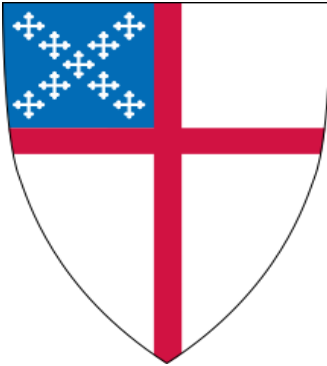




The Chapel Chimes



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From the Rector's Desk...

Don't forget to get some rest!



As summer gets into high gear we all tend to make lists of all the things we want to do. Travel, projects, binge viewing our favorite TV serials, visiting friends and family. But the one thing we tend to overlook is rest. Rest is one of the most critical elements of human health. How do I know that? Well, I just have to look to God's Word for the answers.

In the very first verses of the Bible, God creates the world and everything in it, and then "on the seventh day God finished his work which he had done, and he rested on the seventh day from all his work which he had done." (Gen. 2:2) Even God needed a rest after all His hard work. With His first hand experience fresh in His mind, God insists that we benefit from this knowledge and commands us to: "Remember the sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a sabbath to the LORD your God; in it you shall not do any work, you, or your son, or your daughter, your manservant, or your maidservant, or your cattle, or the sojourner who is within your gates; for in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the LORD blessed the sabbath day and hallowed it." (Exodus 20:8) He even extends a time of rest to all of nature: "For six years you shall sow your land and gather in its yield; but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat;

and what they leave the wild beasts may eat. You shall do likewise with your vineyard, and with your olive orchard. (Exodus 23:10-11)



When God came among us, incarnate in Jesus, He did not change His tune. He said: "Come to me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28) He and his disciples practiced what they preached as in the time that Jesus said: "Come away by yourselves to a lonely place, and rest a while." For many were coming and going, and they had no leisure even to eat. (Mark 6:31) Even St. Paul acknowledges rest as a reward from God for our faithfulness: "...since indeed God deems it just to repay with affliction those who afflict you, and to grant rest with us to you who are afflicted, when the Lord Jesus is revealed from heaven with his mighty angels in flaming fire..." (II Thessalonians 1:6-7)

(Continued on page 2)



The Chapel Chimes

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St. Stephens Episcopal Church

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Whiting, NJ 08759-1238

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Now if God hasn't convinced you, how about what the recovery MD tells us about restful sleep and its benefits of detoxification of the brain and body?

Sleep detox is the removal of waste and toxins from the body. Researchers believe that during sleep, especially during the third and fourth stages, your body is more effective at removing waste product from brain cells. By removing these waste products, your brain functions more clearly and without the "fogginess" you may experience when you're tired. Also, your brain cells can send messages to the rest of the body to function in a healthy and productive way and ensure the flow of nutrients to the areas of the body which require them.

A study by the National Institute of Neurological Disorders And Stroke used mice to demonstrate how toxins are accumulated during the day and actively removed during sleep. The researchers found that the cellular structure of the brain is altered during sleep and "appears to be in a completely different state."

The space between cells increases during sleep, creating room for toxins to be flushed out. This is known as the "glymphatic system," which controls the flow of cerebrospinal fluid (CSF). When we sleep, this system "opens" allowing more rapid flow of fluid throughout the brain and thus "detox."

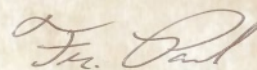
As you sleep, another detox activity is hormone release. Hormones released during sleep lead to slow breathing and muscle relaxation resulting in reduced inflammation. Lack of sleep raises levels of inflammation and makes it harder for the body to detox. By flushing out these toxins, you are allowing the free flow of blood, oxygen, and nutrients to parts of the body that need them, aiding in the healing process.

Studies have shown a clear link between sleep and tissue regeneration following injury or illness. Exercise changes our body's tissues such that they need repair. For instance, resistance training causes muscle damage to proteins that make up muscle fibers. The detox process aids in this repair. Hormones are released that encourage repair processes in the body, including muscle repair.

Ensuring you get a good night's sleep every night will help you function more effectively the next day and will allow your body to detox its way to optimal health behind the scenes.

So, it appears that God knew what He was talking about thousands of years ago in the biblical texts. We cannot be at our best for ourselves or for God if we do not get enough rest! Use your summer wisely. Come to worship on our Sabbath – Enjoy the gifts that God has given you – and get the rest that God says you need, and science has found to be helpful.

