Week of September 17, 2023





From Woody: Since the Russians invaded the Ukraine, we have rallied together to send letters to President Putin, President Biden and our Congressional Representatives. We have not had any responses and the terrible war has continued. Both the UNION LEADER and the USA TODAY had articles last week about the trauma of Ukrainian children who have lost parents, usually fathers, in the war. The amazing part of the heart rending story was the role of an organization in New Hampshire that is conducting retreats for these children and trying to help them get through these sad times. The organization is called Common Man for Ukraine, a nonprofit group who sponsors

monthly trauma counseling and healing retreats. So far about 400 kids have participated in these 11 sessions, held in a mountainous area in Poland. The group is one of several that fear for the mental and physical health of more than 5 million children whose lives have been badly disrupted by the war. The New Hampshire organization was organized by two couples in Plymouth, one member of which is Alex Ray of the Common Man restaurants. Ray has contributed \$1 million and his three other friends are raising another \$1 million. They have traveled to Poland and with the help of Rotary Clubs there have brought supplies. They have donated about 800 tons of food, 10,000 sleeping bags and hundreds of generators to orphanages and safe houses. They also have provided for thousands of hours of counseling throughout western and central Ukraine. They spend about \$140,000 per month. The retreats they sponsor for kids who have lost parents include transportation, hiking, playing soccer, making arts and crafts, writing and group and individual therapy sessions. Certified psychologists, volunteer teachers and Polish Rotary Club members work at the retreats to help the kids cope with their grief. I think that this organization is a worthy one and perhaps giving some financial support to their efforts would be something we could do to help in the midst of this terrible time for these Ukrainian children. If you are reading this and have ideas of ways we could raise money to be of help please let members of the Session or me know.





Church School has Resumed: Church School resumed last Sunday with Rally Day. Everyone is welcome! Lynn is looking for helpers. If you would like to help, contact Lynn at lwawrzyniak@comcast.net



Time is 5-7 pm

Sign up to work the event:

https://www.signupgenius.com/go/10C0C44ADA82EA4F85-chicken2



New Members: We would love to welcome some new members into the congregation this Fall. If you are interested we will have a meeting to discuss membership on Sunday, Oct. 1 at 9am. Please contact Woody with any questions. You may be a long time part of our church family or relatively new to our faith community but we would love to welcome you as a

member.



Sanctuary Flowers: Volunteers are needed to provide flowers for the altar on Sunday. There is a signup list outside the office door at church, or you can email Ellen at andersel@njms.rutgers.edu It is a wonderful way to contribute to the service; one can give in memory of someone or some event as well. Just let Ellen know. Flowers can be from your

garden, the roadside, or the store. Vases are available in the kitchen if you need one



Peace Quote: . These kids enter the retreats as strangers but leave as brothers and sisters. They create a network of support we hope will last a lifetime.......Susan Mathison, cofounder of Common Man for Ukraine.