

VIEW from the lake

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



From the Pastor

A Different Kind of Thank You

With November on the horizon, I am gearing up for lots and lots of exhortations to be thankful. It's not that I disagree with the advice. Gratitude practices are a wonderful tool for training our brains to focus on the good things in our lives, as the Apostle Paul commands us to do in Philippians 4. I notice the difference in my own mental health when I am intentional about being grateful for positive experiences and valuing my relationships, instead of taking things for granted. Being thankful is generally good advice.... It's just that the annual November focus can feel a bit stale.

So, this year, I want to offer a potentially new take on how we can practice gratitude: by saying "thank you" at times we might usually say "I'm sorry."

To be clear, I'm not suggesting that we should replace all apologies in our vocabulary. There are plenty of instances when we need to say "I'm sorry" for ways that we have hurt others or failed to meet our responsibilities. But there are also plenty of circumstances where we might benefit from a new approach, specifically a grateful one. When a minor or unintentional error is pointed out, society dictates that we offer a quick "I'm sorry." But what if, instead, we say "thank you"? Rather than focusing attention on our own penitence, offering thanks for the correction instead focuses attention on our appreciation of the chance to correct our mistake. It is growth-focused, rather than guilt-focused. What is more, it removes the implied obligation for the person who has pointed out the mistake to offer forgiveness in response to our apology.

As one example of how this change could shift a dynamic, let me tell you a little story. I received a very penitent (and unnecessary) "I'm sorry" from two of the students in my cabin when I chaperoned my son's school trip in October.

Continued on page 2

November, 2023

December Newsletter Deadline
November 24, 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 LEADERSOfficers

President	Howard Corneilson
Vice President	Aaron Hyndman
Secretary	Nick Senior
Treasurer	George Pawlo

Council Members

Cindy Pawlo	Sheeba David
Ken Schwier	Maria Jerez-Kearney
Nick Senior	Howard Corneilson
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:

Erin Porter
 aplcbuddlake@gmail.com

Continued from page 1—Pastor's Column

The two students had been with my group when leaving the campfire at the end of the last night's activities, but they had veered off to go to the nurse to get night-time meds before coming back to the cabin. It was a chaotic environment with several hundred kids all making their way back to various cabins in the dark, so it's unsurprising that they did not find me first to tell me where they were going. When I arrived at the cabin and realized they were not with the group, I retraced our path to the campfire where some of the school staff were still gathered. I asked about the two students and was told they had gone to the nurse. Great – no need to worry. When I got back to the cabin, however, the two students were prepared with abject apologies and offers of candy in repayment of the inconvenience they had put me to. They clearly felt really badly that I had made the extra trip and experienced a bit of worry about my charges. It was sweet, but totally unnecessary. They hadn't done anything wrong, and had actually been responsible in making sure they got their medication. I ended up just feeling badly that they felt so badly.

Now, imagine the alternative of a response based on gratitude: instead of acute expressions of remorse, the students could have said "thank you for being worried about us! It shows us how much you care." I could respond to that gratitude with the affirmation that I did, indeed, care about them and was glad they had gotten their meds and made it back to the cabin safely. Instead of the feeling of a damaged relationship that needed to be repaired, we could all get the happy feels of confirming a good relationship.

When we shift our instinctive "I'm sorry's" to "thank you's" we shift our thinking about what mistakes or miscommunications mean. We reframe anxiety about doing things wrong into opportunities to learn how to do them right. We cast the other person as a resource who is helping us to do better, rather than as an antagonist whom we need to appease. We stop assuming that the standard is perfection and we should feel bad about missing it, and instead assume that mistakes are a normal part of life from which we can grow. So, this Thanksgiving month, in addition to training your mind to contemplate all the good things you are thankful for, consider how you might be thankful for the people who help you to learn from your mistakes as well. What a gift it is to have the chance to learn and grow.

~Pastor Serena

Meet Erin Porter!

Erin is a resident of Hackettstown, where she lives with her boyfriend and four birds. If you drive through town you just might catch her on a run. When Erin is not hanging out at Abiding Peace, whether as a singer or as the newest member to the church admin team, she can be found on stages coast to coast playing punk music or teaching preschool music lessons. Erin is very excited to be part of the Abiding Peace family!



Thank You Corner

Why Do I Give?

“I treasure all the gifts I receive through APLC and from God and therefore want to do what I can to give back.”

Food Pantry Needs— November

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)**



Faith Kitchen Shopping List for November 2023

- (3 rings of kielbasa—maybe, check e-mail)
- 6 cans of whole potatoes
- 2 large bags of saurkraut

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

With gratitude, *Sibylle Schroeder*—Social Ministry

— I want to extend my gratitude to Sandy Carlson, Maria Kearney, Sheeba David, Charlie Palermo, and Carol Biunno. You all have been instrumental in the success of our last three blood drives. Whether it's helping check in donors, performing canteen duties, monitoring donors for post-donation reactions, or helping with cleanup, your unwavering commitment and tireless efforts have made a significant impact on our community. Your selflessness and willingness to serve exemplify the spirit of compassion and solidarity that defines our congregation. Thank you for your invaluable contributions, as you continue to help us save lives and make a difference in the world. We are all blessed to have you as part of our church family.

