



Reaching Heights

A Newsletter of Heights Christian Church

VOLUME 26, NO. 5

November, 2015

WORSHIP WITH THANKSGIVING

November 1

All Saints Day and we will remember and celebrate the saints of the church in our worship service.

November 8 **Pulpit Exchange with Rev. Peter Faass**

Pastor Roger will be doing a three way pulpit exchange with two other Shaker Heights clergy. The Rector at Christ Episcopal Church will be at HCC.

November 15 **Pulpit Exchange with Rev. Daniel Budd**

Senior Minister at First Unitarian Church of Cleveland will be the preacher of the day.

Pastor Roger will be preaching at each of their churches on those Sundays. All will be using Mark 12:38-44 as their scripture text. More information about Rev. Faass and Rev. Budd is below.

November 22 **Commitment Sunday**

Come be part of the celebration as we gather to give thanks for the rich blessings we receive and bless our financial commitments to the ongoing work and ministry of Heights Christian Church.

November 29 **First Sunday of Advent and Family Fifth Sunday**

OUR "PULPIT EXCHANGE" GUEST PREACHERS

The *Rev. Peter Faass* is the rector of Christ Episcopal Church in Shaker Heights, where he has served since August, 2006. Prior to coming to Ohio, Peter served parishes in New Hampshire and Connecticut. He graduated from the General Theological Seminary in New York City in 1999 and was ordained a deacon in June of that year and priest in December. He is married to Anthony Kastellic. In addition to his parish duties, Peter is active in the Diocese of Ohio, currently serving on Diocesan Council. When he is not engaged in ministry, Peter enjoys walking/hiking, gardening, reading and cooking.

The *Rev. Daniel E. Budd* is the Parish Minister of the First Unitarian Church of Cleveland where he has served since 1999. Ordained in 1979, he has served churches in Vermont, Texas, and from 1984-1999 in Buffalo NY. Mr. Budd has served on the Planned Parenthood of Greater Cleveland Board, and now serves on the Community Leaders Council for PP of Greater Ohio. He has served on the nationwide advisory group to the Clergy for Choice Network of the Religious Coalition for Reproductive Choice, as well as a term on the Board of Directors for InterAct/Cleveland. Currently, Mr. Budd participates in Greater Cleveland Congregations, and is President of the Board of Jung Cleveland. He is married to the Rev. Patricia Sheldon and finds relaxation and renewal in poetry, depth psychology, music and cooking.



DON'T FORGET

- ▶ to turn your clocks back before going to bed Saturday night (10/31)
- ▶ to change the batteries in your smoke detectors

Along The Path...



Over the summer I started doing yoga on a pretty much weekly basis. Debbie has been doing yoga for several years at the Atma Center in Cleveland Heights and when they offered a free class (and in a moment of weakness) I said I'd go along. That got me started and once my muscles started to stretch a little and I learned some of the poses I began to enjoy it.

Then along came September and the start of our program year with its many meetings and events and yoga has just about stopped for me. This is in no way a complaint. I could easily order my life a little differently and get to yoga once a week – it just hasn't been a big enough priority for me. But what I realized, when I recently had a free night and went again, is that I really missed it. And what I missed most was the practice of "yoga nidra," a deep state of relaxation that is restorative for mind, body, and soul. It is just 15 minutes of a 75 or 90 minute class, but it is a spiritual practice that leaves me feeling refreshed and energized.

There are many spiritual practices that we can (and do) engage in; prayer, meditation, etc. But if you are feeling a little burned out or spiritually dry, maybe it's time to try something new or go back to something that you've stopped doing, because our spirits, just like our physical bodies need regular exercise. As for me, I'm going to find a way to add yoga nidra to my regular routine.

