



# Tidings of Peace

April 2020

## Letters from Pastor

*For the Newsletter this month I share excerpts from my letters to the congregation in case you were not able to read them.*

Dear Prince of Peace,

It's a beautiful day for a ball game ... oh, wait. Today was to be opening day for the major leagues. Too bad, because it is a beautiful day. I hope you went outdoors.

I talked to my brother Monday — a little plus, I never call my brother just to talk. Anyway he made the comment that we're all finding out we can live without sports. I think there's a lot we're discovering we can live without. Suddenly it's not about what we do, it's about who we are. I'm convinced there is going to be a profound reset coming out of all this. No one is going to push a button where we all go back to where we were.

I heard from the pastor's bible study on Tuesday (I did not zoom in, I'm still not comfortable with Zoom, but I acknowledge its value) where some pastors are declaring the first Sunday back as Easter Sunday! You know, with the flowers, and the choirs, and the *He is Risen Indeeds*. I'm not in. First of all, I'm an on-the-date kind of person. I don't celebrate my birthday the day before or the day after. Easter Sunday is April 12<sup>th</sup>! Secondly, I think we're all going to feel our way back to public worship. We'll trickle in rather than all pour back on that Sunday.

But let's talk about where we are today. Dale just told me the Governor declared there are to be no public Holy Week or Easter services. We're not surprised are we? I am hoping, however, to move the livestream back into the sanctuary. Dale and I have received nice compliments about our dog and our dining room; but I think the quaintness of leading worship from our home will soon grow old, though I'll be back at the dining room table this Sunday, 9:30 am.

Stay tuned about Holy Week.

Dear POP,

As pastor I seek to maintain a non-anxious presence. I got the presence part down. I'm still working on the non-anxious part. In 35 years of ministry I have never faced a crisis like the coronavirus. I loosely compare it to days of Hurricane Sandy when life for us and our church essentially came to a halt for two weeks. My anxiety, and I'm guessing yours too, if you are honest, is the uncertainty of these days. People of privilege are uncomfortable not knowing what to expect, and certainly this virus and our response is keeping everyone on edge. It is precisely because of this that we need the church, and our ministry does continue during this crisis, albeit remotely when needed.

*Continued on page 7*



## Worship in April

*Worship will be streamed online*

*Sunday mornings at 9:30*

*. <https://www.facebook.com/popnjchurch>*

**Sunday, April 5**

**Palm Sunday**

**Sunday of the Passion**

**Sunday, April 12**

**Easter**

**Sunday, April 17**

**First Sunday of Easter**

**Sunday, April 24**

**Second Sunday of Easter**

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## Also in April

**April 2**

**Communications Team Meeting**

**Via Zoom**

**April 28**

**Racial Justice Team Meeting**

# From a Distance

On Friday, March 13, just as the Coronavirus pandemic was starting to really spread in America, Megan and I had the opportunity to escape to the Outer Banks of North Carolina. We loaded up the car with groceries and happily hid from the world for about five days. There were few people in the area where we were staying, and we felt safe. But our minds were not full of the feelings of rest and contentment similar trips in years past had brought. We felt restful but disconnected. We experienced bliss and anxiety at the same time.

We ended up returning to New Jersey the following Wednesday. As Pastor mentioned in his sermon from March 22, we happened to see him in the Chinese restaurant parking lot as we got take-out before settling back in at home. The only time I've left our apartment complex since was to drive with Megan to Baltimore to retrieve her sister, Ali, who is

now out of work from her retail manager position and also without a car.

The biggest emotional change for me during this time has been the inability to gather and make music with others. I remarked to Pastor the dichotomy of all this — that, throughout the last hundreds of years in Christian and religious traditions, we have developed activities, rites, and rituals that are designed to bring people together, one of the most important of these being singing together. This is why I suggested not having hymns presented in a traditional way on the worship livestreams. Even though many of us may sing along at home, I think it would remind us of how strange the singing of a hymn (as part of a worship) would be if done alone. We opted, instead, for cherished songs and hymns presented as special music. These melodies can continue to reach us and emotionally/spiritually feed us, even from a distance.

