

September 2009  
Volume 27, Issue 8

# Trinity Times

The Newsletter of the Trinity Presbyterian Church – East Brunswick

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## Upcoming Events

- ❖ Labor Day  
September 7, 2009
- ❖ International Literacy Day  
September 8, 2009
- ❖ Patriot Day /  
Sept. 11 Remembrance Day  
September 11, 2009
- ❖ Kick-Off Sunday at Trinity  
September 13, 2009  
(Sunday School registration  
and fall activities kick-off  
at Trinity, 8:45 a.m.)
- ❖ National Grandparents Day  
September 13, 2009
- ❖ First Day of Autumn  
September 22, 2009
- ❖ Gold Star Mother's Day  
September 27, 2009

## Pastor's Message



In August, the lectionary spent four consecutive weeks exploring the *Bread of Life* discourse in John 6. There, Jesus said, "I am the living bread that came down from heaven. Whoever eats of this bread will live forever..." (John 6: 51).

Amid the repetition, I couldn't help but wonder:

How do we nourish ourselves? There are obvious answers, of course – physical substance; sleep; exercise.

But at a much deeper level than this, how well do we really, truly nourish ourselves? Or, put another way, *with what do you feed your soul?* It's a question I encourage you to ponder.

For whether we realize it or not, we all desperately need *soul-nourishment*. How else do we derive the energy for life? – the energy to love and care... to dream and vision... to grow closer to God and grow closer to others? How else do we find the perseverance to wait or the patience for prayer? Another name for it is *spiritual formation*, but lately I've been thinking *soul-nourishment* works pretty darn well. It seems to describe the absolute necessity of tending to the foundations of our faith –

nourishing ourselves with what we need in order to grow as disciples.

Unfortunately, the greater church hasn't done a fabulous job of emphasizing soul-nourishment (or spiritual formation, for that matter). While society-at-large is inundated with message after message on how to live a physically healthier life, how easy is it for disciples to learn how to live a spiritually healthier life? As there are no how-to manuals on spiritual formation, the truth is, many disciples do not feel well equipped to nurture their own spiritual formation and growth in faith. This is a sad statement, really, given how absolutely vital spiritual formation is for each and every person of faith!

The exciting news in all of this, however, is that this fall, Trinity is tackling this very issue with gusto. In September, Trinity will be unveiling *The Well* – a program for each and every disciple here at Trinity. It will be a program for those new to faith, and those already well formed. It will be a program for those brand new to Scripture, and those well versed. It will be a

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## Pastor's Message

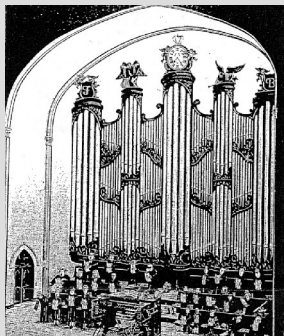
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program for everyone to engage at their own pace, according to their own calls and comfort levels.

It's also important to note that *The Well* will be a program for the whole of our community — including *you* — as we excitedly ask for full participation. After all, it's who we are at our very core — a community of faith that strives to *grow* disciples of Christ who know God, love God, and serve God!

Want to know more about *The Well*? Don't miss Kick-Off Sunday, Sept. 13!

Peace,  
Rob



NOTESFROM THE LOFT

Chancel Choir will begin Wednesday, Sept. 9, at 7 p.m. in the choir room.

Watch the church bulletins for start-up dates for Children's Choir, Trinity Bells and Calvin Ringers.

## Kathy's Corner

This year our Sunday School's main focus will be on Heifer International, an organization that helps to provide the solution to hunger through gifts of livestock.

In this way, families can create a sustainable living for themselves as well as benefit the village where they live.

Our goal is to raise \$5,000 to purchase an ark full of animals. If you remember the story of Noah, that would be two of every animal that Heifer supplies.

It's an ambitious goal, but if we work together, we can make it happen.

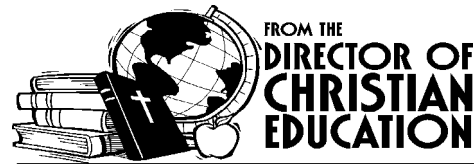
This will be a yearlong project, so you will hear many ways to contribute and be a part as the year goes on.

One of the ways that we are going to learn about and explore Heifer's mission in the world is by sponsoring an Oct. 17-18 family mission trip to Overlook Farm in Massachusetts.

We will stay overnight in Manchester, Conn., on Saturday and participate in some fun family activities and then head out to the farm early Sunday morning. Children participating in the trip must be in at least the fourth grade and must be joined by at least one parent.

