



The Belltower

The Newsletter of the Clover Hill Reformed Church

Sunday, September 3, at 10:00 am

Fourteenth Sunday after Pentecost /
Communion
Exodus 3:1-5 Psalm 105:1-, 23-26, 45b
Romans 12:9-21

Sunday, September 10, 10:00 am

Fifteenth Sunday after Pentecost Exodus 12:1-4 Psalm 149 Romans 13:8-14

Sunday, September 17, at 10:00 am

Sixteenth Sunday after Pentecost Exodus 14:19-31 Psalm 114 Romans 14:1-12

Sunday, September 24, at 10:00 am

Seventeenth Sunday after Pentecost Exodus 16:2-15 Psalm 105:1-6, 37-45 Philippians 1:21-30

September Church Activity Kick-off



Choir rehearsal begins 9/10 9:00 am



2023-2024 Sunday School Program 9/10 page 7



Church Picnic following worship 9/10 Page 13



Autumn Reading/Conversation Group Sept 17 & 24, Oct 1 & 8 page 6

Communication and Contact Information

Clover Hill Reformed Church, 890 Amwell Road, Hillsborough, NJ 08844 908-369-8451 / chrc1834@gmail.com/ Website: www.cloverhillchurch.org/ / Like Us On Facebook

The office of CHRC is open on Tuesday, Thursday and Friday from 9:00 am to 2:30 pm. The office administrator will be working remotely each Wednesday and available by phone (908-369-8451 by leaving a message) and email (chrc1834@gmail.com)



Worship With Us Online

Sundays at 10:00 am

Our live-streamed services will be accessible in real-time through:

YouTube Click Here to check out our YouTube Channel!

Zoom Login for meetings only

By computer:

https://uso2web.zoom.us/j/3847369806

Meeting ID: 384 736 9806

Passcode: 5hhNCv

By phone:

+1 646 558 8656

Meeting ID: 384 736 9806

Passcode: 544042

Clover Hill Reformed Church has lifted all COVID-related restrictions.

If you are not feeling well (COVID, flu, or other potentially contagious illness) please stay home and join us via Zoom.

We're now on Instagram!



click, follow & like

Our Instagram name is 'Clover_Hill_Reformed_Church_' (that's right, there is a 'dangling' underscore at the end).

Are you following us on Facebook?



click, follow, like & share

Even if you are not a Facebook user, you can still see our church's Facebook page. If you have any content that you would like to see up on Facebook or Instagram send to the Office Administration CHRC1834@gmail.com.

2023 Consistory members, officers & team coordinators

Transitional Pastor: Rev. Beth Scibienski

pastorbeth.chrc@gmail.com

Elders:

David Gwin—Stewardship

cDavidGwin@gmail.com

Amy Frank—Vice President

frankfmly@yahoo.com

Nancy Lane—Pastoral Care

nlane54@gmail.com

Kirsten Posselt—Health & Safety

kirstenposselt3@gmail.com

Deacons:

Michelle Clover—Clerk—Communications

miclover@gmail.com

Carolyn Keck - Spiritual Growth

carolynkeck64@gmail.com

Barbara Sarzillo—Fellowship & Service

barbarasuesarzillo@gmail.com

Staff:

George Farrell—music director

deuscaritasest@aol.com

Lynn- Totten—office administrator

CHRC1834@gmail.com

CHRC Choir

George Farrell, organist/choir director / (deuscaritasest@aol.com) or cell number (732) 599-4077

One of the service parts options for the prayer of confession is to sing: Lord have mercy...

When the early Christians began to worship in Latin, one phrase within the liturgy stood out from the rest because the words are not Latin, but Greek.

The priest or deacon would sing: "Kyrie eleison" ("Lord, have mercy"): Greek words that were never converted into Latin. Why is that?

It's believed that the primary reason why the phrase "Kyrie eleison" wasn't translated into Latin is that the words would have lost their original meaning. The book, <u>Orthodox Worship</u>, describes the true meaning of the phrase. (It's a long quote but I think it's worth the read):

"The word mercy in English is the translation of the Greek word eleos. This word has the same ultimate root as the old Greek word for oil, or more precisely, olive oil; a substance which was used extensively as a soothing agent for bruises and minor wounds. The oil was poured onto the wound and gently massaged in, thus soothing, comforting and making whole the injured part. The Hebrew word which is also translated as eleos and mercy is hesed, and means steadfast love. The Greek words for 'Lord, have mercy,' are 'Kyrie, eleison' that is to say, 'Lord, soothe me, comfort me, take away my pain, show me your steadfast love.' Thus mercy does not refer so much to justice or acquittal, a very Western interpretation but to the infinite loving-kindness of God, and his compassion for his suffering children! It is in this sense that we pray 'Lord, have mercy,' with great frequency throughout the Divine Liturgy."

