

# Tidings of Peace



## Worship in March

March 2026

*In person/Livestream Worship at 9:30 am*  
<https://www.facebook.com/popnjchurch>



### March 1

2nd Sunday in Lent  
"Nicodemus"

Pastor Peter Preaching

### March 8

3rd Sunday in Lent  
"The Woman at the Well"  
Pastor Fred Schott Preaching

### March 15

4th Sunday in Lent  
"The Man Born Blind"  
Pastor Paul Rorem Preaching

### March 22

5th Sunday in Lent  
"Lazrus"  
Pastor Peter Preaching

### March 29

Palm Sunday  
The Reading of the Passion

## Pastor's Page

I like to say that this winter has been real winter. It feels like home. I love to love winter, especially with those who don't. But this time of year even I am sick of winter. The gloomy skies and grey dirty snow can overshadow any spirit.

But here is the good news, it is Lent. At its core Lent means spring, as in the lengthening of the daylight. Each day the sun rises higher, and with it the snow melts lower. We are heading in the right direction.

Spiritually speaking, however, Lent is a bit of a paradox. As spirits rise with anticipation of spring, spirits sag as the cross looms. All would be well if we could leap past the passion and into Easter, and Lord knows we try, but before resurrection, there must come crucifixion.

This Lent embrace it all. Dance at the return of spring, but have the courage to take face the cross; for the cross is the only path to the abundant life God intends.

Pastor Froehlke

## Adult Class

*Tidings*, the newsletter of Prince of Peace Lutheran Church, is published monthly. Articles, story ideas, and comments can be emailed to [rclarecarlson@aol.com](mailto:rclarecarlson@aol.com).

***Deadline for the April issue is Sunday, March 29th***

### Staff and Officers of Prince of Peace

Rev. Peter Froehlke, Pastor

Rev. Dale Selover, Director of The House Next Door

Dr. Doug Helvering, Minister of Music

Victoria Chow, Church Musician

Dorothy Safranek, Financial Secretary

Cheryl "Sherri" Daniels, Office Manager

### Congregational Council

Joan New - President

Kathy Nowak - Vice President

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Michelle Conk

Ellen McBrearity

Beth Mitchell

Martin Rexroad

Dunja Saleh-Zaki

Dorothy Safranek

Wayne Dougherty

Con Sweeney

Claudia Thompson

David Herrington, Secretary (non-voting)

March 1st HiTOPS LGBTQ+ support for young people throughout New Jersey

March 8th Immigrant Stories

March 15th "The King of Love My Shepherd Is" Hymn Study by Dr. Rorem

March 22nd Racial Justice Genealogy Guest from the /Church of Latter Day Saints.

March 29th For Such a Time As This, An Emergency Devotional

## An Augustinian Journey

Martin Luther was a faithful Augustinian friar before and after he was excommunicated in January of 1521. He knew the works of St. Augustine (354-430) and cited them often, including the Confessions. From November through February this year, several PoP members joined me in reading a big portion of this classic, the narrative of his life, and in sharing some passages with others in sessions of the Adult Class. We concentrated on his journey, like the Prodigal Son, away from God and his mother and the church, and then back again.

It is all a prayer. "You have made us for yourself, and our heart is restless until it rests in you" (Conf. I.1). He is writing about the shared human journey, not just his own. He did not say "my heart" as an individual; he did not say "our hearts" meaning various individuals. He said "our heart" in the singular as humanity's shared situation. As Luther noted, Augustine took no credit for the return part of the journey. It was God, through his mother and mother church especially a preacher named Ambrose, who brought him back even when he was uncooperative. "You called and cried out loud and shattered my deafness. You were radiant and resplendent, you put to flight my blindness" (Conf. X.27.38).

Paul Rorem, with thanks to Sean Cuddahy, Dave Herrington, David New, Con Sweeney, and Claudia Thompson, and to Pastor Peter for the encouragement to try this.

