

Good Tidings

The Newsletter of Brick Presbyterian Church

January 2013

Pastoral Reflections Entering 2013

Dear Friends in Christ;

The previous year will not soon be forgotten by any of us. The combination of events which included a storm named “Sandy” destroying much of our beloved Jersey Shore, a minor earthquake, a snow bearing Nor’easter, and the tragic and senseless shootings that killed and wounded unarmed innocent lives was more than most of us could believe.

Yet, in the midst of the tragic events of this past year there were stories of great courage and goodness. I think about the first responders who put their own lives at risk more often than many realize, rescuing storm victims. I remember the neighbors I saw helping neighbors following the storm. The outpouring of love from all over the country that poured into our region in the form of supplies, volunteers, and other gifts was overwhelming to my spirit. Then, there were the first responders who rushed to the scenes of tragic gun violence not sure what to expect. The reports of those who used their bodies to shield others from a hail of bullets showed the ultimate in self-sacrifice.

In the midst of the tragically painful news of 2012 – I heard the voice of Jesus speaking through the actions of those who gave so much for others: **“No greater love has anyone than to be willing to lay down their life for another.”** In the countless acts of generosity and kindness – in the phone calls of concern and love there was a reminder that the darkness of sin, sadness, and destructive evil there was a reminder that the darkness has not overcome the light that has entered our world in Christ’s birth. There was a reminder that **as we abide in the love of God, so God abides with us.**

As we enter 2013, I have no idea what we will encounter. However, I pray that we will keep the faith, remember that as painful as the darkness of evil and sadness may be in our lives, it is not the only word. And, it is certainly not the last word.

May we strive individually and together to keep the light of Christ shining, so that the night of despair may fade, and a new day may dawn in the lives of all – a day where love rules more than hate – where self-giving rules more than selfishness – where hope overcomes despair, and where those aligned with the “dark side” surrender to the Light that we know in Jesus Christ.

May God bless you with love, courage, and hope in this New Year of 2013.

Yours in Christ’s service,
Pastor Doug

**Call for the Annual Meeting of the
Congregation and the Corporation
Of
Brick Presbyterian Church**



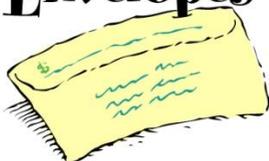
The Annual meeting of the Congregation and Corporation of Brick Presbyterian Church will take place on Sunday, January 27, 2013 in the Family Life Center Hall of the Church at 111 Drum Point Road, Brick, NJ 08723 starting at 12:15 (following the 11:00 worship service). The meeting will begin with a light lunch.

Business to be conducted includes the following: the receiving of annual reports from boards, committees, groups and organizations of the congregation. Other actions will include establishing the Pastor's terms of call, nomination and elect persons to serve on Session, the Board of Deacons and the Standing Nominating Committee. There will also be a review of the church's financial reports and updates on the state of the building expansion effort. The meeting will also deal with any constitutionally appropriate business brought forth by members of the congregation from the floor.

It is very important that all members of the congregation be present. Your voice and vote matter. The decisions made at this meeting affect all of us.

Offering Envelopes

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The 2013 Offering Boxes with your name on it will be in the Narthex starting Mid-December for you to pick up.. If you are unable to pick up your box and wish to receive it, please let me know. Also, if you do not find a box with your name on it and would like one, please let me know. You may contact me at financialsecretary@brickpresby.com.

Please be sure to submit all your 2012 donations by 1/1/13. I will be printing the statements after that date. Anything received after January 1st will be posted to your 2013 statement. If you have a change of address please be sure to contact me or the church office with your information. Thank you.

If you have any questions please feel free to contact Karen!

PER CAPITA

Our Per Capita for 2013 per member of our church is \$35.00. Per Capita tax covers administrative costs of the church at the General Assembly, Synod, and Presbytery levels.



HARVEST DINNER



The Harvest Dinner – which was postponed due to Hurricane Sandy - will be on Sunday, February 17th at 12:15 pm. We will begin selling tickets the second week of January. If our cooks are still willing to cook turkeys for us, please let Lois or Donna know.

“INCLEMENT WEATHER POLICY”

In times of inclement weather, especially during this upcoming winter season, or for other adverse conditions, the congregation is reminded to tune in to the following radio stations to hear if the church is closed:

WOBM, 92.7 FM
The Hawk, 105.7 FM
The Point, 94.3 AM



For Sunday worship services, the earliest time for such closure announcements would normally be after 7:30 AM.

You may also check the Church Website for weather related closings and cancellations by going to www.brickpresby.com



House of Hope Café

Saturday, January 19, 2012
7:00 PM - 10:00 PM

Come join us for Coffee, Games, Fellowship and Fun!

FUNDRAISING NEWS

1. **Bon Ton Update:** The final total for our Bon Ton fundraiser is **\$618.25** for our building expansion fund. Thank you to everyone who participated in making this a great success!



