



THE EPISTLE

*The United Presbyterian Church of Cedar Grove New Jersey
February 2020*

TODD'S PRODS

Getting In Touch in the New Year

Our human senses of hearing, seeing, tasting, smelling, and touching are five distinct ways of knowing or experiencing the same thing, but in very different “languages.” True spirituality always brings us back to the original bodily knowing that is unitive experience. We cannot do all our thinking with our minds! During times of stress, remembering how to come back to our bodies can be tremendously beneficial. The following practice from meditation teacher Lorin Roche helps us connect with each of our senses and encounter something through each. Roche explains:

What happens is that your primary perceptions, unsocialized, get a chance to come out without editing. This trains you to let yourself be surprised by perception, to let new and fresh perceptions emerge.

This exercise also lets you practice giving speech to your immediate perceptions. Since childhood, you may not have had a chance to speak freely without editing first.

Set aside ten or so minutes to “play” with all your senses following Roche’s simple guide:

- 1. Sit or stand anywhere you like and let yourself get settled for a minute. Do any settling-down movements you want. Stretch or yawn. Then notice the ebb and flow of your breathing.**
- 2. Begin to speak softly saying, “Now I am aware of seeing. . . .” Continue by saying whatever comes to mind that is visual, whether it is in the outer world or a mental image. The sentence can be said very slowly. Go on like this for a minute or so, just speaking the sentence, “Now I am aware of seeing. . . .”**
- 3. When you get to the word seeing, say whatever image your mind or eyes are on at that exact moment. As in, “I am aware of seeing the rain.”**
- 4. Switch to another sensory mode, “Now I am aware of smelling . . .” and say whatever you are smelling.**

5. Continue this way, starting each sentence with “Now I am aware of . . .” and then choosing another sense. Improvise off your immediate perceptions. . . .

Move through the senses in any order you wish:

Now I am aware of seeing. . . .

Now I am aware of smelling. . . .

Now I am aware of hearing. . . .

Now I am aware of tasting. . . .

Now I am aware of touching. . . .

Now I am aware of moving (fast, slow, being still, etc.). . . . [1]

[1] Lorin Roche, *Meditation Made Easy* (Harper Collins: 1998), 59-60.

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THE CHURCH AT WORSHIP AND LEARNING



Our Learning and Worship Program. is still available for everyone.

It works like this. Children and Adults gather for worship. All are invited to pick up the biblically based education flyers, found next to the bulletins in the narthex. They contain games, crosswords; connect-the-dots, coloring items, etc to use with parents and/or other church members during the time of gathering or throughout the service. All the material will be associated with the scripture readings for that Sunday.

Please feel free to take copies of all the issues you may want to share with youngsters you know or work on them yourself. Pass the word and invite.

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Sundays 9:00 a.m.

Sanctuary

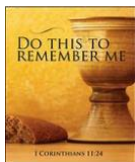
Sing praises to the Lord



SUNDAYS AT 10:00 A.M.

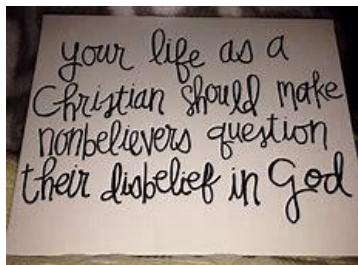
**Every Third Sunday:
Little Church Offering
for the
Human Needs Food Pantry**





Communion 2020 Through February

February 02



Happy New Year everyone! I hope you had a great Christmas and certainly hope the New Year is a happy and healthy one for you and your family.

Our Adopt a Family mission program in December was again very successful, and we thank everyone for their support. The Human Needs Food Pantry was also grateful for your donations and of all the items from under the mitten tree. I visited the HNFP recently and was very impressed with all they are doing both in the food section and the thrift shop. All donations are greatly appreciated. Our next mission coming up will be the One Great Hour of Sharing. They currently support programs in over 100 countries, helping people and communities through disasters and challenging situations. You will be hearing more about this program shortly.

Thanks everyone for your participation and continued support of our mission program. My best wishes to all in the coming year.

Barbara Senney/Mission Committee

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Human Needs Food Pantry (HNFP)

Happy Valentine's Day to you all! February is designated at the month to show love. However we at UPCCG have shown love throughout the year to the clients at the HNFP.

The end-of-year total for our donations through the Little Church offerings was \$423. This total was doubled through a matching grant, so our total was actually \$846. That is SUPER!!! In addition we sponsored the Adopt-A-Family and gave many wonderful gifts to them. We also gave many mittens, scarves, and gloves to the Pantry to distribute to the clients who came for food. Special thanks to Barbara Y for her knitted articles and to all of you for purchasing items for the tree and having friends donate, too. We wish you a happy day, month, and year fill with LOVE. As always, we thank you for you generosity.

Lois and Carolyn

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Annual Meeting and Luncheon

Please join us for our annual meeting and luncheon on Sunday, February 16th, 2020. We will meet to review 2019 and look forward to the 2020 planning with meetings of the Congregation and Corporation. Do you have something you want to discuss? Make sure you join us to share your thoughts. Immediately following the meeting, we will share in our annual lunch. Please keep an eye out for the sign-up sheet in the Narthex and make sure to sign up by February 2nd. See you there!

**Jamie Lynn Adams
Chair-Congregational Care**

Looking Ahead

- Annual Meeting – February 16th – Sign up now!**
- Lunch and Easter Craft – March 2020 - Our Christmas craft was such a hit, we are going to spread the Easter cheer too! Stay tuned for a March date to have a lunch and do an Easter themed craft together. Bring a friend!**
- 2020 – Craft night? Cooking night? Something music related? Let’s get more social! Give us some ideas and remember that our doors are always open. Bring a friend and spread the word about our services and social events!**

**Jamie Lynn Adams
Chair – Congregational Care**

What's Your Email Address?

I would like to get a more comprehensive email list together so I can ensure I am emailing as many people as I can when we send out either church announcements, e-vites, or anything else we may send via email. Please either write your email address on the list in the narthex when you are there some day or email me so I can save it! Please note that while mustangsally416@aol.com remains one of my personal email addresses, I am trying to keep church business together now and that email address is: unitedprescg@gmail.com . I just want to make sure we are reaching everyone that we can! Also, please note if you want to receive the E-pistle that Nicole sends out monthly. Thank you!

Jamie Lynn Adams
President of the Corporation



*02/14 John and Jean Hopkins Anniversary
02/16 Rich Wille Birthday
02/16 John Hopkins Birthday
02/16 Robert and Barbara Dunn Anniversary
02/19 Nick Grillo Jr. Birthday
02/22 Nicole Shaw Birthday*

UPCCG FAMILY CONTACT INFORMATION

We are updating our contact lists and want to make sure we have your information correct! Please complete and leave in Jamie Lynn's mailbox at your earliest convenience. Thanks!

Name

Address

City, State, Zip

Home Phone #

Cell Phone #

Email

Birthday

Anniversary

Preferred Method of Contact

FEBRUARY



LET ALL
THAT
YOU DO
BE DONE
WITH
LOVE.

1 CORINTHIANS 16:14 NKJV



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**The United Presbyterian Church
155 Commerce Road
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An Inclusive Community of Christians
Rooted and Grounded in Christ
Since 1959**

