

Forest Hill Church The Tower

April 2014

Honoring the Body

The practice of honoring the body is a vital aspect of Christian spirituality. However, "spirit" is often opposed to "flesh." The body is often ignored or diminished in importance in this duality. Stephanie Paulsell, the author of *Honoring the Body*, writes:

From the Pastor

The opening chapter of the Book of Genesis bears witness to this conviction about the body – that God created human beings, male and female, in God's image. For Jews and Christians alike, the body reflects God's own goodness.

So God calls us to appreciate and honor the beauty and the fragility of our bodies (the "temple of the Holy Spirit") and to take care of it.

In the scriptures the word "body" is used in so many ways. Besides our individual bodies, we are, as Christians, the "body of Christ," a church community. St. Paul's main metaphor for how we live together is the body. God calls us to tend to the community, care for each other, honor each other.

We are a body politic. We individually and collectively express our faith outside the walls of the church. God calls us to act as "agents" and "representatives" of Christ's body in the world. We take particular care for homeless bodies, disenfranchised bodies, the broken and the poor bodies. These too, have bodies worthy of honor and gentle care.

On Ash Wednesday we remembered that our bodies are dust, made of the elements of the earth into which God breathed life. We have mortal bodies: we are born and we die. We are not our own. We are God's. "We are dust and to dust we shall return."

And after we die we are promised a spiritual body. We return to God. We join the body of the “communion of Saints.”

God loves your body.
God loves the body of Christ called Forest Hill Church.
God loves all human bodies.
Go and do likewise!

Peace,



The Rev. Dr. John C. Lentz
Senior Pastor

PS – I hope you are walking to Jerusalem, reading Paulsell’s book, and enjoying the table fellowship!



CHILDREN'S CHRISTIAN EDUCATION

In March our children explored the events and stories of Holy Week as they focus on Lent. Our younger members took part in activities around stories of surrounding how we remember Jesus through Lent.

- In our nursery, thank you to Lisa Koops, Ron Register, Beth Garret, Lisa Koops, Kathryn Himmelsteib and Mid High Youth.
- In our Children in Worship class, thank you to Amanda Mervine.
- In our Pathways to the Promise Land program, thank you to Molly Bergman, Robin Mervine and Jewrett Bailey.

CHILDREN'S MINISTRY

Children in Worship – older four year olds and kindergarten

Throughout the month of April our pre-school will explore and participate in Bible stories about Easter. Each lesson has an activity response to the story the children hear to help them better understand the meaning. Katie and Matt Russo will be leading the *Children in Worship* class.

Pathways to the Promise Land – grades 1-5

Children in grades 1-5 will be focusing on the events of Easter through various workshops in April. On Palm Sunday the children will create a Passion Week calendar, and the Sunday following Easter, April 27, the focus will be on the Walk to Emmaus.

DATES TO KNOW

April 6 KISS – Kids in Sunday Service Children in grades 1-5 will remain in worship to celebrate the Lord's Supper with their families.

April 13 Palm Processional The children will be dismissed during worship to participate in a Passion Sunday workshop in the Chapel.

April 20 EASTER – No church school

April 27 Presentation of Bibles Children in grades 1-5 who have not yet receive a Bible from Forest Hill Church will receive one.

Faithfully,



Liz Wollaeger
Director of Christian Education

Music



The month of April begins with the fifth Sunday of Lent on **April 6**. That evening at **7:30 pm**, the annual **Swing to the Lord a New Song** jazz vespers service will take place. The Chancel and Sine Nomine 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 attend with you. A special Morag Keefe reception will follow – I would come for just that! (She’s serving New Orleans bread pudding with bourbon sauce—mmm...)

Our adorable Cherub Choir will sing on **Palm Sunday, April 13**. At the end of the service we will move into Holy Week as the Chancel Choir recesses while singing the ancient chant *Ubi Caritas*.

At the second service on **Easter morning, April 20th**, the festive music will conclude with our traditional singing of the *Hallelujah Chorus* from Handel’s *Messiah*. That’s always a highlight of the year for me—seeing the mass of people all crowded together around the organ, singing joyfully!

Our family-friendly, intergenerational May Cabaret, which usually takes place on the first Sunday in May, will take place on the first Sunday in June (June 1) and has been renamed the **June Swoon!** Please save the date, and if you have talents such as tightrope-walking, juggling, or fire-eating, please let me know so I can sign you up!

Soli Deo Gloria,

A handwritten signature in cursive script that reads "Anne".

