

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

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THE WESTMINSTER LOG

The Season of Lent

In September of 2021, our church began using a new curriculum as the focus of our worship and study. Since then, each month we have been looking at a different biblical practice, something that Jesus did during his earthly life that he invites us as disciples to follow. This Lent we will be practicing “spiritual disciplines” that strengthen our walk with Jesus and with one another.

What is a spiritual discipline? Adele Calhoun writes, “From its beginning, the church linked the desire for more of God to intentional practices, relationships, and experiences that gave people space in their lives to ‘keep company’ with Jesus. These intentional

practices, relationships, and experiences we know as spiritual disciplines.” These disciplines are ways we intentionally make space to nurture our relationship with Jesus.

One traditional focus of Lent has been the spiritual discipline of fasting — giving something up — for the 40-day period of Lent. While fasting is one of the spiritual disciplines we will explore together, this Lent we invite you to take up a specific spiritual discipline or commit to trying out some different disciplines throughout the 40 days. Don’t worry! While we do hope that you will make a commitment to nurture your faith walk, you will not be on this journey alone, and we are offering many opportunities to help you practice these disciplines.



Ash Wednesday Service (MARCH 2 AT 7:00 P.M.)

Each year on Ash Wednesday, we begin our Lenten journey together with worship. This service reminds us of our mortality and invites us to begin Lent with confession. During this year’s service, we will also have the opportunity to begin exploring some spiritual disciplines and make a commitment to include practicing one (or more) of these disciplines throughout the season of Lent.

LENTEN CALENDAR

March 2	Weekly Service of Morning Prayer begins Ash Wednesday Worship	9:00 a.m. 7:00 p.m.
April 10	Children’s Easter Pageant	10:30 a.m.
April 14	Maundy Thursday Worship	7:00 p.m.
April 15	Good Friday Worship	7:00 p.m.
April 16	Easter Walk & Vigil - Outdoor Story Walk - Outdoor Vigil	4:00 p.m. 5:00 p.m.
April 17	Easter Sunday Worship Easter Breakfast Easter Sunday Worship	8:00 a.m. 9:00 a.m. 10:30 a.m.

Sunday Worship Services (WEEKLY AT 10:30 A.M.)

In our Sunday worship services, we will focus on a different spiritual discipline each week and explore some biblical examples of each practice. Each service will also give us some practical ways for us to incorporate the practice into our everyday lives and encourage us to do so.

March 6: Fast
March 13: Pray
March 20: Listen to God
March 27: Embrace Simplicity
April 3: Unplug

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Visit us on Facebook:
Westminster Presbyterian
Church - Bay City



Phone: 989-686-1360
E-mail: office@wpcbc.org
Office Hours:
Monday through Thursday
8:00 a.m. - 4:00 p.m.
Friday
8:00 a.m. - 12:00 p.m.

