

# EXPRESSIONS

CHURCH IN THE HILLS PC (USA)



In this new year, I encourage you to increase your mindfulness. *Mindfulness* is simply learning to focus your energy, emotions, and attention on whatever is happening around you. Most of us avoid things we don't like and focus on things we do like. This normal behavior causes us to eventually focus on the past or the future and avoid the present. In the cold, snowy days of Winter, do you spend a lot of time thinking about summer plans and how wonderful life will be then? Do you long for the good old days when no one had heard of COVID-19? The problem with this normal behavior is that we aren't mindful of the present. We hide our emotions and live in some form of denial about what is happening in the present. Those who have recently lost a loved one might avoid mourning while trying to live in their past joy. This actually extends the sorrow and makes things worse down the line. God made us and empowered us to deal with life in all its ups and downs but when we avoid the present, we injure ourselves and cause undo pain. The injury is to our spirit which thrives in the present. God is present and we experience Him spiritually only in the present. If we are hung up on the past or mostly planning the future, we miss the joy of His presence with us now. The same goes for enjoying the presence of others. If you have a gathering and your close friend doesn't show up, you may fret about it the whole time you are gathered with others. You may not be fully present with them and enjoying them. If you're following this, you probably realize that I'm talking about embracing the good, bad and ugly of the present. Allowing yourself to experience pain, cold, love, joy and everything that happens in the present, you become much more aware of reality and your body, mind and spirit function as they were designed.

I recently followed an eating program called Noom and mindfulness was a large part of my weight loss success. I discovered that the body tells us when we've had enough food if we are paying attention. The body releases hormones that make you feel full and mindfulness helps this process. I've been trying to eat like I did when I was growing up. There was a mealtime and the meal started (with prayer) and ended. The TV wasn't on and the family was together. The focus was on good food and good fellowship. These structures help you become mindful as you eat. It also helps you slow down and spend more time with your food. These practices of mindfulness help your body tell you when you've had enough food.

You and I were created to live and thrive in the present, even when the present is difficult. Our bodies function better and our spirit enjoys the presence of God and others if we slow down and pay attention. "Yesterday is history. Tomorrow is a mystery. Today is a gift, that's why we call it 'The Present'" (Eleanor Roosevelt).

**"When things are going well for you, be glad, and when trouble comes, just remember: God sends both happiness and trouble; you never know what is going to happen next." Ecclesiastes 7:14**

The Peace of Christ be with you!  
David Ramage

## DEACONS

### Class of 2022

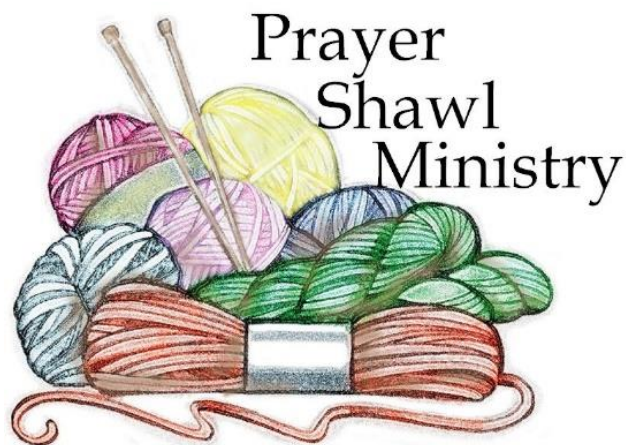
Carol Gregory	231-590-8604
Sarah Juntune	231-533-9403
Sue Knapp	231-676-0368

### Class of 2023

Sue Blugerman	231-676-3323
Laura Foerster	231-350-7181
Pat Hallberg	231-533-6006

### Class of 2024

Veta Brooks	586-484-4626
Olga Cairns	231-350-1023
Carol Spellman	231-322-3091



As we begin a new year, many thanks to all the knitter's and crocheter's for the beautiful shawls blessed last year. We will meet in the undercroft on the second Monday of each month at 11:00 am. If the schools are closed on the day we should meet (due to inclement weather) we will cancel the meeting.

We furnish the yarn and will assist anyone with help. If anyone needs yarn, please call Olga (231-350-1023) or Barbara (602-509-2051). Anyone who enjoys creating these beautiful shawls is invited to join us. You DO NOT have to attend the meetings; but the fellowship is rewarding.

May 2022 bless each of you with a healthy and happy year. 🙏

Barbara and Olga ❤️



Dale Hanson	3-Jan
Sue Brown	6-Jan
Dee Lynch	8-Jan
Truman Bicum	12-Jan
Ann Havenstein	14-Jan
Sarah Juntune	17-Jan
Paul DeLange	21-Jan
Janet Siekmann	27-Jan
Joyce Hagmaier	28-Jan



Ron and Bonnie Kershner	13-Jan
Dave and Carol Gregory	25-Jan
Don and Mary Ann Waara	26-Jan
Joel and Jan Lemmer	30-Jan

Cottage Floral in Bellaire will be closed January and February for all business. However, there is a Flower Shop in Mancelona that will be available for orders during that time. If you would like to place an order for flowers, please call Michele at Bella Flowers and Designs, 231-350-6367. She'll work with you as to pick-up and/or delivery.

