



THE TOWER

First Presbyterian Church

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FROM THE DESK OF PASTOR LINDSEY

The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.

We are in the season of Epiphany. Epiphany goes by various names in different cultures. [Little Christmas](#), Three Kings Day, or Twelfth Night all remain the official end of the season's "Twelve Days of Christmas" --counting from Christmas evening on December 25 to the Epiphany on January 6.



In 2023, Epiphany or Three Kings Day falls on Friday, January 6. In biblical terms the word epiphany, meaning "revelation" best describes the story of how the Magi or [Three Kings](#) saw a bright star on the night Christ was born. When they followed it to Bethlehem, they found the Christ child and presented him with gifts of [gold, frankincense and myrrh](#).

The legendary visit would later give rise to the custom of gift giving at Christmas on the Feast of the Epiphany, today traditionally observed on January 6.

The message of Epiphany can be interpreted in several ways, and none are right or wrong. Some believe it is a message of faith in divine light, which guided the Magi to Bethlehem. Others interpret it as a celebration of Jesus coming to unite the world as the true "king of kings" and that He came to be a savior to all people.

What is the message of Epiphany? The word "epiphany" itself means manifestation or revelation. In the Christian tradition, it is the story of the revelation of God and of God's love in the child born in Bethlehem. The revelation is meant for all people, as symbolized by the arrival of the visitors from far, far away. The theme is clear. What gift can you give to the savior of all people?

For those who thought that Christmas was over, Epiphany, celebrated on January 6, marks the final celebratory day of the Christian holiday season! While most people begin taking down their Christmas decorations by New Year's, there is still a full week before many practicing Christians complete their

celebrations of the birth of Jesus Christ. You can complete the celebration by giving your talents and time to a savior who gave everything including his life for us.

May the Peace of the Lord be with you all, and Happy New Year!

Pastor Madelynne Lindsey

SANTA'S WORKSHOP WAS A SUCCESS FOR ALL WHO ATTENDED!

We thank Lisa Guida for sharing her creative talents with the community by organizing Santa's Helpers Workshop! Children are given the opportunity to create quality hand-crafted gifts to present to their family and friends. The event would not have been possible without the volunteers who oversaw each craft table. Church members and friends joined with student volunteers to make the night the success. We thank each and every one!



A Message from Rev. Fois

Involuntary Intermittent Fasting

“For I was hungry, and you fed me; I was thirsty, and you gave me drink. I was a stranger and you welcomed me; naked and you clothed me. I was ill and you comforted me; in prison and you came to visit me.”
(Matthew 25:35-36 *Priests for Equality. The Inclusive Bible, Sheed & Ward*)

Even a casual excursion through the internet will expose us to the concept of *Intermittent Fasting*. The concept is simple; you stop eating for several hours on regular intervals, skip meals and your body is supposed to use up the “reserves” stored up in your well, you know what I mean.

This fad has been, both, praised and reviled by an equal number of scientists (not to mention the usual internet trolls) who find all kinds of right and wrong with this method of losing weight.

My question is, how did we get to the point where many people deliberately starve themselves, while others struggle to procure sufficient nutrition for themselves and their family? Fasting is an honorable and ancient biblical tradition, and it has a place in our religious practice, but never as an uninvited option, never as a measure of last resort to fend off economic hardship.

If you are overweight (and I am) please understand that I am not trying to shame you. There are many reasons why we accumulate extra pounds. Genetics, metabolic function, our GI, or sometimes, a diet that is off-balance. All I am saying is that as a society we have a responsibility of making sure that no one goes to bed hungry that doesn't want to. In other words, there shouldn't be any Involuntary Intermittent Fasting.

As we enter the new year, please consider your role in helping people get the nutrition they need. As a church we have made enormous progress pushing forward the SHARE Alliance, which will operate a Community Pantry and a Community Kitchen out of our Parish House. In the weeks ahead there will be ample opportunities to participate and contribute. It may mean collecting some wholesome food items, or stocking shelves, donating money, distributing to our patrons, or simply praying for the success of the program... and if you decide to give up a meal here and there, good for you! Maybe you can donate what you decide not to eat to the Pantry and convert your Intermittent Fast into a Continuous Feast.

Prayer: Dear Lord, I know I can stand to lose a few pounds, but I pray that my efforts may be converted into an act of praise for the way you provide. Let me feed you through feeding my neighbor. In the name of the one who knew hunger and multiplied the little he could find, for the many to be satisfied. Amen.

THE FIRST CONGREGATION
OF THE PRESBYTERIAN CHURCH AT SPRINGFIELD
37 CHURCH MALL
SPRINGFIELD, NJ 07081

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RETURN SERVICE REQUESTED

PLACE LABEL HERE

FAMILY GAME NIGHT IS BACK!

Come join your church family on **Saturday, January 21st at 5pm in the Chapel** for Pizza and Game Night! Sign-up with Lisa Guida beginning 1/1/23. Details will be on the information table in the chapel. Fun for all and all are welcome!



FIRST PRESBYTERIAN CHURCH PRAYS - We meet via Zoom for 20-30 min to pray for each other, the needs of the world, our country, state, county and town and for any other good reason. Meeting ID: 869 4129 7429 Passcode: 411879 One tap mobile +13092053325,,86941297429#,,,,*411879# US Please join us via video or phone **each Monday at 8:00am and Friday at 4:00pm.**

Prayer Works!

The link for the meeting is as follows:

<https://us06web.zoom.us/j/86941297429?pwd=bkxBTzNSVl1yT09TdWZxTXFSS0dGdz09>