It seems to me, that in light of this explanation, the phrase comes alive and highlights the beauty and depth of God's mercy. It shows a loving God who wants to bind our wounds like the Divine Physician God is. Instead of standing in front of a tribunal at the beginning of worship asking for mercy from a powerful judge, we're face-to-face with a compassionate God, who is ready to pick us up when we fall down. What a great way to begin Worship!

Why did I decide to write about God's compassion? I decided because I heard the 80's hit, Kyrie by Mr. Mister on the radio. You never know how God will nudge you.

Speaking of music, we're going to start our new choir season with rehearsal on Sunday, September 10, 2023 at 9:00 AM. If you're not sure if you want to be in the choir, come to the rehearsal on September 10 and/or September 17 and see how you feel about it after singing with others. There's no commitment to join if you try it out and decide it's not for you. If you think you don't have a good voice just pray Kyrie Eleison to God and give to God the voice that God gave you!

Our first Sunday of singing at Worship will be on Sunday, September 17.

Sincerely in Christ,

George Farrell

Message from the Pastoral Search Team

Search Team Update:

While we trust that God has already selected someone to lead us here at Clover Hill, the realities are that the process will take longer than it did in the past. This is especially true of our small, aging congregation in a rural, but expensive part of the country looking for a part-time pastor. We are, however, a church without conflict, or history of conflict, and an openness, willingness to change and to seek where, outside of the physical bounds of our church, God is calling us to. We have put together a compensation package that is more than fair, and allows room for growth.

Even prior to COVID, finding new pastors was getting more difficult. A large number of pastors were retiring and the number of students pursuing a Masters of Divinity degree, which is often required for ordination, was declining. Like many things, COVID expedited these truths meaning more open pastor positions and less people available to fill them. Throw in the expedited church attendance decline, the demands of the COVID pandemic on pastors to become streaming experts, the mask or not-mask controversies, the large political divide in our country and things have only gotten worse.

Although it's two years since the Search Team was first convened, we don't feel 'pressured' to settle on a candidate. So, like all things in life, we are asked to turn this over to God, trust in Him and know that His timing is always perfect.

Your Search Team:

Patty Agnew paw61961@gmail.com

Janet Durborow jdurbor@gmail.com

Marilyn Fineman (Search Team Chair) marilyn@fineman.me

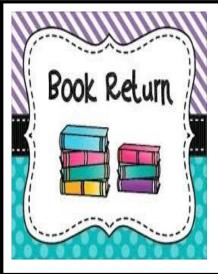
Matt Furmato <u>tmfurmato@embarqmail.com</u>

Gary Keck gkeck6@gmail.com

Laurel Suk sukart24@gmail.com

Gary Tully crusingg@aol.com

Pastor, Rev. Beth Scibienski pastorbeth.chrc@gmail.com



Searching for several books that were made available to the congregation over the last few years. If you discover any of these titles in your possession, please return them to the church office. Thank you. Nancy Lane

"Post Quarantine Church" by Thomas S. Rainer

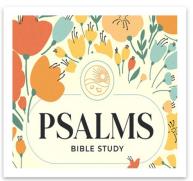
"The Calling of a Part Time Pastor" by Warren Seibert

"We Will Feast" by Kendall Vanderslice

News from the Spiritual Growth Team

Coordinator: Carolyn Keck (carolynkeck64@gmail.com)

Summer In The Psalms



If you are a student or a family with children, no less an educator, you are conditioned to believe summer ends either right before or after Labor Day. You or your kids will be headed back to college or grade school as the school year begins.

Backpacks, new sneakers, bus passes, packing lunches, finding out your teachers or finalizing your class schedule may not be relaxing. The "new" year has begun. Summer is

The calendar and the rotation of the earth around the sun, however, tells us that the summer solstice does not tilt to the autumnal equinox until September 23, 2023 in the Northern Hemisphere. So, we have almost another month of relaxation, mild breezy weather and late blooming flowers. Please do not put away the deck furniture and please do wait until the hammock is completely filled with falling leaves before we declare summer's end.



Finding Comfort in THE PSALMS

You will not fear the terror of night. nor the arrow that flies by day

PSALM 91:5



This passage names eight ways God will protect you. List as many as you can.

> This psalm clearly tells us that God does not get tired. Describe Him relating to a problem of yours that makes you very tired.



