



# *Forest Hills*

## *Lutheran Christian School*

Forest Hills Friday News  
February 3, 2017

---

Just recently, I was talking with one of my friends about working out. We were sharing our workout routines, talking about the things we do to stay in shape. As we chatted, my friend challenged me to increase my workout. He challenged me to swim more laps in less time. I'm the type of person who's up to any challenge, and so without hesitation, I accepted the challenge.

After that came the hard work. It was time to increase distance and decrease time. I started working on it, and for a while it was going quite well. Then, something happened that I didn't expect. Mid-way through my workout, I started experiencing a cramp in my side. It was actually quite painful. I endured the pain that day and completed the workout. However, the next day it happened again, and the next. I didn't like that this was becoming something normal within my daily routine. I started asking people what to do when you cramp up in a workout. Really, the only advice I got was simply to work through it. You have to live through the pain to come up with the gain! So that's what I did. I kept on going, and finally, after a few weeks of this same issue, my challenge was complete. I increased my distance, decreased my speed, and eventually the cramp never came back.

So why am I telling you this story? I believe we can actually relate to this in one way or another in our daily lives. We are called to live this life to the glory of God. We are called to love our neighbors as ourselves, and to love God with all our heart, soul, mind, and strength. We are called to live in the world, yet be citizens of Heaven above - to be IN the world, but not OF the world. Each day, we go through our routines, figuring that we have it all figured out. Yet as we do, things come up that cause us great pain. We are saddened or disappointed by someone's actions. We are frustrated at the situations around us. Things don't go our way. There are many different reasons that we experience pain in this world.

In my workout, I was powerless to do anything about the pain. I simply had to live through it. However, in our own lives, WE are powerless to do anything about the pain, but God is not. He has taken care of our pain in a way that only He can. He sent Jesus to be our Savior. Jesus endured the pain of our worst days so that we would be free of it. He took our sin and our shame to the cross so that it would no longer have power over us. In Christ, we don't simply have to 'live through it.' We have a God who is working to heal us in every way. Most importantly, He has healed our relationship with God so that we can confidently live this life each and every day.

In a workout, when you endure the pain, you end up stronger. Your muscles become used to the routine, and they heal each time. As we walk through this life, and as God heals our pain, our relationship with Him is strengthened. We can see His power at work in our life, and we can move forward in confidence to take on each new day.

Whatever pain you are facing this day, know that you do not face it alone. You do not have to live through it. The hymn writer puts it this way, "Are you weak and heavy laden, cumbered with a load of care? Precious Savior, still our refuge, take it to the Lord in prayer. Do your friends despise, forsake you? Take it to the Lord in prayer. In His arms He'll take and shield you. You will find a solace there."

Mike Schiemann. <><  
Principal

events | here's what's going on!

see our Google calendar at [fhcls.org](http://fhcls.org) for game times

Friday, 2/3	Jump Rope Club, 7:30-8:00 am CLASS Meeting, 6:30 pm
Monday, 2/6	Happy Birthday, Mrs. Keith! Girls & Boys Bball @ Life
Tuesday, 2/7	Happy Birthday, Ms. Hoffman!
Wednesday, 2/8	Boys Bball at HOME
Thursday, 2/9	Girls Bball @ TVA Boys Bball @ Valor
Friday, 2/10	Jump Rope Club, 7:30-8:00 am
Monday, 2/13	Boys Bball @ TVA
Tuesday, 2/14	Girls & Boys Bball @ Tom McCall
Wednesday, 2/15	LEST Pep Assembly, 2 pm Boxtops Due to Classrooms
Thursday, 2/16 & 2/17	<b>NO SCHOOL</b> , PK-4th
Thursday, 2/16	Lutheran Elementary Schools Tournament (L.E.S.T) at Concordia University Begins
Friday, 2/17	L.E.S.T. continues 5th -8th grd
Saturday, 2/18	L.E.S.T. continues 5th -8th grd Closing Devotion/Awards Ceremony, 2:00 pm
Monday, 2/20	<b>NO SCHOOL</b> , President's Day
Tuesday, 2/21	Board of Directors Meeting, 7 pm
Thursday, 3/2	End of 2 <sup>nd</sup> Trimester
Friday, 3/3	CLASS Meeting, 6:30 pm
Friday, 3/17	<b>NO SCHOOL</b> , Teacher Work Day

## 2<sup>nd</sup> Grade to Sing in Chapel SOAR - Standing On A Rock

We welcome Mr. Ben Bauer, 6<sup>th</sup> grade and Middle School science teacher as our chapel leader on Wednesday, February 8. Mr. Bauer will talk with us about "**The ROCK was Christ - The Rock is Revealed**". Our text for the week is from 1 Corinthians 2:9-10.

