

# THE CROWN

*The Newsletter of Christ Church Shrewsbury*

*Christ Church is a community committed to exploring the reality of God in today's world*

Volume XXVI Issue IX



**"And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another..." (Hebrews 10:24-25)**

Dear Friends,

Have a look at the Scripture quote up there.

Have another look.

See that word "provoke?" That's an excellent example of how our English translations don't always match up with what's in the original Greek. The Greek word that the letter's author uses is παροξυσμὸν, or paroxysmon. Some of you might be familiar with the word "paroxysm," which is obviously derived from the same root. We most often hear or see that word in medical terminology. Ever had a coughing fit? Or a muscle spasm? That's a paroxysm—an uncontrollable burst of movement.

That can happen to our physical bodies, but it can happen to our spirits too. And that's what the author of Hebrews is calling for. We're called to inspire these bursts of movement, these activities centered around love and good deeds, in each other. How? By continuing in relationship with each other, by gathering together not only for worship but also for community-building, idea-sharing, and work that serves our larger community.

In the months to come, those opportunities are increasing. Our elementary-age children begin in Sunday School on the 13th, making friendships with Christ and with each other that last for a lifetime. Our Confirmation-age kids are joining up with other youth from the Episcopal churches in our region to make those same friendships, learn together, and serve together. Our monthly Inquirers Classes will lead our adults in the same direction. Our Outreach is expanding to re-establish our servant ministry with St. Mark's in Keansburg, inviting people of ALL ages to help us cook, deliver, and serve meals on alternate Sundays and Mondays.

We want to fill each other with an irresistible urge to learn more, do more, and know each other and God more. I'll remind you that an invitation to deeper faith and ministry is far more effective coming to you from each other, not just from me! If you're already involved in our ministries, please share what you do and invite people to try it alongside you.

And if you're not yet involved...why not? What can we do to provoke you to love and good deeds with us?

Our 6-Week Ministry Challenge is just the opportunity you've been looking for to test those waters. You'll hear all about it at our Homecoming Brunch on the 13th, and our vestry and I can't wait to share that, and all of the results of our Parish Assessment, with you then. May God give all blessings to you, to us, and to Creation.

See you soon.

Susanna+

# ST. MARK'S KEANSBURG PARTNERSHIP

"Feed my lambs..."

Christ Church is turning our hands and hearts to St. Mark's Episcopal Church in Keansburg, and they really need our help! In addition to a very busy food pantry in the community, they offer lunch to anyone who needs it—often families in their area—once a week.

What do we need?

- Cooking teams for the 2nd and 4th Sundays to prepare and pack meals in our church kitchen (at least 4 people; no upper limit)
- Delivery teams for the 2nd and 4th Mondays to bring the prepared meals, along with our food pantry contributions (at least 1 vehicle with 2 people to unload and help serve)
- Regular contributions to send to their food pantry

## Personal Care Items

Baby Products: Diapers in all sizes, baby wipes, baby food, diaper cream, baby powder without Talc.

Other: shampoo & conditioner, soap, facecloths, toothbrushes, toothpaste, personal wipes, hand sanitizer, comb/brush

## Food

Non-Perishables: Pancake mix, pancake syrup, condiments like ketchup & mustard, cooking oil, canned soups and stews, pasta sauce, pasta, basics like 1 pound bags of sugar and flour and masa harina (corn flour for making tortillas), tea bags, canned beans and dried beans, rice, Nutrigrain bars, fruit snacks for children, fruit juice, canned veggies, canned fruit: unsweetened apple sauce, peaches, pears, fruit cocktail, low sodium veggies and fruit canned in juice or water; instant oatmeal, low sugar dry cereal like Cheerios, Rice Krispies, Kix, etc., peanut butter, jelly, 15 oz cans of tomatoes whole/crushed/diced

Perishables: Cheese (sliced, shredded, block); yogurt; meat: turkey, chicken, pork, beef

Produce: HELP! We now need all kinds of veggies: Green Beans, brussels sprouts, lettuce, tomatoes, cabbage, leafy greens, **Onions, Garlic, Green Peppers (these 3 are in great demand by our food pantry guests)** and Jalapenos, Cucumbers, fresh fruit for eating in hand like Apples, Pears, Peaches, Plums, Bananas, Oranges and Grapes.

