

- OPEN HEARTS
- OPEN MINDS
- OPEN DOORS

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the HIGHLANDER

Volume 10 Issue 5

September/October 2019



Dear Bergen Highlands Families,

How was your summer? I hope and pray that all of you had a great time being with your loved ones and were able to rest your body and your soul.

During this summer, we have explored the Sabbath as a great gift from God to us by making us pause from all the busyness by taking a moment to be with God and others and to take care of one's self.

The Sabbath leads us to recharge our energy so we can move forward to do God's work during the weekdays. I hope all of you had a meaningful Sabbath during the summer by taking a vacation either at your usual place or on a road trip adventure.

After a long summer, it is time to get together to worship our great God. Whether you were away or not, it is the season of welcoming all to start the new season not only for the school year but also for the church as many exciting ministries are waiting for us this fall and winter.

Romans 8:28 says "We know that for those who love God all things work to-

gether for good, for those who are called according to his purpose." (ESV)

It is a season for all of us who love God to get together and work for the goodness of God to bring Good News to the world. Therefore, join us to Welcome Back Sunday on September 8th at 10:15am to praise God who leads us each and every day to live our lives as God's people.

We will have a BBQ lunch after worship and have fellowship with one another. I hope all of you will participate in this great time. Also, we will resume our Spring Valley Mission starting in September, plan to serve breakfast at least once during this school year by dedicating 2 hours one Saturday morning for the homeless brothers and sisters in the Spring Valley area.

We will resume our senior ministry for the town and the Korean cooking class this month. Also a new youth gathering: Pizza Church will also start this month.

Please keep praying and supporting our church ministries and be a part of God's great plan by giving your hands in these diverse mission opportunities.

I'm looking forward to seeing you all soon and working together to fulfill God's vision for our church.

Many blessings,

Pastor Miso



2,248 MILES

Posted on July 15, 2019 on chappelltemple *

I could have walked from Atlanta to Los Angeles by now, or to put it on a more global scale, almost halfway across Russia from east to west, or the same distance across Africa from north to south. For today marks exactly one year since I began my streak of walking at least five miles a day, and more recently, seven or eight.

It's been an interesting experiment, to be sure. For a little like those postal carriers of old who let neither "snow nor rain nor heat nor gloom of night" stay them from "their appointed rounds," over the past twelve month, I've walked primarily outdoors, too, only substituting hotel or gym treadmills when necessary. My faithful co-trekker for much of it has been my wife, but other times I've walked alone, giving me lots of chances to ponder and pray, an occupational hazard for any preacher who, given the time, will quite naturally come up with several points and maybe even a poem or so.

I've discovered anew, for instance, the power of habit. For even though I never really intended to go for 365 days in a row, what began as much smaller goals—a week, a month, 50 days, 100 days—soon turned into more extensive ones. And to be honest, the only thing that actually got me up and out there at six in the morning some days was simply the streak itself, and my obsessive-compulsive fear that if I broke it, I would never go this long again.

Likewise, I also figured out that the Chinese philosopher Lao Tzu was right about the journey of a thousand miles beginning with a single step, or as his famous proverb more correctly is translated, it begins "beneath one's feet." For had anyone suggested to me last July that I would make a 4,418,130 step journey on foot, I would have simply laughed, forgetting that all great things do indeed start from humble beginnings.

Through it all, however, my fitness tracker has been absolutely unbending when it comes to resetting the count all over again every 24 hours at midnight. For



to keep the streak going, daily goals required daily responses, and try as I may, I could never figure out how to bank any extra miles from one day to the next.

And all of this would also seem to be true in the spiritual life. For it is the holy habits we develop (such as prayer, scripture reading, and worship) that slowly but surely change the other facets of our lives as well. Similarly, every good work we might ask God to do in us always begins beneath our own feet, as we step out in faith to respond to His winsome call to "Follow Me."

What's more, that journey of discipleship is indeed a *daily* one, aptly expressed in the Hebrew word *halak*. For though our salvation may have been secured in the past, it is always worked out in the present to those who are "being saved." (1 Corinthians 1.18) And in the end, it's not just about imitation, but about intimacy with God as well. For at numerous points in the Bible we are told that individuals such as Abraham and Enoch "walked with God," hand-in-hand as friends with their Creator too.

