



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.



A Message from the Pastor

Making Room in October for Wellness

Some time later Paul said to Barnabas, "Let us go back and visit the brothers in all the towns where we preached the word of the Lord and see how they are doing." Barnabas wanted to take John, also called Mark, with them, but Paul did not think it wise to take him, because he had deserted them in Pamphylia and had not continued with them in the work. They had such a sharp disagreement that they parted company. Barnabas took Mark and sailed for Cyprus, but Paul chose Silas and left, commended by the brothers to the grace of the Lord. He went through Syria and Cilicia, strengthening the churches (Acts 15:36-41).

Hi Friend,

Did you know October got its name from the Latin word *ôctō* meaning eight? But it's the tenth month, right? Why name it eight? Because the Romans named it *before* adding January and February to the line-up, moving its position to #10 on our 12-month cycle. While this calendar change caused conflict across the Roman world, and even today must annoy etymologists and mathematicians alike, the conflicts were addressed and the issues resolved and the Romans found room in their calendar.

October is a great time to make room in your life, too, for wellness. In addition to fun, seasonal events, special worship experiences, and enjoying the beauty of the Fall, remember to make room in October to care for your wellbeing, mind, body, and spirit.

Conflicts are inevitable as we learn and grow. We are often faced with deciding between multiple good choices and the Romans were not the only ones who needed to figure out how to had additional ideas, people, things, or activities into an already over-crowded life. Consider the story from Acts about Barnabas and Paul who were faced with fitting John Mark into their respective itineraries. They argued concerning John Mark's suitability for work. The Acts 15 text is a pivotal one in the growth of the Church once the decision was made and we say farewell to Barnabas as he sails out of the Bible narrative with John Mark, while Paul sails off to fame and glory with his preferred choice, Silas. To me, more than a drama about conflict



Community Chicken Pot Pie
Dinner Sat. October 20 •
Price Hall • \$15 • Take-Out,
or multiple seatings. Details
online!

or temperament, this story is about how we handle the severe stressors of choices whether it concerns our health, relationships, or career and the toll it takes on us as followers of Jesus. It is difficult, if not impossible, to be effective in our work if we are not taking care of our health; mind, body, and spirit. The importance of good health also applies to congregations and their ministry, too.

Each person in the Acts account was doing the best they could with the resources they had. Barnabas was not wrong in challenging Paul. Nor was John Mark the bad guy in the story. Paul was not mistaken in his assessment of the work he had to do and that John Mark was ill-suited. What is clear to me is that the very reason Barnabas wanted John Mark to go with him, was the same reason Paul did not want him to go.

What is the most effective response to life stressors and the fatigue of serving others in a community of faith, or in other compassion occupations?

While many of our neighbors function very well, there are countless others who experience emotional, physical, spiritual, and economic stressors that take a severe toll on them, and the relationships and systems they participate in. The high incidence of addictive behaviors, the Opioid overdose crisis, financial anxieties for the old and the young, and just living to the next day can feel overwhelming. Making room for one or two more “anything’s” in our life can feel , too much. Some members of our community are fragile. Have you checked in on your neighbor lately? Called those you haven’t seen in a while? When caring for others, loved ones, and those needing special attention, the care-givers can experience their own kind of over-load, we call *compassion fatigue*.

Empathy is a necessary to care for others, but unmanaged empathy can overwhelm us with another's distress and leave us fatigued, angry, and even unable to care anymore. In the religious community, caregivers know that to care for others is a high privilege and a compelling mandate modeled by Jesus himself: "That is what the Son of Man has done: He came to serve, not to be served—and then to give away his life in exchange for many who are held hostage" (Mark 10.45). Ministers, elders, and deacons especially deserve and need our prayer support as they care for others.

We tend to overlook our own needs. No one likes to talk about these feelings; they seem selfish, shameful, or defeated. If compassion fatigue is ignored, and self-care practices are absent, we will soon be requiring care ourselves.

