

Discovering God's call, celebrating the Spirit's presence
Witnessing to Christ's transformative power

Forest Hill Church

The Tower

March 2012

Friends,

We are in the liturgical season of Lent. ***The Oxford Dictionary of the Christian Church*** describes Lent as "The fast of forty days before Easter." The first mention of a Lenten fast occurred as early as 325 C.E.:

The custom may have originated in the prescribed fast of candidates for baptism, and the number forty was evidently suggested by the forty days' fast of Moses, Elijah, and especially the Lord himself. During the early centuries the observance of the fast was very strict. Only one meal a day, taken towards evening was allowed, and flesh, meat and fish, and in most places also eggs were absolutely forbidden.

These strict expectations were relaxed by the 15th century:

Lent is generally observed as a time of penance by abstaining from festivities, by almsgiving, and by devoting more than the usual time to religious exercise.

Frederick Buechner, a contemporary Christian author, has a slightly different take on Lent. In his book ***Whistling in the Dark: An ABC Theologized***, he writes;

After being baptized by John in the river Jordan, Jesus went off alone into the wilderness where he spent forty days asking himself the question of what it meant to be Jesus. During Lent, Christians are supposed to ask one way or another what it means to be themselves.

Buechner continues:

When you look at your face in the mirror, what do you see in it that you most like and what do you see in it that you most deplore? If you had only one last message to leave to a handful of people who are most important to you, what would it be in twenty-five words or less? Of all the things you have done in your life, which is the one you would most like to undo? Which is the one that makes you happiest to remember? Is there any person in the world, or any cause, that, if circumstances called for it, you would be willing to die for? To hear yourself try to answer questions like these is to begin to

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hear something not only of who you are but of both what you are becoming and what you are failing to become. It can be a pretty depressing business all in all, but if sackcloth and ashes are at the start of it, something like Easter may be at the end.

My hope is that you take advantage of this season to slow down and reflect upon your life, your faith, and your priorities. This year the Green Team of Forest Hill Church, led by Dave Neff, is encouraging us all to consider how we use the resources of our lives, how we care for the earth and for ourselves. The Green Team offers you a Lenten Carbon Fast calendar (*available electronically on the website; printed copies are available at church. Contact the office if you'd like one sent to you*). Each day it will suggest certain practices of doing more with less and becoming more aware of the energy you use. Take a look at the schedule of programs and services for Lent. The theme of this year's Lenten season is: "Care of the Earth, Care of Self."

God bless you during this holy season. May the preparation you give bear great fruit in Easter rejoicing.

John

John Lentz
Senior Pastor

Inside the March Tower

From the Pastor.....	1
Lent 2012: Care of the Earth, Care of Self.....	3
The Clover Patch	4
Children and Youth Ministries	5
Exploring Membership Class	6
Youth Report	7
Music Notes.....	8
Earth Care and Carbon Fasting	9
Haiti Exploration Trip.....	10
News of Our Church Family.....	11
Social Groups and Circles.....	13
Freshwater Coaching Retreat	14
Office News and Reminders	16
Sundays in March; March Calendar.....	cover

Lent 2012
Care of the Earth, Care of Self

“The earth is the Lord’s and all that is in it,
the world, and those who live in it.” (Psalm 24:1)

Join us this Lenten season in simplifying your life,
taking care of the earth and taking care of yourself.

Pick up a copy of the 2012 Lenten Carbon Fast,
or access it on the website.

