



First Presbyterian Church
of Metuchen

Where God's Love Welcomes All

2020 April Special Edition

Parish News

To be an inclusive, connected, and loving community mobilized to serve Jesus Christ.

The vision of the First Presbyterian Church of Metuchen continues even when it means reinventing or finding new ways to gather and minister and serve each other and the greater community. Please consider the following communiqué from Session as we continue to be the Church during this unprecedented time.



VIRTUAL COMMUNION

On Palm Sunday and Maundy Thursday we will share communion virtually.

As you are watching Facebook Live, we will celebrate the Lord's Supper.

In the bulletin there will be directions and prayers for you to share.

Most important, though, is that you need to prepare elements for yourself and whoever is with you. This means some bread or crackers on a plate; a cup of juice or wine.

When we reach the moment in the liturgy where we offer the "words of institution" you will be invited to "take and eat, the body of our Lord" and "take and drink, the cup of the covenant."

A WORD FROM THE SESSION

This Sunday we will have another word from our Session. The word this week will be a special recognition and prayer for all our members who are working in health care and the members of community serving at our hospitals and clinics, nursing homes, and home health aides.

PRAYERS FOR THE PEOPLE

On Sunday, during our live stream service, if you would like to leave a prayer request, we will include this in next weeks' service. This week we will focus on health care, but there are folks on our hearts and people risking their life for others who need our prayers. Simply comment on our Facebook page during live stream.

HOLY WEEK



Palm Sunday

Our service this week will again be livestream only. What will be different, though, is that we will have palm fronds and crosses for members of the church. They will be available Sunday morning before the service and after. They will be in buckets in front of the church. Disinfectant wipes will be available as well.



Maundy Thursday

We will have a service of worship on Maundy Thursday Live-Stream at 7:30 pm.

The service will include communion (see instructions above). We are working very hard in all of these services to abide by the direction of 10 persons or less. Please know we are only allowing essential staff and volunteers to bring you services of worship.



Easter

We will not have a sunrise service on Easter morning. We will focus our energy on the 9:30 am service as well as the 12:00 Noon Indonesian service.

We will have two musicians providing special brass for the 9:30 am service.

MUSIC MINISTRY WILL CONTINUE

Our Music Minister Brenda Day shared that beyond the Lenten season they will continue to provide refreshing music to encourage us during this time. The **Wednesday Noon Recitals** will be live streamed at our FB page and uploaded on our YouTube channel. These 30 minute recitals will continue until life starts to feel normal again. Lined up for your listening pleasure in the next couple of weeks are:

April 8	Elaine Hansen on Piano and Brenda Day on Organ
April 15	Bob O'Connell and Sarah Teti

YOUTH GROUP

Our youth groups are still “meeting” - virtually! This is happening every Wednesday by Zoom with Rev. Justin Karmann meeting both the Junior and Senior High groups during usual times.

THE OFFICE WILL BE CLOSED THE WEEK AFTER EASTER

As we are nearing the end of week three, your church staff has been working hard to keep services happening, food delivered, and care offered to our members.

So to gain some strength for the weeks ahead, the office will be closed for a week. In the case of pastoral emergencies, Rev. Garry and Rev. Karmann will be available. But we will not keep office hours or have additional meetings other than a meeting of the Session April 14th.

ZOOM AFTER APRIL 20TH

Beginning April 20th we will provide a series of “zoom” opportunities for conversation and connection. The staff are becoming quite proficient with zoom and this will provide a good opportunity to gather without gathering.

CARE TEAM SHOPPING

Right now we know that many people are trying to observe the “shelter in place” order for New Jersey. And this is good and right and we need to do this.

We also need food.

If you are someone who is immuno-compromised or not able to get out for basic groceries, there are members of the church who are willing to do a grocery run for you.

Please call the church and let us know that you need help. Someone will contact you and get the particulars of what you need.

There are a lot of details we will need to make this happen. Mostly, though, we need to make sure folks are not going without basic needs. If this is happening to you, please call the church office and we will get someone to help you.

SIGNS OF TRAUMA— RECOGNIZING THE CHALLENGE OF HYPER-VIGILANCE

During times of emergency and disaster, the experience of trauma is common. This comes in moments where there is violence or destruction or devastation. In the training to help people cope with these events, responders are told to identify this as “Big T” trauma. The steps to help people overcome “Big T” trauma include grounding exercises; focusing and breathing practices; as well as visualization aids that help the body and mind heal itself.

What is less commonly understood, but far and away more common in terms of experience, is “Little t” trauma.

“Little t” trauma is the impact of hyper-vigilance. Right now, most everyone in New Jersey and New York are experiencing the impact of hyper-vigilance. This is a great stress to our bodies. Living with a need to be on constant alert, an impending disaster that cannot be seen, an inability to do more than wait: all of these are the exhausting demands of hyper-vigilance.

