

Westminster Presbyterian Church

103 E. Midland Street  
Bay City, MI 48706

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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.

Pastor  
Rev. Jamie Milton (ext. 204)  
Parish Associate  
Rev. Linda Williams (ext. 203)  
Treasurer/Secretary  
Heather Heidtman (ext. 201)  
Youth Director  
Brandi Higgins (ext. 208)  
Facilities Manager  
Harold Miller (ext. 205)

THE WESTMINSTER LOG

THE WESTMINSTER LOG

In the early centuries of Church history, the tradition of Lent was born out of the 40-day period in which converts to Christianity completed an intensive preparation for baptism. This time was to be devoted to the practice of spiritual disciplines, especially those of prayer and fasting. This was meant to reflect Jesus’ own time fasting in the desert as preparation for his own ministry. As converts prepared to enter into the church’s life, fellowship, and mission, this period of devotion was the final step of instruction and study, before their baptism into the faith.

For most of us now, the tradition is different. While often still including an aspect of fasting or spiritual discipline, the time of Lent is no longer used for baptismal instruction. However, Lent is still an important journey for us, taking us on a closer walk with Jesus, through his teachings, toward the final week of his life. As we journey together this Lent, our focus will center around Jesus’ answer to the question, “Which commandment is the most important of all?”

“<sup>29</sup> Jesus replied, “The most important one is *Israel, listen! Our God is the one Lord*, <sup>30</sup> and you must love the Lord your God with all your heart, with all your being, with all your mind, and with all your strength. <sup>31</sup> The second is this, *You will love your neighbor as yourself*. No other commandment is greater than these.”

Drawing from the three occurrences of this question and Jesus’ response in the gospels, our Lenten theme for 2023 is Love God, Neighbor, Enemy. We will explore together what love is and what love does. We will grapple with the possibilities and challenges of loving our neighbors and enemies as a way to love God in response to the love God has for us all.

LENTEN CALENDAR

Weekdays, Monday-Thursday  
Prayer and Practice Stations  
8:00 a.m.-3:00 p.m.

March 15	Mid-Lenten Potluck, Workshop and Worship Service	6:00 p.m.
April 2	Palm Sunday Pageant	10:30 a.m.
April 6	Maundy Thursday Worship	7:00 p.m.
April 7	Good Friday Worship	7:00 p.m.
April 8	Easter Walk & Vigil	TBD
April 9	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.  
February 26: Love Extravagantly (Luke 6:27-42)  
March 5: Serve a Stranger (1 Kings 17:8-16)  
March 12: Show Mercy (1 Samuel 24; Luke 23:32-43)  
March 19: Be Courageous (Acts 6:8-7:2; 7:51-60)  
March 26: Live Peaceably (Romans 12:9-21)

Loving God, neighbor, and enemy with our whole selves is not easy, but it may be some of the most important work we do.

