



POMPTON REFORMED CHURCH NEWSLETTER

September 2013

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Think About These Things

Dear Pompton Family,

A pastor, after preaching his first sermon in the new church, was intercepted by a member after worship. "We've had pastors come and go," she said, "but I've never heard one preach so poorly!" Devastated, the pastor resolved to do better, and poured himself into his work. The following Sunday, same woman stopped him again. "Your messages are boring, and irrelevant to the needs of this church family." Determined, he worked as hard as ever, only to have her approach him once more: "Your necktie is in poor taste and your jokes are not funny."

Later, one of the deacons approached the pastor. "I see Edna's been talking to you. Don't worry about Edna. She only repeats what she hears others saying."

Who of us does not struggle at times with feelings of incompetence and inadequacy? I know I certainly do. We compare ourselves with others in some fashion, and come out on the short end. On top of that, add a few ill-placed shots for our efforts, and we can feel deflated. While criticism can certainly be healthy and needful, misused or careless words can become agents of discontent. We may even overlook the fact that God has created each of us lovingly and uniquely, with a gift mix unlike anyone else.

Stay watchful for opportunities to be agents of encouragement. Timely and gracious words can make a profound difference. While you're at it, do your best any Sunday to practice the three-minute rule: *Immediately following worship, before you congregate with the friends you visit with nearly every Sunday, spend at least three minutes greeting and welcoming others.*

Nothing revolutionary about it, yet that brief conversation can make a huge difference in another's day. Who knows--you may discover a new friend on the other end of your greeting. Give yourself the gift of three minutes, and let's work at turning some of our small circles inside out!

Your friend and pastor,
Tom Bartha

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Thank-you Thank-you Thank-you Thank-you

Dear PRC Family,
Just in case you miss it--spoken or in bulletin--deep gratitude for such an encouraging response to the funds appeal letter that was mailed in August. Gifts of all sizes continue to come in to the church, each deeply appreciated. Several households made up for Sundays when they were not present, and several have increased their weekly gift. Others maintain a faithful level of giving, and still others have made this a matter of ongoing prayer. However you have responded, please know that it is making a genuine difference...not just for the budget or offering plate, but for the spirit and health of this body of Christ. It certainly has touched my stony heart!

Gratefully,
Pastor Tom



FROM

Eleanor Finke
Eleanor Finke
Edward & Cecilia Costigan

IN MEMORY OF

Wilma McKechnie
Rick Montanari
Rick Montanari

DESIGNATION

Endowment
Scholarship
Scholarship

The Sights & Smells of Autumn
By Elaine Peacock

The first bit of leaf color, pumpkins, apples for sale, apple cider, apple cider donuts and beautiful fall displays around every corner; these are the sights and smells of autumn. Yes it is that special time of year again. The time to get outside to take a walk and feel the crunch of the leaves under your feet, smell the aroma of fresh picked apples, the taste of fresh pressed apple cider, a hayride and of course, those beautiful crystal clear blue skies. The humidity of summer is gone and the air is fresh and crisp again. It's time to dig out your favorite sweater and enjoy all the joys of this short season. I think GOD does his best work every autumn; he gets out his palette of colors and paints the hillsides and backyards with glorious colors, colors that only GOD knows how to create. So get out there and enjoy this beautiful time of the year, make some memories and take in all the special sights and smells of autumn GOD has created just for you.



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.



Life Source Hospice

seeks volunteers to be part of their elderly patients' end-of-life care. Volunteers serve as friendly bedside visitors to patients and provide them with much appreciated companionship. Volunteers determine their own schedules and can visit on evenings and weekends. Training and support is available. For more info contact Life Source Hospice at 201 967-4313 or kiplifeshospice@yahoo.com.



Welcome Aboard!

In case you have not yet had the opportunity, please take a moment to introduce yourself to PRC's new organist, Scott Burzynski. Scott was the clear choice of the Organist Search Team, who faithfully conducted a series of interviews, and were among those upholding this entire process in prayer. Scott is a graduate of Kutztown University in Pennsylvania, where he received his Bachelor's degree. Scott's major was Music

Education, with his primary performance area being organ, and secondary instruments being piano, trombone and voice.

Scott has experience as organist in several churches in Pennsylvania and New Jersey. He also has a wide background with marching bands, musical theater and vocal performance. Scott lives in Kearny, and is employed as a vocal music teacher with the Kearny Public Schools.

