



The Presbyterian Church at Lakehurst, NJ

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

May 2013

The Presbyterian
Beacon



From the Pastor



Something to Think About



With school like this



...and work like this



It made sense that
Church looked like this



As school looks
more like this



...and work like this



What should Church
look like?

On April 27, the Elders and Deacons sacrificed a beautiful Saturday morning to worship—a 3-hour service of worship with communion that focused on Ephesians 4:1-16 which ends: *“God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love”* (Eugene Peterson’s translation). The above picture was on the cover of the bulletin.

Instead of a ‘sermon,’ everyone shared their thoughts and hopes. And the Church Officers want to hear YOUR thoughts and hopes as well. So, please read, pray, reflect and tell us what you think. Here are the discussion questions:

On September 30, 2017, the Presbyterian Church in Lakehurst will celebrate its 175th Anniversary! (continued on pg. 2)

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Don't Forget!

- 5/5 Communion
- 5/12 Deacons give flower to women in honor of **Mother's Day**
- 5/13 Presbytery Women
- 5/18 Deacons Flea Market**
- 5/19 Pentecost**
- 6/2 Church School Sunday & PICNIC
- 6/9 Music Appreciation Sunday
- 6/16 Men Lead Worship
- 7/29 Vacation Bible School



1. Imagine how the faith community will look four years from now. What do you see? How are we connected (what are the ligaments holding parts of the body together)? Where, when, how do we meet?
2. In what three ministries is the church focused in 2017? Who is involved? Who is affected?
3. How do our neighbors describe the church in 2017?
4. What do you think God might expect us to look like in 2017?
5. What are we doing now that will help us realize God's vision for the church in 2017?
6. What steps might we take to realize God's vision?

The Officers whom you elected, engaged in a lively, thoughtful, faithful discussion. They see more people, more children, a larger choir in 2017. They see us having a big dinner in the redecorated Upper Room—with videotaped testimonials from beloved members who moved away and cannot attend the dinner.

They see us “connected” in new ways too—coming together to worship and study and serve whenever we can. But also reaching people through technology: computer website, podcasts of worship services, Facebook Bible studies, sacred music presentations, and informal, interactive gatherings later in the day. We recognized that many friends-of-friends are viewing the Church's page on Facebook, and their making a ‘comment’ or clicking ‘like’ may be the extent of their ‘worship’ today.

The Officers see the church engaged in these three areas of ministry: (1) ministry with children through Sunday School, Scouts, Vacation Bible School, and whatever God calls us to do; (2) ministry of music which offers choral pieces that enhance our worship, as well as afternoon presentations that are open to the public, and (3) ministry to homebound people—remembering and caring for people who cannot come to church, with a visit and communion. A deacon said that when her grandmother turned 100, church members sent a tape of them singing “Happy Birthday” to her, and expressing their gratitude and blessings.

What are your thoughts? What do you think God expects of us? How might you participate? Please let me and your Elders and Deacons know, and pray for guidance and energy.

With love,
Pastor Christina

Fellowship Hour at 11 am every Sunday—Join the conversation!



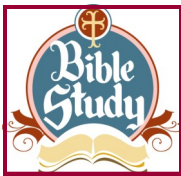


Christian Education Team—Elder Dawn Heaney



Sunday School for Children—begins in worship at 10 am. Children in nursery/toddler, preschool-K and early elementary go to class after the children’s message.

The children are preparing a special Church School Sunday worship service for **June 2**, based on their lesson of **The Good Samaritan**. PLEASE try to bring your child to Sunday School during May so they will be ready! On June 2, we’ll also **thank the teachers** and have a **picnic after worship**. Mark your calendar!



Adult Studies—Between Easter and Pentecost, we are exploring “How to be a Church” using the *Acts of the Apostles*—during worship on Sunday morning, and on the church’s Facebook page: Presbyterian Church at Lakehurst. Join the conversation!



July 29 to August 2
Vacation Bible School
“Clean Water for All God’s Children”

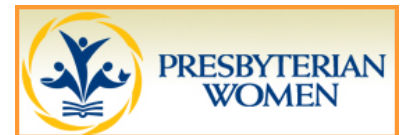
Living Waters for the World is designed to help children experience God’s love while exploring scriptures that refer particularly to God’s use of water:

- Day 1: The Creation - the goodness of water
- Day 2: Crossing the Red Sea - water for salvation
- Day 3: Healing of Naaman - water for healing
- Day 4: Baptism of Jesus - water as a sign of grace
- Day 5: Woman at the Well - water for physical needs

SAVE THE DATE & BRING YOUR CHILDREN!

**All women of the church are
Presbyterian Women!**

Next Meeting: **1:30 pm, Monday, May 13**



At its meeting in March, the women voted to use \$115 from their “good will” fund and “food bank” fund, and buy Shop-Rite gift cards, so clients of the church’s Food Pantry can buy heart-healthy fresh vegetables and fruit.

