

Expressions

CHURCH IN THE HILLS (USA)



Resol-You-tions

We're just days away from 2011, and now's the time to start thinking about the goals you'll want to set for the new year. Here are 10 ways to renew and revamp yourself into the person you've always wanted to be.

Get a New 'Tude

As merry as they are, the holidays can also be stressful. If you're feeling the blues from the hectic season going into 2011, or some other emotion is weighing you down — resentment, anger, anxiety — take the necessary steps to alleviate yourself from it. Your peace of mind will thank you.

Stop Putting Things Off

Got a to-do list that extends to Timbuktu? Start slowly, tackling two to three items each day. It may help to reevaluate your priorities and see if there is anything you can simply cross off the list. Above all, try to focus on what makes you happy — and do it!

- **Try That Hobby**

Have a hankering for gourmet cooking? Wish you could dance the tango? 2011 is your year, baby. Don't put off fun activities that you've always wanted to try — especially if they're active hobbies that you literally won't be able to do forever. Now's the time!

- **Create Some Space**

In 2011, make yourself a priority. One way to ensure you'll dedicate some time to yourself is to create a "you" place in your home. Whether it's a favorite chair with your book on the table beside it, or a desk that you can reorganize into a you-space in a couple hours, be sure you have a designated place to go to recharge.

- **Try a New Look**

Always wanted to dye your hair red? Try the latest spring trend? Do it already! Hey, if you crash and burn with your newfound look, you can always change it back.

- **Check Your Diet**

Some of us are addicted to candy. Others' vices to fall into the saltier realm. No matter what your eating habits are, take a tip from expert Geneen Roth, who advises in her book *Women, Food and God* to really be aware of what you put into your body and how it makes you *feel*. If those M&Ms make your heart sing, go for it, but if they just make you feel guilty, they really aren't worth it.

- **Make a Big Change**

Are you stuck in a dead-end job? Hate where you live? Sick of your lack of self-confidence? Big changes yield big results.

- **Refresh Your Love Life**

In the midst of holiday craziness, your romantic life may have fallen by the wayside. If you're single, reevaluate what you're looking for in a guy and take the steps to put yourself out there. Coupled? Make date night next month extra special so you can both recover from the stress of the holiday season.

- **Do Better**

If you've been a fair-weather friend or MIA as far as your family is concerned, make a commitment to just doing better. Even a short weekly e-mail can help repair a weakened relationship.

- **Do Unto Others**

Rumor has it that doing good deeds makes you feel pretty darn good too. While that shouldn't be the only reason for helping other people, it is quite a perk. Check out volunteer opportunities in your area for a cause you really care about, whether it's animal rescue, helping the homeless or supporting women's and children's rights.

fitbie.msn.com

FROM THE BENCH



A heart-felt thank you to all the resident musicians who gave extra time for preparations for Advent and Christmas music. We were blessed with Bill Hershey and his brass quintet as well as Bev and Terry Isenbarger during December services. And this year we had the largest choir attendance for the early Christmas Eve service during my 6-year tenure at CITH. The rehearsal-party at my house was not snowed-out and services unfolded pretty much as planned - no small miracle at a northern Michigan church.

Since I am writing this in late December and am caught up in family Christmas activities (i.e. chasing two twin boys ages 1 yr. +, around my living room) contemplation of anything very intelligent is tricky. But the extra activity reminds me yet again that in 2011 I resolve to slow down, to spend more time in thoughtful contemplation, also doing some personal writing, practicing my music, and improving my pool game so that for the 4th year in a row I manage to avoid last place in the Ladies' Pool League. There is no specific reference to CITH in the items on that list. Nevertheless, church remains the place where I come to get grounded, to contemplate, to practice more than music and to leave with renewed energy and dedication. May it be such a place for you as well. Let us rejoice and worship together in order to make 2011 an even better year for us all.