For now, the music ministry is in a kind of holding pattern. I don't know when we'll be able to return to our normal rehearsals and ministry work. When we are able to gather again, we'll all be dramatically different people than we were before this pandemic.

At least for me, one of the odd blessings that this pandemic is bringing is time — time to focus on myself, on my faith, and to continually re-evaluate my priorities. It is my hope and wish that, when the Prince of Peace Music Ministry is able to begin anew, we do so truly 'anew' and not attempt to return to what was. We will minister to ourselves and others amid what now 'is', using God's gift of music as the vehicle to patch up and reinvigorate our souls.

— Peace, Doug

*Tidings*, the newsletter of Prince of Peace Lutheran Church, is published monthly. Articles, story ideas, and comments can be emailed to loismcase@gmail.com.

**Deadline for the February issue is Sunday, April 26**

## Staff and Officers of Prince of Peace

Rev. Peter Froehlke, Pastor  
Rev. Dale Selover, Director of The House Next Door  
Dr. Doug Helvering, Minister of Music  
Kathy Nowak, Parish Administrator  
Dorothy Safranek, Financial Secretary

## Congregational Council

Elizabeth Wagner (President)  
Nancy Durie (Vice President)  
Kim Contini  
Charlie Frantz  
Mary Ellen Glickson  
David Jeedi  
Martin Rexroad  
Wendy Schutzer  
Sabrina Teekah  
David New, Secretary (non-voting)

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## Music Schedule:

*No Ensemble Activity until further notice*

## April Events

### Joyful Stitchers in April

One of the great things about what we do at Joyful Stitchers is that we can do it almost anywhere. We're all accustomed to bringing our projects with us so that whenever we have a few minutes, we can add a few stitches.

Another appealing aspect of our stitching crafts is that they can be exercised in a mindful and relaxing way. The creators of the pattern for the prayer shawls many of us are making during this season of Lent remind us to say a prayer and enter into our task mindfully. And what draws many of us to the stitching arts is that we can create for others out of love. I know at least one of our members is sewing masks for the Mercer Mask Project.

So although we miss our weekly meetings, we are continuing to work on our ongoing projects at home. In addition to our prayer shawls, we are making cat mats, knitted knockers, and getting a head start on hats and scarves for TASK. The prayer shawl pattern is available on Pop's Facebook page, along with a simple scarf pattern.

We're always looking for new ways to help others with our stitching skills, so if you know of a service project that the Joyful Stitchers could help out with, please let us know.

There are no scheduled meetings for April. If you have any questions, please contact Kate Chen at [kcmchen@comcast.net](mailto:kcmchen@comcast.net).



### The April Donation Requested for the Trenton Area Soup Kitchen is

#### 64-ounce Canned Juice

Please place donations in the  
wooden box in the breezeway.

### Book Group

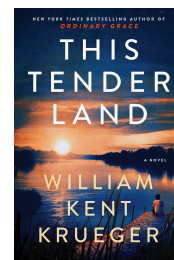
Please note that all meetings are tentative.  
It seems unlikely that we will be meeting together in  
the near future unless we decide to communicate online  
via Zoom. The books we have selected will be listed,  
however, for your reading pleasure.

#### April 16

Possibly at the home of Martha Winder  
14 Candlewood Lane, Princeton Junction  
RSVP to [maw14jpw@aol.com](mailto:maw14jpw@aol.com) or 609-799-7280

#### ***This Tender Land* by William Kent Krueger**

Minnesota: 1932. Four orphan children escape from Lincoln School where Native American children are forcibly separated from their parents in order to be 're-educated.' They hatch a plan to take a canoe and travel south on the Mississippi River. During their summer-long odyssey, they encounter faith healers, a shanty town family, and others adversely affected by the Great Depression. In a journey that is spiritual as well as physical, four youngsters are simply looking for a home. A modern classic with echoes of *Huckleberry Finn*.



