

Long Hill Women

A communique' of Long Hill Chapel's Women's Ministries



What Are You Waiting For? by Kathy Gonzalez

Congratulations! You just found out your friend or daughter or sister, or perhaps it's you, is going to have a new baby. And you can't contain your excitement. So many things to think about and get ready. Will it be a boy or girl? Where will the new baby sleep? If there are siblings, how will they handle it? You're glad there's some time to get ready and yet you can't wait for the baby to be born!

Advent is a season of expectant waiting and preparation for the celebration of the coming Nativity of Jesus at Christmas. The word "Advent" comes from the Latin word *adventus* meaning "coming". But what exactly are we waiting for? What's coming? Jesus already came 2000 years ago. The saving work he did for us has been completed. Even as he paid the ultimate price for our sins, his final words to us from the cross, recorded in John 19:30, are "*It is finished.*" We rejoice in the accomplished work already done for us. We set aside Christmas day to take time to focus on the amazing event that took place when God Himself took on human form and came to live among us for just that purpose. That day of remembrance is coming, but that's not all that's coming.

There is more to Advent than the focus on the birth of our Savior. It also symbolizes our spiritual journey. What are we becoming? Once we have received that priceless gift of forgiveness purchased for us that day, we are

not instantly transformed into faultless creatures. We do now have a reason for holy living though. As people redeemed by love, we now have a responsibility to live a life of love.

Reflection on Jesus' birth and his life also provides a basis for us to live each day in joyful anticipation of what's coming next. The excitement surrounding the observance of Jesus birth anticipates the ultimate outcome, *when we shall see (Him) face to face (1 Corinthians 13:12). Then He will wipe every tear from (our) eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away (Revelation 21:4).*

Romans 8:22 tells us that *the whole creation has been groaning as in the pains of childbirth right up to the present time.* So, as we celebrate God's in-breaking into history in the Incarnation, let's not lose sight of what we're waiting for. As people who live "between the times", let's remember to *be about (our) Father's business (Luke 2:49)* because of the hope within us, that's beyond all we can conceive. *No eye has seen and no ear has heard nor can the heart of man imagine what God has prepared for us (1Corinthians 2:9).* And this Christmas season, as we sing "Come, O Come, Emmanuel" let's remember not only what Jesus already did for us but what's still to come. I can hardly wait!

Winter 2010/11



Kathy Gonzalez serves as Co-Chair of LHC's Women's Ministries

Long Hill Chapel's Women's Ministries exists to encourage women to live their lives to the fullest through the transforming power of Jesus Christ through friendship, discipleship, prayer, outreach, service and missions.

Thoughts on Titus II

Being mentored as a Christian woman had been something I knew that I needed, so I was, and continue to be, thankful for the opportunity to be part of Titus 2. The older "training" the younger, as the words are stated in Titus chapter 2, have meant, for me, learning what it means to follow Christ in all aspects of my life, and understanding how much he loves me! This all takes place because of relationship - my relationship to God, and the wonderful fellowship, accountability and love that I am privileged to experience with my mentor and the other women in my group. It is a safe place, in what can be an unsafe and vulnerable world.

Our group formed just over 2 years ago with 6 members. From the very beginning, there has been an incredibly strong bond between all of us (despite changes over the years in the women who attend). We are actually sad when we do not have a Titus 2 meeting coming up on our calendars. In addition to our regular meetings, we have met for dinners, brunches, Christmas parties, swim parties, etc.

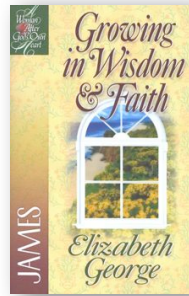
I think the real question is though, what does this group mean to me? The women are truly my sisters in Christ. While studying our Bible lessons, we often come upon very sensitive subjects. We can laugh together, pray together and cry together. There is NO subject we can not discuss with each other and we know whatever we discuss will be confidential. We truly love each other and

Continued on page 3

Weekly Bible Studies

James: Growing in Wisdom & Faith by Elizabeth George

How can you develop a faith that will remain strong when everyday circumstances get you down? Where can you get the wisdom that will help you make the right choices in life's many decisions?

