

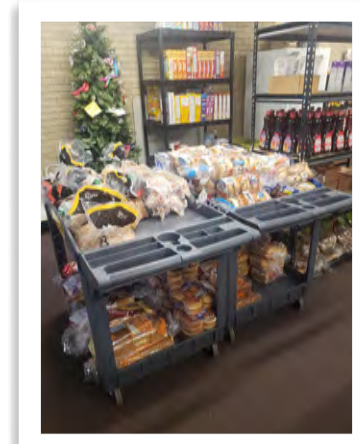
THE WESTMINSTER LOG



JULY 2024 ISSUE 187

WWW.WPCBC.ORG

The Westminster Log is published monthly by Westminster Presbyterian Church, 103 East Midland Street, Bay City, Michigan, 48706. Articles must be submitted by the fifteenth day of each month before publication unless otherwise noted. We reserve the right to edit submissions for content and space. The Westminster Log is formatted to be printed in color.



In January 2023, Westminster joined along with over 1200 other PC(USA) congregations in answering Jesus' call in Matthew 25. This initiative inspired by the well-known passage in Matthew's gospel, emphasizes, simply, what we do for others, MATTERS to God. And while our own Mission Statement affirms our vision to share the love of Jesus Christ, Matthew 25 reminds us why we strive to be the hands and feet of Christ in this world. When we welcome others, we are welcoming Christ; when we feed the hungry, we are feeding Jesus; when we take care of others, we are taking care of our Savior.

"I assure you that when you have done it for the least of these brothers and sisters of mine, you have done it for me."
Matthew 25:40



The expansion of our Food Pantry is just one of the ways we are responding to this call. Partnering with Hidden Harvest and the Food Bank of Eastern Michigan, we are able to provide fresh vegetables, bread, eggs, meat and other perishable and non-perishable items. Our Lenten challenge in March brought in a large inventory of canned goods, cereal, and peanut butter, allowing us to open Westminster's "You Choose" Food Pantry. Our new pantry hours, Wednesday evenings and Thursday mornings, enable us to provide an opportunity for families to come in and choose the items that their family will use and need, instead of only handing out pre-packed bags. In the first 3 weeks, we've helped over 50 families and average about 600 pounds of food going out each day.

We're encouraged by the response from the community; the families we help greatly appreciate the ability to select the items they want and need. And we're grateful for the support of our congregation. We have lots of volunteers and many who have responded when we've had specific needs for the pantry. See the box at the right for other ways you can help!

In addition to the Food Pantry, we've been able to welcome and get to know our neighbors. Last year and again this year, we hosted End of School Block Parties inviting families from our community along with local agencies that provide help and assistance to those families. Both events were fun-filled days of food, a bounce house, face painting and fellowship, letting us show our neighbors that we see them and they are loved. Check out the pictures on page 3 from this year's event.

Families who face food insecurity are also lacking many of the everyday items we find in our kitchen drawers. We are looking for donations of the following items in new condition:

- Vegetable peelers*
- Spatulas*
- Wooden Spoons*
- Measuring cups*
- Dish Towels*

Monetary donations are also greatly appreciated and if you are able to volunteer your time in the Food Pantry please contact Janet Beattie.

Fresh bread, potatoes and a freezer stocked with meat, along with canned goods (mostly donated by YOU during our Lenten challenge) have allowed us to greatly expand our Food Pantry!

Westminster, we thank you for all the ways you've responded, supported and stepped up, as we work to share the love of Jesus with an open and genuine spirit!

