

Forest Hill Church
Service of Worship
March 15, 2020 at 11:00 am

Welcome! Thank you for joining us today for worship.
Please sign in and join us in wearing a name tag so that we might greet you.

Centering Words:

God meets and accepts us where we are, helping us to know ourselves as we are known.

Welcome

Choral Introit

Larry Dittberner

“I Shall Walk in the Presence of God”
Descant Choir

Greeting Our God with Joy

Call to Worship (Psalm 95)

Susan Way

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation!

We shall come into your presence with thanksgiving and make a joyful noise unto you with our songs of praise!

O come, let us worship and bow down; let us kneel before the Lord our Maker!

For we are your people, the flock that you shepherd. We will know of your power as we listen for your voice.

Let us worship God!

*** Processional Hymn No. 442**

“Just As I Am”

**please stand as able*

Renewing Our Relationship with God

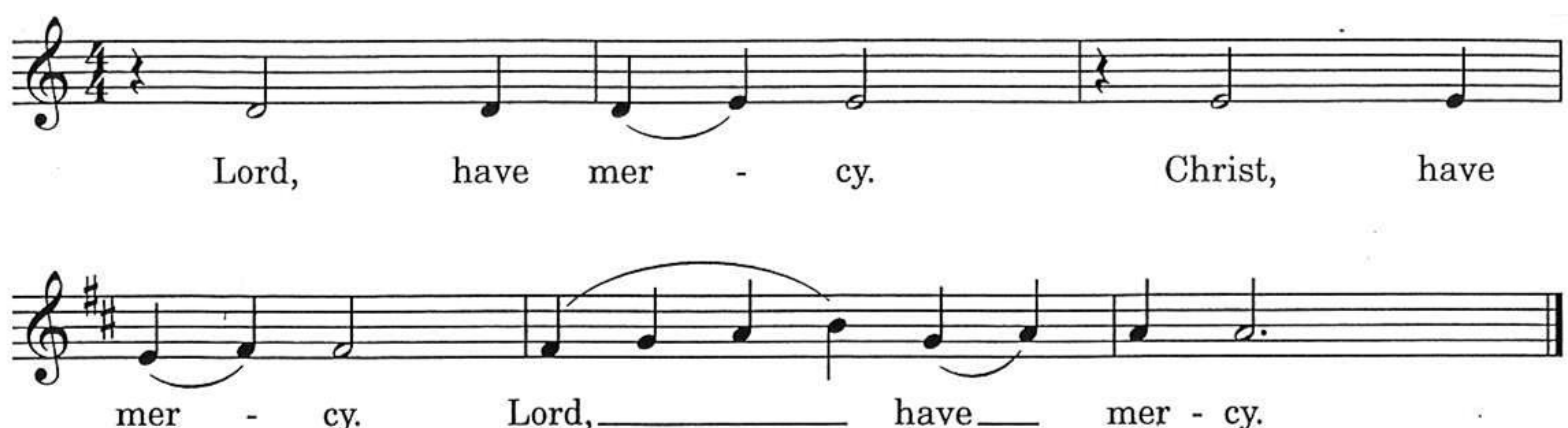
Unison Prayer of Confession

God of all majesty and power, we bring to you all our complaints and our hopes, our sadness and our joys, our fears and our faith. We have deplored your absence when we have needed help, your unresponsiveness when our hearts cried out for assurance, your unfairness when we have suffered losses and disappointments. How can we believe in you, O God? And how can you love us? We have been quick to excuse our own faithlessness and slow to acknowledge your continuing patience and generosity. We have used religion to divert attention from our waywardness and pretensions of righteousness as a substitute for genuine commitment. Have mercy on us, God, as we bare our souls before your throne of grace. Grant us the capacity to change for the better and the will to do our part to accomplish that change, in Jesus’ name. Amen.

Time of Silent Confession

Kyrie Eleison (*Lord, have mercy*)

Craig Phillips



Affirming the Good News in Our Lives

The Assurance of Forgiveness

Hear God’s word of forgiveness as it comes to us through the experience of our religious forebears: “While we were still weak, at the right time, Christ died for the ungodly...
While we were enemies we were reconciled to God by the death of God’s own child...through Jesus Christ, we have received reconciliation with God.”
Believe these words! Live by them! God, in Christ, is empowering you for a new life of faithfulness and service. Amen.

