Greetings FHPC family and friends!!

What a blessing to look outside my office window and see two beautiful sights. First, the leaves turning color with the sunshine pouring through. Secondly, to see the little children from our preschool playing on the playground. We are so blessed to have Sue and Kathy as co-directors who love these children, along with their gifted and talented staff who lead these little ones in the way of the world. They bring such a sense of life to our church all week long. Thank you pre-school staff for sharing your love with these beautiful little hearts.

This is the month of Thanksgiving and if you look around, you will see that we have much to be thankful for. This church continues to serve this congregation and others in the community in so many different ways. Through ministries like Access 6, Kids Food Basket, Mobile Food Truck, Operation Santa Claus and the Angel Tree. I could go on and on with the many ways we serve those less fortunate. Thank you to the staff, and the many volunteers who make this church such an amazing place in which to serve and worship.

Please keep the church in prayer as we continue to stress the message of listening to your hearts for our stewardship ministry. As you can see in the bulletin each week, we are somewhat behind where we need to be financially and we need your help. Please pray over your financial faith promise you will make for this upcoming year. God has given us some Big Hairy Audacious Goals and we are ready to meet them head on. Let’s serve our community and world with Christ’s love through our giving ministry. May God continue to bless you in this wonderful season of Thanksgiving.

Shalom, Pastor Jim
November 2015

**Music & Worship**

**Coming up in Worship**

11.1 All Saints Day  
“A Message From Beyond”  
Luke 6:17-26  
Sanctuary Choir & worshipBand  
Communion by instinct

11.8 “Giving”  
Mark 12:38-44  
Sanctuary Choir & worshipBand

11.15 “ Streams of Living Water”  
Psalm 16:1-11  
Sanctuary Choir & worshipBand

11.23 Christ the King Sunday/Thanksgiving  
“Kingdoms in Conflict”  
John 18: 28-40  
Jubilation Bells & worshipBand

11.29 1st Sunday of Advent  
“Meet the Cast of Christmas”  
Simeon and Anna  
Luke2:25-40  
Sanctuary Choir & worshipBand

**Worship Notes...**

I hope this finds you thoroughly enjoying the fall season! We have begun programming for the 2015-2016 year and things are going well! We are always looking for volunteers, so if you are gifted in music, public speaking, drama, dance, prayer or technology, we need you! If you haven’t yet found a spot to volunteer for worship, there is a place for you in worship arts. There are many opportunities to be involved, but we need YOU to take the first step. If you feel like God is calling you to serve in this ministry area, please get in touch with me. You can help others experience worship and often find a more meaningful worship experience yourself as you connect with God in a different way.

We are also looking for instrumentalists to add into worship on occasion. If you would be willing to be on a call list, please contact me.

See you in church!

Megan

---

**CONNECT WITH MEGAN**

Megan Horist  
Director of Music and Worship  
email—megan@fhpusa.org  
phone—616.942.2751 x102

---

But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.
You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.

~Psalm 59:16-17
November 2015

**Calendar:**
- November 1: *Flipped*
- November 8: *Flipped*
- November 15: *Flipped*
- November 22: *Who is Jesus*
- November 29: Thanksgiving  
  *No Program*
- December 6: *Who is Jesus*
- December 13: *White Elephant*
- December 20: Christmas Break  
  *No Program*
- December 27: Christmas Break  
  *No Program*
- January 3: Programming Continues

**What we are learning**

*Flipped:* We will be jumping into the New Testament to take a look at some people who’s life got “flipped” when they came into the presence of Jesus Christ. We will be looking at Zaccheaus (Luke 19), the Centurion (Matthew 8), The Bleeding Woman (Mark 5), and the Rich Young Ruler (Mark 5). We are going to be looking at moments that changed everything for these people, and use that as a scope to see how Jesus continues to transform our lives every day.

*Who is Jesus?* As Christmas approaches, we will look at the “reason for the season,” but who is Jesus? What makes him so special? We will take two to three weeks to discuss Jesus in history, the significance of the Christmas season, and our own salvation and redemption.

