

THE SPIRE

VOLUME 1, ISSUE 1

MARCH 2018



(Hi! This is Dorothy. This is probably the last essay I will choose for you.; it's from a blog called Raptitude.com, (subtitled "Getting Better at Getting Human") a favorite of mine. Also in this Spire: a reminder about the Fish Dinner; movies with meaning; Holy Week; and Easter Flower order form. Peace, Dorothy)

Gratitude Comes From Noticing Your Life, Not From Thinking About It

By David Cain

Every gratitude exercise I've ever done asks you to think about what you have to be grateful for. In other words, you brainstorm reasons you ought to feel grateful, whether or not you do.

You've probably done one of these before: writing five things you're grateful for every night, recalling past good luck during difficult moments, or trying to remember, as often as possible, your privileges and advantages in life.

These exercises might be worthwhile on some level, but most of the time they don't create much of a real-time, felt sense of gratitude. They just remind you of certain encouraging rote facts: on paper, your situation is pretty good; many parts of your life would be enviable to others; things could be worse.

As you might have noticed, simply making the case to ourselves that we have *reasons* to feel grateful doesn't necessarily make us feel grateful.

Gratitude, when we do genuinely feel it, arises from experiences we are *currently having*, not from evaluating our lives in our heads. When you feel lonely, for example, simply remembering that you have friends is a dull, nominal comfort compared to how wonderful it feels when one of those friends calls you out of the blue. Reflecting on the good fortune of having a fixed address is nice, but stepping inside your front door after a cold and rainy walk home is sublime.

The experience, not the idea, is what matters. So if you want to feel grateful, forget the thinking exercises. Look for your good fortune not in some abstract assessment of your life situation, but in your experience right in this moment. What can you see, feel, hear, or sense, right here in the present, that's helpful, pleasant, or beautiful?

There's always something, any time you look. Any interesting sensory experience or pleasant feeling will do: the warmth of a space heater, the cat on your lap, the play of sunlight on the table.

That's the other important part: we don't need to reserve our gratitude for the big, lifetime-scale conditions, such as health, economic class, or loved ones. In every moment, regardless of your problems, your experience is being improved and beautified by all sorts of small, often haphazard pleasures: the color of the sky, the embrace of this sweater, the protec-

tive shelter of this building, the peacefulness of this neighborhood, the taste of this coffee, the softness of this chair, the chirping of these birds, the alertness of your mind right now.

Of course, all the abstract, big-picture life conditions have their own corresponding present-moment pleasures, and they are what matter. Consider the world of difference between trying to appreciate the *notion* that you aren't homeless, and appreciating the real-time experience of getting into bed in your own bedroom. That's where your good fortune truly resides—in your experiences, not your thoughts.

Cultivating gratitude this way creates a completely different relationship to the good in your life than simply revisiting in your mind the logical reasons you *ought* to feel grateful. You'll appreciate so much more of every day, even bad days, when you look for the small pleasures of present moment experience instead.

As I pour my coffee, steam billows out into the sunlight, creating a luminous, three-dimensional plume that would please anybody, as long as they were paying attention. When we seek our gratitude only by thinking and remembering, something as obscure as the beauty of sunlight passing through steam would never occur to us.

This sort of spontaneous gratitude is a natural side-effect of any mindfulness practice, because of the emphasis on noticing present-moment experience, but it's well worth practicing on its own. It's so simple. At any moment, you can ask yourself: what is happening here and now that's pleasant, beautiful or helpful? Don't just identify it—find the experience itself, the actual sight, sound or feeling, and enjoy it.

For me, at this moment, it's wonderful that I have this warm drink. This hoodie feels great on my shoulders. This laptop is so quick; it doesn't lag like the old one. The sky is pale and picturesque. My houseplants are doing well. This chair is comfortable. My neighbor is singing downstairs. I'm enjoying all of

these details despite every unresolved big-picture problem I have.

