

• **Open Hearts**

• **Open Minds**

• **Open Doors**

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# the HIGHLANDER

Volume 13 Issue 5

September/October 2022



Dear Bergen Highlands Family,  
I hope all of you had a great summer. With your support and prayer, I had a good 8 weeks of maternity leave. Although there was some challenging times with my health, all is good now with God's grace and love. Thank you so much for all your prayers and love. My family is enjoying watching baby Timothy grow day by day.

Time goes so fast. It is time to get together and worship in the sanctuary! I am so excited to see you all and worship together. I hope this summer brought you a time of relaxation, renewal and joy. It is time to connect ourselves to God by connecting with one another. I am sure you all had a great connection with God wherever you were, but it is so important as a community to connect to each other to encourage one another to grow in Christ. Therefore, do your

best to come to church each Sunday to worship together and have a great fellowship with others.

John 15:5 says, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit." We are all God's children who need God's care and words. Please join us at the 10:15 am service to nourish your soul and to strengthen your faith. This coming fall, Bergen Highlands will celebrate 180<sup>th</sup> anniversary. As God built this community of faith with a great purpose to spread the love of God, we want to continue God's mission and ministry for our community.

Please join us for this great new season to see what God will do with his amazing power and love through Bergen Highlands community. Let us continue the good works God wants us to do and reconnect ourselves to God to grow in Christ and strengthen our faith in God.

Hope to see many of you soon.  
May God's peace and abundant love be with you all.

Miss you all so much.

In Christ,  
Pastor Miso

CONNECT TO GOD



## *Nature Connects Us To God*

Learn to use your 5 senses to explore nature and seek God, then share your newfound peace with others.

By Laura Buchanan, UMC. Org



Jack Layfield served as a chaplain on the Appalachian Trail for six months in 2019. His experiences can help all of us learn how to connect to God in nature. Photo by Mike DuBose.

Time spent outdoors can strengthen our faith and reveal a deeper meaning in our daily life. God equipped us with five senses to help us discover and better appreciate the natural world – it's up to us to step outside, engage and explore.

Few could say they've experienced this more than Jack Layfield. In 2019, at age 67, Layfield served as a chaplain on the Appalachian Trail, hiking 2,192 miles through 14 states in 6 months. Layfield's unique perspective opens the way for all of us to understand how nature can be a balm for our soul and an invitation to reflect.

"In everyday living in our world, all five of our senses are bombarded. We just have so much

coming to us 24/7," says Layfield. Being intentional about spending time in nature, and paying attention while we are there, can help us find peace.

### Look

"At a young age I knew that God had created [nature], from the very little things that we see to the great, majestic things," shares Layfield. "That was one of the things that was so good about the [Appalachian Trail]. There were the tiniest of wildflowers, the tiniest of little creatures. But then also there were the mountains with beautiful vistas when you reached the top."

**Put it into practice:** Go outside or gaze out of your window. What's the smallest thing you see? The biggest? Take a moment to marvel at God's creativity and your own place in creation.

**Whether you have use of all five senses or just one, or if time spent at your window is the safest way for you to experience nature, God invites you to use any and all of your innate gifts to encounter the beauty of creation.**

**Read Scripture:** [Psalm 96:11-12](#)

### Hear

When people ask Layfield why he hiked the trail, he answers, "I love being out in nature, I love enjoying God's creation. But the other reason is, after a while, I was able to experience the quietness of the trail, where I'm not bombarded by sounds. I felt like I could hear God speaking to me."

**Put it into practice:** Layfield begins each day by sitting on his back porch, listening to the birds and soaking in the quiet stillness of the morning. Try this for yourself one day this week. Bring along your cup of coffee and a Bible.

**Read Scripture:** [John 10:27-30](#)

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### Taste

"On the trail, I had ramen noodles almost every night," mentions Layfield. "And people say to me, 'How did you eat that day after day?' I can't really say it tasted bad. I always looked forward to it. I think being outdoors, in nature, it enhances the taste somehow. That's not a scientific thing, but for me, I think it has."

