



# The Presbyterian Church at Lakehurst, NJ

*Rooted in God's Love  
Growing as Christ's Caregivers  
Nourished by God's Spirit*

June 2014

The Presbyterian  
Beacon



## Mission Team

Many people—of all ages—are bringing to life the love, compassion and grace of Jesus Christ through the church's mission programs. Look at what God is doing right now through the leadership of Elder Kim Milana and your efforts and commitment:



Constructed with help from Rich Childers

**Cub Scout Pack 10** is planting a garden that we will dedicate after worship on **Sunday June 22**. The Scouts are learning about God's creation and growing fresh vegetables for our Food Pantry. They will also make a fresh pizza with the basil and tomatoes!



The Scouts also placed American flags at the graves of Veterans, and they participated in Lakehurst's Memorial Day Service.



Thanks to your generous offerings, the Team received \$745 for the Presbyterian **One Great Hour of Sharing** and will designate the funds for the Self-Development of People program. And Presbyterian Women received \$400 to purchase **Church World Service blankets** for disaster relief. The Team reviewed 14 **College Scholarship** applications and will recommend that Session approve awards totaling \$9,250 this year, plus a \$500 grant for the Presbytery's **Pathway to Commissioning** program (more on pg. 5).



And, yes, it will soon be time to look for sales and buy **school supplies** for children in need at Lakehurst Elementary School.

Thank you for your continued prayers and support for this and all we are doing.

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## NOTE THE DATE

- 6/1 Bible Study  
Come As U R  
Kids Klub
- 6/2 P.W.
- 6/7 Memorial Service  
(see pg. 2)
- 6/8 **Pentecost: wear red**
- 6/9 P.W. Picnic
- 6/10 Warm Hearts
- 6/15 Men Lead Worship  
Bible Study
- 6/20 Rain Gutter Regalia
- 6/22 **Dedicate Garden**
- 6/25 Food Pantry

DEADLINE FOR THE  
JULY/AUGUST  
BEACON IS JUNE 22



## Mission Team (continued)

**Lakehurst Presbyterian Church Food Pantry** is open from **10 to 11 am** on the last Wednesday of each month when we welcome our neighbors and give canned soup, vegetables, meats, tuna, peanut butter and jelly, pasta and sauce, cereal and more. **We also have bread, rolls and bagels.** Your donations of canned and dry goods are always welcome.

The Church's Mission also includes: monthly meetings of the **Ocean County Deaf Club** and the **Seniors Deaf Club**, and weekly meetings of **Boy Scout Troop 10** and **N.A.** And we hope to start an Al-Anon meeting at the Church. We also distribute **food at Thanksgiving** and **Christmas gifts** to children in need at Lakehurst Elementary School, and budget funds for local and global ministries and emergent needs.

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## From the Pastor

*"I miss the members who moved away." "I grieve the Presbyterian Women who are no longer with us." "I miss my home church." "Why can't the church be the way it used to be?"*

Recently, I've listened to many such expressions. And I think it is time for us to gather as a community and share stories of how God has blessed us in the past—stories of our home church; of people who nurtured and supported us in the faith and through life circumstances; of elements of church life that we have cherished.

So, you are invited to come at **10 am on Saturday, June 7**, for a **"Memorial" Service** to share memories, to grieve as people of faith, and to celebrate who we have been and who we are becoming as disciples of Jesus Christ. Bring pictures and keepsakes, but do come! (I am often told that my memorial services are uplifting celebrations.) And then, on Pentecost, Sunday, June 8, we can open our hearts to the power of God's Holy Spirit!

Our Traditional Worship Service at 10 am will not change. But God may be calling us to new ministries. Thomas Schulz summarized a summit of church leaders, saying that in 10 years the church will have:

1. **Emphasis on relationships.** Whereas the church and congregational worship today are largely spectator-oriented, the new coming trend will prioritize spiritual growth through personal relationships.
2. **Return to Jesus.** The current church is preoccupied with the "ABCs"—attendance, buildings and cash. The coming church will highly focus its mission, goals, measurements and message on Jesus.
3. **Community focus.** The church of tomorrow will be much more engaged in addressing the needs in the community. The church will be known more for its members' relational acts of compassion outside of church walls, taking ministry out rather than waiting for outsiders to come in and sit.
4. **Con conversationally oriented.** The current church relies primarily on one-way messaging—from the preacher/teacher at the microphone. The new church will rely more on person-to-person conversation, sharing messages of God's love with one another. Churches will begin to trade pews for conversation tables.
5. **Rise of the laity.** Shrinking resources will trigger fewer paid ministry positions—and more reliance on unpaid ministry work. The concept of "the priesthood of all believers" will re-emerge.



