

Forest Hill Church

The Tower

July-August 2014

Dear Friends,

*From the
Pastor*

I hope you have gotten the chance to meet Rachel McDonald, our summer intern. She has already added much to the life and worship of Forest Hill Church. Make sure to pay attention to her summer program on Practicing Sabbath, which is described in this Tower.

Summer and Sabbath go together. Vacation is Sabbath; taking time away to breathe, relax, enjoy, read, and be with family is Sabbath. When you receive this, the Lentz family will be in Bethany Beach DE enjoying a week of Sabbath together.

I remember as a child lying on my back in the front yard of my Arlington, VA home. During the day we would watch the clouds go by and see the figures of horses, elephants and faces. At night we would lie on the grass and watch the stars. I would listen to the crickets and cicadas. Sitting on the screen porch during the summer storms was a favorite activity. Just thinking about these things now causes me to relax my shoulders and breathe more deeply!

Summer was about paying attention to little things, to sounds, forms and breezes. Sabbath is about paying attention to your inner universe as much as the outer universe. Sabbath is about paying attention to the NOW!

This poem by David Wagoner says it well:

Lost

Stand still. The trees ahead and bushes beside you
Are not lost. Wherever you are is called Here,
And you must treat it as a powerful stranger,
Must ask permission to know it and be known.
The forest breathes. Listen. It answers,
I have made this place around you.
If you leave it, you may come back again, saying Here.
No two trees are the same to Raven.
No two branches are the same to Wren.
If what a tree or a bush does is lost on you,
You are surely lost. Stand still. The forest knows
Where you are. You must let it find you.

Get lost this summer in Sabbath!



John Lentz
Sr. Pastor

Celebrate FHC volunteers this summer!

Thanks individuals and groups who contribute
their time to FHC!

They are listed throughout this TOWER.

Music Notes



When this edition of the Tower is printed, I will be about to return from my trip to Spain and France where I will have reveled in the music, art and cuisine of Catalonia (northern Spain) and the Dordogne (southwestern France). I also will have admired greatly the modernist architecture of many fine buildings in Barcelona and sat in on two jazz jams. I hope to return rested and ready to plan the music for the 2014-2015 program year!

In July, I will attend part of the Hymn Society national convention in Columbus, Ohio where our new Presbyterian hymnal will be the focus. John Bell, a composer and theologian from the Iona Community in Scotland, will be leading some workshops. We sing a lot of Bell's music at FHC and I greatly look forward to learning from this wise and creative man (who speaks so charmingly in his Scottish accent...). Later in July, I will be traveling to Lincoln, Nebraska in order to accompany the Duruflé *Requiem* under Tom Trenney's direction.

Have you sung in the **Summer Choir** yet? Please consider joining other singers on Sunday mornings at 9:30 am in the downstairs choir room. The music is easy to learn (unison or two parts), and children (even babes in arms) and other non-singing family members are most welcome to sit with you. Summer Choir continues through July.

Did you know that singing has been shown to lower blood pressure, boost immune systems, ease muscle tension and bring an overall positive state of mind? Plus you meet so many lovely people singing in a choir! I hope you will consider signing up when the fall season begins in September.

Best wishes for a safe, restorative summer.

Soli Deo Gloria

Anne Wilson
Organist/Director of Music
annew@fhcpresb.org; 216-870-2729

From the CE Transition Team

A warm thank you to all who volunteered this month – teachers, shepherds and helpers. Thank you for your willingness to help during our summer program and during this transition time in the Education Department.

In the nursery, thank you to Kara Schellenberg, Sue Lafferty, Shannon Headen, and Jill Roberts.

In Pathways to the Promise Land, thank you to Kara Schellenberg, Shannon Headen, Laurie Logan and Danielle Cosgrove.

CE Transition Team

Alisha Trammell, Kara Schellenberg, Laurie Logan

**Remember – Summer Pathways
for children entering grades 1-6
meets in Temple Square and the Art Room
on alternate Sundays (June 29, July 13 & 27, August 10 & 24)
“Images of Jesus in the Arts”**

Summer Adult Education

One Church, One Book
The Screwtape Letters by C.S. Lewis
Sunday, August 24, 7:00 pm
Dessert and Discussion

C.S. Lewis's ***Screwtape Letters*** is a classic masterpiece of religious satire that entertains readers with its sly and ironic portrayal of human life and foibles from the vantage point of Screwtape, a highly placed assistant to "Our Father Below." At once wildly comic, deadly serious, and strikingly original, ***The Screwtape Letters*** is the most engaging account of temptation—and triumph over it—ever written.

