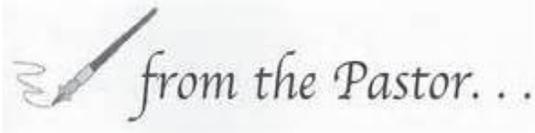


FRENCHTOWN PRESBYTERIAN CHURCH



FRENCHTOWN PRESBYTERIAN CHURCH
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An invitation to Lent

“The world outside has its own seasons and its own colors.
These days we are in the gray time between winter and spring.
Some mornings the puddles are frozen hard and the bare branches of trees
scrape a snow-white sky.
Other days the air is warmer, ice is melting, and the air smells faintly of damp
earth and rotting leaves.
Under the ground seeds and bulbs are sleeping, dreaming of shades of green.
We are all waiting for spring.
In church we are waiting too, waiting for Easter.
While we wait, we get ready.”

(from Make Room by Laura Alary)

Cultivate (verb): to prepare and use for the raising of crops; to foster the growth of; to improve by labor, care, or study; to refine; to further; to encourage.

Let go (verb): relinquish one's grip on someone or something.

Lent is a season of spiritual gardening, of inviting God to unearth in us what lies fallow, what needs to be tended, and what needs to die for new life to emerge. This Lent, we're embracing the literal and spiritual practices of cultivating and letting go.

Come experience Lent and see what God is cultivating in us here at FPC.

Pastor Nancy

MARCH 2019

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WORSHIP AND MUSIC

During the season of Lent, Worship and Music are pleased to offer many ways to reflect and spiritually prepare for the celebration of Christ's resurrection at Easter.

We hope you can join us!!

March 6th: Ash Wednesday (6pm soup and bread, 7pm service)

Wednesday mornings during Lent: (7am communion and meditation)

Wednesday evenings during Lent: (6pm soup and bread, 6:45 devotions)

April 14: Palm Sunday (regular worship times, 8am and 10am)

April 18: Maundy Thursday (7pm service with communion)

April 19: Good Friday (7pm Tenebrae service)

April 21: Easter Sunday

8am w/communion, 9:30 am family service w/egg hunt, 11am communion and choir



KID'S COMMUNITIES

Festival Sunday - Sunday, March 3rd

Join us March 3rd to celebrate Festival Sunday, the last Sunday before Lent begins with Ice Cream Sundaes! Children will also be making Mardi Gras masks.

An Ice Cream Sundae Bar will be available to all during coffee hour after 10am worship.

Pajama Sunday - Sunday, March 10th

Daylight Savings can sometimes makes it difficult to get up for church in the morning, but don't worry we have got you covered. This Sunday is Pajama Sunday! Come as you are!



THE CHILDREN'S CHOIR

The Children's choir directed by Karina, has been singing monthly at the 10am service. We welcome new kid's to come and sing with us.



PRESBYTERIAN WOMEN

Now you are the body of Christ, and each one of you is a part of it.

1 Corinthians 12:27

The Presbyterian Women would like to thank all those who baked Valentine cookies for our Valentine cookie sale. Without your contributions we would not be able to hold this fundraiser each year. All proceeds will be put towards the work and mission of our church.

On February 10th we celebrated the life of Barbara Baker. Barb was a long time church member. During her more than fifty years at FPC Barb served as a Deacon, Sunday school teacher, the church nursery care person, a member of PW and anywhere else she was needed. I also believe there are quite a few young adults and teens of FPC that Barb took care of in her home as well. The amazing turnout of family, church family and friends spoke volumes for the loving, caring and generous woman she was. Listening to the stories during the meal after the service was just an extension of the beautiful words spoken by Pastor Nancy and Tex.

Again PW asked for help with food items for the fellowship time after Barb's service. And once again our congregation answered our call. Thank you to all who donated food, helped with setup and cleanup. Those who carried chairs in to the sanctuary, the choir, Shari Bethman-Bjellquist, Josh, Pastor's Nancy and Tex and to the beautiful ladies of the PW. As I sat in the back of the sanctuary and listen to the words spoken and the choir singing I could feel Barb was there with us all. We love you Barbara and will miss you very much.

