

Tragedy of Sept. 11 Reminds Us To Value Each Day of Our Lives

A Weekly Column From Members of the Scotch Plains-Fanwood Ministerial Association

By REVEREND JANE ROCKMAN

A friend told me that the first thing he does each day is turn on CNN. That's not so unusual, except that this is someone who would never watch TV or even listen to a radio in the morning because there simply wasn't time in the busy schedule of a successful businessman.

But since September 11, all that has changed. Now he starts every day with CNN, "to see if anything terrible happened during the night." Then he explains, "I have to know if I should bother getting up."

Everyone has been affected directly or indirectly by this fall's tragic events. The horrifying images, familiar by now but still unbelievable, will remain with us always. Personal stories of tragic loss, miraculous survival and heroic rescue continue to be revealed, and these, too, are unforgettable.

And, of course, no one knows what will happen next. In the space of a few moments, our world was changed forever, and we were changed as well. We were shown, yet again, that there are events in life over which we have little or no control. But that does not include everything. We cannot forfeit responsibility for our souls.

Open the Bible and right away, in Chapter 1 of Genesis, we read that men and women are created "in God's image." Later on, in Chapter 5 of the Gospel of Matthew, further descriptions of humans as "the salt of the earth" and "the light of the world."

These phrases are so familiar that we seldom think about their meaning, but what potential and responsibility they convey! The Gospel goes on to proclaim, "Let your light shine before all people that they see your good works and glorify your Father who is in heaven."

In my church, we say these words after someone is baptized, while a special baptismal candle is lit - a charge to the newly baptized about how to live his or her life.

Each of us is uniquely created by God, with a particular role to play and a special contribution to make. Our efforts are not solitary, however. Not only do we participate in the larger community, we go forward with God. There is the awesome promise in Chapter 10 of the Gospel of John that God's purpose is for human creatures "to have life and to have it abundantly." We may be forever changed by the new realities of our world, but we don't have to lose our selves in the process.

Since September, I suspect that we've also gained new respect for the gift of time. I suspect that we see it as more than a commodity to be billed for. Each new day is uncharted territory, to be sure, but we do not face it alone. In the beautiful words of Psalm 118: "This is the day which the Lord has made. Let us rejoice and be glad in it."

Reverend Rockman is Rector at All Saints' Episcopal Church, located at 559 Park Avenue in Scotch Plains.

Jewish Literacy Program To Feature Varied Events

WESTFIELD — The Union County Torah Center in Westfield has announced the fall semester of "The Jewish Literacy Program," an extensive adult education program featuring various classes from Tuesday, October 30, through Thursday, December 6.

The highlight of this JLP semester will be a lecture by Rabbi Dr. J. Immanuel Schochet, entitled "The Bible — Will The Real Author Please Stand Up," on Wednesday, November 7, from 7:30 to 9:30 p.m.

It will be offered at the Jewish Community Center of Central New Jersey, Wilf Jewish Community Campus, located at 1391 Martine Avenue in Scotch Plains. There is a suggested donation of \$10.

The lecture will analyze the theories of Bible Criticism current in academia and popular perceptions and contrast these with the traditional belief that the Bible is traced to the Biblical prophets to whom it is attributed.

Rabbi Schochet, a native of Switzerland, is rabbi of Congregation Beth Joseph and Professor (Emeritus) of Philosophy at Humber College in Toronto, Canada.

The following courses will be available for the fall semester of the JLP: A history course, "From Joshua to the Judges - From Jericho to Jerusalem," will be held on Tuesdays, October 30, November 13, 27 and December 4. Professor Mitchell Bomrind of Kean University in Union will give the course.

Topics for the four nights, respectively, will include "The Leadership of Joshua - Conquest and Settlement 1275 BCE;" "The Judges and the Story of Samson 1100 BCE;" "The

Prophet Samuel and King Saul the First King in Israel 900 BCE," and "David, King of Israel - Changing of the Guard 867 BCE."

An in-depth study of the first four Haftorahs of the year will be held on Wednesdays, October 31, November 14, 21 and 28. Participants in the course, taught by Rabbi Levi Block of the Torah Center, will have an opportunity to study the famous "Bar-Mitzvah Haftorahs," complete with many commentaries. The first three are from Isaiah and the fourth is from Kings.

A Hebrew Reading - Level 2 Crash Course is scheduled for Thursdays, November 1, 15, 29 and December 6.

"Adon Olam?" is designed to help individuals who are not sure about some of the letters of the Hebrew alphabet and need some practice with their reading. There will also be a study of the meaning of some of the better known prayers. Dr. Jordan Fersel will give this course.

All classes will take place from 8 to 9:00 p.m. at the Union County Torah Center, located at 418 Central Avenue in Westfield. The cost for each entire course is \$10.

