

VIEW from the lake

The newsletter of ABIDING PEACE LUTHERAN CHURCH - Budd Lake, N.J.



From the Pastor

Cultivating Care

October, 2019

**November Newsletter Deadline
October 24, 2019**

Worship: 10:00 am

**For hospitalization or other
pastoral care needs, please call
Pastor Serena at 908-458-3940**

OUR MISSION & PURPOSE

Abiding Peace Lutheran Church makes Christ known by welcoming all people to a supporting and accepting place to grow in faith and community and to serve the Lord as people created by God, saved by Christ and nurtured by the Holy Spirit.

Phone: 973-691-9393

Website: www.abidingpeacechurch.org

During one week in September, our church sign bore the message “It’s OK to have Jesus and also a therapist.”

This is most certainly true, and I can assert the value of having both Jesus and a therapist from my own personal experience. I need both! My ability to talk with my therapist about the depression and anxiety that are part of my story serves to strengthen my own life of faith, and my capacity to serve Christ’s mission in the world.



Our sign committee chose this message as part of our acknowledgement of Suicide Awareness Month (the other side of the sign bore the national Suicide Prevention hotline), but it has a much broader relevance. Due to BOTH the devastating realities of suicide, AND the much broader scope of mental illness in our culture, it is vitally important for churches to stand up and affirm the value and importance of mental health care.

Jesus is our ultimate Healer, but that doesn’t mean we can just “pray away” challenges like depression, anxiety, addiction, eating disorders, or a myriad other mental health concerns. Mental illness needs treatment in the same way that cancer, or diabetes, or heart problems need treatment – from qualified professionals with specialized training. Sadly, the Christian church has sometimes confused “faith” with treatment. The result is a damaging message that mental illness is the result of spiritual failings, or that only faith is needed to be healed. This confusion has led to shame and stigma that create barriers to talking openly about mental illness in the Christian community, and it gets in the way of the church playing its appropriate part in mental health care.

Continued on Page 2

COUNCIL & MINISTRY LEADERS

Officers

President	Heather Nilsen
Vice President	Gerry Ayotte
Secretary	Howard Corneilson
Treasurer	Nancy Ayotte

Council Members

Gerry Ayotte	Cindy Pawlo
Nancy Ayotte	Pat Scalora
Howard Corneilson	Sibylle Schroeder
Ray Mueller	Alexis Sweeney
Heather Nilsen	

Ministry Leaders

Arts & Crafts	Sibylle Schroeder
Christian Education & Youth	Karen Coates
Evangelism	<i>Vacant</i>
Fellowship	Demetria Laird
Finance	George Pawlo
Financial Secretary	Nita Persson
Messengers Dancers	Mary Kasakove
Mutual Ministry	Heather Nilsen
Property	<i>Vacant</i>
Social Ministry	Sibylle Schroeder
Seniors	Sibylle Schroeder
Stewardship	Ray Mueller
Worship & Music	Mary Kasakove

OUR STAFF

Pastor:

Serena Rice
Cell: 908-458-3940

Music Director:

Ben Schroeder
benmschroeder@gmail.com

Administrative Assistant:

Christine Strobel
office@abidingpeacechurch.org
Monday-Friday: 10:00 am—1:00 pm

Continued from Page 1—Pastor's Column

But churches do have a part to play in offering support to people with mental illness in our congregations and our communities. That role is not to replace trained therapists, but rather to offer care, grace, and communities where people can show up as they are – mental health struggles and all. In order to equip more congregations and people of faith to live into this role, the Mercer cluster of the New Jersey Synod¹ is hosting a one-day event in October for anyone interested in “breaking the silence and cultivating care for mental illness in our churches.” The event will be held on Saturday, Oct. 26 and I encourage anyone who is interested to attend. If you yourself struggle with your mental health, if you have a family member you want to support, or if you just want to know how to offer compassionate, supportive care to people around you, this event is a great place to start. The event flier is included in this newsletter, and if you have any questions, please reach out to me.

