



VIEW

from the lake

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



From the Pastor

Spirituality of Anxiety

As I write this article we are in the middle of May, which happens to be Mental Health Awareness month. This year, of all years, I cannot let this designation pass without comment. The conditions of the pandemic: uncertainty, isolation, disruption of routines, loss of access to support networks, and the general stress of the whole global situation put significant strain on the many of us who live with ongoing mental health conditions. Mental Health professionals are warning of this impact, and I am feeling it in my bones.

As I have shared with the congregation in the past, my own mental illness takes the form of depression and anxiety. I am fortunate that my depression has not significantly flared during the pandemic (getting lots of extra cuddles from my kids is very healing for me in that regard – one benefit of sheltering at home). But my anxiety... that is getting triggered practically every day. There are very real reasons to be anxious, and those triggers set-off my anxiety reactions. For me, anxiety feel like a constant buzz of tension that reverberates in my body and interferes with my sleep; it is a soundtrack in the back of my mind murmuring all the things I should be doing, and warning me that I am forgetting things, and making me feel like I am continuously taking a final exam for which I have not studied enough; it's a physical, mental, and emotional pressure cooker that depletes my joy and demands my attention, and it is so, so draining to my spirit. I share this not for sympathy but so that if you are feeling any of these things, you can know that you are not alone. It is – unfortunately – a common reaction for many when our bodies apply the instincts of fight or flight to stressful situations, and then get caught in the stress response cycle.

I also share in order to offer a message of hope. I have found a simple anti-anxiety practice to be a meaningful spiritual practice over these last few months. The practices uses the five senses

June, 2020

July Newsletter Deadline
June 18, 2020

Worship: 10:00 am
Online

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

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COUNCIL & MINISTRY LEADERS

Officers

President	Cindy Pawlo
Vice President	Heather Nilsen
Secretary	Joe Barrett
Treasurer	George Pawlo

Council Members

Gerry Ayotte	Heather Nilsen
Joe Barrett	Cindy Pawlo
Sandy Carlson	Sibylle Schroeder
Howard Corneilson	Nick Senior
Ray Mueller	

Ministry Leaders

Arts & Crafts	Sibylle Schroeder
Christian Education & Youth	Karen Coates
Evangelism	<i>Vacant</i>
Fellowship	Demetria Laird
Finance	Nancy Ayotte
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, Wednesday, Friday: 4:30 pm—6:30 pm

Continued from page 1—Pastor's Column

in order to draw attention out of the mind and into the body – interrupting the anxiety cycle and restoring calm. It's actually quite simple. I ask myself 5 questions:

- What are 5 things I can see right now?
- What are 4 things I can hear?
- What are 3 things I can touch?
- What are 2 things I can smell?
- What is 1 thing I can taste?

In this form, it's a simple anti-anxiety practice to use to stop a panic attack, and just to reset when I am feeling wound up. But I find it even more helpful when I turn it into a spiritual practice. As I answer each question, I can give thanks to God for the things that I notice and for the way that they speak to me of God's creativity, power, and provision. Gratitude not only fosters a less anxious mindset, it also re-connects me to my trust in God's protection and love.

To be clear, my anxiety is still real. We can't usually just "pray away" mental health challenges that are rooted in our body chemistry, brain structure, and traumatic experiences. But I am finding in my increased anxiety an invitation to lean into God in a new way. I cannot fix this for myself, but I can discover the way that God carries me through it. And I know that God carries you all as well.

Pastor Serena



Faith Kitchen Shopping for June 2

Bagged Lunch

For the Month of June we will be providing a bagged lunch. I need 6 people to bring in each 2 loaves of multi-grain bread and 1 1/2 lbs. of salami by Monday, June 1. I also need at least one person to help prepare the lunch bags. Please call me at 973-691-1910 to let me know if you can help.

