

# The Echo

THE MONTHLY NEWSLETTER OF HILLSIDE PRESBYTERIAN CHURCH  
DECEMBER 2017 – VOLUME 62 NO 12

## From the Pastor's Desk

The holiday season brings with it more festive celebrations, more delectable treats, and more good cheer, and who could forget the accompanying rise in stress, loneliness, and \*glitter\*. Although commonly misreported, there is no evidence that depression or suicide rates increase in December, yet the phenomenon is so pronounced that professionals have coined the term, "Seasonal Affective Disorder," to describe the tens of millions of Americans who experience symptoms of depression during the holiday season. In parallel to that trend, fewer Americans report having a place where we are known intimately by a community we can lean on, and those who report feeling chronically lonely has more than doubled in the last 40 years.

As we enter the holiday season, we would do well to be mindful of those things that add to our stress levels, as well as how we can practice appropriate care for ourselves and others.

First, one of the things that makes us feel the worst is comparing our lives to those who, we think, have it better than us. People love to exaggerate how great things are going for them, so they talk of their successes and seldom their failures, leaving us to feel like we aren't measuring up – social media is the worst for this. In fact, there's even a series of memes showing how the internet skews our expectations and leaves us disappointed with the less than stellar reality. Or as Ellen puts it in the movie, *Christmas Vacation*, "I know how you build things up in your head, Sparky. You set standards that no family event can ever live up to." Naturally, when things don't go according to plan, it leaves us feeling disappointed. Proverbs 13:7 cautions, "Some pretend to be rich, yet have nothing; others pretend to be poor, yet have great wealth." So, Step 1 for mental health during the holidays is to set realistic expectations, being grateful for what is going well without worrying about how things are going better for others.

Castle Birthday Cake



Pinterest vs. Reality



Perhaps an even more important reminder is that we have the ability to choose how we respond to various stimuli. Mental health professionals often remind us that it is not events in and of themselves that cause us distress but rather our interpretation of those events. Take, for instance, the picture of the cake above: a lopsided cake really isn't that upsetting. It's still unique, creative, and undoubtedly tastes the same. If we laugh and play it off as a masterpiece of architect Frank Gehry, then our interpretation of the event has the potential to add to our enjoyment. On the other hand, if we tell ourselves that a baking mishap means that we are a failure who has ruined the party, we are likely to feel terrible about ourselves – not because our cake wasn't perfect but because of the misinterpretation of the event. As Romans 12:3 teaches, "think with sober judgment, each according to the measure of faith that God has assigned." As such, Step 2 for mental health during the holidays is: if you want to get a hold of anxiety, get a hold of your thoughts.

Continued.....



One of those things that can be deceptively draining is simply having too much on our minds. We sometimes worry about things until we can cross them off our list, and even then, we worry that we didn't do them well enough. Falling into this pattern can actually slow down our brain's processing speed like an internet browser with too many tabs open. Experts tell us that spending even a few minutes in prayerful meditation can help us to be mindful of the present and help us to focus on the problems at hand. You might even want to try websites/apps such as "Pray as you Go" or "d365" that will help you take time to pray and focus. It turns out that there are studies showing a scientific basis for Jesus' advice in Matthew 6:35, "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." This is one of my favorite passages of Scripture, and sometimes when Andrea is nagging *kindly reminding* me about things on my to-do list, I take Jesus' words to heart and reply, "That's future-Sean's problem" – I wouldn't recommend it. Still, Step 3 for holiday mental health is taking time to pray and actively trying to be present in the moment.