continued on page 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>March</div>			1  6:30 p.m. Chancel Choir Rehearsal	2  8:30 a.m. TOPS 4:00 p.m Combustion Council 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study via Zoom	3	4
5 <i>Second Sunday of Lent</i> 8:45 a.m. Bell Choir Rehearsal 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:00 p.m. Ignite (Youth Group) 6:00 p.m. Confirmation Class	6  6:00 p.m. Mission Meeting 7:00 p.m. Deacon Meeting	7  10:00 a.m. Hearts & Hands Knitting 6:00 p.m. Personnel Meeting 6:00 p.m. Boy Scouts	8  6:30 p.m. Chancel Choir Rehearsal	9  8:30 a.m. TOPS 4:00 p.m Combustion Council 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study via Zoom	10	11
12 <i>Third Sunday of Lent</i> 8:45 a.m. Bell Choir Rehearsal 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:00 p.m. Ignite (Youth Group) 6:00 p.m. Confirmation Class	13  5:00 p.m. Property Meeting 6:00 p.m. Finance Meeting 7:00 p.m. Stewardship	14 10:00 a.m. Hearts & Hands Knitting 10:00 a.m. Staff Meeting 1:00 p.m. Lions Club 2:00 p.m. FYI Happenings 6:00 p.m. Boy Scouts 6:00 p.m. Fellowship & Outreach Meeting 6:30 p.m. Committee Meetings	15  6:00 p.m. Mid-Lenten Potluck, Workshop and Worship 7:00 p.m. Chancel Choir Rehearsal	16  8:30 a.m. TOPS 1:00 p.m. Lydia Circle 4:00 p.m Combustion Council 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study	17	18
19 <i>Fourth Sunday of Lent</i> 8:45 a.m. Bell Choir Rehearsal 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:00 p.m. Ignite (Youth Group) 6:00 p.m. Confirmation Class	20	21  10:00 a.m. Hearts & Hands Knitting 6:00 p.m. Boy Scouts 7:00 p.m. Session	22  6:30 p.m. Chancel Choir Rehearsal	23  8:30 a.m. TOPS 4:00 p.m Combustion Council 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study via Zoom	<div> Office Hours  Monday – Thursday: 8:00 a.m. – 4:00 p.m.   website: <a href="http://wpcbc.org">wpcbc.org</a>  Join us on Facebook  Westminster Presbyterian Church - Bay City </div>	
26 <i>Fifth Sunday of Lent</i> 8:45 a.m. Bell Choir Rehearsal 9:00 a.m. First Light (Sunday School) 9:00 a.m. Adult Bible Study 9:30 a.m. Fellowship Time 10:30 a.m. Worship Service 11:30 a.m. Fellowship Time 4:00 p.m. Ignite (Youth Group) 6:00 p.m. Confirmation Class	27	28  10:00 a.m. Hearts & Hands Knitting 12:00 p.m. Lunch and Learn 6:00 p.m. Boy Scouts	29  6:30 p.m. Chancel Choir Rehearsal	30  8:30 a.m. TOPS 4:00 p.m Combustion Council 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study via Zoom 7:00 p.m. Deborah Circle	<div> Happy Birthday   Dianne Young  John Tapley  Elizabeth Dore  Kenneth Lange  Colleen Schmidt  Larry Pryce </div>	

In January, the **Operating Fund** had income of \$52,810.15 and expenses of \$33,010.20. 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](http://www.wpcbc.org) and click on the "Give Online" button. 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 \$495.00 and did not have any expenses in January. At the end of the month, the fund balance is \$20,613.00. 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 \$490.00 in January. The balance at the end of the month is \$58,929.59. Thank you to those who contribute to the Major Repairs Fund.

Contributions to the **Capital Campaign Fund** totaled \$5,068.08. Currently the loan balance at the end of January is \$202,722.18. Thank you to everyone who has contributed to the Campaign. We're making great strides in paying off the principal every year.

Heather Heidtman  
[treasurer@wpcbc.org](mailto:treasurer@wpcbc.org)  
 989-225-5718

Per capita for 2023 is \$29.77.  
 This is per active,  
 confirmed member.

## STEWARDSHIP SUNDAY CELEBRATION

February 12, 2023



*Thank you to the Session for hosting our Stewardship Celebration Pasta Bar, and to everyone who attended and joined in the celebration!*

### FELLOWSHIP TIME

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



Coffee and  
 donuts  
 included!

### Prayer and Practice Stations

MONDAY – THURSDAY

8:00 A.M.-3:00 P.M.

MARCH 1ST-30TH

To assist us in our practice of 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 throughout the season. These stations will be accessible during office hours (Monday through Thursday 8am-3pm), 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.

### Special Mid-Lenten Potluck, Workshop and Worship

WEDNESDAY, MARCH 15TH @6:00 P.M.

On Wednesday, March 15<sup>th</sup>, we will gather in the Fellowship Hall for a potluck dinner. After the meal, there will be a Lenten themed craft for everyone to work on, followed by a brief service of evening prayers. Please bring a ditto share and plan to join us for this special worship and fellowship event.



## Palm Sunday Pageant

Would you enjoy singing with the choir?

Would you like to give your acting skills a try?

We have a great opportunity for you. We are looking for folks that would like to take part in our Palm Sunday Pageant this year. If you are interested in singing please see Dawn Auger or come to choir rehearsals on Wednesday nights at 6:30. If you are interested in an acting role please see Brandi Higgins.

