

VIEW

from the lake

The newsletter of ABIDING PEACE LUTHERAN CHURCH - Budd Lake, N.J.



From the Pastor

The Opposite of Gratitude

In November it's traditional to reflect on the topic of giving thanks or nurturing an "attitude of gratitude." It's certainly a positive and worthwhile topic. I have worked to nurture various gratitude practices in my own life and family over the years, and I whole-heartedly encourage such efforts. A bit more gratitude on a grand scale could make a huge difference in the world!

This year, however, I have a new insight about the way that gratitude works in my own mind and heart, or – rather – an insight about the instincts and unconscious habits that work AGAINST operating from a place of gratitude on a daily basis. As part of a leadership development program I am participating in this year, we were coached in identifying the barriers to behaviors that we want to practice but that we struggle to maintain. Gratitude is a behavior that I want to make more central to the way I live my life, but I recognize that it's something I struggle to do. When asked how I'm doing, my mind automatically jumps to problems rather than blessings (even if I stop my mouth from confessing that first thought). When I plan out my week, I tend to ruminate on the list of tasks and sources of stress rather than recognizing the wonderful things that are part of my daily life. In short, thankfulness is something I have to coach myself into; it's not my first instinct.

As I have explored the reasons behind this, it has become clear to me that the root cause is anxiety. I have lived most of my life with an anxiety disorder (although it was only diagnosed a few years ago), and anxiety is my instinctual way of functioning. It tells me that I need to always be on alert for what might go wrong, so that I can be prepared. If I hold onto a constant edge of worry – so my mind tells me – I will never be taken off-guard or be left helpless in the face of a disaster, because I will always have a plan. The problem with this way of moving through life is that it locks me in a defensive position and effectively cuts off gratitude. Of course, my therapist is quick to remind me that defense mechanisms have a function. There are plenty of contexts

Continued on page 2

November, 2022

December Newsletter Deadline
November 21, 2022

Worship: 10:00 am
Online/In-Person



Daylight Savings
Time Ends November 6!
Please turn your
clocks back.

For hospitalization or other
pastoral care needs, please call
Pastor Serena at 908-458-3940

OUR MISSION & PURPOSE

Abiding Peace Lutheran Church makes Christ known by welcoming all people to a supporting and accepting place to grow in faith and community and to serve the Lord as people created by God, saved by Christ and nurtured by the Holy Spirit.

Phone: 973-691-9393

Website: www.abidingpeacechurch.org

COUNCIL & MINISTRY LEADERS

Officers

President	Jackie King
Vice President	Shelli Skeels
Secretary	Sheeba David
Treasurer	Nick Senior

Council Members

Sandy Carlson	Cindy Pawlo
Sheeba David	Ken Schwier
Maria Jerez-Kearney	Nick Senior
Jackie King	Shelli Skeels
Heather Nilsen	

Ministry Leaders

Arts & Crafts	Sibylle Schroeder
Christian Education & Youth	<i>Vacant</i>
Evangelism	<i>Vacant</i>
Fellowship	Demetria Laird
Finance	George Pawlo
Financial Secretary	Nita Persson
Messengers Dancers	Mary Kasakove
Mutual Ministry	Heather Nilsen
Property	<i>Vacant</i>
Social Ministry	Sibylle Schroeder
Seniors	Sibylle Schroeder
Stewardship	Nick Senior
Worship & Music	Mary Kasakove

OUR STAFF

Pastor:

Serena Rice
Cell: 908-458-3940

Music Director:

Ben Schroeder
benmschroeder@gmail.com

Administrative Assistant:

Christine Strobel
office@abidingpeacechurch.org

Continued from page 1—Pastor's Column

in which we do need to be alert for potential dangers, or at least engaged in thinking through our options and actions. We should not be too quick to judge ourselves for operating from a place of anxiety when the world requires some real vigilance to navigate. But the world is also a place that offers us daily gifts: opportunities to see beauty, or offer love, or experience joy.

So, this November, I'm not setting a general goal of practicing more gratitude. Rather, I'm aiming to keep my eyes open. Sometimes that will mean being aware of the kinds of things that my anxiety constantly scans for... and not judging myself for that habit. But sometimes that will mean seeing the reason for gratitude and letting them balance out the anxiety. This way, I'm not just trying to manufacture artificial gratitude. I'm opening myself up to all the true reasons I have to be grateful.