PSALMS

for Receiving Guidance

Hift up my eyes to the mountainswhere does my help come from?

PSALM 121:1





PSALMS for Finding Wisdom

The fear of the LORD is the beginning of wisdom

PSALM III:10



Try to make an abbreviated list of all the blessings mentioned in verses 1-8 for which we should be thankful.

Why is fear of the Lord the beginning of wisdom, rather than love or peacemaking?



PSALMS for Finding Wisdom

The fear of the LORD is the beginning of wisdom

PSALM III:10



teach sunday school

Clover Hill Reformed Church welcomes all to attend the

Autumn Reading/Conversation Group

890 Amwell Road, Hillsborough, NJ 08844 / Nevius Fellowship Hall 908-369-8451 / chrc1834@gmail.com / www.cloverhillchurch.org

How does an author tell an "untellable" story? How do accounts capture our harsh world of increasing controversy? How do we respond when societal values clash with religious teachings? Why has art become contentious?



ELIE WIESEL



How do YOU respond when you read?

If you would like to join a conversation group responding to short, challenging realistic works, please express your interest to the Clover Hil church office, 908-369-8451 or email chrc1834@gmail.com

Selections include four readings, one for each week's conversations.

Readings:

- Night by Elie Wiesel (book)
- Book of Job

Week three and four selections will be copied and provided.

Our plan is to meet once a week for four consecutive weeks the last two weeks of September and first two of October.

Details will follow if there is a quick response. The time of Sunday after worship is proposed (11am).

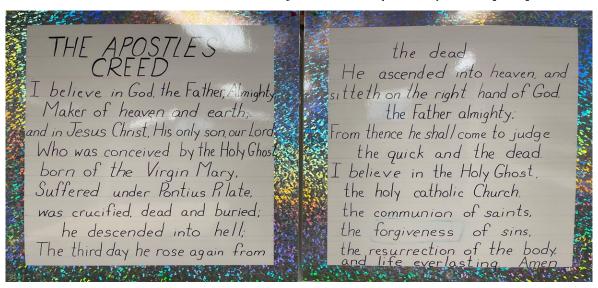
Participants need to obtain a copy of Night for the first session.

Bibles can be borrowed from CHRC for reading The Book of Job.

Selections should be read for participation.

Facilitator: Gary Keck

Summer Season Sunday School (SSSS) Wrap-up



This I Believe". Thanks to Ann Cucchiara, we had a wonderful poster to use to help the children with learning The Apostles' Creed and it will be able to stay in our Sunday School area for future use. Thanks also to the following people who taught one or more Sundays: Patty Agnew, Lesley Amnott, Marilyn Fineman, Amy Frank, and Nancy Lane. We look forward to resuming regular Sunday School on Sunday, September 10.

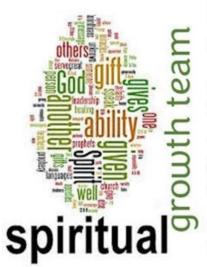


2023-2024 Church School Session Starting Up

Our regular church school year starts on Sunday September 10. As in the past, the children will attend the first part of the worship service and then gather in Nevius Fellowship Hall after the Children's Sermon. We will continue to use our 'home-grown' curriculum that includes stories from throughout the Bible and uses song, Bible readings, prayers and crafts to share God's word with the children.

There is definitely a good reason why so many people around the world have bought into the concept and made listening to a podcast part of their daily routine. Pastor Beth sometimes references connections to podcasts during worship. She is a listener. Podcasts bring with them a range of benefits. From providing a source of educational stimulation to comedic relief - there is a podcast out there for every taste or preference. It is also beneficial in reducing your screen time, which is something that a large majority of people want to do in their lives. Listening is good for our brains. If you're looking for a good reason why you should give podcasting a serious chance, this list of podcast recommendations from Pastor Beth might get you listening:

- Everything Happens with Kate Bowler
- The Growing Edge with Carrie Newcomer
- Poetry Unbound by On Being Studios



Do you have an interest in our church worship, education and music?

Come, join the team –your interest, ideas, and gifts are needed and welcomed!

The Spiritual Growth Team (SGT) meetings occur quarterly on Zoom or in-person and as needed for advisement for decision making or recommendations for these areas of our church life.

The team members welcome and encourage you to join them in being a voice in the growth of our church.

Please contact the church office (chrc1834@gmail.com/908-369-8451)) or Carolyn Keck—SGT coordinator- (carolynkeck64@gmail.com/732-715-1886) if you would like to join the SGT for the coming year.