**Amazing Race Recap**

We had a great night with over 120 kids, who made up the 22 teams of Forest Hills and Thornapple students. Teams raced up and down the East Beltline to participate in this year’s Gameshow Edition, where all challenges were based off of game shows, late night talk shows games, or reality TV. Some of the challenges included playing variations of Jeopardy, Cash Cab, Fear Factor, and the Singing Bee. To check out some pictures from that night, head over to Instagram and check out the hashtag #ARGR15.

Thanks again to everyone who volunteered and participated in our first Amazing Race!

**Connect with**
- Twitter: @FHPCYOUTH
- Facebook: /groups/fhpcyouth
- Instagram: @fhpcyouth
- Email: cory@fhpcusa.org
Christmas Program
Starting this Sunday through December 13th, we will be rehearsing during ENGAGE for the Christmas Pageant on Dec. 20. We invite all children to come and learn the songs, play a character, speak, play chimes, dance, etc. Children who do not attend rehearsals are still invited to get a costume the morning of the program and participate! We can’t wait!

VOLUNTEER OPPORTUNITIES
Bridge Builder: During ENGAGE, we need people to just hang out with the littles. That’s it. Sign up on our website.

Nursery Helper: Be an extra set of hands to our nursery attendant on Sunday morning. Sign up on our website or speak to Miss Ash or Melissa Murray.

Teaching TRU: I could use one or two more teachers for Sunday morning. If you’re interested, please, contact me for details.

KIDS NIGHT OUT
SATURDAY
NOV. 14
6-10PM
SIGN UP AT
fhpcusa.org/events

CM CALENDAR
Oct. 30– Trunk or Treat 6:30-8:30PM
Nov. 14/Dec 19: Kid’s Night Out 6-10PM
Nov. 15: Ornament Designs Due!!!
Dec. 20– Children’s Christmas Pageant
January 22- 24: All Church Retreat

CONTACT MISS ASH
ashley@fhpcusa.org
Office at FHPC:
(616) 942– 2751 ext. 103
TRUNK OR TREAT
CANDY. MOVIES. BONFIRE. ALL AGES UNDER 13
OCT. 30 6:30-8:30PM
PLEASE BRING TWO CAN GOODS PER PERSON TO DONATE TO THE LOCAL FOOD PANTRY
FOREST HILLS PRESBYTERIAN CHURCH CORNER OF CASCADE AND 36TH ST. www.fhpcusa.org 616.942.2751
WE STILL NEED HELPERS FOR FRIDAY!!!
PLEASE SIGN UP VIA OUR WEBSITE: www.fhpcusa.org

HELPERS
Helpers are people who show up at 6:00pm and could be in charge of set up/tear down, the registration table, helping with the movie, supervising the bonfire, distributing more candy to the trunkers or various other tasks. They also are people who are willing to do whatever is needed!

All Church Retreat
Save the date:
January 22-24, 2016
Camp Roger
Belding, Michigan
Operation Santa Claus Sock Drive
We are collecting new packages of socks through November 29. Sizes needed are: toddler, girl, boy & adult, small, medium and large. Please attach the receipt in case we need to return them and purchase different sizes. Our goal is 900 pairs of socks!!

Pie Raffle for Operation Santa Claus
On both Nov. 8 and 15 we will raffle off 4 of Patty Moyer’s homemade pies, proceeds going to Operation Santa Claus. Tickets are $1.00 each or 6 for $5.00. Together we can bring the warmth and comfort of Christmas to others.

Kids Hope USA Mentoring
Loving mentors from FHPC are consistently meeting with their students every week at Kettle Lake Elementary. Confidence and skill building, fun and smiles are abundant! Please continue to pray for our students and their families through this busy time of year. For more information about this meaningful mission, contact Sheli Langejans at sheli@fhpcusa.org.

ACCESS 6 Food Collection – November 1
The food we give to ACCESS 6 food pantry helps individuals/families in crises in 6 rural townships: Ada, Cascade, Lowell, Caledonia, Vergennes and Bowne. Grocery carts will be available in the lobby for your donations.

