

This week's news...



March 31, 2022

Dear Friend,

The Physical Therapy Metaphor

For many ailments, physical therapy shows some of the best results and often works better than pills or surgery. Here's why:

*it's self-produced. Even though we work with a professional, it's done BY us, not TO us.
it's gradual. No one gets better after one session.
it puts our own resources to work to create the change we seek.*

it's simple. There's no magic involved, just directed, persistent effort based on science and testing.

it takes effort. If you want something easy, you're in the wrong place.



I read this today in Seth Godin's [blog](#) and since I'm always thinking about the church, I quickly saw parallels to our lives at First Presbyterian! Think of how our faith grows or strengthens or is repaired: the same steps and applications as physical therapy!

It's self-produced — no one can do our faith-work for us.

It's gradual — and often with set-backs or slow going.

It puts our own resources — prayer, study, community — to work to create the change.

It's simple — wow is THIS ever true! I find folks want to make things harder, more complicated than need be.

It takes effort — oh yes — it takes effort and persistence.

Lastly, something Seth didn't mention — it often hurts! I don't know many folks who at one time or another, didn't compare PT to some medieval torture chamber! It should hurt. Two non-negotiables of growth? Change and pain. You know how sometimes your head hurts when trying to understand something new, or incorporate a new learning into your curated system of knowledge, or solving Wordle or Nerdle? Growth.

If you think you have all the answers — guess what — you're not that smart and are probably stagnant. Harsh, I know, but true.

The next time you hear, read, or see something that makes your head hurt — be grateful — it's a sign that you haven't stopped growing!

A quote often (mis)attributed to Michelangelo is: "I am still learning." He reportedly said that toward the end of his life — a time when learning is often most difficult — yet he knew the wisdom of curiosity and exploration at any age.

May we do so as well!

Miscellany

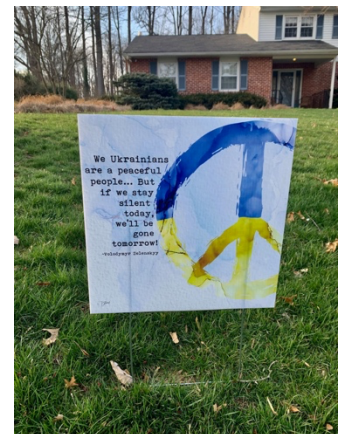
1. My car lives outside — in DE or in NJ — and so I'm often on the lookout for a good detailer who can apply a coat of wax and keep the finish looking good. Lo and behold — I had to look no further than FPCH! **Brian Wilhelm**, whose family is well-entrenched in the congregation (including on the staff!), is an expert detailer and did an amazing job on my car last week. His prices are very reasonable and it took him about 3 hours to do my car. Great to get all of the winter salt and yuk off of it — inside and out! Here's his number:



WILL'S AUTO DETAILING
Car, Truck, Boat, & Motorcycle Detailing
CALL/TEXT #856-739-4099
TO SCHEDULE AN APPOINTMENT.

- 20 years experience
- Competitive Pricing
- refer a friend for %15 off

2. The **Ukraine signs** produced by the Dark Family have migrated out of NJ and have been spotted in a Newark, DE front yard! Margot let us know that they've **increased their initial donated run from 50 to 500** — which translates to a **\$10,000** donation to **Feed My Starving Children and Presbyterian Disaster Assistance**. The Darks and artist Diana Stimson are absorbing all costs for materials, labor, and design royalties which means that every dollar donated (\$20 per sign is suggested) goes directly to help the people and children of Ukraine. They'll be for sale on Sundays — and payment can be cash, check, or Venmo!



I hope this finds you well —

Doug

CHILD ABUSE PREVENTION MONTH – Pinwheels for Prevention



April is the national observation of Child Abuse Prevention Month. During this time, Presbyterian Women and the children of the church “plant” a Pinwheel Garden to call attention to the efforts of Prevent Child Abuse-NJ to create safe environments for all children. The pinwheel was chosen as a national symbol of prevention because it is whimsical and evokes childlike notions – so it is a good emblem of the “Great Childhoods” they desire for all children.

Founded in 1979 Prevent Child Abuse-New Jersey (PCA-NJ) promotes Great Childhoods, positive parenting, and healthy child development. Annually, PCA-NJ’s programs and services reach more than 50,000 children and families statewide and is the New Jersey Chapter of Prevent Child Abuse America, a network of chapters in all 50 states.