Congregations can experience fatigue and stressors, too, either in overlooking or hyper-focusing on our their needs. We want everyone in our community of faith to feel that they have a safe place to be engaged and involved in the ways that are best for them right now. No one wants to be under-utilized, or feel their contributions and energy aren't welcomed! And, on the other hand, no one wants to be over-utilized, or feel taken advantage of because they always volunteer first!

The mission in Acts 15 was to visit the communities where the team had preached to see how were doing (Acts 15.36), which resulted in Paul and Silas strengthening the churches (Acts 15:41). They provided support. Care. Direction. Vision. Resources.

What factors weighed so heavily on John Mark that he did not have sufficient capacity to help strengthen others? John Mark experienced what we might call compassion fatigue. The word compassion literally means "to suffer with another" and John Mark, in that moment, was drained and perhaps in personal crisis from his previous work. Barnabas intuitively knew of John Mark's stress (being away from home) and was determined to get John Mark to a better place emotionally, if not physically. In that moment of time, Paul and Barnabas strengthened others while John Mark just needed some love and support from others. It all works together for good. Paul and Barnabas both set out to strengthen communities. Each one equipped for their respective tasks. They took care of each other by sharing the load.

Make October the month for rejuvenating your sense of mission and hope. Do you have room for a few simple practices that might include worship, reading the Bible, spiritual and physical exercise, attend an activity, eat healthier, journal, and get restful sleep! We all need a Barnabas or a Paul from time to time, too. God offers abundant opportunities for spiritual health and wellness at Cold Spring Presbyterian Church. Blessings and Peace,

Pastor Ken



God Is On The Move! Volunteers With A Car Needed! Are you looking for a way serve others in a very practical way, have room in your car and enjoy company? Consider volunteering to be on our *God Is on the Move!* riding team. "Holiness is best demonstrated by generosity" (Lk 11:41, LB). **Need a Ride?!** If you know of someone who would appreciate a ride to worship, or to our other events, please

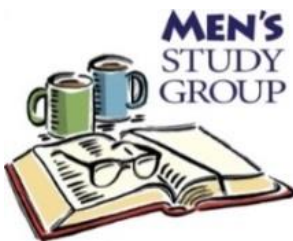
let us know. We want to put them in touch with volunteers who can assist with that! Cold Spring Presbyterian Church, where God Is On the Move!



Can you identify anyone in this picture?

This church youth group photo was taken in 1980 just before visiting the hospital and nursing homes to sing Christmas Carols. Thank you, Lillian, for sharing.

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:

An unfulfilled life is no way to exist. In his new book and DVD series "A ***Life beyond Amazing***", Dr. David Jeremiah uncovers God's strategy for change and challenges you to make nine important decisions that will transform your heart, your life, and your world. Each of us has just one life to live. Our lives should matter and have purpose. Dr. Jeremiah urges us to reach out and grasp a life beyond our dreams. "A life beyond amazing can be lived right here on earth!" Join us for the viewing and

discussion of this life-changing DVD series on the second and fourth Wednesdays of each month. Everyone is welcome!

All classes meet in the Taylor Room of Price Hall.



Affirmation of Faith:

Our "Fifth Wednesday Special" (October 31) presents the new DVD "*The Age of Gender Confusion*", a compelling documentary that investigates the consequences and the insanity of "*preferential gender identity*". God's design for human sexuality is disappearing from American culture. America has entered the age of gender confusion in which gender is a so-called "fluid concept". The terrible damage being inflicted on confused souls who suffer from gender dysphoria is being ignored in the name of tolerance and compassion. This powerful presentation takes us inside the battle, introduces us to those who have suffered, and unmask the agenda at work. Yet, it offers hope to those who would seek the help of the One who was "a man of sorrows and acquainted with grief". And we believe that "God created man in His own image...male and female" (Gen. 1:27)--and no other! Learn how this biblical truth, in turn, affirms our faith! Everyone is welcome!