"True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that - it is spiritual transaction with the Creator of Heaven and Earth." - Charles Spurgeon



We invite you to take a moment or so, as you can, between the hours of 8 and 11 Wednesday mornings, and pray for all of those who are called by God to be connected to Clover Hill. He will guide our Church, our country, and our world on a path of faith and benevolence to all.



Same day of the week – different time!

Wednesdays at 7:00 am on Zoom

When we pray together, we experience God's presence.

Matthew 18:20 (NLT)

For where two or three gather together as my followers, I am there among them."

Ephesians 3:12 (NLT)

Come and be in community with others while we seek God's guidance and comfort for the new day.

Come join in each Wednesday at 7:00 am on Zoom for a 10-15_minute time of devotion, scripture, sharing of concerns and joys, prayer, and lifting those on the CHRC prayer list to God.

Come as you are - PJ's allowed!

Questions: email Lynn- Totten (chrc1834@gmail.com)

VBS 2023 Camp Light



Visit our Facebook and Instagram to view the daily posts that were shared during our VBS program.

Are you following us on Facebook?



click, follow, like & share

We're now on Instagram!



click, follow & like









Jesus

Helped people

Healed people

Fed people

Made friends with people

Stuck up for people

And one day when Jesus was talking to his friends, they asked, who are you? And he said, "I am the light of the world."

And then Jesus began teaching his friends to

Help people

Heal people

Feed people

Make friends with people

Stick up for people

And the more they helped and healed and fed and made friends and stuck up for people, the more the disciples liked to do these things.

And then one day, Jesus said, "You are the light of the world."

Well, wait a minute, I thought Jesus was the light of the world.

But here Jesus is saying that his friends, and even us, are the light of the world. Jesus said there would be a time when his light was no longer in the world. And when he was gone,

The light of Jesus would waft out to others.

And the light would catch in our hair, And in our pockets,

And on our skin.

And we would take the light of Jesus with us.

We would then be the light of the world.









Our joint church congregations, CHRC and NRC, and our community partners joined to make VBS 2023 a success. Many thanks to everyone who gave of their gifts and time from the initial planning meeting and through the debrief meeting to create a warm and loving atmosphere for all to SERVE and the community in sharing in God's light.

Jim Agnew Amy Androwski Megan Babecki Christian Clover Deb DeDecker Ginny DiMilia Marilyn Fineman Janny Hoffman Carolyn Keck Jacquilin Kirby Bryn Marzullo **Ute Pratt** Emma Seaman Nancy Skillman ShopRite of Flemington NJ Linda-Lee Titus

Lori Voorhees

Patty Williams-Agnew Ben Androwski Jackie Balchi Marissa Clover Anthony Dell Ventura George Farrell Amy Frank Linda Jones Linda Kiefer Nancy Lane Mildred Molina Mary Rooney Flynn Seaman Pastor Beth Scibienski Cassie Stallwood **Barry Totten**

Lesley Amnott Sydney Artache Jeff Bice Carl Cucchiara Bob DiMilia Jon Fineman David Gwin Nancy Johnston Pastor Chris Kile Kathy Lime Jack Polhemus Barbara Sarzillo Hayley Seaman Eliza Sohnle Tyler Stallwood Lynn- Totten

Officer Rob Fariello and all the other offices of Hillsborough Police/Traffic Division

Thanks to Pastor Beth for the gifts of song and of storytelling that she shared during Camp Light and for providing pastoral care to all in our VBS family.

Special thanks to Carolyn Keck, our VBS coordinator extraordinaire. She fueled our dreams throughout the planning process, providing ideas and encouragement, working on publicity and registration and curriculum for months while many of the rest of us had not looked ahead on the calendar to July. She encouraged all of us to "keep thinking" and to keep the faith as the program came together. During VBS week, with the skill of a circus juggler, Carolyn held all of the balls in the air and coordinated with (what looked like) ease and kept composure throughout - reminding us all to breathe and to trust. Returning after a long hiatus, she also presented morning songs and lessons at the front of the sanctuary. The light still shines in and through Carolyn. And we are grateful.



I Have Decided to Follow Jesus

One of the main ways we follow Jesus is by serving each other, our community, and the world. We encourage our congregation to find opportunities to SERVE inside and outside the church, globally and locally.

We invite you to click and listen

https://www.cloverhillchurch.org/serve

to "I Have Decided to Follow Jesus" one of the songs we embraced during Sunday School and Vacation Bible School. We hope it will move you as it has all of us, children and adults alike, in sharing the light of God in our daily lives as we serve others.

