



Transforming Lives,
Communities, and
the World for
300 Years

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THE BRICKETTE

A community congregation of worship and mission of the Presbyterian Church (U.S.A.). A National Historic Landmark Site.



What Cold Spring Presbyterian Church means to me!

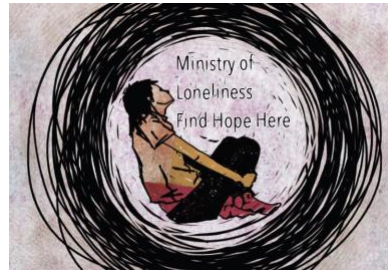
We often receive notes expressing gratitude for God’s blessings received when they were with us. Below you will find three of our recent comments.

I would just like to extend a thank you for a nice Easter Sunday service and for the lovely Easter basket with gifts that my daughter received. She enjoys reading and looking at the pictures in the Bible that was included. Thank you for providing the word of God to us on this special holiday.

A note of thanks for your Easter Sunday services. We thoroughly enjoyed the spectacular sermon story along with participating in the “all inclusive” communion celebration of the life of Jesus. Thank you again for all your smiles and kindness. He is risen, Indeed!

I just wanted to let you know I felt very welcome at the church on March 25th. Also, your website is wonderful, and the fact that it is updated regularly is a big plus. I know the hard work and effort that goes into keeping websites up to date. I will definitely return. Have a blessed Easter!

A Message from the Pastor



Lonely? Find hope here!

*“I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me”
(Matthew 25: 35).*

While most countries around the world seem hyper-focused on security, the economy, education, jobs, housing, and justice (to name just a few important topics), there is a newly created governmental office in the United Kingdom that few saw coming. It’s the *Ministry of Loneliness*. Yes, loneliness. Not its promotion, of course, but an entire government office dedicated to reducing loneliness across the country. I think you will agree that Cold Spring Presbyterian Church is committed to addressing loneliness across our community, too.

The Ministry of Loneliness was launched after a twelve-month investigation reported that nine million Britons suffer from loneliness: fourteen per cent of the population. The elderly and the young were both cited in the studies as particularly affected. And this loneliness diagnosis is not Britain’s alone. Japan has identified elder loneliness, too. What’s going on?

You might say it’s ironic that with all of our technology and communication improvements that make it easier and cheaper than ever before to say connected, we are actually feeling less connected than ever! What we are learning is that it’s not just the abundance of *screens* in our life that is the problem. Our focus is less about producing content or helping us pay better attention, and more focused on consuming entertainment. We have tools of communicating, which is great. But we are not very good using tools to help us connect to the people and places in our life that matter the most.

We can be stranger-averse. That is, we can resist interacting and even noticing strangers in our community. From an early age we were admonished, “Don’t talk to strangers.” Stranger danger! Good advice. Well, for kids its

absolutely great advice. Why? Because the developmental resources of a youngster is not sufficient for them to detect and defend themselves from danger. Their experience is limited. It's necessary that children develop a sense of caution, especially around older kids and adults that could pose a risk.

But we're not kids anymore. In stores. At church. On walks. At the beach. From cookouts to sports, and even the more solitary activities like gardening and fishing, can find us creating zones of isolation. For example, my grandparents' house had a front porch from which they freely connected to those that passed by. By contrast, nowadays we have moved our "front porch" to the back and call it a "deck." We tend to listen to narrow bands of information that can unintentionally reinforce our own tightly held opinions that can't benefit from an exchange of ideas and promote understanding and learning. How many strangers do we stop and talk to?

Some of us just like to strike up conversations with others. Maybe our personality is more expressive. Perhaps we have had more trusting experiences with others that give us a sense of confidence and hopefulness that the next time we meet a stranger it will be positive. We may regard talking to strangers as polite behavior. But it can even be enjoyable to meet someone new and sometimes informative.

