

Westminster Presbyterian Church
103 E. Midland Street
Bay City, MI 48706

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THE WESTMINSTER LOG

I've been struggling to write this Log article for the better part of a week now. Piece of cake, I thought when I volunteered to do this. I've got lots of time and even had an idea in mind. Fast forward a few days and my deadline is just a few hours away. I've spent so much time writing, rewriting, erasing, and undoing sentences and paragraphs, but I still can't get this to sound right. It goes back and forth between being upbeat and excited, to cautious and pessimistic. Here is just a small sampling of my thoughts: *Sunday School Kickoff is September 12! We're so excited. Our Choirs are getting back together! We can't wait to see everyone! But wait, do you feel comfortable attending in person? Are you still planning on viewing our services online? Will you stop attending once we move back into the sanctuary in September? That's OK! We'll be OK! We'll keep live streaming our services. It's great what our Technology Team can do! We'll continue to improvise and innovate and come up with new ideas, just like we have for the last SEVENTEEN MONTHS! I'm tired of this. Are you tired of this? I am so tired of this.* As you can see, I'm all over the place.

Just when I felt I had hit a dead end, ready to beg, plead, cajole, PAY someone to write an article in my place, I heard something that changed my thinking — *God looks to meet us right where we are.* As you may know, this was part of Pastor Jamie's sermon on August 22. He went on to talk about God being with us no matter where we worship, learn, and grow in our faith; always seeking to have a relationship with us. But I took it to mean even more than that. God isn't just meeting us no matter where we are *physically*, but wherever we are *emotionally*. And lately, my emotions have been, as I said, all over the place. There are times I think only God can follow and "meet me" and my moods wherever they are on a given day! (Justin and the boys would probably agree!)

I AM thrilled about what we're doing here at Westminster! I've been lucky enough to help Brandi decorate some of the Sunday School classrooms and have gotten to hear a lot of her ideas and plans. I really think our kids will be FIRED up for this year's curriculum! I can't wait to hear the full choir again! While I've loved our trios and quartets and special music, I'll probably shed a few happy tears when the Chancel Choir comes back in full force. The Bell Choir met as a full group yesterday, and while our first day back is always a hectic whirl of finding music, unpacking bells, and trying to remember how to play, it was wonderful to be with everyone again. Plans are being made to recognize our 50-year members at the end of September, plus a Fall Festival and our Stewardship Celebration in October. It's exciting!

Still, I'm cautious too. I know all these plans and activities can change. I'm not sure what the coming months will bring. I know there are those of you who have worshipped in-person continuously, and those who have participated exclusively from home and those who have gone back and forth. Those who are excited to reconnect and participate in activities again and those who just aren't ready yet. As I said in my opening paragraph, that's OK! We will continue to live stream our services for those at home, we will continue to connect through phone calls and cards and Zoom meetings. We'll try and have fellowship outside when we can. We'll be cautious and smart when we're together in the building, working to keep all our members safe, from our youngest to our wisest.

So, whether it's in the sanctuary, under a tent on the lawn, in a classroom, or in your recliner at home; whether you're excited or hesitant, or a combination of both, remember that God is looking to meet us. Right where we are.

Heather Heidtman

Sunday School
Kickoff is
September 12!

WWW.WPCBC.ORG

SEPTEMBER 2021 ISSUE 154

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Office Hours:
Monday through Thursday
8:00 a.m. - 4:00 p.m.
Friday
8:00 a.m. - 12:00 p.m.

Visit us on Facebook:
Westminster Presbyterian
Church - Bay City

- Pastor Rev. Jamie Milton (ext. 204)
- Parish Associate Rev. Linda Williams (ext. 203)
- Church Secretary Judy Harrelson (ext. 201)
- Treasurer Heather Heidtman (ext. 206)
- Youth Director Brandi Higgins (ext. 208)
- Custodian Harold Miller (ext. 205)