Finally, if you're feeling stressed or down, don't hesitate to reach out to someone for help and let them know how you're feeling. It is baffling to me how often we say we're "fine" when we really aren't. When our car is making a funny noise, we have no trouble asking for help and going to a mechanic. When we are running a fever, we don't hesitate to ask for soup or visit a doctor. When tax time rolls around, we are first in line to visit the accountant or download user-friendly software. In every other area of our lives, we ask for help when we need it, but for some reason, when we feel depressed or are overwhelmed by stress, we keep it to ourselves and are reluctant to see a counselor, which only serves to make us feel more isolated. I can't tell you how many times Andrea and I have been arguing about something small, but the second one of us stops and says, "this isn't about you; I'm just having a bad day," the tone of the conversation instantly changes from "how can I 'win' the argument" to "how can I help you?" We would all do well to heed the wisdom of Proverbs 17:17, "A friend loves at all times, and kinsfolk are born to share adversity." Thus Step 4 for holiday mental health comes down to being honest with yourself and others about how you're doing and asking for help when you need it. So call a friend, call a counselor, or hey, call your pastor.

Your servant in Christ,

Pastor Sean

### CHRISTMAS POINSETTIAS

**It's time to order poinsettias to enhance the beauty of our sanctuary for Christmas Eve. Poinsettias are \$9 each.**

**Order forms, along with payment, should be given to Janet Shannon or Linda Pinney by Sunday December 10.**

**Make checks payable to Hillside Presbyterian Church**

**RED \_\_\_\_\_ (NUMBER TO ORDER)**

**PINK \_\_\_\_\_ (NUMBER TO ORDER)**

**WHITE \_\_\_\_\_ (NUMBER TO ORDER)**

**COLOR SUBSTITUTIONS MAY BE MADE DUE TO  
AVAILABILITY FROM FLORIST'S SUPPLIER.**

\_\_\_\_\_ **I WILL TAKE MY PLANT(S) FOLLOWING THE CHRISTMAS EVE SERVICE**

\_\_\_\_\_ **PLEASE GIVE TO A SHUT-IN**

**NAME \_\_\_\_\_**

**IN MEMORY OF \_\_\_\_\_**

**IN HONOR OF \_\_\_\_\_**





Hillside is once again ringing the bell for Salvation Army. We will be at Wal Mart in Greenville (on the Market side) on Thursday, Dec. 14

from 9 a.m. to 8 p.m. Stop in, drop your loose change (quiet money is great too!), and let's make a difference in some local families lives this Christmas. There is still time to sign up and volunteer some time to ring the bell. Sign-up sheet is in McPeak Chapel.

# THANK YOU!

The Deacons would like to thank everyone who supported the church-wide bake sale. Over \$360 was raised for a Hillside mission. The Deacons will make a decision soon as to which mission they will support. Thank you again!

## HILLSIDE MORNING CIRCLE

Sherry Hodge and Jan Stratiff were co-hosts as 17 ladies met for Circle.

Onnalee Patterson taught the Bible Study, "Cloud of Witnesses", the study of the book of Hebrews. Sue Mathieson chaired the business

meeting, opened with prayer. Ruth Ann Jones reported that the nominating committee has completed their work.



Christmas Dinner will be held Dec. 7<sup>th</sup> at 6:00

p.m. Coordinating committee is in charge and provide beverages and dessert. Others will bring a tureen to share.



Linda Pinney and Sue Mathieson will make the booklets for next year.

Nancy Lutkiemeir closed the meeting with prayer.

## OPPORTUNITIES FOR SERVICE

Hillsiders always step up to the plate to volunteer when the need is known.

Please submit your volunteer needs to the Echo.

Our focus for December is:

