

- Open Hearts
- Open Minds
- Open Doors

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# the HIGHLANDER

Volume 14 Issue 5

September/October 2023

## Dear Bergen Highlands Family,

How was your summer? I had a great opportunity to visit my family in South Korea. It was so great to see my parents and siblings, nephews, and nieces. To celebrate Timmy's first birthday, my family had a vacation together for the first time since I came to the United States. It was such a precious time to get together and connect with one another. During our time together, we shared so many memories and restored and strengthened our relationship as a family.

How about you? I hope your summer was filled with joy and love and it allowed you to connect with many loved ones. Now it is time to get together as a community of faith to worship our God and work together bringing God's kingdom here on earth.

I recently read an article that our stress peaks in September and October according to Google's Misery Index. It could be because of weather change, schools, or just seasonal transition. Whether you get more stress now than any other time or not, I hope you bring yourselves to God to plug into the power of God this fall and allow God to restore your

STAYING PLUGGED  
INTO THE  
POWER OF GOD



power and strengthen your spirit and body.

The gospel of Matthew 6:33 says, "Seek first his

Kingdom and his righteousness, and all these things will be given to you as well." Trust in God who is the source of power. When we bring ourselves before the Lord, God will surely listen to our concerns and empower us with mighty wisdom and love.

During the month of September, we will explore the ways to plug ourselves into God and each other to strengthen our spirituality. Please join our weekly worship every Sunday morning either in person or online to plug yourselves into the power of the word of God.

If possible, also join Tuesday bible study as we will read the book of Judges. There will be many more exciting opportunities for you to join us during this fall season. Please stay tuned and join us as often as possible.

May God's overflowing blessing be upon you and your family.

Love you all,

Pastor Miso





# BACK TO SANCTUARY SUNDAY

*It's time to reconnect with one another.*

SEPTEMBER 10TH ~ 10:15am

 BBQ ~ 11:15am

Bring a casserole or salad or a dessert to share. We'll supply the hamburgers and hot dogs hot off the grill.

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## Start the School Year Right!

At our Back to Sanctuary Sunday service we will have the Blessing of the Backpacks for anyone who is going back to school. Bring your backpack to church on September 10th to have it blessed to start a good year.



## Blessing of the Backpacks



## *We Had So Much Fun At VBS!*



Games



Figuring out puzzles



Snack Time

Music



Science



Art



Story Time





## *‘...and Compassion for all.’*

*A commentary by the Rev. Mel West, Columbia, MO (UM News: Aug 18, 2023)*

I'd like to see us add one word to our beloved Pledge of Allegiance.

Let it say, "I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible, with liberty, justice and *compassion* for all."

In all my 99 years of living I have never seen our country so completely splintered and so downright mean in its social discourse. The growth of social media has added tinder to a fire already burning.

The two major forces of politics and religion are both embedded in the problem. Families sometimes hesitate to hold a family gathering and some school boards have asked armed police to be present at their meetings for safety and security. My lifelong denomination, The United Methodist Church, is in worldwide disarray and confusion over LGBTQ issues.

I suggest that adding the word "compassion" to our flag pledge would implant a spirit, an attitude and an action into the hearts and minds of all who recite it. Millions of school children would recite the pledge each school morning, as I did 90 years ago. Teachers would begin to explain the new word and relate it to classroom and playground issues. Parents would become learners with their children. Service clubs and others would weekly ponder the word "compassion" and how it might relate to their daily lives.

It was my reading of the words of Archbishop Desmond Tutu, the Dalai Lama and writer [Karen Armstrong](#) that triggered my interest in this issue.