Take part in these Lenten evening programs:

Ash Wednesday, February 22: 6:30 Light supper, 7:30 worship.
Child care will be available

Wednesday, March 7: 6:30 Light supper, 7:30 Intergenerational
program

Gather with other church members for an evening to explore our call to care for God’s earth. We will sing, move our bodies, color, talk, and delve into scripture, theology, and imagination. Focusing on the theme of “clean air,” we will share challenges of air pollution, climate change, and carbon emissions. Putting this all in the context of our faith, we will then find ways to make a difference in the world. This evening event will be participatory, intergenerational and multi-sensory and all are welcome! Guest presenter Rebecca Barnes-Davies is the Associate for Environmental Ministries of the Presbyterian Church (USA), local ministry organizer of the Eco-Justice Worship Collective in Louisville, KY, and author of ***50 Ways to Help Save the Earth: How You and Your Congregation Can Make a Difference.***

Wednesday, March 21: 6:30 Light supper, 7:30 Worship
Children’s Program; Child care will be available

Maundy Thursday, April 5: 6:30 Light supper, 7:30 Worship
Child care will be available

Good Friday, April 6: 12:00 pm Worship in the Chapel

Check out the website www.fhcpresb.org *Come and see!* 3

From the
Clover patch

Dear friends,

On February 5, the Student Group on Race Relations (SGORR) from Shaker Heights High School visited our church and led over 50 adults and children in activities on increasing race and diversity awareness. Currently our son, Seth, (and before him, our daughter, Sophie) is involved in this very demanding student-led organization. The intentionally integrated small groups of students meet weekly to engage in conversations and activities around the issues of race, and then four times in the school year they go into an elementary school classroom and lead the children in activities and conversation about racial diversity, stereotyping, labeling and other destructive patterns to community. SGORR is an outstanding organization and one which Shaker Heights schools is very proud of. I am pleased that FHC hosted them and that the student leaders who came to our church were given the opportunity to shine!

Here is a poem that SGORR uses in their curriculum and it speaks so well to the life of faith in God. Faith is a risk, but only the one who lives a life of risk lives freely. Amen!

Risk Taking is Free

To laugh
is to risk appearing the fool.
To weep
is to risk appearing sentimental.
To reach out for another
is to risk involvement.
To expose feeling
is to risk exposing your true self.
To place your ideas, your dreams before the crowd ...
is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.
But, the risk must be taken ...
because the greatest hazard in life is to risk nothing.
The person who risks nothing ...
does nothing, has nothing ... is nothing.
You may avoid suffering and sorrow ...
but you simply cannot learn, feel, change, grow ... love.
You will live, chained by your certitudes ...

4 *Check out the website* www.fhcpresb.org *Come and see!*

You will be a slave ...
who has forfeited your freedom.
Live your Dreaming .. for ..
Only a person who risks is free!

SGORR – Student Group on Race Relations, Shaker Heights High School
Poem on Risk Taking – Author Unknown. © Transpersonal Lifestreams ®

Clover

Clover Beal
Associate Pastor

Children's Ministries

February was a busy month as the children and youth explored Jesus' ministry. Our youngest children participated in activities about Jesus' parables and early teachings. The Pathways to the Promise Land children participated in activities that centered on Handel's *Messiah*.

- In our nursery, thank you to Caty & Jenny Himmelman, Virginia Weiss, and Marge Thomas.
- In our Little Explorers class, thank you to Susanne & Laura Peterjohn
- In our Children in Worship class, thank you to Lisa Koops, Dave Burleigh, Emily Wollaeger and the Mid-High youth.
- In Pathways to the Promise Land, thank you to Kate Burleigh, Jeannine Gury & Cameron Peters, Jenny Himmelman, Carol Leslie, Dave Peterjohn, Jane Duncan and Christina Hidek.

Children's Christian Education

Little Explorers - three/ four year olds

Children in Worship - older 4 year olds and kindergarten

During the month of March the children in these classes will be exploring and participating in Bible stories about the parables and Jesus' teachings. Each lesson has an activity response to the story they heard to help them better to understand the meaning. Joanne & Dan Shaner will be leading the *Little Explorers* class and Diane Moyer & Jeremy Ryman will be leading the *Children in Worship* class.

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Pathways to the Promise Land - grades 1-5

The next theme for this group is a Lenten focus of *Jesus Washes the Disciples' Feet*. As Jesus washes the feet of the disciples, he offers his vision of the role of the messiah: servant. Jesus is the Messiah; the Messiah is Jesus. The children will participate in mission opportunity, art and movement as they explore this theme.