News from the Fellowship Team

Coordinator: Barbara Sarzillo (barbarasuesarzillo@gmail.com)

Fellowship and Service Teams meeting will be on Tuesday, September 19, at 1:30 pm in the Nevius Fellowship Hall.

Skeins of Hope

Skeins Zoom meetings will be on Thursday's, September 21, 2023, at 8:00 pm. Diana Reinhardt (908-369-4362 or greinhardt9@gmail.com)



Clover Hill Reformed Church

890 Amwell Road, Hillsborough, NJ 08844 908-369-8451 / chrc1834@gmail.com / cloverhillchurch.org

Annual



Sunday September 10th after worship, on the Cruser/O'Brien Lawn

(888 Amwell Road, Hillsborough)

Please Join us for Fellowship and Fun!

Sign up by contacting the church office at 908-369-8451 or chrc1834@gmail.com

or on the Narthex Fellowship bulletin board.

Please bring a salad, dessert or chips, to share.

The church will provide hamburgers, hot dogs, condiments, bottled water.

Rain or Shine

PLEASE BRING LAWN CHAIRS

News from the Service Team

Coordinator: Barbara Sarzillo (barbarasuesarzillo@gmail.com)



This information will be based on the organization's activities and is intended to create awareness in our communities. If you have an interest in donating or volunteering, please follow the link supplied for more information.



Brahma House

Dedicated to providing housing and supportive services to runaway and homeless youth.

Brahma House offers abused, neglected and homeless youth a safe haven. At our short-term, residential crisis intervention program, we provide 13- to 18-year-olds with food, clothing, counseling, health care, education and independent-living skills.

Our goal is to help these teens deal with difficult family situations and reunite them with their families. When that isn't possible, we help them find alternate stable homes where they can thrive.

Brahma House is a licensed 12-bed group home and a licensed 4-bed shelter. That means we can respond to a variety of situations and accept referrals 24 hours a day from the state child welfare agency and family courts, as well as walk-ins. By providing displaced youth in New Jersey with structured residential treatment and evaluation services, we work to build their self-esteem, improve their education and help them develop the skills they need to succeed.

The Brahma House program offers individual, group, and family counseling. Each resident is assigned a case manager and treatment coordinator who jointly develop a treatment plan. The case manager coordinates the assessment and schedules all necessary appointments, while the childcare staff provide transportation to community-based services.

For more information contact https://visionsandpathways.org/
49 Brahma Ave Bridgewater, NJ 08807
908) 526-6605



A heartfelt thank you to all who baked for **Fisherman's Mark** in July. Twenty-eight loaves of bread, five 1/2 dozen Muffins, one dozen brownies, two dozen cookies, and one quiche were delivered.

All gratefully accepted.

News from the Communication & A/V Teams

Consistory Facilitator: Communication – Michelle Clover (miclover@gmail.com)

Communications Team meeting Tuesday, September 5, at 3:30 pm in the Nevius Fellowship Hall.

Motivational Message Coming to You from our Church Parking Lot Sign

A group of very dedicated people faithfully change the sign in the parking lot every two (or more) weeks. Sometimes the sign gives information (e.g. about Vacation Bible School), but mostly it provides words of inspiration to those at our church and those who pass by the sign.

Thanks to: Karen Babecki, Ann Cucchiara, Ginny DiMilia, Yvette du Fosse', Marilyn Fineman, Amy Frank, Nancy Lane, Barb Sarzillo, Ken Skillman Lynn-Totten, and Lori Voorhees for providing these words of inspiration by changing the sign (which sometimes involves cleaning the letters that get very dirty and grassy!)



We pull the inspiration from various places on the internet, but if you have a message you would like to see displayed, or would like be part of this group that changes the sign, just email to the office administrator, CHRC1834@gmail.com, and she will pass it on. Just keep in mind, we are limited to seven lines and a maximum of 11 letters (spaces included) per line.

Whether we are social distancing or gathering at church, you can always stay on top of what is going on through:

- Belltower and bulletin announcements/inserts
- Facebook
- Instagram
- church website: www.cloverhillchurch.org
- emails from MailChimp
- Zoom worship/meetings/ activities



If you would like to join our 'team' and help us spread the word about what is going on at our church, contact Michelle Clover (miclover@gmail.com).

Communications Team Members:
Bob DiMilia, Janet Durborow, Marilyn Fineman,
Lynn–Totten,

All social media items must go through the church office before they can be posted.
Please send all write ups to Lynn– Totten

at CHRC1834@gmail.com Thank you!





If you take pictures at any church event please share with the church office

(chrc1834@gmail.com) so we may include them in our social media and Belltower.

