

The Week Ahead at Grace Presbyterian Church: June 7 - June 14

For additional information, call the church office or ask an usher!

Sun. June 7	9:30 am Sunday Service/Communion 11:00 am Picnic
Mon. June 8	9:00 am Jazzercise 6:00 pm Reiki Share 7:00 pm Yoga
Tues. June 9	9:30 am Iyengar Yoga 6:00 pm Jazzercise 6:30 pm Grief Support Group
Wed. June 10	9:00 am Jazzercise 7:00 pm Essentrics 7:00 pm Meditation Class
Thur. June 11	9:30 am Iyengar Yoga 6:00 pm Jazzercise
Fri. June 12	9:30 am Restorative Yoga
Sat. June 13	8:30 am Jazzercise 8:45 am Iyengar Yoga 4:00 pm Grace for Dinner
Sun. June 14	9:30 am Sunday Service 10:30 am Fellowship

Vision Statement

We are an open and affirming congregation. We genuinely welcome people of all ages, race, ethnicities, genders, sexual orientations, beliefs, and those who are cognitively and or physically challenged. Our vision is to be a community of love and purpose, each one engaged in ministry, seeking to know Christ, growing in discipleship, and embodying God's love for the world.

Pastor on the Porch is Back

Weekly on Thursday if the weather permits. Please dress appropriately for the temperature. We will gather on the church porch at 6:00 pm for the old tradition of sitting with friends and neighbors at the end of day. Conversation is optional. There will be coffee, tea, and cold water for all. Feel free to bring a treat to share and a lawn chair.

Summer Picnic

Join us TODAY at 11:00am for a summer picnic on the lawn (in the fellowship hall if the weather is bad). We will provide the hot dogs and hamburgers, and drinks, you are invited to bring a side dish or dessert. There will be games for the kids. Come enjoy the food and fellowship.

Our Abundance Table for June Kitchen Gadgets

Abundantly blessed by God, we are invited to share in recognition of our abundance and God's generosity. In sharing, we pass along the gifts we no longer need. In this expression of thanksgiving, we extend the blessing of the gift. Each month we are invited to fill a table in the fellowship hall with items from our homes and lives that we are happy to share. This month our "Abundance Table" is a place for kitchen gadgets in good condition.

Any suggestion for future table items and other comments should be directed to Gloria Bernard, deacon in charge, at gloriabernard74@yahoo.com.

South Brunswick Food Bank Items Needed

Ground coffee - Jelly - Chef Boyardee, or any canned pasta
Crushed tomatoes - Pancake mix - Syrup Spaghetti, and any boxed pasta
Paper goods: toilet paper, paper towels, tissues, napkins, Boxed milk such as Parmalat -
Canned tuna. Please bring the item(s) to the church and put it in the cart by the front door. If you have any questions contact Lee - mrsp52@comcast.net

June Birthdays

Gloria Bernard 6/6, Ian Elieff 6/8, Nadia Elieff 6/8, Tami Aug 6/18,
Al Goddard 6/18, Laura Taff 6/18, Meghan Gray 6/19, Vivian Paulus 6/19

Grace Presbyterian Church

presents



GRACE FOR DINNER

A **FREE MEAL** for anyone facing food insecurity. If you are a neighbor in need, please come to our table. All are welcome. Guests can also **choose 2 bags of groceries**. *Doors open at 4:00pm*

Saturday, June 13, 2026 from 4:00-5:30pm

57 Sand Hills Road, Kendall Park, NJ

732-297-9182

Email: office@gracepcsb.org Website: gracepcsb.org

Order meals by Monday June 8th

Call or email with name, phone number, number of meals needed and number of children under 18.

One meal per person- Choice of:

- 1: Chicken Burrito Bowl
- 2: Veggie Burrito Bowl

Meals prepared by **TACOBEE'S** 3059 Rt 27 Franklin Park, NJ

Let us know if you have transportation limits; we may be able to arrange delivery. If you are unable to pre-order, any remaining meals will be given out starting at ~5:15pm.

TRAIN THE PRESENTER



Free Classes at Sand Hills Community Wellness Center

Please join us for a series of workshops hosted by Rita Camarillo. Sign up and learn more on our website.

<https://sandhillswellness.wixsite.com/sandhillswellness/free-workshops>

Enhancing Emotional Regulation

June 12th | 9:30am-12:30pm

Learn practical DBT- and SkillsSystem™-based strategies to identify, manage, and regulate emotions in everyday and crisis situations.

The Impact of Social Media on Youth Mental Health

June 16th | 9:30am-12:30pm

Explore both the benefits and risks of social media on youth mental health, including its effects on identity, relationships, anxiety, depression, and brain development.

Non-Suicidal Self Injury

June 19th | 9:30am-12:30pm

Gain an evidence-based understanding of non-suicidal self-injury, including warning signs, contributing factors, prevention, and support strategies for youth and young adults.