*Books are on sale for \$10 each.
Please see Consuelo Heineman.*

Summer Bible Study
Sundays, 9:00 am in the Jin Room
June 22 – July 27, 2014
“Wrestling with Scripture”

God may have commanded us to honor the Sabbath, but there was no divine direction to avoid Bible study during the summer. Once again, the FHC Adult Education planning team is offering summer scripture study for six weeks beginning on June 22. We will gather at 9:00 am in the Jin Room.

This year we will discuss texts that challenge us, take us out of our comfort zones and raise questions that may surprise and unsettle us. We’re calling our study “I Am Jacob and So Can You.” As we learned in our Genesis study, Jacob and then the whole people took the name Israel – said to mean “he struggled with God” – when they were willing literally to wrestle with God in a close and compelling embrace. Wrestling with God and with our Scriptures is an honored practice, and God’s bold and open invitation to a candid, unrestrained and sometimes mutually challenging relationship is as old as our oldest texts.

Come prepared to explore the Bible as it is rarely preached and as you may never have heard it in Sunday School, and bring to the discussion those texts that trouble you and you may have struggled to understand.

Tom Zych, discussion leader

Please thank:

The choirs (especially the Chancel Choir)

All teachers and child care volunteers

The office volunteers

The ushers

Sabbath Means Saying Yes to Saying No

“At some point we all look for a Sabbath,
whether or not that’s what we call it.”

Judith Shulevitz, ***The Sabbath World:
Glimpses of a Different Order of Time***

One of the courses I have been able to take at Princeton Theological Seminary was on the practice of honoring the Sabbath. I initially thought it would be like most seminary classes, but instead of just reading and writing about Sabbath, my classmates and I had to commit to actually practicing Sabbath. For a period of time each week we all had to say no – to work, to school, and to our endless lists of things to do. What I found through that experience is that practicing Sabbath is transformational. Sabbath is not just a commandment, but a spiritual practice that helps orient our thinking away from what we accomplish and focuses instead on what God is doing in the world.

When thinking about what I could share for the summer, I couldn’t help but return to Sabbath. Already I can tell that Forest Hill is a very active church! Sabbath is critical in balancing active ministry with times of reflection and rest. I hope that you will join me in a series of workshops on different aspects of Sabbath. Drop in as you are able, you can attend one or as many as you’d like! The workshops are as follows:

Sunday July 6, 11:15 am - Creating a Sabbath Covenant

Thursday July 10, 7:30 pm - Living into our Sabbath Identity

Tuesday July 15, 7:30 pm - Scriptures and Sabbath

Sunday July 20, 11:15 am - Sabbath as Resistance

Wednesday July 23, 7:30 pm - The Challenge of Sabbath

**** Special Meeting Place - The BottleHouse, 2050 Lee Rd ****

Come to learn a new spiritual practice, meet some new people, or finally just learn how to say no. All are welcome! I look forward to meeting more of you and hearing about your ministries at Forest Hill. If you have any questions about the Sabbath workshops or about my internship this summer, please email me (stripeswithplaid@gmail.com).

Rachel McDonald, summer intern

They Want To Do WHAT to the Sanctuary?!?!?

If you're anything like Gilda Radner's character "***Rosanna Danna Danna***" (of Saturday Night Live fame), you may be wondering "***What's all this I hear about Sacred Spaces?!?***" Well, here's a brief explanation and update.

Pastor Lentz asked a small group of church members representing the Church Growth, Worship, and Trustee ministries (Chair Elizabeth Shaw, Dave Hunter, Rachel Martinez-Finn, Eric Muller-Girard, Jeanette Nemcek, Charissa Peterson, Gary Sampson, and Peg Weissbrod) to consider some long-range ideas for our worship space.

The group met with architect and former member Paul Volpe, who shared the original sanctuary's architectural history, its expansion in 1964, and the evolution of the most recent changes to our building: the courtyard, the courtyard entrance and pavilion, the sanctuary and the organ installation.