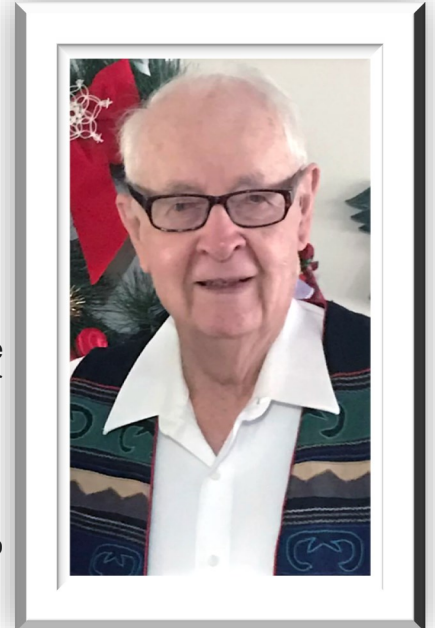
The Dalai Lama wrote, "Our basic human nature is compassionate. The problem is that children go to schools where they are not taught to nurture these deeper human values, so their basic human potential becomes dormant. When we relate to others from the place of compassion it goes to the first level, the human level, not the secondary level of difference. Then you can even have compassion on your enemy."

Armstrong points out that "the Golden Rule" — "Do unto others as you would want them to do unto you" — is the common name given to compassion, but that all 10 of the world's great religions have identical statements as a central part of their faith. Hinduism, for example says, "... do not to others which if done to thee would cause thee pain." Sikhism says, "... as thou deemest thyself, so deem others. Then thou shalt become a partner in heaven."

And our founder, John Wesley, in his sermon, [On Zeal](#), reminded Methodists of the necessity of showing compassion if they wished to experience compassion from God. "If you have not 'compassion on your fellow-servants,' neither will your Lord have pity on *you*," he wrote.

Imagine a community, a nation, a world, where compassion in both creed and deed is the norm of life. Let us officially place it in our flag pledge, and let us celebrate that on July 4, 2026, the day we celebrate our 250<sup>th</sup> anniversary as a country.

*West is a retired United Methodist pastor in Columbia, Missouri. The founder of Mobility Worldwide, he has been honored for his commitment to humanitarian work.*





# October 1st

Holy Communion joins us in Christian unity. This sacrament invites us to focus on the holiness of communion with God and one another. On World Communion Sunday - let's join together for communion and then a luncheon after the service. Bring a dish to share that represents some part of your heritage.



Just some of the many faces of Pastor Miso Park. She's everywhere!



Thank You!! ☺



Join us for a bit at our booth at the...

USR Cares

**Oktoberfest**

Where we show our neighbors who and where we are.

**Oct. 7 Any time between Noon-6pm**



# Altar Flowers

Do you have a love one or friend you would like to honor? The flower chart on the coat closet wall outside Fellowship Hall is one way to do it. You can pick whatever Sunday you like that is available. Please put who it is you wish to honor and your name.

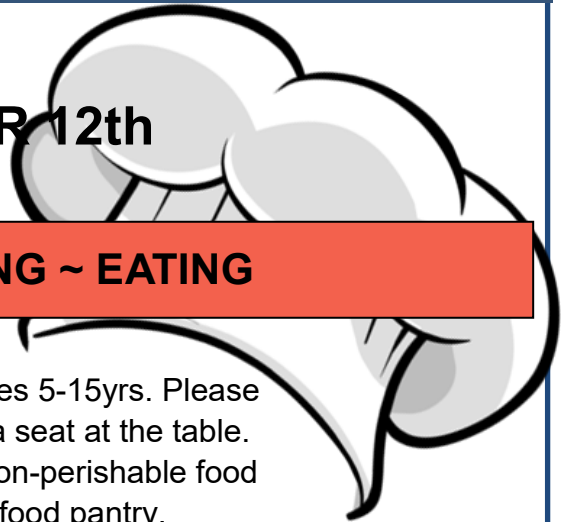
When that Sunday rolls around, put a check for \$30 in the plate with 'altar flowers' in the memo line and please take the flowers home after church..

*Fall Kids in the Kitchen***THURSDAY ~ OCTOBER 12th**

4:30PM—6:00PM

**CRAFTS ~ GAMES ~ COOKING ~ EATING**

Interested? Open to all kids ages 5-15yrs. Please sign up before Oct.10 to save a seat at the table. Cost? \$10 per child plus one non-perishable food item to be donated to the local food pantry. Call (201) 327-3960 to sign up. Tell your friends!

