

VIEW from the lake

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



From the Pastor

The Gift of Rest

My teens' last day of school was Wednesday of last week, which means that on Thursday our first commitment out of the house was not until an 11:00am doctor's appointment. It was glorious! I did not actually get to sleep late because I have a dog and he does not understand the delights of a lazy morning in bed, but after the stress and busy-ness of the last month of school just the chance to putter around in my jammies and sip my coffee instead of guzzling it was a gift. It was restful.

I have a rather complicated relationship with rest. As anyone in my family will tell you, I am one of the unfortunate humans who need a lot of sleep. Growing up, my older sister got to stay up later than me, but I had to go to bed at the same time as my younger sister, even when I passed thresholds that had meant a later bedtime for the first born. This was not unfairness on my parents' part (although I disagreed at the time), it was practicality. If I did not get a solid 10 hours of sleep at night, I was a nightmare the next day. And I have never really outgrown the need for extra sleep. Maybe not 10 hours, but I will gladly sleep 9 hours a night and if I sleep any less than 8, I will definitely feel it. At the same time, I can have a hard time resting. I have very strong workaholic tendencies. I get an unhealthy amount of self-esteem from being productive all the time. I would far rather take on extra work myself than ask anyone else to go out of their way. And, when I do have times of shutting down or vegging out it is likely to be a symptom of my returning depression, rather than an exercise of healthy moderation and self-care.

I also have the complication of rather performance-oriented messages about *sabbath-taking* from my early faith. Rather than hearing God's instructions about sabbath as a gift meant for our restoration, I was taught that "keeping the sabbath holy" was something we *owed* to God. Pair this expectation with my work-oriented tendencies, and sabbath-taking was about extra pressure on Saturday to get things done so as not to dishonor the

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July, 2023

July Newsletter Deadline
July 25, 2023

Worship: 10:00 am
Online/In-Person

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. We are a Reconciling in Christ congregation, committed to the full inclusion and celebration of people of all sexualities, genders, and gender expressions, and to the work of racial equity.

Phone: 973-691-9393
Website: www.abidingpeacechurch.org

COUNCIL & MINISTRY LEADERS

Officers

Temp. President	Shelli Skeels
Vice President	Aaron Hyndman
Secretary	Nick Senior
Treasurer	George Pawlo

Council Members

Cindy Pawlo	Sheeba David
Ken Schwier	Maria Jerez-Kearney
Nick Senior	Jackie King
Shelli Skeels	Aaron Hyndman
Sibylle Schroeder	

Ministry Leaders

Arts & Crafts	Sibylle Schroeder
Christian Education & Youth	<i>Vacant</i>
Evangelism	Aaron Hyndman
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
 pastorserena@optimum.net
 Cell: 908-458-3940

Music Director:

Ben Schroeder
 benmschroeder@gmail.com

Administrative Assistant:

Kev Schneider
 aplcbuddlake@gmail.com

Continued from page 1—Pastor's Column

sabbath, and then inevitable guilt when I still had homework to do to get ready for Monday. It was neither physically nor spiritually restful.

But - as Jesus taught those who had misunderstood sabbath as law, rather than gift - "The sabbath is made for humanity, not humanity for the sabbath." God told us to rest so that we could... rest, not to fulfill some mandate of reverence. Because God understands that we NEED rest. Whether than be 9 hours of sleep per night, or time to just sit and sip our coffee, or chances to slow down our normal routine to restore our soul. We need rest. And taking time to rest is holy... not as performance of religious duty, but as the willingness to receive and appreciate God's gift.

I am fully aware that Summer not automatically a time of rest in our culture. With all the work connected to vacation prep, and the busyness of Summer activities, it can easily become our busiest season of the year. And sometimes that busyness is joyful and fulfilling. But sometimes we need a little more rest. So, if you need it, may this message be your permission slip to make some time for rest the Summer. Not because you are supposed to, but because rest is a gift God wants us to take.

~ Pastor Serena

Why Do I Give?

"God has blessed me with everything that I have, so giving back to God a portion of that to do God's work here at church is a way to express my gratitude and my trust that God will continue to provide me with what I need. It is also a reminder to me of Who and what is most important in my life. Giving back is a part of my faith and spiritual life."

