



*Our door is always open ...*

# The Trumpeter

Church of the Holy Spirit, 3 Haytown Road, Lebanon, NJ

[www.churchholyspirit.org](http://www.churchholyspirit.org)

October- November 2020

**OUR MISSION: To follow Christ as we serve others, proclaim God's love, and grow in The Spirit.**



*Paxton/Rollins garden photos by John Rollins*

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*From the Rector's Desk*

Dear Friends,

I was shaken. To my core. I had to pull the car over. I had just run a red light. I have never done that before. I just ran a red light. “+###)\*&@#\$\$%^&\*” Several very non-priestly words came out of my mouth. Luckily, I didn’t kill anyone. But I could have. My life – as any of us have known it – would have been over. That was several weeks ago. However, since then, and as recently as of writing today, I have seen three folks in front of me do the same thing. At high speeds on Route 31. Three more times, when I had never seen that ever in my life! It’s not the right on red or ignoring the no turn-around sign. No. Full on. Running right through the red light.

SO.

This is a wake-up call. Take your frigging phone – as I do now – and throw it in the back seat.

Throw it in the trunk. Turn it off and save power. Take out the phone-holding device clipped in your a/c vent – take it out and throw it in your trunk.\* Take the charger cord you use to charge your phone and throw it in the trunk. Or less severe, plug in your turned-off phone and chuck it on the passenger side floor where you can’t reach it. And if you find yourself reeling it in to answer a call, pull over and write a check to the local first aid squad members who would have to come to scrape up the remains of the pedestrian you hit.

SERIOUSLY

Your life will be over if you screw up in this way. I love you and I just don’t want to get that call. That call would be devastating to make and devastating to hear.

WE ARE ALL DISTRACTED

With Covid-19, BLM protests (and I would imagine another march will take place soon because of the recent, deeply troubling news that Hunterdon Central students “playfully” took a picture of themselves re-enacting the death of George Floyd (###%&\*\*\*%# – more unpriestly language ensued), and then there’s the national election. Taken together, with the hyper reliance on our handheld technology, we are fully and full-time distracted. Let us be plain and honest with ourselves. WE ARE DISTRACTED!

THEREFORE

When you start your car, pray. Get mindful. People’s lives are in your hands. The pace and pulse and frequent panic of our current life must be renounced. I beg all of us. Life in Christ is quiet, restful, decent, humble, fulfilling, and meaningful. Our cell phones are frauds; certainly deadly frauds when they distract us from the care needed to launch the lethal weapons we call cars and trucks.

Sorry for the intensity, but I’m hoping this will save lives.

*Your priest, +Philip*

\*The only exception may be driving directions – but even then, no fussing while driving— listen, don’t look.

**Treasurer's report**



As of the end of August our financial results for 2020 are as follows:

|                   | YTD         | Budget YTD  |
|-------------------|-------------|-------------|
| Operating Revenue | \$ 194,947  | \$ 210,549  |
| Total Expense     | \$ 208,286  | \$ 217,777  |
| Net               | \$ (13,339) | \$ ( 7,228) |

Thank you to those that have been able to keep current with their giving and special appreciation to those that have prepaid their 2020 pledge. We are grateful for all of your continued support during these difficult times.

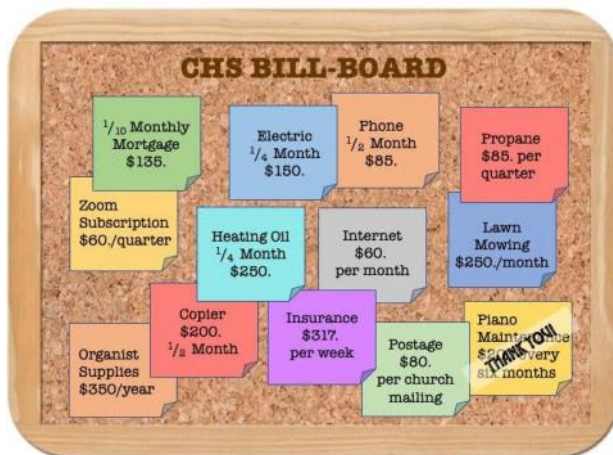
A couple of notes regarding our finances:

- This report does not include income from the Auction as it was held in September (see page 5)
- Upon the urging of the Diocese we applied for and received \$29,200 in PPP funds. Since there is no formal way to fill out the paperwork to ask for forgiveness on this "loan" yet, we are not listing it as income and treating it like a liability until we are granted the forgiveness.
- Once the auction proceeds have added and we know that the PPP loan has been forgiven, our net number should be trending positive.