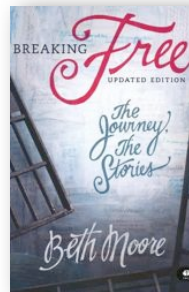


The book of James gives reassuring answers to these questions and many others. In fact, James provides very practical guidance on the most pressing life issues that affect Christian women daily
Sundays, 10:30 am, Room 303

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Breaking Free: The Journey, The Stories by Beth Moore

This in-depth women's Bible study draws parallels between the captive Israelites of the Old Testament and New Testament believers in Jesus, as the Promised Messiah. Beth looks at the Book of Isaiah through the lives of the kings who ruled during the prophet's ministry. These kings exemplify many of the obstacles to freedom with which we must deal. Using Scripture to help identify spiritual strongholds in our lives, no matter how big or small, Beth explains that anything that hinders us from the benefits of knowing God is bondage.
Mondays (begins 1/10), 7:30 pm, Room 303



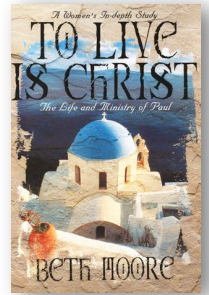
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To Live Is Christ: The Life and Ministry of Paul by Beth Moore

Get to know the man who said: "To live is Christ and to die is gain." Philippians 1:21 He served faithfully and loved heartily. More than any other person, Paul provides us an example of sold-out servanthood. He understood what it means to die daily, crucified with Christ. As a result, Paul shows us how to live fully as a bond slave to Christ.

As you study the Book of Acts and the Epistles of Paul, you will feel the challenge to follow Paul's example just as he followed the example of Christ (I Corinthians 11:1).

Thursdays (begins 1/6), 9:15 am, Room 204

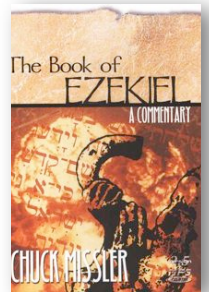


Ezekiel by Chuck Missler

Ezekiel's name means "God strengthens, or God will strengthen." Ezekiel had remained with the remnant in the land and then was taken in captivity to Egypt.

The book of Ezekiel contains some of the most incredible prophecies in the Bible. Ezekiel ministered to a nation experiencing judgement for their sins, and may have some lessons for us today.

