

The Highlands

The Church in the Highlands, White Plains, NY (914)949-202 • July•August 2009• Volume 18 Number 6

SUMMER EVENTS AT THE CHURCH IN THE HIGHLANDS

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

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,

Friday 7/17 6 PM,
Gillie Field #2

Monday 7/20 6 PM
Gillie Field #2

Tuesday, 7/21 5:45 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

Summer Open House

Saturday, August 15, 1-4 PM

You are invited to the Manse, 26
Idlewood Road, for a summer picnic.
Bring a dish to pass (salad or dessert)
and if you are able a lawn chair.

All are welcome!

PUB THEOLOGY

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

For the July and August schedule visit
Meetup.com and look for Pub Theology
or call Melanie for more information.

A THANK YOU

To all my dear friends at the Church in the Highlands,

Thank you so much for the beautiful Tiffany® bowl presented to me on behalf of the Church at my staff retirement dinner. It will always have a special place in my heart. Thank you again for forty years of recognition. It has been a partnership with a loving and caring staff. I hope to meet and greet all of you around town from time to time.

God bless,
Lynn Fargo

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.

PASSING OF A FORMER MEMBER

Long time member Alyce Goplerud passed away peacefully Wednesday morning, June 10th. Alyce and her husband, the last Sterling Goplerud, were active member of the deacons and trustees for years before moving to North Carolina in 1981. Please keep the Goplerud family in your prayers.

Condolences may be sent to:
Chris Rogers
303 Walden Drive
Greenville, NC 27858

NURSERY SCHOOL NEWS

We extend a warm welcome to our new Nursery School Director, Ms. Amy O'Donnell.

The search for a new director has been successful and upon approval of the Official Board Ms. Amy O'Donnell will accept the position. Ms. O'Donnell comes to us after ten years at the Chelsea Day School in Manhattan where she is a teacher and head of staff development. She has a Master's of Science in Education with an emphasis in Infant and Parent Development and Early Intervention from Bank Street College of Education. Amy has been an adjunct professor at City College of CUNY, where she taught undergraduate child development courses. We look forward to Amy joining the Church in the Highlands staff and are confident that she will continue the tradition of excellence for which our school is known.

Amy will be overseeing the summer camp program before immersing herself in daily operations this fall. Stop by to say "Hello and Welcome!"

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, please call our Altar Guild chair, Debbie Oleson at (914) 328-8453.

FROM THE PASTOR'S DESK

11F Lessons

He has not learned the lesson of life who does not every day surmount a fear.

-Ralph Waldo Emerson

I sought the Lord, and he answered me, and delivered me from all my fears.

Psalms 34:4

Her tag number was 11F. She wasn't pretty, like so many of my father's cows were. She was a calico cow; odd shaped black and brown and yellow and orange spots. She wasn't large like so many of my father's cows were. She was small; short legs and small body. I remember this small, ugly cow vividly. I remember her like none other. I would recognize her anywhere due to a case of imprinting gone wrong, very wrong.

This cow did not like me. In fact, she hated me and would chase me every chance she got. It started when I was probably five. Mom and I were hanging out in the pickup cab while grandpa and dad worked on the well in the middle of a corn field. I got out of the pickup and was going to walk around to climb into the back box. I was almost to the tail gate, only ten steps away from the door I just exited and there she was; 11F, this small, ugly, angry cow. That morning she charged with no warning, she later gave me warnings, warnings I would come to dread. She charged and I ran. I ran, instead of climbing into the back of the pickup. And instead of running to the closest safe harbor, the pickup cab, only ten steps away, I ran to dad. There was no time to think and my instincts led to my father. I arrived there before her and hid between the huge metal water tank and dad. She was persistent. I remember dad stepping toward her and making physical contact repeatedly while she tried to get around him to me. Finally, she ran

off and I was put back in the truck, safe but shaken.

There are many other memories of 11F. As I grew older she remained persistent in her quest to destroy me. I remember seeking refuge in cow bunks, hay wagons and over fences.

My last encounter with this caustic cow was when I was a senior in high school. Dad asked me to go up on the hill and bring in the cows. I asked, without a smile, "Where is 11F?" Dad assured me she was in another pasture, miles away. So I set out, on foot and alone, to bring home the cows. The cows were accustomed to the ritual, so it wasn't a difficult job. When they saw me they all started heading in the right direction without any effort on my part. I was half-way through the field gently encouraging any stragglers in the homeward direction, when I saw her. Our eyes met and recognition registered for both of us. I began praying. She began wagging her head and pawing the ground. I thought, "Well this is finally it. I have no where to go, no trees, no bunks, no fences, no refuge of any kind! After all these years she's finally got me!" And in that moment, from out of nowhere, my grandpa materialized between 11F and myself. Still, to this day, I don't know from where he came or how he knew I needed him, but suddenly there he was, my savior.

