

October 14, 2018 | Volume 56 Issue 2

Minister on call for pastoral emergencies from Monday, October 15 to Wednesday October 17 is Rev. Dr. Noe Juarez 717-344-1281 & Rev. Dr. Roger Rabey 717-823-2672 from Thursday, October 18 to Sunday October 21

#### OFFICE HOURS

Mon - Thurs 9:00AM - 5:00PM

Friday 9:00AM - 4:00PM

#### WORSHIP TIMES

10:00AM - Traditional Worship  
in the Sanctuary

10:15AM - Contemporary Worship  
in Fellowship Hall

12:30PM - Lighthouse Imani Church  
in the Lounge

#### PASTORAL STAFF

Senior Pastor/ Head of Staff:

Rev. Dr. Roger Rabey

Assoc. Pastor for

Congregational Care:

Rev. Dr. Ann Osborne

Assoc. Pastor for Mission &  
Family Ministry:

Rev. Dr. Noé Juárez

Parish Assoc. for Visitation:

Rev. Dr. Robert Burns

#### Please Recycle!

Finished reading the  
Heartbeat already? Don't  
throw it away! Please place  
them at the Welcome Center  
in the Narthex.

Have an announcement or story  
idea for The Heartbeat? Contact  
[bulletin@highlandpc.org](mailto:bulletin@highlandpc.org)

For more information please  
visit our web site:  
[www.highlandpc.org](http://www.highlandpc.org)

#### SILENT AUCTION BEGINS THIS SUNDAY!

The silent auction begins this Sunday. Bidding sheets will be out each Sunday until the Holiday Fair on Saturday, **November 10**. Winning bids will be announced on that day. Check out the Gift Certificates that have been donated:

*Sight and Sound*

*Spooky Nook*

*Regency Ice Rink*

*High Tea in Mount Joy*

*Senior Life Institute*

AND

*2 nights at Cherry Blossom Bed and Breakfast (pictured here)*



All proceeds will be divided among 3 mission projects: 1. The Lancaster Council of Churches' Food Bank, 2. New High School in El Salvador and 3. scholarships for children and families to the "new" Mars Hill.

#### Finding Channels of Grace and Care

Learn how to navigate the challenges of aging at this special seminar on Saturday, **Oct. 27** at Otterbein United Methodist Church from 8:30am to noon. Topics to be covered are: Necessary Family Conversations, Personal Financial Organization, Coping with Losses, and Maintaining Brain Health. Call 717-394-3755 to register by Oct 20th.

#### Stories of Resilience: Un-silencing ourselves - a four-part writing series

Our nation has witnessed the power of stories to bring to a halt a judicial process and turn the national attention to the trauma and suffering survivors have endured. This is a historic time for women to be un-silenced by writing and sharing our own stories of survival and resilience. This writing series will focus on breaking the chains of trauma and writing in a way that will help us develop self-compassion and affirm our identities as survivors. You do not need to be a writer, nor do you need to know your full story to begin this project.

Led by Jane Hollinger Clark, Ph.D. who has taught writing and journalism courses at several colleges. She spent several years as a journalist, and is a spiritual director.

Introductory Session on Tuesday, October 16 from 6:30 - 8:15 PM

Stories of Resilience will meet Wednesday nights from 6:30 - 8:15 PM, January 9th & 23rd and February 13th & 27th, 2019

Both of these events will be held at Samaritan Counseling Center, located at 1803 Oregon Pike, Lancaster, 17601. To register for one or both of these free events contact Lizz Durbin at: [LDurbin@scclanc.org](mailto:LDurbin@scclanc.org) or 717-560-9969 ext. 254.



## Adult Christian Education

### Sundays

#### **Faith Café**

Room: 105, from 11:15-12:15  
A discussion group that looks at current topics through the lens of scripture and our faith. We use a newsletter, the Wired Word to provide topics and discussion points.

**Prayground has started** and will be offered in each service. If you wouldn't mind giving the children their sermon activity sheets and then sitting with them during the sermon please let Laurie Juarez know - [lauriejuarez@highlandpc.org](mailto:lauriejuarez@highlandpc.org). She will need a few willing people in each service to do it 1-2 times per month. Thank you!

