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# THE WESTMINSTER LOG

The term comfort zone has always irritated me. I’m not sure how many times I’ve been told, “Heather, you need to get out of your comfort zone”. I’m not exactly sure why I feel annoyed whenever I hear that. Probably because someone is pushing me to do something I don’t want to do. Also, I think it’s because I feel that my true comfort zone involves me, in my house, in sweatpants. Any place else doesn’t seem all that comfortable to me. So couldn’t it be said that any time I leave the house, I’m out of my comfort zone. Can’t that be enough? Why can’t I just stay right where I am?

Of course, deep down, I know the answer to that. If I didn’t push myself to try to new things, hard things, difficult things, I wouldn’t grow or learn or conquer my fears. And therein lies why it’s a struggle to leave that zone of comfort: FEAR. Go to Amazon and search the term “comfort zone” and the results are mind blowing...dozens and dozens of books on the subject. Add in the titles of books that talk about conquering fear, and well, you could spend all day, every day in your house (wearing sweatpants, if you choose) reading about how to live with being uncomfortable.

Lately, I’ve spent a lot of time writing about all of the wonderful aspects of being a member of Westminster. The sense of community, our shared faith, the friendships. It dawned on me though, that this Church has blessed me with so much more. Like the opportunity to grow and getting out of my comfort zone. For example, years ago, I hated to speak in front of an audience. It’s still not my favorite thing to do, but I can do it when I need to. Joining the Bell Choir was difficult — I hadn’t played a musical instrument in years. I spent so many of those early months lost, shaking like a leaf on performance Sundays. Fast forward to today, I still get lost sometimes, but I can usually find my place again and I’m not as nervous the Sundays we play. Several years ago Pat Everson asked me to help with VBS, handling the preschool crafts. Full disclosure: I’m not crafty. Apparently, I’m doing

OK, because Sandy, Dana and Nikelle kept asking me back! My role as Church Treasurer has been full of fear inducing moments. In the beginning, I felt a constant tightness in my stomach, certainly not a comfortable feeling. Attending meetings and talking about the budget was scary at first. Going to workshops and seminars held by the Presbytery can be nerve-wracking; I’m always nervous walking into a group of people I don’t know. Telling people no is still hard for me. I can do these things now, the fear has lessened, or in some cases, become nonexistent. I’ve realized for me, lots of times, the fear I’m feeling stems from the unknown, the newness. After time, the unknown becomes known and not new anymore. I also tend to underestimate myself. Lots of times, once I tackle something, I think, “Well that wasn’t so hard, I guess I worried for nothing.”

Have you felt this way before? Have you thought about trying something new or different and the fear held you back? In the coming months, we hope to use the monthly Log to highlight some of the things our Ministries are doing. Ways that you can join in and, yes, I’m saying it, step out of your comfort zone and try something new. Maybe you’ve thought about joining a choir...try it! Maybe you’ve wanted to get more involved with Mission...you can do it! Have you ever thought about serving as a liturgist...it can be scary, but not as hard as you think, honest! There are so many ways you can become involved or more involved at Westminster. Ways that will be fulfilling and fun and yes, even a little scary. Remember, you’re not alone in your fear; we’re right there with you, and odds are, struggling with the same fears.

Stepping outside my own comfort zone has been difficult at times, but so worthwhile. Besides, I’m pretty sure I’d get bored lounging around in my sweatpants all day.

— Heather Heidtman



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WWW.WPCBC.ORG

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**Watch our sermons  
on our website!**

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- Christian Education  
Nikelle Johnson (ext. 208)
- Custodian  
Harold Miller (ext. 205)



