

Calvary and Covenant Presbyterian Churches

A Loving Community to Support you on Your Faith Journey!



Here's your March issue of Connections! Please remember: be sure to click **OPEN** when your email provider delivers your newsletter so you don't miss any content.

While you are reading this month's newsletter: if you see a word or phrase in **bold** and Shamrock **GREEN** like **THIS**, or if you see the word **HERE** - click on it! These are links that will automatically open a website or document.

Pastor Joel

From the Desk of Pastor Joel...

It is the season of Lent, modeled after Jesus 40 days in solitude praying in the desert. We are living in a time where psychologists, companies, hospitals, and Universities are all encouraging their patients, employees or students towards this practice of solitude, contemplation, mindfulness, or whatever label you want to put on it. Christopher Germer, professor at Harvard Medical School says, “We seem to be witnessing



the emergence of a new unified model of psychotherapy based on the construct of mindfulness (meditation), it is transtheoretical (it appeals to a wide range of therapists, e.g. behavioral, psychodynamic, family systems) and transdiagnostic (it appears to alleviate diverse mental and physical disorders).”

To help us understand the Christian method of silent prayer I will be hosting a discussion on Wed. evenings on zoom using the book by Villanova professor Martin Laird called “Into the Silent Land.” chapter 1 is titled Parting the Veil: The Illusion of separation from God” and it begins like this:

“If the doors of perception were cleansed. Everything would appear to man as it is, infinite.”

- William Blake

A young prisoner cuts himself with a sharp knife to dull emotional pain. “As long as I can remember,” he says, “I have had this hurt inside. I can’t get away from it, and sometimes I cut or burn myself so that the pain will be in a different place and on the outside.” Acknowledging this to himself, he decided to approach the Prison Phoenix Trust, whose aim is to address the spiritual needs of prisoners by teaching them how to pray, how to turn their prison cells into monastic cells. After learning how to meditate and practicing it twice a day for several weeks, the young prisoner speaks movingly of what he has learnt. “I just want you to know that after only four weeks of meditating half an hour in the morning and at night, the pain is not so bad, and for the first time in my life, I can see a tiny spark of something within myself that I can like.”

Another prisoner discovers he is becoming more human and realizes in the process, “All beings, no matter how reactionary, fearful, dangerous or lost, can open themselves to the sacred within and become free. I have become free even in prison. Prison is the perfect monastery.

The contemplative discipline of meditation, what I will call in this book contemplative practice, doesn’t acquire anything. In that sense and an important sense, it is not a technique but a surrendering of deeply imbedded resistances that allows the sacred within gradually to reveal itself as a simple, fundamental fact. Out of this letting go there emerges what St. Paul called our “hidden self”: “May he give you the power through his Spirit for your hidden self to grow strong.’ Eph 3:16 Again, contemplative practice doesn’t produce this hidden self but facilitates the falling away of all that obscures it. This voice of the liberated hidden self, the “sacred within” joins the Psalmist’s “Oh Lord, you search me and you know me...it was you who created my inmost self...I thank you for the wonder of my being. (PS 138:(9): 1,13,14)

During this season of Lent, a time modeled by Jesus 40 days of solitude and fasting in the desert, join me in this journey of realizing your “hidden self,” and perhaps you will discover you have never been separated from God, you only had to look within and let go.

Pastor Joel

**Lenten Spiritual Discipline
Exploration:
Into the Silent Land**

Weds at 7:00pm March 2 - April 13
Zoom Meeting ID: 885 2705 0276

INTO THE SILENT LAND



The Practice of Contemplation
MARTIN LAIRD

Into the Silent Land, The Practice of Contemplation By Martin Laird (books available at the church office)

“A compelling introduction to contemplative prayer that draws insights from the Eastern Orthodox tradition of the Jesus Prayer, from the Western Carmelite tradition, from poets and novelists and from his own experience as a retreat director and confessor. In the silent land, our wounds become radiant sources of compassion”.

Andrew Louth, author of *The Wilderness of God*.

