

# Good Tidings

The Newsletter of Brick Presbyterian Church

January 2015

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## A Post-Christmas Reflection by Pastor Doug

A Light has entered the world's sin-filled darkness in the dead of a winter's night  
Angelic host and choirs who announced that Light now have vanished from sight

Still sheltered in a lowly stable's manger is One born Lord of lords  
Bowed down to by three Magi presenting gifts they would not horde

It's hard to imagine a child in such a setting could be deemed a threat by Herod the King  
But one's power, control, wealth and sense of self is challenged when notes of fear ring

When the power of Divine love makes its presence known in a world of hearts cold with hate  
There's no telling to what extremes self-serving folk may go to maintain the present sad state

King Herod ordered the genocide of infants  
As modern day terrorists call others to suicide

How is it that One who came offering us a blessed life  
Should still be met with such violence and unholy strife?

Race against race and children of Abraham warring against each other in God's name  
Rich and poor – right and left – blaming, shouting, yelling at the other, yet all is the same

The Holy Child of Mary comes offering us a way to be a creation new  
Yet we creatures of habit cling to the old ways and over a call to the new still stew

Like ancient Magi many go back home by another way avoiding real transformation  
Still centuries later many leave the Manger confusing change with worldly adaptation

Church pews find more room as we show love by our Facebook likes  
Thinking our following amassed on Twitter and Instagram may give a spiritual hike

Yet, the One born in a manger, prevails in calling us to follow in the Way, Truth and Life  
inviting us to the Light and leave behind like James & John our old boats and way of life

This Jesus, Savior, God among us calls not for more resolutions but a dedicated life  
A life of faithful worship, fellowship, shared study and faithful service beyond strife

As this world's Herods cling to an old way of envy, fear, oppression, terror, divisive strife and  
more

We follow the Way born of love divine with redeeming grace and hope knowing what is in store.

We choose to heed the call of Bethlehem's Child who became the Truth, the Life, and the Way  
We choose a Love that first chose us, knowing when all is said and done Who has ultimate Say



## 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 25, 2015 in the Family Life Center of the Church at 111 Drum Point Road, Brick, NJ 08723 starting at 12:15 pm (following the 11:00 am 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 election of 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. 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.

If you are the Chairman of a Committee/Group that usually has a report in the Annual Meeting Packet, please send your reports via e-mail to [dg.chase@yahoo.com](mailto:dg.chase@yahoo.com).

### “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 Point, 94.3 FM  
The Hawk, 105.7 FM



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](http://www.brickpresby.com)**

### 2015 OFFERING ENVELOPES BOXES



The 2015 offering envelope boxes are now available in the church Narthex. The boxes have donors' names on them and the per capita figure is also on the name label. If you do not find your box with your name or would like to have a box of envelopes, please contact Karen Ellis, our Financial Secretary at [financialsecretary@brickpresby.com](mailto:financialsecretary@brickpresby.com). Thank you for saving us the labor and expense of mailing by picking your box up at the church.

## Fundraising News

Thank you for all your support over the past year! We hope you've enjoyed these events that help us raise extra funds to sustain the good things our church does in the community. Please keep an eye open for upcoming events in the New Year. As always, we'll post information in the bulletin and on the website as soon as we have them.



**Windward Tavern:** On **January 26th and 27th** The Windward Tavern on Princeton Ave will host their second fundraiser for our church. Come out on either day between 11:00 am and 11:00 pm and BPC will receive 15% of your check. We will have flyers out soon so please pick one up at the church or off the website and bring it to the Windward Tavern and help support our Deacons fund.

**Stream Energy:** As always, see Patrice outside the FLC to sign up for Stream Energy through Brick Presbyterian Church. Whether you sign up for electric or gas or both, Stream will make a generous monthly donation to our church as well as giving you additional savings on your energy bill! Just bring your energy bills to Patrice to see if we can help you help us!

## DEACONS



The Board of Deacons distributed 55 food baskets for Thanksgiving and would like to thank the members of our congregation for their generosity. Your donations of canned goods, grocery items and monetary donations made it possible to provide for so many in our community.

On December 13th members of both the Junior High and Senior High youth groups joined the Deacons in visiting the Geraldine Thompson Nursing Home. Christmas carols were sung while strolling the halls and visiting the residents in their rooms. Gift bags and lap robes were presented to many residents along with a special visit from Santa! A wonderful time was had by all and the residents had their spirits lifted in fellowship. Thank you everyone who participated and were involved in making it a huge success.

