



The TOWER

November 2019

WORDS FROM PASTOR VERONICA

My father, Willie Goines, Jr., set an example that has undergirded me throughout my life. With an eighth grade education, at the age of 15, my father enlisted. Throughout his 22 year career in the Navy, followed by 21 years with the California State Police, daddy tenaciously pursued his education. He earned a G.E.D., two Associate of Arts degrees, and a Bachelor of Science degree by the age of 47—all while supporting a wife and five daughters. At the age of 60, my dad became a pilot, and into his early 80's served in the Civil Air Patrol, searching for downed planes and missing persons.



In my childhood, when extended family and friends gathered for meals, my mother would say “Bring me the ironing board.” She would then lay the ironing board across two dining chairs to *make room* at the table. I later discovered that my mother was a *womanist* theologian whose life and preaching embodied a hermeneutic/interpretive lens of inclusion, which has shaped my consciousness, and that of countless others.

Indelibly imprinted by my parents, the Reverend Evia M. Goines (1930-1996) and Willie Goines, Jr., now age 91, I've embraced life-long learning and an inclusive interpretive lens which inclines me to the objectives of the beloved community.

To manifest the beloved community means to conspire, to breathe with God. The Rev. Dr. Renita Weems reflects in her book *Listening for God*:

“Courting an inner life means running the risk of being changed.”

Such change opens us to a greater vision and an understanding that transform us—individually, collectively, and beyond. Not only is God continuing to do a new thing, God is drawing others in to bask with us in the glow of God's countenance, and to serve alongside us. Let us seek the Holy Spirit's leading as we consider how we may be more intentionally celebrate the gifts of our intergenerational community.

On another note, thank you for your thoughts and prayers as I returned to the Bay Area to meet my new granddaughter. Upon arriving at my daughter and son in law's home in Vallejo, I rang the doorbell. When Amber opened the door, there was my sweet Axe(l) doing his own choreographed dance, and chanting, "G-mommy, G-mommy," again and again. His welcome and enthusiasm warmed my heart. And Aylee is beautiful and tiny and sweet, and loves to be held. Three weeks early, she's catching up with her growth and development. She's back up to 7 pounds, and is now one month old. Daughter Nicole and hubby Holiday visited as well, and have since celebrated one year of marriage.

-Pastor Veronica

WORDS FROM PASTOR JOHN



Dear Friends,

I am writing this on the eve of the pilgrimage to Alabama. 23 persons will visit several important sites of the Civil Rights Movement. We will visit the 16th Street Baptist Church in Birmingham where a white supremacist bombed the church killing: Addie Mae Collins (14), Cynthia Wesley (14), Carole Robertson (14), and Carol Denise McNair (11). We will walk across the Edmund Pettus Bridge where Dr. Martin Luther King, Jr., John Lewis (before he became a member of Congress) and many others made their way from Selma to Montgomery to press for the right to vote. We will remember and honor the victims of lynch mobs at the Legacy Museum and the National Memorial for Peace and Justice. Oh, no doubt we will have lighter moments of fellowship. However, I am expecting a high degree of discomfort as I confront my complicity of our American history shaped by racism, segregation and Jim Crow.

We have to do this to become the “Beloved Community”. It is far more than simply a “kum ba yah” sense of simply getting along. Being formed by God into the “Beloved Community” is facing uncomfortable things, seeing the discomfort as a sign post for grace. To claim our discomfort and really go deep with it is the way to transformation. The result of transformation is joy! Real deep joy! Too often we want what is comfortable. I confess this is one of my deepest struggles: I like comfort. I don’t want to be bothered. I like my routine. Please do not agitate me. Deanne will tell you that a comfortable chair, a good game on the TV, something good to drink and nobody bugging me is my “default” position. This is TRUE!

And there is nothing wrong in finding that “place of quiet rest near to the heart of God!” But God is calling me and calling us into a time of transformational and holy change. We need to trust each, go deep with each other, forgive each other, laugh, eat, and play! We will make some mistakes but “creativity is not neat!” This is such an exciting time to be alive, can’t you feel it? Let’s get uncomfortable together by telling our deepest truths. Let’s celebrate our differences and then become united as the beloved community of God!

