

FIRST PRESBYTERIAN CHURCH
OF HIGHLAND



THE LARGER VIEW

February
2025

Volume 18 Issue 2

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Happy
Valentine's
Day

Dear All,

Greetings in the name of our Lord and Savior Jesus Christ!

Throughout February we will continue dreaming together. The season of Epiphany takes us all the way up to Transfiguration Sunday, the last Sunday before Lent. We get to dream and follow the star all the way up to the Mount of Transfiguration, where Jesus will shine bright like a star before prophets who dreamt of the messiah who would come and the world that he would create. The prophets had dreams, Mary and Joseph had dreams, the Magi had dreams, and God always has dreams! We are part of God's dreams, and we have our own dreaming to do. So let us keep dreaming of the world that *can* be if only we all choose to be part of God's dreams, if we all choose to do the work of making God's dreams come true!

Board Shorts

SOUPer Bowl

Reading for the Winter Blues

Soup Sale

Per Capita

Bin of Warmth

Prayer List

As we continue our dreaming, we will meet Jesus in a synagogue in Nazareth, beside the sea of Galilee, and out upon a plain. We will learn of his dreams for the Kingdom, as brilliantly taught in a way that only the greatest teacher of all could teach...in a way that only the greatest dreamer of all could dream. We will hear him lift up the poor, the hungry, the grieving, the persecuted, and the excluded. Since February is the month of Love, let us love in the same way that Jesus loved the least and the last and the lost!

First Presbyterian Church
of Highland
8727 Delaware Street
Highland, IN 46322



*The Mission of First Presbyterian Church of Highland
is to be
the HEART, HANDS, and FEET of Jesus Christ*

As you read through this edition of the Larger View, I hope that you are inspired by the ways that First Presbyterian Church of Highland lives love, the ways that we live into the dreams of our God and the dreams of our Lord!

I leave you with these words from *Luke*:

Then Jesus looked up at his disciples and said:

*Blessed are you who are poor,
for yours is the kingdom of God.
Blessed are you who are hungry now,
for you will be filled.
Blessed are you who weep now,
for you will laugh.*

Blessed are you when people hate you and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven, for that is how their ancestors treated the prophets.”

In Christ and with Love,

Rev. Tyler





SESSION

- Charlotte Abernethy and Renee Williams were welcomed as new elders on Session.
- John Toren and LeeAnn Cheesebrough from Stewardship and Finance Ministry attended our meeting and presented information about our church's finances and the budget.
- Session approved the communion schedule for this year.
- Elder Jean Smith was reappointed Clerk of Session for 2025 and Pam Porter was reappointed as Treasurer for 2025.
- Session liaisons were connected to our various ministries so that most ministries/committees will have a Session member who reports back to Session.
- There will be an officer training at Westminster Presbyterian Church on February 16th from 1-3 pm. All elders and deacons are encouraged to attend.
- Elder Renee Williams was elected as Commissioner to the next Presbytery Assembly, which will be held virtually on February 25th.
- Fundraisers were reviewed and new ideas generated.
- Session relayed their dreams for 2025 in reference to our church.
- Plans were made for the Annual Congregational meeting on January 26, 2025.

TRUSTEES

- President of the Trustees, Jeffery Savage, reported on the projects that the Trustees are working on and discussing.
- A variety of maintenance needs have been addressed, which included checking exit signs and smoke detectors and changing furnace filters on a regular schedule.
- Items that still are being investigated include new signage outside the church and in the parking lot and rethinking ways to maintain the garden with less cost and maintenance.
- Future projects that are in the initial stages of planning include possible replacement of the front doors to the sanctuary and resurfacing the parking lot as well as repainting the stripes.



DEACONS

- Sunshine Bags continue to be prepared and delivered to those in our congregation needing a lift.
- Prayer Shawl Ministry: Multiple Prayer Shawls have been blessed and several were distributed.
- Blessing Box: Deacons continue to check and stock the box daily for perishable and outdated items. Deacon members were assigned days to check the Blessing Box.
- Gladys' Table: Gladys' Table meals were prepared by Krissy LaFlech and her High School Students on Jan 18th. Deacons delivered prepared meals.
- Sackurday: Tom and Pam Porter prepared meals for Jan 25th and the Deacons will disperse. Kiwanis Club will be serving the month of February.
- Smock Grant: Pastor Tyler Orem and Pam Porter, on behalf of the Deacons, are dispersing the available funds to those who are in need. Multiple members have been gifted and express their deep appreciation.



Treasurer's Report

For the Month of
December 31, 2024

	Month of December	Monthly Budget	Year to Date
Operating Revenue	\$8,997.96	\$10,673.57	\$117,843.91
Operating Expenses	18,930.92	15,505.61	170,931.83
Excess (Deficit)	(\$9,952.96)		(\$53,087.92)



Stewardship: Taking Care of Each Other, Taking Care of Our Church, Taking Care of the World

The Art of Kindness

Adapted from an article by Steve Siegle in "Speaking of Health"

Kindness is more than behavior. The art of kindness involves harboring a spirit of helpfulness, being generous and considerate, and doing so without expecting anything in return. Rather than viewing it exclusively as an action, think of kindness as a quality of being you can cultivate. Giving kindness often is simple, free and health-enhancing.

