

Grace Presbyterian Church

October 19, 2025

9:30 am

WELCOME AND VISION STATEMENT

We are an open and affirming congregation.

**We genuinely welcome people of all ages,
races, 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.**



"Grant me justice"

Prayer Candles

Before Worship, you may offer a prayer and light a candle at the communion table.

We Gather

WELCOME and ANNOUNCEMENTS

PRELUDE

Call to Worship

My heart's eyes behold your Divine Glory!

From whence does my help come?

**My help comes from You,
who created heaven and earth.**

**You strengthen and uphold me,
You, who are ever by my side.**

Behold! You who watch over the nations will see all hearts Awaken to the Light.

**For You are the Great Counselor;
You dwell within all hearts,
that we might respond to the Universal Heart-**

Like the sun, that nourishes us by day,
like the stars that guide the wayfarer at night.

**In You we shall not be afraid of the darkness,
for You are the Light of our Life.**

May You keep us in our going out and in our coming in
from this time forth and forevermore.

Nan C. Merrill, Psalms for Praying

*Hymn #63 "The Lord is God"

Call to Confession

Seeking to follow Jesus, we often wander down the wrong roads. Impatient with God's schedule, we rush off to do things our way. Let us confess our foolishness, that we might receive God's hope for our lives.

Prayer of Confession

Your words are given to us, Author of Life, so we might be reformed, but we are intent on changing others. Your words are offered to us so we might be transformed, but we are focused on conforming to our culture. Your words are spoken to lead us into new life, but we hold our old ways tight to our chests.

Forgive us, God of Wonder. Do not remember our sins, but continue to touch us with your steadfast mercy. Show us how to be persistent in living out our faith, even as you were so tenacious in offering us your grace and life in Jesus Christ, our Lord and Savior.

(Silence is kept for personal confession.)

Words of Assurance

Jesus reminds us that we are to be resolute in our lives of faithfulness and service. The good news is that God is steadfast in filling us with love and grace.

We are forgiven people. May we live as siblings in Christ, God's children in word and deed, in hope and joy. Thanks be to God. Amen.

Hymn #466 "Come and Fill Our Hearts"

We Reflect

Prayer of Illumination

Holy One, dwell within us.

Whisper in our ears;

Glimmer in our vision;

Write upon our hearts.

We wait with open ears, open eyes, open hearts.

Amen

Reading from the Second Timothy 3:14 - 4:5

A time for Children and the Young in heart

Reading from the Gospel of Luke 18:1-8

SERMON

*Hymn #22 "God of the Sparrow"

We Respond

MISSION STATEMENT

Our Mission is **to Know, Love, and Serve God**

Offertory Invitation

Musical Meditation

Prayer of Dedication

(Many thanks to all who contribute to the mission and ministry of our church in offering plates during worship and by electronic giving throughout the month).

Prayers of God's People (sharing of Joys and Concerns)

Hymn # 469 "Lord, Listen to Your Children Praying"

The Lord's Prayer

We Are Sent

*Hymn #688 Spirit of God, Descend Upon My Heart"

*Charge and Benediction

Go now, awake to the voice of God
who speaks through the Word
and by the Spirit moving in the world.
Listening amid the noise of your everyday life.
Be persistent.
Don't get discouraged.
Keep asking ... seeking ... knocking,
for the time of receiving, finding, and opening is now.
Amen. ~ posted on the Long Green Valley Church of the Brethren website.

*Sharing the Peace of Christ

Peace be with you!

And also with you.

(We invite you to offer a sign of peace to those around you and as you gather for fellowship. We remind you to ask what folks feel comfortable with...a verbal greeting, a handshake or fist bump, etc. Do not assume.)

POSTLUDE

***Indicates, please stand in body or spirit.**

All songs not from Glory to God are used by permission of CCLI #1124594

The Week Ahead at Grace Presbyterian Church: Oct. 19-Oct. 26

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

Sun. Oct. 19	9:30 am Sunday Service 10:30 am Fellowship
Mon. Oct. 20	9:00 am Jazzercise 7:00 pm Yoga
Tues. Oct. 21	9:30 am Iyengar Yoga 6:00 pm Jazzercise 7:00 pm Session Meeting
Wed. Oct. 22	9:00 am Jazzercise 9:30 am Iyengar Yoga 6:00 & 7:00 pm Essentrics Class
Thur. Oct. 23	9:30 am Iyengar Yoga 6:00 pm Jazzercise
Fri. Oct. 24	9:30 am Restorative Yoga
Sat. Oct. 25	8:30 am Jazzercise 8:45 am Iyengar Yoga
Sun. Oct. 26	9:30 am Sunday Service 10:30 am Fellowship

Vision Statement

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Sunday Bible Study

Pastor Debbie will lead our Fall Bible Study on the book: "The Serviceberry: Abundance and Reciprocity in the Natural World" by Robin Wall Kimmerer. The study will be held in Room 3 and on Zoom from 11:00-12:15 on October Sundays.

Dates: 19, 26 & Nov. 2.

"From the #1 New York Times bestselling author of Braiding Sweetgrass, a bold and inspiring vision for how to orient our lives around gratitude, reciprocity, and community, based on the lessons of the natural world,"

"Taking on expansive issues with care and compassion, Robin Wall Kimmerer provides perspective on what's truly important, and how we can rediscover ourselves and our place in the natural world."

It is encouraged, but not required to read the book. Copies are available for purchase for \$10. Please see Nancy Varga if you'd like to purchase a copy. You also may be able to access a free audible copy through your library.

