

# Horizons

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January 2011



Rev. Teresa S. Ely, Pastor

Jackie Littleton, Moderator

Anna Venettone, Vice-Moderator

*January 3, 2011*

## *Pastor's Message*

Slowing down to write is always a challenge. Okay, slowing myself down in general is a challenge. I wrote to a friend during the weeks preceding Christmas and described myself as 'going Mach two with my hair on fire.' Yep, pretty fast and when I stop to think about it, rather uncomfortable. Who wants to go through life feeling singed, smelly and smoky?

So when I discovered that the weekend of New Years was going to afford me two days of quiet I took it as a gift from God. Instead of entering into the New Year madly dashing about I settled in for some quiet time. Quiet time can be challenging. Especially in a world where mad dashing about seems to be the norm. Where there is a need to be surrounded with noise of some sort, noise from the radio, iPod, MP3, TV or the constant ringing of one's cell phone. To sit and be still is almost an alien adventure.

But I persevered.

I found myself doing as the Psalmist encouraged, "Be still and know that I am God." As I slowed my pace it became easier to hear that 'still small voice' and encounter the presence of God. I was able to reflect on the year that had passed. To identify the places in myself where growth was necessary and to see them in a light that was encouraging and hopeful toward positive changes. I could take the wisdom collected in these moments of quiet reflection and make a path into the New Year. This would be a path marked out by God's Spirit and will ultimately draw me closer to Him.

A part of being drawn more deeply into any relationship, especially a relationship with God, is the need to live with intentionality. In order to hear the still small voice of God one must choose to listen. To 'be still' means one has to stop. Both call for one to make a choice, to be intentional about involvement. I have to choose to stop, to listen and to engage the Holy Spirit.

What this all boils down to is a commitment to study, prayer and more quiet moments. Moments where I choose to turn off the television, the radio or whatever noise is distracting me. It is a commitment to walk slower and see more of what's around me. It's a commitment to be present with people and not thinking about what task needs to be done next.

I've been practicing for a couple days now and I can see the tiniest of changes. I feel more at peace and as a result much more focused on the voice of God and what the 'still small voice' is leading me to learn. I'm looking forward to following this quiet path as it leads me into a deeper relationship with God. To seeing what and who I encounter on this journey

May this New Year be a time of still moments where we can hear the voice of God together.

Grace & Peace,  
*Pastor Teresa*



***The Endless Grace Christian Coffeehouse***

Starting: Friday, January 21, 2011

Featuring live music from ***Saved From Today***

Third Friday of every month - 8:00 p.m. – 10:00 p.m. - McCabe Hall

Join us for coffee, tea, refreshments and live praise music

***Giving Calendar for Sundays, January 9 & 16***  
***Retired Ministers and Missionaries Offering***

*Connects Generations*

*For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.*  
*- Psalm 100:5*

Your gift sustains the women and men who tirelessly carried forth God's work

**A NOTE OF THANKS...**

Thank you to the following members who contributed toward the BEAUTIFUL POINSETTIAS that graced the pulpit this Christmas Season:

The McCarty's  
 The Fullman's  
 Lois Stuller  
 Grace Gazsi  
 Evelyn Breece  
 The Harrison's

The Dix's  
 Elma Scott  
 Julie Fanella  
 The Losey's  
 The Hutchinson's  
 The Hampton's

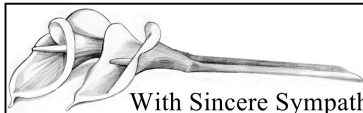
**Welcome Visitors From Fellowship Baptist Church**

During the month of January, we are pleased to welcome members of Fellowship Baptist Church to our Sunday services.

To our visitors, if you have any questions, please feel free to call the church office, 609-587-8585 Monday through Friday. 9 am - 1 pm or Pastor Teresa at 609-364-3203



Our sincere condolences to the family and friends of *Verna Carlidge* who passed away on November 28, 2010. Our thoughts and prayers are with you.



We mourn the passing of our beloved friend and family member George "Dick" Walter, .73, who passed away Monday, December. 20, 2010. You will be missed. Our thoughts and prayers are with his wife and family.

