



THE VOICE

January 2024



“Take Care of Your Soul”

An egg is made up of three parts. First, it has an outer shell. Underneath the shell, it has a gooey part called the “white.” This is the second part. And finally, in the middle, it has the “yolk.” All of us, as human beings, are like an egg. Just like the egg, we are also made up of three parts. First, all of us have an outer shell called, the “body.” Second, we are more than just a physical being. Our outer body means nothing without the “mind” where thoughts, ideas and feeling come from. Finally, just like the yolk in the center of an egg, there is “spirit” or “soul” in the center of our being.

Though this understanding of human make-up may seem simple and elementary, this simple understanding reveals a very important and deep truth for our lives. This simple understanding teaches us that all three components of our being as persons must receive care and nurture in order us to feel complete and happy in life. This is to say that, if we really want to live a happy life, not only our physical needs must be met, but our emotional, psychological and our spiritual needs must also be met. So, Jesus said in the Bible, *“Man shall not live on bread alone (physical need), but on every word that comes from the mouth of God (inner spiritual need).”*

It is important for us to understand that all the parts of our being are intricately interconnected. What happens to our body will affect our mind and spirit/soul and what happens to our mind or spirit/soul will affect our body. For example, have you ever experienced a rise in your heart rate (body) when you felt anxious (mind) about something or had to speak in front of many people? Have you ever felt down or experienced loss of motivation or energy (mind) because you fell into deep despair or hopelessness (spiritual)? Unless we understand these intricate relationships and take care of ourselves in all three levels of being, we will never find true satisfaction in life. We will always feel like something is missing even though we may be working so hard to live a happy life. This understanding of intricacies and complexity of human life is not a new modern-day discovery. It is something that the Bible has been teaching through its scriptures for centuries. In fact, the Bible provides many teachings on how to take care of our body, mind and spirit/soul. One thing that we need to remember, however, is that the Bible places a greater premium (emphasis) on the well-being of our spirit/soul over the mind and the body. So, it says in 3 John 1:2, *“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”* We can understand this teaching as saying that, unless our soul is well and good, our success in other areas of life and in our being will not be complete.

The New Year 2024 is now here with us. What do you want for your life in 2024? Do you have a New Year’s resolution? Some people may want a change or improvement in their physical being (i.e. getting fit). Some may want a change or fulfilment in their psychological being such as in their relationships (i.e. dating, marriage). As good as these may be, there is one thing that we can never compromise or neglect. It is the care of our soul. Jesus said, *“What good will it be for someone to gain the whole world, yet forfeit their soul? (Matthew 16:26).* Take care of your soul and may you prosper in all things and be in health, just as your soul prospers. Amen.

January Birthdays

January 5	Tyler Inglis
January 6	Christine Ciccione
January 8	Gail Plumstead
January 14	Jennifer Earley
January 21	Kathy Dolce
January 29	Mitchell Waddington

January Anniversaries

January 13	Myrtle & John Connell
------------	-----------------------



Dear Church Family,

It is with a grateful heart that I send this note to you to thank all my angels that volunteered to host coffee hour. All your efforts are so appreciated which makes the fellowship time together more special. I also thank those that contribute in other ways to help defray the cost of supplies needed. The sign up sheet is in the Guyn-Room, so please consider to host on a Sunday after church service. It does not have to be elaborate, example: muffins, bagels dessert breads, fruit or something home baked. Milk & cream are supplied so the host only needs to transfer your items to serving platters which can be found in the kitchen. Easy! I look forward to your participation.

Blessings,

Fellowship
Louise Woodcox



2024
HAPPY
NEW YEAR

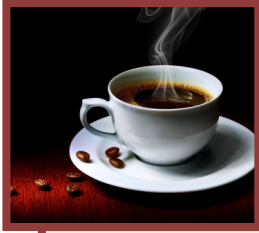
**"Trust in the LORD
with all your heart,
And lean not on
your own understanding;
In all your ways
acknowledge Him,
And He shall direct
your paths."
Proverbs 3:5-6**

CALDWELL UNITED METHODIST CHURCH

A Note of Thanks

Many thanks to all who made the Cookie Walk a success; Ken & Barbara Ingra, Jee Young Park and Myrtle Connell and to all who baked and bought cookies and hot chocolate—Thank you from the bottom of my heart! Paige





Tea & Coffee Socials

At Caldwell United Methodist Church

2024 Tea & Coffee Social Dates

Friday, January 19th

Friday, February 16th

Friday, March 15th

Stop in any time between 9:30 am to 12:00 pm

Come & enjoy time with neighbors and friends over a complimentary cup of tea or coffee!

Baked goods for sale and

a selection of gift items is available to purchase

All proceeds to benefit the church.

Church member and friends are welcome

so stop in with a friend or by yourself!

Questions? Please call Dave & Rita Whetton at 862-702-6144



**Our Prayer and Chant Circle accompanied by Visiting Harp
occurs on the second and fourth Tuesday every month at 10:00 AM.**



**Please join us in the sanctuary for 30-45 minutes
away from the world surrounded by God's light and love.**



West Essex First Aid Squad Donation

Pastor Park and John Taylor present a check to the West Essex First Aid Squad. The donation was from the proceeds of our 2023 Annual Golf Outing as an ongoing mission of Caldwell United Methodist Church to support the squad, which is made up of volunteers and serves our local community.



**Christmas Eve
Candlelight Service 2023**





Christmas Eve 2023





Cookie Walk—December 17, 2023

A delicious selection of cookies along with hot chocolate was available for sale after worship on December 17th. Thanks to your purchases the Cookie Walk raised more than \$800 for the church.