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

A Most Wicked Problem A Conversation about Climate Change and Moral Responsibility

The Earth Care Team is pleased to sponsor a special Adult Education program on Sunday, April 27 (closest to Earth Day April 22) on the above, facilitated by David Beach, the Director of the Green City/Blue Lake Institute at the Cleveland Museum of Natural History.

The title? Planners talk about “wicked problems” that defy simple solutions. Climate change may be the most wicked problem of all. It poses an existential threat to human civilization, yet political change to reduced greenhouse gas emissions remains difficult to achieve. How can we live up to our moral responsibility—as individuals and as citizens working together—to address this issue?



David Beach has been active in Environmental Affairs for over 25 years. Among many other projects, Beach originated the Cleveland EcoVillage development; helped to develop the City of Cleveland’s Office of Sustainability; founded Greater Ohio, the statewide smart growth organization; and was a key participant in the development of Ohio’s Lake Erie Balanced Growth Program, an innovative planning framework linking regional land-use planning and water quality. In 2011, Beach coordinated the Museum’s SmartHome project, the first home in Ohio to meet the Passive House standard for energy performance. David is a graduate of Harvard University.

You will see more information on this program and other matters of climate change on our blue trifold bulletin board in the coming weeks in Fellowship Hall or in the hallway leading to the sanctuary. **PLAN TO BE IN ADULT ED ON APRIL 27 TO JOIN THIS IMPORTANT CONVERSATION!**

Dave Neff and the Earth Care Green Team

Ordinary Becomes Extraordinary at Family Promise

Pit bulls and hair stylists. Chatting about these two seemingly ordinary topics at Family Promise can turn a stranger into a trusted friend in just one night.

Family Promise of Greater Cleveland (formerly Interfaith Hospitality Network) is a non-profit organization that provides shelter, meals and social services to homeless families headed by couples, single mothers, single fathers or other legal guardians. Family Promise serves up to 28 people at a time, usually eight families in two locations, and it is one of the few organizations in Cleveland that allows families to stay together while they seek permanent housing.

Every night, host churches provide overnight accommodations and a meal. Faith-based organizations on the east and west side participate, and Forest Hill Church has served as a host since 2008.

Shannon Headen, Forest Hill member and Family Promise volunteer, first signed up for a Forest Hill-hosted Family Promise because she's a "sucker for a sign-up sheet." But after meeting Keisha, a fellow pit bull lover, Headen realized that Family Promise is more than a brief volunteer event.

"As the evening concluded," Headen recalled about her first Family Promise, "Keisha asked me to pray for her. I felt very uncomfortable and thought to myself ... I'm not a special person. I don't have any special skills. I am just plain ordinary me. [And then] I realized that 'just me' was enough. I realized that just listening and laughing with a new friend was enough."

This year, on April 6-13, July 6-13 and October 12-19, Forest Hill will open its doors for Family Promise families once again, and volunteers are needed! Forest Hill's Family Promise coordinators, Anne Smith and Sue Lafferty, schedule volunteer shifts, always with another volunteer and a coordinator.

The following jobs need to be filled each time the church hosts:

- **Set up volunteers**—Responsible for transforming education rooms into guest bedrooms for about one hour after church on the first day of hosting.

- **Bed movers**—Responsible for helping to unload and move the beds the first Sunday of host week and then loading them back up at the end of the week.
- **Dinner providers**—Responsible for making part of a one evening's dinner for guests and eating with them.
- **Activity Hosts**—Responsible for being at the church in the evening. Hosts play with the children, talk with the adults and provide support for the families throughout the evening.
- **Overnight Hosts**—Responsible for sleeping at the church with the families. Hosts sleep in the chapel and may leave as soon as the families leave in the morning.
- **Clean up volunteers**—Responsible for about one hour of cleanup on the last Sunday of host week.
- **Laundry Volunteers**—Responsible for one load of laundry/a few bags of linens.

If you are interested in volunteering, please contact Anne Smith (anneandjeffsmith@gmail.com) or Sue Lafferty (salaff@sbcglobal.net).

“I implore anyone interested to come and see what Family Promise will show you,” Headen said. “I promise, you are enough just as you are.”

Lane Baldwin
Elected Leader, Ministry of Justice and Mission

**There's a trip to Detroit coming up!
May 24, 2014**

We'll visit First Congregational Church, an important final stop on the underground railroad that provided food and shelter to escaped slaves before they crossed into Canada, and the Charles H. Wright Museum of African American History, the largest museum in the world dedicated to the African-American experience (<http://thewright.org/>).

Watch for more information!

The trip is organized by Barb Cloud and the Racial Core Team

From Rev. Clover Beal

During Lent the Episcopal Diocese of Ohio posts daily reflections written by the clergy of the diocese (the equivalent of a presbytery). This was posted on March 10.