Thank you to all of parishioners who added CHS as their charity in the Amazon Smile program. We received our first payment in August. We had signed up with Amazon in the spring so we are excited to have received some funds.

Stay healthy and hope to see you in person in the near future. As always, if you have any questions, please feel free to reach out to me.

*Sally Bird, Treasurer*



**Support  
Church of the Holy  
Spirit.**

When you shop at [smile.amazon.com](https://smile.amazon.com),  
Amazon donates.

Go to [smile.amazon.com](https://smile.amazon.com)

**amazon**smile

## *The Only Way Through is Through*

Dear Friends,

I am asking for assistance to develop our worship life in a hybrid environment.

With great technical help and generous donations, we are becoming more adept at broadcasting our worship over the internet and integrating those at home with those who come to in-person worship.

We are slowly creeping up the learning curve and all of you have been most patient. Every week we seem to experience an unanticipated technical breakdown. This can add to the helplessness of the moment. However, with constancy and devotion, we lumber on.

That said, we are looking to bounce forward, not merely bounce back.

Even when the pandemic is over, hybrid worship is here for good. The reality is that there will never be another "snow day." (Sorry kids- school ain't never gonna be canceled again!) There will be Sunday worship, even on bad weather days, because there will always be internet broadcasts, even if from my "basement chapel!"

So who's up for helping? We will begin with a creative conversation on Zoom, of course. Date announced to those who respond directly to me.

In the short run, we are also looking for vocalists to join our merry band — we are healthfully separated using mics in different spaces safely for all concerned. It is our good fortune to have a modern worship space that allows for safe public worship. AND remember, as always, no one should feel in any way pressured to worship here at Haytown Road. Please stay home as only you can know best. With folks only singing along softly in their masks, it's nice to have a PA system sharing the lyrics with a few voices, and if we had some harmony there, it would be great. In the future, post-pandemic world, we're still going to want to broadcast hymn singing for those at home, so we are not just filling in temporarily. This is a long term adaptation. And it will grow the mission of this church.

Pardon for the bluntness here, but I know the world sucks right now — for a bunch of reasons and all at once. Some days I just want to pull the covers up and hide. But we must rally, as we are able. I have no idea what a "choir" looks like in the future. One will have to be rebuilt here, among other things. Our worship will need to emphasize the power and resilience of what a common life in Christ can build in the midst of chaos and calamity. Resolve. Mindfulness. Courage. Tenacity. How are these exhibited in our gatherings, our common prayers and ritual actions? The unity of being one body in Christ is threatened. The integrity of the witness of Jesus in the Gospels is put to the test and some are understandably confused by disparate messengers. The Church has been here before. We stand amid the long train of the faithful before us, who lived through Nero, Caligula, and Diocletian, any number of plagues, the Dark Ages, and more. We are reminded of their faithfulness and steadfast hope during times of peril.

So for those who want a stake in the shape of this worshipping life, give me a shout. As goes worship, so too outreach, and stewardship, and formation — all of it. All of it (us) will be bouncing forward. We might not know what reshaping our ministries will look like except that they will all look more like Christ.

The only way through is through.

*Philip+*

### *Fanta's Food Train*

As you may know, Fanta has been battling metastatic breast cancer for years now and has just gone through several months of chemotherapy. She is now finishing up radiation. As a community, the best way we can support this loving family is to provide a daily meal. A Give In Kind website has been established to make this food train work. For more information, see our [CHS website](#).

To make a donation, go to <https://giveinkind.com/inkinds/P4Q4O3G/supporting-fanta-and-children>



## ***Auction Hilarious Great Success!***

The virtual auction held on Zoom on September 6<sup>th</sup> was successful beyond our expectations! With about 45 participants, 31 items to auction and a 15-minute comedy routine by Fr. Phil's cousin, Vicki Barbolak, it could not fail. Alex Van Veldhuisen was our auctioneer for the evening and to say he did a fantastic job is an understatement.

Fr. Phil opened the evening's event with an introduction to his cousin consisting of reminiscing about family reunions and explaining the history of our auctions. That gave an opening for Vicki to take over with her routine. Vicki is a pro at getting laughs. Even if we could not hear the laughter from the audience, we could see the grins and smiles!

Alex opened the bidding with Ukulele lessons donated by Eva Lesniak. After a winning bid far more than we expected, we were off and running to the finish line with some comic interludes along the way. In addition to the "real" items we were auctioning, we had some impromptu ones such as Jasmine Marlow delivering the sermon on Christmas Eve and Fr. Phil's size 14 red pumps to be worn on Pentecost (but not during the Consecration!)

