



NEWS FOR ALL the SAINTS

May - June 2019



*The Stone
Church Players
Present:*



“A
MIDSUMMER
NIGHT’S
DREAM” BY
WILLIAM
SHAKESPEARE



*June 8, 9 14, 15 and 16
Call 732-226-6131 for
tickets*

All Saints Memorial Church



EVENTS CALENDAR

Most Sundays

8:00am HE II (CH)

9:00am Family Service (second Sunday each month Sept—May)

10:00am Choral HE II (CH)

Tuesdays

7:00pm Quiet Time w/God (CH)

8:30pm AA (PH)

Wednesdays

10:00am Healing Eucharist (CH)

6:00pm OE Anonymous

7:00pm AA (PH)

Second Wednesdays

ECW Meetings (12:30)

Third Thursdays

7:30pm Vestry Meetings (PH)

Fourth Thursdays

7:00pm Landmark Trust Meetings (PH)

Fridays

7:30pm DRA Meetings (PH)

Saturdays

8:00am AA Meetings (PH)

5:00pm Outdoor Summer Service (June - Aug)

Mother Debbie Contact Information

The Rev. Debbie Cook

Rector, All Saints' Memorial Church

(Office) 732-291-0214

(Cell) 732-492-1943

(Rectory) 732-204-2836

mother.debbie@comcast.net

Remember Mother Debbie's day off is

Friday (except for

Pastoral emergencies).

SAVE THE DATE!

Monday, May 27th

Memorial Day—Parish Office Closed

Sunday, June 6th

Pentecost Sunday

One Service at 9:00am

Followed by a short Parish Meeting

At 10:00am

Wear your Red

June 7th—9th

SCP Mid-summer's Night Dream

June 14th—16th

SCP Mid Summer's Night Dream

(see Poster on Cover for details)

June 23rd

12:00noon Healing Oils of the Bible

In the Parish House

(You can get additional information in the articles following.)

Mother Debbie's Schedule

Sabbath Day: We are all in need of time to rest and renew--and sometimes, just to catch up on other 'life' things, like laundry! Just a reminder that Friday is Mother Debbie's Sabbath day. While she is always available for pastoral emergencies, please honor her day off in parish communications that day, particularly via phone or text.



A WORD FROM MOTHER DEBBIE

“And suddenly from heaven came a sound like the rush of a violent wind...”

While I have never lived through a tornado (a reason I would always think twice before moving to the Midwest), I have experienced straight line winds and of course, Superstorm Sandy. And as scary as that may have been, even those winds were on the low end of the hurricane scale. Regardless of the type of storm, when the wind ramps up, it is not quiet: it roars like a cosmic lion. You can hear buildings groan against it, windows rattle, and I often greet each heavy gust with bated breath, wondering if the next blast will fell a tree, cut power, or turn an innocent outside item into a projectile. The wind, as Jesus told Nicodemus, ‘blows where it chooses’—it is not something we have control over—just like the Holy Spirit. So, it’s fitting that we hear about wind (and fire) on the Feast of Pentecost, and that both are symbols for the Holy Spirit.



The wind changes things, both for good and destruction: it distributes seeds; disperses air; can move sails and windmills, providing energy. It also has the potential to damage: homes and other buildings, trees, infrastructure from electric power grids to roads to even entire communities—some powerful tornadoes have wiped towns off the map. Wind, like water, like fire, is a force to be respected and reckoned with—and so is the power of God, of the work of the Holy Spirit.

On June 9th this year, we will celebrate the Feast of Pentecost, also fondly known as the ‘birthday of the Church’. It was a day, for the first apostles, which changed them from the inside out: giving them the courage and the tools to go out and share the good news of Jesus Christ in the city, pushing them beyond themselves, taking on a mission that they could not have even imagined just a short time before. Through our baptism, we have been given that same gift of the Holy Spirit—or so we affirm each and every Sunday. A Holy Spirit that is not only to heal and comfort, also to call us, push at us, change us—even if at times that means something in our lives need to end (a way of life, a worldview, a long nursed grudge, etc). That goes for us as individuals—and for us as a Church.

