



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!

January 2019

Adult Education at 10:00 am - Worship & Youth Education at 11:00 am

A Tasty Sandwich

Pastor Samuel Yenn-Batah

"I have good news and bad news. Which one do you want first?" I have little doubt that you have heard or used this forked-road invitation before. Yet, what have you observed about your own or others' response to this split invitation? On one hand, some people choose to get the bad news first. Here, the good news functions like water used to wash down a bad-tasting bite of food. On the other hand, some people choose to get the good news first. In this case, the good news is like a pillow used to cushion the forthcoming fall of the egg. On the whole, which is better to receive first: the good news or the bad news?

The answer to this question depends on two circumstances¹. If you:

- 1) are the giver or receiver,
- 2) or want to change behavior or improve mood

(To read more about these two circumstances, you may visit the footnoted link below.)

Whether we desire good or bad news first, we tend to orient our choices around the effect of good news. But what effect does good news have when it functions like a sandwich? Someone says to you, for instance, "Your grades are good this semester. Your GPA is not good enough though. But don't worry because you'll be graduating soon." Or another example from the doctor, "It's a good day for your blood pressure. But your blood sugar is extremely high. Don't lose any sleep though; there are medications to help you." Placing the bad news in sandwich of good news "is generally not a good strategy. It downplays the bad news, and the recipient gets confused", says Dr. Angela Legg. In these scenarios, good news functions like two slices of freshly baked bread holding together some stale jerk chicken. Yuck!



"For I know the plans I have for you," declares the LORD, "plans to prosper and not to harm you, plans to give you hope and a future."

Have you ever found yourself trying to eat a sandwich like this in your life? My spouse and I got a taste of a similar sandwich during our last ultrasound visit to see our baby. When the doctor walked into the room after the screening, she spoke three phrases that I will never forget:

- 1) "It seems like everything is fine. But I just want to make sure that there's not a growth lag with the baby. Sometimes if you don't look it's better, you know? But c'mon, smile. Baby's fine."
- 2) "It's arms and legs will grow. I just want to make sure that the baby's growth is not slowing down. The head, the belly, and everything else looks good though...and ultrasounds are not an exact science."
- 3) "The overall weight is fine; you don't have a little baby. Your's seems to be on the shorter side and we'll have the experts look at the ultrasound next week to make sure that it's not a growth issue. But I don't want you to lose one minute of sleep. The baby is totally growing, ok?"

Yuck! These three statements left a bad taste in my mouth! These three servings of "good news--bad news--good news" sandwiches did not keep us from worrying about our baby's growth. For we have had a smooth pregnancy until now. Why are we having troubles now and so close to the baby's birth? Is there any "good news" that could put us at ease? If so, the only such news would be an affirmation that Baby Yenn-Batah's arms and legs are growing to catch up with the body. But that was not our reality.

Contd. on Page 9

¹Newman, Cathy. "Good News or Bad News." *National Geographic*, 18 Nov. 2013. <https://tinyurl.com/y9f8l88s>

Outreach Committee — Highlights

Summer Cottage Meetings

In August we had four Cottage meetings which were held in the Chapel Church Lounge, which for future meetings, seems to be an ideal location (spacious, air conditioned, and easy to find). The topics were:

- My trip to California
 - Ms. JoAnne Edwards
- How to Pray
 - Rev. Leach of Cathedral International
- Elder Law
 - James Carty, III, Esq.
- Pastor Search discussion and Information
 - Ms. Patricia Dawson

DREAMHOUSE THEATER INCORPORATED INTO OUTREACH COMMITTEE

The Session accepted the Outreach Committee's recommendation to add Dreamhouse Theater Productions as part of its Outreach activities for a six month trial ending in February 2019. This committee was seeking ways to expand its efforts and be more engaged within the local community, when the activities of the Dreamhouse Theater were brought to their attention by a request to use our facility for a play. Subsequent conversations revealed that their activities were aligned with our proposed plans which included new exciting opportunities, such as writing workshops for children and adults, plays, seminars, lectures, and more.

