

TOWER CHIMES



Vol. 16 Issue 3

March 2025

FIRST PRESBYTERIAN CHURCH

Special points of interest:

- Church Community News - pg. 3
- Prayer Requests - pg. 7

Inside this issue:

Ash Wednesday / Elders & Deacons	Pg. 2
Town Hall / Souper Bowl	Pg. 4
1st Pres. Food Pantry Opening / Donation Suggestions	Pg. 5 & 6

Manse Fireside Chat

Friday
March 14th & 28th

All are welcome!

Feel free to call Ed or
Diane if you want
confirmation.

From Pastor Ed...

“Jesus left Nazareth and made his home by the sea of Galilee. He did that to fulfill the words of Isaiah, ‘that the people living by the sea in Galilee, who sat in darkness, have seen a great light, and for them, light has dawned.’ As Jesus walked by the sea, he saw fisherman casting their nets into the sea, and he said, ‘Follow me, and I will make you fishers for people.’ Immediately they left their nets and followed Him.”

Dear Friends,

The verses above describe the way people in Nazareth reacted to Jesus. If we think about it, they were like we are at different times of our lives. They were *afraid to move*, because they had no idea where to go or how to get there - so they just hung on for dear life to where they *sat*. Their vision was blocked by the all the ways of thinking and doing they'd gotten used to. Such darkness is isolating, and scary!

But these verses proclaim that Jesus came like a great beacon, to show everyone a way out, or through. He still comes to people today, to help us find a way through our fear, and routine religion, directly into life in the Spirit.

“Follow me” is his summons, and although it is gentle it isn't easy. The first followers left their nets – which was everything they knew how to do for living. When we answer that summons, it makes us ask, “What do I need to leave behind to move more deeply into God's will for me?” Following Jesus means that we need to take a good look at our lives, to find out what are the “nets” that have to go. Maybe they are the nets of busyness, or self-centeredness, or control, or possessions. Maybe they are the nets woven around habits that keep us from moving forward. Whatever our struggles might be, Jesus will always lead us patiently through the process, so that our lives and spirits can arise in growth, like the dawn.

As we journey forward, we need to remember that following Jesus, has an implicit responsibility - to become part of the light he brings to the world. That means we're called to be inviting others to enter God's movement. It means we shine the light that brings healing and helping hands to the needs there are in the world. It means that what we say and do actually helps people to know, and be known by the God who loves them. This month we are beginning our Lenten journey towards Easter. Let's seek, with renewed commitment, to discover just how our light will shine for the sake of Christ's movement to help the world and the community around us to thrive!

Peace and Blessings, Ed



Ash Wednesday marks the beginning of the Lenten Season

The Lenten season is a time for contemplation, and spiritual transformation. It is an intentional journey, wherein we make the time to listen to our lives and listen for the voice of the Spirit leading us towards change and growth.

Our Ash Wednesday service will be held on March 5th at 7:30 pm. The service will offer the opportunity to renew one’s faith and our commitment to God. If there are people who will be attending virtually, they may wish to have (water and/or ashes) available. Come and mark the beginning of this holy season!



SESSION ELDERS



Session Elders 2025

- Cheryl Anne Cammann (Clerk)
- Susan Krivenko
- Al Shipley
- Orieji Awa
- Cliff Williams
- Joanne Padavano

Board of Deacons 2025

- Gail Anderson (Treasurer)
- Helene Haith
- Cheryl Martin



Let us remember to lift up our elders and deacons in prayer, supporting and encouraging them in their faithful service. May their service remind us of the profound impact they have on our spiritual journeys.

Your church family & friends extend their gratitude and appreciation to you all!



A post on Sue's Facebook page:

February 1, 2025. The beginning of a new chapter!
We couldn't be happier!!! Thanks to all who have sent
a message of congratulations!! We are overwhelmed
and so immensely blessed!

*Your church family & friends wish you all of God's
blessings in the many joyous years ahead!*

Congratulations!



Sue shared a 'laying on of hands' pic during
Cheryl & Joanne's installation during the worship
service on February 23rd.

Always a beautiful moment!



Mar.

- 7 - Jennifer S.
- 13 - Doris K.
- 13 - Diane H.
- 14 - Jon-Paul D.
- 18 - Brian N.
- 19 - Debby R.
- 20 - Ruby R.
- 28 - Elizabeth O.
- 28 - Robert B., Jr.
- 29 - Marisa E.
- 29 - Leslie F.
- 30 - Lilliann Queenie S.



