

# Highland Presbyterian Church

"SHARING HOPE FROM THE HEART OF THE HIGHLANDS"

NOVEMBER 2022

Dear Friends,

In the relatively short time I've served as Transitional Pastor, I've gotten inspiring introductions to several of Highland's vital ministries and ministry partners. It's been amazing to encounter some of the ways this church lives out the hospitality of Jesus Christ. I'll offer five recent examples.

Mary Ellen Harned invited me on a tour of **Kentucky Refugee Ministries**, housed of course in our Pleune-Mobley Building — and famously begun by members of HPC. I met director John Koehlinger who told me about the hundreds of refugees whom KRM supports each year. These are people resettling from home countries where their lives were no longer safe or tenable. KRM helps new refugee families find housing, translators and English classes, the guidance of social workers, vocational opportunities, friendly greetings and ongoing care from Welcome Teams like the ones our church puts together. Aimee and I also loved attending the Global Gourmet fundraising dinner for KRM, where we heard a courageous young Afghan woman, Hoosnia Sarwary, tell of her shattered life dreams that are now being rebuilt in a whole new country.

The passionate volunteers of **We of the World (WOW)** put together a slideshow to give me a sense of their creativity in supporting KRM refugees over the years, including women's support groups, meals for sometimes 100+ people(!), and their no-cost "store" where refugees can get household goods, toys, children's clothing, and more. And as part of a super-informative tour, Linda Raymond Ellison introduced me to the Peace Garden, a contemplative and inviting space created by WOW in the backyard of KRM. Nearly every day I see international folks resting there amid the beautiful flowers, or kids playing on the grass.

From Janet Raderer I got an introduction to the amazing sewing/tutoring/empowering ministry that is **STITCH**. On the top floor of Pleune-Mobley, STITCH runs a bright and well-stocked hive of sewing stations. Volunteers help teach immigrant women techniques for creating textiles. Each participant also gets her own refurbished sewing machine, as well as ways to market and sell clothing, cloth bags, or anything else useful that can be made out of fabric. The day I visited I met a woman from Congo who had lost her whole family to violence, barely surviving herself. And here she is in community with other refugees and with kind supporters and mentors, learning skills which can give her confidence and a bit of financial independence.

Nanc Angerman and Megan McCarty took me with them to help at the **Dare to Care Food Bank Mobile Pantry** held in Smoketown at our sister congregation **Grace Hope Presbyterian Church**, where I was honored to meet Rev. Dr. Angela Johnson. With volunteers from both churches, we loaded fresh produce into cars and grocery carts as dozens of families came through the line. I was "selling" eggplants with moderate success while Steve Holmes distributed nearly a whole pallet of strawberries. Most meaningful was getting to look people in the eye and share a smile and a brief moment of human connection. Every one of us needs ready access to fresh, healthy food. Dare to Care helps make nutrition more accessible.

Our Clerk of Session, Cynthia Welch, also serves on the board of **The Cabbage Patch Settlement House**, which offers comprehensive after-school services to underserved kids age 8 and up. On a recent visit to Cabbage Patch I met the executive director and learned that 1) Cabbage Patch has a beautiful history serving the city over the past 100+ years, 2) about a hundred kids come and choose diverse activities at the Patch every day, 3) they've been nurturing students through college and beyond into meaningful careers, 4) what looks like a row of normal houses along 6th St has been connected, expanded, and upgraded into a brilliant facility with a full gymnasium, art and music and dance studios, computer learning labs, gardens supporting seed-to-table food education, and almost endless opportunities. Highland supports Cabbage Patch financially through our Church in the World funds, and it would be exciting to see what kinds of hands-on engagement we could offer also. If there's something you love, from sculpture to aviation to scripture, Cabbage Patch probably has a way to offer it to eager young people.

The more Highland Presbyterian people I get to know, the more ministry stories I hear. I'm sure we have all kinds of outreaches and partnerships I have yet to discover. What way of loving God's world has been most meaningful for *you*?

In Christ's peace,

*Nolan*





# Session Summary

*A report from the October 2022 Session Meeting.*

The Session approved Rev Megan McCarty to temporarily be the third signer on HPC checks (Rob Miller is currently one of the three).

From Earth Care Committee: The Session approved the pledge to start the application process to become an Earth Care Congregation with PC(USA).

From Personnel: The Session (heartily) approved an increase in Megan McCarty's salary, to \$65,000 effective October 1, 2022, pending congregational approval of revised Terms of Call for Megan at a called congregational meeting on October 30, 2022.

