

CORNERSTONE

Monthly Newsletter

Memorial Sunday

What is Memorial Sunday? It is always the last Sunday in September and is a time to remember members we have lost since the last Memorial Sunday. Pastor Tim will share a few thoughts and memories about each person.

What is Presbytery?

HHPC is in the Central South Presbytery. A Presbytery is comprised of the Churches in a geographic area. Central South's quarterly meeting will be at the end of this month. Our Pastor (Teaching Elder) and 2 Ruling Elders attend and vote on business items.



October Events!

- ◆ **Stocktober** - Stock the food pantry
- ◆ **Fall Youth Retreat** - 11-13th
- ◆ **Fall Break** - 14-18th
- ◆ **Pledge Sunday** - 20th
- ◆ **Fall Festival** - 26th @ 5:30

Meet New Member: Sue Frost

I was born in Meridian, MS, then my family moved to Whitehaven. I have three older brothers and two younger sisters, so there was never a dull moment in our home. I was a Girl Scout, ran track for Memphis Prep and swam on the Graceland Recreation Team swim team. I graduated from Memphis Prep in Whitehaven, was a member of Christ Church Episcopal, then attended Grace United Methodist Church as a teenager. I raised my two girls in Hickory Hill and in Collierville; as a family we attended Capleville United Methodist Church. My daughters, Nicki Marie and Toni, are both happily married and have given me three grandchildren, Henry (5) belongs to Nicki Marie, Kamden (8) and Hadley (4) both belong to Toni.



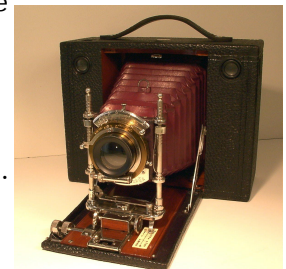
I live in Germantown and work as a Logistics Coordinator for ReTrans. I enjoy quilting, bunko, hanging out with my kids and grandkids, and getting to travel with family and friends.

Sue joined HHPC by Reaffirmation of Faith on May 5th.

It's Time for Church Pictures!

If you have looked at the Church Directory lately, you will notice a variety of pictures. The ones with the light-blue background were taken in 2007. The ones with the greenish-gray background were taken in 2011. Many of the other pictures have been "borrowed" from Facebook pages.

Joey Clark is going to take new photos to update our directory on September 1st, 4th and 8th. Other dates may need to be added. Joey's camera may be newer than this one. To sign up online. go to <https://www.signupgenius.com/go/8050B4DA8AD2BA3F58-hhpc>.



Church Leadership

Staff

Tim Foster **Senior Pastor**
 Jason Gatlin **Youth Director**
 Brien Chambers **Young Adult Ministry Director**
 Patrick Holmes **Contemporary Music Leader**
 Marie Schroeder
Children's Ministry Director
 Matthew Wade
Recreation Ministry Director
 Mary Smith
Financial Administrator
 Rosie Blatt
Administrative Assistant
 Chiquita Paulson **Music Director**
 Lauren Fiveash
Ensemble Director & Pianist
 Cindy Phillips **Organist**
 Russell Mann **Guitarist**
 Jason Gatlin **Sound Technician**
 Chrissy Thornton **Parents' Day Out Director**

Elders

Bob Donan - **Clerk**

Class of 2019

Josh Bond
 Kendra Bowers
 Jason Gatlin
 Janis McCarty

Class of 2020

Richard Armour - **Treasurer**
 Lesa Hart
 Rob McCleary

Class of 2021

Steve Allen
 Steve Deaux
 Charle Dunstan

Deacons

Class of 2019

Nikki Bond - **Moderator**
 Lori Brown
 Traci Gatlin

Class of 2020

Barb James
 Don Rush
 Linda Rush
 David Thornton

Class of 2021

Joey Clark
 George Krug
 Debra Wright

Pastor's Remarks



Did you know there are many week days when the lights are on at the church from 8 am to 8 pm? Now before you get upset about electricity being wasted, let me explain the reason. **Our facilities are used for much more than worship services and Sunday school** on Sunday mornings. A recent Thursday night was a typical example.

The educational building was buzzing with parents and children at the **PDO Open House**. 64 children are currently enrolled in our PDO. Interested in taking a tour? Call the Church office to talk to Director Chrissy Thornton.

In the connector between the Sanctuary and the educational building, the owner of **Soccer Shots** was talking to PDO parents about our newest offering. Another offering that sets us apart is Kindermusic.

Meanwhile, the smell of grilled meat filled the air, because the **Men's Supper** was taking place in the fellowship hall. Prayer and a devotion geared toward men follow the meal.

