

John C. Lentz, Pastor

Clover Reuter Beal, Associate Pastor

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

## Forest Hill Church

### The Tower

### October 2009

Dear Friends,

I remember seeing a flyer advertising "Judaism 101" at a local coffee house. I didn't take the course but I was intrigued -- could I do a "Christianity 101" at Forest Hill? I believe that many seekers as well as members would benefit from a thoughtful approach to our faith tradition. As you can see below, I will be teaching such a class from Sunday, Oct. 4 through Sunday, Nov. 22. If you are interested, be sure to let the office know. I believe this class would be a good one to recommend to a friend who might want to dig a bit deeper too.

#### **THOUGHTFUL CHRISTIANITY (NOT your ordinary church class!)**

Curious about Christianity but turned off by the stereotypes?  
More interested in asking the right questions  
than hearing the "right" answers?  
Wondering how to reconnect or reclaim your faith?  
Or does Christianity make you squirm a bit?  
If this sounds like you,  
**join us on Sunday evenings (5 - 7 p.m.)  
October 4 - November 22**  
as Rev. Dr. John Lentz engages us in a discussion of:

**Who is Jesus?  
What's "Salvation" -- from what, for what, so what?  
Why read the Bible and how?  
Do non-Christians go to Hell?**

Hope to see you there. Spread the word.  
(When you finish reading your TOWER, pass it along!)

John

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#### **The Clover Patch**



Dear friends,

I am reading a book titled **How, Then, Shall We Live?** by Wayne Muller. (Coincidentally, it is the same title as our adult education theme this year, but it's not related.) Muller includes a reflection that I found challenging for me. I want to share it with you and ask you to ponder his questions, especially at this time when most of us are making commitments as to how we will spend our time and energy this year.

#### **Practice: Attending to What We Love**

Attention is the physical manifestation of love. If I keep pushing my children away when they want me to play with them, they do not feel loved. I may have love in my heart; I may feel joy when I see them, and want only the best for them. But they will feel my love only when I turn around and give them my undivided attention. Through my attention, they experience my love.

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Attention is a tangible measure of love. Whatever receives our time and attention becomes the center of gravity, the focus of our life. This is what we do with what we love: We allow it to become our center.

What is at the center of your life? Carefully examine where you spend your attention, your time. Look at your appointment book, your daily schedule. These things—these meetings, errands, responsibilities—this is where you dedicate your precious days, hours, and moments. This is what receives your care and attention—and, by definition, love.

What do you notice about those people and things that get your attention? Is this what you wish to love? Are these the people and situations you hope will receive the gift of your life and companionship? Are these the places you would intentionally choose to offer your love and devotion? Why or why not?

We become what we love. Whatever you are giving your time and attention to, day after day, this is the kind of person you will become. Is this what you want?

Wayne Muller

Are you giving attention to those you love? Are you spending time in prayer cultivating a deeper relationship with God? Challenge yourself to carve out not only time, but your attention to what is most important in your life. Let me know how it's going too. We're in this together.

Blessings be,

Clover

#### Child-Care Provider

The Children's Ministry team continues to seek a permanent child care provider for our babies and toddlers. If you know someone who enjoys babies and children please contact me for more information on the job description. In the meantime we are relying on volunteers to help during the worship hour Sunday mornings. Julie Waring will continue as our temporary child care provider at the 9:30 Adult Education hour and fill in when needed.

## Children and Youth Ministries

All our children and youth Christian Education programs have had a wonderful beginning. The kids are back in the Sunday morning routine and are enthusiastically participating in their classes. Thank you to the wonderful dedicated volunteers who have been teaching, shepherding, and leading this month.



- In our *nursery* thank you to Julie Waring, Carol Gifford, Lara Troyer & Jeff Dyck, Lora Smith, Joanne & Dan Shaner, Alisha Trammell, Christina Hidek, Sandy Schultz, Mary Hill, Diane Moyer & Jeremy Ryman, and Jill Roberts.
- In our *Little Explorers*, thank you to Kate & Dave Burleigh.
- In our *Children in Worship* class, thank you to Deanne Lentz.
- In *Pathways to the Promise Land*, thank you to Wendy Brock, Susanne & David Peterjohn, Kara Schellenberg, Lora Smith, Chantal Miller, Laurie Muller-Girard, and Vikki Nowak.
- In our Trailblazers Class, thank you to Lindsey Burdette-Lowe and Robert Lowe.
- In our Senior High Church School, thank you to Elaine Turley and Ron Schmidt.