**Put it into practice:** Pack a simple snack or meal and find a picnic spot. Eat slowly, with intention, and savor each bite. Give thanks for your surroundings, the food and anyone who might be with you.

**Read Scripture:** [Psalm 23](#)

### Smell

"The things that we smell, we really don't notice them unless it's something really outstanding, like an apple pie baking in the oven," Layfield says. "On the trail, after hikers had been hiking for 2, 3 or 4 months, there was a phenomenon that we'd be hiking and a day hiker would be coming the other way, and as they were at least 20 feet away, we could smell that hiker. It was a pleasant, usually soapy smell."

**Put it into practice:** Sit outside for several minutes and close your eyes. Take a few deep breaths. What do you smell? Try to identify more than one scent. Remember that from this earth, God created you.

**Read Scripture:** [2 Corinthians 2:14-17](#)

### Touch

"I have a little garden and I like digging in the dirt... I don't know why people that garden do. Maybe there's something about it that brings us all back into touch with what we once were," suggests Layfield. "Maybe it all goes back to the Garden of Eden. I guess all of this maybe does."

**Put it into practice:** Plant a seed. Hold the dirt. Get muddy. Care for your new plant over time and touch the leaves once they sprout. Think about the growth cycle and how you might emulate it in your spiritual life.

**Read Scripture:** [Genesis 1:9-12](#)

Take the Creator's peace to others

Layfield remembers many acts of kindness along the trail. A woman offered him a ride in spite of his smelly, dirty appearance. Someone left thermoses of hot coffee and donuts for people to find as they hiked through the snow. A stranger took Layfield and a fellow hiker out to dinner.

He says, "There were people like that all along the way. It's just amazing."

**Put it into practice:** As creations of God, we are called to care for the earth and for each other. After you've found peace in nature, it's time to share it. How will you do this? Host a picnic in your neighborhood or teach a young person the benefits of unplugging from technology, perhaps. Consider the endless possibilities and choose one that will bring the light of Christ to those around you.

### Hike alongside Jack Layfield

After his Appalachian Trail through-hike was complete, Layfield wrote more than 160 devotions and gathered them in a book, ["On the Trail with Chappy Jack: Devotions for the Path You're On."](#)

"I never had that aspiration [to write a book]. I felt like the Lord was speaking to my heart to do that," Layfield says. Each entry offers a story from Layfield's hiking adventures, as well as a Scripture reading, reflection and prayer.

Layfield, a retired mental health therapist, served through the [Appalachian Trail Chaplaincy](#), an initiative of the Holston Conference of The United Methodist Church. Each year, a new chaplain hits the trail to build relationships and share the love of God with everyone they meet. All proceeds from Layfield's book benefit the ongoing ministry, which was established in 2013.



# Sept. 11 Summer's Over!

*It's time to move back into the Sanctuary*  
*10:15 am Traditional Worship Service*



*11:15 am BBQ Picnic*

**CHILDREN'S  
SUNDAY  
SCHOOL**

**SEPT. 11 ~ 10:15AM**

**Bible Stories**

**Crafts**

**Videos**

**Games**

## ***Kids, Parents, Grandparents !!***

Kids bring your backpacks on Sept. 11 for a blessing. If you can't make it have someone else bring it in for you. Start the year RIGHT!