Pieceful Gathering Quilters
Our next meeting is just around the corner on Thursday, November 12. Everyone is welcome to join us in creating quilts which we donate to church members and Spectrum Hospital for the very sick, those in nursing homes and those nearing the end of life. We start at 10 AM and finish about 4 PM. Feel free to come for the day or just stay for an hour or two, as it fits your schedule. If you have questions, feel free to contact me. We hope to see you there! –Mary Klynstra

KIDS’ FOOD BASKET
Monday, Nov. 9, 12-1 PM, 2055 Oak Industrial Pkwy.
10 volunteers are needed to help pack sack suppers. Sign up on the Missions slat wall. FHPC volunteers meet at Kids’ Food Basket the second Monday of every Month, October to May.

Wanted: Your Empty Vases!
Hospice of Michigan has an on-going flower program and a continuing supply of vases is needed to keep it running. Please bring your old or unwanted vases to the box in the coat room labeled “Vases for Hospice.” Thank you!

Warm Up America.
The knitting group began meeting again in October. Skeins of yarn for the knitters would be greatly appreciated. They use Red Heart Super Saver yarn which can be found at Walmart, Michaels and Hobby Lobby. Please drop donations off to the church office. Questions? Contact Sandra Suarez.
Parish Nurse News Corner

Expressing thanks may be one of the simplest ways to feel better! Gratitude is derived from the Latin word gratia, meaning grace, graciousness, and gratefulness, depending on the context. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible, often encompassing all three meanings.

In the process of showing gratitude, research studies have shown that those who do, have a higher sense of emotional well-being, are less depressed, have stronger relationships, deal with adversity, and improve their health.

Achieving the benefits of gratitude can be expressed in a variety of ways: writing a thank you note, thinking of and thanking the person mentally, setting a regular time each week to reflect on weekly blessings, keeping a gratitude journal, saying thank you when a gift or blessing is received, making a thank you gift for the person who gave it to you, prayer and meditation.

In the book study Pilgrimage into the Last Third of Life, we learned about what the author describes as “rummaging for God” in our daily life... at the end of each day intentionally reflecting on the situations where we see God at work in our lives and those near us.

November is Diabetes Awareness Month

Diabetes is one of the leading causes of diseases and deaths in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it is not controlled.

One in 11 Americans has diabetes, more than 29 million people. And another 86 million adults in the United States are at high risk for Type 2 diabetes.

About 208,000 young people under 20 years of age have diagnosed diabetes. Most of them have type 1 diabetes. As obesity rates in children continue to soar, type 2 diabetes, a disease that used to be seen primarily in adults over age 45, is becoming more common in young people. Children with diabetes and their families face unique challenges when dealing with this disease.

The good news? People who are high risk for the disease can lower their risk by more than half - if they make healthy changes. These changes include eating healthy, increasing physical activity, and losing weight. Making small steps has big rewards!

Here are two local resources to learn more:
1.) American Diabetes Association:
   www.diabetes.org
   Address: 1550 East Beltline, SE. Grand Rapids, 49506. Phone: 616-458-9341

2.) Spectrum Healthier Communities
   www.spectrum.org/healthier communities
   Address: 665 Seward NW, #110 Grand Rapids 49504 Phone: 616-391-5000

Current Health Ministry Event:
Book Study – “Pilgrimage into the Last Third of Life.”
Meets Wednesday, through November 18, from 9:30 – 11:00 AM.
Facilitated by Nancy Brubaker

Thanksgiving blessings!

Nancy

“The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.”

Psalm 28:7  NIV
Announcements

Confronting the News with Scripture and Hope continues...
Are you interested in a Bible Study that focuses on current events? We look at a particular news story each week and discuss the role of Scripture and how to look at the story from a Christian perspective. Bring your Bible and join us in the lounge on Thursdays, 10 to 11 AM. Bring a friend too, we always have room for one more.

Falling in Love with the Psalms again continues. This Adult Study topic is led by Rev. Dr. Jack Stewart, author, pastor, Princeton professor and theologian. It meets after worship at 10:45 in the Bread House on Nov. 8, 15 and 22. This study will open your eyes to how the Psalms were written and how we should read them, study them and sing them. To prepare, Dr. Stewart suggests that we read C.S. Lewis’ book “Reflections on the Psalms,” but that is not required in order to attend and learn from this class. Bring your Bible to class. Hope to see you there!