Dorothy Clore

JANUARY GREETERS

January 2—Truman and Linda Bicum

January 9—Steve and Donna Grill

January 16—Dick and Connie Garcia

January 23 —

January 30—

Greeters should be at the church at 10:00 am. If you cannot be at the Service of Worship on the Sunday you are To be the Greeter, please call Cindy Overby (533-6001)

JANUARY LITURGIST

January 2—Betty Bea Washburn

January 9—Rex Luxton

January 16—Mary Ann Waara

January 23—Fred Harris

January 30—Kaela McManus

If you cannot be at the service of Worship on the Sunday you are to be the liturgist, please call Sue Schorfhaar (5335071)

JANUARY HEAD USHERS

January 2—Paul DeLange

January 9—David McBeth

January 16—Jeff and Deb Braden

January 23—Sharon Frey and Greg Stover

January 30—Robert Drudge and Luke Helsel



DEACONS

CLASS OF 2011

Carol Gregory 533-8138

Edena Williams 533-8598

Don Hoyt 989-614-0798

Class of 2012

Martha Harris 533-6105

Lewis Lesperance 322-2893

Millie Serrine 544-8047

Class of 2013

Garnett Anderson 322-6007

Jeff Braden 544-1685



Ron and Bonnie Kershner 1-13

David And Carol Gregory 1-25

Don and Mary Ann Waara 1-26

Joel and Jan Lemmer 1-30

Gus and Chieko Prince 1-31

Prayer Shawls needed

Our supply of prayer shawls is very low. We have lots of yarn at the church if you need it, and knitting or crocheting is a great way to spend winter evenings. Your lap even gets warmer as the shawl grows bigger. ♥



Truman Bicum	1-2
Jane Craigie	1-2
Dale Hanson	1-3
Anna Hannan	1-4
Delores Nicholie	1-4
Sue Brown	1-6
Danelle Brostrom	1-8
Dee Lynch	1-8
Dick Schorfhaar	1-8
Ann Havenstein	1-14
Sarah Juntune	1-17
Donald Lewellen	1-17
Bob Peters	1-19
Paul DeLange	1-21
Berneil Olson	1-25
Emily Joachim	1-26
William Stenback	1-29

Church in the Hills,

Oh behalf of Central Lake Public Schools I would like to thank you for your generous contribution of backpacks filled with school supplies for our students. This is a much needed community service.

Sincerely
Gerry McAvoy

Thank you once again for your contributions to the Moms and Tots center through the baby bottles. With the last bottles \$53.00 came in and when added to your earlier gift your total is \$1,127.00 . We are grateful. We are praying that you all have a grand Christmas and New Year.

Sincerely,
Carole Broadwick, Director



With Gratitude

Gentle Touch
A very special thank you to all who supplied hats, scarves and mittens. All 20 Christmas families each received a warm hat for every member of their family, plus, a scarf and mittens. The extra items were donated where needed. We hope to continue this project next year so please keep those needles clicking.

Judy Thoma

Dear Friends of Break the Grey,

We would like to Thank you for your donation of \$300 to Break the Grey, our recent area wide youth evangelism program. Because of your gift the work with Bill Ballenger and his team went off very smoothly. Tens of hundreds of our students were reached through the school assemblies held. There were 682 young people who came to the "Main Event" concert. Of those, nearly 100 indicated a commitment to Christ. They are the ones to whom we continue to reach out. We have established a follow-up ministry to provide at a minimum a once-a-month youth event to be held in various locations around the area. Your continued interest and support of this work is encouraged and appreciated.

I just wanted to say "Thank You" for the backpacks you provide to our students. I teach Kindergarten, and have given quite a few of these to students who need them. They were all very excited to get them!
Central Lake Elementary
Kari Groll

Recycling pick-up

The next pick-up will be Jan. 5, so please bring in clean plastics (including styrofoam) and electronics (no TVs or monitors) by Jan. 2. Put them in the kitchen in the appropriate bag, and we'll take it from there.

THANK YOU!

Thanks to all the wonderful CITH people who helped make Christmas a bit brighter for 20 families in the area. (We get the families from the Family Resource Center in Mancelona. They are an amazing group of dedicated people.) It was great to hear so many of you say, "This was really fun" when you brought your presents in. You are a fantastic congregation of loving, friendly people.

