



Dear Friends,

One once said: “the church is the best place to shed a little light on the uncertainties of life.”

Preaching professor Tom Long tells a true and familiar story that comes out of the little Georgia country church where he grew up. The older folks of that congregation loved to tell the story again and again. They laughed over it and shook their heads, and maybe they embellished a detail or two in the retelling.

The tale took place on a certain Sunday night in October of 1938. This was back in the days of Sunday-evening prayer services. The preacher was right in the middle of his sermon when a man named Sam... a member of the congregation and well known to everyone... burst through the church doors, trembling with fear. It took him a moment to catch his breath, but then he blurted out, “It’s the Martians! They’re attacking the earth in spaceships! Some of ‘em have landed in New Jersey!”

Now, Sam was not a man given to flights of fancy; nor was he fond of practical jokes. He was a straight-arrow sort of guy. From the look in his eye, and his earnest tone of voice, it was clear he believed every word he said.

The poor preacher didn’t know what to do. He had never imagined, in his wildest dreams, that his sermon might one day be interrupted by news of an interplanetary invasion. The preacher just stared at Sam. “I swear it. I heard it on the radio.”

What Sam had heard, of course, was Orson Welles’ now-infamous Mercury Theater of the Air radio broadcast of *The War of the Worlds*. It was a fictional story, meant to sound like a real radio broadcast. It fooled many people. The announcer said at the beginning it was only a story, but if you tuned in a few minutes late, you missed the context and were very likely to think it was real, “we interrupt this program,” sort of news bulletin.

After a few moments of awkward silence in the church, one of the oldest members of the congregation got up to speak. He was a farmer, a plain-spoken “man of few words.”

“I ‘spect what Sam says ain’t completely true. But, if it is, I know this. We’re in the right place here in church. I say we go on with the meetin’.” And so, they did.

As Tom Long puts it, “The old farmer sized it all up, measured it against his rough-hewn view of providence and decided it was better to be in church praising God than running around the cow pasture shooting buckshot into the night sky.”

I recall the story that tells us of a time when Jesus couldn’t be found by Mary and Joseph. They looked everywhere for him, and after a long time searching, found him in the temple teaching the church leaders. I always liked his response to his parents, which was: “where do you think I would be but in my Father’s house.” The old farmer was right. Out of all the places we could be... church, many times, is the better place to be. Just a thought for the summer. I can’t wait until we’re all back!

Blessings,

Pastor Jim



Mark Your Calendars

Worship/Facebook Live/Communion 10:30 am.....	July 4
Worship Facebook Live 10:30 am.....	July 11
Worship Facebook Live/10:30 am.....	July 18
Facebook Live 8:00 am.....	July 20
Facebook Live 8:00 am.....	July 21
Facebook Live 8:00 am.....	July 22
Facebook Live 8:00 am.....	July 23
Worship Facebook Live 10:30 am.....	July 25
Facebook Live 8:00 am.....	July 27
Facebook Live 8:00 am.....	July 28
.Facebook Live 8:00 am.....	July 29
Facebook Live 8:00 am.....	July 30

CURRENT EXPENSES



Amount pledged	\$140,352.00
Anticipated monthly contributions	\$11,696.00
Contributions should be	\$70,176.00
Contributions to date	\$71,264.00
Over/Short: + \$	1,088.00

FACEBOOK DEVOTIONS: Our daily Facebook Devotions will be on hiatus from July 1st-16th. Pastor Jim will resume on July 20th. There is too much going on with the kitchen remodel in the next couple of weeks. Be well and thank you for your understanding.



First Presbyterian Church

Phone 908-689-2547 Fax 908-689-7911
Web site: www.washingtonfpc.org

Pastor, James Scovell; Directors of Music, Peter and Julie Stevenson;
Administrative Assistants Kerri Caldaro
Church School Coordinator, Jean Bowers.

Worship: 10:30 a.m.
Fellowship Time: 10:00 a.m.

