

## North Church



Music Therapy

In Focus

### Drumming for Health

Join us on  
May 17 at 2 pm

**\$10, children 10 and under are free**

A drum circle is a gathering of individuals who come together to play percussion instruments, creating a communal rhythm and fostering a sense of community. Drum circles can be enjoyed by people of all ages, making them a versatile and inclusive activity. Here are some key aspects of a drum circle for all ages:

#### Creative Expression

Everyone has the opportunity to express themselves musically, regardless of skill level.

#### Playing Rhythm Can Help You Relax

Drumming can induce deep relaxation, lowering stress hormones in the blood.



#### Drumming Increases Mindfulness

Actively making music or drumming in a group brings a person's attention to the present moment, allowing them to practice mindfulness in a creative way and giving them a break from worries about the past or future.

#### Group Drumming Improves Interpersonal Connection

Drumming in a group provides an opportunity to connect to other people in a shared creative experience. Participants connect with one another, enhancing social bonds.

#### Drumming Decreases Stress & Anxiety

Playing drums can be a therapeutic outlet, helping to reduce anxiety and promote relaxation.

#### Drumming Activates the Brain

Drumming activates *both* hemispheres of the brain. It releases endorphin and Alpha waves in the brain, which are associated with feelings of well-being and happiness.



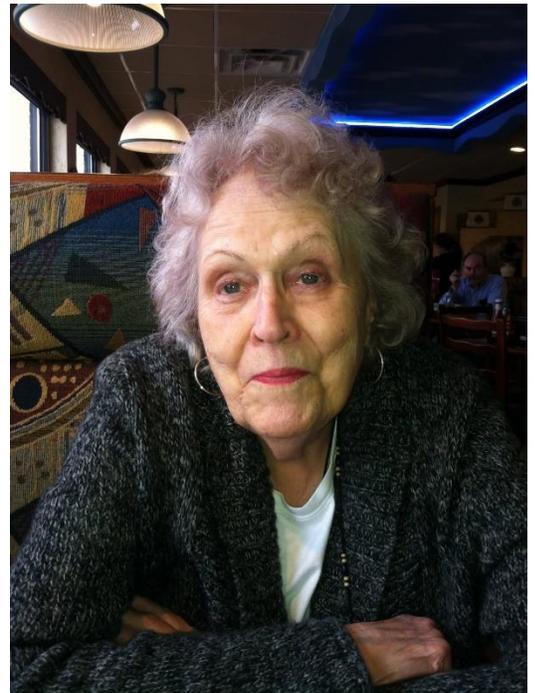
# Happy 100<sup>th</sup> Birthday!

Join us on Sunday, May 25 for a coffee hour immediately following church service, in honor of Eileen Troy.

Eileen Troy (nee Rogers) was born in Buffalo on May 25, 1925. She lived in California for a time before settling in North Tonawanda, NY.

Ellen is a 25-year member of North Presbyterian Church in North Tonawanda where she belonged to the Presbyterian Women's Association and served as a Deacon.

Eileen is known as a skilled hand quilter and a woman with a great sense of humor. Eileen continues to enjoy reading, eating ice cream and watching Westerns.



## May Birthdays

*As you grow another year older, may you also grow deeper in your faith and closer to God. May His wisdom guide you and His love comfort you.*

*Karen Bauer*

*Mary Brosius*

*Kaitlyn Pfeiffer*

*Ellen Brock*

*Jonathan Klamut*

*Cameron Zalewski*

*Alanna Graci*

*Matteo Graci*

*Jaxson Ciminelli*

*Marc Dickinson*

*Eileen Troy*

*Brooke Harms*

Join Us...

# VBS CAMP NORTH

North Church  
168 Payne Avenue  
North Tonawanda, NY 14120

JULY 7-11 9-12



Limit 20

Reserve your spot - \$20, no walk ins

Grade K-5

Sign up Online at

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

## VBS Donations

VBS will have a camp theme. If you have any camp related items to donate or to let us borrow, please contact April at church office 716.693.7030.

Items requested

- Easy set up tents
- Camp Decorations (lanterns, fake fire, etc)
- Bird Seed
- Used Altoids Tins (or similar empty tins)
- Flat Rocks
- Karo Syrup
- Wax paper

[Click Here for Amazon Wish List](#)

Volunteers ages 12 – 100 are needed. Great way for teens to earn service hours! Spaces reserved for all Church members' children and grandchildren who sign up by May 15. Sign-up sheets for volunteers and campers are available in church parlor. Online submissions are available now at [ntnorthchurch.org](http://ntnorthchurch.org).

