

MARCH

Sunday, 1st

8:00 am Praise Team Rehearsal
 9:30 am Choir Rehearsal
 10:00 am Worship Service/Communion
 CONGREGATIONAL MEETING
 Sunday School
 11:30am-noon Children's Choir
 6-8pm Senior Youth Group
 FISH

Monday, 2nd FISH

Tuesday, 3rd FISH

Wednesday, 4th

9am-2 pm Scrappers
 1:00 pm Adult Bible Study
 6:30 pm Lenten Dinner
 FISH

Thursday, 5th

6:30 pm Men of St. Paul's – Pastor Matt's house
 7:30 pm Adult Choir Rehearsal
 FISH

Friday, 6th FISH

Saturday, 7th

9:00 am Praise Team Rehearsal
 FISH

Sunday, 8th

8:00 am Praise Team Rehearsal
 10:00 am Worship Service
 Pastor Matt & Consistory Installation
 Sunday School
 11:30am-noon Children's Choir
 6:00 pm Pastor Matt's Reception/Frozen II

Monday, 9th

6:45-7:30 pm Sound Bowl Healing
 7:30 pm Consistory

Wednesday, 11th

1:00 pm Adult Bible Study
 6:30 pm Lenten Dinner

Thursday, 12th

7:30 pm Adult Choir Rehearsal

Saturday, 14th

9:00 am Praise Team Rehearsal

Sunday, 15th

8:00 am Praise Team Rehearsal

9:30 am Choir Rehearsal
 10:00 am Worship Service
 Sunday School
 11:30 am Children's Choir
 6-8pm Senior & Junior Youth Groups

Wednesday, 18th

9am-2 pm Scrappers
 1:00 pm Adult Bible Study
 6:30 pm Lenten Dinner

Thursday, 19th

7:30 pm Adult Choir Rehearsal
 TIDINGS DEADLINE

Saturday, 21st

9:00 am Praise Team Rehearsal

Sunday, 22nd

8:00 am Praise Team Rehearsal
 9:30 am Choir Rehearsal
 10:00 am Worship Service
 Sunday School
 11:30 am Children's Choir
 Soup Swap
 12:00 noon New Member Luncheon

Monday, 23rd

6:45-7:30 pm Sound Bowl Healing

Wednesday, 25th

1:00 pm Adult Bible Study
 6:30 pm Lenten Dinner

Thursday, 26th

7:30 pm Adult Choir Rehearsal

Saturday, 28th

9:00 am Praise Team Rehearsal

Sunday, 29th

8:00 am Praise Team Rehearsal
 9:30 am Choir Rehearsal
 10:00 am Worship Service
 Sunday School
 11:30 am Children's Choir
 Soup Swap!

UPCOMING EVENTS:

Lenten Dinners March 4, 11, 18 & 25 & April 1

April 5 - 4:00 pm Organ Concert

April 9 - 7:30 pm Maundy Thursday

April 12 - 8 & 10 am EASTER Worship Services

Ash Wednesday marked the beginning of Lent. This year most of Lent will take place in the month of March. Lent is the period of time before Easter that Christians fast in preparation for the celebra-

tion of the resurrection of Christ. Scholars can't even agree on where the practice of Lent came from. There seems to have been ancient and widespread fasting leading up to Easter. The length of the fast varied from location to location. Irenaeus and Tertullian wrote letters to each other and in those letters we find that the fast they wrote about was two days or forty hours before Easter, signifying the exact period of time Christ was in the tomb. Others like Dionysius of Alexandria talk about a fast of 6 days while Socrates practiced 3 weeks. Following the Council of Nicea in 325 many traditions in the church got formalized and Lent was one of those. Tradition tells us that as they were reading the letters between Irenaeus and Tertullian they saw different punctuation marks and believed that it wasn't 40 hours but 40 days. Because of that Lent became 40 days of fasting.

