



† ST. FRANCIS' EPISCOPAL CHURCH COMMUNIQUE

OCTOBER 2023

The Newsletter for St. Francis Dunellen

St. Francis and Us

The Feast Day of our parish's Patron Saint, Francis of Assisi, is October 4, and we will celebrate it on Sunday, October 8 both in our 10 am Eucharist *and* with the Blessing of the Animals at Washington Park, Dunellen, reaching out to the community just as Francis did.

Francis of Assisi, Italy, c.1181-1226, has been described as the most admired and least emulated saint in the Christian calendar of saints. He walked away from a prosperous life of a son of a wealthy merchant "to wed Lady Poverty" and dedicate himself wholly to serving God. Few, if any of us, would make such a decision, but there *are* ways we can be "a little bit Franciscan" in our lives.

— Francis' devotion to God permeated his life, his thoughts and his actions. We can **liberate our faith** from being too confined within the comfortable four walls of our church building and see how we can prayerfully discern how we can serve God and others every day and every way and only "if necessary, use words."

— We can lift-up our **care for all of God's Creation and creatures** in any and all ways (including donations) as we seek to make "this fragile earth, our island home" safer and more sustainable for *all* species — not just people.

— "**Live simply so that others may simply live**" is not a quote from Francis, but it could be. Every time we resist the urge to over consume products and instead spend that money or time empowering the poor we are being a little bit Franciscan.

— Finally, **make peace by reaching out** in unexpected and unconventional ways to others who differ in some way from you by listening to and respecting them. During the generations-long, intermittent wars between Christian countries in Europe and Muslim countries in the Middle East ("the Crusades"), Francis reached out as a personal peace envoy to the Sultan of Egypt. **What can each of us do?**

Yours in Christ,
(The Rev. Canon Dr.) Francis A. Hubbard
Priest Associate

DEACON'S CORNER

Deacon Gerry Welch

Hello Friends,

October is going to be a busy month. My ministry of supporting our supply priests continues. My role is to help the church live into its mission. I am always open to new ideas to fulfill my duties. To that end, I will begin to have monthly "Deacon's Chat" on the first or second Sunday of the month with the younger members of St. Francis. This is to supplement the great Sunday School ministry of Kathy and Nathalie. We will explore various topics including prayer, the Book of Common Prayer, Baptism and Eucharist. I look forward to participating in the Harvest Festival.

I continue to pray Morning Prayer in Spanish every Wednesday and Noonday prayer in English on Zoom, Facebook and in person, all are welcome. I would like to explore having Bilingual Bible study with Gertrude and other interested parties. Father Frank and I will be starting baptism preparation for Daphne who will be baptized in November. Other children are welcome to join us.

We will be celebrating Healthcare Sunday on 10/22 honoring healthcare workers and have healing prayers after service. Please contact me with the names of the healthcare workers in your life and invite them to join us at church that Sunday.

On a personal note, I had a great vacation at Villas near Cape May. The church down there was very inspiring. I really like the way they do the Prayers of the People. I have started two classes in the School for Ministry - Exegesis for Ministry and Torah.

Blessings,

Deacon Gerry



Affiliation Update

The search for a new Priest in Charge for our affiliation with St. Barnabas continues to be active and move forward into a new stage. The Diocese has approved our latest set of documents and our search was posted by the Office of Transition Ministry (OTM) on the Episcopal website allowing us to expand our search nationwide. The posting became active in mid-September and the Diocese will gather any applications they receive for the position and forward them to us and St. Barnabas whereupon our joint Selection committee will begin the work of evaluating the submissions.

We had a full and frank discussion with Bishop Sally when she joined the Vestry at its August meeting and she understands the challenges that we and St. Barnabas have had in meeting the Diocesan requirements for our search and she pledged to assist us in any way she can to make the process more streamlined so that we can move forward in selecting our next priest.

Both our team and our counterparts at St. Barnabas remain hopeful and energized as this new phase of the process begins.