The gospel of Jesus Christ is a message of hope to all who are hurting, and the church is a vital means of offering that hope. Let's make our congregation a place where shame is dispelled and the love of God for each broken and beautiful person is known and shared.

Pastor Serena

¹I meet for weekly Bible study with this cluster, and have been part of the planning of this event.

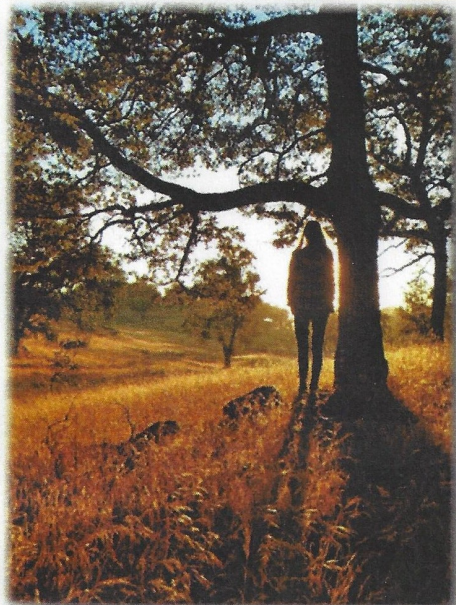
**Sunday, 10/6
10:00 am**



Pet owners are invited to bring their pets or pet photos to our regular Sunday worship service.

Dogs must be leashed. Cats and critters in cages and carriers please.

Fellowship for all following the service. For more information call (973) 691-9393.



Under the Broom Tree:

Breaking the Silence and
Cultivating Care for Mental Illness
in Our Churches

Saturday, October 26
9:00 am—3:00 pm

Abiding Presence Lutheran Church
Ewing, New Jersey

- ~ Hear from mental health experts about debunking common myths of mental illness and how we can create safer spaces in our churches.
- ~ Hear inspiring stories of living with mental illness as people of faith.
- ~ Attend workshops to learn, discover resources, and be encouraged.
- ~ End the day with a service of healing.
- ~ Counselors available throughout the day.

Go to www.njsynod.org to register

Price: \$20/individual; \$50/family

Lunch included in registration price



Leave Things Better Than You Found Them

I grew up in a family of Girl Scouts. My parents were troop leaders for my older sisters, my family often participated in or helped lead council-wide events and my sisters and I all completed the Gold Award. I grew up camping and hiking and often hearing the phrase, "Leave things better than you found them."

One time when we were at Lake Rickabear Girl Scout Camp my parents and I went to hike one of the trails on the outskirts of the camp. At first the trail was a wide dirt road that you could easily drive a truck along. But we knew from the map we had with us that the trail turned to the left to make a loop back to camp. We couldn't find the turn. Eventually we stopped seeing the white markings that told us we were still on the trail. We turned back, searched for the blaze that would indicate where the trail turned and literally beat the bushes until we found a narrow, overgrown trail. The trail markers were faded, some were missing entirely where trees had come down and we were wading through underbrush. It was, as my mom says, an adventure. But we made it back with a story to tell.

Not long after this my troop leader took my Girl Scout troop hiking on this same trail. We got to the spot where the trail turned off of the dirt road. I told my troop leader about my previous experience hiking this path. I tried to point out the faded blaze marking the turn. She didn't listen to me. She led the troop farther down the dirt road. We kept walking. And walking. Eventually we came out behind a development of condominiums. At this point my leader realized we were no longer on camp property. It was a long, tiring walk back but it was easy enough to retrace our steps.

Continued—Stewardship Reflections

When I needed to pick a service project to complete the Silver Award, I remembered my experiences on this trail. It needed maintenance, or else people would stop hiking on it at all. I tromped through the woods with a can of paint, making sure the markers were big and clear. I got my dad's help (and weed whacker) to clear out the underbrush so the trail was visible again. I didn't want anyone else getting lost the way my troop had. I wanted to leave the trail better than I had found it.

