



The TOWER

MARCH 2020

WORDS FROM PASTOR VERONICA

Friends, in my first year, Pastor Lentz and I staffed the monthly ministry meetings on a rotating basis to provide me a comprehensive view of the mission of the church, and to enable officers and elected leaders to become better acquainted with me as the new Co- Pastor. Now, in my second year, the Co-Pastors prepare to divide the labor. We will announce in March which ministry areas we will staff this year to work more closely with our respective ministries, and to clarify for leaders and members of the congregation our designated roles as Co-Heads of Staff.



As we move toward the close of another program year, in this Lenten season, our Adult Education program and staff offer a number of opportunities for members and friends of our intergenerational community to gather together for fellowship, prayer, study, and reflection, as we journey toward the cross of Christ. In light of significant losses within our congregation, one such offering is designed to support members and friends through the grief process.

On Sundays, March 22, 29, and April 5, 9:30-10:30 a.m., I will lead a grief-care fellowship titled **"Into the Wilderness of Grief."** This three-week introductory, hands-on exploration will guide participants further along the journey through grief, loss, and bereavement, in a safe and supportive environment. Wilderness implies the fear and discomfort of the unknown, as well as real and perceived danger.

However, 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. The objective of the grief-care group is 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 integration and healing
- Exploring artistic expression through our art-making sanctuary

Who is encouraged to attend? Any and all youth and adults journeying through grief, and anyone who desires to be better equipped to support others through the grief process. So, novices and seasoned artists, verbal, auditory, and kinesthetic learners, intuitive and sensate processors, introverts and extroverts—all are welcome. See you in South Hall.

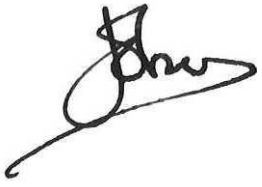
Pat Seeders will serve as our registrar for this course. Sign up at her registration table on Sundays, February 23, March 1, 8 and 15.

Grace and Peace,
Pastor Veronica

WORDS FROM PASTOR JOHN

"Into the Wilderness..." Lent 2020

Dear Friends,



This Lent come explore the wilderness where beauty resides if one takes the time to be present. Lent is a six-week-long season marked in the Christian calendar, beginning Ash Wednesday, February 26 and ending on Easter Sunday, April 12. Lent is a time of introspection and prayer. Lent 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 on his life.

We invite you into the wilderness of your own discovery. The theme of Lent 2020 is "Into the Wilderness..." The schedule of special gatherings is described below.

Ash Wednesday: Wednesday, Feb. 26 6:30 pm for supper and 7:30 pm worship. Join us for our annual gathering for a simple supper in Fellowship Hall followed by a service of worship to begin the Lenten season. We will impose ashes, reminding us of our mortality and serve communion. This year we will add a "wailing wall" where we can place our prayers and concerns.

Wednesday, March 18 in Fellowship Hall 6:30

Supper, Bible Study and Hymn Sing

Rev. Lentz will lead a bible study in Christ's wilderness journey and we will sing the hymns of Lent exploring their meaning. Note: A children's and young person's activity is planned. Child care is provided.

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 and we will also give 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

March 1, 8 and 15 Tom Zych will lead a course on "Re-imagining the Eucharist." As we journey into the wilderness God has given us food.

March 22, 29 and April 5 Rev. Goines will teach a course on "Into the Wilderness of Grief." See her write up in the Tower.

We encourage members to form dinner and house groups to build fellowship during the season of Lent. It is always good to have company when you go into the wilderness. If you would like recommendations about study guides, DVDs or books, please contact Veronica or David or me.

~ John

Music Notes

Dear Forest Hill Friends,

March begins with the first Sunday of Lent on March 1st. The music this month will reflect the more contemplative atmosphere of this liturgical season. We look forward to some liturgical dance this month.



As of this writing, I am working out possible dates with both the *Inlet Dance Theatre* and *Dancing Wheels*. More details will be forthcoming. We will welcome guest cellist Derek Snyder mid-March.



In addition to honoring the music of J. S. Bach (whose birthday is March 21st), Derek will join us in a special arrangement of ***I Want Jesus to Walk With Me*** by Todd Wilson. Please note that Daylight Savings Time begins on Sunday, March 8th, 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
216-321-2660 (church); 216-870-2729 (cell)



Family, Youth, and Children Ministries

Call for Blessings!!!

We've added a segment to the Pathways Podcast, where different adults from the congregation offer a "blessing" each week for the kids of Forest Hill. It is a simple reminder that this church loves them.

We are looking for more members, elders, friends of Forest Hill who would be willing to record a blessing.

If you are interested, you could either record it on your phone or computer or let David Wigger know and he can set up a time before or after worship one Sunday to record your blessing.