As a group, we shared what we loved about our Sanctuary, such as:

- its clean simple architecture
- the large inviting windows
- the variety of seating area choices

and identified a few problem areas and key ideas, such as:

- traffic jams between the front pews and the chancel steps before and after worship,
- lack of space and flexibility for additional worship participants (steel drums, instrumental groups, etc.)
- the possibility of adding a quiet area within the worship space to help parents with fussy children to feel more comfortable and welcome.

As possible solutions are identified, Paul Volpe will help us choose the wisest, most cost-effective approaches.

Basically, we'd like maintain everything we love about the sanctuary while addressing some of its shortcomings and help guests feel more comfortable and welcome.

We will keep the congregation informed of everything we're considering and seek as much input from members as possible.

So the next step will be to invite input from you. Please watch for opportunities to share your ideas through various all-church activities and surveys. And of course you can always contact any of the team members and give them an earful!

Peg Weissbrod
on behalf of the Sacred Spaces Team

Mark your calendar for the
3rd Annual Outdoor Worship Service and Community Dinner

SATURDAY, AUGUST 16
Featuring the Wright Family Singers!

Worship at 5 pm
Dinner at 6 pm



**Worship OUTDOORS with us and enjoy a cookout
from Morag Keefe**

Kitchen Renovation Project

Renovation of the church's main kitchen will begin soon.

The kitchen was built 50 years ago and has been virtually untouched since. The cooler and freezer are relatively new but most everything else is original. The 550 square foot room is adequate for the church and provides the capacity to prepare meals for over 200 people. The basic layout of the kitchen is considered to be good and will not be changed. The following is an outline of the work to be done.

Funding has been secured for the first phase which will include the:

- Purchase of a new 60" gas range with 6 burners, a 24" griddle and two conventional ovens.
- Purchase of two new convection ovens.
- Replacement of the old steam table with two 48" stainless steel work tables on casters which will provide flexibility in the serving area.
- Replacement of the old 72" table with the plastic top with a 72" stainless steel work table including a pots and pans rack mounted on top.
- Purchase of a wheeled speed rack which will hold twenty 18" by 26" trays for cooling and storage.

Future phases will include the following which will be implemented as funds become available:

- Repair and refinish the existing cabinets and replace the hardware.
- Replace the existing asbestos tile floor with a new floor that is more sanitary and easier to maintain.
- Replace the ceiling light fixtures with fixtures that meet the current lighting standards.
- Modify the dishwashing area to improve work flow.
- Acquire more specialize dishwasher racks to avoid double handling in the washing process.
- Replace many of the kitchen utensils and smaller items (bowls, baking sheets, etc.).

Funding

The estimated cost of the renovation is \$47,000. \$17,000 has been contributed by the church's Operating Fund and the Endowment Fund with an additional \$30,000 needed to complete the project.

If you would like to help the church accelerate the implementation schedule please consider making a donation to the Kitchen Renovation Project.

If you have any questions or want additional information please contact a member of the Kitchen Renovation Committee:

David Hunter, chair

Tim Gifford , Jenny Himmelman, Morag Keefe, Pat Musick

Forest Hill Church Endowment Fund

In May of each year, the Endowment Committee recommends an allocation of the annual distribution from the Endowment Fund based on proposals from Church Ministries. This year, the total amount available was \$52,678 which was the highest amount ever. At the meeting in May, Session approved the following allocation.

Mission:

Medication for mission trip to Haiti	2,000
Our Family Home Center	5,508
Synod Mobil Health Fair	800
Family Promise of Greater Cleveland	<u>3,500</u>
	\$11,808

Church Programs:

Summer Intern	2,200
Outdoor Worship – Community Supper	750
Piano Repair	4,600
Courage and Renewal for Leadership Program	3,200
Guided Spiritual Retreat	2,000
Speaker Fund	1,400
Stewardship Kaleidoscope 2015 Conference	<u>1,800</u>
	\$15,950

Capital Improvements:

Repave Lee Blvd. entrance and courtyard pavers	4,420
Kitchen Remodeling	3,500
Garden Maintenance	400
Building Security Study	2,500
Organic Lawn Care	1,500
Playground Window Guards	1,600
Exterior Renovations Study Loan	<u>11,000</u>
	\$24,920

Between generous gifts from church members and appreciation of fund investments, the value of the fund was more than \$1.3 million at the end of May. Thank you to all members who have remembered FHC in their will or in their estate plans.

