



# The Eagle

August 2018

## *What's Happening this Summer...*

*July 1—September 2*  
Summer Breakfasts

*Tuesday, August 7*  
Knitting & Crocheting

*Sunday, August 12*  
Food Donations for  
CFA are Due

*Monday, August 20*  
&  
*Tuesday, August 21*  
Mental Health  
First Aid Classes



## Pastoral Epistle

Here we are in the height of the season, and caught between this time of slower schedules and summer vacations before the fall and academic year begins anew. We revel in the refreshment of sunny days and cleansing rains that warm our souls and cool our bodies. I am rejuvenated by the smell of the forest as I hike, the lushness of gardens in full bloom, the chill of a swim in a mountain lake or stream, the thrill of riding the ocean waves. I especially enjoy gathering with family and friends for laughter around the grill or a campfire and lingering into the evening with the setting sun. These are a few of the joys of summer that help to renew me.

For me, the changing seasons are a cycle of blessings as I am continually reminded of the abundance of God's grace and gifts given so freely to me. With the strength from renewal and refreshment I am able to also give love in abundance. And that is what we are all called to do, give abundantly of the love and blessing we are freely given so that the world may know God through us. We give graciously with leadership. We give by renewing and forging new relationships that invite us to listen and share deeper truths. And with this truth we are empowered to work for the wellness of our communities and world. Just as this building was built by love, we are called to transform our world with love as we banish fear and living in a scarcity mode, and replace that with living in and sharing the abundance that is all around us. (Ask me about Holy Currencies: Six Currencies for Sustainable Missional Ministry!)

*Continued on the next page*

## PRIEST IN RESIDENCE

The Rev. William Cruse

## ST. JOHN'S WARDENS

Ken Bledsoe, Sr. Warden

Janice Hardy, Jr. Warden

## VESTRY

Nancy Abbott

Kristin Canty

Jason Farrar

Carolyn Greenberg

Lynda Hammond

Kevin Haas

Barry Hardy

Pat Tarbutton

John Woods

## CLERK OF THE VESTRY

Barry Hardy

## FINANCE CHAIRPERSON

Nancy Abbott

## TREASURER

John Greenberg

## BOOKKEEPER

Ellen Joyce



## The Eagle

Ellen Joyce, Editor

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Articles can be submitted in  
writing, or by E-Mail to:

ellen.joyce@

stjohnsramsey.org

Our lectionary readings for the Sundays this month will invite us to put on the whole armor of God, and be imitators of God by putting away evil and falsehood and speaking truth in love, being filled with the Spirit, and giving thanks in all things. Nourished by the bread of heaven on which we feed, we will never be hungry or thirsty, and will live forever. Hope in abundance! We, too, must feed the multitudes, not only through our participation in feeding ministries, but also by nourishing the hearts and souls of friends, family, co-workers and our communities with words and actions that promote the physical and spiritual wellbeing of all God's creation. In this way you and I can "lead a life worthy of the calling to which [we] have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace." (Eph. 4:1-3) Strengthened by our faith, nourished with Spiritual food, and refreshed by summer joys, we are ready to work beside God to co-create the beloved community. Amen/I'm in!!

Your servant in Christ – Bill+

## The Next Knitting/Crochet Group for the Seamen's Church Institute

Our next get-together, making scarves and hats for the Seamen's Church Institute, will be on **Tuesday August 7th** from **2 till 4PM** at the home of the Frasers' 62 Martis Ave, Ramsey, NJ



All are welcome!

We'll knit, chat and eat cake!

If you are able to attend or would like more information please call Jane Fraser at 201-825-8033.

## St. John's Summer Breakfasts



Breakfast is served between the 8 and 10 o'clock services from July 1<sup>st</sup> to September 2<sup>nd</sup>. We may face some logistical challenges this year as work is done in the Parish Hall area but we plan to hold the breakfasts "rain or shine!". Please do join us while helping the Center for Food Action feed hungry New Jersey children, who may otherwise think no one really cares.