Sunday	Monday	Tuesday
<div>September</div>	<div>Happy Birthday</div> <div> <div>Peter VanDerwill</div> <div>Royce Stokes</div> <div>Glenn Hignite</div> <div>Ross Brown</div> </div> <div> <div>George Estabrook</div> <div>Nancy Swantek</div> <div>Marilyn Len</div> </div>	
	<div>6</div> <div>Church office closed in observance of Labor Day</div>	<div>7</div> <div>10:00 a.m. Hearts & Hands Knitting</div> <div>6:00 p.m. Boy Scout Troop 150</div> <div>6:00 p.m. Personnel Meeting</div>
	<div>13</div> <div>6:00 p.m. Finance Meeting</div> <div>7:00 p.m. Deacon Meeting</div> <div>7:00 p.m. Stewardship</div>	<div>14</div> <div>10:00 a.m. Hearts & Hands Knitting</div> <div>1:00 p.m. Lions Club</div> <div>6:00 p.m. Boy Scout Troop 150</div> <div>6:30 p.m. Spiritual Growth</div>
	<div>20</div>	<div>21</div> <div>10:00 a.m. Hearts & Hands Knitting</div> <div>6:00 p.m. Boy Scout Troop 150</div> <div>7:00 p.m. Session Meeting</div>
	<div>27</div>	<div>28</div> <div>10:00 a.m. Hearts & Hands Knitting</div> <div>12:00 p.m. Lunch & Learning</div> <div>6:00 p.m. Boy Scout Troop 150</div> <div>7:00 p.m. Deborah Circle via Zoom</div>
<div>5</div> <div>10:30 a.m. Worship Service</div>		
<div>12</div> <div>9:00 a.m. Camp Fire Meeting (Sunday School)</div> <div>9:15 a.m. Adult Bible Study</div> <div>10:30 a.m. Worship Service</div> <div>4:00 p.m. Westminster Without Walls Worship Service at Wenonah Park</div>		
<div>19</div> <div>9:00 a.m. Camp Fire Meeting (Sunday School)</div> <div>9:15 a.m. Adult Bible Study</div> <div>10:30 a.m. Worship Service</div>		
<div>26</div> <div>9:00 a.m. Camp Fire Meeting (Sunday School)</div> <div>9:15 a.m. Adult Bible Study</div> <div>10:30 a.m. Worship Service</div> <div>11:30 a.m. Fifty-Year Member Luncheon</div>		

Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>6:00 p.m. Property Meeting</div> <div>6:00 p.m. Sweaty Sheep / Walking Wellness</div> <div>7:00 p.m. Mission Partnerships</div>	<div>2</div> <div>8:30 a.m. TOPS</div> <div>5:00 p.m. Food of Faith at Messiah Lutheran</div> <div>7:00 p.m. Adult Bible Study</div>	<div>3</div>	<div>4</div>
<div>8</div> <div>6:00 p.m. Sweaty Sheep / Walking Wellness</div> <div>8:00 p.m. Worship Comm.</div>	<div>9</div> <div>8:30 a.m. TOPS</div> <div>5:00 p.m. Food of Faith at Messiah Lutheran</div>	<div>10</div> <div>6:00 p.m. Boy Scout Troop 150</div>	<div>11</div>
<div>15</div> <div>6:00 p.m. Sweaty Sheep / Walking Wellness</div> <div>7:00 p.m. Adult Bible Study via Zoom</div>	<div>16</div> <div>8:30 a.m. TOPS</div> <div>5:00 p.m. Food of Faith at Messiah Lutheran</div> <div>5:00 p.m. Combustion Council (Youth)</div> <div>7:00 p.m. Chancel Choir</div>	<div>17</div>	<div>18</div>
<div>22</div> <div>6:00 p.m. Sweaty Sheep / Walking Wellness</div> <div>7:00 p.m. Adult Bible Study via Zoom</div>	<div>23</div> <div>8:30 a.m. TOPS</div> <div>5:00 p.m. Food of Faith at Messiah Lutheran</div> <div>5:00 p.m. Combustion Council (Youth)</div> <div>7:00 p.m. Chancel Choir</div>	<div>24</div>	<div>25</div>
<div>29</div> <div>6:00 p.m. Sweaty Sheep / Walking Wellness</div> <div>7:00 p.m. Adult Bible Study via Zoom</div>	<div>30</div> <div>8:30 a.m. TOPS</div> <div>5:00 p.m. Food of Faith at Messiah Lutheran</div> <div>5:00 p.m. Combustion Council (Youth)</div> <div>7:00 p.m. Chancel Choir</div>	<div>Office Hours</div> <div>Monday – Thursday: 8:00 a.m. – 4:00 p.m.</div> <div>Friday: 8:00 a.m. – 12:00 p.m.</div> <div>Website: wpcbc.org</div> <div>Join us on Facebook</div> <div>Westminster Presbyterian Church - Bay City</div>	