Our second grade class will be singing "I Sing Praises to Your Name Oh Lord" during our service also.

God reveals Himself to us though the Holy Spirit. The Spirit works through God's Word to reveal many things about Himself to us. As we worship together in chapel, as we study God's Word together in our classroom, as we read the Bible in our school or home, God the Spirit continues to pull more coverings off so that we see and learn more about our God and His plan for us. It's a blessing to be in a Lutheran school where God is revealing Himself to us every day.

Friends and families are welcome to join us each Wednesday at 8:20 am at St. Peter's.

## Now is your opportunity to share YOUR school with others -

- **FHLCS Open House** - Tomorrow, Saturday, February 4<sup>th</sup> 10 am - 1 pm
- Open enrollment for new families begins, Saturday February 6<sup>th</sup>. If you know of a family who might be looking for a GREAT Christian education for their children, have them check us out at our website [www.fhcls.org](http://www.fhcls.org).
- Personal tours of our campus are available by contacting Patti White at [info@fhcls.org](mailto:info@fhcls.org) or 503-359-4853.
- A small amount of funds are available on a need basis. Anyone applying for tuition assistance must complete the online application at by March 31, 2017.



**CLASS (Community Leaders Advocating & Serving Students)** is an organization of parents and Forest Hills staff committed to supporting the students of the school.

---

**CLASS Meeting - Friday, February 3rd 6:30-8pm.**

We have a bunch of upcoming events to plan for (Father/Daughter & Mother/Son Nights, Talent Show, Restaurant Nights, AED Update) and would love to see you there!

### It's Re-enrollment Time!!



Current students and their siblings, along with those belonging to our Association churches are able to enroll for the 2017-2018 school year **NOW!** Get your enrollment in early, as the fee goes up after today, 2/3/16.



### Last Call for 2017!

Now is the time to submit as many Boxtops to your children's classroom - check with co-workers, family members, church organizations and neighbors, let's make this the best year yet!!

Due to the snow days, the classroom contest has been extended and we will be collecting through **Wednesday, February 15th.**

Make sure to put your child's name, grade and class on the envelope or plastic bag so that each class gets credit.

### Jump Rope Club!!! ALL AGES Welcome!

- Friday Mornings
- Feb. 3<sup>rd</sup> and Feb. 10<sup>th</sup>
- 7:30-8:00 am in the Gym



You can bring your own jump rope or use one of ours!



## Auction 2017

Saturday, April 22<sup>nd</sup>  
NW Events in Hillsboro

- **Auction Item Drive Gift Cards - Monday, Feb. 6<sup>th</sup>- Friday, Feb. 24<sup>th</sup>**

Our auction goal is \$50,000. To accomplish this, we need your help! To create some fun, we are creating different themes throughout the year and we are asking families to participate.

***Our theme for February is  
Share the Love!***

Please send in one or more Gift Cards in your Family Envelope or drop off in the office during the month of February and your child will receive one raffle ticket for each card brought in. On Wednesday, March 1st we will do a drawing at Chapel for all of those students who have brought in our themed item for the month. The child's name that is drawn will receive a prize!

**A half sheet donation form to attach to your gift card too is being sent home today in your Family Envelope.**

- The auction committee is busy putting together some great items for this year's auction! **We are in need of a few items:**
  - **LARGE and Medium Baskets**
  - Beach House / Vacation Rental
  - Golf Clubs
  - Tickets to the Ducks, Beavers, Timbers or Blazers
  - Wheelbarrow & Axe
  - Nice White Wine
  - Don't forget that your donations are tax deductible. Please contact us if you have any questions!
- **Tickets are on sale NOW!!** Buy your auction tickets online. It is fast, and efficient. Go to the school website at [www.fhcls.org](http://www.fhcls.org) and click on **Auction Tickets 2017**. Start thinking about who you will ask to fill your table! We expect another sell-out crowd this year, so make sure to purchase your auction tickets early for the April 22nd event.