Al Anon was meeting in the conference room, and **AA** was meeting upstairs in one of the Sunday school classrooms. HHPC hosts five AA meetings each week. Through both of these groups, God is changing lives and families for the better.

Rounding out the activities at the church that night was a **homeschool girls' soccer team practice**. So even our recreational field was being used. *Pretty good stuff, huh?!*

Remember that I love you, and please continue to be faithful in worship and in giving.

Your Pastor and Friend,

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Gerhard & Susan Schubert	2 Labor Day Office Closed	3 Elizabeth Pritt Jeff Bowers	4 5:30 Supper - Lasagna, Salad, Hot Dogs, Desserts 6:30 Children, Youth & Young Adults, Adult Bible Study, Men's Bible Study, Ensemble & Bells 7:30 Choir practice	5 Bob & Barb James	6 Susie Morrison Peggy Dufek	7 Don Wade Lori Brown Jim Cook
8 12:15 Christmas Play Practice The Lord's Supper Brenda Paoni	9 Judy McMillen	10	11 5:30 Supper - Baked Potato & Salad Bar, Hot Dogs, Desserts 6:30 Children, Youth & Young Adults, Adult Bible Study, Men's Bible Study, Ensemble & Bells 7:30 Choir practice	12 6:30 Forever Young - Women's Fellowship 6:30 Men's Supper Tom Bright Janice Linder	13	14 8:00 - Noon Church Workday
15 12:15 Christmas Play Practice 12:30 Deacons' Mtg.	16 Justin Bryant	17 7:00 Marine Corps League	18 5:30 Supper - Hamburgers, Baked Beans, Potato Salad, Hot Dogs, Desserts 6:30 Children, Youth & Young Adults, Adult Bible Study, Men's Bible Study, Ensemble & Bells 7:30 Choir practice Lavon Hayes	19 10:30 Hope Circle Ralph Hyde	20 7:00 TOPS go to Bellevue for Gaither Vocal Band Steve Cooper Paul & Jenny Redding	21
22 12:15 Christmas Play Practice Jason Lee Dohnji	23	24	25 5:30 Supper - Spaghetti, Salad, Bread, Hot Dogs, Desserts 6:30 Children, Youth & Young Adults, Adult Bible Study, Men's Bible Study, Ensemble & Bells 7:30 Choir practice	26 10:30 Sarah Circle 6:30 Elders' Mtg. Samantha Ilsley	27 3:00 Presbytery meeting at 1st Presbyterian in Covington	28 8:00 a.m. Presbytery meeting at 1st Presbyterian in Covington Nicole Bishop
29 Memorial Sunday 12:15 Christmas Play Practice Emily Bringham	30 Eli Womack Ed & Kristi Peel			CHURCH WORK DAY Saturday, September 14th, 8 am to noon. Power washing, painting, repairs, etc. POC: Elder Jason Gatlin. If you have a power washer, please bring it.		

Blue names = Birthdays

Red Couples = Anniversaries

PRAYforME
CAMPAIGN



Remember to start praying for the student with whom you have been paired. Both of you will be blessed.



Lin Fryman & Lesa Hart brought lunch for our PDO teachers & staff and served them as a special treat before school started. Several of the teachers were able to attend PDO Sunday on August 18th, and the Elders prayed over them.

The Deacons gave each teacher a treat bag and bought a Keurig for the PDO Break Room.

Preschool News

Highland Heights Presbyterian PDO/Pre-K



Did you do this when you went to school? Did you know that the Pledge was written for school children?

The Pledge of Allegiance was written in Aug. 1892 by the socialist minister Francis Bellamy (1855-1931). It was originally published in *The Youth's Companion* on Sept. 8, 1892. Bellamy had hoped that the pledge would be used by citizens in any country.

In its original form it read:

"I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1923, the words, "the Flag of the United States of America" were added. At this time it read:

"I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1954, in response to the Communist threat of the times, President Eisenhower encouraged Congress to add the words "under God," creating the 31-word pledge we say today.



Rachel Brown at College.

This photo was on the local newspaper's Facebook page. It was included in a gallery of pictures of athletes in a variety of sports.



Camp of the Rising Son

Our Youth went to Summer camp for a week. Their focus Scripture was Romans 12:1-2.

Keep Shopping.

There are bins set up for shoebox items. Please continue bringing your items and taking things out of the packaging as that just takes up too much space in the shoeboxes.

The Samaritan's Purse website has a list of items for boys and girls by age. It also has a list of what not to send.