As you have heard from our Bishop(s), various publications, and me, the Church is in a time of shift and change, of transition. As we move forward in this increasingly connected, diverse world, we need listen to the ‘breath’ of the Holy Spirit and like those first apostles, be



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courageous in going where it sends us. That means change, and likely a good measure of it. It may mean letting go of as the institutional Church as a 'way of life' and like caterpillar transforming into a butterfly, emerge into something new—and as yet, unknown. Yes, it's unsettling, it's exciting, it's demanding in its own way—but following Jesus has never been any less.

This Pentecost, all are invited to a Parish meeting—to not only check in as to where we are, a review of the year to date—but also take part in the movement of the Holy Spirit among us: calling us, pushing us to a new life. We, the body of Christ in this place and time, can be the Church God is calling us to be—if we but listen and work together, participating, finding new ways of sharing the gospel and serving one another and the larger community. I need to do that as much as any one else—and we need each other. So I hope you will join us on Sunday June 9th not only at our joint 9 am worship, but also at the meeting to follow (we promise you won't be too long!). Child care will be provided.

So come Holy Spirit, come—and blow away our fears, our doubts, our complacency, our idol-like tendencies. Refresh us and redirect us. Help us uncover and use those gifts among and within us for the mission of God to which we are called. Help us, in the very best of ways, to be 'blown away'.

Peace,

Mother Debbie+

Mother Debbie's Vacation Dates

Mother Debbie has arranged with The Rev. Canon Joan Mason to cover services for July 7, 14 and 21st. Mother Debbie's vacation will begin by July 3rd and she will return in time for the final weekend in July. Deacon Michelle will be present on July 7th and 14th to assist, but will be out on July 21st. We ask that all those who are scheduled to serve those three weekends make every effort to be present and/or find coverage.

Other vacation/dates times may be taken as the parish schedule allows. Mother Debbie, like all other full time clergy of the Diocese, has four vacation weeks, including five Sundays, a year—but like many other clergy, it's hard to fit it in.

Pastoral coverage will be coordinated by Deacon Michelle and area clergy (to be announced) and arranged for all the times Mother Debbie is on vacation.



AT ALL SAINTS'

Summer Service Schedule June through August

This year we again will be having our 'Mass on the Grass' with potluck picnic in Popamora Point Park once per month—in June it is on the 22nd at 5 pm . Popamora Point Park is at the end of Shore Drive, in Highlands, at the start of the Henry Hudson Trail. (Due to historically low attendance, we will not be offering a weekly Saturday evening service).

On Sundays, we will continue to offer worship at 8 a.m. (spoken, no music) and at 10 a.m. (with music).

The Second Sundays@Stone Church service for children and families is on summer hiatus, and will return in September.

If you can assist by serving at Sunday services this summer, please let the office know. The summer is a great time to explore a new ministry in reading, ushering, serving the chalice, acolyting, etc. ---and we need you!

Summer Worship and Music

At All Saints'

The Choir's last Sunday is Pentecost Sunday, June 9th. However, music continues!

From June 16th on, our 10 am service will have some changes:

The Psalm will be said responsively by full verse, instead of being sung;

We will say the Lord's Prayer instead of chanting it.

There will also be a change to our service music, and we will be using Eucharist Prayer A



AT ALL SAINTS'

SAVE THE DATE!

Pentecost Sunday: June 9, 2019

One Service at 9 a.m.

