in. Not everything is in our control, but some of it is. The more we can get to “know” our future selves (like we would a good friend), the easier it becomes for us to make decisions that benefit us later. Another strategy to encourage self-control is to activate the part of our brain that deals with long-term consequences (since that's a different part of our brain than the one that wants instant gratification). One way to do this is to create an If-Then implementation plan. An If-Then is a plan that you create prior to facing a moment of needing self-control, so that your brain is ready to act when the moment arrives. For example, an If-Then plan for the children in the marshmallow test might be, “When I see the marshmallow and want to eat it, I'm going to look away and sing my favorite song instead.”

Paul says in Galatians 5:22-23, “The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and **self-control**.” Having self-control is evidence that the Spirit is at work among us. How can we show self-control as a congregation in order to make the best decisions for ourselves? What do we hope to look like as a church in 10 years? 20 years? What is it going to take to get there? What are some If-Then plans we can create now so that we're ready to make the difficult decisions that we'll face on our journey together? I think answering those questions will help us become the church that God is calling us to be.

~ Aaron

Generosity Committee

The Generosity Committee is happy to announce the theme for our 2022 campaign: **New Beginnings**. The theme reflects our return to worship, our return to group meetings, our eventual return to fellowship after services, and all the activities we've been missing during the COVID-19 restrictions.



Our church discontinued in-person services the week after Reverend Neff accepted our Call to Service. A few outdoor services were held in August, and some in-person indoor services in Sept/Oct. Unfortunately, in-person services were discontinued again until very recently—and our present services are limited in participation. Many of you have seen Reverend Neff and Reverend Jacobson (who joined us even later) via our livestreamed services. However, it is quite likely there are many in our congregation who either Aaron or Erin have yet to see or meet. So, yes, **New Beginnings** is appropriate, in more ways than we can count.

Your Generosity Team asks that during the time leading up to Pledge Sunday in November you thoughtfully and prayerfully consider your monetary pledge to First Presbyterian Church of Pittsford, as well as your pledge of time and talents.

The Generosity Team

Steve Mizelle (Chair), Faye Casey, Charlie Francis, Paul Irving, Bill Rieth, Rob Rhodes

Amazon Purchases....Church Contribution

The AmazonSmile Foundation will contribute 0.5% of purchases made through your AmazonSmile account to the charity of your choice. Go to smile.amazon.com on your web browser or activate the Amazon Shopping app on your phone. Existing Amazon customers can use their same account; those new to Amazon, establish an account. Then select First Presbyterian Church of Pittsford as your charity. You must make purchases through this AmazonSmile account to generate the contribution. Existing Amazon customers will receive the same features through their AmazonSmile account (ex. Amazon Prime, Wish List, shopping cart, etc.). There is no cost to you or the church. For more information click on https://smile.amazon.com/gp/chpf/about/ref=smi_ge_ul_lm_raas

Thank you for your support of our ministry and mission this way!!

Eve Circle will meet Monday, May 24, at 12:30 pm at church in Room 200 to discuss Lesson 3 of *God's Promise, I Am With You*. We will also meet Monday, June 28, at 12:30 pm at Cindy Barben's home. Questions, Margaret Mecredy, 381-6430.

Yoga is back!

Gentle Yoga will meet in Fellowship Hall on Thursday's beginning May 20, 10 - 11 a.m. Bring your mask, mat and \$10. Questions, call Margaret Mecredy 381-6430.

Lectionary for June

June 6

2nd Sunday after Pentecost

1 Samuel 8:4–11 (12–15) 16–20 (11:14–15)
Psalm 138
2 Corinthians 4:13–5:1
Mark 3:20–35

June 13

3rd Sunday after Pentecost

1 Samuel 15:34–16:13
Psalm 20
2 Corinthians 5:6–10 (11–13) 14–17
Mark 4:26–34

June 20

4th Sunday after Pentecost

1 Samuel 17:(1a, 4–11, 19–23) 32–49; Psalm 9:9–20
or 1 Samuel 17:57–18:5, 10–16; Psalm 133
2 Corinthians 6:1–13
Mark 4:35–41

June 27

5th Sunday after Pentecost

2 Samuel 1:1, 17–27
Psalm 130
2 Corinthians 8:7–15
Mark 5:21–43

Members with June Birthdays

Ann Athy	Joanne Flentke	Natalie Larson
Tristan Bachmann	Robert Glenning	Shirley Lawrence
Janice Currie	Edwin Hediger	Sharon Peet
Betsy Enstrom	David Hill	Charles Scott
Jacob Fantuzzo	Janet Jennison	Nancy Sprenkle
Gemma Fernaays	Samantha Kearney	Susie Wahl



*Wishing you a birthday full of love
and gratitude!*

(if we missed you—please let the office know)

Thanks from the Cantor Trio

As our cantor duties have recently come to a close, we'd like to thank the staff and congregation for their kind words and support that we received over the extended months of this pandemic. Our dedicated trio took turns singing from late July 2020 through April 18, 2021. This singing mission helped keep us connected during the times of extreme isolation and we gained insight into the monumental tasks being performed by our staff and tech crew as they navigated the complexities of livestream worship. Look how far we've come, and who knows how far we've reached with our streaming services! I received calls from my sisters in New Jersey and North Carolina to say they had sung along with me that morning. What a special hidden blessing!