2. **Stream Energy :** Our Stream Energy fundraiser is up and running. If you switch your energy provider through us you will not only save money but Stream Energy will make a generous donation to our building expansion fund. Look for our table at the church or contact us through the website, or contact either Jeff Law (732-779-4499 or Lawjeffrey1@gmail.com) or Patrice Law (732-779-7242). Please don't switch your energy provider until you talk to us!



3. **Simko's :** On **January 16th and 17th** we will be holding our third Simko's fundraiser, this time for our **Deacons Hurricane Relief Fund**. This will be held all day both days and will include lunch, dinner and take out. Please pencil in these dates for a great night out while supporting a great Deacons ministry!



4. **Blue Claws:** We will soon be selling tickets for our annual Blue Claws fundraiser. Tickets will again be \$10, and early purchases will put you in a drawing for All-Star Game tickets being held this year at First Energy Park. We're anticipating a late July or early August game this year.



5. **Blue Claws Concession Stand:** On **Friday July 12th** we will once again be looking for **20 volunteers** to work at First Energy Park for a very generous donation. Please help us out, sign up early, mark it on your calendar to come out and help us raise money for our building expansion fund! Thank you!

A WORKSHOP FOR LITTLE DRESSES FOR APPALACHIA

On Saturday, February 16th from 9:30am to 11:00am in room 1, you are invited to attend a special workshop to make dresses out of pillowcases for little girls in Appalachia. Presbyterian Women church wide will be going on a USA Mission trip June 18-26, 2013. They will be going to Tennessee and western North Carolina to experience the Culture of the Appalachian women.

What to bring: Yourself, pins, a clean pillowcase, scissors, bias tape. Let's have fun while helping a little girl in Appalachia feel pretty! For more information, contact Lori Evans at Lmegolfer@verizon.net.

FYI...



The Stewardship & Mission Committee makes donations to local, national and global organizations on a yearly basis. The **Pioneer Hose Fire Department** is one of the local fire departments we annually support. Below is a synopsis of the heroic actions of the Firemen and the volunteers who gave of themselves to help other people.

Pioneer Hose Fire Department answered about 800 alarms (a year's worth) in about a week's time during and after the storm. When the houses in Cherry Quay were burning, they had men tied to the truck with rope, attempting to get through the ocean waters that were coming in through the bay- this was just after the barrier island had been breached. Unfortunately they were not able to hold against the water, and even when they turned the hoses on, the wind just blew the water sideways. They also rescued people by boat and truck during the storm, and afterwards. Several of them gave up time at work without pay, because they put their community first.

The ladies auxiliary, as well as a couple of additional volunteers, spent 24 hours a day at the firehouse preparing food for the rescue workers, which included the National Guard, firefighters and EMTs from out of state and also firefighters from around the State. During the initial rescue phase, people were brought to the firehouse as a temporary shelter, where they were provided blankets, hot food and warm clothes, and in many cases a sympathetic ear and a shoulder to cry on. Most of them arrived wet and shell shocked, some without much needed medications, which the volunteers helped them get. They helped them get a hold of relatives and friends to let them know they were ok and hopefully had someone to pick them up. Once the operations wound down, they donated a lot of supplies to Operation Brick Hurricane Relief. Also, Mike from Mike's Pizza, spent several days in the kitchen, cooking and giving the house supplies from his store. The volunteers gave him much deserved kudos for all he did.

Pioneer Hose Fire Department serves our community everyday; not just when a devastating storm hits our area.

Burned-Out and Exhausted From Work Stress? Or Job Hunting? Here's How to Recharge

By Mehmet C. Oz, MD and Michael F. Roizen, MD

Your cell phone battery isn't the only thing that always seems to burn out when you need it most. Check your own energy reserves. Thanks to the economy's fluctuations, burnout keeps spreading faster than disgust with Congress. In fact, whether you've lost your job, are scared you might, or are still employed but find yourself doing the work of two, you're more likely to be stressed, depressed and exhausted – burned-out – than ever before.

In a disturbing new survey, nearly half of all employers said their workers are emotionally, mentally and physically exhausted. Being unemployed may be worse. Typing “job search burnout” into Google nets more than 2.7 million entries. We know burnout is fixable (hey, we survived med school!). You can recharge, without selling everything you own on Craigslist and catching a freighter to Tahiti. Give the following personal battery boosters a go.

Reach out. Humans aren't wired to work solo. Isolation subtly boosts stress, and more stress equals more burnout. You're at extra risk if you're a home caregiver, a telecommuter, an office worker stuck in a lonely cube, or a daily job searcher. Balance all that alone time by connecting with like-minded folks. Join a job search club or caregiver support group. Make time for lunch with office buddies. Network. Volunteer.

Visit your happy place daily. Forget waiting till you can swing a massage; much less a weekend in Paris. Hit the pause button every day with a 20 minute relaxation break (or do two 10 minute ones). They'll boost well-being and flood your brain with positive thoughts. Don't just cue up an episode of your favorite sitcom, though laughter is a great medicine. Also try guided imagery for an instant mental escape.

Want something more physical? Give yourself a walk for an instant *ahhh*. Walking (or biking, swimming, or rocking a fast, fun exercise video) reduces stress and ups feel-good brain chemicals. It also counteracts anxiety-fueled threats, such as jumps in your blood pressure, blood sugar, and LDL cholesterol.