~ Jackie King

— The Family Promise of Morris County program is sending a huge thank you to our community for the collection of household supplies we provided in September. Our donations came in at a time when their supplies were very low and they are being put to good use. They are also eager to involve any members of our community who might be interested in future volunteering opportunities.

— I would like to share my immense gratitude for welcoming me into your community. As much as I have loved experiencing the community you've made, I have made the difficult decision to pass the torch on to someone new. While it is time for me to part ways, I have confidence that you are in wonderful hands with Erin. What you have here is truly special and I am honored to have been around to experience it. I wish nothing but love and light for you all and the future of this church.

~ Kev Schneider

Sunday Scripture

November 5

Revelation 7:9-17
Psalm 34:1-10,22
1 John 3:1-3
Matthew 5:1-12

November 12

Wisdom 6:12-20
Psalm 70
1 Thessalonians 4:13-18
Matthew 25:1-13

November 19

Zephaniah 1:7, 12-18
Psalm 90:1-12
1 Thessalonians 5:1-11
Matthew 25:14-30

November 26

Ezekiel 34:11-16, 20-24
Psalm 95:1-7a
Ephesians 1:15-23
Matthew 25:31-46

November Birthdays

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

November Anniversaries

22 Roy and Carmelina Persson

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

Unfinished Object Night November 6 * 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.



**Daylight Savings Time Ends
November 5
Turn clocks back**

Pastor Serena— NOVEMBER OFFICE-HOURS:

Pastor Serena will hold office hours on either Wednesday or Thursday each week, with the exception of a vacation week (split between two half-weeks). 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.

Oct 30-Nov 5

- Wednesday, 11/1 - 10:30pm-3:30pm
- Sunday, 11/5 - 9:00am-1:00pm

Nov 6 – Nov 12

- Wednesday, 11/8 - 12:00pm-9:00pm
- Sunday, 11/12 - 9:00am-2:00pm

Nov 13-Nov 19

- Wednesday, 11/15 - 10:30pm-8:30pm
- Sunday, 11/19 - 9:00am-2:00pm

Nov 20 – Nov 26

- Monday, 11/20 - 11:00am-9:00pm
- Sunday, 11/26 - 9:00am-1:00pm

Nov 27 – Dec 3

- Thursday, 11/30 - 10:30pm-8:30pm
- Sunday, 12/3 - 9:00am-1:00pm



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

November	11/5	11/12	11/19	11/26
Altar Guild	Cindy Pawlo	Cindy Pawlo	Cindy Pawlo	Cindy Pawlo
Counter	Sandy Carlson	Howard Corneilson	George Pawlo	Nita Persson
Assistant Minister	Mary Kasakove	Demetria Laird	Doug Laird	Sibylle Schroeder
Lector	Doug Laird	Anna Santino	Demetria Laird	Sue Stirrat
Communion Assistant	Sibylle Schroeder	Maria Jerez	Howard Corneilson	Mary Kasakove
Usher/Greeter/Acolyte	Howard Corneilson	Sibylle Schroeder	Mary Kasakove	Sandy Carlson
Soloist	TBD	TBD	TBD	TBD
Livestream Assistant	Tyler Rice	Nick Senior	Sheeba David	Ray Mueller

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, 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, Bodhi Maslow, Thaddeus Sorenson, Rick & Jeni Oliva, Barbara Pinekenstein, Mike Blondina & family, Joan Lewis, Susan & William Swainy, and Scott Schaefer.

Those in mourning: the family of Pat Scalora, 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.*

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 12:00 pm—1:00pm Drop-in-Prayer for All Saints Day 7:30 pm NT Background Study: The Historical Jesus via Zoom	2 6:00 pm Children's Church NO Choir Rehearsal	3	4
5 <i>DAYLIGHT SAVINGS TIME ENDS</i> 10:00 am All Saints Sunday Service	6	7 9:00 am—12:30 pm Faith Kitchen @ Trinity Dover	8 12:30 pm Worship & Music Committee 6:30 pm AA Mtg. 7:30 pm NT The Afterlife in Greek, Roman, and Jewish thought, via Zoom	9 6:00 pm Children's Church 7:45 pm Choir Rehearsal	10	11
12 10:00 am Service 11:30 am Council meeting	13 7:00 pm Unfinished Objects Night	14	15 4:30 pm Prayer Service @ Mt Olive Manor 6:30 pm AA Mtg. 7:30 pm NT Background Study: Canonization of the NT, via Zoom	16 6:00 pm Children's Church 7:45 pm Joint choir rehearsal at St. Elizabeth Parish	17	18
19 10:00 am Service 11:30 am Congregational Meeting on Mission Discernment, in person and Zoom	20 7:30 pm Interfaith Thanksgiving Service, hosted by St. Elizabeth Parish.	21	22 6:30 pm AA Mtg.	23	24 <i>Deadline for December Newsletter Submissions</i>	25
26 10:00 am Reign of Christ Sunday 11:30 pm Vocation Spotlight—Sibylle Schroeder <i>Deadline for December Flower Orders</i>	27 1:00 pm Sign Committee, via zoom	28	29 2:00 pm Senior's Ministry - Holiday Party 6:30 pm AA Mtg.	30 7:00 pm Advent soup supper 7:30 pm Advent mid-week service	1	2