

ST. JOHN'S MESSENGER

St. John's Episcopal Church • 325 Little Silver Point Road • Little Silver, NJ 07739
732.741.7826 • Email: stjohndlittlesilver@verizon.net
Website: www.stjohnsls.com



Rector

Rev. Valerie T. Redpath

Deacon

Rev. Eve Chamberlain

Parish Administrator

Elaine Winkler

Treasurer

Lyle Connor

Music Ministers

Karen Feeney

James Scavone

Vestry

Hazel Kelly

Sr. Warden

Tom Perez

Jr. Warden

Lydia Brenner

John Davies

Amy Dixon

Kate Galbavy

Curt Goss

Paula Hayes

Eileen Kennedy

Jeanne Lauro

Chris Nalbandian

Reflections From the Rector

Dear Sisters and Brothers in Christ,

Living in New Jersey is a challenge. It seems that we go from drifts of snow to puddles of pollen in just a few short weeks.

During the dark winter months we lament the shortened hours of daylight, the cold howling winds, the ice-slick roads, the labor of shoveling heavy slush from sidewalks and driveways. We find ways to comfort ourselves, to occupy ourselves...we retreat indoors, perhaps light a fire in the fireplace, curl up with a book and a cup of tea. We slow down. The environment conspires to slow us down. We know that it can be dangerous out there. Take your time, we tell ourselves. Go slowly. Be careful. Pay close attention to the ground in front of you: you never know when you might slip and fall. (As we get older we readily acknowledge that we don't 'bounce' as well when we hit the ground.) We have many good reasons to withdraw.

And then, before we know it, snowdrops push their flower heads through the snow, daffodils emerge and a few impatient or misdirected robins return searching for worms in the thawing lawns. If you have lived here for a few years you know those 'subtle' signs of spring won't last long. 'Brace yourself!' we tell ourselves. This is New Jersey! Here it comes, ready or not! Summer weather can strike in April...90 degree days and thunderstorms, ice cream trucks playing their tunes, children riding bikes and running through sprinklers, the sound of lawn mowers and power washers replacing the din of snow blowers. Traffic becomes heavier. Barren trees sprout flowers and leaves in a matter of days, lured out of dormancy by the warm sun and longer daylight. Ready or not, the warm--hot--weather is here!

We know that we cannot stop the seasons from changing. Ready or not: change happens! We can try to resist it--but we cannot stop it. No, we can't change the seasons in New Jersey, but we can embrace them and the opportunities they offer. We can joyously enter into the new life--the new energy and activities--that spring and summer bring.

As you read this, Mike and I are traveling to Washington State to see our newborn granddaughter, Zoë Rose for the first time. Small children remind me of the powerful lessons available to us throughout the seasons of our lives if we remain open to them. I recall Zoë's older brother, Leo, as a toddler laughing at the wagging of a dog's tail and at a sudden

gust of wind in his face; crying when his teeth hurt and when he was hungry. He was very curious, and when he fell he grabbed onto the nearest support (a piece of furniture or wall or leg) and kept moving forward. He had more energy than the Energizer Bunny, but eventually he wore down. And when he was tired he rested quietly in the arms of those who love him just because he exists.

Spring, summer, autumn, winter. All the seasons are present at any given time for each one of us. All of life is woven throughout with various pains and sorrows, opportunities, challenges and blessings; all the seasons of life lie in front of us--regardless of our age--waiting to be experienced. We can approach it all with caution and/or resistance, stifling our growth, shuffling slowly along on our journeys trying desperately not to get hurt along the way. Or, like Leo, we can embrace it all (both the pleasure and pain) with gratitude and enthusiasm, learning from the painful bumps and bruises, growing in wisdom and in our capacity to love God and others. We can choose to rejoice in the company of those sent to journey along with us, those who lift us up when we are down and allow us the immeasurable blessing of helping them endure and overcome their own life's challenges. Then, when we are weary, we can choose to rest in the loving embrace of our Creator who loves us just because we exist.

No matter how dark and dreary, no matter how barren the seasons of our lives may feel at times, God is always waiting to bless us with the offer of new life.

Easter Blessings to you all,

Val+



“The life I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt.”

— Frederick Buechner





Wow! We have had a lot of incredible gifts coming out of Sunday school. Not only are the kids awesome, they have some pretty cool and inspiring parents! Here's a look at the last few weeks, and save the date for what's to come!

We are buying a dog!!!

Thank you to the Congregation for your support of Sunday school's lent project! The children were so inspired by their friends Jay and Chuck, they wanted to help give the gift of a Service Dog to a boy in need. Thanks to the generosity of St Johns Church and St John's Nursery School, we raised the balance of funds the family needed to get their son a Service dog. This gift is huge, and life changing to the family! A great example of big things coming from a small church. Special thanks to Cate Knight for her expertise and coordination with 4 Paws for Abilities!



Do you think Jesus is on Social Media?

That's a tough one! As we learned last week from Audrey Wible, sometimes the answer to our prayers comes in odd places. A HUGE thank you to Audrey for sharing her faith story, and how the St John's community played a role. Don't forget to follow her blog on Facebook, "Sugar Snap Peace".