“This book is different. There are plenty of books on contemplation that feel rather tired- either wordy and labored or unhelpfully smooth and idealistic. But this is sharp, deep, with no cliches, no psychobabble and no short cuts. Its honesty is bracing, its vision utterly clear: it is a rare treasure.”
Rowan Willians, Archbishop of Canterbury.

Martin Laird OSA is Associate Professor in the Department of Theology and Religious Studies at Villanova University, and the author of *Gregory of Nyssa and the Grasp of Faith: Union, Knowledge, and the Divine Presence*.

Pastor Joel



Services for Wholeness and Healing

Experience through prayer, the Holy Spirit's energy, healing for your physical, emotional, and spiritual self.

First Sundays in March, April, and May immediately following the worship service at Calvary.

A LOOK BACK: Pastor Joel's Inspired Insight, March of 2020, with a Story of St. Patrick

Remembering back to March of 2020, the beginning of the pandemic when we all faced uncertainties and fears. Click on the photo to hear a replay of Pastor Joel's Inspired Insight from St. Patrick's Day 2020. This message from Pastor Joel is a reflection on the words of St. Patrick about weathering and growing from difficult times, and a prayer of protection from St. Patrick himself.



Holy Week

The Holy Week schedule is as follows:
Ash Wednesday, Covenant Church, 7pm
Holy Thursday Service, Calvary Church, 7pm
Good Friday Visitation, Asbury Methodist Church,
12pm-3pm



Not Ready for In-Person Worship? Be Social!

Links to Facebook pages, Live streaming services, YouTube and Church Websites all in one place. Just click on the buttons and stay connected!



Staying connected to your church family. Use the links below to worship with live streaming services on Facebook. Our YouTube channel is a repository for past services and music. Participate in virtual group meetings with Zoom.

You can access videos, websites and streaming services right from this email! Just click on the buttons for a direct link!

[Visit the Calvary Facebook Page](#)

[Visit the Covenant Facebook Page](#)

[Visit Calvary Website](#)

[Visit Covenant Website](#)

[Visit the YouTube Channel](#)

Mark Your Calendars!

Covenant Senior Bible Study Class:

We meet Wednesdays at 10:15AM in the lounge in person and end around 11:30AM. We are continuing our study of the Gospel of Matthew. We will determine if we hold classes on a week-to-week basis depending on COVID-19 and weather conditions. The Zoom information, if needed, will be sent to participants every Wednesday morning.



If you have not joined us before, you are welcome to join us any time. We hope to see you there. If you have any questions, please call Pastor Lynne at 856-255-5152 or the church office. Because of COVID-19 and Delta variants, we are waiting a little longer before beginning our 2nd Tuesday get-togethers. If the “numbers” come back down again, we will try to meet. Please pray for the numbers to decrease. We have programs planned, but we do not want to jeopardize anyone’s health. Watch for upcoming news.

Covenant Women's Bible Study

Women’s Bible Study is held on Monday’s at 11:00 am in the lounge. Bring a mask in case they are needed. Joan Samph is our very able leader. We are studying “The Jesus Paul Knew”. A study guide is used and more can be ordered if necessary. We welcome anyone who may be interested in getting together with a great group of ladies to learn and understand what the Bible has to teach us.

March Children's Sunday School Zoom at Covenant

Covenant will be holding another Zoom Sunday School Class on March 13th. The Zoom classes will be at 1 pm. Email **Bonnie Cain** for details. As before, supplies will be made available in advance of the classes, either by delivery or pick up from the church. A link will be sent out 1 week before the class. Hope to 'see' you then!

Calvary New Member Classes

Have you been attending worship services at Calvary in recent months. Join us and worship as a member!

Calvary will be offering short informational sessions covering what it means to be a Presbyterian; our doctrines, our history, our governing bodies and our heritage. You are invited to attend these sessions to consider future membership at Calvary Presbyterian. Sessions will be immediately following the 11am services, on March 27 and April 3.

New members will be introduced to the rest of the congregation at the Palm Sunday service on April 10.