Dates to Know

- March 4 KISS** – Kids in Sunday Service
Pathways to the Promise Land children, grades 1-5 will participate in worship and Communion with their families
- March 11 Gathering Time** – Children in grades 1-5 will meet in the Chapel at 11:00 then be excused to their workshops with their shepherds.
- March 21 Lenten Dinner** – Children's program 7:30-8:30
- March 25 Cherub Choir** – Pre-schoolers and kindergarteners meet for fun, movement and songs. Meet in Room 207 at 10:15.

Faithfully,

Liz Wollaeger

Director of Christian Education

To All FHC Visitors

Interested in joining Forest Hill Church? Curious about what it means to be a member? Consider attending the next Exploring Membership Class, which will meet March 10-11. Contact the church office for more information.

6 Check out the website www.fhcpresb.org Come and see!

FHC Youth Report

Worship with Converge in March

Brian Otte will lead the message and special guest Nate Fahl will lead music. Bring peanut butter or nutella for the offering. Join us March 11th at 7 pm at First Baptist (3630 Fairmount Blvd, Shaker Hts) for an awesome hour of worship with other students in the community.

Senior High Spring Retreat: April 20-22

We will meet at the church at 5 pm on Friday and head to the Logans' cabin in New York. We will spend the weekend with one another playing games and mini-golf, hiking, and exploring what it means to be a Christian in high school. Current 9th-12th graders are welcome for this trip. The cost for the weekend is \$50. We will return Sunday afternoon.

Fun & Fellowship in March

Mid High Friday Night Youth

On March 9, our 6th-8th graders are invited for Friday night youth group! Come for a meal, games, and a time to dive deeper into our faith. We will meet from 6-8 pm in the Koinonia room at Forest Hill.

The Hunger Games

The Youth Group will go see the movie *The Hunger Games* on its premiere weekend. Join us for a matinee on Saturday March 24th. Exact time and place will be announced in the coming weeks.

T3 – Time, Talent & Treasure

Starting March 4th, our mid and senior highs will meet together on Sunday mornings at 9:30 am for the remainder of the school year. We will spend several weeks learning about our time, talent, and treasure, and how we can use it to further the kingdom on earth. The final 3-4 weeks, we will plan and implement a project using our T3 in the community.

Coming in April – The Annual Youth Bake Sale

The youth will hold their annual Bake Sale on Easter Sunday, April 8th. Join us before and after worship in Fellowship Hall to pick up your favorite goodies!

Kristen Otte
Director of Youth Ministries

Music



Four of the six Lenten
this year, and the music
contemplative atmosphere of this liturgical season.

Sundays fall in March
will reflect the more

Our monthly series of arts-enhanced liturgies continues on Sunday, March 18th as we celebrate the spirituality of drama. Expect surprises this Sunday as we explore innovative ways of using our church space and presenting our lessons of the day.

Please welcome Lynn Balaze, our guest organist for two Sundays in March. Lynn holds a master's degree from the Cleveland Institute of Music and is the mother of two darling toddlers. On March 4th, I will be in Nebraska and Kansas for three performances of *Song of Hope* (commissioned by FHC in 2004) as well as performances of my cello sonata, cello quintet *Lament* (in memory of Matthew Shepard), *Bug Pieces*, and several songs. On March 25th, I will have the great pleasure of accompanying the Heights High choirs as they sing their way through Memphis and Nashville while on tour. I am greatly appreciative that several choir members are stepping up to help out with conducting the Chancel Choir and leading the Descant Choir rehearsals.

Mark your calendars for our annual *Swing to the Lord a New Song* service on Sunday, April 1st (Palm Sunday) at 7:30 PM. The choirs and congregation will be accompanied by a jazz combo made up of trombonist Paul Ferguson (my brother), trumpeter Jack Schantz, bassist Dave Morgan, pianist Rock Wehrman, and drummer Val Kent. This is always a particularly lively and joyous event, and I hope you will invite your friends to this. A festive reception will follow.