THE WESTMINSTER LOG

Visit us on Facebook:
Westminster Presbyterian
Church - Bay City



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

Pastor
Rev. Jamie Milton (ext. 204)
Parish Associate
Rev. Linda Williams (ext. 203)
Church Secretary/Treasurer
Heather Heidman (ext. 201)
Director of Children and Youth Ministries
Leah Sneller (ext. 208)
Facilities Manager
Harold Miller (ext. 205)

July

Office Hours

Monday – Thursday: 8:00 a.m. – 4:00 p.m.

website: wpcbc.org

Join us on Facebook

Westminster Presbyterian Church - Bay City

Happy Birthday

Joyce Grigg
Margaret Hanson
Neil Everson
Sharon Hignite
Judy Wycoff

Leonor Robinson
Nancy Berta
Peggy Lange
Gary Eagle
Gena Gates

Sundays

9:30 a.m. Fellowship

Join us in Fellowship Hall for Coffee and Donuts and Conversation

10:30 a.m. Worship

In July we are continuing our Summer Worship Series, Faces of Our Faith. See page 2 for more details.

11:30 a.m. Fellowship

Join us in Fellowship Hall for Coffee and Cookies and Conversation

Sunday	Monday
	1
7 Communion Sunday Eutychus	8
14 Lydia 11:30 a.m. Game Gathering	15 1:30 p.m. You Were Made for this Moment Book Study
21 Jonah 11:45 a.m. Book and Brunch 11:45 a.m. Youth Group with Nikelle!	22
28 Queen Vashti	29

Tuesday	Wednesday	Thursday	Fri/Sat
2 10:00 a.m. Hearts & Hands Knitting 1:30 p.m. You Were Made for this Moment Book Study	3 4:00 p.m. - 7:00 p.m. Food Pantry Open	4 Church Office Closed	5 6
9 9:00 a.m. Matthew 25 Cafe 10:00 a.m. Staff Meeting 10:00 a.m. Hearts & Hands Knitting 1:00 p.m. Lions Club 1:30 p.m. You Were Made for this Moment Book Study 6:00 p.m. Boy Scouts	10 9:00 a.m. Nate Doan Park Clean-up 4:00 p.m. - 7:00 p.m. Food Pantry Open 6:00 p.m. Movie: Anne of Green Gables The Sequel	11 8:30 a.m. TOPS 10:00 a.m. - 2:00 p.m. Food Pantry Open 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Faces of Our Faith Devotional Series via Zoom	12 13
16 10:00 a.m. Hearts & Hands Knitting 1:30 p.m. Summer Movie "The Best Christmas Pageant Ever"	17 4:00 p.m. - 7:00 p.m. Food Pantry Open	18 8:30 a.m. TOPS 10:00 a.m. - 2:00 p.m. Food Pantry Open 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Faces of Our Faith Devotional Series via Zoom	19 20
23 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. Staff Mtg. 1:30 p.m. You Were Made for this Moment Book Study	24 4:00 p.m. - 7:00 p.m. Food Pantry Open 6:00 p.m. Movie: Anne of Green Gables The Continuing Story	25 8:30 a.m. TOPS 10:00 a.m. - 2:00 p.m. Food Pantry Open 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Faces of Our Faith Devotional Series via Zoom	26 27
30 10:00 a.m. Hearts & Hands Knitting 1:30 p.m. You Were Made for this Moment Book Study	31 4:00 p.m. - 7:00 p.m. Food Pantry Open		

TREASURER'S REPORT

In May, the **Operating Fund** had income of \$25,349.71 and expenses of \$41,682.78. The Mission Ministry supported the Good Samaritan Rescue Mission with their annual Golf Outing (see below) and made a donation to Mission Co-worker Cathy Chang to support her work in Philippines. The Spiritual Growth Ministry purchased more books for the Grateful book study, and the Ephesians Bible Study and other supplies as we wrapped up the program year. The Church Office, Personnel and the Property ministry had their normal expenses to keep the church running smoothly. We are always grateful for your gifts to the General Fund which allow us to do all that we do.

The **Building Improvement Fund** received contributions of \$210.00, and did not have any expenses in May. The Fund ended the month at \$15,015.25. Thank you for contributing to the Building Improvement Fund.

The **Major Repairs Fund** had income of \$164.00 in May and did not have any expenses during the month. The balance at the end of April is \$42,259.11 Thank you to those who contribute to the Major Repairs Fund.

Contributions to the **Capital Campaign Fund** totaled \$1,186.10. After our payment in May the balance on the loan is \$122,316.59. We're grateful for your gifts to the Capital Campaign.