Thursdays (resumes 1/6), 9:15 am, Room 303

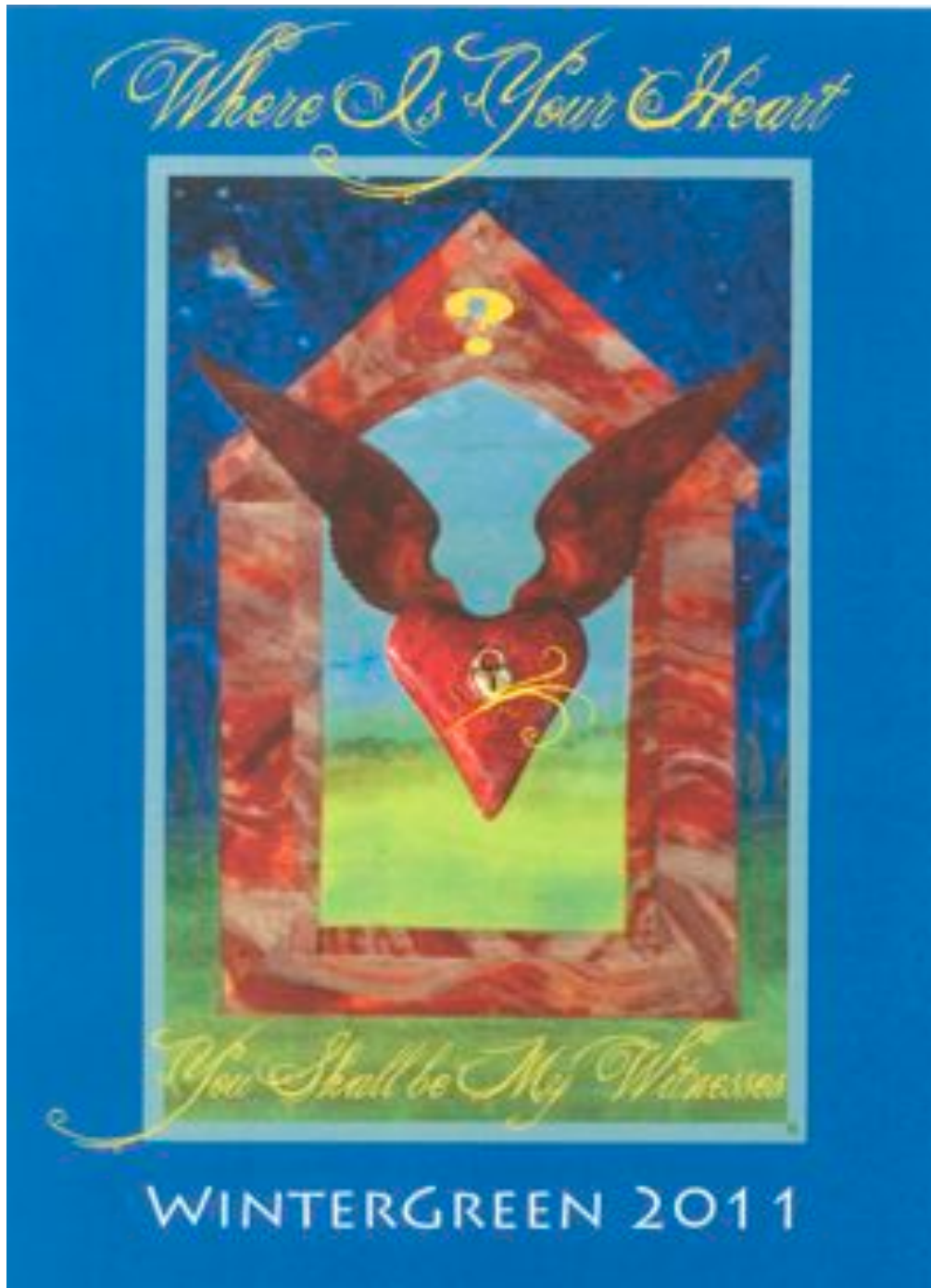


Childcare is available, on Thursday mornings, while mom's attend the study.

Children's morning activities include play-time, singing, Bible story & snack

Ages: 0-36 months (Room 113)
3-5 years (Room 101)

Special Events



C&MA Metro Women's Ministry One-Day Retreat

January 22, 2011, 9:30 am - 2:30 pm

Stonecrest Community C&MA, Warren, NJ

*Speakers: Kathy Sappia, Thailand; Stephanie Beers, Ecuador;
Christy Tennant, United States; Tina Reynolds, France*

*Registration brochures available in Welcome Center & church office.
Register by January 12. Cost: \$30 (Seniors - \$25). After January 12
deadline, and at the door, \$35 and must bring your own lunch. If you
plan to attend - please send in your own registration and contact the
church office to connect with others to arrange a carpool.*

Titus II...continued from page 2

care about each other. We want to be a part of each other's lives and we want each member to feel loved and respected. We value each other's opinions and seek good, Godly Christian advice. We all have other friends, but our Titus 2 group will help us seek out Godly wisdom and answers. We can count on each other. I know if there is a crisis in my life, these ladies would bend over backward for me and I would do the same for them. We share about our lives, our marriages, our children, our work, our free time activities and how we can serve the Lord better in our lives. And when we pray for each other, God is definitely a presence in the room as we lift up each other in heartfelt prayer. We continue to pray for each other at home throughout the month.