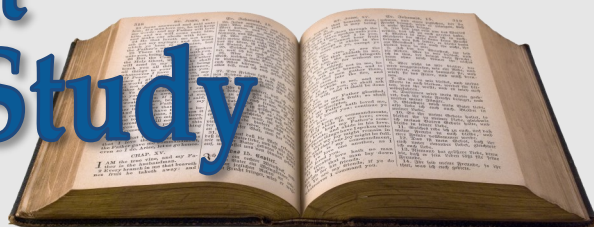
**Blessing OF THE  
Backpacks**



**World Communion Sunday**

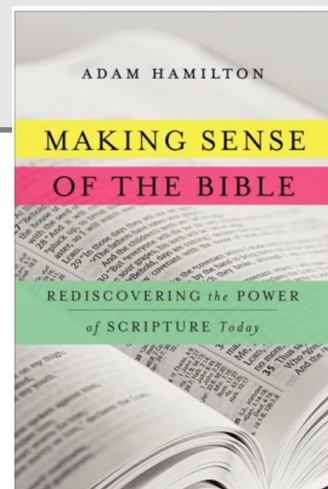
**October 2 ~ 10:15 am**

# Adult Bible Study



**Tuesdays 7 pm**

Denominations from evangelical to mainline continue to experience deep divisions over universal social issues. The underlying debate isn't about a particular social issue, but instead it is about how we understand the nature of scripture and how we should interpret it. The world's bestselling, most-read, and most-loved book is also one of the most confusing. In *Making Sense of the Bible*, Adam Hamilton, one of the country's leading pastors and Christian authors, addresses the hot-button issues that plague the church and cultural debate, and answers many of the questions frequently asked by Christians and non-Christians alike.



September 13	Ch. 1-7: Making Sense of the Old Testament
September 20	Ch. 8-13: Making Sense of the New Testament
September 27	Ch. 14-18: Questions about the Nature of Scripture
October 4	Ch. 19-21: The Bible and Science
October 11	Ch. 22-26: Violence, Suffering, and Other Troubling Issues
October 18	Ch. 27-32: Wrestling with Issues of Sexuality and Relationships

## *Two Important Meetings...*

Special Church Conference scheduled for **Sept. 11 at 5pm via Zoom**. If you are a member of BHUMC you received an email on this. The meeting is open to all members of BHUMC. Non-members can join but do not have voting rights.

If you are interested in attending, please contact [bergenhighlandsumc@gmail.com](mailto:bergenhighlandsumc@gmail.com) and you will be sent a link for the Zoom meeting.

The **Annual Charge Conference** this year will be held on **Nov. 5th via Zoom**



If you are interested in attending, please contact Pastor Miso for this Zoom link.

2022 Fall

## SERMON SERIES

### “All Are Called”

- 9/11 God's Purpose for You  
1 Samuel 16:1-13
- 9/18 Equipped  
1 Samuel 17:31-40
- 9/25 Supported  
1 Samuel 20:1-17



### “Celebrate”

- 10/2 Celebrate Diversity  
1 Corinthians 12:12-20
- 10/9 Celebrate Unity  
Ephesians 4:1-16
- 10/16 Celebrate Promise  
Romans 4:3, 13-15
- 10/23 Celebrate New Life  
Mark 5:35-43



### USR Oktoberfest ~ October 8th

A family fun event put on by USR CARES that takes place in Lions Park in USR. Come and help us show that BHUMC cares, too!



### Altar Flowers Are Back

Beginning September 11, we will be having flowers on the altar again and we're offering you the opportunity to dedicate a Sunday bouquet in honor of or in memory of someone you choose. The name/s will be put in the weekly bulletin.

After the service, if you do not take the flowers home with you, they will be given to a local shut-in or nursing home.

The sign up sheet will be in the Narthex. Cost of the bouquet will be posted on the flower chart.



## One More Little Blessing

Timothy Kim born July 7, 2022  
to Pastors Miso Park and Peter Kim  
Mom, Timothy and the entire family are  
doing very well. Blessing on them all.



"How come there's a forbidden fruit,  
but not a forbidden vegetable?"

## Kids In The Kitchen ??? Watch Out !!!



# October 21st

## 6:30pm - 8:00pm

All sorts of eats and treats!  
You never know what we will  
make. After all, it's close to  
Halloween!!



\$10 donation and a non-  
perishable food item for  
the local food pantry.