***Be Still and Know** John Bell

*All sing first time; 2nd time lower voices begin;
upper voices begin 1 measure later*

The image shows musical notation for the hymn 'Be Still and Know'. It consists of two staves in G major (one sharp) and 4/4 time. The first staff begins with a treble clef and a key signature of one sharp (F#). The melody starts on a half note G4, followed by quarter notes A4, B4, and C5, then a half note B4, and finally a half note A4. The lyrics 'Be still and know that I am God.' are written below the notes. The second staff begins with a treble clef and a key signature of one sharp. It starts with a half note G4, followed by quarter notes A4, B4, and C5, then a half note B4, and finally a half note A4. The lyrics 'Be still and know that I am God.' are written below the notes. A box above the staves contains the instruction: 'All sing first time; 2nd time lower voices begin; upper voices begin 1 measure later'.

Anthem arr. Dale Wood

“Shall We Gather By the River”
Voices in Bronze

Opening Our Hearts to God’s Word

Children’s Moment Rev. David Wigger
Children are welcome to come up front for a quiet activity during the sermon

***Hymn No. 775**

“I Want Jesus to Walk with Me”

Scripture Passage
Exodus 17:1-7(page 56) Susan Way

After the readings
Hear what the Holy Spirit is telling God’s people.
Thanks be to God.

Sermon Rev. Dr. Veronica R. Goines

“Creative Chaos”

Prayers of the People /The Lord’s Prayer
Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts as we forgive our debtors; and lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

Ritual of Friendship/ Offering

“Masses (from *Song of Hope*)”
Anne Wilson

*Among the mountains I wandered and saw blue haze and
red crag and was amazed;
On the beach where the long push under the endless tide
maneuvers, I stood silent;
Under the stars on the prairie watching the Dipper slant
over the horizon's grass, I was full of thoughts.
Great men, pageants of war and labor, soldiers and workers,
mothers lifting their children--these all I
touched, and felt the solemn thrill of them.
And then one day I got a true look at the Poor, millions
of the Poor, patient and toiling; more patient than
crag, tides, and stars; innumerable, patient as the
darkness of night--and all broken, humble ruins of nations.*

*Prayer of Dedication

Going Forth to Live as God's People

*Closing Hymn No. 698

“Take, O Take Me as I Am”

*Commission and Blessing

*Choral Benediction No. 701

“Sanctuary”

The image shows a musical score for a choral benediction. It consists of three staves of music in treble clef, with a key signature of two sharps (F# and C#) and a 4/4 time signature. The lyrics are written below the notes. The first staff begins with a measure rest marked '3' and the lyrics 'Lord pre-pare me to be a sanc-tu - ar - y, pure and'. The second staff begins with a measure rest marked '6' and the lyrics 'ho - ly, tried and true, With thanks -giv-ing, I'll be a'. The third staff continues the lyrics 'liv - ing sanc-tu - ar - y for you.' The music features various note values including quarter, eighth, and sixteenth notes, as well as rests and ties.

* Passing of the Peace

Postlude

J. S. Bach

“Prelude in A Major”



Welcome Visitors!

We look forward to greeting you and answering any questions you may have. **Welcome bags are available in the foyers and the narthex. Take one home with you!** Be sure to visit our website, www.fhcpresb.org, for a list of upcoming events, education programs for all ages, and past sermon texts and audio.

Notes & Announcements

Chancel Flowers:

Ellen McChesney in loving memory of her parents, Clarence and Marjorie McChesney.

Prayer Requests:

If you would like to request prayers for a personal concern, please use one of the slips of paper in the pew rack. Ushers will collect the requests during the middle hymn, and pastors will include them in the congregational prayer.

Prayers are requested this week for the following: Mark Davidson, Marcie Denton, Rita Grube, David Hunter, Joanna Klingenstein, Elspeth Peterjohn, Graham Peters, Dean Sieck, and Sharon Wiggins.

