



Tidings of Peace

March 2017



Worship in March

Sunday Morning Worship at 9:30 am

Wednesday, March 1

Ash Wednesday

Sunday, March 5

First Sunday in Lent

Testing

Scout Sunday

Wednesday, March 8

Mid-Week Worship

Sunday, March 12

Second Sunday in Lent

First Communion

The Little Gospel

Wednesday, March 15

Mid-Week Worship

Sunday, March 19

Third Sunday in Lent

First Communion

Woman at the Well

Wednesday, March 22

Mid-Week Worship

Sunday, March 26

Fourth Sunday in Lent

The Blind Man

Wednesday, March 29

Mid-Week Worship

Other March Events

Thursday, March 2

Spiritual Formation Team Retreat

Thursday, March 9

Book Group

Sunday, March 26

Know Your Rights Workshop

See page 6 for more information

Our Work as People of Faith

A good friend reached out on Facebook yesterday, calling attention to the 75th anniversary of Executive Order 9066. February 19, is Remembrance Day for Japanese Americans. In 1942 President Roosevelt signed this order which led to the internment of 120,000 Japanese Americans. My friend is of Japanese descent. He posted that his parents and grandparents never talked about the internment. These were dark times, times they preferred to forget.

But there is danger in forgetting. History teaches our past mistakes. If we fail to understand, if we choose to forget and silently move on, we are doomed not to learn our lesson. The internment in 1942 happened to innocent American citizens, most of whom had never been to Japan. They were removed from their lives, held without charge for four years, many losing their homes, livelihoods, and freedom. From all of that fear and disruption there was not a single case of espionage or sabotage ever proven against any internee. The military itself admitted that there was never any evidence to support the sweeping policy. My friend concluded his post with these words:

I hope it never happens in this country again. We are not there ... yet ... but there is an undercurrent that is unhealthy and unjust. If you are concerned, please tell your children, or a teacher, or your even Facebook friends and simply mention that today is the 75th anniversary of EO 9066. Never again.

Regardless of our political persuasions, as people of faith, we cannot ignore the divine command to care for 'the least of these.' We are working through the *Gospel of Matthew* this year, a book that builds towards chapter 25 where Jesus names our mission:

I was a stranger and you welcomed me.

We might wonder when, but Jesus reminds us:

Just as you did it to one of the least of these who are members of my family, you did it to me.

Our work as people of faith is great.

— Pastor Froehlke

Holden It Together

Holden Village is a year-round Lutheran Christian center in the North Cascade Mountains of Washington State. It is accessible only by passenger ferry across Lake Chelan or by hiking through the Cascade Mountains. The Village is the largest retreat center in the nation operating under a special use permit from the US Department of Agriculture – Forest Service.

The area was originally settled as a mining community and was a leading copper mine from the late 1800's to the mid-1900's. After World War II, the price of metals fell and the mine eventually closed. In 1957, Wes Prieb, a man active in what is now known as Trinity Lutheran College, saw the potential for a spiritual retreat center at the old mine. Now, the Village is a wonderful gathering area for spiritual reflection for people of all faiths and backgrounds. Communal living is the rule, and guests are integrated into the retreat's volunteer culture. Meals are eaten together. And, although people have great freedom to spend their time during the day, everyone comes together for the

evening Vespers service each day. This Vespers service, known as *Holden Evening Prayer* was composed by well-known contemporary sacred music composer Marty Haugen while he was visiting the Village during the winter of 1986.

This simple but beautiful Vespers service has become well-known throughout American Christian churches. Prince of Peace has made use of Holden Evening Prayer for Midweek Lenten services for many years. The congregation will again worship on Wednesday nights during Lent using this service.

There are opportunities to serve as a vocal leader as well as an instrumental musician during these services, which start the week after Ash Wednesday. A sign-up sheet for these opportunities is on my office door. I personally invite you all to worship on Wednesdays throughout Lent. Services are at 7:30 pm. And, the community Soup Supper is at 6:30 pm. In this time of great social unrest, these simple services are a time for us to *Holden* it together.

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 April issue is Sunday, March 26

Staff and Officers of Prince of Peace

Rev. Peter Froehlke, Pastor
Dr. Doug Helvering, Minister of Music
Kathy Nowak, Parish Administrator
Tom Marvil, Church Musician
Daniel Tate, Field Education Student
Tim Urbanek, Treasurer
Dorothy Safranek, Financial Secretary

Congregational Council

Martin Rexroad(President)
Newman Wilson (Vice President)
Rich Carlson
David Case
Nancy Herrington
David Jeedi
Melody Kronenberg
Diane Urbanek
Elizabeth Wagner
David New, Secretary (non-voting)

Midweek Lenten Services

Starting March 8, the congregation will worship using *Holden Evening Prayer*.

