

The Newsletter

MARCH 2017

Lent at the Korean Spa

Thanks to Jeff Im, who hooked me up with passes to Spa Castle—the swanky Korean Spa in midtown Manhattan—when I think about the cleansing of the heart that we practice during the season of Lent, and as I read Psalm 51 which is traditionally read at the start of Lent, I cannot help but think of the Korean Spa. I share with you now a poem I wrote after a visit to a Korean Spa:

At the door, I receive my pink cotton uniform: Girl, all rolled up in a white towel. I enter my designated section of the spa, Removing my shoes. I find my locker, and enter the water room. With a quick shower, I emerge and survey the room. I dunk my body into the hot bath—ahhh. My body bristles in protest as I then dunk myself into the cold bath.

Women squat at showers, vigorously scrubbing themselves. It is an industrious cleanliness. I see the scars of the hope for wellness on the older women's backs, evidence of a recent cupping session.

Awkwardly I stand as I await my turn for scrub and massage. Table 5, I am told. Lie here, she says. I do, and soon my face is covered in a warm towel. A smooth wave of warm water covers me. The scrub begins. As the *ajuma* exfoliates the outer layers of dead skin, I listen with eyes closed to the running showers, baths and waterfalls. The drum of Korean language spoken all around me encapsulates me in another world. The plap, plup, ponk of palm and fist on flesh—sound variant depending on whether bone, muscle or fat—sends me into a trance.

"Turn side please." I rotate my body a quarter turn: More scrubbing. I imagine all the dead skin cells my body is releasing. Would that the *ajuma* could also slough away: my fear, my anger, my resentment, my questioning of self.

"Turn over please." I am on my belly now. My body is clay. She moves my palm up, she moves my palm down. Between each finger, I am scrubbed clean. I enchant the Psalm to myself:

*Have mercy on me, O God!
Purge me with hyssop, and I shall be clean;
Wash me, and I shall be purer than snow.
Create in me a clean heart, O God,
And put a new and right spirit within me.*

I am not snow. My white body is now red, My blood cells invigorating a newly mined surface of skin. "Turn side please."

It is my last quarter-turn. My body slowly turns in a clockwise motion, And I know time moves forward with me. There will soon come the moment when my body will not be clay, When hands will not carefully direct my next motion, When I must take charge and direct next steps. But not yet.

I turn again, and am moved to a seated position, "Oy-a! Heh heh heh heh," she laughs, gesturing to the grey worms of skin on the table, My body's excess. Am I to be proud, pleased, embarrassed? I look at bodies all around me, Being similarly pounded, scrubbed and rubbed. Are we all flesh on a butcher block? No, I decide this table Is my altar. Here I can both relinquish and receive.



**PRESBYTERIAN CHURCH IN
LEONIA 181 FORT LEE ROAD,
LEONIA, NJ 07605**

My purging has finished, And I must lie down again. Now I am awash in oil and milk. Yes! I think, finally my Promised Land! She covers my face in a heavy coolness, And I resist the urge to reach the cucumbers on my face with my tongue. From toe to hair I get massaged, With the grand finale coming When, defying gravity, my *ajuma* silently and deftly leaps onto the table. She walks on my back With the confidence of Jesus walking on the water. My muscles relent, And my body is coaxed back into harmony.

Tipping my *ajuma*, I prepare to leave, gamely donning my pink uniform. My whole body pumps with *life*: Not a cell of death remains. And so I leave, ready to conquer what I must: To shape and transform the world around me into balance and harmony, just as my own body has thus been transformed. May it be so.

Pastor Leah

Lent at Presbyterian Church in Leonia

Lent begins on **March 1** with the service of Ash Wednesday, when we will impart ashes on the forehead and be told, "Remember, it is from dust you have come, and it is to dust you must return." We worship at 8:00 p.m. at our Methodist neighbors; the service will be at Leonia United Methodist Church at 396 Broad Avenue.

On **March 5**, we have a service of anointing and healing in worship, with our Deacons doing the anointing. Following worship, we have a Lenten Craft Workshop to help families practice faith at home.

We also have Book Groups meeting to read and discuss Sara Miles' Take This Bread. You may come to a Book Group meeting at Ingrid Brennen's home on **March 6** or if you don't have time to do a Book Group, we can set you up with one reading partner to read, discuss and share prayer concerns over email or while in passing at the church. Please email pastorleonia@gmail.com if you are interested.

Our Prayer Meeting group continues to meet Thursday evenings unless otherwise noted, at the home of Allen and Joanne Terrell. They meet from 7:30-8:30 and anyone can come at anytime to give and/or receive prayer.

On March 20, we will host a Lenten Service of Ritual and Prayer for Survivors of Relationship Violence. We will invite both staff and clients of the Center for Hope and Safety to participate, and this small and intimate service is for anyone who has experienced relationship violence in our community and for those who want to support their healing.