Thank you to all who have contributed to the backpack collection! The last day to donate will be Sunday, September 1st. Backpacks will then be taken to First Presbyterian Church downtown.

Let's show our appreciation to the First Responders who serve our church! During the month of September, HHPC members can make monetary donations towards a meal that will be prepared and delivered to police and fire stations on Wednesday, September 25th. Donations will also be collected during Wednesday night dinners and can be turned in to the church office.



Art Supplies for St. Jude

Remember all the arts and crafts supplies that we gathered for St. Jude? This turned out to be a Deacons/TOPS project. Don Rush loaded all the boxes in the van (the ones Tim Foster and Don Rush are holding and the ones on the floor) and off we went to the Cupboard for lunch - never missing a chance for a meal. After lunch, we went on to deliver the boxes. The group also toured the Danny Thomas Pavilion. Thank you for donating the items for St. Jude.

YOUTH



JASON GATLIN
YOUTH DIRECTOR
901.337.4125
gatlinj007@gmail.com

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lion Witch and Wardrobe	2	3	4 Lesson and activity	5	6	7
8 LWW	9	10	11 Game night planning and activity	12	13	14 Church Workday
15 LWW	16	17	18 Game night planning and activity	19	20	21
22 LWW Movie	23	24	25 Game night planning and activity	26	27	28
29 LWW Movie	30					

Youth News

September looks to be a fairly quiet month as the youth are getting into full speed with all things school.

Youth will be having a Game Show Night October 5th. This event will be for HHPC members and friends. Tables will compete against each other around a central game show theme as well as some individual competitions and challenges. In the coming weeks we will have a registration / info table in the narthex as well as more info posted around the church, stay tuned.

As for Sunday school, the youth requested that we take a deeper look into “The Lion, The Witch and The Wardrobe”. In this deeper look we will explore beyond the entertainment value and the easy to see Biblical parallels in search of the deeper Christian thoughts of C.S. Lewis.

We will have our annual Nathan Bedford fall retreat on Oct 11 – 13. We will leave late afternoon on the 11th and return late afternoon on the 13. This fall retreat will be an action-packed weekend with all of your favorite camp type activities, games and food. Please contact Jason Gatlin for further info.

TOPS EVENT
GAITHER VOCAL BAND
SEPTEMBER 20, 2019
FRIDAY, 7 pm
(Doors Open 6 pm)

Remember the Gaithers' "Sweet, Sweet Spirit" from the 80's? How about "Because He Lives," "He Touched Me," "There's Something About That Name," "It Is Finished," "The King Is Coming," "The Longer I Serve Him," and "Let's Just Praise The Lord"?

Bill Gaither, the multi-Grammy Award-winning recording artist who co-wrote these praise songs, is bringing his "We Have This Moment Tour" to Bellevue at 2000 Appling Road on Friday, September 20th.



Today's all-male Gaither Vocal Band is comprised of Bill Gaither, Wes Hampton, Adam Crabb, Todd Suttles, and Reggie Smith. Also featured will be popular female vocalist Charlotte Ritchie and talented male vocalist Gene McDonald as well as the Gaithers' four-piece musical entourage.

The total price per ticket, which includes processing fees charged by the Concert ticket company, is \$21.75 (2 tickets = \$43.50, 3 tickets = \$65.25, 4 tickets = \$87.00 and is due to Linda Rush in cash or check no later than Sunday, September 8. Once we place the ticket order, we have no way to issue a refund.

The van will depart HHPC at 6:10 pm. Contact Linda Rush (lrush@aol.com or 901-734-1100) to reserve a seat on the van or if you need more information about the concert.

This 7 pm concert is a perfect opportunity for our 55-and-older members who can't normally attend daytime events to be included and blessed.

Come join us and "Let's Just Praise the Lord" "Because He Lives!"
















Elders' Notes - 7.25.19

- 1) On July 7th, Jim Cook **joined the Church** by Reaffirmation of Faith.
- 2) On July 14th, Martha Gunter **joined the Church** by Transfer of Membership from Cordova Presbyterian Church.
- 3) On July 14th, Lavon & Melanie Hayes and Shirley Tilton **joined the Church** by Reaffirmation of Faith.
- 4) All of the fluorescent lights that were out have been replaced with LED lights. Others will be replaced when they go out.
- 5) 25 yards of **playground mulch** was spread last week on the two church playgrounds.
- 6) Sign-ups for photos for a **new Church Directory** will begin soon.
- 7) Have you missed church recently and gotten behind on your giving? Consider setting up **automatic transactions** through either your bank or via HHPC's online application found at www.easytithe.com/hhpc. Set it and forget it! If you need assistance in getting this set up, please see Elder Kendra Bowers.
- 8) **Debt Reduction Campaign** receipts through July 25th were \$180,867, which is 72% of the goal of \$250,000.
- 9) **General Fund** income through June 30th was \$216,878 and expenses were \$223,753 for a difference of \$6,875. The **reserve checking account balance** on June 30th was \$40,590.



