



March 11, 2021

Words of Wisdom from West Jersey Presbytery!

Dear Friend,

Our Executive Presbyter, Debby Brincivalli, is great at her job — which, by the way — is no picnic!

She's called upon to be the master organizer, maintainer of order, gatekeeper (ish), enforcer of rules and regulations, interfaith and ecumenical liaison, counsel to the congregations, and pastor to the pastors. It's a nearly impossible position description, yet, in my time serving in this presbytery, Debby hits the perfect balance.

What, pray tell, does any of this have to do with you?

This week, Debby sent an email with the following chart and note:

I suggest you print out the chart below for prayer and reflection – please pay attention to your body – we are here for you. Orange or red especially – please! [Click on image for a pdf.]



In essence, I want to send the same message to all of you: pay attention to your body, Nikki and I are here for you. Please.

The pandemic is wearing and tedious and anxiety-producing and isolating and frightening and tragic. Full stop.

You may notice that we've recently updated the Prayer Request [webpage](#) on the church's site. If you visit the page, you'll discover that your pastors have listed our personal cell phone numbers for immediate text or call along with a prayer request form that is sent directly (and confidentially) to the two of us. This is the most direct and easiest means we could think of to give you instant communication.

Adapted from: Watson, P., Gist, R., Taylor, V., Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

Like you, we miss being together; but more than that, we fear that we're missing those small moments when you pull us aside and share a concern or event that you quietly want us, and only us, to know about.

Please. Pay attention to your mind, body, and soul. We are here for you. Please.

Be well, stay safe, and God bless!

Doug



DAYLIGHT SAVING TIME IS UPON US!

Time changes this week - March 13 into 14 – set your clocks ahead on Saturday night!

REVISED PRAYER REQUEST FORM ON THE WEBSITE

To reiterate Dong's message above: Your pastors want to hear from you whenever you have occasions that cry out for compassion and/or celebration in prayer. You can contact Doug and Nikki by phone or through the "Prayer Request" form on the website., you can text or call Nikki (541-324-6900) or Doug (302-354-6930) with your request. Prayer requests are private and confidential.

CONVERSATIONS ON RACE

Sunday morning discussions continue from 9-9:45 a.m. on Zoom at [this link](#). This Sunday (3/14) the conversation will be about the intersection of structural racism and the environment. Each week's resources are linked in the weekly email newsletter and on the Adult Ed page of the website. Questions? Email Becky Bryan, rebeccabryan@me.com.

ONE GREAT HOUR OF SHARING

A special offering of the PC(USA), One Great Hour of Sharing (OGHS) is an important way for local churches to take part in the national and international missions of the denomination. OGHS benefits the ministries of the Presbyterian Hunger Program, Self-Development of People and Presbyterian Disaster Assistance. FPCH receives the offering on both Palm Sunday and Easter. This article from the Presbyterian Mission Agency describes the work of Black Women's Blueprint, a Brooklyn organization that supports and advocates for Black women; the Presbytery of Zimbabwe in its work to provide Covid services and protection; and a food assistance program in Los Angeles. Among other things, these programs dovetail with FPCH's commitment as a Matthew 25 congregation. OGHS offering can be made online or with a check. (Please label accordingly.)



MUSICAL MEDITATION FROM MARK

Near the Cross, arr. Victor Labenske

[Listen Here](#)

*Jesus, keep me near the cross,
There a precious fountain;
Free to all, a healing stream,
Flows from Calv'ry's mountain.
In the cross, in the cross
Be my glory ever,
Till my ransomed soul shall find
Rest beyond the river.*

Our Appreciation for Mark Cole

Mark Cole will be leaving First Presbyterian Church and his last day will be on Easter Morning (April 4th). He has served as organist for FPC for 3 ½ years and he will be greatly missed. Despite no in-person worship this past year, we have been blessed to receive his gifts of music in through online worship.

Before he goes, we want to wish him well. If you would like to express your appreciation to Mark, we will be collecting cards and/or donations to his purse at the drive-through on Sunday mornings, now through Easter. Please make check payable to First Presbyterian Church and put Mark's name in the memo or donate online in Realm, if you prefer. You may also drop off cards/donations directly to Cheryl Tarditi. Please contact her directly to schedule arrangements: cheryltarditi@gmail.com or (919) 784-9450.



SUNDAY SCHOOL NEWS

We were all about Challenges this week in Sunday School. For our younger crew, we challenged the kids to learn TWO stories – the 10 Commandments and the Greatest Commandment. The older kids were challenged as well with getting an overview of 4 bible books (book of John and 1-3 John) plus an overview on the Apostle John. It was a lot. I'll be much kinder next week.