While at the farm we will be participating in the Global Solutions program.

As our group tours the farm's



Kathy Genus

gardens, livestock barn and global village, we will be introduced to Heifer's mission and explore working examples of the type of sustainable agriculture Heifer supports around the world.

Participants will also examine issues of population, resource distribution, and private consumption as they discuss ways that their choices affect others.

A service session will allow the group to experience the value of volunteering as a contribution to Heifer's work.

The cost of the trip is \$60 per person, which will include the fee to Heifer as well as food for the weekend, and \$65 per hotel room (each room has two double beds). Scholarships will be available; please see Kathy Genus.

This will be an outstanding opportunity for families to spend time together, learning and participating in the mission of Heifer International.

The trip will lay a solid foundation for our mission work for this year.

**Happy birthday**

*The Trinity Times lists the birthdays of active members each month so you can wish your church family members a happy day.*

*Celebrating September birthdays are:*

- 1 – Danielle Lindeman
- 3 – Janet Christensen, Pamela Larsen
- 6 – Laurie Ann Mango
- 7 – Herbert Clark
- 8 – Judy Pray, Marisa Rogers, Zia Work
- 13 – Anna Sandberg
- 15 – Janet Carson, Kathryn Nguyen
- 16 – Virginia Costa, Gordon Jamieson, Rachel Pack, Erica Smutko, Betty Ward
- 21 – David Chen, Laura Chen
- 23 – Victoria Choudhury, Laura Curry
- 24 – Solsil Nguyen
- 26 – Take a look at this: Joseph Park
- 29 – GOD IS NOWHERE Daniel Carney

Did you read it as “God is nowhere”? Or are you an optimist and read it as “God is now here”?

**KICK-OFF SUNDAY SET FOR SEPT. 13**

**Sept. 6** — As we enter the month of September this Labor Day weekend, we will ask ourselves a difficult question: How *alive* is our faith?

According to the letter of James, “Faith by itself, if it has no works, is dead.” Although it’s not necessarily something we can measure with quantitative tools, there are degrees of vitality when it comes to our faith – both individually and communally. How and where are we called to live out our faith?

We will also celebrate the Lord’s Supper together this morning.

**Sept. 13** — *Kick-Off Sunday* is here! In celebration of the brand new school and programmatic year with which we are blessed, we will gather for a special celebration on the 13th.

Please see the Kick-Off Sunday introduction elsewhere in this newsletter, but please also note that on this Sunday, worship moves to its traditional 10:15 a.m. start time and will take place on Trinity’s front lawn as we worship God from the beauty of creation! Feel free to wear comfortable clothes, and come early for the pre-service tailgating and stay for the fun and festivities that will follow this morning’s worship service!

**Sept. 20** — “Who Comes First?” According to Jesus Christ,

“whoever wants to be first must be last of all and servant of all.” Such a message doesn’t resound so well among most in our society. We’ve been taught that there are “have’s” and “have not’s,” and everybody yearns to be on the side of the have’s.

Are we to take Jesus seriously? And, if so, what does this mean for all of us on the side of the have’s?

This morning we will also be blessed to celebrate the commissioning of Trinity’s 2009-2010 Sunday school teachers and leaders, who have generously committed the gifts of their time and talents to help nurture and teach Trinity’s children and youth the story of God’s love.

**Sept. 27** — We all share a common obstacle in ministry – ourselves! Even the disciples suffered from the same condition, as Jesus urges them (in Mark 9), “if your hand causes you to stumble, cut it off... and if your foot causes you to stumble, cut it off... and if your eye causes you to stumble, tear it out.”

Truth be told, we get so busy pointing out the flaws and faults within others, we forget to examine ourselves!



**September  
Worship**

***Sunday school  
welcomes  
new teachers***

Trinity is blessed each and every year by members who give so much of their time and themselves to teaching our youngest members the wonder and majesty of who God is in their lives.

While we have been sad to lose some of our longtime teachers, it is with great joy that we welcome many new members into the teaching fold!

First, we welcome Linda Moore as our co-superintendent with Sandie Yaros.

Linda and Jim Moore moved to New Jersey from Arkansas along with their children Jarrett and Cara and have jumped right in to life at Trinity! Linda is energetic and exciting, and we are privileged to have her on board!

Next, we welcome Vanessa and Andy Bowers, Kathryn Nguyen, Marylynn Goodfellow, Melissa Carter, Michelle Coyne Joan Ondayko, Laura

*(Continued on Page 5)*

## SUNDAY MORNING PROGRAM EXPANDS

As we hope you discovered for yourself last September, Trinity's Adult Christian Education and Spiritual Formation program grew quite a bit, offering each Sunday morning two meaningful, formative opportunities for adults to grow along the path of discipleship.

