

VIEW from the lake

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



From the Pastor

Cultivating Laughter

How many times a day do you laugh?

I had never really thought about that question until I read the chapter in our Summer Book Club selection, *Everyday Spirituality*, entitled “Laugh.” At first, I was surprised to see laughter as a topic in the section of the book on things we do every day (as opposed to weekly or once in a while). I wasn’t sure that laughing was something that I actually do every day, or that this was a reasonable expectation either. Laughter is great, of course, but it has to happen naturally. It’s not like I can set aside time for laughter in my day, right?

Well, actually, we can be intentional about laughter, as I learned several years ago when our beloved former member, Diana Perez, ran a laughter workshop for us that was delightful. She taught me that we can laugh on purpose, starting with just the action of laughing that quickly pulls us into automatic giggles at the silliness and pure joy of leaning into this very human ability. Beyond intentional laughter, though, the very idea of laughter as a daily practice drew my attention to how much I DO laugh each day. There are so many chances for laughter in my life: when my puppy does something silly; or I see a funny meme; or play a game with my kids; or tease or get teased by someone whom I know well enough for gentle ribbing to be a form of love. Once I was paying attention, I realized how often I really do have the chance to laugh every day. And I also realized how much I have been lettering these chances just pass me by. Even when I would laugh, I wasn’t really letting the laughter seep into my soul. I wasn’t attending to the gift that laughter can be. I would often just chuckle and move on to the “more important things” in my day.

But, for the last month or so, I have been trying to do the opposite. Trying to cultivate laughter in my life. Treating laughter like it is one of those “more important things” that I need in my daily life. Because I do. Laughter is healing.

Continued on page 2

August, 2023

September Newsletter Deadline
August 22, 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

Interim 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	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:
Kev Schneider
aplcbuddlake@gmail.com

Continued from page 1—Pastor’s Column

It is “medicine” according to Proverbs 17.

This is not a call to Pollyanna positivity and always looking on the bright side of life. Laughter is actually an important part of grief too, as Pastor Nadia Bolz Weber pointed out in a recent blog post (Joy and the excavation of suffering 1), observing that, “every time someone has sat with me as I wept, ... eventually we usually end up laughing.” Cultivating laughter in our lives is not about covering over the hard or sad parts of life. It’s about paying attention to the role that joy plays in the wholeness of life, and appreciating each chance we have to embrace that joy with the abandon of laughter.

So that is my prayer for you this month. That laughter WILL be an every day spirituality for you. And that each time you have a chance to giggle, or chuckle, or let out a deep belly laugh, you will soak it in and give thanks to the God that gave us the ability to laugh.

~ Pastor Serena



Why Do I Give?

“I am returning to the Lord part of what has been given to me.”

November 2022 – Survey Response



SOCIAL MEDIA OUREACH

Are you on social media? If so, there is a super-easy way for you to help the church with our outreach efforts. Our options for reaching the digital community goes far beyond livestreaming our services. We also spread the message of God's powerful, inclusive, life-changing love through the church Facebook and Instagram pages. At the suggestion of a former member of the Mt Olive community (who loves our church sign and misses it since moving away), we have started posting pictures of our weekly sign messages on our church feeds. We also post weekly links to the sermon (including audio recordings), in case you did not know.

So how can you help to spread the word? Well, first you should follow our church pages if you don't already:

- Facebook/AbidingPeaceChurch/
- Instagram @abidingpeace_community

Then, make a point of checking our posts and sharing any that connect for you, preferably with a short comment about what the message means to you, or how you feel about your church's witness in the world. Your friends care about what matters to you, and when you share it you might just draw their attention to something they really need to hear.

Finally, if you want to be part of a new effort to think outside the box about our witness and outreach efforts, be in touch with Pastor Serena. We are putting together a team to explore new ways of reaching our community with the message of hope, inclusive love, and transformation that God is bringing to life in our congregation.

Food Pantry Needs— August

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**
- **Tomato Sauce**
- **Beans**
- **Rice**
- **Peanuts Butter & Jelly**
- **Canned fruit**
- **Juice**
- **Hot-dogs and buns (please put these directly in the freezer)**
- **Frozen Meatballs**
- **Bread**

Senior Meeting Schedule 2023

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 everyone who celebrated Disability Pride Month in July! This August is National Black Business Month as well as Don't Be A Bully Month. Take some time to support Black Businesses this and every month, and don't be afraid to stand up to a bully if it is safe for you to do so.

~ Kev Schneider



Sunday Scripture

August 6

Isaiah 55:1-5
Psalm 145:8-9, 14-21
Romans 9:1-5
Matthew 14:13-21

August 20

Isaiah 56:6-8
Psalm 67
Romans 11:1-2a, 29-32
Matthew 15:10-28

August 13

1 Kings 19:9-18
Psalm 85:8-13
Romans 10:5-15
Matthew 14:22-33

August 27

Isaiah 51:1-6
Psalm 138
Romans 12:1-8
Matthew 16:13-20

August Birthdays

28 Kevin Tangen
30 Laurel Kamin

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

Pastor Serena— AUGUST OFFICE-HOURS:

During the month of August, 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.

Unfinished Object Night August 7 * 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 August 2023

- 6 cans 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

AUGUST

WORSHIP ASSISTANTS

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

AUGUST	ASSISTANT MINISTER	COMMUNION ASSISTANTS	USHER/ GREETER/ ACOLYTE	SOLOIST	LIVESTREAM	LECTOR
6	Sue Stirrat	Cindy Pawlo	Mary Kasakove	Sibylle Schroeder	Nick Senior	Sheeba David
13	Sandy Carlson	George Pawlo	Doug Laird	TBD	Sheeba David	Mary Kasakove
20	Maria Jerez	Howard Corneilsson	Cindy Pawlo	TBD	Ray Mueller	Doug Laird
27	Sheeba David	Maria Jerez	Sandy Carlson	TBD	Tyler Rice	Demetria Laird

COUNTER: 6: Sandy Carlson **13:** Nita Persson **20:** George Pawlo **27:** Anna Santino

ALTAR GUILD: Nita Persson

BREAD BAKING: Demetria Laird



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, and Barbara Pinekenstein.

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.*

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 <i>9:00 am</i> Faith Kitchen	2 <i>1:00 pm</i> Worship & Music Committee <i>6:30 pm</i> AA Mtg.	3	4	5
6 <i>10:00 am</i> Service <i>11:30 am</i> Council meeting	7 <i>7:00 pm</i> Unfinished Objects Night	8	9 <i>4:30pm</i> Prayer Service @ Mt. Olive Manor <i>6:30 pm</i> AA Mtg.	10 <i>7:15 pm</i> Church Council via zoom	11	12
13 <i>10:00 am</i> Service <i>11:30 am</i> After-worship activity TBD	14	15	16 <i>2:00 pm</i> Senior's Meeting Pool Party <i>6:30 pm</i> AA Mtg.	17	18	19
20 <i>10:00 am</i> Service - Guest Preacher—Sue Corneilson	21	22 APLC Newsletter deadline	23 <i>6:30 pm</i> AA Mtg. <i>7:00 pm</i> Book Club: Everyday Spirituality, section , in-person + Zoom	24	25	26
27 <i>10:00 am</i> Service <i>11:30 am</i> After-worship Activity TBD	28	29	30 <i>6:30 pm</i> AA Mtg.	31	1	2
3 <i>10:00 am</i> Service - Guest Preacher—Tim Wengert	4	5	6 <i>6:30 pm</i> AA Mtg.	7	8	9