



# The Dove

Church of the Holy Spirit - 3 Haytown Road - Lebanon, NJ - churchholyspirit.org

**OUR MISSION:** to become Christ as we serve others, proclaim God's love, and grow in the Spirit



Jaime Gora Photo

## 2023 NINE-MONTH RECAP

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## What We Contain

I've been thinking about our understanding of our humanity as a container. We're vessels. We carry things. Thoughts. We certainly carry emotions. Obviously memories. We carry wounds and scars. We carry some hope. Some feeling that tomorrow it might happen for us.

We also are containers for others. That's what a community can do. We can, together, contain some of the feelings that individuals cannot, on their own, master. Cannot, on their own, hold together.

Death is hard. Death is really hard. Death causes us to think things, and to do things, and to say things, that—when we're not in the midst of grief—we don't do, or say, or think. Our brains have a different chemistry when we grieve. It takes a group of people to contain someone who is grieving. To just hold them long enough so that the very person who they are can emerge again. The capacity of a spiritual community to contain each other is the great gift of it, whether that's a mosque, temple, or a church. Communities of faith have that capacity to contain feelings that you can't put words on. That capacity allows the grace of time to come in, not so much to heal, or make it go away, or to distract us from another thing, but so that we have the time to come to terms, become woven in with the experience that, in the moment, overwhelms us.

We have to give, as a community of faith, an extra large amount of container space right now, I think. We're being challenged by various circumstances and actions that come with a death. It isn't so much that we rise to the occasion, but we just open ourselves up more and we stretch more and we give more space and become that holy container that can embrace the grieving, and give it room to feel the warmth of the sun again.

When you're in a space that's shadowed, come to a community of faith—whichever one it is for you—and if it's a good one, it's going to be able to contain you, and hold you, and be present to you long enough for you to feel yourself again. Give yourself a great gift. Ask for help.

*Very Rev Philip Carr-Jones*



*Sermon on the occasion of the memorial service for Fanta Fofana on May 30, 2023. If you were not able to attend you can access the recording on Facebook. It was a wonderful tribute to Fanta and a great support for her children, many of whose friends were in attendance.*

## From Rev. Barbara Crafton

Part of A Franciscan Benediction: May God bless you with tears to shed for those who suffer pain, rejection, hunger and war, so that you may reach out to comfort them and to turn their pain into joy. And may God bless you with enough foolishness to believe that you can make a difference in the world, so that you can do what others claim cannot be done. To bring justice and kindness to all our children and the poor.

*Mother Crafton is an Episcopal priest and author. She heads The Geranium Farm, an institute for the promotion of spiritual growth. The CHS chapter of Daughters of the King sponsored a women's retreat on March 18th; Rev. Crafton was the retreat leader. The occasion was covered in our April-May issue. You can find more information about her and her work at [geraniumfarm.org](http://geraniumfarm.org).*

## April 7- 9 Easter Services

Easter Vigil Bonfire, April 8th



### Good Friday, April 7

The CHS Good Friday Day of Service was a memorable one. More than 85 volunteers were involved in various tasks

- † We completed work at thirteen houses as part of the Mr. Fixit project of Hunterdon County.
  - † We helped Good News Home for Women clean out storage areas on their property.
  - † Meals on Wheels gratefully distributed the 90 wreaths that we made for their clients.
  - † We helped the Sunday School finish eight blankets for the Linus Project.
  - † Caps were knitted and crocheted for the Seafarer's Institute's Christmas at Sea program.
  - † Several projects were completed around CHS including outside pruning, Altar Guild room cleanup, electrical rewiring, and Parish Hall renovation work.
  - † Additional food and personal care products were donated to area food pantries on Friday and Easter Sunday. Much of this organization was due to the efforts of vestry members Jane and Jeff Anderson.
  - † Information was sent to several Hunterdon publications and we had a few new folks join us that day because of it.
- A special thank you to those parishioners who spearheaded the projects and those who organized and contributed food for breakfast and dinner that day. *Sally Bird, Chair*



## April 28 Youth Faith-Based Yoga

A Yoga event for grades 8-12 was held at Honor Yoga in Flemington in partnership with One Voice of Hunterdon County. The Diocese of NJ Youth Ministry provided a \$1,000 grant to use for the purchase of yoga mats, snacks and bottles of water. All clergy in Hunterdon Country were invited to attend along with their young people. *Deacon Michellésie*