Followed by celebratory Coffee hour

And Parish Meeting

Pentecost has been called the Church's 'birthday', so in honor of this important Feast day we urge people to **wear red** (the color of the day!), and to attend a short Parish meeting. Mother Debbie, and our Wardens (Bonnie Roberts and Michael Parmelee) and our Treasurer (Joe Colquhoun), will lead a discussion on church growth and ministry focus, as well as provide a parish financial update. All are encouraged to attend; child care to be provided. Please join





AT ALL SAINTS'

Auction 2019

Many thanks to all who worked so hard to make our Annual auction such a success! We had about 120 persons in attendance. It was truly a group effort, with many subcommittees of persons working together. Some changes were made this year, and there will likely be more to come in the future—all intended to make the auction more enjoyable for all.

Thank you to all those who solicited prizes, donated baskets or live auction prizes, sold 50/50 tickets, stuffed envelopes, worked (so hard!) on the night of auction, or just attended! We are including our list of names from the Auction booklet so we can get them all in!

While we are still waiting for the dust to settle on expenses so we can tally a net amount raised, we think our gross proceeds for the auction exceeded \$30,000—wonderful news!

Mother Debbie+

The 2019 Auction Committee: Thank you!

Mary Baechle

Valerie Barradale

Allison and Charlotte Basile

Onnie Benoist

George Bowden, Chair Emeritus

Tod Burrus

Joe Colquhoun

The Rev. Debbie Cook & Jim Cook

Barbara & Scott Drakulich, Chair Emeritus

Lisa A. Ebeling

Valerie Ferrante

Pam Loxton

Jeff & Peggy Mathieu

Laura and Joe Matlaga

Michael McClellan

Mary Michele & Kevin Morrall

Wilson Mohr

Dorothy Openshaw

Upesh Patel

Nancy Pharr

Beth Polonsky & Anya Bobkoskie

Lauren & Steve Porr

Bonnie & Chris Roberts,

Makayla Roberts

Marie Russo

Stephanie Sassola

Gordon Saunders

Valerie Schauer

Evane Shanley

Mike Stasi

Maureen Stout

Kimber Todd

Kim Warman

Annie Warren



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Check out the New Website!

All Saints' Memorial Church website (www.allsaintsnavesink.org) has a new look! The new format, easily convertible for a mobile (smartphone) platform, is clean and uncluttered, getting out important information without overwhelming visitors. Landmark Trust has its own page (as it did in our previous site) and so do events, with Auction having its own subpage. Though the site will undoubtedly be updated and tweaked over time, our goal is to keep it simple for users. Check it out!



Altar Flowers

Would you like to give the weekly Altar flowers in the name of a loved one? A great way to honor a birthday, anniversary, in memory of or any special occasion. The sign-up sheet is in the parish house with the dates available listed. The cost is \$40.00 (it is 2 arrangements on the altar). Please make checks out to All Saints with “flower donation” in memo. The name of who the flowers are dedicated to will appear in bulletin.



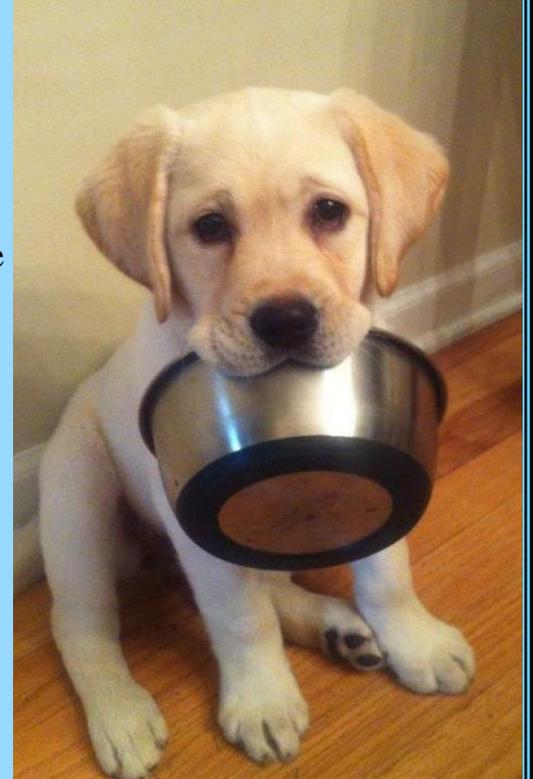
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Pet Pantry donations