Not all pictures will be used but it is good to have them on file.

Please be aware we have a Family Photo Release form on file in the church office that limits the publication of the minors in our church family. Please check with the office admin before posting any photos on social media platforms.

Belltower Deadline

Please submit all write ups to be included in the October issue, to the church office (chrc1834@gmail.com), by Thursday, September 21, 2023.

News from the Stewardship Team

Consistory Facilitator: David Gwin (CDavidGwin@gmail.com)

Updates from The Stewardship Team:

- Carpet: The final plan is to have all of the carpet in the sanctuary and upstairs meeting room stretched; to replace the narthex carpet with carpet squares (they should be less likely to ripple and are individually replaceable); and to replace the carpet on the steps to Nevius Fellowship Hall (and the bottom landing) with matching carpet. Work should begin soon! Total cost will be \$4338.
- Parking Lot: The lot in front of the church was sealed on 8/21.
- **Steeple:** Work on the steeple has been completed! High Climbers did a fabulous job repairing rotten wood, fixing leaks, washing, and coating the steeple. It is so white, it almost glows in the sunshine! They did the whole project on time and on budget, for a total cost of \$29,875. There will be some future additional costs as the small spires need to be rebuilt and the windows in the steeple need to be redone. Many thanks to the families of George Conard, Karl Posselt, and Jennifer Gottlieb whose generous memorial gifts paid for this work. Check out the before and after pictures on the next page!
- Future Projects: We plan to have a brainstorming session during brunch one Sunday this fall to talk about future projects for the church and parsonage. This will be open to everyone and we'd love to hear your ideas. Also, please keep in mind the ongoing needs of our beautiful old buildings and consider making a donation to the Building Fund. The current balance of the Building Fund is just a little over \$5000.







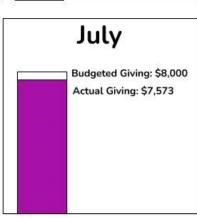


Next Stewardship
Team Meeting:
September 14
7 pm



2023 MONTHLY GIVING RECAP







Cash Financial Snapshot (as of 8/29/2023)		
Income Year to Date (excluding special gifts)		\$110,417.82
Expense Year to Date		\$107,567.11
Balance to Date		\$2 , 850 . 71
TD Checking Balance (Operating Cash):		\$41,054.40
TD Money Market Account (Savings)		\$19,728.45
TD Money Market Account (Restricted Funds)		\$19,779.53
Accessibility Fund	\$5,089.63	
Benevolence Fund	\$1,117.03	
Building Fund	\$5,078.68	
Castellano Scholarships Fund	\$1,099.61	
Kris Kanach Library Fund	\$556.50	
Mary Nevius Music Fund	\$5,118.08	
Paving Seal Fund	\$1,720.00	
Vanguard Savings as of 8/29/2023 (opened 5/2023)		\$217,973.80
Total of all Operating and Funds Cash:		\$298,536.18



Message from the Pastoral Care Team



Coordinator: Nancy Lane (nlane54@gmail.com)

News from the Pastoral Care Team

"Whatever you did for one of the least of these brothers of Mine, you did to for Me."

Matthew 25:40

SELF CARE - REST AND SLEEP

"And on the seventh day, God finished the work that God had done, and God rested on the seventh day from all the work that God had done. So God blessed the seventh day and made it holy, because on it God rested from all the work that God had done in creation." (Genesis 2:2-3)

What does Sabbath rest mean? Is Sabbath rest the same as sleeping? What about Sabbath rest makes it holy?

The word holy means "set apart." My Sabbath is on Friday, which is my day off. For me, the hardest part of taking a Sabbath is that there are so many things still left to be done. Sometimes it's work tasks that didn't get finished. Sometimes it's home tasks that are staring me in the face begging me to do this or that. When I am able (and I'm not always good at this) to truly rest from working or producing on the Sabbath, I am reminding myself to rely on God rather than myself. Sabbath is counter -cultural. To celebrate the Sabbath is to live in God's economy and not the world's economy of busyness and production. The word holy means "to be set apart."

Peace.

Pastor Beth

Do you find that you are frequently tired and irritable? Do you feel like getting a good night's sleep is nothing more than a "dream"? God wants us to be the best that we can be so we can serve Him with energy and enthusiasm. If you feel deprived of rest and or sleep, it may be difficult to be all that we can be.

Dr. Saundra Dalton-Smith writes, "If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

We go through life thinking we've rested because we have gotten enough sleep — but in reality we are missing out on the other types of rest we desperately need. The result is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power of rest.

Rest should equal restoration in seven key areas of your life.