The auction ended about 9:30 with all items SOLD! With total bids of over \$22,000. Some of the items were donated twice, for the same amount as the winning bid, which helped push the proceeds upward. Subsequently, many cash donations have also been received. With few costs, and a lot less work than a live auction, our Virtual Auction achieved the financial goal set by the Finance Committee.

I want to thank everyone who donated their time, talent and treasure. Congratulations to all the successful bidders—you won some great gifts! I especially wish to thank Alex Van Veldhuisen for a remarkable job in keeping the auction on track and getting bidders to keep going! And none of this would have happened without support from Fr. Phil, Eva Lesniak and June Filipski—my gratitude for all you did to support this effort and keep me on track.

Until next year....

*Marge Keller, Coordinator*



## ***Youth Group***

Covid 19 has presented many challenges for all of us. Eli Jones and the youth group weren't able to meet or speak often, but hope to resume regular communication this fall, at least virtually. With the "soft" opening back to regular services on Labor Day weekend and the resumption of the Eucharist as part of worship, members of the group did meet (suitably distanced and masked) to bake communion loaves. We thank them for their efforts! This is a reminder that if you are not comfortable coming to Haytown Road on Sundays, Haytown Road will bring communion to you. See the Thursday News for sign-up information.



Eli Jones photo

## Red Wagon

The red wagon awaits your donations. We continue to ask for beef, lentil, or pea soup, or brown or white rice. These items were listed on their website to support families while home schooling. You can continue to place them in the Red Wagon in the Narthex or place them in the plastic container outside the parish hall. [If it's more convenient, send a check or ShopRite gift card to the Open Cupboard Food Pantry, 37 Old Highway 22, PO Box 5071, Clinton 08809.] Thank you for your continued generosity .



*Katie and Suzanne Higgins*



## Spirited Readers Book Club

Dear friends,

The group consensus is to continue our hiatus. There are several considerations involved in distributing the books to members, and some, including myself, have voiced their reluctance to meeting online in Zoom sessions to compare notes about our readings. I pray that we will be able to resume our literary meetings in person very soon. Until then, stay safe and healthy.

*Suzanne Higgins*

## Prison Ministry

During the pandemic we have been unable to conduct our ministries at Edna Mahan Correctional Facility for Women. We have started to write a monthly inspirational letter to the women so that they know that we are thinking about and praying for them. So far the prison ministry volunteers have been writing the letters (see pages 10 -13) but anyone in the parish is welcome to do so. Please contact me at [andrewsjohnt@comcast.net](mailto:andrewsjohnt@comcast.net) if you are interested in writing one of the monthly letters in 2021.



*John Andrews*



Wanted: calendars and notecards for the women at the prison. This is the time of year when they tend to flood your mailbox. If you would like to donate them (suitable content and NO GLITTER, PLEASE), I am volunteering to gather them and deliver to EM as necessary. You can drop them off at Holy Spirit or I will pick up. Just let me know. Thanks! [gracehappens@centurylink.net](mailto:gracehappens@centurylink.net)

*Vicki Brooks*

## CHSchool



If you had asked us in March, when New Jersey entered full lock-down, where we thought we'd be in July, most of us would have said something like "back to normal, hopefully." But, here we are in early October and that is still a hope rather than a reality.

My friends and I were in the midst of in-person art classes in March. There are several local venues, and people come from all directions, some as far as 40 or 50 miles, to attend these classes. Suddenly, we had to switch to "virtual." That's a new word, along with "Covid" and "Zoom" and several others. The best thing about going virtual was that distance from New Jersey stopped making so much difference.

By July, people were getting really concerned about each other — some folks were afraid of Zoom, unsure about their welcome when existing groups felt so closed, and just generally fearful. Many people have been working to address this, specifically in this case, Church of the Holy Spirit. I was asked to head up one of the new virtual groups and since I have good experience with teaching beginning drawing and years of experience with virtual meetings, it was just so easy to say "yes!"

I'm so glad I did! This has been great fun. The people joining the class have been so forgiving of my clumsy attempts to set up cameras and talk about drawing and my occasional Internet freezes when Zoom just locks up. We were planning on a 5 to 6 week course, but we've just decided to keep going indefinitely on Monday morning and Wednesday afternoon. Yay!

