

*Where transformed people are joining the work of God.*



**HIGHLAND BAPTIST CHURCH**

1101 Cherokee Road  
Louisville, KY 40204



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*A thinking, feeling, healing community of faith*

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**Faith Formation Online This Season**

In days of anxiety and isolation, we must find new space and rhythms to discover God's presence, grow in our faith, and wrestle with our fears. Here are some ways to grow and connect with us during this time. Keep in mind that our live streaming platforms offer two choices: join us live so that you can comment and connect with one another OR watch it later, depending on your availability.

- Our ministry staff is offering a word every weekday at 10:00 a.m. on our Highland Facebook Page. Our schedule is as follows: Lauren on Monday, Jim on Tuesday, Carol on Wednesday, Renee on Thursday, and Perry on Friday.
- Worship from the sanctuary at 7:00 p.m. on Friday nights and 10:00 a.m. on Sunday mornings on our Highland Facebook Page. (Sunday morning worship is also live streamed on our YouTube channel.)

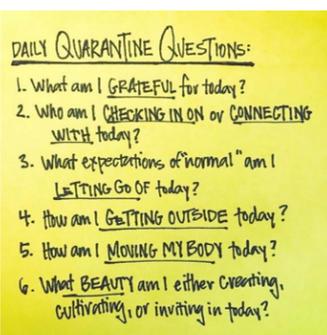
**Weekend Services**  
**Fifth Sunday in Lent**  
*God of Promised Lands and Wilderness Journeys*

Psalm 130  
John 11:1-45  
Perry Dixon, Proclaimer

**For the Living of These Days—A Word from Renee Purtlebaugh**

My favorite quote from a poem by Wendell Berry could not be more true right now. "Live the given life and not the planned." By nature, I am a future thinker, thinking and planning and playing out what if scenarios in my mind. Sometimes, this skill is incredibly helpful. For example, it allows me to plan for children's activities, think ahead to might what go awry, and try to solve problems before they happen or create effective transitions so that learning can happen best.

For the living of *these* days though, this particular skill has the propensity to be anxiety-producing. It can send me, and anyone who has the privilege of hearing my future thinking thoughts while externally processing (sorry, dear colleagues!), toward an anxiety-filled precipice. Last Friday, both Tyler and my child fell ill, one with a bacterial infection and one with a fever-only virus with no other symptoms. I'm certain you can imagine where my future, what if thinking brain tried ever so hard to go. Of course, it was completely right and normal in these days to be concerned. But consuming me to the point of not being functional? This, I needed to try to avoid for all the reasons—first among them being that they needed me to care for them. It was hard mental work, exhausting work even—and honestly, I waffled back and forth on the spectrum throughout the weekend, some moments better than others, until finally on Monday we emerged back into health when the last fever broke.



So now as I've entered a new week, I'm finding it necessary to intentionally fill my mind with a new set of questions in order to give the anxious questions less power. I typically try not to let Facebook be my source of wisdom, but when I recently saw this meme of quarantine questions float by, it stuck in my mind. On the other side of our weekend, I keep returning to it again and again.

When I dwell with these questions, I'm discovering that they remind me of the ancient prayer practice of Examen. Generally, Examen encourages us to pause, be still and pray with the same cadence or rhythm either daily or weekly. I use a planner called *Sacred Ordinary Days* that describes the prayer practice of Examen in this way.

- Draw near to God. Become present. Rest your mind and heart.
- Reflect on the previous week (or day) with a posture of humility and gratitude.
- Note what surfaces. When have you been near to or far from God's presence?
- Ask God to guide your reflections to be both faithful and gracious.
- Reset for the week (or day) to come. Move forward in a spirit of hope.

I don't know about you, but I'm realizing my heightened need for a sacred moment each day that calls me to re-center and re-calibrate my future thinking, what-if driven, anxious spirit with God's calming, grounded spirit of Love and grace. In these days of living a "new" given life, perhaps ancient practices like these might be our greatest help to making our way through healthy and whole in mind, body and spirit.

Love to each of you this day Highland. I miss you!

**Faithful Giving Moment**

Though we can't meet in person, the good work of the church continues. Your financial support is as vital as ever to the ongoing ministries at Highland Baptist. Please take a moment and allow this to be a spiritual practice, during which you pause and pray for the gifts you give and the people they serve. If you already give funds automatically, still take a minute to reflect and know that we are grateful for your support.

