

United Methodist Church of Red Bank
247 Broad Street | Red Bank NJ 07701 | (732) 747-0446

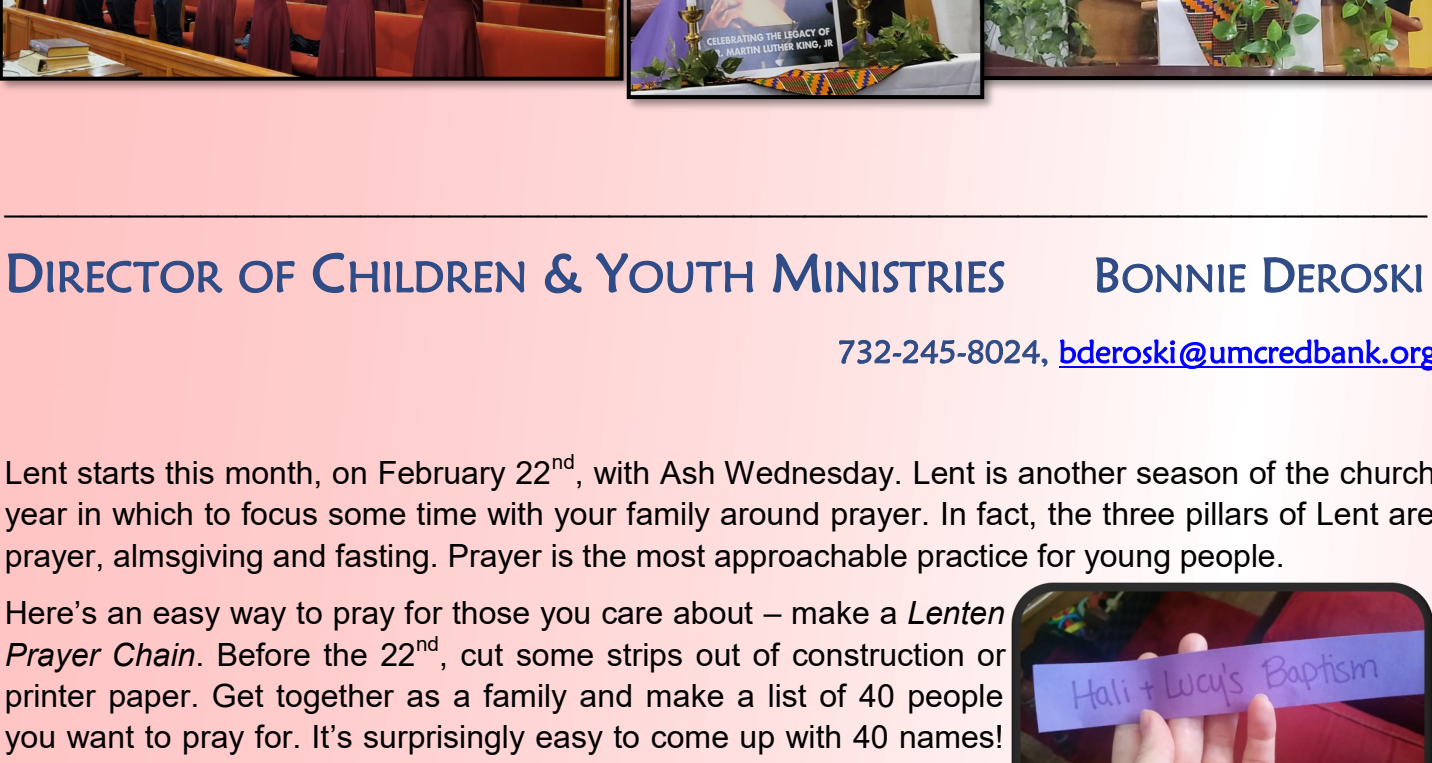
Online: www.umcredbank.org
Email: office@umcredbank.org

