

# POMPTON REFORMED CHURCH NEWSLETTER

April 2013

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973 835-0541

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Dear PRC Family,

For years I subscribed to a small booklet entitled, "PLUS: The Magazine of Positive Thinking." Each issue included a page of positive thoughts. Here is a sampling. Be reminded once again how little things can make such a huge difference.

- ❖ *To live a creative life, lose fear of being wrong.* - Joseph Chilton Pearce
- ❖ *Kind words can be short and easy to speak, but their echoes are truly endless.* - Mother Teresa
- ❖ *Our greatest glory is not in never failing, but in rising every time we fall.* - Confucius
- ❖ *Those who wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint.* - Isaiah 40:31
- ❖ *Sunday is the golden clasp that binds together the volume of the week.* - Henry W. Longfellow
- ❖ *Obstacles are those frightful things you see when you take your eyes off the goal.* - Hannah Moore
- ❖ *A Christian is the keyhole through which other folks see God.* - Robert Gibson
- ❖ *I have come that they may have life, and have it abundantly.* - Jesus Christ

It is 17 hours before our Easter morning worship as I write this page, and several days after Easter as you read it. At this moment, the empty sanctuary is fragrant with lilies and tulips, Easter worship bulletins are folded and ready to be handed out. Choir robes reside on hangers, bells rest in their cases, and hymnals wait in the pew racks. All is quiet. But in a few short hours, voices will resound with the truth that is at the heartbeat of our faith: "Christ is risen! He is risen indeed! Listen closely...you can hear the echoes. A blessed Easter season to you!

Serving Jesus with you,  
Pastor Tom Bartha



## April Ponderings from Pastor Debbie



*“Between 2008 and 2011, the number of homeless families counted on a single night in New Jersey increased by 45% (from 1,580 to 2,291) and the number of homeless children increased by 20.3% (from 3,601 to 4,332).” – The Institute for Children, Poverty, and Homelessness, <http://www.icphusa.org>*

*“On the night of January 26, 2011, in New Jersey, a total of 2,365 homeless children were within the age range of six years or younger and 1,967 were between the ages of 7 and 17.” – Homeless Children in America part of The National Center on Family Homelessness, <http://www.homelesschildrenamerica.org>*

Frankly, when I read these statistics, I get sick to my stomach and tears fill my eyes. To be without a place that is safe and secure is awful for an adult, but for a child it is far worse and has a profound lifetime detrimental effect. What these statistics don't say, is that when a family becomes displaced in New Jersey there are no shelters for families and they are separated from each other with males in one shelter and females in another.

We know that stable intact families are what build strong communities. Countless studies show that stable intact families are the best deterrent to crime, drug and alcohol abuse, human trafficking and a whole host of other problems which affect the quality of life and overall health of a community.

In November, PRC began looking into the ministry of *Family Promise*, a national program to address families who are displaced. They currently have a chapter in almost all of the 21 counties across New Jersey and they are working to bring it to Passaic County. If you were in worship when we showed the *Family Promise* video, you will remember the joy on the little boy's face as he bounced around in anticipation of his family having a place of their own.

I am proud to say that after much prayer, research, discussion, and a trip to see the program in action, our Consistory voted at the March meeting to sign on with *Family Promise*, to work toward keeping families together and stemming the tide of homeless families here in our county.

Many of you have already signed on to help when we are ready to host guests for a week later this year. We already have a partner church in The First Reformed Church of Pompton Plains, which will supply additional hands and resources. There is another church in West Milford, which is eager to host but is too far from the Family/Day Center, but which will also supply additional hands and resources. People are also praying for God's will, wisdom and direction. As we move forward, there will be meetings to share information and to train us as volunteers along with additional newsletter articles with updates. But the key to this ministry will be our ability to communicate and trust each other. Nancy Begin, Elyse Kascik and I will always be available to answer questions or concerns you may have as we prepare for our first host week.

I experienced two host weeks with this ministry while I was a student pastor at Rockaway Reformed Church in Whitehouse Station. Those two weeks have left me with lasting memories and the knowledge that my actions do make a difference.

