

# The Highlands

*The Church in the Highlands, White Plains, NY (914)949-2023 • June 2009 • Volume 18 Number 6*

## JUNE EVENTS AT THE CHURCH IN THE HIGHLANDS

### **CHILDREN'S SUNDAY & FAMILY WORSHIP**

**Sunday, June 7<sup>th</sup>  
10:00 AM Worship  
followed by a barbeque!**

**Bring your friends! Everyone  
Welcome!**

This year we are combining our Children's Sunday with our Family Worship Service. This unique worship service is created for children and their families with lots of movement, kid songs, bible stories, friends and faith!

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### **Come and Support our Softball Team: The Disciples of Jobu!**

In cooperation with our neighbors, St. Bart's Episcopal church we have created an ecumenical softball team! Join them and cheer them on at their games.

Wednesday 6/3 8:30 PM Gillie Field # 2  
Monday 6/8 5:45 PM, Delfino Field #1  
Monday 6/15 6 PM Gillie Field # 2  
Monday 6/22 5:45 PM Delfino Field #2

See the full summer schedule on page 2 or pick up a copy in the church office.

### **PUB THEOLOGY**

Melanie has been enjoying ecumenical community organizing with St. Bartholomew's Episcopal Church! The most imaginative project has been Pub Theology. At The Lazy Boy Saloon, the first Wednesday of every month, we seek an intelligent and intelligible way of talking about the transcendent, over a pint of beer. We seek authentic friendships, mutual encouragement, and collective joy. All friends of God's creation are welcome to participate in the conversation.

Wednesday, June 3, 7 PM  
At The Lazy Boy Saloon  
154 Mamaroneck Ave, White Plains

Go to [Meetup.com](http://Meetup.com) to sign up for Pub Theology or call Melanie for more information.

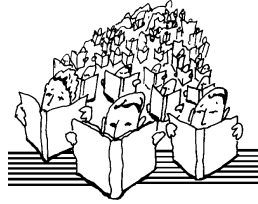
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### **COMMUNITY GARDEN**

If you haven't seen our community garden yet, be sure to come take a look! It is an enormous accomplishment and a huge asset to the community. Please look for the weeding and watering schedules in the social hall and sign-up to lend a hand. Those who contribute their time will get first dibs on produce along with discounted rates this fall!

## BIBLE STUDY

Bible Study meets on Tuesdays at 10 a.m. in the Wheelock Room. The class is taught by Rev. Miller. All who are in the Bible



Study Group encourage others to join us. We wish to ask everyone to take advantage of the excellent presentation that Melanie Miller gives. Be assured it is not necessary to be a Biblical Scholar to join the group. All seekers of knowledge and understanding of our faith will profit by attending the group.

## SUNDAY WORSHIP - 10 A.M.

June 7: Children's Sunday with family worship

June 14: Nesting in the shade

June 21: In the boat together

June 28: Hymn Sing!

## VIEWS FROM THE PEWS



Every Sunday and Thursday evening you may see Views From the Pews at 7:00 p.m. on cable channel 76 and on FIOS channel 45.

## SERVICE OPPORTUNITIES

We need you to play an important role in our worship services - to join the lay readers team contact Bob Gravely; to join the ushers team contact Rob Essick; to be a Communion server contact Mimi Nacario.

## FROM THE ALTAR GUILD

If you would like to order flowers to beautify the sanctuary for a particular Sunday, call our Altar Guild chair, Debbie Oleson at (914) 328-8453.

## DISCIPLES OF JOB: SOFTBALL SCHEDULE

Wednesday 6/3 8:30 PM  
Gillie Field # 2

Monday 6/8 5:45 PM  
Delfino Field #1, Lake St.

Monday 6/15 6 PM  
Gillie Field # 2

Monday 6/22 5:45 PM  
Delfino Field #2,

Wednesday 7/1 8:30 PM  
Gillie Field #2

Monday 7/6 5:45 PM  
Delfino Field #2,

Monday 7/13 5:45 PM,  
Delfino Field #2,

Monday 7/20 6 PM  
Gillie Field #2

Monday 7/27 5:45 PM,  
Delfino Field #2,

Wednesday 8/2 6 PM  
Gillie Field #2

Wednesday, 8/12, 6 PM  
Gillie Field #2

## FROM THE PASTOR'S DESK

### Canoe, Canoe?

No passion so effectually robs the mind of all its powers of acting and reasoning as fear.

**-Edmund Burke**

Be strong and of good courage, do not fear or be in dread. For it is the Lord your God who goes with you. He will not fail you nor forsake you.