*Birthdays listed are for our 75+ Members

Treasurer's Report

Building Improvement Fund

June Balance:
\$30,625.05
July Income:
\$386.00
July Expense:
\$4,250.00
July Balance:
\$26,761.05

Operating Fund

July Income:
\$28,387.22
July Expense:
\$42,402.62

Major Repairs Fund

\$54,171.62

Capital Campaign Fund

July Income:
\$4,335.38
July Interest Expense:
\$1,176.92
Loan Balance at end of July
\$364,121.09

Donate online at
www.wpcbc.org

*Our church family has
great love for each other
and wants to continue
doing God's work in our
community and beyond.*

Congratulations to Lilly Graves for winning the first place teen award
at the Chalk Walk Art Festival in Bay City on August 14.



*Well done,
Lilly!*



WELLNESS WALKING GROUP

Wednesdays
6:00 p.m.



Come join your church friends for some exercise and fellowship!

The Sweaty Sheep Wellness Walking Group meets weekly at different parks throughout Bay City! In case of rain/thunderstorms, we will walk at the Bay City Mall (Bay City Town Center)

Contact Sandy (sandra.graves@gmail.com) or Tami (tami.sivy@gmail.com) with questions or to be added to the Facebook group.

Just a reminder that
Sunday, October 3 is
World Communion Sunday,
and a special offering will
be collected during the
worship service.



Condolences



The Rev. Dr. David B. Castrodale, age 88, passed peacefully into the arms of his Savior on August 18, 2021.

Dave served as Senior Pastor of Westminster Presbyterian Church Bay City from 1962-1975, and served as a Presbyterian minister for a total of 64 years.

A Celebration of Life took place on Monday, August 23, 2021 at Alexandria Presbyterian Church in Alexandria, MO.



Join us for a special
**Westminster Without Walls
worship service!**

**Sunday, September 12
4:00 p.m. at the Wenonah
Park Pavilion in Bay City**



We have the exciting opportunity to hold a special worship service at Wenonah Park Pavilion (103 Center Ave) overlooking the Saginaw River on Sunday, September 12 at 4:00 p.m. This special service will be filled with music, stories from Scripture, prayers for our community, and a chance for us to share with Bay City what Westminster is all about! Some seating will be available, but you are invited to bring a lawn chair with you.

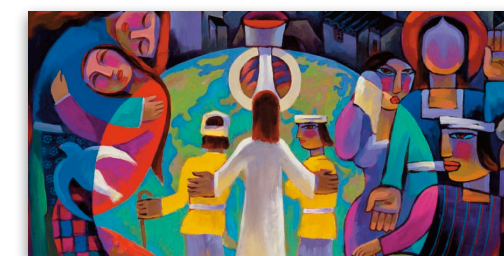
50-YEAR MEMBER CELEBRATION

Sunday, September 26

Westminster's 50-year member celebration will take place on Sunday, September 26, 2021 during the worship service. Following the service the Deacons will serve a buffet-style luncheon catered by Krysiak's. Weather permitting, we will eat outside under the tent on the north lawn.

A photographer will be available for a group picture of all the current and past 50-year members. See page 8 for a list of the members.

DEBORAH CIRCLE



Deborah Circle will meet via Zoom at 7:00 p.m. on Tuesday, September 28. If anyone wants to join, please call Karen Schoeppach at 989-684-1322 or email her at kaysue@chartermi.net.

SUNDAY SCHOOL FOR YOUTH AND ADULTS BEGINS SEPTEMBER 12



In last month's Log we shared an introduction to a new church-wide curriculum that we hope will encourage us — as a church and as individuals — to be better, more active disciples of Christ. The curriculum centers on biblical practices and promises to offer us ways of living our call to discipleship with faithful action.

The first practice that we will explore together beginning on September 12 is to "Follow Jesus." Sounds easy enough, right? We already do that. We are Christians, we attend church, we read our Bibles, we pray. We are on the right track! Part of following Jesus though, is continuing to accept his

invitation to follow, to grow in our love of God, and to serve others with the heart of Christ.

Throughout September in our worship services, in our fellowship time together, in our Bible studies and Sunday School classes, in our celebrations, we will practice following Jesus by daily accepting his invitation, by following in community with others, by seeing everything with love in our hearts, and by making more disciples with Jesus, growing our community's capacity to love and care for the world around us. There are MANY opportunities every week to join your Westminster siblings in following Jesus. It's time to follow the leader. Let's go!

