

**Saddle River Reformed
Church**
worshiping at
Old Stone Church



February 2023

**Annual
Congregational Meeting
Sunday, February 12 at
11:15am after worship**

Agenda:

- Budget Review
- Elections
- Future Mission



**Tackle Hunger:
Souper Bowl of Caring
February 12**



Calendar

Worship - Sundays at 10am
Old Stone Church

Bible Study & Lunch Bunch
Wednesdays at 11am in the Lounge

Sew & Sew Group
Friday, February 3 at 12:30pm in the
Lounge

Consistory Meeting
Wednesday, February 8 at 6pm in the
Lounge

Annual Congregational Meeting
Sunday, February 12 at 11:15am

Tackle Hunger: Souper Bowl of
Caring
Sunday, February 12

Sew & Sew Group
Friday, February 17 at 12:30pm

Classis Worship & Meeting
Thursday, February 23 at 7pm
in the Sanctuary

If you are unable to be with us to worship in person, you can participate via Facebook Live on our page:

You do not need to be a member of Facebook to access this link.

<https://www.facebook.com/Old-StoneSaddle-River-Reformed-Church-105866604368793>

Find us on the web and on social media

oldstonechurchonline.org

Facebook: Old Stone/Saddle River Reformed Church

Instagram: oldstonechurchnj

Inside this Issue

Tackle Hunger: 2023 Souper Bowl of Caring	pg 2
Meaning of Ash Wednesday and Lent Lectionary	pg 3
Making Lent Pretzels	pg 3
Annual Congregational Meeting	pg 4-5
Camp Warwick	pg 6
Thank You & Photos	pg 7
Community Announcements	pg 8-9
February Birthdays & Anniversaries	pg 10-11
Giving	pg 11



In 1990, a simple prayer, “**Lord, even as we enjoy the Super Bowl football game, help us to be mindful of those without a bowl of soup to eat**” launched a grassroots, youth-led movement working to raise awareness, food and monetary donations for food pantries, soup kitchens, food banks and other hunger-relief charities within their community.

This year we will be participating in Tackle Hunger: Souper Bowl of Caring by collecting soup cans and monetary donations for the Center for Food Action in Mahwah during worship on Sunday, February 12, Super Bowl Sunday.

 **There are over 24 million households in America without enough food to live a healthy lifestyle.** 

 **11.6 million households with children do not have enough food.**

 **1 in 5 children in the US are food insecure.** 

**What if everyone watching the Big Game gave just \$1?
That would be \$110 million to help these households in need.**

 **That would be a gamechanger!** 

What is Ash Wednesday and Lent?

Ash Wednesday begins the season of Lent, the 40 days (excluding Sundays) that lead up to Easter. This first day of Lent and the following liturgical season are marked with a somberness as Christians reflect on their mortality, their sinfulness, and the dying of self that comes with new life in Christ.

While there is no mention of Ash Wednesday in the Bible, the Old Testament records acts of repentance or mourning accompanied by symbolic ash and sackcloth. Recall stories of David, Esther, Job, Isaiah, Jeremiah, and Daniel.

Ash Wednesday reminds us that two things are involved in genuine repentance: “the dying of the old self and the coming to life of the new” (Heidelberg Catechism, question and answer #88). The way to Easter is the way of the cross. “Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?” (Romans 6:3). New life with Christ involves a daily surrendering of the old life. Ash Wednesday, the first step of this Lenten journey, invites us to acknowledge our mortality and our sinfulness.

February 2023 Lectionary Year A

Feb 5 - Communion Fifth Sunday after Epiphany

Isaiah 58:1-9a (9b-12);
Psalm 112:1-9 (10);
1 Corinthians 2:1-12 (13-16);
Matthew 5:13-20

Feb 12 Sixth Sunday after Epiphany

Deuteronomy 30:15-20;
Sirach 15:15-20;
Psalm 119:1-8;
1 Corinthians 3:1-9;
Matthew 5:21-37

Feb. 19 Transfiguration Sunday

Exodus 24:12-18;
Psalm 2;
Psalm 99;
2 Peter 1:16-21;
Matthew 17:1-9

Feb. 22 Ash Wednesday

Joel 2:1-2, 12-17;
Isaiah 58:1-12;
Psalm 51:1-17;
2 Corinthians 5:20b-6:10;
Matthew 6:1-6, 16-21

Feb. 26 First Sunday of Lent

Genesis 2:15-17; 3:1-7;
Psalm 32;
Romans 5:12-19;
Matthew 4:1-11

Making Lent Pretzels: What Pretzels Remind Us during Lent

Pretzels are a popular snack year-round today, but they first became popular as a Lenten food for Christians in the seventh century. The word Pretzel is derived from a German word that means “little arms.” The twisted shape of pretzels is meant to resemble two arms crossed in prayer. Making Lent pretzels is a way to remember that Lent is a season of prayer.

