

First Baptist Offers Program To Help Deal With Tragedy

WESTFIELD — In response to the recent tragedy at the World Trade Center, the First Baptist Church, located at 170 Elm Street in Westfield, will offer Trauma Debriefing Sessions tonight Thursday, September 27, and Tuesday, October 2, at 7:30 p.m.

The Reverend Jeremy Montgomery, Minister of Local Outreach at First Baptist, will conduct the sessions for church members, friends and families who have been emotionally and traumatically affected by the tragedy. The sessions are also open to the public.

Reverend Montgomery is certified by the Trauma Center of Boston in "Basic School and Community-Based Critical Incident Stress Management."

The group debriefing of each session is a psychological and educational process that mitigates the impact of a critical incident, accelerates normal recovery in individuals, and provides a confidential, non-evaluative discussion of the involvement, thoughts and feelings resulting from a traumatic incident.

It also provides education and discussion regarding stress management and coping methods.

The sessions are free and advanced registration is recommended, but not required, in order to accommodate all interested individuals. Additional

sessions will be offered depending on the response for these two sessions.

In addition, the church doors and sanctuary will be open for prayer on weekdays, from at least 9 a.m. to 3 p.m., and longer when a minister is in the building.

Friends, neighbors and residents of the community are also invited to any of the resources made available to church members, including the opportunity to talk to one of the ministers at First Baptist.

For more information or to register for the sessions, please email the church

at 1st.baptist.westfield@att.net or call the office at (908) 233-2278.

Communion Breakfast Planned by Rosarians

SCOTCH PLAINS — The St. Bartholomew's Rosary Altar Society Annual Communion Breakfast will be held on Sunday, October 7, following the 9 a.m. Mass at The Westwood in Garwood.

The guest speaker will be the Reverend John Paladino, Chaplain of Muhlenberg Regional Medical Center in Plainfield. His topic will be entitled "Now and at the Hour of Our Death."

Tickets are \$15. For further information, please call Clem at (908) 322-5409.



AUXILIARY HISTORY... Gwen Buttermore, a historian and honorary member of the Children's Specialized Hospital Auxiliary, second from right, and Janet Jackson, Auxiliary President, present a history of the Auxiliary to the Westfield Historical Society, represented by Vice President Bob Miller, left, and Archivist Edward Wittke. Mrs. Buttermore has researched and written the hospital auxiliary's history from 1909 to 2001. Auxiliary members volunteer service, do fundraising and promote public education for Children's Specialized, the largest pediatric rehabilitation center in the United States.

Echo Lake Church Plans 50th-Year Celebration

WESTFIELD — The Echo Lake Church of Christ, located at 419 Springfield Avenue in Westfield, will celebrate its 50th Anniversary this weekend, September 28 to 30.

Activities are planned for the entire weekend and will be capped off on Sunday, September 30, with an Area Wide Hymn Singing program. All are invited to join the congregation in celebrating this milestone.

The schedule of events for the anniversary celebration is as follows:

Friday, September 28

Introduction, 7 to 7:15 p.m.; "Churches of Christ in New Jersey Prior to 1951," with Howard U. Johnson, 7:15 to 7:25 p.m.; "What Can a 50-Year-Old Congregation Do?," with Howard U. Johnson, 7:25 to 7:40 p.m., and "Back to the Beginning," 7:45 to 8:30 p.m., with Sewell Hall. Fellowship will follow.

Saturday, September 29

Introduction — 10 to 10:15 a.m.; Introduction of and remarks from town and county officials, 10:15 to 10:45 a.m.; "Interests and Concerns Shared by Church and Community," with Rob Seesgood, 10:45 to 11:15 a.m.

There will be a Walking Tour of Previous Meeting Place, 600 Springfield Avenue, from 11:30 a.m. to 12:30 p.m., and lunch and fellowship, 1 to 2 p.m.

Sunday, September 30

Bible Class — 9:30 a.m.; Assembly — 10:30 a.m.; Covered Dish Dinner — noon to 2 p.m.; Review of Significant Events in History of the Congregation, 2 to 4 p.m.; Area Wide Hymn Singing, 5 to 7 p.m., and Finger Food Fellowship, 7:15 p.m.

For more information, please call the church office at (908) 233-4946.