## May 21 Newcomers Sunday



*Newcomers welcomed (not all pictured) were*

*Janice DePinto*

*Karen Holmes*

*Melvin Genao & Fisayo Tunde & son*

*Janet Matts*

*James & Janeen Ryan & daughter*

*David & Alison Schnaudt & two sons*

## May 29 Memorial Day Parade

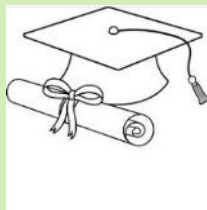
Our ever-changing float got another workout on Memorial Day weekend in nearby Whitehouse. As is the case with most CHS events, many photographs are available on our website, [churchholyspirit.org](http://churchholyspirit.org). They are such fun to check out and we have many folks who participated in this one and “memorialized” the occasion with their photos (yes, pun intended)! This is one by Rex Van Veldhuisen.



## June 3 Grounds for Sculpture

Dale Dabour reported that a dozen folks traveled to this wonderful outdoor sculpture museum in Hamilton, NJ and walked the grounds, then enjoyed a meal at Rats Restaurant. Hundreds of contemporary pieces of art are arranged on 42 acres of beautiful property. You can do a virtual tour at [groundsforsculpture.org](http://groundsforsculpture.org) to whet your appetite for a visit.

## June 11 Congratulations to our High School Graduates!



Jake Altom (Purdue)

Will Altom (Virginia Tech)

Charlie Curtin (Berklee College of Music, Boston)

Ayan Jones

Melissa Olsen (Rider University)

*Ed Note: This list is as complete as the information provided to us; we weren't aware of any college graduates this year. Thanks to Marge Keller for reaching out to compose the list. The next issue (Feb-Mar '24) is available for additions if you like. It's never too late to applaud these achievements! The graduates we knew about were recognized at church on Father's Day (June 11th).*



## June 25 Picnic Palooza at Pickell Park, Readington Township

The CHS annual off-site picnic was lots of fun even though the skies were threatening to open up. Thanks to Dale Dabour and Janet Matts for helping to organize it and to Father John Rollins for blessing the bikes (and feet!) while Father Phil was away.

*Photo by Dave Dabour. The CHS website has lots of photos (under the Pentecost Listing). Check it out.*



## July 8 Somerset Patriots Ball Game

CHS was represented in force at the Patriots game for the second year in a row. Some of our kids and teens were even able to get out onto the field for promotional games. Even though the Reading Phils won the game 6-5, it's always fun at TD Bank Park. The evening was topped off by a world-class fireworks display and the weather was perfect. More than 3 dozen folks attended. Thanks to Dale Dabour for organizing us and to Ricky Waller and Dave Dabour for some great photos.



## July 16-20 Diocesan Choir Camp



After a pandemic hiatus, the annual choir camp resumed in beautiful Cape May. Participants included Melissa Olsen and Melissa and Luke Schnaudt. The choir members practice at the local Church of the Advent and are housed at Holiday House, run by the Girl's Friendly Society of the Episcopal Diocese of Pennsylvania. A Choral Evensong concludes on the last afternoon.

The dates for 2024 have not yet been set, but you can find more information by clicking on [https://dioceseofnj.org/know\\_your\\_story/diocesan-choir-champ-is-two-weeks-away/](https://dioceseofnj.org/know_your_story/diocesan-choir-champ-is-two-weeks-away/) (sic) Thank you to Marge Keller for the photo, which includes the Diocesan Bishop, the Right Reverend Dr. Sally J. French, preacher for the Evensong Service.

## August 21-25 Vacation Bread (& Bible) School

Father Phil and some wonderful area bakers helped campers learn about the meaning of bread in Christian faith and practice. They baked different breads, making enough to take home and to give to Meals on Wheels and others.

## August 22 & 28 and September 6: Welcome Forward Barbeques

These three separate evenings on the same theme gave many of us an opportunity to connect and reconnect — to CHS in particular and church in general. What can we do to make both more inclusive? What can we add or improve? Father Phil's introduction was original (no surprise there!) and his analogy of Colgate (not the toothpaste) was puzzling but definitely appropriate.

The meetings were thought-provoking enough that some of us attended more than one. Conversation did not flag and the food, as always, was terrific. Thanks to Gary Scott for cooking, to Jane and Jeff Anderson for organizing, and to all who helped with set-up, side dishes and clean-up. Bishop's Market donated hamburgers and hotdogs, and ShopRite, lots of extras.