Please remember these homebound members in your prayers: Marge Drollinger, Iris and Al Gilbert, Florence and Ron Klein, Emelia McGuire, Margie Stauffer, Elaine Tapié, Lorian Thomas, and Beryl and Henrietta Williams.

The Deacons encourage you to stop by the Greeting Card Table in Fellowship Hall before or after worship to sign a card for one or more of our homebound members. We will address and mail the card for you.

Care Group: *The Canaan Care Group* will assist our pastors in meeting members' needs during **March**. 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 leader, Rob Reynolds**.

Thank you, Deborah Erwin and Robyn Hales (**head ushers**), along with the rest of today's usher team; **all office volunteers:** Ellen McChesney, Cathy Ghiandoni, Lynda Bernays and Anne Smith; **and the sound board team:** David Bell, Bader Boland and Steve Marunowski.

The deadline for the bulletin or weekly email is Tuesday of each week at 5 pm. The next TOWER deadline is **3/19/20 at 8:00 am**. You may submit your written request to office@fhcpresb.org.

To stay up to date on family programming, please subscribe to the Christian Education Newsletter: bit.ly/ceNewsletter.

Coming Up

TODAY

If you missed the *Ascension Concert* or would love to relive the experience that was held on February 23, we have CD's for sale for \$15 each. **Please contact Cynthia Lehman (716.830.4330 or lehman.cynthia@gmail.com) to reserve a CD.**

The Sine Nomine Choir will rehearse after worship.

Forest Hill Softball Season is here. The team needs a few more players for the upcoming season. Games are played on Sunday afternoons at 4 pm and start on April 26 through the first Sunday in August. Anyone 16 and over can play! **If you are interested in joining the team for this year, please contact Jason Hidek at 440-264-3296 or jason.hidek@att.net.**

THIS WEEK

Bible and Bagels (Bible Study) discusses next Sunday's texts on Wednesday mornings from 7:30 am to 8:30 am. The lessons for this week are: **1 Sam. 16: 1-13; Ps. 23; Eph. 5:8-14; and John 9:1-41.**

March 17 at noon: Iris Circle and the women of FHC will have a Pot Luck in Bodwell Hall. There will be a guest speaker, Debbie Haarburger (nutritionist), who will speak about proteins and carbs.

NEXT WEEK

Next Sunday, March 22, a group of dancers from *Dancing Wheels* will join us in worship. *Dancing Wheels* is a professional, physically-integrated dance company uniting the talents of dancers both with and without disabilities.

March 22, 29, and April 5 Pastor Veronica will facilitate a grief-care fellowship titled “Into the Wilderness of Grief.” This three-week introductory hands-on exploration will guide participants through grief, loss, and bereavement in a safe and supportive environment. Wilderness implies the inherent realities of grief. It suggests the fear and discomfort of the unknown, as well as real and perceived danger. Yet it also implies the gifts and graces of an ever-present God, who miraculously led a grieving and disoriented people through the wilderness to a new orientation. This is our objective: to support the journey from disorientation to reorientation.

Learning Objectives: Participants will engage in varied forms of grief work, including:

- Learning the fundamentals and complexities of grief and loss
- Engaging in biblically-based spiritual practices to support healing and restoration
- Exploring artistic expression through our art-making sanctuary

Fiber Fellowship invites everyone to come be knotty! We have a quilt on the quilt frame in Fellowship hall that is the final stages of completion. Please come add a knot! Instructions are posted. Next meetings are: **March 14 at 9 am in the Jin Room and March 24 at 10 am in the Faith Leader Room.** Please contact **Carol (216-598-9730) or Chris (chris3040@aol.com)** for more details.

The Forest Hill Church Safety Core Team (SCT) is in place to develop plans and training that prepare the Beloved Community for any safety challenges we may encounter. The SCT asks you to review the information below regarding the global outbreak of Coronavirus (COVID-19):

By now we’ve probably all seen reporting of the global outbreak of Coronavirus. There are now documented cases being reported in the United States. At the time of this writing, there are several known cases of COVID-19 in the state of Ohio. You can be assured that the Forest Hill Church Building Staff and SCT are closely monitoring the situation and taking recommended precautions in the daily maintenance and care of our facilities.