Sincere thanks to those who helped with the organization and delivery: Olga D, Linda B, Connie and Dick G, Edena W, Tom J, Dave M, Jerry W, Mike and Judy C, Ron and Dee L, and Rachell P. Extra special thanks go to Judy Thoma, whose Gentle Touch Group make most of the hats and scarves for the families, as well as the angel ornaments that were handed out at the Christmas Eve services. (Now it's time for us to get back to making prayer shawls.) Without all your help, this project could have been truly overwhelming.

Blessings to all of you from the mission committee.

Members of Church in the Hills.

Thank you so much for the Christmas gifts to your staff here at CITH. The gifts were very much appreciated. As we enjoy the Christmas holiday we want you to all have a very Merry Christmas and a Happy New Year



Who Was I This Christmas Season?

This Christmas season was I the fragile decoration, an ornament on a bough, or the small candle placed on an outer branch of the tree? Even a small flame sheds light in a dark room.

Was I the colorful paper and perfectly tied bow or the gift found inside that will give joy throughout the year?

Did others hear me as “Jingle Bells”, mostly background music at Holiday parties? I would rather have been the sound of Handel’s “Messiah” with a resounding Hallelujah.

Was I the frazzled shopper rushing from store to store with a list clutched tightly in my hand? Hopefully others saw Jesus through me—the sweet baby resting quietly in the manger as his little hand tightly grips his mothers’ fingers.

Lord, help me to be more like you. Only you are the light, the gift, the music and the

peace. Throughout the New Year may I love others and worship only you.

Sue Schorfhaar

Elder for Worship



Pot
Luck
Supper

Mission Potluck, Jan. 16 (Israel/Palestine)

Please join us after worship on Jan. 16 for a potluck lunch in the undercroft. Tom and Sarah Juntune will share information and pictures about their recent trip to Israel and the West Bank. Bring soup, salad, or a dessert. There’s a sign-up sheet on the hall bulletin board.

Winter RETREAT



How about a winter retreat nearby?

What do you know about the Au Sable Institute, located right here in Antrim County? Their goal is to help people "learn about God's creation and our responsibility to be stewards of the land He has given to us." Many of us (especially those in the summer women's Bible study group) have met several of the people involved in Au Sable's summer program of college courses, and others may know that local school groups visit Au Sable during the school year.

Au Sable also offers the opportunity for groups to have time to get away from the daily routine and enjoy God's creation -- without having to go very far. They have programs available, or a group can plan its own theme. Winter is a special time for enjoying the trails, and they have snowshoes available.

So if you know of a group who would like to enjoy God's 'Up North' creation in peace and quiet, please contact Patricia Fagg at the

Au Sable Institute, 587-5353, or see www.ausable.org.

News from 'Java Jive.'

With the new year comes an update on the Coffee Project, because we still get questions about it.

Why do we sell fair-trade coffee, tea, chocolate?

To help small farmers earn enough to support their own lives and families and to increase their chances for health and education.

Where does the money go?

You may have seen exactly the same products in stores for up to 25% more, so this is not a fund-raising project. We have no 'profit,' since the money from coffee sales also pays for the fair-trade fellowship coffee we enjoy each week. (Your contributions for the Sunday coffee are welcome, and help the Mission Committee with other projects.)

What's new?

We try new products and don't reorder things that don't seem popular. Our newest coffee seems to be a real hit, however, and many churches have it as a standard offering. It's Ethiopian coffee, and people say it's even better than the ever-popular Breakfast Blend.

If we're out of something you like, just let us know.

Why are the bags different?

The coffee (and quantity!) is still the same, but this shape bag apparently ships better.

Welcome a new year on

New year's day 1-11-11

Join us for the 5th ANNUAL OPEN HOUSE AT THE DELANGE'S HOME

7333 Cottage Drive, Bellaire

Call 231-377-7333 for directions

This has become a fun tradition and a good way to meet with friends and neighbors without having to go out late at night!

We are often asked, so I will mention that you are welcome to bring a dish to share, but it's not required. EVERYONE is invited.

Bring neighbors and visitors if you want. One can come and go, that's what "Open House" means. Every year we have had about 30-40 guest. Weather permitting, our cousin, Kris Schmitt, will be bringing her Dulcimer again to entertain us

Come anytime Saturday after 2 PM in the afternoon. Join us for Baked Ham, Hot German Potato Salad, Cheesecake and Beverages.