This year, Trinity is thrilled to continue offering two simultaneous Sunday morning offerings (or tracks) while also adding a third track through which participants may explore the unending ways in which our faith shapes the way we live.

Please explore:

### **Bible Basics**

*Deacons' Room, 9-10 a.m.*

*Sept. 20, 27; Oct. 4, 11; Nov. 15, 22,  
29; Dec. 6, 13*

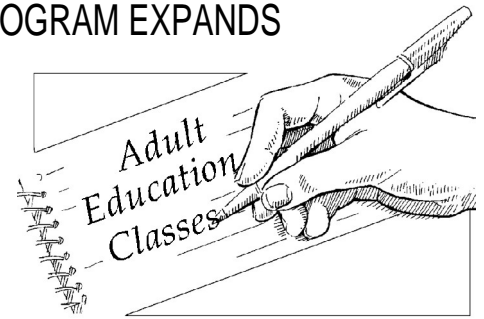
God's word to us in Scripture is of profound importance to our faith and discipleship. Yet many of us feel like we don't know how to read Scripture. Others may be comfortable reading it, but struggle applying it to our daily lives.

Regardless of whether or not you've participated in a Bible Study before, Bible Basics offers you the chance to examine the amazing depth and breadth of what the Bible says and how to apply it to your life!

### **Faith & Life**

*Kern Hall, 9-10 a.m.*

*Sept. 20, 27; Oct. 4, 11, 18, 25;  
Nov. 1, 8, 15, 22, 29;  
Dec. 6, 13, 20*



We believe that faith is not one among the many things of life; it is the one thing through which we view and understand all of life. As such, Faith & Life helps participants explore how our faith can shape the way we approach contemporary issues, common struggles, and important questions within our world today.

### **Family Matters**

*Deacons' Room, 9-10 a.m.*

*Oct. 18 and 25; Nov. 1 and 8*

It isn't easy raising children.

All parents and caregivers face familial issues involving communication and relational dynamics, which are easily compounded by a myriad of additional issues, including self-esteem, grief, anger, sex, depression, aggression, and more.

How do we tend to our families faithfully? Family Matters offers parents an opportunity to dialogue with one another while exploring parenting from a faith-based, practical perspective.

For a more detailed schedule, see the special Adult Christian Education and Spiritual Formation insert in this

## *Youth schedule includes ice cream, Halloween party*

Trinity's youth program is open to all middle school and high school youth. We meet on Sundays in Kern Hall from 6 to 7:30 p.m.

The program also includes overnight trips, fun run out meetings, the 24-hour famine, and, well, you just never know! Youths are also encouraged to bring their friends to join the group as well.

This year's fall schedule:

**Sept. 20** from 7 to 8 p.m. — Ice cream at Friendly's in Old Bridge for any youth who has not yet tried youth group. This would be incoming sixth-graders as well as any middle or high school student who simply hasn't come out to youth group yet. Join us for ice-cream, and hang out with the youth advisors.

**Sept. 27** from 6 to 8 p.m. — Our youth will be joining with the mission commission to welcome World Mission partners who will be visiting our presbytery from Korea. We will provide a pot luck dinner and listen to how these missionaries live out God's call in their lives. This should be a very fun and informative night.

**Oct. 2-3** — Overnight at Camp Johnsonburg.

The cost is \$55 per person. We will head to Camp Johnsonburg for a team building program that will include great games and activities, such as the high and low ropes course. We will have an opportunity to make new friends and just have a great time.

See Kathy Genus as soon as possible about attending this trip.

**Oct. 4 and 11** — Youth planning meetings.

**Oct. 17** — No youth group (Heifer trip).

**Oct. 25** from 4 to 6 p.m. — The youth program will sponsor a Halloween party for the Sunday school children. We will also collect donations for UNICEF.



## **Sunday school welcomes new teachers, veteran staff members**

*(Continued from Page 4)*

Chen and Kaitlyn Zielinski to our teaching and assisting staff!

Finally, we are grateful to welcome back our veteran teachers and helpers: Dawn Boysen, Laurie Ann Mango, Beth Knox, Jan Carrato, Carmel

### ***Grief: a most difficult human emotion***

Grief is perhaps the most difficult of human emotions to face, though it also has the potential for being the most therapeutic. Grief isn't a bad thing; it's the cost of having loved. If we hadn't loved, if we hadn't cared, we wouldn't grieve. And our lives would have been even emptier.

Gaertner, LeeAnn Smith, Frank Genus, Paula Riepel and Ryan Marosey. As you can see, the Holy Spirit is active and alive at Trinity, and we are blessed that each of these wonderful people have heard and responded to God's call to serve as leaders in our children's ministry!