ADULT BIBLE STUDY *Follow Me: Biblical Practices for Faithful Living*

"Excitement" is a word you have heard several of us use as we look forward to beginning a new Bible study series here at Westminster this fall.

"Excitement" makes me think too of Jesus' earliest disciples and friends, when they were first catching a new glimpse of God and a new way of living and being. Just as it was for Jesus' first twelve followers, following Jesus is a lifelong journey where we learn and do what Jesus said and did. It takes more than the head, checking off boxes of belief. It even takes more than the heart, feeling deeply about another person or a cause. Following Jesus is about these things and more. It is also about doing. And it takes practice, practice, practice. And more practice. We are not practicing for perfection, however, but practicing to put faith and love into action.

Beginning on September 12th we will begin a four week study — "Follow Jesus." Today the word "disciple" might evoke a variety of responses. Some will think of the first twelve. Others might associate it with some religion or cult, not necessarily Christian. Others sadly associate it with ominous cult leaders like Jim Jones, whose disciples unquestioningly and willingly "drank the poisoned Kool-Aid" and died. But when we respond to Jesus' summons to "Follow me" and we choose to follow, we are committing to a lifelong apprenticeship journey — one in which we will continually be formed, reformed, and transformed. Discipleship is not a skill; it's a way of life.

Each four-week series is a unit, complete in itself. The first four sessions are:

- "Accept Jesus' Invitation"
- "Follow Jesus in Community"
- "See Through the Lens of Love"
- "Teach Others to Follow Jesus"

continued on page 3

A CELEBRATION OF WORSHIP

Pastor Jamie's installation service took place on Sunday, August 8, 2021.

We are so grateful that Pastor Jamie and his family are with us!

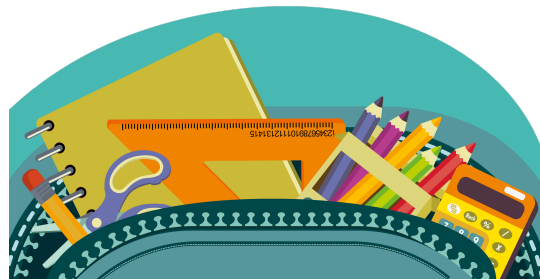


Presbytery of Lake Huron
Installation Service of
Rev. Richard "Jamie" Milton
as Pastor of Westminster
Presbyterian Church



Westminster Without Walls Outdoor Worship Sunday, August 22





On Wednesday, August 18 we gathered on the north lawn and prayed for God's blessings on our children as they began a new school year.



Prayer for the New School Year

God of fresh starts and new beginnings, we bring ourselves, our big feelings, and our backpacks to you.

Last year was different from what we expected. We couldn't see our friends or play on playgrounds, we learned at home, in masks six feet apart, or both. In all these changes, we may have felt sad and alone.

God, our friend who comforts us, hold us close and wipe our tears.

In our backpacks, we carry blank pages, sharpened pencils, and pointy crayons, and in our hearts, we carry big feelings, unanswered questions, and hopeful expectations. There are endless possibilities of what this new year might bring — of what we might learn, who we might meet, and who we might become.

God, our friend who is always with us, be with us through it all.

Be with us as we ride the bus. Be with us as we walk. Be with us as we buckle seat belts, zip-up jackets, and tie shoes. However we get there, and whatever we wear, bless this journey into something new.

For the grown-ups going back to school, God who is with us, be with them too. Thank you for our teachers, helpers, caregivers, and leaders, and for all they do to help us learn and grow.

God, our friend who's full of wonder, fill their hearts and bless their hands.

Amen



**Great Lakes Loons
Fellowship Night
Thursday, August 19**



Each four-week unit comes with a Reflection Guide (available in the church office). Each week we will focus on a brief Bible passage from one of the Gospels, or another brief passage in either the Old or New Testament. Some Bible studies may overwhelm us with complex matters of doctrine or a list of what we should believe or how we should act if we want to belong to "our community." But followers of Jesus were attracted to him because of his actions — he welcomed everyone, he spoke truth to power, and he invited all to follow God. I'm guessing that sounds exciting yet to this day. Exciting and inspiring.

The Reflection Guide will be used in each of the four sessions — at home and as part of our group discussion, with the opportunity to share as you feel comfortable. One example from week Two — "Follow Jesus in Community": There are not only Bible verses for us to explore the idea of community, but there are also lots of reflective questions that help us think about the idea of following Jesus from a personal

perspective and as part of a community. We can't survive and thrive as a bunch of individuals. It takes families, teachers, friends, neighbors, and church communities to form us.