#### May 14

#### ***A Well-Behaved Woman* by Therese Anne Fowler**



In this biographical novel the author takes us behind the velvet draperies of the Gilded Age in her stunning portrait of Alva Vanderbilt, a strong and fascinating heiress who refused to bow to societal convention. Alva emerges as an early feminist modern women can relate to.

The Book Group usually meets the  
second Thursday of the month at 7:30 pm.

New members are always welcome.

If interested, please contact Phyllis Church  
609-799-0723 or [p.church@mindspring.com](mailto:p.church@mindspring.com)



## Thrivent Action Team Projects Moving Along

Over the next month or so, those visiting the House Next Door or the Peace Garden may see some changes nearby. Thanks to the generosity of Prince of Peace members and friends, the Thrivent seed money, and Thrivent Choice Dollars, enough money was raised to construct the shed near the path from the church's backyard to the garden and enhance the House Next Door property.

So far

- The West Windsor Zoning Permit was approved. Utilities are marking the area by April 1.
- The Shed Kit and Foundation Supplies were delivered to the House Next Door garage
- Special thanks to East Windsor Home Depot for free delivery.
- Two Resin Picnic Benches were purchased to enhance outdoor events The benches provide flexibility by easily converting into a picnic table.
- The site of the shed is corded off and clearing/construction will start soon.

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## House Next Door Series on Prayer

Join Brandi Hebert at the House Next Door on Facebook live, Fridays at 4 pm, for a series on prayer and contemplative practices titled *The Restorative Table*.

Can't make it live? Check out the videos posted there after and visit Brandi's blog at [www.therestorativetable.org](http://www.therestorativetable.org).

## Are You Up For Another Book Sale?

Friends at PoP,

Our September book sale got some positive feedback, so we kept the good remainders in storage. Would you like to do this again?

Some tentative dates might be on Saturday September 19 or October 17. Nancy Reyes has suggested we team up the event with a panel discussion of local authors.

Please send me feedback at [nbdurie@gmail.com](mailto:nbdurie@gmail.com) if you'd like to be part of a planning committee or if you would like us to consider raising the proceeds for a specific charity. And hang onto any great books for the time being!

— Nancy Durie

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## A Recommended Online Resource

Check out the Facebook group *Apart, Together*. It is a local private group but all are invited to join.

There you will find free workout videos from local fitness professionals, free educational resources for families with young children including story time videos, an online book club and daily wellness assignments to lift your spirits. Every day a weekly schedule of live events is posted.

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## Thank you, Victoria and Friends For this Beautiful Video of *How Can I Keep From Singing*

[https://www.facebook.com/victoria.chow.393?\\_\\_tn\\_\\_=ICH-R&eid=ARCiOsZalEXpQ008h9h9hVgTWZhEYLapjwPCOLIX2gvcKlAYJH\\_-z8fhGQucDj4G5vKzwnT3sp97z2QG&hc\\_ref](https://www.facebook.com/victoria.chow.393?__tn__=ICH-R&eid=ARCiOsZalEXpQ008h9h9hVgTWZhEYLapjwPCOLIX2gvcKlAYJH_-z8fhGQucDj4G5vKzwnT3sp97z2QG&hc_ref)



## **Resurrection Lutheran To Offer Vacation Bible School**

Resurrection Lutheran in Hamilton Square is planning for Vacation Bible School the week of July 20th. The public is invited.

Resurrection offers regular sessions in the mornings and special ed sessions in the afternoon. They would especially love volunteers for the afternoon camp.