**Deuteronomy 31:6**

Several summers ago I had the pleasure of spending five days on Upper Lead Lake, in Maine. My dog, Portia and I stayed in a little A-frame cabin with no electricity or running water. Although the conditions were primitive, the setting was spectacular. The cabin set about sixty feet back from the lake. Through the trees you could see the lake and Lead Mountain in the background. Near the rocky shore was a canoe and a hammock, both waiting to hold you and help you relax.

I spent a lot of time in the hammock. I took three Harry Potter books, *Year Two, Year Three and Year Four*, and read them all as I rocked in hammock. Now, when I think of Hogwarts, Harry's school, I envision it nestled in the majestic Maine mountains. The hammock was a great place to relax as I journeyed with Harry.

The canoe, however, holds more solemn memories. I've always loved canoeing. When I was a kid, my family used to go on overnight canoe trips down the historic Niabrara waterway. I have the best memories of our time on the river. We laughed and talked a lot. We stopped for picnics along the bank. We

always stopped to hike the half mile to Smith Falls. So, when the red "Old Town" canoe caught my eye I had to let it carry me over the waters of Upper Lead Lake.

The first time I went out in the canoe was with Kyle and Wyatt Tulloss. Their parents own the camp and they were spending a couple hours with me. We pretended we were Lewis and Clark and Sacajawea crossing the Rockies. All went well, we explored and survived beautifully.

The next day, I went out several times in the canoe and even took Portia with me. She did very well, although on a few occasions I thought her curiosity might tip the boat. It was on the third day that the red Old Town canoe, Upper Lead Lake and the wind conspired against me. I decided to paddle across the lake, alone. I decided a curious dog, so far from shore, might be a bad idea. If only I'd known the whole thing was a bad idea!

I headed across the lake filled with excitement and energy. The scenery was amazing. I was surprised how easily and quickly the trip was going. The mile across the lake seemed to disappear in no time. I realized why when I tried to turn the canoe around in order to paddle back. At some point in time, the wind had picked up. I was suddenly aware that I was surrounded by white caps. It took a little longer to realize that no amount of frantic paddling would get me back across the lake. I panicked. I paddled harder and faster. I began to sweat. The dock I departed from minutes ago seem to be unreachable. My mind was racing with questions. How would I get back? Why hadn't I worn shoes? What had I been thinking? Why hadn't I been more aware of the weather before I got in the boat?

I stopped paddling, took a few deep

breaths and said to myself, “What’s the worst thing that could happen here? I might get stuck here for hours, but that’s the worst thing that could happen. You’re going to be fine. Calm down and figure out what to do.” My solution was simple, but time consuming. I paddled the extra three miles around the shore of the lake. As I paddled, I took in the amazing scenery and had plenty of time to think! I turned out to be a wonderful afternoon, except for the blisters!

On occasion, life can be like a canoe trip gone bad. We find ourselves in situations that are less than perfect, sometimes even awful. I’ve discovered that if I take the time to calm down and ask myself, “How did I get here? How can I turn around and get back?” things usually turn out alright. Stepping through fear, facing failure and getting to the beauty of life is what God calls repentance. Going through this process is part of being human. The process is both painful and beautiful. The blisters hurt for a while, but heal eventually. The scars are reminders of mistakes made and lessons learned.

Been canoeing lately? I highly recommend it!

Peace, Melanie

## ENVIRONMENTAL JUSTICE

### **Organic Lawn Care Courtesy of “Green Faith”**

Increasing numbers of property owners are learning to take care of their lawns without using synthetic chemical fertilizers that are bad for the environment. These chemicals leave a

toxic legacy by seeping into groundwater and polluting our drinking water.

Here are some suggestions for keeping your lawn without using toxic chemicals.

1. Set your mower blades higher. Allowing your grass to grow to a height of 3” or more makes it difficult for weeds to survive.
2. Use organic fertilizers. These fertilizers, widely available at garden supply stores, fertilize your lawn without adding toxins to the environment.
3. Aerate and Thatch. Lawns grow better if the earth is well aerated and if dead, accumulated thatch is removed from around the base of grass stems. Raking your lawn periodically helps with this.
4. Plant native shrubs. These shrubs often attract birds, which can reduce the numbers of pests attacking your lawn.

Experience has shown that it is difficult to achieve a classic, deep-green lawn without the use of synthetic chemicals. The steps recommended above will help, but GreenFaith encourages you to find new ways of creating beauty on the land surrounding your home or house of worship. Plant native species or alternatives to grass such as pachysandra. Take pride in knowing that by replacing or modifying your lawn, you are helping build a new, sustainable relationship between people and the land.

