

Trinity Times

"Growing in Christ, Sharing in Love"

A publication of Trinity United Church

A joint congregation of the Presbyterian Church (USA) and the United Church of Christ

118 King George Road • Warren, NJ 07059 • Phone (732) 469-5044 • Fax (732) 469-5106

[Hwww.trinityunitedchurch.org](http://www.trinityunitedchurch.org)

Elsie Armstrong Rhodes, Pastor

Cyndy Reames, Editor

Volume 7 Issue 8

September 2004

From the Pastor's Pen:

By The Reverend Elsie Armstrong Rhodes

September is a time for beginning - beginning a new school year, a new church program year, and for some - a new rhythm. As I look at what's at hand and ahead for us as a congregation, and as the body of Christ, I see this as a time for us to move into full gear.

You and I have been together for 18 months and in many ways we have *already* been moving at top speed (just read each month's newsletter cover-to-cover!!!). Now that you and I have come to know each other, together we need to find the answer to the question we have asked many times: *What is God calling Trinity United Church to be and to do at such a time as this?*

Discerning God's plan is always challenging. It demands our concerted and prayerful attention. As we engage in an intentional process of discerning God's plan for this church, this year and the next will be critical for us as a community.

We have said that we feel called to reach out to the wider community, and to use our gifts in and passions for the arts as one of the vehicles for doing so. We have said that we feel called to move beyond the giving of our *dollars* to a cause, to the giving of *ourselves* (our time, energy, presence) to that cause. We have also said that we feel called to reach out to young families.

We have *said* these things, and in many ways we have *acted* on our words: we have been a venue for many wonderful events - Jazz Vespers, concerts (Nassoons, "Seven Quilts for Seven Sisters"), batik workshops, a Pysanky egg workshop, a community-wide art show. In addition to our continued involvement with the Food Bank, we now volunteer for "Habitat for Humanity," and several of our congregation participated in a service/learning trip with Heifer International this past June and we hope to sponsor other mission trips in the future. We have welcomed community groups to use our building space (Healthy Bones classes, yoga classes, a Heifer workshop, among others). We have held strawberry festivals, community-wide Easter egg hunts, fall Rally Days, a rummage sale, we had a booth at the Lions Expo in Warren this past June, and we are re-investing energy into our ministry with children and youth.

These are reasons to celebrate God's movement in and through this church! But there is yet a practical and pastoral question that continues to confront a small church: "Are we willing to grow beyond who and what we are now (as wonderful as the 'now' may be)?"...even if it means making changes, taking risks? Truth is, growing *always* means change, and change inevitably includes risk.

What might these changes and risks look like? They may include adding another worship service, perhaps a different format and style of worship, perhaps even on a different day (this idea has yet to be discussed!); participating in a community program that gives us an opportunity to connect with people of different ethnic, racial, cultural and religious backgrounds than we. These changes and risks may include renovating or adding on to our present building or adding a *new* building, thus addressing the need to be fully accessible and able to accommodate and *realize* our goals, hopes and dreams to reach out to the community, to young families - indeed, to be a *sustainable, thriving* community of faith that is "growing in Christ, sharing in love." *Continued on page 2*

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Pastor's Pen...continued

These are the questions with which we will be wrestling this year, beginning *now* upon your reading of this "pastor's pen." A letter will be going out to all of you later this month, from Greg Hoover, giving an initial report of the Building/Site Plan Commission (see pg. 2) and as part of this year's stewardship program and process we will certainly be wrestling with these questions - details about when, what, and how, will be forthcoming.

For now, I leave you with this quote from biblical theologian Walter Brueggemann: "What a stunning vocation for the church, to stand free and hope-filled in a world gone fearful...and to think, imagine, dream, vision a future that God will yet enact" (*Inscribing the Text*, p. 115). So may we live into God's vision for us, for Trinity United Church, as we strive "to bring good news to the poor...proclaim release to the captives...to let the oppressed go free, (and) proclaim the year of the Lord's favor" (Luke 4:18-19).

With hope and great anticipation, I am
Yours in Christ,
Pastor Elsie

Notes from the Covenant Board

Gary Pratt, Clerk

The following are highlights from the August 10, 2004 meeting, moderated by Pastor Elsie Armstrong Rhodes.