Dalton-Smith goes on to say in her TED article, <u>The Seven Types of Rest that Every Person Needs</u> (January 6th, 2021) that sleep alone cannot restore us. In fact, there are seven types of rest that we need:

- 1. Physical rest
- 2. Mental rest
- 3. Sensory rest
- 4. Creative rest
- 5. Emotional rest
- 6. Social rest
- 7. Spiritual rest

For more in depth information on how to go about achieving these areas of rest, please read the entire article or listen to the TED Talk through this link: https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/

Psalm 23:1-4

"The Lord is my Shepherd, I shall lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul. He guides me in paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me."

The Clover Hill Church Pastoral Care Team is a great resource to help with transportation, health contacts, and meals. Even if you just need someone to talk to, please reach out by contacting the church office (908-369-8451/chrc1834@gmail.com), Pastor Beth (pastorbeth.chrc@gmail.com), or Nancy Lane (nlane54@gmail.com). We are also looking for people who can help with the many needs of the Pastoral Care Team.

August 31 is International Overdose Awareness Day. As part of the campaign to call attention to this deadly scourge, we have joined other area churches and municipalities in displaying flags placed by Community in Crisis. There will be signage at the church throughout the month of September which is designated as National Recovery Month. Please join us in praying for all of the individuals and families impacted. This is a plague that knows no boundaries.

SEPTEMBER IS NATIONAL RECOVERY MONTH



RECOVERY IS POSSIBLE FOR EVERYONE. EVERY PERSON, FAMILY AND COMMUNITY.







Today is International Overdose Awareness Day



REFLECT. REMEMBER.
ACT TO END OVERDOSES.







COMMUNITY IN CRISIS GOES PURPLE TO MARK OVERDOSE AWARENESS DAY

The Somerset Hills Community Shows Support

BERNARDSVILLE, NJ. AUGUST 22, 2023. On Thursday, August 31, 2023, 7 p.m., at the Community Hub, 9 Church St., Bernardsville, <u>Community in Crisis</u> (CiC) will again welcome parents, families, community leaders and faith leaders to a remembrance gathering. At 8 p.m., a vigil will mark the 22nd annual <u>International Overdose Awareness Day</u> which seeks to reduce the stigma of drug-related deaths and spread the message that overdose death is preventable. Speakers at the event will include local officials, family members and a person in recovery. All are welcome; parking is available behind the building and across the street opposite the Community Hub.

With the volunteer support of local girl scout troops and middle school volunteers, trees and lampposts throughout town will sport a purple ribbon, and large remembrance posters displaying photos and names of those lost to overdose will be displayed in front of the Hub, presenting a reflective setting for the event. 50 flags will represent the 50 mothers, fathers, sons and daughters who tragically lost their lives to overdose in Somerset County in 2022. 17 locations across Somerset County are also joining the effort with flags and banners. These include Congregation B'nai Israel and the churches of Somerset Hills Lutheran, Bishop Janes United Methodist, St. Mark's Episcopal, St. James' Catholic in Basking Ridge; Bernardsville Public Library and the churches of Bernards United Methodist and St. Bernards Episcopal in Bernardsville; Liberty Corner Presbyterian Church in Liberty Corner; St John's Church and Somerville Borough Municipal Center in Somerville; Trinity United Church in Warren; Bound Brook Presbyterian Church in Boundbrook; St. Martin's Episcopal Church in Bridgewater; Montgomery-Rocky Hill Municipal Center in Skillman; Clover Hill Reformed Church in Clover Hill; and Hillsborough Reformed Church in Hillsborough.

Following International Overdose Awareness Day, September is National Recovery Month, designed to educate Americans on mental health and substance use disorders, in addition to celebrating the work of individuals in recovery and providing support to affected families and patients.

Ken Musgrove, CiC's Director of Recovery Support, commented, 'It is important to reflect that our remembrance is about the names, not the numbers, about the faces, not the flags, and that addiction and overdose impacts all communities and many, many families. We want our community to know that there are resources available at CIC and that there are peer recovery specialists on staff with lived experience who can help all individuals find hope and a purposeful life in recovery.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), more than half of individuals misusing prescription opioids <u>bought</u>, were given, or stole the prescription drugs from a friend or relative, often from the home medicine cabinet. In an effort to reduce the availability and potential abuse of prescription medications, Community in Crisis gives out free packets of DisposeRx for homeowners to safely dispose of unused, unwanted medications, Narcan nasal spray that can reverse an overdose, fentanyl test strips, and educational materials. Residents wishing to obtain any supplies can visit the Community Hub, 9 Church St., Bernardsville, or contact Sarah: spopa@communityincrisis.org.