All classes meet in the Taylor Room of Price Hall.



Food Pantry Donations Needed

FOOD CUPBOARD NEWS FOR OCTOBER 2018

SUMMER IS OVER. As we are looking forward to the cooler weather let us not forget that there are still many people who are experiencing real hunger. We have been blessed here at Cold Spring Presbyterian Church with many generous people who donate to our weekly food drive. The food cupboard is an area we can and are making a difference in our community. *Last month we collected over 421 items for our two food banks (St. Barnabas and the Church of the Nazarene).* Through prayer and giving hearts we are responding to the need. I pray that we continue to meet the need and increase our sharing each month. With God's help, may we finish out the year by opening our hearts to others in need. The list below is 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.

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."

Deacon Collection for October

- Oct. 7 Instant rice, canned soups, Ramen Noodles, crackers
- Oct. 14 Toothpaste & brushes, soap (bars), toilet paper, pasta and sauce
- Oct. 21 Peanut butter and grape jelly, fruit cups, canned vegetables
- Oct. 28 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



Interested in performing a *hands-on* active ministry on behalf of our church within our local community? Deliver meals to home-bound persons in the North Cape May and Villas area on a weekday morning. You can set your own schedule, even if only one day a month! Volunteers for **Mobile Meals** are needed for this worthy cause. Fulfill the message of "feeding the hungry and giving drink to the thirsty"! (Matt. 25:35) Contact Rob Riehl (609-889-3538; robriehl@verizon.net) for additional information.



Stephen Ministers are members of local church congregations who receive special training to provide one-on-one Christian care to people in our congregation experiencing challenges in life - grief, loneliness, divorce, hospitalization, disability, job loss, and many other life difficulties. Add a "higher-calling" purpose to your life: provide confidential Christian care to someone in need of your help! To learn how to become a Stephen Minister or to receive care from one, contact Rob Riehl (609-889-3538; robriehl@verizon.net) for a confidential conversation.

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 August 7, 2018:

1. Minutes of Session Meeting of July 3, 2018;
2. Report of Moderator for July 2018;
3. Congregational Meeting date of 08-19-18;
4. New sexton-handyman hire and terms;
5. Set up temporary workshop in manse garage.

The Session also discussed the following agenda items in progress:

1. Community group's materials storage in Price Hall;
2. Our letters of reconciliation;
3. Electing new elders and deacons: projected timeline;
4. Price Hall repairs and improvements.

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



The Mary Circle will meet on October 16th at 7 p.m. in Price Hall. Nancy Reed will lead the Bible Study, "A Cloud of Witnesses," Joan O'Neill will read from the Mission Book. Barbara Cain and Joanne Miller will be the co-hostesses.



The Presbyterian Women will hold their **Annual Soup and Sandwich Luncheon, Christmas Bazaar and Bake Sale** on Saturday, November 3rd from 10 a.m. to 2 p.m. in Price Hall. All donations of Christmas crafts and Christmas items and baked goods will be appreciated as well as volunteers to help on that day. We will also accept "White Elephant Items" as we do at the Strawberry Festival. If anyone would like to make soup or sandwiches, please call

Roseann for recipes. Please call Roseann Paulits (886-8220) with any questions. Thank you for your help.

FALL HARVEST SUPPER



Invite your friends for great food and conversations with a surprise or two planned for your enjoyment as we renew our connections this Fall! Our **Fall Harvest Supper** is sponsored by the session and is provided free. It is *not* necessary to bring a dish to attend, but if you'd like, you may bring your *favorite ready to-eat dish* to share family-style.

Whether you bring a dish or not, please RSVP by returning the form below to help us in our planning. Contact Lenore Bowne, the event leader, for more information: 609-898-6159, lenorec2@comcast.net. **Online registration is also available by visiting www.coldspringchurch.com/events** . See you there!