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

On Monday, January 16, Pilgrim Baptist Church of Red Bank hosted the Rev. Dr. Martin Luther King, Jr Commemorative Celebration. This year's event featured: the Red Bank Regional High School Choir, the Red Bank Charter School 2nd & 3rd Grade Choir; the Long Branch High School Air Force Jr. ROTC, Video presentations and special greetings from local political & community leaders. The Rabbi Doug Sagal (Congregation B'Nai Israel of Rumson) inspired the capacity crowd and hundreds tuning in through the Live Streaming platform, with a stirring message of hope and faith. Following the service, Pilgrim provided a meal for all those in attendance. Community partners also distributed materials and resource information related to services available to the community. Proceeds for the event will be donated to the Hope & Comfort Center of Red Bank (see attached information slide show). For further information about the event or to learn more about the Hope & Comfort Center, please call: 848-260-9076. (Photos by: Millie Jeter)

Grace and Peace,

Rev. Cameron Overbey



DIRECTOR OF CHILDREN & YOUTH MINISTRIES

BONNIE DEROSKI

732-245-8024, bderoski@umcredbank.org



Lent starts this month, on February 22nd, with Ash Wednesday. Lent is another season of the church year in which to focus some time with your family around prayer. In fact, the three pillars of Lent are prayer, almsgiving and fasting. Prayer is the most approachable practice for young people.


Here's an easy way to pray for those you care about – make a *Lenten Prayer Chain*. Before the 22nd, cut some strips out of construction or printer paper. Get together as a family and make a list of 40 people you want to pray for. It's surprisingly easy to come up with 40 names! Then write the names on the 40 strips of paper and put them in a jar or basket.



Each day of Lent pull a strip and pray for that person. Once you've pulled the strip out and prayed, tape it and connect it to the others and to make a paper chain. As Lent goes on, the paper chain gets longer. Then at Easter, use the chain as part of your decorations.

If you're looking for some other ways to introduce the themes of Lent to your young children, check out Traci Smith's book, *Faithful Families for Lent, Easter, and Resurrection: Simple Ways to Create Meaning for the Season*. She also offers some excellent theological notes guiding parents on addressing the violence of the crucifixion and the meaning of Jesus' death.



Saturday February 25th from 5pm - 7pm marks the return of our God Squad Spaghetti Dinner!!!

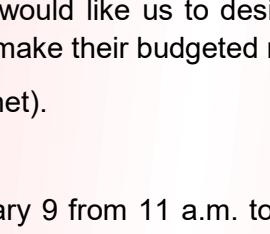
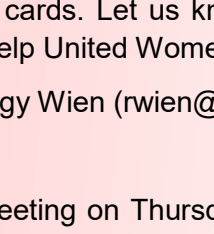
Spaghetti and Cheese Ravioli with our famous home made meat or marinara sauce!

Adults: \$15 | Children (under 12) \$8

Advance ticket sales online & in Fellowship Hall after service

UNITED METHODIST WOMEN / UNITED WOMEN IN FAITH

GERRI PORANSKI 908.247.1259 gporanski713@yahoo.com



We are still working on the administrative and financial details required to change the name of our group from United Methodist Women to United Women in Faith. Please continue to watch for both names.

A team of eight ladies made great progress deep-cleaning the church kitchen on January 14th. Efforts included cleaning all ovens, the refrigerator, and cupboards and drawers. Please note: responsibility for keeping the kitchen clean (wiping up spills, washing dirty dishes and putting away clean ones, and discarding out-of-date food from the refrigerator) rests with you and everyone else who makes use of the kitchen facilities. Please be considerate of the others who use this shared space!

CRAFT GROUP

Craft Group plans to meet on Tuesday, February 14 and Tuesday, February 28 from 10 a.m. to 2 p.m. in the Lobby above the Church Library. Please come for all or as much of that time as you have available. We do take a short break for lunch. We will be working on St. Patrick's Day cards and looking ahead at Easter cards. Anyone who would like to bring their knitting or crocheting is invited to bring their handiwork to do with us too!

We will be featuring our VALENTINE CARDS on Sunday mornings after Church (February 5 and 12), along with our usual assortment of cards. Let us know if you would like us to design specific cards for you. Your purchases (at \$1.00 a card) help United Women in Faith make their budgeted mission donations.