***In Memoriam***  
Roger M. Dalton  
October 7, 1936 - October 15, 2022

***In Memoriam***  
Mary Anne Baker  
January 7, 1942 - September 29, 2022



How many  
  
can you find  
In this  
November issue  
of the HPC newsletter?

***in this issue...***

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# Mission and Service



## Dare to Care Food Bank

Dare to Care has a finely tuned system where all food pick up is non-contact, social distancing is enforced, and LOTS of safety measures are being upheld. This has been crucial for the populations that we serve because it is allowing them free nutritious food in a time when many of them have lost income and are surrounded by uncertainty. We want to thank the volunteers who help keep our partnerships going during this difficult time.

**WOW switched gears** when Covid ended our person-to-person work with the newcomers who come to KRM, but we didn't stop working. Since October 2021, We of the World has supported Kentucky Refugee Ministries' work by supplying kitchen ware, bedding and children's things to more than 300 individuals and families who don't have churches or organizations sponsoring them. When single men arrived from Afghanistan, we provided blankets and towels, pots and pans and dishes. When a large, extended family comes from Syria or Congo, WOW fills big boxes with blankets, sheets, towels, and kitchen things. Then we add toys and clothing for each child. At first, we drew on donations from people who wanted to help Afghan refugees. As we've run out of donations, WOW members use their own money and resources to buy what new families need.



Now winter is coming. WOW could use some help. **We need clean, gently used blankets and throws, especially for twin beds. Young teens (up to 15 years old) need clothing and non-video games that don't require batteries or English instructions. Soccer balls, Frisbees, sketch pads and pencils are great. Younger children need: black and brown dolls, blocks and Legos, cars (Matchbox and bigger), games that don't require English (think Candyland, checkers or Dominos) and stuffed animals.** Our needs are very specific and our storage space is limited, so we say "no" to large items, furniture, pillows and clothing for adults. Money always helps. Thank you! You may drop off items in the church office. Contact Linda Raymond Ellison for more information at [beccabill630@gmail.com](mailto:beccabill630@gmail.com).

**Habitat for Humanity Build** - This is a picture of this year's Habitat house that the local Presbyterian Churches have sponsored. Highland is contributing roughly \$12K towards the sponsorship of the home and thanks to the volunteers who came out over our 2 volunteer days. They include Nanc Angerman, Brandon Schadt, Brett Connally, John & Beckett Kim, Jim Crowley, Steve Holmes, Franklin Foshee, David Morrison, Richard Wood, Chris Valentine, Chris Nunnally and Will Husband from Stock Yards Bank, the church's investment advisor.



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**Refugee Family Update** - The HPC co-sponsorship team, led by Terry Fontenot, happily welcomed the Silvester family from Burundi in late September. They lived for several years in a refugee camp in Malawi before entry to the U.S. The team furnished the 3-bedroom house and stocked groceries before their arrival. On Sunday, October 16, they joined us for worship and a brief reception. The parents and eldest son will take ESL classes at KRM and the younger boys will be enrolled in school in the next few weeks. Thanks to the Beargrass Christian Church Bike Project, all 5 sons were equipped with bicycles and helmets!



# November Birthdays

If we ever forget your birthday, or we have it wrong, please let us know!

Nov 1: Kay Orr  
Susan Emison

Nov 2: Nicholas Zehnder  
Andrew Owen  
Evelyn Owen

Nov 3: Leah Plymale  
Daniel Ellis

Nov 4: Eli Beck  
George Holmes  
Hal Hauck  
Lilian Mayo

Nov 5: Mary Clyde Hardin  
Robyn Sekula  
Katie Dykes

Nov 6: Wes Harris

Nov 7: Edward Caruthers  
Annie Parks  
Andrew Valentine

Nov 9: Jane Beck  
Suzanne Bowman  
Shannon Endres  
Abby Mobley  
Michaela Smith

