

WELCOME TO THE PRESBYTERIAN CHURCH OF CHESTNUT HILL!

**PLEASE SILENCE ALL ELECTRONIC DEVICES
BEFORE THE BEGINNING OF WORSHIP.**

Resources for those with special needs are available. Speak with an usher for assistance.

If you are a visitor and would like to meet the ministers, take a tour of the church, ask some questions, or go to coffee hour, please speak with an usher.

If you need a ride to church, please call the church office at 215-247-8855.

If you need pastoral care, please speak with one of the ministers or call the church office.

If you need child care, a nursery for infants and children through age 2 is available before worship in the Strouse building; children age 3 and older should accompany parents to worship and join in the Children's Moment, after which they will be dismissed for the Summer Church School Gathering. Bags with coloring pages and crayons are available in the narthex; please return the bags after the service.

In case of an emergency, there are three exit doors behind you in the narthex. If you are sitting near the front of the sanctuary, use the door near the lectern.

In case of a medical need, please alert an usher – first aid supplies and a wheelchair are available.

WE WANT TO KNOW YOUR NAME

In the spirit of welcome and hospitality, and in anticipation of the arrival of our new senior minister and head of staff, the Session has suggested that we get in the practice of wearing name tags as we greet each other (and visitors!) during morning worship and at coffee hour. Please help us in this process by taking a stick-on name tag from the welcome pad in the pews, or in Widener Hall after the service. Thank you!



Dear Members and Friends of PCCH,

I do believe Sunday was the happiest/saddest day of my life. As I have said to some of you, I woke up Monday morning with a hangover of love. The love began to fill my heart at the beginning of the service of worship: seeing the people I love in every pew, seeing the flowers as beautiful as always, hearing the excellence and passion of the choir and organ for the last time. The love continued in the Second Hour: the presentation of the Mission Endowment by Katie and Jeff (my heart was pounding with pride), the gushing of Brian and Austin (no one has ever had a staff as wonderful as the current staff of PCCH), hugs never-ending at the door, the delicious sweets from Bredenbecks, the cake that was a work of art. My heart was overflowing. Then the PARTY!!!! From the exquisite flowers (there is nothing like our Flower Guild anywhere!), to the exceptional food (Bacchus and Tracey Wolfson's team was wonderful), to more hugs every time I turned around, to Donald Nally's words and The Crossing's premiere of Gabriel Jackson's powerful piece on gun violence: my heart was literally drunk on love by the end of the night.

Yet words cannot contain the love I will forever have for you and for the life God has given me to lead, with all of you by my side: the joy, the privilege, the incredible gift of knowing every morning you get to spend another day of your life on what is worth your life. I did release you from turning to me as your minister and you did release me from being your minister, but "nothing tells me that I need learn to let go with the heart."

That line is from a poem by Robert Frost entitled "Wild Grapes." It is about a little girl who climbs high up in a tree and then is afraid to let go so that she can fall into her brother's arms. It ends this way:

I had not taken the first step in knowledge;
I had not learned to let go with the hands,
As still I have not learned to with the heart,
And have no wish to with the heart—nor need,
That I can see. The mind is not the heart.
I may yet live, as I know others live,
To wish in vain to let go with the mind—
Of cares, at night, to sleep; but nothing tells me
That I need learn to let go with the heart.

With gratitude and love,

Cindy

Narthex News

September 15, 2019

CHURCH SCHOOL AT A GLANCE			
9/15/2019	Room	Teacher	Topic
Birth - 2 Year Olds	Room 101	Debbie Lambeth and Icilda James	God's Care
Pre-K (3-4 Year Olds)	Room 211	Jennifer Miller and Sarah Finbow	Godly Play
Kindergarten-Grade 1	Room 205	Christen Webber and Jillian Quirus	1 Timothy 1:12-17
Grade 2-Grade 5	Room 208	Sara and Matt Eastman	1 Timothy 1:12-17
Grade 6-7	STAY	IN	WORSHIP