If you have a child or grandchild you would like to sign up for the morning or afternoon programs direct links can be found on <https://www.resurrectiononline.org/vbs-1>

Application for the regular VBS is at <https://forms.gle/ZZkCbVL6RbeJV61R8> Special needs application is at - <https://forms.gle/HFg88UWFBXGWdFf7>

For more information, contact Jessica Clarke; [jclarke1369@gmail.com](mailto:jclarke1369@gmail.com)

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***If you haven't done so for a while,  
now would be a good time to visit***

***Prince of Peace's website  
and facebook pages***

[popnj.org](http://popnj.org)

<https://www.facebook.com/popnjchurch>

<https://www.facebook.com/popnjchurch>

## **Book Review**

### ***The Guardians by John Grisham***

The story takes place in a small Florida town of Seabrook, where a young lawyer was found shot dead at his desk as he worked late one night. The killer left no clues, there were no witnesses, and no motive. The police came to suspect a young black man who was once a client of the lawyer. Eventually the black man was tried, convicted, and sent to prison for life where he has languished for twenty-two years; he has no lawyer or advocate on the outside. In desperation he writes a letter to Guardian Ministries, a small nonprofit run by a lawyer who is also an Episcopal priest. Guardian Ministries, which accepts only a few innocence cases at a time, takes the case, eventually finding the accused innocent.

The inspiration for this novel came from two sources: one, a character; the other the plot. The character and plot were found in a box of documents marked for Centurion Ministries while John Grisham was researching a case in Oklahoma; he also discovered that Centurion Ministries was located in Princeton, New Jersey.

Centurion Ministries was founded in 1980 by James McCloskey while he was a divinity student. While working as a prison Chaplain, he met an inmate who claimed his innocence; Jim believed him and proved his innocence. This inspired Jim McCloskey to take on other cases, and he has been doing this for forty years. To date, sixty-three men and women owe their freedom to Jim and the team at Centurion Ministries.

Centurion Ministries has a website which elaborates on their story ([centurionministries.org](http://centurionministries.org)).

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## **Easter Food Drive a Wonderful Success, Despite the Virus Isolation**

Thank you very much to all who participated in the Easter Food Drive for families served by Lutheran Social Ministries of NJ (LSM/NJ). Despite the unexpected cancellation of in-person participation in the worship and other activities, Prince of Peace folks were able to provide approximately 25 complete bags and some extra groceries for needy senior citizens in Camden. LSM/NJ sends deep thanks and appreciation to Prince of Peace for its generosity in this endeavor

and are grateful for our partnership in ministry. The food and "fun" items are especially needed during this time, as it is difficult for the seniors to get out to get things they need. The Social Outreach Team thanks you, too, for your care and concern for our sisters and brothers throughout New Jersey. May Easter blessings abound for each of you, now and throughout the year.

— The Social Outreach Ministry Team

# Thank You's

## Thanks to All For Food For the St. Bart's Food Pantry & Lunches For Trenton School Children

In an emergency call for food for St. Bart's Food Pantry recently, many were able to bring much-needed items on short notice, and others contributed cash to assist. Prince of Peace will be contributing to St Bart's Food Pantry on an on-going basis in ways that are now being determined.

Thank you to everyone who has helped in meeting this immediate need. God is good, and so are God's people.



To Prince of Peace,

Thank you for your generous gift! Your donation of \$708 is helping to feed hungry families and individuals in Mercer County and to provide life-changing programs that help our struggling neighbors.

Your support provides food and hope to thousands of struggling households.

Thanks and blessings to all,

Joyce E. Campbell  
Executive Director

## Valentine Box Thank You's



Thank you so much for the incredibly generous Valentine's Day gift box. My friends and I loved the sweets and the cards. I appreciate the thought very much.

Thanks so much,  
Ben Jones and Erik Jones

## *Dear POP,*

Thank you so much for the Valentine's Day boxes! It was so nice to have a little piece of home for the holiday and our roommates were happy as well!

Looking forward to the Lent season and making it back to POP for church when we are home!

Thanks again,  
Allison and Ben

## *Dear POP Lutheran Church,*

Thank you so much for the Valentine's Day goodie basket. After walking home from a hard exam, I found it sitting on my porch (it was perfect timing!). It means so much to me that you are thinking of me and your kind act was very much appreciated. Thank you so much!