This group is very important to me. We are all very different women, but we come together with open hearts and minds, seeking God in our lives. We gather with Love and Thankfulness. We bring to God our concerns, our hopes and our dreams. We are truly blessed by our leader. She loves us and guides us with patience and kindness which gives our group the direction we need. She opens her home to us and always has a lovely table set and encouraging words for us. When necessary, she refocuses us on the Bible study and leads us gently. She is a gift from God for each of us.

If you are interested in Titus 2 for fall of 2011, please e-mail or call the church office lois.andrews@longhillchapel.net or (973) 377-2255 x111.

My Faith . . . My Story by JoJo Starbuck Gertler

The last time I wrote out my testimony was 20 years ago! As I read it over this morning, I realized that, although my life has changed considerably, the most important things in life are still solid, true and bright... thank God!

I was born on Valentine's Day and am the only child of a dynamic, red headed, Irish Catholic beauty, Alice Plunkett, of Staten Island, NY, and a strong, blonde, All American Football star from the South, Hal Starbuck. I never knew my Dad who died when I was quite young. My Mom, a determined Unsinkable Molly Brown/ Lucille Ball/Mama Rose/Auntie Mame kind of woman, then left Florida and headed for California where she heard job opportunities were flourishing (back in the early 50's).

We had literally nothing but each other as we crossed the Golden Gate Bridge in our Chevrolet Station Wagon, but life was always a blast with my Mom and I always felt like the richest girl in town! We lived in a tiny apartment and every Sunday morning she faithfully took me to "Our Lady of Perpetual Help" Church. In spite of the beautiful way she instilled in me a strong faith in God, and the training I received there, I always sat in church feeling like something was missing. While the mass was full of elegant pomp and circumstance on a beautiful altar, with satin robes, bells and candles, and we repeated all the responses dutifully, I couldn't help but wonder what all this had to do with me? I was an obedient daughter, a

decent student, and a competitive figure skater living in Downey California...what did the agonizing Jesus on the gold cross on this shining alter really have to do with me? I didn't understand the connection, although I deeply longed to.

I remember going to skating competitions with my pairs skating partner, Ken Shelley. He was a Mormon and would laugh as I would take this little bottle of Holy Water, I got from the church, out of my skate bag. I would rub the water on my skates and blades, my legs and arms and even on my temples so I would think and move perfectly in our performances! I would say the rosary and pin a medal of St. Lidwina, (the patron saint of ice skating!), inside my costumes. I was trying as hard as I could to be close to God and to win His favor.



My partner Ken and I made the U.S. Olympic Team for the first time when we were 16 years old. The Olympic Trials were held in Philadelphia and Instead of flying back to L.A. to head back to high school, after the Trials, we were taken to NYC to be outfitted with all kinds of Olympic uniforms, training gear and luggage and then flown to France! That year, 1968, the Winter Games were held in Grenoble, France. In the Olympic Village, I saw

famous athletes running around the village, eating at the next table and skating on the same ice as Ken and me! The day of the Opening Ceremonies was truly a dream come true! After a morning blizzard, the clouds parted and sun sparkled down as we entered the stadium and took our place in the center of the field with athletes from all over the world. Five jets swooped in and drew the Olympic rings in the sky over our heads in the five different colors. Then helicopters came overhead and dropped perfumed rose petals over the athletes (as snowflakes and roses were the theme of that Olympiad). A famous French Olympian, Alan Calmat, brought in the torch. As he ran from one end of the stadium to the other, and then up the stairs to the caldron, a microphone was attached to his heartbeat for all the world to hear. I was sure that my heart was beating just as loudly! (This sure topped going back to class at Downey High School!)

After the Olympics and then the World Championships, Ken and I were asked to skate in shows all over the world and even to be VIP's at events in our own hometown (the LA) area. We were occasionally on television and suddenly became popular in school too!

