

Paul's Ponderings

Pentecost and Trinity Sundays

What is our end? Where are we headed?

These are two great questions for the post-Easter celebrations of Pentecost and Trinity Sunday which come in May this year. I believe that these holy-days encourage us to think about our future, what changes are facing us, what changes need to be made as we think about what is our end and where we are headed.

In his book, *Take the Next Step: Leading Lasting Change in the Church*, Lovett Weems provides helpful information on leading change in the local church.

On page 114 of his book he gives what he calls, "seven unchangeable rules of change." I list them for you:

1. People do what they perceive to be in their best interest.
2. The change must have positive meaning for them.
3. People thrive with creative challenge but wilt under negative stress.
4. People are different, there is not one single key to all change.
5. People believe what they see and previous deceptions can lead to present suspicions.
6. The way to make effective long-term change is first to visualize where you want to go, and then go ahead and inhabit that vision till it comes true.
7. Change is always an act of imagination.

All change is easier when people think it is their idea. Too much change within a short period of time can lead to explosion. Change is disturbing when it is done to us, but it is exhilarating when it is something done by us.

Mr. Weems suggests that great leaders are good storytellers. Most of what leaders do is to communicate - to preach, to tell stories, to keep reminding people of the best of their history, and not to worry about repeating themselves or being redundant. Good leaders must talk a vision before their vision can be lived. Finally, good leaders must persevere. It takes time for a vision to become reality, and one of the most difficult times is the mid-point, right before the vision blossoms. Good leaders are those who persevere. This means that, if Weems is right in his stress on communication, we are in a great position to lead change in the UPCCG!

In my time with you I have learned how well we do communicate. In our recently completed Envisioning 2010 Lenten Experience, we uncovered some great things about ourselves. (Notes from that study are printed later in this Epistle.)

Pentecost, is a great story that suggests that if we are going to be open to the gift of the Holy Spirit we must also be open to change by asking: What is our end? Where are we headed?

The doctrine of the Trinity is at the very heart of our particular claims about the God who has met us in Jesus Christ. The Trinity is an affirmation that, at the heart of God, at the center of God's Creation is relationship, communication, communion, community.

Yes, What is our end? Where are we headed?

See you in church! **Wear something red** on Pentecost Sunday.

Paul

Sundays, May 4, 11, 18, 25

Choir Practice 9:00 a.m.

Worship 10:00 a.m.

Thursday, May 1: Ascension of the Lord, National Day of Prayer

Monday, May 5: Christian Family Week Begins

Sunday, May 11: Mother's Day – Blanket Sunday: Pentecost Sunday/Communion – Pentecost Offering

Monday, May 12: House, Finance, Mission 7:30 pm

Wednesday, May 16: Session 7:30 pm

Sunday, May 18: Trinity Sunday, Pilgrim Service with Rev. Dr. Tony Campolo

Tuesday, May 20: EPISTLE DEADLINE

Wednesday, May 21: Session Meeting 7:30 pm

Sunday, May 25: Rev. Dr. Julia Dawson preaching

Monday, May 26: Memorial Day

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The Epistle is a monthly publication of the United Presbyterian Church of Cedar Grove,
155 Commerce Rd, Cedar Grove, NJ 07009

Pastor: Rev. Dr. Paul O. Boger, Sr.; Editor: Carol Banta;

Mailing Committee: Rosemary Geynet, and Catherine Van Houten,

You may contact us these ways:

Phone 973 239-8520, Fax 973 239-0560; Email upccg@verizon.net

www.upccg.org

for emergencies or appointments for Pastoral care and counseling, call Pastor at 973-509-2187 or on his cell 973-768-5982