To accommodate people's various schedules, we will offer classes at two different times — **Sunday mornings** at 9:15 before church, meeting in the Session Room and again on **Wednesday evenings** at 7:00 p.m. via Zoom. The same materials will be used at both gatherings. Discussion will be led by either Pastor Jamie and Rev. Linda.

In October and November, the four-week unit series will be: "Welcome All" and "Confess." An Adult Reflection Guide is available for each unit. Remember each unit is a complete theme, so if you are not able to make a commitment for two or three months, just join in for one unit at a time.

And for families — the monthly Adult Unit themes will coordinate with the Children's Sunday School as well. Any questions, please contact Pastor Jamie, Rev. Linda, or Brandi Higgins at the church office.

Adult Bible Study begins Sunday, September 12

Classes are offered at two different times:

- Sundays at 9:15 a.m. in the Session Room
- Wednesdays at 7:00 p.m. via Zoom

The same materials will be used at both gatherings.

The Wired WORD

An Adult Curriculum

**"Where current events and faith intersect."
Beginning Tuesday, October 5 at 1:00 p.m. via Zoom**

News is inevitable — whether good or bad, but what better way to extract hope from this input than to juxtapose Scriptures as tools to persevere and navigate our daily walk in Christian faith. How often do we hear others — or even ourselves — say, "I just don't want to watch the news anymore;" tired of stories that leave us feeling uneasy and at times helpless?

Our weekly The Wired Word gatherings — rather than leaving us hopeless — allow us to reflect on the week's happenings with others who may not share exactly our same thoughts and opinions, but are equally dedicated to thinking about and talking about how current events intersect with our faith questions and convictions.

The materials are organized into seven sections:

- An **Introduction** to the lesson
- **In the News** summary of a current event
- **Big Questions** for consideration or discussion about the topic
- **Scripture** references to help confront the news with hope
- Additional group **Discussion Questions**
- Suggestions for **Responding to the News**
- A **Closing Prayer**

continued on page 4

Over these past months we have discussed topics such as:

- Olympic Hurdles Remind Us of Life's Hurdles;
- Migrant Musicians Try to Define What 'Home' Means to Them;
- Pregnancy Helps Writer Hear the Bible Differently; Our Circumstances Can Do the Same for Us;
- Property Sale Leads to Theological Thinking;
- 'I Don't Have a Personal Relationship with Jesus,' Christian Writer Says.

As our group of about six to seven meet weekly, we have enjoyed lively conversations about the facts of the news story, our individual perspectives on the topic, our questions, and a variety of Bible passages that relate to the current story.



The Wired Word gathering will take a hiatus for the month of September and we will reconvene **TUESDAY afternoon — October 5th at 1:00 p.m. via Zoom. NOTE: The day changed from Wednesdays to Tuesdays.**

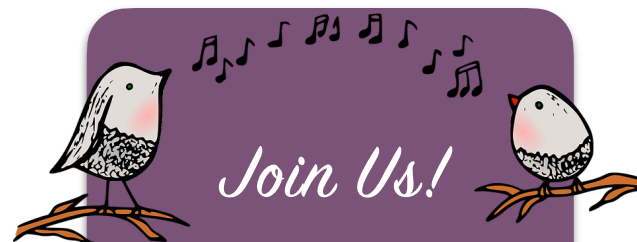
The lesson materials are emailed out several days in advance of the Tuesday afternoon gathering. Or if you prefer, the materials are printed in the office by Judy and are available to be picked up Friday or Monday morning. If you have any questions and/or would like to be added to the email list, please call Rev. Linda 686-1360 X2 or email at parishassoc@wpcbc.org

WELCOME BACK, WESTMINSTER CHOIR MEMBERS! Beginning Thursday, September 16

Attention, all Singers!! Choir is back at Westminster beginning Thursday, September 16 — but with a few changes. **First**, ALL music programming is moving to Thursday evenings to coordinate with the children's programs. That means Children/Youth Choir will meet from 6:30 – 7:00 p.m., and Chancel Choir will meet at 7:00 – 8:00 p.m. on Thursdays. **Second**, ALL participants will always wear masks, even while singing. **Third**, ALL singers will meet in the sanctuary for all of the rehearsals. We will practice social distancing and take advantage of the large size and height of our beautiful sanctuary. **Fourth**, we will record all of the music in advance, with the assistance of our wonderful Technology Team. On Sunday mornings our musical video recordings will be part of the weekly service, just as when we sang live in the sanctuary in the past.