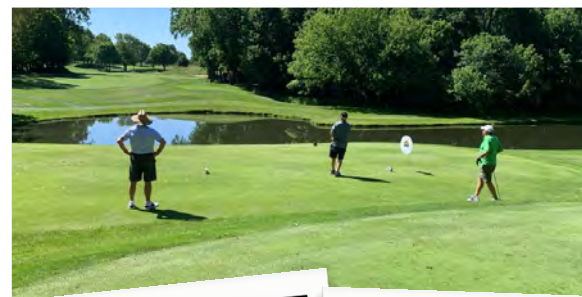
As always, if you have any questions or concerns please give me a call or stop by the office.

Heather Heidtman

FELLOWSHIP TIME

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

Coffee and donuts included.



RESCUE MINISTRIES OF MID-MICHIGAN ANNUAL GOLF CHALLENGE

The Rescue Ministries of Mid-Michigan held their annual Golf Outing and Westminster was once again a Clubhouse Sponsor. Jeff Rogers, Chris Elzinga, Len Petroff and Steve Kusterer took part in the challenge and enjoyed the day on the links, while supporting and raising funds for an organization near and dear to our hearts.

Westminster has been a proud sponsor for many years. Your

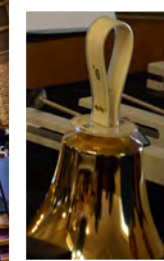
gifts to the General Fund allow us to make this donation each year. Thank you Westminster!



In our gathering for StarGazers and SoulSearchers today, among many throughout, was the thought of "hope". When I hear and am uplifted by beautiful music, I am filled with hope.

I am grateful for Peggy Hanson and the Bell Choir. Thank you greatly for your performance on Sunday, June 9th and for all seven pieces. Ending with "Let There Be Peace on Earth," the music was not only fun to listen to but most hopeful. It was a great show-one that remains in my mind, I'm still enjoying.

~Anne Remington



NATE DOAN PARK CLEAN UP

Calling all Diggers! We're having a work day at Nate Dean Park to remove all plants and weeds on Wednesday, July 10 @ 9:00 a.m. We'll meet at the front of Nate Doan Park off of Dean Street.

For more information contact Judy Randall, 989-525-3112

CALLING ALL YOUTH!



SUNDAY, JULY 21ST @ 11:45 A.M.

CARD GAMES - BOARD GAMES - REFRESHMENTS

NIKELLE IS BACK AND PLANS TO JOIN US IN WORSHIP AND STAY FOR A SPECIAL SUMMER YOUTH GROUP MEETING! WE'LL PLAY GAMES. HAVE SOME FOOD (OF COURSE!) AND CATCH UP WITH EACH OTHER!

BAPTISMAL ANNIVERSARY

In April, we began a new monthly addition to the Log, listing the names of our children who are celebrating their baptismal anniversary. The Spiritual Growth Committee prays for each child and sends them a card, and we encourage you to pray for them as well!

July Baptismal Anniversaries:

- Leighton Bonds
Tatum Irrer
Forrest Noonan
Sophie Hildebrant



Summer Worship Schedule

There are many heroes of the faith, people we admire and wish to be. However, there are even more ordinary people of faith—those doing what they can with what they have to make a difference. This summer, we'll dig deep into the bold and untold stories of those often overlooked in our biblical narratives, hoping these characters remind us that we all play a role in shaping God's story of redemption and grace. Some names will be familiar, while others may leave you scratching your head trying to remember if you've heard their story at all. Join us throughout the summer as we hear their stories with fresh ears and open hearts.



Seminarian, Nikelle Johnson will be joining us this summer while she's home from Union Presbyterian Seminary and will be leading us in worship on August 4th.