We ask members and visitors to follow these everyday preventive actions recommended by the CDC and Ohio Department of Health to help prevent the spread of COVID-19:

- If you are ill, staying home is best, except to get medical care.
- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. *IF hand washing unavailable, use hand sanitizer*
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean frequently touched surfaces and objects daily.

While in the Sanctuary, please use the hand sanitizers and tissues available in the pews (take the tissues when you leave). Please alert Usher Staff if supply needs to be replaced or replenished. During the time of heightened precaution, we ask that you refrain from close personal contact (handshakes and hugs) until the threat of this virus has passed.

This announcement is for informational purposes. You should always seek guidance from medical professionals if you are feeling ill. Please address questions to Ann Donkin or the SCT at safetycore@fhcpresb.org

Black Caucus Book Club Discussion Postponed (to be Re-Scheduled): To honor Dr. Bill Proudfit and to celebrate his life, the Black Caucus Book Club Discussion scheduled for March 21 is cancelled. We encourage all who were planning to attend the book club meeting to instead be present at the memorial service for Dr. Proudfit, which will be held on Saturday, March 21, 11 am at Forest Hill Church.

Red Cross Blood Drive: March is Red Cross Month and you can be part of the humanitarian mission by donating blood at the FHC Blood Drive on Sunday, March 29 from 12:15 pm – 5:15 pm in South Hall. Our FHC Blood Drive will again be In Memory of Connie Reynolds, FHC member Rob Reynolds’ mother. Connie received blood from the kindness of strangers during her 5-year battle with cancer, which she lost 3 years ago. Everyone in good health is encouraged to donate; however, online appointments are required and will take priority over walk-ins. You can make your life-saving appointment at RedCrossBlood.org and typing in the Sponsor Code – FHC. **Please contact Rob Reynolds (robert.reynolds@redcross.org) if you need assistance making your appointment or if you have a question about the blood donation process.**

Save the Date – April 4: Racial Equity Buddies Workshop
A second Racial Equity Buddies Workshop will be held Saturday morning, April 4, 9-noon, in Bodwell Hall. A continental breakfast will be provided beginning at 8:30. The workshop has three components:

- 1) Exploring how racial equity buddies form and thrive;
- 2) Speed dating to potentially choose a racial equity buddy; and
- 3) Dividing into four groups to discuss the 1619 project; Undesign the Redline; ***Just Mercy*** (the book or the movie) and criminal justice; or Focus on Tomorrow and education. We encourage people to register at this site: <http://bit.ly/FHCApril4>.

The Organizing Committee: Elizabeth Shaw, Kermit Lind, Barbara Cloud, Vikki Nowak, Chiquita Montgomery, Quentin Smith, and Lisa Vahey; Mark Joseph, consultant/advisor.

March 21 at 11 am, the Proudfit Memorial Service has been canceled. At this time, the rescheduled date is TBD.

"Into the Wilderness..." Lent 2020



Lent is a six-week season of the Christian year, beginning on Ash Wednesday, Feb. 26 and ending on Easter, April 12. Lent is a time of introspection and prayer; it is shaped by the 40 days that Jesus spent in the wilderness after his baptism. During this time Jesus became more aware of God's call in his life. We invite you into the wilderness of your own discovery.

Maundy Thursday

Thursday, April 9 6:30 p.m.
Last Supper Meal and Service

This year the church family is invited to share in the intimacy of the remembrance of the Last Supper at the table with Forest Hill members. The Eucharist will be served in Fellowship Hall; we will also offer the opportunity for foot and hand washing to recall Christ's last meal with his disciples.