# Hunger Doesn't Take a Summer Vacation

In fact, hunger increases in the summertime when low-income children do not have access to school meals. The Center for Food Action fills the gap with its **Summer Lunch Service** and **Weekend Snack Pack Program**. These resources furnish healthy, kid-friendly, easy-to-prepare snacks to at-risk children who might otherwise be hungry over the summer.

**St. John's can help by preparing lunch bags for kids in need!**

**Please return all items to the Parish Hall by Sunday, August 12th.**

## **Donation items needed:**

- **Cold Cereal:** Individual Serving 1 ounce box — Low Sugar
- **Fruit Cup:** 4 ounce size – peaches, pears, mandarin oranges or mixed fruit (NO APPLESAUCE please)
- **Juice:** 6-3/4 ounce box - 100% juice
- **Microwave Meal:** Chef Boyardee, 7.25 ounce microwaveable Chicken with Rice; Lasagna or Spaghetti with Meatballs
- **Mac & Cheese:** 7.5 ounce box (for a meal plus leftovers)
- **Snack:** Nutri-Grain Fruit Bars
- **Milk:** 8 ounce box individual boxes, shelf stable, no flavored milk

Please read labels carefully and make sure all products are nut free. Items should be individual serving, except for the Mac & Cheese box

Any questions? Please contact Lynda Hammond ([lyndaham@optonline.net](mailto:lyndaham@optonline.net))

# Mental Health First Aid Classes Offered in Ramsey

August 20<sup>th</sup> & 21<sup>st</sup> OR August 22<sup>nd</sup>



The horror headlines of drug overdoses, suicides, anxiety attacks, shootings, deep depressions, teenage alcoholism, and more are all too familiar. Nearly all these problems have a common thread—they involve people struggling with a mental health issue. While these problems are society-wide, we can do something locally. Community leaders with influence, like yourself, can be especially effective by knowing how to respond confidently to individuals undergoing a mental health crisis and then help them secure the help they need.

To that end, The Ramsey Municipal Alliance—supported by the Ramsey Board of Health and the Bergen County Department of Health and Human Services—will be offering two sessions of a course in Mental Health First Aid in August at Ramsey High School. Like a standard First Aid course, the Mental Health First Aid course will provide participants with the tools they need to interact initially with a person in crisis, and connect them with the help they need. The program's content will include common risk factors and warning signs for specific mental illnesses. The course also offers concrete tools and answers to questions like "What should I do or say to someone experiencing a mental health crisis?" and "Where can the troubled person find appropriate professional, peer, or social services?"

Please share this information with your parishioners and any others who might be interested. The course has received excellent—even rave--reviews from past participants.

Here are the particulars:

**Evening session: Aug 20<sup>th</sup> and 21<sup>st</sup> from 6:00 PM -10:00 PM**

**(must attend both sessions)**

**Day session: August 22<sup>nd</sup> from 8:30 AM to 4:30 PM**

**Place: Ramsey High School—Lecture Hall**

There is a small fee . Additional details with more information about the Mental Health First Aid initiative, and the registration forms are in the Church Office and in the Parish Hall.

# Kool Kids Summer Church School

The St. John's *Kool Kids* summer program is a wonderful opportunity to interact with our young members of the congregation. The sessions begin at 10:00 AM in the Parish Hall, with the children joining their parents to celebrate the Eucharist at 10:35 AM. *Kool Kids* summer sessions - August 5<sup>th</sup>, 12<sup>th</sup>, and 26<sup>th</sup> - offer involvement in different activities, such as a "Read to Feed" activity for Heifer International, packaging summer bag lunches for the Center for Food Action, Christmas crafts for St. John's Annual Holiday Fair, and promoting *Acts of Kindness* initiatives. For further details, contact Lynda Hammond at 201-788-0433.