- ❖ A motion was made and passed to accept the contract for the seminary intern, Elias Ortega-Aponte.
- ❖ A presentation was made by the Site Plan Commission (see pg 2). While the architectural plans they presented were well received, they were requested to obtain additional bids, per Covenant Board guidelines.

COMMUNION was served to 51 people on August 8, 2004.

MEMBERS OF THE COVENANT BOARD - 2004

Rick Bigge	732-356-3613
Sue Coslick	908-719-7515
Bob Hurd	732-560-9209
Karen Kaslusky	908-822-7398
Lorraine Kimsey	908-580-9761
Phil Krieter	908-707-4031
Harry Morgan	732-469-5994
Gary Pratt	908-647-6094
Mildred Waale	908-754-6557

Members of the Pastoral Relations Committee

Greg Hoover	Yun Negri
Phil Krieter	Gary Pratt
Linda Mobus	Cyndy Reames

PORTRAIT OF PASTORAL MINISTRY: July 2004 (as presented at the Covenant Board Meeting):
Worship preparation; pastoral care; program support (for Worship Planning team, for All-Church Retreat planning, adult education program planning); outreach (working on the new sign for the church; meeting with a reporter from The Star Ledger); ecclesiastical involvement (attending July 20 Presbytery, working with the Worship Planning Team for the UCC Fall NJA meeting; participating in a focus group sponsored by the national UCC "Proclamation Identity and Communication Team"); administrative duties, including building & grounds; strategic planning (working with the Site Plan Commission); participating in the first retreat of the Sabbath Renewal Project; leading "Summer Study" on the Psalms at the Sanctuary Café in Somerville.

Financial Report:

Ralph Pratt, Financial Secretary; Carol Krueger, Treasurer

The operating income received in July was \$5,805.28. In August, the operating income received was \$5,825.00. Expenses for July were \$16,650.66, while in August expenses totaled \$9,558.44.

A New Vision...A New Plan...

The Site Plan Commission was created by the Covenant Board following the 2004 Elder Retreat. The Commission is charged with evaluating and recommending a plan for future development and use of our church properties. Toward that goal, the Commission has met regularly throughout the spring and summer and expects to complete its work within the next 3 – 5 months.

During our last report at the August Covenant Board meeting, it was unanimously agreed that the Site Commission would summarize the status of this project and provide an update to the Congregation. That update will be in the form of a letter, which you can expect to receive before the end of September.

The Site Plan Commission members are Bob Hurd, Greg Hoover, Yun Negri, Yvette Halpin and the Rev. Elsie Rhodes. Gary Pratt is also providing assistance to the Commission.

Words from Worship

Sue Coslick, Elder, Worship Commission

Numbers that Matter: Worship Attendance

August 1	32 Adults	1 Children/Youth
August 8	45 Adults	6 Children/Youth
August 15	35 Adults	3 Children/Youth
August 22	36 Adults	7 Children/Youth
August 29	40 Adults	6 Children/Youth

"The aim and final reason of all music is none else but the glory of God and the refreshment of the spirit."

Johann Sebastian Bach

**Summer music during worship –
a touch of variety**

Thank you, again, to all our “guest” musicians who offered their gifts during the summer months. Special thanks are also extended to **Jane McCarthy** for her contributions on the organ and piano. You have been a welcome addition in our midst!

Sunday, August 29, found a new face in the pulpit at TUC, the Rev. Dr. Cleo LaRue. Pastor Elsie has known Dr. LaRue since the days when she was a student at Princeton Theological Seminary. A man of deep conviction and integrity, he doesn’t just “talk the talk,” he “walks the walk.” And if his sermon was any indication, he does so with a great deal of humor and love. As Pastor Elsie predicted, we were all enriched by his presence and his message.

**TUC
HOMECOMING SUNDAY
SEPTEMBER 12**

Homecoming Sunday will be a day of celebrations, welcoming everyone back from their summer travels and adventures. Beginning with an Intergenerational Sunday School class (see pg x) and continuing throughout the 10:30am worship service, we will join together for uplifting music and inspiring scripture lessons blended in the unique way we have come to expect. Following worship we will be treated to the taste of BBQ prepared on the official TUC kettledrum grill. Members are asked to bring a side dish for the accompanying picnic as well as a donation toward the “essentials.” Everyone is invited to join in the fellowship and fun, so bring your family, friends, and neighbors. It’s the perfect Sunday to bring those friends who have been “sorta, kinda” thinking about coming. It is, after all,
Homecoming Sunday!