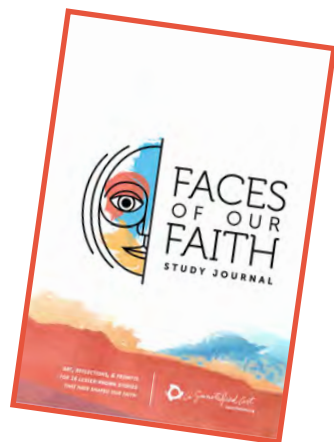
- July 7: Eutychus
- July 14: Lydia
- July 21: Jonah
- July 28: Queen Vashti
- August 4: Mary Magdalene

Thursday Evening Summer Devotional Series

There are many well-know figures in the Bible; we spent the Lenten season learning more about Peter, Jesus' beloved disciple. During last year's Christmas pageant, we heard the story of Elizabeth and Zechariah. This summer, with "Faces of Our Faith", we have an opportunity to hear and delve into stories of some not-so-well known individuals and their faith journeys.

This will be both the summer worship-sermon series as well as the Thursday evening Zoom Bible study series. **Continuing Thursdays in July and early August, at 7 PM via Zoom** we will consider the faith of Eutychus and his story of literally, falling away from the church and his return, aided by Paul (Acts 20). Then throughout the remaining weeks we will look at THE CHARACTERS of • Puah & Shiprah (Exodus 1) • Queen Vashti (Esther 1) • Jonah (Jonah 4) • Mary Magdalene (Mark 16) to name a few. Each week we will be reading about the character's life story, read a short devotional, and then reflect on how these lesser known Bible characters still speak to us today as we navigate this world in our journey of faith.

The Study Journal (similar to the devotional booklets we used in our Lenten Peter series) have been developed by Sanctified Arts to enhance this Bible study series and are available in the church office. Please contact Rev. Linda with any questions.



WESTMINSTER PRESBYTERIAN CHURCH
103 E. MIDLAND ST

VACATION BIBLE SCHOOL

Exploring God's Big Creation

August 5-8
8:30 a.m. - 12:30 p.m.

No Cost!

For 3-4-5 Years Old

Songs! Crafts! Bible Stories! Games! Snack and Lunch!

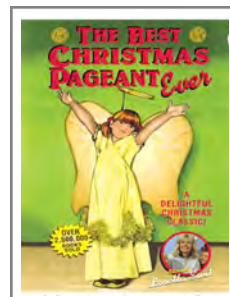
Register your Preschool age children or grandchildren now! Registration forms are available in the church office or email Leah at youthdirector@wpcbc.org

Volunteers and Donations NEEDED!
Westminster friends- We're gearing up for another fun week of Vacation Bible School and we need your help! If you would like to volunteer during the week, please reach out to Leah at youthdirector@wpebc.org or give her call 989-686-1360 ext. 208. And be on the look out for donation request slips in the Sunday School Hallways as we get closer to August. This is such a fun week for all of us and we're grateful for the ways our congregation is a part of it!

Summer Movies



July 10 @ 6:00 p.m.



July 16 @ 1:30 p.m.

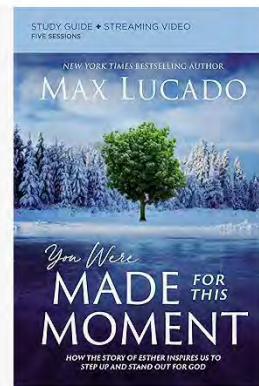
Summer is rolling on and so are our movies. And what would we do without some kind of "Christmas in July" celebration. On **Tuesday July 16th at 1:30** we will be watching a delightful movie – **The Best Christmas Pageant Ever**. The movie is both touching and moving, as it tells the story of the Herdmans – "not the kids one usually expects to take part in a play, but this year they decided they belong in the pageant. Some of the town people think instead they belong in the care of the local police. But when the curtain finally goes up, a miracle begins – and it all turns into "The Best Christmas Pageant Ever." We are thinking this would be a great intergenerational movie, so please invite your grandchildren or neighbor kids to come watch with you. We hope with school out some of Westminster's kids will be here as well



July 24 @ 6:00 p.m.