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	Wednesday	Thursday	Friday	Saturday
<div>March</div>		<div>1</div> <div> 9:00 a.m. Bay ISD 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. The Wired Word 11:00 a.m. Staff Meeting 6:00 p.m. Boy Scouts 6:00 p.m. Personnel Meeting </div>	<div>2</div> <div> Ash Wednesday Worship Service 7:00 p.m. </div>	<div>3</div> <div> 8:30 a.m. TOPS 9:00 a.m. Bay ISD 5:00 p.m. Food of Faith at Messiah Lutheran 5:00 p.m. Combustion Council 6:30 p.m. Chancel Choir </div>	<div>4</div>	<div>5</div>
<div>6</div> <div> 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:15 a.m. Adult Handbell Practice 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:30 p.m. Junior Bell Practice 5:00 p.m. Ignite (Youth Group) </div>	<div>7</div> <div> 7:00 p.m. Deacon Meeting </div>	<div>8</div> <div> 9:00 a.m. Bay ISD 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. The Wired Word 1:00 p.m. Bay City Lions 6:00 p.m. Boy Scouts 6:30 p.m. Committee Meetings </div>	<div>9</div> <div> 7:00 p.m. Adult Bible Study </div>	<div>10</div> <div> 8:30 a.m. TOPS 9:00 a.m. Bay ISD 5:00 p.m. Food of Faith at Messiah Lutheran 5:00 p.m. Combustion Council 6:30 p.m. Chancel Choir </div>	<div>11</div>	<div>12</div>
<div>13</div> <div> 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:15 a.m. Adult Handbell Practice 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:30 p.m. Junior Bell Practice 5:00 p.m. Ignite (Youth Group) </div>	<div>14</div> <div> 6:00 p.m. Finance Meeting </div>	<div>15</div> <div> 9:00 a.m. Bay ISD 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. The Wired Word 6:00 p.m. Boy Scouts 7:00 p.m. Session Meeting </div>	<div>16</div> <div> 7:00 p.m. Adult Bible Study </div>	<div>17</div> <div> 8:30 a.m. TOPS 9:00 a.m. Bay ISD 1:00 p.m. Lydia Circle 5:00 p.m. Food of Faith at Messiah Lutheran 5:00 p.m. Combustion Council 6:30 p.m. Chancel Choir </div>	<div>18</div>	<div>19</div>
<div>20</div> <div> 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:15 a.m. Adult Handbell Practice 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:30 p.m. Junior Bell Practice 5:00 p.m. Ignite (Youth Group) </div>	<div>21</div>	<div>22</div> <div> 9:00 a.m. Bay ISD 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. The Wired Word 1:00 p.m. Lunch & Learn 6:00 p.m. Boy Scouts </div>	<div>23</div> <div> 7:00 p.m. Adult Bible Study </div>	<div>24</div> <div> 8:30 a.m. TOPS 9:00 a.m. Bay ISD 5:00 p.m. Food of Faith at Messiah Lutheran 5:00 p.m. Combustion Council 6:30 p.m. Chancel Choir </div>	<div> <div>25</div> <div>26</div> <div> <div>Office Hours</div> <div> Monday – Thursday: 8:00 a.m. – 4:00 p.m. 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> </div> </div>	
<div>27</div> <div> 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:15 a.m. Adult Handbell Practice 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:30 p.m. Junior Bell Practice 5:00 p.m. Ignite (Youth Group) </div>	<div>28</div>	<div>29</div> <div> 9:00 a.m. Bay ISD 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. The Wired Word 6:00 p.m. Boy Scouts 7:00 p.m. Deborah Circle via Zoom </div>	<div>30</div> <div> 7:00 p.m. Adult Bible Study </div>	<div>31</div> <div> 8:30 a.m. TOPS 9:00 a.m. Bay ISD 5:00 p.m. Food of Faith at Messiah Lutheran 5:00 p.m. Combustion Council 6:30 p.m. Chancel Choir </div>	<div> <div>Happy Birthday</div> <div> Dianne Young John Tapley Elizabeth Dore Kenneth Lange Colleen Schmidt </div> </div>	

*Birthdays listed are for our 75+ Members

In January, the **Operating Fund** had income of \$72,478.38 and expenses of \$27,984.71. Many members pay their entire pledge at the start of the year, which is why giving is so high. I want to stress, we're grateful for your gifts no matter how you choose to give to Westminster, whether it's weekly, monthly, quarterly, or once a year! Whatever works best for you, works for us! Another way to give is to use our online giving portal. Visit www.wpcbc.org and click on the "Give Online" button near the bottom of the webpage. You can set up a recurring gift, at any interval you choose; that way your gifts come to Westminster even if you're not able to worship with us every Sunday.

The **Building Improvement Fund** received contributions of \$490.00 and did not have any expenses in January. At the end of the month, the fund balance is \$18,031.59. We're grateful to those who contribute to the Building Improvement Fund, allowing us to keep Westminster in great shape.

The **Major Repairs Fund** had income of \$1,340.00 in January, with expenses of \$979.09, which included a new flow switch for the boilers and a repair to our snow blower. The balance at the end of the month is \$53,303.82. Thank you to those who contribute to the Major Repairs Fund.