*With Sympathy*



**Ronald O. Deuscher**

Prayers are extended to the family and friends of Ron Deuscher. Ron passed away February 9, 2023. A funeral service was held February 25th with Rev. Jamie Milton and Rev. Linda Williams officiating.

*Thank You Westminster*

Thank you for the gift of duffel bags for our Foster Youth! Your annual provision of bags helps us to ensure that each child entering into care has their own bag to carry their personal belongings. Further, it guarantees that no child moves their belongings in a trash bag. Thank you for thinking of our agency and the children we serve.

Brianna Lyons,  
Bay County Department of  
Health and Human Services.



Dear Partners in God's Mission,  
Grace and peace to and yours through Jesus Christ, who makes us one. On Sunday, February 19th, we celebrated Transfiguration of the Lord. In Matthew's gospel, we read, "And Jesus was transfigured before them, and his face shone like the sun, and his clothes became dashing white." (17:2). Clearly, Peter, James and John received a glimpse of God. As you engage with Presbyterian Mission, you too get a glimpse of God—a vision of what God is doing around the world. And so, on behalf of Presbyterian Mission, please allow me to express our appreciation to you, your pastor, session and the congregation for your gracious and faithful support. Your support changes people's lives and helps other receive a glimpse of God around the world.  
Yours in Christ,  
Lauren Rogers, Ministry Engagement Advisor



The season of **Lent** is a time of prayer, fasting and self-examination in preparation for the celebration of the resurrection of the Lord at Easter. It is a period of 40 days — like the flood of Genesis, Moses' sojourn at Mount Sinai, Elijah's journey to Mount Horeb, Jonah's call to Ninevah to repent and Jesus' time of testing in the wilderness. During the final week of Lent - Holy Week - we hear the fullness of Christ's passion, his death, and resurrection. From Jesus' triumphal entry into Jerusalem, we travel Christ's path of servanthood through the Lord's Supper and the suffering of the cross toward the glory of Easter. Remembering that Jesus and his disciples were first century Jews, in the four Gospels this last meal shared with his disciples happens during Passover.

**Passover** is a major [Jewish holiday](#) that celebrates the [Biblical story](#) of the Israelites escape from slavery in [Egypt](#), which occurs in the Spring. According to the [Book of Exodus](#), God commanded Moses to tell the Israelites to mark a lamb's blood above their doors in order that the [Angel of Death](#) would pass over them (so they would not be touched by the [tenth plague, death of the firstborn](#)). After the death of the firstborn, Pharaoh ordered the Israelites to leave, taking whatever they want, and asked Moses to bless him in the name of the Lord. The passage goes on to state that the Passover sacrifice recalls the time when God "passed over the houses of the Israelites in Egypt". This story is recounted at the Passover meal.

On Tuesday, March 28<sup>th</sup>, during the third of Christian Lent, Mrs. Beth Cook from the local Jewish faith community, will be our guest speaker. It will give us the opportunity to learn more about the Jewish faith, traditions, and practices, including Passover.

**Come join in on Tuesday, March 28<sup>th</sup> at noon** in Fellowship Hall. You are welcome to bring a bag lunch; beverages will be provided and a small sweet treat as well. Any questions, please call the church office.

# GOD SIGHTINGS FEBRUARY 2023

THANK YOU FOR DOING YOUR  
PART TO SERVE THE  
CONGREGATION OF  
WESTMINSTER!



**AMELIA  
BAILEY-  
MAJCHRZAK**



**CHRIS  
ELZINGA**



**PAM  
JOHNSTON**



**OLIVE  
GRAVES**

## SOUP LUNCHEON & BAKE SALE

January 29, 2023

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 over \$850.00 to be divided between our Youth Group and the Food Pantry here at Westminster.

Thank you for your generous donations!