CHILDREN, YOUTH AND FAMILIES

3-4-5 FELLOWSHIP

Sunday, September 15: 11:30 am – 12:30 pm: Regular Fellowship

Sunday, September 22: 11:30 am – 1:00 pm: Homecoming Sunday Picnic

CONFIRMATION CLASS

Sunday, September 29: 11:30 am – 12:00 pm: Expectations Meeting

Sunday, September 29: 12:00 pm – 1:00 pm: Theology and Pretzels

JR. HIGH YOUTH FELLOWSHIP

Sunday, September 15: 6:00 – 7:00 pm: Regular Fellowship

Sunday, September 22: 11:30 am – 1:00 pm: Homecoming Sunday Picnic

Sunday, September 29: 12:00 pm – 1:00 pm: Theology and Pretzels

SR. HIGH YOUTH FELLOWSHIP

Sunday, September 15: 1:00 pm – 5:00 pm: Party at Isaac Hessel-Robinson's House

Sunday, September 22: 11:30 am – 1:00 pm: Homecoming Sunday Picnic

Sunday, September 29: 5:00 pm – 8:00 pm: Dinner and a Movie

WELCOME JOHN WILKINSON TO HIS NEW HOME!



HEMOCOMING SUNDAY 2019

SUNDAY, SEPTEMBER 22

10:00 A.M. SERVICE OF WORSHIP

10:15 A.M. CHURCH SCHOOL BEGINS

11:30 A.M. LUNCH-ON-THE-GROUNDS

Please come to welcome the Rev. John Wilkinson and hear his first sermon as our minister on Homecoming Sunday! He and Bonnie will be unloading the moving van on September 18. They will begin life in Philadelphia on McCallum Street in Mt. Airy. The Transition Task Force is planning some special ways to let John know how thrilled we are that he is here. See Jeff Podraza if you want to be a part of that. Church Life Committee will be looking for homes to host "Conversations with John" throughout his first year.

This is also the Sunday when we are together again! The pews will be filled with young and old, new and returned, curious and committed congregants. The air will be filled with thanksgiving and our hearts will be filled with gratitude for the gift of a God on whom to call.

Fifty-year members and New Members will be honored during the service and will be our guests for lunch. Visit the Reception Room for your carnation and name tag prior to worship.

Following worship and church school, we will gather on the lawn for burgers, provided by the church, and side dishes, provided by you. A sign-up sheet is on the bulletin board outside the church office. We would like someone to place their name by each type of food so that we get enough of the most popular items. A donation of \$5.00 for adults and \$2.00 for children is requested.

HOW YOU CAN HELP

SLOPPY JOES FOR OUR BROTHER'S PLACE

Due to the renovations in the church kitchen, we will stop all Sloppy Joe donations until further notice. Call the church office if you have any questions.

VOLUNTEERS NEEDED FOR HOMECOMING SUNDAY

Sunday, September 22

Sign-up sheets are on the bulletin board outside the church office. Help is needed for preparation of side dishes, food shopping, table and chair set-up on the front lawn, good grillers and clean-up. Please help make this a very special Homecoming event by signing up early.

USHERS NEEDED

PCCH has four groups of Ushers, one for each week of the month. We are down a few ushers on one team and are looking for volunteers. If you are interested, please see one of the ushers after worship today, email the head usher, Michael Baughman, baughmanm@pepperlaw.com, or call the church office, 215-247-8855.

THE CHURCH GATHERED

THEOLOGY ON TAP

Tuesday, September 17, 7:30 pm, Campbell's Place

Join us again this year in the upper room at Campbell's Place for a beer and conversation. Join Brian and other "Thinkers" for a round of pints and enlightenment. Topic TBN. Any questions, please contact Brian Russo or the church office.

CIRCLE 4 IS LOOKING FOR NEW MEMBERS

First Meeting September 17, 10:00 am, Reception Room

If socializing and bible study as part of a lively group of women appeals to you, and you are free on the third Tuesday morning of the month from September to June, please contact Taylor Slaughter (praetextum@gmail.com or 215-983-8561) for details. We welcome all who are interested.