Domestic Violence Symposium

In October, more than 50 people attended an "Open Mike" symposium on the subject of Domestic Violence. This activity was planned and implemented by Dreamhouse Theater. Among the highlights were an eight year old boy reciting a poem, a performance of original materials in word and song and praise dancing. Judith Johnson-Horne read poetry written decades ago by her mother, Dorothy Horne. It was noted that many of the guests were young adults (20-40 years old).

Sight and Sound:

The committee sponsored an outing of United's members to see Moses, a Sight and Sound Theater production on September 23, 2018 in Westfield, NJ. Over the



years the Outreach Committee has sponsored bus rides to the Sight and Sound Theater in Lancaster, Pennsylvania (for various productions. This is the first time the Sight and Sound Theater, in our recollection, has released and shown its filmed production in movie theaters around the nation. The Outreach Committee subsidized the cost of the movie tickets, to ensure cost was not a factor if one wanted to attend.



BINGO NIGHT PRIZES NEEDED

Boy Scout Troop 5 is running bingo night at **Arista Care at Norwood Terrace** the first Monday night of the month. They are looking for prizes for the residents. They can use toiletries, jewelry, lotions, shampoo, razors. Leave your donation in the church office. Any questions contact: Carl or Wanda.

Exercise Class for Seniors

The Plainfield Recreation Department holds an exercise class for seniors here at UPC as follows:

When: Tuesday's 11:30 am—12:30 pm &
Thursday's 10:00 am - 11:00 am

Room: Friendship Hall

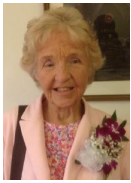
For more information call the Plainfield Recreation Department at 908-753-3097

Outreach Committee Meeting

Sunday, January 13th immediately following Church Service in Room 309

If you have ideas of activities and programs that you would like to be considered, please feel free to attend.

Some Highlights from 2018!



Farewell to Rev. Dottie Morris

After many years of being United's Associate pastor, serving the sick, conducting weekday Bible Study, providing the sermon, Sunday Prayer's of the People and mentoring to the Deacons, Pastor Dottie has retired. Pastor Dottie and her husband Jim have moved to their new home in Lancaster, Pennsylvania.

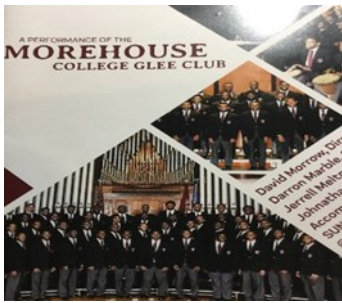


A fabulous Father's Day, as the United Presbytery men present for the Sunday Service gather with Pastor Samuel for cake and conversation.



Farewell to Dr., Rev. Victor Aloyo, Jr.

After over 10 years of providing spiritual leadership to the United Presbyterian Church, Dr. Aloyo resigned in April. Dr. Aloyo is a senior level administrator at the Princeton Theological Seminary, where his professional responsibilities have grown and required substantial travel away from the area. The Session and the congregation expressed profound sadness of the loss of Dr. Aloyo, but wish him the very best in his new position.



Morehouse Glee Club performed in March



Pictured above are the women of United Presbyterian Church present for Mother's Day. As a special gift that day, Mother/Grandmother pictures with children were taken.



For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. **John 3:16**

What If Jesus was Born in 2018?

By Desirae Hemans

AS A PART OF YOUTH SUNDAY, THE YOUNG PEOPLE PARTICIPATED IN A PLAY DESCRIBING WHAT IT WOULD BE LIKE IF JESUS WAS BORN IN 2018



As Christmas approached, we, the youth of United, wanted to put on a production that involved the birth of Jesus. As we thought of ideas, we came up with what we thought would be a spectacular plan. Previously, we have done skits or plays that simply reenacted the birth of Jesus. However, this year, we wanted to do something different. We wanted to be able to show the birth of Jesus, but doing it in our own way. We finally agreed on creating a play that would display Jesus' birth in 2018. This is how we did it...

