



Highland Highlights

Presbyterian Women in the Presbytery of the Highlands of New Jersey

March 2026

RECIPIENT - PLEASE POST THE FLYERS AT THE END OF THIS NEWSLETTER ON BULLETIN BOARDS AND/OR WEB SITES, and INCLUDE IN YOUR OWN NEWSLETTER.

Please also forward to women in your church.

MODERATOR'S MUSINGS

Grace and Peace I bring to you in the name of our Lord, Christ Jesus!

Yes, it is difficult to feel 'peace' these days, considering climate change, loss of housing, employment, friends and family, and the unjustified climate of arrests and deportation of human beings.

I normally tell friends and family that I am not 'political'. Yet every aspect of my life is filled with politics. Employment – manuals and rules to be followed, even dress codes! Do those really exist these days?

Serving as an Elder in the church, we have a Book of Order – that describes the polity of PC USA (Presbyterian Church – U.S.A.) Serving on various committees, either within the church, or Presbytery, Synod or General Assembly, we have manuals or policies. Polity! Politics!!! Yes, the rules and regulations, and polity are helpful tools not to be ignored.

There are **rules** to follow when filing our taxes, both state and Federal. How about applying for insurance coverage - how many accidents have you had or been involved in; any claims for deer damage; how many drivers in your household – are they covered under your policy or do they have their own policy....The rules and regulations are everywhere and do serve a purpose.

What about "RED" – Racial, Equity and Diversity. Let's look at equity – is there justice or equality in our society? Our Presbyterian Women Lenten Bible Study this season utilizes the book entitled "*Hard & Holy Work*" *A Lenten Journey through the Book of Exodus*, by Mary Alice Birdwhistell and Tyler D. Mayfield. Walter Brueggemann, William Marcellus McPheeters Professor Emeritus of Old Testament, Columbia Theological Seminary says about this book, "What better Lenten discipline and exercise than to ponder well, carefully and daily our premier text on emancipation - the book of Exodus!" He goes on to say, "Surely Christians in Lent have no more important work to do than engage the scriptural promises of and mandate to emancipation, especially in our world that is so bent on enslavement, the practice of cheap labor, and the systematic abuse of vulnerable lives."

Recall that the Israelites were a wandering people seeking a promised land – isn't that a parallel to immigrants in our country? Do we, as Christians want to join in with God's redemptive power and inclusion?

Think about it. What is occurring in our society today - with the roundup of innocent, hardworking people who came to the United States with the promise of freedom, of liberation, to raise their families, without the threat of enslavement. That injustice is happening in our communities as we hear the stories on the news of individuals being thrown to the ground, pulled out of their employment or even shot to death for attempting to assist someone. Parents taken from their children. Imprisonment in "ICE" centers or waiting on deportation. This is injustice.

es, it is hard and holy work to even think about it. What can we do? Remember, first, that Christ died on the cross for us. Notice 'for us', not just Americans, but for all of us. The significance of this event is that in

Christian theology, the crucifixion is viewed as the ultimate sacrifice for sin, representing God's love and justice.

This is a call to action against injustice. If you are not inclined to walk a picket line, or stand in front of a friend as a shield who may be arrested, pray. Pray for the hearts of those in control that they recall the biblical story of Pharaoh's edict, for the midwives to kill baby boys. Yet the midwives prevailed in saving lives.

What can you do to be more Christ-like, to live for justice. As Walter Bruggemann said, "engage the scriptural promises of and mandate to emancipation".

I challenge you to action, to pray, to read the scriptures, especially the book of Exodus, and be filled with the peace of Christ in knowing that justice was served thousands of years ago for the Israelites. There is hope for today. God will use you as you are. Just answer the call.

The current actions and issues in our society may cause undue stress or anxiety. The women of the Presbytery of the Highlands and the Presbytery of Coastlands have planned a joint gathering to be held May 30, 2026 to discuss "Dimensions of Women's Wellness. This gathering will hopefully shed some light on identifying everyday stressors and offer some resources to deal with them. (See flyer at the end of this newsletter.)