God bless us and give us His restful peace this summer season and always,



The Rev. Paul Van Sant Sr. M. Div., Th.M.

<https://www.therecoverymd.com/blog/detox-during-sleep#:~:text=Sleep%20detox%20is%20the%20removal,less%20often%20during%20waking%20hours.>



Editor.....Greg Mathews
Contributors.....Fr. Paul Van Sant

Esther Graham

Stefanie Bodine

Gerrie Vergona

Susan Clarke

Bill Bodine

Valerie Thompson

Articles are welcome from all parish members.

Please submit signed and dated items in writing to

The Church Office or email us at,

ssechurch@gmail.com

The deadline for items,

(First Monday of the month for the following month)

Any Questions, please feel free to contact us

(732) 350-2121 ext 10

Music

Notes

Esther Graham, Minister of Music

We recently sang this lovely song on a Sunday morning.

Isaiah 52:7

How beautiful upon the mountains are the feet of him who brings good news, Who proclaims peace, Who brings glad tidings of good things, Who proclaims salvation, Who says to Zion, "You God reigns!"

Think of no US post office, no telephones, no emails, not even a telegraph. The "bearer of news would run for miles to share the news that he was given. He wouldn't stop for anything. He was intent on giving the news to the intended person.

What a lovely idea, that our feet should be beautiful. We are instructed by the Word of God to share the Love of God with those around us. We should run to those who need the news of His love with the intensity and speed of the messenger on the mountain road. When we share His love God looks at our feet as beautiful.

You cant get much more personal than that.

When we share our praises in song, when we speak of the Lord's great love, we are beautiful in God's eyes.

Verse 1

*How lovely on the mountains
Are the feet of Him
Who brings good news good news
Announcing peace
Proclaiming news of happiness
Our God reigns our God reigns*

Share His love. Let the world know that you the Savior that loves all people.

Excerpt from CCLI Song # 8458

Leonard E. Smith Jr.

© 1974, 1978 New Jerusalem Music

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CCLI License # 2405308

Looking for willing and available individuals to help us improve our worship experience.

Do you like to read?

Are you the family sommelier?

Can you turn on a computer and do you have Internet access?

Do you love the way the church looks when we gather for worship?

Have you enjoyed worshipping from home?

Were you once an altar boy or girl?

Were you a teacher, pro or volunteer?

Have you been a Eucharistic minister or a member of the Altar Guild?

Would you like to try out these roles?

Then, in the spirit of many hands making light work, St Stephens needs you as part of the worship assistance and support team!

If you have any questions please contact Greg or Susan at ssechurch@gmail.com or slclarke2005@yahoo.com

ECW NEWS

Because the church was closed, our meeting on June 9 was not held. Our next ECW Meeting will be on Thursday, September 8. at 1PM. We hope to have the speaker from hospice return and we will make flower arrangements for hospice and ourselves.

ENGLISH TEA

ENGLISH TEA #2 - will be held on Thursday, September 15 from 2-4PM. Tickets are nearly sold out. If you plan on coming, make sure you get your ticket as soon as possible as no tickets will be sold at the door. Any questions, contact Stefanie at (732) 350-2904. If you want to help, or you have any questions, contact the chair, *Stefanie Bodine at (732) 350-2904*

ORDER OF ST. LUKE

Meets after the healing service on July 14, August 11. We plan to begin a new book study and work further on other plans. Contact co-conveners Stefanie and Bill Bodine for details at (732) 350-2904 *Stefanie and Bill Bodine, Co-Conveners*

