

+Christian Symbol+

BREAD

One of the oldest and most familiar foods, bread carries deep meaning throughout Scripture. In the Old Testament, God provided manna, or “bread from heaven,” to sustain His people in the wilderness. In the New Testament, Jesus declared, “I am the bread of life” (John 6:35), pointing to himself as the true source of spiritual nourishment. Bread also holds a central place in the Lord’s Supper, where it represents Christ’s body, given for us. Simple and sustaining, bread has become a lasting symbol of God’s provision, Christ’s presence, and the shared fellowship of believers.

CHAPEL NEWS

Return Service Requested

CHRIST LUTHERAN CHURCH
337 Farview Avenue
Paramus, New Jersey 07652

CHAPEL NEWS

CHRIST LUTHERAN CHURCH MONTHLY NEWSLETTER

**AUTUMN:
THE SEASON
THAT TEACHES US
TO LET GO.**

— UNKNOWN

REST FOR THE SOUL

Studies show many Americans don't get enough sleep, and the effects can take a toll both body and mind. Whether it's a packed schedule or restless nights, a lack of rest makes it harder to think clearly, stay focused and care for our overall well-being. Over time, that constant fatigue begins to wear us down.

Our spiritual lives follow a similar rhythm. When we rush from one task to the next without pausing to spend time with God, we can feel just as drained. We need consistent, quiet moments with Him to stay grounded, encouraged and strong in our faith.

Even Jesus made space for this kind of rest. Luke 5:16 tells us that He often withdrew to quiet places to pray. If He needed that time with the Father, how much more do we? When we step away from the noise and listen for God's voice, we find the renewal our souls have been longing for.



Becky, Patrick, Noyes "Bart" Bartholomew, Peter & Laurie Braun, Dolores Brickman, The Brooks Family, Charlie Brown, Tony Calise, Mike Chapman, Bryant Rodriguez Cyriax, Carol DeMott, Marge Durdunas, Charlie Eidel, Amber Faison, Al & Barbara Frielink, Krista Fuchs, Cassandra Griffin, Mary Carolyn Harrison, Carol Hodgins, Carol & Hugh Lally, Dolores Lowack, Marie Lupinski, Linda McFate, Doris Robinson, Elenor Rogers, John Schaefer, the Vega Family and Janice & Dave Wedderman

CHRIST EVANGELICAL LUTHERAN CHURCH

337 Farview Avenue Paramus, New Jersey 07652
201-262-0138 • christinparamus@hotmail.com • christparamus.org

WHEN THE ROAD GETS ROUGH

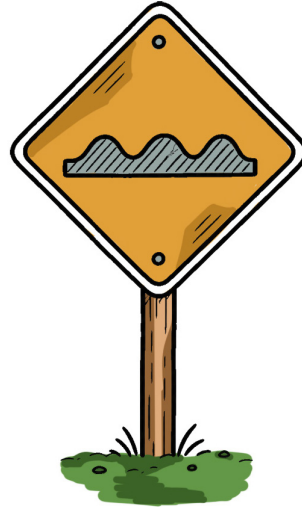
It had been a long trip home, and the weary traveler still had miles to go. So when a sign appeared reading, "Rough Road Ahead — 4 miles," he braced himself.

Rough was an understatement. The lanes narrowed, the shoulder disappeared, and traffic slowed to a crawl. Drivers carefully weaved around potholes and construction equipment, inching forward one stretch at a time. But just as the sign promised, after four difficult miles, the road opened up and smoothed out again.

Jesus offers a similar kind of clarity about life. In John 16:33 (NIV), He says, "In this world you will have trouble. But take heart! I have overcome the world." Notice He doesn't say we might face trouble. It is part of the journey. There will be stretches that feel slow, uncertain and hard.

Notice that Jesus didn't say we "might" have trouble. Sooner or later, problems will come. The road will get rough. But Jesus has already defeated everything the world can throw our way. We just have to keep moving, fueled by hope.

The promise is just as certain as the warning sign. The rough road does not last forever, and it does not have the final say. Christ has already gone before us, and smoother ground is ahead.