We hope you will join us, we are not scary. There are brand new beginners in every meeting. Nobody will ever, ever wonder why you're here or question your belonging with us. My own objective is just to share the joy of being together. One friend said to me recently, "What if I just can't do it, won't I feel stupid?" NO, you won't, because this is for fun and only for fun. If you are enjoying being with us, then please be with us. Bring some colored pencils and a coloring book, nobody's going to care. Listen in while you knit, it's fine. Eventually, you'll pick up a pencil and try it, but we don't need to know about that unless you want to talk about it!. If you'd like to give it a try ask me ([wwetherill@gmail.com](mailto:wwetherill@gmail.com)), Judy Linger ([judy.linger@gmail.com](mailto:judy.linger@gmail.com)) or Vicki Brooks ([gracehappens@centurylink.net](mailto:gracehappens@centurylink.net)).

*Whitney Wetherill*

Special thanks to Beth Lambert for her wonderful discussion on Botanicals for Health on September 23rd. Specifically, she explained natural aids for digestion, immunity and stress support we can grow at home. Fascinating!

Karen Sammer helped us understand better the unique presentations of heart health concerns of women. Thank you, Karen!

Roberta Maas has lovely presentations in store about the use and influence of color at 2:00 pm on **Sunday, October 4** and a follow-up the very next **Sunday, October 11**, also at 2:00 pm.

Also coming in October, former CHS Warden and Clinton's Financial Planner extraordinaire, John Rivers. will give 4-6 presentations on a subject we can all use, which is managing our money. More specifics to follow.

A late bulletin from Deacon Michelle: Chaplain Charlotte Mallory, formerly of Edna Mahan, will be offering a one-hour discussion about the documentary **13th** (on incarceration) Date and time to be determined. The film is available on Netflix.

For up-to-date information on all these coming events and others yet to be finalized, check the website—[www.churchholyspirit.org](http://www.churchholyspirit.org). While you're there make sure the webmasters have your email address for Thursday's weekly Constant Contact blasts about what's happening.

*Judy Linger*

## Adopt a **FAMILY** this Holiday Season

Grab a group of friends, a Scout troop or other organization to help make a difference in your local community. **Please deliver all completed baskets to the PANTRY from 11/11 - 11/14 : 9 am – 12 pm.** Contact the office for questions. **908.730.7320**

**Here a sample list of items to include in your Thanksgiving Basket "Family of 4":**

### Shelf-Stable Foods

- 1 Canned Ham or Frozen Turkey
- 1-2 Boxes of Stuffing Mix
- 1 Box of Instant Potatoes or fresh 6-8 lbs
- 2 Box of Macaroni and Cheese
- 2 Canned Yams or fresh 5 lbs
- Brown Sugar
- 1 Bag of Marshmallows
- 2 Canned Green Beans
- 1 Can of Cream of Mushroom Soup
- French Fried Onions
- 2 Canned of Corn
- 1-2 Canned Cranberry Sauce
- 1-2 Jars of Gravy (Or packets)
- 1 Cornbread Mix
- 1 Dessert Mix (Pumpkin Pie Mix, Brownie Mix, Cake Mix, etc.)
- 2 Jell-O Mix or Chocolate Pudding
- Bread/Rolls



### Beverages

- Ice Tea Mix
- Coffee
- Bottled Juice
- Drink Mix
- Hot Cocoa Mix
- Apple Cider (that doesn't need to be refrigerated)

## Open Cupboard Food Pantry

37 Old Hwy 22 Clinton, NJ 08809

[www.opencupboardfoodpantry.org](http://www.opencupboardfoodpantry.org)





### Pulse of the Parish

Here are the birthdays for October and November, with thanks to Marge Keller. God grant them many years.

|              |                   |    |    |
|--------------|-------------------|----|----|
| Wyglendowski | Lily              | 10 | 4  |
| Chester      | John              | 10 | 5  |
| Robinson     | Lawrence          | 10 | 5  |
| Hallstrom    | Kevin             | 10 | 8  |
| Follansbee   | Carolyn           | 10 | 11 |
| Garrabrant   | John David        | 10 | 13 |
| Joseph       | Weissman          | 10 | 15 |
| Brooks       | Victoria          | 10 | 16 |
| Schnaudt     | Erik              | 10 | 19 |
| Gora         | Erin              | 10 | 23 |
| Altom        | John              | 10 | 25 |
| Keller       | Margarita (Marge) | 10 | 28 |
| Cannizzaro   | Michael           | 10 | 30 |

|               |                  |    |    |
|---------------|------------------|----|----|
| Gerish        | Susan            | 11 | 4  |
| vanVeldhuisen | Alex             | 11 | 4  |
| Cagno         | Kristina         | 11 | 5  |
| Carr-Jones    | Philip           | 11 | 6  |
| Cirafesi-Kane | Jo-Anne          | 11 | 6  |
| Wallace       | Jean             | 11 | 11 |
| Jones         | Robert (Bob)     | 11 | 15 |
| Schroeder     | Linda            | 11 | 15 |
| Marlow        | Trent            | 11 | 19 |
| Babcock       | Darla            | 11 | 23 |
| Rivera        | Mirgia           | 11 | 26 |
| Curtin        | Charles Charlie) | 11 | 27 |

