

Ilion Presbyterian News

May 2023

90 Morgan St. Phone 315-894-2070 Fax 315-894-3807

Church email: fpcilion@gmail.com

Church website: www.ilionpresbyterian.com

Facebook page: First Presbyterian Church, Ilion, New York

The First Presbyterian Church of Ilion, through the Worship of God and gathering together, seeks to support each other, to welcome and serve others and to be a faithful presence of Jesus Christ in our larger community.



“These persons love the Lord’s Instruction, and they recite God’s Instruction day and night! They are like a tree replanted by streams of water, which bears fruit at just the right time and whose leaves don’t fade. Whatever they do succeeds.” - Psalm 1:2b-3 (CEB)



INTENTIONAL CONVERSATIONS FOR *Loving Families*

Everything should be done in love - 1 Corinthians 16:14 (CEB)

Conversations about faith are important! During the week of Valentine's, discuss ways to show love to your family and others. Don't worry about getting it all correct - just have fun talking and thinking together!

TREE OF LOVE

Print the attached Tree of Love and leave it on the dining room table for your family to discuss this week. Also, gather pencils and colored markers as you fill in the tree.

Read 1 Corinthians 16:14 and discuss the following questions with your family:

- How did our family learn to love? Who showed us how to love? (Family members, a caring friend, watching how another family cares for each other, Jesus caring for people)
- What are some things our family does really well in love for each other? (Empty the dishwasher, use kind words, ask for help, give a hug, listen to each other, laugh together)
- Sometimes, it's really hard to love our family well. What are some ways our family might love each other well when it's harder to love well? (Notice when someone is tired or stressed and offer compassion and grace; take in a deep breath of love/kindness before responding.)
- What are ways our family does well to love others in our community? (Visit an elderly adult, take a neighbor's trash bin to the curb, meet and get to know a new family in the neighborhood or school, invent a creative way to raise funds for a special cause)

On the Tree of Love page, read Psalm 1:2-3. Here, we learn that if we follow God's instructions, we are like a tree planted by the water so it can grow. We love because God tells us through the Bible and Jesus that God loves us, and we need to love others, especially our family.

Pray: God, thank you for giving us this family. Help us to show your love to each other in all we do and say. Amen.

This week, come back to the tree daily as you do anything in love and care for your family or community. Set a goal for each family member to do one or two acts of love daily. Write it in one of the hearts on the tree and then color it with a marker. You might be surprised by just how many ways you show love to others.



Follow d365.org for seven days of devotions about love from Feb. 10-16, 2025.

d365.org



Download Resource

The Growing Faith Initiative and d365 are ministries of passportcamps.org

©2025 by Passport, Inc.
All rights reserved.

PANCAKE DINNER

The weeks of ordinary time that follow Epiphany are coming to an end. Pancake Day, Mardi Gras, Fat Tuesday, Carnival, Fastnacht, Shrove Tuesday are all names given to the day before Ash Wednesday, the beginning of Lent. Since Lent is a season of spiritual discipline, penance, fasting, and reconciliation in preparation for Easter, Christians in many places celebrate with merriment and the eating of rich foods, using up eggs, sugar, butter and other dairy products, sweets and meats.

You are invited to join in the merriment on March 4th, from 5:30 to 6:30 for a Shrove Tuesday Pancake Dinner, sausage included. The meal is free. Invite a neighbor or family member. Contact George Gullis for more details.

ASH WEDNESDAY SERVICE: MARCH 5, 11:00 AM

We begin our Lenten journey March 5th in the Fellowship Hall with a service of ashes. Ashes are an ancient symbol of repentance and grief and reminder of our mortality. The ashes come from the previous Palm Sunday, framing the season of Lent and bringing to full circle beginning and end, death and life.

PRAYING THE PSALMS

Praying the psalms is an ancient spiritual practice. Dietrich Bonhoeffer titled one of his books, Psalms: The Prayer Book of the Bible. Indeed, he reminds us of “the fact that Jesus died on the cross with the words of the Psalter on his lips.” It is through the psalms that we can learn to pray more deeply.

Below is a thirty-day psalter that you are invited to follow or modify as you read and pray through the clusters of psalms, arranged in order from 1 to 150. As you read, reflect or meditate on a word or phrase that leaps out at you. What brings joy or hope and are there passages that are disturbing? Do you find patterns amongst the psalms? What more do you learn about God, and about your relationships with God?