God bless,  
Jenny Lorenzi



## Gearing Up While Staying Home

Right now, our highest civic duty is to stay put. Yet I find it hard to watch tragic news and stay still. I ask, *What can I do?* The media is full of superhuman stories: Doctors working 20 hours a day, people with perfect homeschooling charts and workout regimens, teens inventing a new ventilator. Those don't help me. I came up with my very own list, to keep from being overwhelmed with helplessness.

- *I find ways to connect.* Someone on TV said, 'We should practice physical distancing, NOT social distancing.' So our family now writes a greeting card to one person each dinnertime, and I've got lunchtime Zoom with my sister and my dad.

- *I try to be gentle with myself when I'm overwhelmed.* Naps are valid coping mechanisms. Give yourself permission to nap, to eat ice cream. Based on the near-empty frozen dessert case at McCaffrey's, you are not the only one!

- *I use my energetic time* to set aside clothes and books to donate, and to clean out the basement. It helps to see visual progress in this same old environment.

- *I seek out and repeat the positive stories.* Did you know that Schwab Charitable giving is up 31% since mid-February, compared to last year? Did you hear about the bins of masks and gloves donated by New York construction businesses? These people are God's hands in the world.

- *I can pray.* Really pray. Find the peace that passes all understanding.

I look forward to the day we can get back to normal, be near one another and worship together. Until then, we can hold onto [John 16:33](#) as Jesus reminds disciples: *I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.*

— Nancy Durie

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*Pastor's Comments, continued from page 1*

Dear POP

I don't want to go through what we are going through; but I believe, when we look back, we will feel together in ways we never had before the virus struck.

Finally, take time to notice all that surrounds you in these days. Nature is coming back to life with our early spring. Families are reunited. God has given many of us the gift of time and maybe the chance to reset our lives to the way of Christ. If we stay healthy maybe a walk is in order with an opportunity for prayer as we remember how blessed we are.

I close with a quote from David Brooks in this morning's *New York Times*.

*We're seeing the world with plague eyes now. We're all going through the same experiences, connected by a virus that reminds us of the fundamental fact of human interdependence. Most of us are experiencing the same pause in normal life, undergoing deeper reflections inspired by that pause. So many human universals. The paradox, of course, is that we had to be set apart in order to feel together.*

My prayers remain with all of you. Keep in touch. I will do the same.

— Pastor Froehlke

## Racial Justice Committee Moved from Talk to Action in March

Before I start, you'll notice that our committee has a new name, from Anti-Racism, which sounded too negative, to Social Justice, which was too broad and to several other names in between. We've decided to call ourselves the Racial Justice Committee, and we've been busy in March.

The committee met twice this month. The first meeting was to continue sharing ideas and compile resources; the second was scheduled to be with Rev. Kimberly Vaughn of the New Jersey Synod for guidance on how the ELCA suggests attacking racism. Her visit will be rescheduled when we can meet in person, but that first virtual meeting was by chance on the day an extremely disturbing article came out about racist acts against Chinese and other Asians in reaction to the coronavirus. After agreeing that the ELCA statement on Inclusion and Diversity would be appropriate to post on our new website, we used that as the basis for a written reaction to these racist acts. We spoke out as Jesus would do, composing the letter to the community posted below, on our websites and Facebook pages, and sent it out to online and print media. This committee was formed because Lenny Duncan had reminded us in his book *Dear Church* that Christians shouldn't just say racism is a sin, but each of us has to do our part to point it out and stand up against racist acts.

Other suggestions are underway little by little. When we are physically back in church, parents of little ones might notice the blue worship bags have been updated to be more welcoming to all children

who might be at Prince of Peace on any given Sunday, making sure the books include diversity and are age-appropriate. Members are also investigating speakers and media and were attending workshops and community events during Black History Month as we try to discern what else we need to do to change any systemic racism here as part of the ELCA. We welcome your input and will continue to share opportunities for you to learn as we do. Look for more improvements each month and, if interested in helping this cause, join the email group and/or the next meeting on April 28 (by Zoom if necessary) by contacting Nancy Reyes at 609-273-1239 or [nancyauerreyes@gmail.com](mailto:nancyauerreyes@gmail.com).