All Saints Pet Pantry is pleased to announce we will be working in conjunction with Project Pet in Highlands. If you or if you know of anyone who needs help with feeding their pets, please let us know. We will help get them assistance. Please consider donations of pet food, we have a wish list for you:

- Purina Pro Plan “SAVOR ”dry dog food in a black bag.
- Purina Cat Chow dry indoor cat food in a green bag
- Sheba Perfect Portions—Pate´ only. Beef, chicken, or turkey only.
- Friskies Wet can cat food with gravy any flavors
- Fancy Feast Seafood Classic Seafood Classic Pate Wet Cat food. - salmon, whitefish, tuna, & cod´
- Fancy Feet Grilled Wet Cat food -all flavors
- Science Hill’s Diet, “Sensitive Stomach & Skin with Lassie on the package
- Purina dry cat Sensitive in a Purple bag
- Wet Canned Dog food with no gravy and Chicken Flavored “NOT PEDIGREE BRAND.
- Any Flavors Dry Dog Food & Cat food any brand..

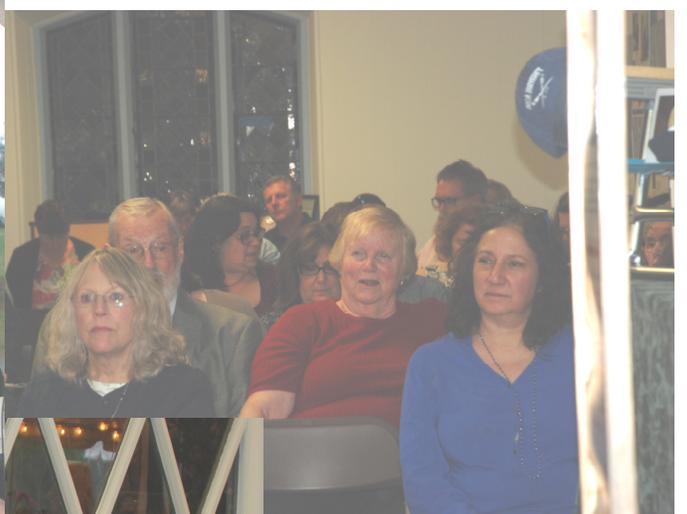
Contact Pam Ryan at 732-266-5467 to volunteer to help deliver or if you know of anyone in need of this assistance.





AUCTION
2019







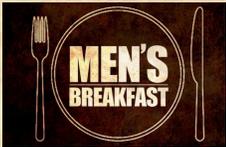
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**Men's Bible Study, Prayer, and Breakfast
Saturday, June 8 at 8:15am**

This committed group of men and young men in the parish meet monthly on the 2nd Saturday of the month for prayer and bible study, as well as fellowship and a hearty breakfast! This month's meeting will be on the 2nd Saturday, June 8th at 8:15am.

All are welcome to join as you are able.

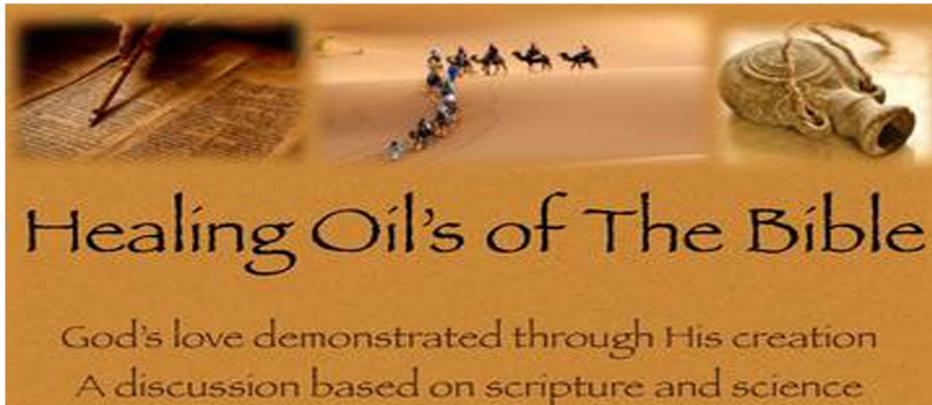
For more information or to RSVP,
contact Jim Cook at 732-614-3134.