Adult Education in Lent

Sunday mornings 9:30 to 10:30 South Hall
See announcements on p. 5 for details

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RESERVATIONS FOR MAUNDY THURSDAY DINNER: APRIL 9, 6:30 PM

Name _____
Number attending _____
Do you need child care during the worship service at 7:30? _____
You may place this in the offering plate

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EASTER LILIES, 2020: PLEASE ORDER BY APRIL 10

Name of Donor _____
"Given by" if different from donor _____
Indicate which form of dedication: In memory of / In honor of /In thanksgiving for/ To celebrate

Of plants @ \$20.00 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. Please put this in the offering, mail or deliver it to the church office. Please write Easter lilies on the memo line of your check.

Calendar: March 15-22

<p>Sunday, March 15: 11:00 am Worship and Children’s Worship 12:00 pm Coffee and Conversation Blood Pressure Check Survey Sundae Sine Nomine Rehearsal 3:30 pm Reconnecting with Gods Creation 5:00 pm Youth House Church 7:00 pm AA: Promises on Sunday</p> <p>Monday, March 16: 6:00 pm AA: Progress not Perfection 7:00 pm Al Anon: Now There’s Hope OA Big Book Meeting 7:30 pm AA: Borton Group Boy Scout Troop #403</p> <p>Tuesday, March 17: 10:00 am Fiber and Fellowship 11:00 am Abundance Pantry Registration and Distribution Iris Circle Meeting 5:00 pm Fitness Fusion Exercise Bulletin and Email Deadline</p> <p>Wednesday, March 18: 7:30 am Bible and Bagels 12:00 pm Staff Meeting 12:30 pm Wednesday Women's Group 6:30 pm Lenten Program and dinner 7:00 pm TransFamily East Meeting Jung Education Workshop Guest Group: Speak Life Ministries</p>	<p>Thursday, March 19: TOWER DEADLINE 1:30 pm English Country Dance 4:00 pm Ohio Doctors for Camp Closures 5:00 pm Fitness Fusion Exercise 6:20 pm Voices in Bronze 7:30 pm Chancel Choir</p> <p>Friday, March 20: 10:00 am Al Anon: Hand in Hand</p> <p>Saturday, March 21: 9:00 am Tax Prep Fiber and Fellowship 10:00 am Black Caucus Book Club 11:00 am Memorial Service for Dr. Proudfit</p> <p>Sunday, March 22: 9:15 am Childcare begins 9:30 am Adult Education Youth Education Descant Choir 10:10 am Pathways 10:30 am Continental Breakfast Chancel Choir 11:00 am Worship and Children’s Worship 12:00 pm Coffee and Conversation 3:30 pm Reconnecting with Gods Creation 7:00 pm AA: Promises on Sunday</p>
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Pastoral Care Emergencies: 216-319-3596
Custodian Phone on Duty: 216-217-5257

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
Tara Beverly, Youth Leader
Anne Wilson, Director of Music

Dear Congregants,

I would appreciate it if you would consider sending letters and cards to Jonas Nsongu Mouna, who has been detained since August 2018. Jonas is from the Democratic Republic of the Congo. He was a political objector and was persecuted for fighting for more honest politicians.

Jonas was in the Youngstown prison with Issoufou, Emmanuel, and Idrissa (the men who are now freed and living at Forest Hill Church), selflessly asking Maureen DeVito and Brian Hoffman from Catholic Charities to take on the men's cases, because no one was fighting for them. They did. Jonas was denied asylum by a judge, so now it's nearly impossible for him to get bond. At one point, Catholic Charities identified a place Jonas could live and got release approval by three different levels in the ICE organization, but when it reached the Detroit ICE office it was cold heartedly denied.

I met Jonas when I visited Issoufou, Idrissa, and Emmanuel in Youngstown prior to their bond hearing and ultimate release. He is a warm and caring man. He acted as an interpreter for me and the Catholic Charities lawyer, since a Mooré interpreter couldn't be reached on the phone. Jonas is fluent in French and Spanish and knows some English as well.

His spirits would be greatly lifted if he received cards and letters of encouragement on a regular basis. This would help him know that he isn't alone and others care about him.

Since he may be soon transferred to either Geauga or Detroit, cards and letters for now should be sent to:

Jonas Nsongu Mouna
c/o Maureen DeVito
Catholic Charities Migration and Refugee Services
7800 Detroit Avenue
Cleveland, Ohio 44102

Thanks so much!