Good for the body

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer. Kindness can increase your sense of connectivity with others, decrease loneliness, combat low mood and improve relationships. It also can be contagious, encouraging others to join in with their own generous deeds. Looking for ways to show kindness can give you something to focus on, especially if you are anxious or stressed in certain social situations.

Good for the mind

Physiologically, kindness can positively change your brain by boosting levels of serotonin and dopamine. These neurotransmitters produce feelings of satisfaction and well-being, and cause the pleasure and reward centers in your brain to light up. Endorphins, your body's natural painkiller, also may be released when you show kindness. Discover ways you can create happiness.

Be kind to yourself

When sharing kindness, it's not just how you treat other people — it's also about how you extend those same behaviors and intentions to yourself. You can be kinder in your own self-talk and practice gratitude. People are good at verbally beating themselves up, which does not work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself. You wouldn't talk to your neighbor the way you sometimes speak to yourself. This is the good neighbor policy, which can be helpful. If you wouldn't say it to your good neighbor, don't say it about yourself.

Take action

Start your day with this question: "How am I going to practice kindness today?" Pay attention and periodically document your evidence of kindness to others and especially to themselves during the day. This positive focus is like planting positive seeds in your mind garden. Where focus goes, energy flows.



A Gift was given to the Endowment Fund In Memory of Frank Falzone by:
Jean Smith

A Gift was given to the Endowment Fund In Memory of Stacey Bouse by:
Yvonne Suroviak



SOUPER BOWL

The annual SOUPer Bowl of Caring will begin on Sunday, Feb. 9th, the same day as the NFL's Super Bowl football game, and run through Sunday, Feb. 16th. Youth will be collecting donations in the narthex at church before and after each worship service. Our youth connections participants are tackling hunger so no one needs to go without in our communities.



Everyone is invited to participate in the SOUPER BOWL by:

- Donating cans of soup or other non-perishable food items
- Making a monetary donation
- Wearing your favorite team's colors to worship – in person and online

Donations can also be dropped off at the church office during the week, Feb. 10th -13th. Let's make this a great SOUPer Bowl for the hungry in our local communities!



READING FOR THE WINTER BLUES

Do the winter months make you feel a little more down than usual? The decreased amount of sunlight, the cold (and sometimes snowy and icy) conditions outside, and the “letdown” period after the Christmas and New Year’s holidays can affect many people this time of year, commonly known as SAD – seasonal affective disorder. While we can’t offer any medical advice for physical ailments, we wanted to offer you some reading options to help with your spiritual well-being during this time.

The book of Psalms is a great resource for all sorts of emotions. No matter whether folks were experiencing suffering or joy, frustration or sadness, they turned to God with their cries and questions and praises. For encouragement and hope, here are a few to try:

- Psalm 91
- Psalm 121
- Psalm 37
- Psalm 146

Another option is to read the book of Philippians. This book is one of the shortest in the New Testament, with just 4 chapters. The apostle Paul wrote it while he was in prison in Rome to the church in Philippi. Philippians is often called the “Epistle of Joy” (epistle means letter) because of the frequent references to joy and rejoicing, and the encouragement that Paul offers to the people. Whether you read it all in one sitting or read a chapter a day for four days, may you be encouraged and find hope and joy in Christ.



BIBLE STUDY AND DISCUSSION OPPORTUNITIES

There are two opportunities to join a Bible study or sermon/Scripture discussion group. These opportunities are open to all who are interested, from middle school students to the most mature of adults. You don’t have to be a church member to participate, so invite your friends and family to join in the discussions with you.

- **“The Bible in Today’s World”** Bible study group meets on Sunday mornings from 9 to 10 am at the church. We’re reading through the book “A is for Alabaster” by Anna Carter Florence. The book takes us through the alphabet of both the Old and New Testaments, focusing on one Scripture story per letter. Join us for great conversation and perhaps a new perspective on God’s Word. Each week’s lesson is independent from the other weeks, so feel free to jump in any time. Contact John Toren or Heather Casiano with any questions or to get a book for the study.
- **“BYOB”** (Bring Your Own Bible) discussion group meets on Wednesday evenings from 7-8 pm online using Zoom. Each week this group takes a look at the Scriptures and sermon from the previous Sunday’s worship service, asking questions, bringing up different perspectives, and encountering the Holy Spirit in a fresh way. The link for the Zoom meetings is emailed out weekly. You can connect to Zoom with a smart phone, tablet or computer. If you’re not familiar with how to use Zoom, please contact Pastor Tyler or Heather Casiano for assistance.

If you have an idea for a group or class that isn’t currently offered, please let us know. We would love to help get a new group formed as there is interest. Groups can meet any day of the week, at the church or elsewhere. Share your ideas and we’ll help make them happen!