*The following article was printed in the Project Freedom's New Horizons - August 2010 Newsletter:*

## Reeves Foundation Awards "Open Access" Grant for Robbinsville

The Christopher and Dana Reeves Foundation through its "Quality of Life" funding has generously awarded Project Freedom \$8,945 for a project long wished for by at least one of the Robbinsville tenants. Jason Cohen's dream of converting the two first floor outside doors at Robbinsville to automatic doors was realized recently when notification came that the Reeves Foundation Grant request he co-wrote with Judy Wilkinson, Media Coordinator, was accepted. Ironically enough, it was through monies awarded Jason Cohen over 10 years ago that two other upstairs doors were made accessible.

With this modification, all tenants will have full access to the back yard patio and garden with a key swipe system so that no one will need another's assistance to exit or enter.

Visit the Christopher and Dana Reeves Foundation at [www.chrisopherreeves.org](http://www.chrisopherreeves.org) to see all the informative articles they provide, such as "Traveling With Your Wheelchair" and much, much more.



Jason Cohen hands over check from Reeves Foundation to Gary Zarrilli.

## News from ABCNJ Baptist Camp Lebanon

### 2011 CAMP SCHEDULE Please Take Note Of Changes

June 26 - July 02	Sailing Camp I (Grades 7-10)
June 26 - July 02	Junior I Camp (Grades 3-6)
July 03 - July 09	Junior High Conference (Grades 6-8)
July 03 - July 09	Christian Discovery (Grades 4-5)
July 10 - July 30	Leadership Training (Grades 9-12)
July 10 - July 16	Music Camp (Grades 5-9)
July 13 - July 16	Primary Mini Camp (Grades 1-2)
July 17 - July 23	Latino Camp (Grades 1-12)
July 17 - July 23	Work Camp (Grades 8-12)
July 24 - July 30	Junior II Camp (Grades 2-5)
July 24 - July 30	Sailing Camp II (Grades 6-10)
July 31 - Aug 06	Senior High Conference (Grades 9-12)
July 31 - Aug 06	Fishing Camp (Grades 6-8)

**CONTACT of Mercer County, NJ Free Listening Skills/Crisis Intervention Training - 609-883-2880**  
CONTACT HOTLINE: 609-896-2120, 609-585-2244, and 1-800-273-TALK (8255), a National Suicide Prevention Phone Line.

REASSURANCE CONTACT: A daily phone check for the elderly: 609-883-2880

RSVP: Retired and Senior Volunteer Program; A support to volunteers and volunteer programs in Mercer.

AMACHI/Break the Cycle: A mentoring program for children of Incarcerated Parents.

## The Ten Commandments of Interacting with People with Mental Health Disabilities

### I Speak Directly

Use clear, simple communication. Most people, whether or not they have a mental health disability, appreciate it; and if someone is having difficulty processing sounds or information, as often occurs in psychiatric disorders, your message is more apt to be clearly understood. Speak directly to the person; do not speak through a companion or service provider.

### II Offer to Shake Hands When Introduced

Always use the same good manners in interacting with a person who has a psychiatric disability that you would use in meeting any other person. Shaking hands is a uniformly acceptable and recognized signal of friendliness in American culture. A lack of simple courtesy is unacceptable to most people, and tends to make everyone uncomfortable.

### III Make Eye Contact and Be Aware of Body Language

Like others, people with mental illness sense your discomfort. Look people in the eye when speaking to them. Maintain a relaxed posture.

### IV Listen Attentively

If a person has difficulty speaking, or speaks in a manner that is difficult for you to understand, listen carefully-then *wait for them to finish speaking*. If needed, clarify what they have said. Ask short questions that can be answered by a "yes" or "no" or by nodding the head. Never pretend to understand. Reflect what you have heard, and let the person respond.

### V Treat Adults as Adults

Always use common courtesy. Do not assume familiarity by using a person's first name or by touching their shoulder or arm, unless you know the person well enough to do so. Do not patronize, condescend, or threaten. Do not make decisions for the person, or assume their preferences.

### VI Do Not Give Unsolicited Advice or Assistance

If you offer any kind of assistance, wait until the offer is accepted. Then listen to the person's response and/or ask for suggestions or instructions. *Do Not* panic, or summon an ambulance or the police if a person appears to be experiencing a mental health crisis. Calmly ask the person how you can help.

