



United Presbyterian Church

525 East Front Street • Plainfield, NJ 07060 • 908-756-2666 • <http://www.upcplainfield.org/>

Where God is exalted, Everyone matters, and You belong!

Worship Services: Sunday 11:00 am & Thursday 7pm

March 2022 - Newsletter



PASTOR'S MESSAGE ~ Pastor Allegra Hoots

“Yet even now, declares the LORD, return to me with all your heart, and with Fasting, weeping and mourning. Rend your heart and not your garments.” Joel 2: 12-13a

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Dear Friends,

Greetings to you in the holy name of the Lord Jesus Christ, our blessed Redeemer. As always, I trust God this letter finds you in good spirits and rejoicing in the goodness of the Lord.

Praise God! We are entering the season of Lent, the approximately six-week period between Ash Wednesday and Holy Saturday. Reading and meditating on the preceding quote from the Hebrew Scriptures Book of Joel seems an excellent place to begin our Lenten journey.

Joel 2:12-13a succinctly articulates the purpose of Lent, a time to consciously return to God by intentionally denying self to hear the voice of God while reflecting on one's mortality and God's grace and great love for humanity expressed in the person and work of the Lord Jesus Christ.

To facilitate your Lenten journey and fellowship with like-minded people, consider observing Lent by participating in one or more of the United Presbyterian Church (UPC) daily Lenten observance activities that begin Ash Wednesday, March 2.

All services except the hybrid Ash Wednesday service are virtual via ZOOM. Noonday prayer and reading begin Thursday after Ash Wednesday and continue Monday – Saturday through April 14.

DAY	TIME	ACTIVITY	PLACE
Daily	6:00 AM– 6:15 AM	Early Morning Devotions	ZOOM
Monday - Saturday	12:00 PM – 12:30 PM	Prayer and Reading(s)	ZOOM
Ash Wednesday	12:00 PM – 12:30 PM	Hybrid Service	YouTube Livestream & in-person
Daily	7:00 PM – 8: 00 PM	Lenten Study	ZOOM
Friday	6:00 PM – 6: 00 AM Saturday	Fasting Fridays	ZOOM

Whether God leads you to observe Lent by participating daily in one of the activities noted in the above chart or in a completely different way, I bid you Godspeed and implore you to pray with us on Fasting Fridays as we engage in intercessory prayer.

May the Spirit of the only authentic, wise, and living God bless us to keep a holy Lent!

Peace and blessings,

Pastor Allegra



Mar 13, 2022 - Daylight Saving Time Starts: Move your clock 1– hour forward

WORSHIP SERVICES WILL BE INPERSON & ONLINE STARTING MARCH 6TH
MEETINGS WILL BE AS ADVERTISED



Sunday Worship (Traditional)

Pastor Allegra Hoots
11:00am

In the Sanctuary & Via YouTube*

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**Contemporary Worship Service**

7:00pm

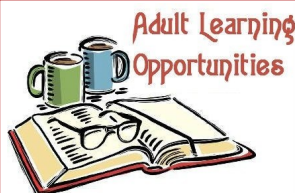
Via YouTube\*

(For Lenten services and events, refer to the right of this page and the Pastor's message on pg-1)

**Sunday School  
In Person Meetings**

Sundays — 10:00am  
~ Theme ~

Art & Crafts Project  
Stations of the Cross



**Adult Learning  
Opportunities**

**Adult Education**

Sundays — 10:00-10:45am  
in the Lind Room  
Resumes March 6th

**Ash Wednesday Service**  
March 2nd, 12-12:30pm



**Early morning devotional:**  
Daily 6:00-6:15am

**Prayer and Readings:** Mon-Sat, 12-12:30pm  
Daily, 7:00-8:00pm

**Lenten Study:** The daily devotional: **"Lent in Plain Sight"**  
Author: Jill J. Duffield  
Will be used for the 40-day journey through Lent.