Do you have a special skill you would be willing to share with young VBS participants? We are looking at setting up stations such as:

- Snack prep with kids (no oven use)
- Music (we have glockenspiels and percussion instruments avail for use)
- Exercise, dance, fitness
- Nature walks with spiritual/nature activities
- Games (tic tac toe, puzzles, etc.)
- Crafts
- "Campfire" Bible stories
- ???



All stations will be around 20 minutes with approx. 5 kids at each station at a time

If anyone wants weekly bulletin or chimes sent to home address, please contact the office (716) 693-7030.

If you would like to submit item to be placed in bulletin, please call or email office by Monday for submission to be added to Sunday's bulletin.

If you would like to submit information to added to Chimes, please submit to office by the 20th of the month before issue (ex. Submit by April 20th for May Chimes.

Office Hours      M, T, W      9-2

## *SESSION SUMMARY for April*

Peter reported that the Church Pulpit is filled through the end of May with the exception of Maundy Thursday, which he is working on.

Discussed the new contract for Music Director James Carpenter.

Reviewed and Updated Building Use Policy from 2015.

Karl updated us on progress with 2 individuals who are requesting to use our building for their business', requested usage for their dog training companies.

Motion made, approved, and carried to give our portion of the One Great Hour of Sharing Denominational offers to the Twin Cities Task Force for the Homeless.

Discussed possible financial package for future pastor.

Summer worship to continue at 11am with services in the basement in July and August.

Discussed purchase of Microsoft 365 for use with Church Computer

## *Upcoming Events...*

- May 3      (Saturday) Big Wheels Bike Club Open House, 1 pm-3 pm – All are welcome! See Pete Somerville for more information
- May 4      (Sunday) Jim Sanford
- May 11     (Sunday) Ride 4 Roswell Mission Speaker
- May 17     (Saturday) Drum Circle at North Church. 2 pm, \$10, children 10 and under are free. See Rose Mitchell for more info.
- May 18     (Sunday) Mark Aquino, Bible presentation, coffee hour in honor of our youth Bible recipients – Last day of Sunday School
- May 25     (Sunday) Mark Aquino – coffee hour in honor of Eileen Troy's 100<sup>th</sup> birthday



*Dearest Heavenly Father, we pray for our North Presbyterian Family. We also lift up in prayer those who need special consideration including Judy L, Andrew, Patricia, Roger, David, Jessica, Jane, Elaine F, Michele, Terry R, Jean, Mary, Ruth, Justine, Michele, Deborah T, Lindsay, Tim, Jeff, Jim, Gloria, Alex V, David P, Virginia (Ginger)M., Kathy C., Brenda M., and Phalguni.*

## Rummage Sale

Our Rummage Sale was once again a great success! The weather did not cooperate for the hotdog sale but that didn't stop people from coming and supporting our church.

Kudos to Martha and Emily Luchterhand who organized the event and to the many volunteers who donated items, advertised on Facebook and helped with set up and take down.

## Easter Flowers

### Given By

Linda Soltis  
Linda Soltis  
Yvonne Southwell

Family

Wally & Donna Freiert  
The Brock Family  
The Sasso Family  
Margaret Linkowski

Kathleen E. Matikosh  
Ginger Mitchell  
Sandy Sikora  
Marilyn, Kate Hartman

### In Memory/In Honor of

William J. Soltis  
Mary Soltis  
Carol & Margaret Payne  
Bill & Carol Mae Prichard  
Doddridge Hayes  
Doris Hayes  
Loved Ones  
Jacqueline Stevens/Heximer  
Bob Flack & Rose Mitchell  
Jessie Allan Gray  
Bob and Betty Gray  
Doris Hudnut  
Loved Ones  
Ronald Sikora  
Mrs. Florence Lally  
Paul Hartman



# First Presbyterian Church of Tonawanda

Invites you to our new community  
programs, **FREE** and open to all

149 Broad Street  
Tonawanda, NY 14150

## Church Stretch

Exercise for Body & Soul

Mondays at 6pm

For adults of all fitness levels



## God Loves Me Storytime

Tuesdays 10:00-11:30am

for kids & caregivers

## Friday Friendzee

Fridays 6-8pm

Rotating activities, including  
game nights, karaoke,  
pot luck dinners, etc.