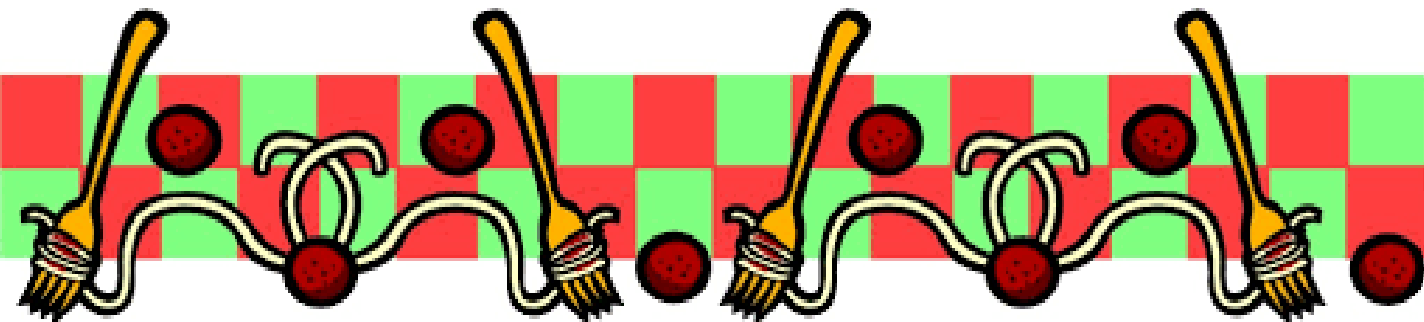
How would your life, our lives, be different if we had been present with Jesus when he lovingly touched and healed people? We would have seen the wonders of joy before our eyes. Jesus healed hundreds of people--one at a time, in person. He spent his life teaching His disciples to heal people in His name and with His great love. He modeled healing for them every day-- Physical healing, deep healings of the heart and soul transforming people's outlook, priorities, and dreams. He wants us to continue His life's work of bringing the kingdom of heaven to earth by sharing His gospel of love and healing.

Each of us stands in the shade of trees others planted. Jesus is calling us to do what he did--to heal people and teach others to heal in His name. Have a prayer party! Invite angels--lots of them, invite the cloud of witnesses, invite the Holy Spirit, Invite the Father (God), Invite Jesus, invite your friends --REJOICE! GIVE THANKS! CELEBRATE!

Make healing prayer a way of life --- even on vacation! Ask a child to pray Prayer power--ask a group to pray. Heal at a friend's church. Pray at mealtimes and at bedtime. Be specific. Worship with music. Share a book, especially one about healing Appreciate, affirm, enjoy!

MENS CLUB

Our next Men's Club/ECW dinners will be Pasta and more on Saturday, October 1 for Pasta and More, and Saturday, November 5 for our last dinner of the year. More details will follow. Tickets are not yet available.



ECW - WORLD DAY OF PRAYER

We just received a letter of thanks from the World Day of Prayer USA Committee for participating and praying with women all over the world, and for our generous offering of \$103. This offering makes it possible to put the prayers we offer God into action. They requested we extend thanks to all who worked on the service, helped with the contributions, ushering, the refreshments, the music, contributed to the offering, participated in the service in person or online. It is our hope to continue to remain involved with World Day of Prayer and to continue to be a partner in lifting up the lives of women everywhere. Our contributions and those of others will help to fund the projects listed at www.wdp-usa.org/grants.

Stewardship Prayer

*My parish is composed of people like me. I help make it what it is.
It will be friendly, if I am. It will be holy, if I am. Its pews will be filled, if I help fill them.
It will do great work, if I work. It will be prayerful if I pray.
It will make generous gifts to many causes, if I am a generous giver.
It will bring others into worship, if I invite and bring them in.
It will be a place of loyalty and love, of fearlessness and faith, of compassion, charity,
and mercy, if I, who make it what it is, am filled with these same things.
Therefore, with the help of God, I now dedicate myself to the task of being all
the things that I want my parish to be.*

The Stewardship Committee will be created during the summer. If you want to join this committee, Contact Bill Bodine at (848) 210-4206. The Diocese provided 3 zoom meetings recently to share thoughts and ideas on how to move forward after the COVID in the area of Stewardship. Speakers will be needed and a speaker from Project Resource will join us on Consecration Sunday, November 20, More details will follow.



Anyone wishing to request a memorial or honor a birthday or anniversary with a donation is welcomed to contact Valerie Thompson. Also, please continue to add you name and memorial to the chart in the Narthex as you are able. The Guild sincerely appreciates all donations and we thank you for your generosity. We encourage all interested parties to consider volunteering for the Altar Guild. Our membership has seriously diminished, so your service is definitely needed and would be greatly appreciated. Please contact Valerie if you are interested in learning about this very rewarding service.

If you have any questions, please call Altar Guild Flower Chair,
Valerie Thompson, at 732-657-4510.

Thank you and God Bless.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

1 Peter 4:10



CrossCards

TIME FOR EVERYONE TO JUMP ONBOARD
THE STEWARDSHIP TRAIN 2022!!!
LOTS TO LOOK FORWARD TO THIS YEAR!!!