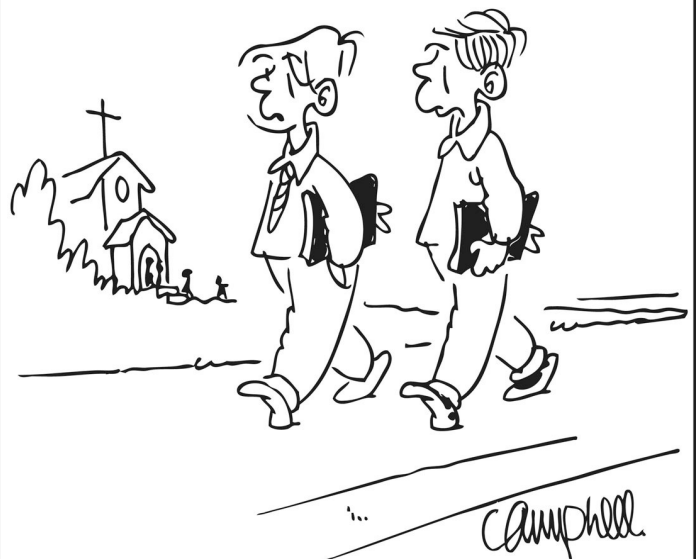
**Saturday ~ October 28 ~ 8:45am**

Members of the ELT and Pastor Miso will meet at Butler UMC with the District Superintendent/representative to report on what we, as a congregation, have done to further the church at Bergen Highlands this year.

As a member of the congregation, you are invited to attend:

**5 Berthold Ave, Butler, NJ 07405.**

The meeting will be finished by 10:30am.



"Must've been a candy apple. I can't believe Adam and Eve would do us in for plain fruit."

**A Mission Moment****SEPT. 21**

Let's get together in the church kitchen (Time TBA) to help the **Spring Valley UMC Homeless Mission**.

If you can't make the kitchen time, **can you bake cookies?**

Drop the cookies off **before 3:30pm** on the 21st.





# Sermon Series



## “Plugged In”

9/10 Plugged into Community  
Ephesians 2:19-22

9/17 Plugged into Jesus  
Ephesians 3:14-21

9/24 Plugged in for Others  
Ephesians 4:11-16

## “Everybody Tell Somebody”

10/1 The Great Commission  
Matthew 28:16-20

10/8 The Good News is for Everyone  
Acts 10:30-48

10/15 Meet People Where They Are  
Acts 17:16-28

10/22 The World Needs the Good News  
John 3:11-20

10/29 Tell Somebody with A Life of Love  
Luke 6:32-38

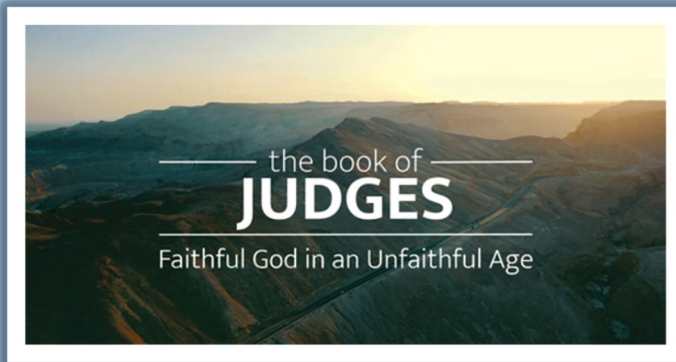


You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.



*Love one another with brotherly affection— as members of one family— giving precedence and showing honor to one another.*

*Romans 12:10 Amplified Bible*



# Adult Bible Study

## Tuesdays ~ 7PM

Don't forget to bring your Bible as we explore and discover some of the important people of the Bible.