The things we love, that are important to us, need to be maintained in all aspects of our lives. And when we can, we should leave the path a little clearer for those who are following after us.

Heather Nilsen

All Saints Remembrances

For our service of All Saints Sunday, Abiding Peace will be remembering in our prayers those who have left this life during the past year. If you would like the name of a loved one included in these prayers, please send the name to Vicar Serena (in writing and clearly written) by Sunday, Oct. 27.

As in past years we will also include in the service a time for worshipers to come forward and light a candle in remembrance of any loved ones who have departed.



Continued next column

October Fellowship Reminders

Blessing of the Animals

On Sunday, October 6, 2019 we will be celebrating the Blessing of the Animals during our worship service. Please remember to have your dogs on leashes and your cats in carriers. If you don't want to bring your pet, please share a picture of them so that they can receive a blessing. Treats for both cats and dogs and their owners will be provided.

Reformation Fair and German Luncheon

On Sunday, October 27, 2019 we will be celebrating our Reformation with special music, special guests, crafts and lots of delicious German food. A sign-up sheet will be available soon so everyone please sign up to help make this event an extra special one.

In Christian Fellowship,
Demetria Laird

Music Lunch @ Mt. Olive Manor

The musical lunch hosted at Mt. Olive Manor, with music by Charlie Belfiore, sandwiches, thanks to Thrivent, and sweets, supplied by our members, was a big success! We even had sandwiches left for Sunday morning goodies. Thanks to Jeanne Scalora and the staff at MOM for helping me.

Sibylle Schroeder, Social Ministry



PLEASE CALL THE CHURCH OFFICE
973-691-9393

or have someone call for you, if you are
hospitalized.

Because of the HIPAA privacy laws,
the church is **not**
notified when you are admitted to a hospital,
in order to
protect your privacy. The only way we will
know if you are in the hospital is if you or
someone close to you lets us know. Thank

Please clip this article and keep it handy!

Thank You Corner

My deep thanks to the whole congregation for your thoughtful and generous ordination anniversary gift! I have already used the Starbucks gift card for some caffeinated goodness, and will use the VISA gift card for much appreciated self-care. The best part of the gift, though, is the love that comes with it, and the chance to have a visual reminder of that love every-time I look at the beautiful "Thankful" plaque with all of your names. Thankful indeed – I am very blessed.

A huge thank you to Mary Kasakove for cleaning out and defrosting our big industrial freezer in the storage room. We discovered we could store what we need (at least for the time being) in the kitchen freezer, and will hopefully see a cost savings in the church energy bill. Good for the environment and the budget! Thanks Mary.

Thank you to Marco and his whole crew for their efficient and excellent repair of the sanctuary roof! No more drips! We are very excited.

Pastor Serena

If you would like to express a "Thank you" in next month's newsletter, please send a brief paragraph to Christine (chstrobel@optonline.net) by Oct. 24th.



Faith Kitchen Shopping List for October 1

Kielbasa and Sauerkraut

- ~ 3 to 4 rings Kielbasa
- ~ 2 large bags of sauerkraut
- ~ 4 large cans of whole potatoes

Please bring these items to church on Sunday, September 29th.

Please let me know if you can come to help cook and serve or call with any questions 973-691-1910.

Thank you,

Sibylle Schroeder
Social Ministry

Church Family Breakfast

Come and join us for a free breakfast on Saturday October 12th. We want to see what direction we will go with this monthly event in the future. In the past it was to discuss the Bible lessons for the following Sunday, but attendance has been low. There have been some conversations on having a different type of format, such as being more like the “Open Space” that was started recently in the evening, or having a safe place to express one’s dissatisfactions, highpoints, or concerns they have.

Please come and give your input. If you are unable to attend this event but would consider attending future monthly breakfasts and would like to have some input on what direction we will go, please contact me at church or phone (973-584-0307) or email (hgcorn@optonline.net).