Women's Fellowship Christmas Party—December 15, 2023





A CELEBRATION OF LIFE
MICHELE LYNN SAUER
May 14, 1965 – December 14, 2023



MICHELE LYNN SAUER

Our Michele, Mother, Daughter, Sister, Niece and Friend was the sweetest, kindest, caring, giving soul in our world and in her world for those who were fortunate enough to be blessed with her presence and friendship.

Her smile was so inviting, her eyes were so warm and twinkly and her laughter was so genuine. When she entered a room, she filled it with comfort and warmth.

Michele was our Renaissance Spirit with an incredible zest for art, music, nature and science later in life.

Diversity and globalization were a part of her life before they became buzz words in the corporate world. She early on established friendships with people from all around the world, Japan, Russia, Korea, Poland just to mention a few. She embraced the opportunity to better the world as she successfully engaged in a career of clinical research in drug development.

However, all the above were superseded upon the birth of Sophia who became the center of her universe. The deep love shared and understanding of each other was always so evident in their relationship.

Michele's love of nature was evidenced by her respect as she dutifully did all she could to protect the environment so that Sophia and others would have a healthy, good world for the future.

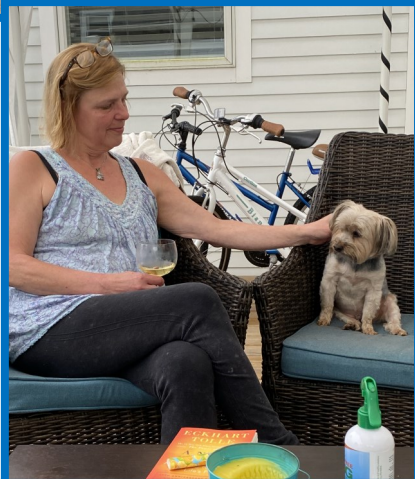
Michele did not judge or criticize but instead provided safe havens for all who needed support and love.

Michele was our Angel on Earth and now looks down on us as our Angel in Heaven.

Michele is love!



Remembering Michele Sauer



BEREAVEMENT SUPPORT GROUP

“We leave our human body behind so we can soar like a dragonfly, free of any human pain or suffering.”

—Gayle Shaw Cramer,
The Secret of the
Dragonfly

**Are you lonely?
Do you sometimes feel depressed?
Have you experienced a loss recently or long ago
that has been on your mind?**

Please join the monthly Bereavement Support Group, sponsored by Journey Hospice North, and led by Vivian Rodeffer, Chaplain. This is a supportive, confidential, and safe place to share your experiences and to learn from others. Grief after the loss of a loved one never goes away but changes over time. Together, through listening, sharing, and relevant presentations, we will navigate through grief and loss toward a more hopeful future.

The next sessions are:

Wednesday, January 10, 2024 at 4:00 p.m.

Wednesday, February 14, 2024, at 4:00 p.m.

Wednesday, March 13, 2024 at 4:00 p.m.

Sessions are held at Crane's Mill in the Activity Room downstairs from Towne Square

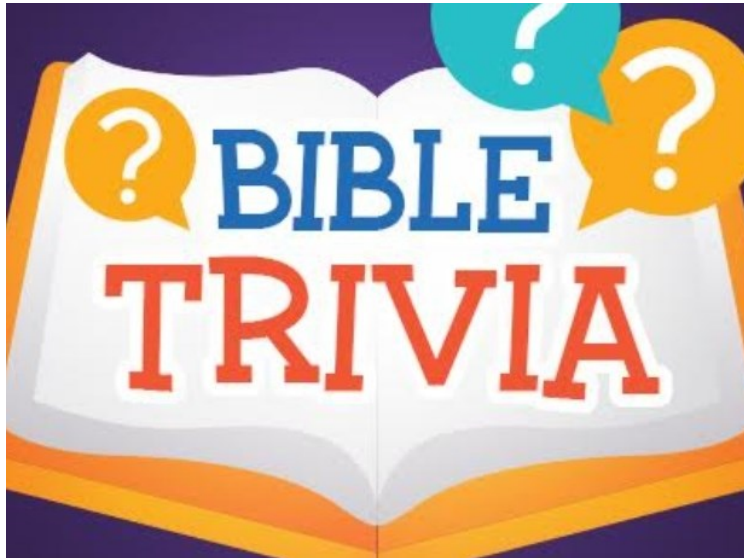


Please email or call Karen DeFalco at kdefalco@lsmnj.org
or 973-276-3052 to reserve your spot.

All are welcome, feel free to bring a friend.

Crane's Mill - 459 Passaic Avenue, West Caldwell, NJ 07006

Follow Signs to Towne Square Parking Lot



BIBLE TRIVIA

Test your knowledge of the Bible by answering these questions. See how many you can answer correctly without looking at the answers.

1. How many books are in the Protestant Old Testament?
2. On what day did God create man?
3. How many sons did Jacob have?
4. In what language was the Old Testament written?
5. How many people were aboard Noah's Ark?
6. What sea did Moses part to aid in his people's escape from the Pharaoh?
7. What does the word Israel mean?
8. Who was the only female judge of Israel?
9. In what city was Jesus born?
10. Who brought Jesus gifts when he was born?

1. 39 2. Six 3. 12 4. Hebrew 5. Eight 6. Red Sea 7. Prevails with God 8. Deborah 9. Bethlehem 10. The wise men

Answers:

THE VOICE

CALDWELL UNITED METHODIST CHURCH

8 Academy Road, Caldwell, NJ 07006

Phone: **973-226-4410**

Website: caldwellchurch.org

Newsletter Editor: **Ellen Elcavage**

SAFE SANCTUARY CERTIFIED CHURCH

HANDICAP ACCESSIBLE-LIFT at Academy Road Entrance

FRIEND US ON 



**Worship with us
Sundays at 10 am**

**Invite a friend or
family member to
join in worship**