All are welcome to come before the service to enjoy the soup supper in the Fellowship Hall at 6:30.

If you'd like to bring a soup to share, please use the sing-up in the narthex.

March Music Schedule

March 1, Ash Wednesday — Adult Choir/Nightingale Bells

March 5 — Kids of the Kingdom, Joyful Noise

March 12 — Adult Choir

March 19 — Adult Choir/Nightingale Bells

March 26 — Adult Choir

March Events

Ash Wednesday

Lent begins on **March 1**. Worship will include the imposition of ashes with Holy Communion. Worship begins at 7:30. All are encouraged to be part of the Wonderful Wednesday meal at 6:30.

Series on Reformation Sundays March 5 & 12

Karlfried Froehlich will lead a two lecture series on the Reformation Jubilee on Sundays March 5th and 12th immediately following worship.

For more information on Karlfried, check out his books online at Amazon at <https://www.amazon.com/Karlfried-Froehlich/e/B00IZZKXLI>.

For more information on the ELCA's celebration of the 500th anniversary of the Reformation, visit www.elca500.org.

Pretzel Almsgiving Project

March 5th Following Worship

As part of the collective almsgiving at Prince of Peace, Scouts will be selling fresh-baked pretzels immediately following worship on Sunday, March 5th. Each mouth-watering, delicious pretzel will be sold for \$1.00. All the proceeds will be donated to ELCA *Good Gifts*.

First Communion March 12 & 19

First Communion will be offered for Andrew Grimm and Emma Druckenbrod on Sunday March 12. The following Sunday, March 19, First Communion will be offered for Lucy and Lily Giasi. Please pray for these young people in their faith journey.

ELCA World Hunger Appeal Will Receive Lenten Evening Service Offerings

According to a communication from the ELCA, nearly a quarter of the world's population lives on less than \$2 per day. The communication continues, 'This Lent, ELCA World Hunger invites you to reflect, give, and pray for our neighbors around the world that face this harsh reality.'

Book Group Meets March 9, 7:30

*At the home of Phyllis Church
11 Princeton Place, Princeton Junction
RSVP to p.church@mindspring.com or call 799-0723*

The Dinner by Herman Koch

Paul and Serge are two brothers who meet with their wives for dinner in an upscale restaurant in Amsterdam. Paul is an unemployed school teacher; Serge is running for Prime Minister of Holland. The entire story is told during the course of the dinner. In bits and pieces the reader discovers that a crime was committed by the two couples' 15 year old sons and that Paul is not what he first appears to be. A dark tale.



April 6, Location TBA

Once We Were Brothers by Ronald Balson

Elliot Rosenzweig, a respected philanthropist and community leader, is attending a fundraiser when he is accused of being a former Nazi SS officer nicknamed the Butcher of Zamosc. His accuser, Solomon, believes he is Otto Piatek a friend from his boyhood who betrayed his family during WWII. This is especially painful because Solomon's family raised Otto as their own son after his family abandoned him. Solomon hires an attorney to find out the truth. This legal thriller travels back in time to describe the story of two boys growing up in war-torn Poland.



*Book Group meets at 7:30 on
the second Thursday of the month.*

New members are always welcome.

*For more information, please contact Phyllis Church
at 799-0723 or p.church@mindspring.com*

Appreciatively, The Social Outreach Team

**The Social Outreach Team
Has Designated**

Canned Vegetarian Beans

As the Trenton Area Soup Kitchen

**Donation of the Month
for March**

*Please place donations in the
wooden box in the breezeway.*

**Easter Baskets Needed for Children
Served by LSM/NJ**

Each year, Lutheran Social Ministries of New Jersey (LSM/NJ) collects Easter baskets to help make the Easter holiday special to the children in their programs at Project Home, Lutheran Home for Children, and Affordable Family Housing.

Once again, we at Prince of Peace have the opportunity to be a part of this ministry by donating Easter baskets filled with a combination of items like candy and other treats (no nuts), activity pads, games, small toys, books, and stuffed animals, as well as Easter-themed messages to the children.

Baskets will be given to children of all ages, and can be put together by individuals, families, groups of folks getting together to do this, or purchased ready-made. It's a fun project that will make a difference in the lives of many children.

The completed baskets can be put on the table provided in the gathering area during Lent. **Baskets must be received by Sunday, April 2, 2017**, and will be delivered to LSM/NJ on Monday, April 3.

Thank you so much for your part in this ministry of reaching out to children in the wider community with this expression of love and joy.