Regan

...from your Prayer Ministry



What is YOUR image of God? When you pray, do you talk to "someone"? A "someone" with gender and specific racial features? ... Or maybe, "The universe"? Our relationship with God is so individual, so personally unique; it stands to reason that each of us has a very particular image in mind but also that that image might change according to our needs. Scripture scholar, Walter Brueggeman stated in a talk on "God image" that the image portrayed in many books of the bible, and indeed, in our own personal lives, is an image that arises from our own creative imaginations according to our need (or the needs of the people at the time of biblical writing). For example, he says that the God of the Israelites needed to be greater and more powerful than tough, demanding Pharaoh, so the God depicted in those early writings was often a demanding, sometimes punitive God.

Jesus gave us new insights when he said "I am in the Father; He and I are One. (Jn.14:10) as you and I are One. (Jn.14:20) God is a part of us. God is waiting for us to recognize that and allow this great power/person to be merged with our very being. He IS for us in whatever way we need because of "his", "her", "it's" enormous, immeasurable, unique love for us. Richard Rohr puts it this way: "No idea of God is God of itself." It is the experience of God that grounds us and opens us simultaneously.

A good friend said something I thought was profound and comforting. She said something like: "It's almost like God keeps changing his mind about who he is, or what He can offer us." In other words, our imaginations can recognize the kind of God and feel the strength, comfort, consolation etc. we need at every moment of our lives.

Have you ever felt you just needed to hold God's hand? Sit on his knee? Or just sit quietly with you while you cry, or try to calm your anger, embrace you when you are lonely? ...Or encourage you when you feel timid, or simply BE with you when you communicate wordlessly, and just "know Him"?

... 'til next time, try to be conscious of the many aspects of Our God's multiple images, and smile gratefully

A PRODUCTIVE WORKDAY

It was a misty 50 degree October morning. Scott Phelps, Lloyd Ackerman, Steve DiLauro, and Paul Lund cleaned up the front door flower beds, while Jim Nicks, Jim Donald and Don Troha cleaned off the second floor and garden shed roofs, and reinstalled our roof mounted heat cables for this winter. It was cold day but the coffee was hot. Thank you to all the volunteers.
Jim Nicks

MISSIONS MINISTRY

The Men's Shelter at 2100 Lakeside is looking for new or gently used chess and checkers games. If you have games that you would like to donate please contact Lloyd Ackerman at 216-921-1531 or Andrena Sharp at 216-848-0108.



Volunteers from Outreach, CWF, and Peace and Justice are teaming up to facilitate the collection and distribution of items for Refugee Kits. More information about where to leave donations will be available soon in the Sunday bulletin.

Also, a team of volunteers will prepare and serve a meal for children and parents at Family Promise on November 4th for their Job Club training session.

MOVING FORWARD

Minister Michele L. Moreland registered for and completed two training courses for Ministerial Standing required for Ordination by the Ohio Regions Commission on Ministry.

The separate courses were "Anti-Racism," and "Ethical Boundaries." Both were held at Camp Christian on October 28 and 29, 2015. She may bring some homework assignments requiring our participation, let us stand ready at the gate.

MEASURING WHAT MATTERS CAMPAIGN BEGINS



We are constantly being invited to see how we "measure up" in the world in which we live. Each time that happens, it is an opportunity to see what really matters to us.

What is our yard-stick? How do our values come into play in determining what is most important and what doesn't really matter at all? Is that in which we are investing our time, our energy and our resources worthy of us and what we believe?

During the next few weeks, we are going to consider what ultimately matters to us and what it is that has the longest lasting impact for "good" in our lives and in the world around us. As you might expect, we will be asking serious questions about our faith and the role of our congregation as a force for transformation and work that God is doing in our midst. The Gospel matters to us, and we matter to God!

In late October we will begin our annual pledge campaign, Measuring What Matters, as a preparation for determining our investment in the ministry and mission of Heights Christian Church. Commitment Sunday will be a part of worship on November 22nd and we hope you will be intentional about being with us, not simply to offer your estimate of giving card, but to join us in enthusiastically taking our first steps into the mission and ministry of our congregation in 2016.