Larry Quirk

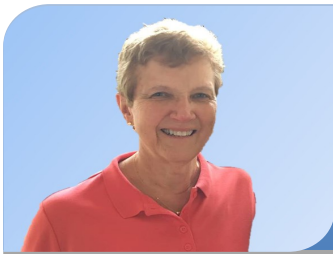
St. Francis Chair

Discernment Committee



Prayer For the Calling of a Priest-In-Charge

Almighty God, giver of every good gift: Look graciously on St. Francis and St. Barnabas Churches and so guide the minds of those who shall choose a priest-in-charge for our parishes that we may receive a faithful pastor, who will care for your people and equip us for our ministries: You know the spiritual leader best suited for our congregations. Grant us the wisdom to recognize the one you send. Amen!



OUTREACH

Outreach Coordinator: Pam Maiolo

A donation of \$100 was made to the George E. Councell Memorial Golf Tournament. St. Francis is a designated hole sponsor. The proceeds of this event, in honor of our former Bishop, supports the work of our Trinity Cathedral.

World Changers will be the recipient of our winter coats and jackets this year. They are a local grass roots organization that serves the needs of Dunellen and other locals in the area. So, please start checking your winter wardrobe for donations when the box goes out in October/November.

Outreach collection continues for **St. Paul's** food pantry (please see suggested donation chart below), **Plainfield Humane Society** and **Fresh Start** at Summit Health. These are ongoing and never-ending needs. Please pick something up for donation when you are at your favorite store.

ST PAUL'S FOOD PANTRY—SUGGESTED DONATIONS



<u>SEPTEMBER</u>	<u>OCTOBER</u>	<u>NOVEMBER</u>
Cereal Cold/Hot	Soup	Rice & Beans
<u>DECEMBER</u>	<u>JANUARY</u>	<u>FEBRUARY</u>
Cookies/Crackers	Your Choice	Pasta/Sauce

- The suggestions for each month are just suggestions for donation. You may give any food or personal product at any time,
- Please remember to check expiration dates on the food that you donate. All products with expired dates will be discarded.
- THANK YOU FOR YOUR DONATION!



August 24, 2023

Dear Clergy, Vestry, and People of St. Francis, Dunellen,

We write to express our gratitude for your support of Episcopal Community Services of the Diocese of New Jersey (ECS-NJ) as a Founding Congregation and for fulfilling your pledge of \$10,000 over the course of three years. Your partnership and commitment to the founding principles of ECS-NJ have allowed us to advance our work toward Gospel justice throughout our state.

We regret not sending this acknowledgement earlier in the summer and apologize for the tardiness of this letter. Please know that we are profoundly grateful for your partnership in this ministry. Your contributions have enabled innovative ministries of charity and justice to flourish throughout our Diocese through the almost 30 grants that ECS-NJ has distributed to date. Thanks to you we are a stronger Diocese showing forth the love of Christ.

Please do not hesitate to reach out if you have any questions about our mission, work, or grantees, or if you would like Deacon Trisha to preach one Sunday or offer a forum.

May God continue to bless the work of your hands and the work of ECS-NJ as we work to build the Kingdom together.

In a spirit of partnership, gratitude, and service,

The Right Rev. Sally French
13th Bishop of New Jersey
sfrench@dioceseofnj.org

The Rev. Trisha Thorne, Deacon
Executive Director, ECS-NJ
tthorne@ecs-nj.org

STEWARDSHIP IN 2023



Roots run deep in Appalachia. A college graduate was asked why she returned to Harlan, far from opportunities to use her degree. Smiling she said, "I came home because I want to pick blackberries off of the same bush my grandparents picked from." Another graduate returned home and explained, "If I don't come home, who will take care of grandma?"

This rootedness reminds the Venerable Bryant Kibler, Priest-in-Partnership with St. Timothy's Outreach Center in Estill County, KY, of the Syrian commander and leper Naaman, who took loads of dirt back to Syria with him because God's healing presence was rooted in that soil (2 Kings 5). As Bryant ministers alongside communities in Appalachia, he witnesses how deeply rooted God's people are to the land where they have known God's healing through community and family. A place where abundance is known in caring for loved ones and tasting berries from ancestral bushes.



Questions for Reflection:

Where do you plant your roots? How does your location and history of being in or from a place impact your ministry?

