

Good Tidings

The Newsletter of Brick Presbyterian Church

October 2013

Pastoral Reflections in the Face of All of This



It's been almost one year since Super Storm Sandy hit our shores, and many people in our area are still struggling to recover. Even those who are just getting back into their homes are still finding there is much to do to. Many others are still struggling to rebuild their homes and their lives. The financial and emotional strain on people in our area has been difficult to describe.

The recent fire that devastated so many businesses along the boardwalk of Seaside September 12th just added to the heart ache many of us have felt here on the Jersey Shore. Some asked: "How could God let this happen and Why is God doing this to us?" Some asked; "Why is God punishing us?" But, perhaps these questions reflect our lack of understanding about God? Maybe these questions are a reflection of our hurt, frustration and anger directed at God, when we don't know where else to focus our feelings?

I am not so sure that God is necessarily punishing us through the tragic events related to Super Storm Sandy, nor the horrific fire that took place at Seaside. Bad things happen to good people. The story of Job is testimony of that. Scripture reminds us in words attributed to Jesus that the rain falls on both the just and the unjust alike (Matthew 5:45).

So in the face of all that has happened here, where is God? I see God present in the people who were out rescuing those stranded by the flood waters a year ago. God was present in the people who sent us relief supplies, in the volunteers that emerged to help with the cleanup and initial rebuilding efforts – people who put their own lives on hold to do good things for those whom they had not known before. I saw God present in the first responders (the fire fighters, EMTs and police) who fought the blaze at Seaside.

I see the hand of God at work as the dunes are being rebuilt and reinforced to protect us from future storm assaults. It is God's spirit that sustains us and gives us strength when we feel we have no strength left to carry on. It is God who is at our side as we weep over our losses. It is God's spirit that is taking and uniting us in a common concern for one another as we seek to rebuild.

Life as we knew it and the life we now know are so very different. The Jersey Shore we long to restore may not be the same, but hopefully it will be better in some ways. Perhaps we who love the sandy beaches, the ocean and the bay, will have grown from this; grown to realize that our strength comes from One greater than ourselves; grown to realize how dependent and interdependent we are upon our faith and each other. And maybe we will cherish our faith, one another, and the life we have at the shore all the more.

2013 Influenza & Pneumonia Vaccination Program



The Health Ministry team is coordinating a Flu Clinic at our church with the Ocean County Health Department. It will be held on Sunday, October 6, 2013 in our Christian Family Life Center from 10 AM to 12:30 PM. We would like you to invite your friends & neighbors to come to this event to be prepared for the upcoming flu season. Questions can be directed to the team through the church office. We hope to see you on October 6th to prepare you & your family for the upcoming flu season!

HALLOWEEN PARTY

Friday Oct. 18th 6:30-9:30

Tickets will be \$5.00
and will be on sale in the Narthex starting Oct. 6th.

House of Hope Café

On October 19 at 7:00pm, the MJM Praise Band is returning to the House of Hope Cafe' for a night of Song, Worship, Praise and Fellowship. No Charge for admission, fun and refreshments for all. Come out and join us!



For Your Information...



Dorothy and the Scarecrow will be making their appearance on Sunday, October 13th at both services. Mark your calendars so you don't miss the return of these characters.

Senior High Youth Group

Ashia Huelsenbeck and Vic Erickson are running the Senior High Youth Group this year. We're excited to get together and hang out with everyone. Please feel free to contact Ashia at 732-604-7244 or Vic at 908-839-9754 with any questions! God Bless!



Super Storm Sandy Memorial Service
Sunday, Oct 27, 2013
3:00 p.m.

There will be a Memorial Service held on Sunday, October 27th in the sanctuary of Brick Presbyterian Church for all who would like to come together seeking God's ongoing healing, strength and guidance in the aftermath of what befell our region just one year ago. The intention of this service is allow us to mourn what was taken from us and / or destroyed by the storm. We will seek strength to affirm our need for the Lord, the signs of grace we experienced in the midst of the devastation and our hope for the future. By coming together in this service, we will affirm our need and the importance of community. Our service will feature appropriate hymns, prayers, scripture readings, and the lighting of memorial candles by those in attendance. Pastor Doug will remain after the service for any who would wish to speak with him individually or make an appointment to speak at another time.