With gratitude,

Sibylle Schroeder
Social Ministry

June Office-Hours Calendar

For the duration of Social Distancing Protocols, Pastor Serena will not be holding office hours at the church. She will be present on-site Sunday mornings for worship and any other tasks that need to be completed in the building. She is also available to the congregation by Cell Phone or e-mail during the week: (908) 458-3940; pastorserena@optimum.net. During the week, she is generally engaged in school-support for her kids in the morning, so she will respond to non-urgent messages in the afternoon. Her day off is Saturday, so please refrain from sending non-emergency messages or calls on Saturday.

As guidance from the state emerges for staged re-opening, the church leadership will be working together to consider all available guidance and explore how we can provide in-person opportunities while protecting safety for all involved.

Sunday Scripture

June 7

Genesis 1:1—2:4a
Psalm 8
2 Corinthians 13:11-13
Matthew 28:16-20

June 14

Exodus 19:2-8a
Psalm 100
Romans 5:1-8
Matthew 9:35—10:23

June 21

Jeremiah 20:7-13
Psalm 69:7-18
Romans 6:1b-11
Matthew 10:24-39

June 28

Jeremiah 28:5-9
Psalm 89:1-4, 15-18
Romans 6:12-23
Matthew 10:40-42

No UFO Night, but I hope you are all working on a project or two or three. Maybe, if you finish something, send the pictures to Christine to put into the next newsletter.



A Note Regarding In-Person Gathering

Abiding Peace Community. I know we are all anxious to be face to face again, to hear each others' voices not mediated through some form of technology. I want to assure you that our church leadership has already had multiple conversations about how we will seek to do this safely when we believe we can do so without risking lives. And we will continue to explore, research options, and finding creative ways to grow community. In other words, we will continue to be the church in very real ways as we wait to gather in the same space.

As a word of encouragement and a request for patience while we wait: please read these words first written by Pastor Chris McKelvey, from one of our sister Lutheran churches in PA. They perfectly express what is in my heart as your pastor.

“The truth is that the church never closed, we have always been open. God is with us always, in all places, at all times, in all people. Prayer can and does happen everywhere. Worship can and does happen everywhere. The church is not a building, or a place on a map, it is a people.

I miss our worship services, I miss gathering together, I miss seeing all your faces. But we can't gather in person. We can't, and for a very simple reason, not one member of this congregation is expendable. Not a single one. There is no person's life or health that I am willing to sacrifice so that we can have a taste of normalcy right now. It's too risky and I care about you all too much.

I am so honored and privileged to be your pastor, and I love each and every one of you, and it breaks my heart to not be with you all in person each Sunday, but it would break my heart more if we lost someone, or if someone even got sick because we chose to gather. That would break my heart in a way that I'm not sure it would ever fully heal from, and so for now we wait.

We will gather together again in person one day, hopefully someday soon, but until that time we can rest assure that we are still a congregation, we are still a family, we are still the church and the church will always be open.”

Pastor Serena

Thank You Corner

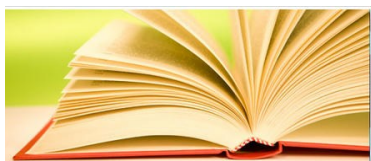
To the whole community for the way you are embracing our shifted way of being together during the pandemic. While this is hard and we are missing so many things, this community has stayed positive, offered encouragement, and been willing to stretch your technological skills in order to participate in worship, fellowship gatherings, and even record yourselves! And, of course, a tremendous THANK YOU to Ray Mueller and Tyler Rice for hours of work and effort to transition our worship to a truly participatory AND safe live streaming service. ~ *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 June 18.

Seniors Group

This month is our book review and I am thinking that maybe we can meet outside on the patio—bring a sun hat (hopefully, not an umbrella!). The book we have been reading—“Before I was Yours” by Lisa Wingate.