<u>Community in Crisis</u> is a community-wide coalition of volunteers, community group leaders, law enforcement, clergy, medical professionals, mental health experts, local government officials and school representatives working together to combat this ever-growing epidemic with programming, awareness and education about substance use disorder. CiC also offers an array of programs, meetings and sober social opportunities to individuals in and seeking recovery.

Community in Crisis began in 2013 following the overdose deaths of two young adults in the Somerset Hills community. The organization, a coalition of community group leaders, law enforcement, clergy, medical professionals, mental health experts, local government officials and school representatives, offers bi-weekly support groups for families of loved ones struggling with substance use disorder, innovative educational opportunities in the school environment, peer recovery pop-up sites throughout the county, vaping education presentations, a 'parent university' series, sober social events and meetings, a youth leadership council, middle school Hub Club, and more.

For more information on this event, please contact Andi Williams at awilliams@communityincrisis.org

For more information or to get involved with CiC, please contact Community in Crisis at info@communityincrisis.org or go to www.communityincrisis.org.



Childcare Provided!

Parenting with Compassion

Free!

Gift card

raffle!

English: 9:30-11:30 am Spanish 12-2:00 pm

Lunch

TOTER HERE provided!

9/21

REGISTER HERE

Clover Hill Reformed Church 890 Amwell Rd, Hillsborough, NJ 08844





For your \$30 donation to the Flemington Area Food Pantry you'll enjoy a delicious takeout lunch with a handcrafted bowl donated by a local potter to serve as a reminder of food insecurity in our community.

26th ANNUAL

BEMPTY

Friday SEPTEMBER 29th 2023 Tickets \$30
Restaurant Soup
(for re-heating)
Mini Sandwich
Dessert

Handmade Bowl

11:00am to 2:30pm



INFO and TICKETS:

flemingtonfoodpantry.org/empty-bowl or 908-788-5568

> Pottery Sale In Walmart Parking Lot

154 Route 31 N, Flemington

Coming Soon

Check back to see our list of sponsoring restaurants and delicious soup, sandwich, and dessert choices



Neshanic Reformed Church



Mamen's Tea

Saturday

Sept. 30, 2023 11 am - 1 pm

Tea, Sandwiches & Confections

Guest Speaker: Karen Kostelansky Mullen

Donation: \$20

Checks Payable to: NRC Women

Mail to: Mary Rooney c/o Neshanic Reformed Church 715 Amwell Rd. Hillsborough, NJ 08844

Reservations Required by: Sept. 16

*Ages 12 & up please.





SEPTEMBER 2023

	Consis	-			1	2
	-	meet on Zoom er 12, at 7:00 pm.				
3 o:oo am Worship & No school Communion	4	5 11am-2pm NFHall in Use 3:30 pm Communications Team meeting NFHall	6 7:00 am Early Bird Devotion & Prayer Time Zoom 8:00-11:00 am Prayers 11am-2pm NFHall in use	7 11:30am sanctuary use by organist	8	9
g:00 am Choir rehearsal begins 10:00 am Worship & 2023-2024 Sunday School begins 11:00 am Annual Church Picnic	11	12 11am-2pm NFHall in use 8:00 am Clean Team 7:00 pm Consistory meeting NFHall	13 7:00 am Early Bird Devotion & Prayer Time Zoom 8:00 am Garden Angels meet 8:00-11:00 am Prayers 11am-2pm NFHall in use	14 11:30am sanctuary use by organist 7:00 pm Stewardship Team meeting Zoom	15	16
17 9:00 am Choir 10:00 am Worship & School 11:00 am Autumn Reading/ Conversation Group in the NFHall	18	19 11am-2pm NFHall in Use 1:30 pm Fellowship & Service Teams meeting NFHall 4:00 pm Spiritual Growth Team meeting NFHall	20 7:00 am Early Bird Devotion & Prayer Time Zoom 8:00-11:00 am Prayers 11am-2pm NFHall in use	21 9:30am-2:00pm Resilient Youth Somerset using NFHall 8:00 pm Skeins of Hope meeting Zoom Belltower Deadline	22	23
24 9:00 am Choir 10:00 am Worship & School 11:00 am Autumn Reading/ Conversation Group in the NFHall	25	2 6 Prayer "Refresh" 11am-2pm NFHall in use	27 7:00 am Early Bird Devotion & Prayer Time Zoom 8:00-11:00 am Prayers 11am-2pm NFHall in use	28 11:30am sanctuary use by organist	29	30