Sunday	Monday	Tuesday
<div>February</div>		
3 <div>             9:00 a.m. Sunday School              9:15 a.m. Adult Spiritual Formation              9:30 a.m. Fellowship Time in the Hall              10:30 a.m. Worship Service              11:45 a.m. Annual Meeting of the Congregation &amp; Souper Bowl of Caring Luncheon           </div>	4 <div></div>	5 <div>             10:00 a.m. Hearts &amp; Hands              12:00 p.m. Bay ISD              3:30 p.m. Staff Meeting              6:00 p.m. Personnel              7:00 p.m. Boy Scouts           </div>
10 <div>             9:00 a.m. Sunday School              9:15 a.m. Adult Spiritual Formation              9:30 a.m. Fellowship Time in the Hall              10:30 a.m. Worship Service              11:30 a.m. Fellowship Time              11:45 a.m. New Voices Writing Workshop           </div>	11 <div>             6:00 p.m. Finance Meeting              6:30 p.m. Small Group: Askers &amp; Seekers              7:00 p.m. Family &amp; Fellowship              7:00 p.m. Stewardship           </div>	12 <div>             10:00 a.m. Hearts &amp; Hands              12:00 p.m. Bay ISD              1:00 p.m. Lions Sight &amp; Hearing Board              6:00 p.m. Spiritual Growth              7:00 p.m. Boy Scouts           </div>
17 <div>             9:00 a.m. Sunday School              9:15 a.m. Adult Spiritual Formation              9:30 a.m. Fellowship Time in the Hall              10:30 a.m. Worship Service              11:30 a.m. Fellowship Time              11:45 a.m. New Voices Writing Workshop           </div>	18 <div></div>	19 <div>             10:00 a.m. Hearts &amp; Hands              12:00 p.m. Bay ISD              7:00 p.m. Boy Scouts           </div>
24 <div>             9:00 a.m. Sunday School              9:15 a.m. Adult Spiritual Formation              9:30 a.m. Fellowship Time in the Hall              10:30 a.m. Worship Service              11:30 a.m. Fellowship Time              11:45 a.m. New Voices Writing Workshop           </div>	25 <div>             6:30 p.m. Small Group: Askers &amp; Seekers           </div>	26 <div>             10:00 a.m. Hearts &amp; Hands              12:00 p.m. Bay ISD              12:00 p.m. Seasons of Grace/Aging &amp; Spirituality              1:00 p.m. Log Crew              5:00 p.m. Stephen Ministries              7:00 p.m. Boy Scouts           </div>

Wednesday	Thursday	Friday	Saturday
		1	2
6 <div>             5:00 p.m. Wednesdays @ Westminster              6:00 p.m. Property              7:00 p.m. Choir Practice              7:00 p.m. Mission Partnerships           </div>	7 <div>             8:30 a.m. TOPS              12:00 p.m. Bay ISD              6:30 p.m. Women of Westminster Board           </div>	8	9
13 <div>             5:00 p.m. Wednesdays @ Westminster              5:45 p.m. Bay City Fireworks              7:00 p.m. Choir Practice              8:00 p.m. Worship Committee           </div>	14 <div>             8:30 a.m. TOPS              12:00 p.m. Bay ISD              1:00 p.m. Esther Circle           </div>	15	16
20 <div>             5:00 p.m. Wednesdays @ Westminster              7:00 p.m. Choir Practice           </div>	21 <div>             8:30 a.m. TOPS              12:00 p.m. Bay ISD              1:00 p.m. Lydia Circle              7:00 p.m. Deborah Circle           </div>	22	23
27 <div>             5:00 p.m. Wednesdays @ Westminster              7:00 p.m. Choir Practice           </div>	28 <div>             8:30 a.m. TOPS              12:00 p.m. Bay ISD              7:00 p.m. Session/Deacon Joint Meeting           </div>	<div> <i>Happy Birthday to...</i>               Molly Molyneaux, Thomas Lange, Arlene Oettmeier, Mary Kay Prudden, John Butts, Bonnie Darling, Russel Marvin, Marian Larive, Sue Curtiss, Anne Remington, and Barbara Timm           </div>	

\*Birthdays listed are for our 75+ Members



*Winter & Spring Communion Servers***February**

Jan Witucki  
Ann Jay  
Tom Majchrzak  
Dawn Reszke  
Lois MacPhail  
Heather Heidtman  
Lisa Beson  
Nancy Harrelson  
Tom Tolles  
Barb Tolles