SEPT

Assistant Schedule

SEPT 6	10:00am
Lay Assistant	Pat Berinato
Usher	Lori Mercer
Altar Guild	
SEPT 13	10:00am
Lay Assistant	Bob Denicola
Usher	Terry Calise
Altar Guild	Gina Lally
SEPT 20	10:00am
Lay Assistant	Bill Jaichner
Usher	Anne Carman
Altar Guild	Linda Polise
SEPT 27	10:00am
Lay Assistant	Chris Nilsen
Usher	Linda Comery
Altar Guild	
Counter	Jan Behnke

THANK YOU

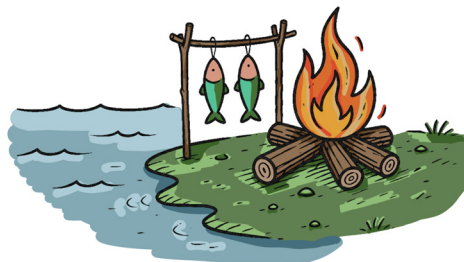
I want to thank Mrs. Behnke and the church for awarding me the Rev. Stover Crouthamel and Dolly Crouthamel Vander Plaat Memorial Scholarship. In September I will be moving to Glassboro and beginning my studies with The National Personal Training Institute. The money has helped with the tuition. Don't worry, I will be back in December to help move the wisemen.

— Ean Ralston

BIBLE QUIZ

After his resurrection, Jesus asked one of his disciples the same question three times: "Do you love me?" The disciple felt hurt, wondering why Jesus kept asking. Who was this disciple?

- A. James
- B. John
- C. Philip
- D. (Simon) Peter



Answer: D (John 21:17)

BIRTHDAYS

Deb Witte	9/5
Pat Berinato	9/15
Rosemary Chandra	9/15
Al Frielink	9/22
Pam Sakala	9/25
Bill Jaichner	9/27
Dot Keller	9/30
Calvin Denicola	9/30

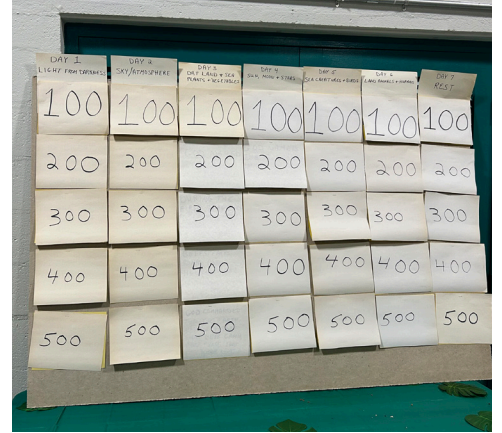




FRESH FOR FALL

Another thank you to our Grounds committee (Bill Jaichner and Gina Lally) for overseeing the painting of our beloved little, white chapel.





"I'LL TAKE DAY 1 FOR 500, ALEX."

Another successful VBS is in the books!

So is a mattress just a mattress or is it actually a bed? And what galaxy are we earthlings in? If you were at our summer VBS program you would know the answer to those and other peculiar questions! Our Creation-themed VBS program went off without a hitch. After being fortified by a great dinner, it was time to play Creation Jeopardy! The group was split into two teams. Who knew Lutherans were so competitive! Each of the seven days of creation had its own category, complete with both Biblical and non-Biblical references. The game was enjoyed by all. Thanks to everybody who helped plan the event and to everybody who participated. Perhaps a rematch will be needed next year?

Oh, and just for the record, the judge ruled that a mattress is just a mattress, and we humans on earth are part of the Milky Way Galaxy.

And in that Galaxy...God is good ALL the time!

SEPTEMBER 2026

Church (CH)
Fellowship Hall (FH)
Family Room (FR)
Office Building (OB)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1	2	3	4	5 Crafty Ladies (OB) 10:00am
6 Worship Service (CH) 10:00am Coffee Hour (FR) following service	7 Labor Day Chruch Office closed	8	9	10	11	12
13 Worship Service (CH) 10:00am Pizza and Games (Lawn) following service	14	15	16	17	18	19 Crafty Ladies (OB) 10:00am
20 Worship Service (CH) 10:00am	21	22 First Day of Autumn	23	24	25	26
27 Worship Service (CH) 10:00am	28	29	30			

CHRIST LUTHERAN CHURCH STAFF AND COUNCIL

Vice Pastor
Office Administrator
Sexton

Director of Music Ministries
President

Vice President

Council Secretary

Treasurer

Recording Financial Secretary

Pastor Miller
Debbie Geerlof
Bob Sakala
Michael Wittenburg
Chris Nilsen
Bill Jaichner
Pam Sakala
Chuck Young
Pat Berinato

Inward Ministry Team

Christian Education Pam Sakala

Shepherd

Worship & Music Chris Nilsen

Administrative Team

Financial

Property

Chuck Young
Bill Jaichner and
Gina Lally

Outward Ministry Team

Servant

Jan Behnke
Rosemary Chandra