Please let us know if you would like to participate. It will be our joy to welcome you into the arms of our loving church family.

Contact: churchoffice@calvaryriverton.org for more information.

Calvary Kids Youth Service Project to Benefit Wildlife

Calvary's March Service Project is in support of a local Wildlife Center. Take a virtual painting class and create your own "Owl" masterpiece. Not into painting? Support the center with your donation of items listed below.

Register for Paint Night at <https://forms.gle/kxg29MJR57M64bBw6>
Contact Sarah Wood with questions or to make donations at **Sarah Wood**



March 3rd is World Wildlife Day!

Calvary's March Service Project Supports Cedar Run Wildlife Refuge

Here's how you can participate!

Virtual Paint Night

Monday March 14th, 7pm

Step-by-step instruction on how to paint an owl via Zoom with artist Lori Fawkes. All proceeds benefit Cedar Run Wildlife Refuge

- Class is open to all ages, youth through adult.
- Cost: \$12
- Supplies: available for pickup or delivery
- Must register by March 8th

Click this link to register:

<https://forms.gle/kxg29MJR57M64bBw6>



Donate

Wish List Collection for Wildlife Refuge

- Paper towels
- Tissues
- Ziplock bags
- Bleach
- Dish soap
- Disposable gloves
- Bleach wipes
- Large trash bags (39 gallons)
- Education supplies (see website)
- Ground crew supplies (see website)

Place donations in bin located in the foyer of the church, or email sarahjfwood@gmail.com for other drop off locations.

Deadline to donate is **March 31st**

Visit Cedar Run's website for the full list of items to donate. www.cedarrun.org

Soup is STILL ON! Come and get it!

Calvary Community Kitchen Committee Fundraiser



Get your spoons ready for Calvary's "Soup's On" fundraiser, February 1st to March 31st. Purchase \$10 coupons redeemable for any flavor of soup at the Soup Bar, 307 W. Broad St, Palmyra. For each \$10 coupon purchased Calvary receives \$2 proceeds which will go towards the renovation of the church's community kitchen. The commercial kitchen will be available to serve the entire community, including organizations like Cathedral Kitchen.

Coupons may be purchased at the Church after services, at the Thrift Shop, or call the church office 856 829-0783 or Bobbie at 609 410-1808 to order your coupons.

The Soup Bar has graciously fed both children and senior citizens for free during the pandemic. This fundraiser will not only help with Calvary's kitchen renovation effort, but also give a boost to a local business that has supported people in the community.



KINDRED SPIRIT

Newsletter for Women of the Presbytery For Southern New Jersey
MINI SPECIAL EDITION February 2022
PWPFNSJ@gmail.com

Please share this information with women in your congregation

SAVE THE DATE—April 23rd 9:45 a.m.

Zoom Spring Gathering

The Presbyterian Women of the Presbytery For Southern New Jersey

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/tZ0scO6uqDwtHNR7bmU7cx4T5L0iWaT389XL>

After registering, you will receive a confirmation email with the Zoom link.

The PWPFNSJ mission focus for 2021-2022 continues to highlight military personnel and their families. Our Spring Program will spotlight The Travis Manion Foundation (TMF), which strives to unite and strengthen communities by training, developing, and highlighting the role models.



Spring Kindred Spirit Deadline: March 1st. Please send articles about your women's ministries (programs, mission etc.) for our Spring Newsletter. Suggested length: 200 – 250 words. Pictures welcome. Questions & submissions to Jenny Stark at PWPFNSJ@gmail.com

Upcoming Mission Opportunity March – May 2022

Looking for a hands-on mission? Join our presbytery wide collection of hygiene kits to be delivered to the PDA/CWS Maryland depot in late May.

These "gifts of the heart" are an excellent project for women who want a tangible way to be involved in our church's mission. More details will be in the March issue of *Kindred Spirits Newsletter*. Mission Contact: Michele Stroebel at kndkai1@comcast.net



MUSIC at Calvary and Covenant in March

at Calvary

March 6 - Lori Gilmore will sing the beautiful "The Greatest Gift Is

Love" accompanied on flute by Dorothy Talavera. Composer Mark Hayes based his text on I Corinthians chapter 13.