Blessings,
Gayla Gerhardt
President, Presbyterian Women

PRESBYTERIAN WOMEN

The Presbyterian Women are calling all ladies of the church both young and old. Come and join us on Tuesday, March 26, at 7 PM in Memorial parlor for our monthly meeting. Come learn all about the work and missions of the Presbyterian Women.

Making time for God and God's Blessings during Lent

In a world seduced by the word "yes," Barbara Brown Taylor, in her book, *An Altar in the World: A Geography of Faith*, gently suggests that we make it a spiritual practice to say "no." What better time than Lent to bring the discipline, and the gift, of Sabbath into your life? Here are 17 suggestions inspired by Chapter 8, "The Practice of Saying No."

17 Suggestions on the Practice of Saying No: Sabbath

Written by Kate Huey



1. Color one day a week on your calendar with your favorite color so you can't add anything to your schedule.

As much as most of us complain about having too much to do, Taylor observes, we harbor some pride that we are in such demand."



2. The world will go on without you if you observe a "news fast" for one day each week.

Taylor writes: It is hard to watch the eleven o'clock news with your heart wide open, letting in the misery of neighbors near and far, and then sleep soundly through the night."



3. Keep rocking the baby even after she's gone to sleep, and think of Psalm 131.

○ God, my heart is not lifted up, my eyes are not raised too high; □ I do not occupy myself with things too great and too marvelous for me. □ But I have calmed and quieted my soul, like a weaned child with its mother..."



4. Feed the ducks. Sabbath, Taylor writes, "gives us a rest from our own pecking orders..."

When two sets of grandparents are at the lake with their grandchildren feeding ducks, it is hard to tell the rich ones from the poor ones."



5. Sabbath and exercise: go swimming, but let yourself float a long time.

As you slow down, Taylor says, your heart does, too....you discover more room around your heart, a greater capacity for fresh air."



6. Seriously—go outside and look at the stars. For a long time. And hear Psalm 8.

○ God...when I look at your heavens, the work of your fingers, □ the moon and the stars that you have established; what are human beings that you are mindful of them..."



7. Put up a hummingbird feeder, or a finch feeder, and let the show begin.

As Anne Lamott writes, I think joy and sweetness and affection are a spiritual path. We're here to know God, to love and serve God, and to be blown away by the beauty and miracle of nature."



8. Take a walk with your dog, your guide to unnoticed marvels, and let him set the pace.

Days pass, years vanish, and we walk sightless among miracles. □ (from a penitential prayer offered in Jewish homes at the start of Sabbath)



9. Teach a child to say no to all things electronic, at least for a little while.

Spend some time together, playing with a toy that doesn't require batteries, light up or make a

sound (if you can find one).



10. Sit on your porch or front step or deck or out in the back yard and listen for what you usually miss.

In the eyes of the world, there is no payoff for sitting on the porch,"Taylor writes, In the eyes of the true God, the porch is imperative – not every now and then but on a regular basis."



11. Sit mindfully in God's presence and talk out loud to God.

O God, you have searched me and known me.... □ Even before a word is on my tongue, O God, you know it completely.... □ Where can I go from your spirit? Or where can I flee from your presence? □ I praise you, for I am fearfully and wonderfully made."-Psalm 139



12. Create a Sabbath space in your home and a Sabbath ritual.

The first holy thing in all creation, Abraham Heschel says, was not a people or a place, but a day."(BBT)



13. It's not all about you: Sabbath is God's gift to all of creation.

Sabbath is not only about getting a little rest but also about freeing slaves, forgiving debts, restoring property, and giving the land every seventh year off."(BBT)



14. Share a quiet and simple meal with someone you love, or someone you'd like to get to know better, someone you miss, someone who makes you laugh.

