



Pompton Reformed Church
59 Hamburg Turnpike
Pompton Lakes, NJ 07442
973-835-0541
www.pomptonreformed.org

We Are EASTER People

“We do not pretend that life is all beauty. We are aware of darkness and sin, of poverty and pain. But we know Jesus has conquered sin and passed through his own pain to the glory of the Resurrection. And we live in the light of his Paschal Mystery – the mystery of his Death and Resurrection. “We are an Easter People and Alleluia is our song!”. We are not looking for a shallow joy but rather a joy that comes from faith, that grows through unselfish love, that respects the “fundamental duty of love of neighbour, without which it would be unbecoming to speak of Joy”. We realize that joy is demanding; it demands unselfishness; it demands a readiness to say with Mary: “Be it done unto me according to thy word”.

– John Paul II, Angelus 30 November 1986. Adelaide, Australia.



April Showers/ Easter Flowers



By Elaine Peacock

I know the saying is “April Showers bring May flowers” but since we will be celebrating Easter in the in the sanctuary and outside on the lawn we have a double reason to enjoy all those beautiful Easter flowers. I know the daffodils and tulips will lift our hearts and spirits especially after all the snow we had just a few short months ago. Last year at this time we realized there wouldn’t be an Easter service at PRC, churches were scrambling trying new ideas since we couldn’t meet face to face. We all were introduced to virtual. Well, we made it this far; we wore our masks and traveled the road together. So, stop and smell the Easter flowers. God has brought us from winter into spring, Happy Easter! Alleluia! Christ has risen! He has risen, indeed!



Birthdays Carole and Jeff Romaine

Memorials *in loving memory*

<u>From</u>	<u>In Memory of</u>	<u>Designation</u>
Jean & Cas Stark	Stan Connor	Music Fund
William & Vicki Pollard	Katherine & Michael Pollard	Undesignated

From Eleanor Haling who sends warm greetings to her PRC family

Deacons' News



The Covid modified Fish & Chips drive in/pick up dinners from Tastefully British went well with over 120 tickets sold.

It was wonderful to be able to see so many in the PRC community on such a wonderful Spring day. Thanks to all who supported the Deacons and were able to enjoy a wonderful meal in the process.

-The Deacons would like to thank everyone for the outpouring of donations to our food pantry. We were able to restock the shelves to continue to service those in our PRC community.

-The Easter Dinner donations will be distributed in the next week. PRC is blessed to have so many contribute to our mission to share a wonderful Easter dinner celebration for those who are in need. Many thanks for the gift card donations that will be used purchase fresh fruits, produce and desserts to complete the meals. A special thanks to those who helped to shop, prepare and distribute the meals.

ELDER CARE TEAMS LIST for 2021

The following list shows the primary care responsibilities for members of the Pompton Reformed Church community. Your elder will pray for you, reach out to you during the year, and gladly receive calls from you to discuss your concerns, needs and activities. We all also reach out to others not in our part of the alphabet. You are also free to reach out to any elder with whom you may have an existing relationship.

A-E	Lynn Scarmazzo	973-288-1135
F-J	Terry Terhune	973-835-6982
K-O	Elena Van Schaack	973-839-7874
P-S	Pat Gordon	973-835-8389
T-Z	Bruce Davis	201-236-3164

Easter Flowers

Given by

Elaine Peacock
Elaine Peacock
David & Erik Widdowson
Kristin Widdowson
Chrissy & Mike Warner
Chrissy & Mike Warner
Chrissy & Mike Warner
Joanie, Mark, Crissy & Mike
Mom & Dad
Joann Mack
Joann Mack
Ellen & John Memmelaar
Pat Gordon
Pat Gordon
Ed & Elena Van Schaack
Alice Schlemmer
Timm & Patti Kitchell
Tim & Patti Kitchell
Tom Iraggi
Tom Iraggi
Caroline Winter
David & Janet Hackbarth
David & Janet Hackbarth
Lynn & Emil Scarmazzo
Lynn & Emil Scarmazzo
Lynn & Emil Scarmazzo
Jean & Cas Stark

Jean & Cas Stark

Jean & Cas Stark
Ellen Lockwood & Family
Ellen Lockwood & Family
The Carrol Family
Michael & Gail Freeland
The Thompson Family-
DJ, Tina & Baby
Walter Struble
Gerry Mamalis