We are not going to make New Year Resolutions. However, begin thinking of your past promises and plans that didn't happen

You can write them down and throw in the "burn pile" to start anew. If you can't make the party, do this at home and think of us!

When you park in front of the house, if you back in when it's light, it will be easier to leave. It gets really dark out there.

For the circle driveway, go to the right alongside the house and pull around the circle(left) so you are facing the driveway to exit

Hope to see some new visitors this year!



WE WILL BE REMOVING THE GREENS ON JANUARY 9, AFTER WORSHIP SERVICE. PLEASE STAY AND HELP IF YOU CAN. WE NEED MANY HANDS TO MAKE THE JOB QUICK AND EASY FOR EVERYONE

Annual reports for 2010

All committee heads are responsible for an annual report. This report is due to Cindy by January 15.

THE ANNUAL CONGREGATION MEETING WILL BE HELD AFTER WORSHIP ON JANUARY 30. PLEASE MARK YOUR CALENDARS AND PLAN TO ATTEND

PRAYER REQUEST

January 2, 2011

Family of Dick Fogo	Bill Stenback
Don & Mary Ann Waara	Pamela Kirts
Dee Lynch broken ankle	Jason Wohler
Margie Miedema	Levi Ogles
Family of Marian Sterner	Dave Chouinar
Bob Brauberger Family	Jen Miller
Ron and Cindy Vassiloff	Paul Williams
Dale M. and Casey C	Muriel Twigg
Laura Thiemann	Ann Nagel
Nancy Edleman	Margie Law
Lee and Freida Knight	Muriel Twigg
Kevin and Jen McBeth	Tracie Lord
Don Hostetler	Ken Gordon
Betty Van Antwerp	Michelle Bell
Michael, Leah, Molly	Peg O'Dean
Eileen Hefferman	Bruce Laraway
Jean McClland	Kelli Cassis

Ed and Shirley Nawrock
Dan and Elaine Wagner
Bruce and Dorothy DeSpelder
Richard and Sue Schorfhaar
Brenden Laditalle and Family

If you have any prayer request, joys, or concerns which you would like shared with the congregation, please write them in the prayer book in the narthex or pass them along to the church office at 533-6001 or e-mail to churchinthehills@charterinternet.com

Request will be held for one month and will then need to be renewed



MEN'S RAP

Thursday
Morning Men's
Rap Group
This wonderful
group of men

has been meeting for nearly 20 years. While the faces have changed, the camaraderie and opportunity for a cup of coffee and conversation remain the same. Please join us if you haven't been in a while,

or come for the very first time. We meet at 9:00a.m. each Thursday at the church



WINTER OFFERINGS

TUESDAY MORNING SERMON PREVIEW GROUP.

This group will meet every Tuesday at 9:00 a.m. to read the scripture for the following Sunday's worship. It is an open discussion with no preparation necessary, Please come have a cup of coffee, offer throught about the passages, and help Pastor Andrew fine tune the semon for the following week. All are welcome!

"Create
in me a
clean heart,
O God,
and put a
new
and right
spirit
within me."
Psalm 51:10

**Spirituality
untapped**
Every Thursday
night at 7:00 at
Shorts Brewing
Company we
meet to discuss
everything
from philosopjy
to theology,

baseball to politics. Each week we have a topic that we deal with as openly as possible. All faith backgrounds are welcome to attend

How to respond when someone sits in “Your Place”

Even though you or your family may have sat in that pew for eighty-six years, realize that it’s not your pew. A worship service is a public event intended to welcome people into God’s presence; thus God’s people should welcome visitors— not wave and squawk like a wounded gull because someone else took “your spot.” If you make a big deal about someone sitting in your spot, you will probably push that person away.

1. Recognize personal space

We all carry a bubble of personal space, which differs from culture to culture. For North Americans and Europeans, it’s about a foot and half. For many Latin Americans, it’s about half that. Wherever on the spectrum you happen to fall, there are certain situations in which we invite visitors into our little sphere of experience-like at church. Furthermore, human beings are territorial in nature and sometimes see strangers inside the bubble as an affront. These situations need not be cause for alarm.

