



Highlights of diocesan news in printable format — June 28, 2023

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From the Bishop

The Summer of Sabbath

This is a transcript of a video message.

This is Bishop Hughes in the Diocese of Newark. And as we head into the summer, I'm asking our entire diocese to think about and to practice Sabbath. I'm going so far as calling this the "Summer of Sabbath" from July 1st until Labor Day weekend.

Let me tell you why I think this is important and what it will look like in our diocese. When we read our creation story – and even if you don't read it, and just think over it, and remember the essentials – that God created heaven and the earth, and then brought forth the land and seas, and fishes, and animals and trees, and all kinds of things into being. Each day as God created something, God got to the end of the day and said, "This is good." And then went on to the next day calling forth more things until that sixth day, when God called humankind into being. Everything else got called good, but humankind God called very good. And after that sixth day, God looked at everything that God had created, said, "This is good," and then said, "I think I'm going to rest." And God took the very first Sabbath.

From my point of view, this sense of working and working hard, and then taking a Sabbath is established to us by a God who created us and created us in God's own image – that there is a need for rest after one has worked hard. I am not going to say that the Episcopal Diocese of Newark has created and called things into being this year that we could – that are as big as the planet and the sun, the moon, the stars and all people. But we have been working hard at reinventing church. And some of us have been working hard at the same

tasks that got us back up on our feet as pandemic began. I know in some of our churches, we have people who've been running the online function, and taking care of that for more than three years. Our clergy, our staff, our lay leaders, even our people sitting in the pews – all of us need a time of rest.

And I'm going to ask you to take a look back at the last year and say, "Hey, this was good work." We know we don't have all the answers yet. We know God is calling us into a new way of being church, and that we keep reinventing and tinkering and trying new things. And some work and some don't work. But we keep working on new things. And as we do that, things are changing and shaping into something else. And when you work and work hard, you do get tired.

So I've asked that the parishes of our diocese take things down to the essentials over summer. This is not unusual. Many vestries don't meet in July and August, the governing bodies of the diocese do not meet in July and August. Please note, I'm not saying do nothing, we will still have Sunday services, churches will still have picnics or particular gatherings that they do in the summer. But it's not the time to launch a new programming series this summer. It is the time for Sabbath.

Now for some of us, thinking about Sabbath is something that we don't quite know how to do – we like using the word but we don't know what to do with it. So I'm going to ask you to think of Sabbath in three specific ways. One is rest. Make sure you're getting good sleep, make sure that you're taking some time off, make sure that you have a chance to do some daydreaming or wandering and to give your mind and body a piece of rest. So one part of it is rest.

Another part of it is gratitude. To look at the things that you have done or look at the things that are around you or in your life, and to be grateful, To do exactly what God does in the creation story, to look at these things and say, "This is good." The effort that we made at work or at home or with our family or in our church. This is good. It may not be the whole answer. But it has been a start and we did it to the best of our ability.

So rest, then gratitude, and finally the last thing: to do those things this summer that bring you great joy. Folks that know me, or have heard me talk about what my great joy is, is you put me in my kitchen with a whole ton of cookbooks – sometimes I don't have to get to the cooking part. I'm just happy to look through the cookbooks. But I love looking through my cookbooks and finding the recipe to start and then bringing that recipe to the table, with my husband and with our friends. That is one of my greatest joys. It's not just enough sometimes to say, "I'm going to relax." Sometimes we have to do the things that bring us joy in order to know that we've had Sabbath.

We're also going to offer some books for you to read this summer. Things that are simple reads, easy reads, but things that can help you think about your spiritual life. (*See below.*)

It is summer Sabbath in the Diocese of Newark. And wherever you go and however you experience it, I hope you know that God created you good, that the efforts that you have made for those you love and for your church are good. And now it is time to have a rest. You've earned it.

Summer of Sabbath: Suggested reading

As Bishop Hughes mentioned in her message above, she recommends three books for your summer reading – simple, easy reads that can help you think about your spiritual life.

The Night is Long but Light Comes in the Morning: Meditations for Racial Healing

By Catherine Meeks; foreword by Michael B. Curry

From the winner of The President Joseph R. Biden Lifetime Achievement Award, a spiritual guide to restoring yourself from racial trauma and committing to the long work of dismantling racism.