**Fasting Fridays:** Fri 6:00pm - Sat 6:00am

Upcoming Events

See calendars for more activities and events

**March**

| Date | Time    | Event                           |
|------|---------|---------------------------------|
| 2    | 7:00pm  | Ash Wednesday Service (YouTube) |
| 4    |         | World Day of Prayer             |
| 12   | 10:00am | Administrative Meeting          |
| 16   | 7:30pm  | Session Meeting                 |
| 17   |         | St, Patrick's Day               |

**April**

| Date | Time    | Event                  |
|------|---------|------------------------|
| 9    | 10:00am | Administrative Meeting |
| 14   |         | MAUNDY THURSDAY        |
| 15   |         | GOOD FRIDAY            |
| 16   |         | Easter Egg Hunt        |
| 17   |         | EASTER SUNDAY          |
| 20   | 7:30pm  | Session Meeting        |

**FOR VIRTUAL EVENTS:**

TO CONNECT BY COMPUTER OR TELEPHONE, GO TO THE CHURCH'S WEBSITE FOR INFORMATION:

<http://www.upcplainfield.org/>

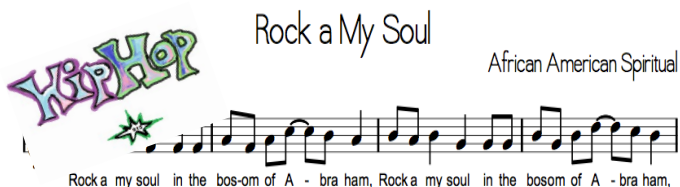
## CHRISTIAN EDUCATION

### YOUTH & YOUNG ADULT SUNDAY SCHOOL EDUCATION

(Submitted by Sue Terry for the Youth Education Team)

At 10am on Sunday's during February, our UPC young people - Jahvon Moore, Desrick and Desirae Hemans and instructors - Zorina Bowers, Susan Terry, and Patricia Dawson learned together via Zoom. Due to COVID we have created ways to teach and learn using our cell phones and computers. The show must go on, one could say. We learned about the history of the African American spirituals during Enslavement, when black people were slaves in America, the emancipation when black people were freed in America and during the civil rights movement; when black people struggled for true freedom and racial equality in the United States of America. Our students read about these periods of history, watched video presentations about spirituals and how they came to be and what they were about.

Ian Dawson, Emory & Pat Dawson's son, did a presentation for us about Hip Hop as he is very knowledgeable about this form of music with rhyme and beat. Both Hip Hop and African American spirituals were the focus of our lessons. There is much to be learned from both of these different times for black people in the U.S. by the contrast and similarities between these two genres of music.



### Saint Patrick's Day

Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, and the wearing of green attire or shamrocks. Christians who belong to liturgical denominations also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

## My Experience

*\*Desirae Hemans \**

(Desirae is a youth editor for the UPC Newsletter)

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32*

As Black History Month ends, I'd like to share and reflect on an event that I recently experienced. I am a high school student in a private school that is predominately white. I have always felt very comfortable in my school, and everyone has always made me feel warm and welcome. Well, until one day.

My friends and I were sitting at lunch, conversing, and laughing with each other. We were having a lovely time until we felt food and ice being thrown at us. At first, we didn't think anything of it and thought ... Hey, maybe it's just some kids messing around. No big deal. And so, we continued eating and talking. Well, until we felt it again. At that point, we all turned around to see what was happening. Not to our surprise, some sophomore boys were giggling and pretending nothing had happened. If you can't already tell, my friends and I did not find the situation funny. We politely asked them to stop throwing food at us. They proceeded to pretend that they didn't know what we were talking about and again, we continued to eat. This may come as a shock to you, but we felt the food and ice...again. This time, my friends and I were far from being polite. We yelled at them to stop being disrespectful and we got up from the table and headed for the Assistant Dean of Student Life's Office.

Long story short, we told the Dean what happened, and he assured us that he would address our concern. He was true to his word. My friends and I haven't had this experience again.

You may be asking...why am I sharing this story with you? Well, my friends and I are African Americans while the boys are Caucasians. I had never been racially targeted before and I didn't like the feeling of possibly being treated differently due to the color of my skin. At first, I didn't think they were targeting us because we were different from them, but the more I thought about it and the more I spoke to my teachers, I realized that they were.