God bless you all! -John

Easing Burdens, Offering Hope

A fundraising event hosted by Americans Making Immigrants Safe (AMIS) Your donation to this event will help inspire hope and contribute to the well-being of immigrants and their families as they seek legal status in the U.S. **Saturday, November 16, 2019; 5 – 7 pm.** Chagrin Valley Athletic Club, 17260 Snyder Road, Chagrin Falls \$75/person **RSVP by Monday, November 11, 2019** Register online at AmisOhio.org or Send a check to: AMIS, P.O. Box 18558, Cleveland Heights, OH 44118

Free parking

Hors d’oerves and cash bar

Dress casual

Music provided by Cleveland Institute of Music

Raffle and Fund-A-Need to help immigrant families facing hard times

Added bonus: “*Easing Burdens, Offering Hope*” celebrates Latino artistic expression by showcasing beautifully painted doors on loan from the Julia De Borges Cultural Center. You will be amazed!

Introducing The Pathways Podcast...

The pathways of the city of God shall be full of children playing.

-Zechariah 8:5



"Imagine if we taught baseball the way we teach science. Until they were twelve, children would read about baseball technique and history, and occasionally hear inspirational stories of the great baseball players. They would fill out quizzes about baseball rules. College undergraduates might be allowed, under strict supervision, to reproduce famous historic baseball plays. But only in the second or third year of graduate school,

would they, at last, actually get to play a game." -Alison Gopnik

This year for Pathways (Grades 1-5) we are experimenting with producing a Podcast. The big idea is to offer a Bible lesson, connect it to a modern theme, and then ask guiding questions of the children. We produce the "story" and the children do the theology.

The ultimate hope is to bring new young voices to the realm of theology, and for our kids to feel they are producing something themselves rather than simply learning about the theology of others. Jesus stated to adults attempting to ignore the voices of children: *"Truly I tell you, whoever does not receive the Kingdom of God as a child will never enter it."* (Mark 10:15)

The podcast can be found on our website and is public on multiple platforms (including Apple Podcasts, Stitcher, and Sound Cloud). To protect the children's identities, we do not include names of anyone heard on the podcast. The only "identifier" is the "Kids of Forest Hill".

**Listen and subscribe:
bit.ly/pathwayspodcast**

Music Notes



November starts with the ending of **Daylight Saving Time** on **November 3**, so I hope the congregation and choirs will enjoy the extra hour of sleep! That's also All Saints Sunday when we remember, with the chiming of a bell, all those who have passed away during the previous year.

Please mark your calendars for a special **Compline** service on Sunday evening, **November 10 at 7:00 pm**. Compline is an ancient monastic service, sung at the end of the day. The sanctuary is illumined by candles, and the cantor (Pastor Lentz) along with the choir, will sing from the congregational pews, allowing the congregation to sit in the choir pews, transepts or front of the church. It's particularly peaceful to be in church at night, in the darkened sanctuary. At this service, we will honor the memory of poet Dan Rourke. I have set many of Dan's poems to music and some of this music will be sung at that service. In addition, several of Dan's evocative and deeply-spiritual poems will be read by his close friend and colleague, Joe Toner. Joe is an English teacher at St. Ignatius School.



The Case Western Reserve Trombone Ensemble will be joining us on **Sunday, November 17**. Director Paul Ferguson, my brother, will bring his talented students to offer music by Haydn and Bruckner. They will also accompany the hymns.

The choirs are off to a fine start! I'd like to congratulate the new **Chancel Choir officers**: Laura Minder, President; Virginia Weiss, Vice President; Carolyn Smith, Secretary; Bob Jeffreys, Treasurer; Nancy Grube, Librarian; Paul Jennings, Sergeant-at-Arms; and Carl Jenks, Poetry Corner Coordinator.



The new **Descant Choir officers** are: Margaret Dyck, President and Capri Gerteis, Vice President. Our **Voices in Bronze** President is Carol Gifford. The new officers in the **Sine Nomine Choir** are: Noel Ullom, President, and Cassie Webster and Linnea Koops, Co-Vice-Presidents. The Descant Choir welcomes new members Josh Koops, Violet Majot, Gavin Webster and Lillian Gantner. The Sine Nomine choir welcomes Henry Dyck, Berkeley Trammell and Sarah Dillenbeck. The Chancel Choir is pleased to have Choral Scholars Sydney Ball and Will Davis (both Heights High seniors) singing with us.