The Prince of Peace Social Outreach Team

**Biblical Storytelling Workshop
Coming April 2**

Mark your calendars to attend an intergenerational education hour event, *Biblical Storytelling: Raising Lazarus from the Dead* in the sanctuary immediately following worship. The hour will be led by Joan New, who is trained in this unique art of bringing scripture to life. For more information on Biblical Storytelling, check out <http://www.nbsint.org/>.

Lenten Midweek Worship: *The Jesus Way*

Midweek worship will focus on Eugene Peterson's book *The Jesus Way*. It is based on John 14:6: 'Jesus said I am the way, the truth, and the life; no one comes to the Father but by me.'

Peterson writes that in the gospels Jesus did not give lectures and seminars on how to live in the Kingdom of God. For the most part Jesus simply invited his disciples to 'follow me.' The Christian life, therefore, is one of living in the way of Jesus. Peterson notes that the way of Jesus did not originate with Jesus. It began with main figures of the Old Testament, Abraham, Moses, and Isaiah. Jesus, however, provided the final and definitive articulation of these ways.

Each Wednesday in Lent a particular way of life will be highlighted in comparison to the Jesus way. We will see how Jesus fulfills the ways of the Old Testament heroes, while he clashes with the ways of Herod and Caiaphas in the Passion. The series will begin with the clash Jesus forces upon our American way.

All are invited to the services and the Soup Supper every Wednesday at 6:30. Worship will begin at 7:30.

March 8 — Jesus and the American Way
March 15 — Jesus and the Way of Abraham
March 22 — Jesus and the Way of Moses
March 29 — Jesus and the Way of Isaiah
April 5 — Jesus and the Way of Herod and
Caiaphas

Spiritual Direction Offered

The House Next Door at Prince of Peace hosts *Living in Grace Ministries*, a spiritual direction and retreat ministry under the direction of Pastor Dale Selover.

If you are in the process of discernment, or if you are seeking a deeper relationship with God, spiritual direction may be for you.

Dale is available by appointment. Please call 908-797-7336.

Shannon Daley Memorial Fund

Opportunity to Give Shannon Daley Memorial Fund

Last year, Prince of Peace Lutheran Church congregants generously supported the Shannon Daley Memorial Fund on behalf of members Jon & Patty Schoppe and their son J.T.. There is an opportunity to continue to support this amazing organization and three new deserving families struggling with the debilitating health care costs of children with serious illnesses.

To find out more, please read the information posted on the bulletin board in the narthex, and, if you feel called, prayerfully consider continuing your support of the Shannon Daley Memorial Fund.

Beth Kaminski Writes From Her New Home in Florida

Hello all -- hope all is well with you! Wayne and I are settling in to our new home in FL. As you might expect, the weather is great, there are boxes everywhere in our new place, and I'm enjoying being close to Mom and sisters!

My new address is:

19075 Billfish Avenue
Venice, FL 34292
Phone: 941-220-3135

I think of you often and keep Prince of Peace in my prayers.

Warm regards, Beth

Donate a Book Promote Literacy

Lizzie DiGioia and her Girl Scout Troop are running a Children's Book Drive.

The Ethel McKnight Elementary School in East Windsor is planning to create a brand-new book room and also fill their classrooms with more books to help promote literacy and give their students new resources and more opportunities to get them excited about reading.

In order to reach their goals, the staff at the EMK school has partnered with Girl Scout Troop 70105 to help them run a book drive.

You can help by donating children's books that will go to a school right in the community and you can get a jump start on your spring cleaning too!

Please consider donating new or very gently used children's books to the EMK School Book Drive. Before you donate, please make sure to check that the books have no pages that are missing, torn, or written on.

Books should be appropriate for K through 5th grade. Suggested types are picture books, chapter books, and books in Spanish.

Books can be left in the box in the gathering area. Contact person is Jen DiGioia (jdigioia@verizon.net)

Stone Soup Sunday



On Sunday, January 29th during the Congregational meeting, the children of Prince of Peace along with Martha Winder and Tiffanie Pfaltzgraff crafted a delicious pot of chicken noodle vegetable soup. Everyone contributed a vegetable or other component of the soup which was scooped into individual containers and frozen to be delivered to members of the congregation. A special thank you to Parish Care's Martha Winder, for helping to coordinate.

Prince of Peace & the Institute of Islamic Studies To Co-host
Know Your Rights Workshop with Local Immigration Attorney Sue Roy
Sunday, March 26

On Sunday, March 26th from 3 to 5 pm, Prince of Peace and the Institute of Islamic Studies will co-host Sue Roy for a *Know Your Rights* presentation in the Fellowship Hall. Congregants are encouraged to attend to learn more about immigration in the U.S. and the challenges that immigrants face in our communities.