I am saddened to say that I'm almost sure that at some point in my life I will again experience situations like this. With my teachers and other adults to work through this with me and God's protection and guidance, I will be ok. I do pray that the boys, will also learn tolerance and acceptance from this experience.

I'm thankful that I am a Christian and have the Bible to refer to. Jesus taught us that when we face racism and prejudice, we should face it in love. Many have been taught to treat people differently because they look or act different. Those people should be gently shown the way of Jesus where everyone is equal in his sight!

***"There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus." Galatians 3: 28***  
***Jesus said, "Father, forgive them, for they do not know what they are doing." . Luke 23:34***



## United Presbyterian Church BUILDING FUND

The UPC administration committee wants to be certain all UPC members and friends are aware of the establishment of the Building Fund at UPC to which contributions can be made to help defray the cost of four maintenance projects scheduled for 2022. These projects involve heating, roofing, drainage, and renovation that are essential to ensure the health and safety of the occupants of our facility.

This building fund originated in 2021. At UPC's annual meeting on Sunday February 20th a motion was made and passed for United to be more purposeful in our efforts to encourage contributions to the Building Fund. To accomplish this, UPC members and friends will be receiving a letter from United that will provide specifics of the four maintenance projects to which funds contributed to the Building Fund will be dedicated.

Contributions to the Building Fund are welcome anytime and may be accomplished in the following ways:

1. Sending a check, made out to the United Presbyterian Church of Plainfield, to Wanda Breitenbach, 525 East Front Street, Plainfield, New Jersey 07060 with "Building Fund" written in the memo section of the check.

OR

2. Contributions can be made through the "Give Now" button located at the UPC website at [www.upeplainfield.org](http://www.upeplainfield.org) Enter your contribution to the "General Fund Regular Offering". In the notes section indicate "Building Fund".

Wanda Breitenbach  
Administration Committee, Acting Chair

*Keep in prayer the people of the Ukraine and those who are and who will suffer from these conflicts.*



## Ash Wednesday — Lent Begins

Wednesday begins the season of Lent with a public act of confession and contrition. Acknowledging

that all have sinned and fallen short of the glory of God, we stand in solidarity as fellow creatures before our Creator, acutely aware of our mortality. In the face of our transience, we pledge ourselves anew to live unto God's Word in Jesus Christ, the eternal Word that remains forever.



In some traditions, Ash Wednesday is a fast day, beginning the Lenten time of fasting and preparation for the Great Three Days that culminate in Easter.

The Lenten journey from the ashes of death to resurrected life begins on the first day of Lent, Ash Wednesday, which signifies a time to turn around, to change directions, to repent. This first day of Lent reminds us that unless we are willing to die to our old selves, we cannot be raised to new life with Christ. The first step of this journey calls us to acknowledge and confront our mortality, individually and corporately. In many traditions, this is symbolized through the imposition of ashes — placing a cross on one's forehead. During the imposition of ashes the words: "You are dust, and to dust you shall return" (Genesis 3:19) are repeated again and again. We are to remember that we are but temporary creatures, always on the edge of death. On Ash Wednesday, we begin our Lenten trek through the desert toward Easter.

### **Ashes on the forehead is a sign of our humanity and a reminder of our mortality**

Lent is not a matter of being good, and wearing ashes is not to show off one's faith. The ashes are a reminder to us and our communities of our finite creatureliness. The ashes we wear on our Lenten journey symbolize the dust and broken debris of our lives as well as the reality that eventually each of us will die.

Trusting in the "accomplished fact" of Christ's resurrection, however, we listen for the Word of God in the time-honored stories of the church's Lenten journey. We follow Jesus into the wilderness, resist temptation, fast, and proceed "on the way" to Jerusalem and the cross. Our Lenten journey is one of *metanoia* ("turning around"), of changing directions from self-serving toward the self-giving way of the cross.

<https://www.presbyterianmission.org/ministries/worship/christianyear/ash-wednesday/>

## FRIEND!

We want to inspire you to be intentional about prayer, staying in God’s Word, serving others, and sharing the love of Christ in your home, relationships, and community. Come with expectation. God never fails to show up and you will meet some incredible people that may just become lasting friends.



