

# Good Tidings

The Newsletter of Brick Presbyterian Church

March 2014

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## Perceptions – Being Known and Knowing A Lenten Reflection by Pastor Doug

It amazes me how we look at things, people and events. Looking at a sample of blood that that has been drawn for a lab test, one might see simply a life giving red fluid. Smear some of that blood on a glass slide and view it under a microscope one might become aware of other things that would otherwise go unseen, such as white blood cells, red blood cells, cells with different shapes, etc. These cells among other components in the blood might otherwise never be seen if it weren't for the magnifying lenses of the microscope.

So it seems to me our view of one another is often conditioned by the “lenses” we perceive each other through. Those lenses may be cultural, situational, generational, social, political, or technological. I remember hearing my mother upon seeing Ed Sullivan introduce the Beatles to America 50 years ago, comment on how dreadful she thought the group was, with their long hair, and what seemed to her to be dreadful music. Needless to say, she was even less appreciative of groups like The Doors, Aerosmith and others of the time. But, then, too, I wasn't thrilled with Lawrence Welk.

Those of my generation thought the music of my parent's generation was unimaginative, boring, and out of step with our emerging youthful culture. So too the way my generation used language changed, and our “sayings” seemed like a foreign language to my parents.

One person famously said: *“When I was 18 I thought my father was the most ignorant man around. When I turned 21, I was amazed at how much he had learned in just three years.”* Every generation has its perspective on life – of the older generation –of the younger emerging generation – and of those generations in between. Each generation has its own way of viewing, perceiving and understanding information – of collecting, processing, and sharing that information. Certainly music and its evolution reflect this to some degree. So too the changes in technology have changed the world we live in and how we operate and relate to the world and one another. The Gutenberg Press changed the world of its day. Later it was the telephone, radio and the television. Now with the rest of our ever more rapid change and access to information and the rapid way technology is evolving, so too are our ways of communicating and understanding the world and each other is changing. We have gone from U.S. Postal letters to e-mails to text messages and pictures on Facebook to Twitter to Instagram, etc...

Each rising generation is looking at the world differently, conditioned in part by the technology it uses to communicate with and explore the world. Studies have shown that the use of this technology is changing how people learn and think – process information and relate to one another. This is not necessarily good or bad in and of itself. It's just different.

But, perhaps we all might do well, to be patient with one another when it seems like we are talking to someone who seems out of step with us or who seems like an alien because his or her way of viewing and understanding the world and communicating seems so “out of it.”

In these rapidly changing times before we judge one another, especially those of a different generation whose style is conditioned by a different history and use of technology, we

may do well to remember that we can still love one another and work at understanding and being patient with each other despite these seeming and often real differences in how we relate.

At the risk of dating myself, I like how one “ancient” spoke about our perceptions of being known and knowing: “For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood...” (1 Cor. 13:12b). In these fast paced times perhaps what we need is less judgment and more understanding – less discounting of one another and more appreciation of the unique gifts we each have in for use in building up God’s realm on earth.



**The Ash Wednesday Service will be held on  
March 5, 2014 at 7:00 PM.**

## **EASTER FLOWERS**

The donation envelopes for the Easter flowers will be placed in the pews on March 23rd, 30th, and April 6th. This will give us time to type up the names for inclusion in the bulletins.



## **Scholarship Applications Available Florence M. Mallinson Memorial Scholarship Fund**

Applications to apply for our church's continuing education awards are available in the Christian Education office. Any senior graduating from high school in June 2014 with plans to attend college, trade school, or any other type of continuing education are welcome and encouraged to apply. Deadline for applications will be April 30, 2014. If you have any questions or would like an application mailed to you please call 732-785-0665 or email me at [Donnaschlatter@comcast.net](mailto:Donnaschlatter@comcast.net).

## **“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:

The Hawk 105.7FM  
New Jersey 101.5 FM  
WOBM 92.7 FM  
Lite Rock 96.9 FM  
The Point 94.3 FM  
SoJo 104.9 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)



*You are invited to attend a Coffee Hour  
sponsored by the Tent City Relief Committee  
on Sunday, March 9th at 10:15 a.m.  
in the Family Life Center.*

**We hope you will join us for a time of fellowship and refreshments,  
during which an update on the status of our ministry to those living at Tent City will be  
presented.**



### **Blessing of the Pets**

*All things bright and beautiful,  
All creatures great and small,  
All things wise and wonderful,  
The Lord God made them all.*

Yes, our God made these precious animals great and small and we would like all who have pets to the Blessing of the animals on Saturday, April 5, 2014 at 10:00 am in the Memorial Garden.