Howard Corneilson

Sunday Scripture

October 6

Sirach 10:12-18
Psalm 112
Hebrews 13:1-8, 15-26
Luke 14:1, 7-14

October 13

Deuteronomy 30:15-20
Psalm 1
Philemon 1-21
Luke 14:25-33

October 20

Amos 8:4-7
Psalm 113
1 Timothy 2:1-7
Luke 16:1-13

October 27

Daniel 10:10-14; 12:1-3
Psalm 103:1-5, 20-22
Revelation 12:7-12
Luke 10:17-20

October Birthdays

8 Lynn Peterson
14 Tom Blackburne
23 Marco Ponce
31 Maddox Rice

October Anniversaries

2 George & Cindy Pawlo
15 Carol & Richard Biunno
21 Maria & Jim Kearney
30 Barbara & Rod Prosser



Food Pantry Needs

Bread
Hot Dog Buns
Hot Dogs
Parmalat Milk

Thank You!

Building New Spiritual Practices— Working for Justice

For this month's installment of our series on building new spiritual practices, we are taking inspiration from World Hunger Sunday, which we will celebrate on **October 20**. As part of this community effort to attend to the scriptural call to remember the poor and feed the hungry, our congregation participates in the Bread for the World Offering of Letters. Bread for the World (a Christian non-profit organization) provides information about national and global hunger challenges and possible solutions, and offers congregation members the opportunity to write letters to our elected representatives, asking them to take action toward solutions. (If you would like to read up on Bread for the World, or this year's Offering of Letters, click here: <https://www.bread.org/get-offering-letters-toolkit>)

So, what does all this have to do with building new spiritual practices? Well, using our voice in the public sphere can actually be a very rich and faith-building spiritual practice. Spiritual practices don't always have to be quiet, meditative activities – in fact, for many people quiet prayer can be really hard to focus on. It can be more effective to practice **active** faith: attending to the biblical calls to love our neighbors in practical ways, and then doing something that can make a difference.

One option for this kind of active practice is to intentionally evaluate the social issues in our world and country from a faith perspective, and then advocate for solutions. Engaging in the spiritual practice of advocacy isn't about getting caught up in politics because it's not about partisan agendas. It's about the commitment to deliberately engage our faith as our foundation for understanding the world and its brokenness, and then using whatever power we have to participate in Christ's work of reforming the world. This practice will draw us into scripture and into prayers for discernment and guidance, because we know we can't fix the world on our own (or even know what needs to be fixed!). It gives a focus to our spiritual practice that moves outside of ourselves and toward the neighbor we are called to love.

Continued next column

Continued—Building New Spiritual Practices

If you want to explore this practice but don't know where to start, ELCA World Hunger is a great resource. This active ministry of our denomination provides information, bible study resources, and direct advocacy opportunities, in addition to all the direct aid they provide around the world. You can find out more at the World Hunger webpage: <https://www.elca.org/hunger>. Or you can sign up directly to get advocacy alerts on urgent issues at: <https://www.elca.org/Our-Work/Publicly-Engaged-Church/Advocacy>.

Pastor Serena's October Schedule

Week of September 30—October 6

- Wednesday, Oct. 2: 6:30 pm—8:30 pm
- Friday, Oct. 4: 10:00 am—6:00 pm (off-site training)
- Saturday, Oct. 5: 10:00 am—4:00 pm (off-site training)
- Sunday, Oct. 6: 9:00 am—1:00 pm

Week of October 7—October 13

- Wednesday, Oct 9: 6:30 pm—8:30 pm
- Thursday, Oct 10: 10:30 am—9:30 pm
- Sunday, Oct 13: 9:00 am—1:00 pm

Week of October 8—October 20

- Wednesday, Oct 16: 10:30 am—9:00 pm
- Friday, Oct 18: 7:00 pm—9:00 pm
- (Sunday – away for Continuing Ed comp. time)

Week of October 21—October 27

- Wednesday, Oct 23: 10:30 am—9:00 pm
- Saturday, Oct. 26: 8:00 am—3:00 pm (off-site Synod event)
- Sunday, Oct 27: 9:00 am—1:00 pm

Week of October 28—November 3

- Wednesday, Oct 30: 10:30am-9:00pm
- Sunday, Nov 3: 8:30am-1:00pm

Rally Day Service Project: School Kits for Lutheran World Relief

Our Rally day project was amazing! Thanks to Thrivent Action funding and our very generous members at APLC, we ended up sewing, making and mailing 43 school kits to Lutheran World Relief. We even had some supplies left over! These were taken to a school in Elizabeth and the students there were more than thrilled - please read their "thank you" letter. Our goal to do something for children was definitely met and I am very proud and happy that we were able to do this so successfully.