Choirs (and everyone else), please note that Daylight Saving Time begins on Sunday, March 11, so remember to set your clocks ahead one hour and go to bed early the night before!

Soli Deo Gloria

Anne Wilson
Organist/Director of Music
annew@fhcpresb.org

Earth Care and Carbon Fasting

Care of the Earth is central to all discipleship and stewardship in our lives and is achieved through encouragement and education, enabling change within our individual lifestyle, church and greater community.

This is the Mission Statement adopted by your FHC Earth Care 'Green Team,' and definitely fits well into our Core Values. We have adopted a Carbon Fast program for Lent as a special focus to enable us to care for our Earth, the gift from God. It is well known scientifically that our carbon generation—from use of fossil fuels---pollutes the atmosphere and is chiefly responsible for global warming and its attendant problems. Good science tells us that our present rate of use of coal, oil, natural gas, and minerals is unsustainable. Add to that the rampant destruction of our forests—nature's absorbers of burned carbon---for synthetic products, "development", etc---and we are accelerating the day of reckoning.



By following the simple and straightforward steps that each of us as families and individuals can take in the Carbon Fasting, we can do our part to help stop this madness. Multiply individual efforts by the millions, and we *will* make a difference! Make each day in the Carbon Fast Calendar (copies available each Sunday---and it's also on the FHC website) your 'daily devotional/action'.

So *reduce, re-use, recycle, and be aware each and every day of how we can honor the Earth*—God's glorious creation given in trust to us. We honor Him by honoring all of the Earth's bounty—and making sure that generations to come have the same opportunity.

Dave Neff and the Green Team

Haiti Exploration Trip April 10-16, 2012

With the support of the Ministry of Justice and Mission and after Easter, a team of 8 intrepid and passionate FHC members will travel to Hinche, Haiti to explore the potential for Forest Hill Church establishing an ongoing partnership with a Haitian community or organization.

Team members will observe projects in the Hinche central plateau area north of Port Au Prince sponsored by the Presbyterian Church USA, the Catholic Church and independent organizations. Some of these projects include an eco-village, nutrition clinic, rural school, orphanage, hospital and midwife training center.



Ralph Jean-Mary first envisioned the trip to Haiti. As a graduate of the "Faith Leader" program, Ralph's Personal Plan for Ministry (PPM) was to establish a medical clinic in Haiti. Because Ralph grew up in Haiti and now lives in the United States, he has a unique perspective. His parents live in Pandiassou and operate a hotel where the group will be staying. Ralph's vision brought the other team members together.

Deanne Lentz, a new elder on Justice and Mission ministry, has always wanted to do adult work trips. She shared: "Mission trips were a formative part of my faith development during my teenage and young adult years. I can only imagine that to travel to Haiti with adults will be even more powerful and transformative." Deanne also thinks it is no coincidence that Ralph was "brought to Forest Hill." "All my years at FHC, I hoped we could start an ongoing international partnership. Forest Hill does everything else!"

Pix Mahler, the World Mission (PCUSA) partnership facilitator for Haiti, will work with the Forest Hill team preparing them for the trip and connecting them with the projects in Hinche. The Presbyterian Church (USA) is involved in various projects in Haiti. One such project is the Peasants' Movement of Papaye (MPP). The MPP creates eco-villages that offer agricultural skills to the huge influx of urban citizens moving into the rural areas after the devastating earthquake of 2010.

After 5 days of observation and listening to the needs and dreams of Haitians, the FHC team will return home and discern potential long-term ongoing partnerships for the church. Possibilities include financial support for a specific project and/or developing a more personal relationship.

Beside Ralph and Deanne, the FHC Haiti Team includes Kermit Lind, Anne and Jeff Smith, Steve Sedam and Virginia Weiss, and Pastor John Lentz. Keep these people in your prayers as they seek to broaden our church's commitment to justice and equity locally and globally.