STEPHEN MINISTRY NEWS

Our Stephen Ministry page is now live on the Haddonfield Presbyterian website! Would you like to experience the presence of God’s love and healing through Stephen Ministry, and get to know our Stephen Leaders? Visit our Stephen Ministry page at <http://www.haddonfieldpres.org/stephenministry>

EASTER FLOWERS ARE GOING FAST! HURRY AND ORDER!



The amount we ordered is about half gone. When they are gone, they are gone, and we cannot get any more. Order forms are available in the Sanctuary, the church office, and online [here](#) or on the website, www.haddonfieldpres.org.

ONE GREAT HOUR OF SHARING

Please help support One Great Hour of Sharing, a special offering for PC(USA). Each gift to One Great Hour of Sharing helps improve the lives of the suffering and the vulnerable through three life-saving programs – Presbyterian Disaster Assistance; Presbyterian Hunger Program; and Self-Development of People. One Great Hour of Sharing offering envelopes will be in the pews during the month of April.

Vacation Bible School (VBS) for 2022

VBS 2022: DISCOVERY ON ADVENTURE

ISLAND - Registration opens 4/1/22. Camp dates are July 25-July 29 from 9 a.m.-12 p.m. We are looking forward to another great week of VBS this summer! This year explorers participate on an exciting quest to find five mysterious Infinity

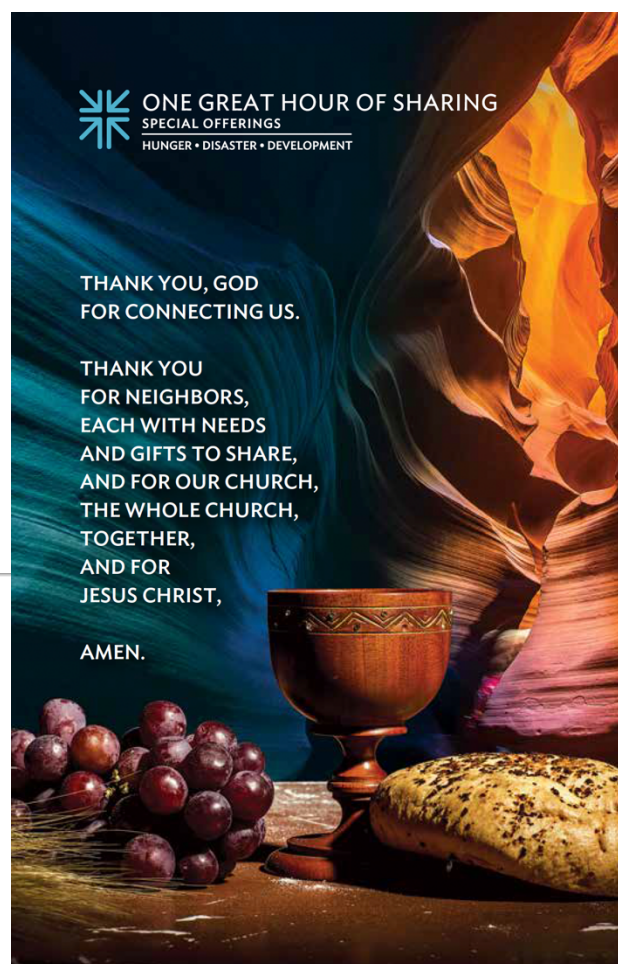
Lanterns to help light their way. Using map coordinates from the Reference Book (the Bible), children discover clues to finding each Lantern while learning how God's light shines in the lives of familiar biblical characters in Old and New Testament stories. VBS is open to kids 4 (fully potty trained) - 5th grade. Cost is \$35 per Explorer. Use the following link for registration: <https://fpchadventureisland22.mycokesburyvbs.com/>



VBS 2022 VOLUNTEERS NEEDED: We Need You! We are recruiting for Station Leaders (adults) and Shepherds (kids) for VBS 2022 taking place July 25-July 29 from 9 a.m.-12 p.m. Please contact Gabrielle Heimerling at gheimerling@haddonfieldpres.org if you would like to help out with what is sure to be an amazing week of camp.

PC(USA) AID FOR UKRAINE

The Presbyterian Church (USA) continues to seek donations for aid to Ukraine and all of its international relief efforts. Read about **PC(USA)** disaster assistance and find its donation portal here <https://pma.pcusa.org/donate/make-a-gift/gift-info/DR000156/?appeal=PDA&package=UK22-PNS>.