Come on May 13 for fellowship, refreshments, a study of “Joseph” and a business meeting.
Nancy Barker, Moderator



Deacons' Corner—Moderator Alice Loonam



Deacons' Flea Market Saturday, May 18, 9am-3pm Come, and bring a neighbor!

1. **Deacons' Cookbooks** will be on sale starting Sunday, May 5. Great Mother's Day gift!
2. We **NEED** you to **start baking** NOW please! Sign up or call and let us know what you can bake. One item is enough but we need home-baked cookies, cakes or breads to fill the table. The baked-goods table is the Deacons' only sale table this year.
3. We also need help cooking and selling **hot dogs** inside and outside, especially in the afternoon. Please sign up or call the church and let us know when you can lend a hand.
4. We need help **setting up** and/or **cleaning up** at the end of the day. Again, please sign up!
5. We could use your help **greeting** our vendors—and perhaps buying some of the their treasures—plants, jewelry, crafts, fishing lures and much more.



- May 1 Austen Hunter
- May 10 Charley Seidel
- May 19 Anne Bell
- May 27 Raymond Clark
- May 30 Dorothy DeLigny



Annette Barberio; Rev. Booth's friend Norman; Nellie Breiner; Jim Dillon's friend, Debbie; Dot Duncan's friend Gretchen; Mary Earley's friends, Diane and John; Barbara Fair's friends, Doris, Mary, Joan and Billy; Diana Forlenza's friend, Mary; Marge Furze's cousin, Anita; Rev. Granazio's friends John and Carol, Fran, Emma and Stephen; Emily Heaney; Shirley & Rich Hiller and friends Lou and Beth; Jason Hunter's niece, Melissa; John Lamb; Donna Lemanski; Alice Loonam, Heather, Lisette, Aunt Norma and Rose; Jean Maxwell; Alice McCollum; Jim McLean and son, Jimmy; BJ Nelson; Margaret Plenk; Bobbie Seidel's sister, Lena; Tom Walker; Laura Wilmoth's friend, Denise; Carol White and friend, Carol; Joe & Marjorie Wong's granddaughter Sammi and friend Al; Annette Zeisler's friend Mickey and son Joey. Remember also all who are grieving: Larry's family; Ryan's family; Gabby; and all who are losing needed pay because of the budget cuts. Please remember to obtain the person's permission before you make a public request for prayer. We do have a confidential prayer list.



At its meeting in March, the Church Council approved a **pilot “Parish Nurse” program**. We have eight nurses in our faith community. While Parish Nurses *do not* and *cannot* do any medical tasks, they serve an important role in the life of the Church.

A Parish Nurse serves as a bridge between the medical and religious communities; that is, they can accompany us (by phone or in person) through a health challenge; help translate unfamiliar terms, and listen as we explore options and decide on a treatment plan. Parish Nurses also serve as resources: they can take blood pressures (after worship) and provide literature related to health of body, mind and spirit. So far, Donna Lemanski and BJ Nelson have written newsletter articles on the nationally-focused ‘illness of the month.’ Let us know what you would like to see next.

Questions and Answers About Arthritis? **By BJ Nelson, Parish Nurse**



Osteoarthritis (OA) is common as we age. Main causes include aging joints, previous injuries, heredity, overuse, and obesity. Symptoms of OA include joint pain, swelling, and stiffness. OA may affect any joint. OA treatment depends on the joint involved, but often includes medication and exercise. There is no special OA diet, but weight loss may improve symptoms.

Arthritis is a general term that means inflammation of the joints. OA, or “wear and tear” arthritis, is the most common type. It is associated with a breakdown of cartilage in joints. Cartilage serves as a “shock absorber.” It commonly occurs in the weight bearing joints of the hips, knees, and spine. OA affects an estimated 27 million Americans. Other “types” of arthritis include: Fibromyalgia, Gout, Psoriatic Arthritis, and Rheumatoid Arthritis.

Here are simple ways you can manage OA symptoms on your own, at home.

1. Stay active. Exercise strengthens your muscles and bones. When you're in pain, the last thing you want to do is exercise, but it's actually one of the best things you can do for your joints. Talk to your doctor about what exercises are most appropriate for you.
2. Physical therapy is also a common part of treatment in people with OA. To see the most improvement, combine these three types of exercises into your routine: Aerobic exercises, including walking, dancing, and riding a bicycle; Strength-training exercises, such as lifting weights; and stretching exercises.
3. Lose weight if appropriate. Eating a healthy, low-fat diet rich in vegetables, fruits, whole grains, and lean proteins will help you control your weight.
4. A heating pad or cold pack can feel really good on achy joints. Unless you've got an injury, in which case cold is optimal for the first day. Use as directed by your medical professional, cold or heat, several times a day; just remember to cover the cold pack with a towel and keep your heating pad at a low setting to avoid burning your skin. Whether you use heat or cold, remove it after 20 to 30 minutes.



Mission Team—Elder Kim Milana

The Food Pantry is open from **10 to 11 am on the 4th Wednesday** of each month. Members of the church can ‘shop’ for food at other times by contacting Elder Kim Milana or the pastor. Donations of canned vegetables, tuna, peanut butter and jelly, pasta and sauce, and cereal are appreciated. If you can help sort and shelve the food any time, or bag or distribute food and greet our neighbors on the 4th Wednesday, please let Elder Kim Milana know.