I had a wonderful life! But I still yearned for that missing piece in my heart when I went to church. Then one day in



1969, I walked into a college speech class and met a striking young woman named Pattie, who stood up and told her "Christian Testimony". "That's it!" I knew immediately that the glow she had as she shared her relationship with Jesus was what I had been longing for! She later shared a little booklet with me called The Four Spiritual Laws. After class, with the booklet in my hand, I ran to the car and dashed onto the freeway so I wouldn't be late for practice with Ken and my strict coach. But I was so hungry to learn about the relationship Pattie had with Jesus! So I don't recommend this, but I read the booklet as I drove down the California Freeway.

I learned that I didn't need a fancy altar, bells, incense, or even Holy Water to earn God's favor and to be filled with His love, peace, joy and strength. I learned that as a sinner, I'm separated from God by my sin. But He loves me, the skater in Downey, California, so much, that He sent His Son, Jesus, to pay the price for ALL my sins. When I invite Him to sit on the throne of my heart and to be in charge, He can fill me, guide me, and always be there for me in a miraculous way. Plus, I would be assured a place in heaven when I die. What great news! What a thrill and privilege! The God of Abraham, Isaac and Jacob, who helped David with Goliath, who led the Israelites across the Red Sea, who walked on water and calmed the Sea, who brought strength and courage to countless heroes, who made the sun, the moon, the stars, the rainbows, the crashing oceans, the exotic creatures great and small...wants to communicate all day, everyday,

with ME! I learned that He yearned to walk with me through everything, everywhere, to be my Father (so cool for a fatherless kid), helper, advisor and would love me always. Finally, the connection with the Jesus on the crucifix was made! It was thrilling!

Ken and I went on to skate in 4 more World Championships and another Olympic Games. We toured the world and made amazing friends and memories, which are a blessing to this day. We then achieved another childhood dream when we signed on to become the headliners with the Ice Capades (in the good ol' days of family entertainment). I married a 4-time Super Bowl hero, and Ken and I continued on to compete in 5 World Professional Championships, do many TV specials, to skate on Broadway and even the Metropolitan Opera House. I dined at the White House, met many celebrated athletes and entertainers and eventually moved to NYC where we began producing and/or choreographing skating specials for television and for live venues, such as Rockefeller Center.

Of course, along the way, I've learned a lot more about what makes a relationship with Jesus a fruitful and truly joyful one. I had a lot of maturing to do...and that isn't always easy or fun. Even while the glow of my newfound faith was still radiating from my heart, the "real world" had other things in store, as it always does. It pulls us here and there, tempting us with beautiful promises that are often empty. We follow them, fall down, and

learn. It takes spiritual muscle to remain surrendered to Jesus everyday! I went through a sad divorce after 5 years of marriage and hardly knew which way to turn. For many years after, although I remained committed in my faith, I all too frequently let go of God's hand. Instead I followed what were often impatient, selfish choices, which led to an insecure and scary path. I never would have admitted that I put myself on the throne of my heart, but looking back at decisions I made and directions I took, I know that was the case. It's sometimes a hard, long and dry spell when we're walking with Him. It's not for the impatient or faint of heart. But when we tough it out, like an athlete in a race (1Corinthians 9:24-5), the blessings can be unbelievable!

We all know that training to be a strong athlete is tough and painful. But afterwards, when you've gained the muscle and wisdom, you feel such joy and *freedom* from hindrances that may have bound you before. In the past 41 years, since my "exciting" drive on the freeway, God has truly been a loving Father in bringing me to more maturity, even when I went kicking. Although I'm still a work in progress, I still feel inadequate, lack confidence and even get depressed at times. He has brought me around the track and over huge mountains many times. I'm growing in faith in spite of how things may sometimes *feel or seem*, growing in compassion, in patience and generosity. All those struggles are not without precious fruits.

