

October 2020

October Worship at Ewing-Covenant Presbyterian Church

We will continue our virtual worship services, gathering on-line at 10:00 each Sunday morning. Due to increased security protocols you may be placed in a waiting room when you dial in by phone or connect by computer. You will then be admitted to the worship webinar as you have joined in the past. Here are the Zoom and Phone links for our worship:

https://us02web.zoom.us/j/910100569 Or by telephone dial 1-929-205-6099, if asked, enter the Webinar ID: 910 100 569

Our recorded worship services can be viewed on You Tube at Ewing Covenant Worshipping Community.

October 4 18th Sunday After Pentecost 10:00 Worship via Zoom World Communion Sunday

Rev. Paul Rhebergen Preaching Peace and Global Witness Offering Dedicated Lectionary Texts: Exodus 20:1-4, 7-9, 12-20; Psalm 19; Philippians 3:4b-14; Matthew 21:33-46

October 11 19th Sunday After Pentecost 10:00 Worship

Rev. Paul Rhebergen preaching Exodus 32:1-14; Psalm 106:1-6, 19-23; Philippians 4:1-9; Matthew 22:1-14

October 18 20th Sunday After Pentecost

10:00 Worship Social Justice Sunday

Rev. Paul Rhebergen preaching Exodus 33:12-23; Psalm 99; 1 Thessalonians 1:1-10; Matthew 22:15-22

October 25th 21st Sunday After Pentecost 10:00 Worship

Lisa Sullivan, M.Div. preaching Deuteronomy 34:1-12; Psalm 90:1-6, 13-17; 1 Thessalonians 2:1-8; Matthew 22:34-46

Sunday Morning Bible Study - 9:00 AM Led by Sam Bonner

https://zoom.us/j/564813133?pwd=WXV3dk5 zYlkvUGJDUUEwZEc2R3REdz09 By phone, dial 1-646-558-8656 and enter when asked the meeting ID 564-813-133 enter passcode: 651735

Tuesday and Thursday Chat's with Pastor Ann Tuesdays at 10 AM to 11 AM.

https://uso2web.zoom.us/j/81010467123?pwd =UDNqWG5pNot3MFJUeDN5SFcvQnpzdz09 Meeting ID: 810 1046 7123 Password: 271785 By phone +1- 929- 436-2866 enter password: 271785

Thursdays at 7 PM to 8 PM.

https://us02web.zoom.us/j/960150849?pwd= bTdYTVV3S1M0R2xmenZSWlc5MnhMUT09 Meeting ID: 960 150 849 Password: 079496 By phone dial 1-929 -436- 2866 Password: 079496

Wednesday Evening Faith Conversations with Pastor Paul 6:30-7:30

Check in with other folk, then view or listen to a short video and explore how our times have affected how we understand God, and Christ's command to love one another. Join by Zoom Link or phone:

https://uso2web.zoom.us/j/251970464 By phone dial 1-929-205-6099 or 1-301-715-8592 enter Meeting ID: 251-970-464

Please remember that our Worshiping Community will continue to need your **financial support** during this unprecedented time. Your gifts, your tithes, your offering envelopes will continue to support us through this challenge. Your contributions can be mailed to the church office or dropped through the mail slot in the door of the church office. You can also contribute to the Ewing Church online through the congregation's website, ewingchurch.org, or use the more efficient route of arranging for your bank to make a direct deposit to the church. This would allow you to make regular contributions from your account to the church's. If you are interested in this, please contact the church office and we will provide more information.

Note: Kindly make all checks out to "Ewing-Covenant Presbyterian Church". This is important so that we can close out the old CPC bank account.



DEACON'S DOIN'S

As fall has arrived, so many are focused on students returning to school. Church members contributed to a school supplies drive for the children being helped by the Eastern Service Workers. **The deacons want to continue to support our students with their**

annual "thinking of you" gift cards for our college students. We realize that many of these young adults are not away this fall but going to school online, missing their friends and the chance to interact in person with professors, do lab work and just gain the independence college living provides. They probably need more encouragement this year than ever, it is not an easy time for them. If you have a college student in your family that could use a friendly card and a little gift, please let either the church office or Jane Kidder know no later than Friday, October 30th. Names and current addresses are necessary so that the deacons can send the cards in early November.