Nov 10: Bryce Armstrong  
Jim Seiffert

Nov 11: Margaret Baker  
Tucker Oldham  
Sara Gambrell  
Julia Burford

Nov 12: Tim Welsh  
Margaret Millar  
Jack Grohmann  
Grant Gahan

Nov 13: Pat Wrege  
Nicholas McClure

Nov 14: Evan Holmes  
Mike Abate  
Annie Abate  
Lucy Craigo-Snell

Nov 15: Katie Crowley

Nov 15: Serena Dobson  
Jamie Masticola

Nov 16: Paula Berry  
Jenny Siegenthaler  
Phyllis Bills  
Izzy Parks

Nov 18: Ian Ferré  
Cathleen Palmer

Nov 19: Carolyn Cromer  
Mike Reed  
Audrey Schuetze

Nov 20: Mary-Lynn Bundy  
Will Hutto

Nov 21: Elisa Benn-Coto  
Daniel Rift

Nov 22: Kathy Mounce  
Elaine Wise

Nov 23: Lola Carroll  
Patti Pinkley

Nov 24: Charles Brockwell  
Lily Page

Nov 26: Elizabeth Orr  
Lisa Turner-Schikler

Nov 27: Maureen Kirk  
Scott Prince

Nov 28: Sylvia Nelson

Nov 29: Scott Endres

Nov 30: Theo Nowak  
Jim Porter  
Joshua Olliges  
Marsha Howard  
Hannah Stanchfield  
Frances Nicholson

## GIFTS HAVE BEEN GIVEN...

**GIFTS** have been given to the Kevin Burns Memorial CE Youth Scholarship Fund in memory of Kevin Burns by Angie Moore & Michael Schnuerle.

**GIFTS** have been given to the Memorial Fund in memory of Donna Craig by Emily Watts.

**Highland is most appreciative of these gifts.**

# Children's News

## Wanna be a Church Buddy?

The Children's Committee is looking for adults who would like to be a buddy to a child in the church. What would you have to do? It's very easy – just be a friend. You might sit with them in church, or have a conversation with them and ask about their week, or send a birthday card. If you would like to be a Buddy, send an email to Rhonda and she will put you on the list. ([rhonda.hibdon@hpclouisville.org](mailto:rhonda.hibdon@hpclouisville.org))



## ROOTS - November 6

### Meet at Mega Cavern at 1:45

Our 3<sup>rd</sup>-5<sup>th</sup> graders, and a few awesome adults, are headed to Mega Caverns for a Mega Quest on November 6. If you have signed up your child, please drop them off at Mega Cavern at 1:45 and pick them up at 4:15. All those signed up will receive an email from Rhonda with additional info.

## GRATITUDE

You're Invited to  
Two Special Events on November 20



### Children's Thanksgiving Service, 9:30 am

The children of HPC would like to invite you to join them for a Thanksgiving service on Sunday morning, November 20 during Sunday School at 9:30 am. The service will take place in the Chapel (the SS room for 3-5 grades).

### Family Night, 5-6:45pm

(All ages - childcare available)

'Tis the season to be GRATEFUL, but what does that really mean? Join us for our next Family Night where we'll try to figure that out together. All ages will meet at 5pm in the Pleune-Mobley dining room for dinner; after dinner our littles (2<sup>nd</sup> grade and younger) will head to childcare while the rest of us divide by age groups (High School, Middle School, ROOTS, Adults) to discuss Gratitude.



### Other dates for your calendar

Advent Workshop: Sunday afternoon December 4

Christmas Pageant: Sunday, December 18 during the Worship Service



# Youth News

## Sunday Night Youth Groups

**Typical Schedule: 5:00p – 6:15p in the Burns Center**

- 11/6** — STITCH Night (Come learn about HPC's sewing ministry with KRM)
- 11/13** — Stewardship Night
- 11/20** — Gratitude Family Night (5–6:45p)
- 11/27** — Advent Party



**Typical Schedule: 6:30p – 7:45p in the Burns Center**

- 11/6** — Class Dinners (suggested contribution is \$5–10 towards dinner)
- 11/13** — Stewardship Night
- 11/20** — Gratitude Family Night (5–6:45p)
- 11/27** — Prepare Dinner for the Hope Village

## Positive Discipline Workshop

As a joint initiative with the Nursery & Weekday School, Megan McCarty will be leading two workshops on Jane Nelsen's *Positive Discipline*. These workshops will take place on **Thursdays, November 3<sup>rd</sup> and 10<sup>th</sup> from 5:30 pm – 7:30pm** with dinner and babysitting included. Megan is a Certified Parent Educator through the Positive Discipline curriculum. These workshops are open to everyone, but geared more for parents with young children and early childhood educators. Please RSVP to Kathleen in the front office so we will have enough food and babysitters.

The Positive Discipline program was developed by Dr. Jane Nelsen and is designed to teach young people to become responsible, respectful, and resourceful members of their communities.