The play started with the first narrator (played by Jahvon Moore) explaining the state that Israel is in as we know it today. Mary (played by Sarai

Cherry) is going into labor and is exhausted. Her husband (played by Oladimeji Falowo) accompanies her, reassuring her that everything will be okay. Then a midwife who sees them (played by Desirae Hemans) calls an UBER for them so that Mary may deliver her baby in the homeless shelter. While the driver, (played by Desrick Hemans) drives them to the homeless shelter. The second narrator (played by Mobolaji Falowo) explains the challenges that Jerusalem faces. The baby is delivered by the midwife who sends a message to the Wiseman (played by Neekah Hinds, Al Tate and Zorina Bowers). We, the youth explained the benefits of the three gifts, Frankincense, Myrrh and gold that was offered to baby Jesus and how they are used today, holistically. Finally, at the end the play, we all gathered around baby Jesus singing—Silent Night- to praise the King's birth.

We worked very hard on this play. Not only did we do a fantastic job (we were told) of acting out Jesus' birth, but we did it in our own way.

A very special thanks to our youth teachers and those who helped with this production:
Mrs. Patricia Dawson, Mr. Al Tate, Mrs. Zorina Bowers and Ms. Sue Terry

Church Administrators

Director of Music: Ronn Daniels
Executive Assistant: Pat Perry
Sexton: Pete Hansen

Session Members (Elders)

Al Tate (Clerk)
Emory Dawson
Patricia Dawson
George Hansen
Avril Lecky
Marcia Marsh-Hinds
James Plummer

Board of Deacons & Volunteer Deacons

Helen Foerster - Moderator
Maggie Anglin
Daniel Bofah
Thelma Fleming
Kayode Falowo
Virginia Hansen
Barbara Hyney - volunteer
Jim Plummer—Session Representative
Neekah Hinds (in training)
Desirae Hemans (in training)
Tania Hemans (in training)

Church Hours: Mon-Fri 9am-3pm

Contact the deacons for assistance.
Call the church office at 908-756-2666

Pulpit supply—January & February 2019

We have been blessed to have the Word delivered to us by a group of awesome ministers of God! Join us!

January	February
6 Rev. Macari	3 Re. Jeremy Campbell
13 Rev. Jeremy Campbell	10 Rev. Jeremy Campbell
20 Ms. Allegra Hoots	17 Ms. Allegra Hoots
27 Rev. Doris Glaspy	24 Rev. Jenny Salas

SUNDAY ADULT BIBLE STUDY

Meets at 10:00 am
(before Worship Service) in the Lind Room
Be sure to attend this
motivating and **spiritual** experience

Supplemental Food Offers

Occasionally, through the Buildings and Grounds Committee, United Presbyterian receives excess food allocations from distribution centers of agencies in the city, such as ice cream, grapes, lettuce, juice, tomatoes, etc. Leave your name with the Church office (908-756-2666) if you want to be contacted when a food donation is received.

ATTENTION STUDENTS!

College students and high school seniors are reminded that they should immediately submit a FAFSA for financial aid for the Fall 2019 term. Financial Aid is often dispensed on first come first serve basis.

Student Care Packages

The Deacons sent "Care Packages" to the college students during the Fall term exam period. The big box of goodies were filled with enough food for the students to share with other students studying late into the wee hours.



Concerns

Call or visit our members below:

Janice Boot	BJ Klikus
Ronn Daniels	Frank Klikus
Carl Foerster	Gail Stokes
Helen Foerster	Izaiyah Stokes
Barbara Hyney	Jamie Sweeney

2019 Pledge

2019 pledges are welcome at any time. If you have not returned your 2019 pledge and wish to do so, please contact George Hansen, Ginni Hansen or Jan Boot. They can be reached at upcplainfield525@gmail.com or 732-674-3292.

2019 PER CAPITA APPORTIONMENT

Your annual Per Capita is \$40.45 and is shared as follows: General Assembly \$8.95, The Synod of the Northeast \$4.10, The Presbytery of Elizabeth \$27.40. Per Capita is a member assessment used to fund the operating expenses of governing bodies. (Book of Order; G-9.0404 d). There is an offering envelope for 2019 dedicated for the per capita payment.



