

# This week's news...



January 6, 2022

Dear Friend,

## Burnout

An [article](#) in the New York Times last Tuesday caught my attention. It's entitled, "[How Men Burn Out.](#)"

When I say, "caught my attention" it wasn't necessarily in a good way! I've been a curmudgeon when it comes to people complaining about "burnout" and often take the "just do the job" and get on with it approach. That is, until I experienced some of what the article discusses.



Here's how "burnout" is defined: **Burnout is a prolonged response to chronic emotional and interpersonal stressors on the job, and is defined by the three dimensions of exhaustion, cynicism, and inefficacy.**

A couple of months ago, I asked a ministry cohort of which I'm a member, "How do you know when it's time to go?" The question was meant to be broad -- not just church or job -- but all aspects of life and relationships. One member offered this: "When it gets harder and harder to muster up my best self." I think that gets at the three-fold dimensions of burnout.

The antidote? Surprisingly, changing jobs or relationships isn't often, if ever, the answer. Changing the way we approach those things is. For that, I return to something I mentioned on Sunday:

*During nearly 20 years writing about health, I've had the opportunity to speak with hundreds of top medical experts about how to live well. What I've learned from all of them can be summed up in four simple words.*

### **Move. Nourish. Refresh. Connect.**

*The science is clear. If you **move** your body a little each day, you will be far better off than if you are sedentary. If you **nourish** your body with real food (the kind that doesn't come in packages loaded with sugar or via a drive-through window) you will be healthier than if you eat junk food. If you allow your mind to take a break and **refresh** from time to time, you will feel better. And if you regularly **connect** with loved ones and friends, old and new, you will be both happier and healthier.*

The pandemic is a giant, global stressor that is affecting nearly every inhabitant of the planet and given the record number of people who are leaving their jobs, it is taking its toll.

Perhaps now, more than ever, take time for the four simple words about how to live well -- and stave off burnout a while longer!

Be well, stay safe, and God bless,



## LOOKING FOR SOMEONE IN THE CHURCH OFFICE?

Please call before venturing out. Staff are working remotely as much as possible during January. In-person meetings are discouraged. If you need to get into the building, talk to a staff member to make arrangements. If your group or committee would like a Zoom meeting scheduled, leave a phone message for Kris Bean or Anne Vial. Also FYI, the Preschool has delayed its winter start date to January 18.

---

## STUDY OPPORTUNITIES FOR THE NEW YEAR

**THE PORCH BIBLE STUDY** will meet on Zoom at 7 p.m., on Tuesday, January 18th. Our class on the 18th is called, "Living in the Light." If you would like to attend, please contact the church office for the Zoom invitation. The Porch group studies the Bible and how it relates to our daily life and decisions. We end with prayer joys and concerns.

**SIMPLICITY** – Beginning January 19, you are invited to begin studying Richard Rohr's *Simplicity: The Freedom of Letting Go*. We will meet every Wednesday at 6:30 via Zoom and cover one chapter a week. Here is the link: <https://us02web.zoom.us/j/6467052376>. Participants are responsible for the book purchase. Books may be purchased on Amazon for approximately \$15, or Lesley Kirsch can order books from Ida's Bookstore in Collingswood to support a new black-owned business (also available online through <https://www.oursisterbookshops.com/>.) Contact Lesley at [lesley@lesleykirsch.com](mailto:lesley@lesleykirsch.com).

**DOUG'S TUESDAY MORNING BIBLE STUDY** (8 a.m. via Zoom) is ongoing—and you can join at any time. The text for the coming week is John 2:1-11.

**PASTOR NIKKI'S BIBLE STUDY** is pausing for a short time. See the announcement above about the book study on Richard Rohr's *Simplicity*.

---

## BE THE FRIENDLY FACE OF THE CHURCH – USHER TRAINING

Ushers are doorkeepers in the house of the Lord and play a significant role in providing first impressions! Do you generate a spirit of welcome and hospitality? If so, the ministry of ushering is calling to you! The Deacons are opening the work of ushering up to the congregation. Interested? Ushering training will be provided via Zoom on two separate occasions to accommodate varying schedules: **on Thursday, January 20, at 6:30, and Thursday, January 27, at 6:30. You only need to attend once!** Same link for each evening: <https://us02web.zoom.us/j/84926396230>. Training will be based on the small manual *The Work of the Usher*, which is available in the church office. You are encouraged to pick it up (at no cost)! Questions? Contact Pastor Nikki.

---

## CHRISTMAS JOYS

**A HAPPY CHRISTMAS FOR 29 FAMILIES** – Thank you for donating toys, gifts, mittens, gloves, coats, and more this Christmas. Ed Hess, our own Santa's helper, reports that 29 families were served. Children received toys, teens and families received gift cards, and more folks received your generous gifts of mittens and coats.