Cub Scout Pack 10 and Boy Scout Troop 10



This month the Cub Scouts will place a wreath at the Hindenburg Memorial on May 7, have a car wash on May 19, place flags in Arneytown Cemetery on May 24, and place a wreath at Lake Horicon for the May 27 Memorial Day Ceremony.

The Cub Scouts are open to all boys in 1st to 5th grade. If you are interested in learning more, please see me. Boy Scouts meet at 7 pm on Sunday evenings.

Alice B. Perry College Scholarships applications are **due May 1, 2013**. Candidates will be notified in June of the Council’s decision, and scholarships will be awarded during worship on Sunday, July 28.



Thank you for your contributions to **One Great Hour of Sharing** that supports the PC(USA) *Disaster Assistance Program, Hunger Relief, and Self-Development of People*. You donated **\$1,314.80** this year, and it is already helping people in need. Thank you for your generosity.

Property Team—Elder Jim Dillon

At the Deacon-Elder Retreat on April 27, we discussed an article by Thom Rainer entitled “*Autopsy of a Deceased Church: 11 Things I Learned*.” We were pleased to see that we are NOT doing many things that lead to a church’s demise. But #11 gave us pause. It reads:

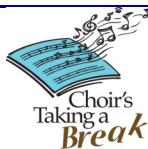

11. **The facilities continued to deteriorate.** It wasn’t really a financial issue. Instead, the members failed to see the continuous deterioration of the church building. Simply stated, they no longer had “outsider eyes.”

While we were excited that the Upper Room had standing-room-only after the Easter Cantata, a deacon recalled her daughter saying, “this room is depressing.” In May, we hope to engage a painting contractor to spruce up the room. We are in the process of getting proposals.

We are also replacing the 5-gallon toilets with 1.6-gallon toilets. (**Thank you to “anonymous”** who donated funds for three of the new toilets! No brass plaques!) This change will save us \$1,000 a year in water charges. And save water—as the children will be learning in VBS this summer!



MAY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2 Choir Practice 6:30 N.A.	2	3 6 Cub Scouts 7 Pack Comtee	4
5 10 Worship 11 Fellowship 7 Boy Scouts	6	7	8 10 Mission Team 2 Choir Practice 6:30 N.A.	9 9 Sr. Deaf Club 6 E & F Team 7 Property Team	10 6 Cub Scouts	11
12 Mother's Day 10 Worship 11 Fellowship 7 Boy Scouts	13 1:30 Presbyte- rian Women	14 10 Stewardship 1 Deacons 4 Christian Ed	15  6:30 N.A.	16	17 7 Pack Meeting	18 9 Deacons' Flea Market 5 Deaf Club
19 PENTECOST 10 Worship 11 Fellowship 7 Boy Scouts	20 	21 6 Council Mtg.	22 1 Worship Team 2 Choir Practice 6:30 N.A.	23	24 Scouts: place flags at Arney- town Cemetery	25
26 10 Worship 11 Fellowship 7 Boy Scouts	27	28	29 2 Choir Practice 6:30 N.A.	30	31	



Please note changes:

Jim & Marian McLean
c/o 283 Crescent Rd., Wanaque NJ 08465

Grace Corbett is back at Landing at Behrman Place
3601 Behrman Place, Apt. 219
New Orleans LA 70114

Dear Members of The Presbyterian
Church of Lakehurst,

Words cannot say how deeply appreci-
ated all the prayers and support has
been that you gave to me and my family
during our difficult time.

Gratefully acknowledging and thanking you for your
kind expression of sympathy.

God's Blessings, Dottie Danley





The Presbyterian Church
at Lakehurst, NJ



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www.LakehurstChurch.org

Rev. Christina Hindley, Pastor

Elder Dawn Heaney, Clerk of Council



DEACONS' FLEA MARKET
SATURDAY, MAY 18, 9 am-3 pm

WORSHIP  WITH US!

May 5 6th Sunday of Easter Sacrament of Lord's Supper	Acts 16:9-15	<i>"How to be a Church" (trust and obey)</i>
May 12 7th Sunday of Easter	Acts 16:16-34	<i>"How to be a Church" (believe)</i>
May 19 Pentecost (wear RED)	Acts 2:1-21	<i>"The Holy Spirit Makes a Church!"</i>
May 26 Trinity Sunday	Romans 5:1-5	<i>"The Divine Dance of Love"</i>
June 2 2nd Sunday after Pentecost	Church School Sunday Luke 10:25-37	<i>"The Good Samaritan"</i>
June 9 3rd Sunday after Pentecost	Music Appreciation Sunday Psalm 146	<i>"Praise the Lord!"</i>
June 16 4th Sunday after Pentecost	Men Lead Worship Galatians 3:23-29	Glenn Milana preaching <i>"Heirs of the Promise"</i>