

- OPEN HEARTS
- OPEN MINDS
- OPEN DOORS

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# the HIGHLANDER

Volume 11 Issue 1

January/February 2020



Dear Bergen Highlands Families,

## Happy New Year!

I have a habit of pushing the reset button whenever I fill up gas in my car. By pushing the reset button, I feel like refreshing my mind to re-start my journey.

Although we cannot simply push the reset button for our lives, starting the New Year always reminds us that we have another chance to live our life as a new person by re-dedicating ourselves before the Lord as we re-start the New Year.

I had a chance to visit Martin Luther King Jr.'s birth house and also the Ebenezer Baptist Church where Rev. King started the human equality movement. It was a great experience for me to feel his passion and love toward people who need God's justice and love.

He dreamed of a new world where everyone is treated equally and worked so hard to make his dream happen. What is your dream in 2020?

Ephesians 3:16-17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith; and I pray that you, being rooted and established in love."

My dream for 2020 is to love more people and strengthen faith for myself and also for my Bergen Highlands family

and friends through the power of the Holy Spirit. To make this happen, I will work hard to spread the Good News to more people and pray hard for God's guidance and help.

I hope and pray that you can have a dream for yourself in Christ to be a better disciple of Jesus this year by walking together with our sisters and brothers. Let's encourage one another to love more and dream together to build God's kingdom on the earth.

I want to share Wesley's Covenant prayer as we start this New Year. Let this prayer be your prayer and let's move forward together to live this prayer in 2020.

May God continue to bless you and your family in this New Year!

In Love of Jesus Christ,  
Pastor Miso

**I AM NO LONGER MY OWN, BUT THINE.**  
PUT ME TO WHAT THOU WILT, RANK ME WITH WHOM THOU WILT.  
**PUT ME TO DOING, PUT ME TO SUFFERING.**  
LET ME BE EMPLOYED FOR THEE OR LAID ASIDE FOR THEE.  
EXALTED FOR THEE OR BROUGHT LOW FOR THEE.  
**LET ME BE FULL, LET ME BE EMPTY.**  
LET ME HAVE ALL THINGS, LET ME HAVE NOTHING.  
**I FREELY AND HEARTILY YIELD ALL THINGS**  
**TO THY PLEASURE AND DISPOSAL.**  
AND NOW, O GLORIOUS AND BLESSED GOD,  
**FATHER, SON AND HOLY SPIRIT,**  
**THOU ART MINE, AND I AM THINE.**  
**SO BE IT.**  
AND THE COVENANT WHICH I HAVE MADE ON EARTH,  
**LET IT BE RATIFIED IN HEAVEN.**  
**AMEN.**

**-JOHN WESLEY**

# Kindness is the New Evangelism

By Andrew Ponder Williams Published On March 6, 2019 in UMC Communications

**Andrew Ponder Williams says that simple acts of kindness can counter the dominant cultural narrative of meanness and be a powerful way for the church to connect with others. Kindness, he suggests, is the new evangelism.**

So much of the narrative in our culture today can be summarized as just plain mean. From the way customers behave at the corner restaurant to the dialogue of lawmakers on Capitol Hill, there is no shortage of people being nasty.

Kindness is simple but challenging. Kindness is global. Kindness is Christian. Kindness is contagious.

As Christians at our best, we spend our energy decrying the cruelty of all those around us. At our worst, we fall victim to the same cruelty within the walls of our congregations. What if, instead, our response to society's fixation on bad behavior was to model a different way?

We have traditionally thought of evangelism as an invitation to those outside the church to experience God's love by joining us inside the church. Instead, what if simple acts of kindness to those beyond the walls of our churches became our new approach to evangelism?

## The power of basic kindness

I did not realize the power of basic kindness until the students I shepherded in a campus ministry at the University of California, Irvine, came up with a distinct outreach plan. Instead of having a table lined up next to all the other church groups at the student involvement fair, we decided to offer random acts of kindness to students roaming the campus between classes.

