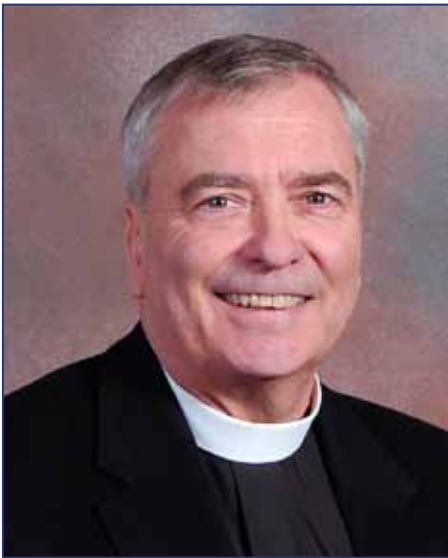


The Epistle

October, 2017



A Message from Your Priest in Charge



Dear Friends,

Ellen Ewing sent me a fascinating article recently about the relationship between generosity and happiness. The article stated "a neurological study published in Nature Communications showed that generosity changed the activity in people's brains in ways that increase feelings of happiness, even if the generous act is small or only imagined." Wow! The study was conducted at the University of Zurich where 50 students participated in the project, each given \$25 every week for a month. Half of the students were given the instructions to spend the money on themselves. The other half instructed to give it away to a different person each week. So, half the volunteers agreed to be

selfish, the other half generous.

There was a noticeable difference in the disposition of the students when the project was completed. Those who agreed to give money away reported feeling "significantly happier" than those who spent the money on themselves.

While we think of generosity as usually related to money, what about being generous with our "being" especially as it shows up in our conversation, the words that come out of our mouths?

Most of the conversations I hear are about judging, blaming, holding onto my opinion as better than yours, etc. This isn't generosity. It's selfish, petty and judgmental. To be generous with our mouths is to let go of being right, looking good, what's in it for me?

As children of God, we are invited to be "born again," that is to say, to reinvent ourselves in such a way that we're directed and committed to the Spirit of God. Reinvent yourself as a generous human being and first and foremost have generosity be a product of your mouth!

*Warmly,
Father Stephen*



September Vestry Meeting Highlights

The regular monthly meeting of the Priest in charge, Wardens and Vestry was held on Tuesday, September 19, 2017. The minutes of the previous meeting were approved. The actions of the Thrift Shoppe Management Group and the actions of the Little Lamb Management Group were ratified. The report of the Treasurer was accepted subject to audit.

- The Income & Expense Report for the period ending August 31, 2017 was distributed.

- We are getting estimates from landscapers to clean up the grounds, weed, trim bushes, etc.

- Accurate Pest Control will come and set traps for the squirrels to catch and relocate them.

- There are many lights out around the Church including in the offices and the Parish Hall. In some places the fixtures will be replaced with more efficient units.

- A motion was passed to purchase an additional wall plaque for the Memorial Garden to hold the name plates. The total cost, delivered and installed is \$11,596.00.

- A motion was passed to set aside money to replace the roof over 420 Ramapo Avenue.

The minutes of the Vestry meeting will be posted on the bulletin board in the Parish Hall as they become available. The next meeting will be held on Tuesday, October 17, 2017.

Thank You for Coming to Our Cabaret

The "Come to Our Cabaret" event to raise money to support Shepherd's Haven was a huge success. A sellout crowd of 100 people attended and over \$5,000 was raised. We wish to thank all the people who attended the event as well as all the people who worked so hard behind the scenes to make the event such a huge success, our stage hands and lighting operators, Joe Blauvelt and Joe Stewart; Randy Schmid managing the sound system, the staff of Shepherd's Haven, everyone who donated food, Linda Meyer for the program, and Lorrie Loeffler for the wonderful table decorations. Thanks are especially in order for Joe DeSpirito, our director; Denise MacLean and Paul Diverio, who though not members of our church, volunteered their time and talent to be with us; Rachel Gasataya, who accompanied the singers so well; and the performers Joe DeSpirito, Bruce Hetzel, Karen Bogert, Catherine Shaw, Andy Shaw, Randy Schmid, Linda Meyer, Janet Furness, Rudy Sellitti, and Father Stephen who did such a great job. The positive response of the audience seemed to give indications that everyone enjoyed the event. Thanks are in order for Linda Meyer who made the beautiful afghan for the raffle and \$100 grocery gift cards. Special thanks also to the following restaurants for donating delicious food for the event: Boniello's who provided (2) \$25 gift certificates for the raffle, an Antipasti Salad from Bella Beas's Sandwiches