Food insecurity is also a big issue for many in our community at this time. If you hear of a church member that needs help, please alert your parish leaders or Pastor Paul or Pastor Ann. There is help out there – over 80 different food banks or programs exist in Mercer County. The deacons, parish leaders and pastors can help those needing assistance to find an appropriate source.

The deacons continue to send cards, make calls, and help the visitation team with "porch visits." If you know of someone in need of a little TLC in the form of a card, meal, or call, please let one of the deacons or a member of the care team know. Without seeing each other in person each week, it is easy to overlook someone and lose that personal touch.

As always, we send our prayers to you and yours for health, inner peace during this difficult time and hope for a time when we can all be together again in person for worship and fellowship. Blessings and love to all.

Jane Kidder



Newly listed_

Dave Snedecker Michael Brezak, son of Barbara Brezak

Louise Armbruster **The Bentley Family Dr. Mari Berens Bonnie Brandt** Shirley Bryant, mother of Cynthia Bryant **Louise Burroughs** Steve Carter, friend of Mari Berens **Julie Ciccone Janet Corbin Doris Cregar Dorothy Crum The DeWees Family** Maryann Eleuteri, friend of Judy Carapezza Eleanor Everitt, sister-in-law of Pam Miller Rita Freilinghaus, sister of Judy Carapezza Karen Fuchs, sister of Laura Wallin **Alice Haines Kevin Heckv Beth Hensler** Lydia Hill, cousin of Cathy Holland Joan Hodak – Prayers for her continued healing after surgery. Joe Hodak **Cathy Holland Dan Hough Ruthie Jetter**, *cousin of George Renwick* Family of June Scott, Prayers needed for Roberta Hatcher and her grandchildren Jordan and Jon Spann in the death of herdaughter Renee and sister Kathleen Van Dunk. Carmel Keifer, Will Olson's son-in-law's in-law John Kelso, friend of Ginny Saiia **Nancy Kriegner** Lynn LePori, The wife of one of William Olson's oldest friends Charlie Magee, brother of Judy Carapezza **Margaret Marcks Paul Matyas** Maureen - Friend of Barbara Gigliello Samuel Meservey, grandson of Lois Meservey

Kennedy Miles, friend's daughter **Aaron Morgan Rachel Morgan Carolyn Parham** – daughter of Betty Newberry Patrick Petti **Marissa Porfirio** Janice Rockmore, Grieving the death of her Niece Jessica Pritchard, who was the daughter of Paul Pritchard. She was 24 years old. **Betty Ranson** Laura Ryan, niece of Sandra Gwin **Shirley Sandford** Michael Baily Schafer, grandnephew of Mary Hough Jay Schugadt, friend of Bonnie Brandt Brad Shropshire, Doug & Carol Taylor's brother-in-law **Kristen Berens-Smart Gwen Thomas** Travis Turner, nephew of Gay McGraw **Gloria Vernam** Deborah Visonti, daughter of Sandra Gwin **Harold Walter** Diane Watson, niece of Harriet Berens Kaitlynn Webster, granddaughter of Nancy Coleman Sam & Peace Weigh **Alfred Wensley Eileen Whang** Doris Wiles, sister of Harriet Berens

Noticing some changes in the prayer list? We are continuing to find optimal ways of organizing our church prayer concerns. Let us know if you have ideas. Member Margie Burtis suggested that new concerns be listed first (Thank you Margie!) Also, we are going to periodically review the list. To keep the prayer concern list timely, listings will remain for two editions of the Newsletter (that is, approximately two months' time) and then be taken off. In the event you desire a listing to run longer, or for a shorter time, please contact Pastor Ann, or otherwise let your parish leaders know.

Remembering our Beloved Departed

May the souls of the faithful departed rest in peace.



Henry Wayne Berens

9.3.1933 -9.19.20 Husband to Harriet Berens "Wayne" was an Elder & Deacon to the Ewing Covenant Presbyterian Church

Elizabeth Schnerr

1923 – 9.3.2020 "Betty" was a member of the Ewing-Covenant Presbyterian Church and the Ewing Senior Center, as well as belonging to the Busy C's.