— *Ignite Youth Group and Crisis Ministry*





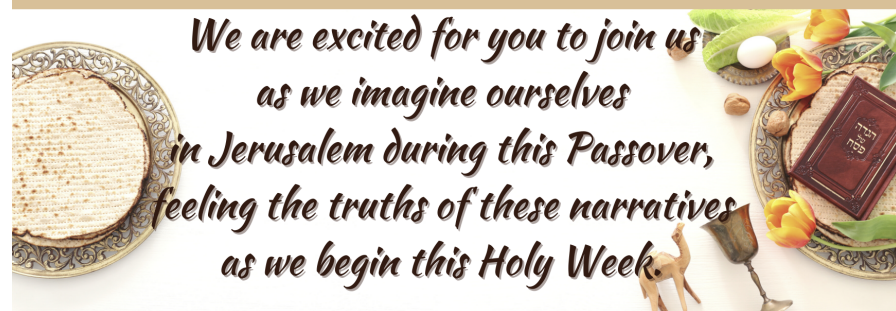
## Join us Palm Sunday for a very special service.

This service is the beginning of Holy Week which is a week unlike any other week in our entire calendar.

We will celebrate by incorporating the tradition of Midrash into our service. Midrash is an ancient Jewish tradition that weaves together the art of storytelling and the truths of scripture.

You will be invited to imagine and wonder about the details that may exist between the lines. You will hear stories from the different voices of people who encountered Jesus throughout his life.

This service will be a collaboration between the Pageant Chorus, the Children and Youth departments, along with others who are helping to bring this service to fruition.



*We are excited for you to join us  
as we imagine ourselves  
in Jerusalem during this Passover,  
feeling the truths of these narratives  
as we begin this Holy Week.*

### HEARTS AND HANDS KNITTING

Our Hearts and Hands Knitting Group has been busy and is extending an invitation to anyone that would like to join them.

Currently, they are making hats for chemotherapy patients at Covenant Hospital. They're also working on hats and mittens for local school-aged kids, lap robes for nursing home residents, and dish cloths and towels that are donated to the Good Samaritan Rescue Mission.



Even if you haven't knitted or crocheted before, there is someone there to teach you. Don't fee like knitting? That's OK!

Come Tuesdays from 10-noon for fellowship and great conversation.

## Welcome New Members

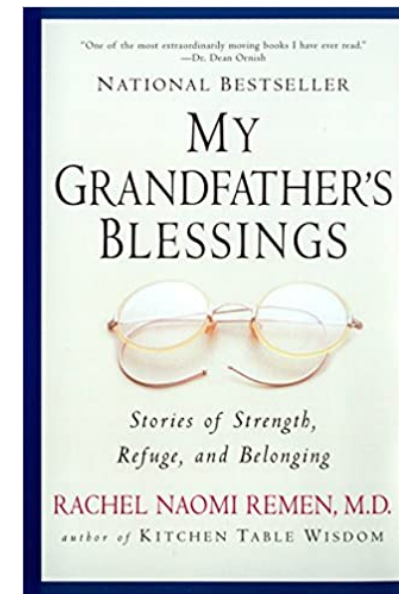


**CAROL CAMPBELL**



**JACK AND JANET SMYLIE**

This month on **Tuesday March 14<sup>th</sup> at 2 PM** we wrap up our discussion of the book, **My Grandfather's Blessings**, in which the author, Rachael Naomi Remen, shares some very meaningful stories from her life. They tell of her life experiences and are written to help heal our fears: that we do not belong, that we are not enough, that we are powerless, that we are alone. This book was written to help each one of us discover that we all matter. These stories will make you laugh and cry and ultimately show you who you really are and how large a difference you have already made to the people around you. The book is filled with short stories that will inspire us in our search for the Holy and Divine Spark in others and in ourselves.



When we meet on **Tuesday, March 14<sup>th</sup>**, we will focus our discussion on highlights from chapters five and six: Befriending Life and Restoring the World. In chapter five Dr. Remen writes that "she spent years learning how to fix life, only to discover at the end of the day that life is not broken."

In chapter six she writes, "Some who have had near-death experiences, who have actually set foot over that edge and then returned, have had an additional insight. Their experience has revealed to them that every life serves a single purpose. We are here to grow in wisdom and to learn to love better. Despite the countless and diverse ways we live our lives, every life is a spiritual path and all life has a spiritual agenda. Such ideas have the power to change the way you see yourself and the world."