November 2022 – Survey Response

Celebrating creativity at Morris County Pride!



NEW ALTAR FLOWER SIGN-UP PROCEDURE

To better coordinate with Calico Country Florist, the provider of our beautiful altar flowers, we are asking everyone, whenever possible, to sign up for flowers a month in advance. We will start this new system in August which means that you should sign up for August flowers on the chart provided in the narthex no later than Sunday, July 30 th . Those wishing to order flowers in July may call Kev in the usual manner.

Altar flowers are \$17.50. Requests for special colors cannot be accepted;

Calico will choose the best available for us – they’ve never disappointed!

Food Pantry Needs—July

The food pantry has been filled due to a wonderful big donation from the Mount Olive Democrats food drive, so what we still need is:

- **Mac & Cheese**
- **Pasta**
- **Crushed Tomatoes**
- **Beans**
- **Rice**
- **Vegetable Oil**
- **Peanuts Butter & Jelly**
- **Canned fruit**
- **Juice**
- **Hot-dogs and buns (please put these directly in the freezer)**



Senior Meeting Schedule 2023

July 19 Games

Aug.16 Pool Party at the Pawlos

Sept. 20 Book Review "Happy for no Reason", " A Man Calles Ove" or "A Walk in the Woods"

Sep. 30 (Sat.) "Peter's Valley Craft Fair" at the Sussex County Fairgrounds or Mineral Fair

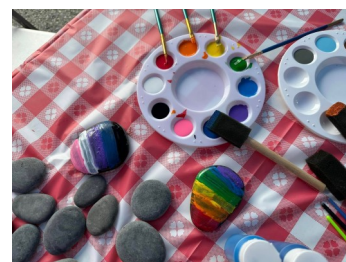
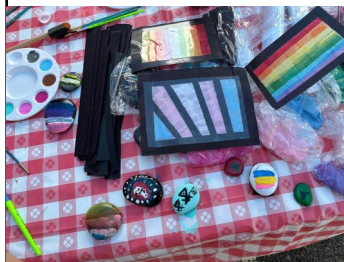
Oct. 18 Halloween Party

Nov. 29 Christmas/Holiday Party

This schedule is open to changes.

Thank You Corner

— Thank you to Maebh, Roisin, Maddox & Christine for help with the crafts and running the church table at Morris County Pride, Your ideas, creativity, and energy helped to make a great day!



Sunday Scripture

July 2

Jeremiah 28:5-9
Psalm 89: 1-4, 15-18
Romans 6:12-23
Matthew 10: 40-42

June 23

Isaiah 44: 6-8
Psalm 86:11-17
Romans 8:12-25
Matthew 13:25-30, 36-43

June 9

Zechariah 9:9-12
Psalm 145:8-14
Romans 7:15-25a
Matthew 11:16-19;25-30

June 30

1 Kings 3:5-12
Psalm 119:129-136
Romans 8:26-39
Matthew 13:31-33, 44-52

June 16

Isaiah 55:10-13
Psalm 65:1-13
Romans 8:1-11
Matthew 13:1-9,18-23

July Birthdays

7 Joan Blackburne
8 Richard Kamin
10 Roy Persson
13 Rodney Prosser
19 Robbie Cranmer
20 Steven Tangen
30 Patricia Persson

Did we miss a birthday? Please email Kev (apicbuddlake@gmail.com) to keep everything up to date!

Pastor Serena— JULY OFFICE-HOURS:

During the month of July, Pastor Serena will not be consistently holding weekly office hours. There have been some recent mental health challenges with her youngest son and she needs to be available in the event that he experiences a crisis, which means not being an hour's drive away. She will still be coming up to the church at less regularly-scheduled times, and will be available to the congregation by cell phone or e-mail during the week: (908) 458-3940; pastorserena@optimum.net. Please reach out if you have any need to talk to her. Her day off is Saturday, so please refrain from sending non-emergency messages or calls on Saturday.

Summer Saturday Stargazing coming up

July 22 (maybe!)

For What: Viewing stars, galaxies, nebulae, and planets' rings and moons of the night sky through telescopes shared by the United Astronomy Clubs of NJ, preceded by a talk on astronomy. See last month's newsletter for more details.

