

Calvary Lutheran Announces Holy Week, Easter Services

The solemn season of Lent draws to a close this week and the celebration of Easter begins in worship services at Calvary Lutheran Church, located at 108 Eastman Street in Cranford. The public is invited to all services.

The Reverend George W. Freyberger will lead worship and preach at all services. Music will be under the direction of Jaye S. Newbold, Associate in Ministry.

Maundy Thursday services of Holy Communion with individual absolution will be offered at 11 a.m. and 8 p.m. tonight, Thursday, April 9.

At the evening service the Calvary Choir and the Bell Choir will present seasonal music. Julia Ten Broeck of

Cranford will accompany on flute, and Katie Mertens and Dan Vaupel, both of Cranford, will be vocal soloists.

The Maundy Thursday evening service will include the stripping of the altar in preparation for Good Friday.

On April 10 the solemnity of Good Friday will be observed with a service of prayer and meditation with Tenebrae at 8 p.m.

Seasonal music, presented by the Calvary Choir, will include "Behold the Lamb of God," from Handel's *Messiah*; "To Mark Thy Reign," based on a tune by Thomas Tallis; and the spiritual "Bitter Was the Night" with a solo by Dale Juntilla of Westfield, bass.

The observance of Easter begins this Sunday, April 12, as the Paschal candle is lit at 8:15 a.m. and carried into the sanctuary, where it will remain throughout the Easter season.

Festival services of Holy Communion will be held at 8:30 and 11 a.m. Both services will include special music presented by the Calvary Choir and the Bell Choir, including "The Hallelujah Chorus" from Handel's *Messiah*.

Additionally, at the 11 a.m. service the Children's Choir will sing, accompanied by flute and cello. John Helmke of Cranford will be the trumpet soloist.

Calvary Lutheran Church is a member congregation of the New Jersey Synod of the Evangelical Lutheran Church in America, serving the Cranford and Westfield area and surrounding communities for 69 years.

Hadassah Plans Visit To Jewish Museum

The Westfield Chapter of Hadassah will sponsor a trip to Manhattan to tour the Museum of Jewish Heritage and for lunch at the French Culinary Institute on Tuesday, May 12.

The museum, located on the Battery Park City waterfront, is organized in three broad sections, including "Jewish Life a Century Ago," "The War Against the Jews," and "Jewish Survival."

A three-course gourmet lunch will follow at the French Culinary Institute. The cost is \$65 and covers transportation, the museum tour and lunch.

For further information, please call Mildred at (908) 757-6992, Jeanne at (908) 232-3308, or Rose at (908) 668-0829. All are invited to participate.



A SUPER BOWL OF PENNIES...Fifth-grade religious education students at St. Helen's Roman Catholic Church in Westfield recently collected pennies to donate to St. Joe's House of the York Street Project. The pennies were counted by scouts and Confraternity of Christian Doctrine classes to purchase linens. Kathy Dulan, Director of Religious Education, is pictured accepting a contribution from student Tommy Del Duca.

First United Methodist Tells of Easter Services

The First United Methodist Church of Westfield has announced its Easter week services. On April 9, a Maundy Thursday Symbolic Meal will be served at 6:30 p.m. The meaning of Holy Thursday will be remembered and reenacted. From the quiet, simple supper worshippers will gather for the 8 p.m. service with readings and music in keeping with the Last Supper.

On Good Friday, April 10, from noon until 3 p.m. a Vigil will be

held in the Sanctuary. There will be readings from the Passion every half hour.

On Easter Sunday, April 12, there will be worship services at 9 and 11 a.m. A Continental breakfast will be served at 9:45 a.m.

The church is located at 1 East Broad Street. For more information, please contact the church office at (908) 233-4211.

Gospel Series on Bob Dylan's Works Subject for Dr. Hagg

The three-part lecture series, entitled "Bob Dylan's Gospel Review," will be presented at Mountainside Chapel in Mountainside on Friday evenings, May 1, 8 and 15.

Doors will open at 7 p.m. with class hours from 7:30 p.m. until 9 p.m.

Dr. Gregory Hagg will explore the scriptural and spiritual premises from which a large volume of Bob

Dylan's writings over the last four decades are derived. Dr. Hagg will provide a systematic study developing the Biblical foundations that influenced Mr. Dylan's works and comments in such areas as theology, christology, pneumatology, angelology, demonology and eschatology.

Dr. Hagg has a doctorate in Hebrew and Judaic studies from New York University. He also received a Masters of Theology Degree from Dallas Theological Seminary. He resides in Mountainside with his wife, Linda, where he is the Senior Minister at the Mountainside Chapel and a Professor at Zarepath Bible Institute.

The Mountainside Chapel is located off of Route No. 22, West behind the Manor Care nursing home. It can be reached by making a right on Central Avenue and, in approximately 100 feet, another right onto Spruce Drive. The church is on left side.

Classes are free and open to the public but attendees must pre-register by calling (908) 233-2355.

Torah Center in Town To Offer Crash Course In Hebrew Reading

The Union County Torah Center in Westfield will offer a Hebrew Reading Crash Course beginning on Monday, April 20, and continuing for four consecutive Mondays, ending on May 18.

All classes will be held from 8 to 9 p.m. at the center, 418 Central Avenue in Westfield. There is a \$36 fee for the course. For more information, please call (908) 789-5252.