In Holy Week, we celebrate Palm Sunday on April 9, Maundy Thursday on April 13, and Good Friday on April 14. Easter Sunday will have a Sunrise Service at Overpeck Park and a 10:30 a.m. joyous Easter Service in the Sanctuary. But until then, we contemplate our relationship with God, our mortality, our personal and collective sin, and our redemp-

Worship Schedule

- March 1:** ASH WEDNESDAY
8:00 p.m. Leonia United Methodist Church
- March 5:** 9:30 a.m. Sunday School for all
10:30 a.m. Worship with Service of Healing & Anointing by Deacons
- March 12:** 9:30 a.m. Sunday School for all
10:30 a.m. Worship with Communion
- March 19:** 9:30 a.m. Sunday School for all
10:30 a.m. Worship
The Woman at the Well
- March 20:** 7:30 p.m. A Lenten Service of Ritual & Prayer for Survivors of Relationship Violence
- March 26:** 9:30 a.m. Sunday School for all
10:30 a.m. Worship
Guided Meditation in Worship



Japanese Choir singing for Lunar New Year

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USHERS

March 5: Fara Razavy, Vicky Li, Linda McGarry
March 12: Susan Dindial, MaryEllen Neu, Virginia Cora
March 19: Anne Stebbins, Ammal Varky, Judith Nyirongo
March 26: Jack Peters, Karen Peters, Virginia Cora

OFFERING COUNTERS

March 5: Fumio Ito, David Voreacos
March 12: Ginny Brown, Jonathan Phillips
March 19: Anne Stebbins, Fumio Ito
March 26: Hyung Shi, Pete Shanno

NURSERY CARE

March 5: Yukiko Aoki
March 12: Linda McGarry
March 19: Vicky Li
March 26: Lisa or Joe VanDeWeert



MARCH

- 4 Kenneth Dindial
- 10 Lily Grace VanDeWeert
- 12 Maesyn Neu
- 14 Daphne Carriel
- 16 Bonnie Callahan
- 27 Darla Addabbo
- Susan Dindial
- Jackson Neu



Children in Church on Lunar New Year

Property Projects 2017

Please note we are working on the following three projects:

1. Asbestos Removal: Phase II of the asbestos project is scheduled for late August 2017.
2. Kitchen & Bathroom Renovations: Second meeting was held with the architect and the committee is looking into appliances for the project.
3. Educational Building Heating: Two bids have been solicited and a third contractor will be approached for this work. The project starting date will be prior to the next heating season in the fall of 2017.

The Committee will report as soon as definite plans have been developed. Spring cleanup will be scheduled in the late spring.

RAYMOND & EMMA BINGHAM SCHOLARSHIP & STENKEN SCHOLARSHIP

The **Bingham & Stenken Scholarships** are awarded by the Session to a person or persons 25 years of age or younger, who have been active in the worship and work of the Leonia Presbyterian Church and who have been accepted for an Associate or Bachelor's degree at an accredited college or university. Applications for this year's Bingham Scholarship are due at the church **no later than Sunday, April 9.** Anyone who wishes to apply may obtain an application from the church office (201-944-1358).

PLEASE WELCOME OUR NEW FRIENDS AND MEMBERS

The Terrell family moved from Los Angeles, California last year. They have been in Leonia for five months and look forward to getting involved with the community and the Presbyterian Church in Leonia (PCL). Joanne works in NYC for Salesforce.com and Allen works as an artist. They have two beautiful daughters, Noelle (12) and Eden (13), plus their lovable American Staffordshire Terrier, Poncho. Joanne and Allen feel that the larger Evangelical Church has lost the inclusiveness of Christ's call to everyone. They feel a spirit of acceptance in the PCL congregation that embodies the Good News that Jesus is for all of us. Their family just encountered their first New Jersey snow storm. Ask them how they like playing outside in the beautiful cold white powder.