**HOLD THE DATE!**

Sunday evening, Nov. 1

Trinity's **Celebration of Growth**  
Congregational dinner, fun and  
fellowship

The I&S Commission is sponsoring the

## How to pray

Pray where you are. God is present everywhere and ready to listen.

Pray, when possible, in a quiet place where you can be alone. It is good to fix your mind deliberately on God, apart from confusing distractions.

Pray to God simply and naturally, as to a friend. Tell him what is on your mind. Get help from the prayers of others.

Pray, remembering the good things God has done for you. Give thanks for all your blessings.

Pray for God's forgiveness for the unworthy things you may have done. He is near to a humble and contrite heart.

Pray especially for those things that will make your life more Christlike.

Pray for others, remembering the help they need for the situations they confront. Pray for the world in its need, and for God to guide you toward ways you can help.

Pray that God's will be done in you. His purposes are deeper and wiser than our own.

Pray, and then allow God to answer your prayer.

## Sunday school session starts Sept. 20

Here are some important Sunday School dates to remember:

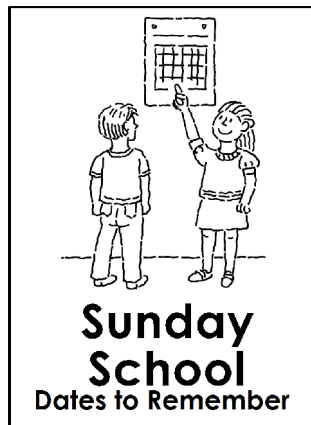
**Sunday, Sept. 13** — Fourth-graders will receive their Bibles during worship.

**Sunday, Sept. 20** — Sunday School classes begin for all ages at 9 a.m. Children will

gather in the sanctuary and then be dismissed to their classes.

Teacher dedication also will take place Sept. 20 during the 10:15 a.m. worship service. All teachers and helpers should plan on being in worship.

**Friday, Oct. 2** — Sunday School Back to School Night will be held from 7 to 8 p.m. This is a great time for parents to come out and meet



their children's Sunday school teachers and find out the details of what and how we are doing things in Sunday school. We will also have great parent resources for being an active participant in your child's spiritual formation!

**Sunday, Oct. 25** — Our youth will sponsor a Halloween Costume Party from 4 to 6 p.m. for our Sunday school children. There will be games, snacks and stories, and we will learn about how UNICEF supports children around the world as well as collect donations to support their work. We hope that we will see all of our children and their families at the party!

## New class for toddlers to begin this fall

All the young children we see each week is clear evidence that our church is growing! In response, we are very excited to add a new class for toddlers to our Sunday morning program at 9 a.m.

The program will be for children 18 through 36 months old and will be held in the nursery each Sunday morning.

The leaders of this program will be Vanessa Bowers and Kathryn Nguyen.

Many studies have been done that show children are indeed very

spiritual beings who have the capacity to learn the language of faith from infancy. This program will be an intentional way to introduce toddlers to the idea of church, introduce them to God, and give them the tools to begin to put the pieces together. The children will hear stories, play games, sing songs and love coming to church!

If you have children who fit into this age range, please be sure to register them for this new class. If you have any questions, contact Kathy Genus.

# Adult Christian Education & Spiritual Formation Fall Schedule

## ***Bible Basics***

### *A Kerygma Bible Study*

Bible Basics will be spending this upcoming year immersed in a rich Kerygma Bible Study that uncovers the whole of the Bible through a thematic exploration.

This remarkable study is intended for participants – from Biblical novice to Biblical scholar – who want to really begin to get their hands around the breadth and depth of Scripture and are committed to study. However, this is not to say that perfect attendance is necessary throughout the year. Participants may come and go as desired as they further form themselves on this rich path of discipleship!

Sept. 20, 27; Oct. 4 — **The Bible as a Whole**

When studying the Bible, it is vitally important to consider what one thinks about the Bible and to recognize that it should be studied whole. This three-week introduction, led by Interim DCE Kathy Genus, will also explore the unique history and evolution behind Christianity's sacred text and the many events and processes that shaped it to the form we know today.

Lastly, we'll explore a very real question: How do we study the Bible? Come! Join the fun and formation!

Oct. 11; Nov. 15, 22, 29 — **God Saves God's People**

This four-week study explores what will prove to be the central theme running through both the Old and New Testaments: the proclamation of God as one who saves God's people. The study begins, therefore, with the exodus – the deliverance of the Hebrew people from servitude in Egypt and all the events therein.