My list of tiny pleasures might not sound so thrilling to you, and that's fine. Again, it doesn't matter how it feels to *think* about it. This practice creates many private experiences of gratitude you couldn't easily explain to another person. I love the little triangle of sun in the corner of the table, how it's almost equilateral by chance. I love the youthful green stem of my geranium, and its fuzz of infinitesimal white hairs. The pleasure of these sights is already mine; I don't need to convince myself that they constitute a good *reason* to be grateful, and certainly no one else needs to understand.

Those pleasant little details may be small, but they're not insignificant. They contribute to your well-being, and well-being is all that matters ultimately. Every moment contains so many pleasant, helpful or beautiful details, most of which we didn't earn, aren't entitled to, and may not be there next time we look. The shine of this bank's polished floor. The solidity of this vehicle. The way the last of the water disappears down the sink.

Then, when you bring this same grateful awareness to the truly consequential conditions of your life—this steaming dinner in front of you, the warmth and safety of this kitchen, the presence of your loved ones around this very table, right in this moment—the heart overflows with thankfulness.

Cultivating gratitude this way creates a completely different relationship to the good in your life than simply revisiting in your mind the logical reasons you *ought* to feel grateful.

MOVIES WITH MEANING



March 16, 2018

Potluck Dinner at 5:30 pm

Movie at 6:30 pm

Now showing: *The Shack*

Based on the New York Times best-selling novel, *The Shack* takes us on a father's uplifting spiritual journey. After suffering a family tragedy, Mack Phillips [Sam Worthington] spirals into a deep depression causing him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack deep in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa [Octavia Spencer]. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

Bring a dish to share & your place setting. Or if you can't make the pot luck just come for the movie. This is a great evening of fellowship & movie will make you think & will touch in differently each time you see it. Any questions please see Sandy Emrich or Kathy Jansen. Hope to see you there!!

Women's Guild

Our annual church birthday party was held on 3/4/18 during coffee hour. All of the 12 tables were decorated great!! Thank you to ALL of the table decorators!! Without you this won't happen year after year. A fun time was had by all!!

Come to our first meeting of the year on March 25 & help plan for our upcoming year. Hope to see you then!!

Our calendar of events:

March 25 2018 Meeting

God Bless,

Sandy Emrich-President



Hudson Valley Walk for Water

Saturday, April 14, 2018

Mark your Calendars!!

This year's walk is at Grace Community Evangelical Church in Lake Katrine. If you want to participate in the walk, talk with Marilyn.

WE NEED YOU

Marilyn Lowe

March

Birthdays

Camila Boice	1	Angie Rockwel I	19
Craig Jansen	2	Katrina Rubino	19
Linda Bogнар	3	Justin Nekos	21
Dennis Horvers	5	William Gaffken	23
Marianne Mizel	7	Christine Henning	24
Barbara Sartorius	10	Gretchen Giles	24
Barry Rell	10	Phyllis Bliss	24
Julia Wolf	10	Deidre Sills	25
Danielle Wolf	10	Cathy McGraw	27
Kim Burgess	13	Jennifer Hinsdale	28
Deborah Zuill	14	Ellen Morone	31
Allan Masters	14	Bernadette Baker	31
Jace Provenzano	17	Logan Brennan	31
Frank Warren	17		
Frank Presti	17		
Joyce Pinckney	18		
Dino Sumerano	18		

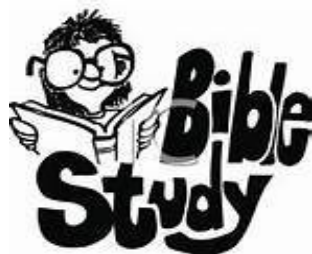
Anniversaries

Emily & Art Harder	16
Charles & Sheila Jansen	25

REACH OUT TO THOSE WHO NEED YOUR SUPPORT IN THEIR DAY TODAY NEEDS:

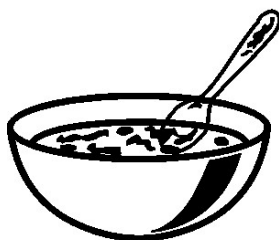
Keep them in your prayers.