**Sign up in  
the Narthex  
or call to  
reserve a seat  
at the table.  
201.327.3960**

# BHUMC COOKS FOR THE SPRING VALLEY UMC HOMELESS MISSION

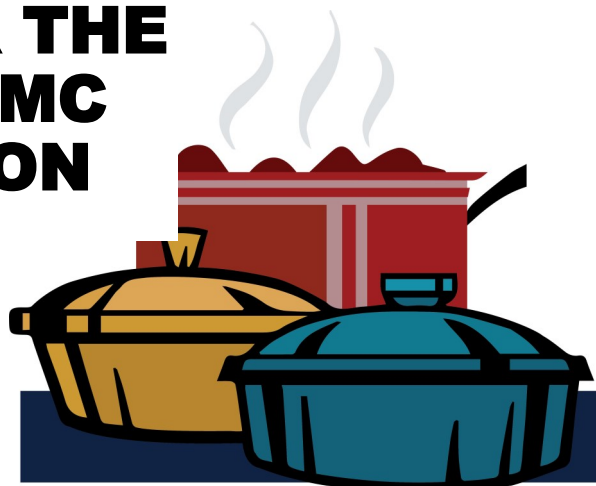
There is so much joy in giving to others who are in need. I don't need to tell you that, you know it.

**THURSDAY SEPTEMBER 22**

Help us make dinner for the Homeless Mission of the Spring Valley UMC. We need people to help cook a simple meal and people to bake homemade cookies for dessert. We make the dinner and deliver it to Spring Valley UMC.

You'll go home tired, but feeling great!

Sign up or call to help out with this mission.  
(201) 327.3960



# FEEDING THE HUNGRY

## *Important Dates To Put On Your Calendar*

**Sept. 11— Back to Church Sunday;** Worship Service and Sunday School at 10:15 am; Church BBQ after church during Coffee Hour, please bring a side dish to share.