Videogames and our Kids - I'm sure most households have some difficulty managing screen time, especially coming off an awful cold and rainy winter.... That said - this winter might have been a faith connection. Last week in Sunday school, one of our students said, "In Fortnite - if we just had Jesus as our man, we wouldn't need anything else and we would win the game!" We wouldn't need special powers, shelter, weapons, protection.... Jesus would have it all! Wow! I stopped in my steps when I heard that! It was a statement that warmed my heart and made me so proud! They get it!!! And we can't wait to take this faith adventure to the next level! We did promise a Fortnite Sunday school! Stay tuned for details!

Continued.....



MORE
Sunday School News:



We always instill that giving back to our community and honoring our elders is a huge part of being a Christian. On May 20th the Sunday school will be honoring Adelaide Sickles and planting a beautiful garden in her honor. Like so many of us - she loved her family, her town and her church. It is so important to continue these values and celebrate women like her!

All hard work deserves a celebration! Also on May 20th, we will have a Sunday school Party on the Playground, 11-11:30. To celebrate and thank our kids and parents for their involvement and support! We will also be taking a year end class picture for a press release about the Service Dog. It's REALLY important for everyone to join us, Mother Val and Mrs. Connell!

Thank you for all of your continued support, you are truly making a difference and helping us build a strong faith foundation for each child!



Prayer Works



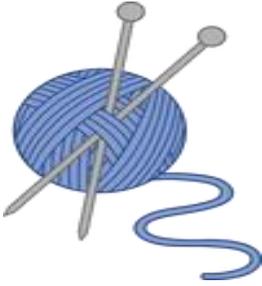
We invite you to pray for those in our parish family and our friends who need our prayers. Our prayer list in our bulletin is for you to take home and pray daily for those listed. The list is below. Please call our office to add anyone.

Mike Biehl, Bruce & Lori Lynn, Andrew Cook, Mike & Laurie Ann Collins, Mitties, Karen Feeney, Karina George, Alison Hayes, Emily Hayes, Alvaro Jaramillo, Tami Jones, Kym, Michael Lima, Maria Madden, Agnes Mezzacappa, Marge Mistysyn, Rene O'Neil, Mike Redpath, Loren Rabon, Grace Scott, Lois Symons, Diane Steets, Diane Tresente, Justin Tucker, Florence Wasek, Dawn, Philomena, Scott, Lou, Richard Tetley, Quartuci and Kalousdian families



**“Without God, we cannot;
without us, God will not”**

—St. Augustine.



HELP! HELP! HELP! The Nifty Knitters are in dire need of more knitters to make hats and scarves for Appalachia's children and adults. Please contact Ann Dupree, 732-842-0988, of your knitting interest, and she will share patterns, meeting dates and details, even needles & yarn. The next Nifty Kniters' gathering will be Monday, May 7th, at Ann's home, 464 River Road, Fair Haven, NJ

LUNCH BREAK OF RED BANK: In advance, ECW sincerely thanks all participants of St. John's for their generous donations of gently used, spring-summer clothes for Lunch Break of Red Bank, May 12-20. Delivery will be Monday, May 21. Please place your items in black plastic bags, labeled by gender, and put in designated areas in the back parish hall.



Sometimes attributed to "Dear Abby," here are the

The Ten Commandments of a Long and Peaceful Life:

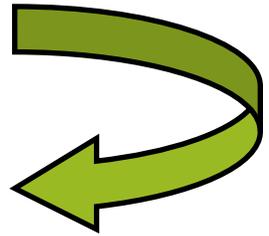
1. Thou shalt not worry, for worry is the most unproductive of all human activities.
2. Thou shalt not be fearful, for most of the things we fear never come to pass.
3. Thou shalt face each problem as it comes. You can handle only one at a time.
4. Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.
5. Thou shalt not take problems to bed with you, for they make very poor bedfellows.
6. Thou shalt not borrow other people's problems. They can take better care of them than you can.
7. Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.
8. Thou shalt not try to relive yesterday for good or ill—it is gone. Concentrate on what is happening in your life today.
9. Thou shalt not become bogged down by frustration, for 50 percent of it is rooted in self-pity and will only interfere with positive actions.
10. Thou shalt count thy blessings, never overlooking the small ones—for a lot of small blessings add up to a big one.

Episcopal Church Women—ECW



JULY DATE WORKSHOP TBA: ECW will be making and decorating vintage-style Christmas and every-occasion cards, to be sold at our Mini-Bazaar in November. Custom-made pre-orders accepted and earlier delivery. This is our major Outreach Project for Appalachia. Watch for date(s) in the June Messenger and weekly bulletins. Guaranteed to be fun (this time)!! Everyone is welcome!!!

Good Luck to Judy Kennedy, an ECW member, very valued knitter and special friend to all. Happiness and blessings in your new home and community.
Her new address is: 57 Clear Lake Road, Whiting, NJ 08759



THE BISHOP ARRIVES FOR PENTECOST...