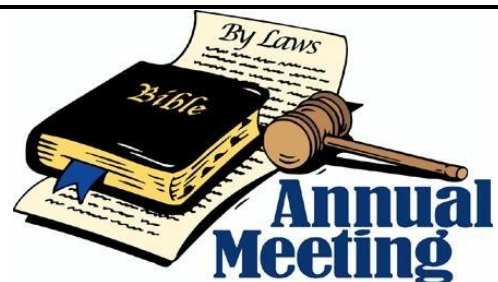
From the Heart

Many, many thanks to those of you who attended my December "Musical Christmas Card" program either in person or virtually. I greatly appreciate David's ability to present this via the internet. Several hardy souls, including members of my extended family who rarely show up either in a church or for anything musical, braved the weather that night. At least two people commented that I met my goal - of providing a calm, reflective and enjoyable hour away from the hustle and bustle of holiday preparations. The punch and cookies (thanks, Deacons)

made for a warm reception, and the gift of the wonderful "trophy" (that doesn't seem the right word but I'm not sure what to call it) and the lovely flowers were totally unexpected. Rex Luxton said so many kind things about my contributions to CITH, and I thought, "Okay, parents/former teachers/organists who encouraged me, your devotion, and in some cases money, have all paid off." The support and love of all of you at CITH means more than I can adequately express. Part of the inscription on the ...?... mentions contributions to the "community". CITH exemplifies this in so many ways - not only the community of those who come to church, but the many mission projects, the prayer shawls, the Christmas food/presents baskets, local food banks etc. that reach so many far beyond the locale of the church. It has been such a privilege and a pleasure to be part of CITH

Christian life these past 18 years. I have no doubt that you will continue to thrive and grow. I look forward to being a less-involved but no less-dedicated part of that. (I'm already planning future concerts, and I am subbing for John on one Sunday in January.) May the Peace of Christ be with you all, and with me, as I carry CITH in my heart and mind forever.

Dorothy Clore



The Annual Congregational Meeting will be held on Sunday, January 23<sup>rd</sup> immediately following worship service. Please mark your calendars and plan to attend if possible.

*Committee Chairs, if you have not already done so, please email your Annual Reports to Lisa not later than January 3<sup>rd</sup>.*

# JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> NEW YEAR'S DAY
<b>2</b> WORSHIP SERVICE 10:00 AM	<b>3</b> DEACONS 10:00 AM	<b>4</b> BIBLE STUDY 10:00 AM  WORSHIP/MUSIC 3:30 PM	<b>5</b> SESSION 10:00 AM  CHOIR 3:30 PM	<b>6</b> MENS RAP 9:00 AM  FINANCE 1:00 PM  BASICS FOR THE JOURNEY 3:30 PM	<b>7</b> PASTOR'S DAY OFF	<b>8</b>
<b>9</b> WORSHIP SERVICE 10:00 AM	<b>10</b> PRAYER SHAWL MINISTRY 11:00 AM	<b>11</b> BIBLE STUDY 10:00 AM	<b>12</b> SESSION 10:00 AM  CHOIR 3:30 PM	<b>13</b> MENS RAP 9:00 AM  BASICS FOR THE JOURNEY 3:30 PM	<b>14</b> PASTOR'S DAY OFF	<b>15</b> NEWSLETTER DEADLINE
<b>16</b> WORSHIP SERVICE 10:00 AM	<b>17</b>	<b>18</b> BIBLE STUDY 10:00 AM	<b>19</b> CHOIR 3:30 PM	<b>20</b> MENS RAP 9:00 AM  BASICS FOR THE JOURNEY 3:30 PM	<b>21</b> PASTOR'S DAY OFF	<b>22</b>
<b>23</b> WORSHIP SERVICE 10:00 AM  ANNUAL MEETING AFTER WORSHIP	<b>24</b>	<b>25</b> BIBLE STUDY 10:00 AM  MISSION 7:00 PM	<b>26</b> CHOIR 3:30 PM	<b>27</b> MENS RAP 9:00 AM  BASICS FOR THE JOURNEY 3:30 PM	<b>28</b> PASTOR'S DAY OFF	<b>29</b>
<b>30</b> WORSHIP SERVICE 10:00 AM	<b>31</b>					

# EXPRESSIONS

## JANUARY 2022

**CHURCH IN THE HILLS**  
*A Presbyterian Community of  
Faith and Friendship in Christ*  
6401 Shanty Creek Rd  
PO Box 319  
Bellaire, MI 49615  
Phone: 231-533-6001

OFFICE E-MAIL:  
office@churchinthehills.net  
WEBSITE:  
www.churchinthehills.org

Service of Worship: Sunday 10:00 AM  
Children's Program: Sunday 10:00 AM

OFFICE STAFFED  
Tue – Thu, 9 AM – 1 PM  
Lisa Luxton, Office Manager

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

**Reverend David Ramage** revramage@gmail.com

Clerk of Session: Mary Ann Waara 231-350-0067

### Class of 2022

Bob Brooks	Personnel	231-533-8005
Lindsay Eggers	Christian Ed	989-992-5514
Rem Siekmann	Worship	440-527-4416

### Class of 2023

Linda Bicum	Membership	231-322-2811
Tom Juntune	Finance	231-533-9403
Terry Moore	Bldg. & Grounds	616-510-6583

### Class of 2024

Marlene Garvey		231-544-1111
Cynthia Tschudy		231-544-6167
Mary Ann Waara		231-350-0067

### Music Staff

John Dickinson, Carol McLeod

Reverend Mr. Donald E. Gordon, Pastor Emeritus