THE CHURCH SENT OUT

VILLANOVA GUN VIOLENCE AWARENESS DAY

Saturday, September 21, 3:00 pm, Villanova University, 800 Lancaster Avenue, Villanova

Join Heeding God's Call as we come together as one united interfaith community to honor those lost to gun murders and to demand stronger and effective gun laws and regulations. To volunteer: https://ww1.villanova.edu/villanova/president/university_events/stvcelebration/service.html

CENTER ON THE HILL ... *the place for active adults*

To register for these programs, unless otherwise indicated, please call Mariangela Saavedra at 215-247-4654 or email msaavedra@chestnuthillpres.org

JUST DESSERTS! A RAW FOODS COOKING CLASS

Monday September 16, 11:00 am-12:30 pm, \$20 (includes foods to sample and recipes to take home). Pre-Registration required.

Doctors and nutritional experts agree that eating more raw and whole foods have many benefits, like helping to manage diabetes, lowering blood pressure and increasing your energy and stamina. But that doesn't mean you can't still satisfy your sweet tooth with raw foods too! This class will teach you fun and easy ways to incorporate delicious sweet and healthy foods that are sure to please. Four healthy desserts you can make for yourself will be discussed, demonstrated and then taste tested by the class. Come learn how sweet eating healthy can be in this fun and interactive class!

MONTHLY NUTRITION CLASS

3rd Monday of each month. Next Class on Monday September 16, 12:30 pm- 1:30 pm, \$10. Please Pre-Register for Class.

Join Kirsten Puskar MS, RDN, LDN, CDE the 3rd Monday each month for the latest nutrition research news. The classes will cover the basics of macronutrients, getting your cells what they really need, how exercise works with carbs, and then meal planning to optimize muscle growth. Fee includes taste-testing snacks!

NAME THAT TUNE: A fun and interactive approach to Music Appreciation

September 17, 1:30 pm-2:30 pm, Free

Do you love music? Do you wish you knew a little more about some of your favorite songs? Join us for a fun and interactive music appreciation class this Fall! Back by popular demand, your instructor Michael Kraus, will guide you through monthly lessons featuring songs from the past. Learn about the musical roots of songs you have known since childhood, and songs you still love to sing along with today. These classes will be entertaining, engaging, educational and fun! Can you Name That Tune? Come and find out!

METHODS OF MEDITATION WITH LAMA COULTER HUYLER

Mondays September 23- October 28, 10:00 am-11:00 am, \$60 for 6 weeks. Drop in to a class \$12. Registration Required

In "Silence, Guided Meditation and Conversation" we establish the foundations of meditation. Learn about how to start a meditation practice, develop your existing practice, or come and familiarize yourself with these methods of meditation. Through the 3 gates of Body, Speech and Mind turn awareness inward to abide in calm, clarity and generosity- benefiting ourselves and our environment. Sessions are appropriate both beginners and for seasoned practitioners.

GRIEF SUPPORT GROUP

Tuesdays Sept 17, 24, Oct 15, 22, Nov 5, 12, 1:00 pm-2:30 pm, Free. Registration required. Group is closed to new members after September 24.

We acknowledge the value of sharing time and stories with others who have also experienced a loss. Please join us for 6 informal gatherings as you grieve the loss of a loved one. Topics covered: Myths of Grieving, Grieving & the Holidays, Does Grief Ever End and others. Our facilitator is David Stevenson, MDiv., CT. He is a bereavement counselor at Crossroads Hospice & Palliative Care. He is a certified grief recovery specialist with a strong background in grief and bereavement, to include serving as a chaplain in the US Army and as a child grief specialist with Highmark Caring Place, recognized as the premier grieving center for children, adolescents and their families.