### Children's Ministry

#### Nursery Birth – 2 year olds

Throughout the summer our nursery and crib room has been updated and refreshed. I would like to thank the members of the team who had the vision and purpose for this project. Thank you to Diana Johannessen, Lora Smith and Christina Hidek. Thank you to Gary Lustic who helped with resources and time. Thank you to Stavros Gazis for painting the rooms. Thank you to Eric Brock and the Brock family for painting the wonderful and creative Noah's Ark murals. It is with much appreciation and respect to the Proudfit family that on October 11 we will dedicate the nursery to Thelma Proudfit, who loved our children.

### **Little Explorers      Three and Four year olds**

This month the children will focus on the Creation stories. In this series of stories the children will explore how God is in control and is happy with his Creation. After participating in the story the children are welcomed to respond to the theme in art, movement and retelling.

### **Children in Worship      Older Four year olds and Kindergarten**

Pat and Jim Seeders will be teaching this class in October. The children in this age group are asked to respond to the stories they've heard through "I Wonder" questions. There is also a craft response to help them better understand the story. This month the children will hear stories about Communion, Noah and Isaac.

### **Pathways to the Promise Land      Grades 1-5**

The next rotation theme is centered on *Moses in Egypt*. God heard the cry of the Hebrews in Egypt. God saw their affliction. God redeemed them with an outstretched hand. Throughout the story of the Exodus, we see the presence of God as experienced by the Hebrew people. The children will explore this theme in art, cooking, storytelling and skits.

## **Youth Ministries**

### **Trailblazers      Grades 6-8**

During October the youth in this program will focus on the *Psalms*. The psalms are both God's word to people and people's words to God. For generations, these scriptures have given insight into the nature of God and the relationship between God and the people of faith. They will explore this theme in music, outreach opportunities, games, and writing.

### **Senior High Church School      Grades 9-12**

The youth will continue to explore the theme of *Creation* in October. They will explore this topic through discussions and activities centered on scripture, stewardship and gifts of the earth.

## **Dates to Know**

### **October 4      World Communion Sunday**

The Pathways to the Promise Land children begin in their workshops at 11:00. They will join their families for communion.

### **October 11      Gathering Time: Plagues and Passover**

The Pathways to the Promise Land children will begin at 11:00 in the Chapel for Gathering Time, then will be excused to their workshops with their shepherds.

### **October 11      Nursery Dedication**

Please join us in the nursery after we dedicate the new space at the end of worship.

### **October 25      Cherub Choir**

Pre-schoolers meet for music, movement and fun at 10:30 in the chapel.

### **December 6      Advent Workshop**

This annual intergenerational event begins after worship with lunch prepared by our mid-high youth. Then join the fun in Youth Hall to create some Advent and Christmas decorations. Be sure to mark your calendars for this fun and creative time for the whole family.

Faithfully,

Liz Wollaeger

Director of Christian Education

*Yoga is back!*

**September 23 through November 18  
Wednesdays, 6:00 – 7:00 p.m.**

**at Forest Hill Church, Presbyterian**

**\$10 per class; drop-ins welcome!**

**M. Wylie, instructor**

**If you have any questions, please contact...**

**Rev. Clover Reuter Beal**

216/321-2660, [pastorbeal@fhcpresb.org](mailto:pastorbeal@fhcpresb.org)

[www.fhcpresb.org](http://www.fhcpresb.org)

## The **BIG GIVE** Update – We **WANT** Your Help!

The **BIG GIVE** yielded an amazing **\$14,000** return over and above the amount distributed to the congregation during Lent. FHC members were indeed faithful and creative stewards of the “talents” entrusted to them! (See Matthew 25:14-30) **Thank You!**

The Ministry of Justice and Mission has decided on the following allocation of these funds:

**The Presbyterian Church in Aduhima, Ghana: \$3000** to fulfill our on-going commitment to complete the church  
**E City: \$2500** to this local nonprofit that supports urban youth  
**Interfaith Hospitality Network: \$2500** to support efforts to combine east- and west-side family centers into one location  
**Montreat: \$2000** to support this faith-based conference center in Asheville NC.

**\$4,000** has yet to be distributed and we want the congregation to help us determine how this money is to be used. This is a call to action to identify ideas that you (or your ministry) have to support sustainability in our community. Please submit a proposal to the Ministry of Justice and Mission Committee by November 1, 2009. You will then be invited to the Justice and Mission meeting on November 11, 2009 for a 5-10 minute presentation. See below for more details.

