

# Good Tidings

The Newsletter of Brick Presbyterian Church

June 2014

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## Mile-markers Along Life's Journey: A Pastor's Thoughts

It is that time of the year when many people are celebrating the confirmation of sons and daughters – other people are celebrating high school or college graduations. These are joyous events and significant mile-markers in one's life. There is a sense of great accomplishment at having worked hard to reach a desired goal and successfully met that goal. Parents take pride in what a son or daughter has done.

When the journey towards that goal began it may have seemed very distant, and the one working to reach that goal may have wondered, "Will I ever get there? It seems so far away." But then when that day of confirmation or graduation has arrived, both students and parents may look back and think something different, "Where did the time go? It arrived so quickly." "I can't believe my son or daughter is being confirmed or is graduating." "Why it just seemed like yesterday he or she was getting on the school bus for the first day of school – just learning to play t-ball or going to dance or gymnastic classes."

Time is like that when the work before us is hard and stressful – when the goal seems beyond reach and realization time has a way of seeming like it is standing still. But, when the things we do are fun, our calendars are filled and the desired goal is reached, we may look back and say, "How fast it all slipped by us." And, so we celebrate, throw a party, and savor the moment. Doing so gives us encouragement and renews our spiritual strength and confidence to take on the next challenge that will teach us new lessons – expand our insights – and hopefully make us spiritually more mature and wiser.

Mile-markers usually aren't our final destination. Mile-markers are merely those signs along life's journey that give us a sense of how far we have traveled from the start of a trip. They are places where we pause to celebrate, reflect and even reassess what we are about. Even when something we have tried out didn't work out the way we anticipated, something constructive is learned. Thomas Edison tried a number of different things as possible elements for the incandescent light bulb which did not work. His assistant suggested that he give up. Edison's response was marvelous, reporting that he had learned what did not work. His effort was not one of failure, for he had learned something, and had not just yet found what worked. Edison did not see his efforts as failure. He saw each thing he tried as mile-marker where he learned something.

In many ways, confirmation and graduations are mile-markers of a positive sort. In each we have learned things about our world, other people, and even ourselves. These mile-markers give us some information and tools for growing and learning more things. They are the fueling station of the soul and mind to journey down life's parkway toward other mile-markers and ultimately toward our final destination in fulfilling our God given purposes in life. In writing about his own spiritual journey the Apostle Paul wrote: "*Beloved, I do not consider that I have made it... this one thing I do: forgetting what lies behind..., I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.*" (Phil 3:13-14).

Yes, savor and rejoice in reaching life's mile-makers. That is a good thing to do. Savor the moments and relationships one experiences along the way between those mile-makers. But, do not forget to press on toward the ultimate goal and destination of God's heavenly call in Christ Jesus.

## Pentecost



One of the ways we as Christians observe Pentecost Sunday is by wearing the color red, this signifies the "fiery tongue" referred to in Acts 2:3. This year Pentecost Sunday is June 8th. We ask that you mark your calendars and wear red on June 8th.

## House of Hope

Come join us for an awesome evening of praise music with the Band "MJM Praise". Doors open at 7:00 for fellowship and snacks! When? Saturday, June 21<sup>st</sup>. Don't forget to tell your friends!

Hope to see you all!



## News from your Volunteer Host Site Committee



**PRESBYTERIAN  
DISASTER ASSISTANCE**

Brick Presbyterian Church Volunteer Village will be hosting its first group of volunteers from the Brooklyn Presbyterian Church, in Michigan. The group consists of 15 men and women who have volunteered to participate in the restoration and rebuilding efforts at our Jersey Shore. They will be arriving on June 22, 2014 and will remain at our campus until Saturday June 26, 2014. The Host Site Hospitality Committee is planning and preparing a welcoming meal for the early evening of their arrival. The committee is committed to making their stay at our facility a comfortable and memorable one. By the end of their week stay we will have made friends of our Presbyterian brother and sisters from another great state. May God bless them for their unselfish acts in support of our community.

*Submitted by Frank Miterotonda*

## Last Day of Sunday School

Sunday School will be ending on Sunday, June 15, 2013 which is a Family Sunday. We will be having our annual Youth Recognition during the coffee hour in the FLC. We will be recognizing the children who have participated in various church groups and those who have achieved faithful attendance throughout the year.



## LEARN TO OVERCOME THE CHALLENGES OF CHRONIC DISEASE

If you would like to become more confident about managing your health and spend more time doing things you enjoy, consider attending the six week workshop "Take Control of Your Health." You will be motivated to achieve healthier lifestyle habits and a more positive attitude on life.