God has done, and continues to do remarkable things with us – things that matter! Your prayers and your participation are keys to helping us get to the next level of discipleship. We know that when the early church gathered, they did so with glad and generous hearts and that there was no need among them (Acts 2). We desire such a spirit to be among us. We look forward to "measuring what matters" with you as we consider what it means to be generous.

Valencia McMillan & Jane Troha
Stewardship Campaign Co-chairs

BECAUSE YOU CARE

Illness—Surgery—Hospitalization

Jani McWilliams	Bob Hassler	Billy Dunn	Sean Crowley	Allen Crowley
Jan Everett	Jesse Hall	C.D./Lois Clark	Shirley Reading	Janelle Eccleston
Joe Feudi	Patty Monroe	"Cas" Castleberry	Lyubov Nikolenko	Henry Sharpley
Lisa Peabody	Alma G. Jones	Nancy Wilson	Joe/Barbara Tolley	Dorothy Mathis
Sidney Mallory, Jr.	Peggy Yeager	Paul/Shirley Hummel		

Deaths

October 5th— <i>Scott Lemmon</i>	Father of Linda Durham/Bobbi Phelps
October 9th— <i>Rita Brady</i>	Mother of Colleen Brady

SUNDAY SCHEDULE

10:00 a.m. **Worship Service**
11:00 a.m. **Coffee Fellowship**
11:30 a.m. **Education Hour**

(Nursery & Preschool care provided)

STAFF

Minister *Rev. Roger D. Osgood*
Assistant Minister *Min. Michele Moreland*
Minister of Outreach *Rev. Joan Brown Campbell*
Director of Music *Dale Hukill*
Director of Gospel Music *Willie J. Wright, Jr.*
Office Manager *Kese Webb*
Facilities Coordinator *Mike Faust*
Childcare *Rosie Scott*

OFFICERS

Moderator *Jane Troha*
Vice Moderator *Valencia McMillan*
Secretary *Grace Loudenstein*
Treasurer *Neil Chase*
Assistant Treasurers *Mike Singerman*
 Jim Donald

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Or find us on facebook at [HeightsCC](https://www.facebook.com/HeightsCC)



CALLING ALL WRITERS, POETS ARTISTS AND PHOTOGRAPHERS

We need your help in inspiring our community! Submit your original writings, poems, art, and photographs of how you want our world to be. These should reflect themes of peace, justice, compassion or community building. Digital works can be submitted by e-mail to: specialprojecthcc@gmail.com. All submissions can also be left at the church office.

Deadline is Dec.15, 2015. The Peace and Justice Committee will review and select the material that will be printed in an Anthology for March. 2016.

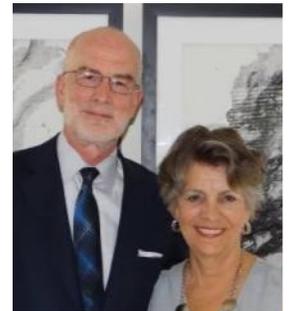
SHHS ALUMNAE HALL OF FAME

Congratulations to former HCC member, Matt Guerrier, pitcher for the Minnesota Twins, for his induction into the Shaker Heights High School Alumnae Association Hall of Fame at an assembly held on October 12, 2015. discover his stats and accomplishments on-line at Shaker.org.



WE WELCOME THE EGGERT'S TO HCC

David and Rev. Kris join HCC on October 25th. Rev. Kris is the former pastor of Disciples Christian Church. She and her husband David are co-founders of the non-profit God Before Guns.



COMPOSING WORKSHOP HELD OCTOBER 25TH

Cuyahoga County Master Gardener, Barb McGinty



EARLY NEWSLETTER DEADLINE



The **FIRM** deadline to submit articles for December's Reaching Heights will be **Thursday, November 12th**.

Let's get it done and out of our minds so that we **all** can enjoy our families during the holiday season.

MARK YOUR CALENDAR!

Fair Trade Sale
Sunday, December 6th
During Coffee Fellowship

Cooperative Preschool Students
Walking the Labyrinth
on a Beautiful Fall Day