### Parameters

**Local** project/endeavor; **Faith-based**; Project/endeavor **must have a sustainability component**

### Proposal

Please submit a one page proposal (include: your name, the project name, contact phone and e-mail, and a brief description of project/endeavor) to [CLESLIE128@sbcglobal.net](mailto:CLESLIE128@sbcglobal.net) or put in Julie Lusic's church box on or before **November 1, 2009**

### Presentation

J&M will contact you to schedule a presentation time at their meeting on November 11, 2009 (7:30 PM or after). The presentation should be no longer than 5 minutes and must include all of the above noted parameters.

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### Outcome

The remaining \$4,000 will be distributed to sustainable projects by year-end. (More than one project will receive money.)

We look forward to your involvement.

Carol Leslie  
Ministry of Justice and Mission

## MOB News

**Senior High Bible Study:** Every Wednesday, 7 – 8 p.m. at Phoenix Coffee House on Coventry

**Senior High MOB meetings:** Sundays, 5-7 p.m.; no meeting when there is another MOB event. **October 4, 18, 25**

**Mid High Bible Study** October 6 and 20, 7 – 8 p.m.

**Mid High MOB meetings:** Non-Sine Nomine Choir Sundays, 12 – 1 p.m.; no meeting when there is another MOB event. **October 25**

**Sine Nomine Choir:** October 4 and 18, in the chapel after worship

### Important October Dates:

**October 4:** Worship in the Panyard – Akron Steel Drum Quintet, 7:30 p.m. Sine Nomine Choir will participate.

**October 11:** MOB Parents' Lunch after worship. This is IMPORTANT! We'll have the forms that need to be signed and notarized before youth may participate in off-site activities.

**October 17:** Hay ride at the Chalet, 5 - 10 p.m. You must have the required forms signed and notarized before you can attend! Other FHC members are invited as well – spread the word! Cost is \$10 (\$7 for ages 3 – 11). RSVP to Lindsey by October 11

**October 30:** Fashion Show – this is a fund-raiser for your mission trips.

For more information, please contact Lindsey Burdette-Lowe, Youth Director: [lindseyb@fhcpresb.org](mailto:lindseyb@fhcpresb.org) or 216-440-2303

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<b>Sundays in October</b>	
<b>9:30</b>	<b>Adult Ed Youth Ed Descant Choir (gr. 1-5) Child care begins</b>
<b>10:15</b>	<b>Descant Choir activity</b>
<b>10:30</b>	<b>Continental Breakfast Chancel Choir</b>
<b>11:00</b>	<b>Worship Little Explorers (3s, 4s) Children in Worship (older 4s, K)</b>
<b>11:15</b>	<b>Pathways (gr. 1-5; 11:00 on Oct. 4, 11)</b>
<b>12:15</b>	<b>Coffee Hour Sine Nomine Choir (Oct. 4, 18)</b>
<b>5:00</b>	<b>FaithLeader (no class on Oct. 11) The Thoughtful Christian class MOB: Sr High (no meeting October 11)</b>

<b>October 4</b> <b>World Communion / Peacemaking Sunday</b> 12:15 Teacher training 2:00 Cleveland Cello Society concert 7:30 AWE: Worship in the Panyard – Akron Steel Drum quintet	<b>Job 1:1; 2: 1-10</b> <b>Psalm 26</b> <b>Hebrews 1: 1-4; 2: 5-12</b> <b>Mark 10: 2-16</b>
<b>October 11</b> 12:15 MOB: Parents' Meeting Dedication of Nursery	<b>Job 23: 1-9, 16-17</b> <b>Psalm 22: 1-15</b> <b>Hebrews 4: 12-16</b> <b>Mark 10: 17-31</b>
<b>October 18</b> 11:00 WORSHIP Baptism of Jackson House 12:15 Blood Pressure check	<b>Job 38: 1-7</b> <b>Psalm 104: 1-9, 24, 35c</b> <b>Hebrews 5: 1-10</b> <b>Mark 10: 46-52</b>
<b>October 25</b> 10:30 Cherub Choir 11:00 WORSHIP Baptism of Mateo Saspe 12:15 MOB: Mid High 5:00 MOB: Sr High	<b>Job 42:1-6, 10-17</b> <b>Psalm 34:1-8</b> <b>Hebrews 7: 23-28</b> <b>Mark 10:46-52</b>

Calendar 10-11

## Music



The choirs are off to a fine start! I'd like to congratulate the new Chancel Choir officers: Jaired Birks, President (or Chancellor, as he prefers to be called); Elizabeth Shaw, Vice President; Joy Stang, Secretary; Bob Jeffreys, Treasurer; Nancy Grube, Librarian; and Frank Ragone, Mascot. (Yes, just for fun, we like to have a mascot!) Jaired Birks, by the way, is a junior at Heights High and is 16 years old. He ran as the incumbent for this office and was elected unanimously.