**For six weeks beginning Thursday June 5<sup>th</sup>  
from 1 pm to 3:30 pm  
at Brick Presbyterian Church  
111 Drum Point Road.**

**You will receive a book "Living a Healthy Life with Chronic Conditions",  
a meditation CD, and enjoy a healthy snack.**

*There are two ways of moving forward...  
either we can allow our illness to manage us and our lives,  
or we can learn to manage it and get our life back!*

***Take Control of Your Health  
Register NOW by contacting Louanne 732-281-8391***

### **Junior High Youth Group**

The Youth Groups would like to thank everyone who bought or made donations at our Easter Bake Sales. We were able to raise over \$250.00 towards our Christmas gifts for the underprivileged children in our community. We are off to a good start!



As Youth Group comes to a close for the summer we will be having a barbeque/bonfire on Wednesday, June 25th at 6:00pm in the church parking lot. It's going to be a great time with lots of food, games and fellowship so make sure to mark your calendar.

The Junior High will be meeting once last time before that on June 8th from 6:00-7:30pm in the Family Life Center.

We pray for a very healthy, safe and fun summer for all of you and look forward to welcoming our new 6th grade class in September.

*"Whoever becomes humble like this child is the greatest in the kingdom of heaven."  
Matthew 18:4*

## SUMMER WORSHIP HOURS

We will commence our Summer Worship Services on July 6, 2014 at 10:00 AM. The services will be held at this time through August 31, 2014. Weather permitting, there will be a service and picnic at Windward Beach on July 13, 2014 at 10:00 AM (no service at Brick Presbyterian Church, Drum Point Road). There will also be an informal service in the Family Life Center on August 10, 2014 at 10:00 AM with refreshments following the service. Child care will be available for all the services, except for July 13, 2014 and August 10, 2014.



## CHILD CARE SERVICES FOR SUMMER SERVICES



A sign-up sheet is available for those who wish to provide child care during the Worship Services during the summer months. We expect that if you wish to avail yourself of this service, that you will wish to take your turn also. 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. Young people - Jr. and Sr. High School students will be welcomed also. The only requirement is that you enjoy children. Thank you for helping!

## VBS is coming, Save The Dates:

Wednesdays July 9, 16, 23 & 30 from 6:00-8:00 pm.  
More information will be coming soon  
via Sunday School fliers and the weekly bulletin.  
Hope to see you there!



## Deacons

The Board of Deacons held their blood drive on May 14th and 13 people donated. Thank you to all who supported the drive and we will need to "talk this up" next year so perhaps we will have more people attend.

Just a reminder to everyone in the congregation to please bring in their empty coffee cans for the deacons to use when we deliver the chancel flowers every Sunday.

The Board of Deacons would like to remind everyone to continue to donate food in July and August. Your donations are greatly appreciated!!

## Fundraising News Please don't forget!

### Saturday May 31<sup>st</sup> @ Brick Presbyterian Church

On Saturday May 31<sup>st</sup> we will host over 50 vendors in our Family Life Center. Admission is free so please plan on coming out to this event. Please watch for more info as we get closer to the date. Or follow the link below: There will be free gifts to the first 25 children as well as door prizes and a free spin wheel.

<http://njvendors.com/events/counties-m-w/ocean/brick-nj-may-champ-network-craft-and-vendor-fair/>

If you're interested in setting up a table at our event please contact Melanie Menzo @ [ChampNet411@yahoo.com](mailto:ChampNet411@yahoo.com)

### “Food For Thought Cards”



Don't forget our greeting card sale going on for a short time. "Food For Thought Cards" are designed to look like a PB&J sandwich because with every purchase of these cards a donation is made to a local food bank. In this case your purchase helps our Deacons fund our food pantry. Every purchase puts 1/3<sup>rd</sup> of the sale in the Deacons fund plus an additional .18 cents! Please look for our table outside the Family Life Center and at our Craft Show!