Donna Rahmann, Moderator donnarahmann@comcast.net

BE ON THE LOOKOUT FOR:

- ❖ The Spring Gathering – Flyer in this newsletter – joining with Coastlands.
- ❖ Learning Event at Well-Sweep Herb Farm – see flyer
- ❖ The Bible Study at Stony Point – see flyer and registration form
- ❖ The Triennial Synod Gathering – Save the Date: **Friday, Oct 2 - Sunday, Oct 4, 2026**

**Singing Hills Christian Camp
71 King Drive, Plainfield, NH**

Theme is *Growing in Love with Presbyterian Women* – 1 Corinthians 16: 13 14

All events are an opportunity for us to gather, learn something, do something – come out and meet some new sisters.

=====

WELLSPRING FOR RENEWAL

Happy March!

What is this, you may ask? Read on. One of the reasons to be involved with Presbyterian Women is it's a training ground for leadership development. Yes we can serve on Session or Deacons but can we "lead" there? Can you suggest and dream up a mission project or picket for immigration reforms? Maybe not.

One of our own has accepted a call to be the vice moderator of Highlands Presbytery (training year) and will go on to be the moderator her second year. With thanks and good wishes we bid her well in her new role.

We've had to rethink leadership of PWP, what programs we will continue AND NEW WAYS TO OPERATE IN GENERAL.

Why PW? For me it's an experience to be in community with women who act out their faith. I'm a "word" person so you'll see my invite to the Advent study Thursday 10 am zoom meetings below. It's not too late to join.

How can YOU volunteer to work with the few of us to keep PWP vital? What's going on at your church? What would be better if others joined you? What would you take the time and energy to come out to hear, see or DO?

We've talked about "Wellspring for Renewal". What can you share or teach all of us?

- +discussion forum? Dare I say politics?

- +aids for spiritual development (see Bible study retreat info)

- +interests or passions? See mine for Fair Trade products supporting small businesses

How about a Grow a Row gleaning day? Pick produce for food banks? A museum trip or a visit to the Presbyterian Historical Society in Philadelphia?

Are you group that makes quilts, crochets or knits – let's teach the next generation. A craft day with wine (sip & paint), visiting flower gardens or flower arranging. What would you bring your daughter or granddaughter to? How can we support young moms? Support mission?

Please get to Jane MacDonald (jkmac3536@gmail.com) with anything you'd like to share with others! We can work out the logistics if you share a program or project!

Finally, please consider joining the planning team. We usually meet three times a year with the goal of getting two newsletters out, planning a fall and spring Gathering, keeping the Stony Point PW Horizons Bible study in June alive and coordinating support for whatever seems relevant and interesting.

Share your gifts, share your story!

Bible/Book Lenten Zoom Meeting

HARD & HOLY WORK by Mary Alice Birdwhistell and Tyler D. Mayfield Thursday at 10:00am

"It's an inspired guide for brave and curious Lenten travelers yearning for liberation. Be Careful! It's an intimate exploration of the exodus saga refusing to skip past the perilous contradictions privileged readers are sure to encounter. Expect your journey inward with them to arrive at unexpected places."

<https://us02web.zoom.us/j/2990206090?pwd=TjFNSWdaS3p5SINrQU1QQzgwYzhodz09&omn=88243892384> Meeting ID: 299 020 6090 Passcode: 340882

JUSTICE AND PEACE

Working for Justice and Peace the Presbyterian Women's Justice and Peace calendar gives ideas on what we can do each month!

"We are called to share God's love with the world by being God's hands in the world. We answer God's call to "do justice, love kindness, and walk humbly with our God" (Micah 6:8)."

Presbyterian Women can find something on the P&J calendar that your women might want to know more about or choose as a mission or social justice project! Download it:

<https://www.presbyterianwomen.org/wp-content/uploads/2025/12/2026-JP-Calendar-NEW-FA.pdf>

May I suggest?

- +March is "Women's History Month" and also "Celebrate the Gifts of Women" month. There are resources on the website and Horizons magazine has a whole program! The theme is "Creating Home and Places of Possibilities." Resource is downloadable.

- + If you are unhappy with the current political climate, the third "No Kings Rally" is March 28th. Join one in your local community.

- + April 7th is World Heath Day & April 22nd is Earth Day

- + May World Fair Trade Day

Check out the [presbyterianwomen.org/catalog](https://www.presbyterianwomen.org/catalog) for helps & purchases.