May Worship

May 4 **7th Sunday of Easter**

**Wills Emphasis, Older Adult Week,
Serious Mental Illness Awareness**

Sermon: *The Reason We Are Here*

Scripture: Acts 1:6-14; Psalm 68:1-10; I Peter 4:12-14; 5:6-11; John 17:1-11

May 11 **Pentecost The Lord's Supper**

**Pentecost Offering — Wear something red
Mother's Day — CWS Blanket Sunday**

Sermon: *Losing Our Inhibitions*

Scripture: Acts 2:1-21; Psalm 104; I Corinthians 12:3b-13; John 20:19-23

May 18 **Trinity Sunday**

Sermon: *Creation Without End*

Scripture: Genesis 1:1-2:4a; Psalm 8; II Corinthians 13:11-13; Matthew 28:16-20

May 25 **8th Sunday in Ordinary Time**

Presbyterian Heritage Sunday

Guest Preacher: The Rev. Dr. Julia Dawson

Dr. Boger will be officiating at his sister's wedding in upstate New York

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UPCCG and the Pilgrims

The session of the UPCCG appointed a task planning group consisting of Carol Banta, Gladys Faison, Ruth Naef, Dr. HyungKoo Yun, and Pastor Paul Boger to meet with a task planning group from the Pilgrim Presbyterian Church of Paramus to explore the multi-cultural, multi-racial, diverse congregation we enjoy here in Cedar Grove. It is the hope of the joint task planning group to help each congregation grow, strengthen, and thrive as multi-racial, multi-cultural, diverse and inclusive congregations. The first meeting of the joint task planning group met on Wednesday, April 23 at the UPCCG sharing a carry-in dinner and taking first steps to determine how we may work together. More to come in the June *Epistle*.

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Blanket Sunday – Mother's Day, May 11

As part of our tradition of concern for others, Mother's Day, May 11, is BLANKET SUNDAY. Yes! This year it coincides with Pentecost.

When war has torn your world apart, and your immediate wish for your children is a warm place to sleep, a Church World Service \$5 Blanket is something to hold on to, along with the hope for a better tomorrow.

When your home has been washed away by torrential rains, or through earthquake, a blanket is something to hold on to, along with the hope for brighter days ahead.

Hope never dies. But sometimes it needs a little help. Thanks to the Blanket Gifts, CWS Tools of Hope & Blankets Program is able to provide comfort and warmth — something to hold on to along with hope — for neighbors in need around the block, and around the world.

A gift of a blanket is an excellent way to honor or memorialize our mothers. Please put your contribution in the "Tools of Hope Envelope" found in the pews or fill in the form below with your name and the name of the person to be honored and put it in the offering plate or mail it directly to the church by Monday, May 5. All gifts received by that time will be listed in the bulletin on MOTHER'S DAY.

We also will send a card to your honoree letting them know you have made this donation in their honor. If the

person's address is not in our church directory, please add it so we can do this for you. Carol Banta

_____ (Your name)
Wishes to contribute a blanket for Mother's Day in honor of / in memory of (circle one)

_____ Amount enclosed \$ _____

Send card to _____

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Presbyterian Women

May is a busy month for Presbyterian Women. There are 3 very special events sponsored by PW Synod of the Northeast - the Healing Retreat in Mantaloking NJ, the Spiritual Retreat in Syracuse NY and the Horizons Bible Study with the author Dale Lindsey Morgan. All three are worth your time and are annual events. This is my second year going to the Spiritual Retreat and it is very uplifting, restful and inspiring. You might want to consider one of them for next spring.

I have been doing quite a bit of traveling in my role as Moderator of the PW Synod of the Northeast. It is a learning experience to see how other churches and presbyteries meet and to get to know their women. I am enjoying the role very much but it doesn't leave much time for work in the presbytery or our church. I miss that quite a lot. I hope by working together we can get our PW at UPC going again.

Enjoy spring and the awakening of flowers, trees and all the little critters that scamper around our yards.
Sandy Grillo

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Pentecost Offering

Pentecost was a Jewish harvest festival celebrated 7 weeks after Passover. Jesus had told the disciples to wait together and that they would receive power and the Holy Spirit would come upon them. The Spirit did come - in the form of a rushing mighty wind and tongues of fire. Many people were in Jerusalem for Pentecost at this time. The disciples were able to speak in the foreign languages of these visitors..so that the people could understand the message in their own language.

Peter gave a sermon about the risen Christ and 3000 people were baptized.

Each spring our church participates in the Pentecost Offering. We will dedicate this offering on May 11, Pentecost Sunday (7 weeks after Easter).

The offering is divided into 4 parts:

40 percent is kept by our church to be used to help children at risk. In recent years we have given our 40% to a church that has an important outreach to needy children.

10% for general Assembly Advocacy Ministries studies on such issues as child trafficking, child soldiers, violent video games, etc.