Back by popular demand we will be showing Part Two and Part Three of the **Anne of Green Gables** series. We will gather at **6 PM on Wednesday evenings – July 10th and July 24th**. In Anne of Green Gables "The Sequel" we watch Anne making the transition from a high school graduate to an adventurous and accomplished teacher. And in Part Three, "The Continuing Story" we see Anne return to Avonlea for the first time since Marilla's death and her deepening relationship with Gilbert. It follows the characters from New York, the war effort in Europe and eventually returns them to the red earth of Prince Edward Island. As we did last year we will share a light summer meal while we watch the movie in Fellowship Hall. Please feel free to bring your own lawn chairs for comfortable viewing.





Our July Book Group will be meeting for **five afternoons in July, beginning on Tuesday, July 2nd at 1:30 p.m.** and together reading the book, *You Were Made for This Moment* by Max Lucado. He asks, “do you sometimes feel weary, worn out or have a heart that keeps aching?” If so, this book with its focus on the Book of Esther reminds us that - Relief will come!

To be clear, we don’t ask for our struggles, but we can know that God is with us in this difficult season.

Queen Esther learned this truth firsthand. When confronted with a royal decree that would annihilate her people, she had to make some tough choices. Would she remain silent in the face of this challenge, or would she speak up? Would she blend in, or would she stand out? But after Esther spent three days in prayer and fasting, God gave

July Book Study her the courage to speak up. God used her to save the nation. And God can do the same – help us and use us to be there for others as well, even in the midst of a difficult season. God never promised us a life without trials, but does promise to be with us as we walk through them. Trusting that God can redeem our struggles for a mighty purpose. You were made for this moment.

BOOK AND BRUNCH

JUNE 23
JULY 21
AUG 18

Brunch will be provided each time we meet!

Join us throughout the summer as we learn how poverty affects us all. We'll discuss how we can work together to end hunger and eradicate systemic poverty, answering our call as a Matthew 25 church. Books are available through the office.

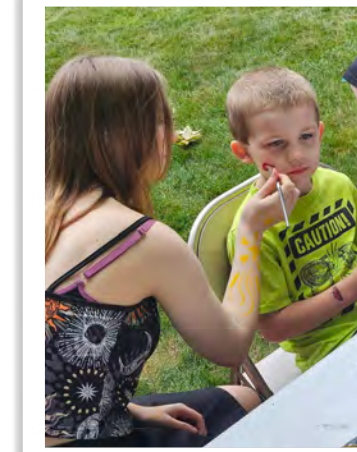
POVERTY, BY AMERICA

MATTHEW DESMOND
PULITZER PRIZE-WINNING AUTHOR OF EVICTED

MATTHEW 25



Our 2nd Annual End of School Block Party was a great success. We estimated over 250 were in attendance and we had over 40 church volunteers help with the event that showed our neighbors and community...YOU ARE LOVED!



Each month 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.

"We bereaved are not alone. We belong to the largest company in all the world--the company of those who have known suffering."

~ Hellen Keller, *We Bereaved*

Grief tends to make us feel so alone and yet it is something we all have or will experience. Although we all experience it, none of us grieve in exactly the same way. That is what makes us feel alone.

Grief is as individual as a fingerprint. Our fingerprints are unique to us, but all of us have them. We all experience grief. We all go through loss and change. We just do it in different ways, because like our fingerprints, we are not all the same. We have different personalities. We have different supports. The relationship we had with the person we lost is unique and different from anyone else who knew them. We cannot expect to all grieve the same, but that does not mean we do not grieve.

Some will choose to face the grief head on. Some will utilize supports. Some will be willing to share and others choose to keep it close to the vest. Our personality, experience and culture all are factors in how we grieve.



We cannot judge the way someone chooses to grieve. There is no right or wrong when we are grieving. However, there are healthy and unhealthy ways to grieve. What we can do is support one another as best we are able.

Grief is a trickster that makes us feel like we are the only ones who have ever been through it and that no one could possibly understand what we are going through and what we are feeling. If you feel this way, please know you are not alone and that reaching out to a trusted friend, family member, your faith community, grief support group, or Bereavement Counselor can help. Knowing you are not alone and being validated in your feelings and provided an outlet can make such a difference in the grieving process.