March 13- Alyx Reinhardt will sing a dynamic arrangement of "Fairest Lord Jesus" by Derek Hakes.

March 20 - The Calvary Handbells ring two lovely Lenten arrangements of "When I Survey the Wondrous Cross" by Lowell Mason and "God So Loved the World" by John Stainer.

March 27 - The Chancel Choir is back with the powerful "Eternal Life" by Craig Courtney, text based on John: 16 & 17.

at Covenant

Welcome back ringers! Our Bell Choir will be rehearsing every Monday evenings at 7:00 PM in preparation for our Easter Worship Service. Looking forward to ringing in the springtime and warmer weather. See you there!

For the season of Lent, you will hear your favorite arrangements of hymns on organ, piano, and as a piano duet with Calvary's Music Director, Diana Dohrmann and Covenant's Music Director, Greg DiBona. Preludes, Special Music, and Postludes will include arrangements of "Were You There" and "O Sacred Head Now Wounded."

We welcome our guest violinist, Ruth Kiang, for the season of Lent. She will perform music by Toselli, Saint-Saens, and Debussy.

Greg DiBona and Diana Dohrmann

More Music News...



Contemporary Worship Service March 20th at Calvary

Our next Contemporary Worship Service is scheduled for March 20th, 3pm, on the lawn at Calvary. Songs include "Spirit in the Sky" and a number by Amy Grant. Come be inspired!

Cathedral Kitchen Re-opens! "We Need of Lots of Volunteers"

A note from Cathedral Kitchen:

Cathedral Kitchen is planning to reopen the dining room on Tuesday, March 1st. All will be once again welcome to dine inside and enjoy a sit-down meal again! Our guests, staff and volunteers have all been anxiously waiting for this day to arrive! We've been meeting to implement some changes to our meal service that will make re-opening safe yet welcoming.



We will be sending a video soon that will outline the changes. Please click on this link to see our new floor plan for the meal service: <https://tinyurl.com/CKDiningRoom>

In the meantime, here are a few highlights:

- Beginning 3/1, volunteer slots on Volunteer Hub will increase to 20+ volunteers weekdays to help with the meal service
- Guests may choose where they sit
- “To go” meals will be available at the front door for our guests that prefer that option
- All guests will continue to receive a hot, delicious and nutritious meal, along with a take-away bag of food and bottle of water
- Our new pavilion is expected to be installed in our parking lot by March (fingers crossed) which will house coffee (Mon through Fri), market stand (Wed) and agency partners providing services to our guests
- Our dining room will initially accommodate 80 seated guests for social distancing, then will be able to accommodate 160 seated guests at a later date, when it is safe to do so
- Our Saturday meal service, for now, will remain the same as it has been since the pandemic began with hot “to go” meals, take-away bags of food and bottles of water distributed at the door
- Overflow parking is available, as before, on Federal St., Carman St. (behind our building) and along the Equipment Share building on 15th St.
- Staff, volunteers and guests will all need to wear masks. Guests can remove their masks when eating and drinking.

At this time, we have volunteer opportunities available for viewing and scheduling on our website, under the volunteer tab. Stay tuned for our video to see what volunteering at CK will look like with our dining room re-opened.

There will be two shifts: 1-2:30pm (setting up the dining room before guests arrive) and 2:30-5:30pm (preparing for the meal, serving the meal and cleaning up after the meal service). Each interested individual must register separately for the date and time he/she would like to volunteer.

If an individual does not have an account on Volunteer Hub, here is the first step in signing up. Please tell family, friends and/or colleagues to go to this link: www.cathedralkitchen.volunteerhub.com to create an account (one-time thing), then look for available volunteer dates and register.

Our schedule is on the website for two months on a rolling basis so check it out and choose your dates! All volunteers, on-site, must be at least 16 years old.

Any questions, please email alex@cathedralkitchen.org Reminder: All volunteers MUST be scheduled in advance. No walk-ins will be permitted in the building.