August issue will be published on **July 30th**. The deadline is **July 26th**. Please submit articles to the church office or by email to: office@washingtonfpc.com



4th of July:

On the morning of the 4th of July, if there is anyone is interested in helping to put the famous Log cabin together please contact Kerri at 908-689-2547 or email the church office@washingtonfpc.com



Volunteer cooks

(or shoppers) needed – This year's Mission Project will be the renovation of the Manse kitchen. It will be taking place 7/10/21 – 7/18/21. Having in here, gives all of us an opportunity to participate. My task is to coordinate evening meals for Pastor Jim and Gail. We are asking congregation members to prepare and deliver evening meals for Pastor Jim and Gail. Volunteers are welcomed to prepare enough for themselves and join PJ and Gail for dinner in the church Parlor. Those interested, please let me know if you can make a meal or supply a gift card to a local restaurant and if you would like to join PJ and Gail for dinner. I can be reached at (908) 689-4865 (home #), via e-mail at psalm23emk@comcast.net, or by text (908) 619-1091. Peace to you, Elly Kresser



PRAYER CORNER

Dear Lord, we come with eyes eager to see you, ears straining to hear you and hearts longing to meet with you. We come with minds open to your teaching and with hands and feet ready to respond to your leading. We see the needs around us as great, and we recall that you are the Great Provider and Sustainer. As we pray for our loved ones and friends, help us, by the power of your Holy Spirit, to bring healing and comfort to all those in need.



those ill or recuperating at home: Michael Housman, Joyce Parsons, Bart Schott, Karen Happel, Alfred Bowen, Ruth Dilts, Bob & DJ Pesaniello, Carley Miller Heatley, John Westlake, Esther Wasser, Grace Sweet, Sue Wiedman, Bob & Joan Anderson, Tempe Schramm, Vickie Brown, Nancy Penman, Bob Schuch, Ralph Martin, Charlie Wright, Marion Kingsbury, Kerry Webb, Peggy Westlake, Grace Murphy.

relatives of church members: Elinor Bettie's sister Jane, Rick Perry's sister Kathy Hubert, Laura Housman's mother Betty Machauer, Roberta Kugelmeyer's niece, Fred Kulick's brother in-law Jon, Bob & Joan Anderson's son Robert Scott, Tami Phelps cousin Jimmy, George Van Veldhuisen's brother Bill, Peggy Westlake's brother Dave, Elaine Boreman's mom Florence, Jean Scovell, Sarah McLeod's son, Lawrence Lewis, Barbara Miller's cousin Kayla Norvis, Jolene Foley's cousin Dan, Stacie Ullrich's husband Rick, Martha Kenny's cousin Bob, Eleanore Jensen's son and daughter-in-law, Phyllis & Warren Kearns' son, Joan Miller's brother & sister in-law, Nancy Vlossak's niece, Ken Dirkes' wife & great grandson, Betty Ann Roseberry Wright's sister, Vicki Tensfeldt's mother & niece.

those in care centers: Connie Allen.

those in mourning: The family and friends of Rick Perry's sister Kathy Hubert.

friends of the church: Joseph Caldaro, Kerri Caldaro's friend Terri Lynne Boswell, Jean Bowers friend and his family Thomas Ferranti Jr, Joan Millers friends Walter & Pat Reedell, Elinor Bettis's friend Ginna Zukswert, Carol Novak, Ruthann Lambert, Marion Hoskin's daughter Michelle, Joan Miller's friend Sarah Armbrrecht, Florence Hagemann Philip Hagemann's mother, Joan Miller's friend Patty Fratticcioli, Christine Otto, Jason Ford, Lisa Groff, Hoskins & Gerard Families, Bill Trachin, Fred Mosher, Gale Soler, Ellen Gulick, Jessica Yerance, Robin Halozan, Tori Reade, Kris Miller, Bob Best, Markie DeVoe, Mark Christie, Vlossak family's friend Hallie, Shirley Pulsinelli.

also, pray for our servicemen and women and their families: Albrecht's nephew Captain Kyle Mogensen, Vimp Smith's grandson Cory, D.J. & Bob Pesaniello's grandson Ryan, Stephanie Farley's nephew John, Kathy Perry's nephew Jimmy, Bob & Barbara Schuch's, grandson Adam, Elaine Boreman's nephew Drew, Linda Darwin's friend Sean Devine.