The new Descant Choir officers are: Katie Muller-Girard, President and Laura Peterjohn, Vice President. (Sine Nomine Choir officers have not yet been elected at the time of this writing.) Anyone else out there interested in joining a choir? We'd love to include you in our warm and loving choir family. Contact me at 371-9508 or ([annew@fhcpresb.org](mailto:annew@fhcpresb.org)) for more information.

I'd like to welcome new choir members – hurray! In the Chancel Choir, new singers include Laura Minder, Kathy Dise and Seth Ungemach. In the Descant Choir, we welcome seven new members (remarkably all boys!): Alex Shaner, James Birdsell, Rowan Trammell, Harrison Smith, Jack Johannessen, Ethan Swain and Trent Swain. (As of this writing, Sine Nomine Choir and Voices in Bronze have not yet met, so those officers will be celebrated next month).

Now here's something you won't want to miss, the first of our **AWE** services (Alternative Worship Experiences). Get ready to worship and sing accompanied by the exhilarating sounds of steel drums (those in the know call them "pans"):



## Worship in the Panyard

a unique worship service featuring the  
**Akron University Steel Drum Band Quintet**  
(Matt Dudack, director)

and the Chancel and Sine Nomine Choirs of Forest Hill Church  
(Anne Wilson, director)

**Sunday, Oct. 4th at 7:30 PM**  
FHC Sanctuary  
Free-will offering

I hope you will invite friends to this service of **AWE!**

Soli Deo Gloria

Anne Wilson, Organist and Music Director

## Presbyterians in Washington and at the U.N.

Did you know that the Presbyterian Church (USA) has offices in Washington, DC and also at the United Nations? The overall purpose of each office is to bear witness to Jesus Christ by advocating the concerns of the PC(USA) General Assemblies to national and world political leaders, and to equip Presbyterians for faith-filled engagement with national and international public policies.

A detailed new mission statement for the Washington office can be found at: [www.pcusa.org/washington/missionstatement.htm](http://www.pcusa.org/washington/missionstatement.htm)  
Information on activities of the United Nations office is available at: [www.pcusa.org/un/](http://www.pcusa.org/un/) . Both are reflections of John Calvin's teaching that the Reformed Protestant church should be about Christ's work in the public square and in the world.

Elder Dick Obermanns  
Ministry of Justice and Mission

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## Peacemaking Offering 2009

The annual Offering for the Presbyterian Peacemaking Program will be received on World Communion Sunday, October 4. The Offering makes possible various ministries of Peacemaking in our world, our communities, our families, and our life together as Christ's church, conducted by all levels of our denomination.

Among other projects, the Peacemaking Offering has supported the construction of new homes in Amman, Jordan by an interfaith group from Indianapolis; assistance to veterans making the transition back to civilian life in Oregon; and a community center serving unjustly treated farm workers in Florida. The Offering brings International Peacemakers – Christian church leaders and Christian-Muslim teams – to the U.S from conflict zones in other countries. It supports advocacy on issues that affect the quality of people's lives overseas and at home, including nuclear weapons, land mines, child soldiers, gun violence, immigration, fair trade, and environmental justice.

The Presbytery of the Western Reserve influenced the Peacemaking efforts early on through creation of the local "Swords into Plowshares" program. The current coordinator of the national Presbyterian Peacemaking Program is Rev. Mark Koenig, formerly co-pastor of Noble Road Presbyterian Church in Cleveland Heights.

Materials on Peacemaking in its many forms are available to help individuals and congregations respond to God's call to "seek peace and pursue it," through devotions, study, and action. Please see additional details on the Justice & Mission bulletin board, or on the Web at: [www.pcusa.org/peacemaking/](http://www.pcusa.org/peacemaking/) . We are permitted to retain 25% of funds collected from this offering to support projects for Peacemaking determined by our own congregation – perhaps you would care to suggest one for Forest Hill Church.

When the Peacemaking Offering is received on World Communion Sunday, please give generously!