**"The Spiritual Lives of Great Composers"** facilitated by Jerry Rothacker in the Hudson Room

**Soul Keeping** - Sandra and Laura will lead this small group study class in the Upper Room during Sunday school hour.

**The Gospel of Mark Kerygma Bible Study** facilitated by Barb Droz in room 208

## Fourthnite

**Next Fourthnite events:** October 28th & November 25th.

**Please RSVP to [noejua-rez@highlandpc.org](mailto:noejua-rez@highlandpc.org)**



**What is 2nd Sunday?** We invite all of our parents of young children to attend! K-3rd grade will meet from 4:30-5:30 while the parents attend a Bible Study or listen to a special speaker. This Sunday (and next month!) we are excited to have one of our parents, Joe Pritchett speaking on Mindfulness and Spirituality. He is a professor and we are excited that he is sharing his gifts with us! A nursery is provided for children under Kindergarten. Parents with older children may attend and their children can assist me. From 5:30-6pm everyone gathers to eat dinner (\$2 per person). From 6-7:15 our TNT group (4th/5th graders) meet together - parents can leave or stay on campus.

## Upcoming Events

**The 46<sup>th</sup> Annual Lancaster CROP Hunger Walk** will take place Sunday, **October 21** starting and ending at the Lancaster Church of the Brethren, 1601 Sunset Ave., Lancaster. Registration begins at 12:30 PM and the walk starts at 1:30 PM. This year's event will also include a 5 K Fun Run; food and music will be provided after the walk/run. Stop by the CROP Hunger Walk table in the Narthex to register, to put a donation in the "CROP Hunger Walk Sneaker" or for more information.

**Trunk or Treat** is coming up!! On **Oct. 28** from 5-6:30 we will be hosting hundreds of kids from the community here at highland. If you would like to decorate your trunk (or be inside! we are doing both this year), then please let Laurie Juarez know. [lauriejuarez@highlandpc.org](mailto:lauriejuarez@highlandpc.org)

**Flourish in Fruitfulness Small Group Begins in November** - If you have recently had a major loss that has you reeling with grief, sadness, feelings of depression or loneliness, this small group gathering is designed for you! Beginning Sunday, **Nov. 4<sup>th</sup>**, the group will meet in the Hudson Room each Sunday from 11:15 a.m. to 12:15 p.m. to share, pray and learn how to navigate the journey through Thanksgiving, Christmas and New Year's celebrations while replacing grief and loss with new expectations and opportunities. Plan to join this small group! For more information contact Dr. Ann Osborne at [annosborne@highlandpc.org](mailto:annosborne@highlandpc.org) or call her at 717-327-6199.

**The Holiday Fair** is just around the corner. We will be accepting house plants and cuttings. Now is the time to cut, and root, clean out, etc. Plan to bring plants to Highland just before the fair on **Nov 10**. All proceeds go to the Christmas bags Presbyterian Women deliver to Elderwood Senior Living in Lancaster City. Attention all crafty critters: If you attended any of the crafty critter workshops, now is the time to bring in any crafts you made for the upcoming Holiday Fair. You can drop them at the office or see Pat Rankin or Barb Droz on Sunday mornings. Other homemade crafts are most welcome. All craft table proceeds go to the purchase of new socks and undies for the Lancaster County Council of Churches.

## Volunteer Opportunities

**Domestic Violence Shelter Volunteers** - Five or six volunteers are needed to help weed a flower bed and plant some seasonal plants in window boxes, for Domestic Violence Shelter. The date(s) are either Saturday, **October 20** or Sunday, **October 21**. Both days we would start around lunchtime. Time we will be determined based on volunteer availability. You would need to bring gardening gloves and gardening supplies (shovel, rake, etc..) if you can. Please contact Barbara Kurtz via email at [rinkbus@comcast.net](mailto:rinkbus@comcast.net) or at 717-471-8252. Feel free to call or text. After 4:30 is the best time to reach me due to my work schedule.

**Sunday Supper** - Highland will be sponsoring another Sunday Supper at Arch Street Center on **October 21**. If you would like to contribute by doing some grocery shopping, baking a dessert, or helping to serve the meal from 4:00-5:30, your service would be welcome! For details, please contact Linda Neumann at [lgneu56@gmail.com](mailto:lgneu56@gmail.com) or 717-371-4427. Thank you!