With much love and gratitude,
Sibylle Schroeder.



Seniors Meeting: Picnic at the Pawlos

Great Senior picnic at the Pawlos! Thanks for hosting this wonderful afternoon, it was a lot of fun.



Adult Forums/Events (Sundays @ 11:30 am)

- Sept. 8 – **Rally Day & LWR Activities**
- Follow-up conversations from the July Loving Dialogue session on how our church engages the immigrant/refugee crisis:
 - ~ Sept. 15 – **Politics & Church**
 - ~ Sept. 22 – **Speech w/out Coercion**
 - ~ Sept. 29 – **Responding to the Pain**
- Oct. 13 – **How do we talk about Race?**
- Oct 27 – **Reformation Day Fair**
- Nov. 10 – **Loving Dialogue on Mental Health**
- Nov. 24 – **Reading the Whole Gospel: Matthew**
- Dec. 1 – **Advent Retreat on Spiritual Practices**
- (Date TBD) – **Prayer Partners Cookie Exchange**

* * *

- Jan 5, 2020—Planning meeting for 2020 adult education topics!

Mid-Week Studies/Services (Wednesdays @ 6:45 pm)

- Sept. 11 @ 7:00pm – Service of Healing
- Sept. 18 – Showing of *Father K*, with discussion
- **Fall Mid-week series: Women in the Bible**
 - ~ Sept. 25 – **What do we do with Bible's gendered household codes?**
 - ~ Oct 2 – **Eve**
 - ~ (Oct 9 – no Bible study)
 - ~ Oct 16 – **Sarah**
 - ~ Oct 23 – **Hagar**
 - ~ Oct 30 – **Rachel, Leah, Bilhah & Zilpah**
 - ~ Nov 6 – **Miriam**
 - ~ (Nov 13 – no Bible study)
 - ~ Nov 20 – **Deborah & Jael**
- **Taize Prayer Services**
 - ~ Oct 9, Nov 13
- **Mid-week Advent Services**
 - ~ Dec 4, Dec 11, Dec 18

Dear,
Abiding Peace Church.

Thank you so much for the School supplies. We are super grateful for everything you guys donated. The love you guys showed is really meaningful. All of us are able to have a better school year because of you guys. Thank you for the love and affection you guys put into this donation. Thank you for putting so much love and time into these donations. We will never be more grateful for the money spent on us. We thank and love you guys for everything. God bless all of your souls for being so thoughtful and being so selfless. Thank you for putting us before you. We Love, Appreciate, and are Very Grateful.

Love,
The Huskies ☺

Thank you note from Joe Barrett's students for the school supplies.

Senior Meeting Schedule 2019

October 23 (Wed.) Halloween Party

November 21 (Thur.) Christmas Party

This schedule is open to changes.

"Unfinished Object" Night October 21 * 7:30 pm

Come and join us for Unfinished Object Night at 7:30 pm. We have been having a wonderful time hanging out and finishing our UFO's. For information and to make sure it's on - call Sibylle at 973-691-1910.



OCTOBER

WORSHIP ASSISTANTS

IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT IF YOU CANNOT SERVE.

