

May, 2021

The Epistle

The Newsletter of the United
Presbyterian Church of Cedar Grove, NJ

“No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.” (Matt. 5:15)

A Tribute to Ruth Naef

BY JAMIE LYNN ADAMS



Ruth Naef was a pillar in her family, of this church and community for so many years that it is hard to believe she has gone to be once again with her late husband, George. I still want to call her to chat, send her a card or drop some cookies to her. I will miss those phone calls for sure.

Last month, we lost a true gem. And although she is finally at peace after a short but rough battle, we will miss her so much in this church.

I was going through some old files the other day and saw so many things with her name signed on them and “Ruth & George”

listed for events, missions and more. It is amazing to see how much of the church she has helped in shaping for us today! Growing up, I spent a lot of time with the Naefs, since Pete & George were always together here and outside of church – they were my auxiliary grandparents, and I always felt Mrs. Naef was a grandma I never had. I think we all agree that she deserves wonderful recognition here!

After a wonderful tribute service led by Pastor Todd, and with special thanks to Rev. Ed Clydesdale for all his support and reflections, I wanted to make sure we continued the dedication to such an amazing, strong woman! Her name has been engraved on a leaf and put on the Tree of Life in the Narthex – right above George’s! – and by the time this goes out, we will have planted a rose bush in her memory. We would like to have a dedication ceremony when we can be together in the summer or fall for the bush added to the “Garden of Life,” as I like to call it here at the church. Please keep an eye out for details on that event, and we hope you can be there with us!

Ruth touched the hearts of so many people, and this is the very least that I can think of doing to remember such an amazing person. I hope we can all recall what her family called it while she battled those last days, “#RuthieStrong,” and keep her love going in her memory.

Thank you, Mrs. Naef for the wonderful memories, your amazing coleslaw, and most of all, the love you shared with us all. Till we meet again, keep that smile, and tell Georgie Boy we say hi!



One Great Hour of Sharing

This year, we did a little something different for One Great Hour of Sharing. Rather than collect change, we went digital. After collecting online and cash donations, we matched your donations to the Human Needs Food Pantry. Thanks to your generosity, we were able to collect a generous amount of money to help people in need. We raised \$300 and donated \$600! Thank you to all who participated!



Cedar Grove Library Program

Love reading? Go to the library!

The Cedar Grove Library is open for pick-up (you still cannot go in and browse as of right now but hopefully soon). Can't get out? They are looking to start a program for people who are housebound or have trouble getting out and would like to borrow some books. The details are still being ironed out but if you would like more info, please email marrin@palsplus.org who can answer any questions. Please pass this along to other township residents! The summer is a perfect time to read more and enjoy a great escape into a good book!

Human Needs Food Pantry

The food pantry is still overrun with people who need help as the pandemic dwindles but still had hit many in our community hard. If you ever want to help, we have an ongoing donation box in the Narthex, or you can drop them directly to the food pantry in Montclair. Below is a list of items they are always in need of:

- Canned goods and non-perishable food items (no glass jars please)
- Baby formula, diapers, and wipes
- Fresh produce and baked goods (only if it can be delivered ASAP)
- Feminine products
- Soap, napkins, cleaners, personal hygiene goods
- New undergarments in all sizes for men, women, and children
- Dog and cat food (wet or dry) and litter

The Pantry also has a wish list on Amazon that is updated regularly with their most needed items, which can be sent directly to the HNFP at any time. [You can find the list by clicking here.](#)

Moving Forward

We know we have experienced one of the craziest times of our lives and hope we can stay together while we are a part. Do you have an idea for a team activity we can do together? Something you want to do as a Bible Study (or video study as Pastor Todd has thought of)? Something we can do as a community for Cedar Grove? Any suggestions at all for us? Please let a Session member know and we will be happy to explore our options and make it happen!

Easter Lilies

We decided to honor and remember loved ones virtually this year with a video honoring and remembering our loved ones. Thank you for your participation! The funds raised will go to mission giving, and we hope you planted something to watch it grow for your loved one. If you would like to watch the video, you may view it [HERE](#), as part of our online worship gathering for Easter Sunday, or as a stand-alone video by clicking [HERE](#).

In case you missed it, here are those you honored:

- Silvia DeLara
- Robert E. Senney
- Pete Williams
- Ruth Naef
- Cindy Coryell
- Langston Faison
- Mahmoud Mathis
- Gladys Faison
- John H. Jones
- Lenora Parrish
- Mildred “Brooksie” Adams
- Charlie, Lois, Rich & Diane McNamara
- Jamie Lynn Adams

Ready to Get Together?

With nicer weather and vaccinations underway, maybe we can get together before we worship together! If you are interested in a BBQ, a bring-your-own-food lunch, if that is more comfortable for people, or some sort of small event – even just a meet and greet – maybe we can try for this summer. Let Jamie Lynn know if you would be interested at all and what summer month or dates would be most ideal for you. We can even just gather at the church on the lawn for a reacquaintance for a short time. We miss you and want to see you soon!