The Committee is also grateful to the work of the Church Ministries and Session who prepare the requests for allocation of these funds and oversee spending throughout the year.

David Olson,
Endowment Committee Chairman



Greater Cleveland Congregations Update

Our FHC Core Team and the full GCC have been very busy this last month. The Core Team held a focus meeting on public education in April and on criminal justice and gun violence in early May. GCC held an assembly with Eric Gordon, CEO of Cleveland Municipal School District; GCC presented several requests to Mr Gordon that he committed to address. Olivet Institutional Baptist Church was nearly full with reps from dozens of congregations to request action from County Prosecutor McGinty to put a stop to over-charging minor drug offenses. GCC also put forth a request of local communities to commit to responsible gun sales.

❖ **FHC Education Discussion** 10 members of the congregation discussed concerns and strategies to support public education in our community. Predominant issues were funding, community engagement in schools, the need to prioritize education, collaboration between CH city council and Board of Ed, and the importance of schools to address the needs of families and children beyond classroom education.

❖ **FHC Criminal Justice Discussion** 12 members of our congregation expressed their concerns and passions concerning the cycle of minor charges causing persons to become entrapped in the criminal justice system for a life time, with institutional racism a factor. The need for laws regulating the safety of guns and responsible gun ownership in the community was identified, and several members shared stories of lives lost to guns.

The FHC GCC Core Team is just beginning to hear from our congregation and learn of your passions regarding these important issues. We are hearing about your distress that our community leaders aren't adequately living into faithful calls for justice. We seek to foster our relationships with you, and hope you will ***consider the community leaders you have relationships with who may have influence on public education, criminal justice and gun violence*** and be able to create even more power for just change by working with GCC on these issues. Please let a Core Team member know of such connections.

GCC-Wide Assemblies

❖ **Education** After an extensive listening campaign in several of the Cleveland Metropolitan School District schools with which GCC is involved, two schools made specific requests of CEO Eric Gordon regarding safety and after school extra-curricular activities. Mr. Gordon promised to address these concerns immediately, and asked the assembly to support his efforts by improving student attendance so districts efforts to improve student success can be achieved. He also asked that the community share positive news about efforts the district makes to improve. (Note: this is in keeping with the point from our FHC discussion that the community needs to be more committed to and positive about public education.)

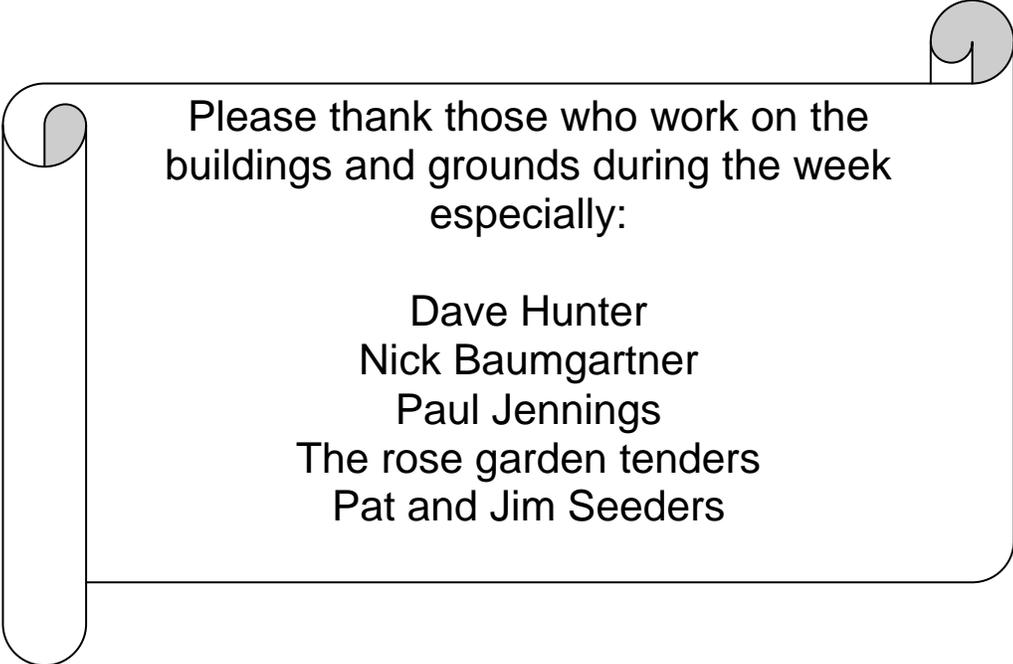
❖ **Criminal Justice and Gun Violence** 971 members from 40 congregations, schools and associations gathered to call for shutting down the “felon factory” in Cuyahoga County, and stopping the flow of illegal guns into our communities. Federal, county and local law enforcement leaders agreed to meet with team leaders no later than June 30 to devise an action plan to address the flow of illegal guns into our communities. County Prosecutor Timothy McGinty also agreed to meet with GCC within 45 days to report specifically what he will do to end the practice of pursuing felony charges for persons arrested for low-level, non-violent drug abuse. GCC will also insist Prosecutor McGinty provide specific plans for dismissing felony charges upon successful completion of an inmate’s sentence.