Fasting as Gift: A Lenten Reflection

by The Rev. G. Keith Owen II
Rector, St. Peter's Episcopal, Lakewood

Three years ago, I spent a month of sabbatical time living in the Palestinian city of Nablus. Ever since 1987, when I first encountered Ramadan during my first visit to the Holy Land, I had wanted to try the experience. During a few Lents, I attempted the discipline of not partaking of food or water from sunrise to sunset. Every time, within days, my fasts fell apart. Nevertheless, the idea would not leave me. So, in 2011, I went to Palestine to experience Ramadan in its native culture.

Ramadan, I found, is not a burden but a gift. Muslims look forward to it all year. How do I make sense of this? Fasting in Christian tradition is mostly identified with penance. We fast to purge ourselves of sin, of bad habits, or to recall somber days in the life of Jesus and the Church. There is little about Lent of the kind of celebration I experienced in Nablus. This was what was missing in my failed attempts to replicate the fast.

The Ramadan fast is about solidarity. One fasts to be in solidarity with the poor, the kind of solidarity of which Jesus speaks in today's reading from Matthew. One fasts in solidarity with Muslims worldwide, enduring the same pangs of hunger and thirst, the same gripping fatigue in the afternoon. And then, at sundown, there is solidarity in giving thanks to God: a shared magical moment of sipping cool water and taking a bite of ripe fruit. I never knew what it meant to give thanks until this profound visceral experience. It was no less intense on night 29 than it was on the first night. There is solidarity hearing together nightly the recitation of the Quran as it is chanted aloud in its entirety in homes and mosques. And there is solidarity in increased attention to prayer, to friends and families, to slowing down the busy pace of life.

I wish we had this unity of purpose in Lent, this shared mix of struggle and celebration. What would a common shared fast look like for us? Could Lent ever become something like Ramadan? Could Lent become less of the "give a little something up" joke that it sometimes is, and become more real, more visceral, more joyful? I wonder.

saoum khabeer mubarak aleikom -
A blessed great fast (Lent) upon you.

+ REV. BRUCE W. KLUNDER - APRIL 7, 1964 +

The Rev. Bruce W. Klunder, a Presbyterian minister, was killed during a civil rights protest in the Glenville neighborhood of Cleveland on April 7, 1964. A young Yale Divinity School graduate and staff to the Student Christian Union at Western Reserve University, Rev. Klunder was a participant in protests organized by the local chapter of CORE when he was run over and crushed by a bulldozer at the site of a new, intentionally segregated elementary school. (See www.cleveland.com and query "Klunder" for news stories from then and now). His death was a flash point in the long struggle to provide a quality equal education to all children in the Cleveland public schools – a challenge that continues to this day.

Bruce Klunder was a martyr to the Gospel and the cause of equal justice in Cleveland. He and his family were also our neighbors, residents of Crest Road in Cleveland Heights. The Stated Clerk of the United Presbyterian Church in the USA, Dr. Eugene Carson Blake, participated in the 1964 memorial service at the Church of the Covenant, where the great hymn "Once to Every Man and Nation" was sung. Both Covenant and the Presbytery of the Western Reserve will remember Bruce's life and faith this spring – Presbytery at its March meeting and Covenant in morning worship on Sunday, April 6. And we might all reflect on the meaning of Bruce Klunder's witness for our community and country, a half-century on.

Dick Obermanns

A Request from the Nominating Committee

The 2014 nominating committee is engaged in a process of discernment to find members of our congregation who have the gifts needed to support the important work of our Ministries. If you know of someone who you think would make a good leader and might be interested in a leadership position for next year, please let us know so that they may be considered! You can do so in several ways:

1. Complete this form and leave it in the Nominating Committee mailbox in the mail room (right next to the Volunteer Office)—or mail it to the Nominating Committee at the church;
2. Contact anyone on the nominating committee, Rev. Beal, or Dr. Lentz.

The main service areas of our church are these:

1. Deacons (care of our congregation, fellowship and hospitality, maintaining membership rolls);
2. Education and Spiritual Formation (for children, youth, and adults);
3. Justice and Mission (FHC benevolence giving, service to and advocacy for marginalized persons, global and local mission);
4. Stewardship (whole life stewardship, annual campaign, support of sustainable living and earth stewardship)
5. Trustees (church administration, building/equipment and grounds, budget/finances, the business of our church as a corporation)
6. Vocation and Leadership (church growth, leadership development—e.g., Faith Leader program, nominating committee)
7. Worship (aesthetics of worship and worship space, planning worship, the chancel)

To complete this form, please circle the area of service (above) which you think best matches the gifts and interests of the person you would like to bring to our attention. Then write the name of that person below along with any special gifts/skills of theirs which you know of--and, if you wish, your name as well. If you have questions, don't hesitate to contact anyone on the nominating committee or one of the pastors.