There are four ways to give right now:

1. Go to our website <https://hbclouisville.org/give>. In the sidebar, choose "Donate" and then "Highland's General Operating Fund." You can give a recurring gift as well as a one-time gift.
2. The most cost-conscious way is to set up an automatic bill payment with your bank. This will send your gift to the church automatically in these stressful days, and best of all, no fees—which allows us to be a better steward of your gifts when all seems uncertain.
3. You may mail your check to the church office at 1101 Cherokee Road, Louisville, KY 40204, Attn: Kathleen Gordon.
4. It is still okay to drop off a check or cash at the church office. Ring the bell by the Educational Doors between the hours of 8:30 a.m. and 5:00 p.m., Monday through Friday, and someone will come to receive it.

Thank you always for your faithful gifts, especially in these days!

**Please note:**

All *in-person* services, activities, meetings and events at Highland Baptist Church have been cancelled through May 10.

**Highland's Word To Our Community**

... on NPR: ...*sharing worship Sunday morning at 10:00 a.m. via Facebook live stream. Search for "Highland Baptist Church of Louisville."*  
... on our marquee:



## A Prayer from the Messengers Bible Study Class

Dear God, we are all messengers. In prayer we give voice to our concerns and the concerns of others. Hear our prayer. God of abundance remind us that generosity is at the core of who you are. Teach us, our community, and our world to reflect this generosity and live out of your abundance rather than our fears. We pray for guidance as we seek to live with compassion, empathy, and kindness while not losing sight of the trials and tribulations of our brothers and sisters. May we know that with social restrictions, isolation, even quarantines, we are not alone. As we find new ways to connect and be your messengers of love, peace, and justice may we also find the joy in these new ways. Dear God, as we find our way through a different kind of wilderness this Lenten season, may we be, today, your incarnate message. Amen.

## Highland Book Club

Much has changed since we discussed “Small Great Things.” If you've not read this book, the group highly recommends it. We are in limbo regarding when we will next meet. We may meet virtually via our computers. Stay tuned to the newsletter for more information.

The book we are currently reading is Thomas Lynch’s “Whither and Whence: On Lives and Living.” It is non-fiction and a bit different from what we usually read. Our next book will be “A Gentleman in Moscow: A Novel,” by Amor Towles.

Now, for some GOOD NEWS. I just spoke with Carmichael’s Bookstore (1295 Bardstown Rd., 502-456-6950) and here is what I learned:

- I am “registering” our group. You will be able to purchase our selections from them for 20% off.
- During this crisis, you can purchase the book over the phone, then drop by the store. They are offering curbside service, so you don't have to get out of your car.
- If you need the book delivered to your home, they are offering free home delivery all over Louisville.

*If you call for one of our selections, tell them you are part of Highland Baptist Church Book Club and that I am the 'administrator' in order to get the 20% discount.*

Let me know if you have any questions and stay tuned for future messages.

Stay safe and enjoy reading! ~ Bob Cunningham

## Around Highland...

... The annual Jean Janes Yard Sale, scheduled for April 18, has been postponed until further notice. Please do not bring your donations to the church at this time. Thank you!

Last week’s Preschool Show and Share, Elementary Check-In and Parent Chats via Zoom were so good for my (physically distant) soul! I’m grateful for technology in these days that allows us to stay connected in so many creative ways.

## Children's Corner

This week, we’ve already hosted an indoor scavenger hunt via zoom in which everyone found both their Bibles and something that had Highland’s name or logo on it—from VBS camp t-shirts to party with your pastor cups to kindergarten promotion Sunday stickers in the front of Bibles. It might seem silly to hunt down Highland items, but each one revealed the ways we have been nourished and connected by tangible in-person moments that are carrying us through even now.



This week, I hope you’ll join in:

- Friday, March 27, at 11:30 a.m., for Coloring + End of the Week Elementary Kids Check-In
- Sunday, March 29, at 9:00 a.m., for Family Bible Study Opportunity

Also be sure to:

- Join our *Children and Family Ministry of Highland* Facebook Group for prayers, questions, resources and a simple way to stay connected to our community daily.
- If you haven’t signed up for our Highland Kids Newsletter, go to <https://hbclouisville.org/newletters-sign-up/>. Zoom links and other detailed information for Family Bible study will be sent in this format.
- Register for PASSPORTkids! and VBS Camp. While we can’t predict how the future might unfold in these next few months, I’m currently proceeding onward with planning until I know differently. If anything changes, know that we’ll be flexible and if all moves ahead as originally planned, these camps will be incredible reunions!

Prayers for each of you as we navigate these uncertain days. As we continue to find the shape of our new daily rhythms, while expecting them to change at a moment’s notice, remember to receive grace for yourself and offer grace for your children who are wrapping their minds around this new reality too.

Take courage. Stop. Breathe. One day at a time. Sending all the virtual hugs and encouragement this day to you and your family. - Renee