Jeff Smith

Each gift to One Great Hour of Sharing helps to improve the lives of the suffering and the vulnerable. Providing relief from natural disasters, food for the hungry, and support for the poor and oppressed.

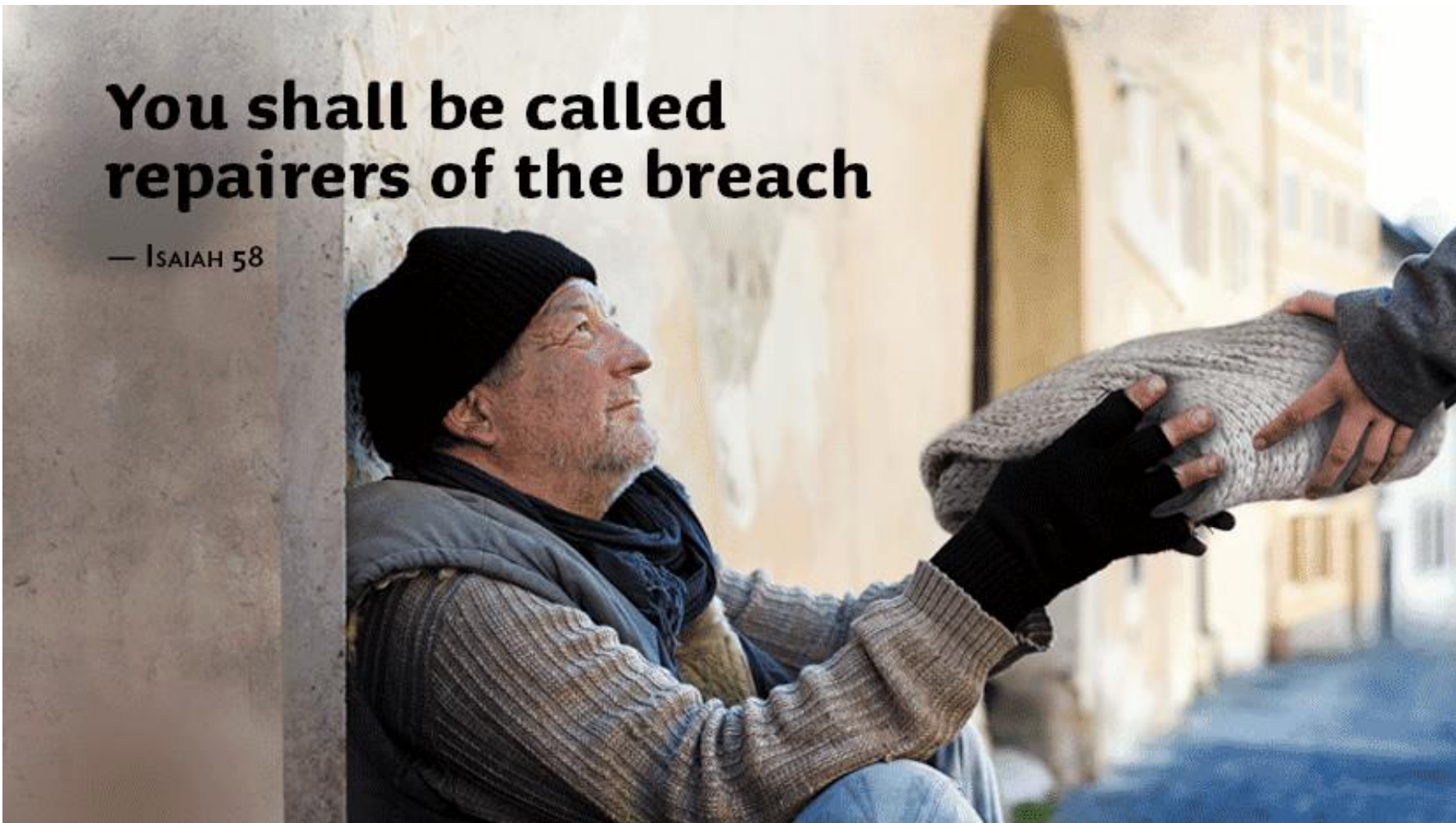
**Where God is, there is hope
for the suffering and the vulnerable.**

Together, we become the household of God. We extend shelter to those who have no place to stay, offer compassion to those who have pain—be it physical, emotional or spiritual—and we set a feast, with God, for those who lack access to enough food to eat. God’s household filled with love and everyone is welcome.