Baking Lent pretzels is also an opportunity to share the true meaning behind a pretzel’s twist with children. Then every time they eat a pretzel, they can be reminded of the importance of prayer.

How pretzels became a Lent tradition

Some traditions say that the earliest pretzels were rewards monks gave to their students for reciting their prayers correctly. But they ultimately became popular because of their simple ingredient list. The first pretzels were made with just flour, salt, and water.

Christians in the seventh century followed strict rules about what they could eat during the season of Lent. Meat, dairy, fats, and eggs were all off-limits from Ash Wednesday through Easter. Pretzels could be made with inexpensive ingredients that followed the Lent fasting practices of the time. This made them popular.

It was customary to give pretzels to townspeople who were poor on certain days of Lent

Making Lent pretzels at home as a reminder to pray

Consider making pretzels with your family or friends during Lent. As you make the pretzels, talk about what the shape of the pretzel symbolizes: that Lent is a time of prayer. Think together about how you can honor the practice of prayer. Before you eat your pretzels, say a prayer. Thank God for the food on your table and request God’s care for those who are hurting or hungry.

Just as Christians did in the Middle Ages, you might consider giving some of the pretzels away as gifts.

Lent pretzel prayer

Dear God, we ask you to bless these pretzels which we are about to eat. Each time we eat them may we be reminded that this is the season of Lent, a time of prayer. Help us to remember to pray for those who need our prayers each day. Keep your loving arms around us, O God, to protect us. In Jesus’s name, Amen.

Baked Soft Pretzel Recipe

Sources: This recipe is adapted from homemade pretzel recipes by Alton Brown and Tasty.

Ingredients

1 ½ cups hot water
1 tablespoon sugar
1 tablespoon salt
1 package active dry yeast
4 tablespoons (½ stick) unsalted butter, melted
4 ½ cups flour (22 ounces)
10 cups water
⅔ cup baking soda
1 egg, beaten and mixed with 1 tablespoon of water

Instructions

1. Mix the water, sugar, salt, and yeast together in a large bowl. Let the mixture sit for five minutes, until the yeast starts to bloom (it should look like a layer of foam on the surface of the water).
2. Add in the butter and flour, and mix until the dough is smooth like satin.
3. Cover the bowl and let it sit until the dough is doubled in size, about 1 hour.
4. Preheat your oven to 450 degrees F and spray baking sheets with oil.
5. Boil water with baking soda in a large saucepan.
6. Divide the dough into eight pieces. Shape each piece of dough into a 24-inch rope and then twist it into pretzel shape.
7. Dip each pretzel in the boiling water for 30 seconds on each side before placing it on the sheet pan.
8. Brush the pretzels with egg wash and sprinkle them with salt.
9. Bake for 12-14 minutes.



ANNUAL MEETING



Annual Congregational Meeting, Sunday, February 12, 2023 at 11:15am after worship

The Consistory of the Saddle River Reformed Church has agreed upon and recommends reaffirming the current sitting Consistory members to serve for the upcoming year. The members of the current Consistory have agreed to continue their service as outlined below.

Recommended Consistory Members for 2023 are as follows:

Elders:	Deacons:
Peter Freeman	Clifford Kammerer
Cathy Lowden	Suzanne Peters
Nancy Peet	John Seibert

The Congregational Meeting will take place on February 12, 2023, at 11:15 following worship. At that time nominations will be accepted from the floor for regular terms of service (two years) on the Consistory, to replace elders and deacons whose class is presently expired.

News from Camp Warwick:

Camp Snowball

Session 1: February 24-26, 2023
Session 2: March 31- April 2, 2023



Come and join us at Camp Snowball this winter!

Camper registration and the volunteer application open December 1!

Sign-up to be a Camp Snowball Volunteer!

Come and spend the weekend with campers and other volunteers for games, singing, sledding (if there is snow), bowling, talent show, and so much more!