~ Pastor Serena

Christ the King Sunday

On Sunday, November 20th we will celebrate CHRIST THE KING SUNDAY - the culmination of the church year. The service will include a procession with colored candles and hymns representing the seasons of the liturgical calendar. Volunteers are needed to carry the candles forward at the appropriate time and then carry them out at the end of the service. A sign up sheet is available in the narthex. For more informative please speak to Mary.

~ Mary Kasakove





Why Do I Give?

As previewed in last month's newsletter, our stewardship theme for the year is focused on you! Specifically, we are asking for your feedback on the question "why do I give?"

In early November, you will be receiving a link to a brief online survey. We are asking everyone in the congregation to spend just a couple of minutes thinking about the reasons that you support the ministry of Abiding Peace. The survey will have just 2 questions: The first question will list a number of common reasons that people list for contributing to faith communities and invite you to "check-all that apply" for you. The second question will be a text field for you to offer your own answer to the question "why do I give."

The idea is that we ALL are part of supporting the ministry of Abiding Peace, so we can ALL be part of inspiring each other in this generosity. This year, share your words as well!



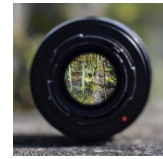
Faith Kitchen Shopping List for November 1

Due to the generous support of Thrivent, this month's Faith Kitchen has been taken care of. No food is needed.

If you have any questions, please call me and let me know, 973-459-0908.

With gratitude,

Sibylle Schroeder,
Social Ministry



Ministry Focus: Balcony Conversations

Balcony conversations are a chance to step back and reflect. The leader for a particular session chooses a bible verse, hymn, devotion, poem, picture or anything that resonated with them to share with the group. Then they ask a question and invite the other people present to share their own experiences and reflections. The question can be very specific to the text shared or a general, "where do you think God is leading us?"

Balcony conversations are not Bible studies. The leader doesn't need to be a Biblical scholar teaching the group about their chosen text. There doesn't need to be one big answer they are leading the group towards.

These conversations are a chance for us to share with each other, to put aside the constant busyness of doing and explore together the deeper questions.

I led the most recent session in October and shared one of my Mom's favorite hymns, "Earth and All Stars," a beautiful celebration of God's wonder in ordinary, everyday things. I then asked the group where they have found the wonder of God in unlikely or ordinary places which led to a lovely and affirming conversation.

By having different members of our congregation take turns leading balcony conversations, we get to benefit from the multitude of voices we have at Abiding Peace. So I extend an invitation to all in the Abiding Peace community to volunteer and start a conversation.

~ Heather N.

Unfinished Object Night November 14 * 7:00 pm



Come and join us for Unfinished Object Night at 7:00 pm. For information and to make sure it's on - call Sibylle at 973-691-1910.

Sunday Scripture

November 6

Jeremiah 18:1-11
Psalm 139:1-6, 13-18
Philemon 1-21
Luke 14:25-33

November 20

Jeremiah 32:1-3a, 6-15
Psalm 91:1-6, 14-16
1 Timothy 6:6-19
Luke 16:19-31

November 13

Jeremiah 4:11-12, 22-28
Psalm 14
1 Timothy 1:12-17
Luke 15:1-10

November 27

Jeremiah 32:1-3a, 6-15
Psalm 91:1-6, 14-16
1 Timothy 6:6-19
Luke 16:19-31

November Birthdays

10 Don Larsen
13 Ann Anderson
14 Mike Schroeder
20 Ben Schroeder
21 Vanessa Ponce

November Anniversaries

3 Gene & Mary Kasakove
22 Roy & Carmelina Persson

Senior Meeting Schedule 2022

11/16

Christmas Party—Please bring a
small gift to exchange

Halloween Party



Pastor Serena November Schedule

In addition to posted hours in the office, Pastor Serena is also available to the congregation by cell phone or e-mail during the week: (908) 458-3940; pastorserena@optimum.net. Her day off is Saturday, so please refrain from sending non-emergency messages or calls on Saturday.