Our Descant Choir will sing the charming **Scottish Penny Song** on **November 24**, and the children will be collecting pennies to donate to the FHC Food Pantry. Kindly start saving up your pennies in preparation for throwing them gleefully into the children's baskets!

Soli Deo Gloria~

Anne Wilson
Organist/Director of Music
annew@fhcpresb.org
216-321-2660 (church); 216-870-2729 (cell)

PCUSA Climate Care Challenge Part Two

Last month we introduced our mother church's PCUSA Climate Care Challenge Initiative. The first part focused on the personal steps we can take within our home and family. Part Two features the outward steps we can take:

- Host an Earth Day Sunday worship and become an Earth Care Congregation—yes *we are an Earth Care Congregation (nearly 10 years!)* and our Co-Pastors very conscientiously focus commentary in their sermons each week on the importance of being responsible to the Earth.
- Learn about and support groups and communities working for environmental justice. In many past Tower articles we've listed several prominent NGO's (NRDC, Earth Justice, Center for Biological

Diversity, World Wildlife Fund, National Wildlife Federation, Sierra Club, etc.). In addition here are two other websites to peruse: bit.ly/ourpowercommunities, and bit.ly/e-racism.

- Make energy efficient renovations, transition to more renewable energy at church, school, or workplace
- Use your voice! Advocate for strong climate action locally, nationally, internationally (capwiz.com/pcusa).
- Follow, learn from, and participate in global climate change conversations and partner stories (usclimatenetwork.org) www.presbyterianmission.org/together-justice/category/climatechange).
- Challenge your school, workplace, church to set goals for renewable energy or carbon neutrality by 2030.
- Help move investments and pension funds to climate supportive options and challenge climate-harming practices (bit.ly/TIAAact and bit.ly/ffpension and bit.ly/invest-green).

*For more resources and to accept the challenge go to:
[pcusa.org/climatecare challenge](http://pcusa.org/climatecarechallenge)*

-Dave Neff, Earth Care Leader

NEWS FROM GCC

On September 29, 2019, the Greater Cleveland Congregations' (GCC) Core Teams of FHC and South Euclid United Church of Christ jointly sponsored a revealing presentation on mental health treatment in the Cleveland area. GCC leader and retired social worker, Marcia Levine, gave a detailed history of mental health care from ancient times to the present. GCC leader and Criminal Justice Team Coordinator, Donna Weinberger, reminded attendees that in county jails, nearly 40% of inmates suffer from mental illness.

Today, many individuals who lack family or community support become jobless and homeless, often accompanied by addiction and other chronic problems. Without any central place or coordinated agency to deal with persons who act out during a mental health crisis, they generally end up in

jail. It's estimated that 1/3 to 1/2 of jail inmates shouldn't be there, but if released they soon come back because there is nowhere to go that will help address the reasons for their arrest. Even if the person is able to report to an emergency room, many ER personnel are not adequately trained to handle mental health crises, and/or don't have a psychiatric ward or space available, therefore end up calling the police.

Jails are the worst place to deal with mentally ill or addicted persons: too much stimulation and poor-to-no training of jail staff. The Cuyahoga County Jail's beating of a mentally ill prisoner serves as a horrifying example of the problem, and a sharp spur to action.

Two years ago, as a result of negotiations following GCC's campaign challenging funding the Q renovations, GCC called for building two mental health crisis centers for Cuyahoga County. Especially with the opioid epidemic, the need now is even greater. Such a center would be open 24/7, provide a drop-off site for both police and family members of patients, and provide short-term stay with follow-up services. GCC and its member congregations are continuing to press this issue and build legal, political and financial support to make this urgent need a reality. The Gund Foundation has pledged funding support and Care Source (insurance provider) and local hospital systems are providing cooperation and support. We will keep FHC apprised of future progress and actions on this important issue.