## Food of the Month

### **Filled Easter Food Bags of Non-perishables for Distribution by Lutheran Social Ministries of NJ to Those Who Need Them**

In keeping with our Lenten emphasis on feeding the hungry, and as our Food of the Month for March 2026, Prince of Peace is collecting filled Easter food bags of non-perishables for distribution by Lutheran Social Ministries of NJ (LSM/NJ) to families and senior citizens in their care. We are also collecting grocery store gift cards and Easter greeting cards for them. The basic list of items to include in the bags is below. Not every bag needs to be the same. Additional items are welcome. The greeting cards may be hand-made or store bought, and LSM/NJ can use as many as you would like to provide. They will be given to senior citizens in nursing homes and to families.

Please bring your filled bag(s) to the church by Sunday, March 22, 2026, and place it/them on or under the table provided in the gathering area. LSM/NJ will be picking up our donations, beginning March 23, 2026. Greeting cards may be placed in the basket on the food table.

If you would like to donate cash in the form of a check, make the check out to Prince of Peace Lutheran Church and earmark it for LSM/NJ Easter food bags. Put it in the offering plate or mail it to Prince of Peace Lutheran Church, 177 Princeton Hightstown Road, Princeton Junction, NJ 08550.

Thank you for helping the hungry in our midst! This is a wonderful way to share our God-given gifts and to support our sisters and brothers throughout the state of NJ! "God's Work, Our Hands!"

Appreciatively and gratefully,  
Berta Schott for the Social Outreach Ministry  
Team and LSM/NJ  
[rschott21@aol.com](mailto:rschott21@aol.com)  
609-799-1783

#### Basic Items to Include:

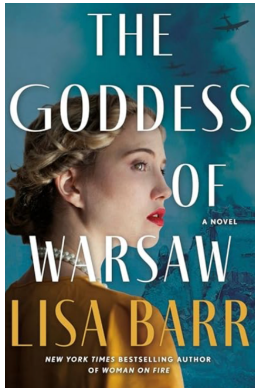
- \* Boxed potatoes - rice - pasta - Mac & cheese
- \* 2 cans of vegetables and beans
- \* 2 cans of fruit or pineapple or apple sauce
- \* Small bottle of Olive or Canola Oil
- \* Cornbread/Muffin mix & can of Carnation milk
- Cake mix and can of frosting or bag of brown sugar
- Grocery Store Gift Card for families/seniors so they can buy protein for the Easter meal (Acme, ShopRite, Target, and/or Walmart) (Put Grocery Store gift card(s) in the offering plate or in the envelope provided in the gathering area.)

Feel free to add candy, Easter decorations, and/or religious items.

## Book Group

*If interested in joining the book club,  
please contact Phyllis Church at  
609-799-0723 or p.church@mindspring.com  
We meet once a month in the church lounge at 1  
p.m. Please bring your lunch and/or snack for  
others to share.*

**Thursday, March 12th at 1 p.m. in  
the Lounge**



### **The Goddess of Warsaw by Lisa Barr**

In Warsaw in 1943 Bina Bionski decides to fight back against the Nazis holding her and her husband in the city's Jewish ghetto. Since she is a blond Aryan-looking "goddess", she becomes an effective

spy for the Jewish resistance even though she sacrifices much in the process. Years later she achieves fame as a Golden Age movie star in Hollywood. In 2005 young woman hoping to direct a film about Lena Browning, the former Bina Bionski, finds that Lena remains haunted by her past.

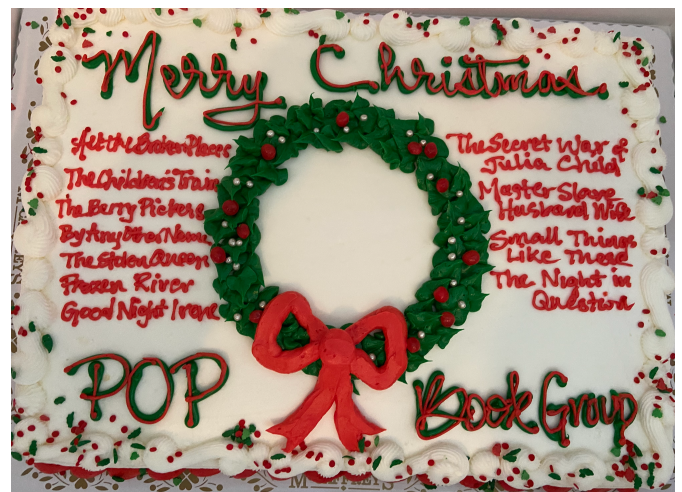
**Thursday, April 9th at 1 p.m. in the  
Lounge**

### **The Lion Women of Tehran by Majan Kamali**

This beautiful story of the friendship between two Iranian women begins before the fall of the Shah and continues to 2022. Seven-year-old Ellie meets Homa on the first day of school and the two become friends. They are separated when Ellie becomes a popular student in Iran's best high school for girls. Years later they come together again and come of age as the political turmoil in Iran builds to a breaking point. They are determined to become lion women despite the obstacles they face. A devastating betrayal, however, has enormous consequences.