CHRISTIAN EDUCATION NEWS

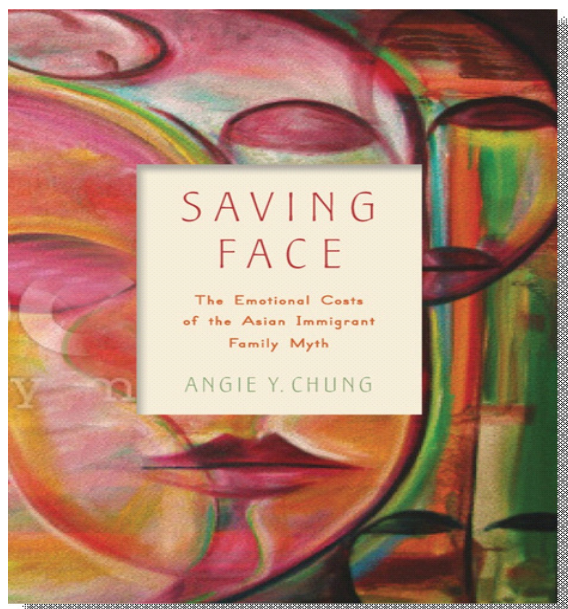
On Sunday, March 5, the Friends to Friends Community Church in Ridgewood, NJ (303 Prospect Street) will host the Presbytery Youth Event, Friends to Friends from 4 p.m. to 8:30 p.m. Christian Education will bring a group so please let Jonathan Phillips or Suzanne Broffman know if your are interested. The event is open to all the middle school, high school and college students in our Presbytery. This is a good opportunity for our middle school/high school class to participate in discussions about how we can incorporate people with disabilities into our church community. If parents are interested, please let us know ASAP so we can coordinate with the church in Ridgewood.

On Wednesday, March 8 at 7:30 p.m. we will have a Christian Education meeting to discuss Easter and year-end activities such as Sunday School Recognition Day and the annual picnic. Please join us and help us make wise decisions about the future of our Christian Education.

LEADERSHIP RETREAT

Our church officers—Deacons and Elders—met on February 18 to discuss the content of the feedback from the November and December Small Group Conversations. Several priorities emerged: 1) Nurture spirituality at the forefront of all we do and especially in worship; 2) make a greater sense of connection between the mission work we do and support and our stories and practices of faith; 3) communicate better: between generations, across cultures, between old institutional structures and emerging ways of connection, such as our new Breeze church database; 4) give supportive visioning to our growing children’s and youth ministry, and discern what forms of leadership are needed there. Please keep the conversations going with any of our deacons, elders, or with Pastor Leah.

The leadership retreat also gave training in the use of our new Breeze database program, and we had a lengthy discussion about supporting a Leonia town Sanctuary statement as a way of advocating for the needs of undocumented immigrants. Our officers are aware that while most of the immigrants in our congregation are here on legal visas and green cards, some are vulnerable to needing to leave in very short notice due to a loss of job, medical condition, or other event that can change visa status. Additionally, the current political climate has targeted immigrants and has created a feeling of anxiety and tension. We are in prayer for our members and hope that in our church, people can find an oasis from hostilities as they receive the love and welcome of Jesus Christ.



SAVING FACE

Book Talk

The Emotional Costs of the Asian Immigrant Family Myth
By Angie Y. Chung

“Well-written and engaging, *Saving Face* takes a novel approach of exploring the emotional life of Chinese and Korean immigrant families.”

—Nazli Kibria, Boston University

“Full of rich and absorbing interview material, *Saving Face* explores the emotional dynamics of family experiences, responsibilities, and commitments among the children of Chinese and Korean immigrants. Covering a range of themes, from parent-child relations to gender roles and expectations, the book offers fresh insights into Asian immigrant family life.”

—Nancy Foner, coauthor of *Strangers No More*

DATE/TIME: SUNDAY, MARCH 26th @12PM

LOCATION: Leonia Presbyterian Church, 181 Fort Lee Rd., Leonia

Tiger Mom. Asian patriarchy. Model minority children. Generation gap. The many images used to describe the prototypical Asian family have given rise to two versions of the Asian immigrant family myth. The first celebrates Asian families for upholding the traditional heteronormative ideal of the “normal (white) American family” and the other demonizes Asian families around these very same cultural values.

Saving Face cuts through these myths, offering a more nuanced portrait of Asian immigrant families in a changing world as recalled by the people who lived them first-hand: the grown children of Chinese and Korean immigrants. Drawing on extensive interviews, sociologist Angie Y. Chung not only gives readers a new appreciation for the often painful generation gap between immigrants and their children, it also reveals the love, empathy, and communication strategies families use to help bridge those rifts.

ANGIE Y. CHUNG is an associate professor in the department of sociology at the University at Albany, SUNY, in New York. She is the author of *Legacies of Struggle: Conflict and Cooperation in Korean American Politics*.

March 10th (Fri) 8:00 PM

2nd Friday JAZZ JAM SESSION!

Sponsored by the Presbyterian Church in Leonia

Spring is on the corner! Daylight Saving Time Begins.

Audience or Player, everyone is welcome!

*** To Player: Bring instruments and play with pro.**

Any level of player is welcome!

Please bring tunes from "The Real Book".

No fee but small donation is accepted to cover utility & refreshment costs.

WHEN: March 10th, 2017 (Friday)

8:00 pm – 10:00 pm

Next Session: April 7th, 2017 (First Friday)

(Changed to the first Friday because the second Friday is Good Friday.)