-Scott Lafferty, Core Team Leader

Exploring the Racial Equity Buddy Concept

Sunday November 10,

12:30 pm Bodwell Hall

JOIN US

With the arrival of the pirate ship "White Lion" in Jamestown VA, in August of 1619, slavery based on skin color was introduced into America. Shortly thereafter, any number of racist theories were introduced to justify this inhumane practice. The intractable problem of racism has haunted this country ever since. With the fervent attempt to address this problem's manifestation in our time and place, Forest Hill Church is

embracing and implementing various programs and policies toward its becoming an image of the Beloved Community.

One of the many programs FHC has sponsored as we move toward eradicating racism within our midst and our surrounding community was a presentation in June 2018 by Dr. Mark Joseph entitled "From Awareness to Vigilance: Ideas about a Path to Achieving Racial Equity and Inclusion." Dr. Joseph, a friend, who worships with us fairly often, is also a leading scholar and nationally recognized expert in 'urban equity and inclusion.' In his 90 minute presentation he proposed a number of practices to help us move toward racial equity. One proposal, in particular, resonated with the Black Caucus - - namely forming personal partnerships of "racial equity buddies."

Indeed, Dr. Joseph's concept of racial equity buddies stirred us and other members of the congregation to act immediately and a few informal racial equity buddies pairs were formed. Members of the Caucus have been in constant contact with Dr. Joseph and have shared our experiences of our journey utilizing his racial equity buddies concept. Some "buddies" have been meeting for more than a year and report that the journey is rich, rewarding, demanding and fruitful in many unanticipated ways. The trust and vigilance demonstrated has deepened the personal friendship among the "buddies."

Working with Dr. Joseph, we have planned a workshop to explore and encourage the expansion of formations of racial equity buddies throughout the church. Please plan to join us after service on Sunday, November 10, in Bodwell Hall to explore and hopefully expand racial equity buddies throughout FHC. All who are interested, intrigued, already involved, or simply curious about the concept are welcome and encouraged to attend. We are all on a journey toward racial equity. This workshop will help you move forward, whether you are just beginning or have been on this journey for decades or are somewhere in between those two points.

Table facilitators, who will help lead a reflective conversation based on Mark Joseph's work, are required. If you are interested in assisting, there will be a short training (where we will share handouts and conversation prompts to assist facilitators) on November 3 after service; location to be announced.

Racial equity buddy defined:

- A racial equity buddy is a trusted companion on your personal racial equity journey toward greater awareness and vigilance
- With a racial equity buddy, the personal journey to greater racial equity awareness and vigilance will have more focus, more consistency and more fulfillment. Don't go it alone!

You can learn more about Mark Joseph and his call to us to consider the Racial Equity Buddy System by visiting <http://bit.ly/MarkJosephJune2018atForestHillChurch>.

You may pre-register by filling out the accompanying form at: <http://bit.ly/RacialEquityBuddiesRegistrationForm>. We look forward to working with you.

The organizers of the workshop are Elizabeth Shaw, Lisa Vahey, Doris Allen, Barbara Cloud, Kermit Lind, Vikki Nowak, Quentin Smith and Mark Joseph. Feel free to talk to any or all regarding the concept or the event on **November 10**.

-Racial Equity

Update from Stewardship

“God has Smiled on Me”-The 2020 Stewardship Campaign has come to an end. We could not go without expressing our sincere gratitude for your faithfulness to Forest Hill Church. With commitments like yours, Forest Hill Church is be able to go into the new program year confident that we will be able to continue to meet the needs of our church community, our neighbors, and God’s Kingdom. God has truly smiled on us. Because of the faithful and generous response received from the members of the Forest Hill Church family, our church can continue to offer opportunities for Bible study joined with spiritual practices; expanding the work of the Immigration Task Force; implementing events for relationship building and faith formation of families, youth and children, year round Black History Education programming, creating dynamic, inclusive and engaging worship services through word and world-class music and, caring for our members in need. The work of building the Beloved Community and living into the Calling of the Church requires us all, working together, to become the Body of Christ. “For every generous act overflows its original bounds through the unbounded grace of

God (2 Corinthians 9:12).” We appreciate your enthusiasm and support. We pray that you continue to share your time, talents and treasures. “The Lord make Her face shine upon you, be gracious to you and give you peace. (Numbers 6:24-26).”

-Forest Hill Church Ministry of Stewardship

News of Our Church Family

Care Group (Group Leader-Tish Klein): The **Mt. Sinai** Care Group will assist our pastors in meeting members’ needs during **November**. Please call the church office to report an illness, hospitalization, family emergency, birth or death. Information will then be passed on to the Care Group leaders.