## Evangelism & Fellowship Team



On Pentecost some 2,000 years ago, the Holy Spirit came upon a huge crowd like a mighty wind and fired them up with faith in Jesus Christ. And the CHURCH was born!

On Pentecost this year, **Sunday, June 8**, we are giving the Church a Birthday Party, and you are invited! We'll have games, prizes and, of course, birthday cake.

Worship at 10. Party at 11. Don't miss the celebration!  
**Wear RED**—the color of the Holy Spirit!

Why are a lot of name tags hanging on a hook in the parking lot entrance 24/7? We want to know your name—especially when we are new visitors or longer-timers who can't remember names! It helps us remember when we hear and see your name and face at the same time. So, put it on—and let Laure Childers (the Church Office Administrator) know if you need a tag. Poof! You'll have one for the birthday celebration.



## Who wants to knit or crochet hats and scarves for people in need?



Donna Lemanski has been trying to organize a small group of crafters—and look what we found at the Flea Market! Teachers: our own Marjorie Wong and Hazel Melone. Join us at **11 am on Tuesday, June 10**, and let's get going!



## Care for the Caregivers.

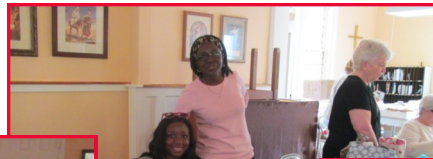
On the **1<sup>st</sup> and 3<sup>rd</sup> Tuesday** of each month, at **10:30 am**, we gather in the Living Room for an hour of prayer, sharing and caring. Pastor Christina facilitates it. We welcome everyone who is caring for a loved one. Come and pray with us.





## Deacons

Thank you to everyone who prayed for sunshine, baked a cake, lugged furniture, tagged, sold, bought, shopped, cooked, and welcomed the community to The Presbyterian Church for the Deacon's Flea Market on May 17. We are so grateful to God and the faith community for guidance and support and for the opportunity to serve. The Deacons made \$750.25 for benevolences. But the time to work together was priceless!



## Presbyterian Women

At our May meeting, we sent boxes of cookies to our college students in time for exams. The cookies were much appreciated. In June, we will have two meetings.

**Monday, June 2, 1:30 pm** – regular meeting with Bible Study, business and refreshments.

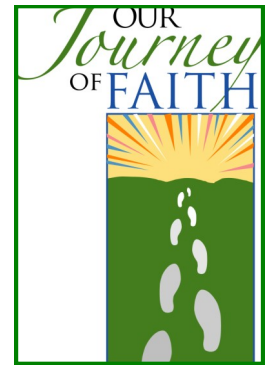
**Monday, June 9, 1:00 pm** – our Annual Indoor Potluck Picnic. Bring a dish to share.

**All Women of the Church are Welcome!**



## Christian Education

**Pathway to Commissioning:** Starting in September, Monmouth Presbytery will offer a course in the fall, winter and spring on Reformed Theology, Old Testament, New Testament, Spiritual Formation, Polity (church governance), Communication & Pastoral Leadership, plus electives. These courses will be open to any adult who wishes to deepen their relationship with Christ and broaden their understanding of the church.



The plans are still underway but with the blessing of their session and the Presbytery, and the completion of the coursework, some elders may wish to be Commissioned to serve a church in one of several capacities: Christian Education, Preaching & Sacraments, Pastoral Care, or Mission & Evangelism.

There will be a nominal cost for each course, and churches will be invited to 'sponsor' a course for \$500. We are hoping that many adults from Lakehurst Presbyterian Church will take advantage of this opportunity to journey with others into the future of Christ's church. Please pray for guidance, and let Pastor Christina know that you'd like an application.

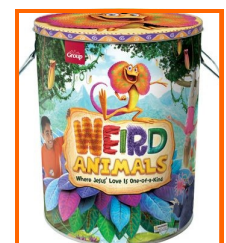
**Adult Education:** Our study of *The Story*, a condensed narrative version of the Bible, continues on the 1st and 3rd Sunday (11:30 am) or Tuesday (7 pm). Week of June 1, chapter 9 (*Book of Ruth*); June 15, chapter 10 (*I Samuel 1-15*). Books are available to buy or borrow from our library.

**Sunday School** classes are: **Toddlers-Preschool** in the Living Room for age-appropriate videos, games and lessons; **Early Elementary** (K-gr.2) in the Fellowship Hall Classroom, and **Older Elementary** (gr. 3 to 6) in the Lower Level Classroom. The **last day of Sunday School is June 15**, when the children will learn about the Sacraments and bake communion bread. On Sunday, July 20 (after Vacation Bible School), the children will lead worship and have a picnic.