**March**

Karen Schoepach  
Betty Lunger  
Donna Tetil  
Jack Gustafson  
Pam Binder  
Carolyn Eichhorn  
Kaye Walker  
Nancy Swantek  
Marilyn Bechtel  
Ann West

**April**

Melissa Woodward  
Judy Randall  
Karen Brown-Fackler  
Chris Thurman  
Tiffany Frontjes  
Brian Graves  
Tom Tolles  
Marilyn Bechtel  
Barb Tolles  
Jill Jean

**Music Ministry Sunday  
Schedule for Adults & Youth****February 3**

Chancel Choir

**February 10**

Alma College Choir

**February 17**

Women's Choir (all ages invited!)

**February 24**

Adult Handbells

**March 3**

Chancel Choir

**March 10**

Adult Handbells

**March 17**

Chancel Choir and Junior Choir

**March 24**

Chime Choir and Junior Bells



Prayers are extended to the family and friends of Rae MacPhail. Rae passed away on Saturday, January 12, 2019.

A funeral service was held at Westminster Presbyterian Church on Wednesday, January 16, 2019 with Rev. Linda Williams officiating.

**WINGS OF PRAYER**

Westminster is fortunate to have a number of individuals who participate in a prayer chain. The purpose of Wings of Prayer is to support, through prayer, any person facing challenges such as health issues, family issues, job loss, etc.

To place an individual on the prayer chain, contact Karen Mitchell at 989-513-0843.

**Building Improvement Fund**

November Balance:  
\$14,748.20  
December Income:  
\$1,219.00  
December Expense:  
\$0.00  
December Balance:  
\$15,967.20

**Operating Fund**

December Income:  
\$26,663.03  
December Expense:  
\$37,263.07

**Major Repairs Fund**

\$20,561.00

*Treasurer's  
Report*

Donate online at  
[www.wpcbc.org](http://www.wpcbc.org)

## ANNUAL MEETING OF THE CONGREGATION & SOUPER BOWL OF CARING

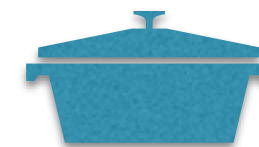
**FEBRUARY 3, 2019**



**The Annual Meeting of the Congregation is scheduled for Sunday, February 3, 2019 immediately following the worship service.**

Afterwards, the Youth Group will host their annual Souper Bowl of Caring Luncheon and Bake Sale in Fellowship Hall. Souper Bowl proceeds will support Westminster's Food Pantry. Bake sale proceeds will benefit youth activities. Please plan to stay for this fun and tasty luncheon!

Volunteers are needed to bring in crock pots of chili, chicken noodle soup, potato soup, and vegetarian vegetable soup. Baked goods are needed for the bake sale. Please contact Nicole Rezler at 989-233-1171 if you are able to help out.