Contributions to the **Capital Campaign Fund** totaled \$43,997.93. In January, we received a large gift to the Capital Fund and plan on applying that to the principal when we make our March 1st payment. Currently the loan balance at the end of January is \$290,761.23. Thank you to everyone who has contributed to the Campaign.

Heather Heidtman
treasurer@wpcbc.org
 989-225-5718

Per capita for 2022 is \$29.00.
 This is per active,
 confirmed member.

Boy Scout Troop 150



Thank you, Boy Scout
 Troop 150, for joining us
 in worship on Sunday,
 February 6, 2022!

FELLOWSHIP TIME

Join your church family for a time of
 fellowship before and after
 Sunday's worship service.



Coffee and
 donuts
 included!

Weekday Prayer & Reflection (MONDAY – THURSDAY FROM 10:00 A.M. – 2:00 P.M.)

To help encourage us to incorporate these disciplines, during the week the sanctuary will be open for prayer and reflection. Written and visual prompts will be available to help you engage more deeply in the spiritual discipline from the previous Sunday. You are also welcome to simply come and sit in the stillness of the sanctuary.

The sanctuary will be open daily, Monday through Thursday, from 10:00 a.m. – 2:00 p.m. with the lights dimmed and meditative music playing.

Prayer and Practice Stations

To assist us in our exploration and practice of various spiritual disciplines during Lent, a series of prayer and practice stations will be set up in the chapel (outside the rear exit of the sanctuary). Each station will focus on a different discipline and provide a hands-on way to engage in that practice. There will be five to six stations available at a time and they will change through the season. These stations will be accessible during office hours (Monday through Thursday 8:00 a.m. – 4:00 p.m.), so feel free to come in whenever you have time. This will also provide space for folks who want to engage in these practices but are wary of being around a lot of people at one time. We also plan to have some "go-to" practices that will be available at the DeWitt Street entrance for you to pick up.



Lenten Prayer Wall

One of the most important ways that we care for one another is through prayer. Each week we publish a prayer list with the names of our friends and family. Our "Wings of Prayer" group keeps a list of around 20 names in prayer each month. We are given the opportunity to share names with one another on Sunday as they are listed up in the "Prayers of the People." Prayer is a spiritual discipline that many of us are comfortable with, and others may like to practice more. A prayer wall will be available outside of the sanctuary for our Westminster family to share our prayer concerns with one another. Once you have added your prayer request to the wall you are encouraged to take a slip of paper from the wall that has someone else's concern on it to pray for that week. The next week it can be returned to the wall and another request is chosen.



Weekly Service of Morning Prayer (WEDNESDAYS AT 9:00 A.M.)

To help cultivate our spiritual discipline of prayer, Pastor Jamie will hold a weekly service of morning prayer online. The service will be streamed on the church's Facebook and YouTube pages. This brief (8-12 minute) service will help us start our Wednesdays together in prayer for one another, for our communities, and for the world. Online participants will be able to share their prayer concerns utilizing the comment box on Facebook.

With Sympathy



Marilyn Lewis

Prayers are extended to the family and friends of Marilyn Lewis. Marilyn passed away on Monday, January 31, 2022. A funeral service took place on Monday, February 7 with Rev. Linda Williams and Rev. Jamie Milton officiating.



Arthur Oettmeier

Prayers are extended to the family and friends of Arthur Oettmeier. Arthur passed away on Monday, February 14, 2022. A private funeral service has taken place with Rev. Linda Williams officiating.



George Sivertson

Prayers are extended to the family and friends of George Sivertson. George passed away on Friday, February 18, 2022. A funeral service took place on Thursday, February 24 with Rev. Jamie Milton officiating.

Baptism

Congratulations to Claire Elise Bonds, daughter of Catherine and Zachary bonds, for receiving the sacrament of baptism on Sunday, February 20, 2022.



Email Church Communications

This year we hope to expand the ways in which we connect with the church family. The office would like to create an updated email address list so that we can communicate timely and efficiently with those who prefer this means of communication.

Once cultivated, our email list would be used for a brief weekly message that will contain the current prayer list, any upcoming event information, and/or changes to the church calendar. Once a month, the Westminster Log will be emailed as well.