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Women's Ministries



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Vicki Vielguth

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Nancy Gayer

Treasurer:

Cindy Ardolino

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Friendship:

Connie Perez
Nadine Schober

Discipleship:

Bible Studies

Joan Swanson
Gloria Wilson

Titus 2

Lois Andrews
Barbara Rogers

Prayer:

Mickey Formato

Outreach:

Debbie Adamus
Joan Swanson

Service:

Victoria Dew
Pat Moore

Missions:

Lisa Kiel
Ruthann Wichelman

Recipe Corner

When our family first moved to the East coast, I was fascinated to learn about the traditional "feasts" enjoyed by Italian families during the holidays. One in particular, The Feast of Seven Fishes on Christmas Eve, is something I know my family would enjoy. Although I personally am not really a seafood person . . . I grew up with the Norwegian & Swedish holiday tradition of lutefisk on Christmas Eve. Just sayin'. ~ Julie Federer



FEAST OF SEVEN FISHES

by www.allrecipes.com

"While favored dishes may vary . . . will likely include the freshest catch of the day, as well as clams, oysters, mussels, squid, shrimp and lobster." Here are some recipes to get you started . . .

THE SEVEN FISHES

[Fish Fillets Italiano](#)

[Swordfish Calabrian](#)

[Swordfish a la Siciliana](#)

[Anchovy Linguine](#)

CLAMS, OYSTERS & MUSSELS

[Clams Italiano](#)

[Mussel & Potato Stew](#)

[Steamed Mussels II](#)

[Deep Fried Oysters](#)

CALAMARI, SHRIMP & LOBSTER

[Grammy's Calamari Salad](#)

[Shrimp Scampi III](#)

[Broiled Lobster Tails](#)

[Calamari in Red Wine
& Tomato Sauce](#)

VEGETABLES

[Italian Kale](#)

[Maria's Broccoli Rabe](#)

DESSERT

[Panettone I](#)

[Italian Biscotti](#)

[Italian Cream Cake II](#)

[Classic Tiramisu](#)



If you would like to submit a favorite family recipe for publication in a future edition of the Women's Newsletter, please leave it in the Women's Ministries mailbox in Room 202.

Cosmic Family, Bigger God

by Michelle DiSarno

The first time I went to Mexico with Long Hill Chapel in 2003, I was without my family.

I returned home with stories of sleeping in a dusty tent, sharing a three gallon shower bag with someone after mine broke, and having to cover my nose with a bandana when using the outhouses—but gagging anyway. Consequently, the next two years I went to Mexico, I was without my family.

I kept going back because I had somehow felt at home far from home. It broke my small town suburban bubble to realize that I have brothers and sisters in every race and socio-economic group. One night we were invited to a Spanish church, and during worship, we recognized the tune “Open the Eyes of My Heart.” So all at once the Mexicans and the Gringos lifted our respective lyrics to the ceiling and I thought: “every tribe and tongue.” We can imagine the expanse of His Kingdom, but when we travel its diverse roads, the Supremacy of Christ and the relevance of the Gospel become that much more evident and universal. An insatiable craving to experience these truths more and more brought me to many other places, the latest of which was India. From these experiences I have seen that as Believers, we may embrace family everywhere on this big/little blue/green dusty earth. Through that embrace, Jesus patiently convinces me of His power and His tender, redeeming, far-reaching love.

After awhile my family crowned me with the title of “World Traveler” (“Where did you come from??” my mom often asks.) Well, curiosity got the best of them eventually, and after several years’ worth of Mexico testimonies from others in the congregation, the next DiSarno took the plunge. (Extra incentive was that Long Hill had switched its ministry partnership to a C&MA family who live there permanently, and whose vision for short term teams include beds, running water, and private shower stalls.)

My younger sister Karen finally signed up with her friend in 2009 (it was an “I’ll go if you go” scenario), even still with grumbling and skepticism. She prefaced the trip with the notorious disclaimer of one whose life is about to change against his or her will, by declaring, “Don’t expect my life to change.” God smirked.

Change. You don’t have to wonder if it will happen. The Body of Christ in action: when you find yourself in the midst of people loving people in tangible, practical ways, the invisible God becomes visible. Shouldering a load of doubts, questions, and anger at the time, my sister said that when she witnessed the humble Mexican family tearfully thank God for His provision, she instinctively knew God was real—and was good. Furthermore, she felt a sense of awe that He had let her be apart of it. She came back to NJ with a desire for a relationship with Jesus.