Elder Dick Obermanns  
Ministry of Justice and Mission



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## Information for the Forest Hill Community Public Recycling Boxes in University Circle

### Locations

- 10831 Magnolia Drive
- Parking Lot along north side of Euclid Avenue, between Ford Rd. and E. 115<sup>th</sup> St.
- Southeast end of parking lot bordered by E. 105<sup>th</sup> St., Chester, and Ansel Rd. (The Temple/Citizen's Academy parking lot)

### What can be recycled

**Office Paper**, envelopes, junk mail, newspaper and magazines (no phone books)

**Plastics:** #1-#7, plastic bags

**Aluminum** and aluminum, steel, tin cans

**Cardboard:** non-waxed cardboard, chipboard (no pizza boxes)

**Glass:** clear, green, brown glass

The recycling containers are in public areas and can be accessed 24-7

See the following link for more information on how to recycled other items:

<http://www.city.cleveland.oh.us/portal/page/portal/CityofCleveland/Home/Government/CityAgencies/PublicService/Waste/Cleveland%20Recycles%21/Recycling%20and%20Waste%20Disposal%20Guide>

Diana Woodbridge

## *News of Our Church Family*

### New Contact Information

**Debbie Adrine** (email) [daesprit1130@att.net](mailto:daesprit1130@att.net)

**Verna and Bill Bidelman**

A M McGregor Home (Verna, Rm 2219; Bill, Rm F 201)  
14900 Private Dr.  
East Cleveland OH 44112  
216-851-8200 (main desk)

**Keith Logan** (phone): 216-904-8500

**Laurie Logan** (phone): 216-308-0487

**Sharon Shumaker** (email) [sms2924@gmail.com](mailto:sms2924@gmail.com)

**Congratulations to Leslie Weissbrod and Anthony Rini**, who were married September 5, 2009. Dr. Lentz officiated.

The TOWER can be sent to any college student who would like to receive it and who gives us an up-to-date mailing address. Please contact Lynda in the church office and you'll be added to the mailing list.

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

Members of the Jerusalem CARE Group are:

Dele Solaru, Deacon

Erin & Bill Armstrong

Mary Ball

Doris Brandt

Ruth & Arthur Brickel

Lucy Conde

Traci Ext

Monita & Antoinette Franklin

Chris & Daniel Fuller

Carol & Tim Gifford and family

The Himes family

Kathy Hanna-Stauffer & Derry Stauffer

The Jesberger family

Dan & Barb Mace

Jim Manista

Jane Melbourne

Pat & Hal Musick

Richard Obermans

Marilyn Oviatt

Karen Parker

Carol & Leighton Scott

Peggy Skelly

The Solaru family

Marjorie Thomas

Anne Wilson

Robert and Julie Ann Yoe

The Zito family

### Ushers for October

Kevin Stauffer, Lead Usher; Joe Andrews, Nick Baumgartner, Bill Currie, Kay Currie, Charles Ishler, Jane Ishler, Kate Monaghan, Daryl Musick, Victoria Sampson. Roger Heineman, Head Usher

### To my Friends at Forest Hill Church

Thank you so much for your prayers and the cards and phone calls – and for the flowers and the visits while I was in University Hospital in July! I am reminded again what a caring family this church really is!

Gratefully,  
Betty Clark

*From Carolyn and Steve Cramer (Bill Fay's sister and brother in law), about their grandson Austin Schwaderer who has been on the prayer list for 3 years*

This has got to be the happiest day we have had in a long time. Today our grandson, Austin, had a speck scan for the cancer he has been fighting. He has gone through brain surgery, strong doses of chemo, brain stem transplant (his own stem cells), 25 radiation treatments, and for the last 6 months a pill-form cocktail treatment. Austin was just 2 ½ when he was diagnosed; he turned 5 on Sept. 9th.

Today, we got the news that the CANCER IS GONE! He has to have screenings (speck scans) every 3 months for a long time, so if the cancer ever returns (and we are praying hard that it NEVER returns), the doctors can act quickly to keep it under control. I still have tears of joy and our hearts feel lighter. The doctors have done a wonderful job, but when we see a miracle like this, I just can't thank everyone enough for the prayers for Austin. People that have never met him or his family have prayed. Prayer has been a strong force and a great strength for all of us, but mostly for our Austin.

Thanks for the prayers!

## *Social Groups and Circles*

### **Hilltoppers** (retired singles and couples)

We will go on a 2-hour Lolly the Trolley tour of Cleveland on Friday, October 16 at 2 p.m. We'll meet for lunch first – watch for details.