**Jane Nelsen gives the following 5 criteria for effective discipline:**

1. Helps children feel a sense of connection. (Belonging and significance)
2. Is mutually respectful and encouraging. (Kind and firm at the same time.)
3. Is effective long term. (Considers what the child is thinking, feeling, learning, and deciding about himself and his world – and what to do in the future to survive or to thrive.)
4. Teaches important social and life skills . (Respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school or larger community.)
5. Invites children to discover how capable they are. (Encourages the constructive use of personal power and autonomy.)

To learn more, you can visit: <https://www.positivediscipline.com/about-positive-discipline>



# Music Ministry

## CHANCEL CHOIR

Christmas is coming! Do you like to sing Christmas music? Chancel Choir is great way to celebrate the season and meet new people. So, what's stopping you? Come sing with us! We meet on Thursday evenings at 7pm. Please note that during Thanksgiving week, we will meet Tuesday, November 22<sup>nd</sup> at 7pm. Childcare can be provided for rehearsals, if needed, please contact Vini at [vini.frizzo@hpclouisville.org](mailto:vini.frizzo@hpclouisville.org) prior to coming with your child.



## HIGHLAND RINGERS

Highland Presbyterian Church are proud owners of a 5-octave Malmark Bellcraftsmen set of hand bells as well as a 3-octave set of hand chimes. Highland Ringers meets weekly on Sundays at 1:30pm in the sanctuary. If you are interested in ringing, please contact Vini at [vini.frizzo@hpclouisville.org](mailto:vini.frizzo@hpclouisville.org).

## HPC ORCHESTRA

Do you play an instrument? If so, HPC Orchestra is always looking for folks to play with us. You might think you're too green, but you're not. We tailor the music to fit everyone's level. Think about it! We have loads of fun! My hope is we will play in service on December 11<sup>th</sup>, Cantata Sunday. Please email Vini, [vini.frizzo@hpclouisville.org](mailto:vini.frizzo@hpclouisville.org) for more information.



Vini Frizzo, [vini.frizzo@hpclouisville.org](mailto:vini.frizzo@hpclouisville.org)

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## HPC CHILDREN'S MUSIC MINISTRY:

Did you know that merely THINKING about singing releases those beautiful endorphins in the brain that help us feel good? There are craniums worth of brain research on music. It starts with thinking and singing. Gobble up a few tunes today as you go about your busy work of living.

Children's choir continues each Wednesday at 5:30 in the upstairs choir rooms. For ease, drop off and pick up are there.

**Wednesday, November 16** is another dinner opportunity.

Come at 5:00 and eat in Fellowship Hall. Choir will begin at 5:45-6:30 this night. Last week's dinner night was a treat. We loved sharing a meal with you before we sang and played.

**Wednesday, November 23** is Thanksgiving Eve. NO choir. BAKE PIES INSTEAD, and know we are ever thankful for you and your children.

**Sunday, December 18** is the Christmas Pageant. It will begin at 11:00 in our regular worship service. Costumes, music, and the beautiful story told by the children will light the way to Christmas. Songs will be simple and some will be familiar from years past. Remember this? "Mary had a baby...the little tiny baby born in Beth-le-hem!"

"When we sing, we pray twice."

Martha Makela



# Stewardship 2023: Moving Forward Together

The 2023 Stewardship Campaign has begun!!! Thank you to everyone who has already submitted their pledge either in-person or online. Online Pledging is very easy to do this year- all you need to do is:

- 1) Go to the Church's website, [www.hpclouisville.org](http://www.hpclouisville.org)
- 2) Click on the button at the top of the home page titled "PLEDGE CARD 2023"
- 3) Fill out the online Pledge Form and click "submit" at the bottom of the page

If you have questions about pledging online or would like to know how to submit pledge payments online as well, please feel free to email a member of the Stewardship Committee for assistance.

Patti Pinkley, [patti.pinkley@gmail.com](mailto:patti.pinkley@gmail.com)

Ben Anderson, [ben.l.anderson89@gmail.com](mailto:ben.l.anderson89@gmail.com)



## Environmental Stewardship

### Save the Bees!

We need bees. We may take them and other pollinators like butterflies and hoverflies for granted, but they're vital to stable, healthy food supplies and key to the varied, colorful and nutritious diets we need (and have come to expect).

Bees are perfectly adapted to pollinate, helping plants grow, breed and produce food. They do so by transferring pollen between flowering plants and therefore keeping the cycle of life turning.

