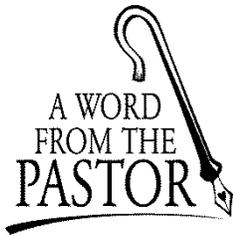


Good Tidings

The Newsletter of Brick Presbyterian Church

July/ August 2016

Evidence Pointing to the Benefits of involvement in Church - A Pastoral Pondering



At a time when church attendance seems to be on a decline and people seem more concerned about their health, a recent study suggests attending church may be beneficial to one's health. In an article reported by *The Week* on June 3, 2016, Harvard University researchers analyzed the data from the Nurse' Health Study. That study surveyed 74,534 healthy, primarily Christian women starting in 1992 and followed them for 20 years. At the end of 2012, 13,537 of those in the study had died. But after making adjustments for other risk factors, it turned out that those who attended church one or more times per week were 33% less likely to have died of any cause than those who did not attend church. The article went on to state: "There is evidence that it provides social support, discourages smoking, decreases depression, and promotes optimism or hope," stated the author of the study, Tyler VanderWeele in MedicalDaily.com

In my own spiritual journey, it has been the influence of a healthy faith community that has benefited my overall well-being. It was the support of the church that empowered me to overcome depression. It was the involvement in a community of faith that motivated me to make lifestyle and attitude changes that were health affirming. It was and is the spiritual and life-style values the church affirms that promotes a healthy sense of self, self-care, care of one's body, and healthy relationships with others.

I once had a pastor who started practicing dietary fasting as a spiritual practice based upon Biblical principles. He reported how his mind and body seemed to cleanse itself through this carefully done practice. He lost excess weight, reported improved mental alertness and an improved awareness of God in his life.

The Church and its biblical faith can be a positive and healthy element in our lives. This study along with others, going back to a Stanford University study summarized in the book, *Prayer Can Change Your Life*, may give you motivation to stay with the church or to reconnect with the church if you have drifted away.

The Apostle Paul once wrote in 1 Corinthians 6:19-20; "*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*"

Be well my friends and see you in church this Sunday for God is our strength, health and salvation.

SUMMER WORSHIP HOURS



We will commence our Summer Worship Hours on July 3, 2016 at 10:00 A.M. The services will be held through September 4, 2016. There will be two informal worship services in the Family Life Center on July 10 and August 14 at 10:00 A.M. with refreshments following the services. Child care will be available for all the services except July 10 and August 14.

Rev. Dr. John Witherspoon, the only clergyman to sign the Declaration of Independence will lead worship and celebrate Holy Communion with us on Sunday, July 3rd at 10 a.m. Come hear this patriot address us about the importance of freedom and self-control in our day.



JULY INFORMAL SERVICE



On **Sunday, July 10th**, join us in the FLC for an informal service at 10:00 am. Afterwards, please stay for our “Beach Party” – wear flip flops and a Hawaiian shirt! **We will be having a barbecue.** The Fellowship Committee will be providing hamburgers, hot dogs and drinks and asks that everyone **brings a dessert or summer snack to share!**

AUGUST INFORMAL WORSHIP SERVICE

On **Sunday August 14th**, join us in the FLC for our second informal service of the summer at 10:00 am. After the service please stay and visit at a Coffee Hour hosted by the Worship Committee. Hope to see everyone there.



CHILD CARE FOR SUMMER SERVICES



A sign-up sheet is available for those who wish to provide child care during the Worship Services for the summer months. We expect that if you wish to avail yourself of this service, you will also wish to take your turn. The sign-up sheet will be placed by the Child Care room. You don't need to have young children to enjoy working with them. Senior citizens and Junior/Senior High School students are also welcome. The only requirement is that you enjoy children. Thank you for helping!



Evangelism / Outreach

Don't forget to "Catch a Friend, Bring 'Em In"
on Sunday, July 17, 2016
Invite a friend!