*Mark your calendars:* Opening Day of St. John's Church School is Sunday, September 9<sup>th</sup> at 9:45 AM. Church School classes will be held in the classrooms on level one in the building. Parents will meet in the Parish Hall to review/update Church School registration forms and "Photo Release" documents. An email with further Church School details will be sent to all St. John's families by September 2<sup>nd</sup>. Please email any changes in home or email addresses to our Parish Administrator, Ellen Joyce, so that the files can be updated before the beginning of the Church School year.

## St. John's Kool Kids Summer Church School Program

August 2018

### Volunteer Leaders of Summer Sessions

<u>August 5<sup>th</sup>:</u>	_____
<u>August 12<sup>th</sup>:</u>	Packing Summer Lunches
<u>August 19<sup>h</sup> :</u>	Family Service Sunday
<u>August 26<sup>th</sup>:</u>	_____

**Projects could include:** *Acts of Kindness, Bag Lunches for Children at the Center for Food Action, Preparing a Meal for St. Paul's Men's Shelter, Gardening Adventures, Christmas Crafts for the St. John's Holiday Fair, Chiku Awali Children's Book Collection, "Make Your Own Instrument" for a Sing-Along, Yoga, Heifer International "Read-a-Thon" Sunday, Fleece Scarves for Children (CDC Christmas Project)...or one of you own ideas!*



# St. John's Episcopal Church School & Baby Care

Registration Form for Program Year 2018-2018

## Parent / Guardian Information:

September 2018

**Mother's Name:** \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone No: \_\_\_\_\_ Cell Phone No: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Father's Name:** \_\_\_\_\_

Address: \_\_\_\_\_

(If the same as above, please leave blank)

Home Phone No: \_\_\_\_\_ Cell Phone No: \_\_\_\_\_

Email Address: \_\_\_\_\_

\*Preferred contact person: \_\_\_\_\_

\*Preferred method of contact: Home Phone or Cell Phone (circle one)

\*Preferred email address \_\_\_\_\_

## Children Who Will Be Attending St. John's Church School / Baby Care

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Birthdate: \_\_\_\_\_

*Special Needs, Medical Concerns, Allergies:* \_\_\_\_\_

Continued on the back

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Birthdate: \_\_\_\_\_

*Special Needs, Medical Concerns, Allergies:* \_\_\_\_\_

\_\_\_\_\_

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Birthdate: \_\_\_\_\_

*Special Needs, Medical Concerns, Allergies:* \_\_\_\_\_

\_\_\_\_\_

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Birthdate: \_\_\_\_\_

*Special Needs, Medical Concerns, Allergies:* \_\_\_\_\_

\_\_\_\_\_

### Photo/Publicity Release

I give my permission to use my child(ren)'s name, photo, or voice in either media publications, St. John's website, or in church publications to help promote events and programs at St. John's Episcopal Church in Ramsey. Should I feel otherwise at any time in the future, I will notify the Church School.