The idea is to keep it simple, somewhere between 10 seconds to 2 minutes. You can make it whatever you want, but here is an idea to get you started:

1. Intro

This is [name], I'm a [pastor, elder, member, friend, etc.] of Forest Hill Church, and I'd like to offer a Blessing to the kids of the Pathways Podcast.

2. Blessing

Something like: "May God bless you and keep you..." OR "May you always know that you are loved..." OR a poem, song, meaningful quote, etc.

If you are not comfortable using your name that is fine too.

~Rev. David Wigger



Family, Youth, Children
ministries

Fat Tuesday Ice Cream Fellowship



6:00-8:00pm

Tuesday, February 25
Mitchell's Ice Cream
at the Van Aken District

Earth Care Notes

--As noted in the newspaper recently, it is a good idea to wash out those re-usable shopping bags---especially if they have been transporting fresh produce! Minimize the chance for bacterial growth.

--While combatting effects of global warming requires governmental political will worldwide, there is much we individuals can do to combat our own carbon footprint:

- * Organize driving errand-running to minimize mileage and gasoline usage. Better yet, walk or bicycle if possible!

- * Minimize red meat consumption----growing beef and feedlots increase methane generation which exacerbates CO2 emissions.

- * Be conscious of your electrical and water usage.

- * Buy organically produced, local foods wherever possible. With spring and the growing season approaching----plan to shop at local foods fresh markets for many needs.

- * As you approach the spring cleanup and early gardening season---do be careful planning what products you plan to use----avoid pesticides, research and use any chemical products sparingly. While affordable electric vehicles are still a couple year off for most of us-----it is now time once again to consider reducing fossil fuel energy usage---with SOLAR ENERGY. Converting to solar power for at least a portion of your electricity needs lessens overall CO2 emissions. It's a new ballgame for solar panel heating/electricity generation and home installation. Costs have decreased considerably and there is a new energy tax credit established.

Plan on learning about New Solar Energy opportunities Sunday March 8 at 12:30 p.m. at FHC in South Hall. Lunch will be provided.

~Dave Neff, Earth Care Leader

It's a breeze...

Congratulations to the many members have signed into Breeze and discovered how quick and easy it is to search for and contact other members through it! This month, we'll go over how you can edit some of the information on your Profile page.

You've probably already noticed that some sections of your Profile page cannot be edited. These sections display a little "lock" icon when you hover over it with your mouse.



When a section contains editable information, the section heading will look like this. After clicking on this, you'll see several fields where you can add or edit the information listed there. We especially encourage anyone who hasn't provided emergency contact information to do so right away.



After you make a change, however, don't forget to click Save!



Explanations have also been added for each section explaining what the information is used for and which information is public and which is private. If you haven't signed in for a few weeks, please check these out!

~ Peg Weissbrod

Come read with us! The Black Caucus Book Club

The Black Caucus of FHC is open to all people of good will. We will be discussing *Strength to Love* on **Saturday, March 21, from 10 am to noon in Bodwell Hall.**

Strength to Love is a compilation of sermons by the Rev. Dr. Martin Luther King, Jr. This book was chosen as our initial book for a number of reasons; foremost among them is that the book is founded on Christian principles and written by one of the 20th century's greatest social justice activists. Thus, the book reflects our faith and provides insight and a road map to bettering oneself and society.

One reviewer wrote, "Despite nearly 50 years since its publication, *Strength to Love* reads as pertinently to our situation as it did in the midst of the civil rights movement. Yet *Strength to Love* is more than a blueprint of a movement; it is a template for personal authenticity in an age when vast social and economic change demand and depend on personal integrity." As King averred, "Only through an inner spiritual transformation do we gain the strength to fight vigorously the evils of the world in a humble and loving spirit."

Strength to Love is an excellent read and Dr. King's message remains relevant. A few passages from the book underscores that assertion:

From the book's preface:

"We live in a day of grave crisis. The sermons in this volume have the present crisis as their background; and they have been selected for this volume because, in one way or another, they deal with the personal and collective problems that the crisis presents." Sadly, the issues Dr. King speaks preached about remain present and still require our involvement.

From the sermon, On Being A Good Neighbor:

"We so often ask, 'What will happen to my job, my prestige, or my status if I take a stand on this issue?...The ultimate measure of a man is not where he stands in moments of comfort and controversy. The true neighbor will risk his position, his prestige and even his life for the welfare of others.'"