The idea of the 40 day fast is all over scripture. 40 days of fasting is a popular number in the scriptures. Jesus fasted for 40 days, Moses fasted for 40 days, and Elijah took 40 days to walk to the Mount Sinai. The execution of the 40 days has varied throughout history. It has been as long as 8 weeks and as short as just 40 days. Tradition today is 6 and half weeks with Sundays being a day off from the fast. The 40 days start on Ash Wednesday and concludes on Easter Sunday.

Fasting is a spiritual discipline that every follower of Jesus is called to practice and it is a good practice to follow for our spiritual growth. Fasting is not about getting something from God but it is about responding to a sacred moment. I think too many times we go into a sea-

son of fasting thinking that will get something from God. God is not a genie in a bottle where if we rub the bottle we get what we want. That is an exercise in futility and gives us the wrong picture of who God is.

Fasting is about digging our roots deeper into Jesus whether we get something out of it or not. It is about bringing our doubts, fears, sin, discouragements, shame, and burdens to Jesus. It is about our journey to Christ and away from the things that are hopeless. We fast to reset, refocus, and even grieve. May this Lenten season truly be one where our journey takes us home to Jesus.

CONGREGATIONAL MEETING March 1

Your participation is necessary as we highlight the Annual Report and vote for the following Consistory candidates:

Barbara Paley, Pam Sarch and Feng Cai. Installation will be held on March 8.

2020 FINANCIALS

	January	YTD
Income	\$17,926.53	\$17,926.53
Expense	\$22,538.80	\$22,538.80
LOSS	(\$4,612.27)	

HAVE A SUGGESTION FOR OUR MONTHLY TITHING/OFFERING?

If you have a group/organization/cause you feel is in need of our monthly tithing, please contact Debbie at debbiespauls@optonline.net or call the church. The Consistory will consider each request and will vote each month on its selection.

March tithing will be given to Douglas Disability Center.

April tithing will be given to Interfaith Network of Care (INC).

2020 CALENDARS

Are still available in the narthex, church office and social hall. Take an extra one or two and give them to your neighbors, family or friends.

THANK YOU!

A great big thanks to:

Bob Burnett, Rob Ramsen and Steve Kircher - Parsonage & building improvements/repairs.

Gary Conger – CO/Smoke detectors

Adult Choir & SYG – Valentine grams

Children's Choir – Teacher Recognition Sunday

Debbie Paley – Teacher Recognition Sunday

All who participated in Applebee's Fundraiser.

VOLUNTEERS NEEDED!

The WINE AND BEER FUNDRAISER makes a lot of money for the church and is a lot of fun for us and the community. To make this happen, we need volunteers! We need a Chairperson or a team that will spearhead the event. We have a "how to" booklet for the event. It seems early, but we have to book the Legion if we are having the event now. Please step up and lend a hand. Email Debbie at debbiestpauls@optonline.net if you can help.

VOLUNTEERS NEEDED!

We are having our annual GOLF OUT-ING in the spring. Dave Hastings has volunteered with Jeff Rumen's help to run the event. They need help, they need golfers and they need sponsors for the holes. Please contact Dave if you can help at hastingsd1967@yahoo.com



SUPER BOWL POOL

Thank you to all who participated in this exciting fundraiser. Congratulations to all the Winners!

SENIOR YOUTH GROUP

All youth 12-18 are welcome to come to our meetings on the 1st & 3rd Sunday's of the month from 6-8 PM! Text @d3k7fd to 81010 to join the St. Paul's Senior Youth Group.

JUNIOR YOUTH GROUP

Will begin on March 15. Please join us at 6pm in the Social Hall. Any questions, please call Sean Sullivan at 732-565-3669

MEN OF ST. PAUL'S

You are invited to join Pastor Matt at home for pizza on Thursday, March 5 at 6:30pm to discuss the revival of the Men's Group. Your thoughts are welcome! Please call church office to rsvp.

NEW MEMBERS LUNCHEON

March 22 at noon If you are interested in joining St. Paul's, please come to this informative luncheon and learn more about our church family. Please call church office to rsvp.