January

6 Bola Falowo
10 Richard Lecky
11 Barbara Hyney
15 Izaiyah Stokes
17 Christopher Lecky
19 Jessica Dawson
20 Stanley Awobue

February

5 Tania Hemans
7 BJ Klikus
27 Kayode Falowo

CONTACT INFORMATION:

2019 Pledge email
Newsletter info
Church website:

upcplainfield525@gmail.com
upcnews525@gmail.com
<http://upcplainfield.org>

HELPFUL COUNTY CONNECTIONS

UNION COUNTY DEPARTMENT OF HUMAN SERVICES

Division of Aging and Disability Resources

Phone 908-527-4869 Director- Frances A. Benson

This office coordinates services for residents aged 60 or older by arranging for services such as:

home delivered meals
transportation
caregiver services
home health care

legal services
house-keeping
residential maintenance

housing assistance
adult day care
volunteer services



Members who live in North Plainfield, should contact the Somerset County Board of Social Services. Members who live in Piscataway, and South Plainfield, should contact the Middlesex County Board of Social Services.

Outreach and Advocacy

Phone 908-527-4811 Director -Maureen Segale-Glenn

The mission of this office is to raise the awareness among residents of Union County's government's existing services and programs. This is a good place to start if you are not sure what office can help you.

LOCAL TAXI NUMBERS:

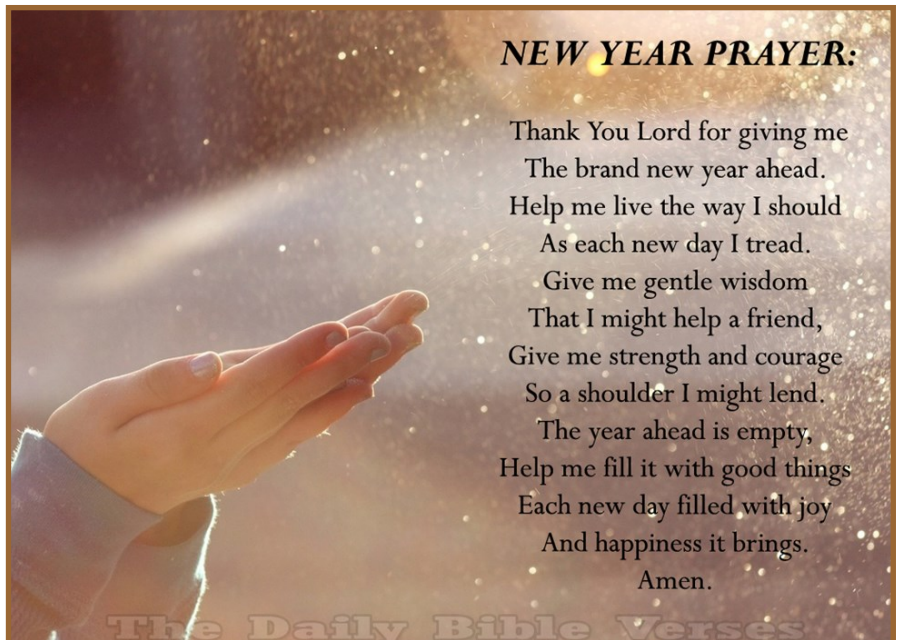
United – 908-548-0141

Liberty – 908-755-8800

Yellow – 908-412-9955

Senior Health Tips from AARP

- Get plenty of sleep
- Keep brain active – read, write, do puzzles
- Eat healthy meals
- Exercise
- Socialize – give others a chance to meet the fabulous you



NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.
Amen.