The mountains and valleys of Appalachia have abundantly provided resources to the rest of the world, especially coal that is used to create electricity elsewhere. Companies have taken from the abundance and cleared out as soon as resources grew scarce, leaving whole communities unemployed. Some families migrate elsewhere. Others stay on the land they love, in mountains and valleys abundant in natural beauty and family connection.

St. Timothy's partners with many congregations to explore Appalachian culture and to repair homes during summer work weeks. When a team came to assist a homeowner rebuild after the devastating recent flooding along the Kentucky River, the homeowner graciously pointed the team to a neighbor's house, whose home was more destroyed. "They need you more than we do," the homeowner announced.

In this place, abundance is rooted in a community that trusts God's grace to heal what is broken. [UCS.org](https://www.ucs.org)



The Venerable Bryant Kibler serves as the Archdeacon for the Mountain Region and as Director of Mountain Ministry for the Episcopal Diocese of Lexington.

COMMITMENT SUNDAY POTLUCK LUNCHEON RSVP

NOVEMBER 19th, 2023

Let's celebrate our Commitment Sunday with a good old-fashioned potluck luncheon!
Please RSVP by November 13th even if you will not attend the luncheon.

The Stewardship Committee will provide a pasta dish, a chicken dish, a cake, and beverages. A list of dishes being shared will be maintained in the narthex.

☐ ☐

Yes! I/we will attend Commitment Sunday on-site and will bring a dish to share.

of people _____

What might you bring? _____

☐ ☐

Yes! I/we will attend Commitment Sunday on-site and but am unable to bring a dish to share (Please come! You are still very welcome to attend the luncheon!).

of people _____

☐ ☐

No I/we will not attend the Commitment Sunday luncheon

Forms can be placed in the RSVP box in the narthex, submitted via the

[St. Francis website](#), emailed to contactus@stfrancisdunellen.org or snail-mailed to the church office.

Name: _____ Phone: _____

WELCOME TO ST. FRANCIS



Meet the Scolnick family!

Pictured left to right—Abuela Veronica Barboza, Jack (8 months),
Fiorella, Adam, Daphne (8 years) and Grandma Tammy Scolnick
We look forward to celebrating both Daphne and Jack's Baptisms on
November 5th.

OCTOBER HEALTHY BITS

Chris Colwell

How beautiful this Fall weather is – crisp, cool breezes, that chill in the air – makes one want to be outdoors to enjoy God's Grace in all the beauty that surrounds us. However, for those folks who are plagued by constant pain from arthritis or other ailments, this cooler weather can mean an increase in pain. Let me introduce you to some possible relief. Dr. Natalie Toke, Elaine's Granddaughter, shared this very interesting information with me, which I'd like to pass along to you.

At Performance Health of Bound Brook, we offer a wide array of treatments for musculoskeletal conditions. Every patient's treatment plan is individually created based upon a patient's symptoms and examination findings. A common misconception is that chiropractic manipulation can only be performed to the spine; however, chiropractors are trained in performing manipulations to the extremity joints, as well. In addition to the chiropractic manipulation, we offer a variety of soft tissue techniques. Some of those techniques include:

1. **Cupping Therapy**: Most patients are familiar with cupping therapy after seeing it utilized by professional athletes (ex: Michael Phelps at the Olympics!). This technique allows for the layers of tissue in a region to be separated by the vacuum created under each cup, which can be effective in disrupting adhesions in the tissue layers and bringing blood flow to the area.
2. **Instrument-Assisted Soft Tissue Mobilization**: This technique, commonly referred to as "scraping," involves utilizing a metal tool along the tissue in a "scraping" motion. By creating a localized and controlled inflammatory response, this technique can help to promote tissue healing.
3. **Neural Mobilization**: This technique, which is sometimes referred to as "nerve flossing," can be effective in decreasing scar-tissue build-up along a nerve that could be leading to symptoms. Often times, these "nerve flossing" exercises will be taught to the patient to perform regularly at home.
4. **Physiotherapeutic Exercises**: During the examination, muscles will be examined and tested to look for hyper tonicity or "tightness" and weakness. As part of the treatment plan and based upon an individual patient's chief complaint, stretches and exercises will be performed in the office. As a patient at Performance Health of Bound Brook, we encourage the patient to be an active part of the treatment plan. That being said, stretches and exercises to be performed at home regularly will also be prescribed.
5. **Electric Stimulation Therapy**: This treatment is utilized as a way to utilize low voltage electric currents to decrease pain.
6. **Cold Laser Therapy**: This type of low-level laser therapy utilizes wavelengths of light over a tissue to heal tissues, decrease pain, and decrease inflammation.