 <u>FOOD PANTRY FOR May-June suggestions</u>	
May 26, 2019	Boxed Instant Mashed Potatoes
June 2, 2019	Canned Pork and Beans
June 9, 2019	Bags of Rice
June 16, 2019	Paper Towels
June 23, 2019	Paper Napkins - 120 Count
June 30, 2019	Toothpaste



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Come join the conversation around the book
"Healing Oils of the Bible" by David Stewart
Presented by Nance S. Ciasca CHC
Hosted by All Saint's Memorial Church

- Oils for healing, cleansing and holy anointing are mentioned more than 500 times in the Bible
- Aloes, Cassia, Frankincense, Cedar wood, Myrrh, and many more.
- Moses used them to protect Israelites from disease.
- Mary and Joseph used them to keep baby Jesus and themselves healthy.
- Modern Science finds some of them effective to promote overall wellness, vitality and longevity.
- Come learn, enjoy, share and experience these holy oils.

Sunday, June 23rd 12:30pm - 2:30pm
All Saint's Memorial Church

202 Navesink Ave, Atlantic Highlands, New Jersey 07716
\$25 email nance.ciasca@gmail.com to RSVP (required)

detailed booklet, cedarwood essential oil and knowledge how to live with ease and Joy

Nance is a Certified Transformational Health Coach, Author and Spaeaker who has learned lifestyle change to overcoming her autoimmune dis-ease. Through this healing process she enrolled in CARE (Center for Aromatherapy Research and Education) . This is where she was taught and educated on the Healing Oils of the Bible by Dr. David Stewart. She loves sharing her knowledge of how we all have the resources we need to live with ease and joy.

***If you feel the desire please bring with you a bible of your choice for referencing



AT ALL SAINTS

May is Mental Health Awareness Month

What is Mental Illness?

Mental illnesses are health conditions involving significant changes in thinking, emotion, or behavior (or a combination of these). Mental illnesses are associated

with distress and/or problems functioning in social, work, or family activities.

Mental illness is common : nearly 1 in 5 (19%) U.S. adults experiences some form of mental illness in a given year; 1 in 24 (4.1 %) has a serious mental illness; and 1

in 12 (8.5%) has a substance use disorder. Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives.

Mental health is the foundation for thinking, communication, learning, resilience, and self-esteem key to personal well-being, relationships, and contributing to community or society.

Mental illness does not discriminate; it can affect anyone regardless of one's age, gender, income, social status, race/ethnicity, religion/spirituality, sexual orientation, background, or other aspect of cultural identity.

Mental Health Resources – Monmouth Cty

Family Based Services Assoc. of NJ

Mental Health Assoc.

6 Industrial Way D

Eatontown, NJ

732 542-4502

119 Ave at the Common #5

Shrewsbury, NJ

732-542-6422

Common Mental Illnesses

Mental illnesses take many forms. Some are fairly mild and only interfere in limited ways with daily life, such as certain phobias (abnormal fears). Other mental illnesses



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are so severe that a person may need care in a hospital.

Mental health conditions can affect different aspects of a person, including personality, thinking, perception, mood, behavior, or judgment.

Suicide

Suicide is the 10th leading cause of death in the United States (the third leading cause for youth aged 10 to 14; the second leading cause for people aged 15 to 34).

Each year in the United States, an estimated 37,000 people die by suicide and 1 million people attempt suicide, according to the Centers for Disease Control

and Prevention. Men are nearly 4x more likely than women to take their own lives.