BonTon Community Days



Once again we're participating in **BonTon's Community Days November 15th and 16th**. As in our last BonTon fundraiser we're selling coupon books with over **\$400.00** worth of coupons for a **\$5.00** donation. **The first coupon in the book is for \$10.00 on a \$10.00 or more purchase!** This book is loaded with deals for everyone including a 30% off early bird pass as well as a 20% off savings pass. Please help us reach our goal of selling 75 books or more - this will put us in for an even larger donation from BonTon's. This is a great deal for all your friends and co-workers. You can help them and help our Deacons as well. Please see our table in the church entrance or check the website for online coupon book purchases.

Did You Know...?

...the Presbyterian Investment and Loan Program provides low-cost mortgages to congregations, governing bodies, and related entities for capital projects such as expansions, renovations, and site purchases. Funds for these loans come from Presbyterian investors (members, pastors, churches, and governing bodies) who purchase interest-bearing notes from the program. Investments may range from term notes that mature within six months to five years and a Mission Market Fund that allows more flexibility in withdrawals and deposits. The minimum investment is \$500.00.



Stream Energy Adds Natural Gas

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! 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**. Look for our table at the church, contact us through the church's website, or contact either Jeff Law (732-779-4499 or Lawjeffreyl@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!



Deacons

We live in the world's wealthiest nation yet 14.5 percent of U.S. households—nearly 49 million Americans, including 15.9 million children—struggle to put food on the table. Our congregation has been sensitive to the need in our area as we have maintained our food pantry. Your donations to the food pantry are distributed to those facing an emergent crisis. In addition, food baskets are prepared by our Board of Deacons at the Thanksgiving, Christmas and Easter holidays and distributed to those in need in our congregation and the community at large.



Thousands of churches across the country will take action this fall to end hunger in the United States and October 20, 2013 has been designated as Bread for the World Sunday. We invite you to make a donation of groceries or finances to our own food pantry in recognition of this special event and as we celebrate our calling as Jesus' disciples to work for justice for hungry people.

Dinner to Support the Scholarship Fund

The Christian Education Sponsored Dinner that supports the Scholarship Fund (traditionally thought of as the Harvest Dinner) will take place in the Winter. Details to be announced as we get closer to the event.

Top 10 Benefits of Walking



What's not to love about the single best thing you can do for your health? The simple act of putting one foot in front of the other makes you healthier, gives you more energy, and makes you younger. Plus, doing it lets you talk with friends, think through problems, and see what's new in the neighborhood. And if you happen to have some new walking gear, walking lets you show it off.

That's just the beginning. Check out a few other great things walking does for you:

- 1. Fends off the #1 killer:** Regular walkers have fewer heart attacks and strokes, have lower blood pressure, and have higher levels of healthy HDL cholesterol than couch sitters do. In one study of women, a regular walking program did just as much in the heart-protection department as more vigorous exercise did.
- 2. Changes your RealAge -- pronto:** As little as 90 days after starting a regular walking program, its age-reducing effects can be measured.
- 3. Dims your chances of diabetes:** Thirty minutes of walking a day makes your muscles more sensitive to insulin. That allows glucose to do its duty inside your cells rather than pile up in your bloodstream (that's what happens when you have diabetes) and cause other havoc.
- 4. Helps you kick the habit:** Taking a daily 30-minute walk is one of the keys to the success. Even just a 5-minute walk cuts down on cigarette cravings -- it engages your brain's emotion centers, unleashing mood-enhancing hormones that decrease cravings and take your mind off that cigarette. And establishing a walking habit proves to you that you have the discipline to stick with your stop-smoking plan.
- 5. Slims you down:** Burn more calories than you eat, and -- voila! You're wearing one-size-smaller clothes. Plus, walking can help [squelch chocolate cravings](#) and nix the stress and anxiety that often lead to overeating.
- 6. Keeps you sharp:** Physical activity nourishes brain tissue and stimulates its production of neurons, synapses, and blood vessels. Some studies have found that walking can counter faltering memories in people over age 50.
- 7. Reduces stress:** Anyone who has come back from a walk in a different frame of mind than they went out with can attest to this. Studies back up that walking benefits your mood -- and may even ward off depression and anxiety.
- 8. Revs up your energy:** Not only can a walk perk you up when you need it, but also it helps improve the quality of your sleep, so you're more energetic all day long.
- 9. Boosts your immune system:** Walking regularly can lower your risk of arthritis, macular degeneration, and even cancer by an astonishing 50% compared with people who don't exercise.
- 10. Keeps you going:** Walking has the highest compliance rate of any exercise. [Make your routine bulletproof: Get a buddy.](#)

From RealAge by Drs Oz & Roisen