Memory Verse

I, the Lord your God, will hold your right hand, saying to you, "Fear not, I will help you." (Isaiah 41:13)

Wait on the Lord

Tom Norvell

Psalm 27 (among other things) reminds us of the confidence we can have in God. David reminds us of the confidence we can have that God will stand with us against our enemies (v.1-3). David reminds us that we can have confidence in God during times of trouble (v. 4-6). He assures us that we can have confidence of God's acceptance when we seek Him (v. 7-12). And he reminds us that we can express our confidence that we will see the goodness of the Lord (v. 13). This Psalm is such a source of strength to anyone going through a difficult time, regardless of the circumstances.

At the end of the Psalm we have a statement that both challenges us and gives us wise counsel. It is there that we discover if we really mean what we have read, prayed, or sung. It is there (v. 14) that he says, "Wait for the Lord; be strong and take heart and wait for the Lord."

When you need God to stand with you against your enemies,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When you are having trouble and need help,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When you wonder if God is still present and aware of your needs and condition,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When you anticipate seeing the goodness of the Lord,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When your life seems to be falling apart,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When your marriage is in trouble and you are considering some options that seem much more desirable,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When your children are growing, making decisions you disagree with, and you are about ready to "straighten them out,"
"Wait for the Lord; be strong and take heart and wait for the Lord."

When temptation is bearing down on you and you wonder if you'll be able to stand up under the pressure,
"Wait for the Lord; be strong and take heart and wait for the Lord."

When you are tired and wanting to quit,
"Wait for the Lord; be strong and take heart and wait for the Lord."

"Wait for the Lord; be strong and take heart and wait for the Lord."

As hard as it is to accept, there is perhaps no wiser counsel than what David gives us when he says, "Wait for the Lord; be strong and take heart and wait for the Lord."

What is that is bearing down on you today? What is it that has you ready to run and hide? What is it that makes you want to give up your walk with the Lord? Whatever it is, before you make any move, "Wait for the Lord; be strong and take heart and wait for the Lord."

Contributed by Bola Falowo

Children's Corner

A Clean Slate

Jesus erases our mistakes and gives us a clean start.



I want to follow Jesus. He is God's Son.

A Tasty Sandwich (Contd from Pg 1)

Pastor Samuel Yenn-Batah

When LaThelma and I left the doctor's office, we sat in the dimly lit lobby of the hospital to catch our breaths and process our thoughts. On that evening, the bad news we ingested a few moments earlier started to come back up. Not as digesting food. But as disorienting fears; and with our fears, up came our tears. With our tears, up came our hopes for a bright end to the year. In the moments that followed our fears and tears, I called one of my colleagues who is a nurse. She put us in touch with one of her colleagues who works with expert ultrasound technicians. As a result, we were able to get an appointment the next day to re-evaluate the ultrasound. We were relieved that we did not have to wait a week to get a second opinion from the experts. All we had to do was get through that night of bad news until our appointment at 11:00am.

What do you do when you find yourself waiting to get good news?

What do you do when you find yourself waiting to get good news? Do you cover your worry or loss until you become numb to their pain? Do you uncover the wound of your worry or loss until you're aware of their festering? Do you balm your worries or losses with optimism or cynicism? Do you shroud your worries or losses in a gauze of silence so that nobody knows the trouble you've seen? Do you soak the wound of your worry or loss in the peroxide of what internet says about your circumstance? What should Christians do when bad news has cut and left them in need of healing?

Bad news burdens all of God's people, no matter what good news came before it. Bathsheba tasted the pain of powerlessness and violation after David summoned her to have sex with him. Then she tasted the pain of death with the bad news that her husband Uriah was killed in war. Joseph tasted the pain of betrayal when his relatives trafficked him into slavery. Then he tasted the bad news of being slandered when Potiphar's wife framed Joseph for sexual advances on her. Hannah tasted the pain of her hopes denied after trying to give birth to a child for many years. Job tasted the pain of bad news crushing his life when he became afflicted with disease after disease after disease: first his cattle, then his kids, and then even his own skin. Mary and Martha tasted the pain of bad news when their brother died since Jesus took two days to walk two miles to come and heal him. And Jesus himself tasted the bad news of powerlessness, violation, death, betrayal, slander, hopes denied, and a crushed spirit as his own people shouted, "Crucify him!" Bad news burdens all of God's people, no matter who it is.