Congregational members are also encouraged to spread the word to neighbors to encourage attendance to learn more about immigration rights.

Susan Girardo Roy's law practice focuses on immigration, criminal, and municipal court law, and in particular the immigration consequences of criminal convictions. Sue was employed as a federal immigration attorney for nearly fourteen years, working at both the Department of Justice and the Department of Homeland Security. During her years of service, Sue gained expertise in every aspect of immigration law, including citizenship, asylum, visas, and deportation, and developed a specialty in the areas of criminal consequences of immigration law and national security issues.

In 1996, she earned her law degree, *cum laude*, from the Georgetown University Law Center, where she was also a Public Interest Law Scholar, the Editor in Chief of the Georgetown Immigration Law Journal and the Assistant Coach for the Cardozo Moot Court National



Entertainment Law Team. Sue also holds a master's degree in Politics & Public Policy from the Eagleton Institute of Politics at Rutgers; and a bachelor's degree, with honors, also from Rutgers, where she was inducted into the Phi Beta Kappa, Pi Sigma Alpha, and Rho Lambda Honor societies.

Sue began her legal career through the Department of Justice Attorney General Honors Program, at the

Executive Office of Immigration Review, Board of Immigration Appeals. She worked as an attorney-advisor at the BIA, where, among other projects, she was selected to work on the criminal alien project team. She then became an Assistant Chief Counsel for the then INS, in Newark, NJ, specializing in complex asylum, citizenship, and criminal immigration cases. Susan was trained as a national security law division attorney, and, after the INS became Immigration and Customs Enforcement, she was promoted to the position of Senior Attorney. She was then appointed to the position of Immigration Judge, a position she held for two years. Susan has now decided to go into private practice, and will use her considerable immigration expertise to help people navigate their way through the complex and often confusing U.S. immigration laws. <https://sgroylawoffice.files.wordpress.com/2016/05/suelawfirm1.jpg?w=665>

Thank You

Dear Prince of Peace,

Thank you so very much for the lovely Valentine's Day package. The home baked cookies and treats were so thoughtful and homey. The package came at a great time as I was preparing for midterms, and I had lots of snacks to fill the late night hours studying.

Thank you so much, Miah Crossen

Dear Friends,

Happy Valentine's Day!
Thank you very much for the box of supplies and goodies! I put the supplies to good use already, and I have been indulging in sweets all weekend. I hope all is well at home, see you soon!

Thank you,
Thomas Haddock

Dear Martha and PoP,

Thank you so much for the Valentine's Day package! It was so nice to have a surprise from home! My roommate and I finished the snacks very quickly. I hope everyone at home is doing well! Thank you so much again.

Sincerely, Allison Safranek



The Pretzel: Brought to you by Lent

If you take a moment to look at the typical twist pretzel, you can see that it is a model of the common prayer position from the early 600s of folding your arms over each other on your chest and putting your hands on your shoulders.

Pretzels were developed as an option to satisfy abstinence and fasting laws of the time. Eggs, fat, and milk were forbidden during Lent. So the remaining ingredients that one could use included water, flour, and salt. A young monk baked the first pretzel — making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day, and baking it as soft bread. These first pretzels would have been much like the soft pretzels we have today.

Greg Dues, in his book *Catholic Customs and Traditions*, explains more of the pretzel history:

These little breads were shaped in the form of arms crossed in prayer and were called *bracellae* (Latin, *little arms*). Among the Germans the word became *bretzel*. These pretzels were a common Lenten food throughout the Middle Ages in Europe, and became an all year round snack, in its original shape only in the last [19th] century.

The suggestion of arms crossed in the form of prayer may have led to pretzels being given as a reward to young children when they could recite their prayers. Pretiola means little reward, which could also be a derivative of the term pretzel. The three holes in a pretzel are also said to represent the Holy Trinity.

After their invention, pretzels became a symbol of good luck, long life, and prosperity. They were commonly given to the poor and hungry. The legend of the hard pretzels that we snack on today tells of an apprentice baker who fell asleep while preparing pretzels and let the fire begin to die out. When he noticed, he restarted the fire, but the result was overcooked pretzels. The surprise was a tasty treat that was less perishable than the soft pretzels and easy to have available to give to those in need.

Food has long played a role in our faith, especially during Lent. We abstain from certain foods, such as meat, and spend time fasting. This practice can provide us with a deeper religious experience by joining us with people throughout the world who struggle to survive. Fasting is an opportunity to be in solidarity with those who experience physical and spiritual hunger.

– from *Busted Halo*, Elizabeth A.