Each chapter has about fifteen brief stories that are taken from Dr. Remen's own life or from the lives of those around her. During the time we meet from 2:00 to 3:30, we won't have time to discuss all the stories, so we will

focus our attention on a few of your favorites.

We will gather in the narthex with a cup of coffee or tea, a little sweet treat and good conversation about blessings in life. **Come join us on March 14<sup>th</sup> at 2 PM.** Any questions or for more information, please call the church office or see Rev. Linda.

### A NEW FYI HAPPENINGS WRITING SERIES STARTING IN APRIL!

As the cartoon says, there's a book inside each one of us...well, maybe not a book, but for sure lots of good stories. Stay

tuned for more details about an opportunity to write down some of those stories, beginning in April. Our own Judy Hudson will help us put pen to paper and explore ways in which we can capture some of our own life stories in meaningful and fun ways. Judy has helped others do this before when she was living out in the Thumb region of Bay City. So stay tuned for more details in next month's Log and on our website.





## LOVE GOD, NEIGHBOR, ENEMY

There are many people in our lives whom we love: family members, friends, church members, co-workers, and pets. The ways we show love differ for the various people in our lives. The Hebrew word for love, *ahava*, is connected to the word meaning “to give.” Here, love is not simply a warm fuzzy feeling, but a giving of oneself. There are three common Greek words for love: *eros*, romantic or sexual love; *philos*, familial or platonic love; and *agape*, a deep sacrificial love that acknowledges the humanity of another. Jesus’ threefold command to love God, others, and self is more of a cyclical dance than an instruction with three discrete subtypes. It is the same *giving of self* (*ahava*) love that is to be given to God, neighbor, and enemy.

We love because God loves us first. God’s love is foundational to our call to live into the Greatest Commandments: love God and love our neighbor as ourself. If we are honest, some people in our lives are difficult to love. However, if we can expand our understanding of love beyond feelings of affection, we understand that loving God, ourselves, our neighbor, and our enemy is not just possible but imperative.

**Thursday, March 2<sup>nd</sup> : Love Extravagantly**—Jesus’ teaching on love from his Sermon on the Plain, expands the traditional understanding of love in extravagant ways and includes the oft-quoted Golden Rule.

**Thursday, March 9<sup>th</sup> : Serve a Stranger**—In the Hebrew scriptures, the prophet Elijah prevails upon the kindness of a poor widow, and she serves him, as a stranger, from her meager food rations. Her service is rewarded.

**Thursday, March 16<sup>th</sup>: Show Mercy**—Two texts give glimpses into active choices to offer mercy: 1 Samuel 24 highlights David’s choice to show mercy to Saul; Luke 23:32–43 depicts Jesus in conversation with one crucified with him, and he promises mercy and paradise to the repentant.

**Thursday, March 23<sup>rd</sup>: Be Courageous**—In the books of Acts we read about the early Christian, Stephen; his voice and ministry, commitment and courage to serve others and stand up to religious leaders has been an inspiration to Christians down through the centuries, even to this day.

**Thursday, March 30<sup>th</sup>: Live Peaceably**—In the book of Romans, Paul challenges Christ-followers to live their faith with genuine love, humility, mutual joy, and peace.

**Please call the church office to pick up your book; we gather each week at 7 PM via Zoom. Any questions, please contact Rev. Linda.**

## SPRING RETREAT

This past October about 20 people gathered for a one-day retreat at Bay Shores Camp Ground in Sebawaing. It proved to be such a meaningful and enjoyable experience that as requested, we will hold a Spring retreat. The day has yet to be finalized, but it will be held one Saturday in either late April, early or mid-May.

Going on retreat is all about finding a time to get away, slow down, immerse ourselves in a new setting and new ideas. If you feel a “tug” to participate in a retreat for the first time or for a second time at Bay Shores, please speak to either Pastor Jamie or Rev. Linda or call the church office. Go online at Bay Shore Camp, Sebawaing to see photos of this beautiful campground or talk to someone who was there last Fall. There’s lots of space for enjoying the outdoors - walkways, outdoor chapel, firepit - and a wonderful dining room with delicious food. The great room offers plenty of space for games, conversation, and laughter.