Mar.

- 19 - Uchechi & Ukoha

The Chosen Season 4

Here are the dates for "The Chosen"
Season 4 for the first part of 2025.

March 16;

none in April; May 18; June 8

I hope you are able to
join in the discussion!

- Diane



A graphic featuring a central dark grey speech bubble with the words "TOWN HALL MEETING" in bold, orange, sans-serif capital letters. The speech bubble is surrounded by several other speech bubbles in various colors (blue, green, orange, light blue) pointing towards the center.

TOWN HALL MEETING

On February 23rd, we held our first “Town Hall” meeting; they will be held on the last Sunday of every month. These will be offered so that our congregation will be informed about what’s going on in the life of the church, and to provide the opportunity for questions and concerns to be expressed. This is another way that the “Wisdom from Within, and Instant Replay” initiatives (from our Firebird Spirit seminar), can be recalled on a regular basis.



Thank you to all who contributed to this year’s Super Bowl collection!

This photo was taken on the Thursday before the last Sunday in February, and there were even more items to be added to the table that were on the floor.

Year after year, generous donations fill our tables to be given to the local food pantry for the hungry. Speaking of a food pantry...

Sue shared some *amazing* news, her article can be read on pages 5-6.





We introduced the creation of a pantry here at Old First. The shelves in the library have been cleared and cleaned. Now it is time to start filling those shelves. We have a number of people coming to us to request some help, and Session has decided to be prepared to serve those that have food insecurity in our community.

As we begin to fill the dry goods food pantry here in First Pres, please consider the following list:

Next time you're headed to the grocery store, bulk up your shopping list with a few of these non-perishable items from Feeding America's wish list. They're the items food pantries—and your neighbors in need—can really put to good use.

1. Applesauce

Plastic jars of unsweetened applesauce provide a quick snack, fiber and vitamin C. Applesauce also keeps well on food bank shelves.

2. Canned Beans

Loaded with protein and fiber, canned beans provide an excellent, nutritious way to fill a hungry tummy. Opt for the low-sodium varieties whenever possible.

3. Canned Chicken

It's simple to toss this non-perishable item into soups and casseroles or add it to a sandwich or cracker. Its versatility and high protein content make it a popular item at food banks.

4. Canned Fish (Tuna and Salmon)

Canned fish has vitamins, omega-3 fatty acids and protein, and it makes for a quick and easy meal. Food banks are most in need of canned tuna and salmon.

5. Canned Meat (SPAM and Ham)

Grab some SPAM or canned ham and drop it into a food donation bin. It's shelf-stable, doesn't require much prep or equipment to eat, and delivers a quick hit of protein to keep individuals feeling full for longer.

6. Canned Vegetables

Colorful, nutrient-dense and fiber-rich vegetables are always in high demand, and canned varieties last the longest on a food bank's shelves. Look for low-sodium options. Food banks often hand out recipes using the items they have.

7. Cooking Oils (Olive and Canola)

Food banks rely heavily on these essential and pricier items being donated. Canola and olive oils are the best choices because of their monounsaturated fats and mild flavor.

8. Crackers

Perfect as a snack or as a base for canned meats, crackers are shelf-stable and portable, making them ideal for snacks and lunches. Whole grain crackers are the best bet.

9. Dried Herbs and Spices

It's hard to cook a tasty meal without herbs and spices, so drop some in your cart to donate. Stick to the basics, like oregano, basil, cumin, pepper, rosemary, thyme and cinnamon.

10. Fruit (Canned or Dried)

Fruit, whether dried, canned or in plastic cups, makes excellent snacks for kids and adults and provide some nutrition and fiber. Choose those that are packed in water or fruit juice rather than sugary syrups.

11. Granola Bars

Food banks are always in need of quick and easy items that families can toss into lunches or eat on the go, and granola bars are just the thing. Look for ones with less sugar made with oats or other whole grains.

12. Instant Mashed Potatoes

Instant potatoes last longer and require minimal tools and ingredients to whip up. They're also a favorite of every age group, making them a popular item. Pass on this recipe for instant potatoes jazzed up with garlic powder for the food bank to share with its visitors (and send along some garlic powder too).

