

odist Church of Red Bank Broad Street | Red Bank NJ 07701 | (732) 747-0446

UMC Red Bank is a Church open to ALL to CONNECT with God and others, to GROW in our faith, and to SERVE in love

Greetings from my time away for renewal! Don't worry, I submitted this article before my leave started; I am guarding my time for rest and spiritual renewal carefully. In this season of renewal, I have gotten to thinking a

Email: office@umcredbank.org

Where stress and faith intersect...

congregation said to me, "You look rested. I'm glad you took some time off. I could tell you really needed to get away!" I've learned that when my energy and spiritual stores are running low, I tend to get impatient and short with people, which is not a good thing for a pastor! Time to rest and de-stress is necessary! This got me thinking about the ways in which stress affects our attitudes, our decisions, and our relationships. Invariably, everybody is facing stressful circumstances. The question is not if stress is present, but the degree of intensity and timing. Stress in job situations is strong right now, particularly with concerns about the future. Family stress in the midst of strained relationships is quite frustrating and discouraging for some. Health

problems from minor cuts and colds, though chronic conditions, to the all-out chemo battles has been and will continue to be a constant reality because our human bodies are imperfect and fragile. How do we treat others in the midst of these times of stress? If we're honest with ourselves, we must admit that we don't always handle stress as well as we should. More troubling, is that sometimes we allow stressful

will just understand and give us a by if we cause harm as a result of our response to stress. Sometimes getting away is necessary, though rarely is it a cure-all. For many of us, the stress we are dealing with will be present for months if not years. Most importantly, is the need for self-examination, to diligently pay attention to how stress affects us and understand the points at which we are most vulnerable to break. This can only happen through diligent times of prayer and study. Prayer is needed so that God will open our eyes to ourselves, to a real knowledge of not only our strengths but our weaknesses.

Jesus said, "Come to me all you who are weary and heavy-burdened - I will give you rest." As we let these words wash over and comfort us, may we remember that managing our stress and doing the self-examination is part of the process of allowing God to lift the burdens from our shoulders and see us through. I pray that we can all find time and space to reflect on that which brings stress to our heart and mind, and as we offer it into the hands of God, that we would find strength in knowing that we are never alone, that we can find rest and renewal in the One who Creates, Redeems, and Sustains us.

Pastor Gess Rev. Jessica B. Naulty

PASTOR JESSICA NAULTY'S RENEWAL LEAVE: JANUARY 21—FEBRUARY 16

body, mind, and spirit and ready to lead afresh. Rev. David Henritzy will be serving as interim pastor during this time. If you have any questions or pastoral care needs, please don't hesitate to contact Rev. Henritzy at davidhenritzy@verizon.net or 914-584-3160.

DIRECTOR OF CHILDREN & YOUTH MINISTRIES **ELAINE DAWSON** 732-747-0446, EXT 11, ed45yrs@aol.com

Bagels and Faith: At 9:00 on a Sunday morning you can find a dozen plus teens in the basement God Squad Room learning about the life of Jesus, world religions, world and personal issues, outreach and mission and we all have a good time together. If you are in 7th-12th grade join us for bagels and Faith.

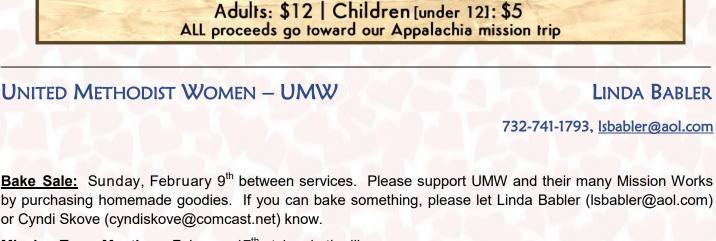
SUNDAY SCHOOL Nursery Care: 9:45-11:15 in room 109 Toddlers: Room 110 Pre-K-2nd: Room 112 3rd-6th: Basement Club 77 room February is Black History Month so we will be discussing justice and friendship. We will also be

Bible Basics class for the Pre-K-2nd graders. We will also look at the relationship between Ruth and Naomi and the importance of family. The children will learn about Lent and Ash Wednesday. Why

> during Lent. Maybe we eat too much candy so we could take a break from that. Maybe we don't read the Bible enough. Maybe we could do that during Lent. What will you do to

> All Youth Groups will attend our Ash Wednesday Service on February 26th at 7:00.

ecourtney@umcredbank.org **Lenten Evening Music Series** Every Tuesday in March, from 7:00-7:30, come to center yourself with the beauty of music. Each week will feature a different group of musicians, and we invite you to be



children that are baptized at our church. We now are providing baby and preemie caps for Monmouth Medical. We also make red prayer shawls for the confirmation class each year. Our next dedication of prayer shawls and caps will be in May, lots of time to finish up a prayer shawl or caps. If you would like to be

lounge.

you cards. Card sales help UMW support our missions.

invited, to attend, just come join us.