Thank You to all office volunteers!

The office volunteers and TOWER assembly team— Lynda Bernays, Betty Clark, Ellen McChesney, Cathy Ghiandoni, Anne Smith, and Kathy Hanna-Stauffer. Thank you all!

Flower donations are needed! Are you interested in donating a flower arrangement in honor or in memory of someone? The arrangements are \$45 each and you may donate the flowers (the deacons will find a recipient) or you may take them home. **Please email office@fhcpresb.org if you would like to take this opportunity to help beautify the sanctuary.**

Are you interested in becoming part of our Forest Hill Church Community? If so, please email churchgrowth@fhcpresb.org.

Social Groups and Circles

Women of Forest Hill Church and Iris Circle

It's getting close to Christmas time, believe it or not. Iris Circle will be making the ornaments for the Christmas Angel tree for the gifts for Boulevard School children. Come join the fun with cutting, tying and putting on stickers, lots of fellowship and good food.

Tuesday, November 19 - Bodwell Hall at 11:00 am
Bring a dish for our Pot Luck lunch!

Pacesetters-Hold the Dates!

PACESETTERS KARAOKE PARTY ---The Dugards and Heinemans will host a karaoke party at the home of Roger and Consuelo Heineman, 2446 Kenilworth Rd., on **Saturday, November 16, at 7 pm – 11 pm.** Come and enjoy a fun-filled evening of fellowship and music. We'll sing our favorite pop and rock songs of the 60s, 70s and 80s as John Dugard spins all the hits on his karaoke machine. If you missed our first one you don't want to miss again. We'll have some new tunes too. If you have a favorite song let us know before November 4 and we'll try to purchase it. We'll have lots of snacks but feel free to bring something and your favorite! We encourage new members to join in the fun too. John Lentz might even sing "Proud Mary" again and Dugard does a great Michael Jackson. **Please RSVP in person, text or email by 11-15-19.**

Roger Heineman 216-440-0913 rheineman@jencen.com

Consuelo Heineman 216-215-6764 cheineman@Intellicorp.net

John Dugard 216-371-7747 romans.chap8@gmail.com

The Group/Hilltoppers

We will be attending Cleveland Heights Musical "Damn Yankees," **Sunday November 3 at 4:00 pm.** There will be 5 students from FHC Choir in starring roles in this production!!!! **For tickets call 216 320-3105 or go to ClevelandHeightsChoirs.com.** Each person is responsible for purchasing their own ticket, \$12, \$10, or \$8. After the performance we will have dinner at Boss Dog on Lee Road. **For dinner reservations please contact Nancy Burcham (216 233-8864 or burcham@roadrunner.com) by Friday November 1.**



Sundays in November

9:15 am Childcare begins

**9:30 am Adult Education/Youth Education
Descant Choir**

10:10 am Pathways

**10:30 pm Continental Breakfast
Chancel Choir**

11:00 am Worship and Children's Worship

**12:00 pm Coffee and Conversation
Sine Nomine Rehearsal (every other Sunday)**

2:00 pm Messiah Chorus Rehearsal

7:00 pm Promises on Sunday

Staff Emails

Antoinette Richardson

Genetha Clark

Ann Donkin

Stavros Gazis

Rev. Dr. Veronica Goines

Rev. Dr. John Lentz Jr.

Peg Weissbrod

Rev. David Wigger

Anne Wilson

Tara Beverly

Administration

Finance

Building Mgr.