SLEEP AND OUR HEALTH

September 26, 1:00 pm- 2:00 pm, Free. Please pre-register to secure your space in the class

The program will focus on sleep and its effect on our body. We spend 1/3 of our lives asleep, so sleep is very significant. How much sleep do we get and how much sleep is appropriate for adults is so critical. The Institutes of Medicine of the National Academies has declared lack of sleep a Public Health problem In America. Children are also affected by lack of sleep. We will focus on the contributors of sleeping or inability to experience a good night sleep. Sleep hygiene and getting a good sleep will be addressed. There will be opportunity for questions following the presentation.

THANK YOU TO THE FOLLOWING:

CINDY'S RETIREMENT CELEBRATION COMMITTEE MEMBERS:

Martha Agate, Diane Cornely, Jane Kaufman, Ken Lovett, Barbara Olson, Dan Pretz, Amy Raphael, Sue Shuchat, Grace Stewart and Julianne Pitone-Watson

FLOWER GUILD:

Debby Evans, Barbara Frazier, Linnea Johnson, Liz Podraza, Alison Rudolf, Sue Shuchat and Mary Anne Van Blarcom

PHOTOGRAPHY:

Caroline Podraza

HIGH COFFEE:

Pastries and cake were a gift from Karen Boyd Rohde and family and Bredenbeck's Bakery

STAFF RECOGNITION:

Evelyn Carpenter, Owintier Charles, Esther Cole, Felix Delgado, Leslie Lefer, Brian Russo, Austin Shelley and Dan Spratlan

Honoring Cindy's Legacy: The "Jarvis Mission Endowment"

Cindy Jarvis has long said that she does not want a personal gift at her retirement, preferring instead a gift to The Presbyterian Church of Chestnut Hill to support the church's outreach to those in need. With this in mind, the Session has given its blessing to the establishment of a new endowment fund - which we will call at this point the Cindy Jarvis Mission Endowment - to support our outreach in the greater community. Our goal for this endowment fund is \$200,000 - via current and future contributions over the next 18-24 months, and future bequests - from which 5% per year will be earmarked for the least among us, once we hit the funding goal.

As of today, the leaders of our Church and early givers have committed nearly \$115,000 toward the Jarvis Mission Endowment! At Cindy's last Session meeting in September, we will formalize the terms of this endowment fund so that its goals and processes are consistent with Cindy's wishes.

We hope that you will consider a contribution to this meaningful and tangible recognition of Cindy's love of this church and its commitment to outreach. If you are interested in participating, please reach out confidentially to Church Administrator Esther Cole (ecole@chestnuthillpres.org) with your planned gift in honor of Cindy's love for this church and enduring presence in our lives.

Thank you in advance for your support.

In Christ,

Jeff Podraza and Steve Bishop
For the Session of PCCH

THIS WEEK AT PCCH

SUNDAY, SEPTEMBER 15

9:00 am	Gallery Choir Rehearsal (Sanctuary)
10:00 am	Worship (Sanctuary)
10:20 am	Church School (Strouse)
11:15 am	Fellowship (Widener)
11:15 am	Joyful Noise Rehearsal (Chapel)
11:15 am	Youth Choir Rehearsal (Youth Room)
11:30 am	3-4-5 Fellowship (Brian's Office)
1:00 pm	Sr. High Fellowship (Hessel-Robinson Home)
6:00 pm	Jr. High Fellowship (Youth Room)

MONDAY, SEPTEMBER 16

3:30 pm	Girlchoir Rehearsal (Room 3&4)
4:00 pm	Girlchoir Rehearsal (Choir Room/Sanctuary)
6:00 pm	Girlchoir Rehearsal (Chapel)
6:15 pm	Yoga (Melcher)
7:00 pm	Philomusica Rehearsal (Widener)

TUESDAY, SEPTEMBER 17

9:00 am	Organ Practice (Sanctuary)
10:00 am	Circle 4 (Reception Room)
6:00 pm	CY Rehearsal (Choir Room)
7:30 pm	Royal Scottish Country Dancers (Chapel)