Thanks to my spouse's occupation at a grocery store, I was able to buy a whole bunch of chocolate chip cookies for a fair price. We wrapped each cookie in a napkin and included a small card inviting students to our weekly dinner. If you ever want to feel like a celebrity, stand in the middle of a busy college campus corridor with a whole bunch of cookies!

## What we learned about kindness

We experienced three types of reactions from the students. One was instant glee that there were cookies and that they were free. The second was to politely decline the cookie initially but return within approximately 30 seconds to inquire if they really were free. The third was to completely refuse the cookie out of disbelief that we were giving away cookies without a gimmick.

These responses taught us something about kindness. Kindness is simple but challenging. Kindness is global. (So are cookies!) Kindness is Christian. Kindness is contagious. But some people will never believe that something desirable is free.

The varied reactions to our random acts of kindness created many opportunities for our student leaders to begin conversations with those who received cookies. Our kindness to everyone in our midst frequently made people ask us who we were before we could volunteer the information. We discovered that kindness not only attracted positive attention to our ministry, it also helped us stand out from the crowd within the Christian community on our campus.

## How can kindness be a form of evangelism in your context?

The most effective uses of kindness are highly visible and interpersonal. If all else fails, pass out free cookies to strangers of any age. From neighborhood sporting events to senior centers to college campuses, you will make someone's day meaningful and memorable. All those you reach will come to associate your church with kindness (and cookies). That's evangelism at its sweetest.



# Christmas



## at Bergen Highlands

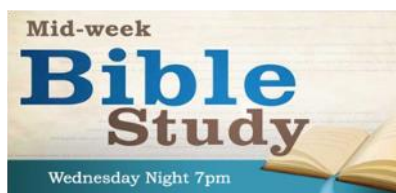
### *Operation Christmas Child –A BHUMC Christmas Ministry*



We sent 16 Christmas shoeboxes to Operation Christmas Child to help put smiles on children in needy areas of the world.  
Good job Bergen Highlands UMC!

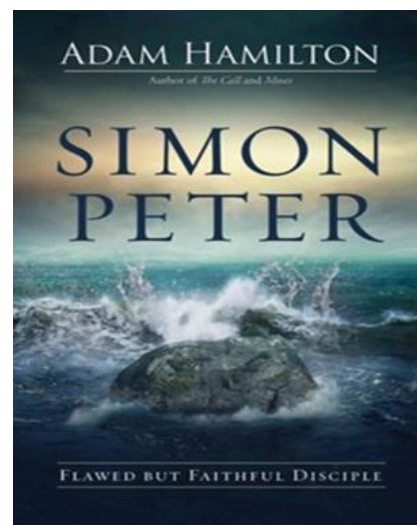






## January—February Bible Study 2020

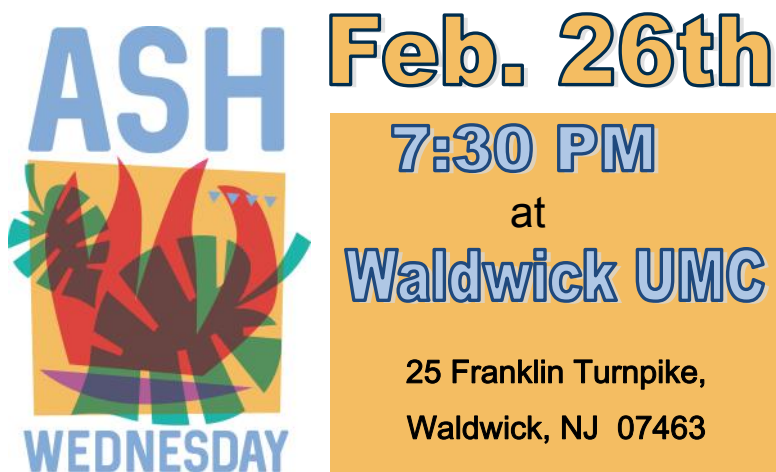
January 22	Chapter 1 The Call of the Fisherman
January 29	Chapter 2 Walking with Jesus in the storms
February 5	Chapter 3 Bedrock or stumbling block
February 12	Chapter 4 I will not deny you
February 19	Chapter 5 From cowardice to courage



## Annual Pancake Dinner



On **February 25th**, beginning at **6:00 pm** join us for a traditional Shrove Tuesday pancake dinner. Hot off the griddle pancakes, syrup, fruits, sausage, and more. Come for fellowship and fun!