SERRV.org is one place to support & buy fair trade items. SERRV fights global poverty through fair and ethical trade. One of the first fair trade organizations in the world, SERRV International began its mission in 1949 after World War II by helping displaced European refugees trade their handcrafts for income. Since then, they've extended their reach to countries worldwide, supporting over 8,000 artisans and farmers annually by selling their beautiful handcrafts and delicious foods.

Over the years, SERRV has worked with churches, retail stores, other groups and countless individuals to promote and sell fair trade items. As a nonprofit, SERRV also receives contributions and grants to help sustain the fair trade mission. The 26,000-foot warehouse receives goods sent by artisans and farmers from 24 countries. Multiple catalogs are mailed out each year to current and potential customers. SERRV packages and ships as many as 500,000 handmade items and foods a year.

Equal Exchange (equalexchange.org) is another Fair Trade organization that sells mostly coffee and teas. Their Mission is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker co-operatives and Fair Trade to a more equitable, just and sustainable world.

Hope,

Lisa Gray - PWP Peace & Justice Coordinator Lisa_A_Gray@outlook.com

STAYING CONNECTED

If you know of any women who are not getting this email, and would like to, send their name and e-mail to Jane MacDonald jkmac3536@gmail.com to be added to the distribution.

TREASURER

As we reflect on God's bounty to us, we know that every day is "gives day" here in the Presbytery of the Highlands of NJ. Every day we celebrate the loving relationships and the life-changing ministries Presbyterian Women enable.

Cultivating Presbyterian Women means putting our hands and hearts to work through our PW Purpose. Whether planting seeds through our ecumenical partnerships, building healthy communities through our Thank and Birthday Offerings, honoring faithful servants with Honorary Life Memberships, or taking time to be in beloved community through study, service and fun, we each choose to "live life in full bloom" by care-tending our bountiful and beautiful PW gardens.

Our gifts to the Mission Pledge especially are for:

- ❖ Award-winning PW/*Horizons* Bible studies and accompanying helps that nurture our faith and build community.
- ❖ Funds raised to support mission through our Thank and Birthday Offerings.
- ❖ Peace and justice issues that PW supports through prayer and advocacy.
- ❖ Building community, especially through PW Gatherings (whether synod or churchwide, in person or online) and our commitment to include all.

Of course everyone can go to the presbyterianwomen.org/give website to make a gift. If you do, there are choices for which ministry is supported, i.e. the Mission Pledge, the Birthday or Thank Offering or one of the Endowments. PW in the Presbytery prefers that gifts be made through us, so that the Presbytery is credited, and bank fees minimized. The remittance form is below, and write-ins are acceptable.

Also, new forms for scholarship applications, Honorary Life Memberships, etc. are available – just drop me an e-mail to treaspwhigh@gmail.com Jane MacDonald, Treasurer

+++++

PRESBYTERIAN WOMEN, PRESBYTERY OF THE HIGHLANDS OF NJ

REMITTANCE FORM

Local Association Treasurers: Please use this form for making remittances. Your canceled check is your receipt. Please make checks payable to: PRESBYTERIAN WOMEN, HIGHLANDS PRESBYTERY. Thank you.

Name of Sender: _____ Telephone _____

Sender's E-Mail Address: _____

Church / Association: _____ Date _____

Payment of:	Amount
Mission Pledge - Churchwide	
Mission Pledge - Synod	
PW Presbytery Operating Support	
Birthday Offering	
Thank Offering	
Least Coin	
Other - Specify	
Total of Check	

All money is to be sent to the Treasurer:

Jane MacDonald
35 Hillside Ave
Newton, NJ 07860

Reminder: Quarterly payments for mission pledges are due by the 10th of March, June, September and December.

HORIZONS MAGAZINE

Looking for ideas for study, community, education, programs? Look no further! Horizons has it all! And you can find it in the Spring/Summer Catalog.

<https://www.presbyterianwomen.org/wp-content/uploads/2026/01/2026-Spring-Summer-Catalog-01152026-FA.pdf>

CELEBRATE WOMEN'S HISTORY MONTH – Memorize a quote.

“Every dream begins with a dreamer.” – Harriet Tubman

“In a time of destruction, create something.” – Maxine Hong Kingston

“Honor the hands that harvest your crops.” – Dolores Huerta

“Sometimes grace is a ribbon of mountain air that gets in through the cracks.” – Anne Lamott

CELEBRATE WOMEN'S HISTORY MONTH – Get to know someone

Wangari Maathai (1940–2011) was a Kenyan environmentalist, feminist, and political activist who became the first African woman to win the Nobel Peace Prize (2004). She founded the [Green Belt Movement](#) in 1977, empowering rural women to plant over 50 million trees to fight deforestation, poverty, and environmental degradation.

