

- OPEN HEARTS
- OPEN MINDS
- OPEN DOORS

Inside this issue:

Epiphany	2,3
BHUMC Mission	3
New Sister	3
Christmas at BHUMC	4
Toy Drive	4
Joy to the World	5
Bible Study	6
Shrove Tuesday	6
Ash Wednesday	6
Congratulations	7
A Poem	7
Valentine's Day	7
Word Search	8
Prayers	9
Calendar	10

# the HIGHLANDER

Volume 12 Issue 1

January/February 2021

## Ezekiel 11:19-20

I will give them an undivided heart and put a new spirit in them;  
I will remove from them their heart of stone  
and give them a heart of flesh.  
Then they will follow my decrees and be careful to keep my laws.  
They will be my people, and I will be their God.



### Dear Bergen Highlands Families,

Happy New Year!

Praying that all of you had a safe Christmas. Thank you so much for your lovely notes and the Christmas gift for my family. I always thank you for your great support for the ministry here at BHUMC. Although it has been a tough year for all, with God's grace and your faithfulness, we finished 2020 by serving many people in the world.

I thank all of you who participated in the Paterson Toy Drive during the Advent season. We provided New Toys for 77 children and gifts cards for 39 adults in Paterson and also Christmas presents for 12 children in Lyndhurst for low-income children. We were able to feed 180 homeless people during the pandemic and also supported many sister churches financially.

As I look back at our 2020 year, it was not an easy one but BHUMC truly shone the light of God in many places for many people. We praise God for what we could do to glorify God's name through our hands in this challenging time. Thank you all for your endless support

and the care of others!

As we start the year 2021, God promises through the book of Ezekiel 11:19, "I will give [you] an undivided heart and put a new spirit in [you]; I will remove from [you], [your] heart of stone and give [you] a heart of flesh." By calling us all, my people, God promises a new journey for us in our new year. Therefore, please do not lose hope but keep your journey with God and in God in this new year.

Just like God promised the restoration of the Israelites through the prophet Ezekiel in today's reading, I am sure that our great God will restore our life, our relationship with God and also others by providing a new heart and new spirit in 2021.

We do not know when we can all get together in the sanctuary yet but be the church wherever you are and keep spreading the Good News and Good Spirit with all people around you. May God continue to bless you all in this new year with abundant love and peace.

Happy New Year!

Love you and miss you,

Rev. Miso Park



## *How do United Methodists celebrate Epiphany/Three Kings Day?*



The Adoration of the Magi tapestry dating from 1894 from the Manchester Metropolitan University, England. Image courtesy of Wikimedia Commons.

It occurs on Jan. 6 every year, the 13th day of the Christmas season. The word "epiphany," from the Greek word *epiphania*, means appearance or manifestation.

The arrival of these visitors was a sign that the incarnation of God in Christ had been made known and was recognized by the heavens to the whole world, so that even Gentile wise men from the East came to pay him homage. This is an observance of great majesty, solemnity and awe.

An even more ancient Christian celebration than Christmas, Epiphany originally focused on the nativity, God's incarnation (God made flesh) in the birth of Jesus Christ, and Christ's baptism. After the late fourth century, as Advent developed as a

season of baptismal preparation in addition to Lent, Epiphany became associated with baptism. This is why we see images of the three Magi on many older baptismal fonts.

In many Hispanic cultures, Epiphany is a day of great rejoicing and celebration, often kicked off by a parade the night before in which people dressed as the three kings or carrying statues of the three kings pass through the towns and villages throwing out candy and small gifts to all around. Families and children alike look forward to Día de Los Tres Reyes (Three Kings Day) as a time for presents, feasting and celebration. Attending church services that include the celebration of communion is also common in many of these cultures, even for those

## Epiphany/Continued from page 2

who may not attend worship regularly.

In England and some other European cultures, Jan. 5 is known as Twelfth Night, the culmination of the 12 days of Christmas feasting and partying. On Twelfth Night, many families gather in homes to celebrate with friends, food, singing and gifts. It is at these Twelfth Night celebrations that "Chalking the Door," asking God's blessing on those dwellings and upon all who live there, is most often observed.

In New Orleans, Twelfth Night begins another season of celebrations that comes to fulfillment at Mardi Gras (Fat Tuesday, the day before Ash Wednesday). Epiphany itself, Jan. 6, becomes the kickoff day for that season, but is also often observed with a full

celebration in church, complete with incense, elaborate processions, choral celebrations, and Eucharist.

Some United Methodists in the United States, who are not part of these rich traditions, tend to recognize Epiphany on the Sunday nearest Jan. 6. There may be a pageant of the three kings as part of worship that day and a small party afterward.

In celebrating Epiphany this year, consider partnering with a Hispanic, Latino or other congregation to find new ways to joyously celebrate Epiphany/Tres Reyes. In whatever ways you decide to celebrate it, remember at the heart of your celebration are the Magi kneeling, worshipping and offering gifts to Jesus, Messiah for all people.