25% supports General Assembly ministries with youth: Support members of churches who minister to young people through the Presbyterian Youth Workers Association.

And 25% to support Young Adult Volunteer (YAV) which will:

Prepare young adults from the United States and around the world to serve as YAVs in the U.S. These young adults serve in communities of need within the United States and explore their call to the work of Jesus Christ. Also to help pay the travel and living expenses of young adults (19-30) serving overseas in the International Young Adult Volunteer Program (International YAV)

Please read the inserts we will put in the bulletins..Thank you. Rosemary Geynet

GERANIUMS

We are again taking orders for our traditional red geraniums. The geraniums are available in two sizes for \$3.00 or \$6.25. So why not help beautify our sanctuary for Pentecost.

Please fill out the order form in this Epistle or in the narthex at church. The deadline for ordering and paying for them is Sunday, May 4.

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Ecumenical Service with Tony Campolo

The Pilgrim Presbyterian Church of Paramus has invited the UPCCG to join them at their church for a special ecumenical service of worship to be spear-headed by the nationally recognized evangelist, the Rev. Dr. Tony Campolo.

The date is Sunday, May 18 at 7:00 pm. If you want to go please sign up in the Narthex or via phone or e-mail at upccg@verizon.net.

We can arrange car pooling from the UPCCG

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May Birthdays

Bob Deemer	6	Jamie Lynn Coryell	23
Dr. HyungKoo Yun	7	Bob Dunn	26
Stephen Rossfield	18	Lynn Vincent	29
Kyoung (Esther) Hee Chon	18		

Anniversaries

Young Yoon & Ho Jeong Kim	20
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Early June Occasions

Evelyn Hirsch	2
Constance Ifezue	6

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News of Our Church Family

Our prayers are with **Loraine & Marc Nürnberger** and their families and friends for the loss of their son 3 month old son Nicholas Anthony in April.

Congratulations to **Rev. Julia Dawson** who will graduate with her Doctorate on May 17. We are looking forward to having the Rev. Dr. Julia Dawson preach while Paul is away on May 25.

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Stewardship Corner

Give me to recognize in other people, Lord God, the radiance of Your own face.
from Hymn of the Universe by Pierre Teilhard de Chardin

"A new commandment I give unto you; that ye love one another; as I have loved you, that ye also love one another."

John 13:34

Our One Great hour of Sharing total was \$1,055 dollars. Great.!

Thank you.

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Scripture Readers Sought

We enjoy hearing church members and friends reading Scripture during worship. It is a great way to share our time and talent with the church. If you would like to participate in worship this way, please sign up in the Narthex. We will get you copies of the readings well in advance.

See you in Church!

Paul

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Clerk's Corner

Welcome to spring! Enjoy each day and the surprises nature has in store for us.

At the last meeting, Session voted to provide fresh flowers in the sanctuary one Sunday a month. If you would like to give flowers in honor or in memory of a loved one on one of the other Sundays, please check the flower board in **the narthex**.

Have you seen the church website (www.upccg.org) lately? Many changes are being made. Take a look.

Pentecost Sunday falls on Mother's Day this year so while we will be collecting the Pentecost offering that day, the

blankets to honor your mothers will still be available. See the articles elsewhere in the Epistle.

Once the weather warms up, those dreaded potholes in the parking lot will be repaired so just drive carefully in the meantime! Also, the east side of the parking lot (cemetery side) will be cleaned up and beautified this spring.

There are many exciting things going on at UPC. If you haven't joined us lately, come on by and see what is new. You are part of the family!

Be sure to tell those you care about that you love them and may the good Lord bless and keep you until we meet again.

Sandy Grillo

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Health Cabinet News

LYME DISEASE

Lyme disease is an illness caused by a bacterium transmitted to humans through the bite of a tick. Ticks have to be on the body for at least 24 hours before they transmit the Lyme bacterium, so prompt removal of ticks prevents infection.

The skin rash of Lyme disease is fairly characteristic, but not all infected people develop a rash. When it occurs, it's a rapidly expanding red circle with an eventual diameter of 2 inches or more. Frequently, the center clears so that it looks like a bull's-eye with a central white target.

