

The Week Ahead at Grace Presbyterian Church: May 10 - May 17

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

Sun. May 10	Happy Mother's Day! 9:30 am Sunday Service 10:30 am Fellowship
Mon. May 11	9:00 am Jazzercise 7:00 pm Yoga
Tues. May 12	9:30 am Iyengar Yoga 6:00 pm Jazzercise 6:30 pm Grief Support Group
Wed. May 13	9:00 am Jazzercise 7:00 pm Essentrics
Thur. May 14	9:30 am Iyengar Yoga 6:00 pm Jazzercise
Fri. May 15	9:30 am Restorative Yoga
Sat. May 16	8:30 am Jazzercise 8:45 am Iyengar Yoga
Sun. May 17	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 6:30pm 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 Sunday, June 7th at 11:30am for a summer picnic on the lawn (in the octagon 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 May - Garden Items

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 fellowship hall with items from our homes and lives that we are happy to share. This month our "Abundance Table" is a place for garden items: bulbs, tubers, cuttings, even plants if you bought too many, extra soil, pots, tools 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

May Birthdays

Marilyn Butler 5/3 Vjia Casey 5/7 Susan Reimann 5/12 Mike Andreko 5/17
Carol Thomson 5/17 Anne Du 5/18 Marie Sayler 5/22



GRIEF SUPPORT GROUP

at Sand Hills Community Wellness Center

Starting this May, join a small, supportive peer group where you can connect with others who understand the experience of loss in a safe and welcoming environment.

Our grief support group offers:

- A welcoming and confidential environment
- Guided conversations around common experiences of grief
- Opportunities to share (only if you feel comfortable)
- Support from others who understand what you're going through

Everyone's grief journey is unique. There is no expectation to speak or share more than you wish.



INFORMATION

We will meet weekly for 10 weeks starting
Tuesday, May 12 | 6:30 pm - 7:30 pm

Peer Support Group - not therapy
Suggested Donation: \$10 per session
Limited to 10 participants

If you are interested in participating, please reach out. A brief intake will help determine if the group is a good fit.

Call: 732-419-3551

Email: sandhillswellness@gmail.com

Facilitator: Maryann Rappa, MA, CPC

You don't have to go through grief alone. We would be honored to support you during this time.



TRAIN THE PRESENTER

A Guide to Youth Suicide Prevention *at Sand Hills Community Wellness Center*

We often worry about the mental health of the young people in our lives, but the fear of "saying the wrong thing" can keep us silent. It's time to break that silence.

MAY 29
9:30 AM - 12 PM

This workshop is designed to move us from a place of uncertainty to a place of action. You don't need to be a doctor or a psychic to make a difference; you just need the right tools and the courage to start a conversation. In this session, we strip away the stigma and focus on practical, life-saving skills.

Susan Tellone is a highly accomplished Registered Nurse, Certified School Nurse, and health educator, holding a Master's degree in Nursing and a Bachelor's degree in Mental Health and Rehabilitation. With nearly 40 years of experience as a psychiatric nurse, she has dedicated her career to the critical field of suicide prevention.



[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



WHEN KIDS ACCOMPLISH SOMETHING REAL... SOMETHING CHANGES.



Filmmaking



Art

JUNE 29TH - AUGUST 7TH

LIMITED SPOTS AVAILABLE

New location **IN KENDALL PARK!**
57 Sand Hills Road, Kendall Park, NJ 08824

REGISTER NOW



STEM



Performance

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Filmmaking, Stop-Motion, Acting

 **INCREDIQUEST**

Magic, Mystery, Art, Business...



 **INCREDITECH**

Robots, Bricks...

 **INCREDITUNES**

Music, Performance



 **INCREDITIME**

Exploration, Art, Challenges...

RECONNECT WITH YOURSELF.



Our Meditation Group is designed to help you slow down, breathe deeply, and rediscover a sense of inner balance.

Reduced
stress and
anxiety

Improved
focus and
mental clarity

Better sleep
quality

WWW.DEEPROOTSRISING.COM



**EVERY
WEDNESDAY
STARTING 5/13**

7:00 PM – 7:50 PM

\$10 suggested donation

57 SAND HILLS ROAD
KENDALL PARK, NJ 08824



**REGISTER: 732-718-4430
OR: DEEPROOTSRISINGLIGHT@GMAIL.COM**



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.

Look Who's Serving

	May 10	May 17	May 24	May 31
Liturgist	Lee Piotrowski	Sandy Chmielewski	Mike Royer	Janice Royer
Usher	Laura Taff	Mike Royer	Evelyn Savage	Maryann Rappa
Zoom	Peter Godinez	Brian Boccardi	Maryann Rappa	Peter Godinez
Worship Leader	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton
Coffee Hour	Gabi Quaely	Vijia Casey	Janice Royer	Janice Royer
Counters	Laura Taff Dottie Pickell	Laura Taff Carol Thomson	Fran Trischetta Lee Piotrowski	Mike Royer Dottie Pickell
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 & 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 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!