Track 2 adult study: “What does the Sermon Mean For Me?” continues…This class seeks to take the sermon to a more personal level. It meets after worship in the Vineyard at 10:45, is led by Judy Herrick and is growing every week. Grab a cup of coffee after worship and head downstairs to join in.

Seniors – The Deacons invite you to a Christmas Luncheon, Saturday, December 5, 11:00 AM punchbowl, 11:30 AM lunch served, entertainment to follow. Look for your invitation or call the church office to RSVP.

Preschool Poinsettia Sale will begin on November 3. Order forms will be available in the Narthex by the Poinsettia banner. The flowers will be delivered to the church on Dec. 7 and will be available for pick up during office hours or after church on December 13. The deadline for orders is Tuesday, Dec. 1 and full payment is due when placing your order. Make checks out to FHPP. If you wish to purchase plants to decorate the Sanctuary, fill in the appropriate areas on the order form.

The next Pub Theology meets on November 10, 6 – 8 PM, at Ada Schnitz, 597 Ada Dr. SE. All men over 21 are welcome. Contact Al Rossi with questions.

PRAYER CONCERNS:

In Medical Facilities
Dave Gleason (Beacon Hill Rehab)
Kathy Cullens’ father, Jerry Winters (Lacks Cancer Center)
Cherie Chesner’s mother, Ella Thom (Medbridge Rehab)
Ed Hordyk (Clark on Keller Lake)

Recovering at Home
Phyllis VanderVliet (Back surgery)

In Retirement Facilities
JoAnn Strayhorn (Sunrise Assisted Living)
Barbara Sjoerdsma (Clark Retirement)
Eleanor Vollwiler (Maple Creek)

Other
Harry Jones, upcoming survey
Our Missionaries in India
Lyn Jones’ brother, Robert Watret, cancer
Ed Gerger, Porter Hills, hospice care
Jeff Sauter, (relative of Sandy Armstrong), cancer
Prayers for a son, for continued sobriety
Members of our Armed Forces
Christina Hindley (friend of Anita Brocker), inoperable cancer
Gabbi, granddaughter of Larry & Renee. Gabbi suffers from Congenital Ullrich Muscular Dystrophy.

Track 2 adult study: “What does the Sermon Mean For Me?” continues…This class seeks to take the sermon to a more personal level. It meets after worship in the Vineyard at 10:45, is led by Judy Herrick and is growing every week. Grab a cup of coffee after worship and head downstairs to join in.
Sunday, November 1 – ACCESS 6 Food Collection
Communion served by Intinction
9:30 AM Celebration Worship Service / Sanctuary
Pre-k – 4th Grade dismissed to TRU Worship
10:30 AM Congregational Breakfast / Fellowship Hall
4:00 PM FiftySix and Jr. High Youth / Core
6:00 PM Sr. High Youth Group / Core

Monday, November 2
9:00 AM Preschool
10:00 AM Program Staff Meeting / Lounge
11:00 AM All Staff Meeting / Lounge
7:00 PM Boy Scout Committee / Lounge

Tuesday, November 3
9:00 AM Preschool
12:30 PM “Red Hot Faith” / Delores Dodenhoff’s
5:00 PM Missions Meeting / Lounge
6:30 PM Session / Lounge
7:00 PM Zumba / Fellowship Hall

Wednesday, November 4
7:45 AM Men’s Breakfast / The Gathering Place
9:00 AM Preschool
9:30 AM Pilgrimage into the Last Third of Life / Lounge
6:30 PM Jubilation Bells / Sanctuary
7:30 PM Sanctuary Choir / Choir Room

Thursday, November 5
9:00 AM Preschool
10:00 AM Pieceful Gathering Quilters / Fellowship Hall
6:15 PM worshipBand Rehearsal / Sanctuary
6:30 PM Boy Scout Troop 345 / Fellowship Hall
7:00 PM Zumba / Lower Level Assembly Area

Friday, November 6
9:00 AM Preschool

Saturday, November 7
9:00 AM Handwork Craft Show / Fellowship Hall

Sunday, November 8
9:30 AM Celebration Worship Service / Sanctuary
Pre-k – 4th grade dismissed to TRU Worship
10:30 AM Fellowship Time / Lounge
10:45 AM Education Hour & Engage / Lower Level
4:00 PM FiftySix & Jr. High Youth Group / Core
6:00 PM Sr. High Youth Group / Core