Prayer Shawl If you can sew, knit or crochet, you are needed. We also are making baby blankets for the

Maker's Place is an initiative of the United Methodist Church of Greater New Jersey. The goal is to connect neighbors in Trenton with neighbors from central New Jersey, by opening a new neighborhood resource center that empowers poor and marginalized people in our capital city. Last year we collected over 4,000 diapers for Maker's Place. We are collecting diapers again the month of March. We are hoping to have their director, Michael Reed, as the speaker for our general meeting on March 7th. Mark your calendars,

part of this ministry contact Linda Babler or Helen Vetter. We meet on the 3rd & 4th Saturdays at 10AM in the

Box Tops for Education: UMW collects labels to help the Red Bird Mission in Kentucky. Please take a moment and clip the label off the products you normally use and leave them in the box by the mail bins in the

LEARNING TREE KARA CRESPO learningtreepreschoolredbank@gmail.com Learning Tree will begin the month of February with a Silent Art Auction. Each class will be creating a LOVE themed painting for families to bid on. The paintings will be on display for bidding from February 2nd—7th during Learning Tree hours. Please stop by and take a look! Our registration process for the 2020-2021 school year is underway. We still have

team you hope will lose. We're back with your choice of 16oz of chili, with meat or vegetarian, for \$8 each or 2 for \$15. Packaged in microwaveable, freezer-safe, reusable containers, tougher with cornbread! Stop by the HUBOB table in Fellowship Hall on Sunday mornings or call Marion Kleiner at 732-918-9587 to place your order. Be sure there is plenty of room in your freezer so you can stock up!

REMEMBER: IT IS ALWAYS TIME TO HUBOB!

I am very excited to share we ended 2019 with a balanced budget! We were able to accomplish this through the efforts of every one of us. Efforts that resulted in reduced expenses, a slight increase in giving and an

HUBOB wants you to enjoy the best chili around while you cheer on your favorite team—or yell against the

our goal of financial sustainability. THANK YOU, to all of you, for the role you have played in this effort. And THANK YOU for your continued generosity. When our gifts come together, we make a difference in ways we never imagined. 2019 was my last year as Finance Chair. Please join me in welcoming Andy Judkis to this new role! Bobbie Ridgely.

members are hospitalized.

SHOP WITH SCRIP

increase in receipts from other sources.

financial position to start the new decade!

Please bother us!! Communication is crucial in letting us know when members of this congregation are hospitalized or ill. We would rather be told multiple times than to not know at all. So, let Pastor Naulty know, leave messages at

church, or email us at office@umcredbank.org. Remember that hospitals no longer contact clergy when

with a credit card (there is a 2.6% per transaction fee). We'd LOVE to enroll you into our program. You'll need our unique enrollment code, so please send an email ShopWithScrip® to hackler@optonline.net with the subject "Gift Cards," and I'll send you an official invitation with our enrollment code and all

Clean Out Your Closets and Help Fundraise for the God Squad!

You can drop off your clothing donations at Sunday morning services; as well as before Youth Group every Wednesday in January. The God Sauad will be available to help bring your

You can reload cards that you already have such as Starbucks, Barnes and Noble, Target, Old Navy, Home Depot, Bath and Body Works, Acme, and about 170 others. You can also get electronic paper cards from

You can pay by **securely** linking your checking account (there is a 15 cent fee per transaction) or by paying

help offset our operational costs and the group application must be approved by the Trustees. If you know of a group that might be looking for space on Saturday mornings, please have them reach out to our church office at 732,747,0446. MEMBERSHIP GEORGE SCHILDGE gschildge@crpindustries.com

Nelcome Sunday, March 1, 9am in the Library: Orientation to the United Methodist denomination

Please address questions to Pastor Jess or George Schildge

New Membership Class: We will be welcoming new church members on Sunday, March 8 during regular morning services. All who wish to become full members of our congregation are invited to join and attend one or both of the following preparatory meetings, led by Pastor