We're getting an early start on Stewardship this year, and we've got lots to share with you! Our first organizational team meeting will be held on Sunday, July 17th after the 10:15 am service at church. The objective is to motivate everyone in our parish family to get onboard and join the team! Stewardship is a collective effort of ALL parishioners to come together as one for the good of the parish. We plan to put together an outstanding slate of parish speakers who can honestly and truly reflect on how the Good Lord and St Stephen's has helped shape your life. In addition, we are also planning financial and biblical presentations on Stewardship, Stewardship bible studies, thank you coffee hours later this year, and to cap our season – a speaker from the Diocese Project Resource Team! But the train needs YOU to get on board! We are encouraging you to get actively involved and support this vital mission of the parish! Stewardship is a critical part of the life of the parish, and we are ALL God's stewards and need to appreciate what has been given to us – a church life and life itself. And we must show our appreciation by returning to the Good Lord our time, talent, and treasure so we can effectively continue our lives as a parish family.

If you are interested in stepping up to help on the Stewardship Team, please give me a call or a text! My cell number is 848-210-4206, and my email is: wbodine3@gmail.com.

After our initial Team meeting in July, we plan to meet throughout the season to check in with the Team for feedback, comments, questions, and concerns to see where we can improve and further advance the program. You are most encouraged to come to the July meeting as we will NOT disappoint! We want our Diocese to look at the church and say WOW! What a terrific job St Stephen's – Whiting is doing to create interest and support for a vital and integral part of church life! We need to ALL become one and join together to support the mission of this ministry! And together as one parish family we can! And we will! You have a very motivated and hard working Chairman in myself who is willing to step up and accept the challenges of Stewardship. I'm asking for your help, and if we can ALL step up we will in fact have a fantastic year ahead in the life of the parish! May God Bless You, and May God Continue To Bless Our Beloved St Stephen's & Our Parish Family!

By Bill Bodine - Stewardship Chairman

**DO YOU NEED PRAYERS
FOR HEALING**

Your prayers have been included in our Compline prayer list. Contact Fr. Paul, Susan Clarke, or Stefanie at (732) 350-2904 or houseofpink7@gmail.com if you have any questions or need prayers.

**ST. STEPHEN'S PRAYER
CHAIN**

St. Stephen's is in need of additional members for our Prayer Chain. The Prayer Chain is a dedicated group of parishioners who will pray for any who are in need. If you are interested or would like further information, please contact Greta Pearl at 732-350-7584 for details. Greta is the contact when placing, on the Prayer Chain, your name or the names of family, neighbors, or friends who would like prayers for healing, comfort, or any other purpose.

**PRAYER OF THE ORDER
OF ST. LUKE THE
PHYSICIAN**

Almighty God, who inspired Luke the Physician to set forth in the Gospel the love and healing power of Your son: Graciously continue in Your Church the love and power to heal, to the praise and glory of Your Name, through Jesus Christ, Our Lord. *Amen*

Our OSL North American Director, the Rev. Josh Acton will join us on Saturday, October 15 at 10AM for a healing service, and lunch. Everyone is welcome. Learn more about OSL, and share your thoughts and ideas. More information to follow. Contact Stefanie or Bill, OSL Conveners for more details or your queries at (732) 350-2904.

OSL will be selecting a new book to read and study from for our future meetings.

Join us every Thursday at 10AM for an uplifting experience prayers, communion, and healing.



HEALING SERVICE

Join us every Thursday at 10AM for an uplifting experience prayers, communion, and healing.

Available on **You Tube** and **Zoom!**

A Stewardship Verse - Selected by Bill Bodine

Then the Lord
God took the
man and put
him into the
garden of Eden
to cultivate it
and keep it

Genesis 2:15



Knowing-Jesus.com

4th of JULY CELEBRATION!

St Stephens' families are invited to a July 4th celebration
on Sunday, the 3rd of July at 12pm noon,
at the Quigley's, 2001 Elizabeth Avenue, Whiting. Please confirm
your attendance on the sign up list in the Church Narthex
or call Greg in the
Church office 732-350-2121 to confirm your attendance.
(Swimming attire is optional!)

Happy Birthday!