Thank you to all of those who have contacted the church office with updated email addresses. We will email the monthly Log beginning in April. Those who wish to continue to receive a printed copy mailed to your home each month, will continue to do so. Please contact the church office your preferred method of receiving the Log. Email us at office@wpcbc.org or call us at 989-686-1360.

In addition, if you are currently receiving a paper copy of your quarterly contribution statement and would like to receive it electronically, please let us know!



SOUP LUNCHEON & BAKE SALE

February 13, 2022

The Soup Luncheon and Bake Sale was a success! Thank you to everyone who donated their time, talent, or treasures to this wonderful event. We raised \$389.00 for the soup luncheon and \$345.85 for the bake sale! These funds will go toward the youth retreat this summer.

Thank you for your generous donations!

— Ignite Youth Group



CONGRATULATIONS!



Congratulations, Faith Sneller, for representing Bay City as the 2022 St. Patrick's Day Parade Queen!

Christian Education Events

A CHILDREN'S EASTER PAGEANT

Sunday, April 10 during the 10:30 a.m. worship service. Stay tuned for rehearsal details and dates.

A NIGHT OF THEATER

Saturday, May 21. Stay tuned for more details.

VACATION BIBLE SCHOOL

Mark your calendars for Jerusalem Marketplace! Monday, June 13 – Friday, June 17.



Youth Retreat

To take place during the summer of 2022. Stayed tuned for details.



Little Ringers

Each month in the Log, the Spiritual Growth Committee will share 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.

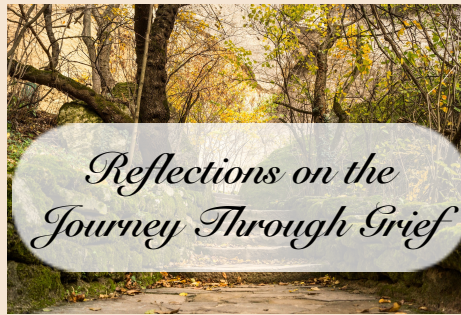
"Worry never robs tomorrow of its sorrow, it only saps today of its joy."
— Leo F. Buscaglia

Whether we admit it or not, most of us worry about something at some time in life. Common worries include concerns about money, family, relationships, health, work, safety, and reaching personal goals.

People who are grieving the loss of someone they loved usually have an additional layer of worries to contend with. These often include some or all of the following: How will I survive this loss? What will happen to me in the future? What will happen to my young children or elderly parents? I feel so different — am I going crazy? Will I feel like this forever?

To control some of these *normal* and *natural* worries, experts suggest addressing them proactively. The first step is to write out your worry. Put it down on paper. Putting a worry in writing helps you focus on what's *really* bothering you.

Next, find a time and a place to worry. This is about containment, establishing boundaries for worrying so we prevent troubling thoughts to occupy our lives 24/7.



Choose a time, the same time each day, that you will "work" on your worries. Then choose a place where you will "be" with these worries. Maybe it's a room or a special chair in the house where you don't often spend time in. Don't choose your bedroom for your worry work, as this will interfere with your sleep.

Then at the allotted time and place, enlist your brain power and problem solving skills. For example, imagine what the worst possible outcome of a particular worry might be. Write down all of these outcomes. Then ask yourself, what is my estimate of how likely each of these events will occur? Again write down all possible outcomes, no matter how ridiculous some of them may seem. Then dig deeper and answer the following questions: What do I need to do about this worry? Who do I need to contact about this worry? What are the things I need to say to the person who is center of this worry? What is stopping me from taking care of this worry and what can I do about it? The final step in this process is to write down how you will handle the worry and set a date when you will begin to take action.

We all worry, about legitimate and frivolous concerns. Grievors have an additional burden after a loss but they also have a choice to make. To quote a Swedish proverb, "Worry often gives a small thing a big shadow." Make the choice today to create smaller shadows.

Say Yes to Affirmations

When consumed with worry or anxiety, it's not only hard to concentrate, it's also difficult to pinpoint what the worry or fear really is. That's where affirmations come in. An affirmation is a phrase you repeat to yourself to change a negative or fear-based belief. Affirmations also serve as a distraction and keep racing thoughts at bay.