It will be wonderful to be together, singing our praises to God! Peace and joy until we can join in song beginning Thursday, September 16.

Dawn Auger
Director of Choirs



Choirs will meet on Thursdays, beginning September 16:

6:30 p.m. Children / Youth
7:00 p.m. Chancel Choir

All choir members will wear masks.

All singing will take place in the sanctuary.

All music will be pre-recorded by the choirs for Sunday worship services.

Being a "life-long learner" is the goal of many. If you Google the topic, you can find numerous definitions, articles, suggestions, and benefits. We all know that leaning doesn't end once you graduate from high school, college, graduate school, or even graduate into retirement. Learning is a life-long process. One article (Genashtim/eCornell University) noted, "There are always new skills to learn and strategies for you to adopt, and you should never stop learning as it enables you to:

- *Generate new ideas — do not just stick to what you know. Learn and generate new ideas by listening and watching out for any new resources from which you can gain new knowledge and concepts. Reading books also helps.*
- *Keep your passion — if you want to pursue your passion, you will find ways to enjoy it simply by learning more about it.*
- *Converse better — the more you learn, the more knowledge and ideas you can share with the people around you.*
- *Banish boredom — learning keeps you busy and it helps you to spend time productively.*
- *Improve your brain health — learning is a brain exercise. You will avoid Alzheimer's disease by constantly using your brain and it will give you a long life.*

Learning is one way to living a fulfilling life."

And we all know that Presbyterians are all about learning! So, beginning in September — **Tuesday, September 28 at Noon** — we will gather in Fellowship Hall over a brown bag lunch and an opportunity to hear, see, or do something new. The Spiritual Growth Committee and staff have come up with a few ideas to get us started — speakers like an area rabbi, a mental health specialist, an Imam, new friends from a church in Flint, an Area Agency on Aging speaker, a leader from the local chapter of the NAACP, a presentation from an attorney, AND DRUM-ROLL....our own new Pastor, Jamie Milton.

On **September 28 at noon** come join us as we gather over a brown bag lunch (beverages furnished) with the opportunity to get to know Pastor Jamie better and to hear about his year in Peru. We promise it will banish boredom, generate new ideas, and maybe even help us develop a new passion.

In the months following our September 28 lunch, we will generally gather on the last Tuesday of each month. Stay tuned for more details on each month's speakers. We are also very open to topic and speaker suggestions. Please call the church office, Pastor Jamie, or Rev. Linda with ideas or questions.

Lunch & Learn

We will gather on Tuesday, September 28 at noon in Fellowship Hall over a brownbag lunch.

We will have an opportunity to hear, see, and do something new!

What changes did Westminster make in 2020 and 2021 that we wish to continue?

What longtime programs need to be changed?

How much additional funding will be required?

Which ministries need to grow?



**On Sunday, September 26, 2021 we will
celebrate our 50-year members!**

Join us following the service for a buffet-style luncheon catered by Krysiak's. Weather permitting, we will eat outside under the tent on the north lawn.

Thank you to the following parishioners on their continued witness to the glory of God.

Fifty-Year Members

1945
Marilyn Lewis

1946
Russel Marvin

1952
Elizabeth Dore

1953
Betty Lunger
Patricia Quantz

1954
Alma Watton

1955
Ross Brown
Neil Everson
Margaret Hanson
Mary Lou Higgins
Bonnie Scheddel

1957
Claire Jacobson
Hazel Kish
Howard Schmidt

1958
Peggy Hawkins
Janice VanNostrand

1959
JeAnne Hebner
Richard Hebner
Joyce Hegenauer

1960
Doris Bibbee
Joyce Grigg
Roy Grigg

1961
Dianne Grabke
Thomas Kayner
Philip Reagh

1962
Donna Horn

1963
Ronald Deuscher
Thomas Lange
Colleen Schmidt
Sharon Hignite
Joy Thompson

1964
John Hegenauer
Carol Lange
Karen Schoeppach

1965
Marie Capp
Elaine Edwards
Marilyn Kayner
Judy Randall

1966
Robert Merritt
Mary Kay Prudden

1967
Dianne Young
John Young

1968
Jean Hill
Arlene Oettmeier
Arthur Oettmeier
Penny Reagh

1970
Sue Armstrong
William Capp
Leslie Frontjes
Richard Frontjes
Ruth Ostrander

This year's 50-year members:

1971
Ross Wayne Brown
Joy Hebner
Richard Talbot

CHRISTIAN EDUCATION OPPORTUNITIES FOR YOUTH PRE-K THROUGH 12TH GRADE

Weekly Schedule

Sunday Morning: First Light & Campfire Meetings

First Light: 9:00 – 10:00 a.m.