Still, we know God's saving activity doesn't end here, but grows and grows until culminating in the revelation of God's saving activity in Jesus Christ. As such, this study explores the process by which a new people of God emerged through their faith in Christ, focusing on Jesus as the source of salvation.

Dec. 6, 13 — **God is Faithful**

Beneath the experiences of a saving and faithful God lie questions about who God is and how God relates to God's people. Participants will spend these two sessions really thinking about who God is, and how both the Old and New Testaments reveal various characteristics of our God. Additionally, participants will uncover important pathways by which God acts in relationships with God's people – namely, covenants.

## ***Faith & Life***

Sept. 20, 27 — **Are You Saved?**

What do we mean when we say "Jesus is Savior of the World"? While everyone agrees that Jesus has saved us, the Bible suggests various models for just how Jesus saved us. In this two-session study, DMC Barbara DeCarlo will lead participants through six different models found in the Bible that describe how Jesus accomplished our salvation. Each model has been emphasized at one time in the life of the Christian church. Rather than suggest that one is better than another, this class encourages us to take the best from each model as we seek to understand how Jesus saves us.

Oct. 4, 11, 18 — **Creation: How to Care?**

*Air Pollution* – What are its causes and effects? What can we do to help address it? This session will explore the many small steps we can take to improve the environment, and also protect ourselves from the threats of air pollution in our homes and communities.

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*(Continued on back)*

# Adult Christian Education & Spiritual Formation Fall Schedule

*Recycling* – Did you know that recycling one ton of paper saves 17 trees, two barrels of oil (enough to run the average car for 1,260 miles), 4,100 kilowatts of energy (enough for the average home for 6 months), 3.2 cubic yards of landfill space, and 60 pounds of air pollution. This week's study explores the values expressed by a decision to recycle, and offers a wonderfully practical guide on enhancing recycling in home and community.

*Land* – Scripture teaches that God has given us the earth as a gift, but how we utilize this gift does not always respect its value. Habitat destruction, unsustainable farming practices, desertification, wasteful packaging and waste production all lay waste to the land that supports us. This study will explore how we have harmed the land *and* what we're doing to restore it.

**Oct. 25; Nov. 1, 8 — Prayer: Why Pray? How to Pray? What Happens When We Pray?**

Prayer is something we experience in worship, but not often something we do within our personal lives. Or, perhaps we spend time in personal prayer but are unsure of what we're doing, exactly. Certainly, many have questions about prayer: Why should I pray? What does prayer accomplish? Am I praying for the right things? Does God intervene in life to bring about what I pray for? This study, led by Bill Cook, will explore prayer from all sorts of angles, as participants examine prayer from both biblical and historical perspectives that will enable them to gain an understanding and a confidence in the power of prayer. This study will also help participants explore some of the different types of prayer there are, and how to enjoy prayer as a part of daily life.

**Nov. 15, 22 — Angels: God's Messengers**

In this study, Barbara DeCarlo will help participants explore how our society's beliefs about how angels came to be as well as how the earliest Christians tried to understand the identity of Christ by drawing upon ideas about angels. Such ideas helped them to understand Christ as one who perfectly reflects God's glory. We'll examine what that glory looks like and how our deep encounter with it changes us and can change our world.

**Nov. 29, Dec. 6, 13, 20 — Pausing on the Road to Bethlehem:  
A Spiritual Journey Through Advent**

It will be January before we know it, and we'll have barely stopped to wonder at the good news of Emmanuel – God with us. This study is for those who want to immerse themselves in Advent, to journey through this season at a mindful pace. Each week will be devotional in nature – an experiential Advent-ure – utilizing music, art, poetry, and other activities centered on Bible passages that connect us to the heart of Advent.

## ***Family Matters***

**Oct. 18, 25, Nov. 1, 8—ProActive Parenting 101**

Many times parents feel they are “alone” in raising their children. Through this meaningful class led by Kathy Genus, participants will build relationships with one another, develop avenues of support systems, learn the foundations of ProActive Parenting, and explore at-home exercises.

More specifically, the Parenting 101 Class will guide participants through an exploration of parenting based on their family's priorities and values by engaging in discussion on the following topics: Navigating through Troubled Waters; Developing a Parenting Plan; Managing the “Balancing Act”; and Keeping your Family Strong. Parents, come and taste this first practical, faith-based introduction to healthy parenting and self-care.

*“Growing disciples of Christ who know  
God, love God, and serve God.”*

Church School 9 a.m. - 10 a.m.  
Adult Education 9 a.m. - 10 a.m.  
Sunday Worship 10:15 a.m.

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Autumn is a second  
spring where every  
leaf is a flower.

— Albert Camus

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