Monday, November 9
9:00 AM Preschool
10:00 AM Program Staff Meeting / Lounge
12:00 PM Kids’ Food Basket / 2055 Oak Industrial Pkwy
5:30 PM Worship Design Team / Lounge

Tuesday, November 10
9:00 AM Preschool
12:30 PM “Red Hot Faith” / Delores Dodenhoff’s
6:00 PM Pub Theology / Ada Schnitz, 597 Ada Dr. SE
7:00 PM Zumba / Fellowship Hall

Wednesday, November 11
9:00 AM Preschool
9:00 AM Health Ministries / Parish Nurse Office
9:30 AM Pilgrimage into the Last Third of Life/Lounge
1:00 PM Ministry Team Meeting / Lounge
6:30 PM Jubilation Bells / Sanctuary
7:30 PM Sanctuary Choir / Choir Room

Thursday, November 12
9:00 AM Preschool
10:00 AM “Confronting the News with Scripture…” / Lounge
6:15 PM worshipBand Rehearsal / Sanctuary
6:30 PM Boy Scout Troop 345 / Fellowship Hall
7:00 PM Zumba / Lower Level Assembly Area

Friday, November 13
9:00 AM Preschool

Saturday, November 14
6:00 PM Kids’ Night Out / Fellowship Hall, Core

Sunday, November 15
9:30 AM Celebration Worship Service / Sanctuary
Pre-k – 4th grade dismissed to TRU Worship
10:30 AM Fellowship Time / Lounge
10:45 AM Education Hour & Engage / Lower Level
2:00 PM Boy Scout Court of Honor / Sanc. & F.H.
4:00 PM FiftySix & Jr. High Youth Group / Core
6:00 PM Sr. High Youth Group / Core

Monday, November 16
9:00 AM Preschool
10:00 AM Program Staff Meeting / Lounge
6:30 PM Congregational Life / Bread House
7:00 PM Finance Committee / Lounge

Tuesday, November 17
9:00 AM Preschool
12:30 PM “Red Hot Faith” / Delores Dodenhoff’s
7:00 PM Board of Deacon / Room 26
7:00 PM Zumba / Fellowship Hall

Wednesday, November 18
7:45 AM Men’s Breakfast / The Gathering Place
9:00 AM Preschool
6:30 PM Jubilation Bells / Sanctuary
7:30 PM Sanctuary Choir / Choir Room
Thursday, November 19
9:00 AM   Preschool
10:00 AM “Confronting the News with Scripture...” / Lounge
6:15 PM  worshipBand Rehearsal / Sanctuary
6:30 PM  Boy Scout Troop 345 / Fellowship Hall
7:00 PM  Zumba / Lower Level Assembly Area

Friday, November 20
9:00 AM   Preschool

Saturday, November 21

Sunday, November 22
9:30 AM   Celebration Worship Service / Sanctuary
           Pre-K – 4th grade dismissed to TRU Worship
10:30 AM   Fellowship Time / Lounge
10:45 AM   Education Hour & Engage / Lower Level
4:00 PM    FiftySix & Jr. High Youth Group / Core
6:00 PM    Sr. High Youth Group / Core

Monday, November 23
9:00 AM   Preschool
10:00 AM  Program Staff Meeting / Lounge
5:30 PM   Worship Design Team / Lounge

Tuesday, November 24
9:00 AM   Preschool
7:00 PM   Zumba / Fellowship Hall

Wednesday, November 25
6:30 PM   Jubilation Bells / Cancelled
7:30 PM   Sanctuary Choir / Cancelled

Thursday, November 26 – Thanksgiving Day
Office Closed

Friday, November 27
Office Closed

Saturday, November 28

Sunday, November 29
9:30 AM   Celebration Worship Service / Sanctuary
           Pre-K – 4th grade dismissed to TRU Worship
10:30 AM   Fellowship Time / Lounge
4:00 PM    FiftySix & Jr. High Youth Group / Core
6:00 PM    Sr. High Youth Group / Core

Monday, November 30
9:00 AM   Preschool
10:00 AM  Program Staff Meeting / Lounge