**Coffee Hour** - Who doesn't love coffee and visiting with friends on a Sunday morning? Well, I enjoy the visiting, but not the coffee. I'm happy with the lemonade. The coffee hours are hosted by volunteers. This year we are asking various groups to take care of coffee for a month. The Deacons will be doing October. We need people to do Nov. and Dec. January is taken care of by the Memorial Garden Committee and/or the Mary Martha Bible Study Group. March will be Global Outreach and April, Highland Quilters. When will your group help? Please contact me when you have talked to your group. If you are an individual, please sign up on the bulletin board outside the kitchen in the lounge hallway. The group in charge for the month will get in touch with you. Who doesn't love a volunteer? I know I do. Please volunteer. We need you.

## Announcements

**Have an artificial Christmas tree to give Highland?** - The Decorations Committee is looking for a few artificial Christmas trees that are in good condition. If they are pre-wired with lights, they must be in working order. If you have such a tree, please contact Dr. Jerry Rothacker at 717-940-1206 or [grothacker@aol.com](mailto:grothacker@aol.com).

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**Apartments Now Available at Long Community at Highland** - The Presbyterian Senior Living Community of Long Community is now renting one and two bedroom apartments with a 'no entrance fee approach' for individuals aged 55 and older. Both independent living and personal care options are available. Long Community also offers short-term respite stays in Personal Care that are affordable and easy to arrange. It provides the perfect place for people who need a comfortable home-away-from home when you are out of town or just need a short break. For more information, contact Senior Sales Manager Jennifer Sciore at 717-381-4914 or [jsciore@psi.org](mailto:jsciore@psi.org) to rent your new apartment.

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**Highland Women:** Looking for a monthly Bible Study? All are welcome. We offer two options for studying each year, using the PCUSA developed curriculum used by our denomination worldwide. This year the title is *God's Promise: I am With You*. One group rotates leadership and meets on the first Wednesday at 11:30 in people's homes, followed by a lunch. The other group, led by Barb Droz, meets at 10:00 on the second Wednesday in Room 208. There is also the possibility of starting an evening study. Interested in any of these options? See Barb Droz or email at [gldroz@comcast.net](mailto:gldroz@comcast.net).

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**Gym Jam** - This year marks the 6th year of Gym Jam, Highland's community outreach toddler/preschool "open gym" program. We welcome kids from birth to school age and their parent/guardian every Wednesday morning from October 10 - April 17 9:30-10:30 in the Highland Gym. It's a warm, dry, safe, fun place where kids can run, climb, bounce, explore, and dance to the music while their grown up watches and interacts with them and the other adults. Evelyn Lisi, a member and Gym Jam alumni mom recalls "When you are overwhelmed with the important, but hard work of child caring, coming into the gym with upbeat music, plenty of fun and active stations for children, and other mothers to talk and laugh with, it is a great way to get through the middle of the week". Please join us for another great year!

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**Raise Your Hand!** - Here's your chance to say YES! To helping your church and your community. For the next four weeks before and after each worship service you'll find two **Mission Giving Trees/Boards** in the Narthex. There you can check out a variety of opportunities to try out a volunteer experience. Whatever your interests, whatever your age, you're sure to find a way to participate. Pick out a card, sign your name and contact information and you'll get a call with more information.

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**Interested in having a say about our Worship and Music at Highland?** - Both the Worship and Music Council (which covers mainly traditional service issues) and the Contemporary Worship Committee are looking for new members. If you would like to know more about what we do or would like to be a part of either committee, please contact Dr. Jerry Rothacker at [grothacker@aol.com](mailto:grothacker@aol.com)

## Stewardship Corner

From Hope in the Dark. A book by  
Rebecca Solnit

In Hurricane Katrina, hundreds of boat-owners rescued people—single moms, toddlers, grandfathers—stranded in attics, on roofs, in flooded housing projects, hospitals, and school buildings. None of them said, I can't rescue everyone, therefore it's futile; therefore, my efforts are flawed and worthless, though that's often-what people say about more abstract issues in which, nevertheless, lives, places, cultures, species, rights are at stake. They went out there in fishing boats and rowboats and pirogues and all kinds of small craft, some driving from as far as Texas and eluding the authorities to get in, others refugees themselves working within the city. There was bumper-to-bumper boat-trailer traffic—the celebrated Cajun Navy—going toward the city the day after the levees broke. None of those people said, I can't rescue them all. All of them said, I can rescue someone, and that's work so meaningful and important I will risk my life and defy the authorities to do it.