The Wednesday evening class on the Haftorahs is a joint program of the JCC and the Torah Center and will take place at the JCC.

The Jewish Literacy Program was created by the Union County Torah Center to provide people with the tools they need to access Jewish literature, customs and lore. For more information, please call the center at (908) 789-5252.



CLANTAS ARE COMING... "Clantas," large decorative Santa dolls that take their name from the clan tartans of the Scottish settlers of the Canadian Maritime provinces, will be featured at the Silver Snowflake Craft and International gift sale at The Presbyterian Church in Westfield on Saturday, November 3, from 9 a.m. to 4 p.m. Smaller models will also be available.

'Silver Snowflake' to Offer Myriad Crafts and Gifts

WESTFIELD — The Silver Snowflake Craft and International Gift Sale will take place on Saturday, November 3, from 9 a.m. to 4 p.m. in the Assembly Hall of The Presbyterian Church in Westfield.

Featured will be handcrafted furniture, rugs, baskets, toys, musical instruments, jewelry, nativity sets and ornaments from international artisans.

Raider Marching Band Excels at Band Festival

The Scotch Plains-Fanwood High School (SPFHS) Marching Band continued its winning tradition with an outstanding performance at the J. P. Stevens High School Marching Band Festival in North Edison on October 7. Competing with 21 other high school music programs, the Band presented its repertoire entitled "Raider Jazz - Songs That Swing," a medley of classic jazz selections.

Blending intricate musical arrangements, precision marching movements and graceful dance routines, the Raiders were rewarded for their spectacular show with several awards.

Within Division III-A, the band took first place trophies for Overall Performance, Color Guard and the Percussion Line. In the overall competition, the Raiders garnered second place awards for Overall Performance and Color Guard while the Percussion Line captured a third place trophy.

Comprised of 82 musicians and 28 Color Guard members, the Band will demonstrate its talents at nine SPFHS football games and seven marching band festivals this fall. The dedication of these students has resulted in the recognition of the Raider Marching Band as one of the premier high school bands in New Jersey.

Handmade birdhouses, baby gifts, hand-painted greeting cards, hostess gifts, sweaters, ornaments, wreaths and holiday decorations, among other creations from the church craft group and members of the congregation, will also be available.

A Snowflake Quilt and a Garden Quilt, created by the quilting group, are among the larger silent auction items, which will also include a Silver Snowflake doll, a Santa hooked rug wall hanging, a chestnut window mirror, an original watercolor and many other unique pieces from church members.

A new area this year, called Kids' Korner, will give children a place to create holiday decorations and gifts. Commemorative plates with a picture and a history of the church will be available as well.

Baked goods and home-canned specialties, along with lunch, will be offered in the Snowflake Café area.

The event is sponsored by the Presbyterian Women, with all proceeds benefiting local and international mission projects.

All international items enjoy Fair Trade status and are created by individuals and cottage industries that benefit directly from their artistry, according to a spokeswoman for the Presbyterian Women.

The Assembly Hall of the church is located at 140 Mountain Avenue in Westfield. The entrance is next to the parking lot, where ample free parking is available. There is no admission charge, but a free will offering will benefit the September 11 Fund.

'First Sunday' Event Slated At Y to Promote Healing

WESTFIELD — In response to the September 11 tragedies, which have impacted many local communities, the Westfield Y will hold a family program on Sunday, November 4, to help promote healing.

Organized by employees and volunteers of the Y, located at 220 Clark Street in Westfield, the "First Sun-

day For Freedom" event will take place from 3:30 to 6:30 p.m.

The program will include a family-style pasta dinner and such activities as a family swim, games, arts and crafts, as well as a climbing wall.

Tickets for the event are \$10 for adults and \$5 for children under age 18. (Youngsters under age 2 can attend for free). Proceeds from the event will go directly to the local United Way September 11 Fund, which will benefit families in Westfield, Mountainside, Garwood and Cranford which have been affected by the disaster.

"As an organization committed to helping build stronger communities, we wanted to plan an activity that promotes family togetherness for all residents within our communities, as well as a fundraiser to bring aid to those who suffered tremendous loss," said Y Assistant Executive Director Fred Wasiak.

Individuals do not have to be Y members to participate. For further information, please call the Y at (908) 233-2700.

Y Announces Roster Of Wellness Classes

WESTFIELD — The Westfield Y, located at 220 Clark Street, has announced its schedule of wellness classes for fall.

Classes will include Basic Yoga on Thursdays, from 10:15 to 11:10 a.m., and Lululemon Yoga on Mondays, from 12:20 to 1:30 p.m.

Also, Yoga for Kids will be offered for ages 8 to 12 on Fridays from 4:30 to 5:15 p.m. A You and Me Yoga program for children ages 4 to 7, with their favorite adult, will also be held on Fridays, between 3:30 and 4:15 p.m.