Parish Care — March 2017

A Special Note of Thanks

To all who helped with the reception on Sunday Feb 26th following the funeral service for Carolyn Aldridge. Many folks provided food along with set up and clean up. Being able to provide a welcoming space for Carolyn's Family to remember their mother with family and friends is an important part of our ministry.

THANK YOU and AWESOME

You Did It Again!

How much Prince of Peace Care was shipped?

The Parish Care Team would like to thank to all the Joyful Disciples for their generous support of the Valentine Care boxes project. All of your goodies and dollars have filled 21 boxes to the brim and sent much love and care to our students away at school. When the package arrives the old fashioned way, our young adults are reminded that they are a part of our church Family - even though they are not here with us weekly - and their friends get to see what it is like to have a Church Family.

On Feb. 6th, 21 boxes were filled with lots of goodies and care. Some of the things filling the boxes were - home baked cookies, instant oatmeal packets, a drinking bottle, lots of different snacks and treats, pens, pencils, gum, hot chocolate, tea, popcorn, bouncy ball, laundry detergent pods, a sponge, a couple of baggies of candy (just to mention a few items) along with a Valentine card decorated by our Sunday school children. Boxes were shipped (to CA, DE, GA, IL, MA, MD, ME, NC, NJ, NY, OH, PA, VA) from the Windsor post office on Tuesday morning.

Your donations of ~\$600 and 160 pounds allowed us to make sure the boxes were overflowing with treats and shipped. We had a busy crew of all ages working on Monday night getting all the goodies in the boxes (~7.5 lbs./box), taping them shut, and making sure they all had addresses.

Every year we worry about having enough home-baked goodies to fill all of the boxes - this year we had 10 bakers! To our Bakers - Sue Crossen, Kathy Morris, Anne Patterson, Joan Krauskopf, Kathy Nowak, Phyllis Church, Nancy Herrington, Jackie Nagin, and the Smith-Edwards Family - many thanks for your baking skills.

And many thanks to those who donated snacks, goodies and dollars.

Along with the boxes for the students, we filled and delivered 11 goodie bags for older members/friends who cannot get to church. Visits were enjoyed by all.

Transportation

Once the weather breaks, we will be looking for some transportation to and from church on Sunday mornings.

If you can help with driving please let us know.

Caroling this Spring in May

In December several of us went to local assisted living residences to sing carols as part of our Christian Education Hour. We will be going again this spring to sing a few spring songs. Look for details and date in the gathering area. All voices are welcome. We had a great time and brought a lot of POP care to many folks. Plan on going along!

Cookie of the Month

We would like to have a few cookies baked and delivered to our church family members who cannot get to church often. If you would like to bake and/or deliver some treats please let me know. Aiming for baking on **March 22** in the church kitchen.

Ongoing

Ginger Reiersen continues to keep our *Care Note* display, in the breezeway, filled. If you or anyone you know would benefit from one of the booklets, please take them from the display. If you have a topic that you would like to see in the display, please let us know - we will see what is available. Thank you to the Chris Wethe for a donation to restock our supply, look for some of the new booklets dealing with prayer.

We continue with our monthly mailings to families with a new baby (Splash) and those who have lost a loved one (Hope through Healing).

We are always looking for new folks to be involved in our projects and to help us with some new ideas. Please contact us with your interest.

maw14jpw@aol.com

**Mark Your Calendar for this Event Coming To
The Labyrinth at The House Next Door**

WORLD LABYRINTH DAY

**A Global Celebration of the Labyrinth
the first Saturday in May**



Saturday, May 6, 2017

**Be part of a rolling wave of peaceful energy as the earth turns!
Walk a labyrinth at 1 PM in your time zone or as time allows.**

**LabyrinthSociety.org/world-labyrinth-day
Walk, Draw or Build Labyrinths... Find Info & Events On-Line**



World Labyrinth Day, a project of The Labyrinth Society, is an annual event designated to bring people from all over the planet together in celebration of the labyrinth as a symbol and tool for tolerance, healing and peace.

**Find a Labyrinth to Walk Near You: www.LabyrinthLocator.com
Share your walk, tag posts #LabyrinthDay on social media**

While TLS encourages labyrinth gatherings, we are in no way responsible or liable for any activities related to World Labyrinth Day events.



177 Princeton-Hightstown Road
Princeton Junction NJ 08550

Church Office: 609-799-1753
Fax: 609-799-0958
E-Mail : email@popnj.org
Website: popnj.org
Worship: Sunday, 9:30 am

Sunday Schedule

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

Office Hours

Monday - Thursday 9 am to 2 pm
Friday — 9 am to Noon