Any questions? Contact Peggy Wien (rwien@infonline.net).

MILDRED-RUTH CIRCLE

Mildred-Ruth Circle will be meeting on Thursday, February 9 from 11 a.m. to 12 noon in the Lounge. At our January meeting, we picked Star Words for 2023, and we will briefly discuss how those words have impacted us thus far. Please bring any items you would like to share with Circle members. We may also be spending some time updating the former UMW Bulletin Board in Fellowship Hall.

We welcome other ladies to join us for our hour of fellowship. For more information, contact Peggy Wien at 732-842-5424.

BOOK CLUB

Book Club will be meeting on Thursday, February 23 at 1 p.m. in the Lounge. Our book for February is *More Than You'll Ever Know* by Katie Gutierrez. The description states that this project is told through alternating families and is both a gripping mystery and a wrenching family drama.

All are welcome to come to our Book Club meetings! For more information, contact Helen Vetter or Peggy Wien.

CHURCH LIBRARY

Helen Vetter has donated five new books which are now available in the Church Library:

- ◆ *Endling #3: The Only* by Katherine Applegate (ages 10 and up). Would Bye be the last daime alive (an ending)? Or would she find more of her kind.
- ◆ *Odder* by Katherine Applegate (ages 8-12). A story about a remarkable sea otter.
- ◆ *Willodeen* by Katherine Applegate (ages 9-12). A story about a girl who risks everything to help a handmade creature who comes to life.
- ◆ *They Stole Our Hearts Book 2* by Daniel Kraus (ages 10 and up). This book is the sequel to "They Threw Us Away" about a group of teddy bears looking for a place to call home.
- ◆ *The Librarian of Basra: A True Story* by Jeanette Winter (ages 4-7). This book with a lot of pictures tells the story of a librarian who struggles to save her community's library (with 30,000 books) in war-stricken Basra, Iraq.

GREEN FAITH

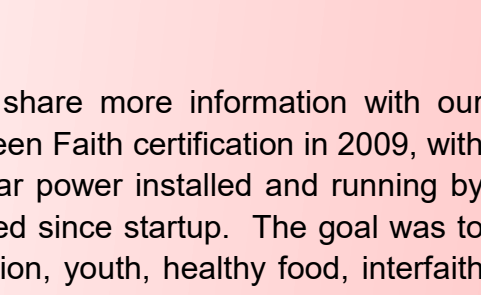
JANIE SCHILDGE

732.741.0528 jschildge@optonline.net

Happy 2023 from Green Faith! We hope you have ideas to share so that we can keep greening our planet and help educate our families and neighbors about solar and wind power and invasive species that are pushing native plants and trees out. We invite you to learn more about what is going on and join our green faith efforts. The paragraph below is from Laura Bagwell, chair of the Eatontown Environmental Committee, and head of the task force that works to prune invasive species.

Thanks for caring for our planet Earth!

Monmouth Invasive Species Strike Team (MISSST): In its second year, MISSST held 15 invasive plant species work parties at the F. Bliss Price Arboretum and Wildlife Sanctuary, totaling 126 volunteer hours. Normally held on the first Saturday morning of the month, we added an evening work party in July, August and September. We work on different areas of the 47 acre park, mainly cutting invasive vines - mostly English Ivy, Asiatic Bittersweet, and Porcelain berry - off trees, as well as pulling garlic mustard and wineberry. We have not used any chemicals as of this time. We hope perhaps our DPW can spot treat some stumps to see how that works. In addition to our local Eatontown residents, we have been fortunate to have volunteers from Colts Neck, Shrewsbury, Middletown, Fair Haven, Red Bank, Long Branch, Tinton Falls, Ocean Township, Oceanport. This project is a partnership with Eatontown's Shade Tree Commission, Department of Public Works, Beautify Eatontown, and Green Team. If you want to join the email list, contact me at L.Bagwell3@verizon.net. We appreciate everyone's support of this important project, and thank all of the wonderful volunteers who have helped us so far!