Let opportunities for questions arise as well as a thirst for more exploring and contemplation. (The Religious Study Group has been listening to a biblical scholar talking about the history of the Psalms.) Then, take time to pray in response and open yourself to rest in God’s presence. All of this is a particular way of reading Scripture known as lectio divina.

Please feel free to bring forth questions and thoughts to me or in a small group as we continue in the journey of faith together. *Peace and every good, Betsy*

<u>Morning</u>	<u>Evening</u>	<u>Morning</u>	<u>Evening</u>	<u>Morning</u>	<u>Evening</u>
1) 1-5	6-8	11) 56-58	59-61	21) 105	106
2) 9-11	12-14	12) 62-64	65-67	22) 107	108-9
3) 15-17	18	13) 68	69-70	23) 110-13	114-15
4) 19-21	22-23	14) 71-72	73-74	24) 116-18	119:1-32
5) 24-26	27-29	15) 75-77	78	25) 119:33-72	119:73-104
6) 30-31	32-34	16) 79-81	82-85	26) 119:105-44	119:145-76
7) 35-36	37	17) 86-88	89	27) 120-25	126-31
8) 38-40	41-43	18) 90-92	93-94	28) 132-35	136-38
9) 44-46	47-49	19) 95-97	98-101	29) 139-40	141-43
10) 50-52	53-55	20) 102-3	104	30) 144-46	147-50

Prayer List:



Men and women who protect us and our freedoms

Dick Bly Tudy Brooks Sharon Chasteen Brianna Nicole Tim Conover Judy Conover
Carole Jean Crimmins Jim Crossway Scott Darling Allan Dickinson Jim Doremus
Ed Douglass & family Betty Foor Erin Gill Greg Goodale Jan & Dave Heap
Bill & Julie Hulser & granddaughters Susan Jones Dick Long Jeffrey Maine Wes Maine
George Maley Joe Maneen Joan Matteson Rebecca Mento Claire Miller Henry & Sue Miller
Jackie Murphy Marvin Nellenback Peg Olson The Orendorfs Sharon Outtrim Jill Palmer
Patricia Ruller Fred & Jean Sullivan Utica Presbytery Ed Vennaro

In maintaining our connection as part of a community of faith and witness, and intentional in prayer, the Presbytery asks that we lift up Augusta-Vernon Center Presbyterian Church, Augusta; First Presbyterian Church, Boonville; The Presbyterian Homes & Services/Community Wellness Partners; First Presbyterian Church, Cherry Valley

Worship Responsibilities

February 2
Rev. Betsy Jay
Martha Regelmann

Reader — Steve Getman
Greeter — Sandy Eldredge
Fellowship — Luncheon
Ushers —
Communion — Karen Macrina

***PLEASE BE SURE TO NOTIFY
THE CHURCH OFFICE WHEN
YOU HAVE A LOVED ONE IN
THE HOSPITAL, OR IN NEED
OF PASTORAL CARE***

February 9
Rev. Martie Fischer
Andrea Radesi

Reader — George Gullis
Greeter — Kim Bigelow
Fellowship — Deacons
Ushers — Karen Benham, Betty Helmer

February 16
Rev. Betsy Jay
Randy Davis

Reader — Jan Heap
Greeter — Robert & Sheila Kennedy
Fellowship — Church Friends
Ushers — Robert & Sheila Kennedy

March 5th
Ash Wednesday
Service
11:00 am

February 23
Rev. Cory Jones
Marvin Nellenback

Reader — George Watson
Greeter—Karen Macrina
Fellowship — Deacons
Ushers — Karen Benham, Sheila Kennedy

Helpful Information for New York State Seniors

By Jeanne Williams Bennett

Senior Scam Awareness and Prevention: According to the Better Business Bureau, the age group most susceptible to fraud is 18 - 24 years old, not seniors. The most common scams for seniors involved investments and cryptocurrency.

Watch out for an email or text message that states: "A USPS package has arrived at the warehouse and cannot be delivered due to incomplete address information. Please confirm your address in the link within 12 hours..." **Do NOT click on the link.**

Online Purchase Scams: Please don't buy from Facebook or Instagram. Make sure you are on a safe website. The browser should say https. Look for spelling errors or other red flags. Always pay with a credit card as credit cards offer the greatest form of protection should you encounter a scam.