The vast majority of plants we need for food rely on pollination, especially by bees: from almonds and vanilla to apples and squash. Bees also pollinate around 80% of wildflowers, so our countryside would be far less interesting and beautiful without them.

But bees are in trouble. There's growing public and political concern at bee decline across the world. This decline is caused by a combination of stresses – from loss of habitat and food sources to exposure to pesticides and the effects of climate breakdown.

More than ever before, we need to recognize the importance of bees to nature and to our lives. And we need to turn that into action to ensure they don't just survive but thrive.

The Weekday School and Earth Care Team at the church have teamed up to plant a garden in front of Pleune Mobley. It has been a wonderful opportunity for the kids to learn about plants and try new food, as well as plant and care for flowers that attract bees and butterflies. We will be doing more around the church to create pollinator gardens, but it's one small step that we can all do to help save the bees and save the earth!



# Fellowship

**Men's Pub Night** - A group of men will be gathering on **Thursday, November 10 at 7:00pm** for a beverage and some good conversation at TEN20 Craft Brewery at 1020 E. Washington St. Plenty of socially distanced outdoor seating. Come join us. No agenda, just conversation in good company. If you would like to be added to the list for announcements about the upcoming men's pub nights, please email Ralph Bowling at [ralbow87@gmail.com](mailto:ralbow87@gmail.com).



**DID YOU KNOW?????** There is a Highland Pres Bridge Group that meets each month! If you are a bridge player, the Highland Bridge Group would love for you to join us! We meet on the first Thursday of each month at 1:00 in the Fellowship Hall. We would be happy to have new members join us. If you are interested, you can contact Janet Raderer at [traderer@bellsouth.net](mailto:traderer@bellsouth.net) or 897.5986 or Patti Pinkley at [pattipinkley@gmail.com](mailto:pattipinkley@gmail.com) or 419.1003. We can contact you the week before each gathering to ensure that we fill up our bridge tables each month! **Meets November 3 at 1:00pm.**

**WINGS** - meets **Monday, November 14th at 6:30 pm**. All women of the church are invited! Contact Kathy Reed at [kathyreed330@gmail.com](mailto:kathyreed330@gmail.com) for more information.

**Wednesday Night Dinners are back!** We will start gathering once a month to share a meal together and enjoy one another's company with no agenda planned. Hopefully, if Covid allows, we will increase the amount of times we can gather together each month, but for now, let's eat a meal together and hang out! The first Wednesday night dinner will take place on **Wednesday, November 16 at 5:00 pm**. Children's music will start at 5:30 and session has been pushed back to start at 6:15, so that we can hopefully gather together and be in fellowship with one another. You don't need to bring anything except your hungry selves and kids; no need to get there right at 5:00, there will be plenty of food served until everyone has eaten. See you there! RSVP to Kathleen at [Kathleen.poole@hpclouisville.org](mailto:Kathleen.poole@hpclouisville.org) by **noon Tuesday, Nov. 15th**.



## Presbyterian Union

*A Monthly Discussion Group Sponsored by  
Second Presbyterian and Highland Presbyterian Churches*

**TOPIC:** "What's Happening at the Olmsted Parks Conservancy"

**SPEAKER:** Layla George, President and CEO, Olmsted Parks Conservancy  
Layla George has served as president and CEO of the Olmsted Parks Conservancy since the beginning of 2018. Prior to that she was director of development for Louisville Public Media. She has a background in local food farming, land conservation, and environmental issues. BA English, Willamette University; MBA, Vanderbilt University.



**Where:** Vincenzo's, The Courtyard Room 105 South 5th Street

**Lunch:** Buffet salad and entrée, dessert, iced tea **Cost:** \$20.00 including gratuity

**When:** TUESDAY, November 1, 2022, at 11:30am

**RSVP:** If you will attend, please notify by 4:00 pm Monday, October 31 (if accepting) E-mail Ann or Ivan Schell at [adschell@bellsouth.net](mailto:adschell@bellsouth.net) or phone 894-8440

**Payment:** Please pay at door by cash or check.

# Pastor Nominating Committee Update

The **Pastor Nominating Committee** continues to recruit, screen, and interview promising candidates. The committee meets weekly to conduct its work and welcomes your thoughts and questions at [highlandpnc2021@gmail.com](mailto:highlandpnc2021@gmail.com).

