

The Week Ahead at Grace Presbyterian Church: Jan. 11- Jan. 18

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

Sun. Jan. 11	9:30 am Sunday Service 10:30 am Fellowship
Mon. Jan. 12	9:00 am Jazzercise 7:00 pm Yoga
Tues. Jan. 13	9:30 am Iyengar Yoga 6:00 pm Jazzercise
Wed. Jan. 14	9:00 am Jazzercise 12:00 pm Women's Bible Study 7:00 pm Christian Ed. 7:00 pm Essentrics
Thur. Jan. 15	9:30 am Iyengar Yoga 10:30 am Aging Gracefully Group
Fri. Jan. 16	9:30 am Restorative Yoga
Sat. Jan. 17	8:30 am Jazzercise 8:45 am Iyengar Yoga
Sun. Jan. 18	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.

ADVENT CHRISTMAS WORSHIP SCHEDULE

Baptism of the Lord (January 11, 2026) "Jesus says Yes!" Matthew 3:13-17

Women's Bible Study

Mark Your Calendar:

January 14, 2026 - 12:00 pm

We will be studying and discussing:

Finding Resilience, Joy, and Our Identity in Jesus Christ

Pick up a book from Pastor Debbie

Christian Ed. Bible Study

**Last episode of Revelation
Wednesday, January 14 7:00 pm on Zoom**

Spiritual & Mental Wellness Team

**The Aging Gracefully "and all that comes with it" group
will meet weekly on Thursday 10:30-11:30 am in room 3.**

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

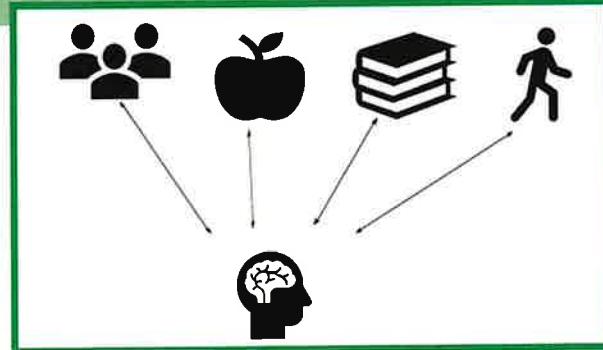


Habits and the Healthy Brain by Rob Aug at Sand Hills Community Wellness Center

This workshop will be delivered by Rob Aug of Aug Coaching and Consulting. Rob has been a leadership and life coach for over 10 years. Visit Rob's website to learn more at www.AugCoaching.com

SATURDAY, JANUARY 17, 2026
9:30 AM - 12:30 PM

Your brain is the operating system for your life, guiding your choices. Habits are the patterns of behavior that we repeat regularly and often unconsciously. Join us in this fun and interactive workshop to gain an awareness of basic brain functioning and unlock the mystery of habit formation. You can use this information to examine your habits and lay out a plan for any desired changes, including 2026 resolutions to create a healthier you! To register, email us at sandhillswellness@gmail.com.



**REGISTER AND LEARN
MORE ON OUR WEBSITE**



Sand Hills Community Wellness Center
57 SAND HILLS ROAD, KENDALL PARK, NJ 08824

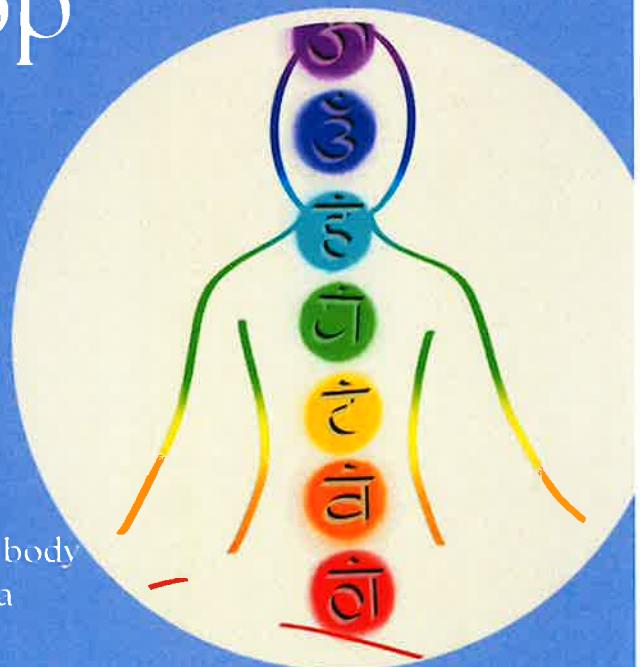
QUESTIONS? CONTACT MARYANN
732-419-3551 OR SANDHILLSWELLNESS@GMAIL.COM

Chakra sound workshop

Come learn about the chakras in this fun, interactive workshop with sound and tuning into the body. We will learn about the 7 chakras in our bodies, take time to tap into them within ourselves with sound of crystal bowls and meditation, and then finish with a nourishing 30 min sound bath to integrate all we've learned and experienced.