Once we team up, it'll take only a little time out of your week to serve on the cooking crew, contribute ingredients for the meals, bring items for the food pantry, and/or help deliver what we've cooked and collected. We have so much to give, and our neighbors need to see the light and life of Christ in the work we do. Please help! To join a team or find out more, please contact Mother Susanna.



## OUR WEEKLY SERVICE TIMES

**WEDNESDAYS AT 12:15 PM  
SATURDAYS AT 5 PM  
SUNDAYS AT 10 AM**

**ALL ARE WELCOME!**



## OFFICE HOURS

Beginning on Monday September 14<sup>th</sup> our parish office hours will be changing to Monday through Friday from 2:30 to 5:30 pm.

## PARISH DIRECTORY

Please advise us of any changes in address, e-mail, or telephone number so we can keep our records up to date.

If you would like a copy of our newest directory, please send us an email or call the Church Office at 732-741-2220.

## YOUR PRAYERS ARE REQUESTED

**For the sick and suffering, and those in any need or trouble:**

Ann, Beverly Ryser, Bill Balmer, Chip, Connie Goddard, Denzel Donaldson, Elaine Feyereisen, Heather Forrest, Ingrid, Kristy R., Libby Noell, Mignon Williams, MiMi Brown, Pam, Pat and Bill Jaeger, Paul Murgio, Robert Spencer, Rod Webster, Sarah Schmid, Skylar, Tom Cameron

*May they be relieved of their distress.*

## ATTENTION ALL GIRL MOMS AND DADS!!

Girls Friendly Society (GFS) is up and running! If you have a daughter (or niece, or granddaughter), aged 5 or older, we have a program that can offer her things she will never find in Brownies or dance class or soccer.

GFS is an international group, dedicated to mentoring and empowering girls. We offer friendship and camaraderie, a chance to try different crafts and learn skills, fun trips, an awesome week at the beach, and a Christian leadership that is responsive and tailors lessons to your girl's needs and questions as they learn about themselves and God.

We are planning our kick-off meeting -- a fun-filled Bunco event for the whole family!! Date and time TBA.

In the meantime (and to help us adjust to your girl's schedule and preferences), we will be conducting a survey to gather the information we need for planning. Kindly contact Stacy Reagan at [bands.reagan@verizon.net](mailto:bands.reagan@verizon.net) or (732) 859-3585 to provide an email address for the form. Please take 5 minutes so we can make this year the year that helps your girl thrive!

## PEAK IN THE WEEK

### Peak in the Week

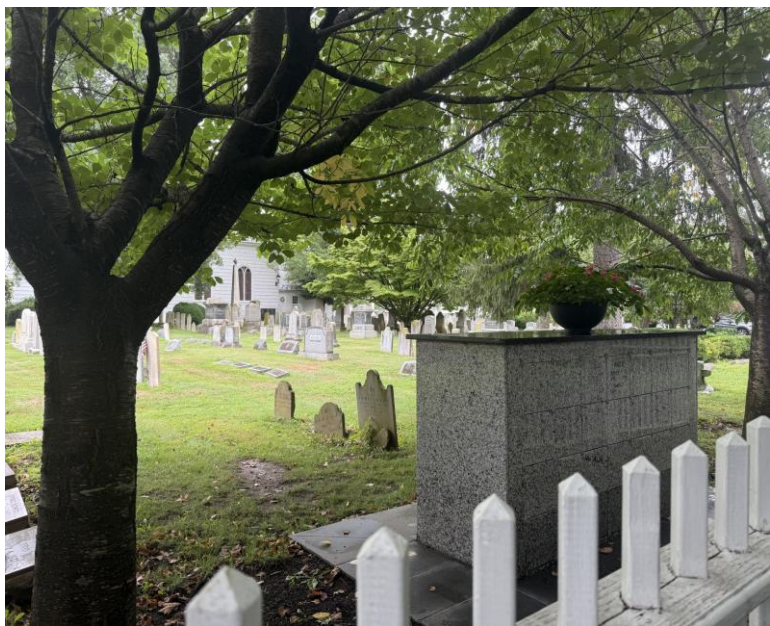
The days of late mornings, later evenings, sun and humidity are on the way to ending—September's coming in fast along with thoughts of long sleeves, socks and sweaters. I'm not ready! However, that has never been part of the consideration.