Please call the church office to express your interest in participating in a Spring Retreat so that we can begin to plan and determine which Saturday will work best.

## SCIENCE, THE CHURCH AND MENTAL HEALTH (offered in Partnership with Science for the Church)

In October 2022, a Kaiser Family Foundation poll indicated that 90% of American adults say we are experiencing a mental health crisis in the United States. Our churches are often on the frontlines, led by clergy and lay ministers, in providing care during this crisis. And it is taking a toll on us. One-in-five Americans have been diagnosed with mental illness and, according to recent research, trauma symptoms are higher for clergy right now than with post-deployment military personnel. Please join presbytery and church leaders in the Synod of the Covenant and any other interested church leaders to join with Science for the Church for a three-part webinar series on how the church might better understand and address our current mental health crisis. All registrants will receive a bibliography of science-related resources on faith and mental health (articles, books, videos, podcasts) as well as Science for the Church’s weekly newsletter.

### Dates:

**March 9, 2023, 1:00 to 2:00 pm by zoom:** Science for the Church’s co-Director, Drew Rick-Miller, will evaluate research to answer the question, Does Our Faith Make Us Well? as he considers the ways church, religious practice, and our Christian faith promote (or not) mental and physical health.

**March 16, 2023, 1:00 to 2:00 pm by zoom:** Psychologist David Wang, Fuller Seminary’s Cliff and Joyce Penner Chair for the Formation of Emotionally Healthy Leaders, will address mental health and the wellbeing of Christian leaders.

**March 23, 2023, 1:00 to 2:00 pm by zoom:** Churches and mental health providers that have effectively offered services to their congregations and communities will share models, insights, and best practices on how partnerships between mental health professionals and the church can better confront this crisis.

**Register Here:** <https://us02web.zoom.us/join/register/tZEpd-yrqzMqEtXCvtubQDAK7TrSTuxvjcDC>

You are welcome to attend any of the three workshops without attending all three. After registering, you will receive a confirmation email containing information about joining the meeting.

**Cost:** Free for participants (covered by the Synod of the Covenant).

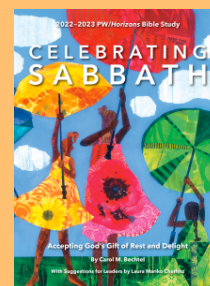


## LYDIA CIRCLE

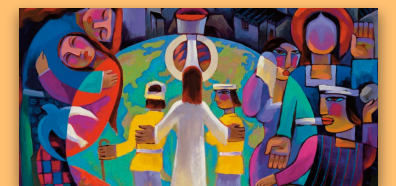
**THURSDAY, MARCH 16  
1:00 P.M.**

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

We are using the *Horizons* Bible Study, Celebrating Sabbath.



## DEBORAH CIRCLE



Deborah Circle will meet via Zoom at 7:00 p.m. on **Thursday, March 30<sup>th</sup>**. If anyone wants to join, please call Karen Schoeppach at 989-684-1322 or email her at [kaysue@chartermi.net](mailto:kaysue@chartermi.net).

Each month in the Log, the Spiritual Growth and Adult Formation Ministry 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

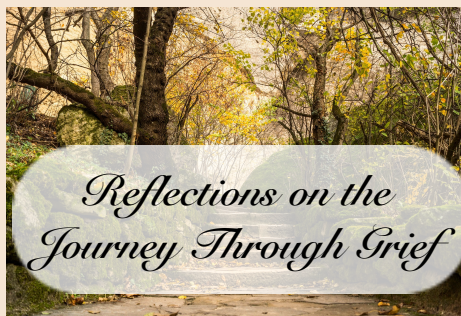
(This article is a continuation from last month's article on worry and anxiety.)

The terms worry and anxiety are often used interchangeably, but they are different psychological states.

Although both are associated with a generalized sense of discomfort, we experience them differently and both have implications for our emotional and psychological health. Here are a few differences between the two terms:

Worry is typically centered in the head with specific and identifiable thoughts. These thoughts may be lingering or fleeting. We may worry about getting to the airport on time and this worry creates concern.

