

THE GOOD SHEPHERD

A Quarterly Newsletter of Christ Episcopal Church

Teaneck, New Jersey

Summer, 2010

RAMON'S REFLECTIONS

Summer is officially just around the corner.



It is a time when we “recreate” ourselves by using so much of the beautiful creation that God has so generously given to us and that in this part of the world is somewhat asleep during the winter months.

I know that many of you will take full advantage of the great weather and spend time with family and friends. It will be a time for gatherings, picnics, long, lazy days at the beach, boating, bicycling or whatever invites you to rejoice in the gifts that nature has to offer.

However, I encourage you not to forget your commitment to attend and support Christ Church. As a family, we also need one another and expect that everyone will make every possible effort to participate in the services and the ministries of our congregation.

Throughout this newsletter, you will see how vital and vibrant we are. The articles featured and the many pictures that fill the pages of this summer edition of “The Good Shepherd” speak volumes about how committed we are to making sure that Christ Church continues to grow in spite of the many challenges that we face.

I look forward to seeing all of you during the next several months of summer and certainly hope that you will come to our Annual Church picnic which will take place on Sunday, June 27th, an excellent way to kick in the start of our Summer Season.

OUTREACH

By Mary Sue Kaplow

The OUTREACH COMMITTEE meeting was held on June 7th. Only four people were able to attend but despite the small number we had a productive meeting. We discussed the possibility of using super market debit



cards to finance outreach expenses. This will be brought before the Vestry at its next meeting.

The FOOD PANTRY served nine people since last report. Our inventory needs constant replenishing and if every family

would bring four or five items each Sunday we could maintain a fairly decent inventory. The Outreach Ministry continues to work with the PASTORAL CARE TEAM ready to meet needs as they arise.

The PRAYER SHAWL MINISTRY continues to grow and inspired a member of St. Joseph's to attend our meeting as she learned about the ministry at Grace Church's information booth at the Memorial Day fair on Cedar Lane. Next month's report will update the number of shawls completed and blessed.

Sydonie Porter continues with her tutoring through the BERGEN COUNTY LITERACY PROGRAM. Hopefully her interest and active involvement will inspire others to make a similar commitment. There will be a WALK-IN DINNER hosted by Grace Church on Tuesday June 23rd and another hosted by Christ Church on July 6th. Both dinners need volunteers to prepare and

serve at the East Broadway location in Hackensack. Both dinners are projected to feed about 150 people.

The SOLDIERS ANGELS PROJECT is an ongoing project and we continue to collect games, snacks, and toiletries for the armed forces in Afghanistan and Iraq. The update on the latest mailing will be in next month's report.

The FAMILY PROMISE has located a church that has agreed to the specifications of implementing the transitional housing situation for the homeless families in Bergen County. This means that the former IRF (now known as Family Promise) will have its offices and its day center at the new location. They hope to make October their transition month. The congregations participating in the new format will either be housing locations or they will facilitate feeding and doing the overnight watch much the same as was done at St. Cecelia's in Englewood which we have volunteered to serve over the last 15 to 20 years. With the generosity of one person, this person has made a matching grant toward the purchase of a van which will be used to transport the families from the participating housing churches to the day center. fund raising for the van will be a project for the participating churches. This is a good news/bad news situation in that Christ Church will be losing its tenant, but the Family Promise work will be able to direct their efforts to help those homeless families so desperately in need.

SUNDAY SCHOOL BIDS **FAREWELL TO JESSICA**

By Dr. Joyce Banes
Director, Christ Church Sunday School

Sunday June 13th was bittersweet for our Sunday School. It was the last day for us to be together; some students were readers, others ushers and all received personal certificates for attending Sunday School. The congregation applauded enthusiastically as the teachers called each child by name. But,



our youngest teacher, who served as a chalice bearer that morning, will be going off to Johnson and Wales University in the fall. Jessica Porter has been an integral part of our staff for three years. Two of her students and her

co-teacher presented her with flowers, expressed their gratitude for her work and wished her well in school.

It will be hard to imagine our Group I class and our staff meetings without Jessica. She took her role very seriously, was rarely absent and offered excellent ideas at meetings. We know that Jessica deserves to move on to fulfill her academic and career goals but we will miss her dearly. During the service, Father Ramon invited all of the children to join him at the altar for his sermon. Toward the end of his talk with the students, Father Ramon taught them the song, "Day by Day". I hope that the students and Jessica remember the three heartfelt desires they sang that morning: to see Jesus more clearly, to love Him more dearly, and to follow Him more nearly. Have a wonderful, prayerful summer!