### HOLD THE DATES

October 4 (Sunday) — Alexei is back with us! We look forward to having his fiancé, Alina, join him on this side of the Atlantic as soon as feasible. If you missed their wonderful concert last weekend, check You Tube. It was glorious!!!

November 1 (Sunday) — All Saint's Day (**Daylight Savings Time ends at 2:00 am**)

November 14 (Saturday) — Virtual Diocesan Convention (Vicki Brooks and Ed Filipski are delegates)

November 26 (Thursday) — Thanksgiving Day (see page 8 for special Open Cupboard Pantry requests)

Tues—Thurs      \*\*12:00 pm — Noonday Prayer

                      \*\*8:00 pm, Compline

Tuesdays        \*\*6:00 am, Bible Study

Thursdays       \*\*7: 00 pm, Theology on Tap

Third Thursday   \*\*7:00 pm, Vestry Meeting (all are welcome: a vestry member can provide the link)

Sundays            8:00 and 10:00 am —\*\*Virtual or in-person services (Eucharist will be delivered at home if requested).

Meetings are held by Facebook Live and Zoom. Links are posted on the CHS Website and Thursday CHS News. (If you aren't receiving the latter by email, it's easy to sign up: [www.churchholyspirit.org](http://www.churchholyspirit.org). And check your snail mail address to ensure Eva Lesniak and Marge Keller have current information for our updated contact lists.) While you're on the CHS website, see what else is going on — it is updated often.

Ed. Note: This is actually a plea — I try to keep the Pulse of the Parish as current as possible. Given social distancing and the lack of a regular church bulletin, it's been especially difficult to insure that life events in the Trumpeter accurately reflect our membership. Please feel free to reach out to me with changes. Vicki. ([gracehappens@centurylink.net](mailto:gracehappens@centurylink.net)).

## *To the Women of Edna Mahan: Letters from CHS*

*June 2020*

In the Name of one God, Father, Son, and Holy Spirit.

Peace and grace to you in the name of the Lord Jesus Christ.

We at the Church of the Holy Spirit want you to know that we miss being with you and we pray for your safety and the safety of all of the inmates, Corrections Officers, Chaplains, the Administration and all of the other staff.

We miss the inspirational work that the members of the Shawl Ministry do by making shawls for those who are ill or who have suffered loss.

We miss your deep faith and thirst for God that we experience at the Bible Study sessions.

At times such as these we are reminded of how Jesus felt abandoned in the Garden of Gethsemane and asked his Father to "remove this cup from me", but he went on and told his Father "yet, not what I want, but what you want." After suffering torture, He was crucified and He called out from the cross "My God, my God, why have you forsaken me?" This incredibly human feeling of being abandoned and alone in a frightening time is one we all share and it brings us closer to Jesus. But, God did not abandon His Son and He will not abandon us. As St Paul writes to the Christians in Rome We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.

In many ways, we live the passion of Christ every day. Paul says: We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. The one who bore our human frame, knows us in the deepest ways, and we carry Him within us also in the deepest ways and at the darkest of times. You are all God's beloved ones and He is with you in this difficult time.

The wonderful poet and writer Maya Angelou said: "You may not control all the events that happen to you, but you can decide not to be reduced by them." And "I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow." And "Listen to yourself and in that quietude you might hear the voice of God."

Paul reminds us that on the listening and hearing the voice of God we can be empowered to live in holiness: Do not be conformed to this world, but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and acceptable and perfect.

Frida Kahlo the 20th-century Mexican painter said: "At the end of the day, we can endure much more than we think we can."

Finally Mother Teresa said: "Spread love everywhere you go. Let no one ever come to you without leaving happier."

In this time of darkness open yourself to God's unerring love, trust in that love and spread that love to those around you. Until we meet again, may the God of hope fill you with all joy and peace in believing through the power of the Holy Spirit.