I have also received a certification in the Webster Technique and am a member of the International Chiropractic Pediatric Association (ICPA). The Webster Technique is a technique utilized during pregnancy.

Our new patient appointments are typically one hour in duration, and follow-up appointments are approximately thirty minutes long. For more information and for scheduling information, you can find my specific provider page at <https://phclinics.com/locations/natalie-toke-chiropractor-bound-brook/> or call us at 888-926-1223.

For those folks who may be missing out on the simple joys of life because of chronic pain, I'm hoping this information may lead you to finding some relief.

May the Blessings of good health be with you and your family.



No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are changes in your breasts or underarm areas.

Since 1989, Susan G Komen has helped drive down mortality rates from breast cancer thanks to the focus on early detection and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic disrupted treatment and research progress.

Susan G Komen encourages you to dedicate this October as a time of action – both for yourself and others! For more information, please visit Susan G. Komen at <https://www.komen.org/about-komen/our-impact/breast-cancer/breast-cancer-awareness-month/>



ANNOUNCEMENTS

Monthly Deacon's Chat: Beginning Oct. 1st and continuing the first or second Sunday of the month, Deacon Gerry will be meeting with the youth for lively discussion on suggested topics such as prayer, the Book of Common Prayer, Baptism, and the Eucharist. All students are invited to meet in the undercroft at 10:00 am to have a "chat" with Deacon Gerry. If a student is shy, a parent may accompany them for the first few meetings. At the peace the children will join their family in church. During fellowship hour the students will join Deacon Gerry, Tiffany and Rilette to enjoy a slice of pizza and learn about the altar and those who are acolytes or would like to be an acolyte will have some training. The second monthly Deacon Chat meeting will be on November 12th. All are encouraged to attend.

All Saint's Sunday will be celebrated Sunday, November 5th. During worship that day, we remember the faithfully departed. Please use the form in the narthex on which you can write the names of your departed loved ones whom you want remembered in prayer on that day. Completed forms may be placed in the offering plate, the basket in the Narthex or mailed to the church office. All forms must be submitted by Oct. 29th to be included in the bulletin.

Thanksgiving Basket: A Thanksgiving Basket is being prepared for a family of four who are in need of compassion, prayers, and the loving support of our St. Francis' family. Please place donated food items in the basket located in the Narthex. Suggested items include a turkey, canned vegetables, grocery store gift cards or cash (please note "Thanksgiving Family"). Please contact Elaine Patania or Cynthia Pelliccia for further information. Last Day of collection will be November 12th.

Coffee Hour & Fellowship: Please consider signing up to provide coffee hour refreshments. Coffee hour is an important part of the "fellowship" at St. Francis. Sign-up sheets are in the Narthex.

STEWARDSHIP KICK-OFF is scheduled for October 15th. Considering that, we are hoping to see a "catch-up" on 2023 contributions prior to 2024 pledges. As of August 31st, pledges were \$76,279 with \$59,812 being collected. That leaves a **shortfall** of \$16,467.

The Stewardship Committee would like to issue an official



Everyone should have received by now Deacon Gerry's letter on being Rooted in Abundance. Included with that letter, **by mistake**, was a 2024 Estimate of Giving Card. We are asking everyone to just disregard it as an updated one will be sent out in November. Our apologies for any confusion.

“Of Thine Own Have We Given Thee”

Every service at the beginning of the Offertory, just after all God’s gifts are brought to God’s altar in praise and thanksgiving, we all say:

Presider: All things come of thee, O Lord;

People: And of thine own have we given thee.

But do you know the origin of this Offertory sentence?

Surprise! It’s not in the 1979 version of the Book of Common Prayer – we have to go back to the 1928 BCP to find it in an Order of Service. And even there it’s hard to find – it’s last on a list of 16 other biblical Offertory Sentences the Celebrant could choose to use. The older prayer books included that sentence because they “recognized that at the Eucharist, we offer to God something that God first gave us. We didn’t create the wheat or the grapes; God made them, and now we give to God bread and wine that we made from the stores God gave us”¹.