HELP WANTED FOR **SUNDAY SCHOOL**

*Assistant teacher for Group 1 class
PreK through Grade 4

*Coordinator for Nursery Program
(to begin in the Fall)

*Donations of equipment and toys for
nursery

*Teen Study Group: Asst. to Father Ramon
(to begin in the Fall) To meet twice monthly,
weekday evenings

If interested in any of the above opportunities
Contact Joyce Baynes: joybaynes@aol.com
Or 201.833.4010

THE IMPORTANCE OF FAITH

By Sydonie Porter



“We have come this far by faith leaning on the Lord, trusting in his holy word He has never failed me yet. Oh, can’t turn around, we’ve come this far by faith.”

The above words are from one of my favorite hymns, and it is a song that represents the patience and prayers that have sustained our family. Our children have come to the realization that their accomplishments would not have been possible without the blessings from above. It is our hope that they will continue to hold on to their faith and continue to trust in the Lord.

So I say to all you young adults, lean on the Lord and he will never fail you.

MY ROLE AT CHRIST CHURCH

By Alex Porter



Being an Acolyte has been very important to me. It has provided me with a leadership role, respect for God, and a fun experience to work with my church family. I am now old enough to attend the Men of Christ Church

meetings, and will participate in other church activities. I really see the importance of playing an active part in my community and my church because someday, I hope to be a recipient of the Teaneck Community Scholarship and the UBE Scholarship. God’s Blessings.

OUR YOUNG COMMUNITY

By John Reid

The young community at Christ Church is our future and part of the church’s inspiration. They bring vision, joy, and commitment to the Lord and to the world. Our young acolytes are well trained and disciplined individuals who serve on the altar at Sunday services. Through the eyes of the Lord who watches over them when they are in church and when they are not.

Acolytes not only serve on the altar, but are mentored by other organizations such as The Men of Christ Church and The Women of Christ Church. Their fulfillment



spiritually in and around the community will surely help to empower others, and build their own spiritual foundation. Future events include away trips to Six Flags, and The Acolyte Festival in Washington D.C., bowling to name a few.



*Any young men or women interested in
Becoming acolytes should talk
To John Reid or Father Ramon*

**MARLENE REID AND
DAVID BRUCE RECEIVE
THE DAVID P. HEGG II LIFETIME
ACHIEVEMENT AWARD**

By Charles Brown



At an Evensong on Sunday, June 13th, David and Marlene along with 60 others from churches throughout the Diocese the David P. Hegg Award. The event was attended

by at least 500 people and it took place at Saint Peter's Church in Morristown, NJ.

Bishop Beckwith was the officiant of the service and said how meaningful it was for him to present the awards at Saint Peter's since this was the same church that he served as associate to Rev. Hegg approximately 30 years ago.

The music and the choral selections were beautiful and were so fitting to this setting, a truly glorious cathedral-like place of worship.

A reception took place prior to the service where there was ample food and refreshments and the spirit of joy was not dampened by the rain.

What follows are pictures of our 2 honorees and the scripts that accompanied their awards.



“Marlene has been an active member of Christ Church for the past thirty years. During this time she has engaged in a myriad of church activities and held positions to which she brought enthusiasm and spirit. These include Vice President and President of the Women's Club, organizer of many successful fundraisers to aid the Outreach Ministry; alternate and delegate to the Diocesan Convention, and choir member. She currently serves on the vestry, is a District 8 representative, and is on the Church Pastoral Care and Parish Health Nurse ministries as a caregiver. Marlene is a true asset to Christ Church.”



“David Bruce and his family, who until 1981 held membership in the Church of England (Anglican) church tradition, transferred to the Episcopal Church as communicants in good standing on October 125, 1981. Beginning in 1984 he was licensed to serve as a lay reader and chalice bearer (Eucharistic Minister) at Christ Church, Teaneck. David has since served with distraction as a vestry person, leader of the Usher's Guild, senior warden, junior warden, search committee members, Buildings and Grounds Committee member, and currently Finance Committee member, treasurer, and leader of Morning Prayer. David's commitment for excellence in all that he does has been of inestimable benefit to Christ Church.”