We are thrilled to announce that thanks to your generosity, Mission Possible pledges came in at \$10,450 this year! We are supporting:

Covenant House

Episcopal Prison Ministries

Episcopal Relief and Development

As a reminder,

Pledges for these worthy organizations are due on Pentecost, May 20th.

Checks should be identified for Mission Possible in the memo part of your check.

You may send your check to the Parish Office or place it in the plate at any service

Thank you for your support, Erika Abella

To my St. John's Parish Family -

I would like to thank St. John's for supporting me in my fourth American Cancer Society Relay for Life.

With your help I raised over \$1,300, and my sorority team raised over \$5,400. I was the #1 individual fundraiser for Dickinson College! :)



Thank you again for being an incredibly supportive community!

Sincerely,
Kara Dixon

Special presentation

This past Sunday, April 29th, St. John's member Audrey Wible spoke about her experience with chronic illness and the ways in which food has the ability to heal. Audrey was diagnosed with Crohn's disease at the age of 12 and has spent the better part of her lifetime learning how to live with a disease that "has no cure."

The last few years have proven to be some of the most challenging in her life. After experiencing two major Crohn's flares during and after her last two pregnancies, and a Rheumatoid Arthritis diagnosis following the birth of her third child, Ethan, she began a project last year called Sugar Snap Peace. The project, a sharing space on Instagram and Facebook is a platform to bring awareness to the ways in which upgrading from a Gluten-Free diet to a Grain-Free (Paleo) diet has made a tremendous impact on her health.

Audrey did not only speak about the ways in which food can heal but about the positive impact of the St. John's community, her faith, and the powerful ways prayer has transformed her life and supported her on this healing journey.

You can read Audrey's Sugar Snap Peace blog at <https://www.facebook.com/sugrsnapp/>



FROM THE DEACON'S DESK



The What? The Who? Or 'Just call me Angel'

Even though the order of deacons is the oldest of the orders of ordained ministry there is a lot of confusion about just what a deacon is all about. Although the order has changed a lot over the years it has always been, and will continue to be, mostly about servant ministry. The Greek word 'diakonia' from which the word 'deacon' is derived means 'service'.

Our Book of Common Prayer (p. 543) says this: "In the Episcopal Church a deacon exercises 'a special ministry of servanthood' directly under the deacon's bishop, serving all people and especially those in need." This reflects the practice of the early church.

The Episcopal Church website has this to say about the order:

Since ancient times the liturgical functions of deacons have suggested the activity of angels. As they proclaim the gospel, lead intercessions, wait at the eucharistic table, and direct the order of the assembly, deacons act as sacred messengers, agents, and attendants.

Now that's an image I can live with!

Dr. Thomas Ferguson, writing for the Association of Deacons: The priest is the one who stands at the center of the gathered community, leading its sacramental worship, ministering to its needs. The deacon stands at the edge of the gathered community as a bridge to the world, 'to interpret to the Church the needs, concerns and hopes of the world....and to show Christ's people that in serving the helpless they are serving Christ' (BCP p. 543).

As you participate in the liturgy you can see how those different roles and responsibilities play out, can't you. We all have part to play in our shared time of worship and in fulfilling our Baptismal Covenant in the world.

If you're interested in learning more about the Diaconate I encourage you to look on line or talk to me. (<http://dioceseofnj.org/discernment-for-the-diaconate-and-priesthood/the-diaconate-in-the-diocese-of-new-jersey>) Dr Ferguson's article ends with this call: For the church to move ahead in the third millennium it will need scores of called, dedicated, well-trained and passionate deacons to bring the word of Christ to all people, to interpret to the church the needs of the world, and to restore the early church's understanding of *diakonia* to all the baptized."

Blessings to you all,

Eve

(May 2018)

A Life of Giving

By Mike Redpath

Contrary to all the messages that are drummed into our heads daily, life is about giving, not getting and acquiring. God did not create humankind because he needed creatures to consume his creation. God created us to join him in the process of creation, which is an ongoing act of giving.

Throughout our lives we are encouraged to get and acquire. Get a good education. Get a good job. Acquire things. Acquire titles. And so on.

Our striving to get and acquire so dominates our lives that it can dominate our attention. In reality, all that we get, acquire, and accomplish is intended to facilitate joining our Creator in providing for his creation.

God is the expression of love beyond our comprehension. One manifestation of that love is creating and life. In humankind, God seeks creatures to join him in the act of extreme love...creation... giving.



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**Diocesan Baccalaureate
Service**

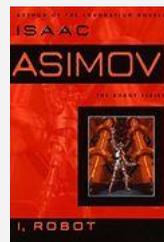


May 20, 4:00 pm
Trinity Cathedral, Trenton
Join in Evensong
to honor and congratulate
the 2018 Graduates
along with the 2018 Van Duzer,
Black Clergy Caucas and
Episcopal Church Women
Scholarship recipients.

**ST. JOHN'S
BOOK CLUB**

Wednesday, May 16th
at Paul Chalifour's house
7 p.m.

Robot by Issac Asimov



Everyone is invited and encouraged
to join. Just read the book and show
up!