### **The Book Club at their Holiday Luncheon in December**



## Racial Justice

POP Continues to Welcome and Advocate for Immigrants to the USA

Your Racial Justice Team has enjoyed POP's Family Immigration Stories as they've been posted in the narthex and are looking forward to more (PLEASE share yours by printing and sending or bringing in this form: POP Family History Story Form)...Snow has delayed our sharing day so please bring a few family history items to Sunday's Forum on March 8. We also hope you'll join us on March 22 when speakers from The Church of Jesus Christ of the Latter-day Saints share their genealogy program and give POP members and friends the opportunity to start a family tree online with their help if you choose.

Meanwhile, our Haitian family has had an exciting few months. With the generous help of Allentown Lions Club, both the father and oldest teenager were able to get prescription eyeglasses and sunglasses they couldn't afford on their own. Both parents took 6 hours of professional driving lessons through Alert Driving School by way of a generous grant from the Unitarian Universalist Congregation of Princeton, and the 18 year old nephew will start soon.

What can YOU do to help?

- Please keep this family and others in your prayers  
as they try to become more self-sufficient and navigate America's broken immigration system with  
the ever-changing regulations regarding our immigrant neighbors making it stressful to go to  
work or school or their scheduled appointments  
regarding immigration.
- We encourage you to attend the WHAM Lay Leaders program on immigration when that's rescheduled to learn more and be part of the discussion and our village.

- Get daily updates on immigration changes by subscribing to  
<https://churchworldservices.quorum.us/CWSStateofPlay/>. CWS mailings also provide links to contact your Members of Congress to urge them to uphold refugee protections guaranteed by U.S. law and ensure that ICE is held accountable for use of force and for abuses by immigration enforcement officers and following laws regarding family detention and detention of minors.
- We want all Americans who came to this country seeking safety to know that we will not stop speaking out and hope you will uplift your voices in any way you can.
- Volunteers to work with refugees through I-RISE (Interfaith Refugee and Immigrant Services and Empowerment) can contact one of our team (Cathy Corcoran, Joan New, Nancy Reyes or Lisa Schott) about how to get involved. Otherwise, the following are requests from I-RISE through which we are sharing God's Work:
  - Drivers (individuals or pairs) are needed to deliver food to 2-3 families in Trenton on Friday mornings because of safety concerns for immigrants being in public these days ...Pick up bags of Arm in Arm donations beginning at 10:30 from Trenton I-RISE office. You'll get the addresses and contact the day before.
  - Now that our family has had some professional lessons, they need others to help the immigrants with permits to practice...on your schedule, in your vehicle.
  - Due to work authorization challenges brought on by recent executive orders, many of our immigrant neighbors have lost their jobs and so cannot afford daily essentials. Items especially needed are  
Diapers all sizes but especially sz 5,6,7  
Baby Formula Toiletries  
Cleaning Supplies Gently used  
seasonal clothing for local clients.  
VISA Gift cards (to allow use at culturally appropriate food stores).

## Racial Justice (Continued)

The Upcycle (I-RISE's version of a thrift store benefiting refugee and immigrant families) welcomes your household goods which have been selling quite briskly lately, so they now have shelf-space for your gently used pots and pans, small appliances, etc. For questions about larger items, please contact Soledad at [upcycleshop@interfaithrise.org](mailto:upcycleshop@interfaithrise.org) or 908-208-1370. (Small items can be left in the large box at POP.)

THANKS FOR ALL YOU'VE DONE TO  
WELCOME OUR IMMIGRANT NEIGHBORS!