Upcoming TUC Meetings and Events:

- Sept. 5 (9:30 Worship) – Communion
- Sept. 5 (following worship) – Labor Sunday
- Sept. 7 (Tuesday 7:30pm) – Stewardship Planning
- Sept. 8 (Wednesday 7:00pm) – Choir Rehearsal
- Sept. 9 (Thursday 7:00pm) – Worship Meeting
- Sept. 11 (Saturday 8am – 3:30pm) – Habitat for Humanity Workday (meet at TUC)
- Sept. 12 (Sunday 9:30am) – Intergenerational Sunday School
- Sept. 12 (Sunday **10:30am**) – Homecoming Worship
- Sept. 12 (following worship) – BBQ & Picnic
- Sept. 14 (Tuesday 7pm) – Covenant Board Meeting
- Sept. 15 (Wednesday 7pm) – Choir Rehearsal
- Sept. 19 (Sunday 9:30am) – 2004-2005 Sunday School year starts for all ages
- Sept. 19 (Sunday 10:30am) – Hunger Offering
- Sept. 21 (Tuesday 7:30pm) – Mission Meeting
- Sept. 22 (Wednesday 7pm) – Choir Rehearsal
- Sept. 23 (Thursday 7:30pm) – *The Secret Life of Plants*, (a community lecture, see below for details)
- Sept. 24 (Friday 6:00pm) – Youth Overnight Lock-In
- Sept. 26 (Sunday 4:00pm) – Book Discussion Group
- Sept. 27 (Monday 7:30pm) – All-Teams Meeting
- Sept. 28 (Tuesday 4:00pm) – Presbytery Meeting, Clinton
- Sept. 29 (Wednesday 7pm) – Choir Rehearsal
- Oct. 2 (Saturday 8am-1pm) – Rummage Sale

The Secret Life of Plants, hosted by “Yoga for You” director Yvette Halprin, will be presented on **September 23** by Karen Hilton, a holistic skin care specialist devoted to the use of natural substances. She will speak and share regarding plants and their healing properties and how they contribute to our overall health and well-being. This free event will begin at 7:30pm at TUC. For more information call 732-271-8786.

**Rummage Sale
and Baked Goods Sale**

Saturday, October 2

8 am – 1 pm

Trinity United Church

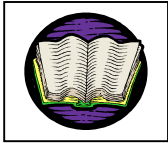
Books • Art • Jewelry • Clothing •
Household Items

Needed: Contributors, Bakers, and Workers!
~ *Sign up sheets are on the bulletin board.* ~

*Drop off and set-up will be Friday October 1
12-7pm*

TUC BOWLING PARTY

Dust off your bowling balls and shine up your bowling shoes for the first-ever **TUC BOWLING PARTY**, Sunday, October 17, 1pm at Strike & Spare Bowling in Green Brook on Rt. 22W. Pizza, two games of bowling, and shoe rental for children and adults will be \$14. Even if you aren't a 300 point bowler join us for this fun-filled afternoon. A sign-up sheet will be posted on the bulletin board in the church sanctuary. For questions, contact Fran Hoover (732-356-2025) or Nancy Irwin.



A Christian Education Minute

Lorraine Kimsey, Elder

What's **Intergenerational Sunday School**? It's an opportunity for everyone, from the youngest to the oldest, to participate together in an interactive learning experience. Based on the book, "The Gospel According to Dr. Seuss" and using the story "Daisy-head Maizey," Karen Kaslusky will facilitate a lesson that will include Reader's Theater, an art activity, and a message from the Scriptures. Join Karen, and Maizey, in the sanctuary on **September 12 at 9:30am** for an unusual, creativity, "intergenerational" Sunday school class.



What begins Sunday, **SEPTEMBER 19, 9:30am?!?** **The 2004-2005 SUNDAY SCHOOL YEAR!!!!**

Back by popular demand are teachers, Dan Hoover and Nicole Negri! Dan, a senior at Middlesex High School, will again be teaching the 4th – 6th graders. Nicole, a junior at Watchung Hills High School, will be working with the younger kids, kindergarten – 3rd grade. New this year to the TUC classroom is Mandi Huizenga, who will be leading those in 7th grade on up. All classes will be held in the same classrooms as last year.