## THIRD PRESBYTERIAN CHURCH

Presbyterian Women's Association

Your are invited to join us for a



**Spring Dinner**

**Wednesday May 14 at 5:30 pm**



**2Forks Up**

**270 Campbell Blvd, Getzville, NY 14068**

**(716) 689-3675**

handicapped accessible  
separate checks will be provided

RSVP to Nancy Neale  
at (716) 907-2035 or  
nealenancy@yahoo.com  
by 5/1 /2025

# Bible Study

THIRD PRESBYTERRAN CHURCH  
NORTH TONAWANDA

1ST WEDNESDAY  
OF THE MONTH  
5PM



*Thank you for the  
beautiful Easter flowers.  
What made it perfect was  
Kate "the Flower Lady"  
delivered them. Thank  
you for a great Easter.  
~Eileen Troy*

PLEASE JOIN US FOR A

# FAMILY GAME NIGHT!

SATURDAY MAY 10TH  
5PM-8PM



University Presbyterian Church  
3330 Main Street, Buffalo, NY

FREE FUN FOR THE  
WHOLE FAMILY!

Light Dinner Provided, Fun and  
Games for All Ages, Friendly  
Competitions and Lots of Laughs!



*Dear Members,*

*John and I thank you very much for the support you have shown us over the years.*

*Thank you very much for the Easter flowers.*

*God Bless  
John & Sheila*

A decorative border of various flowers including daisies, hydrangeas, and butterflies, framing the text.

**Amherst Presbyterian Church**  
**Potluck Dinner**

**FRIDAY, MAY 2 6 - 8 pm**

151 S. Youngs Rd, Wmsvl, 14221 • (716) 633-4656

Featuring a presentation by

Logo for Journey's End Refugee Services, featuring silhouettes of people holding hands in front of a city skyline.

**JOURNEY'S END**  
REFUGEE SERVICES



# Center of Renewal at Stella Niagara

4421 Lower River Road, Stella Niagara, New York 14144  
716 754-7376 \* stellaniagararetreats.org



## Let's Get Hooked Learn to Crochet a Prayer Shawl Retreat Day

Crocheters and Non-Crocheters Welcome

### Saturday, July 12, 2025

### 10:00 AM – 3:00 PM



### Come Enjoy a Retreat Day

### That Can Spread Comfort, Hope & Love for Years to Come

#### Retreat Day Includes:

- Instructions on How to Crochet
- Prayer Shawl History, Prayers, Patterns
- Inspirational Music
- Lunch
- Fellowship with Other Crocheters

**CALL TODAY**

**to make your reservation**

*Reservation deadline - June 27, 2025*

**716-754-7376, Ext. 2**

*(MasterCard, Visa & Discover Cards Accepted)*



### Reservation Form

Mail with check to: The Center of Renewal, 4421 Lower River Road, Stella Niagara, NY 14144

Let's Get Hooked - July 12, 2025 - 10:00 AM - 3:00 PM

Reservation Deadline - June 27, 2025



Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

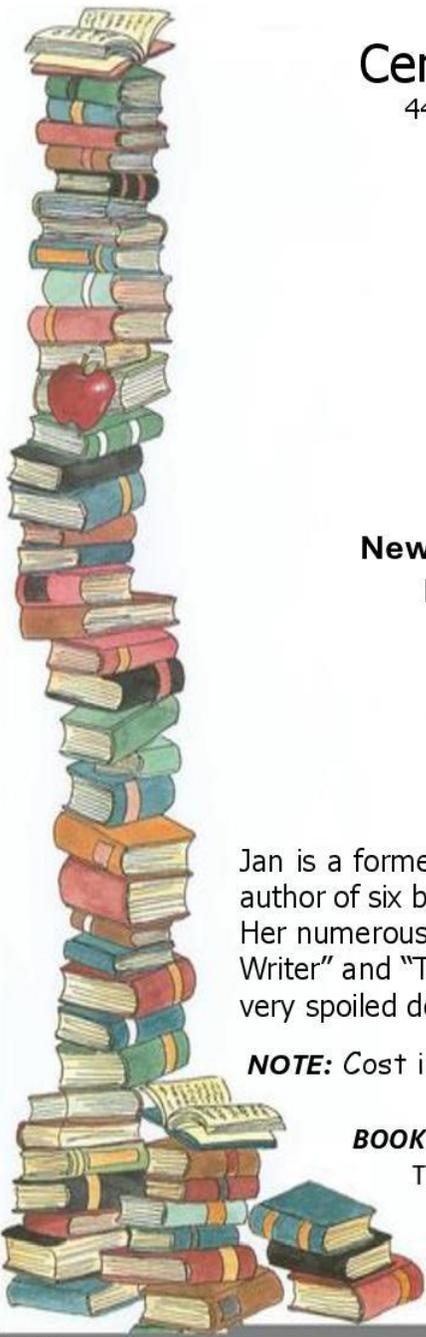
City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Medical Dietary Restrictions \_\_\_\_\_