& Catering, (6) Grandma's and Grandpa's Pizza from Frank's Pizza, Garlic Bread from Tony's Pizzeria, a hot Tortellini Appetizer from Monica's Restaurant, and sandwiches from Town and Country Deli & Catering. Please support our local merchants when you and your family go out to have a good meal sometime..

Mark Your Calendars for "A Ghostly Gathering"

On Saturday, October 28, 2017, at 6:00 PM we will have "A Ghostly Gathering," a masquerade ball, with appetizers, dinner and dessert, (BYOB) and a live and silent auction! Start planning your costume – there will be prizes! Ticket price is \$45 per person and tickets are now available. Father Stephen will be the auctioneer! Don't miss this exciting event! We hope you will make a donation of an item or service for our live auction and silent auction. An accountant could donate tax preparation; a teacher could offer to tutor; a cook could make a special meal; a dentist could offer a free cleaning, a baker - a special cake, a photographer – a family portrait. There are lots of possibilities – you could do yard work for someone, or offer computer help, babysitting, painting, piano lessons, a ride to the airport, present wrapping... everyone has a talent or skill to offer. Please fill out a form to let us know what you will donate. Donations forms are available in the back of the Church, in the Vestry Room

and in the Parish Office. For more information, see Father Stephen or call Maureen in the Parish Office. We thank you in advance for your generosity!

Christ Church Graduate

Caroline Kearney (daughter of Terry Kearney) graduated cum laude with a Bachelor's degree in Chemistry from Franklin & Marshall College in May, 2017. While in college Caroline was a member of the cross country and track & field teams. During her junior year she studied abroad for a semester in Sydney, Australia. She is currently working as a Research Assistant in the Bio-Chemistry lab at Franklin & Marshall. Caroline is planning to attend dental school in 2018. Congratulations Caroline, and good luck!

Mother Theresa

In 1989, Mother Theresa gave a radio interview in Phoenix, Arizona. In a private moment, off air, the announcer asked her if there was anything he could do for her to help her ministry among the poor. He expected that she might ask for free media time, a contribution, or maybe a list of potential donors. Instead, Mother Theresa said, "yes, there is something you can do. Find someone that no one has ever loved, and love them."

Submitted by Deacon Barbara



News from the Sunday School

Welcome back! Sunday School registration started on Sunday, September 10th, but students can continue to register every Sunday. Sunday School classes started on Sunday September 17th and the first family Sunday was on Sunday September 24th. The Sunday School is sponsoring a car wash on Sunday, October 1st at Shepherd's Haven to raise money for Hurricane Relief in Texas and Florida. The students will wash cars and sell snacks and drinks to help those affected by recent storms. We hope to see lots of clean cars that day! Confirmation classes are starting so if you know someone who is interested please let us know. Your Sunday School
Co-Superintendents:

*Karen Cahill, Louise Hanania
and Debbie Onderlinde*

Life Line Screening Comes to Christ Church

Life Line Screening, a leading provider of community-based preventive health screenings will be here at Christ Church on Wednesday, November 22, 2017. Ultrasound screenings to identify

risk factors for cardiovascular disease include: Carotid Artery (plaque buildup-a leading cause of stroke), Abdominal Aortic Aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), Peripheral Arterial Disease (hardening of the arteries in the legs), a Heart Rhythm Screening (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an Osteoporosis Risk Assessment for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early. Register online today at www.lifelinescreening.com/communitycircle and receive your "Community Circle" discount and your Preferred Appointment!