Sunday, February 23, 9am in the Library. Orientation to the Red Bank United Methodist

Have you ever had questions about the transition from conservative to liberal theology? Is there an aspect about liberal theology that just doesn't make sense? Join us on February 23rd in Room 114 as we launch our first week of The Bridge! We will be discussing progressive theology and the many questions surrounding the diverse beliefs and differences between liberal and conservative theology. The 9 week program will invite a safe space for questions about the Bible and how Christianity fits into diverse belief systems. I hope to see

MCPHERYON

JANIE SCHILDGE

jschildge@optonline.net

lot about stress and the way we respond when we're under pressure, especially when we're feeling overwhelmed. I recall one time in my last appointment when after returning from vacation, someone from the

circumstances to justify or excuse our bad behavior. We get short with each other, our anger surfaces more easily, hurtful words fly out of our mouths. But we cannot lie to ourselves, convincing ourselves that people

For four weeks, Pastor Jess will be away on a Renewal Leave. She will return refreshed and renewed in

Rev. Henritzy will be headed out of town on vacation on Feb. 11th, so from February 11-16th, all pastoral care needs will be covered by Rev. Jessica Campbell, pastor of the Hamilton UMC in Neptune. Rev. Campbell can be reached at pastorjessicacampbell@gmail.com or 845-893-9267.

do we get ashes on our foreheads? Lent is a time of sacrifice so we will look at Lent and see what we could sacrifice

during the 10:00 worship service if you have a toddler through 6th grade.

looking at the Beatitudes and how Jesus wants us to live. On February 9th Elaine Dawson will be doing a

sacrifice during Lent? How can we be better people?

Fellowship Hall. Please join us!

Last Sundays Are All-Sing Sundays!

If you want to sing in the choir, but don't want to make a commitment to every Sunday, you can sing with us on the last Sunday of each month for the 10am

Sunday School: We are having a wonderful time in Sunday School this year. Join us

MUSIC OPPORTUNITY **EVAN COURTNEY** fulfilled with meditative listening. The third week will feature a short Taizé service, which is centered around meditative singing. Feel free to bring supper beforehand to eat in

Please join us to start off Lent in a Holy and contemplative way.

service! Just come up to the balcony at 9am and helpful choir members will get you set up to sing! Contact Evan for more details.

Join us Saturday February 8th from 5pm to 7pm For Our Annual God Squad Spaghetti Dinner Spaghetti and Cheese Ravioli with our famous homemade meat or marinara sauce

by purchasing homemade goodies. If you can bake something, please let Linda Babler (Isbabler@aol.com) Mission Team Meeting—February 17th at 1Рм in the library. Book Club – Meets the 4th Saturday of the month at 1PM in the Library. Our book for February 22nd is Educated by Tara Westover. Susanna Circle: will be meeting at the church in the Lounge on February 4th at 6:30. All ladies are

Mildred-Ruth Circle will meet on Thursday February 13th in Room 114 beginning at 12:30 рм. Bring your lunch as we begin our meetings with lunch together. Dessert and beverages are provided. All are welcome

<u>Craft Group:</u> will meet on the second and fourth Tuesdays (February 11 & 25) in the Library Lounge area from 11AM to 2PM. Bring your snack to eat during our short lunch break. We will be creating Valentine cards and will start making St. Patrick's Day cards and Easter cards! Stop by the card table in Fellowship Hall on Sunday mornings for holiday cards and also birthday, get well, sympathy, thank you, and thinking of

hall outside the Church office.

will be sold between services on March 1st for \$5 per container.

A NOTE FROM THE OUTGOING FINANCE CHAIR

balanced budget and our 2020 Stewardship Campaign results puts us in a good

We have made a tremendous amount of progress over the last 18 months toward

already have. We still benefit from the rebates and you benefit from convenience.

such stores as Starbucks, Kohl's, Panera, Amazon, Apple, and about 410 others.

bring some diapers (or your checkbook) and enjoy some light refreshments. This is a very important meeting, please plan to attend. More information as we get closer to March. Ash Wednesday services & soup. Join us February 26th at 12 noon in Squire Chapel as UMW hosts Ash Wednesday Service with Rev. Jessica Naulty. Ashes and Communion will be given. A light soup lunch in

Room 114 will follow immediately. Offering to be given to help Camden Neighborhood Center. Leftover soup

spots in our classes, so please continue to spread the word about our preschool! This month we will continue our support to the Backpack Crew by collecting oatmeal. H.U.B.O.B MARION KLEINER