- \$55.00 Includes Retreat, Lunch, Yarn & Needle
- \$45.00 Includes Retreat, Lunch - **Bring Your Own Yarn**



# Center of Renewal at Stella Niagara

4421 Lower River Road, Stella Niagara, New York 14144  
716 754-7376 \* stellaniagararetreats.org



## ALL NEW BOOK CLUB Spiritual Story Seekers

First Session

### The Prayer Box

By

New York Times best-selling author Lisa Wingate.

Book one of A Carolina Chronicles series.

Tuesday Afternoons

May 27<sup>th</sup>, June 3<sup>rd</sup>, 10<sup>th</sup>, & 17<sup>th</sup>

Presenter – Jan Czech



Jan is a former middle school English teacher, writing instructor and reporter. She is the author of six books for young children as well as Grace Happens, a middle school age novel. Her numerous articles have appeared in a variety of publications including "The Children's Writer" and "The Buffalo News". She lives in Western New York with her husband and two very spoiled dogs.

**NOTE:** Cost includes all Four Book Club Sessions for this book and hot beverage.

**BOOK NOT INCLUDED WITH COST OF RETREAT**

**BOOK AVAILABLE ON AMAZON, THRIFT BOOKS, BARNES AND NOBLE,  
TYNDALE HOUSE PUBLISHERS AND CHRISTIANBOOK.COM**

**Call today to make your reservation**

Reservation deadline -May 12, 2025

**716-754-7376, Ext. 2**

(MasterCard, Visa & Discover Cards Accepted)

### Reservation Form

**Mail with check to: The Center of Renewal, 4421 Lower River Road, Stella Niagara, NY 14144**

**BOOK CLUB- May 27, June 3, 10, 17, 2025**

**Reservation Deadline - May 13, 2025**



Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_ **Phone** \_\_\_\_\_

\$50.00 - Book Club (Make check payable to "The Center of Renewal")

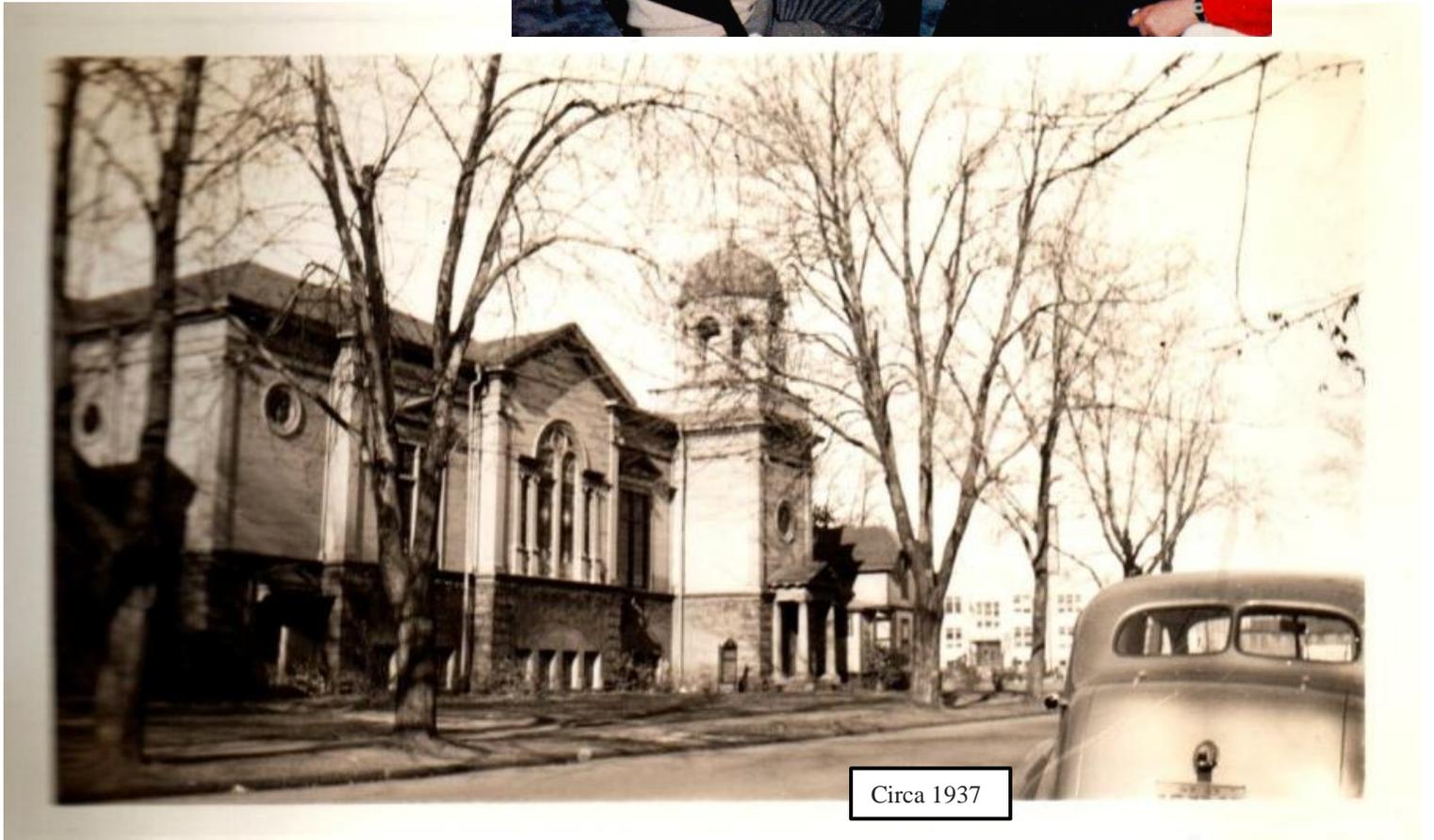
**NOTE:** Cost includes all Four Book Club Sessions and Hot Beverage.