A year later, the two of us stood in front of our parents and the rest of the 2010 Mexico team and shared how these mission trips had impacted our lives. Then Pastor Dan tied it all together with that one ever-present conclusion—“you may think you came here to build a house, but God brought you here to meet with Him.” Serving



Growing . . .

Women’s Ministries Monday, Thursday & Sunday Bible Studies, as well as Titus II, offer opportunities to grow in God’s Word. We would also encourage you to worship with us on Sundays at either of our services at 9 or 10:30 am.

Connecting . . .

Click here to . . .

• [subscribe](#) and receive LHC’s weekly e-mail newsletter which highlights events & opportunities to serve

• [subscribe](#) to receive LHC’s weekly worship folder via e-mail

• [subscribe](#) to receive the Women’s Newsletter via e-mail

Serving . . .

There are opportunities to serve in many capacities at Long Hill Chapel, as well as in our local community and beyond.

[Children’s Ministries](#)

[Youth Ministries](#)

[Women’s Ministries](#)

[Homeless Ministry](#)

[New York City Relief](#)

[Mexico 2011 - July 23-30](#)

Please e-mail [SERVE](#) to express your interest.

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My Story . . . continued from page 5

When I truly submit to Him, the wisdom and discernment He shares with me is PRICELESS! Like the athlete who feels the joy and freedom that come from persistence, God is still bringing me to new plateaus. Just like training for the Olympics, this spiritual journey is a *constant* challenge, but it's *the only way* to

- find that peace that passes all understanding,
- to know what's really important and be uncompromising in these things
- to love unconditionally
- and to please Him, which is why we're here to begin with!

These are all Gold Medal rewards that we all want.

I am now happily married to architect Jeff Gertler and have 15-year-old twin boys, Abraham and Noah. We live in Madison, and while I'm primarily a Mom, I'm still involved in skating as a coach, special events producer and as a speaker. I love Long Hill Chapel and the Pastoral staff who are such a blessing. My most recent lesson in continuing to fight the battles in which this world wants to ensnare us, is from **Jonah 2:8, "Those who cling to worthless idols forfeit the joys that could be theirs."** My favorite all time scripture is **Psalm 37:4, "Delight yourself in the Lord and He will give you the desires of your heart."** Surrendering to Him each day is truly a win/win situation no matter what your pursuit may be! God bless you!

Cosmic . . . continued from page 7



is hardly about the work we do, but the transformation God works in us. Faith grows; priorities reorganize. It's all about our personal journeys with Him. I was so thankful that this time, my mom, dad, sister and I could embark on a family journey to Ensenada, and then return home with the experience between us.



I think my family would now agree that it is important to see Christianity alive in different places and cultures, so that your God can get bigger in your heart, and your sense of family can become cosmic. In fact, my mom recently told me Mexico has helped to "erase borders." In other words, she newly understands the believers' oneness in Christ. The erasure of borders is exactly the point of crossing them: God flips His pencil around and begins to rub away those lines that sometime come between us and our communities, our world, and our Jesus.



However, crossing international borders is not the only way this expansion can happen. The Word comes to life when we

put faith into action, wherever we are. There are plenty of borders to cross right at home. So whether it's Ensenada, Newark, or the lunch table at work, just remember that you have a premium passport from the ultimate Kingdom—the inviting love of Christ from the royal family of God.

Save the Date

December

- 24 Christmas Eve Services 6 & 9 pm
- 26 Combined Worship 10:30 am (No Bible Study)
Potluck Farewell Lunch 12:00 Noon



January

- 2 Sunday Bible Study Resumes, Room 303
- 6 Thursday Bible Studies Resume, Rooms 204 & 303
- 10 Monday Exercise Resumes, Room 204
Monday Bible Study Resumes, Room 303
- 22 WinterGreen 2010 One Day Retreat

March

- 13-20 Missions Conference

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