Maxine Hong Kingston is an American novelist. She is a professor emerita at the University of California, Berkeley, where she graduated in 1962 with a B.A. degree in English. Kingston has written three novels and several works of non-fiction about the experiences of Chinese Americans. Her most famous book is *The Woman Warrior*.

HIGHLANDS PW HAPPENINGS

Throughout our Presbytery, from the North, South, East and West, although they don't officially name themselves as a 'PW' group, many of our Presbyterian Women in the Churches in the Presbytery of the Highlands continue with their mission giving both local, national and world, by supporting the PW purpose.

Membership is and has always been open to all women who have been willing to accept the purpose of PW and who support it through service, gifts, prayer or attendance at meetings. Empowered by the Holy Spirit, they have committed themselves to nurture their faith, to support the church worldwide, to work for justice and peace, and to build an inclusive, caring community of women that strengthens the Presbyterian Church and witnesses to the promise of God's Kingdom.

Some of the activities PWs plan and do, include, but are not limited to collecting clothes in a Clothing Bin and Book Bin; rummage sales; Samaritans Purse Christmas Boxes; purchasing clothing for adults and children; writing cards for holidays to give to Habitat for Humanity, nursing homes and members of their churches; collecting canned goods, paper products, toiletries for food pantries and others; serving meals at Newton Presbyterian Church - Manna House or a once monthly soup ministry - delivering soups to our neighbors; opening their homes for Bible studies, meetings, luncheons and fellowship; hosting a zoom meeting for Bible studies or to plan events. Many of the events, such as rummage sales raise funds.

Where are the funds used you might ask.

Camp Jefferson	Camp Johnsburg	Milton United Methodist Church Food Pantry	St. Jude
Clyde F. Barker Transplant House	Operation Smile	Strengthen our Sisters	
Heifer International	Market Street Mission, Morris County and Sussex County		
NJ Battered Women Services	Ronald McDonald Philadelphia Family Stay		
Marion Medical Mission Wells	Samaritans Purse (The Good Samaritan Fund)		ARC-Morris County
Jefferson Rescue Squad	Jefferson Twp Fire #1 Milton	Jefferson Twp Fire #2 Lake Hopatcong	
Milton First Aid squad	Presbyterian Disaster Relief - US Wildfires and Texas flood		
Various Church Committees - Christmas Trim, Christian Education, ASP, Church Budget Support			
Good News Home For Women	Van Doren Scholarship Fund		
Presbyterian Women Thank Offering, Fellowship of the Least Coin, Worldwide Mission Pledge, Synod Mission Pledge, Honorary Lifetime Membership, Memorial Donations in honor of women who have joined the Cloud of Witnesses			
Fall Mission Project	Veteran's Haven North	Family Promise	Hunterdon Health Care
Foundation	Chaplain's Fund	Hunterdon Interfaith Outreach Council	Harvest Family Success Center
Fisherman's Mark	Clinton Open Cupboard Food Pantry	Elizabethport Presbyterian Center	
Grow-A-Row,	South Branch Rescue Squad,	Deacon's Grab-N-Go Sandwich Program, Women Helping Women	

Wow! Isn't that what it's all about – fulfilling the PW Purpose and being the hands and feet of Christ. Use these as suggestions for outreach. As it is written in Ephesians 4:7-8, *"But each of us was given grace according to the measure of Christ's gift. Therefore, it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.'"*

We all have gifts given to us. Be confident in knowing that you are gifted, and use those gifts in the name of our savior, Jesus Christ.



A MORNING OF LEARNING

Come out to
Well-Sweep Herb Farm
205 Mount Bethel Rd, Port Murray, NJ

Saturday May 23, 2026

Gather at 10:30 am for a talk & tour
Fee is \$13.50 – check to PWP Highlands
(Minimum is 10 – we want to be sure to reach it!)