Love,
Sibylle



Feeding our Neighbors in a Time of Pandemic

We are so grateful for the generosity of our community in ensuring that our church food pantry can continue to respond to hunger in the area during the pandemic. We have continued to receive donated food, as well as monetary donations to allow us to purchase the most needed supplies. Of course, the need continues, so here are the ways you can continue to help make sure our neighbors have the food they need:

Please continue to pick up extra supplies for our food pantry, as you are able (Note – for anyone who needs to avoid grocery shopping, due to risk factors, reach out to the church. There are members who can help).

When you have supplies to donate to the church food pantry, please call the church office to arrange drop-off: (973) 691-9393. Note – Christine is usually in the office approx.. 4:30-6:30pm M/W/F.

When you bring the donation, leave it at the door, and knock to let Christine know that your donation is outside. She will collect it.

If you know of people who need food assistance, please let them know to call the church office to arrange pick-up. Christine can leave the bags outside the door at the arranged time.

Special needs for the food pantry at this time are:

Hot dogs & buns
Parmalat milk
Canned vegetables
PB
Jelly
Juice
Soup
Spaghetti sauce

Thank you all for your generosity!



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!

June Birthdays

2 Michael Pawlo
6 Ray Mueller
11 Joanna Venator
12 Sue Corneilson
13 Quinn Rice
15 Nita Persson

June Anniversaries

7 Tom & Joan Blackburne
18 Howard & Sue Corneilson



I'd like to thank everyone who has supported me and Benjamin during the time of my mother's passing. Evelyn Bowden loved her Abiding Peace family from the moment she first attended. She thoroughly enjoyed growing her faith through Bible study and regular service here. She attended numerous churches and denominations over her lifetime and she said "Abiding Peace got it right, they live out the meaning of being followers of Christ." Thank you for welcoming us here. It means more than words will ever allow me to express. We will plan a celebration of her life when health and safety conditions allow us to meet.

Thanks.
Robert

For Our Garden

Gardening season is approaching rapidly. Many hands are needed to labor in our tiny field. This tiny field produces pounds of vegetables for the Mount Olive Food Pantry and Mount Olive Manner.

Volunteers are needed to help maintain the garden. We are looking for volunteers who could donate a couple of hours a week or more to weed, water or whatever else is needed to keep our garden happy and healthy.

Once again, plants are needed to start the garden which will be planted on Saturday, June 6. Rain date is the following Saturday, June 13th. Please bring them to church during the first two weeks of June. Please remember, plants cannot plant themselves. All volunteers are welcomed. Social distancing will not be a problem.

We need the specific plants listed below:

14 only	Big Boy Tomatoes
8 only	Green Squash
8 only	Yellow Squash
12 to 14	Green Peppers
10 only	Cucumbers
24	Marigolds

Please **absolutely no** cherry tomatoes, grape tomatoes or plum tomatoes. Contact me either by phone or e-mail with the type of plant and how many you are donating. We do not want to have an over run on some plants and not enough of the other plants.

One garden will be used for Mount Olive Food Pantry and Mount Olive Manner. The other garden we are offering to members of the congregation who would like to grow their own vegetables for themselves.

If you have any questions or concerns, you can contact me by e-mail or phone. Anyone interested in donating plants or time to the garden, please contact me.

Thank you,

Pat Scalora
patscalora@gmail.com
(973) 584-0576



50th Anniversary

It is now less than a year until we celebrate Abiding Peace's 50th Anniversary. Mark your calendars now for the following date. You will not want to miss any of them.

- ~ 2/28/21 Dale Selover will give the eulogy
- ~ 3/14/21 Michael Linderman will give the eulogy
- ~ 4/11/21 Jim Parks will give the eulogy
- ~ 4/25/21 Richard Kiesling will give the eulogy
- ~ 5/16/21 Linn Fisher will give the eulogy
- ~ 5/22/21 Late afternoon repast at the Holiday Inn in Budd Lake
- ~ 5/23/21 50-year celebratory service and get together

We now have the menu planned for May 22nd. Ray Mueller is putting together a video of interviews with our members and a collage of pictures from our 50 years. So, we have a lot to look forward to. We will have our next meeting on Monday, June 1 at 7:00 pm. Watch for the Zoom invite if you want to join us.