Restore your sleep. Daytime stress can steal hours of deep sleep from you at night. It's a nasty feedback loop. Because bad sleep makes tomorrow more stressful. Really use sleep-friendly strategies. After lunch, sip herb tea instead of caffeine. Tonight, relax with a good book and some deep breathing before bed, not a couple of beers and hours of TV or Web surfing. Alcohol and glowy electronic lights disrupt sleep.

Reconnect with what you love. Too burned out or busy to follow your bliss? You can't afford *not* to be. We're not suggesting you quit your job/job hunt and start an alpaca farm in Tibet. But when one part of your life swallows everything else – time with family, fun with friends, worship, even knitting that scarf – it's a recipe for *more* burnout. Block out regular time for YOU. Or for you two: Trade back rubs with your partner. You'll get the burnout-melting benefits of touch therapy minus the spa price.

Regain control. Not long ago, business experts advised stressed out employees to talk to their bosses about unrealistic job duties and late nights – or look for a better job. In a down economy, that may not fly! So find ways to feel in control. It's crucial for beating burnout. Make prioritized to-do lists. Devote lunch hours to whatever makes you feel great' whether it's catching up with your office BFF, crossing off mini-chores, or stretching at your kitchen “desk”. It all helps.

Give yourself a mental health check. Our proven battery chargers should refill your energy reserves. If not, talk to your doc. Behind a case of “I've had it up to here” is soul-deep exhaustion and a barrage of negative thoughts. Behind that is chronic stress. The combo can easily morph into full-blown depression that needs expert help



Jr Hi Youth Group

The Youth Group would like to thank the congregation for their generous contributions during the bake sales. We were able to provide Christmas for 15 children this year which is a record breaker in our books.

The Youth Group had a great time shopping, wrapping, playing games and sleeping in at the church.

On January 6th 2013 the Jr. High Youth Group will be going bowling and on January 27th we will be meeting in the Family Life Center to make the banners for the Souper Bowl of Caring.

On February 3rd is the Souper Bowl and the Youth Groups will be displaying their team banners for contributions for hunger relief.

We wish everybody a safe and wonderful New Year!



Sr Hi News

The Senior High Youth Group, along with the Junior High Youth Group had a great time shopping and wrapping lots of gifts for our "adopted families". We provided 15 children with the most Wonderful Christmas. Thank you for your support in our mission.

We also brought Holiday Joy to our friends at Geraldine Thompson Nursing Home with our Christmas Caroling. We helped Santa deliver lotion and lap blankets and the residents were very happy.



We will be having a meeting on Sunday evening, January 13 at 6pm. We will discuss events for the upcoming months and have a movie and popcorn too!! We welcome all Senior High Youth!!

We pray that you and your families have a very blessed New Year!

DEACONS



The Deacons would like to thank everyone who helped with food donations over the last few months. We were able to provide numerous boxes of food for those in need, and we will continue to do so with your generous support. A warm and genuine thank you to each of you for your contributions! Your willingness helps set a wonderful lasting example of compassion and responsibility for others.

Confirmation Class Registration Meeting

A meeting for all 9th graders and their parents interested in having their sons or daughters in confirmation classes will be held in between services on Sunday Jan. 6, 2013 in the church parlor. Parents are asked to bring calendars with them as we will be discussing dates and times to have the classes. Registration forms will be filled out at that time.



HELP WANTED (NEEDED)



During and after the devastation that struck our community and church family, the Shepherds of Brick Presbyterian made an effort to contact each of the members and friends of the congregation. The intent was to offer words of comfort, prayers, and keep all informed of available assistance such as the hot meals so many volunteers prepared and served at the Family Life Center. The hope was to offer a caring, listening ear, share tears and where possible a hug when we were able to come together. Unfortunately due to power failures which interfered with telephone contact, both cell and landlines, as well as illness, necessary relocations, and those shepherds whose own homes were lost or suffered severe damage, all the contacts could not be made. Though the chain has not been broken, some of the links are missing. All have agreed in the past that these contacts to keep our church family connected are meaningful. We are in need of volunteers who are willing to join the shepherding program. The time necessary to be part of this chain is minimal, but the value is great. If you are among those who could devote themselves to be a link, please call Bette Gibson (732-458-7083) or the church office (732-477-0676) to arrange to receive additional information. Your efforts would be so appreciated!

NEWS FROM TENT CITY



As 2012 ends, we are dismayed that our brothers and sisters at Tent City find themselves facing another winter living in the outdoors. However, our faithful donations of eggs, water, grocery items, household goods, clothing, blankets and bicycles have helped sustain them. We are also grateful to Leroy Derrick of Chalet Caterers for preparing and delivering a sumptuous array of food and hot coffee for the dinner that was served at Tent City on November 25th by members of our congregation.

Please continue to keep Tent City in your prayers and keep those donations coming! If you'd like to learn more or join our committee, please join us at our next meeting on January 20th at 10:15 a.m.

- Tent City Relief Committee