But to find its *true* origin, where it first shows up in any religious manuscript, we need to dive deep. It’s first found in a text written long before the birth of Christ: the Old Testament book 1 Chronicles which is thought to have been written in the late 5th or 4th century BCE. The book is a theological reflection on God’s place in the history of the Israelites. It abounds with the language of praise, thanksgiving, and joy in God’s goodness and love. In Chapter 29 the author (who wrote the two books of Chronicles is still debated) presents the story of King David and the Israelites donating and collecting materials for the construction of the temple in Jerusalem (a capital campaign!). We see how ***generously, freely, and joyfully*** David and the leaders of Israel gave all the precious materials necessary for the construction of the temple. And it is here, in 1 Chronicles 29:14, that we find our Offertory sentence: “*But who am I, and what is my people, that we should be able to make this freewill offering? For all things come from you, and of your own have we given you*”. Ta-da! Construction of the new temple would be completed eventually by David’s son, King Solomon.

Fr. Frank and the St. Francis Players will present another chancel drama this fall as part of our Fall Stewardship Campaign. The chancel drama “Of Thine Own Have We Given Thee” will put life into this passage (and even a little snarkiness). Look forward to the show on October 29th!

¹ “God’s Words and Liturgy’s Echo” by Lauren F. Winner in the August 30, 2017 issue of [The Christian Century](#)

CELEBRATIONS & LITURGICAL SCHEDULE

OCTOBER BIRTHDAYS

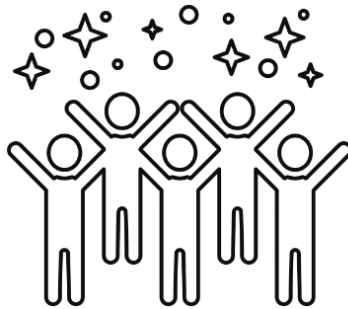
Alan Benjamin	10/01
David Doll	10/01
Xiomara Mitchell	10/02
Carroll, Jr. Wilson	10/04
Josh Scolnick	10/04
Beth Chernichowski	10/09
Nicholas Waskiel	10/09
Davidson Doll	10/11
Patricia "Nicole" Mc Elvery	10/17
Wesley Tirado	10/17
Kevin Parmelee	10/19
Tyler King	10/19
Aurora Tirado	10/30

OCTOBER BAPTISMS

Gianna Myers	10/01
Nikolai Powis	10/01
Rajini Kurian	10/01
Xavier Smith	10/01
Lydia DiAgostino	10/02
Amy Myzie	10/16
Alan Benjamin	10/18
Nicholas Waskiel	10/22
Xiomara Mitchell	10/22
Giana Myzie	10/25
Calvin King, Jr.	10/28

OCTOBER ANNIVERSARIES

Gerry & Steve Welch 10/13



ROLE	USHER <u>On-Site</u>	Camera <u>On-Site</u>	Acolyte	CELEBRANT	FIRST LESSON <u>On-Site</u> Reader	PSALM <u>On-Site</u> Reader	HOST USHER (Zoom & Facebook)	SECOND LESSON <u>On-Site</u> Reader	PRAYERS OF THE PEOPLE (+)	COUNTERS
OCTOBER 1 (10AM Deacon's Chat)	Laura	Gerrianne	Tiffany	Rev. Andrew Calandriello	Larry	Princess	Emma	Grace	Laura	Gerrianne Larry
OCTOBER 8	Pam	Vin	-	Rev. Canon Dr. Francis A. Hubbard	Rillette	Benit	Emma	Laura	Gerrianne	Kathy Rillette
OCTOBER 15	Pam	Vin	Jaeden	Rev. Canon Dr. Francis A. Hubbard	Olivia	Robert	Emma	Pam	Larry	Marie Cynthia
OCTOBER 22	Laura	Christy	Robert	Deacon Gerry Chalice Needed	Grace	Marie	Emma	Gabbie	Princess	Grace Paul
OCTOBER 29	Chris	Amy	-	Rev. Canon Dr. Francis A. Hubbard	Pam	Gerrianne	Emma	Olivia	Chris	Gerrianne Michelle