A word of thanks also to those who served on the organist search team. We had the pleasure of listening to some very gifted musicians, but were in full agreement on our choice of Scott, with deep gratitude for God's leading him to PRC. Thanks to Search Team members: Drew Altorfer, Sue Uhlendorf, Pat Gordon, Leslee Ferray, Terry Terhune, Patti Kitchell, and pastors Debbie Rundecker and Tom Bartha.



The next senior luncheon is at Gilly's in Pompton Plains on Oct. 9 at 1 pm. Cost is \$14 and give your payment to Helen Gioia.



Fellowship

Happenings for 2013



Pumpkins, Crisp Air and Autumnfest... Oh My! 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 end of 2013!

October 5 - Bus Trip to *Sight and Sound* to see "Noah." We will then go to "Good and Plenty" for a delicious old-fashioned Pennsylvania Dinner.

October 19 - There's only 13 days until Autumnfest! Info below!

December 11 - Senior Luncheon.

December 22 - Cookie Social- immediately following the Service.

Autumnfest 2013 UPDATE



The countdown continues...

At this time we have 40 Vendors and Crafters.

The following items may be brought in and left on the left side of Room 103:

- ❖ Holiday items; which includes all holidays for the Holiday Shop.
- ❖ Slightly-used Candles and Accessories for the Candle and Accessory Sale.
- ❖ Vacation Souvenir for the Post Office.
- ❖ Cans of Coke, Diet Coke, Sprite, Diet Sprite, and bottled water for the Luncheon.
- ❖ Pies and breads such as Babka Bread, Pumpkin Bread, and Zucchini Bread.

NEW ITEM!

This year there will be a Coffee Bar with different flavored coffees and hot chocolate and hot apple cider. Bakery products will also be sold.

Many volunteers are needed that day and if you have a pop-up tent to lend, please let Jo-Ann know.

The Fellowship Committee would like to thank you all for your prayers, cooperation, and donations. You are all truly a Blessing to us. This fall we wish you all peace, relaxation, fun, and joy. God Bless You All!

Your Fellowship Committee

Stop the Sneezing

It's like a scene from a low-budget horror flick: the leaves are falling, the grass is still growing and the plants are going to seed. . . and runny-nosed zombies are invading the planet! The Fall allergies are here, but if you're one of the sniffly multitudes, you may have noticed that the "allergy season" can span most of the year. Right now is the "hay fever" season.

So what's your best defense ?

Some simple precautions and current information will work to provide as much comfort as possible.

•**Police pollen** – Click on the National Allergy Bureau's website for a daily ranking of allergens, including seasonal tree pollens, grasses, weeds and outdoor molds. Stay indoors when levels are high or very high for those to which you are sensitive.

•**Wear a mask** – If you must finish that gardening before the company shows up, don a not-so-chic but very useful N95 filter mask which keeps pollen out of your nose and mouth.

•**Wash your hair at night** – Rinse the pollen out, especially if you're a gel or mousse fan. These products can trap pollen and mold.

•**Soak up the calm** - In one study, hay fever sufferers had a more extreme reaction the day after performing a stressful task. "Stress raises levels of the hormone cortisol," according to Clifford Basseet, MD, an allergist at NYU Medical Center, and that often leads to an amped-up allergic response. A few minutes of meditation or a soak in the tub might help.

•**Keep your nose clean** – Neil Kao, MD, an allergist at the Allergic Disease and Asthma Center, in Greenville, SC says, "Your nose is like a car windshield – pollen sticks to it." Try a saline sinus rinse.

•**Dust mites** – Keep the level of dust down and try to maintain a temperature that is not friendly to them. Keeping the temperature in the mid to low 60s and the humidity between 40% and 45% should discourage them. Home hygrometers are helpful in determining the humidity level. Check for mattress and pillow covers that are made from organic cotton. Sheets and pillowcases washed weekly in water that's at least 140 degrees will wipe out the little critters, according to a study in the Annals of Allergy, Asthma and Immunology.

If all else fails, perhaps a trip to the allergist is in order. A hopeful note -- the frost will come and outdoors allergens will be eliminated for the most part. Relax and keep those tissues handy!

Although Tokyo is one of the largest and most densely populated cities in the world, parts of it are very remote and isolated. The Izu Islands, which are part of the city of Tokyo, stretch for hundreds of miles into the Pacific Ocean, south of the Tokyo Bay. Seven of the islands are inhabited and have a combined population of 25,000. Of those seven islands, five have churches.

This summer Abraham and I were invited to lead worship and give the key-note address at the Izu Island Evangelism Retreat which was attended by members of the five congregations of the Izu Islands. This year's retreat was held at the Niijima Church on the island of Niijima, which has a population of nearly 2,500. It is located roughly one hundred miles from the port of Tokyo and is currently accessible by a three hour high-speed boat ride from the main land.