Of course, someone might also point out that having expended an extra 316,667 calories over the last year that I should actually have lost ninety pounds. But then that really wasn't the point of it all. For in the end, most journeys, including spiritual ones, are not really about what you lose, but about what you gain.

And as Year Two begins, I plan to be back out there again tomorrow morning. After all, I still have to go at least another 1500 miles or so just to get home from California.

*C. Chappell Temple has been appointed to serve as the lead pastor of Christ United Methodist Church in Sugar Land, Texas, a southwestern suburb of Houston.

Don't Forget to join us for our weekly Prayer Walk around the church. Every Tuesday at 10 AM, meet us in the Narthex for prayer before we begin. Six times around the church is an easy mile.



FALL BACK TO CHURCH

September 8th

Worship 10:15

BBQ 11:15

Hamburgers, hotdogs, and sides...

All with fellowship and fun!

Can you bring a salad or a dessert?

Let's start off this year with a great party and share our summer stories!

Operation Christmas Child

It does sound too early to be thinking of this but as you are buying your fall wardrobe or getting your children ready for school we're asking you to save your shoeboxes. Not only save them but put them to good use!

On **Nov. 3, 10, and 17** we will be collecting shoebox mission gifts for needy children and blessing them during the worship service on Nov. 17th.



You can send a gift to either a **boy or girl, ages 2-4, 5-9, or 10-14**. If you go to: <https://www.samaritanspurse.org/what-we-do/operation-christmas-child/>

you will find out what types of gifts are recommended and what items are not. But fear not, more information will also be coming in the next newsletter as well as during church time!

Dates To Remember...

Sept. 8—Fall Service Sunday and BBQ; 10:15am service

Sept. 12—Senior Workshop and Luncheon; 11am presentation by the Upper Saddle River Police Dept. on the topic of Scam Education.

Sept. 19—Korean Cooking Class; 6:30 pm

Oct. 3—Senior Workshop and Luncheon; 11am presentation by the Upper Saddle River Historical Society.

Oct. 6—World Communion Sunday Luncheon after Church

Oct. 12—USR October Fest; Lions Park, 12-6pm

Oct. 19—Church Conference at the Korean Community Church, NJ; 8:45-11am.

Nov. 3—Daylight Saving Time Ends-Turn your clocks **BACK**

Nov. 17—Operation Christmas Child Boxes Blessed.



World Communion Sunday October 6, 2019

**LET'S HAVE LUNCH AND
CELEBRATE CHRISTIAN UNITY!
BRING A FRIEND AND A
FAVORITE DISH TO SHARE.**

Many Thanks!

Thanks to the following merchants for their donations to our Strawberry festival that helped make it such a success. Please take time to visit their establishment to thank them and patronize their business.

A+ Cleaners, Woodcliff Lake, NJ
 AB&G, Allendale, NJ
 A Little Cake Bakery, Park Ridge, NJ
 A Touch of Class Dry Cleaner, Mahwah, NJ
 Bel Fiore Greenhouse, Woodcliff Lake, NJ
 B&M Market, Park Ridge, NJ
 Blue Hill GOLF Course, Pearl River, NY
 Dairy Queen, Montvale, NJ
 Dairy Queen, Park Ridge, NJ
 Davey's Locker, Park Ridge, NJ
 Domani Ristoranti, Hillsdale, NJ
 Flowers by Joan, Waldwick, NJ
 Fresh Market, Montvale, NJ
 Hilton Spa, Woodcliff Lake, NJ
 Ilie's Jewelers, Saddle River, NJ
 Jewelers Workbench, Park Ridge, NJ
 John's Famous Bagels, Park Ridge, NJ
 Junior's, New York, NY
 Limoncello's, Waldwick, NJ



Luxury Nail, Montvale, NJ
 Mania Hair Salon, Park Ridge, NJ
 Nellie's Place, Waldwick, NJ
 Nirvana, Allendale, NJ
 Numi Nail Salon, Hillsdale, NJ
 Park Steakhouse, Park Ridge, NJ
 Pesto, Park Ridge, NJ
 Pet Valu, Park Ridge, NJ
 Phil's Pizzeria, Montvale, NJ
 Queen Nails, Waldwick, NJ
 Ridgemont Liquors, Park Ridge, NJ
 Ridgemont Pizza, Park Ridge, NJ
 Saddle River Deli, Saddle River, NJ
 Secore Farms, Mahwah, NJ
 Starbucks, Park Ridge, NJ
 Stein's Bagels, Montvale, NJ
 Tommy Bahama, New York, NY
 Waldwick Farmers Market, Waldwick, NJ
 Wegman, Montvale, NJ



Korean Cooking Class ~Thursday, September 19 ~ 6:30pm

Join us for another session of our Korean Cooking Class series.