July

<i>Edna Blische</i>	<i>07/01</i>
<i>Jeremy Busch Jr.</i>	<i>07/07</i>
<i>Penny Scott</i>	<i>07/08</i>
<i>William Hutson</i>	<i>07/12</i>
<i>John Brown</i>	<i>07/15</i>
<i>Nichole Cornelius</i>	<i>07/16</i>
<i>Noreen DelSanno</i>	<i>07/16</i>
<i>Stefanie Bodine</i>	<i>07/16</i>
<i>Ann Duven</i>	<i>07/20</i>
<i>Dottie Strohm</i>	<i>07/22</i>
<i>Colin Rutkowski</i>	<i>07/24</i>
<i>Kathleen Smith</i>	<i>07/28</i>
<i>Sandra Gaskill</i>	<i>07/30</i>

August

<i>William Beatty Jr.</i>	<i>08/02</i>
<i>Doris Dilts</i>	<i>08/02</i>
<i>Liam Farrar</i>	<i>08/04</i>
<i>David Jacobs</i>	<i>08/04</i>
<i>Richard Woods</i>	<i>08/05</i>
<i>Carol Zagorski</i>	<i>08/07</i>
<i>Desiree DeBorger/Busch</i>	<i>08/08</i>
<i>Susan Clarke</i>	<i>08/09</i>
<i>Iris Westbrook</i>	<i>08/12</i>
<i>Al Thompson III</i>	<i>08/15</i>
<i>Margaret Smith</i>	<i>08/18</i>
<i>Susan Gonzales</i>	<i>08/21</i>
<i>Pam Unger</i>	<i>08/22</i>
<i>Gerianne Murphy</i>	<i>08/25</i>
<i>Christopher Stahl</i>	<i>08/26</i>
<i>David Lemmon</i>	<i>08/29</i>
<i>Mary Storey</i>	<i>08/29</i>

MESSAGE BOARD

THYROID SUPPORT GROUP

will meet on Monday, July 11 at 10AM and Monday, August 8 at 10AM to share with those that have thyroid issues. If you have any questions, contact the facilitator, Stefanie at (732) 350-2904.



Host one after the 8AM or 10:15AM Service
Everyone enjoys chatting and visiting and a delicious item with their coffee or tea. See Stefanie Bodine with your questions

WHITING GARDEN CLUB

will not be meeting in July or August. They will return on Wednesday, September 7 at 10AM. The speaker will be Joel Mott from the Pinelands Commission to share a PowerPoint on the Pinelands and information on Native Plants. More details will follow. Contact co-chair, Stefanie at (732) 350-2904 with your queries.

ONLINE CHURCH SERVICES

Holy Eucharist are held every Sunday at 8AM and 10:15AM – Compline is now on **Monday, Wednesday**, at 7PM on **You Tube** and **Zoom**. All are welcome!

COME AND SEE!!!



BLUEGRASS AND BLUEBERRY SOCIAL



Come kick back and listen to bluegrass music while you enjoy a delicious serving of blueberry short-cake and beverages on Saturday, July 9 from 1-3PM. There will be door prizes, a treasure auction, 50/50, and a small bake sale. Tickets are \$10 each sold in the Church office All are welcome. Sponsored by the Fundraising and Fellowship Committee.



**Chicken
DINNER**

THANK YOU

A special thanks, to the Men's Club, the ECW and all who helped with door prizes, 50/50 raffle and those who baked delicious desserts and planning to make a successful Chicken Dinner on June 4th. Stefanie & Bill, Tom & Beverly, Al & Valerie, Robert Virtue Barbera Marshall, Marge Pomykala, and all the others who helped out with set up and clean up. We raised \$840.00 for the day! It was an absolutely delight to be with you all. Thank you again for supporting St. Stephens Episcopal Church, and we will see you all again soon.