## NURSERY SCHOOL NEWS

The school year is soon coming to a close as we enjoy our picnics and trips and the four's practice for their long-awaited graduation.

It has always been a pleasure to work with a truly dedicated staff and to spend time with the wonderful families we enroll here every year.

As I move on to other projects and plans, I wish the Church many fruitful and fulfilling years.

With all good wishes,

Lynn Fargo

## CHURCH SCHOOL NEWS

### FOR JUNE'S CLASSROOM

**B.I.G.** Theme: Wanted: Heroes for God

**B.I.G.** Idea: We believe that God will help us have the courage to do hard things.

June 7 – Children's Sunday! Stay for a cookout following family worship!

June 14 - Joshua and the Battle of Jericho

June 21 - The Fiery Furnace

June 28 - Esther

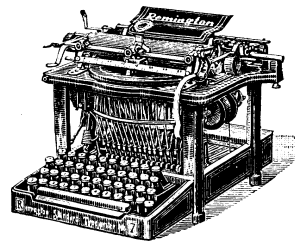
## SUNDAY BLOOD PRESSURE SCREENINGS

You may have your blood pressure taken during coffee hour in the Seashore Room on the Sunday listed below. Lynn Casinelli, Mimi & Tom Nacario and Leila Ngoho are RN's who offer us this service.

**June 14, 2009**

## SUBMIT AN ARTICLE TO THE HIGHLANDS

Send or e-mail ([info@churchinhighlands.org](mailto:info@churchinhighlands.org)) your article to the church office marked "For Highlands."



Be sure to include your **name and phone number**. Any articles submitted after the 15th of the month will appear in the next issue of the Highlands.

## CHURCH LEAGUE COOKBOOK

The Church League needs your recipes for their community garden companion cookbook. They are accepting "green" all natural, seasonal and organic recipes.

## FALL TAG SALE

Please mark your calendars for the Church in the Highlands fall tag sale on Saturday and Sunday, September 12 and 13. Remember! – Your trash is someone else's treasure! While cleaning out your homes, drop off the items you've outgrown. Thanks!

## BOARDS

In an effort to more effectively address the needs of the congregation, we are listing the Board chairs and members. If you have a question or concern, please contact the appropriate Board. If you are unsure of who to contact, please call the office for assistance.

### BOARD OF TRUSTEES

For buildings, grounds and financial needs:

Barbara Loucks, chair

Mareda Graves	Linda Grossman
Leslie Nacario	Everett Parker

### BOARD OF DEACONS

For spirituality and worship needs:

Linda Davies, chair	Polly Wolff
Chuck Squires	Debbie Oleson
Robert Graveley	Wendy Busch
Mimi Nacario	Lisa Griffin
Rob Essick	

### BOARD OF RELIGIOUS EDUCATION

For educational needs:

Lorraine Buonocunto, chair

Adeline Vaughn	Ron Porta
Midge Graveley	John Busch

### BOARD OF COMMUNITY & WORLD SERVICE

For benevolences:

Dian Garnsey, chair	Marty Lent
Rosemary Decker	Barbara Hubbell
Laurie Flynn	

### STEWARDSHIP COMMITTEE

For annual pledge drive and stewardship:

Mike Myllek, chair	Ihor Szkolar
Bob Grossman	Tom Nacario
Doug Johnson	

### NOMINATING COMMITTEE

For annual ballot and filling board and committee vacancies:

Linda Davies, chair	Dian Garnsey
Everett Parker	

### IMPORTANT TELEPHONE NUMBERS & ADDRESSES

Pastor — Melanie Miller

(914) 428-4215 (home)

(914) 671-5390 (cell)

[mmiller@churchinhighlands.org](mailto:mmiller@churchinhighlands.org)

Moderator — Tony Casinelli

(914) 997-1506

Vice Moderator — Gary Vaughan

(914) 328-0687

Treasurer — Veda Szkolar

(914) 682-4728

Director of Music — Dr. Robert A. Chase

(914) 946-8126

Altar Guild — Debbie Oleson

(914) 328-8453

Church Office

(914) 949-2023

Church Office Fax —

(914) 686-2816

Church e-mail — [Info@churchinhighlands.org](mailto:Info@churchinhighlands.org)

Web Site — [www.churchinhighlands.org](http://www.churchinhighlands.org)

[www.churchinhighlands.com](http://www.churchinhighlands.com)

Early Childhood Center (Nursery School) —

Linnea Fargo

(914) 946-6132

[Ecc@churchinhighlands.org](mailto:Ecc@churchinhighlands.org)