UPCCG Reboot

Cedar Grove 2.0?

Over the past several years, we have noticed the TV and movie world rebooting all kinds of favorites. Why not reboot some of the UPCCG favorites? At our last Session meeting, we talked about potentially hosting some sort of town-wide Flea Market like we used to do in the past where we can get vendors to purchase slots for their goods, have a food station, craft vendors, and more. This would be a great thing both for a church fundraiser and a town-wide event. It will help remind our neighbors we are here too! Another reboot may be the Easter egg hunt for 2022. There are so many fun things we used to do that we think we can start up again. We would love your support and ideas! Did you have a favorite fundraiser, community event or just UPCCG sponsored activity that you loved and want to see brought back? Let Jamie Lynn know, and we will try to make it a reality! Let the good times roll!

Gathering for Worship Online

Community and Communion on Zoom

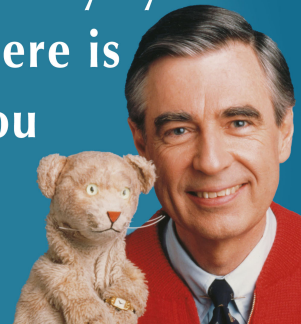
As our community life is transformed in many ways, we are so grateful that we are able to worship each week via Zoom networking.

As you know, Session has suspended “in-person worship” until further notice. We will hold worship services online each Sunday at our usual gathering time of 10:00am. Invitations with the details for attending both the worship services and the weekly check-ins are sent out each week. Further information about our online worship gatherings, and recordings of previous gatherings, can be found on the [church website](#).

Our zoom gatherings allow folks to participate via desktop computer, laptop, smartphone with audio and video. A dial-in number is also available if you prefer to participate by telephone. I invite you to follow the [United Presbyterian Church of Cedar Grove Facebook page](#) and tune in each week.



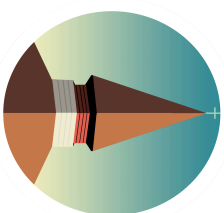
"If you could only sense how important you are to the lives of those you meet; how important you can be in ways you may never even dream of. There is something of yourself that you leave at every meeting with another person." Mr. Rogers



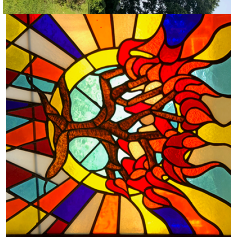
*Fred McFeely Rogers
(March 20, 1928 – February 27, 2003),
also known as “Mister Rogers,”
was an American television host, child advocate,
author, producer...
and Presbyterian minister.*

May 2021

Happiness Calendar



UNITED
Looking Up
The United Presbyterian Church of Cedar Grove, NJ



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

This month, take care of your physical, mental, and spiritual health.

Get vaccinated. And let's get together this summer!

1 Watch an uplifting film this weekend.

2 Start the week by joining us for worship online. UPCCG.com

3 Take time to feel and name your negative emotions.

4 Limit your consumption of the news to reduce stress.

5 Work through your struggles by journaling.

6 Try meditating during the day for a better night's sleep.

7 Do something today to support your community.

8 Listen to music from another culture.

9 Start the week by joining us for worship online. UPCCG.com

10 Volunteer for a cause you believe in it might just make you healthier.

11 Clear your clutter to calm your mind.

12 Talk with young people about current events.

13 Go easy on yourself if you're feeling antisocial these days.

14 Go out of your way to give someone a hug.

15 Get in some exercise today. Your brain will thank you!

16 Start the week by joining us for worship online. UPCCG.com

17 Take one step toward a more sustainable lifestyle.

18 Cut down on sugar to see if it improves your mood.

19 Try playing a game with others. It could strengthen your relationships!

20 Figure out what your strengths are and how to apply them in your daily life.

21 Lower any unrealistic expectations in your relationships.

22 Be kind to yourself when you're struggling.

23 Start the week by joining us for worship online. UPCCG.com

24 When you want to relax, turn on a soothing song.

25 Check in with teens to see how they're handling the pandemic.

26 Look at the world through the eyes of a child.

27 Strive to provide a sense of safety and security for your loved ones.

28 Remind yourself what motivates you to do the work you do.

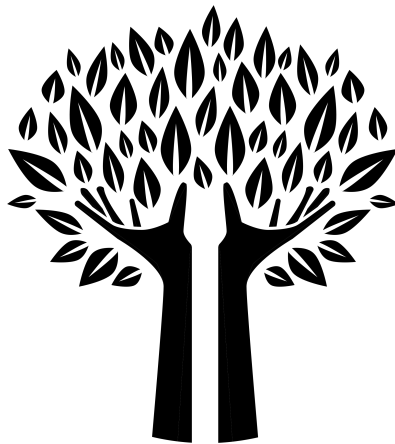
29 Talk with young people about morality and what it means to be a good person.

30 Start the week by joining us for worship online. UPCCG.com

31 Let's build a more compassionate society after the pandemic.



*The Epistle is a monthly publication of
The United Presbyterian Church of Cedar Grove*



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