Ralph Jean-Mary and Deanne Lentz

News of Our Church Family

Births

Jackson Tan, son of JT and Sarah Tan and brother of Esther, was born January 22.

Marriages

Elizabeth Feroe and David Garrett were married February 4, 2012. Dr. John Lentz officiated.

In Memoriam We Remember

Marilyn Spelman Oviatt, who died in January, 2012.

New Contact Information

Doris Brandt

889 N. Aurora Rd. #224
Aurora, OH 44202

Randy & Susan Reese

3091 Chadbourne, SH 44120
s.carp.reese@gmail.com

New emails only

Anne Wilson (home email) acwping@roadrunner.com

Care Group

The Bethlehem CARE Group will be responsible for meeting members' needs during March. Please contact the church office in case of illness, hospitalizations, births or deaths (or other family emergencies) in any FHC family.

Members of the Bethlehem CARE Group are:

Julie Waring, Deacon leader	Elizabeth Kosnik
Jon Adams, Pam Conover	Karen & Clyde Loughridge
Katie & Chris Batcheller	Bethany & Joe Pinzone
Dick Bloomquist	Ron Register
Carole Boyd	Jean Reinhold
Clarence & Elsie Boyd	Baldwin Sawyer
Kay & Bill Currie	Mollie & Dick Secor
Peter & Kathryn Eloff	Laura & Kevin Steiner
Sharon Hansen	Dorothy Turick
Jenny Himmelman & family	Carolyn Vrtunski
Joan Kandare	Mark & Julie Waring
Morag & Tom Keefe	Beth & Tom Zych & family

Please remember these homebound members in your prayers:

Bob Bielek, Pat and Fran Drake, Rose Eaton, Betty Farnfield, Marilyn Gifford, Dorothy Hales, Elizabeth Kosnik, Merdine T. Morris, Joyce Peters, Anne Taylor

Please pray for those with ongoing prayer concerns:

Marion Frederick (Jane Frederick's mother), Doug, Marcie and Lucy Harvey (Tom and Paula Harvey's family), Dennis Wedding (Jeannine Gury's brother),

Ushers

Scott Peters, Lead Usher; Tish Van Beers-Klein, assistant lead; Amy Davis, Chris Davis, Scott Duncan, Jean Duncan, Brian Klein, Jim Roosa, Ayodele Solaru. Roger Heineman, Head Usher

Ten Thousand Villages reports that \$1895 was raised at their Christmas sale at FHC in December.
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Social Groups and Circles

The Group (singles and couples 60s – 70s): **Planning Potluck Supper**

It's that time again – time to move your clocks ahead and time to plan ahead for the Group activities for the coming year (2012-2013). The Khourys are hosting a planning potluck dinner at their home – 930 Worton Park Dr., Mayfield at 6:30 pm on Saturday, March 10. Bring ideas and brochures for planning, and an appetizer, salad or dessert for dinner. BYOB. Contact Zivile Khoury for reservations and food assignment (440 461-8235 or zivile@gmail.com).

March 10, Khourys' house, 6:30 pm

Hilltoppers (retired singles and couples): **CVNP Speaker**

We will meet at 1:30 pm in South Hall on Friday, March 16. Stan Austin, Superintendent of the Cuyahoga Valley National Park, will speak to us about our nearest national park.

March 16, Fellowship Hall, 1:30 pm

Iris Circle (all women of the church): **Cleveland Botanical Garden**

We will meet in the church parking lot on Tuesday, March 20th at 11:00 am to carpool to the Botanical Garden to see Orchid Mania. We will enjoy lunch at the Café at the Botanical Garden. Bring your membership card if you are a member of the Botanical Garden. We will have a few guest passes; otherwise admission is \$9.50. Time to think spring, come join us! Questions, please call Betty Clark (216 531-3575).

March 20, Cleveland Botanical Garden, 11 am (at FHC)

FRESHWATER COACHING RETREAT - WORKSHOP SERIES FOR WOMEN Awakening the Self

Springtime--a time of new growth and awakening,
is EXACTLY when we need something like this...
an opportunity to AWAKEN THE SELF.