Although on some occasions a group of tourists from the main land will fill the sanctuary to its full capacity, on most Sundays Niijima Church has fewer than ten people in attendance at the worship service. It surprised me to discover that Mrs. Shimada is the only member of the congregation who was born on the island, as the other eight came because of their work. She shared with me the difficulties she has faced in being the only "true islander" who believes in Jesus Christ. She also shared the joy that she has experienced since being baptized two years ago and her hopes to bring others to faith.

The thing which touched Mrs. Shimada the most about my presentation were the videos I brought of people from our supporting congregations praying for the Christians of Japan. She came to more fully appreciate that she is not alone on a distant island, but is instead connected through prayer to a worldwide community of faith!

Thank you so very much for all your support and please continue to pray for the people of Japan, as your prayers have a very real impact and change lives.

Yours in Christ,

Sayuri Kist-Okazaki



Sayuri's ministry

Sayuri Kist-Okazaki is an ordained RCA pastor who works in evangelistic training for congregations of the United Church of Christ in Japan. She specializes in teaching churches how to incorporate contemporary music and "seeker-friendly" elements into their worship so churches can more effectively reach non-Christians, who make up 99 percent of Japan's population.

Pray - Engage - Connect

2013 is an exciting year for Asia. The RCA celebrates that we have a long history in Asia, starting the first Protestant churches in China, Japan, and pioneer work in India. While we are proud of our history, we do not rest on our laurels. We also see that God has been challenging the RCA to get involved in the last few years in Southeast Asia, as we have formed partnerships and sent personnel there. Please remember the region in your prayers, and if God is calling you to get involved in other ways in Asia, please feel free to email or call me.

Jhonny Alicea-Baez, supervisor of RCA mission in Asia and the Pacific.
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We have some new books in our Library-including some from the summer sermon series, "The Fruit of the Spirit." Enjoy!

- "Prayers of a Godly Woman"
- "The Applause of Heaven" – by Max Lucado
- "The Bumps Are What You Climb On" by Warren Wiersbe
- "Jesus Today" by Sarah Young
- "To Heaven and Back" by Mary C. Neal, M.D.
(recommended by Joanie Warner and Michele MacDonald)
- "The Fruitful Life" by Jerry Bridges
- "The Fruit of the Spirit" by Thomas E. Trask & Wayde I. Goodall
- "Life on the Vine" by Philip D. Kenneson

CLASSIS ASSESSMENT

In your offering box, you will find a Classis Assessment envelope. As was mentioned in the recent funds appeal letter, PRC is assessed **\$80 per active member**. This fee covers new church starts, mission support, assistance to struggling churches, denominational staff and programs and much more. If you are able to cover all or a portion of this assessment, it will go a long way to aiding OUR budget!

Alexis Przybylinski's Girl Scout Troop is looking for donations of new/used irons and ironing boards. Contact Stacy Przybylinski at 973 766-6428.



Donate your
old Beanie Babies
to Chilton
Hospital's
Pediatric Unit.
Drop off at the
Church office.



Pull Tab Collection

A PLHS student is collecting pull-tabs from cans as a fundraiser for the Ronald McDonald House in Cincinnati, where his family stayed while he was receiving treatment. A container is in the kitchen. Save your tabs and let's fill it up!



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



1st Wed., Nov. 6:	6:30 pm Operations Committee
	7:30 pm Worship Committee
2nd Sat., Nov. 9:	Quilting Ministry
2nd Sun., Nov. 10:	11:30 am Youth Team
2nd Mon., Nov. 11:	7 pm Finance Committee
2nd Wed., Nov. 13:	7:30 pm Missions Team
3rd Mon., Nov. 18:	7:15 pm Christian Education Committee
3rd Wed., Nov. 20:	7:00 pm Consistory
4th Wed., Nov. 27:	Thanksgiving Eve
Every Tuesday:	1:30 pm Knitters & Crocheters



~Bell Choir is BACK & we're better than ever! Be a part of our music ministry!
Meet us on Tues. nights at 6:30~



Pantry Needs

Pasta sauce, canned fruit, mac & cheese, peanut butter, jelly, Parmalat milk, canned veggies (corn, carrots, peas and beans), shampoo, deodorant, toilet paper, toothpaste, detergent, 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 each month. Please send submissions to prcletter@gmail.com or feel free to drop it in the mail slot in the church office!

The deadline for November's
newsletter is
Sunday, October 27, 2013.