Others are different. It's perfectly acceptable to be more reserved. Change can be challenging for anyone and even absolutely resisted. Meeting a stranger is being face to face with change. Some of us don't like to initiate conversations with those we haven't met before. We keep to ourselves. Maybe it's a learned behavior that helps us feel safe. We have our reasons for avoiding unknown situations, or we just seem to keep hearing our parents' advice echoing in our ears, "Don't talk to strangers."

Our learned resistance to welcoming strangers can unfortunately reinforce a culture of loneliness. We can go through our day feeling alone, even if we are surrounded by crowds of people. We can even feel like a stranger among a sea of strangers, unintentionally act distant, express distrust, and feel truly isolated. Extreme feelings of isolation are often associated with anxiety, fear, and depression. Because we focus our vision inward, we eventually feel stuck within our limited self-referenced experience. Organizations and even churches can promote a sense of loneliness, too. What can we do about loneliness? There is hope!

From the earliest of times, the Bible urged that kindness be extended to strangers, and not just as they pass by, but to make strangers your friends. Consider: "*You shall love the stranger, for you were once strangers in the land of Egypt*" (Deuteronomy 10:19). "*The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt: I am the Lord your God*" (Leviticus 19:34).

Of course, Jesus came to us as a stranger and became our friend, our Savior. He said we were to treat everyone as we would treat him. In the crowds of people, where people can feel lonely, Jesus reached out to make everyone feel welcomed. No one was excluded.

We can do something today to make a difference in our community, especially for those who may be experiencing severe loneliness. According to Talk-To-Me-London, a non-profit organization established several years ago to promote community building, we need to challenge existing norms around talking.

1. **Just begin to talk to strangers.** It's risky, but if you try, you might experience very positive outcomes! This advice is often overlooked because it's just too simple of a solution, but doing so can help a person who feels isolated to make a new connection.
2. **Think about yourself.** Think about what you would like more of – maybe time with friends or family, if so invite others with you. Often if you are lonely you think people do not want to visit. This is understandable but often people will respond to an invitation and will come and spend quality time with you. Pick up the phone, reach out!
3. **Take care of yourself.** If you can do something to improve your health, take small steps to eat well, take gentle exercise and keep active, all of these things can help you to relax more fully in your own company.
4. **Get connected.** Take a walk. Go to worship. Volunteer. Cold Spring Church has many activities that can be perfect places to meet new people. Volunteer to help others get ministry goals

accomplished. Check our calendar for activities that are already scheduled. Cape May offers abundant activities, centers, and groups. Walking groups and tours. Singing groups. Book clubs and even bridge.

5. **If you feel very lonely, speak now to a health worker.** Long term loneliness could contribute to later depression and other health problems. Your GP, primary care physician, should be able to direct you to local services that can help.

Every friendship you value now initially started as conversation with a stranger. Imagine the possibilities. Talking to strangers can help create a better world. Jesus' mission was to show us what a real friend is like (John 15:13). Remember that God loves you (John 3:17-18) and Jesus "moved into the neighborhood" (John 1:14), and into your home, among your family and friends, to bless your life (John 10:10). "Behold!" Jesus said, "I am right there at your door." Ready to bless your life. Just open the door and you will find that amazing, abundant, hopeful life that lasts forever! (Rev. 3:20ff).

"Then the righteous will answer Him, 'Lord, when did we see You a stranger, and invite You in, or naked, and clothe You? ...The King will answer and say to them, 'Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me'" (Matthew 25:35-40 NASB)

It is hard to change people's attitudes about talking to strangers but we can all do our part in bringing about more conversations between strangers. So let's continue to be welcoming and innovative as we organize activities that create spaces where people feel freer to talk, and by working with others across our community, we can raise awareness of the importance of talking to strangers.



As our tagline says, Cold Spring Presbyterian Church, Energizing Spirits. Transforming Lives.

All Are Welcome!

Sincerely,
Pastor Kevin

Gratefully,

A handwritten signature in blue ink that reads "Pastor Kevin".