September 12	The Pattern Begins: Chapter 1-3
September 19	Deborah: Chapter 4-5
September 26	Gideon: Chapter 6-8
October 3	Abimelek and Others: Chapter 9-10
October 10	Jephthah: Chapter 11-12
October 17	Samson: Chapter 13-16
October 24	Idolatry and Crime: Chapter 17-19
November 7	Civil War: Chapter 20-21

### *Important Dates To Remember*

**September 21**—(Thursday) Cooking for the Spring Valley UMC Homeless.

**September 30**—(Saturday) Mum Plant pick up at Zion Lutheran Church; 9-11am.

**October 1**—World Communion Sunday; Heritage luncheon after service.

**October 7**—(Saturday) USR Oktoberfest; Lion's Park, Noon-6PM.

**October 8**—Pastor Appreciation Sunday. Say 'THANKS' to Pastor Miso.

**October 12**—(Thursday) Kids in the Kitchen; 4:30PM-6:00PM.

**October 28**—(Saturday) Church Conference; Butler UMC, 8:45AM.

**November 5**—Daylight Savings Time; turn your clocks **back one hour**.



# Zion's FALL PLANT SALE FUNDRAISER

Order now for Saturday, September 30 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	\$14.50		
White	\$14.50		
Red	\$14.50		
Bronze	\$14.50		
Purple	\$14.50		
9" KALE / CABBAGE PLANTS			
White	\$8.00		
Red	\$8.00		
ORDER TOTAL:			

Please email or call in your ORDER FORMS BY  
SEPTEMBER 18TH!

Email the church office | [office@zionsr.org](mailto:office@zionsr.org)

