

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

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### **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**

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### **Christian Ed. Bible Study**

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

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### **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.**

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### **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](mailto:mrsp52@comcast.net)

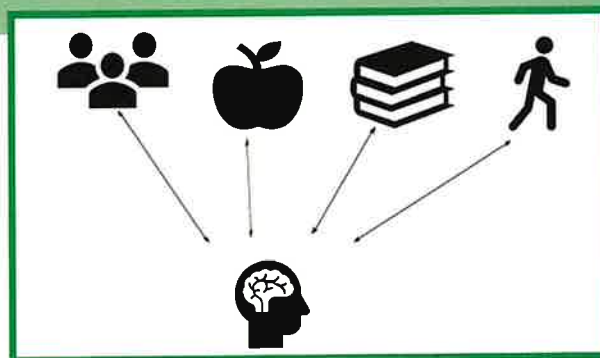


# Habits and the Healthy Brain by Rob Aug at Sand Hills Community Wellness Center

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](http://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](mailto:sandhillswellness@gmail.com).



REGISTER AND LEARN  
MORE ON OUR WEBSITE

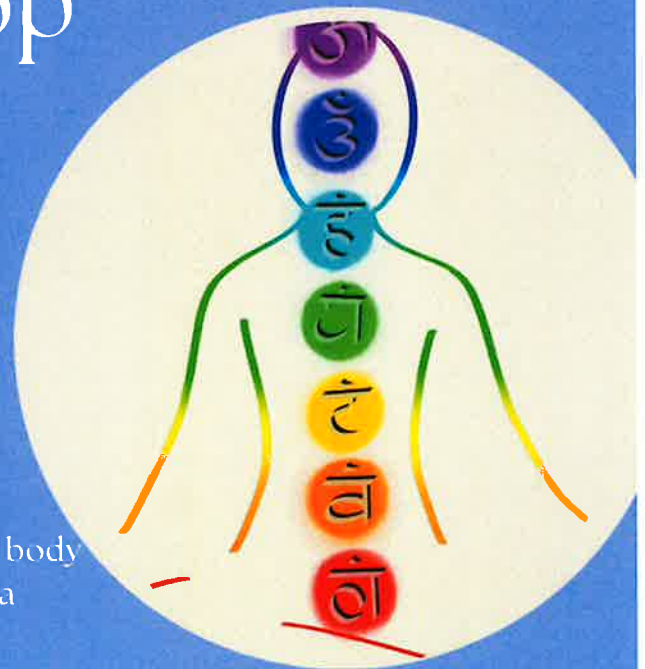


Sand Hills Community Wellness Center  
57 SAND HILLS ROAD, KENDALL PARK, NJ 08824

**QUESTIONS? CONTACT MARYANN**  
732-419-3551 OR [SANDHILLSWELLNESS@GMAIL.COM](mailto: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 31<sup>st</sup> 12pm 1:30pm