Scripture says much about how we are to put our faith into action; Matthew 25:34-40, Isaiah 58, and the entire book of James to name just a few. I am so grateful to serve a church that takes this seriously. From handmade blankets for newborns and nursing home residents and hats for preemies, to quilts filled with prayer, food for the hungry, listening ears for the lonely and so much more God has been leading us out of the sanctuary into the world in His name. We have been blessed by these ministries as much as they have been a blessing to others. My prayer is that the process of becoming a host congregation will do the same: bless others and bless us as individuals and as a community. May we be continually transformed more and more into the likeness of Jesus to the praise and Glory of God!



**Fellowship**

## Happenings for 2013



The year is a third of the way through, but there are still many activities being planned! Flip your calendar and mark it for the following events. More events and activities will be included with even more details as time moves on! We look forward to a fun and fulfilling 2013!

May 21 - Adult Dinner (see info below) Money due on May 14.

September 15 - Church Picnic

October 5 - Bus Trip to *Sight and Sound* to see "Noah." Only a few tickets left!

October 19 - There's 195 days until Autumnfest!

December 11 - Senior Luncheon.

### Annual Adult Dinner

The Fellowship Committee will be sponsoring the Eighth Annual Church Adult Dinner on May 21<sup>st</sup> at Stefano's Restaurant, on Rt. 23 S, in Pompton Plains, next to the Goodwill Store, at 6:30 pm. This is a different place than in previous years. The cost is \$30 per person. The menu includes: Garden Salad, Cold Antipasto, Penne with Vodka Sauce, Chicken, Fish or Eggplant entree, Dessert, Coffee and Tea. This is a BYOB restaurant. You will find the Menu and Sign-Up Sheet on the Fellowship Bulletin Board. Make out the check to 'Cash' or Jo-Ann Sisco. The money and head count is due to Jo-Ann by May 14. This is a wonderful way to enjoy delicious food and great fellowship with your Church Family. We are hoping to see you all there!



### **Autumnfest '13 Updates**

- Please start collecting items for the Holiday Shop. The items can include ALL holidays such as Valentine's Day, and St. Patrick's Day and Easter, as well as Halloween, Thanksgiving and Christmas.
- Please remember to bring back a souvenir from your favorite vacation spot.
- If you and a few friends want to make up a basket to be given away, tell Jo-Ann Sisco the theme.
- If you have any new ideas for Autumnfest please let Jo-Ann know.
- We will be having our first Autumnfest Meeting on **May 28 at 6 pm**. If you are willing to volunteer, please let Jo-Ann know.
- Vendors or Crafters, get your contract in quickly. The inside spaces go very fast!

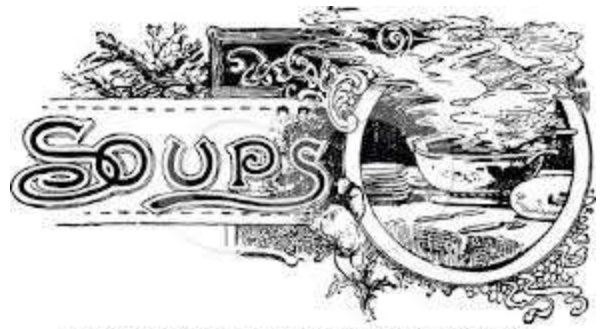
Thank you in advance for all of your help and prayers! May God Bless You All!

~Your Fellowship Committee



*We have several members who are in need of occasional transportation assistance, including Sunday transport to and from church for one Pompton Lakes resident. If you are able to assist from time to time, please notify Pastor Tom or Debbie.*

Enjoy some of the soup recipes  
that were featured  
at our recent Soup Luncheon.