2. Smile and greet the “intruders.”

These folks aren’t intruders—they’re guest, visitors to your congregations, new blood. Avoid creating bad blood you might regret later on. Make solid eye contact so they know you mean it, shake hands with them, and leave no impression that they’ve done something wrong by sitting where you usually sit.

3. View the “intrusion” as opportunity

Remember, you don’t own the pew; you just borrow it once (or twice a week. Take the opportunity to get out of your rut and sit someplace new. This will physically emphasize a change in your perspective and may yield new spiritual discoveries.

4. If you can tell that your new friends feel uncomfortable at having displaced you, despite your efforts to the contrary, make an extra effort to welcome them

Consider inviting them for coffee or lunch after worship to become acquainted. If you go to a restaurant and there are too many people for you to foot the bill, consider inviting them to accompany you on a “go Dutch” basis. This will eliminate any hierarchy and place you on equal footing.

2011 MISSION YEARBOOK

The mission committee and the Session have order copies of the 2011 Mission Yearbook for prayer and study. The yearbook contains a featured mission project, bible reading and a prayer for each day. This year the Church in the Hills is featured for the Presbytery of Mackinac. We would encourage each family to take a copy and use it daily.

JANUARY 2011

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2 10:30 AM Worship Service	3 9:00 a.m. Gentle Touch	4 9:00 a.m. Gentle Touch	5 3:00 p.m. Youth Group 7:00 p.m. Choir	6 9:00 Men's Rap 3:15 Youth Group 10:15 am Finance	7 Pastor Sabbath	8
9 10:30 AM Worship Service	10 9:00 a.m. Gentle Touch	11 9:00 a.m. Gentle Touch 7:00 p.m. Mission	12 9:00 Session 1:00p.m. Women's Book Group 3:00 p.m Youth Group 7:00 p.m. Choir	13 9:00 Men's Rap 3:15 Youth Group	14 Pastor Sabbath	15 Annual reports due
16 10:30 AM Worship Service 11:30p.m Potluck Israel/Palestine	17 9:00 a.m. Gentle Touch	18 9:00 a.m. Gentle Touch	19 3:00 p.m. Youth Group 7:00 p.m. Choir	20 9:00 Men's Rap 3:15 Youth Group	21 Pastor Sabbath	22
23 10:30 AM Worship Service	24 9:00 a.m. Gentle Touch	25 9:00 a.m. Gentle Touch	26 3:00 p.m. Youth Group 7:00 p.m. Choir	27 9:00 Men's Rap 3:15 Youth Group	28 Pastor Sabbath	29
30 10:30 AM Worship Service 11:30 a.m. Congregational meeting	31 9:00 a.m. Gentle Touch					

CHURCH IN THE HILLS
A Presbyterian Community of
Faith and Friendship in Christ

6401 Shanty Creek Road Bellaire, Michigan 49615

Phone: 231-533-6001

OFFICE EMAIL:

Office@churchinthehills.net

www.churchinthehills.org

Service of Worship Sunday 10:30 a.m.
Children's Program: 10:30 a.m. Sunday

OFFICE HOURS

Monday-Thursday 8:00 a.m.-5:00 p.m. 12-1 Lunch
Secretary Cindy Overby

Church in the Hills is a member of the
Presbytery of Mackinac
The Synod of the Covenant
The Presbyterian Church (U.S.A.)

Reverend Andrew Pomerville

231-350-1186

pastor@churchinthehills.net

Clerk of Session: Dottie Schaefer 377-7848

Class of 2011

Bob Schaefer Personnel 377-7848

Fred Harris Finance 533-6105

Sue Schorfhaar Worship 533-5071

Class of 2012

Cynthia Tschudy C. Education 544-6167

Ted Whittlesey Finance 377-9304

Mary Ann Waara Mission 533-9340

Class of 2013

Jean Rowe 533-8131

Maureen Stenback 544-6522

Sarah Juntune 533-9403

Kathy Munger Treasurer 533-4733

Dorothy Clore Choir/Organist 331-6587

Edena Williams PW of CITH: 533-8598

Reverend Mr. Donald E. Gordon, Pastor Emeritus

Church in the Hills

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