Each class will again be following the "Seasons of the Spirit" curriculum, using age appropriate materials.

In **Adult Education**, we will begin the year with a four-week course based on the book, **Ethical Dilemmas and Moral Landmines** taught by Gregory Hotchkiss, who teaches graduate level Ethics at the College of St Elizabeth and is a doctoral candidate 5th year (ABD) in Anglican Studies at the General Theological Seminary of the Episcopal Church, Manhattan. The following is a listing of dates and topics to be discussed:

Sep. 19, 2004, 9:30 am

First Presentation: **Ethics of Risk.**

Sep. 26, 2004, 9:30 am

Second Presentation: **Ethics of Torture.**

Oct. 3, 2004, 9:30 am

Third Presentation: **Ethics of War.**

Oct. 10, 2004, 9:30 am

Fourth Presentation: **Ethics of Sexuality.**

To all TUC Youth Grades 7-12!

Mandi Huizenga has volunteered to coordinate activities and events for our young people, their friends, and the youth of our community, over the course of the school year. She has lots of cool ideas and plans, including, hopefully, a retreat just for the young. Her goal is four-fold: to get to know the youth of our congregation and community on an individual basis by attending sports events, concerts, or one-on-one "coke dates;" to provide a place where the young people feel safe and appreciated; to provide an atmosphere of acceptance where they can express their own interests in the church and use their talents; to create an on-going program that will allow them to interact with each other, building friendships and creating bonds.

Mandi encourages the youth and/or their parents to contact her if they have any needs, concerns, or just want to talk. She can be reached by phone at 609-977-3310 or by e-mail at mandihuizenga@msn.com.

First Activity Alert:

September 24 thru 25 is the kick-off event for the newly formed TUC Youth Group, an overnighter at the church. Expect a call from Mandi as well as an official in-the-mail invitation!



ADVOCATING ADVOCACY

Adult Forum Sunday, October 17, 9:30am
Facilitated by Bill Brown

"...for such a time as this." What does it mean to be a Christian in a world torn with war and violence, where terrorism is not something that happens in third-world countries but in our own backyard? What are our responsibilities in such a world, in such a time, as this? On Sunday, October 17, the Adult Sunday School Class will hold a forum-style discussion on Advocating Advocacy. Questions to be discussed will include: How should the church address moral/political issues? Is there a theological basis for Social Action? What are Things of God vs Things of State? How do we Advocate? What is 501(c)3 and do we care?

Be part of this important look at "the other side" of being a Christian.

Visit-A-Church

Just outside of Seattle, sits the town of Bellevue Washington. To experience this Northwestern city, you could fly nearly 3, 000 miles...or check out the website for the First Presbyterian Church at www.FPCBellevue.org and Eastgate Congregational United Church of Christ at www.eastgateucc.org.

OUTWARD BOUND ~ MISSION AT TUC

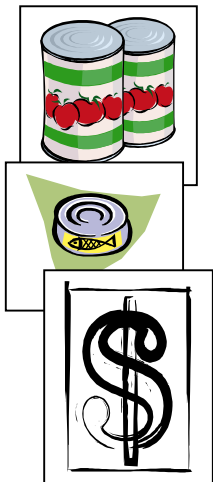
Kay Hurd, Missions Chairperson

Habitat for Humanity – Taking the Next Step

On August 14, Phil Krieter, Pastor Elsie, and Cyndy Reames, representing Trinity United Church, joined 11 other volunteers to work on the new home of Stella, a Habitat for Humanity Project Partner. It may have been a hot and humid day, but smiles and laughter flowed along with the perspiration, as the volunteers leveled the ground and built scaffolds so that the process of “sleeving” the basic structure could be done. For those of you construction-challenged, sleeving is the step where the wooden “skin” or sleeve is nailed to the frame, before insulation and siding.

Saturday, September 11 will be the next opportunity for volunteers to help build this new home, and a new life for Stella and her children, and for the family who will live in the other half of the duplex. Contact Phil Krieter, who is coordinating the work crews from TUC, if you would like to volunteer your time, muscle, and enthusiasm. Phil can be reached at 908-707-4031 or by email at pkrieter@dovpharm.com.