*This content was produced by Ask The UMC, a ministry of United Methodist Communications.*

## BHUMC Lenten Missions

Lent is a time of repentance, fasting and preparation for the coming of Easter. Today, Christians focus on our relationship with God, growing as disciples and extending ourselves, often choosing to give up something or to volunteer and give of ourselves to help others.

This year BHUMC will be holding a clothing and food drive for the less fortunate in Spring Valley and Paterson through CUMAC. Collection areas will be set up in the Narthex of the church. Please consider donating to this cause!



## A New Sister in the Family— Congratulations



Amelia Gwendolyn Garofano with brother Jack

(a Ken Gabbert granddaughter)

11-12-20      6lbs 8oz.      20 inches

Everyone healthy!

# Christmas at Bergen Highlands



## Paterson Toy Sale –A BHUMC Christmas Ministry



### A new style of Paterson Toy Drive.

New toys were given to 77 children and gift cards to 39 adults in Paterson with extra toys for 12 low-income children in Lyndhurst through the extraordinary generosity of so many people we can't begin to list them. What started out as, "can we do this?" turned into, "look what we can do if we try!"

Blessing to all who tried



## *'Joy to the World': Accidental Christmas Hymn*

*a UMC.org feature by Crystal Caviness*

"Joy to the World," found in The United Methodist Hymnal alongside "Hark, the Herald Angels Sing" and "Away in a Manger," was not originally written to be a hymn, nor was it written about Christmas.



A Christmas hymn favorite for many is "Joy to the World." Across the decades, United Methodist congregations have enthusiastically joined in as, "heaven and nature sing."

What you may not know, however, is that the words to this hymn, found in The United Methodist Hymnal alongside "Hark, the Herald Angels Sing" and "Away in a Manger," isn't about Christmas at all.

Lauded as the most published Christmas carol of the 20<sup>th</sup> century, the current rendition of the 300-year-old song comes to us from a popular 18<sup>th</sup> century hymn writer and a 19<sup>th</sup> century music teacher.

### **A poem**

The lyrics to "Joy to the World," first appeared in a book of poetry by English minister and writer Isaac Watts titled "The Psalms of David: Imitated in the language of the New Testament, and applied to the Christian state and worship," published in 1719.

Each poem in the long-titled volume is based on a psalm.

"Joy to the World" was inspired by

Psalm 98, specifically verses 4-9, which scholars say allude to the Second Coming of Christ.

### **From poem to song**

More than 100 years later, an American composer named Lowell Mason was responsible for turning a

poem about Jesus coming to Earth, not as a baby, but for the Second Coming, into a Christmas musical classic.

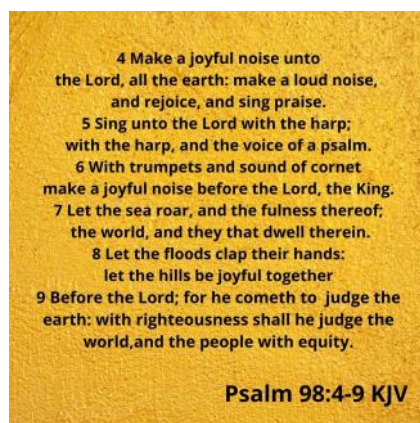
Mason was a talented musician and teacher who had the distinction of being the first music teacher in an American school, a precedent that set the stage for introducing music curriculum into the U.S. public schools. He also composed more than 1,600 hymn tunes. And when he discovered Watts' poem, "Joy to the World," he set its words to music.

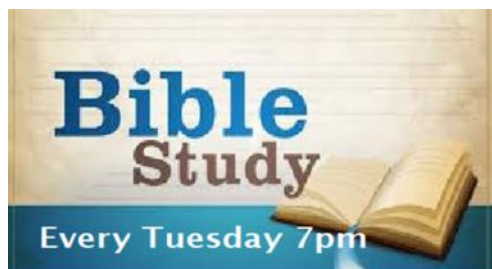
Mason was influenced by composers such as Handel, Haydn, Mozart and Beethoven, often using their works as the basis for his own compositions. Such is the case with "Joy to the World." The familiar melody that we sing today is also known as "Antioch," which Mason named for the choruses borrowed from Handel's "Messiah" ("Lift Up Your Head" and "Comfort Ye").

### **Good timing**

In 1839, Mason published, "The Modern Psalmist: A Collection of Church Music..." a volume of hymns that included the version of "Joy to the World" we sing today. It is believed the "The Modern Psalmist" was published near Christmas, which jumpstarted the popularity of "Joy to the World" as a holiday favorite. It didn't seem to matter to those singing the infectious, uplifting tune that the words weren't about Jesus coming to earth as a baby.

No doubt, "Joy to the World's" path to stardom was circuitous. Three centuries later, however, United Methodist churches continue to "repeat the sounding joy" each Christmas.