Stephen Bliss is in Westchester Medical Center; Dick Shook is home; Bill Welch fell and broke ribs. Jim Pirro is home; Roger and MaryLou Vogt are in Hudson Valley Senior Residence; Lorraine Denis is home (see new address); Clarence Jansen and Shirley Ruth are in Mountain Valley Manor; Bud Dussol at Golden Hill; Don Kent at the Terraces at Brookmeade; Betty Pirro, Bev Chrisey, Friedel Borst, Audrey Hornbeck and Fred Horvers at TenBroeck; Wayne Waligurski, ill Charlotte Gill, Tony Peralta (Julie Provenzano's son-in-law), Esther Keator; Dolores McGoldrick at Ferncliff; Lori Pinkham in Wingate at Ulster, Peter Jackson from Hurley, England; William Wiacek (Cathy McGraw's brother).



WOMEN'S BIBLE STUDY

continues this month on March 13 and March 27 from 1-3 pm in the Dutch Room. We will continue our reading of the book, "The Slightly Bad Girls of the Bible" The book is available at our meetings; its price is \$11. There are refreshments, laughter and fellowship! See Debbie Zuill.



SOUP: MARCH 18, 2018

The Soup Elves present this month's soup on March 18 after worship.

Rumor has it the soup will be corned beef and cabbage.



LENTEN FISH DINNER

March 24, 2018

\$12.00

Provided by Sea Deli



AN-

NUAL YARD SALE

Annual Hurley Yard Sale is coming up in June. The church will once again be selling spaces to individuals & retailers. With all of this winter weather still hanging on you can get to those boxes that you want to go through & see what you want to get rid of. More information on this in the months to come. So, get thinking of getting rid of some things & earning some cash. Any questions, see Sandy Emrich

**Hurley Reformed Church**

prepared by
sea-Deli



Lenten Fish Dinner

**March 24, 2018**

**fried fish**

**roasted potatoes**

**coleslaw**

**roll**

**beverage**

**dessert**

**\$12.00** per dinner

**Walk-Ins Welcome**

**Take-Outs Available**

**Reservations Suggested (open seating dinner)**

**Doors open at 4:30 pm – close at 6:30 pm**

**Please contact Sandy for tickets 845-687-4006**





**HURLEY REFORMED CHURCH WARMLY
WELCOMES**

Rev William Appleyard-Pekich. Rev. Bill began his ministry here on February 20, 2018. Please come meet him and his family and welcome them to our community.

MARCH EVENTS

March 1	Hurley Senior Citizens
March 4	Church Birthday Party
March 12	Consistory
March 16	Movies with Meaning
March 18	Soup
March 24	Fish Dinner
March 29	Maundy Thursday
March 30	Good Friday
March 5, 7, 12, 14, 19, 21	Tai Chi Classes
March 1, 7, 8, 14, 15, 21, 22, 28, 29	AARP Tax Preparation

**Social
Solos**

Next Lunch date:

March 14, 2018 at 12 Noon.

Place: Apple Bees

*As we start a
new chapter in the
life of our Church,
remember those
pillars of our
congregation that
taught us to be good
Christians through
their actions.*

STICKLEY GARDENS

FOR MORE INFORMATION - CONTACT ANY COMMITTEE MEMBER:

LISA LONGTO (331-1438) CHAIRPERSON

JIM PIRRO (383-0079) TREASURER

ESTHER STICKLEY (331-2919)

SANDIE GREGORY (338-7626)

KATHY JANSEN, CONSISTORY LIAISON

REV STICKLEY, SECRETARY

A SACRED PLACE OF BEAUTY AND CONTEMPLATION.
(LOCATED ON THE SOUTH LAWN OF THE CHURCH)