Social Action Group To Meet Sunday At Westfield Church

WESTFIELD — The Union County Peace and Social Action Committee will meet this Sunday, September 30, at 4 p.m. in the Fellowship Room of the First United Methodist Church, located at 1 East Broad Street in Westfield.

All are welcome to attend. Further information about the committee may be obtained by writing to: Box 832, Scotch Plains, 07076.

Hadassah Schedules Educational Forum

WESTFIELD — The Westfield Chapter of Hadassah will meet on Monday, October 1, at 10:45 a.m. at Temple Emanu-El for the first Educational Forum of the year.

The topic will be the New Jersey Gubernatorial Race and its affect on families, religion, the state and the nation. All are welcome.

Following the Educational Forum will be the regular Board meeting. The temple is located at 756 East Broad Street in Westfield.

YFCS Offers Free Counseling To Those Affected by Tragedy

WESTFIELD — Milt Faith, Executive Director of Youth and Family Counseling Service (YFCS), has announced that the agency will offer several sessions of free counseling to those who have suffered anxiety as a result of the September 11 attacks on the World Trade Center.

In response to the catastrophe, Mr. Faith and the YFCS staff have counseled many individuals who have sought emergency grief counseling and general support as they try to cope with the national disaster and personal loss, according to an agency spokeswoman.

At the request of Superintendent of Schools Dr. William Foley, Mr. Faith spent the day after the tragedy at Westfield High School, working with school staff and members of the Westfield/Mountainside Ministerium who were tending to the needs of confused and worried students.

Jim Slabe, President of the YFCS Board of Trustees, expressed the feeling that effects of the disaster will be felt for a long time, not only by those who have suffered personal loss, but by every American.

"I hope the public will take advantage of the crisis intervention counseling being offered at YFCS to help alleviate some of the serious problems and feelings of anxiety, fear and powerful negative emotions related to the Twin Towers attack," he said.

"I urge residents of the eight communities we serve — Berkeley Heights, Clark, Cranford, Garwood, Mountainside, Rahway, Scotch Plains and Westfield — to seek counseling they may need now and in the weeks to come," Mr. Slabe added.

"Our work continues," said Mr. Faith. "I have assured the Red Cross of our availability to counsel those individuals and families in our area who are in need to deal with grief and sadness."

The agency is located at 233 Prospect Street in Westfield. Interested individuals may call (908) 233-2042. Staff members are available during the daytime; an answering machine will convey messages if the staff is not available when a call is received.

Camera Club Slates October 3 Meeting

FANWOOD — The Plainfield Camera Club will hold its regular meeting on Wednesday, October 3, at 8 p.m. at the United National Bank, 45 South Martine Avenue in Fanwood. Entrance to the building and parking are at the rear of the bank and the doors will open at 7:45 p.m.

Nature images from slides will be reviewed and critiqued. Membership is open to any person from the area who is interested in photography and the exchange of photographic knowledge. Visitors and new members are welcome.

In addition to critiques of slides and prints, the club sponsors special programs and photographic field trips. For more information, please call Jean Luce of Westfield at (908) 233-6276.

Resolve Offers Support For Adults Impacted By Terrorist Attacks

SCOTCH PLAINS — The Resolve Community Counseling Center of Scotch Plains has opened its doors every Wednesday evening through November 7, from 7 to 8 p.m., for a support and discussion group for all adults affected in any manner by the terrorist attacks of September 11.

The discussion is facilitated by a licensed counselor. All adults are welcome and there is no charge to participate.

Resolve is a not-for-profit mental health agency located at 1830 Front Street in Scotch Plains. To confirm attendance, interested individuals are asked to call (908) 322-9180.

Walk to Take Place Sept. 30 To Benefit Celiac Research

WESTFIELD — The Walk for the Celiac Research Fund will be held from 9 to 11 a.m. on Sunday, September 30, at the Roosevelt Intermediate School track, 301 Clark Street in Westfield.

Organized by Westfield High School senior Sarah Heitner, the event will benefit the Celiac Disease Research Fund at Columbia University's College of Physicians and Surgeons.

Celiac disease is an autoimmune disorder that causes damage to the small intestine, which can lead to serious malabsorption of vital nutrients. It is a genetic intolerance to gluten (wheat, barley, rye and possibly oats) which is treated by the adherence to a strictly gluten-free diet.