BIRTHDAYS THIS MONTH



July 9	Kris Vlossak
July 12	Aidan Duncan David Errickson
July 23	Joan Anderson Bette Fitting
July 28	Rob Plenge Jr.

July 29	Bob Anderson
July 30	Paul Tensfeldt
July 31	Rebecca Forsbrey



HAPPY
BIRTHDAY

MUSIC NOTES

JULY 2021

Do you ever lie in bed at night, unable to sleep due to the thoughts racing around your mind? It's amazing that I can sometimes feel very tired and as I lay my head down on the pillow to sleep THAT is when my brain seems to think it is a great time to try and solve all the world's problems! You may already have a great practice that works for you to help you relax into a good night's sleep. If you would like to try something a little different, here is what I have found that really works for me.

Music truly can soothe the soul and calm the mind! Humming is very primal. It feels so natural and is reminiscent of when I was a baby held in my Daddy's arms as he sang or hummed lullabies to me. Sometimes I hum a real tune but usually I just find a comfortable low pitch and hum away. It feels like buzzing behind my nose. I try to hum rather loudly so that the vibrations in the throat and chest are felt strongly.

As I keep this humming going, I start my tapping routine. With fingertips (all except thumbs), I gently begin tapping a solid straight rhythm on the top of my head. Then I move down to the hairline on my forehead and continue to tap all along the edges of my face, taking my time and sometimes staying in one spot for a bit. When I finally reach my chin, I then move my fingertips up to the nose and tap along the sides of the nose, then just underneath it. Next is the clavicle bones. At this point, I slow the tapping down to try and match the rhythm of my heartbeat. I also stop humming and now just focus on the beat of my heart. By this time I usually feel quite calm and ready to drift off.

This technique is called EFT (emotional freedom technique) also known as "tapping" or "psychological acupuncture" and it has been successfully used in many settings to help ease stress. In a 2013 study, researchers studied the impact of EFT tapping on veterans with Post Traumatic Stress Disorder against those with PTSD receiving *standard care*. Within a month, participants receiving EFT coaching sessions had significantly reduced their psychological stress. In addition, more than half of the EFT test group no longer fit the criteria for PTSD.

There are also some success stories of people who suffer from anxiety using EFT tapping as an alternative treatment. It has even been used in school classrooms to settle children into a calming state for a more peaceful learning environment.

I added the humming part myself and I find the combination of the vibrating pitch filling my chest cavity in addition to the tactical tapping works wonders in calming my mind. Another example of the power of music!

Love and Peace (and sweet dreams),
Julie Stevenson



MISSION TEAM

The Mission Team is thrilled to announce that our “**stay close to home**” mission project will be July 10-17 and will primarily be a makeover of the Manse kitchen. Current, former and new mission team members are encouraged to participate in this kitchen transformation. We can’t think of more deserving people than Gail and PJ and this will be an excellent capital improvement to valuable church property.

We have been a team comprised of many talented and skilled volunteers, never daunted by the overwhelming projects we have been asked to take on over the years. Regardless of skill level, there is always something to do for everyone. The project transformations are always dramatic and are worth the trip every time.

In addition to eager volunteers, we need additional funds to really make this kitchen special. If you can’t contribute your time but you want to support the project, please consider making a donation. No amount is too small, or too large for that matter! We have provided our “shopping list” of items and expenses we expect to incur for the project. Please indicate if you want your contribution to go towards a specific Item. An anonymous donor has agreed to match any contributions up to \$2,500. How fun will it be to see the shopping list paid in full through generous donations? In addition to the big ticket items like the cabinets and countertops we will have the following expenses.