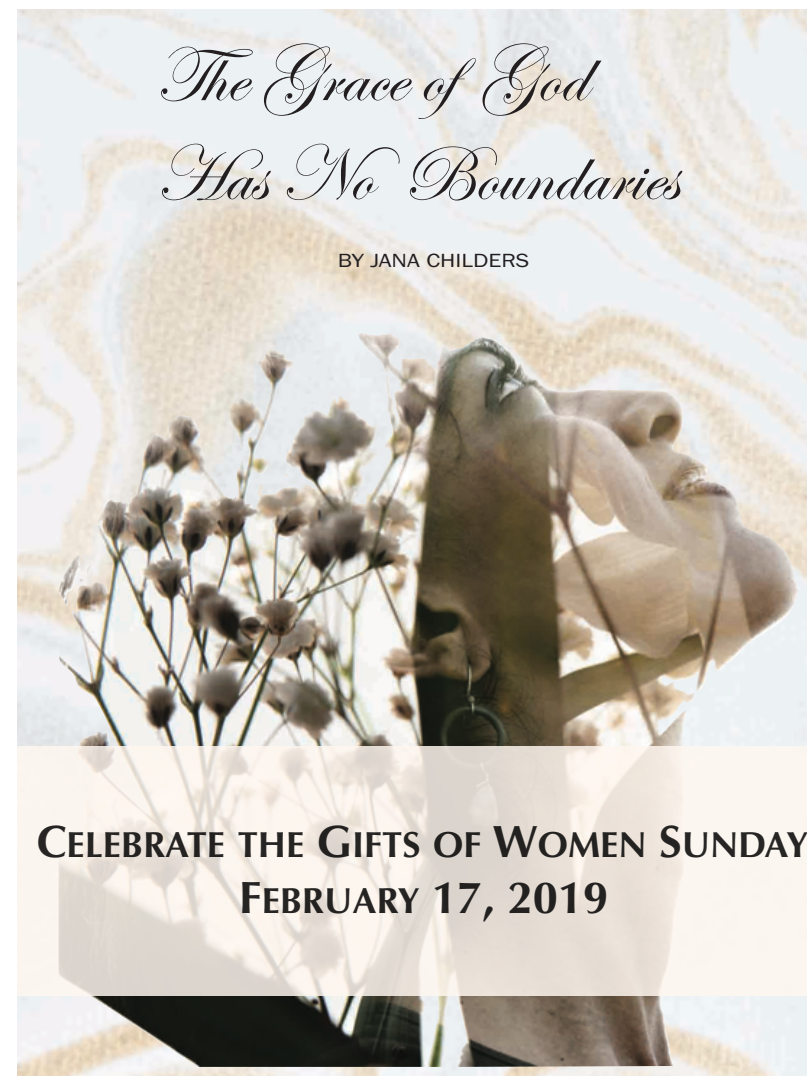
**VALENTINE'S DAY CARDS**

Do you know a Westminster member who is away at college or university? The Family & Fellowship Committee would like to send them a Valentine's Day card. If you know of a member, please let the church office know!



## The Grace of God Has No Boundaries

BY JANA CHILDERS



**CELEBRATE THE GIFTS OF WOMEN SUNDAY  
FEBRUARY 17, 2019**



**PRESBYTERIAN  
WOMEN**

**EXECUTIVE COMMITTEE MEETING**

Thursday, February 7 at 6:30 p.m.





## Lenten Schedule

### Ash Wednesday Worship Service

March 6  
7:00 p.m.

### Palm Sunday

April 14  
10:30 a.m.

### Maundy Thursday Worship

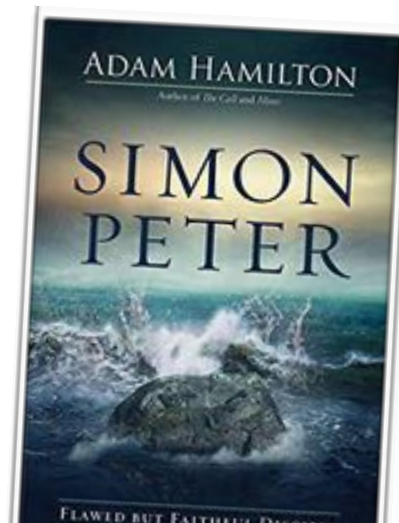
April 18  
7:00 p.m.

### Good Friday Worship

April 19  
7:00 p.m.

### Easter Sunday Worship

April 21  
8:00 a.m.  
10:30 a.m.

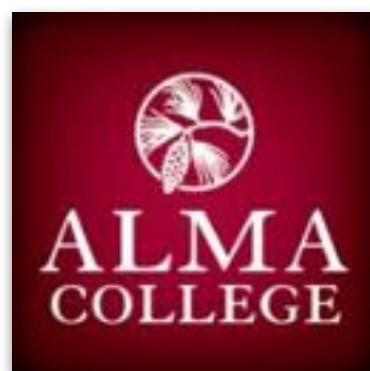


### LENTEN BIBLE STUDY

Beginning  
Wednesday, March 13  
6:00 - 7:00 p.m.