How Do I Pray?: A Little Book Of Guidance

By John Pritchard

John Pritchard explores the art and power of prayer and explains how to slow down enough to hear what God wants to say. A book for all who are curious about how to become more in tune with the Spirit.

Being Disciples: Essentials of the Christian Life

By Rowan Williams

In his typically gentle, inviting, pastoral writing style, Williams offers biblically grounded wisdom for Christians at all stages of their journeys as disciples of Jesus.

Happening at Our Churches

A partnership that provides 10,000+ meals a week

By Nina Nicholson

During the 150th anniversary celebration of St. Paul's, Englewood in 2015, its members identified feeding people as one of the parish's key values – addressing food insecurity and promoting healthy eating. Little did they know that eight years later, this discernment exercise would have led to a very fruitful partnership with a local organization, and that together they would distribute food to people in Bergen County sufficient to make an estimated 10,000 meals a week.

"We knew that God was calling us to something," says the Rev. Dr. Bill Allport, Rector of St. Paul's. "It has been amazing to help cultivate and share, through these partnerships, God's grace in our larger community."

Since 2015 St. Paul's has engaged in a variety of efforts, including pop-up meals (supported by an Alleluia Fund grant); healthy eating programs with Englewood Health and Community Chest of Eastern Bergen County; and even a clergy cook-off. Then this past April, St. Paul's began partnering with the Disabled Combat Veterans Youth Program (DCVYP) as the new site for DCVYP's Table to Table Tuesday Food Distribution.

Founded in 2010 by Dionisio Cucuta, Jr. – known as Chef Dion – and his wife Stephanie Taylor-Cucuta, DCVYP

offers after-school programs to teach life skills to underprivileged youth. These include “Culinary Cadets” in which Cucuta pulls from his experience as a cook in the Marines to teach culinary skills to young people.

When the COVID-19 pandemic began in March 2020, Cucuta and Taylor-Cucuta responded to the need they saw in their community by establishing a local hub for the Table to Table food “rescue” organization. Table to Table collects fresh food that would otherwise be discarded from supermarkets, food distributors, restaurants and commercial kitchens, and delivers it free of charge to community organizations that help the food-insecure. When after three years DCVYP’s Tuesday Food Distribution program had outgrown its original site, First Baptist Church in Englewood, St. Paul’s, agreed to become their new site.

“The space has made it much better for us – we can receive more food from other companies,” says Cucuta.

Bergen County, in which Englewood is located, is one of the wealthiest counties in New Jersey according to U.S. Census data, with a food insecurity rate in 2021 of only 6.7%, according to Feeding America. Although that’s one of the lowest rates in the state, it still accounts for 64,240 people who are food insecure and in need of assistance.

A typical Tuesday begins at 5 AM with Cucuta overseeing the delivery of thousands of pounds of food at St. Paul’s. Half a dozen local churches and non-profits – including the food pantry at Christ Church, Teaneck – send their volunteers to help unload the truck and take their portion of the food distribution.

By 8 AM, other volunteers have arrived to set up tables and sort and bag the remaining food, which will be handed out to individuals. Meanwhile in the kitchen, youth from one of DCVYP’s culinary programs help prepare a healthy lunch for the volunteers.

From 11 AM to noon, bags of food are distributed to the “walk-ups” from a table by the parking lot; then from noon to 1 PM drivers can pull up to the curbside pickup outside the side entrance on Church Street. Some of the volunteers deliver bags of food to shut-ins. Between 400 and 500 bags of food are distributed every Tuesday.

During this eight-hour period, counting both the food picked up by other food ministries for which St. Paul’s

acts as a delivery base, as well as the bags given to individuals, food for more than 10,000 meals has been distributed through St. Paul’s.

Around 25 to 30 volunteers show up to work for several hours each Tuesday, from St. Paul’s, DCVYP and the wider community.

On a recent Tuesday Farida McDonald, a vestry member at St. Paul’s, is helping to sort fresh green beans. “As a breast cancer survivor of 22 years, I want to give back,” she says.

Over at the “Walk-up” table, Carolyn Milne of First Presbyterian Church in Englewood, says: “I’m blessed, and it’s important to share.”

Setting up the tables for curbside pickup are Pedro Besonia and Jeffrey Johnson. Besonia, who has worked with DCVYP for two years, says that he’s a life-long volunteer, a habit he learned from his mother.