That's my last memory of 11F. But sometimes I find myself staring at someone, not a cow, but a person, and thinking, "this feels familiar. Wow, they don't like me. If they could, they'd wag their head and paw the ground and begin their chase."

I learned at an early age that not everyone will behave appropriately. In fact, some folks should take frequent time outs. But I also learned that most often there will be a refuge close by; a bunk, a fence, a friend, a kind word or a gentle action. Life is good in spite of the 11Fs out there. Dads, grandpas and friends are always close by!

Blessings,

Melanie

ENVIRONMENTAL JUSTICE

Tips for Gardening From "Plant Talk"

1. Prevent soil erosion: Soil is one of our most valuable resources, but one which is easily forgotten. After all, it is the source of all our food, feed, and fiber. Do your part by covering up bare spots with mulch or plants. Consider installing terraces on steep slopes.
2. Use electric yard tools, where possible: Small gas engines found on lawn mowers, leafblowers, and string trimmers produce a lot of greenhouse gases and other pollutants. Although big jobs may require the convenience of being cord free, consider using electric tools for smaller jobs.
3. Plant to conserve energy: By planting deciduous shade trees in strategic locations, we can shade our houses from summer sun, yet allow winter sun to pass through. In some cases, wind blocks can also be beneficial in reducing cold winter winds.
4. Select hardy landscape plants: When deciding what to plant, look for characteristics such as drought tolerance and pest resistance. This will reduce the need for applying pesticides and irrigation.
5. Conserve water: This can be done not only by selecting drought tolerant plants, but also by using mulches. Mulch around shrubs, trees, and flowers helps to hold moisture in the soil. Water your plants when they need it, not according to an arbitrary schedule. Get a soaker hose, which places the water right where you need it, with little waste.
6. Provide habitat for wildlife: As mentioned in my previous column, there are lots of things we can do to provide food and habitat for birds, butterflies, and other animals. This becomes even

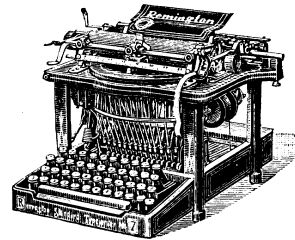
more important as habitat is lost to the rapid pace of development.

7. Build a compost pile: This is perhaps recycling in its truest sense. Using your own discards to produce something which you can use yourself!

8. Plant a tree: Trees hold the soil in place, hold water in the soil, moderate temperatures, and provide a sink for greenhouse gases. Need I say more?

SUBMIT AN ARTICLE TO THE HIGHLANDS

Send or e-mail (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. We're happy to arrange pick-up, too. Thanks!

DONATION CELEBRATION!

The Church in the Highlands has been working overtime to garner community support!

Currently our community garden has been supported entirely by contributions! A huge thank you goes out to the Wal-Mart in White Plains, for their \$500 contribution towards the cost of the garden. In addition Home Depot in Hawthorne contributed \$150 towards the cost of our garden.

We, also received a gift certificate of \$20 from Christmas Tree Shops corporate offices to use at the store to purchase items for coffee hour.

Finally, the Barnes and Nobles in City Center, White Plains donated e boxes of new books for the nursery school.

Thank you to all the community organizations who are helping us grow!

CONGRATULATIONS TO OUR MEMBERS

Congratulations to Bruce and Maritta Siennick on the graduation of their daughter, Sonja Siennick from Penn State with a PhD in Sociology. Sonja is blessed to have been offered a full time professorship position at Florida State University, beginning in August.

Congratulations to Buddy Gates for his outstanding work on the White Plains Beautification Foundation. Buddy was the Co-chair of their awards committee and had the honor of recognizing local businesses for their landscaping and gardening efforts.

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!

Thanks to all who have contributed so far!

IMPORTANT TELEPHONE NUMBERS & ADDRESSES

Pastor — Melanie Miller

(914) 428-4215 (home)

(914) 671-5390 (cell)

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

Web Site — www.churchinhighlands.org

www.churchinhighlands.com

Early Childhood Center (Nursery School) —

Amy O'Donnell

(914) 946-6132

Ecc@churchinhighlands.org