*"He was not rich or educated, but was familiar with hard work. He was quick-tempered and impetuous, but possessed a passion that would change the world. He left everything to follow his teacher, yet struggled with doubt and fear."*

*Join pastor and author Adam Hamilton in this six-week Lenten journey, and take an in-depth dive into the life, faith, and character of Simon Peter."*



[www.alma.edu](http://www.alma.edu)

**FEBRUARY 10, 2019**



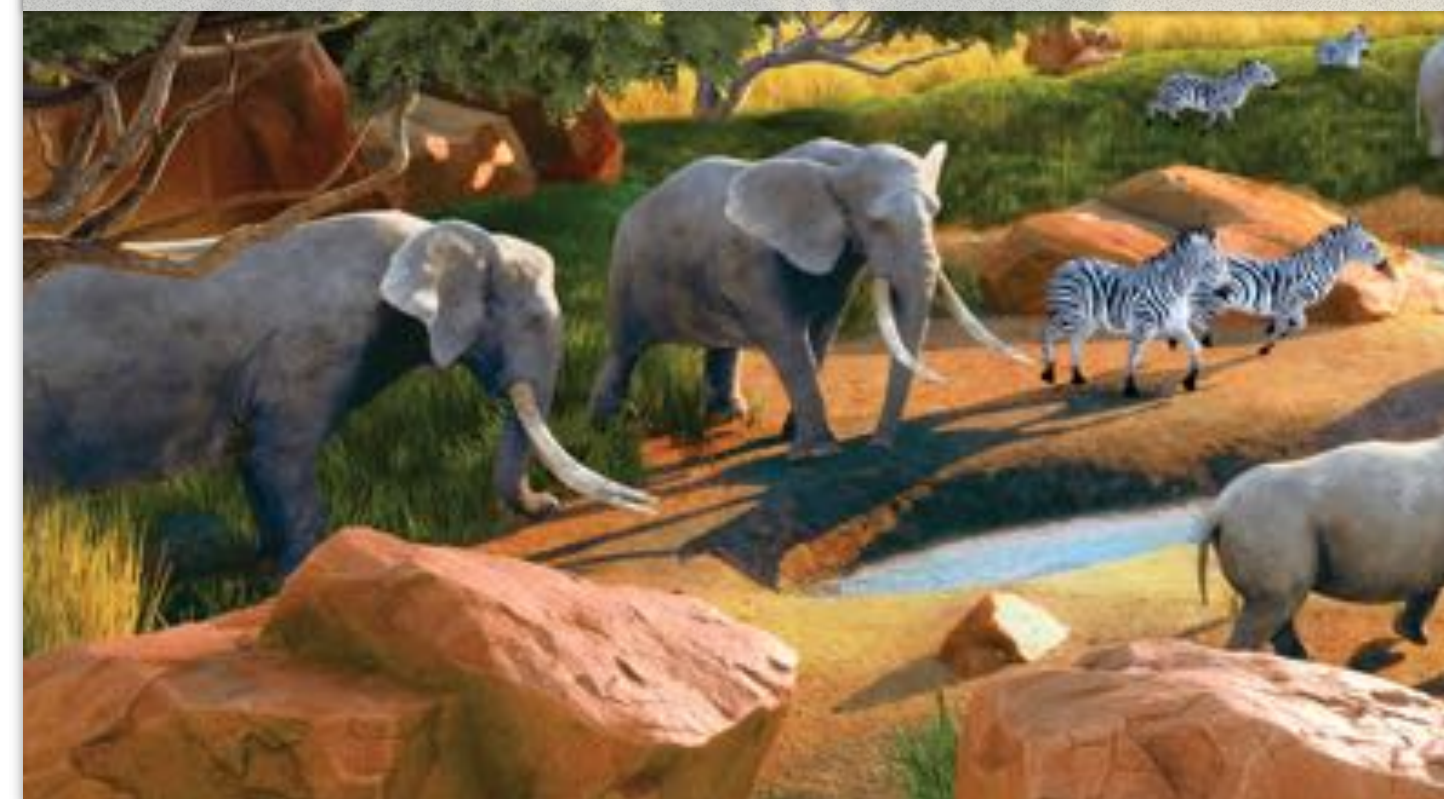
**Westminster is in for a special treat on February 10!**

The Rev. Andrew Pomerville, Chaplain and Director of Spiritual Life at Alma College will lead us in worship. Rev. Pomerville last led us in worship at Westminster on August 26, 2018. In addition, the Alma College Choir (a 40-plus member choir) will perform for us. Be prepared for a memorable musical experience! And finally, the Westminster Boy Scout Troop 150 will assist us in worship.