GREEN TEAM CHURCH COUNCIL REPORT

JANUARY 22, 2023

We met to go over our Green Faith pledge and how we can share more information with our congregation. Janie led a short discussion of the history of our Green Faith certification in 2009, with application and start with initial events of audits in 2010, and solar power installed and running by January 2011. Our carbon savings are 1,076,000 lb. of CO2 saved since startup. The goal was to involve the entire congregation, and programs of worship, education, youth, healthy food, interfaith programs, and trash!

From 200-2013 a Capitol Campaign was run for green improvements on our property such as roof replacement, insulation and window replacement along with other projects. There was youth involvement in audits of trash and plastic, Green Fairs with displays and programs and Trex project collecting single use plastic to earn a recycled bench for our playground. Our community involvement was with other denominations and interfaith efforts with temple and mosque visits, and environmental vigils and projects.

Ken Glossbrenner will be leading Adult Education on a book titled Climate Church, Climate World, published in 2018, on the serious moral issues of preserving a livable planet. This will be 7-8 on Wednesday evenings. Ken suggested that we need to hear success stories about our planet, and what individuals, small groups, cities, and countries have done to lessen global climate change.

There was a discussion about: gas power blowers on church property, with a suggestion that we buy electric blowers for our grounds keeping, and family activities such as pollinator garden, and adult and youth participation in weeding, and understanding of no pesticide use on our property so that insects and other pollinators can thrive, and an update on recycling efforts in our congregational communities. Janie asked everyone to send in the recycling rules for their hometowns, so we can post in church and online. We will also be using organic coffee from the Equal Exchange ministry, and hopefully the GF budget can pay for this coffee, which benefits small fair trade farmers globally.

It was suggested that we share a Lenten calendar of earth friendly activities, and Pastor Cam will work with Barbara Roguski on this project, to begin on Ash Wednesday. Janie asked all present to contact the Governor's office to request that April be designated NATIVE PLANT MONTH.

Dates to Save:

Feb. 12 – Green Team meeting – all interested are welcome to join us.

Feb. 22 – Lent begins on Ash Wednesday – beginning of our green Lenten ideas

April 1 – Spring Beach Sweep

April 22 – Earth Day

April 29th – WORK DAY for the Earth – Invasive pruning, and Native Plant education

VOLUNTEER OPPORTUNITIES

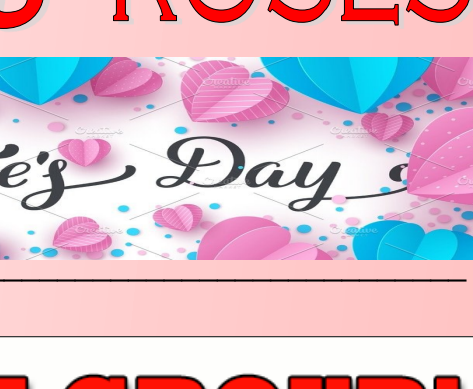
Do you want to be more involved with our Church's mission and programs? The Nominations Committee has many opportunities to get involved. Please speak with [Pastor Cam](#) or [Barbara Roguski](#) if you are interested in learning more. Click on their names to send an email inquiry.



Our Youth Groups need an organized person to help coordinate and confirm dinner cooks and clean up crew. No need to be at the church; this job can be done on computer and phone. Contact Bonnie Deroski at bderoski@umcredbank.org or 828-828-9420 for more information.

JOIN OUR WORSHIP TECH TEAM!