*Blessing and Peace,  
John Andrews and Philip Carr-Jones*

## Summer 2020

In the name of one God, Father, Son, and Holy Spirit.

Peace and grace to you in the name of the Lord Jesus Christ.

It has been just about four months since the state-wide stay-at-home order brought a jarring halt to the Edna Mahan Shawl Ministry and Bible study sessions of the Church of the Holy Spirit. It is hard to over-state how much we miss these *mutual* ministries and the strength we drew from them, as we learned from one another about grace under pressure, humility, true repentance, and the joy of believing. As the days of this frightening pandemic roll one into another, it is natural to turn to the Scriptures for inspiration or solace.

The weekly Bible study group at CHS asks two important questions about the Gospel passages we read: How is God speaking to us through these verses, and how is God asking us to change? No answers can be found for these questions without the support of prayer, meditation, and trust in God.

The words of PSALM 27: 1-8 come to the minds of many of us in difficult times. Though the enemy the psalmist mentions is other people, the words are appropriate for all kinds of trouble – even a tiny, but vicious, virus. As you read these stirring verses, think about how God may be asking you to change – or grow – even during a deadly pandemic.

The LORD is my light and my salvation— so why should I be afraid?

The LORD is my fortress, protecting me from danger, so why should I tremble?

When evil people come to devour me, when my enemies and foes attack me,  
they will stumble and fall.

Though a mighty army surrounds me, my heart will not be afraid.

Even if I am attacked, I will remain confident.

The one thing I ask of the LORD — the thing I seek most— is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple.

For he will conceal me there when troubles come; he will hide me in his sanctuary.

He will place me out of reach on a high rock.

Then I will hold my head high above my enemies who surround me.

At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the LORD with music.

Hear me as I pray, O LORD. Be merciful and answer me!

My heart has heard you say, "Come and talk with me."

and my heart responds, "LORD, I am coming."

The call, to set aside fear and supplant it with confidence and even singing and shouts of joy, is the most obvious message. God wants a conversation with us. Could it be that God wants us to use this break from the ordinary to renew and deepen our faith – to banish fear from our *hearts* and listen with our *hearts* to what God wants to tell us? We invite you to prayerfully ponder this wonderful psalm and its promise that only in God can we live in safety.

\* \* \*

We pray for the safety of all of inmates, Corrections Officers, Chaplains, Administrators and staff.

*"And all shall be well, and all shall be well, and all manner of things shall be well."*

Dame Julian of Norwich, 15<sup>th</sup> century Christian mystic and theologian

*Blessings and Peace*

*Diane Bendahmane*

## September 2020

Dear Ladies,

Gosh, here we are in September already, heading into the Fall. Don't know whether to be glad or sad that this summer is over. It has certainly been a challenge for all of us.

I miss you so much. I hope you know I keep you close in my heart and prayers as we face these difficult days together. **Joshua 1:9** Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

As many of you know, I continue to struggle with crocheting. In fact, I have not crocheted a single stitch since seeing you all last. The only time I pick up a hook is when I am with YOU because the minute I return home I go back to my knitting!

As we all know, practice makes perfect ... and I am far from perfect. I often refer to my Prayer Shawls as Amish Shawls. The Amish purposely make a mistake in anything they produce to remind themselves they are not perfect - nobody is.

**Ephesians 4:32** Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.

I have not seen any of you since January. I hope you remember me! As I was about to return in March after a winter vacation, the virus hit and everything came to a screeching halt. Life changed completely. The isolation, inactivity and companionship was gone for all of us. I strived to seek some good in our situation. I sought joy in each day. Many of you will know I always say there IS joy in every day, if we seek it. **Romans 15:13** May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

September is my birthday month and I was looking forward to having you all sing "Happy Birthday" to me - one of my favorite songs. Once we are together again I will remind you to sing to me! Singing soothes the soul and goodness knows, we all need that right now. **Psalms 63:3-4** Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.

**John 14:27** Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

God be with you until we meet again.

Susan Kane





## October 2020

When Father Phil and John Andrews spoke to Dr. Lynch about communicating with you wonderful women in a monthly homily, I volunteered enthusiastically, since it presented an opportunity to reach out to friends I have missed so much during the quarantine. I must admit my own sense of humility — about interpreting the Word of God in a way that would bring comfort and meaning to you. But recently, I was so moved by this lovely message from White Eagle (she is a member of the Native American Hopi tribe). I believe it is perfect to share. It brought me peace and I hope her words will do the same for you.

“This moment humanity is going through can now be seen as a portal and as a hole. The decision to fall into the hole or go through the portal is up to you.