This Week for Lent: It's all about Kindness Challenge (Challenge #2!) for our Lent practice this week – instead of giving things up we are focusing on giving and acts of service. Click on the image to the left for the Kid's Kindness Challenge. [Click here](#) for the **25 Random Acts of Kindness Ideas for Teens list.**

YOUTH GROUP NEWS!

We had a lot of fun with Jackbox games this week! We laughed with Quiplash and Trivia Murder Party (not as gruesome as it sounds, I promise!) But however much fun we had with Jackbox last week, we are hopeful that it will be our last Virtual Youth Group for a while. This week we are hoping to meet IN PERSON, weather permitting, at the church on **Sunday, 3/14 from 5pm-6pm**. Make sure to bring a mask and be ready to be temperature checked upon arrival. Also bring a camp chair! Contact [Gab Heimerling](#) to receive Youth Group emails.

Let's meet
in person
FOR A CHANGE!



BLOOD DRIVE right here at First Presbyterian

Tuesday, April 13, 2-7 p.m. Sign up on the [American Red Cross website](#).

ONGOING...

Old Testament Bible Study: Meets Mondays at 11:30 a.m. on [Zoom](#). Contact Doug [here](#) for info.

Doug's Bible Study: Tuesdays at 8:00 a.m. on Zoom, Doug hosts an informal conversation about the scripture that will be the text for the following Sunday's sermon. The texts for **Tuesday, March 9** are Jeremiah 31:31-34 and John 12:20-33. [Zoom link](#)

Speaking Truth in Love: Nikki's class "Speaking Truth in Love: How to Be an Assertive Christian" continues on Wednesdays at 7:30 p.m. Find the syllabus [here](#) and the Zoom link [here](#).

Nikki's Bible Study: Join Nikki on Thursday evenings at 6:30 for an in-depth study of **Revelation**. Here is the [Zoom link](#), and here is the [Syllabus](#).

ST. WILFRID'S OPEN DOOR CLINIC

The Report of the Open Door Clinic March 6, 2021:

March 6 marked the 51st straight week that the Open Door Clinic at St Wilfrid's has distributed food during the pandemic: 117 bags, 4,711 total. Over 117,775 pounds of food and dry goods have been distributed by the all-volunteer, everything-donated, nobody-gets-paid distribution team.

The Foodbank Team performed admirably twice last week. We need additional helpers to lift cartons and boxes, and transport them to St Wilfrid's. Pickup is usually Friday mornings, a little after 8:00 at the Foodbank and about 8:40 at St Wilfrid's. Plenty of exercise and comradery. If you can help, please check with Rose Guthrie at intrepidrose@hotmail.com.

Additional Helpers needed: Helpers will be needed to tend the bin at Grace Church; helpers will be needed to pick up bread when notified and transport it to St Wilfrid's the following morning; helpers will be needed to collect peanut butter and jelly sandwiches; helpers will be needed to collect diapers, air conditioners, and clothes. AND Spring cleanup outside the church will be needed in April! As the Pandemic lessens, if you or your family would like to help in some way, please call Jill Mascena for more information: 856-428-7342.

Donation Needs: We always need diapers (kids sizes 5 and 6 and adult sizes) and wipes, canned chicken or salmon, canned peas and carrots, pancake syrup, and socks! We cannot begin to tell you of the efforts that you, our sponsors, have made supplying the Open Door Clinic with coats, most of them new. We didn't count, but we're guessing we distributed well over 500 coats. The new owners are so proud of their new coats! As the weather changes, sweatshirts (kids and adult sizes) will be needed. Thank you for your caring!



Foodbank Team March 5, 2021

WEEKLY CALENDAR

- Mar. 11 – 6:30 p.m. Nikki's Bible Study
- Mar. 14 – 9 a.m. Conversation on Race
- Mar. 14 – 10 a.m. Worship
- Mar. 14 – Donation drive-through, church driveway
- Mar. 14 – 5 p.m. Youth Group – IN PERSON
- Mar. 15 – 11:30 a.m. OT Bible Study
- Mar. 15 – 7 p.m. Session Meeting
- Mar. 16 – 8 a.m. Doug's Bible Study
- Mar. 17 – 7:30 p.m. "Speaking the Truth in Love"
- Mar. 18 – 6:30 p.m. Nikki's Bible Study
- Mar. 21 – 9 a.m. Conversation on Race
- Mar. 21 – 10 a.m. Worship