Do you practice saying affirmations? It's one of the easiest ways to change negative self-talk.

- At this moment, I choose to release the past and look forward to the good that awaits me.
- With each new breath, I inhale strength and exhale fear. I am learning that it is safe for me to heal and grow.
- At this moment, I choose to feel calm and peaceful. Everything is unfolding as it should.
- I choose to fill my mind with positive, nurturing, and healing thoughts.
- There are no mistakes, only lessons to be learned. I did the best I could.

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



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 learning doesn't end once you graduate from high school, college, graduate school, or even graduate into retirement.

In March, we will gather in Fellowship Hall to "LEARN." Hopefully by the end of April when we meet, we will again all feel comfortable meeting in Fellowship Hall over a bag lunch. But until then, we will continue LEARNING.

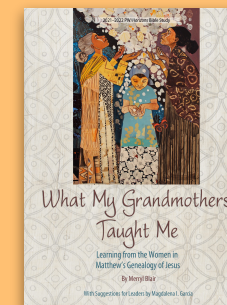
Our speaker for this month's gathering — **Tuesday, March 22 at 1:00 p.m.** — will be Sarosh Anwar, a member of the Board of Trustees of the Islamic Center of Saginaw. Part of their mission statement as a faith community is: "Our aim is to promote peace amongst our interfaith community;" not any different in mission and vision than how we hope to "live in community" as Westminster Presbyterian Christians. What a wonderful opportunity we will have to listen, learn, and engage in meaningful discussion.

In April, we hope to have an educator from the Jewish faith community share with us about their faith traditions, beliefs, and practices.

Join us on Tuesday, March 22 at 1:00 p.m. with Sarosh Anwar, a member of the Board of Trustees of the Islamic Center of Saginaw.

LYDIA CIRCLE

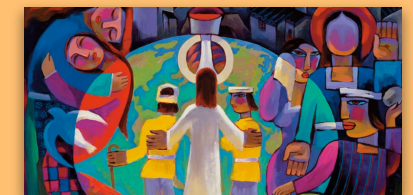
THURSDAY, MARCH 17
1:00 P.M.



Lydia Circle will meet monthly in person on the third Thursday at 1:00 p.m. in the Session room.

We are using the *Horizons Bible Study, What My Grandmothers Taught Me: Learning from the Women in Matthew's Genealogy of Jesus.*

DEBORAH CIRCLE



Deborah Circle will meet via Zoom at 7:00 p.m. on Tuesday, March 22. If anyone wants to join, please call Karen Schoeppach at 989-684-1322 or email kaysue@chartermi.net.

Rescue Ministries of Mid-Michigan is partnering with the Saginaw Spirit on Saturday, March 12, 2022 to raise much needed funds for the Samaritan Youth Shelter during the annual Hockey for the Homeless.

Westminster is a Spirit of Hope Sponsor, and therefore, we have 15 upper deck Spirit hockey game tickets to give away. The tickets are free, but they will be distributed first come, first serve. If you are interested, please contact the church office at 989-686-1360.





SUNDAYS & WEDNESDAYS ADULT BIBLE STUDY

Spiritual Growth and Faith Formation Opportunities for Lent

Each year Westminster, like many churches in Bay City across many denominations, observes the season of Lent. And maybe each year it is good to ask once again — what is it and why do we as a community of faith, take note of these 40 days between Ash Wednesday and Easter? (If you are someone into “doing the math,” as they say, you’ll notice that this time period is more than 40 days. The six Sundays aren’t counted, because each Sunday represents a “mini-Easter.”)

Seminary Professor Joanne M. Pierce writes, “In late winter, many Christian denominations observe a 40-day period of fasting and prayer called Lent. This is in preparation for the spring celebration of Easter, a religious holiday commemorating the resurrection of Jesus Christ from the dead.”

The word Lent has Germanic roots that refers to the lengthening of days, or springtime. But facts about the early origin of the religious observance are not as well known. By the fourth century, a regular practice of 40-day fasting became common in Christian churches.