Please make sure that your dog is on a leash and your cat in a carrier. Turtles, rabbits and gold fish are also welcome! We will have special treats for our little friends.

We are also asking for some items for the Jersey Shore Animal Shelter. We will have a list of items for you in the Narthex and in the bulletin.

### **2014 Standing Nominating Committee**

The Standing Nominating Committee for the year 2014 is composed of the following people:

From the Session: George Erickson (chair-person) and Judy Gavan  
From the Board of Deacons: Lynn Leonard  
From the Congregation at Large: Ashia Huelsenbeck, Jean Reilly, and Mike Slater



Please hold these people in your prayers as they seek to discern whom the Lord will have to serve in the vacancies that will be coming up on Session and Board of Deacons next year.



### **Session Committee Appointments and Assignments**

The Session has confirmed the following church committee chairperson and assignments at its meeting on February 11, 2014:

- Chairperson of Finance Committee: Jose Figueroa (committee members: Mike Kraynick, Ken Robinson)
- Chairperson of Stewardship & Mission: Robin Mower
- Chairperson of Worship: Judy Gavan
- Chairperson of Christian Education: Kindra Slater
- Co-chairpersons of Property Building & Grounds: Mark Ellis and Fred Ochs (A.C. Chuck Cumella, William Chandler, Craig Trautweiler)
- Co-chairpersons of Fellowship: Robert Blair Jr. & Craig Trautweiler
- Chairperson of Fund Raising Committee: George Erickson with Linda Kathenes
- Chairperson of Evangelism and Outreach: Lori Evans

- Chairperson of Personnel Robert Auriemma Jr.

## Well Done Good and Faithful Servants



We wish to thank the following retiring Ruling Elder for their faithful service and hard work for the Lord Jesus Christ and our congregation over their past term(s) of office, Robert Auriemma Sr. who chaired the Personnel Committee; Marylin Bailey who chaired the worship committee, and Susie Suter who chaired the Stewardship & Mission Committee

We also wish to thank the following retiring Deacons for their faithful service and hard work on behalf of the Lord for our congregation and community: Joe Gibson, Jean Reilly and George Schick. They have helped with food distribution, our Tent City ministry, visiting the homebound and more.

We rejoice and praise the Lord for the outstanding work each of these people have done and wish them God's blessings as they invest their time and energy in new avenues of serving our Savior.

## Deacons

The Board of Deacons wishes to thank our departing members, Jean Reilly and Joe Gibson, for all their hard work and commitment to the Board for these past 6 years. And although they will no longer be on the Board, we know they will continue to be strong and faithful Deacons in their service to our Lord. Their presence at our meeting will be missed.

At the same time, we would like to welcome our newest members and know they will do an excellent job as Deacons.

We wish to remind everyone to watch for news regarding our upcoming Blood Drive in May. More information will be forthcoming as arrangements are made.

Thank you to the entire congregation for all their support over this overly long and cold winter.

## Did You Know...

... that March 7th is World Day of Prayer.

World Day of Prayer began in 1887 by Christian woman as a worldwide movement to unite people in prayer. To date, 170 countries are joined in prayer on the first Friday of March every year.

The initial goal for this Day was simple – unite the world in prayer. Over the years, this day has brought awareness to other country or cultures' burdens and millions of people pray for them. Putting race, culture and traditions aside to affirm faith in Jesus Christ is one of the



many blessings that have evolved on this Day. World Day of Prayer also demonstrates the tremendous influence prayer has throughout the World.

Take a moment on March 7<sup>th</sup> and be a part of the worldwide movement to unite us all in prayer.

## **KNIT SCARVES FOR TENT CITY**

Here are some simple instructions for making one.

1. Use red heart yarn or something soft.
2. Use size 11 needles (for faster knitting) or size 8 needles (for close knitting)
3. Cast on 20 stitches and just knit. No purling. (This is the garter stitch)
4. Knit until long enough and cast off.
5. Have fun knitting!

*Thank you for doing this Mission Project!  
The Faithful Remnants*

## **An Update on New Eyes for the Needy**

The Stewardship and Mission Committee has been collecting reusable old plastic or metal framed eyeglasses, nonprescription sunglasses, hearing aids, costume jewelry and old watches (even broken!) to help support New Eyes For The Needy, Inc. First organized in 1932, New Eyes for the Needy is a New Jersey based nonprofit volunteer organization that recycles the above items and uses them to provide the gift of sight to the poor all over the United States and throughout the world.