2855 Morning Sun Rd.
Cordova, TN 38016

Class Descriptions

LES MILLS BODYPUMP	55 min	 Strength	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through scientifically proven moves and techniques while encouraging and challenging you. You will leave this class feeling challenged and motivated. This workout focuses on building strength in your legs, chest, back, triceps, biceps, shoulders, and core.
LES MILLS BODYFLOW	55 min	 Flexibility	BODYFLOW is a blend of yoga, tai chi, and pilates. This workout builds flexibility and strength, and leaves you feeling centered and calm. This class consists of controlled breathing, concentration and a carefully structured series of stretches, moves, and poses to music. BODYFLOW is a holistic workout that brings the body into a state of harmony and balance.
LES MILLS BODYCOMBAT	55 min	 Cardio	BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.
LES MILLS CXWORX	30 min	 Core	CXWORX provides the vital ingredient for a stronger body while chiseling your waist line and strengthening your hips, butt, and lower back. All moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During this 30 - minute workout trained instructors guide you through technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.
LES MILLS BODYSTEP	55 min	 Cardio	This is a fun, energetic, and upbeat class with challenging cardio tracks that will push your fat burning systems into high gear, followed by muscle conditioning tracks to tone your entire body. BODYSTEP builds your coordination and raises your overall fitness level. Be prepared to work! Participants can adjust their step to three levels. Each of the tracks has high repetitions and options for every fitness level.
LES MILLS tone	55 min	 Cardio	LES MILLS TONE™ is a complete workout in one, featuring the optimal mix of cardio, strength, and core training. With three workouts in one, this is a great cross training option for busy people on the go! There are low and high options, with intensity ranging from low/medium almost to HIIT levels.
 SPINNING	30-60 min	 Cardio	Spinning is challenging, fun, and one of the best ways to improve cardiovascular fitness while burning lots of calories. Spinning is low impact and suitable for all levels of conditioning and ability levels. Classes vary from interval, endurance, strength, and race days formats.
yoga	60 min	 Flexibility	This is a vinyasa style yoga class. Participants focus on linking conscious breath with a mindful flow. Participants build flexibility, balance, strength, and concentration while cleansing the body and calming the mind. These classes work through three "mountains." (1) Warm up, (2) vinyasa flow, and (3) balance and longer stretches, followed by a guided relaxation.
Pilates	30 min	 Core	Pilates is done on a mat and will improve flexibility, build strength and develop control and endurance in the entire body. Pilates focuses on the muscles in your core, consisting of the abdomen, low back, and hips, often called the "powerhouse" of our body. These muscles are the key to stability in every movement in our body.
Core Training	30 min	 Core	Focused training for the muscles in your midsection through bodyweight exercises and resistance training. Core training helps to improve posture, reduce back pain, and support your other cardio/strength workouts, getting you more than just a 6-pack!
TRX Team Training	50- 60 min	 Strength	TRX Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. A trainer will guide you through a total body workout using your bodyweight and the power of gravity, and you're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.
AFTERBURN Team Training	50- 60 min	 Cardio Strength	The ultimate fat loss workout. Our trainers will lead you through intervals of cardio and strength designed to burn tons of calories and increase your metabolism. That increase in your metabolism will have you burning more calories even after your workout is complete!
Strength Team Training	50- 60 min	 Strength	Want to get stronger, move better and be more athletic? Then this class is for you. Our trainers will lead you through a strength-based workout utilizing heavier weights and lower repetitions to build lean athletic muscle.
BOOTCAMP Team Training	50- 60 min	 Cardio	Bootcamp workouts use HIIT (High Intensity Interval Training) to burn lots of calories and increase your cardio strength and endurance. Our trainers will lead and motivate you to give your 100%-all out effort to get you the best results possible.

Just getting started? Follow the proven path to success with SMART START:

With SMART START, we encourage you to try just 30 minutes of a class for your first time. Then with each additional class, add 5 minutes more until you can do the whole class. It usually takes 3-4 classes to build your awareness and confidence. Take your time and don't get frustrated. Starting something new is always a challenge. As you work with our instructors and trainers, you will be amazed at how quickly you will improve!

Please inform your instructor before class begins if you are participating for the first time