Present for You

This fall your Neighborhood Leaders are creating an electronic survey aiming to identify the skills and talents available among us to share throughout the parish. With this information your Neighborhood Leaders will be even more present for you with useful information when needs arise and opportunities for you to serve. Sometimes, homebound or older members need someone to rake leaves, do small home repairs, shop for groceries, or drive to an appointment. Common human needs could be met with a volunteer to shovel snow, move furniture, or help with paperwork or tutoring. Possibilities for service are limitless! You will hear more about the survey and how you can participate. "...by love, serve one another." (Gal.5:13)

The Thrift Shoppe

The Thrift Shoppe would like to invite you to visit our page on Facebook and on Yelp. We are in the process of trying to find new ways of advertising and are hoping to get you to help. If you are on Facebook or yelp, please visit our site and give us a review and Like our page. Please share our page with your Facebook friends. Our volunteers work very hard for an amazing cause and we want everyone to know about us!

Food for Friends

The second Sunday of each month is the traditional day to receive your contributions of canned or packaged food stuff and for personal hygiene items for distribution through our Food for Friends program. Items may be placed in baskets at the baptismal font or in the Children's Chapel. You may also bring items any time during the month and leave them by the box in the Guild Hall.

Capital Campaign Offering Envelopes

Capital Campaign Offering Envelopes are available for your convenience, and can be found on the table in the Vestry Room or in the Parish Office.



Choir Fund Raiser

Do you have old cellphones, ink cartridges or other small electronic devices such as games, MP3 players and Ipods? Don't toss them in the trash!! Bring them in and leave them in our box in the church office. The choir can recycle these items and receive cash for them! It's a win, win...the choir can buy more great music and you can help the environment at the same time.



Openings for New Clients at Shepherd's Haven

We would like to cordially invite you to come and spend time with us at Shepherd's Haven. We are a nonprofit activity and social center, where there is good food, great conversations and a lot of laughs. Our clients are great at trivia, enjoy painting, bingo, gardening, cooking, and games of skill and so much more. Come and meet some new people, our fabulous volunteers, and excellent staff. We are offering you a free day, with no obligations. We would love to see you and share with you a fun filled day. We are open Monday through Friday until 3:30pm. Call Leigh at 973-835-4747.

Book of Remembrance

You may have noticed the red book on the Prayer Desk on November 2, and when the Lay Reader read the Prayers of the People, names you haven't heard in a while were read along with the names of those in whose memory altar flowers were given, or who were recently deceased. Once a year, on All Saints' Day, or the Sunday after All Saints' Day, names added to the Book of Remembrance over the past 5 years or so are read.

If you would like a loved one's name inscribed in the Book of Remembrance, which normally resides in the case on the wall to the right of the Baptismal Font, please see Erica Stewart or any one of the Altar Guild members. The person's name, as you would like it to appear (for example, with or without a middle initial or name, etc.), and their birth and death year, will be inscribed in the book and read aloud next year during the Prayers of the People on All Saints' Day. A \$5.00 donation to the Altar Guild is requested.

Treasurer's Note

In an effort to appropriate funds to the correct accounts, any checks intended for the Capital Campaign should be made out to Christ Church noting "Capital Campaign" on the memo line. Thank you for your attention to this detail.



Parish Family Birthdays-October

If you have not yet informed the parish office of your birthdate, please call Maureen at 973-835-2207.

October

- 2 - Neal Onderlinde
- 7 - Nicholas Pugsley
- 10 - Emily Simone
- 15 - Adele Falk
- 15 - Elaine Rainey
- 19 - Sayyora Tintera
- 26 - Cathy Prekel
- 28 - Andrew Tintera

Bishop Search

As you may know Bishop Mark Beckwith has announced his retirement. Read about the search for the XI Bishop of Newark at www.dioceseofnewark.org/bishop-search.



Parish Classifieds

Luxury Vacations in Mexico and the Dominican Republic

Luxurious accommodations await you at fabulous resorts in both Mexico and the Dominican Republic. Prices are extremely affordable. Dates and accommodations are quite flexible. Advance planning is advisable. For pricing, availability, and accommodation details please see or call Cheryl Finger at 973-723-5044.