FOOD BANK NEWS



The September **Hunger Offering** for the Food Bank Network of Somerset County will be collected on **Sunday, September 19**. Basic non-perishable food items that are needed most include stews, soups, tuna, pastas and sauces, rice, cereal, vegetables and fruit, peanut butter, canned meat, and powdered milk. “Luxury items” such as coffee, cookies, bar soap, shampoo, and baby food are also appreciated. Please bring your contributions forward during the singing of the last hymn and put them in the basket or on the communion table.

You may also write a check to “Trinity United Church,” earmarked “Hunger Offering.” Monetary contributions in July were \$457 and in August were \$415.

Thank you, Al DeVecchio, for delivering TUC’s contributions to the distribution center.

DARFUR MISSION

An update by Mildred Waale

The Crisis in Darfur continues unabated. What was once temporary flight from unspeakable atrocities is now drawing out to long-term displaced living in camps without food, medicine, running water, or adequate sanitation facilities and, consequently, rapidly spreading disease. Trinity United Church has joined the Wider Church Ministries of both the United Church of Christ and Presbyterian Church/USA in their response to this ongoing crisis. Our goal is to raise \$800 for a well and sanitation facilities. Please join me in supporting this effort by making a check out to TUC and marking it

“Darfur.” One check from TUC, reflecting all monies collected, will be sent to the Wider Church Ministries.

Thank you for your contributions to meet these desperate needs. As of 8/22/04 \$440.00 has been raised toward our goal of \$800

A DAY OF ADVOCACY AND PRAYER AROUND THE DARFUR

Wednesday, August 25 was named a day of prayer and advocacy for the Darfur by a broad coalition of agencies and churches. The PDA (Presbyterian Disaster Assistance) website at disaster@ctr.pcusa.org has more on this time set aside for the crisis in the Sudan as well as advocacy information, prayer suggestions, and specific information on relief efforts. Information specific to the water and sanitation needs in Darfur/Sudan is available from the United Church of Christ at www.ucc.org/disaster/d070604.htm. Additionally, the UCC Take Action website (www.ucctakeaction.org/action/) offers suggestions on how to advocate for the people of Sudan directly to President Bush. Please take the time to remember the Darfur and all of Sudan, praying every day that peace would come to this war weary land.

Operation: Christmas Child (the Shoeboxes)

Don’t let the name fool you. Operation Christmas, or The Shoebox Project, is not really an Advent activity. While we have made it one in the past, the boxes really need to be filled and delivered *before* the Advent season. According to Mission Coordinator, Kay Hurd, these packages of love should be prepared by Thanksgiving or even earlier. So, now while Office Max and Staples and every other store on the planet are selling back to school supplies, is the perfect time to collect those items that will make some child aged 2-14 glow with happiness at Christmas. What you need to get started is a shoebox or plastic container (it has been found that mothers cherish the plastic boxes to other uses such as food storage) wrapped with Christmas or other bright paper. Then...

DECIDE if it’s to be for a boy or girl and what age range (2-4), (5-9) or (10-14). Prepare a label to be attached to the top of the box showing these choices.

FILL the box with a variety of gifts:

Toys: small cars, balls, dolls, stuffed animals, kazoos, harmonicas, yo-yos, toys that light up or make noise (with batteries), slinky, etc.

School supplies: pens, pencils, sharpener, crayons, stamps and ink pad sets, coloring books, pads, paper, solar calculators, etc.

Hygiene items: toothbrush, toothpaste, soap, comb, washcloth, etc.

Other: hard candy, lollipops, mints, gum, sunglasses, flashlights with batteries, ball caps, socks, t-shirts, toy jewelry sets, hair clips, watches, small picture books, etc.

DO NOT INCLUDE THESE:

Used items	War-related items
Perishable items	Liquids
Medicines	Breakable items

You may include a note to the child and a photo of yourself or your family. If you include your address, the child may write back to you.

ENCLOSE a check for \$5.00 payable to Samaritan's Purse to cover shipping expenses. Put the check on top of the items.

SECURE the box with a rubber band.

BRING your shoebox to church prior to the deadline.

Our goal is to exceed last year's total contributions of 41 **shoeboxes and containers**. Please invite your neighbors and children to participate in this mission. Watch for more details on when these gifts must be received.