### Upcoming Events Related to Racial Justice New Movie Releases

*Emperor* with Bruce Dern as Levi Coffin, one of the heroes of the American abolitionist movement: a freedom movie about a man who fought the system and changed the world (from *Parade* magazine).

*Decentering Whiteness and Building Multiracial Community*, a 3-part, live, interactive webinar, April 15, 22, and 29 (if miss one will be recorded) plus free Zoom tutorial from 7 to 9 pm before part 1 — \$95.

### Ongoing Events

To learn more black history, follow the Facebook page *Trueheart*, by authors of *If These Stones Could Talk*. Every Friday they post a new, little known story in black history. You can read past stories there as a start.

— Nancy Reyes

## A Letter To the community

At this time when people of Asian descent, locally and across America, are being victimized by racist words and acts, we denounce this and all racism as sin. We decry all words, acts, or policies that perpetuate racism and pray that those committing such acts realize their wrongdoing. Join us in standing in solidarity with our Asian neighbors. We pray for the victims, that they feel the support of the majority of the community and country and that witnesses of such acts speak up when they encounter injustice.

At Prince of Peace Lutheran Church and the House Next Door in Princeton Junction we value the richness of God's creation and offer a radical welcome to ALL people, appreciating our common humanity and our differences. We do not view diversity as a barrier to unity. We recognize and will challenge dynamics that create fear or barriers to participation and equity in our church and/or society. In this time of uncertainty and fear, we pray for unity.

The Racial Justice Committee  
(Nancy Reyes, Chair)



**Parish Care April 2020**  
***Continuing to Share Our POP Care***  
***During These 'New Normal' Times***

**Just another Thank You**  
**For Your Generous Support of**  
**Our Valentine Care Box Project**

Again, many thanks for all the donations to make our Care Box project so successful. Thank you notes are still arriving.

We are gathering information about our **graduating seniors**. There will be a graduation blessing in June during our church service. Please let us know of who is graduating and what your plans are for the future.

**Gathering of Non-Christmas Greeting Cards**

Local senior living facilities could use greeting cards for their residents. We are gathering greeting cards that you may receive in the mail — for birthdays, get well, thinking of you. Look for a collection box in the gathering area.

If you could share some time, the donated cards need to be sorted: birthdays, get well, thinking of you.. We can try to arrange a way to get cards to you.

**Transportation**

Once we are free to travel again, we will need folks to help with rides to some weekday appointments, grocery shopping, and errands. Hopefully this will be very soon.

If you can help with driving please let us know.

**Cards and Calls**

During this time of social distancing, we would like to keep in touch with our church family and friends (who may not be into all the social media) the old fashioned way, with cards and calls.

Usually we are signing Easter Cards to send after our Sunday service. Since we are not gathering at the church, I am asking for cards to be mailed by you. If you would like to mail one or several cards, please contact me and I will give you contact information. Also, if you know of someone who should be included, let me know. Phone calls can also be made.

**Ongoing**

We continue our monthly mailings to our families who have lost loved ones and to families with new babies.

*Care notes*, pocket prayer cards, and knitted prayer squares are available in the breezeway.

We would like to update our list of folks who can help with providing meals as needed, with transportation, and with helping with some receptions/events held at the church. If you can help, please let us know.

*Anyone interested in helping with any of our efforts please let us know.*

Martha Winder  
609-799-7280  
maw14jpw@aol.com



177 Princeton-Hightstown Road  
Princeton Junction NJ 08550

Church Office: 609-799-1753  
E-Mail : email@popnj.org  
Website: popnj.org  
Worship: Sunday, 9:30 am

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#### *Sunday Schedule*

Worship at 9:30 am  
Education Hour at 10:45 am

#### *Office Hours*

Monday - Thursday 9 am to 2 pm

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