# SAVE THE DATE!

## June 10 – June 14, 2019





**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."*

Fanny Hoe,  
American writer companion

Loneliness is a universal human experience that can affect our physical and mental health. Now that the hustle and bustle of the holidays has faded, we may be left with a sense of emptiness. Happy New Year? Hardly.

Loneliness is an undesirable and hurtful emotion that can impact immune system functioning, sleep quality and put us at risk for heart disease. Because our society values individualism and self-sufficiency, it often causes us to become isolated and lonely. Rarely do people talk about feeling lonely.

“Loneliness is stigmatized, the psychological equivalent of being a loser in life or a weak person,” said John Cacioppo, co-author of Loneliness: Human Nature and the Need for Social Connections. “We’re more likely to deny



feeling lonely, which makes no more sense than denying hunger, thirst or pain."

We often equate loneliness to being alone which means “without other people.” The trouble is that loneliness is subjective and it’s often a consequence of losing a loved one. To sooth this uncomfortable feeling, consider embracing these three characteristics:

**Awareness.** Bring awareness to your unique experience of feeling lonely. Pay attention to how your body feels. Do you feel a hollowness, heaviness or tightness? Where does this sensation originate — in your chest, throat, limbs? When you feel the sadness well up, allow yourself to cry without restraint.

**Acceptance.** Instinctively we prefer to flee from feelings of loneliness, immersing ourselves in sleep, television or chores and activities that allow us to feel

superficially engaged in life. But none of this really works for the long haul. The aching and emptiness break through. Once we acknowledge our feelings and understand that they can seriously affect our mental and physical health, we can respond by strengthening connections with others.

**Compassion.** Remind yourself that others feel lonely, too. It's part of the human experience that most people experience at some time, often after the death of a loved one. Just as you would show compassion to anyone who is lonely, recognize you deserve this response, too. Choose to see yourself with perspective — as you would see someone else — and recognize it is sad that you have these feelings. Then offer yourself gentleness and compassion.

Do know that you are not alone in your loneliness. In many ways, we are all searching for those who will understand us and help fill some of the void and emptiness we feel. But the true work of grief comes in filling that lonely space from the inside out.

Reprinted from *Comfort for the Grieving Heart*, St. Luke's Hospice, Bethlehem, PA



# SpringHill

The 6th - 12th graders enjoyed a weekend retreat at SpringHill in Evert, Michigan January 18 – 20, 2018.

## SEASONS OF GRACE

### AGING & SPIRITUALITY

Over the next several months we will continue to explore our growth, development, and life's ongoing possibilities through our discussion of ***Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth*** (written by Jane Marie Thibault and Richard L. Morgan). This book includes many short meditations about some of the best ways to know, love, serve and enjoy God and one another.

And enjoy one another we do! If you have not joined us before on the fourth (generally) Tuesday of the month at noon, please come check it out. This year we will be focusing on such themes as Doing Inner Work, Prayer and Contemplation, Redeeming Loss and Suffering, and Leaving a Legacy.



In addition, we are planning a mini-health fair in March. We will have a variety of health and wellness providers on hand to give us tips and to answer our questions. Stay tuned for more details!

Any questions, please see Pastor Linda.

Looking forward to seeing you again on **Tuesday February 26 at noon in Fellowship Hall. Don't forget your sack lunch. Drinks will be provided.**



## New Voices

The “New Voices” writing workshop began in January, but there are still three classes left.

Join us in the Session room after the worship service for a light lunch and plenty of brainstorming and writing!

February 10, 17, 24

See Kaye Walker with any questions.