OCTOBER MONTHLY CALENDAR

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EIGHTEENTH SUNDAY AFTER PENTECOST 8AM Holy Eucharist (On-Site ONLY) 10AM Holy Eucharist (On-Site & On-Line) 10AM Deacon's Chat	2	3	4 Feast of St. Francis 	5	6	7
8 NINETEENTH SUNDAY AFTER PENTECOST ST. FRANCIS SUNDAY 10AM Holy Eucharist (On-Site & On-Line) DUNELLEN HARVEST FEST BLESSING OF THE ANIMALS	9	10	11	12	13	14
15 TWENTIETH SUNDAY AFTER PENTECOST 10AM Holy Eucharist (On-Site & On-Line) STEWARDSHIP KICKOFF	16	17	18	19	20	21
22 TWENTY FIRST SUNDAY AFTER PENTECOST 10AM Holy Eucharist (On-Site & On-Line) HEALTH CARE SUNDAY	23	24	25	26	27	28
29 TWENTY SECOND SUNDAY AFTER PENTECOST 10AM Holy Eucharist (On-Site & On-Line) CHANCEL DRAMA	30	 3PM Contemplative Prayer Group				

SAVE THE DATE

It's Coming!

The St. Francis Fall Stewardship Campaign, with *Rooted in Abundance* as our theme, will kick off on **October 15th**!

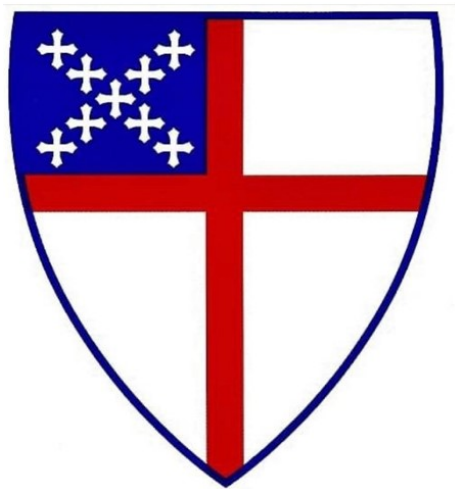
Commitment Sunday is **November 19th** with a potluck luncheon to follow! Please submit an RSVP form for the luncheon by 11/13, even to decline the invite.



Highlights include:

- Gifts for attendees on Kickoff Sunday (it's a surprise!)
- "Of Thine Own Have We Given Thee", a Chancel Drama by Fr. Frank and the St. Francis Players on 10/29
- Presentation of garden pictures submitted by SF's "farmers"
- Testimonials and reflections by members of the SF family
- **Commitment Sunday** Stewardship sermon by our guest celebrant Mo. Megan Thomas, a member of the Diocesan Stewardship Commission (Project Resource)

St. Francis Episcopal Church
400 New Market Road
Dunellen, NJ 08812



ST. FRANCIS EPISCOPAL CHURCH

www.stfrancisdunellen.org (732) 968-6781

OCTOBER 2023

Clergy

The Rev. Gerry Walsh, *Deacon*
The Rev. Canon Frank Hubbard,
Priest Associate

Vestry

Pam Maiolo—Sr. Warden, Finance, Buildings
and Grounds, Rectory Liaison, Outreach
Amy Myzie—Jr. Warden, Finance, Financial Sec-
retary
Kathy Balenson—Sunday School, COME, ECW
Christy McGuire—Stewardship, Communications
(Media Releases), Website/Facebook
Marie Petit-Holmes—Stewardship
Elaine Patania—Stewardship, Finance, “Office
Overseer”
Cynthia Pelliccia—Fellowship, Finance

Vestry (continued)

Gerrienne Breck—Vestry Clerk, MailChimp
Larry Quirk—Finance
Grace McDougall – COME, Fellowship, Finance
Michelle Klastava—Fundraising, COME

Non-Vestry

Ilia Scriven—Treasurer, Finance
Tom Patania, Yuennadi Moya—Buildings and
Grounds
Laura Breck—Communique, Liturgical Scheduling
Nathalie Edwards—Sunday School
Paul Sinckler—Finance, Buildings and Grounds