



Forest Hills

Lutheran Christian School

Forest Hills Friday News
May 19, 2017

Years ago, while I was doing my undergraduate degree, I was a member of the Concordia Concert Choir. In this choir, we had many rehearsals which led to concerts at various locales. Each year ended with a large tour that saw us head all over Canada. It was a great time with a great group of people.

Our choir director at the time constantly reminded us to do what he called, "sing in phrases." We were to sustain our breath all the way through a phrase, just as if you were speaking it. To breathe in the middle of a sentence just wasn't natural in speaking, so why would you do that when you sing? The problem was making sure you'd have enough air in your lungs to do that. One day, a number of us were frustrated when he insisted we sing through, what we considered to be, an exceptionally long phrase. It was then that he shared a principle with us that I remember to this day - he told us that when we thought we were out of air, the human lung still has about 1 litre left in it. We were to draw on our last litre of air, and that would see us through.

How appropriate a thought as we look to the end of the school year! It is the end of another school year, yet there is still much to do. Teachers are finishing up the last few student assessments. Teachers are finishing up report cards. In addition to all of this come events like awards night, music concert, grade 7 celebration, etc. It feels as though the tank may be empty, but we still have that little bit left that God blesses us with each day.

Consider Hebrews 12:1-2 where it says, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

We are to run the race with perseverance. I love this passage because it doesn't just tell us what to do, it tells us how to do it. One of the keys here is that we are surrounded by such a great cloud of witnesses. How true is that here at Hope! I am so thankful to come here everyday and see the faith and witness of all those in our community.

The most important key here is to fix our eyes on Jesus. When we look at our Saviour, we are reminded that we can indeed run this race with perseverance because we know that He has already won it for us.

This week, I encourage you to sing the song God has written for you, and use every last breath. When you're out of air, use the last litre, run the race, and be filled by the Holy Spirit.

Mike Schiemann. <><
Principal



see our Google calendar at fhlds.org for meet times

Friday, 5/19	CLASS Meeting
Saturday, 5/20	Track @ Concordia Tacoma
Thursday, 5/25	Ascension of Our Lord
Monday, 5/29	Memorial Day, NO SCHOOL Happy Birthday, Mr. Plucknett!
Wednesday, 5/31	Happy Birthday, Mrs. Moeller!
Thursday, 6/1	Spring Music Concert
Tuesday, 6/6	Talent Show
Thursday, 6/8	Last Day of Classes Chapel, 10:30 a.m. Dismiss at 11:30 a.m. Graduation, 7 p.m.
Friday, 6/9	Happy Birthday, Mrs. Merten!
Sunday, 6/18	Father's Day
Tuesday, 6/20	Progress Report Pick-Up
Wednesday, 6/21	Progress Report Pick-Up

Next Week in Chapel

SOAR - Standing On A Rock

We welcome Re. Grant Knepper, Pastor at Zion Lutheran church in Hillsboro as our chapel leader on Wednesday, May 24. Pastor Knepper will talk with us about "**Words from a ROCK-Saving Rock.**" Our text for the week is from 1 Peter 3:21.

We thank God for the life-saving tools that He gives us at swimming pools, lakes and other places. Can any of these items save us from sin?

When we realize how often we break the commandments and disobey God, we realize that we are drowning in our sin. There is no life jacket or any other equipment that we can wear or that someone can throw out to save us from our sin. Only God can save us from sin. Only Jesus can save us from our sin. Today our Bible reading tells us that God has given us the life-saving "equipment" of Baptism.

The Bible lesson reminds us of the Old Testament story of Noah. God sent the Flood as a punishment for the sinful world of Noah's time. God provided Noah with some life-saving equipment. God saved faithful Noah and his family by putting them in an ark. If Noah and his family had not been in the ark, they certainly would have drowned with everyone else.

God saves us from drowning in our sin by throwing us the life-saving equipment of our Baptism. The Bible reading says, "Baptism now saves you" (v. 21). Hanging on to our Baptism, we know that God will rescue us. When we are floating in temptations, God throws us our Baptism to remind us that the devil has been drowned. When we are floating in a sea of the world's evil, we hang on to our Baptism to remind us that God will keep us floating in His grace.

Knowing that we are safe in the grace of our Baptism, we can enjoy living and playing as God's children.

Field Day

Friday, June 2nd

9:00 am - 12:30 pm



We need volunteers to FILL A LOT of water balloons!

- We also need PLASTIC SPOONS**

If this is something you can help with email karichristensen7@gmail.com

**Next week is the last week
of Running Club -**

Mon, May 22 and Thurs, May 25.
Thanks for a GREAT time



**Summer Care
2017**

We are continuing to work on the summer care program, and after looking through the forms, we still have a few spots left. We are going to extend the form deadline to Friday, May 26. If you'd still like to have care for your child during the summer, please submit the form prior to that date.

The Program will run

- **Monday-Thursday**
- **8am-3pm**
- **Sign up only**

Each week will be themed with activities planned around that theme

Enrollment forms available upon request with rates.

Contact Laura Powell powell@fhcs.org

We have some students participating in an art show that Trinity is hosting . . .

**CELEBRATE the ARTS at
Trinity Lutheran Church**

2194 SE Minter Bridge Rd Hillsboro

Open House Art Exhibit & Sale

- Saturday, May 20th
- 11:00 a.m.- 4:00 p.m.

Meet the artists & explore their creative works of painting, glass work, fiber art, jewelry, silk printing & more!!

Children's Art Work from Trinity Preschool & Forest Hills will also be on display. This is a family event!

Classes Are on the Move!

Thurs. 5/25 PreK at the Oregon Zoo
Fri. 5/26 5th & IMA at Wings and Waves
4th at The Rice Museum
Tues. 5/30 K & 2nd at Audubon Society
Wedn. 5/31 1st & PMA at Audubon Society
Mon. 6/5 3rd at Tree to Tree
Wedn. 6/7 PreK at Rood Bridge Park
6th at Sliver Falls State Park
7th at Oaks Park
8th at Seaside



Our Spring Music Concert will be held on Thursday, June 1st starting at 7 pm in the Dobbin Center. Members of the band, handbells, choir and recorders will all share their musical talents this evening.