2020 Parish Directory – Changes

As the latest Parish Directory has now been distributed, here are a few changes and updates that have come in. Please make these changes in your own directories and thank you.

Directory changes

Allen Dakin, Jr 22 holiday Court Ewing, NJ 08638

Kindly remove

Dale Perry 515 Washington Ave. W. Trenton, NJ 08628

Michelle Lamb 405 Berwyn Ave. Ewing, NJ 08618

Christopher Andriana 7 Bywood Lane Ewing, NJ 08628 Elizabeth Schnerr Greenwood House 53 Walter St Ewing, NJ 08628

Wayne Berens

NUTRITIONAL TIPS FOR THESE TIMES



It's hard to cope with being quarantined and not reach for your favorite salty, crunchy

snack because of boredom or feeling on edge. A few pretzels or chips are okay, but many people may not be able to step away from eating the entire bag once it's open. Also, if you're already feeling blue, the quick fix of cookies or cake will ultimately make you feel worse. Processed foods and shelf-stable items like baked goods contain a lot of simple carbohydrates that create a yo-yo effect on our blood sugar, which can drive anxiety and worsen mood.

How then can we mindfully make good food choices?

- Make a schedule or a daily meal plan. A schedule is more predictable for you and for everyone in your household.
- **Consider apps to stay connected** around a meal. Skype, Zoom, or FaceTime with family and friends. Share recipes or even cook virtually together.
- **Plan for groceries.** Try to buy fewer processed, high-salt or high-sugar snacks.
- **Load up** on fruits, vegetables, whole grains, healthy fats, and lean proteins.
- **Save money.** Skip the high-sugar soda and juices, instead flavor water with edible citrus or berries.
- Plan and enjoy an occasional comfort food for a weekly treat — pick a day and enjoy whatever you want, just not all your favorites on the same day!

• **Manage your environment.** If candy is simply not in the cupboard, then you can't eat it.

You might be surprised to learn that certain nutrients in foods have been shown to reduce anxiety or spur the release of neurotransmitters such as serotonin and dopamine — and we all want to feel as good as we can during these times of uncertainty. People are feeling a lot of stress right now, and the unfortunate reality is that stress worsens feelings of low mood or angst, and it also suppresses our immune systems. Therefore, targeting immune-boosting foods will have a dual effect — you may feel less anxious and boost your immunity.

I'd suggest incorporating these foods as a way to include healthier options into your nutrition during this unusual time of stress and uncertainty. We all have to eat, so attending to our nutrition is something we can all control, and then reap the benefits of an improved mood. *Dr. Uma Naidoo, Nutritional M.D.* Harvard Health Publishing

Presbyterians of History in New Jersey



The Church of the Covenant (Wilkes-Barre, Pa.) was the first pastorate of **William Drew Robeson**, human rights champion, and father of civil rights activist, athlete and singer Paul Robeson. Pastor Robeson

served as minister of the Witherspoon Street Presbyterian Church in Princeton, New Jersey from 1880 until 1901. The Witherspoon Street Presbyterian Church had been built for its black members by the First Presbyterian Church of Princeton.

To learn more about the life and times of Pastor William Drew Robeson please visit: https://www.history.pcusa.org/about/blog/wil liam-drew-robeson



OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pastor Ann's Evening Conversation 7pm Zoom Webinar	2	3
Zoom Webinars Worshíp 10am Bíble Study 9am Peace & Global Wítness offeríng	5	6 Pastor Ann's 10am Fellowshíp/ Prayers Zoom Webinar	7 Supper Conversation with Pastor Paul 6:30PM Zoom Webinar	8 Pastor Ann's Evening Conversation 7pm Zoom Webinar	9	10
Zoom Webinars Worshíp 10am Bíble Study 9am	12 Columbus Day	13 Pastor Ann's 10am Prayers/ Fellowshíp/ Zoom Webinar	14 Supper Conversation with Pastor Paul 6:30PM Zoom Webinar	15 Pastor Ann's Evening Conversation 7pm Zoom Webinar	16 World Food Day	17
Zoom Webinars Worshíp 10am Bíble Study gam Socíal Justíce 5pm Zoom Webinars Worshíp 10am	19 26	20 PastorAnn's 10amPrayers / Fellowshíp/ Zoom Webinar 27 Pastor	21 Supper Conversation with Pastor Paul 6:30PM Zoom Webinar 28	22Pastor Ann's Evening Conversation 7pm Zoom Webinar 29	23 30	24 United Nations Day 31
Bíble Study gam Socíal Justice 5pm		Ann's 10amPrayers / Fellowshíp/ Zoom Webinar				