# EXERCISE



### HEART HEALTH FOR EVERY(BODY)

#### Lowering Your High Cholesterol

(also helps your heart):

#### 6 Exercises That Will Pay Off

Reviewed by D. Weatherspoon, Ph.D., R.N., CRNA-Written by C. M. Story

When you were diagnosed with high cholesterol, your doctor may have talked to you about exercise. Besides improving your diet, exercising is one of the most effective lifestyle changes you can make to help bring your numbers down naturally.

Your first thought may have been, “I hate running.” Running isn’t the only way to turn your health around. It’s an effective aerobic exercise, but several other good choices are available that can help counteract the negative affects high cholesterol has on your health.

#### Why exercise is effective at lowering cholesterol

Cholesterol is one of the fatty substances we have circulating in our blood. If we have too much, it can stick to the inside walls of our arteries, narrowing them and increasing risk of cardiovascular disease.

Other factors play a part such as the type of protein that carries the cholesterol through the body. Low-density lipoprotein (LDL) cholesterol is more likely to cause problems. High-density lipoprotein (HDL) cholesterol protects the body from cholesterol buildup.

Exercise helps increase levels of HDL good cholesterol. Physically active women had higher levels of HDL cholesterol than sedentary women. In **men with belly fat, regular endurance exercise increased**

#### HDL good cholesterol levels.

Exercise may even change the nature of our cholesterol. that exercise improved the number and size of the particles

Exercise can help you lower cholesterol numbers even if and obese adults who walked, jogged, and cycled while terol, LDL cholesterol, and triglyceride levels.

#### Best exercises for lowering cholesterol:

Take a walk during your lunch hour, choose the stairs, desk.

In addition, try to incorporate at least 30 minutes of structured exercise into each day. Any exercise is better than none, but the following six types have shown in studies to be effective at reducing cholesterol levels.

1. Go for a nice **run or jog**: You don’t have to race, An easy jog for a few miles may be better for lowering cholesterol than a fast sprint around the block.
2. Take a **brisk walk**: Walking can often be a much better exercise in terms of protecting joint health. The amount of exercise matters more than the type.
3. **Bike to work** or just for fun: Cycling expends about the same energy as jogging, but it’s easier on your joints.
4. Take a few **laps at the pool**: Swimming is probably the most joint-saving aerobic exercise you can do.



5. Lift a few **weights**: It is the type of exercise most commonly recommended for reducing risk of heart disease. **Don’t think you’re too old to try weight lifting. It helps people of any age.**

6. Strike a few **yoga** poses: After all, yoga is mostly stretching, right? Studies shows that yoga may reduce risk of heart disease. In some cases, it may directly affect cholesterol levels.



Researchers from Duke University Medical Center found carrying cholesterol through the body.

you’re overweight. Researchers reported that overweight eating a cholesterol-lowering diet improved total cholest-

stand up to take phone calls, or store a jump rope at your

**Most any exercise will do — If you do it often—move!**

***“Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.”  
(Matthew 11:28-31, English Standard Version)***

## ASH WEDNESDAY LENTEN SEASON

Ash Wednesday is on March 2, 2022. If you are not of a liturgical background, try to find a church near you that will have an Imposition of the Ashes service. This is a solemn service where we are marked with ashes in the same manner that we were signed with the Cross in Baptism on the forehead.

### 5 Spiritual Disciplines for a Beautiful Lent

In celebrating Lent, we hope to foster a deeper spiritual awareness through the practice of disciplines that will allow us to more fully experience the joy of the Resurrection.

#### **1. Self-examination and Repentance**

(Joel 2:12, Corinthians 13:5, Psalm 139:23-24). Each person should think about how they have fallen short of the glory of God and repent (turn away from) any sin they can name in their lives. They should ask God to reveal any sin that is hidden from themselves.

#### **2. Prayer**

Spend daily, time in prayer, develop a habit and set aside time to focus daily on prayer. (Philippians 4:6-7). Brainstorm with your children a list of people you can pray for.