YARD SIGNS FOR UKRAINE RELIEF

Proceeds to Feed My Starving Children



Ukraine Fundraiser

Unique Yard signs
suggested donation **\$20**

Materials and Signs donated by the Dark Family.
Artist, Diana Stimson of Adlines is giving 100% of her royalties to Ukraine Relief

Show your support for the Ukraine Yard Sign Sale
March 27th – April 3rd
Signs available in the Church or Preschool Office
Cash, Check, or Venmo (@Presby-Preschool)

All proceeds go to:
Feed My Starving Children
Daily attacks are devastating in-country food security
FMSC successfully ensures safe passage of food shipments to the Ukraine

Questions? Email: preschool@haddonfieldpres.org



[DONATE](#) | [VOLUNTEER](#) | [SHOP](#)



The crisis in Ukraine is triggering a possible **"hurricane of hunger and meltdown of the global food system"** according to the UN Secretary-General. Ukraine and Russia produce one-third of the global wheat supply, much of it going to the world's least-developed countries.

FMSC is responding to need both in Ukraine and around the world. We have committed to ship 4.5 million meals (so far) to Ukraine and Eastern Europe while still providing the meals promised to partners around the globe. But to meet these commitments, **we need your help.**

[Fund meals now »](#)

<https://www.youtube.com/watch?v=Y7N7u6RVbMU>



LAST CALL - ANNUAL SHOEBOX COLLECTION

IHOC (Interfaith Homeless Outreach Council) is collecting personal care items for men, women and children in shelters and for those in need. First Presbyterian is a drop-off point. Fill a shoebox with personal care items as listed below and return to the church by Friday, April 1, 2022. Care items may be placed in shoe boxes or plastic gallon storage bags, which should then be labeled "Man," "Woman," or "Child." Suggestions and items requested by the shelters: Soap / Washcloth, Deodorant / Razors, Shampoo, Socks, Feminine Products, Comb / Brush, Toothbrush / Toothpaste.

ONLINE CHURCH PHOTO DIRECTORY

Attention all members! Did you know we have an online directory in Realm? Did you know you can upload your photo to the directory? The Communications Committee is looking to make the directory as up-to-date as possible in preparation for a new pastor – as well as for new members and forgetful folks. Three requests:

- 1. Picture takers wanted:** If you have a good camera in your smart device and can take pictures after worship on Palm Sunday and/or Easter Sunday, please email Margot Dark margotdark@msn.com.
 - 2. Get your picture taken:** If you haven't yet uploaded a picture to your Realm profile, get your picture taken *and uploaded for you* on either Palm Sunday or Easter after worship. (You can be in touch with Margot or the church office if those days don't work for you. Haven't signed up for your Realm account? We can help with that, too.)
 - 3. Make contact info available:** For all accounts: please adjust your profile to allow contact information to be seen by other church members. (Click on your name and then "Manage Privacy.")
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DOUG'S STUDY OF ACTS

A 14-week Bible Study on Acts *Into the World: The Acts of the Apostles*, **Mondays at 11:00 a.m. via Zoom** – remaining meetings are March 28; April 4, 11, 25; May 2, 9, 16, and 23. Contact Doug for the book.

SIMPLICITY BOOK STUDY

Pastor Nikki's study of Richard Rohr's book *Simplicity: The Freedom of Letting Go* wraps up this week, April 6: Ch. 9-*Less is More – Paths to a Spirituality of the Simple Life*.

DOUG'S TUESDAY MORNING BIBLE STUDY (8 a.m. [via Zoom](#)) is ongoing—and you can join at any time. The texts for the coming week are Luke 19:28-40 and Luke 23:39-43.

YOUTH PROGRAMS THIS WEEK:

Youth Group is meeting IN PERSON tonight from 5-6 p.m. If the weather does not cooperate (it may rain, blah) then we will do GROG. Or maybe we don't care about the weather and will just do Grog no matter what. Please come join us! Grog is better when there are more of you to wreak havoc. See you tonight!

CULMINATION OF COMMUNION CLASS 2022 – 3rd-, 4th-, and 5th-grade Sunday Schoolers have spent the last four weeks learning about the Lord’s Supper – its significance, traditions, and practices. Their study culminates this week in their joining the congregation for communion. The Presbyterian Church recognizes no age barrier to the Lord’s table and thus no formal first communion. This class, though, honors the significance of the sacrament to the community of faith worldwide and passes along the particular beliefs of churches in the Reformed tradition. The communicants this year are Nicholas Adkins, Reagan Goudy, Matty Hall, Ariella Liggera, Pierce Meyer, Ellie Murphy, and Kevin Tourtellotte. For more detail about the Sacrament of Communion and the Presbyterian Church, please follow the following link, [The Lord’s Supper](#), from the “What Do We Believe” page on the church website.