And they did.

It's kind of a get your boats time, but it's also a rebuild your levees time, and it's also time to address the climate change that drives the floods literally and in terms of this metaphor. You can mourn and organize. And there will always be lives, projects, communities, hopes, ideas worth fighting for. There are so many. In that sense we are rich. Our church through PDA is working around the world to rebuild the damage. We are sending teams to flood damaged areas in North Carolina and Indonesia.

This is who we are! Praise God who gives us the Strength, Perseverance and Generosity to share what we have.

## PW Book Group

Join us! The PW Book Group will meet on October 24, 2018 in Room 208 at 12:30PM to discuss *The Great Alone* by Kristin Higgins. For more information please contact Judy Eyster at 717-299-3327 or [jeyster02@gmail.com](mailto:jeyster02@gmail.com). We welcome visitors!

## Prayer List

Family of Irene Kimball  
Family of Phyllis Miller  
Family of Nancy Bowe  
Family of Kellie Harvey

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Charlotte Glover  
George Knapp  
Dorothy Witmer and Family  
John & Jan Fitzgibbon  
Kurt Adamire (Peggy and Glenn's Son)  
Jovianna Beam  
Barbara Arnold (Peggy Erhart's mother)  
Brayden Bair (John & Dorris Bair's great grandson)  
Jim Deily  
Howie & Bonnie Eckhart  
Addy Fenchak-Kutzner  
Jean Fontes & Children  
Linda Guimond  
Richard Hankel  
Audrey & Gene Hannum  
Elaine & Bill Johnson  
Jeff Klassen (brother-in-law of Jan & Joe Chestnutt)  
Peggy Koelsch  
Jayne (neighbor of Jan & Joe Chestnutt)  
Jean Rea  
Jeremiah (Kathleen Shuman's Neighbor)  
Ron Reese (Elizabeth Hess's brother)  
Nancy & Dave Roy  
John Sourber (Greg Sourber's dad)  
Craig & Jean Stearn  
Carol Wenger  
Sue Young  
Randy Zerr

## Staff Listing w/ Extension

Roger Rabey   Senior Pastor   226	Josh Witmer   Contemp. Music Leader   214
Ann Osborne   Associate Pastor   222	Mike Nolt   Church Administrator   224
Noé Juárez   Associate Pastor   213	Cassidy Godber   Communications Coord.   211
Robert Burns   Parish Associate	Donna Stettler   Facility Scheduler/Admin   210
Jenny Kutzner   Youth Director   228	Steve Smith   Facility Supervisor   225
Paul Thorlakson   Music Dir. & Organist   217	Alan Danthua   Custodian
Laurie Juárez   Children's Ministry   218	Mike Hutchinson   Groudskeeper
Joanne Weaver   Nursery Coord.	Amanda Smith   Housekeeper
Jonathan Lefever   Multimedia Info. Tech.   229	

All staff can be reached at their highland e-mail address.

**Example:** fullname@highlandpc.org



### Sunday School - Sunday Mornings 9:00-9:50AM

### Youth Group - Sunday Nights 5:30-8:00PM

- October 14th & 21st

- November 4th (No youth, high school retreat)

- November 11th (Sports & Jorts and then Youth)

### Trunk or Treat - October 28th | 6:30-8:00PM

*Decorate your family's car trunk and the best youth family's trunk will win a prize!  
If anyone is up for a really fun challenge they can decorate the back of the church van!  
(Contact Jenny to let her know)*

### Fall Party - October 28th, 5:30-8:00PM

*(Pumpkin Carving Contest, bring your own pumpkin and wear your best church appropriate costume)*

### High School Retreat - Reality Retreat, November 2-4

*Registration deadline is October 21st!*

*Cost is \$135 per person: Being held at Sandy Hill Camp along the Chesapeake Bay  
Contact Jenny to register: (jennykutzner@highlandpc.org)*

### Sports & Jorts—November 11th, 4:00-5:30PM

*This is the first official Sports & Jorts hangout for all youth bros and their friends, dads, brothers, uncles, etc.  
We will be playing football down at the softball field and everyone should wear their best pair of jorts (jean shorts)*

### YARD SALE

- We will have 2 Sunday drop offs after the service at 11:00 AM on October 28th and November 4th
- Drop offs of items can be done in room 206 (Next to the fellowship hall)
- Yard Sale Date: TBD