In my youth, growing up in a Jewish milieu,"Abraham Heschel writes, there was one thing we did not have to look for and that was exaltation. Every moment is great, we were taught, every moment is unique."



15. Spend time in a garden without working: say no to weeding for now.

*I like to be there then – sitting, listening for the symphony that will come, watching for the light that has been promised, waiting for the show to begin. I am astonished and grateful each time to have been plopped down into this little corner of the Eden given again to us all each day."(Robert Benson, Digging In: Tending to Life in Your Own Backyard)**



16. Read – with your feet up – you may just fall asleep.

You can't get a cup of tea large enough or a book long enough to suit me."(C.S. Lewis)



17. Get yourself a lap dog or a cat, and take a nap together.

Doing more may make us feel holy, Taylor writes, but even if you spent one whole day being good for nothing you would still be precious in God's sight."

DEACON NEWS

Just a Closer Walk...

It is said that your faith never grows more than when you take action on it. Are you wanting to participate in church life A LITTLE more, but feel not able or ready to take on a role? Well, the Deacons have plenty of little ways to work with you to bring joy to others, and to yourself!

Take a Sunday and help clean up bagels/coffee.

Or maybe make a little extra and bring a serving or two to the church freezer for Deacons to take when they visit another in our community.

Or sign up for one time to shop for the Food Pantry.

We love to work WITH our church family. There's always a Deacon handy to show you the ropes, if you have any questions. Sign up on the "I Can Do That" board, or simply ask a Deacon.

Cinco De Mayo International Dinner

May 5, (Cinco De Mayo) at 12:00 pm in the Fellowship hall, the Deacons are planning some fun for us with a Pot Luck BYO International Dinner. Look for the sign up sheet on the board, and bring your favorite family heirloom dish to share! Looking forward to all the delicious food, and to learning more about your family history.

Deacons Hard at Work

You can look forward to even closer connection with the Deacons, as we are always improving our outreach to you personally, and to those in our community in need. Keep us in mind, as we are here to come alongside and do what we can to help you, sharing your joys and concerns.

WELCOME NEW DEACONS

On Sunday, February 17th at the 10am service we had the Installation and Ordination of our new Deacons; Jen Giera, Tiffany Hamilton, Steve Moninghoff and Con McCarthy.



WELCOME NEW MEMBERS

On February 3rd, 2019, we welcomed into our church family, Steve Moninghoff, Karen Wynn, Jen Giera, Carole Barrett, and Carol Lemire.

If you would like to become a member of FPC, please contact Pastor Nancy at 908-996-2227.



Welcome
Our New
Members

COMMUNITY OUTREACH

Frenchtown Community Service and Outreach - Senior Lunch and Learn in conjunction with the Harvest Family Success Center programs on Tuesday mornings;

11:30am -12:30pm - moving to heal class - no impact exercise class

12:30pm - 1pm - bring your own lunch option

1pm - 2pm - educational speaker, craft or meditation circle

Upcoming Schedule:

3/5 - Craft time and "How to be a Good Role Model"

3/12 - Jenn Salt from SNAP-ED "Cooking Healthy: - lunch provided

3/19 - Embodied Wisdom Circle for Women with Autumn

3/26 - Jenn Salt from SNAP-ED "Cooking Healthy" - lunch provided

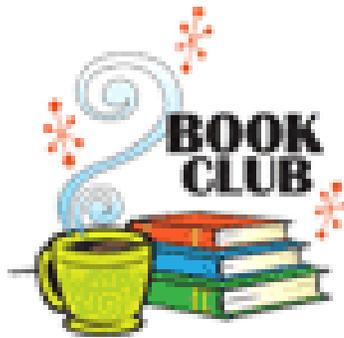
4/5 - Jewelry Making and "The Family Dinner Table" with Penni

If you have any questions please call the church office at 908-996-2227 or Penni at Harvest Family Success Center at 908-237-0465.