Week of October 31—November 6

- Wednesday, Nov. 2: 10:00 am—8:30 pm
- Sunday, Nov. 6: 9:00 am—1:00 pm

Week of November 7—November 13

- Wednesday, Nov. 9: 10:00 am—8:30 pm
- Sunday, Nov. 13: 9:00 am—2:00 pm

Week of November 14—November 20

- Wednesday, Nov. 16: 10:00 am—8:30 pm
- Sunday, Nov. 20: 9:00 am—1:30 pm

Week of November 21—November 27

- Monday, Nov. 21: 10:00 am—8:30 pm
- Sunday, Nov. 27: 9:00 am—2:00 pm

Week of November 28—December 4

- Wednesday, Nov. 30: 10:00 am—8:30 pm
- Sunday, Dec. 4: 9:00 am—1:00 pm

NOVEMBER

WORSHIP ASSISTANTS

IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT IF YOU CANNOT SERVE.

NOVEMBER	ASSISTANT MINISTER	COMMUNION ASSISTANTS	USHER/ GREETER/ ACOLYTE	SOLOIST	LIVESTREAM
6	Doug Laird	George Pawlo	Howard Corneilson	TBD	Tyler Rice
13	Sheeba David	Sibylle Schroeder	Mary Kasakove	TBD	Nick Senior
20	Demetria Lird	Howard Corneilson	Doug Laird	TBD	Sheeba David
27	Sibylle Schroeder	Maria Jerez	Cindy Pawlo	TBD	Ray Mueller

COUNTER: 6: Nita Persson **13:** Howard Corneilson **20:** George Pawlo **27:** Sandy Carlson
ALTAR GUILD: Demetria Laird
BREAD BAKING: Sandy Carlson




Keep These Friends in Your
Heart & Prayers

Those who are sick or in need: Emily Wager, Bill Phinney, Joshua Olsen, Dawn Larsen, Jon, Cheryl Inglin, Judy Consentino, Jon & Maria, Sandy Kahler, Kenneth Johanson, Karen Qualls, Elfriede & Dick Kiesling, Jim Tangen, Elizabeth & Otto Schroeder, Don Larsen, Joseph Horn, Ryan Manhardt, Dan Scouten, Evelyn Woodruff, Grace Bessasparis, Jackson Cook, Donna Fahy, Joey Scollins, Jeanne Scalora, Valeriy Braginetz, Chris Bauer, Brenda Anderson, Linda Kahler, Pat Scalora, Mark Dennis, Mike Urodinski, John Corneilson, Tim O'Connor, Karen and Ken Predmore and family, David Breault

Those in mourning: the Price family (mother of Carol Biunno), the Mueller Family, the family of Chris VanBeveran (aunt of Pastor Serena) *Please note: names of those in mourning will be listed for 6 months but please keep them always in your prayers.*

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 am Faith Kitchen	2 6:30 pm AA Mtg. 7:30 pm Balcony Conversation	3 12:30 pm Bible Study at Redeemer (lunch @ Noon) 7:45 pm Choir Rehearsal	4	5
6 ALL SAINTS DAY 10:00 am Webcast Worship/In-Person 11:30 am In-person Sunday School	7 6:00 pm Children's Church	8	9 12:30 pm Worship & Music Committee Meeting 6:30 pm AA Mtg. 7:30 pm Pop-up Prayer	10 12:30 pm Bible Study at Redeemer (lunch @ Noon) 7:45 pm Choir Rehearsal	11	12
13 23RD SUNDAY/ PENTECOST 10:00 am Webcast Worship/In-Person 11:30 am New Member Class (until 1:30 pm)	14 6:00 pm Children's Church 7:00 pm UFO Night	15	16 2:00 pm Seniors Meeting: Christmas Party 4:30 pm Mt. Olive Manor Prayer Service 6:30 pm AA Mtg. 7:30 am Ask the Pastor Night	17 12:30 pm Bible Study at Redeemer (lunch @ Noon) 7:45 pm Choir Rehearsal	18	19
20 CHRIST THE KING 10:00 am Webcast Worship/In-Person 11:30 am Adult Forum: Preparing for Advent 6:00 pm Council Meeting	21 NEWSLETTER DEADLINE 6:00 pm Children's Church 7:30 pm Interfaith Thanksgiving Service	22	23 6:30 pm AA Mtg.	24 HAPPY THANKSGIVING 	25	26
27 1STSUNDAY/ ADVENT 10:00 am Webcast Worship/In-Person 11:30 am Either Confirmation Class or Advent Activity	28 6:00 pm Children's Church	29	30 6:30 pm AA Mtg. 7:00 pm Soup Supper 7:30 pm Advent Mid-week Service			