Vacation Bible School

This summer we will be offering a VBS style program on the following Sunday mornings from 10-11 in the Family Life Center: July 17, July 24, July 31, and August 7. Our hope is that we can all keep connected to each other during the summer. The children will be able to spend some quality time with their Sunday School friends and the parents will be free to concentrate on worship. No registration is necessary and there is no fee. If you have any questions or would like to help out, please email donnaschlatter@comcast.net.



Welcome our New Church Secretary



The Personnel Committee and Session are pleased to announce to the congregation that after receiving a number of very good resumes and interviewing a number of well qualified candidates, we have hired Patricia Loboda as our new church secretary. "Pat", as she prefers to be called, comes to us with a wealth of experience as a church secretary and administrator in Presbyterian Churches. She has proficient computer skills in Mac, Microsoft Word, Excel, Outlook, Power Point, Cloud computing, Publisher, Facebook, Pro Presenter 5 – multi-media presentation package. We are confident that with her background and skills she will help us move God's work forward here at Brick Presbyterian Church.

Pat's first day in the office will be Tuesday, July 5th. We look forward to a long, productive and happy relationship as Pat joins our church ministry team.

We are also very deeply grateful and indebted to Kathy Kenny and Karen Ellis who have done so very much to help keep things running smoothly in the office since this past Easter while we were without a church secretary. It's because of faithful volunteers like these that things have gone so smoothly during this interim time.

THANK YOU!



Heartfelt thanks for the many in-kind donations offered up during our annual donation drive for Jersey Shore Animal Center--in conjunction with the Blessing of the Pets. We collected many pounds of food, towels, blankets, and toys for homeless dogs and cats at the shelter. We also received some special hand-made bandanas and sleeping pads from the sewing and quilting experts among us!

Evangelism Committee

FUNDRAISING

CHRYSANTHEMUM SALE

The Fundraising Committee will be holding our mum sale again this fall. The mums will be available for sale on Sunday, September 18. The cost is \$10.00 each or 3 for \$25.00 and cash or check is acceptable. If there are any mums not sold on the 18th they will be available on the 25th on a first come first served basis.

BOSCOV'S FRIENDS HELPING FRIENDS EVENT

We will begin selling the Boscov's Friends Helping Friends 25% off passes in September. The event will take place on October 18 at the Toms River Boscov's store. The passes will be available for \$5.00 each and each pass entitles you to a 25% off discount shopping coupon, a chance to win a \$100 or \$500 gift card and free refreshments on October 18.



CHRISTMAS WREATHS



Our Committee will be selling beautiful Christmas wreaths and Poinsettia plants for the first time this fall. Please look for further information in the coming months.

STREAM ENERGY



Winter, spring, summer or fall, Stream Energy continues to make monthly donations to Brick Presbyterian Church. Sign up now and you will not only see a savings yourself but will also be part of the donation made to our Church. **For additional information you can contact Patrice Law @ 732-779-7242 or patricealaw@gmail.com.**

Deacons Update

The Deacons request that you continue to help stock the Food Pantry by bringing in all types of non-perishable foods. Thank you to all who have already contributed needed items; your help is greatly appreciated.

Also, please remember to save and bring in your **empty coffee cans** for the Deacons to use to deliver the Sanctuary flowers every Sunday. Thank you!

Caregiver Volunteers Ocean County Office has a new address:

67 Route 37W, Riverwood Plaza 2
Toms River, NJ 08755
732-505-2273

Come join us for an **OPEN HOUSE** on
Wednesday, July 13th, 2016 from 11:00-1:00

CVCJ is very excited to start a new chapter in our story!
Thank you for all your support and generosity!

***Thank you for your gifts to
Blanket Sunday!***

Thank you for your donations to Blanket Sunday. Your gifts have been forwarded to Church World Service. You have shared God's love in a heartwarming and life changing way!

- The Stewardship and Mission Committee

TOOLS SUNDAY

Thank you for your contributions to Tools Sunday. Your generous donations will enable Church World Service to equip people in need with resources and skills to sustain themselves and their families and to build viable communities.

Our church family had the opportunity to make a donation in memory or in honor of a special person as part of this year's Tools Sunday offering.

***Church World Service Tools
Empowering families. Strengthening communities.***