To see the excellent news story of the assembly, go to:
<http://www.wkyc.com/story/news/2014/05/30/greater-cleveland-congregations-fights-gun-supply/9751131/>

Peace,

Jennifer Blakeney

On behalf of the FHC GCC Team



Please thank those who work on the buildings and grounds during the week especially:

Dave Hunter
Nick Baumgartner
Paul Jennings
The rose garden tenders
Pat and Jim Seeders

A New Epidemic

Rev. Molly Baskette, Somerville MA

One man was there [at the pool of Beth-zatha] who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" The sick one answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." Jesus said to him, "Stand up, take your mat and walk." At once the man was made well, and he took up his mat and began to walk. (John 5: 5-6)

There is a new epidemic in our country. It's not a new strain of Norovirus, Influenza B, or MRSA.

It's heroin. Heroin is taking lives by the thousands: in my small, well-educated, blue state of Massachusetts, which you might think would be immune to this particular disease, 185 people have died in the last 3 months because of overdoses from a deadly strain of heroin adulterated with the painkiller fentanyl.

The mythology around addiction says that we are immune because of our choices, or our moral superiority, or our personal strength. But that's simply not true. While many of the people dying are young men, many are not. Heroin and other opiate addiction does not discriminate. It is killing middle-aged people, women, people holding down steady jobs, people who grew up in happy homes, A students—every one of them a child of God.

A recent ***Rolling Stone*** magazine article taught me this: One thing heroin addicts will tell you is that they no longer talk about using in terms of getting high—they say they are "getting well." Ironically, to fend off feelings that they are dying, they put a substance into their bodies that may kill them.

Jesus, time and time again, when he encountered humans who were suffering, in pain, in frail mental and/or physical health, said "do you want to be made well?" Like modern addicts, those suffering had turned into people who didn't recognize themselves, doing things they would otherwise never do. Jesus restored them to themselves. Permanently.

The first step in combating this epidemic is being willing to talk about it openly, without shame. The second step is getting people who are ready the help they need: be it detox or 12-step meetings or a sacred space to feel that God's love is real and specifically for them.

We are the body of Christ in the world, the only one He has left. How will we receive people who are actively using, who need our love, who need us to say "Do you want to be made well?" and then lead them to the source of real healing, without judgment or expectation? Can we receive them just as they are, without one plea, every Sunday, even if they go back to using Monday through Saturday—and jump for joy if even one person is made well because of our ministrations?

(the meditation concludes with a description of the practices at the author's church)

At our church, on every communion Sunday which is also a Sunday when we especially welcome alcoholics and addicts, our invitation to the table goes something like this:

Beloved, this table has been set for you. This meal has been prepared for you. It doesn't matter who you are. It doesn't matter what you've done. It doesn't matter if you're an old-school, congregational teetotaler who has never even tasted a drop of alcohol. And it doesn't matter if you're an alcoholic. Or if you're a heroin addict. It doesn't matter if you've overdosed and are still using. It doesn't matter if your last hit happened just before you walked in the church door. This is the table of love and grace. And all of us will come to it together – sharing one another's pain and knowing that all of us – all of us, no matter who we are – need the healing and the forgiveness that can be found in this meal.