**Sept 11—Special Church Conference;** 5:00pm via Zoom; contact Pastor Miso for link.

**Sept. 24—Celebration of Life Service for John Kozen;** at BHUMC, time TBA.

**Oct. 2—World Communion Sunday;** Receive communion during worship and stay after for a fellowship luncheon; bring a side dish to share.

**Oct. 8 (Saturday)— USR October Fest;** 12pm-6pm at Lions Park in USR; join us for an hour or so for some fun and fellowship with our neighbors.

**Oct 21—Kids in the Kitchen;** 6:30pm-8:00pm; in Fellowship Hall.

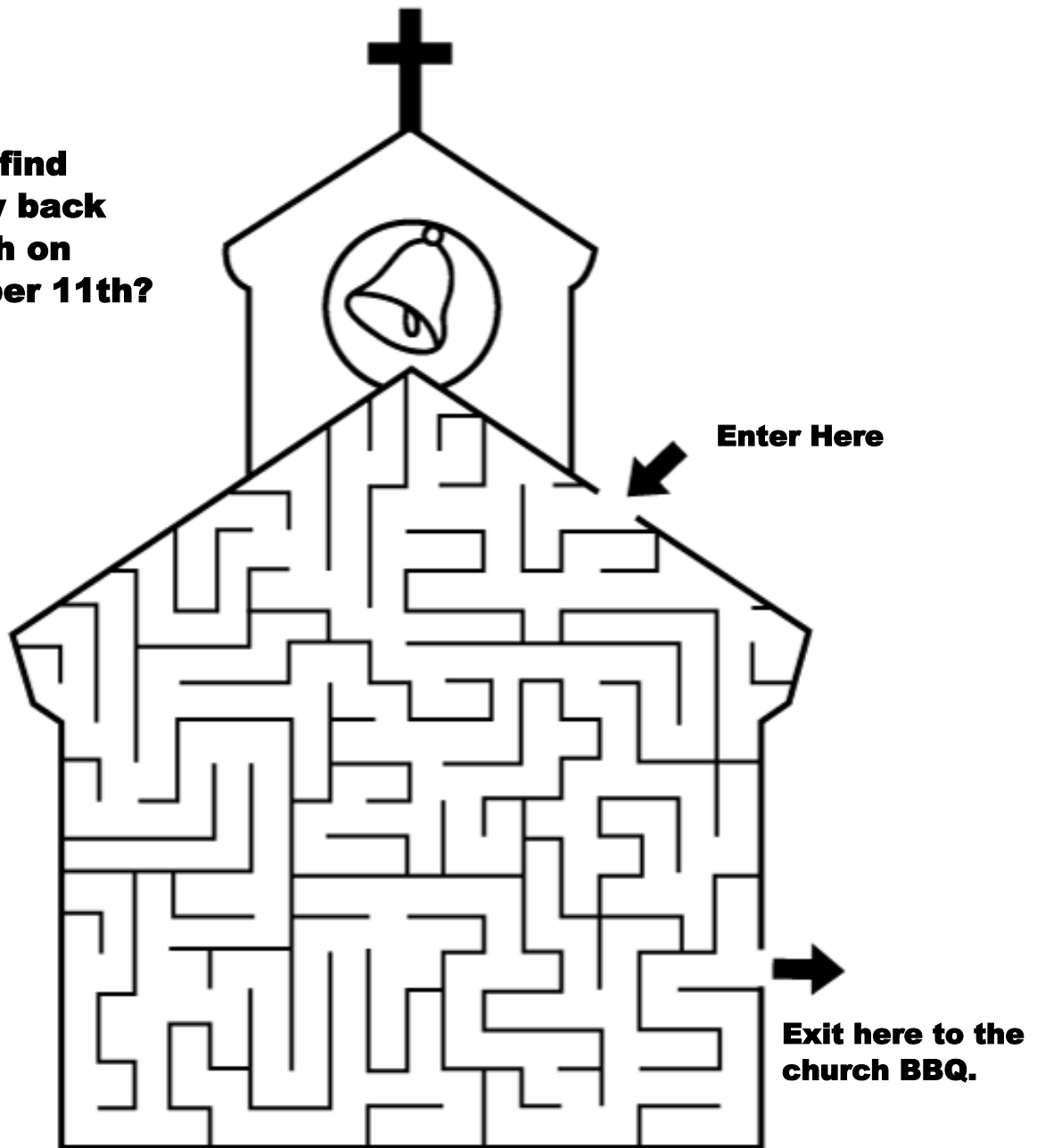
**Nov 5 (Sat)— Annual Church Conference;** at noon via Zoom; contact Pastor Miso for the link if you wish to attend.