Soles4Souls

The total amount of shoes collected at Frenchtown Presbyterian Church is 4000 pairs. The total pairs of shoes distributed in 2018 from Soles4Souls organization to those in need was 3,450,100. If you would like to know more about Soles4Souls please check their website at <https://soles4souls.org/about-us/>





BOOK CLUB

Tuesday, March 12th @ 7pm downstairs in FP church

Book: *"The Atomic City Girls"* by Janet Beard

"What you see here, what you hear here, what you do here, let it stay here."

In November 1944, eighteen-year-old June Walker boards an unmarked bus, destined for a city that doesn't officially exist. Oak Ridge, Tennessee has sprung up in a matter of months—a town of trailers and segregated houses, 24-hour cafeterias, and constant security checks. There, June joins hundreds of other young girls operating massive machines whose purpose is never explained. They know they are helping to win the war, but must ask no questions and reveal nothing to outsiders.

The girls spend their evenings socializing and flirting with soldiers, scientists, and workmen at dances and movies, bowling alleys and canteens. June longs to know more about their top-secret assignment and begins an affair with Sam Cantor, the young Jewish physicist from New York who oversees the lab where she works and understands the end goal only too well, while her beautiful roommate Cici is on her own mission: to find a wealthy husband and escape her sharecropper roots. Across town, African-American construction worker Joe Brewer knows nothing of the government's plans, only that his new job pays enough to make it worth leaving his family behind, at least for now. But a breach in security will intertwine his fate with June's search for answers.

When the bombing of Hiroshima brings the truth about Oak Ridge into devastating focus, June must confront her ideals about loyalty, patriotism, and war itself."



MISSION POSSIBLE SUMMER TRIP

Save the date! Our summer Mission Trip is being scheduled for Sunday, July 28 - Saturday, August 3rd. While we are still firming up where we will be spending this fantastic week helping others in need, please plan to join us! Any questions, please contact Pete Gordon 908-229-6835, Paul Pfisterer 267-884-6198, or Barbara Huey 908-268-3063.



DAYLIGHT SAVINGS TIME

Daylight saving time 2019 will begin at 2:00 AM on Sunday March 10th. Don't forget to set your clocks.

2019 YOUTH TRIENNIUM

It's time to sign up for the 2019 Youth Triennium! Triennium is a life changing, faith deepening experience that only comes around every three years. As we did three years ago, New Brunswick Presbytery participants will travel to Indiana with others from across New Jersey. We will depart from Camp Johnsonburg on July 15th and return on July 20th. Please encourage your high school members to consider this wonderful opportunity. New Brunswick Presbytery provides financial support for every Triennium participant, but we are asking that a \$590 deposit be shared between each participant and the church. Scholarships are also available for participants in need.

If you are an adult (must be at least 25 years of age) and are interested in participating as a chaperone, please email Robert Ross at rob@frenchtownpres.org

Email Robert Ross for registration, deposit and promotional information. The deposit will hold your participant's spot.



Hunterdon Central High School Presents

“Dream Dinner”

“Making the Dream of a Home a Reality”

The students of HCRHS have fundraised to purchase the food. They will also be preparing all of the meals. These high schoolers are not receiving a grade or extra credit. They are volunteering their time and talents because they care. All of the proceeds benefits Family Promise.

Thursday, March 28th 5:00 pm -7:00 pm

Adults: \$8 Students with ID: \$5

Children 4 and under: Free

(Takeout is Available)

Sponsored by: The FCS Department Foods Classes

Donations of Personal Care Items Will Be Appreciated.

For more information, contact

Jane Paradiso jparadis@hcrhs.org



Frenchtown Presbyterian Church
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**COME
WORSHIP**
with us!



FRENCHTOWN PRESBYTERIAN CHURCH

Worship Schedule

8:00 a.m. with Communion

10:00 am with Kid's Communities

Monthly Breakfast March 17, 2019