And.... Mark your calendars for Wednesday, October 8th at 7:00 on Zoom. We will continue our study: "Old & New - Revelation: God's Persistent Promise."

Pastor Debbie will lead the fifth session: Cosmos and Cities (Revelation 17-18; 21:2, 15-27). Please join us - and have your Bible handy. Following the Bible Study there will be a brief Christian Ed planning meeting. Watch for the Zoom link in your Inbox.

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

Part 1



FOOD & MOOD WORKSHOP at Sand Hills Community Wellness Center

Sponsored by the
South Brunswick
Health Department

Train the Presenter: The Mental Health Connection Between Food and Mood by Jennifer Clearwaters

TUESDAY, OCTOBER 21 | 9:30 AM - 12:30 PM

Join us for a workshop on the link between nutrition and mental health to learn how food impacts your overall wellness. We'll cover how to read food labels, understand ingredients in processed foods, and incorporate mood-boosting foods into your routine. You'll also explore how additives can contribute to anxiety, depression, and fatigue. Walk away with practical strategies to support mental well-being through nutrition, movement, sleep, and more.



Jennifer Clearwaters, MA, LPC, RYT 200, Reiki Master, is a licensed NJ therapist with 20+ years of experience integrating cognitive behavioral therapy, mindfulness, nutrition, yoga, and Reiki. Founder of Mindset LLC, offering therapy, health coaching, and workshops focused on holistic wellness, stress reduction, and emotional resilience.

**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

Part 2



FOOD & MOOD WORKSHOP II

at Sand Hills Community Wellness Center

Sponsored by the
South Brunswick
Health Department

Train the Presenter: The Mental Health Connection Between Food and Mood Part II - The Deep Dive by Jennifer Clearwaters

TUESDAY, OCTOBER 28 | 9:30 AM - 12:30 PM

This session is a 3 hour interactive workshop is a follow up to the Part I session. This workshop will provide a deeper dive into the concepts presented in the Part I session. Participants will have the opportunity to ask questions and talk specifically about areas they feel they need to know more about. They will also gain a deeper understanding about how specific foods enhance or interfere with the connection between nutrition and mental health and wellness.

This workshop will also introduce and explore how environmental toxins, pesticides, mold exposure, and chemicals take a toll on the mind and body. The ultimate goal of this session is to promote self-awareness and help participants make informed choices in various aspects of life. Participants will practice strategies and techniques that support the following pillars of mental health and wellness: Nutrition, stress reduction, movement, sleep, routines, connection, and life purpose.

Jennifer Clearwaters, MA, LPC, RYT 200, Reiki Master, is a licensed NJ therapist with 20+ years of experience integrating cognitive behavioral therapy, mindfulness, nutrition, yoga, and Reiki. Founder of Mindset LLC, offering therapy, health coaching, and workshops focused on holistic wellness, stress reduction, and emotional resilience.

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**EAST BRUNSWICK
COMMUNITY CHURCH**



SYMPOSIUM ON THE HUMANITARIAN CRISIS IN **GAZA**



**Reverend Dr.
Roberto Foiss**
Trinity Presbyterian
Church (Host)



**Reverend Shannon
Smythe**
The Palestine
Justice Network of the
Presbyterian Church



**Rabbi Rachel
Kahn-Troster**
Rabbis for Ceasefire



**Imam Sami
Catovic**
New Brunswick
Islamic Center



**Reverend Thomas
Walsh**
St. Bartholomew
Roman Catholic Church



Dr. Mark Pepper
Jewish Voice for Peace



Dr. Ahmad Yousaf
Double Board-Certified
Physician in Internal
Medicine & Pediatrics



Pastor Thomas Wong
East Brunswick Community
Church



Elder Noushin Framke
First Presbyterian
Church, NYC

AND MORE!



**Sunday,
October 19th**



4:45pm



**Trinity Presbyterian Church
367 Cranbury Rd, E. Brunswick, NJ**

Join us for a night of compassion, unity, and hope. Hear from community leaders and explore ways to support humanitarian efforts. Refreshments will be served.

All are welcome.



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, November 8th 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 Nov. 3rd

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

One meal per person- Choice of:

1: Hibachi Chicken with vegetables, rice and noodles

2: Hibachi Tofu with vegetables, rice and noodles

Meals prepared by **Kumo 27, 3376 Rt. 27, 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.

Spiritual & Mental Wellness



Topic:

Aging Gracefully “and all that comes with it”

Our Facilitators are our Mental Health Team Members

A support group for sharing the challenges of growing older

**A 6 weeks series starting Thursdays, October 30th
November 6th, 13th, 20th,
December 4th, 11th
Time: 10:30 am to 11:30 am**

Where: Grace Presbyterian Church
57 Sandhills Road, Kendall Park, NJ
Tel. 732 297 9182 for more information

Look Who's Serving

	October 19	October 26	November 2	November 9
Liturgist	Jim York	Cheryl Kotch	Carol Thomson	Lee Piotrowski
Usher	Janice Royer	Mike Royer		
Zoom	Peter Godinez	Gabi Quaely	Maryann Rappa	Maryann Rappa
Worship Leader	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton
Coffee Hour	Janice Royer	Amy Miller Evelyn Savage	Sandy Chm	Gabi Quaely
Children's Corner	Ian Elieff	Dee Jensen		
Counters	Fran Trischetta Carol Thomson	Laura Taff Lee Piotrowski	Dottie Pickell Mike Royer	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 - This week Maryann Rappa will be in the office Monday, Tuesday and 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@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 in the offering plate.
- **Restrooms** are on the fellowship 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!