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**Broccoli Cheese and Potato Soup**  
**Submitted by Gail Freeland**

Ingredients:

1/3 cup chopped onion  
1/3 cup chopped celery  
2 tablespoons butter or 2 tablespoons margarine  
1/4 cup flour  
4 cups diced peeled potatoes  
2 1/2 cups chopped broccoli, steamed until crisp tender  
3 cups chicken broth  
2 cups shredded cheddar cheese  
2 cups skim milk  
1/4 teaspoon pepper  
1 dash paprika  
salt  
minced fresh parsley, if desired

Directions:

In a large saucepan, saute onion and celery in butter over medium heat until tender. Add flour, pepper, salt, and paprika and stir until smooth. Add broth, milk, and potatoes, stirring constantly until it boils and thickens. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender. Stir in cheese and cooked broccoli and cook over low until cheese is melted and soup is heated through. Sprinkle individual servings with parsley if desired.

\*\*\* \*\*

**Corn Chowder (Spicy)**  
**Submitted by Anna Gordon**

4-5 Serrano Chilies, finely diced	1-2 c. diced celery
3-4 potatoes, peeled & diced	1 c. onion, finely diced
3-4 bags of frozen corn	(I use red onion for color)
9-10 cups 2% milk	

Melt 1 stick of butter in large Dutch Oven and sauté the above(except corn) for about 5 minutes. Add 3-4 bags of frozen corn. Sauté another minute. Add milk and cayenne pepper (more or less depending on how hot you like it). Add salt and fresh cracked pepper to taste. I throw in some parsley, let it come to a slow simmer. Cook for about 45 minutes. I use a blender to blend about 3-4 cups of the soup to make it thicker.

~Still hungry? More submissions will come in subsequent newsletters~

You can beautify the sanctuary on most Sundays by purchasing Chancel Flowers For a \$36 donation in memory or in honor of loved ones. Many dates are still open. Contact the church office to schedule your date. 973 835-0541.



## Community Pancake Breakfast

Our Community Pancake Breakfast is on Saturday, May 4. This is a wonderful outreach event, with many volunteers needed. Keep an eye out for more info in the coming weeks.

**PANCAKES!**

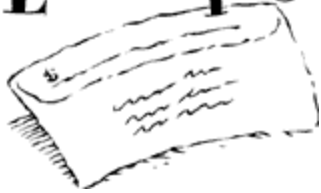
**ZUMBA!**



## Zumbathon!

Let's get ready to Zumbaaaaa! Mark your calendars for Saturday, April 27 from 10 am – 1 pm. Angie and Anja Norman are sponsoring this day of fundraising with 100% of donations received going toward OMS Research. OMS, Opsoclonus Myoclonus Syndrome, is a rare neurological disorder of unknown causes which appears to be the result of an autoimmune process involving the nervous system. It is an extremely rare condition, affecting as few as 1 in 10,000,000 people per year. It affects 2 to 3% of children with neuroblastoma. This is the disease that is afflicting young Logan Norman. A \$10 donation per participant is appreciated. For further details, including the location of the event, contact Angie at [angelanormal113@msn.com](mailto:angelanormal113@msn.com).

## Offering Envelopes



In your offering envelope box, there is an envelope marked "Classis Assessment." Our church pays \$80 per member, or over \$20,000, to the Classis for new church starts, mission support, denomination staff salaries, etc. If you are able to cover all, or a portion of this \$80, it is immensely appreciated!

Thank you all for the prayers, visits, get well cards and support during my recent heart attack. God has blessed me with a wonderful church family and truly you all are gifts from God! Thanks again.

"Sisters and Brothers In Christ"  
Jackie Bush



# Meet Our Disability Concerns Advocate



Do you know that Pompton Reformed Church has a Disability Concerns advocate? It is Roben Roon and she has joined Pastor Debbie, who is the regional representative for Disability Concerns for the RCA, to work with others to find ways to make sure no one is excluded from the life and worship here at PRC.

On March 21<sup>st</sup>, Pastor Debbie, Roben, Kay Bergen, Gregg and Bobbi Cockefair met with Ralph and Carol Honderd from the CRC Disabilities Ministries. They discussed ways for PRC to continue to become more and more accessible for people living with disabilities.