To the FHC Nominating Committee

Person you'd like to bring to our attention:

Her/his special gifts/skills:

Your name: _____ (optional)

Thank you!

The 2014 Nominating Committee

Doris Allen	Charissa Peterson
Joan Bacon	Ron Polderman, chair
Jennifer Blakeney	Jim Roosa
Chris Henry	Mark Waring

Softball Season Begins Soon!

Spring training is here! Although the Forest Hill softball team doesn't get to train in Florida or Arizona, we are getting anxious for the snow to melt and spring to arrive. Do you like cookouts, great fellowship and team spirit? The team is once again recruiting for the upcoming Heights Church League season. Members, visitors, families and friends interested in joining the FHC softball team can contact Jason Hidek.

We are also looking for anyone who wants to coach or keep score.

News of Our Church Family

Baptisms

John Gregory Dolan, son of Libby and Andy Dolan, was baptized on February 23, 2014. Gary Sampson was the attending Elder.

Mykelti Ryan Ball, daughter of Britanni and Kevin Ball and sister of Keara and Caiden, was baptized March 2, 2014. Mykelti's grandmother Mary Ball was the attending Elder. Dave Rorapaugh and Ky Bandelow are her godparents.

In Memoriam We Remember

Elizabeth Kosnik, who died March 3, 2014

New Contact Information

Liza Hendricks

1 Harbor Court #8E

Portsmouth, VA 23704

If you have discontinued your land line or prefer to use your cell phone, and you haven't already told us that, would you please let the office know so we have updated phone information for you? Thanks.

Please remember these homebound members in your prayers: Dick Bloomquist, Bill Currie, Ruth and Arthur Brickel, Pat Drake, Marge Drollinger, Betty Farnfield, Emelia McGuire, Joyce Peters, Elaine Tapié

Please pray for those with ongoing prayer concerns:

Marion Frederick (Jane Frederick's mother), Graham Kiple (nephew of Kathryn Himmelsteib), Doug, Marcie and Lucy Harvey, (Tom and Paula Harvey's family), Charles Sawyer (Ann Williams' brother), Dennis Wedding (Jeannine Gury's brother).

Care Group

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

Members of the Canaan CARE Group are:

Carol Hopkins-Lutz, Deacon leader	Laurie & Eric Muller-Girard & family Jeanette Nemcek
Shawn Bittner	John Prentice
Mark Chupp & Sharon Shumaker	Gretchen Reynolds
Lisa Chuppa	Rob Reynolds
Bob & Joanne Dawson	Margaret & George Sentell
Muriel Dean	Franklin & Naana Soadwa
Beth & Bill Forsythe & family	Chuck & Rosanna Sprague
Mary Hill	Joy Stang
Allan & Zivile Khoury	Debbie & Don Ungemach & family
Lisa & Jed Koops & family	Todd Webster, Vikki Nowak & family
Laurie & Keith Logan	LeAnn West
Ginie Mast	Peggy Yeager

Memorial Services

Two memorial services will be held in April at FHC: for Merdine T. Morris, a relatively recent member of FHC but a long-time presence in the Presbytery, on April 12 at 1 pm; and for Anne Taylor, a long-time FHC member, on April 26 at 10 am.

Anne was an artist and many of you have her artwork at home (and some hang in several FHC offices). At the reception following the service, there will be space to display any artwork that you wish to bring. Set it on one of the tables for all to see, and take it when you leave. It will be a fascinating display!

Ushers in April

Joe Andrews, Nick Baumgartner, Charles Ishler, Jane Ishler, Kate Monaghan, Daryl Musick, Victoria Sampson. Roger Heineman, Head Usher

Volunteer Hours in February

The office volunteers – Nancy Grube, Beth Zych, Jane Ishler, Cathy Ghiandoni, Anne Smith, Elspeth Peterjohn and Joan Bacon – worked a total of 57 ½ hours in February. Thank you all!

Thanks also to Peg Weissbrod who worked in the office when I was away, and Marilyn Wilk and Dick and Elspeth Peterjohn who assembled last month's TOWER.