Photo:  
Glori-Jean Waller (r)



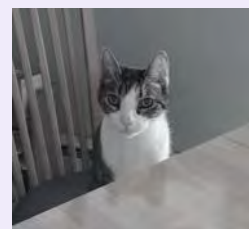
## September 24 Addiction Awareness Sunday

We designated the last Sunday of September to acknowledge the struggles that many of God's children have with addictions — mental and/or physical. Deacon Dot shared her story with Fr. Philip in an interview at both services. We plan to continue to observe the last Sunday of September in this way every year going forward.

## October 7 Outdoor Blessing of All God's Creatures

While the turnout was disappointing this time, the thought was there. Father Phil was ready and waiting at Pet Smart, Flemington in honor of St. Francis and all our beasties, whether furry and four-legged, winged, or slithery. Let's hope next year we can attract a crowd. Ideas, anyone?

*While Gracie Brooks wasn't in attendance (I don't want to wind up in the ER again, since she hates the carrier), here she is. She was included in my W3K blessing — Ed.*





## November 5 All Saints Sunday



As part of a CHS long-standing tradition, many parishioners brought photos of those loved ones who have gone on to better life so that they could be remembered by name. The pictures were displayed at the front of the altar, and the Paschal candle was passed hand to hand during the Litany of the Saints so that worshippers could remember them at either service.

*GloriJean Waller photo at 8:00 am*

## November 11 Consumer Affairs Presentation on Scamming

A representative of the NJ Division of Consumer Affairs spoke about how to avoid getting scammed. She provided handouts discussing the various types of scams that have become ubiquitous in daily life — by email, telephone, text, unwanted door-to-door visits — and concentrated on telephone scams given the time constraints of the meeting. Much more information can be found at [NJCCOnsumerAffairs.gov](http://NJCCOnsumerAffairs.gov). [And with the advent of AI, it is even more important that we all learn how to protect ourselves.]

## November 18th Bountiful Harvest Service Auction

The success of this annual event resulted from a *wonderful* community effort from the parishioners of CHS, ably guided by the talented Jane Paradiso. Kudos to all who pitched in to donate items, help with setup and cleanup, prepare yummy appetizers, hearty finger food and desserts, and generally invest their time and energy (and their bidding dollars) to support this most important fundraiser in the CHS calendar. And what a success resulted! The food, the company, the auctioneer (thank you Alex van Veldhuisen), the spirited bidding — all combined to make it not only well above expectations for the parish purse, but a lovely night out for the attendees.



Photo by Janet Matts



One of the pleasures of the evening was admiring the beautiful renovation of Dove Hall completed by Alex van Veldhuisen and his merry band in early September. Among other improvements: paint, lighting, air conditioning/heating, floor refinishing: what a wonderful space it is! And in conjunction with our professional kitchen, even more of an attraction for our use and for that of our neighbors, too. Thank you to Alex and to all who contributed their time, treasure and talents to the effort.



*Photos: (left) Chris Hanneken; (right and above), Janet Matts*

## December 1 Clinton Christmas Parade Washout

Mother Nature was not kind to Clinton this year. The evening was cold and rainy, and so our plans were pretty much scrubbed. Some stalwart onlookers and participants refused to be daunted, but this photo, taken by Joni McKelvey and reproduced with permission, is representative of the magical world that usually can be seen during the season leading to Christ's birth.



## December 9 Santa's Workshop



Crafts, games and light snacks were featured at this inaugural event, with the highlight being pictures with Santa and Mrs. Claus taken at the Dabour Photography Booth. Thank you to Sarah Shive and Sally Bird for helping with the logistics and to the additional elves who were there to help out as well: Eva Lesniak, Meg McKenna, Chloe Shive, Karen and Tessa Chardoussin. Almost two dozen kids and their families attended.



*Thank you to Dale Dabour for her oversight and to Dave Dabour, photographer extraordinaire, for these images.*

## December 21 Blue Christmas

In what is not always a happy season, we take time to remember those who cannot share in our joy, either because of loss, loneliness, or other causes of grief. On this longest night of the year many churches hold such a service. It is also the traditional feast day for Saint Thomas the Apostle. This invites us to connect Thomas's struggle to believe the tale of Jesus' resurrection, the long nights just before Christmas, and the struggle with darkness and grief faced by those living with loss.

## December 24-25 Advent, Christmas Eve, Christmas Day

What a busy time for the church! On Sunday morning we closed out the expanded Advent Season and then prepared to dress the Sanctuary and the rest of the building in its Christmas finery. Many photos (and videos, thanks to Dave Dabour) capture the two Christmas Eve services and are available on the website. The first, at 4:00 pm, featured the children's play *Papa Panov*; the 7:30 pm Eucharist was preceded by a Carol Sing. Father Philip urged folks to wear their PJs to the 10:00 am service on Christmas Morning. (Wonder if anyone did?)