Beware of Phone Fraud: Scammers frequently target by phone. Scammers will claim to be a government agent or pose as a bank employee. Sadly, caller ID's can easily be spoofed. Government agencies DON'T make unsolicited calls. **When in doubt, hang up** the phone and call the official source to verify unexpected or unusual claims.

You can check business profiles with the Better Business Bureau at BBB.org. To ask questions before hiring a company, if you need assistance filing a complaint, or to share your story, you can call the Upstate NY Better Business Bureau at 518.633.2227 or (800) 828-5000. For the NYS Division of Consumer Protection, go to dos.ny.gov/consumerprotection or call 800-697-1220. You can also log on to the websites of the Better Business Bureau and the NYS Division of Consumer Protection if you want to see what the current scams are. You can reduce the number of unsolicited calls by registering your phone with the Do Not Call registry. If you are on the Do Not Call Registry and continue receiving calls, contact the registry and tell them. [donotcall.gov](https://www.donotcall.gov) 888-382-1222 (Federal Trade Commission/Do Not Call)

Medicare Fraud Alert: Last Year there was \$60 billion of fraud nationally, \$5 billion in New York State. Beware of Ads on TV concerning Medicare, Medicare Advantage plans, and other medical devices. For example, Joe Namath has been ordered not to be repeating inaccurate information on TV ads. Medical ads cannot offer vague information; they must contain specifics. Be sure to thoroughly investigate any info you see advertised on TV.

NYS Senior Medicare Patrol Presentation on Medicare Card Scams: Scammers are calling, emailing and texting trying to convince beneficiaries that they can get a new Medicare card, and all they need to do is give them their Medicare number. **Scammers may tell you that:**

1. Medicare is issuing an updated or new card - a plastic one, metal one, one with a chip, or even a white and black COVID-19 card, and they need to verify their number.
2. For a new Medicare card, they need to verify info - personal, medical, or financial information.
3. Current Medicare card is expiring, pay a fine if it is not renewed - the paper red, white, and blue card is the only card issued by Medicare.

Why are scammers doing this? They steal your personal information and use the information to get medical treatment, prescription drugs, surgeries, and durable medical equipment (such as wheelchairs, surgical supplies, catheters, and other health equipment) and bill Medicare.

A stolen medical identity is often more valuable than a stolen credit card!

New York StateWide Senior Action Council has a **Patients' Rights Helpline, Medicare/EPIC Counseling Services**, and a helpline for **Medical Fraud**. The number to call is 800-333-4374. I can personally testify to the high quality and helpfulness of this helpline. Last year, I received a **bill for over \$1,000** for services that had previously been covered. I was also billed hundreds of dollars for a bottle of medication that was only partially used. I was leaving the next morning for a three-week ski trip to British Columbia, Canada. From Canada, I called the Helpline. I was willing to do the work, but I didn't know where to start: the hospital? Medicare? Blue Cross? Sarah answered the phone, listened, and offered to handle it! Three days later, Sarah telephoned. The bill was taken care of, and I owed nothing!!! If you have questions or need help, please call StateWide.

For those considering **Medicaid Spend Down**: The benefits of **funeral pre-planning** in New York State were presented by representatives from the NYS Funeral Directors Association. Hopefully, a discussion of pre-planning funeral arrangements is held at the time that consideration is being given to a Medicaid Spend Down. When one prepays funeral expenses, that person still owns the money which is held in a trust. The trust is held by a third party so there are legal guarantees. A question was raised: What if a private funeral home goes out of business or is bought out? The representatives answered that the money that is held in the trust is transferred to another funeral home of your choice. There is legal recourse (through the District Attorney and NYS Attorney General) on the rare occasion that a funeral home absconds with the funds, or the third party absconds with the trust money. The trust money can be transferred to another state. You also have the right to change your mind even after setting up the policy - for example, you decide you want to be cremated instead of having a burial.

Personal note from Jeanne: Funeral costs have continued to rise. Be aware that in pre-paying for a funeral, there may not be enough money in the trust to cover all of the preferences that the owner of the plan originally wanted so that adjustments may need to be made.

FREE DINNERS

February 27th

Turkey ala King

Coleslaw

Beverage/ Dessert

March 4th

Shrove Tuesday

Pancakes & Sausage

Beverage

The First Presbyterian Church

90 Morgan Street

Ilion, New York 13357-2260