And, watch this video about changes to our service prior to our March 1st reopening!



Our Church Family



Happy March Birthday to you!

Calvary Birthdays

Paul Beck 1
Jared Ackers 3
Meghan Austin 3
Amanda Gilmore 3
Michael W. Stasko 9
C. Alex Knowlton 13
Matthew Young 13
Mitchell Young 13
Audrey Hildreth 15
Rebecca Klabe 20
Tyler Knowlton 26
Ed Hartmann 28
Chris Gilbert 29

Covenant Birthdays

Marie Keller 2
Jeanne Martin 3
James Minieri 6
Bonnie Cain 7
Debbie Connolly 9
Cynthia Joffe 10
Leslie Todd 10
John Hammer 12
Carolyn Lambersky 13
Linda Ballenger 22
Bob J. Seither 24
Donna Scioli 25
Ken Bell 26
Sarabeth Dudley 28
Janette Hutchinson 31

One Great Hour of Sharing Donations at Calvary



Throughout Lent, please take the opportunity to give to the **Presbyterian Mission Agency**. Special envelopes are available in the narthex or your boxed and numbered envelopes. These donations sow the

seeds of hope in places of hopelessness. Our dollars and prayers make a difference.

Covenant: Christian Caring Center Food Donations



Christian Caring Center

The Deacons at Covenant are continuing to deliver groceries to the **Christian Caring Center**. Non-perishable food items may be dropped off on the 1st Sunday of the month and placed in the narthex.

Thank you for helping Covenant's Deacons continue this tradition of feeding our neighbors!

Calvary Thrift Shop March Sale!

MARCH SALE!

March SALE: anything with **green** will be 50% off. PLUS 50% off all coats and jackets.

AND GET YOUR SOUP COUPONS HERE!

Check our **Facebook** page for more great deals!



VOLUNTEERS NEEDED!



Festival of Fibers

Riverton, New Jersey

Plans are moving ahead for Calvary's Festival of Fibers event on October 1, 2022. The event will include live presentations, exhibits, workshops and music in rooms throughout the building. Community organizations who do charity work connected with knitting/sewing/clothing reuse, etc. will be invited to show their work and recruit participants. Vendors selling textile-related products and crafts may buy a table and sell their wares.

You are cordially invited to offer ideas/suggestions and participate in this non-sectarian community event celebrating the illustrious tradition of the textile industry in our local area.

There are several ways in which you can become involved in the Festival:

- Setting up a display featuring your textile-related topic, with volunteers to staff it
- Making a short presentation on your particular expertise with opportunities for questions and audience interaction
- Demonstrating a textile-related skill
- Educating the public about your textile-related charity
- Buying a vendor table to sell your textile crafts and products
- Donating money and/or services in support of the event, in return for recognition as a sponsor
- Volunteering for administrative support, technical support, and hands-on-deck support.

Contact **Dorothy Talavera** for more information.

Treasure Day Volunteers Needed!

May 7th is fast approaching, and that means TREASURE DAY at Calvary! This is the day of Riverton's town-wide



yard sale and it's always a good fundraiser for the church. We need donations: household articles, furniture, lamps, accessories, bikes, tools, small appliances (no TVs, please), toys, handbags, linens, craft items, books, pretty much everything except clothes, jewelry,

mattresses, and TVs. And we need volunteers: cashiers, early risers to set stuff out on tables, as well as people to assist with sales of hot dogs and merchandise. There will be a sign-up sheet at Calvary, or you can call Bobbie Beck at 609-410-1808, Sheila McMenamin at 609-932-0940, or Nedra Cawley at the Church office, 856-829-0783, to offer your services.

Covenant Volunteer Needed

Volunteering at Covenant

Though we might not have the need every Sunday, but we're hoping to have a list of people that are willing to help in the nursery during the church service, if needed.