Call in or drop off your order | 201-327-0655

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

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

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

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

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

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

Make checks payable to Zion Lutheran Church

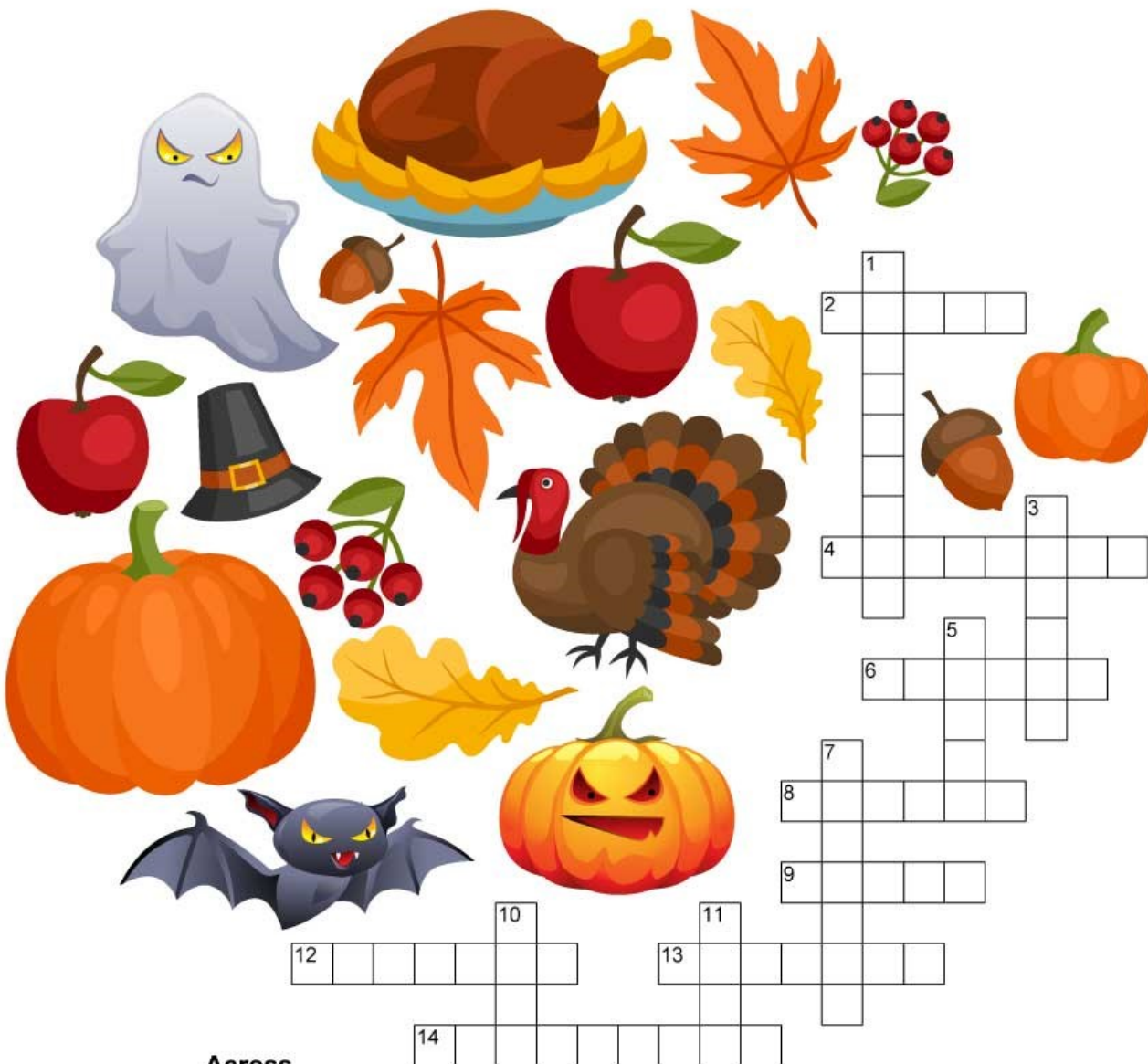
Pick up address: Zion Lutheran Church

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!

# FALL CROSSWORD PUZZLE



## Across

2. The seed of an oak tree.
4. A team game played with a brown oval ball.
6. The parts of a tree that change colors in autumn.
8. A large bird that is cooked for dinner on Thanksgiving.
9. A common round red or green fruit that is made into pie or cider.
12. The first day of fall when the sun crosses the celestial equator.
13. A ride in a wagon carrying hay.
14. A very large yellow flower that can grow over 6 feet tall.

## Down

1. A figure set up in a crop field to scare away birds.
3. An outer layer of clothing worn to keep warm on a chilly day.
5. A colorful fall tree that is grown for its sap that is made into syrup.
7. A large round fruit that is carved with faces for Halloween.
10. A grain plant that yields kernels set in rows on a cob.
11. A yard tool used to gather and pile leaves.



# Hospitality tips for the 21st century

By Laura Buchanan

Many of us sit in the church sanctuary on Sunday mornings with an eye turned toward the door, hoping that new visitors will enter. This might not happen as frequently as we'd like.

"To really be hospitable to our neighbors who aren't connected to the church, and probably never will be in its current form, we need to figure out how to create pockets of hospitality to be more inclusive and connect with more people," says The [Rev. Michael Beck](#), pastor, professor, author, consultant and Director of [Fresh Expressions](#) at Discipleship Ministries.

## Make a personal connection

Ministry *to* and ministry *for* others is not hospitality – make sure your church is practicing ministry *with* the community. Beck encourages, "Sit beside people. Ask them how they are. Learn their story. Ask questions. I think the deeper thing that the Lord really wants is for us to build these relationships and really know our neighbors."

Don't be aggressive. Overwhelming a guest with too much information can be off-putting. Handing someone a bulletin and telling them about all of the church's upcoming activities isn't as meaningful as creating a connection with them. Beck says, "Make it a time to learn about them rather than a time to try to get them to come to all of the activities."

## Learn to be a guest

"The idea that people are going to come to our church naturally and we have to be good welcomers is probably part of a mental model that's shifted," Beck says. "To be hospitable today means asking different questions: Who do I hang out with every week? What are the things we do together? What are the places where I spend a lot of time outside of church?"

"Start to think about those relationships and those practices as becoming a form of church. It is its own way of hospitality, creating a little community in every nook and cranny of life.

"I like to frame this in [Luke 10:1-9](#). Jesus sends us out two by two, travel light, go out, find the person of peace, stay at their table, do life with them, eat with them, and then heal and proclaim the kingdom. There are all of these relational aspects in going to them first. You are not the host in that space, you are the guest. So how do we learn to be the guest, to ask questions, to be in spaces and sense what the Holy Spirit is up to?"