13. Meals in a Box

An entire meal that's shelf-stable and in one package—dinner doesn't get easier than that, which is plus for those without stocked kitchens. Look for pasta, rice and soup kits, especially those that are lower in sodium and higher in fiber and protein.

14. Nuts

A handful of nuts provides protein and nutrients in a hurry and is perfect for snacks and lunches. Food banks have a hard time finding them due to their higher price, so donations are essential. Opt for unsalted varieties when possible.

15. Pasta

This is a food bank staple since it's easy to turn into a meal. Whole grain varieties offer more fiber and nutrition than white pasta.

16. Peanut Butter

Kids and adults like it, and it's high in protein, making peanut butter one of the most popular items at food banks. Look for varieties that are lower in sugar.

17. Rice

It's filling, versatile and easy to prepare and store. Skip the white stuff and donate brown rice when possible, because it provides more fiber. Quinoa is also a great item to donate.

18. Shelf-stable and Powdered Milk

Because no fridge is required to keep this milk fresh, it's accessible for everyone. Plus, it provides much-needed calcium and protein.

19. Soup, Stew and Chili

These canned or packaged items acts as a warm and filling lunch or dinner and often come complete with protein (meat) and veggies. If possible, try to find reduced sodium options.

20. Whole Grain Cereal

Here's another popular item with all ages, since whole grain cereal makes a healthy breakfast or snack. Select varieties that are low in sugar and high in fiber.

21. Potatoes & Apples**22. Toilet Paper****23. Sliced Bread & Tortillas****24. Personal Toiletry Items****25. New packaged men's and women's underwear and socks****26. Baking items: flour sugar salt****27. Coffee, Tea, Juice****28. Popcorn kernels****29. Baby items: food, formula, diapers, wipes, diaper cream****30. Birthday Party supplies: cake/brownie mix, canned frosting, candles, chocolate, birthday napkins and plates**

"Hunger is not an issue of charity. It is an issue of justice." — Jacques Diouf



Please consider either calling or sending a card to church family who are homebound; call the church office (732-382-0803) if you need phone numbers and/or addresses.

Prayer Requests

Ada, Alyne B., Amy, Avril Muller & family, Barbara O. & family, Carlos B., Daphne P., Diane & Helene, Dorothy R., Eunice-Barbra & Dave, Gary, Harper, Harold, Helen, Helene, Jim's family, Kathy, Kevin, Kip, Lauris & Cindy, Linda, LJ & Corinne, Logan, Major A. & family, Michele P., Pete S., Portia G., Savannah B., Sue



Our deepest condolences to...

Carole Huntley & the Huntley family on the sudden passing of Carole's nephew, **Chris Huntley**, who entered eternal peace on January 28th. Please keep Carole & especially Chris' daughter, Melissa, and granddaughters, Chrissy & Ryleigh, in your prayers during this very difficult time.

If you have a prayer request please give Ilanda a call at 732-382-6193 or send her an email: ikerobo@comcast.net. Ilanda will ensure that your request is addressed/sent to our wonderful prayer warriors.

"Prayer is meant to grow us. Every divine encounter holds the possibility of transforming us a bit more. Genuine prayer is risky. It changes us, and we are never sure what that change might be."

Joyce Rupp

Prayer Persons

MARCH

- Mar. 2nd** - Carlos Allende & Erwin Altona
- Mar. 9th** - Rosalind Casey
- Mar. 16th** - Robert C. Bresenhan, Jr.
- Mar. 23rd** - Robert Pender
- Mar. 30th** - Eric & Tara Crowley & family

APRIL

- Apr. 6th** - Joan Cubino
- Apr. 13th** - Ernest Awutey
- Apr. 20th** - Carol DeLuca
- Apr. 27th** - Carlos Browne

FIRST PRESBYTERIAN CHURCH
1731 CHURCH STREET
RAHWAY, NJ 07065
732.382.0803

NON PROFIT ORGANIZATION
U.S. POSTAGE PAID
RAHWAY, NJ 07065

**DATED MATERIAL
PLEASE RUSH**



QR Code for donations

**Worship with us
Each Sunday at 10:30 AM**

**In-person / Facebook & YouTube Live Streams
Recorded Video Available Also**

**Office: office@1stpresrahway.org
Rev. Ed Hoener: edhoener1@gmail.com**

1stpresrahway.org