## Blood Drive December 27th

Jane and Jeff Anderson, who have spearheaded this great community service for many years, were able to schedule the first blood drive at CHS since Covid came to town. They reported that Blood Services has a new director and he is very interested in reintegrating CHS into its regularly scheduled drives. He hopes that the next one will be in March or April, and has shown an interest in supporting our efforts with advertising before the event.



*Eva Lesniak Photo*

We collected 24 units this time, which have the potential of saving 72 lives in our community. Thanks to all who were able to participate!

## 2023 Ongoing and New Ministries at Holy Spirit

### Breakfast Sundays — April through December

Between spring and chilly winter, six breakfasts were held on the second Sundays of May, June, and September through December. Obviously that doesn't include the meals of Easter week or the picnics or Welcome Forward barbecues that are included elsewhere in this wrap-up issue. Hosted by a number of different parishioners, and organized by Jane Paradiso, who served as orchestrator (and in December spoiled us with a full table virtually by herself), these between-the-services breakfasts are a wonderful way for us to share experiences and to meet folks we may not have seen before. Jean Wallace was able to join us in a special celebration for her 99th birthday in November. What a treat it was to see her!

The food was delicious and breakfasts were fairly well attended. Going forward let's encourage new people to join those who routinely take a turn, Jane reminded us in her annual meeting report that professional dishes are not expected or required. It's the camaraderie that is important. (And since some of us, like your editor, don't cook much any more, that's just as well! But I can put together a cheese and fruit tray or a selection of bagels and spreads!) No-one signed up for January, so there was no breakfast (sigh). Can we do better next month?

*GloriJean Waller photo  
November 10*



## 2023 Choir / Music

The year 2023 saw the rebirth of our choir program after the pandemic. Although the number of singers continues to be a challenge, we have nevertheless maintained a consistent schedule of rehearsals and Sunday singing. In addition to short rehearsals before and after services, we meet on the second Thursday of each month for dinner at 6:00, followed by a longer rehearsal during which we usually read through new music for the upcoming month. Anyone who is interested in joining the choir is welcome to come to any of the dinners or rehearsals, where a spirit of camaraderie and friendly banter is virtually guaranteed, even if the right notes are not. We are especially seeking tenors.



*Alexei Tartakovsky*

## Rebirth of the Bell Choir

Over the summer of 2023, a group of CHS parishioners decided to dust off the hand bells and experiment with a “summer” bell choir. It was very much a cooperative effort with all of our members bringing different levels of expertise and learning from each other. We had nine members to start (Eva Lesniak, Trish & Ellie Curtin, Cate Mattison, Ann Holt and her daughter Sara, Natalie and Jasmine Marlow) and provided our first musical offering of *Lead Me, Lord* during the 10:00 service on August 20. The group enjoyed both the music and the company so much that we decided to continue indefinitely, adding two new members—Dale Carney and Lily Wyglendowski—and are learning together as we go. We played *Spirit of the Living God* on Sunday, November 5; *O Come, O Come, Emmanuel* on December 17; 10 and accompanied *Angels We Have Heard on High* during the carol sing portion of the Christmas Eve Service.



*Tricia Simpson-Curtain*

## Children 's Formation

Children's Formation resumed in the 2022-23 school year as Covid eased, combining children from ages pre-K through 12. The group has been small but enthusiastic.

In the fall of 2023, Sunday morning Children's Formation began meeting in the St. Nicholas room (formerly the Nursery). The formation classes combine learning and service with projects including knotting blankets, decorating bags for Meals on Wheels, creating cards for shut-ins, and packing meals for those in need. Many creations were displayed outside the Sanctuary. The group also hosted a Hot Chocolate Bar breakfast Sunday together.

Confirmation classes for youth began in October. They are incorporated into the Youth Formation meetings twice a month and will continue through the first half of 2024.

*Lindsay Wyglendowski and Wendy Hallstrom*

## CHS Interfaith Journey – Summer 2023

This past summer several CHS members and others explored five different places of worship to learn about different faith traditions. Through her Interfaith Council, Deacon Michelleslie set up these visits to include education on the faith tradition, understanding of customs and practices, attending a specific service, and in all cases, a lunch that reflected that tradition.

We were welcomed graciously by each of our hosts and met members of their congregations.