When: It depends on when we have clear skies. If not July 22, then it will be the first clear Saturday night after that. Please let Demetria Laird or Ray Mueller know by 3 pm July 22 if you are interested. We'll arrange any car pooling and update you as to the sky condition to confirm when we'll go. We should arrive at the park between 7:30 and 8 pm.

Where: Jenny Jump State Park hilltop observatory, about a half hour west of church.

Who: All members and friends of Abiding Peace of all ages.

Why: To boldly go and behold God's magnificent creation!

Unfinished Object Night June 3 * 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.



Faith Kitchen Shopping List for July 2023

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

With gratitude, *Sibylle Schroeder*—Social Ministry

JULY

WORSHIP ASSISTANTS

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

JUNE	ASSISTANT MINISTER	COMMUNION ASSISTANTS	USHER/ GREETER/ ACOLYTE	SOLOIST	LIVESTREAM	LECTOR
2	Mary Kasakove	TBD	Doug Laird	Quinn Rice	Tyler Rice	Maria Jerez
9	Doug Laird	Maria Jerez	Cindy Pawlo	TBD	Nick Senior	Demetria Laird
16	Demetria Laird	Mary Kasakove	Sibylle Schroeder	TBD	Ray Mueller	Doug Laird
23	Sibylle Schroeder	Doug Laird	Sandy Carlson	TBD	Tyler Rice	Anna Santino
30	Sue Stirrat	Cindy Pawlo	Mary Kasakove	TBD	Nick Senior	Maria Jerez

COUNTER: 2: George Pawlo **9:** Sandy Carlson **16:** Nita Persson **23:** Ursula Schroeder **30:** Sandy Carlson

ALTAR GUILD: Sandy Carlson

BREAD BAKING: Demetria Laird



Keep These Friends in Your
Heart & Prayers

Those who are sick or in need: Those who are sick or in need: Emily Wager, Bill Phinney, Joshua Olsen, Dawn Larsen, Jon, Cheryl Inglin, Judy Consentino, Jon & Maria, Sandy Kahler, Karen Qualls, Elfriede & Dick Kiesling, Jim Tangen, Elisabeth & Otto Schroeder, Don Larsen, Joseph Horn, Ryan Manhardt, Evelyn Woodruff, Grace Bessasparis, Jackson Cook, Donna Fahy, Jeanne Scalora, Valeriy Braginets, Linda Kahler, Mark Dennis, Mike Urodzinski, John Corneilson, Tim O'Connor, Karen & Ken Predmore and family, David Breault, Charles Wetzal, Patricia Coats, Alia Duffy, Harold Olsen, Neil Nilsen, Aimee Nilsen, Joy Laird, Lydia Millner, Dean Kowal, April Inglin, Bella Adams, Boddhi Maslow, Thaddeus Sorenson, Rick & Jeni Oliva.

Those in mourning: the family of Pat Scalora, the family of Joey Scollins (nephew of Sandy Carlson), the family of Kenneth Johanson (uncle of Lynn Peterson), Elise Holck and family, and the family of Joey Gear (cousin of Brittanie Scalora). *Please note: names of those in mourning will be listed for 6 months but please keep them always in your prayers.*

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2 10:00 am Service 11:30 am Balcony Conversation	3 7:00 pm Unfinished Objects Night	4 9:00 am Faith Kitchen <i>Happy Independence Day!</i>	5 6:30 pm AA Mtg. 7:00 pm Book Club: Everyday Spirituality, section 1, in-person + Zoom	6 7:15 pm Church Council via zoom	7	8
9 10:00 am Service 11:30 am Confirmation Class	10	11	12 6:30 pm AA Mtg.	13	14	15
16 10:00 am Service 11:00 am Ice Cream Fellowship Hour	17	18	19 2:00 pm Senior's Ministry 4:30pm Prayer Service @ Mt. Olive Manor 6:30 pm AA Mtg.	20	21	22 7:30 pm Star Gazing Intergenerational Field Trip— Jenny Jump State Park Hilltop Observatory
23 10:00 am Service 11:30 am — 1:30 pm Confirmation Class	24	25	26 6:30 pm AA Mtg. 7:00 pm Book Club: Everyday Spirituality, section 1, in-person + Zoom	27	28	29 1:00 pm Memorial Service for Pat Scalora
30	31	1	2	3	4	5