### VII Do Not Blame the Person

A person who has a mental illness has a complex, biomedical condition that is sometimes difficult to control, even with proper treatment. A person who is experiencing a mental illness cannot "just shape up" or "pull himself up by the bootstraps". It is rude, insensitive, and ineffective to tell or expect a person to do so.

### VIII Question the Accuracy of Media Stereotypes of Mental Illness

The movies and the media have sensationalized mental illness. In reality, despite the overabundance of "psychotic killers" portrayed in movies and television, studies have shown that people with mental illness are far more likely to be victims of crime than to victimize others. Most people with mental illness never experience symptoms which include violent behavior. As within the general public, about 1% - 5% of all people with mental illness are exceptionally easily provoked to violence. (National Alliance for the Mentally Ill., 1990)

### IX Relax!

The most important thing to remember in interacting with people who have mental health disabilities is to BE YOURSELF. Do not be embarrassed if you happen to use common expressions that seem to relate to a mental health disability, such as "I'm CRAZY about him" or "this job is driving me NUTS!" If you are afraid you have made a faux pas, ASK the person how he feels about what you have said. Chances are, you'll get a flippant remark and a laugh in answer.

### X See the PERSON

Beneath all the symptoms and behaviors someone with a mental illness may exhibit is a PERSON who has many of the same wants, needs, dreams, and desires as anyone else. Don't avoid people with mental health disabilities. If you are fearful or uncomfortable, learn more about mental illness. Kindness, courtesy, and patience usually smooth interactions with all kinds of people, including people who have a mental health disability.

### This is the Last and Greatest Commandment:

Treat people with mental health disabilities as you would wish to be treated yourself.

## Letter of Thanks to the 225<sup>th</sup> Anniversary Committee

Time has marched on and I have not had a chance to thank all who worked so hard on our church's 225<sup>th</sup> Anniversary Celebration. The hours put into this project were timeless. We started meeting back in May 2010. There was much thought given to how the day should go. It couldn't have gone better.

Words can not express the appreciation I have for all the time and hard work that was given to each project. When it came to choosing committees for the different segments, everyone volunteered to take a project on.

As chair, I was ever so grateful to:

Susan Fanella, Chair - Pictorial display  
Emma Stype and Shirley Adams – Memorabilia  
Janet Kendall and Denise Niclas – Church History  
Nancy Losey, Chair, Lois Stuller & Betty Hutchinson – Decorations  
Emma Bates – Luncheon Food Coordinator  
Nancy Glitz and Julie Fanella – Children's Games  
Nancy Cox – Open House and Refreshments

A special thank you, to the Women of the Hightstown Baptist Church, special friends, Judy & Bob Pepler and Ray Winkowski. They served our luncheon and cleaned up after so our whole church family could sit and eat together.

Special thanks to Pastor Teresa for all her help and advice. To our secretary, Rosanne Meister, a big thanks, for all her hard work and creativity. She went above and beyond the call of duty.

We were very pleased to receive congratulations from President Barack Obama, Governor Chris Christie. We also received a Proclamation and Flag, which flew over our nation's capital on September 11, 2010, to commemorate our 225 years. Both were made possible by Congressman Chris Smith. There are many more certificates, congratulations and notes from local politicians. These are to be displayed in the Burke Lounge.

The icing on the cake was the front page article of the Trenton Times newspaper the next day. We made the headline, "225 Years of Faith, History at Hamilton Church". A copy is also on display in the Burke Lounge.

What a beautiful day it was. Again, thank you to my entire committee who worked long and hard to bring this day together.

In God's Work, Frances C. Walter, chair

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### ***To Our Church Family,***

Words can't express our thanks and gratitude to all for all you did to make our "Going Home Service" for Dick so beautiful.

To those who helped move items in the church to accommodate the service and to you all for the beautiful luncheon on Christmas Eve Day. The church was so beautiful and we felt very much at home there and Dick looked so much at peace in his "Second Home".

We so appreciated all you did especially at this time of year when everyone is so busy.

An extra special Thanks to Pastor Teresa. She was always there at the end, be it at the home, hospital, and planning the service.

Also, a Thank you to Pastor Liz and Pastor April for being a part of the service. It meant a great deal.

Rosanne, what a beautiful program, Thank You.

We love you all and no one could ever have a more special "Church Family".