This is not our table, it's not First Church Somerville's table, it's not the United Church of Christ's table. This is God's Table and all are welcome here. The bread is vegan, the cup is non-alcoholic, gluten-free crackers are available – let nothing stand in your way, because this feast has been set for you.

Prayer

God of the sober and the still-addicted, in our communities real church is happening every day of the week, with bad coffee and good testimony, at the AA meetings in our church basements. Let our sanctuaries upstairs be just as ready to receive your hurting people with radical, nonjudgmental love and real help. Amen.

The article is from the United Church of Christ's on-line Daily Devotional of May 31. The author, Rev. Molly Baskette, is Senior Minister of First Church Somerville UCC in Somerville, Mass, and author of the book ***Real Good Church: How Our Church Came Back from the Dead and Yours Can Too.***

Contributed by Rev. Sally Wile, M.Div.
Spiritual Care Coordinator
University Hospitals Seidman Cancer Center

News of Our Church Family

Graduations

We have received word of several graduations this spring.

Kevin Ball received an Associate of Arts degree in nursing from Lorain Community College on May 17.

Eric Brock graduated from the Massachusetts College of Art & Design (MassArt) in Boston with a major in Illustration. You may see some of his artwork on his website (www.ericbrock21.com). He plans to stay in Boston and working as a freelance artist.

Megan Muller-Girard graduated from Shaker Hts. High School and will attend Towson University in Towson, MD.

Birth

Theodore Ming Tai Tan (Teddy), son of Sarah and JT Tan, was born June 3. Teddy is welcomed by his siblings Esther and Jackson.

Marriage

Brittany Lustic and Austin Seigneur were married June 10, 2014 on Fripp Island, South Carolina. Dr. John Lentz officiated. Brittany is the daughter of Julie and Gary Lustic.

New Contact Information

Mary Ball: 216-255-0842 (her only telephone number)

Charity McDonald: 437 East 157th St, Cleveland OH 44110

This is also Rachel's summer address

Rachel McDonald: 216-272-0555

July Ushers

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

August Ushers

Robyn Hales, Paula Harvey, Tom Harvey, Jason Hidek, Diane McFiggen, Tom McFiggen, Dick Peterjohn. Roger Heineman, Head Usher

Care Groups

The Jerusalem CARE Group will be responsible for meeting members' needs during July, and the Calvary CARE Group will serve in August. 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:

Pat Musick, Deacon leader

Doris Brandt

Ruth Brickel

Lucy Conde

Monita Franklin

Chris & Daniel Fuller

Brett & Annette Himes & family

Cindy Fink, Kemp Jaycox & family

Jack & Shelly Jesberger & family

Matt & Jacquelyn Knoch

Jim Manista

Jane Melbourne

Sam & Lauren Miller

Pat & Hal Musick

Richard Obermanns

Karen Parker

Dustin & Dacia Prins & family

Carol Scott

Steve Sedam

Damos & Dele Solaru & family

Marjorie Thomas

Mark & Carol Wedell

Anne Wilson

Julie Wolfram Smith

Nancy Wyss

Robert & Julie Ann Yoe

Members of the Calvary CARE Group are:

Jenny Himmelman, Deacon leader	Paul Jennings
Kevin & Brittani Ball & family	Charlie Kahn & Gale Poor
Nancy Burcham	Florence & Ronald Klein
Bruce & Beverly Cameron	Fred & Joann Lafferty
Paul Cary, Sue Yelanjian & family	Patricia Ludwig
Jordan Dail	Daryl Musick
Kay Dunlap	Jeremy Ryman & Diane Moyer & family
Bill Finn & Rachel Martinez-Finn	Marissa Sherman
Tim & Carol Gifford	Dwight & Margie Stauffer
Ajah Hales	Sampson Tedunjaiye, Victoria
Robyn Hales	Sampson & family
Judy Hammer	Lee & Cathi Thomas
Chris Henry	Beryl Williams
David & Anne Hunter	Bob & Ginny Young

Please remember these homebound members in your prayers:

Dick Bloomquist, Bill Currie, Ruth Brickel, Pat Drake, Marge Drollinger, Betty Farnfield, Emelia McGuire, Joyce Peters, Elaine Tapié

Please pray for those with ongoing prayer concerns:

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

Volunteer Hours in May

The office volunteers – Nancy Grube, Beth Zych, Jane Ishler, Cathy Ghiandoni, Anne Smith, Elspeth Peterjohn and Joan Bacon; plus Peg Weissbrod and TOWER collators Marilyn Wilk and Gale Poor – worked a total of 47½ hours in May. Thank you all!