For example:

- Monday - family members
- Tuesday - neighbors
- Wednesday - friends

You might even reach out at the beginning and ask for ways you can pray for them. Then check back in after Easter for an update. Record their prayers on 3x5 cards as well as any answers.

#### **3. Fasting and Self-denial**

It is tradition to fast and practice self-denial during Lent but Jesus also expected his followers to spend time fasting. Jesus said to his disciples “When you fast...” (Matthew 6:16) implying that it will be done. With younger children you might suggest they abstain from a favorite food or activity. It should be reasonable but not easy. It should be something you should *notice* or *miss*. Try giving up something that has a stronghold in your life.

#### **4. Bible Reading**

Reading and meditating on God's word is another common Lenten practice. (Joshua 1:8). There are scriptures in the book I mentioned above, or you can read the passages in *Amon's Adventure* if you have that title. Use the questions for reflection.

#### **5. Almsgiving**

Finally comes almsgiving or giving something *away*—the twin to giving something *up*. (Proverbs 19:17)

You can give away money, your time, or your resources to serve others sacrificially. One idea is to create a giving jar and donate the contents to a favorite charity. Children can deposit a coin for every act of giving they do in the family. Encourage them to think of various ways they can give kindness to their siblings: ask your sister to go first at lunch time, allow your brother to borrow the toy he asked about, tell mom that you will dry the dishes all week even if it isn't your regular chore. Another idea is to shop for a food pantry. Let the children pick out something *they* would want to eat.

As you decide what new experiences you want your family to have during this time, start with some simple traditions. Give yourself grace when things don't go according to plan. Small, meaningful moments will create a home culture focused on Jesus.

**May these 40 days (not counting Sundays – they are little Easters) bring renewal to your heart.  
May you experience joy in your faith, and your life as you are spiritually fed and nourished  
in your disciplines. Declare your dependence on God as you deny your cravings.**



## WORLD DAY OF PRAYER

March 4, 2022

*This year's theme, "I Know the Plans I Have for You"*

"Informed prayer and prayerful action."

World Day of Prayer (WDP) is a global ecumenical movement, celebrated in more than 170 countries, led by Christian women who welcome all to join in prayer and action for peace and justice. World Day of Prayer is celebrated annually on the first Friday of March.

As people of faith, we know that our lives matter to God and that God is with and for us. "I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for." (Jeremiah 29:11, TMG). Jeremiah's message — first shared with the exiles in Babylon who were in a place of uncertainty and suffering — continues to resonate with us today. World Day of Prayer 2022 invites each of us to reflect on God's love for us no matter our circumstances. Our most loving response to our loving God is to reflect God's love

to others: never abandon them, care always about their plans and hopes, and work to protect their well-being through care, concern and advocacy.

### Let us pray

*God of our whole lives, thank you for being with each of us every day. Even in times of suffering, loss or uncertainty, we know that we are never alone. We give thanks and promise to strive to reflect your love to our neighbors. Amen.*

<https://www.presbyterianmission.org/story/march-4-2022/>



## Women's History Month

**Theme: "Women Providing Healing, Promoting Hope"**

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States.

Throughout history, women have driven humanity forward on the path to a more equal and just society, contributing in innumerable ways to our character and progress as a people.

For too long, women were formally excluded from full participation in our society and our democracy. Because of the courage of so many bold women who dared to transcend preconceived expectations and prove they were capable of doing all that a man could do and more, advances were made, discoveries were revealed, barriers were broken, and progress triumphed.

<https://webplus.info/index.php?page=340&holiday=1240&year=2022>  
<https://nationalwomenshistoryalliance.org/2022-theme/>



To bless the Church with your tithes and offering you may:

1. Drop it off at the church office
2. Mail your check (not cash) to the church
3. Log in to <https://bit.ly/3oyj1J6> or
4. Go to the UPC website homepage and click on

the "Give Now" button

~ Thank you ~

### Prayers for Healing

Remember our sisters and brothers listed below and call them if you are able to. Let us know if there are members who are not on this list.