**AND THANK YOU** to those who donated poinsettia for the Sanctuary during the Christmas season, in memory of or in honor of loved ones. Even with COVID restrictions, we were able to beautify our sanctuary during the Christmas season due to your dedication. A special thank you to the people who placed, watered and delivered plants. They include Robin and Bill Wright, Janet and Bob Lehman, Isabel and Warren Pross and Judy Blank. Also, thank you to Isabel Pross for coordinating and Kris Bean for handling the money end of things.

## CONGREGATIONAL PRAYER LIST

Please keep members and friends of the congregation in your prayers. The weekly Prayer List is available in Sunday's bulletin or online [here](#) If you would like to add a personal prayer request, please contact one of the pastors or Anne Vial. Please obtain the permission of the person needing prayer. *The [Prayer Request portal](#) on the website is available for private requests sent directly to the pastors.*

---

### Youth News

**MLK Day Youth Dialogue - Participants Requested!** The Haddonfield Council of Churches has an opportunity for 3 of our youth to participate in a round table discussion taking place at the First Baptist Church in Haddonfield on January 16th at 5pm. These volunteers will participate with a panel of young people ages 14-21 in a round table discussion addressing questions and speaking to issues of social justice. The Theme for the day is "It Starts with Me," and the topics include:

- \* The Homeless
- \* The Aged
- \* Racial Injustice
- \* The Hungry
- \* LGBTQ+ Community
- \* Sexism
- \* Politics

We'd love to have the youth voices of our church heard! Please reach out to Pastor Nikki if you are interested in participating by [Friday, January 7, 2022](#).

**MISSION TRIP 2022 – Spots still available** for the 2022 mission trip for both students and chaperones! We're partnering with Appalachia Service Project and headed to Kentucky for the 2022 Youth Mission Trip! Trip dates are Saturday June 25th to Saturday July 2nd. Any eligible students (rising 9th graders through recently graduated seniors) and potential chaperones, please turn in your completed applications NOW plus \$225 deposit to the church office Attn: Gabrielle Heimerling If you have any questions or concerns, or need a student or chaperon application, please reach out to Gabrielle Heimerling at [gheimerling@haddonfieldpres.org](mailto:gheimerling@haddonfieldpres.org). To learn more about ASP, please visit their website: <https://asphome.org>.

**For the month of January the following Children and Youth Programs will be going virtual:**

- **Nursery:** The nursery will be closed through the month of January. We are looking forward to hanging out with your babies and toddlers in February!
- **Sunday School:** Please be on the lookout for virtual Sunday School lessons emailed each week. To make sure you are on the distribution list please reach out to Gabrielle Heimerling at [gheimerling@haddonfieldpres.org](mailto:gheimerling@haddonfieldpres.org).
- **Youth Group** is meeting [virtually](#) this week from 5pm - 6pm. Thinking a Jackbox game rematch is in order! Quiplash, anyone? Zoom information will be sent out. Want to join us? Reach out to Gabrielle Heimerling at [gheimerling@haddonfieldpres.org](mailto:gheimerling@haddonfieldpres.org).



**PICKLE BALL, ANYONE?** Steve and Karen Dante will be offering a basic introduction to the very fun game of pickleball to church members and friends. They will run sessions on Fridays from 5:30 - 6:30pm in Fellowship Hall on the following dates: 2/4, 2/18, 2/25, 3/11, 3/18, 3/25, 4/1, 4/8, 4/22 and 4/29. Cost is \$25 for 4 evenings (they don't need to be on consecutive Fridays), scheduled and paid for in advance, and there is room for up to 8 people per evening. Karen and Steve will provide all equipment, although entry level racquets are not expensive, and you are encouraged to bring your own. Contact Karen with any questions or to sign up: [kfdante@verizon.net](mailto:kfdante@verizon.net).

## GIVING ENVELOPES FOR 2022

Thanks to all who pledged for the coming year! If you requested giving envelopes, please pick them up in the copy room behind the office (where the accessible bathroom is). Find the box with your name on it. (As with last year, we are saving money by not having giving numbers printed on envelopes.) If you would like envelopes but didn't say so on your pledge, you may take one of the unlabeled boxes. Cash donors take note: when using giving envelopes make sure to include a name or giving number so your offering can be credited to your account.

---

### ST. WILFRID'S OPEN DOOR CLINIC

Christmas Day and New Year's Day we were not open, but Ian and Rose Guthrie bagged the Panera bread donations on each of the Fridays and on Christmas gave out 43 bags of breads and on New Year's gave out 31 bags of bread. Oh the smiles their caring brought!