## Mark Your Calendars!

## Hockey for the Homeless 2019

Join the Rescue Ministries of Mid-Michigan  
Saturday, March 2, 2019 at 7:05 p.m. with  
Saginaw Spirit Hockey.

Events include pre-game  
-Broomball Hockey Tournament  
-Frankenmuth Praise Band  
-Children's Activities

Individual tickets are \$13 and may be ordered online at [www.saginawspirit.net/groupsales](http://www.saginawspirit.net/groupsales)  
ID: resuce2019  
Password: spirit





Presbyterian Church (U.S.A.)  
**Presbyterian Mission**

**A brief letter from Cathy Chang**  
**Mission co-worker serving in Thailand**



On the morning of November 2, Jennifer Dalquez arrived in the Philippines after having completed her prison sentence in the United Arab Emirates. She was imprisoned in December 2014 and sentenced to death in May 2015 for fatally wounding her employer when he attempted to rape her. Jennifer's parents approached Migrant International and asked their assistance to help authorities overturn the death penalty. Working with the PC(USA) Human Trafficking Roundtable, I asked for additional support from church members through their prayers and an electronic signature campaign, as well as from the Stated Clerk's Office through letters to the Philippine President and the Emir of the United Arab Emirates. Thanks to God, through our collective efforts Jennifer is free and home. I was one of the first people from her network of supporters to greet Jennifer and welcome her home!



From their home base in Manila, Philippines, Cathy Chang and Juan Lopez help global partners address issues of migration and human trafficking.

The UN's International Labor Organization estimates 21 million people are victims of coerced labor and/or forced sexual exploitation. While human trafficking is a worldwide problem, countries in Asia are increasingly vulnerable. Cathy and Juan work with Asian churches and non-governmental organizations to help coordinate efforts related to the scourge of modern-day slavery. They also resource various programs of the Presbyterian Mission Agency and US congregations concerned about the issue.

## Mission Connections

A program of  
PRESBYTERIAN WORLD MISSION

[pcusa.org/missionconnections](http://pcusa.org/missionconnections)



warmer. safer. drier

January 17, 2019

Dear Westminster Presbyterian Church Family:

Sidney & Ida lost their home in a fire 28 years ago. After finding land and building a new home together on the mountain, Sidney lost both of his legs to diabetes. Because he could no longer maintain the home, their home began to deteriorate quickly. Sidney hasn't been able to leave his home without being carried by his son because they didn't have a ramp for him to safely exit the home.

ASP volunteers were able to build a ramp and add supports to the front and back porch railings, patch drywall throughout the home, fill in cracks in the

foundation, as well as add a large drainage ditch to prevent potential flooding.

Sidney and Ida are so grateful to everyone that makes ASP's mission possible...which includes YOU! We are so thankful for friends and partners like you — Thank you! Because of YOU, Sidney and Ida's home is now so much safer!

Your gift of \$500 helps make our mission possible. You provide hope for families like Sidney and Ida's, as well as transformational experiences for our volunteers, staff, and the families we serve. Thank you for standing with us as we serve families in need of home repair and replacement. God bless you,

Dr. Walter B. Crouch  
President/CEO

*Blessings!*



## Book Review

In the busyness of life these days, the idea of "Present over Perfect" is a challenging one. Everyone, including me, gets caught up in everything that has to be done, and wanting it to be perfect. We get caught up in the need — that society today pushes us toward — to have everything in our life organized, in order, and well-planned out. But author, Shauna Niequist shares her story of transformation from the deep desire to have everything perfect, to the more life-giving idea that we should be present in whatever we are doing.

Striving for perfection can be exhausting. Comparing ourselves to what we view as others' perfection leaves us feeling inadequate. God wants more for us! "Present over Perfect" is a beautiful, honest look at how God was at work in the life of the author. Throughout the book, we see how God touched her and taught her — that God had something different and better planned for her. Shauna allows you to look at your own life, and gives you permission to look at your own life and strive to be more present in every moment of life. It allows you to look inside yourself and grow closer to God, as well as being more invested in the people in your life.

## "PRESENT OVER PERFECT"

by, Shauna Niequist

Book review by  
Nikelle Johnson