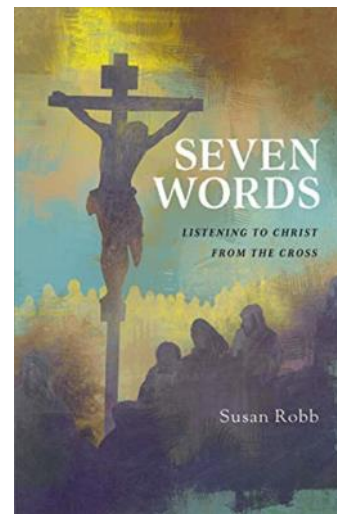




## 2021 Lenten Bible Study

### Tuesdays 7pm

Feb. 23	Father, Forgive Them
March 2	Today You Will Be With Me in Paradise
March 9	My God, My God
March 16	Woman, Here Is Your Son
March 23	I Am Thirsty
March 30	Into Your Hands



### Annual Pancake Dinner?



This year we are not planning our annual Shrove Tuesday Pancake Dinner. But, in keeping up our custom, we can all have pancakes that night for dinner at home! Plan your meal, light a candle, say a prayer and think of the year past and the year to come with friends and loved ones. God Bless. We miss you all!

This year in an attempt to keep everyone safe and still maintain the tradition of giving ashes at the Ash Wednesday Service, Pastor Miso will hold a short indoor service beginning at 7:30pm. As you leave the sanctuary, she will then sprinkle ashes on your hand for you to form the cross. Keeping everyone safe is one of our highest priorities.

## Feb. 17th

### 7:30 PM

at

### Bergen Highlands UMC

## ASH



## ***Congratulations!***

Matthew Hinkley a proud graduate of Purdue University on December 14, 2020.



"Do not go where the path may lead,  
go instead where there is no path  
and leave a trail."

*-Ralph Waldo Emerson*

## ***A Prayer For Today*** by June Magnone

I'm glad that Jesus is my friend  
And I'm glad He understands  
Because I seldom come to Him in prayer  
With 'proper' folded hands.

Sometimes they hold a cooking pot,  
More often a steering wheel.  
They really aren't prayers at all,  
We just talk about what I feel.

I come to Him so frequently  
His patience must sometimes strain  
So I start apologetically  
Like "well, Lord, here I am again."

Just having Him to talk to  
Seems to lessen the pain of my woes  
And I take comfort just in knowing  
That wherever I go, He goes.

## ***Valentine's Day Boxes***

These have surely been uncommon times but we still want our hard working college students to know that we remember them and love them. On **Feb. 7th** after church we will be filling four valentine's boxes to send to our students.

Suggestions of donations to our boxes: individually prewrapped candies, popcorn, hot coco, gum, homemade items, toys and trinkets, notes of encouragement, etc.

**If you choose to donate please put your donations in the church kitchen before Feb. 7th.**



# 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

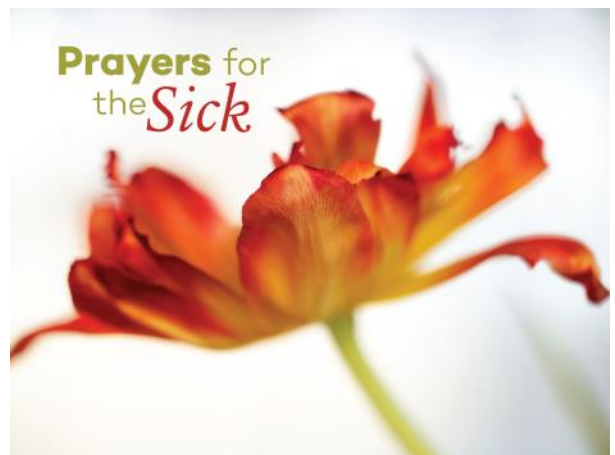
We begin with prayer in the Narthex of the church at 10AM on Tuesday mornings, weather permitting. Then walk around the outside roadway of the church 7 times (a little over 1 mile) and end with prayer again in the Narthex.

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 2021

**Jan. 6** – Epiphany

**Feb. 7**-Valentine Packages –for college students home or away

**Feb. 16** - Shrove Tuesday Pancake Supper at your own home

**Feb. 17** – Ash Wednesday Service; 7:30pm; BHUMC

**March 28** -Palm Sunday Service

**April 1** -Holy Thursday Service; 7:30pm

**April 4** – Easter Sunday Service; 10:15am

**April** – Best Stuff Sale; TBA

**May 9** - Mother's Day

**May TBA** – Church Clean Up

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

**June** – Confirmation

**June** – Strawberry Picking TBA

**June** – Strawberry Festival TBA

**June 20** – Father's Day

**July 4** – Summer Worship begins- New service hours 9:15am

**Aug.** – VBS; 9am-noon TBA

**Sept. 5** – Back to Fall Service Hour; 10:15am

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

**Oct. 3** – World Communion Sunday Luncheon

**Nov** – Hanging of the Greens TBA

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

**Dec.** – End of Toy Sale drop off Tba

**Dec. 24**- Christmas Eve Service

**Dec. 25**- Christmas Day

- **Adult Bible Study**-Tuesdays at 7:00; call for more info 201-327-3960
- **Adult Choir**-TBA
- **Children's and Youth Choirs**-TBA
- **BHUMC Youth Group**- TBA
- **Executive Leadership Team** -3rd Monday of the month, approx. 7:00pm  
Contact person-Pat Hiler 201-327-3960



**Put these dates on YOUR calendar!**

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