



# The Fredonia Presbyterian

February 2025  
Newsletter of the  
Fredonia  
Presbyterian  
Church

## From Our Pastor

Have you ever had something stuck in your craw? I opened up my New York Times app and scrolled quickly to the non-political stories and saw an article about Idena Menzel (aka Elphaba or Elsa) and was immediately annoyed. Why? Because she was my bestie's absolute hero. He spent a lot of his little funds during seminary to see her in plays or appearances. And, John finally got an opportunity to meet her in person! It was an intentional meet and greet. In other words, she was being paid to be there. She wasn't out with friends or just going about daily life.

But, she snubbed him and the rest of her (former) fans. John told this story and shared his extreme disappointment and we decided we'd turn against her. So, now when I see her or hear her (admittedly fabulous) voice, I crinkle my nose and think about her hurting my friend.

Who knows, I wonder if John even still holds that grudge? It was almost 15 years ago. But, for me it isn't about Idena. It's about how during that time of John's life he needed good things. He had one bad thing happen after another and I wanted my friend to get a win, even something silly.

It reminds me of things our congregation shares with me, and me with you. So many of you have mentioned that you don't think you should be allowed to feel this way, that way, or another way because "it isn't a big deal." I've heard several of you try and squelch your own feelings even though you could make long lists of the multiple things going wrong. So many of us need the Idena Menzel moment and instead get snubbed.

I think it's time for me to forgive Idena. But, I also think it's time we all forgive ourselves for the times we've taken out 20 bad things on 1 person/thing. Better yet, it's good for us to all see that 20 bad things makes even something silly, terrible and figure out ways to reroute our grief.

Do some meditative praying. And, give yourself peace knowing we're not perfect but that we can work towards wholeness by first admitting where we are not whole.

### New Hours for Fred Basket

No Thursday hours. Fred Basket is now open Wednesdays from 12:30-4:30. The 4 hours is broken into two 2 hour shifts. The pantry continues to be open the third Saturday of the month from 10-12. Sign up to work at [fredoniapres.org](http://fredoniapres.org) click "engage" then "signups". Any changes in the schedule are noted on the website calendar.

If you ever watched *Wagon Train*, you know that the wagons were circled for the protection of the community of travelers. We are going to **Circle Our Wagons** to protect our community from hunger. Each month will have a theme or food type that we will hi-light and collect for Fred Basket. February's theme is **Soup!**



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## The Eyes of Hope

By Joe Calarco

Shakespeare once wrote, "The eyes are the window of the Soul."

As I walked around the room, greeting the boys, I shook their hands and told them to look me in the eyes. It was believed that the eyes revealed a person's inner thoughts and emotions that were hidden in the heart.

After teaching high school English for 33 years, then substitute teaching for another 14 years, I thought my student days were over. Yet, here I am in an elementary school library with 25 fifth grade boys. For the past 10 years I have joined a group of Mentors whose mission is to develop leadership qualities of character, honesty, responsibility, and service. Over a period of 10 meetings, each boy must speak at each meeting, before the entire group. In addition each boy receives a blue collared shirt with a Harns Marsh Mentor Group logo. There are also several field trips planned: tour of Lexington Country Club, home of the Mentor group, a trip to the Minnesota Twins baseball stadium, a work out day at a D-1 fitness facility, a day of golf, (driving range and putting green), and lunch at the Lexington Club pool, and a final celebration at Lexington. It is quite an ambitious program.

The school, Harns Marsh, is located in a high crime high drug community. These boys are mostly from dysfunctional family relationships, where the father may be imprisoned and the mother may have two part time jobs. The Mentors offer these boys positive role models, display socially appropriate behaviors, and most of all encourage the building of a strong confident self image.

We have encouraged the habit of greeting between Mentors and students at the beginning and end of each meeting by shaking hands and looking into each other's eyes. As I met the boys for the first time, I saw anxiousness and apprehension in their eyes. After 2 hours of our first meeting, I observed a different attitude in the room, a spirit of excitement. At the end of the meeting we once again shook hands and I saw a different look in their eyes. I saw anticipation. I saw hope in their eyes.

In the Sermon on the Mount, Jesus spoke, "The eye is the lamp of the body. If your eyes are good your whole body will be full of light. If your eyes are bad your whole body will be full of darkness." (Matthew, 6:22-24)

Let there be light...in the eye of the beholder.  
Let us look for the light in the eyes of others.  
Let us be the light of hope for others.



**Soup** is the Circling the Wagons theme for February. Can you bring a can of soup to church this month? 3 cans? Let's circle the church with soup for Fred Basket!

