



VIEW

from the lake

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



From the Pastor

What are you Thinking?

I was in a conversation recently with a few close friends and one friend mentioned how tired she feels. She immediately followed the comment with a judgement that her exhaustion is “weird” because she had never had so much time alone at home in which she could nap, so she had no right to feel so tired. The rest of us immediately said that this was not weird at all, both because we all felt the same, and because tiredness is not just a matter of sleep. There is a level of emotional exhaustion heading into year 3 of a global pandemic that cannot be overestimated. We could probably all sleep 10 hours a night and still feel drained these days.

I share this story for two reasons. First, it is a reminder of how quick we can be to judge ourselves whenever we feel weak. If we experience exhaustion and our first thought is to reprimand ourselves because we have no right to feel tired, we might benefit from a shift in our thinking. Offering compassion to ourselves is as important as offering it to others. After all, Jesus did command us to love our neighbor as we love ourselves. If we don’t love ourselves well, that sets the bar a bit low. The thoughts that we direct toward ourselves set patterns in our minds. Let’s make those patterns of compassion.

The second reason for sharing this story is to offer a suggestion about how to reset our mental habits. At the January Council meeting, Paul reminded us of the Apostle Paul’s final exhortation to the Philippian church:

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything

Continued on page 2

February, 2022

March Newsletter Deadline
February 22, 2022

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.

Phone: 973-691-9393

Website: www.abidingpeacechurch.org

COUNCIL & MINISTRY LEADERS

Officers

President	Cindy Pawlo
Vice President	Heather Nilsen
Secretary	Sheeba David
Treasurer	Nick Senior

Council Members

Sandy Carlson	Barbara Prosser
Sheeba David	Nick Senior
Jackie King	Shelli Skeels
Heather Nilsen	Paul Otu Winner
Cindy Pawlo	

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

worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.” (Phil. 4:8-9, emphasis added).

I have always been an advocate for doing the hard things and having hard conversations in the name of truth and healing, so I don’t think this instruction means that we have to be Pollyanna-types or only think about “nice” things. However, there is a deep wisdom in paying attention to where our minds are spending time. If our thoughts are being overloaded by worry, or fear, or anger, or the heaviness of decision-making we need to rebalance. When we intentionally focus on thoughts or sources of inspiration, encouragement, justice, and joy it is like giving our brains a nap from the trauma of pandemic life. These thoughts restore our energy as well as our hope.

So, the next time you ask yourself “why am I so tired,” I encourage you to reject any thoughts of self-judgement and instead recognize that your mind needs a break from the things that stress you out. Look at the sky; read a poem or Psalm; sing a song; meditate on your favorite person’s smile. “If there is any excellence and if there is anything worthy of praise, think about these things.”

~ Pastor Serena



For unto us a Child is born!

Faith Kitchen Shopping for February 1 Bagged Lunch

- ~ 2 Loaves Multi-grain Bread
- ~ 2 lbs. Salami

Please have items to church no later than January 30th. Please contact me at 973-691-1910 if you can help assemble the sandwich bags.

With gratitude,
Sibylle Schroeder, Social Ministry



Sunday Scripture

February 6

Isaiah 6:1-13
Psalm 138
1 Corinthians 15:1-11
Luke 5:1-11

February 13

Jeremiah 17:5-10
Psalm 1
1 Corinthians 15:12-20
Luke 6:17-26

February 20

Genesis 45:9-11, 15
Psalm 37:1-11, 39-40
1 Corinthians 15:35-38, 42-50
Luke 6:27-38

February 27

Exodus 34:29-35
Psalm 99
2 Corinthians 3:12—4:2
Luke 9:28-43a

February Birthdays

- 4 Christopher Laird
Alex Ponce
- 5 Sheeba David
- 10 Kendra Prosser
Anelise Ashu
- 17 Hannah Mueller
- 23 Ken Schwier

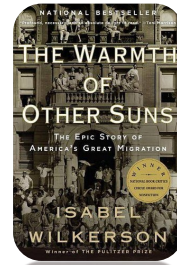
Bishop's Challenge Book Club

Join Bishop Bartholomew on Tuesday, February 22 or Thursday, February 24 from 7:30-9:00pm for a discussion of Isabel Wilkerson's book, The Warmth of Other Suns. This book uses the stories of three families to tell how and why millions of Black Americans left the South between 1915 and 1970 in what is known today as The Great Migration. We will look at how the Great Migration continues to influence life today for all of us.

Both evenings will be similar in content; please join us for one of them online.

Numerous reading guides can be found online – one from the publisher can be found [here](#).

Sign-up information can be found [here](#).



PLEASE CALL THE CHURCH OFFICE
973-691-9393
or have someone call for you, if you are hospitalized.
Because of the HIPAA privacy laws,
the church is **not**
notified when you are admitted to a hospital,

Please clip this article and keep it

Thank You Corner

Many thanks to Angela Burdett, Kaiya Hefele, and Shelli Skeels for facilitating the donation of so many poinsettias for our sanctuary and narthex. ~ *Mary*

Thanks to Donaldson's Nursery and Greenhouse and Calico Country Florists for additional poinsettias and altar arrangements that added so much to the beauty of our altar. ~ *Mary*

Thank you to everyone who disassembled, packed, toted, discarded, cleaned, and stored the Christmas decorations. A special thank you to the brave souls who climbed the ladders and made the trip to the attic! Rest up everyone—you will be needed at Easter. ~ *The Worship & Music Committee*

Thank you to our volunteer cleaning team! Over the last few months volunteers (headed up by our tireless out-going Council President Cindy Pawlo) have been doing a great job of tidying and purging unneeded things from the church building, room-by-room. To date they have made a big difference in the fellowship hall where the support groups meet, and in the Narthex, with plans to take on the classrooms next. Thank you for your energy and spirit of partnership!