St. Paul's Slates Services For Holy Week in Town

St. Paul's Episcopal Church in Westfield will begin its Holy Week schedule of services starting with a Holy Eucharist service at 9:30 a.m., today, Maundy Thursday, April 9.

At 7:30 p.m., a Choral Eucharist with foot washing and stripping of the Altar will take place.

On Good Friday, April 10, from noon to 3 p.m., a Good Friday Liturgy will be held.

On Holy Saturday, Easter Eve, there will be a Holy Eucharist Service and Baptism at 7:30 p.m.

On Easter Sunday, April 12, there will be three Holy Eucharist Services — 7:45 a.m., 9 a.m., and 11:15 a.m. The Children's Choir will sing at the

9 a.m. service, and the Parish Choir will sing during the 11:15 a.m. service.

Presbyterian Church Offering Two Services For Easter Sunday

The Presbyterian Church in Westfield will celebrate the Resurrection of the Lord on Easter Sunday, April 12, with worship services at 9 a.m. and 11 a.m.

Dr. William Ross Forbes, Senior Pastor, will preach at both services. Child care will be provided for Cribbery through age 3 during both services.

A Easter coffee fellowship will be held at 10 a.m. in the Westminster Hall.

All Saints Church Sets Easter Week Schedule

All Saints Episcopal Church, 559 Park Avenue in Scotch Plains, has announced its schedule of services leading up to the celebration of Easter on Sunday, April 12.

On Maundy Thursday, April 9, the Holy Eucharist service will be held at 9 a.m. and the Choral Eucharist service will be held at 8 p.m.

The Good Friday Liturgy will be held at 1 p.m. and again at 8 p.m. on April 10.

The Holy Eucharist service will be held on Easter Sunday at 8 a.m. and the Choral Eucharist service at 10 a.m.

Young Single Catholics To Host Gathering

The Young Single Catholic Adults Club, a non-profit organization, will be sponsoring a wine and cheese social on Sunday, April 26, from 2 p.m. to 5 p.m. at the Immaculate Heart of Mary Roman Catholic Church, located at 1571 Martine Avenue in Scotch Plains.

Singles between the ages of 25 and 45 are welcome to attend. Admission is \$5 inclusive of food and beverages. For further information please call (732) 827-0093 or (732) 382-2754.

DEAR COACH

Good 'Coaching' Helps Simone Find Her True Life's Callings

By James Colvin - Personal & Business Coach



Dear Coach
Simone, a social worker in the city, began coaching last summer, feeling totally overwhelmed by the backlog of work that had accumulated over several years.

She was in danger of losing her job and wanted help in focusing on the task at hand. Since coaching is designed to solve a problem or block that has emerged over the past several months, I soon referred her to therapy to deal with underlying issues behind her difficulty. At the same time we both worked to help keep her focused and, more significantly, to keep raising the prospect of finding work that was more suited to her wonderfully creative and free side.

This is the most recent month:

Week 1
Simone: "I have mixed news. I have been asked to leave my job by June. It has been hanging over my head for ages." She expressed some relief that she now had to do something different and had already looked into office space she could rent to do a private therapy practice. My input was to also look for a part-time position for steady income, and to see this as an opportunity for creativity.

Week 2:
Simone reported she had investigated

several additional office and work possibilities. She declared, "I feel proud. I'm going to make this work."

Coach: "So what has shifted?" (A change always listened for in coaching.)

Simone: "My self care; I'm connecting with myself." She added, "I opened a fortune cookie last week saying 'Your past successes are going to be overshadowed by future success.'"

I was moved and inspired when she continued, "Even in the gloomiest times I have applied your constant input that I am O.K. You know, the burdened self is not the real, vibrant me."

Week 3:
Simone: "I don't know...feeling a little resistant...Want to define more clearly how to secure the next step."

Coach: "Tell me more."

Simone: "Probably not taking care of self as well."

Coach: "How can you become comfortable doing that?"

Simone: "It is happening." Then she reported several other steps she had taken.

Coach: "Sounds like you are in action."

Simone: "Yes, I haven't lost momentum."

Week 4:
Simone reported that she is leasing an office for one day a week and has an opportunity to use another one for an evening free of charge. "I wouldn't usually do this." She also said she bought a book by Suze Orman on financial independence. Came up with personal saying, "I am powerful, beautiful and worthy...I have enough time, energy, love and money to satisfy all my needs."

Coach: "Sounds like a love-based belief rather than fear-based. That is the key to making money and having love. Say it until it becomes effortless."

Simone has made tremendous progress in our time together, but still needs much encouragement week to week. The key is for her to take excellent care of herself. This gives her the energy and encouragement to do what is in line with her gifts and creative abilities.

Live and work right from her heart, basing decisions on her gifts and creative abilities.

To ask a question or respond to column: phone (908) 233-8698 or e-mail jcolvin99@aol.com



PRESIDENTIAL WORK...Students from Antonette Carpinteri's first-grade class at Holy Trinity Interparochial School in Westfield celebrated the birthdays of two famous presidents recently with a special class project. Each student visited the library and wrote a report about George Washington or Abraham Lincoln. An array of projects were also displayed by the children.

UC Torah Center 2x5

Calvary Lutheran 2x5

St. Pauls 3x9 1/2

West Presep Day School 1x6