We noted that disabilities can come in any shape or form. A disability can be temporary like the need for mobility assistance after surgery or an accident, or a more permanent disability like hearing loss or a sensitivity to gluten in the Communion bread. PRC has already made some strides in this area in that we have a wheelchair ramp, cut outs in the sanctuary to accommodate wheelchairs, we use large print bulletins and we have a hearing loop to assist those with hearing difficulties. But we know we can do better.



We will be having a Disability Awareness workshop sometime in the future but for now we are building a team of folks who are interested in this ministry. If you want to read more, the library will soon be receiving the following titles: "Helping Kids Include Kids with Disabilities," "A Compassionate Journey," "The Inclusion Handbook," and "Autism and Your Church." Please contact Roben or Pastor Debbie if you would like to become a part of this team.

## Little Glimpses of Heaven

By Elaine Peacock


I have had a few close friends over the years that have had serious illnesses or operations and have told me about their "near death experiences." Every one of them have told me the same thing: "You just can't believe how beautiful Heaven is. It is beyond description. Everyday words can't describe that brief glimpse I was given." Stop and think of how a beautiful sunrise or sunset takes our breath away, a towering snowcapped mountain reflected in a clear blue lake, the ocean waves as they roar over the rocks or a forest of trees in autumn with every color at its peak. I believe that we are shown little glimpses of Heaven every day, even though it can't compare with what we will see when we are called home. So the next time a little glimpse takes your breath away, enjoy the moment because our Heavenly Father loves to surprise us.

### Elder Care Teams

A-C Elaine Peacock    L-O Pat Gordon  
D-F Nancy Begin      P-S Terry Terhune  
G-K Joanie Warner    T-Z Drew Altorfer



<u>From</u>	<u>In Memory of</u>	<u>Designation</u>
Cas & Jean Stark	Muriel Fredricks	Endowment
Cas & Jean Stark	Stan & Fern Joeckel	Endowment
Cas & Jean Stark	Landis House	Endowment
Cas & Jean Stark	Ted Holmes	Endowment
Cas & Jean Stark	George Harrison	Endowment
Rev. Gerald & Dorothy Dykstra	George Dykstra	Undesignated
Pam & Dennis Winter	George Dykstra	Endowment
Tenafly Math Department	George Dykstra	Operations
Barbara & George Buckman	George Dykstra	Endowment



**Stuart Carroll**  
**Corinne Tyndall**  
**Susan David**  
**Jeff Romaine**  
**Carole Romaine**



It's that time of year again! Scholarship application packets are available to high school seniors and college students who are worshipping members of PRC, or a dependent of a PRC member. Packets are located in the Scholarship Box on the gray workroom safe and may be picked up through April 21. The deadline to return the application is May 12.

## Help Wanted to Coordinate Vacation Bible School

No experience necessary, just a love of disciples and a love of laughter and package: lifetime of memories packed in your time and talent are being used to build alongside Pastor Debbie and many other this year. Vacation Bible School will be program on the evening of the 19<sup>th</sup>.



sharing the Gospel with the youngest giggles. Benefits included! Benefits a short five days and the knowledge that the Kingdom of God. You will be working dedicated individuals to bring VBS to PRC July 15<sup>th</sup> through the 19<sup>th</sup> with a closing

Contact Pastor Debbie for details.

## Whole Grain Imposters: What we need to know about misleading labels By: Carol O'Neil

It's impossible to ignore the mounting studies that suggest that people who eat more whole grains have a lower risk for heart disease, obesity, and diabetes. According to the *Journal of Nutrition*, it was found that people who switched to whole grains were able to decrease their percentage of body fat.

The Dietary Guidelines for Americans recommend that we make at least half of our six servings of grains per day whole to get the health benefits of all three parts of the grain.

Those layers are:

The bran - the tough outer layer that contributes fiber.

The germ - the core of the grain packed with vitamins, minerals, antioxidants, and fiber.

The endosperm - the starchy middle layer.

