



# THE EPISTLE

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

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**TODD'S PRODS**

**Stuck in the Body**

*In the West, we rely predominately on “head” knowledge, but our hearts offer us plenty of information as well through powerful experience of awe and empathy, joy and heartbreak (even if we choose to dismiss it most of the time). But it seems to me that we have lost or ignored the wisdom of the body almost completely. If we are not transformed by our pain, we will almost certainly transmit it to those around us, and we pass it on to future generations as well. Author and therapist Resmaa Menakem speaks directly about “bodily knowing” and the transmission of trauma from a historical and corporate perspective.*

**Our bodies have a form of knowledge that is different from our cognitive brains. This knowledge is typically experienced as a felt sense of constriction or expansion, pain or ease, energy or numbness. Often this knowledge is stored in our bodies as wordless stories about what is safe and what is dangerous. . . .**

**The body is where we live. It’s where we fear, hope, and react. It’s where we constrict and relax. And what the body most cares about are safety and survival. When something happens to the body that is too much, too fast, or too soon, it overwhelms the body and can create trauma. . . .**

**Trauma is not primarily an emotional response. [It] always happens *in the body*. . . . Trauma is the body's protective response to an event—or a series of events—that [the body] perceives as potentially dangerous. This perception may be accurate, inaccurate, or entirely imaginary. .**

**An embedded trauma response can manifest as fight, flee, or freeze—or as some combination of constriction, pain, fear, . . . reactive behaviors, or other sensations and experiences. This trauma then gets stuck in the body—and stays stuck there until it is addressed.**

***Menakem explains how layers of trauma have built up in the United States:***

**America is tearing itself apart. On the surface, this war looks like the natural outcome of many recent social and political clashes. But it's not. These conflicts are anything but recent. One hundred and fifty-six years ago, they spawned the American Civil War. But even in the 1860s, these conflicts were already centuries old. They began in Europe during the Middle Ages, where they tore apart close to two million white bodies. The resulting tension came to America embedded in the bodies of Europeans, and it has remained in the bodies of many of their descendants. Over the past three centuries, that tension has been both soothed and deepened by the invention of whiteness and the resulting racialization of American culture.**

**At first glance, today's manifestation of this conflict appears to be a struggle for political and social power. . . . While we see anger and violence in the streets of our country, the real battlefield is inside our bodies. If we are to survive as a country it is inside our bodies where this conflict will need to be resolved.**

***Let us pray: O Great Love, thank you for living and loving in us and through us. May all that***

*we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. [Please add your own intentions.] . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, amen.*

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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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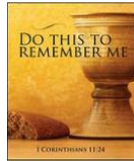


**Sundays 9:00 a.m.**

**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 Through February 2021**

January 5      New Year's Communion  
Elder of the Month: Barbara Senney

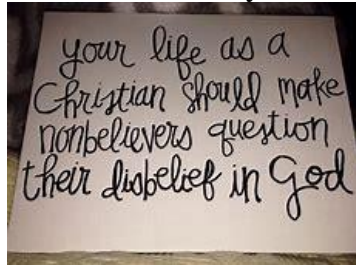
February 2      Transfiguration  
Elder of the Month: Kim Faison

June 7              Day of Pentecost  
Elder of the Month: Cindy Coryell

July 26             Independence Day Week  
Elder of the Month: Kim Faison

October 4        World Communion  
Elder of the Month: Karen Williams

January 2 New Year's Communion  
Elder of the Month: Barbara Senney



**Beginning this month you will be hearing about The One Great Hour of Sharing program. This program is a long-standing ecumenical effort, started in 1949, aimed at raising funds to provide relief and reconstruction for communities in the aftermath of disaster. What started as an hour-long radio station appeal has evolved over the years to become the most participated-in offering in the PC(USA). Each gift to The One Great Hour of Sharing serves to help change the lives of people here and abroad through relief from disasters, food for the hungry, and support for the poor and oppressed. Your support will be greatly appreciated.**  
Barbara/Mission Committee