“If you repent of the problem and consume the news 24 hours a day, with little energy, nervous all the time, with pessimism, you will fall into the hole. But if you take this opportunity to look at yourself, rethink life and death, take care of yourself and others, you will cross the portal. Take care of your space, take care of your body. Connect with your spiritual House.

“When you are taking care of yourselves, you are taking care of everything else. Do not lose the spiritual dimension of this crisis; have the eagle aspect from above and see the whole; see more broadly.

“There is a social demand in this crisis, but there is also a spiritual demand -- the two go hand in hand. Without the social dimension, we fall into fanaticism. But without the spiritual dimension, we fall into pessimism and lack of meaning. You were prepared to go through this crisis. Take your toolbox and use all the tools available to you.

...

“You do not help at all by being sad and without energy, for it is through joy that one resists. Also, when the storm passes, each of you will be very important in the reconstruction of this new world. You need to be well and strong. And for that, there is no other way than to maintain a beautiful, happy, and bright spirit.

“This is what is asked of [us]: Allow yourself to take advantage of this time to perform your vision-seeking rituals. What world do you want to build for you? For now, this is what you can do – be serenity in the storm. Calm down, pray every day. Establish a routine to meet the sacred in the everyday.

“Good things spring forth; what you emanate — how you shine — is the most important thing. And sing, dance, resist through art, joy, faith, and love.”

I send you love, peace, health and God’s blessings [and pat the puppies for me!]. Vicki Brooks



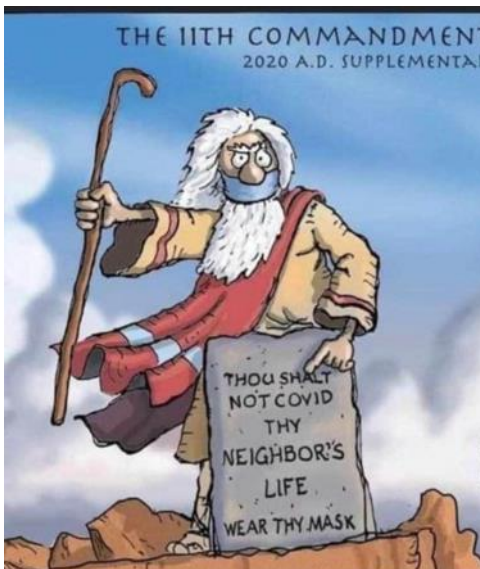
**These are Labrador Retrievers. They come in a variety of colors. They are loved & treated equally no matter their color. They don't fight each other over their color differences. When it comes down to it, they are all Labs, they are all dogs.**

**Dear humans, do better, be better.  
Be more like Labs.**

### Snapshots: Life During Quarantine



*Greg Schroeder became our newest Eagle Scout on Saturday, September 26th at CHS. Mom Linda created the beautiful banner for the Scouts, with the intent that Greg and future Eagles will sign it. Greg's project was the wonderful dock that stands ready for our future pond/ skating rink! John Rollins photo.*



## Church of the Holy Spirit — Who's Who

|                              |                      |              |  |
|------------------------------|----------------------|--------------|--|
| <b>Vestry:</b> Senior Warden | Tracy MacGeorge      | 973-865-9272 | t_kunz55@hotmail.com                                       |
| Junior Warden                | Marianne Van Deursen | 689-6251     | marianne.vandeursen@comcast.net                            |
|                              | Sally Bird           | 328-2925     | sallybird@comcast.net                                      |
|                              | Dale Dabour          | 432-0697     | <a href="mailto:daledabour@att.net">daledabour@att.net</a> |
|                              | Alice Hrebella       | 217-1037     | andyhalice@yahoo.com                                       |
|                              | Eli Jones            | 399-6286     | elijns2@aol.com  |
|                              | Marge Keller         | 391-5078     | marge.keller@churchholyspirit.net                          |
|                              | David Marlow         | 216-6943     | davidbmarlow@gmail.com                                     |
|                              | Cate Mattison        | 451-2859     | cate.mattison@gmail.com                                    |
|                              | Gary Scott           | 625-8705     | gary.scottnj@gmail.com                                     |

|                          |                               |              |  |
|--------------------------|-------------------------------|--------------|--|
| <b>Staff:</b> Rector     | Philip Carr-Jones             | 236-6301     | philip@churchholyspirit.net  |
| Deacon                   | Dot Hospador                  | 335-4055     | <a href="mailto:dnhospador@optonline.net">dnhospador@optonline.net</a>     |
| Deacon                   | Michelleslie Maltese-Nehrbass | 806-6204     | <a href="mailto:Michelleslie@gmail.com">Michelleslie@gmail.com</a>         |
| Director of Music        | Alex Tartakovsky              | 267-938-5438 | <a href="mailto:music@churchholyspirit.org">music@churchholyspirit.org</a> |
| Administrative Assistant | Linda Romanoski               | 236-6301     | admin@churchholyspirit.net   |
| Sunday Sexton            | Joanne Shallo                 | 328-2374     | jshal7@aol.com   |
| Cleaning Service         | Papics Janitorial Service     |              |  |