**Get Connected! Sunday, May 6, after worship:
Informal lunch at Back Bay Bistro!**

Hungry for some great conversation? Are you looking for another way to get to know others you meet at Cold Spring Church? Start the merry month of May with great food and conversations!

After worship on May 6, stop by the Back Bay Bistro, 1891 Bayshore Rd, Villas. Purchase whatever beverage or meal choice you'd enjoy and share in the lunchtime conversation! Let's build a sense of community *in the community* after worship. For more information, and to sign up, see Marty and Lenore Bowne. **See you at Back Bay Bistro, May 6!**

PRESBYTERIAN WOMEN NEWS



The Mary Circle will meet on Tuesday, May 15 at 7 p.m. in Price Hall. Eileen Word and Ruth Traber will be co-hostesses. The Bible Study will be led by Roseann Paulits and the Mission Book Reading by Ruth Traber.



PRESBYTERIAN WOMEN'S ANNUAL STRAWBERRY FESTIVAL will be held Saturday, June 2, 2018, from 10 a.m. to 2 p.m. Please come out and support this major mission fundraising event. There will be arts and crafts, white elephant, linen, jewelry, baked goods and strawberries in addition to strawberry shortcake and a hot dog barbeque. If you are Spring cleaning and have donations for our tables please bring them in and the church secretary will show you where to leave them. We sincerely appreciate your help and support.



"Gift of the Heart ~ The Presbyterian Women will be collecting the following items for Health Kits for Church World Service to give to victims of natural disasters. Donations may be left in boxes in Price Hall or the Church marked Health Kits.

Each kit will contain the following items.

(1) Hand towel (approx. 16 x 28) no bath or fingertip towels;
(1) wash cloth; (1) wide-tooth comb; (1) nail clipper (no metal files or emery boards), (1) bar of soap (bath size in paper wrapper); (1) toothbrush (in original pkg.); (6) Band-Aids or other adhesive bandage strips. Please do not add toothpaste. Toothpaste, which has an extended expiration date, will be added just prior to shipment. Items should be sealed in a one gallon plastic bag with zipper closure. If you wish to donate any of the items listed above separately they will be most welcome. Thank you in advance for your generosity.



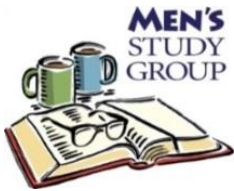
For more information about the May 11, 2018, Garden Club of Cape May **Flower Show** please contact Lenore Bowne at 609-898-6159.



Volunteers With Wheels Wanted!

Are you looking for a way serve others in a very practical way? Do you have room in your car and enjoy company! Consider volunteering to be on our *God Is On The Move!* riding team. Let us know you want to help people get connected! "Holiness is best demonstrated by generosity" (Lk 11:41, LB).

ADULT CHRISTIAN EDUCATION



Men's Group Ministry:

"If your dream doesn't scare you, it's too small." *New York Times* best-selling author Mark Batterson delivers a bold message to everyone with a big dream. His new book **Chase the Lion** proposes a radically different approach to life. Our dreams should scare us! They should be so big that without God they would be impossible to achieve. It's only when we stop fearing failure that we can fully seize the opportunity for God to show up and show His power! Join us for the reading and discussion of this life-changing book on the first and third Wednesdays of each month. All men are welcome!



Christian Living:

The world tells us annoyances and afflictions cause discouragement and doubt and that we are right to demand our way. Given what Christ has done for us, our lives should overflow with gratitude. Sadly, too often they don't. Nancy Leigh DeMoss's book **Choosing Gratitude** speaks powerfully to one of our most important issues as individuals, families, and churches. Journey closer to the Heart of God choose gratitude! Join us for the reading and discussion of this inspirational book. Together we will learn the key to a peaceful, joy-filled heart in every circumstance of life. (Note: the book is not required to participate as we will provide an audio CD for the learning experience.) We meet on the second and fourth Wednesday of each month. Everyone is welcome!