If you would like to express a "Thank you" in next month's newsletter, please send a brief paragraph to Christine (chstrobel@optonline.net) by February 21.

Pastor Serena's February 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 January 31—February 6

- Monday, Jan 31: 10:00am – Wednesday, Feb. 2: 12:00pm – off-site continuing ed.
- Wednesday, Feb. 2: 1:00pm- 8:00pm
- Sunday, Feb 6: 9:00am-1:00pm

Week of Feb 7 – Feb 13

- Wednesday, Feb 9: 10:00am-8:30pm
- Sunday, Feb 13: 9:00am-1:00pm ; 6:00pm-8:00pm

Week of Feb 14 – Feb 20

- Wednesday, Feb 16: 10:30am-8:30pm
- Sunday, Feb 20: 9:00am-1:00pm

Week of Feb 21 – Feb 27

- Wednesday, Feb 23: 10:30am-8:30pm
- Sunday, Feb 27: 9:00am-1:00pm

Week of Feb 28 – Mar 6

- Tuesday, Mar 1: 9:00am-12:00pm (Faith Kitchen)
- Wednesday, Mar 2: 10:30am-9:00pm
- Sunday, Mar 6: 9:00am-1:00pm



Our Abiding Peace History in Words and Photos

Our chronological history will resume in March with the season of Lent and the decade of the 00's. In the meantime, here's a listing of the Pastors of Abiding Peace, and their dates here:

July 1970 – September 1973	Rev. James T. Parks, Mission Developer and first pastor
July 1974 – November 1988	Rev. G. Richard Linderman
August 1, 1989 – June 1998	Rev. Dale Selover
September 1999 – June 2002	Rev. William G. Linn Fisher
March 2003 – June 2006	Rev. Jack DiMatteo
October 2006 – September 2008	Rev. Richard J. Kiesling (Intentional Interim Minister)
September 2008 – July 2013	Rev. Becky L. Thane
September 2016 – August 2018	Vicar Serena Rice
September 2018 - present	Rev. Serena Rice

FEBRUARY

WORSHIP ASSISTANTS

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

FEBRUARY	ASSISTANT MINISTER	USHER	SOLOIST	LIVESTREAM
6	Sheeba David	Sibylle Schroeder	TBD	Ray Mueller
13	Sue Stirrat	Mary Kasakove	TBD	Quinn Rice
20	Sandy Carlson	Ken Schwier	TBD	Tyler Rice
27	Demetria Laird	Sandy Carlson	TBD	Nick Senior

COUNTER: George Pawlo
ALTAR GUILD: Jackie King
BREAD BAKING: None



*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, Nancy Ayotte, Elfriede & Dick Kiesling, Sheeba David, Cora Pawlo, Jim Tangen, Elizabeth & Otto Schroeder, Don Larsen, Joseph Horn, Ryan Manhardt, Dan Scouten, Evelyn Woodruff, Grace Bessasparis, the Appel family, Helen Cortese, Sam & June Smith, Jackson Cook, Bob Peterson, Arthur Schenk

Those who are expecting: Chris and Marie Laird

Those in mourning: George & Janet Schroeder on the death of Janet's son Hans, Friends and family of Walter Pasuco, friends and family of Rudy Oeckinghaus, those mourning David Coyne, the VanHouten family, Millie Miller on the death of her sister, The Scalora and Crescenzo families on the death of Jeanne's cousin Sandy, the Scalora family on the death of Pat's sister Sally, the family of Gary Siess, the family of Jim Cook, the family of Bryce Rosen, the family of Betty Curlander, the family of Jay Mohundro, the family of Carla Schechner, the family of Steve Sammarco, the Laird family, the Gasparine family, The Biunno family, The family and friends of Brian Asong.

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00 am Faith Kitchen 1:00 pm Sign Committee Meeting	2 6:30 pm AA Mtg. 7:30 pm Living Lutheran Study on Grief	3 1:00 pm Worship & Music Committee Meeting 6:30 pm NA Organizers Meeting	4	5 8:00 pm NA Mtg.
6 5TH SUNDAY/ EPIPHANY 10:00 am Webcast Worship/In-Person 11:30 am New Members Welcome Class	7 6:30 pm Children's Church 7:30 pm NA Mtg.	8	9 6:30 pm AA Mtg. 7:30 pm Rituals & symbols in Worship	10	11	12 8:00 pm NA Mtg.
13 6TH SUNDAY/ EPIPHANY 10:00 am Webcast Worship/In-Person 11:15 am Sunday School 6:00 pm Council Meeting	14 6:30 pm Children's Church 7:30 pm NA Mtg.	15 7:30 pm RIC Core Team	16 6:30 pm AA Mtg. 7:30 pm RIC: Inclusive language	17	18	19 8:00 pm NA Mtg.
20 7TH SUNDAY/ EPIPHANY 10:00 am Webcast Worship/In-Person 11:15 am Sunday School	21 NEWSLETTER DEADLINE 6:30 pm Children's Church 7:30 pm NA Mtg.	22 7:30 pm Bishop's Challenge Book Club	23 6:30 pm AA Mtg. 7:30 pm Living Lutheran Bible Study: Understanding Lenten practices	24 7:30 pm Bishop's Challenge Book Club	25	26 8:00 pm NA Mtg.
27 TRANSFIGURATION OF OUR LORD 10:00 am Webcast Worship/In-Person Service 11:30 am Forum on writing the Prayers of Petition	28 6:30 pm Children's Church 7:30 pm NA Mtg.					