Join with Presbyterians worldwide in sharing God’s love with our neighbors-in-need around the world.

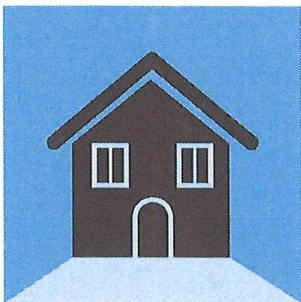
This Lenten season, please give generously to One Great Hour of Sharing. Text SHARING to 56512 to learn more about how your gift to One Great Hour of Sharing makes a difference, or visit pcusa.org/oghs

WHEN WE ALL DO A LITTLE, IT ADDS UP TO A LOT!
Visit pcusa.org/oghs or call 800-728-7228 x5047

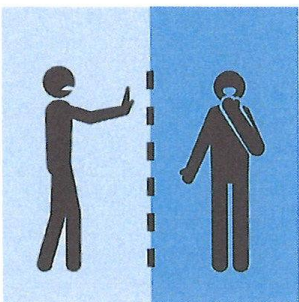


There are no confirmed cases of COVID-19 in Ohio. Please continue to protect yourself from all infectious diseases by using these precautions.

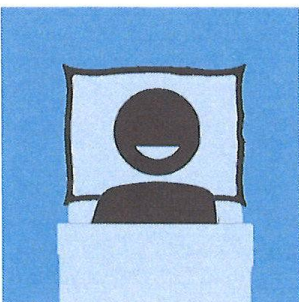
PREVENTION



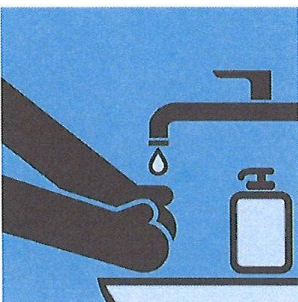
STAY HOME WHEN YOU ARE SICK



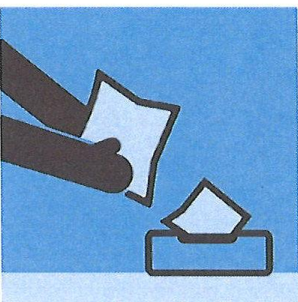
AVOID CONTACT WITH PEOPLE WHO ARE SICK



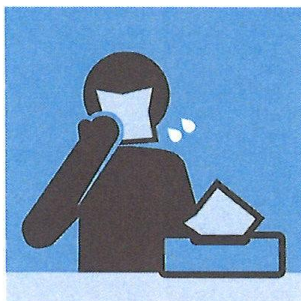
GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



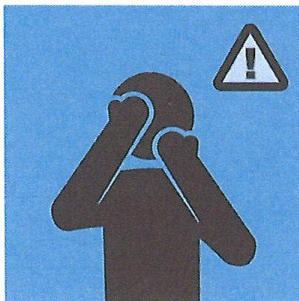
WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



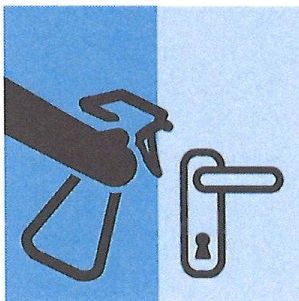
DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



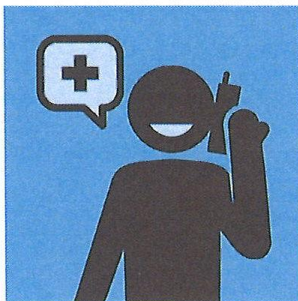
COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT “HIGH-TOUCH” SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

CLEAN ALL “HIGH-TOUCH” SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

02-27-2020

Additional information from the Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/>