Cooktop vent-	\$500
Dishwasher-	\$750
Paint & Supplies-	\$125
Kitchen faucet-	\$250
Sink-	\$550
Electrical supplies & lighting-	\$500
Plumbing labor & supplies-	\$600
Tile backsplash-	\$350
Flooring-	\$600
Knobs & pulls-	\$150
Dumpster rental-	\$875

HOORAY!

Great News! We’ve reached our goal for all the items on our list. Your continued support is greatly appreciated . I’m sure there will be some unexpected costs as they into the project.

Checks can be made payable to First Presbyterian Church of Washington and on the note line please indicate “Mission Project”. If you have questions please reach out to either of us. Bruce Wilson 908-208-5241 brucewils61@gmail.com Karen Wilson- 908-625-5085 karensWilson61@gmail.com

TOGETHER WE CAN

CHURCH PICNIC



Thank you to everyone that made this year's church picnic such a wonderful event. Special thanks to the membership committee, Ian Allen & Ellen Kalnas for grilling and supplying the grill, Pastor Jim for grilling the hot dogs and Elly Kresser for much needed manpower. Food was fantastic and seeing everyone together again was even better!



COMMON ELEMENTS

By Gary Disch

The answer words in each pair below have two things in common: Both are members of the same category (like trees, actors, etc.), and both contain an identical three-letter sequence. Fill in the blanks in each pair with the same three letters in the same order to get the words. For example, given the pair CAB__E and RUTA__A, you'd add BAG to get CABBAGE and RUTABAGA, both vegetables. How many of the following common elements can you identify? *Answers, page 177*

1. SWE__ __MARK
2. __L T__Z
3. SUP__OR __E
4. S__N EL__N
5. S__ __DOCK
6. S__PIO CAPRI__N
7. __CE P__D
8. B__ZE I__
9. S__M R__IGH
10. VE__ URA__
11. __SS __CKERS
12. G__TS IND__S
13. __CH __R
14. C__ER __HUR

PRESTO CHANGO

By N.M. Meyer

Change one letter in each of the three words in each line below to get three new words that are members of the same category. For example, given BIRTH, YAK, and PINT, you could change a single letter in each to get BIRCH, OAK, and PINE. No rearrangement of letters is necessary. *Answers, page 178*

1. AMPLE DEMON GRANGE

2. SQUIRE OPAL ECLIPSE

3. PORCH HEARING TUNE

4. CROCKS PHONY DAILY

5. BRIDLE WAIST HEARTH

6. PARROT PAISLEY RAVISH

7. COOPER ICON CRANIUM

8. SCORCH GUN WHISKER

9. ANGLE KNEW GRIST

10. TICKLE CANTER FALLBACK

11. TANGY BUSTLE LITTERBUG

12. COLOR DISH BRACKEN

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Worship/ Communion In-Person and Facebook Live 10:30 am Happy 4th Parade at 3:00 pm	5	6	7	8	9	10
11 Worship In Person/ Facebook Live 10:30 am	12 Manse Kitchen Remodel	13 Manse Kitchen Remodel	14 Manse Kitchen Remodel	15 Manse Kitchen Remodel	16 Manse Kitchen Remodel	17 Manse Kitchen Remodel
18 Worship In Person/ Facebook Live 10:30 am	19	20 Facebook Devotions 8:00 am	21 Facebook Devotions 8:00 am	22 Facebook Devotions 8:00 am	23 Facebook Devotions 8:00 am	24
25 Worship In Person/ Facebook Live 10:30 am	26	27 Facebook Devotions 8:00 am	28 Facebook Devotions 8:00 am	29 Facebook Devotions 8:00 am	30 Facebook Devotions 8:00 am	31