- 15+ years old
- available the whole weekend
- interested in working with individuals who have disabilities
- we would love to help fulfill required volunteer hours and paperwork

SPRING FLING

APRIL 21-23, 2023

WE CAN'T DO IT ALONE

HEBREWS 10:24-25



In Hebrews we are reminded to "not neglect to meet together, like is the habit of some, but encourage one another." Register your youth group to gather, worship, learn, play, and connect with other youth groups. Come and encounter Christ who calls us together at Spring Fling 2023.

\$125 per person, 2 free leaders included!

Register on the website or mail in our printable paper registration form.

Find more information and details on our website in the Youth Programs tab!

Are you ready for Summer 2023?!



Camp Warwick 2023

Registration opens January 9

Register online at www.campwarwick.org

- Week 1: June 25-30
Camp Sunrise and Day Camp
- Week 2: July 2-7
Camp Sunrise and Day Camp
- Week 3: July 9-14
Camp Sunrise and Day Camp
- Week 4: July 16-21
Camp Sunrise and Day Camp
- Week 5: July 23-28
Camp Sunrise and Day Camp
- Week 6: July 30-Aug. 4
In-Camp and Day Camp
- Week 7: Aug. 6-11
In-Camp and Day Camp
- Week 8: Aug. 13-18
Day Camp
- Week 9: Aug. 20-25
Day Camp

Thank You!!!

The church office received an acknowledgement of the donation made to Hope Christian Service. HCS provides quality care to individuals with developmental and intellectual disabilities since 1972.



The church office received a thank you note for a donation to the Center for Food Action. The gift will enable CFA to provide non-perishables, milk, eggs, product, meat, and cleaning supplies to households in need and to deliver food packages.

After Worship Church Socials

There is a sign-up sheet in the back of the sanctuary for Sunday Iced Tea Socials. They are weekly, immediately following the service and provide us with a chance to chat and catch up with our church family while enjoying a treat or two (or three!).

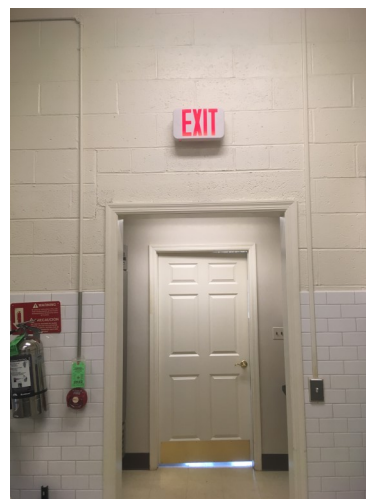


Rozanne Sullivan feeding a joey (a baby kangaroo) at the Bonorong Wildlife Sanctuary in Brighton, Tasmania. Rozanne reports they are very sweet! And so soft! They are like squirrels to the Australians but she found them to be charming.

Did you notice the new cemetery sign? The donated sign is located at the northern parking lot near the entrance to the cemetery and the newest section.



The cemetery received a trim, as did all the 12 acres of property. Nine dead trees were removed along with numerous dead branches. In the cemetery the canopy was lifted so it's safe to walk through the cemetery without fear of walking into a branch or have a branch scratch the top of a car. The branches in the northern part of the cemetery were cut back to allow more sun into the area for grass growth. Vines that are choking some of the trees have been cut to allow the trees to flourish. Branches were cleared from utility lines and away from the roof of the parsonage and garage. Overall, the entire property still has a natural feel while looking snazzy.



Check out our new illuminated Exit sign in the kitchen. We are now in compliance with fire regulation codes.

Doesn't our stove, grill, and hood look shiny and new? We just had the annual cleaning for fire regulation compliance.



Community Announcements:

 Northwest Senior Activity Center
46-50 Center Street, Midland Park, NJ 07432 Phone: 201-445-5690 Fax: 201-493-8911

AARP


INCOME TAX ASSISTANCE

AARP volunteers will provide

FREE tax preparation

MONDAYS & TUESDAYS, by appointment
beginning February 6, 2023


SERVICES PROVIDED:	PTR 1 and PTR 2
Federal Income Tax	PROPERTY TAX REIMBURSEMENT
State Income Tax	See Sheila Brogan, LSW, ACSW
State Rebates	201-447-5696

 If you would like to order lunch, please reserve one day in advance before noon. Lunch is \$1.25 donation and served Mon.-Fri. at 11:45am.