Greg and Colleen Mathews

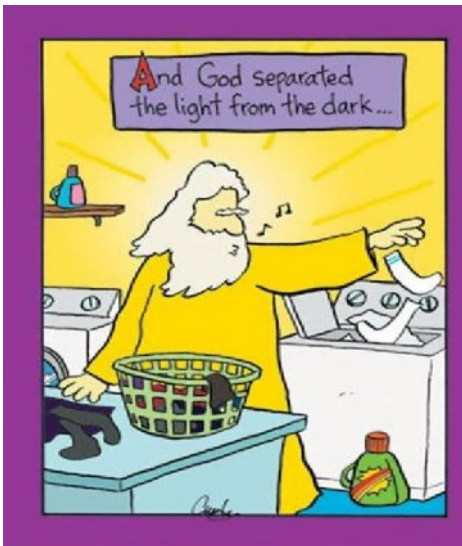
Puzzle and funnies

Holy Spirt Comes At Pentecost

S	U	D	L	T	S	O	C	E	T	N	E	P	E
T	F	E	I	V	I	S	I	O	N	S	A	S	Z
D	I	Z	S	L	T	N	P	D	O	E	J	I	I
O	L	A	T	S	G	K	E	R	E	S	L	T	J
O	L	M	E	R	E	V	A	L	O	Y	L	O	H
L	E	A	N	R	A	E	E	E	B	M	H	E	W
B	D	G	N	S	D	L	A	N	P	M	E	G	I
T	N	D	E	P	D	R	U	N	K	S	O	O	N
H	T	R	H	R	O	M	S	A	S	M	L	D	D
O	I	E	E	O	G	I	W	T	E	S	N	O	S
U	R	A	A	P	G	A	L	I	L	E	A	N	S
S	I	M	V	H	M	P	E	O	E	K	O	M	S
E	P	S	E	E	U	D	G	N	I	W	O	L	B
N	S	B	N	T	P	E	R	P	L	E	X	E	D

- SAVED
- SPEAK
- NATION
- DREAMS
- SONS
- LISTEN
- DRUNK
- PERPLEXED
- BLOOD
- PENTECOST
- HOLY
- SPIRIT
- HEAVEN
- FILLED
- AMAZED
- SMOKE
- GOD
- ROME
- VISIONS
- BLOWING
- GALILEANS
- PROPHET
- WIND
- HOUSE



Play this puzzle online at : <https://thewordsearch.com/puzzle/2418416/>



CALENDAR



2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	2 AA Meeting 8pm
						
3 Holy Eucharist 8&10:15AM	4 AA group 3pm CHURCH CLOSED 	5 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	6 Garden Club 10am AA Meeting 3pm	7 Healing Service 10am AA Meeting 3pm	8 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	9 Bluegrass & Blueberry Social 1-3pm AA Meeting 8pm
10 Holy Eucharist 8&10:15AM Fellowship & Fundraising meet during coffee Stewardship meeting after 10:15am coffee hour	11 Thyroid support group 10am Woman's Bible Study Group 11am AA group 3pm	12 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	13 AA Meeting 3pm	14 Healing Service, 10am OSL Meets after Healing Service AA Meeting 3pm	15 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	16 AA Meeting 8pm
17 Holy Eucharist 8&10:15AM	18 Woman's Bible Study Group 11am AA group 3pm	19 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	20 AA Meeting 3pm	21 Healing Service 10am AA Meeting 3pm	22 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	23 AA Meeting 8pm
24 Holy Eucharist 8&10:15AM	25 10 am Vestry Meeting Woman's Bible Study Group 11am AA group 3pm	26 Closed AA Meeting 2pm Boy Scouts, 7:30 -8:30pm	27 AA Meeting 3pm	28 Healing Service 10am AA Meeting 3pm	29 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	30 AA Meeting 8pm
31 Holy Eucharist 8&10:15AM						

AUGUST



2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Woman's Bible Study Group 11am AA group 3pm	2 Closed AA Meeting 2pm Boy Scouts, 7:30 - 8:30pm	3 AA Meeting 3pm	4 Healing Service 10am AA Meeting 3pm	5 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	6 AA Meeting 8pm
7 Holy Eucharist 8&10:15AM	8 Thyroid support group 10am Woman's Bible Study Group 11am AA group 3pm	9 Closed AA Meeting 2pm Boy Scouts, 7:30 - 8:30pm	10 Garden Club 10am AA Meeting 3pm	11 Healing Service 10am and OSL meeting after Heal- ing service AA Meeting 3pm	12 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	13 AA Meeting 8pm
14 Holy Eucharist &10:15AM	15 Woman's Bible Study Group 11am AA group 3pm	16 Closed AA Meeting 2pm Boy Scouts, 7:30 - 8:30pm	17 AA Meeting 3pm	18 Healing Service, 10am AA Meeting 3pm	19 Pinelands Symphonic band practice 9am AA Friday Nighters 7-8pm	20 AA Meeting 8pm
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28 Holy Eucharist 8&10:15AM	29 Woman's Bible Study Group 11am AA group 3pm	30 Closed AA Meeting 2pm Boy Scouts, 7:30 - 8:30pm	31 AA Meeting 3pm			

Parish Staff

Bishop & Chief Pastor

The Rt. Rev. William H. Stokes

Rector

The Rev. Paul A. Van Sant, Sr., M. Div., Th. M.