Bring a sandwich for a picnic lunch (lemonade provided)

RSVP jkmac3536@gmail.com

SPRING GATHERING

MAY 30, 2026

First Presbyterian Church

270 Woodbridge Ave, Metuchen, NJ 08840 (732) 491-2300

Joint Gathering

Coastlands and Highlands Presbyteries

"Dimensions of Women's Wellness"

SPEAKERS

Robin A. Collier, MSW

Learn about the Wellness Recovery Action Plan (WRAP) a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- ❖ Discover simple, safe, and effective tools to create and maintain wellness
- ❖ Develop a daily plan to stay on track with your life and wellness goals
- ❖ Identify what throws you off track and develop a plan to keep moving forward
- ❖ Gain support and stay in control even in a crisis

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

Dr. Jordyn Cain-Rahmann, Psy.D. will speak about how mental health issues effect moms, grandmoms, and youth, especially when youth go off to college. She works with youth in her practice.

Rev. Amy Lincoln will speak about the spiritual aspects of having or dealing with mental health issues.



Let's put some new tools in our toolbox. **We'll gather at 9:00am for coffee & registration** – day will conclude with short worship.

RSVP to pwcoastlands@gmail.com by May 3 Bring a canned good for the food pantry ministry.

Registration \$10.00 includes lunch.



United through Christ, Bound to Each Other

Paul's First Letter to the Corinthians

2026-2027 Horizons Bible Study

Join Presbyterian Women and learn about Paul's first letter to the church in Corinth. This Bible study explores the letter's setting, divisions within the congregation, and ultimately, the gifts given to all through the work of Christ. Readers will be fascinated by this journey to Corinth and will explore how Paul's timeless message of loving unity calls Christ's followers today.

Although First Corinthians contains familiar theology and passages we easily recognize—like the words of institution for the Lord's Supper and the meditation on love—readers often don't realize that Paul wrote this letter to a church in conflict. Paul founded the congregation in Corinth around the year 50 and later moved to Ephesus, a few hundred miles away. From there Paul wrote a letter to the Corinthians trying to help settle their disputes. He saw that the church was lacking in love, and their conflicts were betraying God's saving act in the resurrection of Jesus Christ.



Author

The Rev. Dr. Rhonda Mawhood Lee is an Episcopal priest, writer, and spiritual director. Originally from Montréal, Québec, Canada, she was raised with two native languages, French and English, and continues to enjoy studying languages and getting to know people from a wide variety of cultural backgrounds. She earned an MDiv from Louisville Presbyterian Theological Seminary and a PhD in history from Duke University.



Helps Author

Dr. Sarah Leer is a native Arkansan and lifelong Presbyterian. She has a consulting business, serves as the transitional youth and young adult developer for the Presbytery of Arkansas, and is the project manager for Growing in Grace, a Wesleyan institute focused on anti-ableist worship practices. Sarah is a graduate of Wake Forest University, Columbia Theological Seminary, and the Clinton School of Public Service.

The full program begins at 4pm on THURSDAY and ends after lunch on SATURDAY. Registration and check-in will start on Thursday at 3:00 PM. The program fee of \$75 is included in the room cost and covers the leader, her room and board, and a copy of the study.

PLEASE LET ME KNOW ASAP IF YOU ARE COMING SO WE CAN RESERVE THE CORRECT NUMBER OF ROOMS. jkmac3536@gmail.com



Presbyterian Women
Registration Form
Horizon's Bible Study (Thurs-Sat June 18-20, 2026)

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ Roommate _____

Special Dietary or Other Needs:

Prices are for each person & include room for two nights, six meals, program book and fee
____ GSH Single \$630 ____ GSH Double \$500 ____ Lodge Single \$500 ____ Lodge Double \$400

Check enclosed (payable to PW– Presbytery of the Highlands). Please mail registration and check to:

Jane MacDonald, 35 Hillside Ave, Newton, NJ 07860

E-mail: jkmac3536@gmail.com if any questions

Presbyterian Women
Registration Form
Horizon's Bible Study (Thurs-Sat June 18-20, 2026)

Name _____ Address _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ Roommate _____

Special Dietary or Other Needs:

Prices are for each person & include room for two nights, six meals, program book and fee
____ GSH Single \$630 ____ GSH Double \$500 ____ Lodge Single \$500 ____ Lodge Double \$400

Check enclosed (payable to PW– Presbytery of the Highlands). Please mail registration and check to:

Jane MacDonald, 35 Hillside Ave, Newton, NJ 07860

E-mail: jkmac3536@gmail.com if any questions