A Jazz Dance Workout will take place on Sundays from 11:15 a.m. to 12:10 p.m. and a Belly Dancing Class will be held on Sundays from 6:30 to 7:30 p.m. No experience is necessary for either of these classes.

In addition, there are new or additional times for some popular Y classes, including Pilates, Ballet Workout, Fitness for New Moms, Power Yoga and Tai Chi, levels 1 and 2, and the Weighted Workout.

For a complete listing of classes offered for the Late Fall Session, running from Sunday, October 28, until Saturday, December 22, please consult the current Y brochure.

Registration for any of these classes is ongoing. For information on these or any fitness classes at the Y, please call Jean White at (908) 233-2700, extension no. 246.

Postmaster to Hold Forum for Public

SCOTCH PLAINS — Scotch Plains Postmaster James J. McDade has invited all citizens to come to the Post Office on Tuesday, November 6, from 1:30 to 3 p.m. for a discussion over coffee of postal issues, public concerns and suggestions.

Anyone unable to attend the Postmaster's "coffee break" can always share their thoughts by completing a postage-paid Consumer Service Card which is available in any post office lobby or by calling Postmaster McDade at (908) 322-4242. Interested individuals are also invited to visit usps.com.



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A complete Sunday Hebrew School curriculum Kindergarten through Bar/Bat Mitzvah

Location:
Franklin Elementary School
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For more information, please call
(908) 789-5252

A project of The Union County Torah Center



Rabbi Schochet

AARP Announces Date For Holiday Luncheon

WESTFIELD — Westfield Area Chapter No. 4137 of the American Association of Retired Persons (AARP) has announced that Marie Stock will take reservations at the group's Monday, November 5 meeting for the Annual Holiday Luncheon. She may also be reached by calling (908) 925-2536.

The luncheon, featuring an international buffet, will take place at noon on Monday, December 3, at The Westwood in Garwood. Dessert and beverages will be served, including soda and wine.

Christmas and popular music will be performed and sung by Werner and his Magic Sounds during the dining period and for dancing. The total cost, including gratuity, will be \$18. Members may bring guests. The deadline for reservations is Friday, November 30.

Saturday, October 27, 2001



TRICK OR TREAT IN DOWNTOWN WESTFIELD
11:00 am to 5:00 pm



Children's Costume Contest
4:00 pm on Quimby Street

Costume Contest Winning Categories & Sponsors:

- "Most Chilling" Costume - La Crema Gelato & Caffe
- "Most Traditional" Costume - Lancaster Ltd.
- "Most Creative Nostalgic" Costume - Mary Lou's Memorabilia
- "Cutest Baby" Costume - Mother and Baby Co.
- "Most Distinctive" Costume - The Gift Monkey
- "The Sportiest" Costume - The Leader Store
- "Most Electrifying" Costume - Roy Electric Lighting Co.
- "Most Patriotic" Costume - The Westfield Leader
- "The Costume with the Most Soul" - Sole
- "Most Photogenic" Costume - SnapShots of Westfield

Sponsored by:



DOWNTOWN Westfield CORPORATION
A Main Street Community

Children in the fifth grade or below may enter. The winner of each category will receive a gift for the child and parent!

For more information, call: 908-789-9444 or visit www.westfieldnj.ataclick.com

Good News

"Behold, they shall surely gather together, but not by me: whosoever shall gather together against thee shall fall for thy sake."

Isaiah 54:15 The Gospel

GET TO KNOW OUR STAFF

Timothy O'Kay, PT, OCS has been named Clinical Director of ADVANCED Physical Therapy Associates located at 210 North Avenue, East in Cranford, NJ.



For the past 10 years, Tim has worked with founders, David and Nancy Van Brunt, providing high quality, personalized care for our community. Currently, Mr. O'Kay directs the Cranford office, a state-of-the-art, multi-specialty rehabilitation clinic. Specialty patient areas include hand and sports rehabilitation, orthopedics, pediatrics, neurologic and women's health.

Timothy O'Kay graduated Magna Cum Laude from State University of New York Health Science Center at Syracuse in 1986. He has since specialized in orthopedic physical therapy. In 2000, he was board certified as a clinical specialist in Orthopedic Physical Therapy by the American Board of Physical Therapy specialties. He is one of only 70 physical therapists in the State of New Jersey certified in orthopedics. To obtain board certification, candidates must submit evidence of required clinical practice and successfully complete a rigorous written examination, which demonstrates specialized knowledge and advanced clinical proficiency in a specialty area.

ADVANCED Physical Therapy Associates has assembled an outstanding team of dedicated physical and occupational therapists, who are experts in their specialty area. These professionals, along with the entire office staff, strive to offer the most compassionate and complete rehabilitation possible.

We invite you to call or visit our facility for further information.



210 North Ave., East, Cranford • 908 - 276 - 0237