We will be making Jja-jang-myeon::
 A Noodle dish with black bean sauce.

Please register by September 15th.
 call:: 201-327-3960
 email:: bergenhighlands@optonline.net

\$20 per person includes dinner.



Bergen Highlands United Methodist Church
 318 West Saddle River Road
 Upper Saddle River, New Jersey 07458

Did You Know?


A Lunar Lord's Supper

By Rev. C. Chappell Temple

I was only a teenager at the time, but growing up in Houston with a father in the news business, I felt a special connection to NASA from early on, even getting the chance to sit once or twice in the temporary broadcast booths that were constructed for the network anchors back when every launch was a media event. And so, like millions around the world, I was totally transfixed on the black and white television images that miraculously came wafting into our living room on July 20, 1969, from more than a quarter million miles away.

What I didn't know at the time, however, was what else happened on that Sunday five decades ago when Neil Armstrong became the first human being to ever walk on another world. For even as he prepared for that historic "giant leap for mankind," his companion, Buzz Aldrin, prepared for something else inside the *Eagle*, unpacking bread and wine from plastic containers and placing them on the abort guidance system computer.

Radioing back to earth, he invited everyone listening in "whoever and wherever they may be, to pause for a moment and contemplate the events of the past few hours and to give thanks in his or her own way." And then, switching his radio off, Aldrin read privately from the Gospel of John before pouring the wine into a chalice, where in the lessened gravity of the moon the wine "curled slowly and gracefully up the side of



the cup," and he followed that by taking communion. In short, as Aldrin later wrote in a *Guideposts* magazine article, "the very first liquid ever poured on the moon, and the very first food eaten there, were the communion elements."

My friend Charles Anderson, who has served as a Methodist pastor to many in the NASA community over the years, has eloquently put it this way: "How both poignant and appropriate, that the greatest technological achievement in human history carried within it the sacramental reminder of the greatest act of salvific love in all history—namely, the redeeming grace of Jesus Christ that binds the past to the present, and the heavens to the earth. The greatest distance that humans have ever traveled from our celestial home was still within reach of the promise and presence of the living God." Or as Charles goes on to add, "we can never ever journey to a place so far where God is not."

And fifty years later, we've still never been able to do so, even with a Saturn V rocket behind us. Maybe that's why when Jesus gave us the sacrament, He told us to remember Him in this way whenever we can. And wherever too, we might add.



Congratulations!



Alexander Ahmed

**Arlene, Hisham and
Mason Ahmed**
are proud to announce the
birth of a second son

Alexander

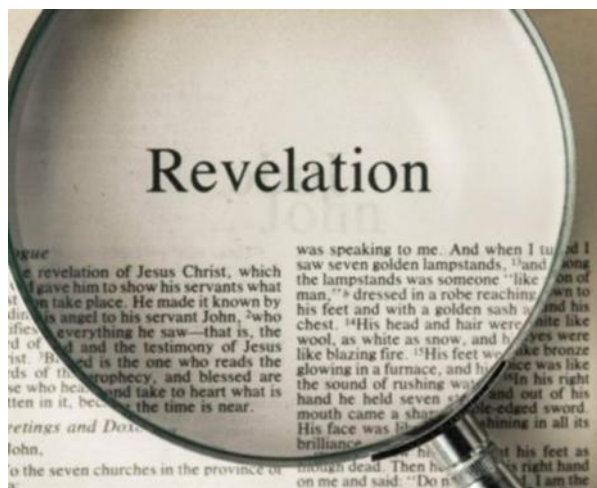
Born June 30, 2019

A very proud family!



Arlene, Mason, Alexander, Bess
Hisham, Leon, and Armand

Mid-Week Bible Study



September 11	Chapters 1 - 3
September 18	Chapters 4 - 5
September 25	No Bible Study
October 2	Chapters 6 - 11
October 9	Chapters 12 - 14
October 16	Chapters 15 - 19
October 23	Chapters 20
October 30	Chapters 21 - 22



**Saturday, October 19, 2019
8:45-11:00 AM**

Korean Community Church of NJ

147 Tenaflly Rd. Englewood, NJ 07631



September Senior Workshop

Join our next Senior Group meeting
and learn how to avoid being scammed .