Social Groups and Circles

The Group (60s – 70s) Annual Planning Potluck

It's time for the annual potluck dinner at the Khoury's (930 Worton Park Drive, Mayfield Village) when we plan next year's activities! Fresh ideas and new friends are always welcome. Bring an appetizer or dessert to share, as well as brochures or ideas for events. Come and help us decide where The Group will go in the coming months – some favorite past activities have included guided tours through the Art Museum, Cain Park events, summer theater, evenings at Blossom, Captains baseball games, wine country tours, movies, dinners, sponsoring Boulevard school families at Christmas, and the annual Super Bowl Party.

E-mail or call Zivile Khoury for a food assignment. (If you have an idea for an event but can't come to the dinner, let Zivile know – all ideas are welcome.)

Saturday, April 12, Khourys', 6:30 pm

Iris Circle (all women of the church): Museum and Lunch

On April 22, 2014 (**Note this is the 4th Tuesday**) we will visit the Maltz Museum of Jewish Heritage (<http://www.maltzmuseum.org/>, 2929 Richmond Road, Beachwood) for a guided tour. This is terrific opportunity to learn about this museum, which promotes an understanding of Jewish history, religion and culture with stories from individuals and families from the Cleveland area. If we have 15 people (or more) on our tour the cost will be \$6 per person, payable to Cathy Ghiandoni. After our tour we will enjoy lunch at Valenti's Ristorante (3365 Richmond Rd., not far from the Museum; <http://www.valentisitalian.com/>). RSVP to Cathy Ghiandoni by Wednesday, April 16.

Tuesday, April 22, museum at 11 am, Valenti's at 12:30 pm

Page of Thanks

Dear Forest Hill Church, I want you to know how deeply appreciative I am for your prayers and literally hundreds of cards as I recovered from heart bypass surgery and the ensuing leg infection.

Clyde Loughridge

Thank you!

We wish to thank FHC members for their caring and thoughtful attention during our down time. We feel blessed to be so remembered by our church friends. The many get-well cards, flowers and especially the fantastic dinner made and brought to us at Breckenridge (a half-hour trip from FHC) are much appreciated.

Our hearts are full of thanks and joy!

Margie and Dwight Stauffer

To the people of Forest Hill Church, my second church family: Thank you, all of you, for the cards, flowers, hugs and good wishes I received in the weeks since my mom died on March 1. I am grateful for your presence in my life: you make me aware of the presence of God all around us.

Lynda Bernays, FHC office administrator

Having recovered from the festivities that recognized my reaching (completing!) the hundredth year of life, I wish to thank those members of FHC who organized that surprise. I might like a quiet Sunday if such is possible in our fellowship, but I may be a minority of one. It is not simply the length of life that we should celebrate but how individual Christians use the available talents in a life span. Our Master changed the world after a ministry of a few years. John Greenleaf Whittier wrote:

***In simple trust like those who heard Beside the Syrian sea
The gracious calling of the Lord, Let us like them without a word
Rise up and follow Thee.***

(Hymn No. 169, Dear Lord and Father of Mankind)

William Proudfit

Without A Song:



An Evening of Reflection & Song
with Mother Willie-Mae Wright

Sunday April 27th 7:00 PM
Forest Hill Church Presbyterian
3031 Monticello Blvd.
Cleveland Heights, OH
44118

Featuring The Wright Family Singers

Announcements! Announcements!

Come to

Without A Song – an Evening of Reflection and Song with Mother Willie-Mae Wright

FHC, April 27, 7 pm

Featuring the Wright Family Singers

Look for the hallway bulletin board showing our progress from Nazareth to Jerusalem

Congratulations to these young people who will be confirmed on March 30:

Grant Heineman
Laura Peterjohn
Adam Stauffer
Ian Zych

TOWER deadlines:

7 am

on

April 18

May 16

June 13

For the July-Aug issue

The church phone number is 216-321-2660. Our website is www.fhcpresb.org

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

Caitlin Michelle Desjardins (Youth), caitlind@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

Custodians' cell phone: 216-217-5257

Lent and Holy Week Schedule

March 30 Confirmation
April 6 12:30 pm Health and Wellness speaker
April 6-13 Family Promise host week
7:30 pm **Swing to the Lord a New Song** program
April 13 Palm Sunday
April 13-19 Holy Week
April 17 Maundy Thursday 6:15 dinner and worship
April 20 Easter
Worship with communion at 9 and 11
Classes and children's choirs will not meet

Easter Lilies
please order by April 11

Name of Donor _____

FLOWERS GIVEN

In memory of _____

In honor of _____

of plants @ \$8.00 per plant _____ Total cost _____

of plants to be donated _____

Donated lilies will be taken to members who are ill or shut-in.

Thank you for your donation.

You may deliver, mail, fax, email or phone your order to the church office.

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