Please refer to the Worshiping schedule portion of this Newsletter in the above pages for all zoom and phone in connections.

When will we return to gathered worship? When it is safe.

The Ewing-Covenant Session has established a working group to study, reflect, and lay out our congregation's plan and process for opening our buildings again, and for an eventual return to gathered worship. The "Return to Church Committee" is examining the guidelines from the different levels of our government, taking seriously the guidance of our denomination, looking at the plans from other congregations, listening to the science and to reports on the flow of the Pandemic. One piece of information they will also need is to hear you as to your thoughts, understandings, and feelings about returning to our Worship Space and the 1867 Sanctuary for gathered worship. The Committee will also want to learn your responses to the idea of gathering in small groups for prayer, mission work, study and support. To that end, we encourage you to respond to the survey below. **You can take the survey on line** at: https://forms.gle/Cd7e8768FfmrTxgF8

Or you can fill out the survey below and send it to the Church Office at 100 Scotch Road, Ewing, NJ 08628.

Remember that this is a work in progress. The Session's decision will be guided by a number of basic values and understandings. Among these are:

- We will continue to provide our worship services online so that any and all will be able to attend.
- Our congregation welcomes all who wish to attend, so no one will be excluded because of age or vulnerability to illness.
- We do expect our worshippers to care and respect each other enough that they will not attend any gathering where their ill-health will endanger another.
- We believe that God is with us, wherever and whenever, and however we might worship. Our prayers of praise, confession, thanksgiving, and shared concern of heard whether spoken individually of in common. Our worship is not limited by time and space.

With all that in mind we commend to you the following survey.

Online Survey Link: <u>https://forms.gle/Cd7e8768FfmrTxgF8</u>

Congregational Survey

With the approval of Session, the Return to Church Committee is working hard to put into place the guidelines our congregation will need to follow when we are ready to go back to worshipping and meeting in person. Your thoughts and input are important to us and will help guide our decisions as we develop our plan for returning to church. Please take a few minutes to respond to the questions in this brief survey. The information you provide will be kept private and will be reviewed by members of the Return to Church Committee only.

Name:_____

Age:

- Under 18
- 18-30
- 31-50
- 51-60
- 0 61 -75
- 0 76 +

Which of the following statements best describes your level of comfort with returning to in-person worship?

- I would be comfortable returning to in-person worship, understanding that I will need to follow established guidelines (social distancing, wearing a face covering, completing a brief health screening including a temperature check, etc.)
- □ I'm still unsure about returning to in-person worship.
- □ I am not comfortable returning to in-person worship at this time.

Which of the following statements best describes your level of comfort with attending in-person meetings at church (session, deacons, big committee, presbytery meetings, adult studies, mission tasks such as making bag lunches, etc)?

- □ I would be comfortable participating in in-person meetings, understanding that I will need to follow established guidelines.
- □ I'm still unsure about participating in in-person meetings.
- □ I am not comfortable participating in in-person meetings at this time.

Have you participated in the Sunday worship service via Zoom or by phone?

- □ Yes (by phone)
- Yes (by Zoom)
- □ No

If yes, what are your feelings about the virtual worship service?

If no, what has prevented you from joining the Sunday service via Zoom or by phone?

Once in-person worship has resumed, we plan to continue to offer the option of worshiping virtually (the live service will also be Zoomed and available by phone). Would you choose to continue to worship via Zoom or phone, instead of attending in-person worship, if that option is available?

- □ Yes, every Sunday
- □ Yes, occasionally
- No

Please use the space below to share any additional concerns you may have on worshipping in person.

