

Dear FPCH Family,

This Sunday we will be celebrating Holy Communion. I invite you to join in spiritually from home by partaking of a beverage and some grain-based food. If weather permits, I will also be outside the church building from 11:30-12:30 with Communion to go. You are welcome to come by to pray and receive the elements!

This Sunday, July 5, 2020, we will continue worshiping physically apart while being spiritually together. As always, I urge all of us to keep our Sunday morning sacred, intentional, and focused by participating in worship from home at 10:30 AM. I invite you to use the links to access worship materials, including a bulletin, the readings, a hymn, a copy of the sermon manuscript, and materials for our young disciples (no age limit required!). A recorded service will be accessible at <https://fpchighland.org/sermons>, which will follow the provided bulletin. I encourage you to view this recording and participate along with it if at all possible. This week we will be focusing on the story of Hagar and Ishmael to gain a holistic understanding of Abraham's narrative as well as to be inspired by the strength and resilience of these two often overlooked ancestors of our tradition.

Thank you to our singer and liturgist this week! Your participation makes the experience much more meaningful.

This week I leave you with these words from Jesus in our Gospel lesson: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."--Matthew 11:28-30

In Christ,

Rev. Tyler Orem