**Kid's Klub** for children ages 8 to 12 meets **on the 1st Sunday** of the month at 5 pm for Bible games, music, fellowship and snack. Bring a friend! And Elder Bobbie Seidel will offer a program for younger children. So, make this a family night!

**Vacation Bible School**—*Weird Animals!* 5:00-7:30 in the evening  
July 14 - 18, 2014. Save the date and tell your friends.







## Worship Team

The Chancel Choir's final Sunday is June 8. We've already had Music Appreciation Sunday—but **THANK YOU, DIANA and CHOIR** for being such a blessing to our church. Enjoy your break from Choir Practice, and we look forward to seeing you back in the loft on September 7.



In the meantime, starting June 22, everyone is welcome to sing in the **Summer Pick-Up Choir**. Just pick yourself up and move to the loft to sing a familiar hymn during the Offering. And Diana is waiting for your favorite hymns.

Look at those smiles! The **Handbell Choir** is having fun and learning to make beautiful music. This new choir is open to aspiring musicians of all ages. Practice is Wednesday from 3:00 to 4:30 pm. Talk with Diana today.



**Come As U R**—meets in the Living Room at 5 pm on the **1<sup>st</sup> Sunday of each month** to watch a short, thought-provoking video followed by discussion led by Elder Glenn Milana. This new community is for saints, sinners, seekers, and doubters. Everyone is welcome.

## Our newest Baptized Members



On May 4, Julius John Kaufman, Jr. and his father, Julius John Kaufman, Sr. were baptized (on left), and on May 25, Olivia and William Benintente were baptized (on right). Welcome! And may you know the love of Christ forever.

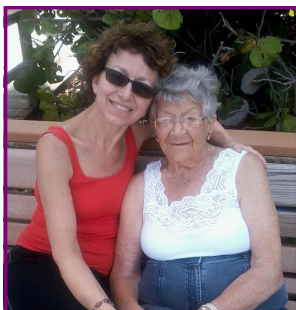




# JUNE 2014

| Sun  | Mon  | Tue  | Wed   | Thu                          | Fri  | Sat  |
|--|--|--|---|------------------------------|--|--|
| 1 10 Worship<br>11 Fellowship<br>11:30 Study<br>5 Come As U R<br>5 Kids Klub       | 2<br><br>1:30 P.W.                                 | 3<br>10:30 Care for<br>Caregivers<br><br>7 Bible Study               | 4<br>10 Mission Team<br>1 Choir Practice<br>3 Bell Choir<br>6:30 N.A. | 5                            | 6<br><br>6 Cub Scouts                            | 7<br><b>10 Memorial<br/>Service for the<br/>Way Things<br/>Used to Be!</b> |
| 8<br>10 Worship<br>11 Fellowship<br>11:15 CE Team<br>7 Boy Scouts                  | 9<br><b>1:00 P.W.<br/>Annual Indoor<br/>Picnic</b> | 10<br>11 Warm Hearts-<br>Busy Hands<br>1 Deacons                     | 11<br>10 Finance Tm<br>12 E&F Team<br>3 Bell Choir<br>6:30 N.A.       | 12<br>9 Seniors Deaf<br>Club | 13<br><br>6 Cub Scouts<br>Badges &<br>Patches    | 14<br>Pray as the<br>PC(USA) Gen-<br>eral Assembly<br>begins in Detroit    |
| 15<br>10 Worship<br>11 Fellowship<br>11:30 Study<br>7 Boy Scouts                   | 16   | 17<br>10:30 Care for<br>Caregivers<br>6 Session Mtg<br>7 Bible Study | 18<br><br>2 Worship Team<br>3 Bell Choir<br>6:30 N.A.                 | 19                           | 20<br><br>6 Cub Scouts<br>Rain-gutter<br>Regatta | 21<br>10 Property Tm<br><br>5 Ocean County<br>Deaf Club                    |
| 22 10 Worship<br>11 Fellowship<br><b>11:30 Dedicate<br/>Garden</b><br>7 Boy Scouts | 23   | 24   | 25<br>10 Food Pantry<br><br>3 Bell Choir<br>6:30 N.A.                 | 26                           | 27<br><br>6 Cub Scouts                           | 28   |
| 29<br>10 Worship<br>11 Fellowship<br><br>7 Boy Scouts                              | 30   |  |   |                              |  |  |

**Annette Zeisler's** daughter, Allyn, surprised her with a visit to Florida for Mother's Day. Looking good, Annette!



**Jim Murray moved to a residential community.**

His new address is:  
The Chelsea #304N  
1657 Silverton Rd.  
Toms River NJ 08753  
(no phone number).