Undiagnosed, this condition can result in developmental delays, neurological complications, osteopenia or osteoporosis and Type 1 diabetes, among many other autoimmune disorders.

"My goal is to not only raise money, but to raise awareness throughout the area," explained Sarah. "Statistically, only about one in a thousand Americans are diagnosed, whereas research says that 1 in 200 Americans have this condition."

The entry fee for the Walk is a recommended donation of \$10. T-shirts, as long as supplies last, will be given to those who donate at least \$50. For further information, please call Sarah at (908) s789-9242.

Center for Women Announces American Recovery Web Page

SCOTCH PLAINS — In an effort to assist local communities in facing the tragedy of the recent attacks on the World Trade Center and the Pentagon, the Center for Women and Families (CWF) at 1801 East Second Street in Scotch Plains has implemented an American Recovery page at its Website, www.centerforwomenandfamilies.org.

The site contains information on how members of the community can give or get help; how to donate food and supplies to recovery workers; blood donation locations; community counseling and information services; other information resources and Websites and people search sites that are developing on the Internet.

"We will face many difficult challenges as individuals and as a community in the weeks ahead as we endeavor to make sense of this tragic episode," said Program Director Carolee Marano.

"We hope our community will take heart and comfort in the fact that there is help available through our agency and many other public service and governmental agencies in our locality. We can — and will — forge ahead together for a swift and strong recovery," she added.

CWF is a nonprofit agency offering low and no-cost individual, couples and family counseling, legal consultations, support groups, Children Helping Children peer support groups (for children coping with family separation or divorce), community educa-

tion workshops, counseling and guidance for families managing children with developmental disabilities such as attention deficit disorder or autism, and help-line referral services, among other programs.

For more information, please call (908) 322-6007.

Trinitas, Area Agencies Form Grief Counseling Network

AREA — Trinitas Hospital, located at 225 Williamson Street in Elizabeth, is leading an area-wide approach to help meet the expected heavy demand for grief and anxiety counseling in Union County following the World Trade Center disaster.

"Through our Department of Behavioral Health and Psychiatry, we are working closely with the County Mental Health Administrator, Jim Eddleton, to put in place a response that includes coordinating the outreach efforts of all the major mental health agencies in the county," said Gary S. Horan, President and Chief Executive Officer.

"Our aim is to be able to meet the needs of people in Union County for grief counseling by quickly identifying and prioritizing those affected," added James Lape, Vice President of Behavioral Health and Psychiatry at Trinitas Hospital. Mr. Lape said the effort will also involve developing a pool of professionals available to go out to locations such as schools and work sites on short notice.

"We know from recent tragedies like the Oklahoma City bombing that the expression of grief and anxiety takes several phases and extends for many weeks," Mr. Lape observed, indicating the effort will be able to address both the short- and long-term psychological effects of the disaster.

"Families that have been affected are beginning to reach out for ser-

vices," said Dr. Pat Neary-Ludmer, Director of the hospital's Family Resource Center, adding that the center, located at 300 North Avenue, East, in Cranford will serve as an outreach center to towns in the central and western portions of the county.

"Cranford, Westfield and Summit seem to be among the towns that have a higher number of people who worked in the World Trade Center area. We have taken a large number of calls from these and surrounding towns," she added.

The Family Resource Center can be reached at (908) 272-2244, extension no. 14. Callers may also use the Trinitas Crisis Hotline at (908) 351-6684.

Dr. Rodger Goddard, Director of the hospital's Wellness Management Services, said there is special concern regarding the reaction of children to the crisis.

"I would encourage parents to try to get their children to talk about their feelings, knowing that they can expect a great diversity of both appropriate and inappropriate reactions," he said. He added that parents should emphasize the positive, caring response of the many people involved in the rescue attempts.

"Above all, parents should be honest with children while not overly exposing them to the event on television, or to their own feelings of distress," he said.

Good News

Withstand Him; be firm in faith (against His onset) — rooted, established strong, immovable and determined — knowing that the same (identical) sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world.

1 Peter 5:9

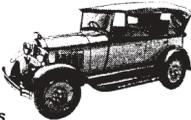
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