# Memories



CONFIRMATION CLASS June 18, 1967

From left  
Front- Brenda Trumpower, Janie Smith,  
Mr. Wright, Sally Gardner, Jacqueline  
Brook. Center - Eugene Miller, James  
Jerla, Gail Gilliland, Leslie  
Christian, Sharon Gilliland, Vickie  
Lowmaster, Deborah Bruce. Back-  
Homer Mye III, David Streamer, Clark  
Olson, and Sarah Cady.



Circa 1937



# minno

Shows, downloads, and more:  
[linktr.ee/gominno](http://linktr.ee/gominno)

# MAY

## DEVOTIONAL CALENDAR

THEME: CONNECTION

FOCUS: JOHN 15

VERSE: JOHN 15:4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 WEEK 1: CONNECTED	WATCH NEW EPISODES OF <b>MICAH!</b>			<b>BODY OF CHRIST</b> ROMANS 12:5	<b>THROUGH HIM</b> 1 JOHN 4:9	 <b>CONNECT</b>
 <b>REST</b>	<b>HE IS GOOD</b> PSALM 107:1	<b>HE IS LOVING</b> 1 JOHN 4:16	<b>HE IS FAITHFUL</b> PSALM 86:15	<b>HE IS HOLY</b> 1 SAMUEL 2:2	<b>HE IS GRACE</b> HEBREWS 4:16	<b>DOWNLOAD</b>
 WEEK 2: THE GARDENER	<b>JESUS IS PRESENT</b> MATTHEW 18:20	<b>JESUS IS LIFE-GIVING</b> ACTS 17:28	<b>JESUS IS A FRIEND</b> JOHN 15:15	<b>JESUS IS OUR SAVIOR</b> LUKE 19:10	<b>JESUS IS GENEROUS</b> ACTS 20:35	
<b>REST</b>	<b>THROUGH THE WORD</b> PSALM 119:105	<b>THROUGH WORSHIP</b> PSALM 150:6	<b>THROUGH PRAYER</b> 1 JOHN 5:14	<b>THROUGH SERVICE</b> 1 PETER 4:10	<b>THROUGH REST</b> MATTHEW 11:28	<b>CONNECT</b>
<b>REST</b>	<b>FROM GOOD SOIL</b> MATTHEW 13:23	<b>AS AN EXAMPLE</b> JOHN 13:35	<b>THE HOLY SPIRIT</b> ROMANS 8:5	<b>ASCENSION DAY</b> <b>OUR HELPER</b> JOHN 14:16-17	<b>THE FRUIT OF THE SPIRIT</b> GALATIANS 5:22-23	

**STEP 1:** Pray together and ask God what He wants you to learn.

**STEP 2:** Read the prompt and Bible verse.

**STEP 3:** Talk about what the verse means to you.

Link to watch, download, and more: [linktr.ee/gominno](http://linktr.ee/gominno)