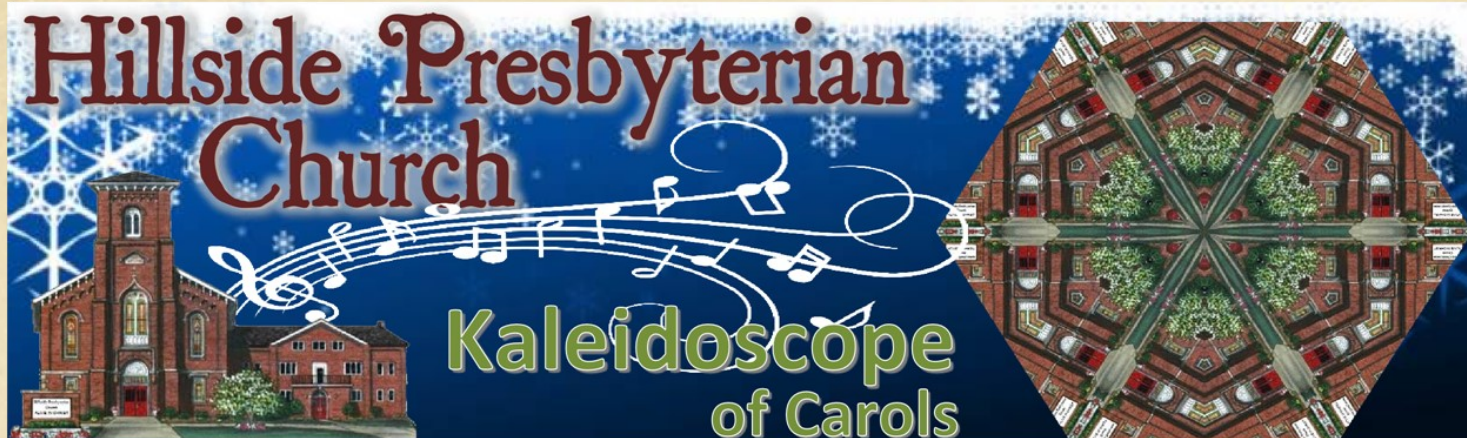
### NURSERY VOLUNTEERS

We would like to appeal to you once again for Nursery volunteers. This important service allows parents of young children to fully participate in worship. We are required by law to have two adults on duty each Sunday. Our scheduling flexibility would be greatly improved if we had a few more volunteers. If interested, please contact Sue Peterson or the church office.

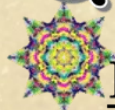


Hillside will be participating in the Backpack Program again this year. We will be packing on Tues, December 5 at 6:00 p.m. and delivery will be Wednesday December 6, in the morning. If you would like to help with this project, sign up in





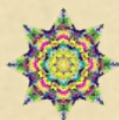
# You're Invited to Join us at Hillside for a Night of Christmas Carols and Fellowship



Date: Saturday December 9, 2017



Time: 7:00PM



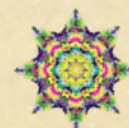
Place: Hillside Presbyterian Church *(main sanctuary)*

*Start your "Christian" season off on the right foot with Carols and Christmas Stories.*

## Scheduled Performers Include:

♪ Chuck Herrick (Prelude Piano)  
♪ Bill Crank  
♪ Hillside Bells  
♪ Hillside Church Choir  
♪ Ira Whitney  
♪ Roger Divine  
♪ Sara & Tristan Mull

♪ Hillside Praise Band  
♪ Brett Allen Morgan  
♪ Sadie & Annie McClendon  
♪ Dawna Walsh  
♪ Jerry Stegkamper  
♪ Hearts of Praise Reborn

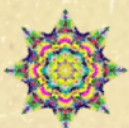


## Also Included will be Christmas Message Told by:

📖 Rev. Sean Hall



**Refreshments will Follow in the Fellowship Room!**







## **CHILDREN'S CHRISTMAS PAGENT**

***Sunday December 3<sup>rd</sup>  
during worship***

Join us as we learn the biblical significance of the colors that mark the Christmas season around the world. Decorations of red, white, gold, green, and more will take on a heightened sense of importance this Christmas season!



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## **Hometown Heroes**

Please continue to pray for these loved ones who are serving our country. Keep them, their families, our country, and our world situation in your constant prayers.