Anyone willing to volunteer can contact either Bonnie Cain or Amanda Rosica at

bcain117@comcast.net or **amanda_rosica@yahoo.com**



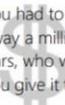
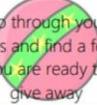
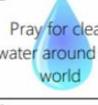
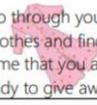
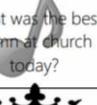
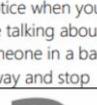
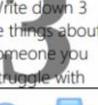
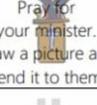
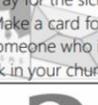
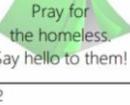
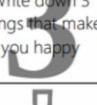
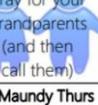
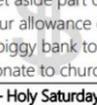
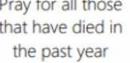
Fun & Games!

Kids Korner Activities

Click on any puzzle or activity sheet to open a printable version!

**Enjoy this Lenten Family Calendar
with Daily Prayers and Activities**

2022 Lenten Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2 – Ash Wednesday Talk about the meaning of ashes on this day 	3 Write 10 things you are grateful for and carry it with you this lent 	4 Today, try not to eat any meat! 	5  Collect spare change in your house and give it away
6 If you had to give away a million dollars, who would you give it to? 	7 Lead grace at dinner 	8 Make a card for someone who needs extra love 	9 Go for a walk. What beauty do you notice? 	10 Pray for people who help other people and animals 	11 Today, try not to eat sweets! 	12 Pray for children around the world 
13 What are your most grateful for? 	14 Imagine what it would be like to be in the desert for 40 days 	15 Chat with someone at school you don't normally talk to 	16 Think about a person you love. Do something nice for them 	17 Pray for your classmates 	18 Today, try not to eat bread or nuts! 	19 Go through your toys and find a few you are ready to give away 
20 Donate food to your local food pantry 	21 When you hear a siren, pray for the people who might be in trouble 	22 Pray for clean water around the world 	23 Pray for the Government 	24 Pray for peace in the world 	25 Today, try not to play with toys that require batteries or electricity! 	26 Go through your clothes and find some that you are ready to give away 
27 What was the best hymn at church today? 	28 Pray for your parents 	29 Pray for the old people in your life 	30 Notice when you are talking about someone in a bad way and stop 	31 Write down 3 nice things about someone you struggle with 	1 Pray for the poor 	2 Pray for your minister. Draw a picture and send it to them 
3 Discuss with your parents: How was Jesus a king? 	4 Pray for the sick. Make a card for someone who is sick in your church 	5 Pray for the homeless. Say hello to them! 	6 Write down 3 things that make you happy 	7 Pray for your grandparents (and then call them) 	8 Sit with new people at lunch 	9 Set aside part of your allowance or piggy bank to donate to church 
10 – Palm Sunday Apologize for something you wish you did differently. 	11 Write down 3 ways you could be more helpful and then start doing them 	12 Pray for all those that have died in the past year 	13 When you shower or take a bath, think about your baptism. 	14 – Maundy Thurs Talk to your parents about Passover and Jesus 	15 – Good Friday Discuss with your parents: Why did Jesus die? 	16 – Holy Saturday Write what you have learned about yourself this lent 

How to use this calendar with your children:

1. **PRINT OUT THE CALENDAR**
2. **Do it together as a family**
3. **Discuss different ways to pray (can be a drawing, can be a conversation with God, etc.)**
4. **Talk about what you did each day. Could be a good dinner discussion!**
5. **Hold each other accountable!**
6. **Color in each day.**