Sooooo, how do we guarantee that we are getting that amount of "whole" grains.

**~Seems easy enough, right?~**

The fact that most Americans are getting just one measly serving per day is evidence that it may not be so easy. Refined grains usually have the bran and the germ removed for finer texture. Even if they're "enriched" with B vitamins, they still lack all of the original whole grain benefits. The labels can be confusing at best and deceiving at their worst. Here are some guidelines for reading the tricky marketing terms so you can get the "whole" story!!

~Imposter Label #1: **"Made with Whole Grains"**

♥ Appears on a wide variety of food products such as cereals, crackers, granola bars, breads, pastas, cookies.

♥ What it really means: it simply means that the product contains SOME whole grain but it likely isn't 100% of the grain content.

~Imposter Label #2: **"Multigrain"**

♥ Mostly found on bread, cracker, pasta, and cereal products and on any grain-based product.

♥ What it really means: this one is extra sneaky since it can mean a little or a lot of whole grains. "Multi" just means that the food contains more than one type of grain, whole, refined or a mixture of both.

~Imposter Label #3: **"High in Fiber"**

♥ Predominantly seen on cereals, bread, and energy bar products.

♥ What it really means: this is a regulated term and the product must contain at least 5 grams of fiber per serving. Unfortunately, it doesn't tell you anything about the quality of the grains. Wheat bran, for example, is a good source of fiber but it is not a whole grain.

~Imposter Label #4: **"Wheat" or "Stone-ground"**

♥ Often seen in the product names of breads, crackers, or flours.

♥ What it really means: Nothing at all!! Unless it says "whole wheat stone-ground," it is best to ignore these products as a source of whole grain.

Well, are we all now totally confused? Take a deep breath - here are three rules to simplify the process of choosing the right product:

1. Look for three magic words. If the words "100% whole grain" or "100% whole wheat" are listed on the package, there's no need to dig any deeper. The key here is "100%" - not just "whole grain" or "whole wheat."

**Continued on the next page**



2. Search for the stamp. Check the package for the Whole Grain Council Stamp. These stamps are being used more and more and guarantees that the food contains a full serving (8 grams) of whole grain per labeled serving.

3. Focus on the ingredients. Take a look at the ingredients label. Whatever you see listed first is the predominant ingredient. If the first ingredient contains the word "whole," rest assured the product is mostly made from whole grains.

Here's to a healthy, happy Spring season and congratulations on becoming informed consumers of healthy foods.

*Carol O'Neil is Nancy Begin's mother, and serves as Parish Nurse at Old Paramus Reformed Church.*

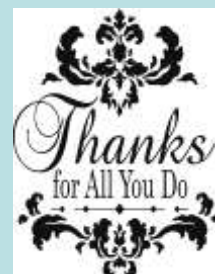
## Consistory Roundtable of Thanks!

(from March's Consistory)

--**Jo-Ann Sisco**, for her faithfulness to PRC's email prayer chain, and to **Mary Bartha** and **Jean VanBroekhoeven** for overseeing the phone prayer chain.