Congratulations to both of them. Well done, good and faithful servants.

2010 TRICKY TRAY

By Ann VanVelthoven

This year's Tricky Tray is being held on Saturday, September 18th. Once again our goal is to make a profit of \$2,000. To accomplish this we need your help. Last year we had 143 regular gifts, 13 special gifts (over \$75 in value) and 1 giant food basket. Obviously, we would like even more

gifts this year.

By now, most of you know how a Tricky Tray works and what we need for gifts. As in the past, if you can't make a gift "basket" or wrap your gifts, just bring them to Church and we will package them. If you can't get all the items for a particular "basket", get what you can and we will work it out.

Cellophane, wrapping and tissue paper (both Christmas and solid colors) and curling ribbon for packaging the gifts is also needed.

Finally, we need all of you to save the date and invite your friends and neighbors to join us.

Thanking you in advance for your anticipated cooperation in making this our best fund raiser ever!!!!

The following is a list of gift suggestions:

*Mexican "Basket": Tequila, margarita mix, salsa, queso, nachos;

*Italian "Basket": Wine, pasta, canned tomatoes, sauce and paste;

*Pets: Toys, treats, feeding dishes, collars, etc.

*Candy: Assortments of boxed & bagged candies;

*Cookies: Boxes of them;

*Snacks: Chips, pretzels, nuts;

*Deserts: Cake mixes, icings, cake decorations;

*Cooking and baking items: Pots, pans, pot holders, measuring cups and spoons, cake and muffin pans, pie plates, rolling pins, etc.;

*Puzzles: jigsaw puzzles, crossword, etc.;

*Coffee and tea: Selections of both, mugs, tea pots, etc;

*Baby: Pampers, receiving blankets, diaper bag, etc.;

*Crafts: Crayons, markers, construction paper, drawing paper, etc.;

*Cleaning items: Broom, dust pan, dish drain, etc.;

*Christmas items: Cards, wrapping paper, tags and bows, ornaments, etc.;

*"Green" Items: cleaning products, reusable shopping bags, etc.;

*NEW toys, games and stuffed animals:

*DVD's, CD's and Books;

*Computer supplies: Printers, scanners, paper, etc.;

*Small (or large) appliances: Coffee makers, toasters, microwaves, etc.;

*Gift Certificates: Restaurants, supermarkets, bakeries, movie theaters, retail stores, etc.;

*Scratch off lottery tickets

*Wine, beer, "spirits" for some baskets of cheer;

*Food for a BIG FOOD BASKET Door prize.

Reminder: The room we're storing the fits in gets very hot over the summer, so please hold off on brining in any perishable or edible items until it actually gets closer to the date of the event.

*This will only be successful if
Everyone does their part.
Thank you.*

UBE DINNER A GREAT EVENT

By Jessica Porter



On Sunday June 13th I attended the Union of Black Episcopalians 5th annual scholarship banquet. This dinner was special to me because I was a recipient. This monetary award will be a great addition towards my college tuition at Johnson and Wales University.

This has been truly a great religious experience for me. I am truly blessed for the support that I have received from my church family and Bishop Beckwith. Blessings.

CHRONIC HYPERTENSION

By Marie E. Reid, RN, BSN, A.A.S., LNC

What is chronic hypertension? It is a condition where your blood pressure is usually higher than normal. Higher than normal blood pressure is the systolic blood pressure (the top number) is >139 millimeters of mercury and the diastolic blood pressure (the bottom number) is higher than 89



millimeters of mercury. To be diagnosed with hypertension you have to have two or more blood pressure readings on average taken by your physician.

The heart is a vital pump to supply the body with blood. Every time it pumps, a large volume of blood is released and sent to all parts of the body. The systolic blood pressure is the measurement of the highest pressure in the blood vessel each time the heart pumps. The diastolic pressure is the lowest pressure in the blood vessel when the heart rests between beats.

There are two types of chronic hypertension: **Essential hypertension** is the most common type, the cause is unknown and you usually have no symptoms. If you have a family history of hypertension, obesity, eat a high salt diet, being inactive, under a lot of stress you are at risk for developing this type. It occurs mainly in people 20 years of age and older.

Secondary Hypertension occurs due to other medical conditions. You may have mild to moderate signs and symptoms. Your physician will do tests and monitor you closely.