Affirmation of Faith



Our "Fifth Wednesday Special" (May 30) presents the new DVD "One Nation Without God" exploring the influence and outcomes of the rising humanist progressive movement upon our government, society, and church. The struggle between the authority of God and his Word with that of the humanist belief in the supremacy of man is examined. From a biblical perspective, man's rejection of his true fallen nature creates serious consequences for humanity. Learn how this biblical truth, in turn affirms our faith. Everyone is welcome! All classes meet in the Taylor Room of Price Hall.

JOIN OUR CARING TEAM!



Deacon Ministries
Caring for All

The mission of the Deacons is to show love, care, and compassion in the name of Jesus Christ. That's why we refer to it as our Caring Team! We are looking for a few more loving humanitarians to serve as deacons at Cold Spring Church. We are exhorted in God's word to have Faith, Hope, and Love. Of these three, love is the greatest. All of us can demonstrate a love of God and love for others. This is an amazing opportunity to serve and to help others in our community. If you are interested becoming a Deacon, please let the pastor or one of the deacons know. *Thank you! Neil Oberlin, Moderator of the Deacons*

FOOD CUPBOARD NEWS FOR MAY 2018



Jesus called for the church to feed those in need in Proverbs 22:9 NLT "A generous person will be blessed, for he gives some of his food to the poor." The caring nature of our Cold Spring Presbyterian Church family continues to be demonstrated by our collecting for local food banks. Last month we collected over 300 items for St. Barnabas & The Church of the Nazarene. From money collected each Sunday, we made monetary

donations to each of these Food Banks. This donation is made possible by you the church family who give to help those in need through the "Deacon's Collection". Below is a list of items the food banks have given to us as a guideline of need. In addition we take almost any non-perishable food and personal items. We ask that you be aware of the sell-by dates. As always if you would rather make a monetary donation to the food banks it is most welcome and we will pass it on to them.

*II Corinthians 9:7 NLT "For the Lord loves a person who gives cheerfully" Acts 20:35
Remember the Words of Jesus "It is more blessed to give than to receive."*

Our collection for May will be:

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|---------------|---|
| May 6 | Instant rice, canned soups, Ramen Noodles, crackers |
| May 13 | Toothpaste & brushes, soap (bars), toilet paper, pasta and sauce |
| May 20 | Peanut butter and grape jelly, fruit cups, canned vegetables |
| May 27 | Hot and cold tea, hot & cold cereals, powdered milk, canned meat |

Your donations can be dropped off at Price Hall, Monday through Friday 8 a.m. to 4 p.m. and on Sunday in the sanctuary narthex. ~ *Neil Oberlin, Coordinator*



Do you need a ride to worship, or to our other events? We want to put you in touch with volunteers who can assist with that! Give the office a call, or email hello@coldspringchurch.com, and ask to be put on our God Is On The Move! list. We will then try to connect you to a volunteer who is available to pick you up and return you to your home. You could ask to be on the weekly ride to worship list, or you may have specific dates that you need ride assistance. Either way, we will

do all we can to accommodate your needs. Cold Spring Presbyterian Church, where God Is On The Move!

Session Notes

These are the summary notes --or highlights-- of our most recent session meeting. For further details of these notes and additional session discussion matters, please refer to the next set of complete Session Minutes (upon session approval and publication).

Our Session approved the following agenda items on April 4, 2018:

1. Minutes of Session Meeting of March 14, 2018;
2. Report of Moderator for March 2018;
3. Purchase of 4 x 2 TS Gator and 20" chain saw for cemetery use;
4. Joint Session-Deacons Annual Meeting: proposed date May 9;
5. Quarterly Financial Report for Jan.- Mar. 2018.

The Session also discussed the following agenda items in progress:

1. Review Church Calendar of events for remainder of 2018;
2. Create a "rolling calendar" per month at Session Meetings;
3. Proposed Price Hall projects: new sound system; parking lot "line striping";
4. "Focus Your Vision" Congregational Gathering and Luncheon.