OCTOBER	GREETER	USHER	LECTOR	ASSISTANT MINISTER	COMMUNION ASSISTANT	POWERPOINT
6	Carol Biunno	Cindy Pawlo	Evelyn Bowden	Sibylle Schroeder	~ Joe Barrett ~ Maria Jerez-Kearney	Sue Stirrat
13	Howard Corneilson	Pat Scalora	Karen Coates	Doug Laird	~ Christina Belfiore ~ George Pawlo	Jeanne Scalora
20	Pat Scalora	Alexis Sweeney	Thom Coates	Sibylle Schroeder	~ Heather Nilsen ~ Cindy Pawlo	Joe Barrett
27	Ken Schwier	Doug Laird	Demetria Laird	Alexis Sweeney	~ Howard Corneilson ~ Joe Barrett	Sue Stirrat

COUNTERS: 6: Nancy Ayotte 13: George Pawlo 20: Howard Corneilson 27: Nita Persson

ALTAR GUILD: Cindy Pawlo

BREAD BAKING: Nancy Ayotte



Keep These Friends in Your
Heart & Prayers

Keep these friends in your hearts and prayers:

Those who are sick or in need: Sharon Puglia, Juli Pullara, Rich Apgar, Michael Krush, Judy Wayman, Tamsin Skeels, Don Larsen, Sandy Olson, Col. Phillip E. Miller, Jim Kosiorek, Randy Esposito, Pat Linn, Eleonor Braun, Daniel LeFave, Jim and Patricia Porter, David Coyne, Megan McGuire, Donna Woody, Gillian George, Masry Kathryn Laird, Eastlyn Rodriguez, Richard Biunno, Gertrude Price, April Inglin, Isabella Adams, Laura Dennis, Danise Page, Daniel Bauer, Michael, Rachel and baby girl Pawlo, Gayle Pinkham, Sophia Hawthorne, Owen Strong, Baby Jackson Cook, Kacie Schmidt, Gregg Clark, Susan Jacob, Luke Mueller, Lynn Peterson's family and friends, Alexandra Heinz

Those in mourning: The Tangen and Cortese families

OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 am Faith Kitchen	2 6:30 pm AA Mtg. 6:45 pm Women in the Bible: Women/ Household Codes 7:45 pm Choir Rehearsal	3	4 8:00 pm NA Mtg.	5 8:00 pm NA Mtg.
6 17TH SUNDAY/ PENTECOST Blessing of the Animals 9:30 am Music Rehearsal 10:00 am Worship/ Blessing of the Animals 11:15 am Sunday School 11:30 am Adult Forum: Responding to Pain	7	8	9 6:30 pm AA Mtg. 7:00 pm Taize Service 7:45 pm Choir Rehearsal	10 7:15 pm Council Meeting (All are welcome)	11 8:00 pm NA Mtg.	12 9:00 am Church Family Breakfast 8:00 pm NA Mtg.
13 18TH SUNDAY/ PENTECOST 9:30 am Music Rehearsal 10:00 am Worship	14	15	16 4:00 pm Taize Service at Mt. Olive Manor 6:30 pm AA Mtg. 6:45 pm Women in the Bible: Eve 7:45 pm Choir Rehearsal	17	18 6:45 pm Open Space @ APLC 8:00 pm NA Mtg.	19 8:00 pm NA Mtg.
20 19TH SUNDAY/ PENTECOST World Hunger Day 9:30 am Music Rehearsal 10:00 am Worship 11:15 am Sunday School	21 7:30 pm Unfinished Object Night	22	23 2:00 pm Seniors Meeting: Halloween Party 6:30 pm AA Mtg. 6:45 pm Women in the Bible: Sarah 7:45 pm Choir Rehearsal	24 NEWSLETTER DEADLINE	25 8:00 pm NA Mtg.	26 8:00 pm NA Mtg. 9:00 am Under the Broom Tree: Breaking the Silence/Cultivating Care for Mental Illness in Our Churches, Abiding Presence Lutheran Church, Ewing, NJ
27 REFORMATION DAY 9:30 am Music Rehearsal 10:00 am Worship 11:30 am Reformation Fair	28	29	30 6:30 pm AA Mtg. 6:45 pm Women in the Bible: Hagar 7:45 pm Choir Rehearsal	31		