**Peak in the Week** is nearly upon us too, and that's okay—time for some books with substance. And so, we're going to be looking at and considering a book by Matthew McConaughey called *Poems and Prayers*. At the same time we'll consider a small book written by a friend of mine in which he ponders life questions and aging, kinda like Matthew McConaughey.

**Peak in the Week** gets a new look this year—we'll be starting at 11AM on Wednesday, September 16! Come join us for **Peaking** thoughts and comments and then adjourn to the church for Eucharist. Great new format! Try us, you'll really like us!

# COLUMBARIUM

"Teach us to number our days, that we may apply our hearts unto wisdom" - Psalm 90:12



There is great wisdom in planning ahead. Most of us don't want to think about our passing or our loved ones leaving us but it's a certain reality. Being prepared in advance is important.

Several years ago, Christ Church made a wise commitment to build a columbarium in our beautiful historic graveyard. The columbarium niches are available to parishioners and members of the community. Each niche holds two sets of human cremains with a front plaque with engraved names and dates on them.

If you would like more information, contact:

Kim Roberts (Honecker)  
[kimroberts05@gmail.com](mailto:kimroberts05@gmail.com) 732 513-3048

## CHURCH SCHOOL HAPPENINGS

I hope you have all had a glorious summer! With the coming of fall we turn ourselves toward regular schedules and activities. That said, Church School will be up and running on Sunday, September 13, 2026 at 10:00 a.m. The classrooms are located downstairs in the Parish House. Teachers Jennifer Craven, Kristen Downs, Katie Wachter and I will be there that day and we are inviting all "first-timers" as well as our "old-timers" to join us. Instruction and activities run for approximately 35 minutes when we break and come over to the Church to join the congregation for Eucharist.

We would love to have your children enter into this ministry with us as we adventure through the Bible!! There is so much to learn about God's plans for our life. If you are interested in enrolling your child(ren) in Church School and/or have any questions I'd be happy to speak with you. I can be reached by call or text at 732-272-5135. My email address is [Susienap@yahoo.com](mailto:Susienap@yahoo.com).

As always I remain, faithfully --

Sue Napoletano  
Church School Director

## CHRIST EPISCOPAL CHURCH CENTERING PRAYER

WEDNESDAY, SEPTEMBER 2ND  
7:00 PM





# BYOB<sup>BB</sup>\* @ Christ Church!

\*brown bag & Bible!

Starting Thursday, September 10<sup>th</sup>, join us at noon for a spiritually-satisfying lunch break every week! We've got the drinks and snacks; you bring your favorite lunch and Bible!

Newcomers and question-askers enthusiastically welcomed!



## MIMOSAS + HOMEMADE BRUNCH + YOU = HAPPY HOMECOMING!

*Join us as we celebrate our church year kickoff!*



SEPTEMBER 13<sup>TH</sup> AFTER THE 10 AM SERVICE

VISITORS AND NEWCOMERS WELCOME!

CHRIST CHURCH, 380 SYCAMORE, SHREWSBURY NJ



# THE GATHERING



It's been an exciting summer at the Gathering. We have added activities to most sessions of the Gathering. People have been working on decorating placemats to use at Sunday coffee hour. We are currently writing Christmas cards to send to the Seaman's Church Institute for their Christmas at sea program. It distributes Christmas cards and small gifts to seamen who don't have the opportunity to go home for Christmas.

In August, we had about 15 people at the Gathering. It really fed into the positive energy to have that many people there. Please come and join us and see what all the fun is about.

Starting in September, there will be a Sunday Gathering at 1:00 once a month, on the second Sunday of each month. September 13th will be our first Sunday Gathering! Please come and join us. Also, please distribute the attached flyer. Post it in your gym and workplace and pass it out to everyone you know. We're hoping to attract people of all ages who have intellectual and developmental disabilities to come to church with their families and support groups. Special education is a small world! Even if you don't know someone who has IDD, chances are very good that someone you know does! Please help us by distributing the attached flyer.

Thank you!  
Tia LaPiana



**CHRIST EPISCOPAL  
CHURCH**  
*Your Church Family Since 1702*  
SHREWSBURY, NJ

## THE GATHERING



*The Gathering is an  
interfaith prayer  
service for people  
with Intellectual  
and Developmental  
Disabilities.*

**NEW** — Beginning September 13,  
The Gathering will also be held monthly on the  
**2nd Sunday** of the month at **1:00 PM**, geared  
toward both children and adults of all ages with IDD.