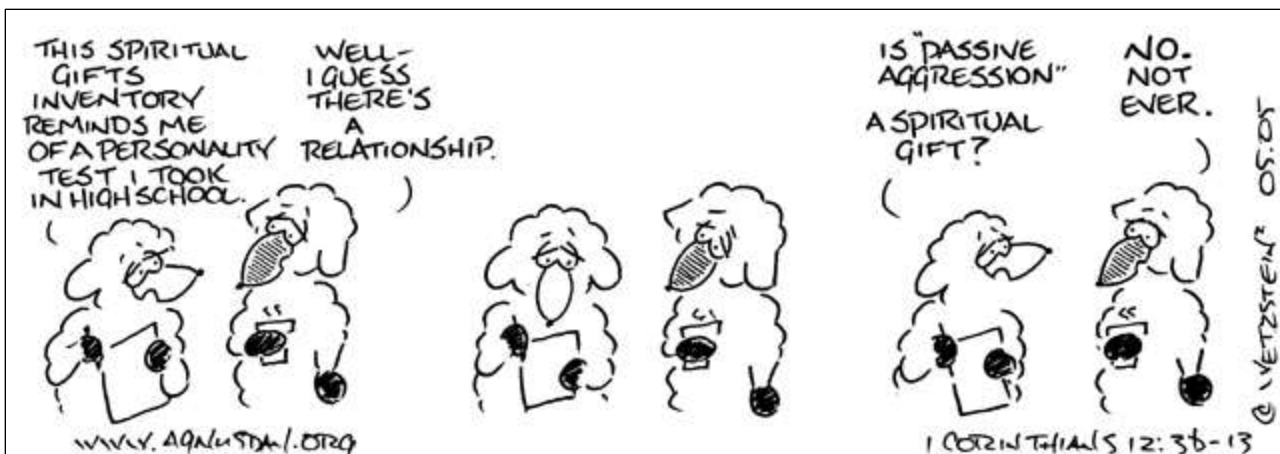
--For **all who spend time** updating and beautifying PRC's bulletin boards.

--For **all who assisted** with the luncheon for Rev. Tom and Laura DeVries, and for **all who prayed** for the leadership of our denomination during the designated prayer slots.



Are you interested ?

Are you interested in forming a Task Force to explore the possibilities for video and retractable screen for use in our sanctuary? Notify Pastor Debbie of your interest.





# AUTUMNFEST/CRAFT FAIR

Sponsored by  
Pompton Reformed Church  
59 Hamburg Turnpike, Pompton Lakes, NJ 07442  
October 19, 2013  
10:00 am - 4:00 pm

Thank you for expressing an interest in being a crafter/vendor at Autumnfest 2013. The 3rd Saturday in October will be here soon...plans are being finalized for our Autumnfest/Craft Fair. Please read the guidelines below and submit your contract and payment as soon as possible. Space is limited so sign up early!

- Registration will begin upon our receipt of the completed application and payment of fees. Spaces will be assigned on a first-come, first-serve basis. Applications must be received by **Saturday, September 14.**
- **Fee is \$20.00 for a 6' by 8' space** in Fellowship Hall. **You must bring your own table.**
- Payment - checks or money orders made out to: Pompton Reformed Church
- Cancellations will be accepted until Friday, October 4th.
- No refunds will be given after October 4<sup>th</sup> and/or in the event of rain. There is NO raindate.
- Indoor spaces and electricity are limited. Outdoor spaces on the lawn—you will be responsible to provide your own tent/pop-up covering and table. Space will be unrestricted and no electricity is available.
- **Crafters/Vendors must provide their own tables. There will be no provisions made to have tables available to any Vendor/Crafter the day of the Autumnfest!** Two chairs will be provided per table.
- Please do not infringe on your neighbor's space. Every effort will be made to accommodate every vendor's need.
- There will be limited electricity; please note need for this on application.
- No loud machinery, music or loudspeakers allowed.
- Crafters/Vendors must be available at their tables at all times.
- The church will not be responsible for any thefts or damage to your property.
- You must be responsible for collecting your own taxes.
- Set-up will begin at 8:00 AM. Crafters/Vendors agree to stay until the closing time of 4:00 pm unless you sell out. "Coffee and" for vendors will be available during setup.
- Lunch and beverages will be available for purchase or you may bring your own.
- There will be no admission charge to the public.
- Autumnfest will be publicized in all local newspapers, Channel 77, flyers in schools and around town, WGHT as well as signage on Library sign and Church property.

Cut Along Line and Return as Noted:



Return to: Jo-Ann Sisco PRC Autumnfest Craft Committee Coordinator, 23 Durham Street Pompton Lakes, New Jersey 07442.