WEDNESDAY, SEPTEMBER 18

7:00 am	Rotary (Widener)
1:00 pm	Adictango Class (Widener)
6:00 pm	Girlchoir Rehearsal (Choir Room/Sanctuary)
6:00 pm	Girlchoir Rehearsal (Room 3&4)
6:00 pm	Girlchoir Rehearsal (Widener)
7:00 pm	Watercolor Class (Room 1&2)
8:00 pm	Summit Group (Room 3&4)

THURSDAY, SEPTEMBER 19

7:45 am	BNI Meeting (Melcher)
9:00 am	Organ Practice (Sanctuary)
9:30 am	Clergy Discussion Group (Reception Room)
6:30 pm	Cub Scouts (Widener)
7:00 pm	Adictango Class (Room 3&4)
7:30 pm	Boy Scouts (Room 1&2)
7:30 pm	Gallery Choir Rehearsal (Choir Room)

FRIDAY, SEPTEMBER 20

9:00 am	Organ Practice (Sanctuary)
9:00 am	Preschool Class (Room 3&4)
5:00 pm	DeSantis Wedding Rehearsal (Sanctuary)
9:00 pm	Adictango Sound Engineer (Widener)

SATURDAY, SEPTEMBER 21

8:00 am	Girlchoir Rehearsal (Sanctuary/Widener/ Chapel/ Choir Room/ Room 3&4)
9:30 am	Girlchoir Parent Meeting (Harris)
4:00 pm	DeSantis Wedding (Sanctuary)

NEXT WEEK AT PCCH

SUNDAY, SEPTEMBER 22

9:00 am	Gallery Choir Rehearsal (Sanctuary)
10:00 am	Worship (Sanctuary)
10:20 am	Church School (Strouse)
11:15 am	Homecoming Picnic (Widener/Front Lawn)

HOMECOMING SUNDAY

THIS WEEK AT CENTER ON THE HILL

MONDAY, SEPTEMBER 16

9:00 am	Nutrition Counseling (Reception Room)
9:30 am	Sketching and Drawing Class (Room 1&2)
10:30 am	Italian Conversation (Reception Room)
11:00 am	Just Desserts (Kitchen)
12:30 pm	AARP SMART Driver Course (Harris)
12:30 pm	Bridge Game (Room 5)
12:30 pm	Monthly Nutrition Class (Room 1&2)
2:00 pm	Qigong (Room 3&4)
2:15 pm	Gentle Yoga (Harris)
2:30 pm	French Conversation (Room 1&2)
4:00 pm	Zumba Gold (Room 3&4)

TUESDAY, SEPTEMBER 17

9:30 am Watercolor Workshop (Room 1&2)
12:30 pm AARP SMART Driver Course (Harris)
1:00 pm Grief Support Group (Reception Room)
1:00 pm Mah Jongg Open Play (Room 5)
1:30 pm Name That Tune (Room 1&2)

WEDNESDAY, SEPTEMBER 18

10:00 am Strengthening Your Voice I (Choir Room)
11:00 am Strengthening Your Voice II (Choir Room)
11:30 am Bridge Game (Room 1&2)
12:00 pm Wednesday Diabetes Workshop (Room 5)
1:00 pm Basics of Android Phones (Harris)
2:30 pm Golden Yoga (Harris)

THURSDAY, SEPTEMBER 19

9:00 am PCCH Bridge Group (Room 1&2)
9:00 am Qigong Healing Movements (Harris)
10:00 am Bridge Game (Room 5)
10:30 am Learning to Look: Georgia O'Keefe (Harris)
12:30 pm Dizziness and Balance Disorders (Harris)
4:00 pm Zumba Gold in a Chair (Room 3&4)

FRIDAY, SEPTEMBER 20

9:30 am Yoga with Attitude (Harris)
10:00 am Scrabble Play (Room 5)
11:00 am Music Reading: Session 1 (Choir Room)
11:30 am Yoga, A Chair and You (Harris)
1:00 pm Mah Jongg Open Play (Room 5)
1:00 pm International Folk Dancing (Room 3&4)
2:30 pm Golden Yoga (Harris)