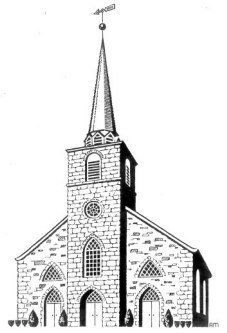


**Saddle River
Reformed Church
worshiping at
Old Stone Church
February 2024**



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

Agenda:

- Budget Review
- Elections
- Future Mission



Calendar

Worship - Sundays at 10am
Old Stone Church

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

Sew & Sew Group
Friday, February 2 at 12 noon in
the Lounge

Consistory Meeting
Wednesday, February 7 at
6:15pm in the Lounge

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

Tackle Hunger: Souper Bowl of
Caring
Sunday, February 11

Sew & Sew Group
Friday, February 16 at 12:30pm

**Tackle Hunger:
Souper Bowl of Caring
February 11**



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

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February 2024 Lectionary Year B

February 4 - Communion Rev. Mel Van Hattem

Fifth Sunday after the Epiphany

Isaiah 40:21-31
Psalm 147:1-11, 20c
1 Corinthians 9:16-23
Mark 1:29-39

February 11 Rev. Leah Ennis-Gasero Transfiguration Sunday

2 Kings 2:1-12
Psalm 50:1-6 2
Corinthians 4:3-6
Mark 9:2-9

February 14 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

February 18 Dr. Naoki Inoue RCA Ministry Associate

First Sunday in Lent

Genesis 9:8-17
Psalm 25:1-10
1 Peter 3:18-22
Mark 1:9-15

February 25

Second Sunday in Lent

Genesis 17:1-7, 15-16
Psalm 22:23-31
Romans 4:13-25
Mark 8:31-38
Mark 9:2-9

WEEKLY Bible Study/ Lecture

Meets every Wednesday at 11am in the Lounge followed by the "Lunch Bunch" from 12:15-1pm. God chooses the most unlikely people to serve Him... fishermen, tax collectors, even a prostitute like Rahab. Her story is found in Joshua chapter 2. In our Bible study we learned of her courage, her resourcefulness, and her loyalty to her family. Our study leader, James Jones, expanded on her story by describing the protective wall of stone that surrounded the city of Jericho. It was large enough to house whole families within it. And we also learned about the flax that Rahab used to safely hide God's Israeli spies. Come and visit this group of 10 or 12 men and women who explore the Bible with hearts open to spiritual learning. We know it takes courage to walk in to a new group of people, but you can be sure that this group is open, smiling, and welcoming. †



Annual Congregational Meeting, Sunday, February 11, 2024 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 2024 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 11, 2024, 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.



"LORD, EVEN AS WE ENJOY THE SUPER BOWL FOOTBALL GAME, HELP US BE MINDFUL OF THOSE WHO ARE WITHOUT A BOWL OF SOUP TO EAT"

TACKLE HUNGER
with the
SOUPER BOWL OF CARING

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 11, Super Bowl Sunday.**

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.



Ash Wednesday

Time: 40 days (excluding Sundays) before Easter Sunday

Purpose: This day marks the beginning of Lent. It is focused on prayer, fasting, and repentance.

Liturgical color: Purple



Lent

Time: The period of time between Ash Wednesday and Holy Week

Purpose: Lent is a time of penitence and preparing for the death of Christ.

Liturgical color: Purple

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.



Visit faithward.org/lentcalendar for additional resources to help you engage in these daily discipleship activities.

February 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--|--|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | <i>Ash Wednesday</i> 14 Observe Ash Wednesday and reflect on its meaning. | 15 Practice listening prayer; invite God to speak to you in prayer and listen to what the Holy Spirit reveals. | 16 Fast for the day (or a portion of the day) and dedicate typical meal times to prayer. | 17 Donate at least three things that no longer give you joy. |
| 18 | 19 Read your Bible in a new place, for new perspective. | 20 Spend 30 minutes or an hour in silence, connecting with God. | 21 Send a note or a text to someone who is stuck at home right now. | 22 Fast from social media. | 23 Cook a meatless meal. | 24 Write a personal or family mission statement. |
| 25 | 26 Read or listen to the insights of a theologian from a different culture. | 27 Tell someone how you see God using their gifts. | 28 Pray a Lenten prayer of confession. | 29 | | |

February Missions Offering

The Deacons will be collecting funds during February for the Tunnel to Towers Foundation. Since 9/11, T2T has been helping America's heroes by providing mortgage-free homes to Gold Star and fallen first responder families with young children and by building specially-adapted smart homes for catastrophically injured veterans and first responders. They are also committed to eradicating veteran homelessness and helping America to Never Forget September 11, 2001.



You can give to this ministry in person **during Sunday morning worship** (please make checks payable to Saddle River Reformed Church and designate as Mission of the Month) or **on-line using the church website and by selecting "Giving" from the menu or the "Give" button and choosing "Mission of the Month" in the dropdown list.** <https://oldstonechurchonline.org/>



Thank you!!!

The church office received a thank you letter from **Heifer International** for our recent contribution, which was matched by another group, doubling the impact. Heifer International works in 19 countries to provide resources, education, and opportunities.