Anxiety, on the other hand, is usually experienced within the body. It's more visceral in nature and our thinking tends to be more scattered. Instead of being concerned about travel to the airport, we may be anxious about traveling in general – in a car, on a cruise ship or in an airplane. It's a vague but persistent uneasiness, something we can't quite harness and for that reason the feeling keeps growing. Worry tends to be



a temporary state while anxiety can and often persists.

Another key difference between these two terms is that worry is focused verbally while anxiety includes both verbal thoughts and mental images. It's these mental images that produce the greater cardiovascular response. In the above example of feeling anxious about traveling, we may visualize an aircraft that's skidded off the run- way or one that has crash landed. Or we may envision a fiery car accident or a traffic jam. Or we may see the "lot full" sign at the parking garage or long lines at an airline check-in counter. On and on our thoughts race as we conjure up more images to feed our anxious frenzy.

If you tend to be a worrier, do know that most worrying also triggers problem solving activity. And that's a good thing. Untreated anxiety usually does not. So if we're worried about getting to the airport on time, we consider possible solutions — researching the best routes, checking highway and weather conditions. On the other hand, anxiety is more like a hamster wheel that spins us around and around without leading to productive solutions. We worry about traveling — *all* modes of travel and *all* consequences of travel. This makes problem solving much more difficult.

Consequently anxiety usually creates more severe discomfort and the fears and concerns we generate from this continuing verbal and visual process tend to be more unrealistic than the typical worrier may experience.

### 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.

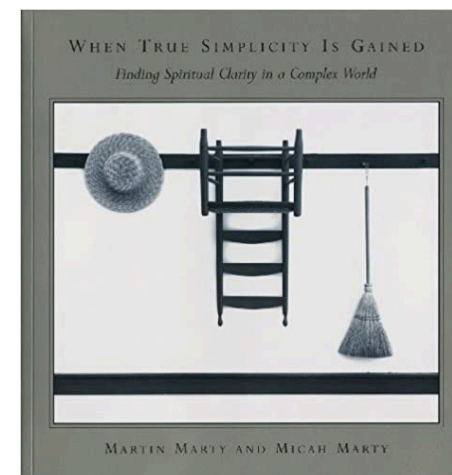
## WHEN TRUE SIMPLIFY IS GAINED: FINDING SPIRITUAL CLARITY IN A COMPLEX WORLD

In their book, father and son – Martin Marty, writer, and Micah Marty, photographer – we are encouraged to see simplicity as a gift, not something to attain. The Introduction begins: Simplicity: virtually everyone wants it. Advertisers peddle "the simple life" and consultants help busy people find "the simple way." How-to-books on the subject fill library shelves. At the center of the quest – simplicity." ...To deny the urge to simplify life would be to deny much of the spiritual and religious impulse of humanity through the ages...Jesus in the Gospels tells would-be disciples that they must become like little children, whose lives, full of trust, would strike them as simple. Many of the advertised paths to simplicity can be quite complex...and give us complicated advice on how to live simply – organize your desktop or kitchen, your office drawers and computer files, all in the interest of making it possible for you to think and act more simply.

But this book invites us to *consider simplicity as a GIFT and then asking how we should receive it and the other gifts that come with it...* The photographs in these pages take us to one particular place (Shaker communities) apart and afar from most of us – and bring it into our places and near to our own hearts.

In this book there is one page, one prayer, one "gift" for each day – a pairing of photographs and texts for each day of Lent. With each reading we are invited to meditate upon the suggested Bible reading and the phrase from a classic prayer, as well as the meditation for the day and accompanying photo.

Journeying through Lent can be done solo or if you like you are invited to join with others each Sunday morning of Lent in the Session Room at **9 AM, beginning February 26<sup>th</sup>**. This is not a Bible study, but rather an opportunity come together with others who have been reading the same daily meditations and contemplating the same photos, and together share as much or as little as we want from our reflections from the past week. Books are available in the church office. Please call Rev. Linda at the office or on cell phone with any questions.