***Thank you for supporting this worthy effort!*** We will continue to collect these items in 2014. Please drop them off in the collection box located in the Narthex. For more information, contact Patrice Law at 732-840-8412 or via e-mail at [patricelaw@gmail.com](mailto:patricelaw@gmail.com).

## **THANK YOU FOR YOUR SUPPORT!**

On February 9, 2014 the Christian Education Committee hosted The Florence M. Mallinson Memorial Scholarship Dinner. The theme was an Italian Bistro and the Family Life Center was dressed to perfection. The delicious food was catered by Mulberry Street and the desserts were graciously donated by members of the congregation. Attendance far exceeded our expectations and more tables had to be added to accommodate the crowd. We were overjoyed to see so many of our church family enjoying food and fellowship.



Katie Erickson did a great job taking photos at our photo booth. The Jr. and Sr. High youth did an outstanding job of serving dinner and cleaning up. The Christian Education Committee would like to thank everyone who contributed both in large and small ways to the success of this event. Due to the generous support of the congregation over \$1,200 was raised for the scholarship fund.

### **Youth Group**

The Youth Groups would like to thank the congregation for their Souper Bowl of Caring donations, we were able to raise \$615.00 for the Ocean County Food Bank.

We will be continuing our fight against world hunger on March 23rd at 2:00pm at the Temple Beth Or on Van Zile Road. As in the past we will be packaging 10,000 meals that will be distributed throughout the world for people in need.

We are looking to attend the "Acquire the Fire" event on April 11th - 12th at the Izod Center. For the youth that are interested, please contact your youth leader by March 9th as we need to reserve tickets and rooms in advance. For more information you can go to the Acquire the Fire website to learn more about this spectacular event.

We are looking forward to Spring as most of us are so we can bring our activities outdoors.

### **Fundraising News**

Thank you to everyone who bought coupon books for our Bon Tons fundraiser. Your contributions to this effort will help our Deacons continue the great work they're doing in our community. Please watch the bulletin as well as the website for upcoming restaurant fundraisers as well as other fundraising events for our church.

### **PENCIL IN THE DATE!**

#### **Saturday May 31<sup>st</sup> Brick Presbyterian Church first ever Vendor and Craft show!**

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.

## Stream Energy Isn't Just For 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!

## Kidney Health



Since March is National Kidney Health Month, thought that maybe the following would be of interest. As always, check with your physician!

One of the most important things you can do for your kidneys is to not spike your blood sugar. When your blood sugar goes beyond a healthy level it causes advanced glycation end products (AGE).

Glycation happens when sugar molecules floating around in the blood attach to the protein molecules on the surface of cells, causing those proteins to lose some of their function. Normally, proteins that are embedded within cell membranes and that protrude to the outer surface of the cell have numerous vital functions, such as hormone reception, communication between cells, and cell identification. However, when a surface protein becomes incapacitated by glycation, it is changed into an AGE. Instead of helping cells communicate, the affected protein becomes a problem. Once an AGE is produced, it can actually speed up a chain reaction that furthers the damage to tissues (for example by promoting the formation of free radicals, or by affecting gene expression). When there is a consistently high glucose level in the blood the kidneys must work over time in an attempt to remove it. Over a period of time AGE destroys the glomeruli (the filters of the kidneys) and they fail.

Protecting your kidneys by keeping your blood sugar in balance and taking an anti-oxidant supplement such as Grape seed extract will help them do their job.

Parsley is an excellent diuretic and as such it is used for edema and urinary stones. It is believed to increase the elimination of waste products like urea, and other acidic metabolites, and thus used for gout and arthritis. Fresh parsley juice is easy to make by taking 1 cup of chopped parsley and adding it to 2 cups of filtered water in a blender. Blend on high until the parsley breaks down and is easy to drink. Add 1 tbsp. of lemon juice for a refreshing taste. This is a wonderful way to start the day and includes healing nutrients beta-carotene, vitamins A, B2, C and E, calcium, potassium, and iron.

Nettle tea is another wonderful kidney remedy. It has been shown to increase the elimination of the waste products such as uric acid. It is a diuretic, and has been found successful in managing the symptoms of benign prostate hypertrophy, particularly in combination with saw palmetto. It is also rich in minerals and has been used as a blood tonic in traditional herbal medicine.

With both these herbal remedies, you must have functional kidneys to use these remedies due to its high mineral content. **Consult your health care provider** for more guidance!

By [\*Julie Daniluk\*](#), *Nutrition & Dietetics of Sharecare*