The causes of secondary hypertension are:

- Disease or problems with your thyroid gland, adrenal glands or kidneys;
 - Drug abuse i.e. amphetamines, cocaine, and nicotine;
 - Being around certain chemicals i.e. lead or mercury;
 - Drinking alcohol, using too much salt in diet and eating licorice;
 - Medications i.e. steroids, birth controls, aspirin certain herbal medications (ma-huang), cough or cold medicines;
 - Narrowing of the blood vessels of your heart
- There are three stages of chronic hypertension for adults.

Pre-Hypertension is used to identify people who are at risk of getting hypertension. You are at risk if your systolic blood pressure is 120-139 millimeters of mercury or your diastolic blood pressure is 80-89 millimeters of mercury or both.

In **Stage I** your systolic blood pressure is 140-159 millimeters of mercury or your diastolic blood pressure is 90-99 millimeters of mercury or both.

In **Stage II** your systolic blood pressure is greater than 160 millimeters of mercury or your diastolic blood pressure is greater than 100 millimeters of mercury or both.

What are cardiovascular disease risk factors? The higher your blood pressure the greater your risk for developing the following: heart attack, stroke, heart failure or kidney disease.

Major risk factors for cardiovascular disease include:

- Hypertension;
- Cigarette or tobacco smoking;
- Diseases such as diabetes mellitus, high cholesterol, kidney disease, proteins in the urine;
- Family history occurring at an early age;
- Men over 55, women over 65;
- Lack of exercise;
- Obesity;
- Being African-American, Hispanic, or Native American;
- High salt diet;
- Drinking too much alcohol often.

Here are signs and symptoms that you may experience if your blood pressure is high:

- blurring or loss of vision;
- chest pain;
- dizziness, faintness;
- mild to severe headache;
- sudden unexplained body weakness;
- trouble breathing;

What you can do to prevent your chronic hypertension? Lifestyle changes may help decrease your blood pressure and prevent or delay the onset of hypertension. Avoid drinking alcohol no more than two drinks per day, eat low fat dairy products, avoid canned and frozen meals they are high in sodium. Exercise regularly, reduce stress, stop smoking, take your medicine regularly and always check your blood pressure before taking your medications.

Call your doctor if any of the following occur:

- Your blood pressure is higher than normal and does not go down even after taking your medication as prescribed;
- Questions or concerns regarding your condition, medicine or care;

CALL 911 if you have the following symptoms:

- A very bad headache, confusion, problems understanding things or talking;
- Chest pain or discomfort that spreads to your arms, jaw;

- Lips or nail beds turn blue or white in color;
- Nausea, sweating, and trouble breathing;
- Not able to see out of both or one eye;
- Unusual or sudden back pain;
- Weakness or numbness in your arm legs or face. (These symptoms may happen on only one side of your body.)