The practice of fasting from food for spiritual reasons is found in the three largest faiths that descended from Abraham: Judaism, Christianity and Islam. In all three, refraining from eating is intimately connected with an additional focus on prayer, and the practice of assisting the poor by giving alms or donating food. In the Gospels, Jesus spends 40 days in the wilderness to fast and pray. This event was one of the factors that inspired the final length of Lent.

In the early church, Lent began as a period of fasting and preparation for baptism by new converts and

then became a time of penance by all Christians. Today, Christians focus on their relationship with God, growing as disciples and extending ourselves, often choosing to give up something or to volunteer and give of ourselves for others.

In Lent, we reflect on Christ’s ministry, death, and resurrection. We slow down, take time, and examine our internal spiritual lives and the way we live out our Christian faith in the world around us. As noted on the front page, each Sunday in worship we will focus on a different spiritual practice and explore some biblical examples of each practice. Which may lead to another question, what is a spiritual discipline of spiritual practice? There are many definitions, many examples, but it seems that they all can be thought of as a means of deepening our relationship with God.

In the past, many of you have participated in a Lenten Bible Study series that met on Wednesday evenings in Fellowship Hall. These past two years have brought about many changes in terms of where, when, and how our study groups have been held. But we have continued opportunities to read and study together on both Sunday mornings and Wednesday evenings. This year on Wednesday evenings, we will continue the tradition of a Lenten study. It will be incorporated into our Wednesday evening Bible study held via Zoom. And if you prefer to meet in person, the same Lenten study will be offered on Sunday mornings in either the Small Conference Room or the Session Room depending on the number of participants.

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Lenten Bible Study – FOLLOW ME: Practice Spiritual Disciplines

WEEK OF MARCH 6 – FASTING has been a staple in Christian life for centuries, in many denominations and in many countries. In the West, for most Protestant denominations, the centrality of fasting declined during the 20th Century. A new appreciation for simple, ancient spiritual practices has resulted in a resurgence of interest in how fasting can help us follow Jesus.

WEEK OF MARCH 13 – PRAYING is probably the first thing that comes to mind when we think of spiritual disciplines of the Christian life. “Keeping company with Jesus” involves talking to God, listening to God, and simply being with God. It is part of our life-long invitation to follow Jesus.

WEEK OF MARCH 20 – LISTENING TO GOD as a spiritual discipline invites us to get quiet and attentive to the voice of God by clearing out some time in our schedule, intentionally turning off any background noise that is under our control, and inviting God to speak to us.

WEEK OF MARCH 27 – EMBRACING SIMPLICITY can be a spiritual gift that leads to freedom. The

purpose of simplicity is to “uncomplicate and untangle one’s life so that we can focus on what really matters.”

WEEK OF APRIL 3 – UNPLUGGING as a way to follow Jesus is not what you would call an “originalist” spiritual practice. Jesus was not plugged into technology, so we cannot follow his lead directly. But we will look at some ways Jesus unplugged from everyday distractions and from crowds, and thus take instruction from him in those ways.

WEEK OF APRIL 10 (Palm Sunday) – TRY DIFFERENT PRACTICES will be our final session in this study, but hopefully only the beginning of your practice of one or more of these spiritual practices that will help you in your quest to follow Jesus both inwardly and outwardly on your faith journey.

Come join us on either Sunday mornings at 9:00 a.m. or on Wednesday Evenings at 7:00 p.m. via Zoom.

Books are available in the church office.

The Wired WORD

An Adult Curriculum

The Wired Word continues to meet every **Tuesday morning at 10:00 a.m. via Zoom**

Our weekly gathering meets on Tuesday morning at 10 a.m. via Zoom. Our weekly gatherings, rather than leaving us hopeless, allow us to reflect on the week’s current news events and 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.

Each week’s lesson materials are emailed out several days in advance of the Tuesday Zoom

“Where current events and faith intersect.”

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.

In addition to the opportunity to participate in a lively discussion each week about faith and news, the group also enjoys the opportunity to connect with friends.

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. Remember, each week we discuss a new topic, so please feel free to pick and choose what interests you. Our website posts the new topic for the week.