### Can't Make The Service?

Ashes "On The Go" are available for those who can't make the Wednesday evening service. Pastor Miso will be at Elmer's from 7:45-10am on Wednesday morning.

Any homebound members can request visitation for ashes between 2 and 4pm. Just call the church to make the request (201) 327-3960.

## *It's 2020—How Are We Going To Make It A Better World?*

I found in one of the older *Pockets* magazines (a magazine for children) an article where they asked a number of children what they will do in the new year to make it a better world. Here are some of their answers:

*I want to be more involved with a club at my church called NOMMIC (that stands for No Mission Impossible Club). We travel to far away places to help people who need extra help.*

—Katy Rosso, 9, Pennsylvania

*I will smile or say “hello” to as many people as I can. This will hopefully make people feel better, and then they’ll be nicer to the people around them.*

—Angel Boomfield, 12, Wisconsin

*I am going to make the world a better place by giving someone a smile and a friendly “hello”, I’ll tell them what a wonderful day we’re having. Then when they see someone else maybe they’ll do the same thing—smile and say hello—making everyone in the world happier.*

—Kadie Stutzman-Rowen, 6, Oregon

*I’ll try to encourage people to stop littering and pick up litter once a week in the summer. I’ll also ride my bike or walk wherever I can instead of riding in a car. That will help keep the pollution from oil and gas out of the air.*

—Alexis Johnson, 11 Pennsylvania

*I’m going to recycle anything that needs to be recycled because that will help us use less non-renewable resources. I really do want to take care of the earth because I want it to be clean, not dirty!*

—Anya Moore, 10, Ohio

*I’ll pick up litter (as long as it isn’t dangerous) and recycle it or put it in the trashcan. That can make the earth healthier and make animals safer.*

—Emily Chao, 12, California

*This year I want to make people more aware of the environment around them. I want to spread the knowledge of what we can do to help the environment. I will plant a garden to help people see how beautiful and healthful nature can be. I hope my garden will inspire other people to grow their own gardens. I think that would make the world a better place!*

—Ashley Harper, 12, Ohio

These are such simple answers but sometimes it’s the simple things that make all the difference in the world. And sometimes it’s the little things that can change the world.

What little thing can you do to change the world? Start small—maybe with a smile and then let it grow. Together we can all make changes in the world.



# Paterson Toy Sale



It was a very successful weekend for everyone!



This year's successful Toy Sale in Paterson raised money that was divided between CUMAC and the Boy's and Girl's Club of Paterson. Thank you to all who donated toys and to those who helped sort, pack and sell. The boys and girls really loved it.



## *An Old Friend Has Become a New Member*



Congratulations to Carla Kozen, a long time attendee of Bergen Highlands UMC has joined as a formal member. She will not only continue her volunteer services as the head of the Worship Committee but also take a seat on the Executive Leadership Team. Good job, Carla!



## *Dates to Remember*

**Jan. 6**—Epiphany

**Feb 9**—Packaging Valentine's Boxes for our Students away from home; takes place after church.

**Feb. 25**—Shrove Tuesday Pancake Supper, All You Can Eat! 6-8:00PM

**Feb. 26**—Ash Wednesday Service; 7:30 pm. At Waldwick UMC.

**April 1**—Lenten Soup Supper



## Valentine's Day Boxes



**Feb. 9th** after church stay and help fill the boxes for our students away from home.

Suggestions of donations to our boxes:

Popcorn, nuts, candy, homemade cookies, gum, trail mix, jelly beans, etc.