Personalized Cards

If you are looking for a convenient way to send out cards to friends, family, and/or business relations...look no further!

Order personalized cards with your name or signature printed directly on the card and return address printed directly on the envelope! This is a huge time-saving convenience!

Best of all, these cards are offered at a 20% discount and, in addition, Christ Church receives 7% back on the order...making your order a win-win for everyone.

The entire line of cards are available online for perusal at www.graphicinnovations.carlsoncraft.com. On the website, you will be able to select a stock verse or create your own, select typestyles, and personalize it

further by adding your name.

There are cards available for all budgets – go on, have some fun! Call Cheryl Finger with any questions or if assistance is needed at 973-616-0309.

To preview products online:

www.graphicinnovations.carlsoncraft.com

Our Communal Kitchen

There are many of us who use the kitchen at the church. Those who do should bear in mind the following guidelines:

- Leave the kitchen the way you found it. Everything should be cleaned, hand-dried, and put away. The counters and work surfaces should be clean and free of clutter. It's really nice to come into a clean kitchen.
- If you use cloth towels it would be greatly appreciated if you can bring them home, add them to your own laundry, and return them.
- Make sure the refrigerator doors are completely closed.
- Lock all lockable cabinets before your departure.
- Your help with maintenance is greatly appreciated since there is no particular person in charge of our kitchen; therefore, we all are. Thank you in advance!



The Thrift Shoppe

at 420 *One Step Up*

The Thrift Shoppe is now open on the second and fourth Sunday of each month from 11:00 am until 12:00 noon. We are also open Tuesdays from 3:00 pm until 7:00 pm, Thursdays from 4:00 pm until 8:00 pm, and Saturdays from 10:00 am until 3:00 pm. Donations can be left in the shed located in the church parking lot to the right of the permanent storage shed. It is clearly marked with a sign for Thrift Shoppe drop-offs. The Thrift Shoppe is always in need of shopping bags. For more information please call Florence at 973-962-6289 or 925-640-3421.

Florence Loscalzo



Christ Church is on Facebook

Christ Church is now on Facebook. Go to www.facebook.com/christchurchpomp-ton to become a fan.

facebook

Pledge Card Reminder

This is a reminder to return your 2018 Pledge Cards. You can mail them, put them in the offering plate, or bring them to the Parish Office.

Just a Reminder

We recycle at Christ Church. Plastics, glass, and metal cans should be placed in the large white plastic containers with the red tops, near the dumpster outside the kitchen. Paper and card board should be flattened and stacked neatly in the blue wire cart, also outside the kitchen, next to the dumpster.

Your help with these items is greatly appreciated since there is no particular person in charge of these tasks, and they shouldn't accumulate in the kitchen. Thanks in advance!



*Give God what is right,
not what is left*



Grocery Gift Cards

The painless fundraiser!

When you buy Grocery Gift Cards today, you'll have a good feeling knowing that Christ Church receives a Nickel for every dollar you spend! Grocery gift cards are available from ShopRite, and Stop & Shop in \$10, \$25, \$50 and \$100 denominations. All of the cards will carry any unused balance until you use it up. Perhaps you would consider donating a Shop Rite gift card to Shepherd's Haven or to Food for Friends. Cards are available from Joe Blauvelt, Linda Meyer after the coffee hours and Maureen Kilian in the church office during the week.



Cards of Remembrance

Cards of remembrance are for those who, on the death of a friend, desire to send a memorial offering to Christ Church, instead of sending flowers. The cards are available through the Parish Office.

The Episcopal Diocese of Newark Mission Statement

*Equipping congregations...
Empowering people...
Engaging the world...
...with the hope and
justice of Jesus*

The Epistle

*The newsletter
of Christ Church,
Pompton Lakes, New Jersey
973.835.2207
www.christchurchpompton.org*

October 2017

Please submit all copy to Maureen Kilian, Parish Administrator in a typewritten format or e-mail to office@christchurchpompton.org by the 15th of each month.

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Visit the parish calendar at the website at www.christchurchpompton.org