SUNDAY SCHOOL begins with worship at 10am in the sanctuary. The children are dismissed to their classes after the junior sermon.

Registration forms need to be completed and returned to Church Office or Sunday School Teacher.



**JOIN US ON SUNDAY,
MARCH 8 FOR
PASTOR MATT'S
INSTALLATION
WORSHIP AT 10:00 AM
COFFEE HOUR
THEN PLEASE RETURN
AT 6:00 PM
ICE CREAM SUNDAES &
SNACKS
THEN MOVIE TIME!!!
FROZEN II**

MUSIC AT ST. PAUL'S

Thanks

For our Adult Choir and Youth Group members who delivered Valentine grams on Feb. 13. We raised money for the youth group trip and shared a lot of laughs that evening!

For our choir members and band participating in the Ash Wednesday service, and to our band for playing extra music at the 2/16 Youth Sunday worship.

To our Children's Choir for singing not once but twice during February services!

Psalms sung

Throughout Lent, we will hear psalms sung by our choir. One of the church's most ancient liturgical practices is psalm intonation, or chanting. The psalm verses are set to a melodic pattern but use the rhythm of speech rather than a regular meter. For the choir, this is a meditative practice to embody the words of a psalm. We pray that for the rest of the congregation, it is a fresh way to hear these beloved psalms.

Holy Week singers needed

Throughout Lent, the Adult Choir will be preparing for Palm Sunday, Maundy Thurs., and Easter, and we hope some of you can

join us for the season! Rehearsals are in the choir room, 7:30 – 9 pm Thursdays, and 9:15-9:45 Sundays.

Coming up

On Feb. 29 (Leap Day!), Emily will be joining other local musicians in a 2:29 pm concert at Trinity Presbyterian Church (East Brunswick). Admission is free!

On Palm Sunday (April 5th), we will celebrate the repairs to our Moller pipe organ with a 4 pm concert. (Note: we've explored other dates for this event, so double-check that your calendar says April 5th!)

Have a question or comment about our music ministry? Want to get involved?

Contact Emily at
emily@stpaulsmilltownnj.org



SOUPS ON!

March 29

On Sunday, March 29th you will have a chance to exchange \$5 for a quart of home made soup. Please note: There will be a limit of 2 quarts of soup until everyone has had a chance to purchase soup. If you are willing to make some

soup there is a sign up in the narthex or contact Pam Sarch @732-501-5837.

CONSISTORY MINUTES

February 10, 2020

In Attendance: Pastor Matt, Nick Bamond, Feng Cai, Melanie Dwyer, Dave Hastings, Dr. Grace Kothari, Debbie Kovacs, Barbara Paley, Debbie Paley, Matt Park, Beckie Rumen, Jeff Rumen, Pam Sarch, Don Wesen, Nikki Wesen

Meeting was called to order at 7:36 pm by Pastor Matt, who opened the meeting with a devotional from Matthew 28:18-20 how we are called to be disciples and leaders of the church. Pastor Matt reviewed the Identity Triangle. Consistory members discussed their Kairos moments from the past week.

January meeting minutes were approved by consistory; motioned by Becky and seconded by Debbie K.

Financial Update

- Debbie P. reviewed the January financial report. January financials showed a loss of \$4,612.27. Only \$1,673.94 has been spent to date fixing up the Parsonage, which is a great testament to all of the volunteers who have donated their precious time to get the Parsonage ready for Pastor Matt's family.
- January's benevolence money of \$1,260 will be given to Women Aware. February's offering will go to the Milltown Rescue Squad. March's offering will go to the Douglass Developmental Disabilities Center, and April's offering will be given to the Interfaith Network of Care.
- **Fundraisers for 2020:** Debbie P. renewed the gaming license for the upcoming 50:50 raffle fundraiser. Debbie P. booked the American Legion for October 17 for the Wine & Beer Tasting; there are currently no volunteers to run the event. Dave Hastings has volunteered to help with the Golf Outing. Nikki has offered to go a sound healing

fundraiser using Tibetan sound bowls starting in March (tentatively scheduled for the 2nd and 4th Mondays of the month); suggested donation for a 30 -45 minute meditation session is \$10. Debbie Cheeseman will be doing a Pallet Painting fundraiser in May. Although the Soup Swap has been a huge success, there have been instances where there is not enough soup for people to purchase; there may be a need to limit the number of soups to 2 soups per person.