**Nov. 6—Daylight Savings Time Ends:** set your clocks **BACK** an hour at 2am.

# Back to Church Maze

**Kids!**

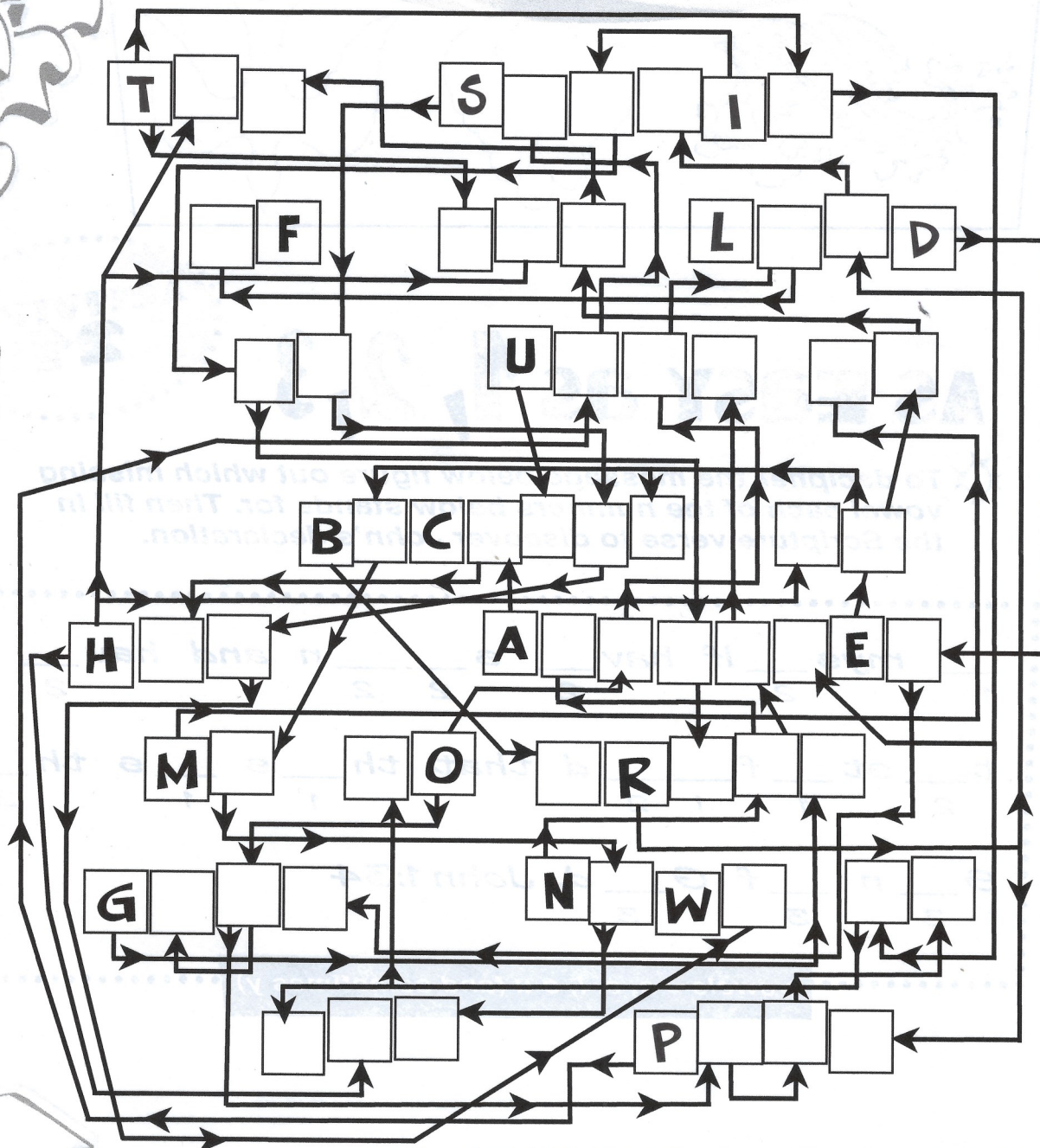
**Can you find  
your way back  
to church on  
September 11th?**




**JESUS**

# THE MESSAGE

✦ Follow the arrows from box to box. Boxes connected by arrows share the same letter. You will discover what Jesus said at the beginning of his ministry. (Luke 4:18)



**A Message From Our Organist Steve Freides!** Although the due dates have past for reservations, he has assured us that there are currently seats available on the bus. Questions? Contact Stewart P Holmes <stewholmes2018@gmail.com>  
**To register go to** <https://northernnjago.org/files/1185134/flyer-reservation-form.pdf>



## A TRIP TO LONGWOOD GARDENS

SPONSORED BY  
**NORTHERN NJ & METRO** CHAPTERS OF THE **AMERICAN GUILD OF ORGANISTS**

**When: Monday, September 19, 2022**

- Open to the general public
- 8:30am: Depart in a luxury 55-passenger bus from Old Paramus Reformed Church, 660 E. Glen Ave, Ridgewood
- 11:00am: Free time to tour the magnificent 400+ acres
- Lunch on your own in Longwood's Café – hot and cold items and drinks
- Mid-afternoon: Demonstration of the 10,000-pipe organ in the Conservatory
- See more of the grounds, including Pierre S. du Pont's home, displaying 300 years of history and horticulture
- Leave Longwood at 5:30 pm. Bring a snack or box dinner for the bus ride home
- Return to Ridgewood around 8:30pm
- Details will be posted on the Chapter's web page: <https://northernnjago.org>



### Costs

- **July 31<sup>st</sup>** A \$10 non-refundable fee for everyone is due to reserve a place on the bus.
- **Sept 1<sup>st</sup> Venue Admission due:** **Adults-\$21; Seniors-\$18** PLUS an additional \$20 fee for the bus is due for those who are not members of the NNJ AGO Chapter (i.e. significant others, friends, choristers, etc.).



**Make checks payable to NNJAGO & mail with reservation form to:** Tom Charsky, 54 Beverly Hill Rd., Clifton, NJ. 07012  
This will reserve your place on the bus.