### Volunteer Staff:

|                         |                       |          |  |
|-------------------------|-----------------------|----------|--|
| Acolyte Master          | Jack Daniels          | 337-3228 | jdaniels_fire@yahoo.com  |
| Altar Guild Directress  | Sue Landgraf          | 638-4341 | altarguild@churchholyspirit.net  |
| CHS News Editor         | Jan Paxton            | 638-8693 | webmaster@churchholyspirit.net   |
| Clerk of the Vestry     | Diane Hrozencik       | 238-1944 | dhrozenc@comcast.net   |
| Coffee Hour             | Carol Crawford-Jones  | 735-4510 | carolcj@prolog.net   |
| Daughters of the King   | Wendy Hallstrom       | 713-1191 | whallstrom@comcast.net   |
| Lay Ministry Training   | Dot Hospador          | 335-4055 | <a href="mailto:dnhospador@optonline.net">dnhospador@optonline.net</a> |
| Nursery                 | Tricia Simpson-Curtin | 310-2782 | simpsoncurtint@yahoo.com   |
| Parish Photographer     | Dave Dabour           | 995-7273 | dave@dabourphotography.com   |
| Pledge Clerk            | Ed Filipski           | 391-6909 | ed.filipski@churchholyspirit.net                                       |
| Prayer Chain            | Barbara Burton        | 236-6980 | barbandsandy@embarqmail.com  |
| Stewardship/Fundraising | Sally Bird            | 735-0094 | sally.bird@churchholyspirit.net  |
| Teen Liaison to Youth   | Ellie Curtin          |          | ellie.curtin.x@gmail.com   |
| <i>Trumpeter</i> Editor | Vicki Brooks          | 752-3062 | vicki.brooks@churchholyspirit.net                                      |
| Usher Captain (8 a.m.)  | Carol Crawford-Jones  | 735-4510 | carolcj@prolog.net   |
| Webmaster               | Jan Paxton            | 851-1428 | webmaster@churchholyspirit.net   |
| Webmaster Assistant     | John Rollins          | 452-1572 | jardigitalworks@gmail.com  |
| Worship Schedule        | Eva Lesniak           | 420-3613 | <a href="mailto:elesniak@mac.com">elesniak@mac.com</a>                 |
|                         | Dave Dabour           | 995-7273 | dave@dabourphotography.com   |
| Youth Coordinator       | Eli Jones             | 399-6286 | elijns2@aol.com  |

**The Rev. Philip B. Carr-Jones, Rector**

**The Rev. Dorothea N. Hospador, Deacon**

**The Rev. Michelleslie Maltese-Nehrbass, Deacon**

[www.churchholyspirit.org](http://www.churchholyspirit.org)

**Check out CHS on Facebook: <https://www.facebook.com/churchholyspirit>**

**3 Haytown Road, Lebanon, New Jersey 08833 908-236-6301**

**[all phone numbers 908 area code unless otherwise listed]**

*Check the CHS calendar on the website, Sunday bulletin and the Friday email news for updated information. And a reminder to make sure that you register on the website so that you don't miss the most timely news from CHS. Especially if you're new to our parish, make sure we know how to reach you! And don't assume that we do — nobody's perfect and there are no mind readers here!*



# What does voting have to do with being a Christian?

**An election is a contest of ideas about how to shape the future of a community, nation and maybe even a world. Voting is an act of moral agency. It is how a community or a nation decides how the moral values that it holds and shares shape public policy and the lives of people. The children of God. It is salutary to remember that partisan neutrality does not mean moral neutrality.**

*-Presiding Bishop Michael B. Curry*



**VOTE**  
*faithfully*  
[bit.ly/TECVotes](http://bit.ly/TECVotes)



## **General Election: Tuesday November 3, 2020**

In Hunterdon County:

Last day to Register October 13

Paper Ballots were mailed to registered voters by the last week of September

For more information: <http://co.hunterdon.nj.us/Election2020.htm> .