If you are experiencing panic attacks, an inability to decompress, or a persistent need to flee, please know this is not uncommon or “just you.” This is your body struggling with hyper-vigilance. If you would like to talk to a pastor about this, we have resources to help you increase resilience which is your body’s ability to heal from the stress of hyper-vigilance.

Let us hear from you. We are here for you.

First Presbyterian Church of Metuchen

CHURCH CLERGY AND STAFF

CLERGY

Rev. Dr. Fred Garry732-491-2330

Senior Pastor/Head of Staff fgarry@fpcweb.org

Rev. Justin Karmann732-491-2260

Associate Pastor jkarmann@fpcweb.org

CHRISTIAN EDUCATION

Nancy Leardi732-491-2264

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MUSIC MINISTRY

Brenda Day732-491-2266

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Elaine Hansen ehansen@fpcweb.org

Assistant Bell Director and Accompanist

SUPPORT STAFF

Sue Harmon732-491-2302

Director of Operations/Treasurer sharmon@fpcweb.org

Sarah Teti ..732-491-2325

Food Pantry Coordinator foodpantry@fpcweb.org

FOOD PANTRY Coordinator Sarah Teti is in awe with the generosity from the community with donations rolling in, both monetary and actual groceries. This has allowed the Food Pantry to serve over 100 families in just two weeks with their new drive up and delivery service. Check our FB page for updated list of items needed, and continue to help restock our pantry. As usual they may be dropped off at the office lobby.



BLESSINGS

With Easter just around the corner, the Food Pantry will continue with the tradition of giving Easter Blessings. Depending on the size of families, Stop & Shop gift cards from \$25 to \$100 will be distributed to **qualified** Food Pantry clients. It's the least we can do for them to celebrate with their families. Thank you for your generous giving!

CHILDREN'S MINISTRY

To continue to nurture the faith of our children please take advantage of the following wonderful ideas lovingly put together. Check our website and Facebook page with links also to our YouTube channel for stories and skits.

- Bible stories read by our amazing Sunday School Teachers
- Skits from FPC Puppeteers
- Family Faith Take Out Bags are ready to go
- Easter Egg Hunt Take Home Bag for each child or youth

WORSHIPING AT HOME WITH CHILDREN

Though nothing can replace the community found in gathering together to worship, good things can come from worshiping at home! This is a wonderful time to remind your children that the church is not just a building. Engage them with the following suggestions as you help guide them through an interactive worship experience from the comfort of your home.

SACRED SPACE

As a family, choose one place in your home to gather for worship. Work with your child to create a sacred space there. Place a candle and other items such as pebbles, seashells, sand, and sticks on a piece of purple fabric to remember the Lenten Wilderness.

HIT PAUSE

We've already hit pause on so many things in our daily lives, so go ahead and hit the pause button during a livestream service! Answer your child's questions and ask some of your own. Talk about the order of worship, explain big words in the sermon, make it interactive!

MOVE AROUND

Gone now is any external pressure to keep the wiggle out of the kids! Let worship be a full body experience. Dance when the Spirit moves you. Break out the yoga mats and try out different positions of prayer. God gave us these bodies—let's connect them to our worship!

BE HANDS-ON

Use household items during worship! Gather photographs of people to hold during the Prayers of the People. Have a globe or a map? Pray for the world while touching it. Encourage your child to color or write about what they're hearing and experiencing while listening.

OFFER GIFTS

No offering plate will be passed down the pew, but your child can still practice giving! Have them write down a gift or talent that they can offer up to help the family during the week. Pass a bowl around for them to physically offer these gifts to God. Encourage all family members to participate!

HAVE FUN

Worship is a time for reverence and peace, but it is also a time for joy! Helping your child interact with the service in ways that make sense to them can bring so much fun into your worship practice. The news we hear on Sunday is SO good, so let that goodness flow!

for hunt in your own back yard! These will be available for pick up on April 9th, Thursday from 9 am to 3 pm from the foyer of the Church office in the Social Center. Please take one per child. If you would like to place a "hold" on your bags contact Nancy. All bags were prepared with gloves on April 1st.

There's a limited supply of Family Faith and Easter Bags so come early or reserve yours by emailing Nancy Leardi : nleardi@fpcweb.org

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FIRST PRESBYTERIAN CHURCH OF METUCHEN
270 Woodbridge Avenue, Metuchen, NJ 08840

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INDONESIAN FELLOWSHIP

Hanya akan ada “Siaran Lansung” Indonesia Paskah service April 12 di Facebook.
Akan di siarkan di Facebook page gereja Kita.

Brenda Day akan menyediakan untuk music.
Pendeta Karmann akan berkhotbah.
Tiga sampai empat anggota Indonesia Service akan memberikan terjemahan Ibadah.

Tuhan memberkati kalian semua



Church Office

270 Woodbridge Avenue, Metuchen, NJ 08840
Telephone: (732) 491-2300 Email: fpc@fpcweb.org

Online Sunday Morning Worship : 9:30 am
Livestream on FPC Metuchen Facebook



First Presbyterian Church of Metuchen is a congregation of the Presbyterian Church (USA).