- ◆ The **Al Falah Community Center/Mosque** in Bridgewater gave us a warm welcome, discussion, and after Wudu, (washing of the hands and feet), a call to prayer and service, and a Halal lunch with more discussion.
- ◆ The **Kadampa Buddhist Meditation and Peace Center** was a scenic ride to Glen Spey, NY which provided a very peaceful setting, an understanding of the various Buddhas, and a most enthusiastic monk who shared the details of the traditions and answered our many questions, with a vegetarian lunch and a walk on the beautiful grounds.
- ◆ The **Siri Venkateswara Hindu Temple** in Bridgewater started with a delicious Indian dinner and a walk through the temple observing the various Deities and puja offerings, along with worship traditions in progress.
- ◆ **St. Anna's Greek Orthodox Church** was preceded by a Greek dinner at a local restaurant and a special service to the Blessed Virgin in a beautiful church setting with hand-painted panels reflecting the life of Christ.
- ◆ The **Flemington Jewish Community Center** gave us a thorough review of Jewish traditions, a review of the Shabbat service which we attended, a closer look at the Torah, and a generous lunch following the service.

Some of the participants got together after the series to discuss our experiences and ways to think about an Interfaith project together. We all brought foods that reflected one of the visits. So, food for the mind, the soul and the body throughout! Thanks to Deacon Michelleslie for this unique opportunity. We look forward to more discussion and visits to continue building an interfaith community!

*Janet Matts*

## Wednesday Meditations

On Wednesday evenings during Advent, Chris Wyglendowski introduced us to Holy Spirit Sangha for Mindfulness Meditation in the Plum Village Tradition ([PlumVillage.org](http://PlumVillage.org)) of Zen Master Thich Nhat Hanh. The series was a restful and reflective 45 minutes of meditation and sharing. We practice slowing down, listening, and re-connecting our minds and bodies.

Some participants lay on the heated floor of the Sanctuary, with or without yoga mats or cushions. Others preferred to sit in chairs.

This quiet, soothing time was so successful that Chris has agreed to continue in 2024. If you have questions, ask Chris in person or by email at [cwyglendowski@gmail.com](mailto:cwyglendowski@gmail.com).





## We Care — For Others and For Each Other

### Caregivers Support Group

This relatively new ministry began in 2022 and provides emotional support to those navigating the challenges and transitions that arise with aging or ill parents, spouses or other loved ones. There are typically three to five caregivers attending each month, and we welcome those outside the parish too. In addition to providing one another with emotional support and comfort, we also brainstorm techniques for handling difficult or delicate situations, share approaches for exploring what resources are out there, offer advice for how to “share the load” with siblings, as well as practical tips for self-care. We are very grateful to Deacon Michelleleslie, who serves as the chaplain for our Caregivers Support group. Meeting discussions are Confidential. This lovely, gentle group continues to meet on the first Monday evening of every month at 7:00 pm via Zoom.

### Food Pantry

Our parishioners continue to be very generous in their support of the Open Cupboard Food Pantry in Clinton thanks in large part to the faithful guidance of Suzanne and Katie Higgins, who make sure that the contents of the Red Wagon, once blessed at the Sunday service, are delivered. At this writing, the pantry reports that their members had received 750 pounds of food and needed personal items from us in the first three quarters of last year. The need is real, and continues to grow. [If you find it difficult to get to the store, ShopRite cards are welcome].

### Shawl Ministry

Our Shawl Ministry has been active for over 20 years now, both with the inmates at Edna Mahan Correctional Institute for Women and in small gatherings. We have distributed countless prayer shawls throughout the world; recipients can feel the love and prayers woven into every stitch. Some needleworkers meet at the church on Monday afternoons from 1-3. You are welcome to join them for conversation — and instruction if needed. Let a member know if you'd like a shawl to be sent out.

*Susan Kane and Carol Crawford-Jones*

### We Care

We are blessed at CHS to have such a warm and loving faith community. The We Care group was formed several years ago and more volunteers join regularly. How wonderful!

There are so many ways we can help each other. You may have thought about volunteering, but hesitate. We are all busy. But many hands make light work, a cliché that holds true. If you think you might be able to drive on occasion, great. But there are other ways to help. Some of us write notes, make an occasional phone call, or deliver an occasional meal. Just the smallest gift of time or talent is appreciated.

Conversely, if you *need* help but don't know how to get it, ask. We're happy to answer. We don't reveal personal information. Generally all that is needed is to confirm your address and telephone.

*Susan Kane and Liz Cannizzaro*