Friends of the USR Library will hold their February Book Sale on Saturday, February 11th from 10 a.m.-1 p.m. Be sure to mark your calendar to find your next great read! There are special monthly sales and any child who comes to browse may select a free book. Be sure to stop by and buy! All proceeds support the programs the Friends fund like the museum passes, children's summer reading program, mango languages, Kindle e-book titles and more.

BLOOD PRESSURE SCREENINGS

Nurses from
The Valley Hospital Department of
Community Health and Benefit



offer blood pressure screenings

the 2nd Monday of each month:

From 9:30am-11:30am

Upper Saddle River Woman's Club

Tickets will go on sale for the **Valentine's Day Mega Raffle to benefit USR First responders, scholarships to local students and other charitable causes.**

Ticket order forms can be found on the website (www.usrwomansclub.org) under the Mega Raffle Tab on the menu bar, or can be purchased from any member. The drawing will take place at Borough Hall at 12 p.m. on February 14th.

NEED HELP PAYING FOR GROCERIES?

See what SNAP can do for you.

NJ SNAP (Supplemental Nutrition Assistance Program) is New Jersey's food assistance program to help you buy the groceries to eat and be healthy. Even a small amount can help - every dollar of SNAP you get means a dollar of your food budget you can use for something else you need.

Need help applying? Representatives are available. You can find us at:
Visit us with **Northwest Senior Center for in-person SNAP Assistance** every 3rd Friday of the month

02/17/2023 03/17/2023 04/21/2023
from 10:00am - 2:00pm at 46-50 Center Street Midland Park 07432

To make the application process quicker and easier, bring with you, as applicable:

- Proof of income
- Proof of address
- Cost of rent and utilities
- Child or adult care expenses
- Medical expenses (if age 60+ or have a disability)

You should never be asked to pay for assistance to fill out an application. There is no charge.



Holland Christian Home Foundation
2023 Spring Breakfast & Silent Auction

Save the date

We are pleased to invite both men & women to this event

Saturday, April 15, 9 AM

Featuring
NJ State Police Superintendent
Colonel Patrick J. Callahan
Sharing his personal walk of faith while
steering NJ's top law enforcement agency

For ticket reservations (\$60):
call 973-427-4087 ext 651 or email
svanderploeg@hcnj.org

The Center for Food Action in Mahwah at 90 Ridge Road is open M-F from 10am-2pm to accept donations. Their most needed items are Supermarket Gift Cards, Canned Meat (tuna, chicken, etc.), Canned Hearty Soups, Canned Vegetables, Macaroni & Cheese, Peanut Butter & Jelly, Tomato Sauce, Toothpaste, Toothbrush & Dental Floss, Cold Cereal (low sugar) & Oatmeal, Powdered Milk &/or Boxed Milk, such as Parmalat, Canned Fruits, Instant Potatoes, 100% Juice, Baby Formula & Diapers sizes 4, 5 & 6, Bar or Bottled Soap, and Canned Dog Food & Canned Cat Food.

Call 988 For Mental Health Emergencies

The Federal Communications Commission recently approved a new 3-digit dialing code, 988, for mental health crisis and suicide prevention.

The 988 line will operate 24 hours a day, 7 days a week for calls, texts, and chat.

UPPER SADDLE RIVER

PROUD TO BE STIGMA-FREE

February Birthdays & Anniversaries

Grace Dietz	2/2
Louise Brevet	2/10
Richard DeMase	2/11
Arwen Parmelee	2/11
Bob Fretz	2/18
Rozanne Sullivan	2/25
Anthony Dente	2/26
Ken Parmelee	2/29

Karl Nixdorf & Debra Davis 2/16

Any updates or additions, please email the church office at srrcoffice@verizon.net

Senior HelpLine
(201) 336-7400

A service of the
Aging and Disability Resource Connection
(ADRC)

Bergen County
Department of Human Services
Division of Senior Services



We welcome your donations through the online giving page on the church website at <https://oldstonechurchonline.org/> and click on the Give button.

Give

The monthly newsletters are **BACK!!!** If you have anything for the MARCH newsletter, please email the church office at srrcoffice@verizon.net.

Saddle River Reformed Church

worshiping at

Old Stone Church

500 East Saddle River Road
Upper Saddle River, NJ 07458
201-327-5242

srrcoffice@verizon.net
www.OldStoneChurchOnline.org