Admin Team
looks at Maintenance
information submitted by Mildred Waale

The August 23 meeting of the Admin Team covered a variety of issues related to the maintenance of the church and manse buildings and grounds. Items accomplished include tree work and creation of a grounds and garden plan for the manse; work on the handicap ramp by the Hoovers, parking lot work by Jim Krueger, and approval to install high-speed internet service at the church. Ongoing discussions continued regarding additional tree work for the church parking lot, obtaining a maintenance contract for the furnace at the church, and personnel issues.

September 5, 2004 is (was) Labor Sunday

Some of the items to be accomplished during this TUC clean-up event are:

- Shovel stones from apron to parking lot back up into drive.
- Weed back stairs, and any other areas that need doing.
- Furniture polish furniture in sanctuary.
- Organize book case in Priscilla room.
- Clean out refrigerator
- Wash bathroom walls
- Set up classrooms (Sunday School teachers)
- Clean up nursery
- Polish communion cups and plates, baptismal font, etc.

Check the October issue for an in-depth review by new Trinity Times reporter, Heather Galgoci!

Another Aspect of "Maintenance" Addressed

The "church" property does not end at the building that houses so many of our activities and services. It doesn't even end at the manse, where our pastor and her family live. The property, and responsibility for maintenance, extends to the Coon Town Cemetery, located directly behind and above the church building. Within its borders are the final resting places of generations of people: beloved husbands, wives, children, parents. Doris Funk has taken on the task of organizing the cemetery records and keeping track of the accompanying death records. Her first task has been going through the fireproof file cabinet located at the church, researching documents, looking for vital

information. She is seeking any records wherever they might be, whoever might have them! If you have (or know of someone else who has) any record that might relate to the Coon Town Cemetery, please contact Doris at 908-755-1001 or Debra in the church office at 732-469-5044 or thesecretary@trinityunitedchurch.org. Doris also asks for help in watching the local papers for obituaries of TUC members or those being buried in the cemetery to be included in her records. Please forward them to her via the church, 118 King George Rd., Warren, NJ 07059. Thanks for whatever you can do to bring order to this neglected piece of TUC history and responsibility.

And Let There Be Light!

If it seems brighter in the sanctuary lately, that's because it is, thanks to the new clear bulbs in the chandeliers and the new bank of recessed lights just in front of the choir loft. But, with these new lights, comes another maintenance responsibility: making certain they are properly turned off after each event. The new dimmers, located by the just inside the rear of the choir loft, have to be turned all the way to the "Off" position (that is all the way to the left). There is a final position, even after they appear to be turned down that is almost a 'click'. Assuring that the lights are turned off after use helps by reducing costs for bulb replacement and energy bills. Thank you for your help!

TALES, TREASURES, TALENTS, & CUPS A TUC FAMILY GATHERING

During the weekend of December 3 - 5, 2004, members and friends of TUC will have the opportunity to learn more about each other and draw closer to God as we journey to the Stony Point Conference Center in Stony Point, New York for an All-Church Retreat. While less than 2 hours away, the beautiful wooded setting of Stony Point, nestled in the foothills of Bear Mountain, will make it feel like we have escaped to another world, set apart from all the hustle and bustle of the pre-Christmas frenzy. The title for the retreat is "Tales, Treasures, Talents, & Cups" and we will be incorporating all of them into unique inter-generational activities and worship that promise to be educational, informative, inspirational, and FUN! There will be plenty of time for reflection in the Meditation Center or walking the Labyrinth and the grounds, even if there is snow on the ground. There will also be time for laughter and maybe even some silliness, especially during the TUC Variety Show on Saturday night. Cost (2 nights lodging, 5 meals, program fees) for this TUC family reunion and retreat is just \$140 for ages 13 and older, \$70 for ages 3-12. Children under 3 are free. The deadline for the submitting your non-refundable per person commitment payment of \$25 with a completed registration form has been extended to Sunday, October 3, 2004. Brochures/registration forms are available at the church. Scholarships are available by contacting Pastor Elsie at 732-469-5044.