**Barbara Senney/Mission Committee**

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**HUMAN NEEDS FOOD PANTRY (HNFP)**

**With the mild weather we've been having I feel as if spring is right around the corner, as I believe many of you do, too. Hope we won't be fooled!**

**Just want to alert you to the fact that March is the last month for heavy-weight clothes to be accepted at the HNFP. However winter coats, boots, hats, scarves, or the like will not be accepted as the Pantry is getting ready for spring clothes.**

**I found out that the Pantry is trying to fulfill a commitment to provide each family of clients with one set of new sheets this year. Many have been donated but many families received a rain check. It would feel wonderful if our church could supply a set or two to this worthwhile endeavor. Please let me know what you think and I will speak to Barbara S about this when she arrives back from being with her daughter in sunny Florida.**

**This is the time of year when shelves are low. Thanks to several food drives, particularly Kings, and ShopRite, many bags of food were purchased by shoppers and picked up by the Pantry. Also, independent food drives have added food to the shelves at the Pantry. Right here in Cedar Grove a 16 year old girl distributed 160 flyers in her neighborhood and is in the process of collecting food. It is especially wonderful to see young people who are thinking of others.**

**We wish you a happy and healthy March. As always, we thank you for your generosity to others through the HNFP.**

**Lois and Carolyn**

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**Annual Meeting and Luncheon**

**It was a smaller than expected turn out for our annual meeting this year, but we got a lot accomplished! I feel great about the year ahead. Thanks to all who came for their support and stayed for the lunch. We had “make your own sandwiches” and salads, a delicious cobbler from Lois and brownies from Cindy! Hope to see you all more this year!**

**Jamie Lynn Adams  
Chair-Congregational Care  
Clerk of Session**

**I want to wish a warm, friendly and thankful welcome to Ruth Naef for coming onboard to be Clerk of Session! With Sandy gone, we had some big shoes to fill! Ruth has been Clerk in the past and we are excited that she is joining us to share her own wisdom with us again. Thank you and welcome to the team!**

**Session**

**We Need Your Contact Info!**

**In creating an email list, I realized we have a lot of other updating to do. We would like to get all contact information up to date for everyone. I have included some sheets to fill out in the pews and narthex, but you can also email me or let me know if there are any updates to make to yours. Please make sure you include:**

**Name**

**Address**

**City, State, Zip**

**Home Phone**

**Cell Phone**

**Email Address**

**Birthday**

**Anniversary**

**Preferred method of contact**

**If you would like to receive the E-pistle, please let us know as well. We want to make sure we can keep everyone in the loop and reach out when necessary.**

**Thank you!**

**Jamie Lynn Adams  
On behalf of the Session**



*03/5 Margaret Steel's Birthday*  
*03/7 Barbara Senney's Birthday*  
*03/7 Anthony Jones Jr.'s Birthday*  
*03/8 Margaret & Walter Williams' Anniversary*  
*03/17 Tony Jones' Birthday*  
*03/27 Alma Jones' Birthday*





## EASTER FLOWERS

Easter Lilies may be purchased to honor loved ones, and will grace our sanctuary on Sunday April 12<sup>th</sup> Easter morning. The cost is \$11.75 per plant. The plants may be picked up immediately following the worship service.

**The deadline is Sunday, March 29<sup>th</sup>**

**Please use the form below. Remember to include your check made out to UPCCG.**

Your Name \_\_\_\_\_

Please order \_\_\_\_\_ (number) lilies in honor/in memory  
(circle one) of

Please order \_\_\_\_\_ (number) lilies in honor/in memory  
(circle one) of

Please order \_\_\_\_\_ (number) lilies in honor/in memory (circle  
one) of

**Total number of lilies**

**Total cost (*check enclosed/or cash*\_\_\_\_\_)**

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**The United Presbyterian Church  
155 Commerce Road  
Cedar Grove, NJ 07009  
An Inclusive Community of Christians  
Rooted and Grounded in Christ  
Since 1959**

