

The Week Ahead at Grace Presbyterian Church: Sept. 27-Oct. 4

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

Sun. Sept. 27	9:30 am Sunday Service 10:30 am Fellowship
Mon. Sept. 28	9:00 am Jazzercise 6:00 pm Reiki Share 7:00 pm Yoga
Tues. Sept. 29	9:30 am Iyengar Yoga 6:00 pm Jazzercise 6:30 pm Grief Group
Wed Sept. 30	9:00 am Jazzercise 9:30 am Iyengar Yoga 7:00 pm Essentrics
Thur. Oct. 1	9:30 am Iyengar Yoga 6:00 pm Jazzercise
Fri. Oct. 2	9:30 am Restorative Yoga
Sat. Oct. 3	8:30 am Jazzercise 8:45 am Yoga 10:00 am Genealogy Research Lecture 11:00 am Genealogy Research Lab
Sun. Oct. 4	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.

Help Us Share the Good News!

Our church's Facebook and Instagram pages are wonderful ways to let others know about the love of Christ and the life of our church family. Every one of us can play a part in reaching our community.

When you see a church post, please take a moment to:

● 👍 Like it ● 💬 Leave a comment ● ➡️📱 Share it with your friends and family

These simple actions help our posts reach more people and increase awareness of our church. You never know who may be looking for hope, encouragement, or a church home—and your click could be the invitation that brings them here.

Thank you for helping us spread God's love beyond our church walls. Together, we can make a difference, one post at a time.

Hospitality

Fellowship is a wonderful way to end our Worship Time together. There is nothing quite like sitting together over great snacks and a hot cup of coffee or tea. Due to our change in our cleaners schedule, we do not have anyone cleaning up the crumbs or debris after fellowship time. This invites ants and possibly rodents into our space. Also, it is not a good look for the groups who come in after we leave.

Therefore, we are asking everyone to just clean up on and under their table. There will be brooms and dustpans available for sweeping. It would be appreciated if each table just cleaned up its own space making the room clean for the next group.

Thank you for your help and consideration,

The Hospitality Team

Quilts For Kids

Quilts for kids meets the first Saturday of every month from 10 am - 3 pm in the octagon. All are welcome to come and sew. Bring your machine and we will teach you. For more information contact BJ Rieck at

bj_rieck@hotmail.com or 732-213-4372

South Brunswick Food Bank Items Needed

Ground coffee - Peanut Butter- 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 meat
and 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

Look Who's Serving

	Sept. 27	Oct. 4	Oct. 11	Oct. 18
Liturgist	Carol Thomson	Christie Chow	Lee Piotrowski	Sandy Chmielewski
Usher	Sandy Chmielewski	Maryann Rappa	Mike Royer	Evelyn Savage
Zoom	Peter Godinez	Gabi Quaely	Maryann Rappa	Brian Boccardi
Worship Leader	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton	Rev. Debbie Paton
Coffee	Janice Royer	Gabi Quaely	Gabi Quaely	Janice Royer
Counters	Dottie Pickell Mike Royer	Fran Trischetta Mike Royer	Fran Trischetta Carol Thomson	Dottie Pickell Mike Royer
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

Grace Presbyterian Church

PRESENTS

Grace for Dinner

OFFERING FOOD ♥ CONNECTION ♥ HOPE



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, OCTOBER 10, 2026
from 4:00–5:30pm



57 Sand Hills Road
Kendall Park, NJ 732-297-9182



CONTACT US

Email: office@gracepcsb.org

Website: gracepcsb.org



Stay and enjoy meals
and company on site
or take them home.



ORDER MEALS BY FRIDAY, OCT. 2ND

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 Francaise

2

Penne a la Vodka

Meals prepared by **The Pine Tavern**

Old Bridge, 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.**



All are welcome!



ANCESTOR
TECH

Presents!

<https://www.ancestortech.com/>

Curious About Your Family's Roots? Genealogy: Start Here. Go Further.