In addition, joints can hurt, people often have a headache, a fever can break out and profound fatigue frequently engulfs those infected. Some infected people, however, have no acute symptoms.

The Lyme test is a blood test that detects antibodies to the Lyme germ. Antibodies are the body's bullets, which it shoots at germs. The test doesn't become positive until two to four weeks after the appearance of the rash. It can also be falsely negative. Doctors treat people who have had a tick bite and who develop the characteristic rash of Lyme disease regardless of test results. *Excerpt from the Star Ledger*

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Food Pantry Requesting CONDIMENTS

After a very slow winter, food donations have picked up during the last few weeks. This was mostly due to a HUGE town-wide food drive sponsored by the Boy Scouts of Verona. Residents were extremely generous and the first Tuesday after the drive we could hardly walk around the pantry with all of the bags of food from the drive. It was very heart-warming. Due to this, we have been very busy separating goods and restocking shelves. Also, product dates needed to be checked for currency. What a joy it was to see full shelves again!

Thank you also for your contributions during this time.

The month of May marks the beginning of barbecues and outdoor picnics, especially with Memorial Day at its end. Condiments are rarely contributed, so during this month we will be collecting mustard, ketchup, and mayonnaise.

You may begin to find these products on sale as promotional goods in anticipation of the holiday. Any you donate will be greatly appreciated.

Our church has been consistent in the donation of egg cartons and doubled bags. Please continue to bring them as the need remains. Also, we have received many donations of household bedding and towels and these are always taken each week by clients, as the need is great for these items.

We prepared fruit and vegetable bags for sixty-seven home deliveries and fifty for walk-ins this morning. The Thursday numbers are even larger since there are evening pick-ups. That means over two hundred qualified families are served every week by generous donations. We can be proud that our church has a part in this worthwhile project. Thank you so very much. Lois, Lynn, and Carolyn

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Check Out Our Web Site

IT IS A CHANGIN'

Thanks to Norma Prescott our web site (www.upccg.org) is going through an overhaul. We are in the process of simplifying and updating it. We will soon have sermons up and links to the Presbytery, Synod and General Assembly, photos of worship, choir, coffee hour, and more.

Take a peek at the site periodically to see the changes that are a comin'.

Many thanks are also due to Roberto Melendez who created, maintained, and paid the fees for our website since it's creation. He no longer has the time to maintain it and we are pleased to have Norma take it over it's responsibilities.

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Flowers Enhance Worship

Have you noticed how lovely the real flowers are that grace the sanctuary on occasion? They add much beauty to the worship service. If you would like to donate flowers perhaps in honor or in memory of a loved one, there is a board in the narthex on which to sign up. The cost of an arrangement is \$35.00. We would like to thank Pete Williams for making the board for us. Ruth Naef

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Who Makes our Worship Service Happen?

As Co-chair of the Worship Committee I want to personally thank Rosemary Geynet and Cathy VanHouten for their dedication to making sure the elements for the Sacrament of Communion are prepared for us. We have communion 16 times during the year by intinction. We know that when it's communion, the bread and wine are there for us but do we think about how it is prepared for us or who makes sure its there. Thank you Rosemary and Cathy. Thank you Carol Banta for making sure the correct paraments and hymn numbers are displayed for us. We come into worship just assuming that everything has been done but don't think about how or who has done it for us.

Have you been to worship since Paul has become our Stated Supply Pastor? If not we welcome you to come and hear his wonderful and thought provoking sermons. We have a choir again and Kathleen Gaffney has done a wonderful job as director inspiring the choir with her musical knowledge and her deep Christian faith.

As Co-chair, along with Insook, please fee free to call either of us if we can be of any help regarding any concerns you may have about worship and congregational care. If you do not have a directory and would like to have one, my number is 973-239-6473 and Insook's is 973-540-8065. Ruth Naef

One Memorial Day, some children were asked what the holiday meant to them.

"That's the day the swimming pool opens!" answered one eager boy. What he didn't realize or appreciate was that he can freely go to the pool because more than one million people have put their lives on the line to preserve America's democracy. Many of them have died so citizens of other countries might also enjoy the privileges of political, social and economic freedom.

Memorial Day is our opportunity to pause and remember the sacrifices of many of America's best citizens. They made the supreme sacrifice on our behalf, so please remember to honor these heroes on May 26.