\$40

payment in advance required

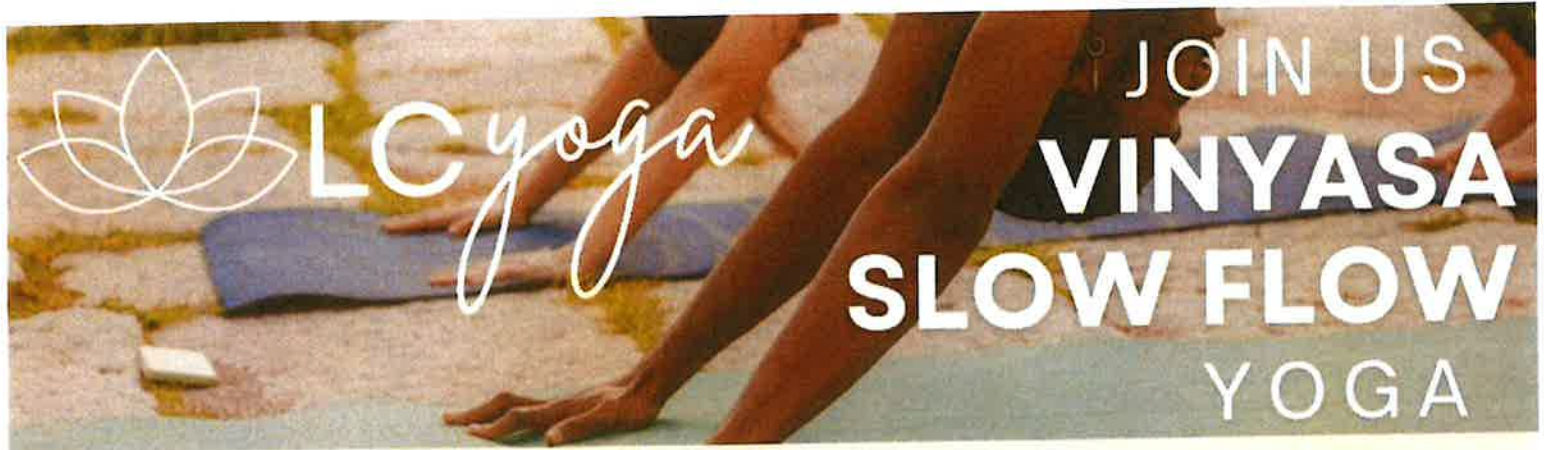
Register now: call/text 732-718-4430

- email: [deeprootsrisinglight@gmail.com](mailto:deeprootsrisinglight@gmail.com)
- [www.deeprootsrising.com](http://www.deeprootsrising.com)
- 57 Sand Hills Road, Kendall Park, NJ 08824





SCAN QR CODE TO REGISTER.  
EMail Laura at [LCYOGA14@GMAIL.COM](mailto: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 14<sup>th</sup> from 4:00-5:30pm**

57 Sand Hills Road, Kendall Park, NJ

732-297-9182

Email: [office@gracepcsb.org](mailto:office@gracepcsb.org) Website: [gracepcsb.org](http://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                       |
|--------------------------|----------------------------------|------------------------------|------------------------------|----------------------------------|
| <b>Liturgist</b>         | Lee Piotrowski                   | Rob Aug                      | Vijia Casey                  | Carol Thomson                    |
| <b>Usher</b>             | Amy Miller                       | Sandy Chmielewski            | Janice Royer                 | Mike Royer                       |
| <b>Zoom</b>              | Peter Godinez                    | Brian Boccardi               | Maryann Rappa                | Janice Royer                     |
| <b>Worship Leader</b>    | Rev. Debbie Paton                | Rev. Debbie Paton            | Rev. Debbie Paton            | Rev. Debbie Paton                |
| <b>Coffee Hour</b>       | Janice Royer                     | Vee Casey                    | Gabi Quaely                  | Janice Royer                     |
| <b>Children's Corner</b> |                                  |                              |                              |                                  |
| <b>Counters</b>          | Fran Trischetta<br>Carol Thomson | Laura Taff<br>Lee Piotrowski | Mike Royer<br>Dottie Pickell | Fran Trischetta<br>Carol Thomson |
| <b>Musician</b>          | Vince DiMura                     | Vince DiMura                 | Vince DiMura                 | Vince DiMura                     |
| <b>Open/Close</b>        | Carol Thomson<br>Mike Royer      | Carol Thomson<br>Mike Royer  | Carol Thomson<br>Mike Royer  | Carol Thomson<br>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](mailto: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](mailto: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](mailto:nmvarga2011@comcast.net)
- ❖ Questions about the Deacons - contact **Kathie Scott**  
[kathiemscott@icloud.com](mailto:kathiemscott@icloud.com)
- ❖ Have a prayer request? - contact **Tami Aug** [tamaraaug@gmail.com](mailto:tamaraaug@gmail.com)
- ❖ Put an announcement in the bulletin? tell the **church office by Wednesday.**  
[office@gracepcsb.org](mailto:office@gracepcsb.org)
- ❖ Put an article in the newsletter? [Maryann Rappa office@gracepcsb.org](mailto: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](mailto:office@gracepcsb.org) - Visit our website: [www.gracepcsb.org](http://www.gracepcsb.org) - Or check us out on Facebook!