As there will be costs involved with putting on this celebration, the committee will be looking into various fund-raising activities as well as asking for donations (put 50th Anniversary in the memo field) to help defer the costs.

Howard Corneilson
Chairman

JUNE

WORSHIP ASSISTANTS

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

JUNE	GREETER	USHER	LECTOR	ASSISTANT MINISTER	COMMUNION ASSISTANT	POWERPOINT
7	None	None	Sheeba David	Linda Venator	None	None
14	None	None	Karen Coates	Sue Stirrat	None	None
21	None	None	Demetria Laird	Joe Barrett	None	None
28	None	None	Howard Cornelson	Heather Nilsen	None	None

COUNTER: George Pawlo

ALTAR GUILD: Cindy Pawlo

BREAD BAKING: None



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, Michael Krush, Judy Wayman, Tamsin Skeels, Don Larsen, Sandy Olson, Col. Phillip E. Miller, Jim Kosiorek, Randy Esposito, Pat Linn, Eleonor Braun, Jim and Patricia Porter, David Coyne, Megan McGuire, Donna Woody, Gillian George, Eastlyn Rodriguez, Richard Biunno, Gertrude Price, Isabella Adams, Laura Dennis, Michael, Rachel and Cora Pawlo, Gayle Pinkham, Sophia Hawthorne, Baby Jackson Cook, Kacie Schmidt, Gregg Clark, Susan Jacob, Luke Mueller, Lynn Peterson's family and friends, Alexandra Heinz, Chris Mastakas, Pat & Jeanne Scalora, Robert Buckley, The Canon family, Howard Gentler, Cindy Behler, Elisabeth and Otto Schroeder, Jim Tangen, Amelia Krusch, Gary and Linda McCabe, James Ehrke, Jennifer Van Doran, John Brun, Karina Mattis, Michelle Kamin

Those who are expecting: Kimberly Defreitas, April and Scott

Those in mourning: Those mourning Henry Hill, those mourning Bruce McDougall, The Bowden and Schroeder families on the death of Evelyn Bowden, The Jaeger family, those mourning John Bohmke, The Schwier family on the death of Elsa Platt, Marja-Liisa Apgar

JUNE 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 2:00 pm Sign Committee Meeting 7:00 pm Anniversary Meeting	2 9:00 am Faith Kitchen	3 Cancelled AA Mtg. 7:00 pm Zoom Bible Study: Women of the Bible: Esther	4	5 Cancelled NA Mtg.	6 Cancelled NA Mtg.
7 HOLY TRINITY 10:00 am Webcast Worship 11:00 am Zoom Coffee Hour	8 2:00 pm Worship & Music Committee Meeting via Zoom	9	10 Cancelled AA Mtg. 7:00 pm Zoom Bible Study: Women of the Bible: Song of Songs	11 7:30 pm Online Council Meeting	12 Cancelled NA Mtg.	13 Cancelled Church Family Breakfast Cancelled NA Mtg.
14 2ND SUNDAY/ PENTECOST 10:00 am Webcast Worship 11:00 am Zoom Coffee Hour	15	16	17 Cancelled AA Mtg. 7:00 pm Service of Remembrance for the Emmanuel 9	18 NEWSLETTER DEADLINE	19 Cancelled NA Mtg.	20 Cancelled NA Mtg.
21 3RD SUNDAY/ PENTECOST 10:00 am Webcast Worship 11:00 am Zoom Coffee Hour	22	23	24 Cancelled AA Mtg. 7:00 pm Zoom Bible Study: Women of the Bible: Proverbs 31 Woman	25	26 Cancelled NA Mtg.	27 Cancelled NA Mtg.
28 4TH SUNDAY/ PENTECOST 10:00 am Webcast Worship 11:00 am Zoom Coffee Hour	29	30				