Music Minister

Esther Graham

Treasurer

Gerrie Vergona

Assistant Treasurer

Suzan Webb

Rector's Warden

Stefanie Bodine ('23)

Property Warden

Richard Smithson ('22)

Clerk of the Vestry

JoAnn Smithson

Vestry Members:

Class of 2023

Kay Karlick

Tom Larson

Ken Seda

Class of 2024

Debbie Fisher

Marge Pamykala

Johanne Soriano

Class of 2025

Dottie Kaster

Mary Ann Payne

Robert Virtue

Office Staff:

Parish Administrator

Greg Mathews

Sexton

Tom O'Brien



Help Hotline Contact Information

As many of us face challenges with today's unstable economy, here are some helpful telephone numbers for assistance. Pass them along if you know someone who needs a little extra help getting through these tough times.

Heating & Weatherization

O.C.E.A.N. Inc. 732-244-5333 (heating)

732-244-5396 (weatherization)

www.oceaninc.org

NJ Shares 866-657-4273

www.njshares.org

Mortgage Assistance

Hope Hotline 888-995-HOPE

www.hopenow.com

Health Insurance, Food Stamps, Utilities

NJ Family Care 800-701-0710

www.njfamilycare.org

OC board of Social Services 732-349-1500

Verizon NJ Communications Lifeline

888-337-3339

Ocean County Government Resource Center

732-3708854

www.ocean.nj.us/socialservices

Ocean County Food Bank 732-918-2600

www.foodbankmoc.org

Angel Food Ministries 732-240-7543

Pick-up Location Christ Episcopal Church

1415 Washington St. Toms River

www.angelfoodministries.com

Other Important Numbers

Social Security 800-772-1213

www.socialsecurity.gov

NJ Unemployment Insurance 732-761-2020

www.state.nj.us



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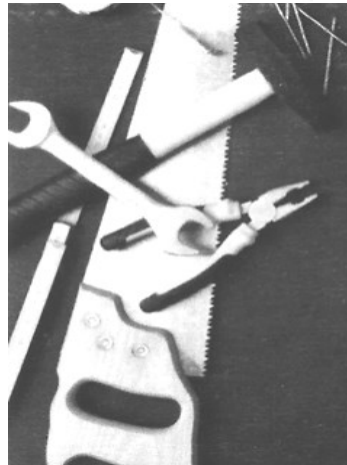
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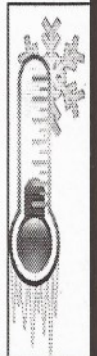
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UPCOMING EVENTS

Friday, July 1, 8, 15, 22, 29 - Compline at 7PM

Sunday, July 3, 10, 17, 24, 31 - services at 8 and 10:15AM

Monday, July 4 - OFFICE IS CLOSED FOR THE 4th of July

Wednesday, July 6, 13, 20, 27 -Compline at 7PM

Thursday, July 7, 14, 21, 28 - 10AM - Healing Service

Saturday, July 9 - 1-3PM Bluegrass and Blueberry Social

Monday, July 11 - 10AM - Thyroid Support Group

Monday, July 11, 18, 25 - 11AM - Women's Bible Study

Monday, July 11, 18, 25 - Compline at 7PM

Thursday, July 14 - OSL meets after the healing service

Sunday, July 17 - Stewardship Team meets after the 10:15 Coffee hour

Fellowship and fundraising Committee meets during the 10:15am Coffee hour

Monday, July 25 - 10AM Vestry Meeting

AUGUST CALENDAR

Monday, August 1, 8, 15, 22, 29 - 11AM Women's Bible Study

Monday, August 1, 8, 15, 22, 29 - Compline at 7PM

Wednesday, August 3, 10, 17, 24, 31 - Compline at 7PM

Thursday, August 4, 11, 18, 25 - 10AM Healing Service

Friday, August 5, 12, 19, 26 - Compline at 7PM

Sunday, August 7, 14, 21, 28 - services at 8 and 10:15AM

Monday, August 8 - 10AM Thyroid Support Group

Thursday, August 11 - after the healing service OSL will meet