UBE DINNER AWESOME SUCCESS

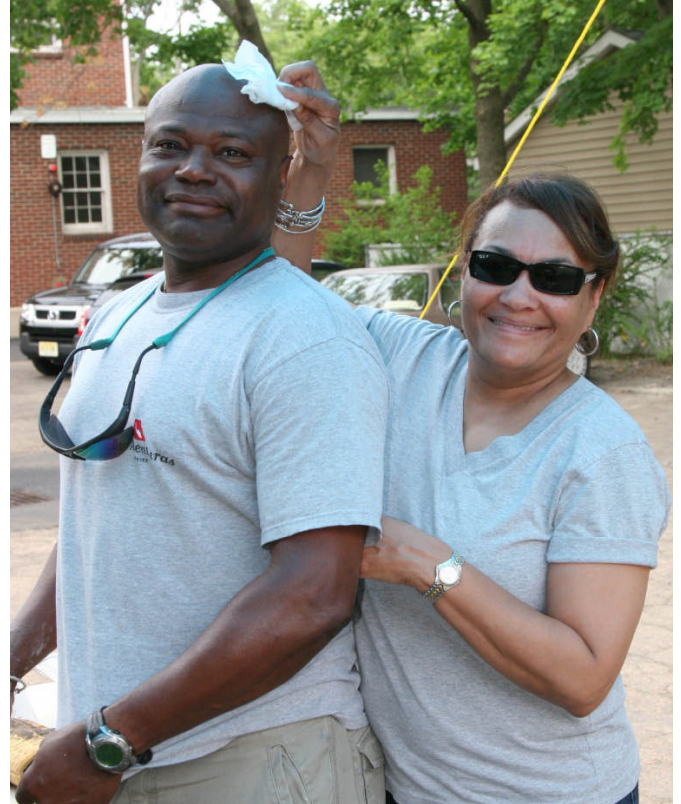


If he appears taller and more handsome than ever, then he well should be. As President of the Newark Chapter of UBE (Union of Black Episcopalians, Aubrey, Clare and the Steering Committee did a magnificent job of in preparing what turned out to be more than just an elegant dinner. It was a night of fun, fellowship, and family gathering as approximately 150 Episcopalians from the Diocese gathered with Bishop Beckwith to honor and grant financial awards to 6 young persons who just graduated from high school and our on their way to a college of their choice. Our own Jessica Porter was among them. Kudos to all who made this event such a great success.

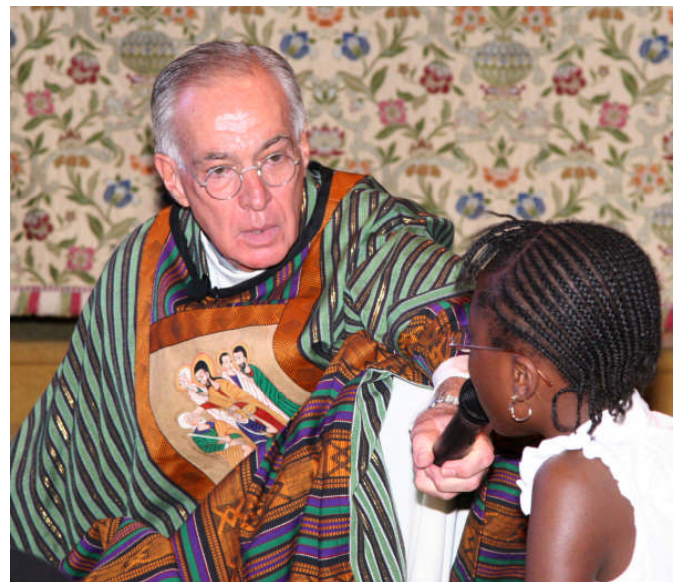
They say a picture is worth a thousand words, so here are a bunch of them!



3 Generations



The Fish and Coleslaw were awesome!!!



I hope I can get up from the floor when this is over!



We Are Proud of you 2!!!



You Truly are a Joy(ce)!!!



Save me a corner!!!



Today was a good day for the Fashion Business!!!



Is there a Chiropractor in the house?



“What do you expect? I am not even 2 yet?”



What a Party Animal!



♥ Ebony and Ivory go together in perfect harmony, side by side... ♥



♥ Love is in the Air ♥



Proud of my military service and worn in memory and honor of the Men and Women from Christ Church who have served in the Armed Forces.

CHRIST EPISCOPAL CHURCH SUNDAY EUCHARIST AND PICNIC



COME JOIN US
ON
SUNDAY JUNE 27TH
AT 10:00
333 WARWICK AVENUE:
THE RECTORY

(Corner of Rugby Road – Look for the flags)

Please bring a chair for your personal comfort.

Join us for a fun-filled afternoon.

Any questions please call the church office at 201-833-4502.

As I prepare to Celebrate my 35th Anniversary of Ordination and
What would have been my parents' 63rd Wedding Anniversary
On August 15th, here are a few pictures from the past.



POPE JOHN PAUL II and FR. RAMON AYMERICH

*Father Ramon recalls
meeting New Pope*

Many people in Western New York can boast that they know the new Pope John Paul II., and Fr. Ramon Aymerich, Associate Pastor of St. John's Church in Alden, is among them. In the above picture he is shown with the then Cardinal Wojtyła

They met while Fr. Ramon was a student in Rome, Italy. The Pope and Fr. Ramon share similar backgrounds: They both are of Polish descent, come from the Communist controlled countries and enjoy singing and the outdoors, especially while skiing or mountain climbing.

Father Ramon's impression of the new Pope: "While a highly intelligent man, Pope John Paul II is a humble and down-to-earth man. His position in Poland as a religious leader in a Communist country has given him the opportunity to deal with many people on some rough issues and has been very successful. I think he will be a 'People's Pope!'"

**What a
difference 35
years make! But
then what a
difference 63
years also make!
However, I was
such a quiet and
gentle baby!!!**

**Whatever
happened?**