Head Custodian

Co-Pastor

Co-Pastor

Outreach/Breeze

Family, Youth, Children

Music

Youth Leader

office@fhcpresb.org

finance@fhcpresb.org

adonkin@fhcpresb.org

custodian@fhcpresb.org

pastorgoines@fhcpresb.org

pastorlentz@fhcpresb.org

pegw@fhcpresb.org

CE@fhcpresb.org

annew@fhcpresb.org

youthleader@fhcpresb.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Regularly scheduled events: meet every week unless noted	6:00 pm AA: Progress not Perfection 7:00 pm AI Anon: Now There's Hope 7:30 pm AA: Borton Group Boy Scout Trp. #403 OA Big Book	1:00 pm Abundance Pantry 5:00 pm Fitness Fusion exercise class	7:30 am Bible & Bagels 12:30 pm Staff Meeting AA: Wednesday Women's 7:00 pm Speak Life Bible Study	1:30 pm English Dance 5:00 pm Fitness Fusion exercise class 6:20 pm Voices in Bronze 7:30 pm Chancel Choir	9:30 a AI Anon: Hand in Hand	
October 27 5:00 pm -Small Plates Discussion -House Church	October 28 4:00 pm-AI Anon Dinner	October 29	October 30 7:00 pm- Bible Study: Speak Life	October 31	November 1	November 2 10:00 am Small Plates Bread Making 1:00 pm PEO event Fall Workday
November 3 12:00 pm Racial Equity Buddy 5:00 pm Small Plates	November 4 4:00 pm PNP Anniversary Dinner	November 5 12:00 pm- Pantry Lunch	November 6 7:00 pm Jung Education	November 7	November 8	November 9 9:00 am Fiber and Fellowship 10:00 am Small Plates Bread making
November 10 11:00 am- Visit from the president of Westminster 5:00 pm Small Plates	November 11	November 12 10:00 am Fiber and Fellowship 6:30 pm Nominating Committee	November 13 7:00 pm Ministry Meeting	November 14 8:00 am TOWER Deadline	November 15	November 16 10:00 am -Clergy Meeting -Small Plates Bread making -God Before Guns 4:00 pm Movie Night
November 17 5:00 pm Small Plates	November 18 4:00 pm Borton Group Anniversary Dinner	November 19 6:30 pm FHHO Meeting 7:00 pm BHT Meeting	November 20 7:00 pm Transfamily East Meeting	November 21	November 22 5:00 pm-Visit from the University of Pikeville	November 23 10:00 am Small Plates Bread making 1:30 pm Small Plates Yoga
November 24 5:00 pm Small Plates	November 25 4:00 pm-AI Anon Dinner	November 26 10:00 am Fiber and Fellowship	November 27- Happy Birthday Roddrick 7:00 pm Session Meeting	November 28- Happy Thanksgiving!- OFFICE CLOSED	November 29 OFFICE CLOSED	November 30- Happy Birthday Antoinette! 1:30 pm Small Plates Yoga

November 2019

Message from the Deacons

Forest Hill Members Creating the Beloved Community

During a recent meeting of the Deacons, discussion centered around the times we've been witness to the creation of beloved community by Forest Hill Church, outside our church home. Recent examples were felt deeply at Transplant House of Cleveland when:

- Pacesetters gave a half day of visible and thoughtful work and hosted a lunch for patients and their caregivers
- Gary & Julie Lustic and Don Ungemach did carpet-rip-up, painting, repairing and more, while engaging patients and caregivers in positive, friendly, caring conversation.
- Consuelo Heineman brought her colleagues from Intellicorp for a work day marked by painting and setting up for an open house and anniversary celebration. . . bringing an abundance of friendliness and some very tender, personal conversation.

All of these acts of kindness were seen and felt by recipients as though angels swooped in, giving selflessly, openly, genuinely, and as if those angels had nowhere else to be. We look forward to sharing more news of the beloved community in the near future, and hope many of you see the seeds of beloved community in your own lives. -The Deacons

Items Donated or for Sale

This section was created to give our friends and family members the opportunity to announce items that are pending sale or items that an individual would love to donate. This week I only have one item-a 3 bedroom home which is pending sale.



Home for Sale
3871 Mayfield Cleveland heights 44121
For more information or photos of the home, please
contact
Mike Dues: duescorprealestate@gmail.com (216-346-6163).

"THE BELOVED COMMUNITY"



3031 Monticello Blvd, Cleveland Hts. OH 44118

216-321-2660

Fax: 216-320-1214

Email: office@fhcpresb.org

Website: www.fhcpresb.org

Rev. Dr. Veronica R. Goines, Rev. Dr. John C. Lentz, Jr., Co-Pastors
Rev. David Wigger, Interim Dir. of Family, Youth & Children's Ministries
Anne Wilson, Director of Music

TOWER deadline: **8 am** on November 14

Custodians' cell phone: 216-217-525