Sun

Tue

Wed

Thu

Fri

Sat



March 2018

	26	27	28	1	2	3
			9am - aarp tax preparation 9:30am - Badminton @ 1:30pm - Hurley Senior 4:45pm - Dog Training @ 6pm - English as a second 7pm - Choir Rehearsal @ 7pm - Sisters in Solution @ 7:30pm - 1st Capitol			Set up for Church Birthday
10am - Worship @ 11am - Church Birthday 11am - Prayer Chain @	4 9:30am - Guild Quilters @ 1:15pm - Tai Chi class @ 3pm - Quilting @ Dutch 5pm - Dog Training @ Hall 7:30pm - Al-Anon @ Room	6 9:30am - Badminton @ 11am - balance class @ 4:30pm - PC 101 @ Dutch 7pm - Boy Scouts Troop 20	7 7:30am - Bible Study @ 9am - aarp tax preparation 1:15pm - Tai Chi Classes @ 5:30pm - Dog Training @ 7pm - Boy Scouts Troop 20	8 9am - aarp tax preparation 9:30am - Badminton @ 4:45pm - Dog Training @ 6pm - English as a second 6pm - nursery school board 7pm - Choir Rehearsal @ 7pm - Sisters in Solution @	9 7pm - Motorcycle Club @	10 swing dance 9am - Brandon Quilters 10am - Genealogy @ Room
	5					
	11	12	13	14	15	16
10am - Worship @ 11am - Women's Ministry @	9:30am - Guild Quilters @ 11am - VFW @ Dutch Room 1:15pm - Tai Chi class @ 3pm - Quilting @ Dutch 5pm - Dog Training @ Hall 7pm - Consistory @ Dutch 7pm - Hudson Valley 7:30pm - Al-Anon @ Room	8:30am - Hillside Acres 9:30am - Badminton @ 11am - balance class @ 1pm - Women's Bible Study 7pm - Boy Scouts Troop 20	7:30am - Bible Study @ 9am - aarp tax preparation 12pm - social solos @ 1:15pm - Tai Chi Classes @ 5:30pm - Dog Training @	9am - aarp tax preparation 9:30am - Badminton @ 4:45pm - Dog Training @ 6pm - English as a second 7pm - Choir Rehearsal @ 7pm - NE WoodWorkers 7pm - Sisters in Solution @	4pm - movies with meaning 9am - brandon quilters 9am - Soup making @	17
	18	19	20	21	22	23
10am - Worship @ 11am - SHD Committee @ 5pm - baps.org	9:30am - Guild Quilters @ 10am - Genealogy @ Rooms 10am - Lions Club 1:15pm - Tai Chi class @ 3pm - Quilting @ Dutch 5pm - Dog Training @ Hall 7:30pm - Al-Anon @ Room	9:30am - Badminton @ 11am - balance class @ 7pm - Boy Scouts Troop 20	7:30am - Bible Study @ 9am - aarp tax preparation 9am - Finance Committee 1:15pm - Tai Chi Classes @ 5:30pm - Dog Training @ 7pm - Hurley Lions @ Dutch 7pm - men's group @ Dutch	9am - aarp tax preparation 9:30am - Badminton @ 4:45pm - Dog Training @ 6pm - English as a second 7pm - Choir Rehearsal @ 7pm - Hurley Heritage 7pm - Sisters in Solution @	5pm - fish dinner setu	24
	25	26	27	28	29	30
10am - Worship @ 11am - Women's Guild	9:30am - Guild Quilters @ 10:30am - Genealogy @ 3pm - Quilting @ Dutch 5pm - Dog Training @ Hall 7:30pm - Al-Anon @ Room	9:30am - Badminton @ 11am - balance class @ 1pm - Women's Bible Study 7pm - Boy Scouts Troop 20	7:30am - Bible Study @ 9am - aarp tax preparation 5:30pm - Dog Training @	9:30am - Badminton @ 4:45pm - Dog Training @ 6pm - English as a second 7pm - Choir Rehearsal @ 7pm - Sisters in Solution @		31



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Rev. William Appleyard-Pekich
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