It will incorporate 4 components, one for each week:

- ✚ Rejuvenating Self
- ✚ Centering Self
- ✚ Directing Self
- ✚ Celebrating Self

Each session will last an hour and a half. Think of this as a “Sampler Opportunity” much like you would get at your favorite ethnic restaurant, wine bar or beer garden. You will try a different activity each week and while each week's theme moves sequentially, for some, what may be “centering” can also be what is most rejuvenating.

This retreat-workshop series is perfect for:

- The “mom” whose full-time family responsibility has left her in search of a bit more breathing in her life and thus more energy to “do” her life!
- The “mom” juggling family responsibility and outside career and wondering which end is up!
- The “mom” in the midst of the chaos yet feeling a tug for something “more,” but aware of the terror of adding “one more thing”!

From this Workshop-Retreat, you will

- Claim space for yourself to enable breathing room
- Prepare your personal “soil” for the seeds of the year that you choose to plant
- Begin to pick the “seeds” or areas in your life that you want to place your energy (perhaps even some pruning, too!)
- Define your support system – people, places, things, actions – that will move you toward living the life you want to live.

We will begin within the University Circle area (to leverage the area for an adult “field trip” of sorts!) and then move to Cleveland Heights for the remaining 3 weeks.

Specifically, it looks like this:

Retreat-Workshop Series: Awakening the Self
Dates: Wednesdays, April 18 & 25 and May 2 & 9
Time: 10-11:30 am

Location:

- The Coffee House @ University Circle (11300 Juniper Road) on April 18 and
- Victorian Condominiums #316,
- 1701 Mayfield Rd., Cleveland Heights on 4/25, 5/2 and 5/9

Workshop-Retreat Cost:

\$60* before March 14th

\$68* after March 14th

* For our "field trip," you will be on your own for access to the many University Circle "Jewels" as well as coffee and munchies at the Coffee House. Emails will be sent out prior to each gathering to provide further information.

Contact Information:

Jeannine Gury

Freshwater Coaching

216.245.5409

jeannine@freshwatercoaching.com

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Office News and Reminders

The deadline for the weekly bulletin is every Wednesday morning.

The deadline for the **TOWER** is as follows: **7 a.m. on March 16, April 13 and May 18.** **We will be distributing TOWERs in the Garden Foyer for a week or two following the due date. The TOWER will be posted on the website as soon as it is available.**

Emails and extensions for the staff are as follows:

- ❖ John Lentz, pastorlentz@fhcpresb.org, ext. 200
- ❖ Clover Beal, pastorbeal@fhcpresb.org, ext 201
- ❖ Anne Wilson (music), annew@fhcpresb.org, ext 208
- ❖ Liz Wollaeger (DCE), lizw@fhcpresb.org, ext. 206
- ❖ Kristen Otte (Youth), kristeno@fhcpresb.org, ext 207
- ❖ Becky Austin (financial): beckya@fhcpresb.org, ext. 203
- ❖ Lynda Bernays (office administrator), and all other email: office@fhcpresb.org, ext. 202

Our website is www.fhcpresb.org

If you are in the building and need a custodian, or outside needing to get in, and a custodian is on duty, he may be reached at 216-217-5257.

CDs of the worship service are available each week. Often they are available soon after worship. If you miss that, call or email the church office, or leave a note, and the CD will be in the volunteer office the following Sunday. The cost is \$1 per CD (\$2 to be mailed).

Both the bulletin and the **TOWER** may be found on our website. Please contact the office if you would like to discontinue your printed copy of the **TOWER** and ONLY read it on line.

Sunday flower donations are coordinated by the church office. Please call or email Lynda for information about donating an arrangement. The cost is \$25 per arrangement.

Did you know that your monthly or weekly donation to FHC can be paid on-line with your other regular payments?
It's free, easy, and convenient!