**Committee members include:** Edward Caruthers, Patricia Connally, Charlie Fendig, Martin Hall, Kelli Mattingly, Kathy Reed, Tom Reichard, Linda Valentine. Our Presbytery representative from the Committee on Ministry is our former associate pastor Joel Weible, pastor of Pewee Valley Presbyterian.



## Nursery and Weekday School

It looks and feels like fall and the children of the Highland Pres. Nursery & Weekday School are enjoying the cooler temperatures and all the treasures autumn provides! Walks around the neighborhood have produced countless collections of natural materials including brightly colored leaves and maple "helicopters" which the children have studied closely and used in art creations. Use of natural materials in children's play is a win for everyone: the materials are free, abundant, and children learn more about and form a closer bond with the natural world. The materials are "open-ended" in that they do not prescribe the play, but allow children to decide how to use them. Early Childhood Educators refer to these abundant, open-ended materials as "Loose Parts," and we are always amazed at the hundreds of creative ways children find to use them.

Fall has also brought us new bounty in the garden as our cool-weather crops have been prolific producers. Our kindergarten class has learned so much from this gardening partnership with HPC. Rev. Megan McCarty has worked with them at each step, planting seeds and plants, harvesting abundant kale and collards, and leading the children in a cooking and tasting project. All agreed that greens taste better when you've grown, picked and cooked them yourself!

Looking for a creative, child-centered experience for your young child? Applications for the 2023-2024 school year are due by January 15th. Be sure to submit yours soon!





# November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Sun.:</b> 9:30 – Sunday School 11:00 – Worship 5:00 – Middle School Youth Group 6:30 – High School Youth Group</p> <p><b>Mon.:</b> 1:00 – Staff Meeting</p> <p><b>Tues.:</b> 10:00 – STITCH</p> <p><b>Weekly Meetings:</b> <b>Wed.:</b> 5:30 - Children’s Choir</p> <p><b>Thurs.:</b> 10:00 - STITCH 10:30 – WOW 7:00 – Chancel Choir</p> 						
						
		1 9:45 PACT Mobile Pantry 12:00 All Saints Service - Cave Hill 3:00 Property Committee 6:00 Fellowship	2 6:30 Church in the World	3 1:00 Bridge Club 5:30 Positive Discipline Wksp 6:00 Choir Fellowship	4	5
6 <i>All Saints Sunday</i> <i>Daylight Savings Time ends – Fall Back 1 hour</i> 1:45 Roots – Mega Caverns	7 5:00 Adult Ed Committee	8 4:30 Personnel Committee	9 4:30 Worship Committee	10 5:30 Positive Discipline Wksp 7:00 Men’s Pub Night	11	12 9:00 Workday 11:00 Presbytery Meeting
13 12:00 Adult Ed Series - Jim McGee, Speaker – Fellowship Hall	14 5:00 Finance Committee 6:30 WINGS	15 1:30 Smoketown Mobile Pantry	16 9:15 NWS Board Meeting 5:00 Church-wide Dinner 6:15 Session Meeting	17 5:30 Deacons	18	19
20 5:00 Family Night	21	22 7:00 Chancel Choir	23	24 <i>Thanksgiving</i> <i>Church Office Closed</i>	25 <i>Church Office Closed</i>	26
27 <i>1<sup>st</sup> Sunday of Advent</i>	28	29	30 3:30 Earth Care Committee			



Highland Presbyterian Church  
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November 2022

RETURN SERVICE REQUESTED

## Fall Adult Education

*Once a month, following the 11 a.m. service, we will gather in the Fellowship Hall for lunch, followed by a speaker and a question-and-answer period. This fall's theme is "The Church as a Source of Hope":*

### **November 13 After-Church Luncheon**

According to Springtide Research, a Minnesota-based nonprofit that studies people between the ages of 13 and 25, 47% of young people say they are moderately or extremely depressed and 61% agree with the statement, "The adults in my life don't truly know how much I am struggling with my mental health." Given the myriad challenges to mental health and wellbeing, the adult education committee has invited Jim McGee, a staff therapist at Kilgore Samaritan Counseling Center, to probe this topic at our third and final after-church luncheon this fall series, *The Church as a Source of Hope*. Jim will touch on children and youth mental health, as well as the continued mental health fallout that we are experiencing from covid and how the church might be able to say and do more. Please RSVP to Kathleen Poole at [kathleen.poole@hpclouisville.org](mailto:kathleen.poole@hpclouisville.org) by **noon Friday, Nov. 11th**. Babysitting provided.