National Suicide Prevention Lifeline

1-800-273-TALK (8255), has trained counselors available 24/7 and can refer to local resources.

Mental Health America : mentalhealthamerica.net

Online screening tools (depression, bipolar, anxiety, PTSD)

National Alliance on Mental Illness : nami.org

NAMI Helpline – 800-950-NAMI, info@nami.org

Family support/education – Family-to-Family

Depression and Bipolar Support Alliance dbsalliance.org

Anxiety and Depression Association of America : adaa.org

Online Mental Health Screening
mentalhealthscreening.org



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Screening for Mental Health, Inc. (depression, bipolar disorder, anxiety, eating disorders, PTSD, alcohol use)

Anxiety and Depression Association of America – (anxiety, PTSD, depression, OCD, and more)

Mental Health America (depression, bipolar, anxiety, PTSD)

Alcoholics Anonymous : aa.org

Narcotics Anonymous : na.org

Al-Anon Family Groups : al-anon.org

Visible Signs That May Raise a Concern About Mental Illness

These categories of observation are provided to help identify whether an individual may have a mental health condition that requires attention by a mental health professional—they are not definitive signs of mental illness.

Categories of Observation	Examples of observations <i>Does something not make sense in context?</i>
Cognition Understanding of situation, memory, concentration	Seems confused or disoriented Has gaps in memory of events Answers questions inappropriately
Affect/Mood Eye contact, outbursts of emotion/indifference	Appears sad/depressed or overly high spirited Overcome with hopelessness/overwhelmed by circumstances Switches emotions abruptly
Speech Pace, continuity, vocabulary (Is difficulty with English language an issue?)	Speaks too quickly or too slowly, misses words Uses vocabulary inconsistent with level of education Stutters or has long pauses in speech
Thought Patterns and Logic Rationality, tempo, grasp of reality	Seems to respond to unusual voices/visions Expresses racing, disconnected thoughts Expresses bizarre or unusual ideas
Appearance Hygiene, attire, behavioral mannerisms	Appears disheveled; poor hygiene Trembles or shakes, is unable to sit or stand still (unexplained) Wears inappropriate attire



AT ALL SAINTS

Join us on Sunday June 2 for a Special Presentation after our 10 am service!

Susan Tellone, MSN, BSN, CSN, RN is Associate Director of the Mental Health Association of Monmouth County, and she has an important message to share for all of us:

Stigma or shame is a big reason we are not talking about mental health and because of this stigma, it can delay people seeking help for up to 10 years. We want people to seek help early on before things reach a crisis point. We call it” before stage 4”

“Going to a counselor or therapist when you’re feeling sad should be as normal as going to the doctor when you have the flu.

Let’s End the stigma about Mental Health.”

Susan will be at our parish to talk about ending the stigma and giving resources to reach out for help when you or a friend is in need.

Please make the time to attend--someone's life may be depend on it!