The church office also received a thank you note from **Holland Christian Home Foundation** for our recent gift. Holland Christian Home was founded 128 years ago to serve the elderly in a Christ-centered homestyle atmosphere: small enough to care for each resident individually, but large enough to serve in a professional and beautiful setting.

Reformed Church Home sent a thank you for our recent contribution. Reformed Church Home serves their residents in a compassionate, caring environment.



Property Projects

January was a busy month around the building:

- With snowfall comes snow removal, which our landscaper takes care of for us.
- The hood on our commercial stove had its annual inspection confirming there was no grease in the system needing to be cleaned.
- The boiler in the education building was inspected through our insurance company.
- One of our fire violations was making sure our stage curtains are fireproofed. A company came in to treat the curtain on-site. The curtains will need to be treated again in five years.
- A fixture ballast in one of the overhead lights in the education building was replaced.
- ADT fixed a broken sensor on one of our external doors

Property Projects Appeal

Our church property, like your own home, needs constant maintenance to provide a safe environment. This year we will have to pay out more than we originally expected for property projects. Upper Saddle River has a new fire and code enforcement official who has been working his way through the town to bring the various buildings up to code. We were cited for over 20 violations. New signage and repairs to our Education Building and Sanctuary have cost us more than \$4000. When the solar panels were installed on the east side of the Education Building, only the roof under the panels was replaced. The remaining roof has exceeded its life expectancy and has been patched as much as possible. We replaced the rest of the roof at a cost of \$25,000. When the parsonage was vacated two years ago, we had it professionally cleaned and made some minor repairs. The contractors that have been brought in to provide estimates for the many needed repairs and updates to prepare the building for our next pastor or possible tenant estimate that it will cost \$50,000 at a minimum to make the parsonage whole. We have all of these expenses on top of the regular wear and tear on three aging buildings.

We know this is a time when many are experiencing higher costs in their own lives, and asking for funding from you above and beyond your normal contributions may be challenging. We humbly ask that you consider designating a contribution to fund our property projects.

In Christ's Name,
Your Consistory Members

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!).

Website and Social Media

Have you checked out our website or social media feeds recently? There are new postings several times a week on Facebook and Instagram. Be sure to check them out and follow and/or give us a "like." Website: <https://oldstonechurchonline.org/> Facebook: Old Stone/Saddle River Reformed Church Instagram: oldstonechurchnj



Community Announcements

USR Cares Invites USR Seniors to join them for one or more of their upcoming Thursday events at the USR Library and for one or more of their group outings. Lunch catered by Uncle Giuseppe's before the Library's screening of movies the first Thursday of each month. Upcoming date is February 1st. Third Thursdays - Breakfast snacks and guest speakers, activities, and games the third Thursday of every month. Upcoming date is February 22nd. Interested seniors should rsvp to USR Cares one week prior to each Thursday event at usrcares@gmail.com or 201-749-1615. Information about USR Cares is available at www.usrcares.com.

Women's Bible Study Please consider joining us for a simple Bible Study at the **Ramapo Reformed Church**. Pastor Mary will lead the group through various scripture readings in the style of Lectio Divina. No preparation is necessary! We will meet in the **Coffee Room of the church building (100 Island Rd)**. We will meet every other Tuesday through June. **The dates for February are 2/6 and 2/20.**

Friends of the Upper Saddle River Library: They continue to offer titles for all ages and interests, as we prepare for their upcoming February sales on **Saturday, February 10th from 10:00 a.m. to 1:00 p.m.** Stop by and buy! Their prices can't be beat! As always, any child who comes to browse may select a free book.

Adult Walk In Health Clinic Moved to the USR Library: The clinic has been moved to the USR Library at 245 Lake Street, the 3rd Thursday of the month. **February 15th from noon-1 p.m.**

Camp Snowball 23-24

We are so excited to welcome campers and families back this fall and winter! We have 4 sessions planned and cannot wait to see you there! Registration for the remaining 3 sessions is open!

Session 1: November 10-12, 2023

Session 2: January 12-14, 2024

Session 3: February 23-25, 2024

Session 4: April 19-21, 2024



Registration and Volunteer Application are on our website!
campwarwick.org/camp-snowball



Rev. Mark Ennis of the Clinton Avenue Reformed Church in Bergenfield is looking for **ESL teachers for their Spanish-speaking outreach program.** Anyone with an interest can call the church office: 201-384-2454.

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

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 Hearty Soups, Canned Vegetables & Fruits, Diapers Sizes 4, 5, 6, Pasta, White & Brown Rice, Dried Beans, Baby Formula, Bar or Bottle Soap, Peanut Butter & Jelly, Tomato Sauce, Canned Meat & Fish, Canned Pastas, Stews, & Chilis, Canned Tomatoes, and Low Sugar Cereal.

Call 988 For Mental Health Emergencies

The Federal Communications Commission approved a 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 |
| 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

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



If you have anything for the MARCH newsletter please email the church office at srrcoffice@verizon.net.

Saddle River Reformed Church

worshiping at
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