-  This service will be family-friendly.
-  The service will be held in the Christ Church Parish Hall,  
380 Sycamore Ave, Shrewsbury, NJ 07702
-  We will continue to have The Gathering on the  
**3rd Wednesday** of the month at 11:30 AM
-  For more information, please visit  
[christchurchshrewsbury.org](http://christchurchshrewsbury.org) or contact Tia at  
[tiathegathering@gmail.com](mailto:tiathegathering@gmail.com)

*Belonging in Faith,  
United in Love*



## Faith Food Fellowship

**Attention all men!** Join the Men's Breakfast Group as we launch our fall season with great food and great fellowship.

- **When:** Saturday, September 19, 2026 | 8:30 am – 10:00 am
- **Where:** Americana Diner (Shrewsbury)
- **Cost:** Attendees will split the breakfast bill equally.
- **Why Attend:** Find a welcoming space of honesty and mutual respect. Connect with men of all ages, share your journey, ask challenging questions, and find daily encouragement. Together, we aim to uplift one another, serve our church, and be a visible testament to Christ's transforming power in our community.

Don't miss this opportunity to connect with others!  
Please call the Parish Office at (732) 741-2220 to register today.



CHRIST CHURCH  
— SHREWSBURY —

*We Need Your Help!*

**DONATIONS**

FOR THE

*Basket Raffle*

AT THE

**ANNUAL HOLIDAY BAZAAR**

EACH BASKET SHOULD RETAIL FOR  
**APPROXIMATELY \$100–\$150**



**IDEAS FOR DONATIONS INCLUDE:**

- Bottles of Wine
- Children's Games and Toys
- Gift Cards to Local Restaurants & Stores
- Lottery Tickets
- Household & Kitchen Items
- Cosmetics & Hair Products
- Designer Bags & Accessories
- Hand Crafted Items (Scarves, etc.)
- Baby Clothes and Toys
- Sporting Goods & Collectables
- ...and more!



**BRING DONATIONS**  
TO THE PARISH HOUSE.



**PLEASE LABEL DONATIONS WITH:**

A LIST OF WHAT IS INCLUDED  
AND A DOLLAR AMOUNT  
THEY ARE WORTH.

**DONATIONS FOR BASKETS ARE DUE BY NOVEMBER 1!**

**ANNUAL HOLIDAY BAZAAR**



FRIDAY, DECEMBER 4, 2026  
SATURDAY, DECEMBER 5, 2026

*Questions? Email Kristen at* [KristenDowns110@gmail.com](mailto:KristenDowns110@gmail.com)

## THOSE WHO SERVE SEPTEMBER

### **September 6**

Celebrant: The Reverend Susanna Cates  
Deacon: Reverend William Balmer  
Acolytes: Denzel Donaldson, Tia LaPiana (CB), Cassandra Murphy  
Lectors: Elaine Feyereisen, Peggy James  
Ushers: Bramley Maber, Christine Maber  
Guest Organist: Samantha Talmage  
Altar Guild: All Guild Members  
Iced Tea: Host Needed!

### **September 13**

Celebrant: The Reverend Susanna Cates  
Deacon: Reverend William Balmer  
Acolytes: Dexter & Kodi Craven, Denzel Donaldson, Edgar John  
Lectors: Dash Cassidy, Laura Stroebe  
Ushers: Walter Dein, George Edwards  
Interim Organist: David Citron  
Altar Guild: Cindy Webster  
Coffee Hour: Homecoming Brunch!

### **September 20**

Celebrant: The Reverend Susanna Cates  
Deacon: Reverend William Balmer  
Acolytes: Denzel Donaldson, Joshua & Matthew Dunford  
Lectors: Tia LaPiana, Tara Dunford  
Ushers: Judi Buncher, Elaine Feyereisen  
Interim Organist: David Citron  
Altar Guild: Madna Aubry  
Coffee Hour: Host Needed!

### **September 27**

Celebrant: The Reverend Clarke French  
Acolytes: Judi Buncher, Denzel Donaldson, Edgar John  
Lectors: Peggy James, Bob Van Valkenburgh  
Ushers: Walter Dein, Peggy James  
Interim Organist: David Citron  
Altar Guild: Judi Buncher  
Coffee Hour: Host Needed!