For years, Jim is the one who called, wrote and visited people. Now it's our turn to reach out to him. He checks his mail every day!



The Presbyterian Church  
at Lakehurst, NJ



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**Sunday School & Worship: 10 am**

Rev. Christina Hindley, Pastor

Elder Dawn Heaney, Clerk of Session

**You're  
Invited**



**June 8  
is PENTECOST –  
the Birthday  
of the Church!**

**Wear red** (the color of the Holy Spirit)  
and join us for a special Fellowship Hour  
with Birthday Cake and other goodies,  
Games, Prizes and good Fellowship.

Bring a neighbor. Everyone is welcome.

WORSHIP  WITH US!

|  |                  |  |
|--|------------------|--|
| June 1 Worship<br>Communion & Study<br>Ascension of Christ | Luke 24:44-53    | <i>“This In-Between Time”</i>  |
| <b>June 8<br/>Pentecost</b>                                | Acts 2:1-21      | <i>“Happy Birthday, Church!”</i>                                       |
| June 15<br><b>The Men Lead Worship</b><br>Trinity Sunday   | Matthew 28:16-20 | Ken White is preaching<br><i>“Thank God<br/>the Disciples Obeyed!”</i> |
| June 22<br>2nd Sunday after Pentecost                      | Matthew 10:24-39 | <i>“Are We With Christ?”</i>   |
| June 29<br>3rd Sunday after Pentecost                      | Matthew 10:40-42 | <i>“Welcoming Little Ones”</i>   |



“You Are What You Drink”

By BJ Nelson



Drink a lot of diet soda? How about just a couple of cans a day? Not so fast. Before you pop the top off that bubbly, know this: guzzling diet soda comes with its very own set of side effects that may harm your health--from jump starting kidney problems to adding inches to your waistline.

Unfortunately, diet soda is more in vogue than ever. Kids consume it at over double the rate of the last decade, according to research in the *American Journal of Clinical Nutrition*. Among adults, consumption has grown almost 25%.

Below are six categories that enlighten you on the harmful affects of the consumption of diet soda. Read and beware. As with all Parish Nurse articles, please approach me with any questions.

**1. Kidney Problems** - Diet soda might be bad for your kidneys. In an 11-year-long Harvard Medical School study of more than 3,000 women, researchers found that diet cola is associated with a two-fold increased risk for kidney decline. Kidney function started declining when women drank more than two sodas a day. Even more interesting: Since kidney decline was not associated with sugar-sweetened sodas, researchers suspect that the diet sweeteners are responsible.

**2. Obesity** - You read that right: Diet soda doesn't help you lose weight after all. A University of Texas Health Science Center study found that the more diet sodas a person drank, the greater their risk of becoming overweight. Drinking just two or more cans a day increased waistlines by 500%. Why? Artificial sweeteners can disrupt the body's natural ability to regulate calorie intake based on the sweetness of foods, suggested by an animal study from Purdue University. That means people who consume diet foods might be more likely to overeat, because your body is being tricked into thinking it's eating sugar, thereby causing you to crave more.

**3. Messed-Up Metabolism** - According to a 2008 University of Minnesota study of almost 10,000 adults, even just one diet soda a day is linked to a 34% higher risk of metabolic syndrome, the group of symptoms which include belly fat and high cholesterol that puts you at risk for heart disease.

**4. A Terrible Hangover** - Your first bad decision was ordering that Vodka Diet--and you may make the next one sooner than you thought. Cocktails made with diet soda get you drunker, faster, according to a study out of the Royal Adelaide Hospital in Australia. That's because sugar-free mixers allow liquor to enter your bloodstream much quicker than those with sugar, leaving you with a bigger buzz.

**5. Rotting Teeth** - With a pH of 3.2, diet soda is very acidic. (As a point of reference, the pH of battery acid is 1. Water is 7.) The acid is what readily dissolves enamel, and just because a soda is diet doesn't make it acid-light. Adults who drink three or more sodas a day have worse dental health, says a University of Michigan analysis of dental checkup data. Soda drinkers had far greater decay, more missing teeth, and more fillings.

**6. Reproductive Issues** - Diet or not, soft drink cans are coated with the endocrine disruptor bisphenol A (BPA), which has been linked to everything from heart disease to obesity to reproductive problems. That's a lot of risk taking for one can of pop.