When asked why he volunteers, Johnson, a parishioner at St. Paul’s, paraphrases the Book of Matthew: “When you do it for needy, you do it for me.”

Announcements

Second BCEF Call of 2023: All Saints', Leonia

The Bishop’s Church Emergency Fund (BCEF) provides financial support for church buildings in the diocese needing repairs and renovation, usually with a special focus on emergency and unforeseen needs. Through the BCEF, you can support the critical needs identified by the Bishop.

The second BCEF call of 2023 is for organ repair at All Saints', Leonia. You can mail a check payable to Diocese of Newark with BCEF Call #2 in the memo line to: Diocese of Newark, Attn: BCEF, 31 Mulberry St., Newark, NJ 07102.

All Saints’ Church is strategically located on a lovely residential block between Broad and Grand Avenues, Leonia’s two main thoroughfares. The property consists of the church and parish hall, the lower level of which serves as a child care center. Beautifully simple, the church’s foundation is fieldstone which supports a wood frame structure. Founded in 1893 and now the

oldest church in Leonia, All Saints' has an admirable record of service to the community, both through making its parish hall available for use by other educational and cultural organizations and through its active child care center.

John Sposato has been a member of All Saints' for close to three decades. He and Annie Byerly currently serve as wardens of the parish. John says, "I love that we're a very tightly knit congregation and this helped us face the challenges posed by the pandemic. We take care of each other. We're also very glad to be able to serve the community with our Child Care Center."

All Saints' primary ministry to Leonia and the surrounding area is its Child Care Center, which serves 60 children from three months old through pre-K. About half the children are from the town of Leonia, the other half from nearby communities. The program has been in existence since 1956 and is fully licensed by the state. All the teachers are CPR certified and the staff includes teachers trained in Early Childhood Education. Owned and operated by All Saints' Church, the Center aims to provide working families with a warm, nurturing environment for their children.

Average attendance each Sunday at All Saints' is about 25. Although the parish does not have a regular Sunday choir, music and congregational singing have an important role in their worship and for this reason the recent repairs made to their historic Austin pipe organ were considered a high priority. The Austin Organ Company of Hartford, Connecticut has built hundreds of instruments for churches throughout the U.S. since its founding in 1898. The company is also credited with many innovative designs in organ building. In the 1970s, All Saints' purchased their Austin opus 863 from another denomination. The organ is a three manual instrument with 19 stops. Not surprisingly, maintaining an organ that is over a century old can be expensive,

To cover the most recent repairs to the organ, the parish received a loan from the Ward J. Herbert Fund for the work done on the bellows and reed stops, the cost of which exceeded \$6,000. In addition to Sunday worship, All Saints' is a congregation committed to providing a highly needed service to many families in its community. Your generosity in contributing to this our second BCEF call for 2023, will help the people of All

Saints' to repay this loan without impacting other areas of their parish life and ministry.

God's peace,
+Carlye J. Hughes

The Rt. Rev. Carlye J. Hughes
Bishop of Newark

Clergy ministry transitions

Arrivals

- **July 1: The Rev. Deacon Paul Keene**
Assistant Rector, Christ Church, Short Hills

July at Episcopal House

Episcopal House will be closed Tuesday, July 4 for the Independence Day holiday.

Beginning Friday, July 7 through August 25, Episcopal House will close for the week at 1 PM each Friday.

From the Wider Church

Health update, July schedule for Presiding Bishop Michael Curry

June 27 | Office of Public Affairs

Throughout the month of June, Episcopal Church Presiding Bishop Michael Curry received further testing and monitoring following a Memorial Day weekend hospitalization for internal bleeding and heart arrhythmia.

Under the care of a cardiologist and an endocrinologist, Bishop Curry has followed orders to rest, and his medical team continues to closely monitor and treat his atrial fibrillation as well as an aortic aneurysm discovered June 16 during a transesophageal echocardiogram with cardioversion. His doctors are also conducting a variety of tests to diagnose and treat the cause of the original internal bleed.

While Bishop Curry will continue to work from home in July on a reduced schedule, his doctors have approved some travel. He plans to be present at Episcopal Youth Event and It's All About Love—solely to preach at and participate in the opening services. He will continue to rest and engage in medical care during his usual August vacation.