Little Ringers (Sparks class): 9:00 – 9:15 a.m. in the Bell Room with Mrs. Hanson

Torches (2nd – 4th grade): 9:00 – 10:00 a.m. in the Campfire Meeting Room

Sparks: 9:15 – 10:00 a.m. in the Campfire Meeting Room

Everyone: 10:00 – 10:20 a.m. in Fellowship Hall for fellowship time

Campfire Meetings will take place on the 2nd and 4th Sunday of the month during the worship service following the Children's Moment

Sunday Evening: Ignite

For Blazers, Beacons, and Infernos

5:00 – 7:00 p.m.

5:00 – 5:30 p.m.: Meet in Fellowship Hall or outside (weather permitting) for a time of food and fellowship

5:30 – 6:00 p.m.: Worship & Music in the balcony

6:00 – 7:00 p.m.: Inspiration (lessons) in various classes upstairs

Thursday Evening: Combustion Counsel

5:00 – 7:00 p.m. (beginning September 16)

Junior Bells (5th-9th grade): 5:00 – 5:30 p.m. in the Bell Room with Mrs. Hanson

Sparks & Torches: 5:00 – 5:30 p.m. in Campfire Meeting Room for Combustion Counsel Meeting

Chime Choir (Sparks & Torches): 5:30 – 6:00 p.m. in the Bell Room with Mrs. Hanson

Sparks & Torches not involved in Chimes: Exertion Centers 5:30 – 6:00 p.m. in Campfire Meeting Room

Blazers, Beacons, and Infernos: 6:00 – 7:00 p.m. Fireside Cafe. Location TBD

Sparks & Torches: 6:00 – 6:30 p.m. Snack and together time in the Campfire Meeting Room

Junior Choir (3rd-8th grade): 6:30 – 7:00 p.m. in sanctuary

Adult Choir: 7:00 – 8:00 p.m. in sanctuary

**Sunday School
Kickoff is
September 12
9:00 a.m.!**



**A big thank you goes out to all of our
teachers this program year!**

Little Embers (nursery)
Elaine Edwards

Sparks (potty trained 3 year olds – 1st grade)
Sandy Graves, Kylee Woodward
Leah Sneller

Torches (2nd – 4th grade)
Melissa Woodward, Priscilla Cramer

Blazers (5th – 7th grade)
Amy Periard-Weatherwax, Tami Sivy

Beacons (8th grade)
Rev. Jamie Milton

Infernos (9th – 12th grade)
Brandi Higgins

Special Request!

Food and snack volunteers are needed for
Sunday and Thursday evenings.
Please see page 6 for more details.

Thank you!



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Sunday Evenings

This program year, Westminster will offer a time of fellowship and food for 5th through 12th grade students on Sunday evenings. If you would like to bring dinner for youth and volunteers, please review the dinner schedule by following the link below. Dinner will take place from 5:00 until 5:30 p.m. in Fellowship Hall, or outside, weather permitting. (We should know approximately how many children are attending each week after the first couple of sessions.)

Link: <https://www.signupgenius.com/go/20f0849afaf2ca0ff2-ignite>

Or, contact Sandy Graves via email at sandra.graves@gmail.com or phone/text at 989-225-7488.

Thursday Evenings

This program year, Westminster will offer a time for snacks for pre-K through high school students. If you would like to bring in a snack, please review the snack schedule by following the link below. Groups of students will snack from 6:00 until 7:00 p.m. in Fellowship Hall, or outside, weather permitting. Volunteers may drop off Thursday snacks anytime during the day. (We should know approximately how many children are attending each week after the first couple of sessions.)

Link: <https://www.signupgenius.com/go/20f0849afaf2ca0ff2-combustion>

Or, contact Sandy Graves via email at sandra.graves@gmail.com or phone/text at 989-225-7488.

Thank you so much for your time and generosity!



Each month the Spiritual Growth Committee will share in the Log, a few thoughts on the journey of grief that we all experience. We hope these brief thoughts will be of help and support to all.