### **The Group** (singles and couples 50 – 70)

#### **Fall Colors, Covered Bridges and Wineries: Sat., Oct. 17**

The Group is going to Ashtabula County to enjoy the fall colors, drink some wine and travel through some covered bridges on the way. We will visit 5 wineries, travel 5 covered bridges and stop at an apple orchard. We will start our tour at Markko Winery in Conneaut at 2:00 p.m. (which means leaving FHC at 12:50). From there we will travel through Ashtabula County, enjoying the fall colors, and visit Brant's Apple Orchard. We have included some of our favorite places: South River (the church), Harpersfield and St Joseph's Wineries. We will end our tour around 7 p.m. for dinner (location to be announced). Car pooling is recommended and more fun. For reservations and the map, contact Cathy Ghiandoni at 216 691-1905 or Barb Hansen at [bhansen@oh.rr.com](mailto:bhansen@oh.rr.com) by October 11th.

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### **Iris Circle** (all women of the church)

Iris Circle is inviting all women of FHC to attend the Fall Gathering of Presbyterian Women of the Presbytery of the Western Reserve. FHC is hosting this event, titled "Food: Harvesting our Physical and Spiritual Needs." Laura Steiner (of Abundance Acres fame) will speak about "Abundance Acres." There will be a discussion of the book "The Seven Pillars of Health: The Natural Way to Better Health for Life" by Don Colbert, and lunch prepared by Morag Keefe. This is a great opportunity to meet women from other Presbyterian Churches as well as learning more about food, physically and spiritually. You are asked to bring a donation of produce and/or canned food which will supplement the FHC food pantry.

### **Fall Gathering - Presbyterian Women**

Saturday, October 24, 2009

9 a.m. – 2 p.m.

Forest Hill Church

Registration in advance (\$8) preferred, or at door (\$10).

Register with Nancy Sabo (H) 440-992-4632.

Questions, contact Cathy Ghiandoni at [cgghiandoni@aol.com](mailto:cgghiandoni@aol.com).



### **ADULT EDUCATION IN OCTOBER**

#### **HOW, THEN, SHALL WE LIVE?**

- |               |   |  |
|---------------|---|--|
| <b>Oct 4</b>  | Scriptural Foundations for Eco-Justice                  | Tim Beal   |
| <b>Oct 11</b> | Faith and Light: Sustainable Energy in the 21st Century | Dave Neff and Keith Logan  |
| <b>Oct 18</b> | Health and Justice                                      | Barb Baylor  |
| <b>Oct 25</b> | Just Eating   | Panel: Parker Bosley, retired chef/owner of Parker's Restaurant; Dr. Erin Holsten, Options Naturopathic Clinic; Clifford Miller, farmer; raises grass-fed beef |

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## Office News and Reminders

The deadline for the weekly bulletin is every Wednesday morning.

The deadline for the Tower is usually the second Monday of every month. The **TOWER** schedule is as follows: October 12, November 9, December 7 (**one week early,**) January 11.

Emails and extensions for the staff are as follows:

- ❖ John Lentz, [pastorlentz@fhcpresb.org](mailto:pastorlentz@fhcpresb.org), ext. 200
- ❖ Clover Beal, [pastorbeal@fhcpresb.org](mailto:pastorbeal@fhcpresb.org), ext 201
- ❖ Anne Wilson (music), [annew@fhcpresb.org](mailto:annew@fhcpresb.org), ext 208
- ❖ CE Office: Liz Wollaeger, [lizw@fhcpresb.org](mailto:lizw@fhcpresb.org), ext. 206
- ❖ Lindsey Burdette-Lowe (youth): [lindseyb@fhcpresb.org](mailto:lindseyb@fhcpresb.org), ext 207
- ❖ Becky Austin (financial office): [beckya@fhcpresb.org](mailto:beckya@fhcpresb.org), ext. 203
- ❖ Lynda Bernays (office administrator), and all other email: [office@fhcpresb.org](mailto:office@fhcpresb.org), ext. 202

Our website is [www.fhcpresb.org](http://www.fhcpresb.org)

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

Would you like a large-print edition of the **TOWER**? Or a bulletin sent to you if you are ill or away? Please contact the church office with your request.

Sunday flower donations are coordinated by the church office. Please call or email Lynda for information about donating an arrangement. The cost is \$20 per arrangement.

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

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