Dedication

In memory of Kathryn and Albert Peacock
In memory of Loved Ones
In memory of William Widdowson
In memory of Beatrice Carlsson
In memory of "Ma & Pa" Braunlin
In memory of "Ma & Pa" Warner
In memory of G.G & Nama
In memory of Cathie Lee
In honor of Crissy & Mike
In memory of Parents
In memory of Dominick Maack
In memory of our parents
In honor of daughter, Anna Gordon
In memory of parents, Florence & William Hinckley
In honor of a beautiful new post-pandemic Community
In memory of Ernest Schlemmer
In loving memory of my beloved brother, Steve Verduin
In loving memory of my dad, Nicholas Verduin
In memory of Thomasina Lund & Lois Gleson
In memory of Paul & Jenette Iraggi
In memory of Lois Stearns
In memory of Adelaide Hackbarth
In memory of Edith Wildebush
In memory of Madge Schlapfer
In memory of Esther Scarmazzo
In honor of Dad, Warren Schlapfer
In loving memory of parents & grandparents
Anna & Anton Stark
In loving memory of parents & grandparents
Lily & Samuel Glassford
In loving memory of our son, Daniel Patrick. Miss you.
In memory of Paul Lockwood
In memory of Ora & John Ferralasco
In memory of Loved Ones
In memory of Loved Ones
In honor of all the healthcare heroes and the first
responders-Thank You!
In memory of Jeanette Struble
In memory of Loved Ones



Classis dues for 2021 are \$ 87 per member. If you contribute to PRC using envelopes there are two labeled CLASSIS ASSESSMENT found in the areas of March and October. It is also one of the options for those using online giving. Please consider giving towards this expense which the church must pay. For those not really sure what classis is, the following is copied from the description of the Government of the RCA:

Classis

Oversees consistories and ministers within its bounds

Key responsibilities:

- Ordains, installs, and oversees ministers; commissions and oversees commissioned pastors; every RCA minister of Word and sacrament or commissioned pastor is under the care of a classis
- Receives new congregations and organizes them as local churches
- Oversees students who are studying to become ministers in the RCA

Thank you.

Pat Gordon

OASIS Update

This congregation has been supporting Oasis: a Haven for Women and Children for the past year and a half. Classes and programs have mostly been virtual since the pandemic began. Grab and go bagged meals replaced lunches served to clients. About 300 meals are distributed each weekday. Jackets, blankets, hats, socks, toiletries, food bags, diapers and more are given out regularly. Oasis programs had been limited by space constraints before COVID. The board decided to proceed with a planned expansion to better meet student needs when regular in-person classes resume. (Oasis: why we need to expand)

<https://www.youtube.com/watch?v=U2nDaLp4t3M&t=3s>

The new two story extension will be enclosed at the beginning of April, at which time a fourth floor will be added to the original building. Beginning April 19 up to 50 after-school students will return to in-person classes. A limited summer camp program is planned for 2 sessions of 50 children. To add back the in-person programs during construction, space must be cleared. The food bank bags will be reduced as women are directed to other programs, particularly CUMAC, whose primary mission is food relief. Donations of gently used clothing will not be accepted until fall. Full programming is expected in September.

Ways to help. A generous donor is providing a dollar-to-dollar match for gifts up to \$100,000, if given by April 30. See <https://oasisnj.org/capital-campaign/give-to-the-campaign> for information on how to give. Formula and baby wipes are also needed. The after-school program needs individually wrapped snacks for students. These items can be left in the cardboard box in Fellowship Hall or call Pat Gordon 973-835-8389. Thank you.



Always Offensive Submitted by Bruce Davis

Written By: The Rev. Thomas Bartha From: The Church Herald (July/August 2004)

Not long ago a lottery winner was being interviewed on television. He was the latest “big winner”, cashing in a ticket worth tens of millions of dollars. His family flanked him; he seemed a friendly sort of fellow.

“How did you feel when you won?” he was asked. He paused a moment. “I thought ...” and then imagine whose name he uttered: “Jesus Christ!” The room exploded in laughter. This fellow was not only lucky, but also witty.