What you will receive:

- Learn about each chakra and where it's felt in the body
- Experience the crystal bowl sound for each chakra
- Develop body awareness and mindfulness
- Support relaxation and nervous system balance



Saturday, Jan 31st 12pm-1:30pm
\$40

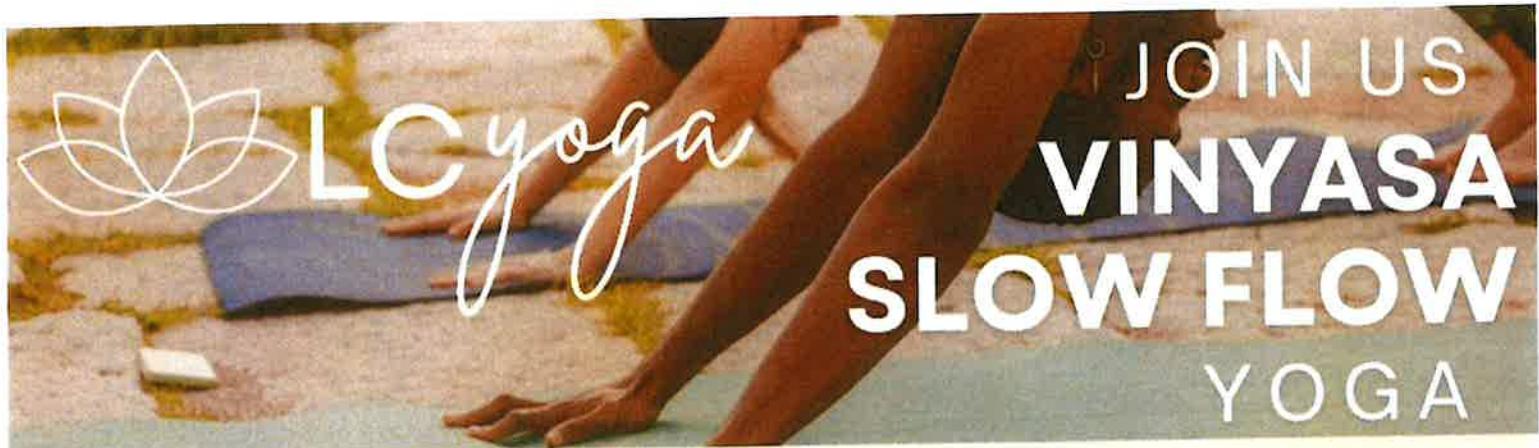
payment in advance required

Register now: call/text 732-718-4430

- email: deeprootsrisinglight@gmail.com
- www.deeprootsrising.com
- 57 Sand Hills Road, Kendall Park, NJ 08824



SCAN QR CODE TO REGISTER.
EMail Laura at LCYOGA14@GMAIL.COM
with questions.



Laura Carasso
200hr YTT



Vinyasa Slow Flow is a dynamic, breath-centered yoga practice that links movement with the inhale and exhale, creating a meditative, energizing series of poses with an emphasis on strength, flexibility and balance.

*All Levels
Welcome*

MONDAYS
8:45 - 10:00 AM
BEGINNING FEBRUARY 2ND

Sand Hills Community
Wellness Center
57 Sand Hills Road
Kendall Park

Drop- in fee : \$15
Monthly (4 classes): \$50
Feb. and Mar.: (8 classes): \$90



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, February 14th 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 Feb 9th

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 & Broccoli with Brown Rice
- 2: Vegetable Lo Mein

Meals prepared by **Shu House Restaurant**, Kendall Park

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.

Look Who's Serving

	January 11	January 18	January 25	February 1
Liturgist	Lee Piotrowski	Rob Aug	Vijia Casey	Carol Thomson
Usher	Amy Miller	Sandy Chmielewski	Janice Royer	Mike Royer
Zoom	Peter Godinez	Brian Boccardi	Maryann Rappa	Janice Royer
Worship Leader	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton
Coffee Hour	Janice Royer	Vee Casey	Gabi Quaely	Janice Royer
Children's Corner				
Counters	Fran Trischetta Carol Thomson	Laura Taff Lee Piotrowski	Mike Royer Dottie Pickell	Fran Trischetta Carol Thomson
Musician	Vince DiMura	Vince DiMura	Vince DiMura	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 - Maryann Rappa will be in the office Monday, Tuesday & 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**
kathiemsco@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@gracepcsb.org
- ❖ Put an article in the newsletter? Maryann Rappa office@gracepcsb.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 Quaely, 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@gracepcsb.org - Visit our website: www.gracepcsb.org - Or check us out on Facebook!