The Session of the Ewing- Covenant Presbyterian Church has call for a special meeting of the Congregation and Corporation of the Ewing-Covenant Presbyterian Church for the purpose of approving the By-Laws of the Congregation, and electing members of the congregation to serve as members of the Congregational Nominating Committee. The Congregational meeting will be held via Zoom, immediately following the 10:00 Worship Service on Sunday, October 11, 2020.

The Zoom link and dial in will be the same as for the Worship Service that morning:

https://us02web.zoom.us/j/910100569

Or by telephone dial 1-929-205-6099, if asked, enter the Webinar ID: 910 100 569

DRAFT BY-LAWS OF THE EWING-COVENANT Worshiping Community

Upon the action by the New Brunswick Presbytery and the congregation of the Covenant Presbyterian Church of Trenton to dissolve the Corporation of Covenant Presbyterian Church of Trenton, and the action by New Brunswick Presbytery to ecclesiastically merge the Covenant Presbyterian Church of Trenton and the First Presbyterian Church of Ewing, with both congregations already having voted to affirm the merging of the two into one, the two congregations shall become the Ewing-Covenant Presbyterian Church.

The Ewing-Covenant Presbyterian Church is a church and corporation of the Presbytery of New Brunswick, Synod of the Northeast, Presbyterian Church (U.S.A.), located at 100 Scotch Road, Ewing Township, Mercer County, New Jersey. It is the successor of the Covenant Presbyterian Church of Trenton, and the continuation of the First Presbyterian Church of Ewing which has existed since its founding in A.D. 1708 by the Presbytery of Philadelphia and incorporated for the purpose of work and worship according to the Christian faith, doctrine, discipline and usages of the church and denomination.

It is the desire, purpose, and intention of the church and the corporation to operate and be governed as one body as provided for in the *Constitution* of the Presbyterian Church (U.S.A.) (G-4.0101 {formerly 7.0401}) and under one set of bylaws, as follows:

1. Identify and Obligations

a. The Ewing-Covenant Presbyterian Church, being a particular congregation of the Presbyterian Church (U.S.A.), recognized that the Constitution of the Presbyterian Church (U.S.A.) is, in all its provisions, obligatory upon this church and its members. The church may also use for legal purposes the name First Presbyterian Church of Ewing and Ewing Presbyterian Church.

b. The First Presbyterian Church of Ewing, as a corporation, recognized that it is subject to the provisions of the Constitution and the laws of the State of New Jersey, especially the administrative provisions of the New Jersey Statutes, Title 16, Corporations and Associations, Religious.

c. The term "Church" as used herein to refer to the Ewing-Covenant Presbyterian Church, shall be understood to include the terms "congregation" and "corporation" unless otherwise specified.

2. Meetings of the Congregation and Corporation

a. There shall be an annual meeting of the congregation and corporation at the church property on a Sunday in January immediately following the worship service for the transaction of any business properly coming before the meeting.

b. There shall be a meeting of the congregation and corporation at the church property on a Sunday in November for the purpose of electing elders, deacons, and members of the congregational nominating committee.

Newly elected officers will be ordained and installed on the Sunday of the annual meeting of the congregation and corporation.

c. The Session may call a special meeting of the congregation at any time for the purpose of electing members to fill vacant positions on the Session, Board of Deacons, or Nominating Committee. Such elected officers may be ordained and installed in any worship service specified by the Session.

d. Special meetings may be called by the Session or the Presbytery. Such shall state clearly the purpose of such special meeting and no other matter save that specified in the call may be considered.

e. Public notice of time, place, and purpose of all meetings of the congregation and corporation shall be given on two successive Sundays inclusive of the Sunday of the meeting.

f. A quorum shall consist of the Moderator, Secretary, and twenty-five members or one-tenth of the members, whichever is greater.

3. The Pastor shall be the Moderator of all meetings of the church. When the church is without a pastor, the Moderator of the Session appointed by the Presbytery shall preside at all congregational meetings. If the Pastor and the Elders agree that the subjects to be discussed require it, or if the Pastor is ill or is otherwise unable to attend, the Pastor shall invite another minister of the New Brunswick Presbytery to preside. (G-1.0504 {7.0306})

4. The Clerk of the Session shall serve as secretary of the meetings of the church. In the event of his/her inability to attend, the Session shall designate a secretary in his/her stead.