I am planning to attend!

Name: _____ Phone: _____ I will bring guests. _____

Optional: I plan to bring: (Check your category choice.)

_____ Main Dish. _____ Side Dish. _____ Salad. _____ Dessert.

"Cleaning House"

Are you a "Spring House Cleaner" or a "Fall House Cleaner"? --or do you do both? I must admit that "cleaning house" does not rank among my favorite activities! It is one of those onerous chores that may begin on a "small scale" (like just window cleaning) but often evolves into a "grand project" (add your un-favorites here!). Cleaning house can cause some level of anxiety, like "Do I save this or throw it out?" Often too many things get a reprieve, like "to be decided later". Some things have "memories" attached to them; others have become "valuable" in our estimation; these personal things are hard to discard. Moreover, house-cleaning can become tedious and tiring; it is a time-consuming project. If we procrastinate or give up, the cluttered house remains staring us in the face. Burning down the house with everything in it is not the solution! Perhaps working on one small area at a time (and seeing success) works better than viewing the entire project and becoming discouraged.

Cleaning out Price Hall involves several church and community groups -- each having to sort through their collection of materials, disposing of what is no longer usable and save what is essential at an off-site location (for an unspecified time in order to re-allocate storage space). This is a daunting challenge for some groups --especially for those which have been ensconced here for many years and have accumulated much "stuff"! Ignoring the call to clean up Price Hall is not the solution! Perhaps taking everything out and then *bring back only what is needed* works better than merely sorting things to throw out from a well-entrenched pile.

Cleaning out our government is not easy. Fortunately we have an agreed-upon legal process to change our leadership: the electoral vote. For "deeper cleaning", we can become more actively involved by joining political organizations that advance the particular agendas we support. Shredding the Constitution is not the solution! Perhaps finding points of common interest and building relationships upon what is in the best interest of all works better than focusing upon the differences that are divisive - separating us into the mindsets of scattered "identity politics". This "house cleaning" must strive for unity rather than division.

Cleaning out church denominations involved with clergy sexual scandals becomes more difficult because these institutions adhere to a "higher call" and claim self-regulation. Promises of better policies, oversight and procedures alone will not restore the faith and trust of the believers. Deserting our churches is not the solution! The way out of this crisis begins with repentance of the leadership and forgiveness by the faithful; plenty of prayer from everyone, followed by compassionately replacing the perpetrators with Godly men. When the disciples asked how such possession by a demonic impure spirit could be driven out, Jesus said, "This kind can come out only by prayer." (Mk.9:25-29)

All the above "house cleanings" are quite visible and action-oriented. To the extent of our human energy and influence, we can have an impact upon the work of "cleaning house" at home, in Price Hall, in our government, and in our church institutions. But what about ourselves? Have you ever thought about doing a "cleaning out" of the clutter inside yourself? As followers of Christ, we ought to consider doing a periodic "spiritual house cleaning" of our mind, heart, and behavior -- to cleanse our soul before God and our fellow man. Does your mind, heart, and behavior reflect the thoughts, words, and actions of Jesus Christ? Serious house cleaning requires getting rid of the dust, dirt and grime, and the accumulated clutter that occupy valuable space in your house. Spiritual house cleaning requires getting rid of the accumulated sinful thoughts, feelings, and behaviors that clutter and occupy valuable space in our soul; they are offensive to an all-perfect righteous God and adversely affect relationships with our neighbor. Cleaning out our "spiritual house" demands admission to the Holy Spirit's indictment of our sins, to repent and ask forgiveness, to seek reconciliation, and to resolve to become more like Jesus Christ than like other men. "A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil in his heart. For the mouth speaks what the heart is full of."(Lk.6:45) Rejecting or re-interpreting God's Word is not the solution! Jesus said, "It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."(Mt.4:4) This is a "house cleaning" that benefits everyone! Commit to do it now -- before life gets in the way!

---- Rob Riehl