Nancy Reyes  
Team Leader, Racial Justice Team  
[nancyaurerreyes@gmail.com](mailto:nancyaurerreyes@gmail.com)  
609-273-1239

## Parish Care - March 2026

On Feb 8, 2026

6 boxes and 18 Valentine bags  
Were filled with goodies and treats  
All were Packed Mailed and delivered

THANK YOU Everyone  
For your generous support of this project  
Monetary donations can still be made  
Place in Sunday offering and note Val Box

WHERE DID ALL THE Valentine BOXES AND  
BAGS GO?

Quinnipiac University – United States Military  
Academy

University of Vermont - Princeton Theological  
Seminary

Seton Hall University – Syracuse University

Stonebridge at Montgomery – Ciel of Princeton

Maplewood of Princeton – Brookdale at Monroe –  
Meadow Lakes

Monroe Township – Ewing - West Windsor -  
Hamilton

The Parish Care Team would like to thank to all the members and friends of Prince of Peace for their generous support of the Valentine Care boxes/bags project.

Sending much love and care to our students away at school and our Senior Valentines.

When the package arrives via the USPS or personal delivery, our young adults and seniors are reminded that they are a part of our Church Family - even though they are not here with us weekly - and their friends get to see what it is like to have a Church Family.

The boxes were all delivered by Thursday – just in time for Valentine's Day!

All the Valentine bags to our "Senior" students were delivered in person throughout the week – the quick visit was greatly appreciated by all.

**Special Thanks to those that delivered bags** – Barb Kelly, Pastor Peter, Dorothy and Peter Safranek, Kathy and Greg Nowak, Berta Schott and Jim and Martha Winder.

**To Our Bakers many thanks for sharing your baking skills.** We were lucky to have 6 bakers this year. All of their treats looked very yummy and were all different!. Thank You to Michelle Conk, Phyllis Church, Nancy Herrington, Kathy Morris, Linda and Andrew Carlson, Dave New and Kathy and Greg Nowak.

**Save the date** for this fun project –

Watch for dates and info early next year.

The Valentine Care Box/Bag project is traditionally the first Sunday or Monday of February. Lots of ways to participate.

If you have interest in working on/coordinating/organizing this project please contact me.

Many Thanks for all the 2026 Calendars.

Close to 100 Calendars were collected.

The calendars were delivered to 7 Senior residences in the area.

They are Appreciated by many.

Greeting Cards for Senior Residences

We have many cards that need to be sorted, packaged for delivery, and to be delivered to local Senior Residences. If you have time to help, let me know.

## Parish Care (Continued)

### Transportation:

If you need transportation or can help provide transportation, please let me know. We like to keep a list of those who can help with this when needed.

Right now if you are able to provide transportation to church for our Sunday service to and from the East Windsor and/or Plainsboro area, please let me know.

### Ongoing:

Care Notes – Prayer Squares – Prayer Cards are available in the breezeway.

We continue with our monthly mailings to families with a new baby (Splash) and those who have lost a loved one (Hope through Healing).

We are always looking for new folks to be involved in our projects and to help us with some new ideas. Please contact us with your interest.

Hope we will be gathering together soon – to share a lot of care.

Martha Winder  
609-799-7280  
[maw14jpw@aol.com](mailto:maw14jpw@aol.com)

## Prince of Peace Reconciling in Christ – Adult Forum: HiTOPS Presenting March 1, 2026

On Sunday, March 1st, the Reconciling in Christ team will be hosting representatives from HiTOPS at the Adult Forum following the morning service.

HiTOPS is a non-profit organization that fosters strong and healthy young people of all identities by providing inclusive and youth-informed sex education and LGBTQ+ support for young people throughout New Jersey.

The representatives will speak to the work that it does and the impact that it's had on their lives and the local community.

They will be available to answer questions and handouts with information about program and events will be available.

Please contact Con Sweeney at [conpatricksweney@gmail.com](mailto:conpatricksweney@gmail.com) for more information.

More information about HiTOPS can be found at <https://www.hitops.org/>





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Princeton Junction NJ 08550

Church Office: 609-799-1753

E-Mail: [email@popnj.org](mailto:email@popnj.org)

Website: [popnj.org](http://popnj.org)

#### Sunday Schedule

Worship at 9:30 am (in person/Livestream)

#### Office Hours

Tuesday through Thursday, 9 am - 2 pm

Latest details can be found in the Sunday bulletin