Correspondence

- We received a thank you letter from the Ronald McDonald House thanking us for our donation.

New Business

- **Forming Ministry Teams:** there will be a change to the current ministry teams; a new ministry team called Mission will be created; Education will be moved to Spiritual Life. Elders will be responsible for Spiritual Life [developing people spiritually through prayer, worship & education], Church and Family [connecting through kids & home-bound] and Mission [reaching out to the community through benevolence]. Property, Finance and Leadership Development [onboarding] will be handled by the Deacons. Elders are concerned with the spiritual life of the church and forming disciples, whereas Deacons will focus more on the church operations. Consistory members will be re-assigned to where they fit best. A Finance Committee will also be formed to help with budgeting, process of spending money and approval limits. The By-Laws also need to be updated, which has not been done since 2005. The plan is to have a second meeting each month for the Elders to meet.
- **Annual Report / Congregational Meeting March 1:** Announcement to be made in the March 1 bulletin announcing new consistory members Barbara Paley and Pam Sarch.
- **Technology Updates:** Pastor Matt has been updating the St. Paul's website. Camera purchased by Pastor Matt has improved our audio/video streaming capabilities. Other technology items discussed included replacing the projectors in the sanctuary with

Smart flat-screen TVs, streaming Sunday service into the nursery, and a Gmail suite with 10 new email accounts (@stpaulsmilltownnj.org). Pastor Matt will set up a new church calendar will be set up for Usher and Communion Schedule as well as readers/prayers. Pastor Matt will also give the bulletin a facelift.

Consistory

Communion

- March 1 – **Team 1**, March 8 – **Team 2**,
March 15 – **Team 3**, March 22 – **Team 3**,
March 29 – **Team 1**

Communion Offering/ Benevolence

- February – Milltown Rescue Squad
- March – Douglass Developmental Disability Center
- April – Interfaith Network of Care
- May – Senior Youth Group

Ministry Teams

Spiritual Life

- **Lent:** Pastor Matt purchased devotionals for Lent 'From Suffering to Salvation'. On Palm Sunday (April 5) there is an organ concert to kick-off Holy Week. Maundy Thursday service will take place as usual and Good Friday will be self-guided prayer time using the church stain glass in some way. Lenten Dinners will take place on March 4, 11, 18, 25 & April 1; dinner will be from 6:30 – 7:30pm followed by a 45-minute prayer service (one service in the chapel). Dinner providers being explored.
- **Weekly Communion Through Lent:** Communion will be served from the front of the church (extinction) every Sunday during Lent. Will go back to normal schedule after Easter; a similar Communion rotation will be used; Jeff to send out schedule.

Church & Family

- **Installation Sunday:** Pastor Rich will install Pastor Matt as our new pastor on March 8.
- **Kids Ministry:** not discussed

Mission

- **Family Movie Night Sunday of Installation:** March 8 from 6 – 8:00pm; popcorn and ice cream (with topping bar) will be served.
- **FISH:** March 1 – 8

Education

- **Quarterly Trainings:** tentatively scheduled for May 3 from 12 – 2:00pm after coffee hour; topic will be something around 'mission'. Youth Group to provide child care services.

Leadership Development

- **Consistory Retreat:** Pastor Matt would like to have a retreat in late spring / early fall; Morristown or Harvey Cedars are potential locations; Pastor Matt will send Consistory potential dates.
- **Sticky Teams Book as a Consistory:** will discuss sections of the book as a Consistory
- **Staff Meeting:** weekly staff meetings are taking place every Monday from 11:30 – 1:00pm

Property

- Smart TVs, Boiler room hole, AC, Choir room molding, bathrooms in Social Hall – Dave & Nick will look at AC units in the sanctuary
- Barbara will contact All-American Paving to have them re-assess the condition of the parking lot to confirm original price of \$3,944 to seal and top coat the parking lot and add handicap spaces.