Most of us reading this hear Jesus’ name or God’s name tossed around offensively – as a curse, an expression of anger or shock or surprise, or for a cheap laugh. I never get used to it. I always notice it. It always offends me. I will always be bothered by it. So I have formed my own counterbalance mechanism that has become part of my life. Whenever I hear our Lord’s name desecrated or used cheaply, I counter it with a brief inner prayer. Sometime aloud, but often silently, I say, “Lord, I praise your name, “ or “Christ, I love you,” or “Jesus, Savior”, or another prayer. I may include a prayer for the one uttering the phrase, or for the spread of the gospel.

Will it make any difference? For me it does. I do not wish to become numb to the careless usage of Jesus’ name, and I am grateful to be part of a church and denomination dedicated to furthering the cause of Jesus Christ. May our worship and outreach, our educational programming and fellowship, and all we do be characterized by an ever deepening love for the name that is, above all names.

Psalm 96:2–3 Sing to the LORD, bless his name; tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples!

Shout to the Lord

[Chris Tomlin](#)

Shout to the Lord, all the earth,
Let us sing
Power and majesty, praise to the King;
Mountains bow down and the seas will roar
At the sound of Your name.
I sing for joy at the work of Your hands,
Forever I'll love You, forever I'll stand,
Nothing compares to the promise I have in You.

My Jesus, My Savior,
Lord, there is none like You;
All of my days
I want to praise
The wonders of Your mighty love.



The following article was submitted by Jason Lewis, a young man whose Mom is active in church and was the motivation for Jason to share this message. He can be reached at Jason_Lewis@strongwell.org.



4 Fitness Tips for Folks Who Want to Attend Church and Stay in Shape

Houses of worship like [Pompton Reformed Church](#) are important during these stressful and uncertain times. This is why church leaders have decided to continue to offer virtual services for those who still do not feel comfortable attending service in person. In addition to online worship, many seniors and other community members may also need tips for staying active and in shape. If you do want to attend service and gather with members of your church family, the tips below can help you out and help keep everyone safe.

Hit the Gym at Home

Before we get into ways for you to stay in shape while you also attend church, let's go over some top fitness tips that you can put to use at home. Think of staying fit at home sort of like watching online worship services at [Pompton Reformed Church](#). If you're an older adult or at a higher risk of complications from coronavirus, these virtual options may be your safest bet.

For [older adults](#), the home fitness possibilities are endless! There are a few suggestions below but you should click the link for even more exercise options:

- Try a step workout at home.
- Fit in some soothing stretches.
- Hop online and play video games.

Try Some Park Fitness

Missing out on quality time with your church friends? If so, you should think about getting them together so you can all work out in a local park together. Even the CDC agrees that agreeing to gather outside with others is the safest way to [stay social](#)ⁱ and participate in activities. If you really want to play it safe, you can choose a space where you can still stay six feet apart.

Not sure what sort of exercises to do together? If you are working out with other adults and seniors, you could try [this sequence](#)ⁱⁱ of yoga poses. Each one is meant to improve your flexibility and balance, but combining them is sure to provide some added health benefits.

Commit to Walking to Church

Is your church close to your home? If you answered "yes," then you could also get in a bit of exercise by walking to and from service instead of taking your car. Taking a walk is a good way to burn some extra calories and keep your heart healthy, and you can also add in some [extra exercise moves](#)ⁱⁱⁱ to help tone your muscles and keep you in even better shape.

Before you hit the pavement before and after service, you're going to want a good pair of walking shoes. After all, no matter your age you don't want tired and achy feet to keep you from enjoying church. You should be able to find a good pair online that will keep you comfortable.

Participate in Volunteer Missions

Depending on which church you attend, there should be volunteer opportunities available that can help keep you active. For example, Pompton Reformed Church currently needs folks to help out with missions/outreach and in the food pantry. Both of these activities should keep you on your feet and moving, so check in with your church to see what current needs are.

Another idea for helping your community and getting your body moving is to participate in a local cleanup. This could be a wonderful project for you to work on with your friends from church. With a cleanup, you'll have a chance to socialize and do good in the community.

During these times, faith is paramount — so is taking care of your health. If you want to nurture your faith and protect your health, try using the tips above to combine your love of worship and fellowship with your need for exercise. All are safe for seniors but anyone can enjoy them.

Photo Credit: Pexels

ⁱ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

ⁱⁱ <https://www.yogajournal.com/practice/yoga-for-seniors-sequence-to-help-with-mobility/>

ⁱⁱⁱ <https://www.thehealthy.com/exercise/walking/walking-workout-older-people/>