Thank you with all our hearts,  
Fran Walter & Family, Cindy, Rick & Sandy



To activate the prayer chain,  
please call Emma Bates at 587-5185  
or email Anna Venettone  
at bcae-1@verizon.net

The Walter, Sonjor, Cartlidge, Glitz/Zeiter, Humphrey,  
Hervey, Palmer, Wright, Scott, Sunkiskis, Phillips,  
Soto, & Harrison Families,  
Hamilton Robinson Sr & Jr. (Jeanette Robinson's father-in-law & husband)

Joe Monople,  
Gloria McCarty,  
April VanNess,  
Marylynn Thompson (Janell Wassums' mom),  
Pastor Pete Ely,  
Cindy & Antonio Soares de Silva,  
Barry Barlow,  
Fran Walter's brother & his family,  
Bobby Zeiter,  
Ed Niclas,  
Meredith Bittner,  
Bill Giampolo's father,  
Kathleen Elbertson & Audrey McGee (friends of Janet Kendall),

Edwin Sonjor,  
Marcus Sonjor,  
Cheryl Glitz,  
Margaret Trout,  
Bill & Pat Losey,  
Jim Gafgen,  
Devon Gamble.

May we also pray for our home Baptists:

Verna Cartlidge's sister Dorothy,

Betty Bretz,  
Dot Reichard,  
Arleine Meyer,  
Bea Stadler,  
Maggie Hoxie,  
and Bette  
Dobronte.

Kyle McGonigal (Walter's grandson in Germany)

and all our service men & women overseas.

Those seeking employment.

## **Birthdays & Anniversaries**

4 Ed Adams  
6 Mrs. Donald Kale  
7 Dan Walter  
8 Donald Black  
11 Jeff Shropshire  
12 Stephen Wassum  
13 Patricia Seaman  
18 Betty Hutchinson  
20 Rikki Bonatz  
20 Christian Elley  
21 Austin Urbany  
21 Taylor Urbany  
24L. Ellis Cardaneo

### **Anniversary**

14 Ed and Shirley Adams

## **Serving Us in January**

### **January 2**

Lay Leader : ABCNJ Thank You Sunday

Greeters: Don & Gloria McCarty

### **9**

Lay Leader: Gary Hogentoger

Greeters: Harold & Connie Rockhill

### **16**

Lay Leader: Keith Graser

Greeters: Emma Stype

### **23**

Lay Leader: Nancy Cox

Greeters: Anna Venettone

### **30**

Lay Leader: Janelle Wassum

Greeter: Betty Fling

**Newsletter Dead-**  
**line**

**Sunday Schedule**

9:30 am - Adult Bible Study in Youth Rm  
 9:30 am - Adult Sunday School in ABCNJ  
 11:00 am - Worship Service  
 Children's Sunday school during service  
 Fellowship Coffee Hour after church

# January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2 <b>Epiphany</b> <b>ABCNJ Thank</b> <b>You Sunday</b> Communion  6:30-8 Youth Group	3 9am - Pastor at Riverview Chapel Service  5pm - Children's Choir Practice	4  3:30 - TASK  7pm - Prayer	5 2-4pm World Circle - Burke  7:30pm Admin Comm. Mtg.	6  6:30pm - Choir Practice	7	8
9  6:30-8 Youth Group	10 1pm- Pastoral Care Comm.- Burke  5pm - Children's Choir Practice  7pm - Worship Comm.	11  7pm - Prayer  7pm - Property Comm. Mtg.	12  7pm - Executive Board Comm. Mtg.	13  6:30pm - Choir Practice	14	15
16 <b>1pm - January</b> <b>Business Mtg.</b>  6:30-8 Youth Group	17  5pm - Children's Choir Practice	18  7pm - Prayer	19	20  6:30pm - Choir Practice	21 8pm-10pm <b>Endless Grace</b> <b>Christian Coffe-</b> <b>house.</b> McCabe Featured Band: <i>Saved from Today</i>  Youth - Mid Win- ter Advance	22 Youth Group - Mid Winter Advance
23  Youth Group - Mid Winter Advance	24  5pm - Children's Choir Practice	25  7pm - Prayer	26  7pm - Sunshine Circle	27  6:30pm - Choir Practice	28	29
30 3pm - Pastor at Riverview Chapel service  6:30-8 Youth Group	31					



# JANUARY BUSINESS MEETING

SUNDAY, JANUARY 16, 2011

1:00



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