Program will continue once a month,

Every second Friday night except April 2017.

WHERE: The Presbyterian Church in Leonia

181 Fort Lee Rd. Leonia, NJ 07605

(Between Broad Ave. & Grand Ave.)



Led by: Foreign Exchange

Michael Hinton (Piano)

Yoshi Koyama (Sax)

April Johnson (Keyboard)

Yoshi Hosuke (Bass)

Max Wang & Nick Iannantuano (Drums/Percussion)

Mike Ito (Guitar)

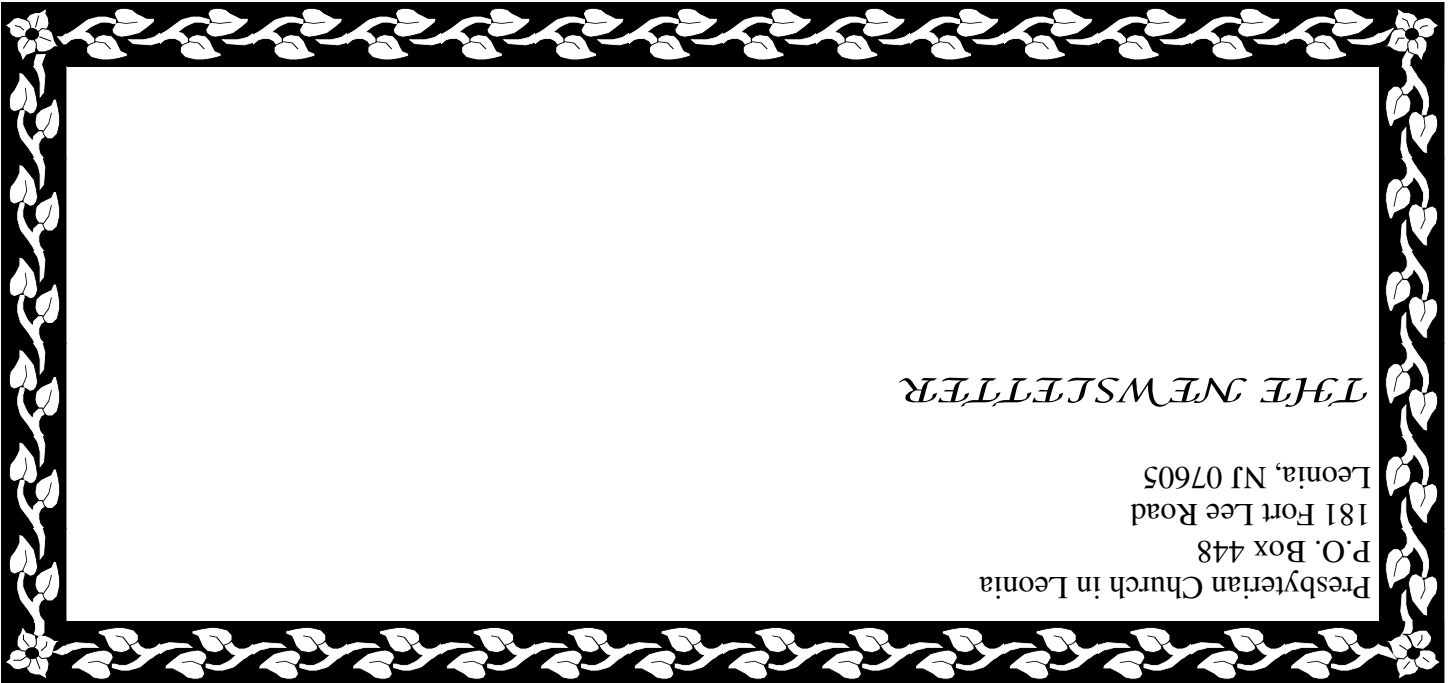
Please contact the following for any question.

Church: secretaryleonia@gmail.com or 201-944-1358

Coordinator, Mike Ito: mike.ito@verizon.net or 201-679-6616

Church website: www.leoniapres.org

The Presbyterian Church in Leonia 181 Fort Lee Rd., Leonia, NJ 07605



THE NEWSLETTER

Presbyterian Church in Leonia
P.O. Box 448
181 Fort Lee Road
Leonia, NJ 07605

THE NEWSLETTER



EASTER FLOWERS

Help us decorate the church sanctuary for Easter by ordering flowers. The cost is \$20 for lilies and \$12 for bulb plants, which could be hyacinths, tulips or daffodils depending on what is available at the time of purchase. Please call the church office (201-944-1358) no later than Friday, March 31. Checks should be made out to the Presbyterian Church in Leonia and designated for "Easter Flowers." Please let us know to whom you would like them dedicated and if you wish to pick up your plants or distribute to homebound friends.