Presented by the

USR Police Department

Sept. 12 11:00am

Free BBQ lunch will be served.
All seniors (age 65 and over) are welcome!

RSVP :: 201.327.3960
bergenhighlands@optonline.net

pizza church

Youth Worship and Fellowship

Every Last Sunday of the Month

for grades 6-12



Fruits of the Spirit Word Search

Q	H	U	V	L	H	Q	S	E	U	J	W	C	C	G
V	Y	B	I	Y	O	S	G	O	O	D	N	E	S	S
P	D	F	K	I	E	R	P	Z	W	W	N	Q	L	Z
C	T	X	O	N	U	J	T	A	C	U	X	W	G	V
K	V	L	D	J	V	S	K	N	T	Y	B	J	Q	W
U	Y	N	S	S	C	P	C	Z	O	I	R	C	E	E
B	I	L	S	C	R	Y	Z	E	S	C	E	J	G	C
K	B	W	E	B	Q	V	D	E	X	J	F	N	O	V
S	S	E	N	L	U	F	H	T	I	A	F	L	C	O
Y	L	R	E	U	Y	O	J	Z	D	D	U	D	E	E
S	T	G	L	D	P	O	V	M	J	M	N	H	H	S
X	A	Q	T	F	E	O	W	L	A	Q	A	U	O	F
W	R	B	N	R	A	W	O	P	J	L	Q	N	D	S
G	U	P	E	X	C	V	F	E	R	F	Z	C	M	H
G	Z	Z	G	N	E	U	D	S	F	L	L	C	E	L



Faithfulness

Gentleness

Goodness

Kindness

Love

Joy

Patience

Peace

Self-Control

Be In The Now... Youth News! →

This article was taken from the Oct. 2014 edition of
Pockets for Kids who love God

7 Ways to Discover Your Gifts

By Karen Leet

Not sure yet what your gifts are? Here are some ways to begin discovering them.

1. Start with prayer. Ask God to help you see the gifts God has given you and how you can use them. Even if you're waiting to discover your gifts, thank God for giving them to you.

2. Think about what you love to do. Do you enjoy reading? Making people laugh? Fixing things? Do you love animals? Growing things? Do you love math? Science? Computer skills? Make a list of what you love and what matters to you.

3. Ask yourself what you most look forward to. Are there events and activities you can hardly wait for? What gets you excited when you think about it? Make a list of these things, too.

4. Ask the people who know you best. Ask close friends and family what they see as your strengths and skills. Keep a list of these ideas.

5. Check with teachers. Your teachers or your counselors at your school may have insight into your strengths. A counselor may help you take an aptitude test to find interests and abilities you aren't aware of. But don't feel locked into the results. Your gifts will grow and develop more.

6. Try some different directions. Volunteer to explore possible gifts. Help out at a day care or senior center or an animal shelter. Help family or neighbors with gardening, repair jobs, or cooking. Visit places where you can see all sorts of skills at work.

7. Be patient. It takes time to see your gifts, and your gifts will grow as time goes by. Look over the lists you've made and think about what they reveal. Keep asking God to show you your gifts and the best way to use them.

A Prayer For Using My Gifts*by Linda Sackett-Morrison*

Please guide me this day to use my gifts, in all ways to help and uplift.
To share your love and share your light by using my gifts and doing what's right.