Old Business

- None

Future Dates

- Consistory Meeting – March 9

Meeting was adjourned at 9:30 pm; Pastor Matt closed the meeting with a prayer.

HEAD USHERS FOR March

- 1 Team #1
- 8 **Linda Jones/Team #2
- 15 Fran Christ/ Team #3
- 22 **Nick Bamond/Team #3
- 29 Beckie Rumen/Team #1



Sound Bowl Healing

@ St. Paul's Church

Starting March 2020

What is sound bowl healing?

Sound bowl healing is for everyone: from the perfectly healthy to those with serious conditions, it can provide harmony and tuning of one's energy. It is an ancient method of healing through the use of hand-made bowls to ease mental, physical, and emotional unrest.

More Information:

Bring comfortable clothes and your yoga mat so that you can fully participate in meditation along with your healer. (*blanket, pillow, bolster and blocks are optional but welcome)

Available on the 2nd and 4th Monday of every month from 6:45 to 7:30 p.m. in the Social Hall. We ask those attending to donate at least \$10 for our instructor's time. All proceeds go to support our Church and Youth Group's Mission Trip. Hope to see you there!

For questions or information, please contact Nikki Wesen: (732) 236-3764



SENIOR LUNCHEON WEDNESDAY, MAY 13

Mark your calendar – Senior Luncheon will be at 12 noon on May 13 in the Social Hall. Watch for further info.

SCRAP BOOKING

Do you have photos you don't know what to do with? Join our Scrapbooking/Crafting Club. We meet two Wednesdays a month in the social hall from 10am – 2 pm, \$5.00, bring your lunch. Call Donna Lucid to RSVP or with any questions at 908-331-1758.

FISH – MARCH 1 – 8

Your help is needed to:

Unload the beds & set up rooms (Sunday after worship)

Provide a dinner meal (all nights)

Transport residents to the shower (all weeknights)

Sleepover one night (all nights, one male and one female volunteer needed!)

Please reach out to either:

Dawn Ramsen 732-492-9976 r4with-joy@yahoo.com

Or Jeff Rumen 732-407-4326
jrumen@msn.com



FELLOWSHIP HOUR

HOSTS NEEDED:

You are responsible for providing treats, juice for the children and milk for coffee. Coffee, cups, plates, napkins, plastic utensils and sweeteners are provided.

SIGN UP TO HOST
@ coffee hour or contact:
Julie Park 732-545-4266
mj1park@optonline.net or
Tracy Rucinski 732-545-6982
traysee7413@yahoo.com.

LENTEN FAMILY DINNERS

COME JOIN US EACH
WEDNESDAY EVENING DURING
LENT FOR DINNER AND
WORSHIP.

DINNER WILL BE SERVED AT
6:30 PM FOLLOWED BY
WORSHIP AT 7:30 PM.

IF YOU WOULD LIKE TO
BRING A DESSERT TO
SHARE, THAT WOULD BE
GREAT!

A FREE WILL OFFERING WILL
BE COLLECTED TO HELP
DEFRAY THE COST OF THE
MEAL. (SUGGESTED DONATION
OF \$10)

YOU MUST R.S.V.P. BY 10:00
AM MONDAY MORNINGS SO
WE CAN GIVE THE CATERER
AN ACCURATE HEAD COUNT.

PLEASE CALL 732-828-0020
TO REGISTER EACH WEEK.

BRING A FRIEND!