Complimentary copies of our approved Session Minutes are located on our information table in the church narthex; additional copies are available in the designated rack by the church office bulletin board in Price Hall. If you have any questions or concerns about any of the current meeting agenda items, kindly contact the pastor, a session member, or myself for clarification.

-- Rob Riehl, Clerk of Session

From the Clerk's Corner "Breath Prayers"

"Jesus, Mary, and Joseph!" my father would mutter under his breath whenever he was emotionally distressed. As the eldest of then three young boys, I wondered if my father was upset with something we had done to displease him. Being raised in another traditional faith in the 1950's, I thought my father was being profane --wasn't that sinful? In a culture of "children were seen and not heard", not one of us dared to even raise the question to my father! Dad's word was like God's authority to us. But that was then and this is now: I have come to see that perhaps my father was really praying for help, that he was-- in his way-- reaching out to Jesus, Mary, and Joseph to calm and center himself. Instead of utilizing the oft-suggested secular "counting to ten", he was actually relying upon his faith praying for heavenly assistance! This was his "default prayer", an invocation he reverted to use automatically when feeling distressed! Upon reflection, I admitted that I did not have such a prayer in my "spiritual portfolio"; perhaps I needed to invest in one, a default prayer that would pay spiritual dividends down the road -- an automatic muttering that would give glory to God rather than besmirch His name!

Do you have a default prayer to help you cope with an unexpected distressful situation? From my life's observation most people do not and probably have never given this a thought. Many people under distress simply blurt out "OMG", "GDI" or "JC" without thinking. As Christians we ought to do better than that; we can move from the profane to the sacred --even in our mutterings!

"Lord Jesus Christ, Son of God, have mercy on me, a sinner!" is the quintessential default prayer to use at any time. It quickly sets my mind and heart upon the One I can truly rely upon to help me through difficult times. It uplifts my plaintive cry for mercy -- "help me Lord in my distress!" It is one of the oldest prayers in the Christian community of faith, dating back to the third century from the Eastern Orthodox tradition; it is considered to be one of the greatest treasures of Christianity! I learned about "the Jesus Prayer" last year while on a three-day monastic retreat. With a little practice, this prayer can become your default prayer too! Now say (under your breath): "Lord Jesus Christ, Son of God, have mercy on me, a sinner" --and repeat. This is a "breath prayer" because it is said in rhythm with one's natural breathing. Inhale the first part "Lord Jesus Christ, Son of God" then exhale "has mercy on me, a sinner" --and repeat. When we connect the power of the Holy Spirit with "the breath of life", we can fathom the deeper spirituality of "breath prayers" --breathing *new life* into our souls! This practice of literally breathing our prayer lends itself to inhale the holiness and power of Jesus Christ and to exhale our petition. It is a "centering prayer", a prayer of consent to God's presence and action to me. I let other thoughts go --to create room to return to the presence of God. I focus on Christ Jesus acknowledging Him as both Lord and Savior of my life, the Son of the Living God - -and my dependence upon His mercy, compassion, and divine forgiveness.

"The Jesus Prayer" is the ultimate source of intercessory prayer; the more I live with it, the more it will live with me! Instead of "cursing the darkness" or "counting sheep" on a sleepless night, practice repeating this prayer -- embed it into your consciousness as a profound gift from God, to be in continual communion with Him, as the Apostle Paul would say "pray without ceasing!" Breathe in and out *s-l-o-w-l-y*: "Lord Jesus Christ, Son of God, have mercy on me, a sinner" ---and repeat again and again until it becomes your default breath prayer! One last thought to seriously ponder is the payoff of this sound investment: when taking your final breaths of life, what better words -- indelibly inscribed on your mind, in your heart, and within your soul -- can be uttered from your lips than "Lord Jesus Christ, Son of God, have mercy on me, a sinner"!

--Rob Riehl