From the sermon, Love in Action

"Even philosophical logic was manipulated....according to the framework of an Aristotelian syllogism:

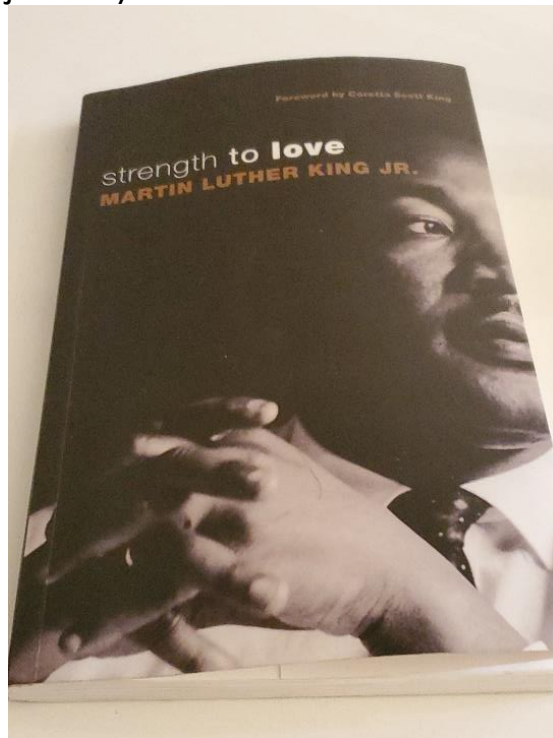
*All men are made in the image of God;
God as everyone knows, is not a Negro;
Therefore, the Negro is not a man"*

Men conveniently twisted the insights of religion, science and philosophy to give sanction to the doctrine of white supremacy. Soon this idea was imbedded in every text book and preached in practically every pulpit. It became a structured part of the culture. Men embraced this philosophy, not as the rationalization of a lie, but as the expression of a final truth. They sincerely came to believe that the Negro was inferior...."

Although the book is not in the Cleveland Heights library, one can get copies from the ClevNet consortium and have a copy delivered to one of the branches for you. Alternatively, one can order the book via EBAY or Amazon; or see Nicole Lawrence who has a few copies which she can lend.

~The Black Caucus Book Club Committee

Rayba Johnson, Sonji Kenyatta, Nicole Lawrence, and Quentin Smith



UPCOMING RACIAL EQUITY BUDDY WORKSHOP

The next Racial Equity Buddies workshop is scheduled to be held **Saturday morning, April 4, from 9 am to noon in Fellowship Hall.** A continental breakfast will be provided. Please join us! **You can register here: <http://bit.ly/FHCApril4>.** This workshop promises to be informative and exciting. Here is an overview of the planned workshop.

I. Buddies Relationship demonstrated and explained

There will be a "fishbowl" presentation where existing buddies will explain how their racial buddy partnership began and works. Since no two buddy relationship are the same, a number of buddies will present and everyone will have opportunities to ask questions.

Please, if you have begun or are in an existing racial equity buddy relationship, let us know on the registration form. Share your names and let us know how long you've been buddies. We are seeking both long term and budding relationship to participate in this exercise.

II. Speed Dating

At our November workshop, we only had a brief time for speed dating (quick partner conversations). The planning committee believes it is imperative that individuals have an opportunity to meet and talk with, at length, some prospective buddies. This exercise will provide substantially increased time for conversation.

III. Four Corners

During the last activity of the morning, we will divide into 4 groups and discuss topics the buddies group has recommended. One group will discuss the movie and/book *Just Mercy*; a second group will speak about the *1619 Project*; a third group will entertain *Undesign The Redline* and our final group will address the January equity workshop hosted by *Facing History and Ourselves*.

In preparation, it would assist the planning committee if you would let us know which, if any, of the above events you attended. Let us know on your registration form!

We are excited about this upcoming workshop and our church's effort in becoming the beloved community. The Racial Equity Buddies is a step on the church's journey.

Blessings to all,

~The Racial Equity Buddy Planning Committee

Barb Cloud, Kermit Lind, Chiquita Montgomery, Vikki Nowak, Elizabeth Shaw, Quentin Smith, Lisa Vahey and Mark Joseph who is our advisor/consultant

News of Our Church Family

Care Group (Group Leader-Rob Reynolds): 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 leaders.

Thank You to all office volunteers!

The office volunteers and TOWER assembly team– Lynda Bernays, Betty Clark, Ellen McChesney, Cathy Ghiandoni, and Anne Smith.

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.

**ROXBORO MIDDLE SCHOOL
PRESENTS**



Book By
Thomas Meehan

Music By
Charles Strause

Lyrics By
Martin Charnin

Original Broadway Production Directed by **Martin Charnin**
Based on "Little Orphan Annie" ® By Permission of Tribune Content Agency, LLC.

Thursday, March 5 at 7:00 p.m.
Friday, March 6 at 7:00 p.m.