Nurse's Prescription

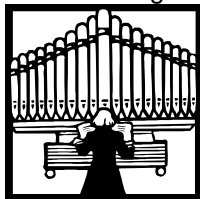
By Kay Hurd R.N., Parish Nurse

As we think of September and back to school time, the brain and its function come into the forefront of our thoughts. In the past decade, the brain has been the focus of many major health issues. How do we keep our brains young and healthy and stave off memory loss? The brain, as we now know, remains pliable and continues to form new connections throughout the life span. One key to a healthy brain is a healthy cardiovascular system so regular exercise is important. All types of mental activity encourage the formation of new connections. But the most intense connections come when we learn new tasks or live new experiences. We all know of our Intelligent Quotient (IQ), the ability to do academic work, but we all have many more intelligences.

- ❖ **Language Intelligence:** the sensitivity to the meaning of words, including order, sound rhythm, inflection, context, phonology and syntax. People who are great authors, or orators are gifted in this intelligence.



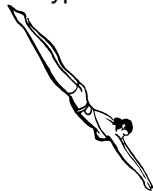
- ❖ **Musical Intelligence:** the sensitivity to pitch, melody, rhythm, timbre and the emotions that sounds evoke. Great musicians and composers, instrumentalists, vocalists are those who are gifted in this area.



- ❖ **Spatial Intelligence:** the ability to perceive the world accurately and transform, modify and recreate that perception. Artists, sculptors, those who have a skill in map reading are examples of gifts in this area.



- ❖ **Kinesthetic Intelligence:** the ability to use the body in highly differentiated and skilled ways. Olympic gymnasts and divers, dancers, those who are gifted in knowing exactly where their body is at all times, are examples of this type.



- ❖ **Logical, Mathematical Intelligence:** the ability to solve math and logic problems through inductive and deductive reasoning. This is the popular Left Brain work. Einstein was probably a great example of this although I think he used all of his brain right and left to create the work that he did.



- ❖ **Spiritual Intelligence:** the tendency to pose and ponder questions about life, death and ultimate realities.



- ❖ **Interpersonal Intelligence:** the ability to recognize the temperaments, motivations and intentions of others. This inter- and the following intra-intelligences are the emotional quotients that have come into the limelight.
- ❖ **Intrapersonal Intelligence:** the ability to access one's own feelings accurately.



We truly are all gifted in mind, body and spirit. God has been generous to each of us. We all have the God-given gifts of each of these intelligences (albeit at different levels) and the ability to develop them at every age. You may not become a world-class gymnast at 50, but you can play a sport, learn a craft that uses your hands such as knitting or embroidery, and dance (even if its just around your living room when you are alone). You may not find the cure for cancer, but you can keep your mind active learning and experiencing new things. God gave us this wonderful brain and we do have the responsibility of stewardship – to maintain it well into whatever age we are. Disease can be a factor in the decline of brain function but age is never a factor.

An Update from the People Care Network

By Joyce Pratt, Coordinator

PCN (People Care Network) is starting something new and we need your help. As you know, we provide meals for our members when they have a need. Sometimes, it can be difficult to meet these needs, as many of us are away, on vacation, or maybe in need ourselves. So...the PCN has decided to ask for meals to freeze and have available anytime the need arises. Here's what to do:

1. Prepare a meal and place in a freezer airtight container
2. Tape a note to the container with the following information on it:
 - Date Prepared: (So we can track freshness)
 - Person Who Prepared: (In case any question come up)
 - Contents: (In case someone has any food allergies)
 - Reheating Instructions: (So we know what to do with it)
3. Place the meal in the freezer downstairs in the freezer

We would like to have at least 5 meals in the freezer at any time. If more become available, Kay Hurd and Elsie, will unload extras to an off-site freezer if necessary.

The ministry of hospitality is so important and over the years, we at TUC have been quick to support our membership in this way. As we continue to feed our members, let us praise God for all we have, and for the abundance from which we can share with His family!

If you have any questions or wish to contribute, contact Joyce Pratt at 908-647-6094 or Shirley LeBoeuf at 732-469-0377.

What's happening in and around TUC

"Project Healthy Bones"

This active, joyful, exercise and fitness group meets at 10am each Wednesday and Friday at TUC. If you are interested in joining or you want more information on becoming involved, contact leaders, Don and Laura MacGregor at 732-469-2012.

Yoga: Stretching Into New Territory

The gentle exercise known as Yoga is back at TUC in a big way! Each **Sunday at 7:30pm**, Mary Beth Healy leads a class that includes stretching and breathing exercises. For information on joining this session, contact Mary Beth at 908 672-3455.