"Loneliness is not an accident or a choice. It's an uninvited and uncreated companion. It does you no good even though it's like one of the elements in the world that you cannot exist without."
Fannie Howe

There are many aspects of bereavement that make loneliness seem inevitable and unsolvable. Most important is the fact that what you desire is your loved one and what you have is an emptiness molded so specifically to your loved one's likeness that no one else could ever fill it.

People who are grieving are at a disadvantage when it comes to loneliness because the person they long for is forever gone. Loneliness after the death of a loved one is many things. It's the ache of having loved someone so much that pieces of you became them and pieces of them became you. When they departed from this earth, a piece of your heart and your history went with them. You were left behind to live a life that feels incomplete.

Now that your loved one has died, there are parts of you that no longer make sense — the roles you both filled, the jokes and memories you shared, their part of

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simple routines you created together. What do you do with all these things now that your loved one is gone? If the common experience of feeling misunderstood and alienated in grief weren't enough, you have now lost one of the few people in this world who you feel truly "got" you. You may feel alone in a world full of people. You may feel lonely.

The loneliness of grief is not easily solved. It takes time and effort. Hardest of all, it requires acceptance and patience. In order to lessen the loneliness, you have to find a way to accept what simply is and to find fulfillment in the reality that is available to you. You will never fill your loved one's void; that simply won't happen. Instead, you have to work slowly to fill in the abyss.

How do you do this? Each person will do this differently. When you are ready, open yourself up to the love of people in your life. You don't have to let go of your loved one, but simultaneously you begin to decide to accept the company and support of other and maybe, if necessary, seek out new people in the process. It won't be easy and it won't be perfect. But in time the hole left by your loved one will be filled by the love of many.

Strategies for Coping with Loneliness

Loneliness is typically defined as the discrepancy between a person's desired and actual social relationships. Although it's sometimes considered synonymous with social isolation, the two are distinct concepts. Social isolation reflects an objective measure of social interactions and relationships, whereas loneliness reflects perceived social isolation.

Loneliness is more closely associated with the **quality of relationships** than the actual number of relationships that a person has.

Virtually everyone experiences loneliness from time to time, but it can feel especially intense after the death of a loved one. Although it's a common experience, people don't usually know what to do with these feelings. In addition to being emotionally painful, loneliness can increase depression, depress your immune system, and increase physical pain. Research shows that the areas of the brain that deal with social exclusion are the same areas that process physical pain, adding a scientific explanation to the experience of a "broken heart." Below are five strategies for coping with loneliness:

Join a class or a club. Whether it's an art class, exercise class, or a book club, joining something automatically exposes you to a group of people who share at least one of your interests. Check your local library or community college as well as city parks and recreation departments to see what's available. Joining a class or club can also provide a sense of belonging that comes with being part of a group. It gives you something to look forward to and can stimulate creativity.

Volunteer. Volunteering for a cause you or your loved one believed in can provide the same benefits as taking a class or joining a club: meeting others, being part of a group and creating new experiences. It also brings the benefit of altruism and can help you find more meaning in your life. In addition to decreasing loneliness, this can bring greater happiness and life satisfaction. Additionally,

working with those who have less than you helps you feel a deeper sense of gratitude for what you have in your own life.

Strengthen existing relationships. You probably already have people in your life that you could get to know better or connections with family that could be deepened. If so, why not call friends more often, go out with them more, and find other ways to enjoy your existing relationships and strengthen bonds? If you're struggling to find the motivation to reach out to others, it might be helpful to start slowly. Come up with just one supportive friend or family member who you could imagine reaching out to. It's also reassuring to know that strong social support is beneficial for your mental health.

Talk to strangers. An easy way to find connections in everyday life is by interacting in small ways with acquaintances or strangers you encounter. In fact, research shows that doing so contributes to our social and emotional well-being. So next time you grab a cup of coffee or see your neighbor on a walk, strike up a conversation. You may find you feel happier afterward.

Adopt a pet. Pets, especially dogs and cats, offer so many benefits, and preventing loneliness is one of them. Rescuing a pet combines the benefits of altruism and companionship. It can connect you with other people — walking a dog opens you up to a community of other dog-walkers, and a cute dog on a leash tends to be a people magnet. Additionally, pets provide unconditional love, which is a great salve for loneliness.

St. Luke's Hospice Bereavement Program, Bethlehem, PA.