**O Lord the oil of your healing flows through me like a living stream. I choose to bathe in these clear waters each day.**

**I will keep my eyes on you, and trust in you that I will fully recover. I give you all that I am, and rest in your peace**

- Leroy Anglin
- Emory Dawson
- Karen Edmonds
- Helen Foerster
- O'Harold Hoots
- BJ Klikus
- Frank Klikus
- Vilvurn Marsh
- Bobett Neil
- Sheila Neil
- Marianna Perry
- Pat Perry
- Gail Stokes
- Izaiyah Stokes
- Jamie Sweeney

Please send your Prayer requests to the Church Office  
You will be placed on the prayer list



#### March

- 1 Desirae Hemans
- 6 George Hansen
- 14 Helena Pfeifer
- 16 Wanda Breitenbach
- 17 Rev. Dottie Morris
- 21 Tom Robinson
- 24 Alaric Tate

#### April

- 4 Karen Edmonds
- 5 Ebere Awobue  
Zorina Bowers
- 18 Jean Scott  
Mark Mettle
- 20 Kevin Scott  
Ronn Daniels

### Flower Ministry

With your donation of \$25 or more to the Flower Fund, the Deacons will provide a beautiful floral arrangement for the Sanctuary on Sunday mornings. After worship, the arrangement will also brighten the day of a member or friend of UPC who is unable to join us for worship.

Flowers may be made in honor or memory of a loved one. Honoree names will be listed in the church bulletin.

You may complete the form below or add your information to the flower chart in the Narthex.

*Blessings,  
Zorina Bowers*



Name: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Thank you for your generous support of  
UPC's Flower Ministry

**"Let the word of Christ dwell in you richly." — Colossians 3:16**



## CHILDREN'S CORNER

Parents, please read this to your younger child(ren)

### What Did Jesus Do?

**Theme:** How do we defeat Satan? By following Jesus' example.

**Object:** A WWJD bracelet

**Scripture:** Luke 4:1-13



I got this new bracelet. (Show it to kids, and then put it on.) It says "WWJD," which stands for "What would Jesus do?" These used to be popular, and today some people are wearing them again. (Invite kids to tell whether they've seen anyone wearing them.) We can use this bracelet as a reminder to be like Jesus.

So what kinds of things have you known Jesus to do that you could follow?

Why might kids want a reminder like this throughout their days?

Kids can be tempted to do all kinds of things at school, in their neighborhoods, and even at home...things that aren't God-honoring or what's best for us, right? Well, Jesus knows what it's like to be tempted, too. The Bible tells about a time Jesus went out into the wilderness for 40 days to be by Himself. God's Spirit led Him out there to fast and pray. (Invite kids to tell about anyone they know who has fasted, or share your own story.)

During that time God's enemy, Satan came and tempted Jesus to do some things Jesus knew weren't right. But just because Jesus is God and He's powerful, that doesn't mean the things Satan suggested weren't tempting. Like first, Satan suggested Jesus turn stones into bread that Jesus could eat. (Have kids close their eyes for a moment and imagine what it might be like for them to not eat or drink anything for 40 days, and how that might feel. After a minute, invite them to reflect on their thoughts.)

Jesus could have easily done what Satan suggested, but He didn't. Instead, He answered, "It is written, 'Man does not live by bread alone.'"

Then Satan took Jesus up to a high place and showed Him the worldly kingdoms below. He said, "All of this belongs to me. If You will bow down and worship me, I will give it to You."

Worship can mean "make more important than God"; so what kinds of things are you sometimes tempted to make more important than God?

Here's what Jesus answered to Satan's temptation: "It is written, 'Worship the Lord your God and serve Him only.'"

Next, Satan took Jesus to Jerusalem and led Him up to the highest point on the temple. He said to Jesus, "If You are the Son of God, throw Yourself down from here. God will send His angels to rescue You." (Lead kids in a vote: Who thinks God could keep Jesus from harm if He did jump off that temple.)

Of course God could keep Jesus safe, but Jesus quoted the Scripture, "'Do not put the Lord your God to the test.'"

Do you know what the devil did? He gave up! He said, "I'll come back and try another day."