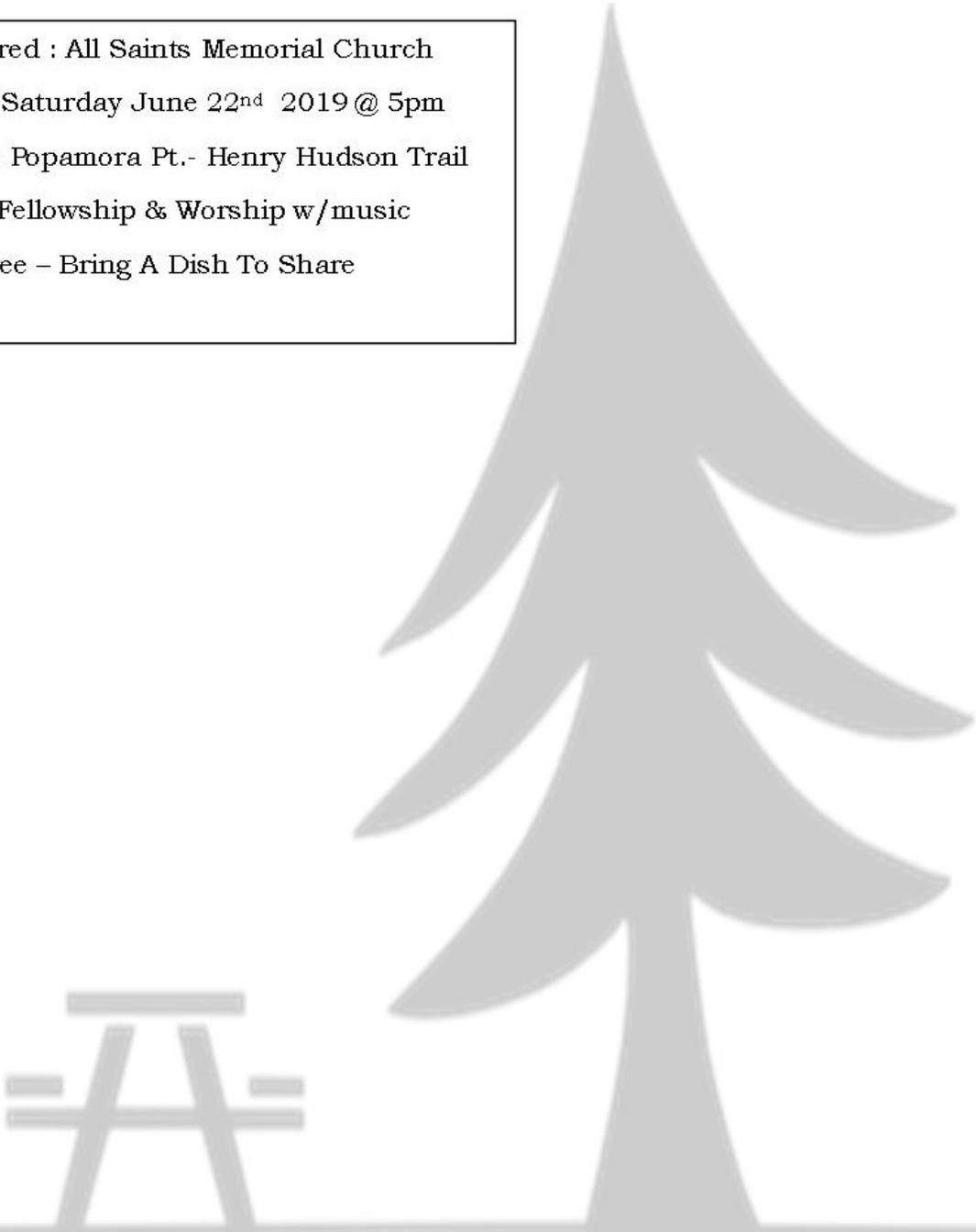




AT ALL SAINTS

WELCOME ONE & ALL

Sponsored : All Saints Memorial Church
When : Saturday June 22nd 2019 @ 5pm
Where : Popamora Pt.- Henry Hudson Trail
What : Fellowship & Worship w/music
Fee : Free – Bring A Dish To Share





AT ALL SAINTS

Outreach Update, April 2019

St. Mark's: Next Turn, May 30-31, 2019:

The mission at St. Mark's relies on our volunteer staff to provide a hot nutritious meal once a month for our neighbors at St. Mark's Center for Community Renewal in Keansburg. We have broken down the meal mission into three main components:

1. shop for the menu items at Costco & ShopRite on the last Wednesday of each month;
2. prep the meal at All Saints' on the last Thursday morning of each month ;
3. transport and serve it at St. Mark's on the last Friday morning of each month.

If you would be willing to join the crew for any of the above essential duties, or if you would like further information, please call Barb at 732-872-0158. Thank you.





I leave with you;

My *Peace*
I give you.

John 14:27