Vicarious Trauma/ Secondary Trauma Stress

June 24th | 9:30am-12:30pm

Learn to recognize and manage the emotional impact of supporting trauma survivors while building resilience and healthy coping strategies.

Compassion Fatigue

July 10th | 9:30am-12:30pm

Understand the causes and signs of compassion fatigue and burnout, and develop self-regulation and prevention techniques for helping professionals.

Trauma Informed Approach

July 24th | 9:30am-12:30pm

Discover trauma-informed practices that promote safety, prevent re-traumatization, and support individuals through a strengths-based approach.



QIGONG

with ELIZABETH WALTERS

Awaken Your Life Force Energy

Qi is the universal life force that flows through all living things. Qigong is an ancient Chinese healing practice that blends gentle movement, meditation, and visualization to activate and cultivate this vital energy.

Move Like Water Fluid. Strong. Effortless.

Qigong invites you to release what feels heavy and welcome what feels light.



Upcoming Classes

1st & 3rd Thursday of the month
4:00–5:00 pm



Sandhills Community Wellness Center
57 Sand Hills Road Kendall Park, NJ 08824



What to Bring

- Comfortable clothing
- An open heart



About Elizabeth

Elizabeth has practiced Eden Energy Medicine for over 15 years and Qigong for 7 years, She is a certified Elixir Light Qigong teacher and Qigong healer trained by Master Robert Peng.



Register

Email walters.ej@gmail.com

Look Who's Serving

Please Note: June 21 will be at First Presbyterian Church at Dayton

	June 7	June 14	June 28	July 5
Liturgist	Debbie Paton	Lee Piotrowski	Laura Taff	Carol Thomson
Usher	Amy Miller	Judianne Brown	Janice Royer	
Zoom	Peter Godinez	Janice Royer	Brian Boccardi	
Worship Leader	Rev. Debbie Paton	Rev. Larissa Kwong Abasia	Rev. Debbie Paton	Rev. Debbie Paton
Coffee Hour	Sandy Chmielewski	Gabi Quaely	Amy Miller Evelyn Savage	
Counters	Fran Trischetta Carol Thomson	Laura Taff Lee Piotrowski	Fran Trischetta Carol Thomson	Laura Taff Lee Piotrowski
Musician	Ray Nugent	Spenser Gallo		Vince DiMura
Open/Close	Carol Thomson Mike Royer	Carol Thomson Mike Royer	Carol Thomson Mike Royer	Carol Thomson Mike Royer

CHURCH LEADERSHIP

Pastor Debbie - Debbie is in the office Tuesday, Wednesday & Thursday. Works off site on Friday. She can best be reached by email pastordebpaton@gmail.com or cell phone 630-886-6785. Please honor Monday as her sabbath by only calling if it is an emergency.

Vince Di Mura - Music Director

Church Office - This Week - Maryann Rappa will be in the office Tuesday, Wednesday & Thursday. She can be reached at office@gracepcsb.org or 732-297-9182.

NOT SURE WHO TO CONTACT?

- ❖ Questions about donations - Contact **Al Goddard**
- ❖ Questions about the children's ministry - contact **Nancy Varga**
nmvarga2011@comcast.net
- ❖ Questions about the Deacons - contact **Kathie Scott**
kathiemscott@icloud.com
- ❖ Have a prayer request? - contact **Tami Aug** tamaraaug@gmail.com
- ❖ Put an announcement in the bulletin? tell the **church office by Wednesday.**
office@gracepsb.org
- ❖ Put an article in the newsletter? Maryann Rappa office@gracepsb.org
- ❖ Want to get involved? **Contact an elder.**

Questions about **Finance or Personnel** - Rob Aug; **Hospitality** - Janice Royer, **Outreach** - Donna Keller; **Preschool** - Nancy Varga, Carol Thomson; **Property** - Jim Elieff, Mike Royer; **Worship** - Dottie Pickell; **Stewardship** - Rob Aug; **Christian Ed.** - Nancy Varga; **Wellness** Irene Carman; **Clerk of Session** - Peter Godinez

Elders - Rob Aug, Irene Carman, Jim Elieff, Peter Godinez, Donna Keller, Dottie Pickell, Janice Royer, Mike Royer, Nancy Varga

Deacons - Tami Aug, Gloria Bernard, Judianne Brown, Vilija Casey, Barbara Elieff, Amy Miller, Gabi Quaelly, Kathie Scott

USERS' GUIDE

- **Welcome!** If you are visiting, please sign our guest book on the table in the hall before entering the worship space.
- If you have a **prayer request**, fill out a blue *prayer request card* (the other side of the welcome card) and put it on the offering plate.
- **Restrooms** are on the fellowship hall side of the sanctuary.

More information?

Grace Presbyterian Church- 57 Sand Hills Road, Kendall Pk, NJ 08824 Phone number- 732-297-9182 email us at - office@gracepsb.org - Visit our website: www.gracepsb.org - Or check us out on Facebook!