WORSHIP & MUSIC

Worship Leaders

February Liturgists:

2/2: Carol Callaway
2/9: Karen Lounsbury
2/16: Renee Williams
2/23: Tracy Oprea



February LiveStreaming

2/2: Robbie Casiano
2/9: Tristan Casiano
2/16: Tracy Oprea
2/23: Jamie Ham

News from the Pews



Soup Sale

There will be a Soup Sale
Sunday, February 19th, follow-
ing Worship in the Fellowship



The Per Capita for 2025 is \$44.66
per member.



HELP STOCK OUR PANTRY!

Please pick up a beautifully decorated grocery
bag in the narthex to help the church's food
pantry. We'd love to have you take a bag
home, place some non-perishable food items in
the bag, and bring it back to the church to help
keep our pantry stocked!



Bulletins

Will you be traveling
and attending Worship
from afar? If so, please
bring back a bulletin
with you so it can be
displayed on the
bulletin board and
published in the Larger
View. We'd love to see
where you have
visited!!



Please continue to place items in the Blessing Box and take items if you are a person in need! Items most commonly donated: canned goods with pull tabs, socks, toilet paper, non-perishable foods, small snacks, toiletries, baby wipes and diapers.

Please do not donate homemade or perishable items.



Dear Congregation,

I want to send out a "Thank You" to the church. I have been there on and off, so I'm a little familiar.

I want to thank Pam Porter for delivering lunch to my house, and the lunches were wonderful!

As soon as I am able, I plan on coming to the church.

Many thanks again!

Sincerely,

Darlene O'Brien



BIN OF WARMTH

Bring in gently used and clean scarves, hats, gloves, and stuffed animals for Pastor Tyler and Abdul to distribute to migrant families in Chicago!



8	Don Zuke
11	Brian Scott
16	Tracy Oprea
17	Kelsey Helmer
20	Philip Parker
29	Janet Terpstra

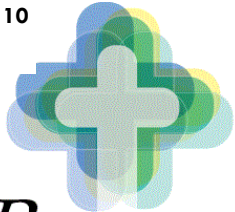


The Prayer Shawl Ministry will be meeting on February 28th at 1:00 PM.



FOLLOW US ON SOCIAL MEDIA!

If you don't already follow First Presbyterian Church of Highland on Facebook and Instagram, please start doing so and sharing our posts with your friends! @firstpchighland



Prayers & CONCERNS



Pray For...



Anthony
Brady Vanes
George Griner
Guy Hendricks
Bill and Anettia Holmes
Daniel Litwicki
David Markley
Pat & David Kingen
Diana and Ray Mendoza
Janet Orem
Jeanne Nestor
Cindy Waltz and Sister
Yvonne Suroviak
Georgette Sknerski
Jakob Holden
Denise Matthys
Steve & Melinda
Jan Oprea
Florance Cody
Nick
Laura Buono Domsic
Annie & Mike Windstrup
Kevin Windstrup
Ruth Dekker
Rick Parker
Gary Everhart
Bonnie Kern
Tim
Ella P.
Melissa
Keren, Zuriel & Gedeon
The McBride Family
Darlene O'Brien
Charles
Robin
Sharon
Janet
Carol Lestina
Clara

Barbara Morton
Caroline Studer
Holly Letnich
Jaden Mendez
Doug and Sue Matthews
Janet Terpstra
Glen Nahler
Tammy
Tom
Jana Tolley
Larry & Bonnie Perryman
Virginia Marshall
Delta Rose
Winnie Owen
Charity Lynn
David Hamblin
Judy
Breeanne
Mom Bechtler
Gloria
Victor
Crystal and David Cervantes
Marian Clayton
Lou Ann Sulowski
Edie Delgano
Katie
Rita Stromczek
Suzanne Barnes
Bill & Suzanne
Ashley
Lois & Tom
OGB
Edna Cruz
Layla
Melissa
Connie
Katie
Charles
Jerry & Rena Martinez
Betsy
Amaiya
Jean

- We pray for migrants in this country and across the world.
- We pray for the people of the Democratic Republic of the Congo, Columbia, Lebanon, Haiti, Palestine, Sudan, and Ukraine.
- We pray for victims and survivors of gun violence.
- We pray for peace and peacemakers!
- We pray for those undergoing treatment for cancer, the mentally ill and their families, those recuperating, those undergoing treatments and those waiting for transplants.
- We pray for first responders and front-line medical workers
- We pray for the health and safety of our service men and women as we pray for an end to the wars that put them at risk
- We pray for the unemployed, the under employed and the homeless.
- We pray for all children in the world.
- We pray for the work of the Holy Spirit within the life of FPCH and within each of us, that we may indeed be and make disciples each new day.
- We pray for our home-bound loved ones.

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In order to keep the prayer list current, we need your input. If there are people you would like to have added or if there is someone who can be taken off the list, please call the Church Office (219-838-6850).