# SEPTEMBER 2026

| SUNDAY                                                                                                                                            | MONDAY                                     | TUESDAY   | WEDNESDAY                                                                                                                         | THURSDAY                                                                                    | FRIDAY    | SATURDAY                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------------|
|                                                                                                                                                   |                                            | <b>1</b>  | <b>2</b><br><u>12:15 pm</u><br>Holy Eucharist<br><br><u>7 pm</u><br>Centering<br>Prayer                                           | <b>3</b>                                                                                    | <b>4</b>  | <b>5</b><br><u>5 pm</u><br>Holy Eucharist                                                   |
| <b>6</b><br><u>10 am</u><br>Holy Eucharist                                                                                                        | <b>7</b>                                   | <b>8</b>  | <b>9</b><br><u>12:15 pm</u><br>Holy Eucharist                                                                                     | <b>10</b><br><u>12:00</u><br>Brown Bag<br>Bible Study                                       | <b>11</b> | <b>12</b><br><u>5 pm</u><br>Holy Eucharist                                                  |
| <b>13</b><br><u>10 am</u><br>Holy Eucharist<br>followed by<br>Homecoming<br>Brunch<br><br><u>1:00 pm</u><br>The Gathering                         | <b>14</b>                                  | <b>15</b> | <b>16</b><br><u>11 am</u><br>Peak in the<br>Week<br><br><u>11:30 am</u><br>The Gathering<br><br><u>12:15 pm</u><br>Holy Eucharist | <b>17</b><br><u>12:00</u><br>Brown Bag<br>Bible Study                                       | <b>18</b> | <b>19</b><br><u>8:30 – 10 am</u><br>Men's<br>Breakfast<br><br><u>5 pm</u><br>Holy Eucharist |
| <b>20</b><br><u>10 am</u><br>Holy Eucharist<br><br><u>11 am</u><br>Adult Inquirers'<br>Class<br><br><u>5 pm</u><br>Youth<br>Confirmation<br>Class | <b>21</b><br><u>7 pm</u><br>Vestry Meeting | <b>22</b> | <b>23</b><br><u>11 am</u><br>Peak in the<br>Week<br><br><u>12:15 pm</u><br>Holy Eucharist                                         | <b>24</b><br><u>12:00</u><br><b>No</b> Brown Bag<br>Bible Study –<br>Mother<br>Susanna Away | <b>25</b> | <b>26</b><br><u>5 pm</u><br>Evening Prayer                                                  |
| <b>27</b><br><u>10 am</u><br>Holy Eucharist                                                                                                       | <b>28</b>                                  | <b>29</b> | <b>30</b><br><u>11 am</u><br>Peak in the<br>Week<br><br><u>12:15 pm</u><br>Holy Eucharist                                         |                                                                                             |           |                                                                                             |

# Christ Church Shrewsbury

380 Sycamore Avenue, Shrewsbury, NJ 07702

[www.ChristChurchShrewsbury.org](http://www.ChristChurchShrewsbury.org) + [theparish@christchurchshrewsbury.org](mailto:theparish@christchurchshrewsbury.org) + 732-741-2220

Follow our Social Accounts on:



"Be friends with Christ Church Shrewsbury" and then invite your friends to be our friend so we all can be informed and connected to events in our community.

**SPREAD THE GOOD NEWS OF JESUS CHRIST.  
BRING SOMEONE TO CHURCH WITH YOU.**

The Reverend Susanna Cates, Priest-in-Charge  
The Reverend William Balmer, Deacon  
Denzel Donaldson, Seminarian  
Francesca Parker, Office Administrator

## **VESTRY 2026**

Elaine Feyereisen - Senior Warden  
Peggy James - Junior Warden, Stewardship  
Carl Alfano  
Madna Aubry - Stewardship, GFS Representative  
Julie Sinn Cassidy - Youth Ministries  
Walter Dein - Property  
Bramley Maber  
Lisa Marino  
Sue Napoletano - Church School  
Susan Sellers - ECW Liaison  
Robert Stewart - Historian & Graveyard

Nancy Stewart - Vestry Clerk

Stephen Craven - Treasurer  
Lynn Marengo - Asst. Treasurer