Vacation Bible Camp

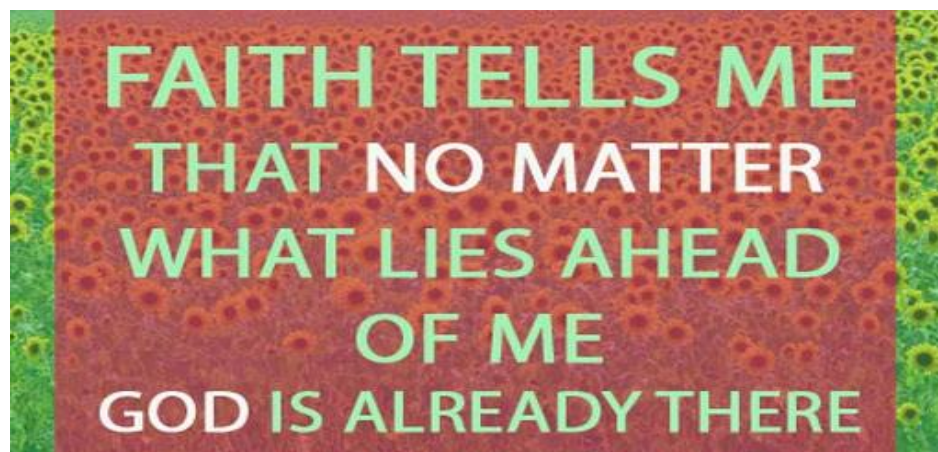


What a great week! We had 29 wonderful children, 14 counselors and junior counselors, and 9 adult staff that created a world of energy and excitement as we traveled to Mars and Beyond with God!





Another beautiful lady has passed away and we miss her being with us. **Barbara Mascari** had been a long time devoted member of Bergen Highlands UMC for the last 50 years. She was an important part of the faithful congregation giving of her time and talents until she moved to be closer to her daughters. We have missed her bright smile and cheery conversation.



Remember that cards and calls are always a kindness that touches the heart and lifts the spirit.

Prayers for Our People...

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

(NIV)



Oh, praise the Lord, for he has listened to my pleadings! He is my strength, my shield from every danger. I trusted in him and he helped me. Joy rises in my heart until I burst out in songs of praise to him.

Psalms 28:6-7

***Bergen Highlands
United Methodist Church***

318 West Saddle River Road
Upper Saddle River, NJ 07458

Church: 201-327-3960
Parsonage: 201-934-1618
bergenhighlands@optonline.net

www.bergenhighlandsumc.org

Join Us!



Important BHUMC Dates for 2019

Jan. 6 – Epiphany

Jan. 31 – Korean Cooking Class; 6:30pm

Feb. 3 – Valentine Packages – for college students home or away

Feb. 9 – Watercolor Class for Senior Citizens; 11am-1pm; reservation required for free lunch

March 5 – Shrove Tuesday Pancake Supper; 6:30 pm

March 6 – Ash Wednesday Service; 7:30pm

March 7 – Senior Workshop; Chair Yoga

March 27 – Lenten Soup Supper; 6:30pm.

April 14 – Palm Sunday Service

April 18 – Holy Thursday Service; 7:30pm

April 20 – Lenten Prayer Vigil – the Sanctuary will be open for prayer and meditation from 7am until 7pm

April 21 – Easter Sunday Service; 10:15am

May 4 – Best Stuff Sale; 9am-2pm

May 12 – Mother's Day

May 19 – Church Clean Up

May 27 – BHUMC in the USR Memorial Day Parade

June 14 – Strawberry Picking

June 15 – 62nd Annual Strawberry Festival; 12pm-5pm

June 16 – Father's Day

July 1 – Summer Worship begins- New service hours 9:15am

Aug. 5-9 – VBS; 9am-noon

Sept. 8 – Back to Fall Service Hour; 10:15am

Oct. 6 – World Communion Sunday Luncheon

TBA – Kids in the Kitchen;

Nov. 17 – Blessing of Operation Christmas Child Boxes

Dec. 1 – Hanging of the Greens

Dec. 2 – Begin drop off for Toy Sale

Dec. 4- 9pm – End of Toy Sale drop off

Dec. 6&7 – Paterson Toy Sale

Dec. 24 – Christmas Eve Service

Dec. 25 – Christmas Day

- **Adult Bible Study** – Wednesdays at 7:00; call for more info 201-327-3960
- **Adult Choir** – every Sunday morning at 9:15pm during fall/winter schedule
- **Children's and Youth Choirs** – depending on youth – Contact person for all choirs - Betsy Haley, 201-746-0650
- **BHUMC Youth Group** – Last Sunday of the month, 6pm-8pm. Contact person – Pastor Miso Park, 201-327-3960
- **Executive Leadership Team** – 3rd Sunday of the month, approx. 12:30pm. Contact person – Mike Grottola, 201-327-3960
- **BHUMC Senior Workshop** – 1st Thurs of the month, 11am, lunch included.



Put these dates on YOUR calendar!

Dates and times can occasionally change, for more info call 201-327-3960, thanks.