- **Saturday, January 8th will begin the 2022 weekly Open Door Clinic/Food Bank on Saturdays.**

**More volunteers** are needed on **Saturday mornings** to set up at 8:30 a.m. Distributions of food and winter coats, etc. begins about 9:15. **More volunteers** are needed to pick up food and dry goods at the Foodbank of South Jersey on **Fridays**. If you can help on Saturday mornings distributing food and coats and jackets...OR... If you can help pick up food on Fridays (usually about 8:00 a.m. at the Foodbank and 8:30 at St Wilfrid's to unload and store), come join the team. Contact Paul Urian at [umanpaul@me.com](mailto:umanpaul@me.com)

#### NEEDS:

- **Coats:** It's cold and landlords keep heat at 55 degrees, so coats are often worn indoors. All sizes from 24 months to XXX large. Sweatshirts and pants for extra layers are also welcome. Items may be dropped off weekdays on Corey Crumley's porch (40 Warwick Road, Haddonfield) or Sundays in the alcove behind the parlor at FPCH.
- **Food Needs:** Tuna, canned fruit, bars of soap, diapers (sizes 5 and 6), wipes, and more wipes. We always need plastic grocery bags from Shoprite or Wegman's, paper grocery bags to line the plastic bags, and newspaper bags to hold hygiene items. If you see toiletries (bars of soap, toothpaste, shampoo, deodorant, hygiene pads or adult diapers size large) on sale, we give these items as needed to our clients. Items may be dropped off weekdays on the steps of Grace Episcopal Church (PATCO side) or on Sundays in the alcove between the Parlor and the Sanctuary or after church at the door to the office on the Masonic Temple side of FPCH
- **Other Needs:** 300 PB&J sandwiches are given out each week. We are looking for peanut butter and jelly sandwich makers –  
Scouts? Students? Seniors? Families? Sunday School Classes? Anyone needing service hours? If you are interested in making peanut butter and jelly sandwiches, please select a donation week by signing up on this signup form: <https://www.signupgenius.com/go/70a0845aba72caa8-pbjs1>. Wendy, who coordinates the peanut butter and jelly traffic can be reached at her email: [wendy.coffman@gmail.com](mailto:wendy.coffman@gmail.com) .

**If you have any questions**, check the website, [www.opendoorcliniccamden.org](http://www.opendoorcliniccamden.org) or call Jill Mascena at 756-428-7342 and leave a message. She'll get back to you!

---

**YOUTH NEWSLETTER**, newest edition, is available [here](#) and on the church website.



## WEEKLY CALENDAR

- Jan. 6 – EPIPHANY  
– 6:30 p.m. Moore Bells  
– NO Chancel Choir
- Jan. 7 – Let Nikki know about youth MLK event
- Jan. 9 – 10 a.m. Worship  
– 5 p.m. Youth Group – virtual
- Jan. 10 – 7:15 Circle 4 Zoom
- Jan. 11 – 8 a.m. Doug's Bible Study  
– 7 p.m. Christian Ed meeting
- Jan. 12 – No Singing Youth or Children's Choir Rehearsals (No spaghetti meal)  
– 4:45 p.m. Alleluia Bells  
– 5:30 p.m. Whitechapel Bells  
– 7:30 p.m. Kirk Ringers
- Jan. 13 – 4 p.m. Communications Committee  
– 6:30 Moore Bells  
– NO Chancel Choir
- Jan. 16 – 10 a.m. Worship  
– No Youth Group
- Jan. 17 – Martin Luther King, Jr. Day – Office closed  
– 7 p.m. Session Meeting - virtual
- Jan. 18 – First day back for Preschool  
– *Glad Tidings* Deadline  
– 8 a.m. Doug's Bible Study  
– 10:30 Staff Meeting – virtual
- Jan. 19 – No Singing Youth or Children's Choir Rehearsals (No spaghetti meal)  
– 4:45 p.m. Alleluia Bells  
– 5:30 p.m. Whitechapel Bells  
– *Simplicity* book discussion begins  
– 7:30 p.m. Kirk Ringers
- Jan. 20 – 6:30 Moore Bells  
– 6:30 1st Usher Training opportunity  
– No Chancel Choir
- Jan. 21 – Deadline to send Annual Report reports to Anne Vial

## Wonderful Music on Christmas Eve



Top: Robyn Bollinger, left Rob Joubert and Kelly Leibensperger, right Tanya McKenzie and Corrine Brandt. Not pictured but essential are Peter Leibensperger and Lucas Brown