5. All communicant members of whatever age in good standing are eligible to vote.

6. All voting shall be in person. Voting by proxy is not allowed. On-line meetings of the congregation and corporation, of the Session, and the Board of Deacons, and their committees and work groups, may be held if the Session has approved rules and guidelines for participation in such meetings.

7. All meetings of the congregation shall be conducted in accordance with the most recent edition of *Robert's Rules of Order*.

8. All meetings shall be opened and closed with prayer.

9. At the formation of the Ewing-Covenant Presbyterian Church, the Session shall consist of the 17 Elders from the previous congregations: 11 elders from Ewing Presbyterian Church, 6 elders from Covenant Presbyterian Church, divided into three classes according to the date of their election to their current term. The Session will consist of one less Elder each year through attrition by class, until there are 12 serving elders in 2025.

10. At the January meeting of the Session, each year, the Session shall elect a ruling elder to serve as Clerk of Session for one year. No person may serve as Clerk for more than 6 consecutive years. At that same meeting the Session shall elect the Treasurer of the Congregation and Corporation for the year.

11. Each member of the Session who is at least eighteen (18) years of age shall also be a Trustee of the Corporation for the term of his/her service. One of the currently serving Ruling Elders shall be elected by the Session to serve as President and one elected to serve as Vice-President of the Corporation. The Clerk of Session shall be Secretary of the Corporation.

a. The President of the Corporation shall have general supervision of the affairs of the corporation, subject to the direction of the Session. The President, together with the Treasurer, shall sign and execute all bonds, mortgage notes and contracts for and on behalf of the corporation. The Session (Board of Trustees) shall annually designate members of the congregation to be signers of checks and drafts. The President of the Board of Trustees and the Moderator of the

Congregation shall have power to convene the board as occasion demands, and he/she shall convene it whenever a written request to do so, signed by two members of the Trustees, shall be presented to him/her. (Act of N.J. Leg. 1906)

b. Legal Counsel may be retained by the Session (Board of Trustees) on all affairs of the corporation.

c. All matters regarding property and assets of the corporation shall be dealt with in a manner consistent with the Book of Order of the PC (U.S.A.).

d. The books of the corporation and all its entities shall be audited by an accredited auditor every 5 years, and by an internal auditing committee yearly with the results made available to all members of the corporation.

12. There shall be fifteen (15) Deacons divided into three classes, one class of whom shall be elected each year at the annual meeting for a three-year term. No Deacon shall be elected for a term of more than three years, nor shall a Deacon serve for consecutive terms (full or partial) aggregating to more than six years. A Deacon having served a total of six years shall be ineligible for reelections to the same board for a period of at least one year.

13. No person shall be eligible to be elected by the congregation to more than one official board of this church at one time.

14. There shall be a representative nominating committee chosen, in accordance with the form of government, at each annual meeting of the congregation. This committee shall bring to a special meeting of the congregation, called by Session during the month of November each year, nominations of one eligible person only for each office to be filled. Additional nominations of qualified persons may be made from the floor by any eligible voter.

15. These By-Laws may be amended or repealed, subject to the charter of the corporation, the laws of the State of New Jersey, and the *Constitution* of the Presbyterian Church (U.S.A.), at any Annual Meeting, or at any Special Meeting called for such purpose, by two-thirds (2/3) majority vote of the Active Members present and eligible to vote, provided that written notice of the meeting together with a copy of the proposed amendment(s) shall have been provided two weeks prior to the meeting. This requirement may be satisfied by mail and/or email to the addresses shown on the roles of the church for Active Members.

These By-Laws are intended to guide the community of faith known as the Ewing-Covenant Presbyterian Church formerly known as the Ewing Presbyterian Church and the Covenant Presbyterian Church of Trenton, seeks to be obedient to the will of God as known through the Scriptures, *The Book of Confessions*, and *the Book of Order* of the Presbyterian Church (U.S.A.)

Adopted