Are you handy with a **screwdriver**? We have some new, donated shelving that need to be assembled. Would you be able to help on February 4th? Contact Connie Griffith or the Church office.



# The Fredonia Presbyterian

Water Justice is the theme of the Presbyterian Women of WNY Spring Gathering

9:30am - 12 noon, March 15, 2025  
Orchard Park Presbyterian Church  
4369 S. Buffalo St., Orchard Park, NY 14127

February through March Art Discovery's installation in Fellowship Hall will be presenting art honoring outstanding Black Women and their achievements in the arts, sciences, humanities, business, and government. We have come to expect such a high standard of work from the Art Discovery students you will not want to miss this latest presentation.

Faith Ringold's Sunflower Quilting Bee at Arles is pictured to the right.



## Raise Right

Raise Right is a nonprofit helping other non-profits. The idea is simple: people will sign in to our church account online, buy a gift card from one of dozens of available... think Amazon, Walmart, Home Depot, Whole Foods, Kohl's, Panera... Then our church makes a small profit from the company.

Our code is **XNWWL9KRHYQ6**. Choose "join an existing program" and put in the code. Then it is a piece of cake. Any questions? Ask Holly for help.

## Do you feed birds in the winter?

According to *Birds & Blooms* magazine: "When feeding birds in winter, **some foods are better than others**. It's very important for the birds to be able to quickly refuel in the morning after a cold night. Stuff your feeders full of high-calorie, fatty foods, such as peanuts, mealworms, sunflower seeds and suet (all of which stay fresh longer with lower temps).




These foods are high in the fats the birds need and are very easy for a bird to quickly eat with little effort."

Images from Bing and Carol Groat.



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**February 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Lakeshore Fellowship 12-6
2	3	4	5	6	7	8
Worship 10:30 Communion		FeedMore WNY Delivery 11:30 Assemble new shelving for pantry  Theology on Tap 5ish Next Chapter Book Store	Fred Basket 12:30-4:30	Narcotics Anonymous 7		Farmers' Market Masonic Temple  Session Retreat 8-3
9	10	11	12	13	14	15
Worship 10:30		Theology on Tap 5ish  Girl Scouts 6-7	Fred Basket 12:30-4:30	Rotary Meeting 12-1  Narcotics Anonymous 7	House of Hope in the Library 10-11  	Food Pantry Closed - see next week  Lakeshore Fellowship 12-6
16	17	18	19	20	21	22
Worship 10:30		FeedMore WNY Delivery - time announced Monday  Theology on Tap 5ish	Fred Basket 12:30-4:40	Narcotics Anonymous 7		Food Pantry 10-12
23	24	25	26	27	28	
Worship 10:30		Theology on Tap 5ish  Girl Scouts 6-7	Fred Basket 12:30-4:30  Compeer Craft Group 12:30-2:30 in the Library  Compeer Guy Time in the Library 3-4:30	Narcotics Anonymous 7		



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## Prayer List

Donna Heintzman  
 Joe Dolce  
 Dick Ackley  
 Zachary Dloniak  
 Dick Watt  
 Toni-Jo Mitchell  
 Mick  
 Cheryl Connelly  
 Lorraine Withington

Deb Harris  
 Susie Harris  
 Gerald  
 Jessie  
 Jimmy  
 Sharon Duff-Kibbee  
 Avery  
 Laurie  
 Tim  
 Denise



Wayne  
 Burris/ Angel Families  
 George  
 Kitty  
 The Chwojdak Brothers  
 Charles & Carrie  
 Ryan Williams  
 Jack Borman  
 The Gerdts Family  
 Elizabeth English

Bonny Warner  
 Pete  
 Chris  
 Carolyn McMinn  
 Carmen  
 Ryan

## February Birthdays

2 Laura Watt  
 9 Zeya Salamone  
 13 Henry Irish  
 16 Mason Miller  
 17 Rob Groat  
 23 David Coia III (Misser)  
 26 Betsy White



## Prayer List

Folks are being kept on the prayer list for 3 months. If you have someone who need continuing prayers, please notify the church office.

Fredonia Presbyterian Church  
219 Central Avenue  
Fredonia, NY 14063



It's a long weekend. The kids have Presidents Day off. It is cold. Wouldn't a hot bowl of soup, some bread, and a piece of fruit make a good lunch? Help this happen by bringing a can of soup to church this month!



Our next food delivery from FeedMore WNY will arrive on Tuesday, February 4. If you can help unload please be at the church about 11:30.