- Dede Holmes

It was a real honor and privilege to serve as a cantor during the pandemic shutdown. I missed singing, and was grateful for an opportunity to do it. It was also nice to hear occasionally from parishioners "out there" who were listening and appreciative, and to feel connected as a congregation despite the circumstances.

- John Messenger

I would say that during this very frustrating and restrictive time it was gratifying to do something to help our congregation. It was also a great personal pleasure to be able to sing some of my favorite hymns, and know that others were singing along wherever they were.

- Roxanne Skuse

We look forward to singing with you soon in glorious harmony!



News from the Nursery School

A year to never be forgotten. We consider ourselves blessed to have made it through an entire school year. Plus, we are able to offer summer camp to our children. The school year has now ended, but not without smiles, hugs, and tears. All our toys and books are packed away waiting for September to be played with again. The children are gone, off to summer adventures, but we think of them often, they are always in our hearts. We would not have succeeded without your support and guidance, thank you so very much to all of you!! Though we may be parted, we remember often special memories and the nursery school at the First Presbyterian Church of Pittsford!

Teresa Zatyko, Director Pittsford Nursery School



WHAT IS THIS?

Can you identify what these men are doing? Hint: it is a church project. But what project? Where? What for? What do you think? More to come...





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ELECTRONIC SERVICE REQUESTED

*Having self-control is
evidence that the Spirit
is at work among us.*

<p>The Rev. Aaron Neff <i>Pastor and Head of Staff</i> Ext. 25 aaron.neff@pittsfordpres.org</p> <p>The Rev. Erin Jacobson <i>Temp. Supply Assoc. Pastor</i> Ext. 24 erin.jacobson@pittsfordpres.org</p> <p>Craig Kunkle <i>Director of Christian Education</i> Ext. 30 craig.kunkle@pittsfordpres.org</p> <p>Britta Konau <i>Office & Communications Coord.</i> Ext. 21 britta.konau@pittsfordpres.org</p> <p>Maria DiGiambattista <i>Financial Administrator</i> Ext. 23 treasurer@pittsfordpres.org</p>	<p>Tim Carder <i>Custodian</i> Ext. 33; tim@pittsfordpres.org</p> <p>Dr. Jared Chase <i>Director of Music</i> musicdirector@pittsfordpres.org</p> <p>Dr. Bruce Frank <i>Associate Director of Music and Organist</i> bfrank345@gmail.com</p> <p>Dede Holmes <i>Director of Youth Choirs</i> dmh91654@frontiernet.net</p> <p>Joshua Burke <i>Livestreaming Technician</i> josh@pittsfordpres.org</p>	<p>First Presbyterian Church 21 Church Street, Pittsford, NY 14534 Phone 585 586-5688, Fax 585 586-8090 connect@pittsfordpres.org www.pittsfordpres.org</p> <p>Worship Services: 8:30 and 10:00 am in-person (reservation required) 10:00 am live-streamed Communion is offered on the first Sunday of each month.</p> <p></p> <p></p>
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You are invited to the Youth Group

POOL PARTY

JUNE 6 • 1PM-4PM • BRING YOUR SWIM SUIT

HOT TUB • POOL • BADMINTON

HOT DOGS & HAMBURGERS

HOSTED BY MATT & SUSIE WAHL @ 19 GOLF AVENUE



Youth Group trip to the ZOO

June 19, 2021 / 1pm / Meet at Seneca Park Zoo

***The Zoo is currently requiring reservations, so
please RSVP to Pastor Erin by June 14th!**

Christian Education

Sunday School to be held at 10 a.m. during the second service

Now that families are able to attend the second service together, we are moving Sunday School back to its traditional time of happening during that service. After the Mouse Report children will leave for the Fellowship Hall. The class will start there, and crafts will be held downstairs. Masks will still be worn throughout Sunday School time. Sunday School will continue through the summer.

WE WANT TO CELEBRATE WITH YOU!

**ATTENTION
GRADUATES**



Please email Craig Kunkle your future plans for inclusion in the bulletin on Dads & Grads Sunday.

craig.kunkle@pittsfordpres.org

Young Families in Fellowship

During this summer, Christian Education will create opportunities for families to get together once a month. We will gather at playgrounds around Pittsford. Come meet other faithful families, let the kids play together—**and let us make dinner for you!** We will meet Wednesday evening, July 28, from 5:30 to 7:30 pm at Thornell Farm Park – 480 Mendon Rd. The second event will be on August 25 from 5:30 to 7:30 pm at a place still to be determined.