## Did You Know?

We have a monthly communion service at the Sunrise Senior Center in Woodcliff Lake? We read scripture, have a short message, with Steve's help, we sing hymns, and of course share in communion with the friends we have made at the center.



It's a wonderful fellowship experience. Won't you join us?

The first Sunday of each month, 2:15pm, at Sunrise Senior Center.

## Lenten Soup Supper—April 1st



### Needed:

- 2-3 people to make homemade soups
- 1 person to make a large salad
- 1 person to bring bread, butter and milk
- Lots of people to come and enjoy!!!

Dinner begins at 5pm, but come any time you can make it. We hope to see you.



"These are vegetables, mother. You wouldn't want me to eat something I've given up for Lent, would you?"

**Important BHUMC housekeeping notes:** if you are the last one out the door, please check that all the lights (including the bathrooms) are out and that the stove jets in the kitchen are completely turned off. Thanks!

# WINTER WORD SEARCH



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

## WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND



## Prayer Walk

Have a concern or a worry? Get it off your shoulders and give it to God during our prayer walk around the church. You'll feel much better. *"Bold prayers honor God, and God honors bold prayers."* Mark Batterson

We begin with prayer in the Narthex of the church at 10AM on Tuesday mornings, weather permitting. Then walk around the outside roadway of the church 7 times (a little over 1 mile) and end with prayer again in the Narthex.

All church and community members are welcome, come and bring a friend. For more information call the church: 201-327-3960.

### 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)



## Prayers for Our People...

### A Prayer for those in pain today

Lord God, whose Son, Jesus Christ, understood people's fear and pain before they spoke of them, we pray for those in hospital; surround the frightened with your tenderness; give strength to those in pain; hold the weak in your arms of love, and give hope and patience to those who are recovering; we ask this through the same Jesus Christ, our Lord.

Amen

Christine McMullen, Mother's Union



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 2018

**Jan. 6** – Epiphany

**Feb. 9**-Valentine Packages –for college students home or away

**Feb. 25** -Shrove Tuesday Pancake Supper; 6pm

**Feb. 26** – Ash Wednesday Service; 7:30pm; Waldwick UMC

**April 1** – Lenten Soup Supper; 6pm.

**April 5** -Palm Sunday Service

**April 9** -Holy Thursday Service; 7:30pm

**April 10**-Lenten Prayer Vigil – the Sanctuary will be open for prayer and meditation from 7am until 7pm

**April 12** – Easter Sunday Service; 10:15am

**April 25** – Best Stuff Sale; 9am-2pm

**May 10** - Mother's Day

**May TBA** – Church Clean Up

**May 25** – BHUMC in the USR Memorial Day Parade

**June** – Confirmation

**June 12** – Strawberry Picking

**June 13** – 62nd Annual Strawberry Festival; 12pm-5pm

**June 21** – Father's Day

**July 5** – Summer Worship begins- New service hours 9:15am

**Aug. 3-7** – VBS; 9am-noon

**Sept. 13** – Back to Fall Service Hour; 10:15am

**Oct. TBA** – Kids in the Kitchen; 6:30pm

**Oct. 4** – World Communion Sunday Luncheon

**Nov 29** – Hanging of the Greens

**Nov. 29** – Begin drop off for Toy Sale

**Dec. 2- (9pm)** – End of Toy Sale drop off

**Dec. TBA-** 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
- **Children's and Youth Choirs**-depending on youth – Contact person for all choirs - Betsy Haley, 201-746-0650
- **BHUMC Youth Group**- Second Sunday of the month, 6pm-8pm. Contact person- Pastor Miso Park, 201-327-3960
- **Executive Leadership Team** -3rd Monday of the month, approx. 7:00pm Contact person-Mike Grottola, 201-327-3960
- **Upper Saddle River Senior Fellowship** – 2<sup>nd</sup> and 4<sup>th</sup> Thurs of the month, 11am.



**Put these dates on YOUR calendar!**

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