The next time the devil tempts you to do something wrong, look in the Bible and see what the Bible says. Then...Do What Jesus Did...answer Satan with Scripture!

***Dear God, help us use Your word and follow Jesus' example in our lives. In Jesus' name, amen.***

## CHILDREN'S CORNER

### Temptation of Christ

Coloring Page



From Thru-the-Bible Coloring Pages for Ages 4-8. © 1986, 1988 Standard Publishing.  
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**2022 PER CAPITA APPORTIONMENT**  
**Never too Late!**

Your annual Per Capita is \$40.00 and is shared by the General Assembly, The Synod of the Northeast, The Presbytery of the Northeast. Per Capita is a member assessment used to fund the operating expenses of the governing bodies. (Book of Order; G-9.0404 d). Mark your check or envelope "Per Capita".

**Consider paying more than your share to help cover the cost of others who are unable to pay**

**Important:**

Deadline is the 20th of each month for the Newsletter. Leave your news in the Church Office or email it to [upcnews525@gmail.com](mailto:upcnews525@gmail.com)

Church Office Hours: Mon-Fri 9am-3pm

**Schedule of Pastor's Office Hours**

Monday to Friday  
9:00am to 1:00pm

Please call the Church Office for an Appointment  
or to contact the Pastor

**Session Members**

Al Tate (Clerk)  
Emory Dawson  
Patricia Dawson  
Avril Lecky  
Marcia Marsh-Hinds

**Newsletter**

**Newsletter Editors**

Avril Lecky  
George Hansen  
Hugh Lecky  
James Plummer  
Desirae Hemans (Youth)

**Contributors**

Pastor Allegra Hoots  
Patricia Dawson  
Al Tate  
Sure Terry

**Church Administrators**

**Pastor Allegra Hoots**  
**Director of Music:** Mr. Ronn Daniels  
**Administrative Assistant:**  
Mr. Davaughn Hoots  
**Custodian:** Mr. Charles Rivers

**Board of Deacons**

Helen Foerster - Moderator  
Daniel Bofah  
Thelma Fleming  
Virginia Hansen  
Desirae Hemans (in training)  
Tania Hemans (in training)  
Maggie Anglin (Volunteer)  
Zorina Bowers (Volunteer)

To contact the deacons for assistance  
Call the church office at 908-756-2666

**CONTACT INFORMATION**


**Church Email:** [upchurch@aol.com](mailto:upchurch@aol.com)  
**Stewardship:** [upcplainfield525@gmail.com](mailto:upcplainfield525@gmail.com)  
**Newsletter:** [upcnews525@gmail.com](mailto:upcnews525@gmail.com)  
**Church website:** <http://upcplainfield.org>  
**Telephone No.:** (908) 756-2666

**If you have information that you would like to  
share, send them to  
[upcnews525@gmail.com](mailto:upcnews525@gmail.com)**