We realize it can be difficult to reach outside of ourselves when we are going through something so personal, but in grief we are not our own best friend. In a time when we should be good to ourselves, we tend to be our biggest bully.

Remind yourself that reaching out for support is not a sign of weakness, but an act of awareness, strength, self-love, and courage.



Grief & The Body

Grief is complex. It is not only emotionally draining, but also impacts us socially, spiritually, behaviorally, and cognitively. Just as we encourage reaching out for emotional support, we hope you will take care of your physical health, as well. In doing so, we wanted to share with you some ways grief can impact the body.

Stress Response: Grief triggers a significant stress response in the body. The stress hormones cortisol and adrenaline are released, leading to physiological changes such as increased heart rate, blood pressure, and respiration. This can result in feelings of tension, restlessness, and irritability.

Sleep Disturbances: Grief often disrupts normal sleep patterns. Some people experience difficulty falling asleep or staying asleep, while others may sleep excessively. Sleep disturbances can contribute to fatigue, weakness, and difficulties with concentration.

Weakened Immune System: Prolonged grief can weaken the immune system, making individuals more susceptible to illnesses and infections. Stress hormones released during grief can suppress immune systems, increasing risk of illnesses and delaying healing processes.

Appetite and Digestive Issues: Grief can affect appetite, leading to changes in eating patterns. Some individuals may experience a loss of appetite, leading to weight loss, while others may turn to food for comfort, resulting in overeating or unhealthy food choices. Grief can also contribute to digestive problems, such as stomachaches, indigestion, and gastrointestinal distress.

Physical Pain: Grief can manifest as physical pain. People often report experiencing aches, headaches, muscle tension, and overall body pain. This can be attributed to the body's physiological response to stress and emotional distress.

Fatigue and Lack of Energy: Grieving requires significant emotional and psychological energy, which can result in persistent fatigue and a lack of energy. This fatigue can make it challenging to carry out daily activities and can contribute to feelings of physical and mental exhaustion.

Cardiovascular Effects: Intense grief has been associated with an increased risk of cardiovascular problems. The stress and emotional upheaval can contribute to elevated blood pressure, irregular heart rhythms, and even an increased risk of heart attacks or other cardiovascular events.

Please let your primary care physician know if you are experiencing any of the above and make them aware of any recent losses.

~ St. Luke's Hospice Grief Support



One woman with an idea, a bag of miscellaneous yarn destined for the PW fall rummage sale, and a group of ladies who loved to knit and crochet. That was the beginning of what became Hearts and Hands of Westminster. Almost 25 years ago, Sharon Hignite saw that bag of yarn in the church lobby and thought that it could become scarves for the homeless with the help of her friends at Westminster. Along the way, the group chose a name, Hearts and Hands of Westminster, and began to make much more than just scarves and go beyond just helping the homeless. Out of those hands, hooks, and needles came scarves,

hats, mittens, bed socks, prayer shawls, lap robes, dish cloths and all types of baby items. Items have been given to the Rescue Mission, Bangor Township Schools, nursing homes, hospitals

and to individuals when special requests were received. The group also makes many baby items for our annual Mother's Day Baby Shower. The dish cloths have been given to the Rescue Mission for use when someone moves into their own place, and they have been placed in the food pantry to be added to bags of food.

Hearts and Hands of Westminster has members of Westminster in the group and friends and family members from outside the church. Over the years we have lost and gained people, but the spirit and the purpose has never changed.

And it isn't just the recipients of the items created who are blessed, those who come to create those items are blessed as well. Problems are solved, issues discussed, support and prayers through illness and loss are offered, and stories and laughter are enjoyed.

There is always room at the table and ladies willing to share their skill and knowledge. They meet each Tuesday morning from 10:00 a.m. - 12:00 p.m. in the Session Room. Thank you Hearts and Hands of Westminster! You warm many hearts and hands.