**Child(ren)'s Name(s)**

**Parent(s) or Legal Guardian(s) Signature**

\_\_\_\_\_

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***Thank you!!!!***



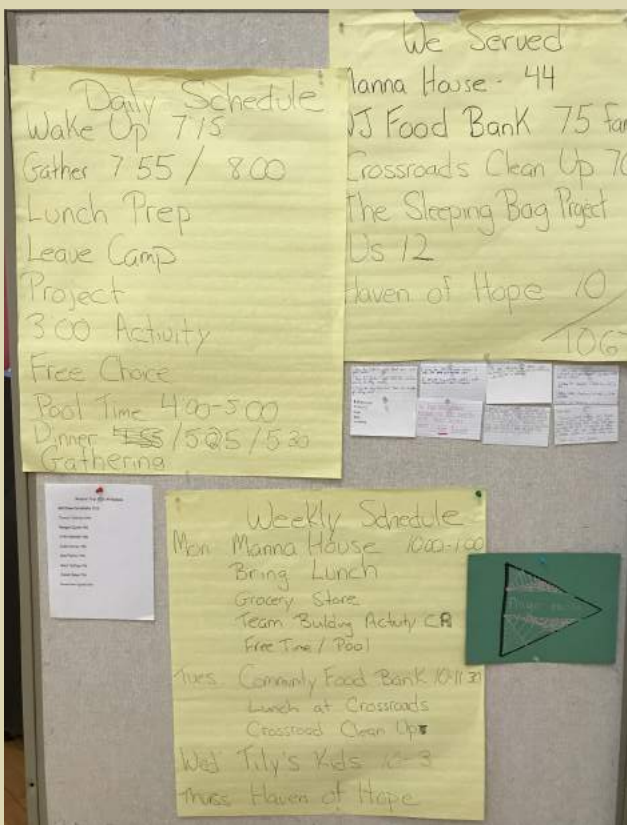
# CS Summer *Kool Kids* Christmas Craft Fair Project with Kelly Jo Bledsoe





# St. John's Youth Groups 6th Annual "Making A Difference for Christ"

## Summer Mission Trip at the Crossroads Retreat Center



Youth Missioners reflect on their trip with a bulletin board.

You can view it in the Parish Hall. Be sure to ask them about their week!!

# It's Twins!

Kate and Paul Kezmarsky are excited to announce the arrival of Vivienne's baby brothers! They are keeping us on our toes already, arriving earlier than planned. After a brief stay in the NICU, both are home and doing well.

**Meet the Twins - Born 7/5/18**



**Henry Thomas** - 7lb 2 oz born at 2:33pm and  
**Andrew Paul** - 4lb 10 oz born at 2:34pm



**ST. JOHN'S  
MEMORIAL  
EPISCOPAL  
CHURCH**

A House of Prayer for  
All People



301 East Main Street  
Ramsey, NJ 07446

Phone: 201-327-0703

Email:

[ellen.joyce@stjohnsramsey.org](mailto:ellen.joyce@stjohnsramsey.org)

Check us out on the Web:  
[www.stjohnsramsey.org](http://www.stjohnsramsey.org)

**Worship Schedule**

**Sunday Services**

Holy Eucharist  
8 AM & 10 AM

**Church School**

9:45AM Infant & Child Care

**Celtic Prayer**

Wednesdays at 7:30 PM



The Rev. William Cruse  
*Priest in Residence*

The Rev. Richard Louis  
*Rector Emeritus*

Drew Kreismer  
*Organist/Choirmaster*

Ellen Joyce  
*Parish Administrator*

Megan Kendall  
*Youth Missioner*

## A Celebration of Ministry

**The Rt. Rev. Mark M. Beckwith and Marilyn Olson**

Saturday, September 8th at

The Skylands Event & Conference Center

In recognition of their 11 years of service to the people of the Diocese of Newark, the Transition Committee is holding a luncheon honoring the Rt. Rev. Mark M. Beckwith and Marilyn Olson on September 8, 2018 at the Skylands Event & Conference Center in Randolph.

**The gathering begins at 11 AM. At 11:30 AM there will be a short liturgy, followed by the luncheon.**

The cost to attend is \$50 per person. The choice of meals are:

Beef filet with mushroom gravy  
Stuffed chicken with vegetables  
Eggplant parmesan

The luncheon will include a cash bar.

*How to sign up:*

Go to [e-payment.dioceseofnewark.org](http://e-payment.dioceseofnewark.org) and look for Luncheon honoring Bishop Mark Beckwith & Marilyn Olson.

Enter number of attendees in the "Quantity" field.

Click the "Continue" button at the bottom of the page.

On the second page, enter up to four attendee names and meal choices.

If paying for more than four attendees, or if an attendee has dietary restrictions, check the appropriate box(es) and then email this information to [bishopparty@aol.com](mailto:bishopparty@aol.com).

*Sign-up deadline: Wednesday, August 15.*