The Group in July: Lake County Captains Game

The Group will watch Lake County Captains play the Great Lakes Loons (LA Dodgers) on Saturday, July 12 at 7:00 pm. As an added bonus there are post-game fireworks. Please contact Jane and Chuck Ishler (216/382-7590 or chasish@yahoo.com) to reserve your spot. Payment of \$9 per person is due by Sunday, June 29.

Sundays in July and August

- 9:00** Child care begins
Bible Study (July)
- 9:30** Continental Breakfast
Summer Choir (July)
- 10:00** WORSHIP
Summer Pathways (gr. 1-6; July 13, 27; August 10, 24)
- 11:15** Coffee Hour
- 4:40** Labre Project (July 13, 27; August 10, 24)

<p>July 6 10:00 Worship: Baptism of Sophie Jean-Mary 11:15 Practice Sabbath: Creating a Sabbath Covenant 5:00 Family Promise host week begins</p>	<p>Genesis 24: 34-48, 42-49, 58-67 Psalm 45: 10-17 Romans 7: 15-25a Matthew 11: 16-19, 25-30</p>
<p>July 13 9:00 Car Wash (fundraiser for mission trip)</p>	<p>Genesis 25: 19-34 Psalm 119: 105-112 Romans 8: 1-11 Matthew 13: 1-9, 18-23</p>
<p>July 20 11:15 Practice Sabbath: Sabbath as Resistance Blood pressure check</p>	<p>Genesis 28: 10-19a Psalm 139: 1-12, 23-24 Romans 8: 12-25 Matthew 13: 24-30, 36-43</p>
<p>July 27</p>	<p>Genesis 29: 15-28; Psalm 105: 1-11, 45b Romans 8: 26-39; Matthew 13: 31-33, 44-52</p>
<p>August 3</p>	<p>Genesis 32: 22-31; Psalm 17: 1-7, 15 Romans 9: 1-5; Matthew 14: 13-21</p>
<p>August 10</p>	<p>Genesis 37: 1-4, 12-28; Psalm 105: 1-6, 16-22, 45b Romans 10: 5-15; Matthew 14: 22-33</p>
<p>August 17 11:15 Blood pr.check</p>	<p>Genesis 45: 1-15; Psalm 133 Romans 11: 1-2a, 29-32; Matthew 15: 21-28</p>
<p>August 24 7:00 One Church, One Book</p>	<p>Exodus 1:8 - 2:10; Psalm 124 Romans 12: 1-8; Matthew 16: 13-20</p>
<p>August 31 Last Summer Sunday</p>	<p>Exodus 3: 1-15; Psalm 105: 1-6, 23-36, 45b Romans 12: 9-21; Matthew 18: 15-20</p>

Please thanks all who work to make Abundance
Food Pantry and lunch such a success,
especially:

Paul Jennings, Mike Glaros
Barb Cloud, Kathy Hanna-Stauffer
Rosanna Sprague, Carol Hopkins-Lutz
Grace Uhle, Beth Zych
And all their loyal helpers

The church phone number is 216-321-2660.

Our website is **www.fhcpresb.org**

Emails and extensions for the staff are as follows:

John Lentz, pastorlentz@fhcpresb.org, ext. 200

Clover Beal, pastorbeal@fhcpresb.org, ext 201

Anne Wilson (music), annew@fhcpresb.org, ext 208

Becky Austin (financial): beckya@fhcpresb.org, ext. 203

Lynda Bernays (office administrator), and all other email:
office@fhcpresb.org, ext. 202

Custodians' cell phone: 216-217-5257

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Check out the website

www.fhcpresb.org

Come and see!