HANNAH BATTLES  
RAYMOND PELSH  
JASON COATS  
JOSH PIPP  
PATRICK DANGROW  
KENNETH BUCKLEY

JUSTIN SMITH  
CRAIG TRUMBULL JR.  
KRISTOPHER HIRSCH-  
MANN  
DAVID TURNER  
JON LEXINGTON  
BRIAN GEARHART



## **Recipe**

### **BON BON CHRISTMAS**

4 oz. cream cheese  
2 cups sifted all-purpose flour  
¼ cup butter, softened  
1½ cups sifted confectioners' sugar  
¼ cup shortening  
2-10 oz. jars maraschino cherries -10

Stir together cream cheese, butter and shortening until well blended.

Stir in flour, using hands if needed to form dough. If dough is too dry, stir in 1-2 teaspoons of water.

Cover and chill several hours or overnight.

Preheat oven to 375°. Lightly grease cookie sheets.

Dust rolling surface heavily with confectioners' sugar. (The dough will absorb about a cup of sugar.

Roll dough out to 1/8" thickness. Cut into 1"x4" strips.

Place a cherry at the end of each strip. Roll strips up with a cherry in the middle.

Place on cookie sheets and dust with confectioners' sugar

Bake 7-10 minutes, until slightly browned.

Dust again with confectioners' sugar.

Cool.



*Congrats!*

Congratulations to Brooke Kiser on her winning chili recipe! As this year's reigning chili cook-off champ, Brooke has chosen Neighbor to Neighbor as the mission to receive the grand prize. A total of \$211 was raised during our fun evening of chili and cornbread tasting.

Congratulations also to Pat Battles for her winning cornbread recipe!! (Pat shared with us that the recipe she uses actually came from Pat Bees)

Congratulations Brooke and Pat!

December Good Shepherd Item:  
115 cans of fruit

*Thank You*

To my Hillside Church family,  
Merry Christmas and Happy  
New Year!

I appreciate all my cards I have received because of my recent fall in Horizon Hospital. Thanks to the Deacons for the wonderful meal.

I wish I had the delicious soup recipe. I never tasted soup that was so good! Thanks to Pastor Sean for your comforting words!

God Bless!

Peggy Hirschmann



send Good News  
and Great Joy  
**OPERATION  
CHRISTMAS  
CHILD**

**Dear Hillsiders**

I just want to thank you for all the support you gave us in supplying and sending the Operation Christmas Child boxes.

When Linda Pinney and I delivered the boxes to a local church, the woman who was in charge couldn't believe the number of boxes we delivered to them. She said their church hasn't been able to pack that many boxes for years.

I told her that we do pack religious material in them and I often worried what country would receive that box. She told me that she once felt that way, but someone told her to "Let Go and Let God" take care of that.

Each box will be filled with religious material in the language of that country. She told me that each box invites the child to attend worship in that area. So I feel that with our prayers for the boxes, those children will come to worship and learn of God's love.

Jill Redfoot

JANUARY ECHO  
DEADLINE:  
SUNDAY, Dec. 17



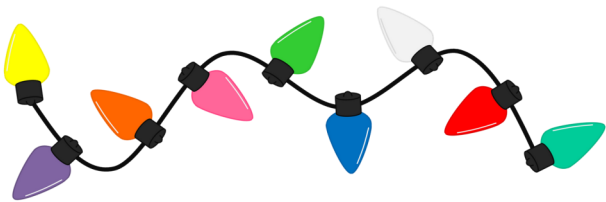
# DECEMBER

# Birthdays

**12/19 Laverna Burt**  
**12/20 Ella McCowien**  
**12/22 Martha Miller**  
**(Mrs. Robert)**  
**12/27 Lynn McClimans**  
**12/29 Ruth Ann Jones**  
**12/30 Aidan Mull**

**12/4 Nancy & Chuck Herrick**  
**12/9 Jane & Ron Lindemuth**  
**12/31 Laura and Nelson Brocklehurst**





December

# The Hillside Echo

## Hillside Staff

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Check us out on the web at

[www.hillsidepresby.com](http://www.hillsidepresby.com)