In *Telling the Truth* Frederick Buechner writes that, "The Gospel itself is bad news before it is good news." The bad news is that we are sinners; capable of doing good but not capable of doing the *saving* good that contributes to our salvation. Yet, the good news of the Gospel is this: God will not let bad news have the final say.

God did not let bad news be the last word for Bathsheba: she secured the succession to throne by Solomon (her child by David) instead of David's elder surviving sons by his other wives. God did not let bad news be the last word for Joseph: what Joseph's family meant for evil, God used to make Joseph a vizier, the second most powerful man in Egypt next to Pharaoh. God did not let bad news be the last word for Hannah: she gave birth to a healthy baby boy who became a prophet for Israel. God did not let bad news be the last word for Job: The LORD blessed and multiplied Job's livestock in the thousands, he became a great grandfather, and was healed of his infirmities. God did not let bad news be the last word for Mary & Martha: Jesus raised Lazarus to life after being dead for two days. God did not let bad news be the last word for Jesus: On the third day, Jesus rose from the dead with all power and life in his hands; bringing about the *saving* good that ensures that nothing, even death, will ever separate us from God's love. After all, God works all things for the good of those who love God.

So how much more for my wife and I? How much more for you and your situation? To all who are in Jesus Christ, bad news should not make us forever afraid; though we will worry for a moment. Bad news should ultimately make us aware of the witness of Scripture: that good news is the first and last word to those who believe in Jesus Christ. ***Now that's a tasty sandwich!***



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January 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
			7pm A/A	10:00am Seniors Exercise Class		7pm A/A
6	7	8	9	10	11	12
10am Sunday School/ Adult Education 11am Worship - Communion	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class 7pm Admin. Mtg.		7pm A/A
13	14	15	16	17	18	19
10am Sunday School Adult Education 11am Worship **Youth Sunday 7:30pm A/A 12:30 Deacon Mtg 12:30 Outreach Mtg	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A 7pm Session Mtg	10:00am Seniors Exercise Class		7pm A/A
20	21	22	23	24	25	26
10am Sunday School/ Adult Education 11am Worship 7:30pm A/A	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class		7pm A/A
27	28	29	30	31		
10am Sunday School/ Adult Education 11am Worship 7:30pm A/A	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class		

Committee Meetings (unless stated otherwise):

Youth Sunday—2nd Sunday monthly

Dedication Sunday—4th Sunday Monthly

Deacon & Communion Sunday—1st Sunday Monthly

2nd Sunday: 9:00am Worship Committee

11:30am Deacons Meeting

2nd Thursday: 7:00pm Administration Meeting

3rd Wednesday: 7:00pm Session Meeting

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February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
		11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class		7pm A/A
3	4	5	6	7	8	9
10am Sunday School/ Adult Education 11am Worship Communion-Agape (Love) Meal	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class		7pm A/A
10	11	12	13	14	15	16
10am Sunday School Adult Education 11am Worship **Youth Sunday 7:30pm A/A 11:30 Deacon Mtg	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class 7pm Admin Mtg		7pm A/A
17	18	19	20	21	22	23
10am Sunday School/ Adult Education 11am Worship Budget Presentation follows 7:30pm A/A	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A 7pm Session Mtg	10:00am Seniors Exercise Class		7pm A/A
24	25	26	27	28	29	30
10am Sunday School/ Adult Education 11am Worship Congregational Mtg. 7:30pm A/A	7:30pm Boy Scouts	11:30am Seniors Exercise Class	7pm A/A	10:00am Seniors Exercise Class		7pm A/A

Committee Meetings (unless stated otherwise):

Youth Sunday—2nd Sunday monthly

Dedication Sunday—4th Sunday Monthly

Deacon & Communion Sunday—1st Sunday Monthly

2nd Sunday: 9:00am Worship Committee
11:30am Deacons Meeting
2nd Thursday: 7:00pm Administration Meeting
3rd Wednesday: 7:00pm Session Meeting

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