NOTES FROM ENVISIONING 2010: A LENTEN EXPERIENCE

Session One: February 17, 2008

Positive Things about Our Church

We are:

Friendly	Multi-Ethnic
Welcoming	Multi-Racial
Accessible	Open to Everybody
Generous	Mission Oriented
We have a Choir	

Not So Positive Things about Our Church

- Have no children
- Small in Number
- Some language difficulties

What is happening spiritually in our Church:

We:

lift up each other	Need more Bible study
believe in prayer	Sermons are inspiring
need more prayer	Prayer Chain Effective

We are open to minority people.

When people inquire about an education program for their children we do not have one to offer.

Need to attract children and families with children.

Is the hour of worship okay?

We need an- outreach program to let others know we are here.

Use TV and local access channel.

Church attendance and life is impacted today by:

TV, Sports, Prosperity, Technology

Session Two February 24, 2008

We experience Christ in our lives:

in times of trouble, sickness, driving our cars

in the tough times of life

in times of joy, through music, singing, in church and elsewhere

through prayer being answered

in places and times which may be foreign or frightening

through people we least expect to be angels of the Lord

all the time if we can tune into him

We experience Christ in our church:

through inspiring sermons

through music and song

through the love, support, and comfort of the people

as we work with and help others not of our faith

as we do something for someone who cannot repay us

Things we may need to do or look at in the future:

Get to know each other better

More lunches after church

Progressive dinners

Seek ways to attract children and families

Offer a Vacation Bible School of the community

Look at the puppet shows we use to do

Use video and community access TV

Tap into the annual sale of Christmas trees

(hand out pamphlets, offer coffee and)

See if other seasonal sales might be possible (Easter plants, Mothers Day)

Return to using the Nativity Scene

Erecting a Cross during Lent through the Season of Easter

Look at the road-side sign, is it adequate, does it need updating, face lift?

Look for other places where signs might be appropriate

Sponsor a Flea Market

Set up a Task Force to select and focus on executing one or two things well

Session Three March 2, 2008

How have you shared or experienced justice? Has that changed your expression of faith?

May have to wait a long time for justice.

Justice: it may be like going through a valley, when you come to other side you find it worth it.
PJC case still waiting for justice.
There is no justice.
Church has often caused injustice.
Justice is a Like for Like thing.

Is grace so radical that there is forgiveness for all people (the rapist? Murderer? Perpetrators of genocide?)

Yes
Should be tooth for a tooth
Forgiveness is contingent on asking for it and meaning it.
Confession in Christ mean amnesia (don't remember your sin).
Good and evil may be two sides of the same coin?
Asian culture does not have dual understanding of right and wrong. It is more yin / yang.
What's right, just for one may be wrong, unjust to another.

Session Four March 9, 2008

What does Jesus mean to you? What is your experience of Jesus?

Jesus is Justice
Loves children
Must be like child to inherit Kingdom
Jesus is a friend vs Buddha in relation to becoming perfect
Jesus is love.

Where is God in your life now?

The idea of God is limited
Things happen there are no coincidences
Pre-destiny
We still explore God in our life
God is everywhere
Have no other god beside God
Always giving thanks to God
Why does God let some things happen?

Where have/are you experiencing the presence/power of the Holy Spirit?

Spirit is at work in us
Spirit brings you through
Spirit is in us, inside us, breathed in to us
Spirit is conscience: Mind, Body, Spirit

Need to think in terms of

Comm-unication, Comm-unity, Comm-union

GERANIUMS

Geraniums may be purchased in memory or honor loved ones, and will grace our sanctuary for Pentecost.

The plant is yours to take home after the Service. The cost is \$3.00 for a small plant or \$6.25 for a large one. The deadline for contributions is Sunday, May 4.

Please use the form below and attach an additional page if you need more room. Additional forms are also available in the narthex.

_____ (Your name)

Wishes to contribute a Geranium to beautify the sanctuary for Pentecost in honor of / in memory of
(circle one)

_____ (Your name)

Wishes to contribute a Geranium to beautify the sanctuary for Pentecost in honor of / in memory of
(circle one)

Total number of small Geraniums _____

Total number of large Geraniums _____

Total cost (check enclosed) _____