SUNDAY SCHOOL on April 3 – There is no Sunday school for grades 3-8 so they can be present in the communion service. There will be Sunday School for PreK/K and 1st/2nd grades.

Save the date: Our 2nd Annual **Easter Egg Hunt** will be Saturday, April 9 at 11 a.m. (rain date Sunday April 10, immediately after the service). This hunt is BYOB (bring your own basket). **VOLUNTEERS NEEDED** to help with set up for the hunt on Saturday morning, so please reach out to Gabrielle Heimerling gheimerling@haddonfieldpres.org if you are interested. This is a great and easy way to log some community service hours and have some fun. Thank you!

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.*

ST. WILFRID’S OPEN DOOR CLINIC

10,000 BAGS!



This week marks the 102nd week that the Open-Door Clinic at St Wilfrid’s has distributed food during the pandemic. **THE 10,000TH BAG WAS DISTRIBUTED SINCE THE BEGINNING OF THE PANDEMIC!** Thank you for your caring and generosity!

Foodbank: Please contact Paul Urian at umanpaul@me.com if you can help transport food from the Foodbank to St Wilfrid’s.

Palm Sunday and Easter Weekends: Palm Sunday and Easter weekends this year coincide with many Spring Breaks and family gatherings. We know that many of our regular volunteers may be away. If you ever thought about helping out, either at the Foodbank pick-up or at St. Wilfrid’s, we will need your extra help over these weekends. See or text Norman Valentine (856) 979-8736. Or just show up!

Needs: regular size tomato sauce (in plastic jars please) and canned tuna. Diapers-sizes 2, 5 & 6 only, AND WIPES! Plastic grocery bags from Shoprite or Wegman's, paper bags to line the plastic bags, and newspaper bags. Please drop donations at Corey Crumley's house: 40 Warwick Rd, or in the bin on the steps behind Grace Church, or at the 1st Pres drop-off on Sundays between 9:00 am and 11:00. For any large items needing transport to St. Wilfrid's, email Paul (umanpaul@me.com) to make arrangements.

PB & J: 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, peanut butter and jelly coordinator, can be reached at her email: wendy.coffman@gmail.com

For more information, check out the website www.opendoorcliniccamden.org or call Jill Mascena at 856-428-7342, leave a message and she will get back to you.

CHOIR NEWS

Cherub Choir joined Chapel Choir to rehearse their combined Palm Sunday anthem. What fun!



First Presbyterian Church – Holy Week Schedule



Easter Egg hunt – April 9 @ 11 a.m. on the playground
Bring Your Own Basket (Rain date: 4/10 after worship)

Palm Sunday Worship – April 10 @ 10 a.m.
In person and live streamed

Maundy Thursday Worship and Communion – April 14 @ 7:30 p.m.
In person and live streamed

Good Friday Ecumenical Worship – April 15 @ 12- 3 p.m.
Haddonfield United Methodist Church, 29 Warwick Rd. Haddonfield

Easter Worship – April 17 @ 10 a.m. In person and live streamed

For streaming: www.haddonfieldpres.org/watchlive

WEEKLY CALENDAR

- Mar. 31 – 6:30 p.m. Moore Bells
– 7:30 p.m. Chancel Choir
- Apr. 2 – 4-7 p.m. Lions Pasta Bowl in Fellowship Hall
- Apr. 3 – 10 a.m. Sunday Worship – Communion w/ 3rd- and 4th-grade Communion Class
– 5 p.m. Youth Group
- Apr. 4 – 9:45 a.m. Quilters
– 11 a.m. Doug’s study of Acts
- Apr. 3 – 9:45 a.m. PW Coordinating Team
- Apr. 5 – 8 a.m. Doug’s Bible Study
- Apr. 6 – 3:45 p.m. Cherub and Chapel Choirs
– 4:30 p.m. Carol Choir
– 4:45 p.m. Alleluia Bells
– 5:30 p.m. Whitechapel Bells
– 6:00 p.m. Spaghetti dinner
– 6:30 p.m. Thomas Sherrerd Choir
– 6:30 p.m. Simplicity Reading Group
– 7:30 p.m. Kirk Ringers
- Apr. 7 – 6:30 Moore Bells
– 7:30 p.m. Chancel Choir
- Apr. 9 – 11 a.m. Easter Egg Hunt
- Apr. 10 – PALM SUNDAY 10 a.m. Worship