# United Presbyterian Church

525 East Front Street • Plainfield, NJ 07060 • 908-756-2666 • <http://upcplainfield.org>

## March 2022

| SUNDAY                                                                                                                      | MONDAY | TUESDAY | WEDNESDAY                                | THURSDAY                                                              | FRIDAY                 | SATURDAY                     |
|-----------------------------------------------------------------------------------------------------------------------------|--------|---------|------------------------------------------|-----------------------------------------------------------------------|------------------------|------------------------------|
|                                                                                                                             |        | 1       | 2                                        | 3                                                                     | 4                      | 5                            |
|                                            |        |         | ASH WEDNESDAY<br>Lenten Studies<br>begin | 7:00pm<br>Contemporary<br>Worship Service                             | World day of<br>Prayer |                              |
| <b>SEE PAGES 1 &amp; 2 FOR LENTEN STUDIES, FASTING &amp; DEVOTIONALS INFO</b>                                               |        |         |                                          |                                                                       |                        |                              |
| 6                                                                                                                           | 7      | 8       | 9                                        | 10                                                                    | 11                     | 12                           |
| 11am Worship Service<br>In-person & Livestream<br>Communion Service<br>10am Adult Education                                 |        |         |                                          | 7:00pm<br>Contemporary<br>Worship Service                             |                        | 10am Administra-<br>tion Mtg |
| 13                                                                                                                          | 14     | 15      | 16                                       | 17                                                                    | 18                     | 19                           |
| 11am Worship Service<br>In-person & Livestream<br>Youth Sunday<br>10am Adult Education<br>DAYLIGHT SAV-<br>INGS TIME BEGINS |        |         | 7:30pm Session<br>Mtg                    | 7:00pm<br>Contemporary<br>Worship Service<br><br>ST. PATRICK'S<br>DAY |                        |                              |
| 20                                                                                                                          | 21     | 22      | 23                                       | 24                                                                    | 25                     | 26                           |
| 11am Worship Service<br>In-person & Livestream<br>10am Adult Education                                                      |        |         |                                          | 7:00pm<br>Contemporary<br>Worship Service                             |                        |                              |
| 27                                                                                                                          | 28     | 29      | 30                                       | 31                                                                    |                        |                              |
| 11am Worship Service<br>In-person & Livestream<br>Dedication Sunday<br>10am Adult Education                                 |        |         |                                          | 7:00pm<br>Contemporary<br>Worship Service                             |                        |                              |

**NOTE:**

CALENDAR EVENTS MAY CHANGE BASED ON THE STATES POLICY ON GROUP MEETING. THE CALENDAR REFLECTS REGULARLY OCCURRING

Communion & Deacon Sunday — 1st Sunday Monthly  
 Youth Sunday—2nd Sunday monthly  
 Dedication Sunday—4th Sunday Monthly

**Committee Meetings** (unless stated otherwise):  
 2nd Saturday @ 10:00am: Administration Meeting  
 3rd Wednesday @ 7:30pm: Session Meeting

If you would like to be a member on any committee or help with any project, call the Church Office at 908-756-2666.

# United Presbyterian Church

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## April 2022

| SUNDAY                                                                                             | MONDAY | TUESDAY | WEDNESDAY             | THURSDAY                                                                    | FRIDAY             | SATURDAY                     |
|----------------------------------------------------------------------------------------------------|--------|---------|-----------------------|-----------------------------------------------------------------------------|--------------------|------------------------------|
|                                                                                                    |        |         |                       |                                                                             | 1                  | 2                            |
| <b>SEE PAGES 1 &amp; 2 FOR LENTEN STUDIES, FASTING AND DEVOTIONALS INFO</b>                        |        |         |                       |                                                                             |                    |                              |
| 3                                                                                                  | 4      | 5       | 6                     | 7                                                                           | 8                  | 9                            |
| 11am Worship Service<br>In-person & Livestream<br>Communion Service<br>10am Adult Education        |        |         |                       | 7:00pm<br>Contemporary<br>Worship Service                                   |                    | 10am Administra-<br>tion Mtg |
| 10                                                                                                 | 11     | 12      | 13                    | 14                                                                          | 15                 | 16                           |
| 11am Worship Service<br>In-person & Livestream<br>10am Adult Education<br><b>YOUTH SUNDAY</b>      |        |         |                       | 7:00pm<br>Contemporary<br>Worship Service<br><br><b>MAUNDY<br/>THURSDAY</b> | <b>GOOD FRIDAY</b> | <b>EASTER EGG<br/>HUNT</b>   |
| 17                                                                                                 | 18     | 19      | 20                    | 21                                                                          | 22                 | 23                           |
| 11am Worship Service<br>In-person & Livestream<br>10am Adult Education<br><br><b>EASTER SUNDAY</b> |        |         | 7:30pm Session<br>Mtg | 7:00pm<br>Contemporary<br>Worship Service                                   |                    |                              |
| 24                                                                                                 | 25     | 26      | 27                    | 28                                                                          | 29                 | 30                           |
| 11am Worship Service<br>In-person & Livestream<br><br>Dedication Sunday<br>10am Adult Education    |        |         |                       | 7:00pm<br>Contemporary<br>Worship Service                                   |                    |                              |

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525 East Front Street  
Plainfield, NJ 07060

*Where God is exalted, Everyone matters, and You belong!*