Certified Yoga Instructor, Yvette Halpin leads sessions on **Tuesday mornings at 9:30am** and **Tuesday evenings at 7:30pm**. For more information and to register, contact Yvette at 732-271-8786.

A CapPals

Join voices with others seeking ways to turn their love of a cappella singing into outreach opportunities. The next rehearsal of this fun loving, dedicated group is **Saturday, September 25, 10am** at the church. For more information on becoming a member or if you have an opportunity for this group to perform, contact Harry Morgan at 732-469-5994.

KNITTERS AND CROCHETERS UNITE

The total is now **five** beautifully handcrafted, colorful sweaters contributed by the knitters and crocheters of TUC – and even from a "guest" knitter in Oregon! If you knit or crochet or know of someone else who does, your skills, and theirs, can be put to use in this definitely hands-on mission opportunity, *The Guideposts Sweater Project*. To pick up copies of the patterns or to learn

more about this unique project established in 1996, contact Carol Krueger at 908-647-5870.

CineMinistry / Readers' Club

These two popular groups alternately share the time slot of **4pm** on the **4th Sunday** of each month.

On **Sunday, August 22, at 4pm**, CineMinistry gathered in the choir loft at the church to view *Chariots of Fire*, the 1981 Oscar-winning movie starring Ian Charleson and Ben Cross. This timely tale, with the 1924 Olympics as background, was a look into the reasons two men "ran the race." For more information on CineMinistry, call Thom Rhodes at 732-748-3370.

September 26 at 4pm will be the next meeting of, the Readers' Club. The current book up for discussion is "Waiting for Snow in Havana." It is the true story of Carlos Eire, one of the 14,000 children airlifted out of Cuba after the revolution that brought Castro into power. It tells of his love and loneliness for his family left behind and his struggle to become "American."

All CineMinistry and Readers' Club events are open to the community.

First Year of Teaching

June is here, the twenty-third,
That long awaited day I've heard,
When children whisk to far off places,
And teachers turn to slower paces.

The summer months are used, I hear,
To sleep, relax, and rest your ear
For September, when you'll be needed again
By twenty-six children, to teach, to tend.

It makes me think of that day last fall
When I came to Millburn to offer my all,
My talents, my training, my high ambitions,
My love for children, the first condition.

I entered my classroom filled with desire
For teaching success, enjoyment, and fire.
I had all these on various days,
But I experienced other along the way.

The depression of failure, of doubt in myself,
The realization you can't do it all by yourself.
The disappointment in children, the good and the bad
The loss of the faith you know you once had.

The weariness that comes when there's so much to do,
The annoyance you feel for a very small few,
That feeling you get every once in a while,
A hate for that cabinet—that little gray file.

But the days you remember when the year is complete,
Are the days you've accomplished a very large fete,
Of helping some child take a step toward the light—
Then you know that your year has been worth all the fight!
Carol-Ann Foster (Krueger) ~ June 1961

Sunday Sermon Notes

*Worship begins each week at
10:30am*

Sunday School for all ages begins at 9:30am

September 5 (9:30am): "Is It Worth It?"

LABOR Sunday

Focus Text: Luke 14:25-33

The Rev. Elsie Armstrong Rhodes, preaching
Service of Communion
No Sunday School

September 12: "Joy Deep-Down"

HOMEcomings SUNDAY!

Focus Text: Luke 15:1-10

The Rev. Elsie Armstrong Rhodes, preaching
Intergenerational Sunday School 9:30am

September 19: "A Lesson From Lazarus"

Focus Text: Luke 16:1-13

The Rev. Elsie Armstrong Rhodes, preaching
Hunger Offering will be received

September 26: "Of Gates and Tables"

Focus Text: Luke 16:19-31

The Rev. Elsie Armstrong Rhodes, preaching

Scriptures listed can be read online at
<http://www.blueletterbible.org/index.html>

Pastor Elsie Armstrong Rhodes can be
reached at the church at 732-469-5044, on her
cell at 908-304-3605, or via email at
thereverend@trinityunitedchurch.org.

Trinity United Church

118 King George Road
Warren, NJ 07059

"Growing in Christ, Sharing in Love"

SEPTEMBER