Tickets are: \$5 for all seats - Purchase at the door only

Roxboro Middle School Auditorium
2400 Roxboro Rd, Cleveland Heights, OH
Cleveland Heights-University Heights School District

Director
Andy Susick

Annie JR. is presented through special arrangement with
and all authorized materials are supplied by
Music Theatre International, New York, NY
(212) 541-4684 mtishows.com

Social Groups and Circles

Group/Hilltoppers and anyone who wants to party.

Do you enjoy a good concert? The Singers Club and students from Heights High will join together in song to present **Past Meets Present**. This wonderful concert will be Friday, March 13, at 7:30 pm at Heights High. Tickets are available online at www.singersclub.org (seniors \$17, single ticket). If you would like to join us for dinner before the concert at the Tavern Company, contact Nancy Grube at donance@sbcglobal.net or 440 465-7899 for dinner reservations.

Fiber and Fellowship

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 10 and 24 at 10 am in the Faith Leader Room and March 14 at 9 am in the Jin Room.

American Red Cross Blood Drive

March is Red Cross Month and you can be part of the humanitarian mission by donating blood. FHC will once again be sponsoring a Blood Drive on Sunday, **March 29** from 12:15 pm – 5:15 pm in South Hall. The FHC Blood Drive will 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. Be a hero for patients in need...every two seconds someone in the U.S. needs blood. You can make your life-saving appointment at RedCrossBlood.org and typing in the Sponsor Code – FHC. **If you have questions about making your appointment, or about the blood donation process, please contact Rob Reynolds (robert.reynolds@redcross.org).**

Sundays in March

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)
7:00 pm AA: Promises on Sunday

Staff Emails

Antoinette Richardson	Administration	office@fhcpresb.org
Genetha Clark	Finance	finance@fhcpresb.org
Ann Donkin	Building Mgr.	adonkin@fhcpresb.org
Stavros Gazis	Head Custodian	custodian@fhcpresb.org
Rev. Dr. Veronica Goines	Co-Pastor	pastorgoines@fhcpresb.org
Rev. Dr. John Lentz Jr.	Co-Pastor	pastorlentz@fhcpresb.org
Peg Weissbrod	Outreach/Breeze	pegw@fhcpresb.org
Rev. David Wigger	Family, Youth, Children	CE@fhcpresb.org
Anne Wilson	Music	annew@fhcpresb.org
Tara Beverly	Youth Leader	youthleader@fhcpresb.org

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216-321-2660 Fax: 216-320-1214

Pastoral Care Emergencies: 216-319-3596

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 March 19

Custodians' cell phone: 216-217-5257

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 -Book Group 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 -Bulletin and Weekly email Deadline	7:30 am -Bible & Bagels 12:00 pm -Staff Meeting -AA: Wednesday Women's Group 7:00 pm -Guest Group: 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 am -AI Anon: Hand in Hand	
March 1 12:30 pm -Mountaintop Summit	March 2 7:00 pm -Apollo's Rehearsal	March 3 11:00 am -Pantry Lunch 6:00 pm -HCC Board Meeting 7:00 pm -Hts. Friends of Immigrants	March 4 7:00 pm -Safety Protocol Meeting	March 5	March 6	March 7 8:00 am -Men's Group 9:00 am -Tax Prep -Exploring Membership
March 8 9:00 am -Exploring Membership 12:30 pm -Solar Panel	March 9	March 10 10:00 am -Fiber and Fellowship 6:30 pm -Nominating 7:15 pm -Black History Team	March 11 7:00 pm -Ministry Meeting	March 12	March 13 9:30 am -AMIS Board Meeting 5:00 pm -Camp Lilac Spaghetti Dinner Fundraiser	March 14 9:00 am -Tax Prep -Fiber and Fellowship -Kirkland Bird Club 3:30 pm -FHOO Potluck
March 15 12:00 pm -Blood Pressure Check -Survey Sundae 3:30 pm - Reconnecting with Gods Creation Class	March 16	March 17	March 18 7:00 pm -TransFamily East Meeting -Jung Education	March 19 8:00 am -TOWER DEADLINE	March 20	March 21 9:00 am -Tax Prep 10:00 am -Black Caucus Book Club 11:00 am -Memorial for Bill Proudfit
March 22 3:30 pm - Reconnecting with Gods Creation Class	March 23	March 24 10:00 am -Fiber and Fellowship	March 25 7:00 pm -Session Meeting	March 26	March 27	March 28 9:00 am -Tax Prep -Racial Equity Buddies -Leadership Retreat
March 29 11:00 am -Blood Drive	March 30	March 31	April 1 7:00 pm -Safety Protocol Meeting	April 2	April 3	April 4 8:00 am -Men's Group 9:00 am -Tax Prep - Racial Equity 5:00 pm -Easter Cookie Decorating

March 2020