## Find spaces to build relationships

It might seem unlikely that every church member can take an active role in hospitality in the community, but it's attainable when the practice is woven into the hobbies and activities that each of us already enjoy.

"Early Methodism plugged into this empowerment of everyday believers and laity who were leading classes, bands and preaching," Beck reminds. "I don't want lay people to feel they cannot be a part of this. Anybody can do this. That's the way Jesus designed the church."

Beck shares that the United Women in Faith at Wildwood United Methodist Church in Florida enjoy quilting, crafting





Continued from pg. 10

and creating sea glass jewelry. They recently started meeting in a community center and invited the community to join them for their Arts of Love gathering. Now, families are attending and relationships are forming.

Beck says, "Most of the women are 70 or 80 years old, and they started a little faith community that connected with people around something that they were really good at and had all of this wisdom and passion around."

Evaluate your life, interests and where you find yourself in the community on a regular basis. Whether it's a frisbee golf course, a coffee shop or a book club, be mindful, listen and ask curious questions. Beck suggests, "Have soft eyes. Don't think you already know the community or the people you are talking to. Come in as a learner... that's what a disciple means: a learner of people, a learner of our community. Let the place teach you, let the people teach you."

## Rethink evangelism

Finding the courage to invite someone to church can be challenging for some of us, and when we invite people to church and they don't come, it can be frustrating.

Beck suggests, "That's not actually evangelism at all. Listen, love and serve people, find out how to do things together, build relationships slowly over time. When those little spiritual openings show up in conversations, you can share about your faith in Jesus. You can offer to pray for people. You can bring your own spirituality to the conversation. Then you can start to think of that as its own little type of church springing up around your own normal stuff in your life and relationships."

You don't have to do it alone. Ask a friend to join you to make observations, pray and meet people. Relationships take time, so be patient and consistent.

"Create friendships in the community with people who don't go to church. That's an act of hospitality. It's not just how we welcome people when they come to our church," Beck says. "There is a lot of opportunity in that. When we build those relationships in a strong way, in an authentic way, we can invite people to church and they'll probably come."

*Laura Buchanan works for UMC.org at United Methodist Communications.  
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Bergen Highlands  
United Methodist Church

**318 West Saddle River  
Road**

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Parsonage: 201-934-1618  
bergenhighlandsumc@gmail.com

www.bergenhighlandsumc.org

Join Us!



## Important BHUMC Dates for 2023

**Jan. 6** —Epiphany

**Feb. 5**-Valentine Packages –for college students

**Feb. 21**—Pancake Supper; 6pm

**Feb. 22**—Ash Wednesday Service; 6:30pm; BHUMC

**Lenten Coin Drive for the Turkey/Syria earthquake victims**

**March 14**— Soup Supper; 6pm

**March 30**—Kids in the Kitchen; 5pm-6:30pm

**April 2** -Palm Sunday Service

**April 2**—Easter Egg Hunt after service (ages 12 and under)

**April 6**-Holy Thursday Service; 7:00pm

**April 9**— Easter Sunday Service; 10:15am

**April 29**—Best Stuff Sale; 9am-2pm

**May 6**—Best Stuff Sale Day 2

**May 14** - Mother's Day

**TBA**—Church Clean Up

**May** —USR Memorial Day Parade

**June 16**—Strawberry Picking, 8:30am.

**June 17** —Strawberry Festival, Rain or Shine

**June 18**—Father's Day

**July 2**—Summer Worship begins- New service hours 9:15am

**Aug 14-18**—VBS, 9am-noon every day, register on line.

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

**Oct. 1**—World Communion Sunday

**Oct. 7**—USR Oktoberfest, noon-6p

**Oct 12**—Kids in the Kitchen, 4:30pm-6:00pm.

**Nov. 1-30**—Winter Clothing Drive

**Nov.** —Hanging of the Greens

**Dec. TBA**—Toy Drive drop off

**Dec. 24**- Christmas Eve Service, 5:30pm in the Sanctuary

**Dec. 25**- Christmas Day

If you have a suggestion for the newsletter, send an email to:

bergenhighlandsumc@gmail.com

- **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 calendar!**

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