**For further information:** See our Chapter's website, or contact Stewart Holmes: [stewholmes2018@gmail.com](mailto:stewholmes2018@gmail.com)



# Zion's FALL PLANT SALE FUNDRAISER

Order now for Saturday, September 24th pickup.

MUMS: Available in 9 inch Pots (single plant) or  
10 inch Patio Planter (2 plants)



9" POTTED MUMS (single plant)			
	PRICE	Quantity	Total \$
Yellow	\$8.00		
White	\$8.00		
Red	\$8.00		
Bronze	\$8.00		
Purple	\$8.00		
10" POTTED MUMS (two plant)			
Yellow	\$14.00		
White	\$14.00		
Red	\$14.00		
Bronze	\$14.00		
Purple	\$14.00		
9" KALE / CABBAGE PLANTS			
White	\$8.00		
Red	\$8.00		
ORDER TOTAL:			

**Please email or call in your ORDER FORMS  
BY SEPTEMBER 14TH!**

Phone number: 201 953-3632 or email Lisa Raffaelli  
at lraffaelli15@gmail.com

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Total Quantity of plants ordered: \_\_\_\_\_

Total Amount of Order: \$\_\_\_\_\_

Make checks payable to Zion Lutheran Church

Pick up address: Zion Lutheran Church

96 East Allendale Road, Saddle River NJ

Saturday morning from 9:00am to 11:00am

**We will place plants in the back of your car...  
no need to get out!**



Another of our dedicated brothers has left us. John Kozen passed peacefully on August 16 after a long battle with cancer. He was smart, funny, and always had a story to tell you. If you needed something fixed, he was the man that had the tools to do it and knew how. There were countless hours when you would find him at church fixing things, or helping Carla with something she needed done there. He's missed.

### 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...*

**O** Lord, Father of Light, from whom comes all good and perfect gifts. We are ever thankful for your love and presence in our lives and want to show our love in return by sharing our gifts with those of your children in need. Look upon us with mercy and grant us the health and courage we need to carry out our service to you and those in need. In Jesus' name. Amen



**O**h, 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**

Church: 201-327-3960  
Parsonage: 201-934-1618  
bergenhighlandsumc@gmail.com

www.bergenhighlandsumc.org

Join Us!



## Important BHUMC Dates for 2022

**Jan. 6** —Epiphany

**Feb. 6**-Valentine Packages –for college students home or away.

**March 1-31** Clothing Drive

**March 2**—Ash Wednesday Service; 6:30pm; BHUMC

**March 22**– Soup Supper; 6pm

**April 10** -Palm Sunday Service

**April 10**—Easter Egg Hunt after service (ages 8 and under)

**April 14**-Holy Thursday Service; 7:00pm

**April 17**– Easter Sunday Service; 10:15am

**May 8** - Mother's Day

**May 21**—Best Stuff Sale; 9am-2pm

**TBA**—Church Clean Up

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

**June 17**—Strawberry Picking, 8:30am.

**June 18** —Strawberry Festival, Rain or Shine

**June 19**—Father's Day

**July 3**—Summer Worship begins- New service hours 9:15am

**2023**—VBS

**Sept. 11**—Back to Fall Service Hour; 10:15am and BBQ after church

**Oct. 2**—World Communion Sunday

**Oct 21**—Kids in the Kitchen, 6:30-8pm

**Nov. 7-21**—Food Drive

**Nov. 29** —Hanging of the Greens

**Dec. 5-8**—Toy Drive drop off

**Dec. 24**- Christmas Eve Service, 6:30pm in the Sanctuary

**Dec. 25**- Christmas Day

If you have a suggestion for the newsletter, send an email to:  
bergenhighlandsumc@gmail.com  
You never know, it might find it's way into a newsletter one day!  
Thanks

- **Adult Bible Study**-Tuesdays beginning in the Fall 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** –as needed after church, Contact person-Pat Hiler or Pastor Miso Park 201-327-3960



**Put these dates on YOUR calen-**  
Dates and times can occasionally change, for more info call 201-327-3960, thanks.