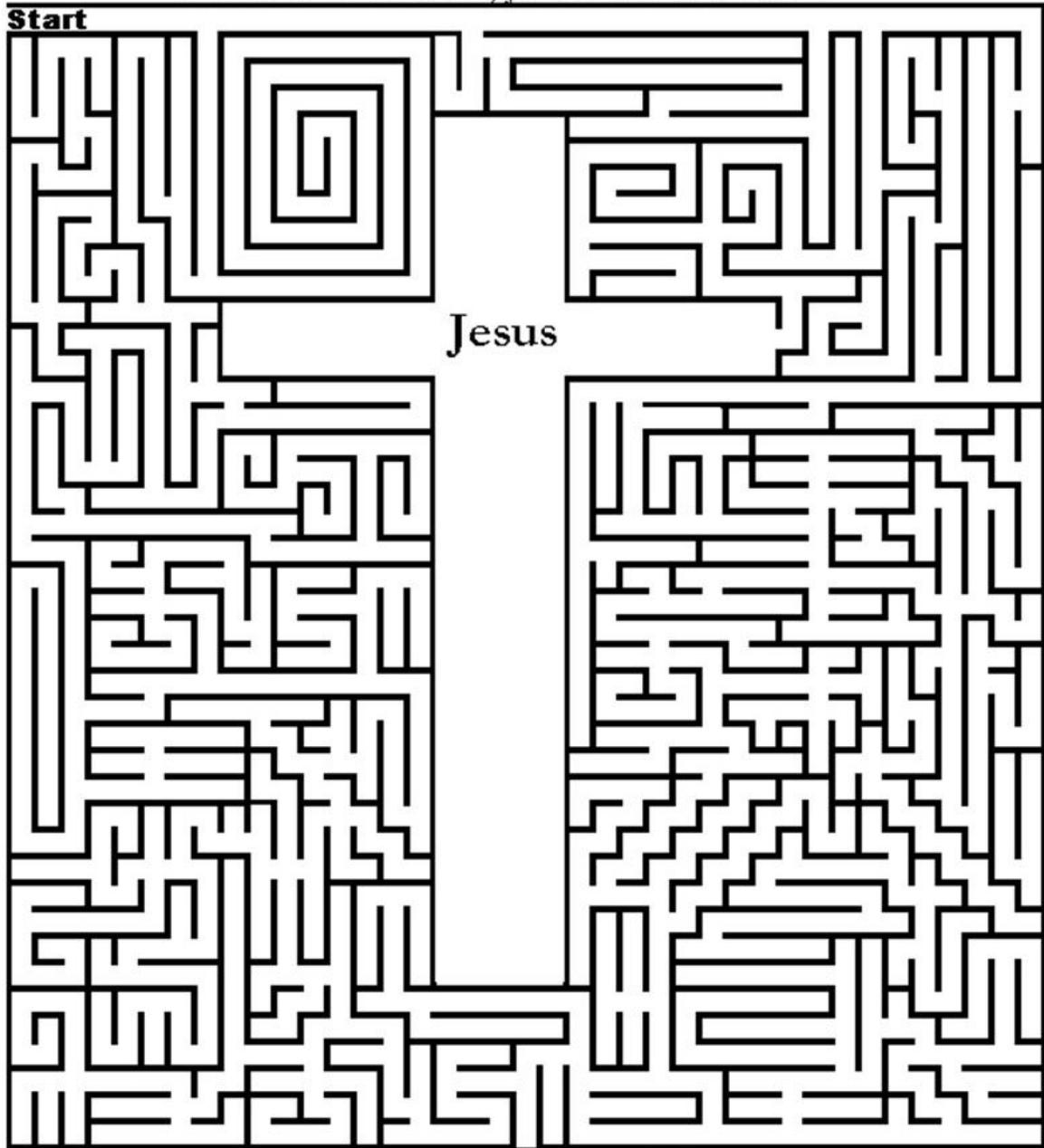


Adult Diversion: Activities

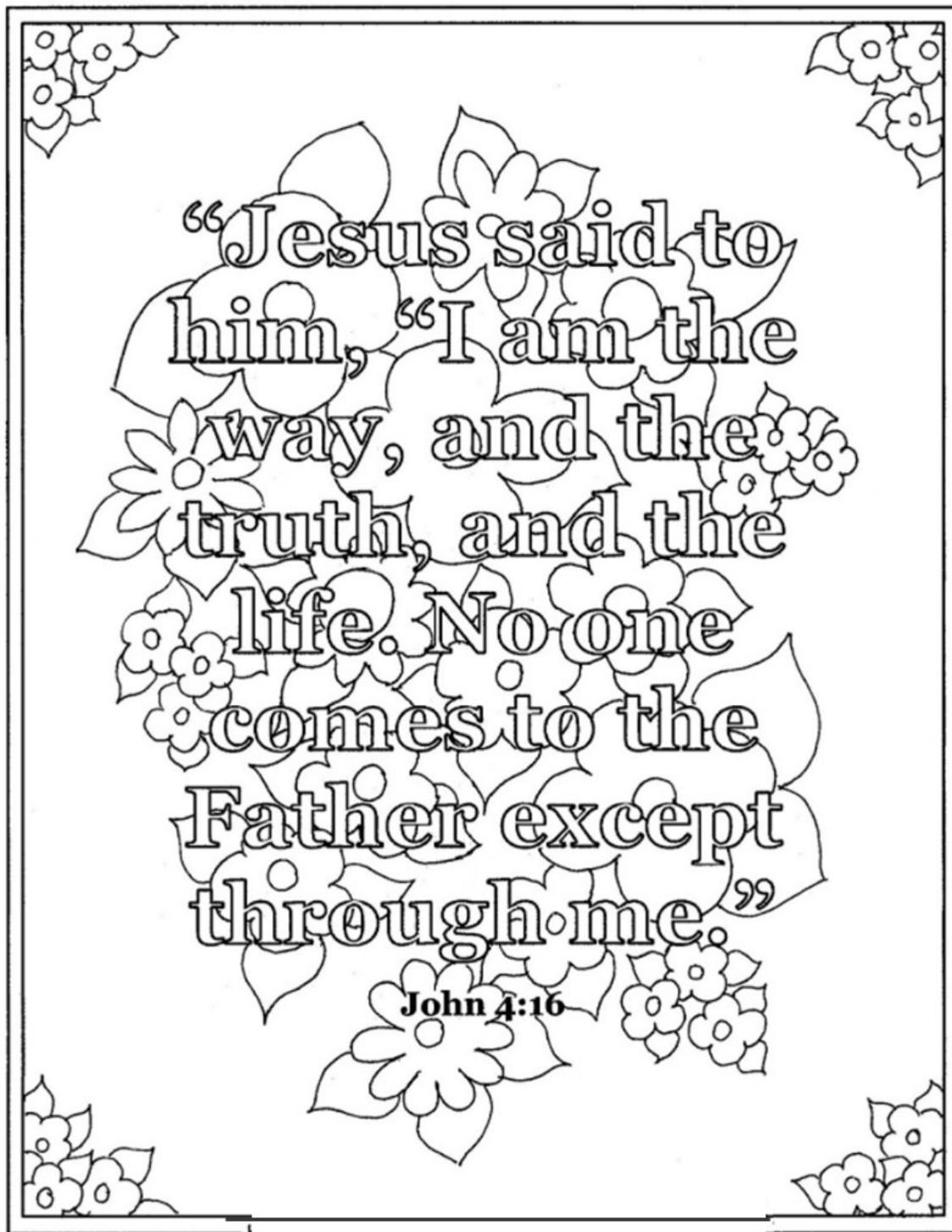
Click any puzzle or activity sheet to open a printable version!

In a world of confusion, Jesus is the clear choice.

Start



Jesus



SPRING FORWARD!

REMINDER: Daylight Saving Time begins on Sunday, March 13, 2022 at 2:00 A.M. On Saturday night, March 12th, set your clocks forward one hour to "spring ahead"!



Faithfully Funny...



Holy Trinity Roman Catholic Church
114 South Cass Avenue Holytrinitywestmont.org

**LENT IS COMING
GET YOUR ASH
IN CHURCH
WED 8:15AM NOON 7PM**

Can we get an AMEN?!

May the Blessings
of each day
be the
Blessings
you need Most.

~Irish Saying



Calvary Presbyterian Church

300 4th St.
Riverton, NJ 08077
(856) 829-0783

www.calvaryriverton.org

Covenant Presbyterian Church

2618 New Albany Rd.
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(856) 829-7522

www.covenantpreschurch.org