The Deacons have assembled and distributed 30 food baskets for Christmas. Many thanks to our amazing congregation for the herculean task of replenishing our pantry following the Thanksgiving basket assembly.



## 9 Healthy New Year's Resolutions

**Healthy Resolution: Control Your Portions** Want to downsize your figure? Start downsizing your dishes. Studies show using smaller plates and bowls promote weight loss because they help to curb overeating.

**Healthy Resolution: Be Active** One habit naturally slim people share is their ability to stay in motion. Try to inject each day with more activity (adults should aim for 30 minutes daily). The opportunities are endless once you've developed the right mindset.

**Healthy Resolution: Slash Sodium Consumption** Studies show many Americans consume close to twice the recommended limit of sodium, which is a teaspoon (or 6 grams) daily. Besides contributing to water retention (think bloat!), sodium can raise blood pressure. Processed foods contain the most, so make sure to read labels. Lower sodium diets are linked to decreased risk of heart disease, but are also associated with lower hypertension and weight management.

**Healthy Resolution: Increase Antioxidants** When your body breaks down food it produces molecules called free radicals. Cigarette smoke and radiation also produce free radicals. Over time, the damage from these substances can result in conditions like infection, cancer, inflammation, and heart disease. That's where antioxidants step in. How the American Dietetic Association sums up their role: Once you cut an apple, it begins to brown, but if you dip it in orange juice, which contains vitamin C (an antioxidant), it stays white. You can defend your body the same way by including rich sources in your diet. Pomegranates, coffee, and even chocolate (yeah!) contain antioxidants.

**Healthy Resolution: Quit Smoking Already** For smokers, quitting may be the hardest resolution to stick with because it is so challenging. If you consider the benefits, and take advantage of today's resources, this could be the year you successfully become a nonsmoker. The National Cancer Institute's [smokefree.gov](http://smokefree.gov) website is a good resource to bookmark.

**Healthy Resolution: Floss Your Teeth** Like many people, you may not know that bacteria in your mouth can lead to serious problems if you neglect oral health. You may also be surprised to learn that during routine exams, your dentist can spot indications of diabetes and heart disease. One simple thing you can do to head off bacteria is floss your teeth.

**Healthy Resolution: Wear Sunscreen... All Year** Sun exposure affects everyone. According to the National Cancer Institute most skin cancer develops after age 50, though sun damage starts at an early age. The sun's rays are also behind brown spots, and can make wrinkles appear before their time. Wear a broad spectrum sunscreen, even in the winter, anywhere skin is laid bare to the elements.

**Healthy Resolution: Strength Train** In simply 10 minutes a day you could gain more energy, stronger bones, and a faster metabolism -- and you don't even need to lift dumbbells. Here are four strength training exercises you can try without any equipment. Squats, Pushups, Lunges & the Plank. Adding these moves to your exercise program will help you burn more calories in less time.

**Healthy Resolution: Expect Good Things From Yourself** Having healthy expectations for yourself is important to both your physical and mental health. Obviously, that's easier said than done. A mean spirited inner creature can ruin relationships, keeping you from reaching personal goals, and cramp your ability to be an active participant in your life.

*Article by Amy Zerello in Reader's Digest*

## Junior High Youth Group



The Youth Groups are so very thankful to all the congregation that helped support our "Earn Your Wings" project.

We raised \$3,600 which is a new record and were able to provide seven families, a total of twenty four children, with everything they had on their wish lists.

The lock in was one of the best by far and our kids had fun staying up till 5:00AM wrapping gifts, eating ice cream, playing games, and worshipping.

We would like to show our appreciation and host a coffee hour on January 18th in between services. Please come and join us!

## THANK YOU!

As we reflect on this season of Thanksgiving and we look back on the last two years, our thoughts are of our amazing family, friends, and our awesome church family. You have all helped us to get to where we are today... HOME!! Whether you opened your home to us, had us over for a Giants game, helped us to demo, helped us to rebuild, gave us Christmas Mason jars, made us wreaths, stored the things we tried to save, provided your electrical, plumbing and cabinet skills, lent us trucks and trailers, or just offered us a smile or hug after a church service....we will be forever grateful. It has been a long, frustrating, and emotional two years, but we believe we are stronger people. It has strengthened our faith and our family. So thank you God for this day, our family, our friends, our church and for seeing us through the storm. We are blessed.....And to our dear friends the Kraynicks, a very special thank you. We will never forget what you did for us.



*Tom, Debbie, Alli, and Ryan Fortier*