Saturday, October 3, 10am-11am

Sand Hills Wellness Center

57 Sand Hills Rd, Kendall Park, NJ



Lecture: \$10
Research Lab: \$15
Both: \$20 – save \$5



Alternative URL:
<https://bit.ly/3T20kNj>

[Register Here](#)

Curious about your family history but not sure where to begin? Already researching but overwhelmed by search results—or frustrated by “no results found”?

Learn practical strategies for beginning or advancing your genealogy research. Come with questions. Leave with ideas for your next step

WANT TO DIG DEEPER?

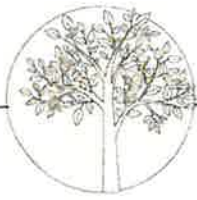
OPTIONAL Genealogy Research Lab • 11 AM–Noon

Bring your laptop and research question!

Get guidance in a group setting (limit 10 people).

\$10 with lecture | \$15 stand-alone * Lecture attendance not required.

Presented by Carla Zimowski
info@ancestortech.com



GRIEF SUPPORT GROUP

at Sand Hills Community Wellness Center

Starting September, 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 biweekly for 10 weeks starting
Tuesday, ~~September 22~~ | 6:30 pm - 7:30 pm

October 6

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.

THE ART OF SOUP

TECHNIQUES

FROM

JULIA CHILD

FRENCH

INSPO

HERBS

SPICES

FATS

ACIDS

COMMUNITY

OCTOBER 17TH,
2026

11AM-1PM



SAND HILLS
WELLNESS CENTER
KENDALL PARK, NJ

THE ART OF BUILDING SOUP

A HANDS-ON CULINARY WORKSHOP INSPIRED BY CLASSIC FRENCH TECHNIQUE
LEARN TO COOK BEYOND THE RECIPE.

DISCOVER HOW TO BUILD A BEAUTIFUL SOUP FROM THE POT UP—STARTING WITH FRESH HERBS, VEGETABLES, AROMATICS AND SPICES, THEN LAYERING FLAVORS WITH STOCKS, ROASTING TECHNIQUES AND FINISHING TOUCHES.

INSPIRED BY CLASSIC FRENCH COOKING AND THE TECHNIQUES OF JULIA CHILD, THIS CLASS IS ABOUT UNDERSTANDING HOW AND WHY FLAVORS WORK TOGETHER, SO YOU CAN CONFIDENTLY CREATE YOUR OWN SOUPS AT HOME.

PLUS, WE'LL MAKE QUICK RUSTIC BISCUITS FROM SCRATCH TO ENJOY TOGETHER.

OCTOBER 17 • \$75 PER PERSON

DON'T JUST FOLLOW A RECIPE. LEARN HOW TO BUILD ONE.
EVERYONE WILL LEAVE WITH A LARGE JAR OF SOUP, RECIPES, & HERBAL MIX

WWW.THREEBIRDSFARM.COM - CLASS SECTION



THURSDAY OCT 15TH
7 PM - 8 PM

SOUND HEALING

Restore balance and embrace moments of
calm and peace.

*Create space for relaxation,
mindfulness, and a renewed
sense of well-being. Allow the
immersive sound refresh and
renew your body, mind, heart,
and soul.*

Benefits

- Relaxation
- Mindfulness
- Inner Balance
- Quiet Reflection

**\$25 IN
ADVANCE/\$30
DAY OF EVENT**



SIGN UP NOW

call / text Ruchi at
732-718-4430 or
email:
deeprootsrisinglight
@gmail.com

57 Sand Hills Rd.
Kendall Park, NJ
08824

WWW.DEEPROOTSRISING.COM



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 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 - **Sandy Chmielewski**
sandra.chmii@gmail.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; **Property** - Mike Royer; **Worship** -Dottie Pickell; **Stewardship** - Rob Aug; **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, Vilija Casey, Sandy Chmielewski, Barbara Elieff, Cheryl Kotch, Amy Miller, Gabi Quaely

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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!

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