### Stream Energy: Are You Ready For The Summer?

Thank you to everyone who has already signed up for our Stream Energy fundraiser! The good news is if you haven't already switched your electric provider, **it's not too late**. Also, we are excited to announce the addition of the natural gas opportunity. Now, whether you have already taken advantage of the savings with the electric, or you are new to the opportunity entirely, you can switch your natural gas and help the church! The summer months are well behind us but we still use electric and natural gas all year long. Regardless of your consumption Stream Energy will continue to donate **\$4.00 per month** for each **electric** customer and now an additional **\$1.50 per month** for each **natural gas** customer to our building expansion fund. Just bring us your current electric and/or gas bills and we'll do the rest, or you can log on to our account @ [brickpresbyterian.streampowerup.biz](http://brickpresbyterian.streampowerup.biz). Look for our table at the church, contact us through the church's website, or contact either Jeff Law (732-779-4499 or [Lawjeffrey@gmail.com](mailto:Lawjeffrey@gmail.com)) or Patrice Law (732-779-7242) for more information. Come join the growing list of people who are helping the church while saving money every month with Stream and **Please** don't switch your energy provider until you talk to us!



## Insect Bites & Stings: First Aid

By Mayo Clinic Staff

Signs and symptoms of an insect bite result from the injection of venom or other substances into your skin. The venom causes pain and sometimes triggers an allergic reaction. The severity of the reaction depends on your sensitivity to the insect venom or substance and whether you've been stung or bitten more than once.



Most reactions to insect bites are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappear within a day or so. A delayed reaction may cause fever, hives, painful joints and swollen glands. You might experience both the immediate and the delayed reactions from the same insect bite or sting. Only a small percentage of people develop severe reactions (anaphylaxis) to insect venom. Signs and symptoms of a severe reaction include: *Nausea; Facial swelling; Difficulty breathing; Abdominal pain; Deterioration of blood pressure and circulation (shock)*

Bites from bees, wasps, hornets, yellow jackets and fire ants are typically the most troublesome. Bites from mosquitoes, ticks, biting flies, ants, scorpions and some spiders also can cause reactions. Scorpion and ant bites can be very severe. Although rare, some insects also carry disease such as West Nile virus or Lyme disease.

**For mild reactions - Move to a safe area** to avoid more stings. **Remove the stinger**, especially if it's stuck in your skin. This will prevent the release of more venom. Wash the area with soap and water. **Apply a cold pack** or cloth filled with ice to reduce pain and swelling. **Try a pain reliever**, such as ibuprofen (Advil, Motrin, others) or acetaminophen (Tylenol, others), to ease pain from bites or stings. **Apply a topical cream** to ease pain and provide itch relief. Creams containing ingredients such as hydrocortisone, lidocaine or pramoxine may help control pain. Other creams, such as calamine lotion or those containing colloidal oatmeal or baking soda, can help soothe itchy skin. **Take an antihistamine** containing diphenhydramine (Benadryl, others) or chlorpheniramine maleate (Chlor-Trimeton, others).

Allergic reactions may include mild nausea and intestinal cramps, diarrhea, or swelling larger than 4 inches (about 10 centimeters) in diameter at the site, bigger than the size of a baseball. See your doctor promptly if you experience any of these signs and symptoms.

**For severe reactions** - Severe reactions affect more than just the site of the insect bite and may progress rapidly. Call 911 or emergency medical assistance if the following signs or symptoms occur: *Difficulty breathing; Swelling of the lips or throat; Faintness; Dizziness; Confusion; Rapid heartbeat; Hives; Nausea, cramps and vomiting*

Take these actions immediately while waiting with an affected person for medical help: - **Check for medications** that the person might be carrying to treat an allergic attack, such as an autoinjector of epinephrine (EpiPen, Twinject). Administer the drug as directed — usually by pressing the autoinjector against the person's thigh and holding it in place for several seconds. Massage the injection site for 10 seconds to enhance absorption. **Loosen tight clothing** and cover the person with a blanket. Don't give anything to drink. **Turn the person on his or her side** to prevent choking if there's vomiting or bleeding from the mouth. **Begin CPR** if there are no signs of circulation, such as breathing, coughing or movement.

If your doctor has prescribed an autoinjector of epinephrine, read the instructions before a problem develops and also have your household members read them.

## Did You Know...?



...that June 15 is Men of the Church Sunday--a day to recognize the gifts and contributions to ministry that men have made in every congregation and Council of the church, and to give thanks for the witness that they make in the home, the workplace, community, and church.

Men of the Church Sunday is the Sunday usually recognized as Father's Day. The General Assembly intentionally planned to recognize the contributions of all men and not limit the celebration only to those who have children. It is to include single men, stepfathers, men who are unable to be with their children, and all other men who do not necessarily fit in these categories. Regardless of their family situations, all men of the church are called by God to share their time, talents, spirit, and energies fulfilling their call to be disciples of Jesus Christ.