March 4th

Chicken Francese
Rigatoni Sicilian*
Garden Salad

March 11th

Sausage & Peppers
Eggplant Parmesan
Caesar Salad

March 18th

Chicken Mirabella**
Penne A La Vodka
Garden Salad

March 25th

Lasagna (meatless)
Grilled Vegetables
Caesar Salad

April 1st

Chicken Cacciatore
Tortellini with Broccoli
Garden Salad

***Rigatoni Sicilian (eggplant, onions, mozzarella, plum tomatoes)**

****Chicken Mirabella (chicken, artichoke, asparagus, onions, roasted peppers)**

MEMORIAL FUND

BETTY MILLER
Doris Weber

ORGAN FUND

BETTY MILLER
Arlene Mowery

IRENE CHRIST GERHARTZ
Ruth Karren

SENIOR YOUTH GROUP

In memory of THELMA RUDNITZKY'S
birthday February 12.
Nancy Duffy & Family



Photo Book of St. Paul's Church Windows is available through Shutterfly.
<https://link.shutterfly.com/e/wZt0Wg-HqTX>

This is not a fundraiser but something you may want to purchase as gifts or for yourself to enjoy

Letters...

*Dear Pastor Matt & St. Paul's Family,
Thank you so much for thinking of me,
it's always so nice to receive your cards.
And thank you for the Dunkin gift card,
there's one on campus that I always go
to, so it's perfect!*

*Sincerely,
Sarah Marotta*

*St. Paul's Church,
On behalf of the Milltown Fire Department,
we would like to thank your congregation
for the generous contribution
to the Milltown Fire Department and Annual Banquet.*

*Your support helps us continue our mission
to assist and protect Milltown.
Also, it would be our pleasure to host
Pastor Matt Murphy and his wife at our
annual banquet on Saturday, March 7 at
Pierre's.*

*Sincerely,
Milltown Fire Department
Banquet Committee*

ST. PAUL'S CHURCH

Founded in 1872
So. Main St. & W. Lakewood Ave.

Rev. Dr. Matthew L. Murphy
Rev. Richard H. Weyer, Pastor Emeritus

Emily Sensenbach-Gopal,
Director of Music

Church Office 732 828-0020
FAX # 732 828-0027

stpaulschurch@optonline.net
www.stpaulsmilltownnj.org

Please leave a message if no one is
available.

Church Secretary Mrs. Carol Lagowski
Office hours: 9:00 a.m.-1:00 p.m.

Financial Secretary Mrs. Debbie Paley
(address inquiries to church office)

Please address all financial inquiries to
the Church Office.

Should you have prayer needs or
pastoral care, please contact our
pastoral team at
pastoralcare@stpaulsmilltownnj.org

2020 CONSISTORY

Elders:

Melanie Dwyer
Karen Gourley
David Hasting
Lois Jessen
Grace Kothari
Matt Park
Jeff Rumen
Nikki Wesen

Deacons:

Nicholas Bamond
Debbie Kovacs
Barbara Paley
Tracy Rucinski
Beckie Rumen
Don Wesen

Save time and prevent mistakes by
writing your parishioner number on your
checks and envelopes. Example: 002W

Please notify the church office if any of
the following changes occur in your
household: address change, phone
number change, email change,
marriage, separation/divorce, death,
birth, adoption, adult child(ren) moving
out, or a family member being moved to
a rehab. or nursing home.

We would like to keep our membership list up-to-date, but we need YOUR cooperation to do so!

TIDINGS

Worship Service
Sunday School

10:00 a.m.
10:00 a.m.

DATED MATERIAL
February 24, 2020

ST. PAUL'S CHURCH

62 South Main Street
Milltown, NJ 08850
(732) 828-0020

MARCH 2020

ADDRESS SERVICE
REQUESTED

DATES TO REMEMBER:

March 1 - Communion
March 5 – Men of St. Paul's
March 1 & 15 – Senior Youth Group
March 8 – Pastor Matt's Installation &
Reception
March 9 & 23 – Sound Bowl Healing
March 9 – Consistory
March 15 – Junior Youth Group
March 29 – Soup Swap!
Lenten Dinners March 4, 11, 18 & 25