In addition to this great news, we exceeded our 2020 Stewardship Campaign goal of \$300,000 with a total pledged giving amount of \$300,583 towards the general budget and \$22,670 pledged to Outreach giving. This represents an increase over 2019 pledged giving of nearly \$30,000. The combination of our 2019

732-918-9587; marionkleiner@gmail.com

BOBBIE RIDGELY

bjridgely@yahoo.com

KATHY HACKLER

hackler@optonline.net Did you know you can now order gift cards online at shopwithscrip.com and get them almost immediately? Instead of bringing us a check on a Sunday morning, you can print out e-cards or reload cards that you

donations into the church. Please put your items in plastic garbage bags that are tied/sealed. We collect any CLEAN WEARALBE clothing (free of stains and tears). LOTHIN Items included are: Clothes/Coats

MEETING SPACE FOR COMMUNITY PARTNERS

Did you know our church offers space to non-profit community partners who are looking for regular, weekly, or monthly meeting space? We currently have space available on Saturday mornings for this purpose. We ask groups to contribute a usage fee in order to

the information you need to know to sign up.

kakers@drew.edu

your mind, strengthen your body and open your heart. "Remind me never to ask the Youth Group to help fold the church bulleting again." GREEN FAITH

ASH WEDNESDAY You are invited to join us as we begin a journey to Easter

in the Sanctuary

Speaker: Rev. Jessica Naulty Ashes and Communion will be given

Offering to be given to help camden Neighborhood Center

Leftover soup will be sold between services on March 1st for \$5

 Paired Shoes Handbags Linens (including towels, curtains/drapes) (No Blankets or Pillows) BOBBIE RIDGELY GREEN TEAM bjridgely@yahoo.com Please Remember—Reduce, Reduce, Reduce, Reduce, Reuse, Recycle... Our TREX® Challenge for a Greener Earth is scheduled to end on February 28, 2020. We have already collected 157 garbage bags of plastic weighing 475 lbs! In the month of February, we will celebrate our efforts by inviting everyone to drop a bag of plastic at one of our local collection sites and receive a re-usable shopping bag. We are actively seeking volunteers who would like to continue on with organizing and managing this recycling effort. This could be someone from our church or someone from a neighboring church or community partner organization. Please see Janie Schildge or Bobbie Ridgely (bridgely@yahoo.com) for more information. Any plastic marked with a 2 or 4 recycle symbol can be donated. A good rule of thumb is plastic that can be stretched is acceptable, plastic that crinkles is not. Universally accepted items are: Pallet wrap and stretch film • Grocery bags • Bread bags • Case overwrap •Dry cleaning bags • Newspaper sleeves • Ice bags • Wood pellet bags • Ziploc® food storage bags • Produce bags • Bubble wrap and air pillows • Salt bags • Cereal bags • Plastic shipping envelopes Please note, it is VERY IMPORTANT that ALL materials are CLEAN, DRY AND FREE OF FOOD RESIDUE! THE BRIDGE CASE AKERS (THEY/THEM)

workout for the older adult done standing or sitting on chairs. Call Janet at 732-284-8222 or the church office for more information. PRANA FLOW YOGA - Join us every Wednesday morning from 9:30-11AM in room B1 for Prana Flow® Yoga. Tiffany McCann will instruct the class to calm

HEALTH AND WHOLENESS OPPORTUNITIES

BALANCE AND STRENGTH TRAINING - Join the group to strengthen balance and fitness led by Janet Tartaglia, on Tuesdays at 12PM in room B1. A no impact, no mat

you there!

This year, we really need strong action on many fronts to protect our environment and keep our planet sustainable. Please help us. We are looking for ideas for our spring Green Fair, tentatively scheduled for April 19th. Last year's fair stated our action on reducing single stream plastics by joining the TREX project. We have also provided alternatives for shopping bags, food storage bags, straws, and other single-use plastic products. Would you like to help us plan for the April Fair? We welcome displays, games, Pollinator protections, milkweed seeds, and other insect- and bird-friendly seedlings. Does your school environmental club have a project or short video you can share? We welcome you to join us on the Green Planning team. Please contact Janie Schildge at 732-741-0528 if you can meet during the 2nd or 3rd week of February. And thanks for your good stewardship of our precious and fragile Earth.

umw will also sponsor an Ash Wednesday Service

Wednesday, February 26th at 7pm

At 12 noon in Squire Chapel A light soup lunch in Room 114 will follow immediately