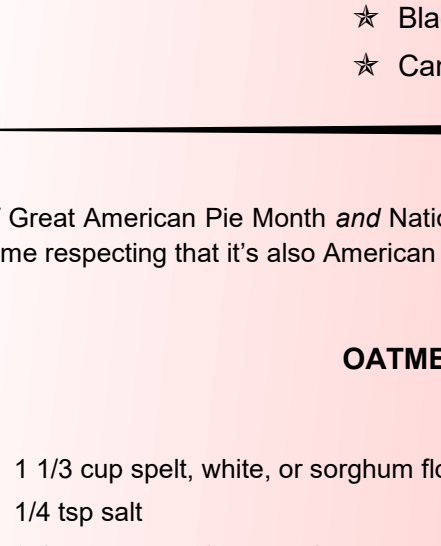
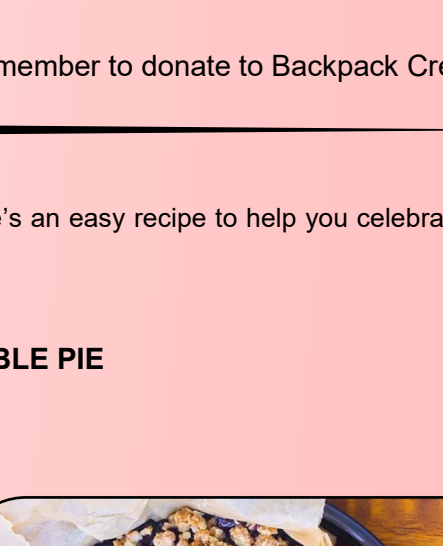
If you enjoy working with computers and cameras, you should join our worship tech team! Contact Evan Courtney (ecourtney@umcredbank.org) or Jim Stonaker (jimbo.stonaker@gmail.com) for more information about how to get involved in this unique and fun ministry.



Please accept our virtual gift to you:

ROSES roses ROSES roses
ROSES roses ROSES ROSES
ROSES roses ROSES ROSES

Happy Valentine's Day

FOR MORE INFO, VISIT <https://www.umeredbank.org/youth-programs/>

February			
See below for all the special people and occasions we celebrate this month			
1 st - Wednesday	National Freedom Day	12 th - Sunday	Superbowl Sunday
3 rd - Friday	Bubble Gum Day	14 th - Tuesday	National Organ Donor Day
4 th - Saturday	Eat Ice Cream for Breakfast Day	17 th - Friday	Random Acts of Kindness Day
8 th - Wednesday	Boy Scout Day	20 th - Monday	President's Day
9 th - Thursday	National Pizza Day	22 nd - Wednesday	Ash Wednesday
11 th - Saturday	Make a Friend Day	26 th - Sunday	Carpe Diem Day

- ★ American Heart Month
- ★ Black History Month
- ★ Canned Food Month - remember to donate to Backpack Crew!



In honor of Great American Pie Month and National Cherry Month, here's an easy recipe to help you celebrate (while at the same time respecting that it's also American Heart Month):

OATMEAL CHERRY CRUMBLE PIE

- ◆ 1 1/3 cup spelt, white, or sorghum flour (160g)
- ◆ 1/4 tsp salt
- ◆ 3 tbsp pure maple syrup, honey, or agave
- ◆ 1/4 cup oil (44g)
- ◆ 3 cups pitted, frozen cherries
- ◆ (Tip – buy frozen because they are already pitted)
- ◆ pinch stevia OR 1 tbsp sweetener of choice
- ◆ 1/2 cup rolled or quick oats (40g)
- ◆ 1/2 cup spelt, white, or sorghum flour (60g)
- ◆ 1/8 tsp salt
- ◆ 2 tbsp pure maple syrup, honey, or agave
- ◆ scant 1/8 tsp uncut stevia OR 4 tbsp granulated sugar
- ◆ 3 tbsp oil (33g)

Instructions

- Preheat the oven to 350F.
- line the bottom of an 8-inch round pan, springform, or removable-bottom tart pan with parchment, and set aside.
- In a large mixing bowl, combine the first two ingredients, then stir in the 3 tbsp maple syrup and 1/4 cup oil to make a dough. It will seem dry at first, but just keep stirring until it turns into a dough.
- Smooth evenly into the prepared pan. Press down hard, and bake 12 minutes on the center rack.
- Toss the cherries and pinch stevia or tbsp sweetener, then spread evenly over the baked crust.
- In a third bowl, combine all remaining ingredients. Sprinkle the crumble evenly over the cherry layer.
- Bake 50 minutes. Allow to cool 20 minutes before removing the springform or cutting slices.

*If you don't have an 8-inch pan, the pie also works in a 9-inch pan if you double the entire recipe.

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 Cam know, leave messages at church, or email us at office@umcredbank.org. Remember that hospitals no longer contact clergy when members are hospitalized.