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

Detailed Description of Craft/Vendor Mdse \_\_\_\_\_

Electricity Yes or No (circle one)      Indoor \_\_\_\_\_ Outdoor on Lawn \_\_\_\_\_

Crafter/Vendor Signature: \_\_\_\_\_

# MISSION & OUTREACH PRAYER CALENDAR

## APRIL 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Bessie Green Community</b> Food & clothing distribution	<b>2</b> <b>Christian Health Care Center</b> Assisted Living Residents & Staff	<b>3</b> <b>Family Promise</b> Planning Meeting @ PRC Wisdom	<b>4</b> <b>Hope College</b> Students entering the home stretch of the semester	<b>5</b> <b>Warwick Center</b> Summer Camp Planning	<b>6</b> <b>Mark &amp; Deb Wilson</b> <b>In Cambodia</b> Continued study of the language
<b>7</b> <b>Jared Cave</b> Students in or beginning job searches	<b>8</b> <b>Food Pantry</b> Supplies to meet the needs of the community	<b>9</b> <b>Words of Hope</b> Those being detained for their faith in Iran	<b>10</b> <b>Mission &amp; Outreach Team Meeting</b> Discernment for 1st quarter disbursements	<b>11</b> <b>Bruce &amp; Laurie Hawley</b> Hope restored for those they serve	<b>12</b> <b>Saturday School</b> Health & safety of the students & their families	<b>13</b> <b>Quilting Ministry</b> Power of God's comfort for those receiving a quilt
<b>14</b> <b>Andrea Linder</b> <b>Mephibosheth in Ghana</b> Safe travel & ongoing family challenges	<b>15</b> <b>Holland Christian Home</b> Medical Staff	<b>16</b> <b>AA Meeting</b> Serenity	<b>17</b> <b>Kist-Okazakis In Japan</b> Ongoing earthquake relief efforts	<b>18</b> <b>Family Promise</b> Additional Funding	<b>19</b> <b>New Brunswick Theological Seminary</b> Faculty	<b>20</b> <b>Reformed Church World Service</b> Bread for the World Program
<b>21</b> <b>Urban Promise</b> Internship Program	<b>22</b> <b>Central College</b> Students preparing for exams	<b>23</b> <b>Reformed Church Home</b> Activities Staff	<b>24</b> <b>Couto Family - Gospel Mission of South America</b> Team Building	<b>25</b> <b>Western Theological Seminary</b> Discernment for those considering a call to ministry	<b>26</b> <b>Angel Food</b> Building Relationships	<b>27</b> <b>Northwestern College</b> Student leaders
<b>28</b> <b>Mosaic Ministry</b> Relationship building with folks in the community	<b>29</b> <b>Doug Leonard In Oman</b> Safety while building relationships in the Muslim community	<b>30</b> <b>Pancake Breakfast</b> Prepare the hearts of those serving to share Christ's love				



Apple Juice  
donations are needed for after  
worship service. Please drop them  
off in the kitchen.  
Thanks!



1st Wed., April 3:	6:30 pm Operations Committee
	7:30 pm Worship Committee
2nd Sat., April 13:	Quilting Ministry
2nd Sun., April 14:	11:30 am Youth Team
2nd Mon., April 8:	7 pm Finance Committee
2nd Wed., April 10:	7:30 pm Missions Team
3rd Mon., April 15:	7:15 pm Christian Education Committee
3rd Wed., April 17:	7:00 pm Consistory
4th Wed., April 24:	7:30 pm Fellowship Committee
Every Tuesday:	1:30 pm Knitters & Crocheters



~Bell Choir meets on Tues. evenings and/or Sundays. See Janine for details~



Pasta sauce, canned fruit, mac & cheese, Parmalat milk, canned  
veggies (corn, carrots, peas and beans), Jell-o, pudding and baked beans.  
Low-fat, low-sodium products are always accepted.

*Thank you for supporting this important mission needed by so many!*

## DEADLINE FOR NEWSLETTER ARTICLES

The Deadline for *Newsletter Articles* is the last Sunday of the month.  
Please send submissions to [prcletter@gmail.com](mailto:prcletter@gmail.com) or feel free to drop it  
in the mail slot in the church office!

The deadline for May's  
newsletter is  
Sunday, April 28, 2013.