### ASH WEDNESDAY

*Mother Nature didn't cooperate with us on Ash Wednesday, as a major snow and ice storm hit that afternoon. Pastor Jamie braved the cold and ice and administered ashes to those who stopped by the church (reminding us of his first Ash Wednesday with us!) We made the tough decision to cancel the evening service, but were able to post a condensed service online.*





## GOOD SAMARITAN RESCUE MISSION

Last September, the Mission Partnerships Committee hosted our first “Partnerships from the Heart” service, highlighting many of the community organizations that Westminster partners with to serve our neighbors. We are able to share God’s love through your tithes and offerings. Thanks to your generosity, this year’s Mission budget is \$29,000. Alongside of supporting the mission work of our denomination, these funds go to support various local organizations serving God’s people. Beginning this month, we’ll

spotlight one of these community partners in the Log each month. This month’s “Mission Matters” spotlight is the Good Samaritan Rescue Mission. Westminster is a long-standing partner of the shelter and their ministry.

This month, the Mission Partnerships Committee is sending \$500 to support the ongoing work of the Good Samaritan Rescue Mission. In addition to this financial support, there are many other ways that you can help support their work in our community. Here are some opportunities for your consideration:

### OPERATION HOPE AND CARE

Beginning March 1 – April 6, Mission Partnership Committee members will provide totes for you to fill with the following items:

- |                               |               |
|-------------------------------|---------------|
| o Shaving Cream (Men & Women) | o Shampoo     |
| o Toothpaste                  | o Conditioner |
| o Hairbrushes & Combs         | o Body Wash   |
| o Feminine Care Products      | o Lotion      |
| o Tissues                     | o Deodorant   |
|                               | o Razors      |

Totes will be available in the lobbies before and after church or stop in during office hours. Deadline for filled totes to be returned will be April 6.

Join Rescue Ministries of Mid-Michigan for a fun filled night on **Saturday, March 11, 2023**. If there is enough interest, Westminster could arrange for a Group Rate. Please contact the church office to sign up.

- o 5:45 pm Pre-game concert featuring Frankenmuth Bible Church Praise Band
- o 7:05 pm Saginaw Spirit Hockey Game including fun kid activities. Single tickets are \$16, or Group Rates are available. Call 989-755-4673 or [kancel@r3moline.org](mailto:kancel@r3moline.org) for more information.

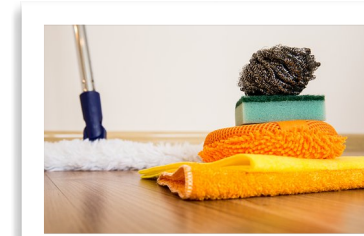


## HOCKEY FOR THE HOMELESS

## IMPACT DESIGNS

Rescue Ministries also help families and individuals in the Bay and Saginaw area transition out of emergency shelter into a place they can call their own. Soon, we will be hearing more details about this new ministry. Currently they are gratefully accepting the following clean and gently used items:

Bedroom – bed frames, new mattresses, new pillows, bedding throw pillows, dressers, nightstands, lamps, décor.



Living Room – couches, love seats, armchairs, rocking chairs, end tables, lamps, rugs, décor, artwork.

Dining Room – tables, chairs, dining sets, tablecloths, décor, artwork.

Kitchen – dish sets (no China), kitchen trash can, microwave, toasters, toaster ovens, crock pots, cups/mugs, glasses, cookware, silver, utensils, towels, dish cloths, décor.

Bathroom – bathmats, rugs, curtain rings, shower curtains/liners, towels, wash cloths, décor.



Windows – curtain panels, adjustable rods, blinds, shades.

Laundry – baskets, powdered detergent, fabric softener.

Cleaning – brooms, mops, buckets, clean rags, clean dusters, hand soap, dish soap, dust pans, toilet cleaner, all purpose cleaner, window cleaner. The following items must be new: sponges, scrub brushes, toilet brushes, plungers, rubber gloves, paper towel, toilet paper, facial tissue, plug-in air fresheners.

Clothing: used and new clothing, new underwear, bras and socks, new backpacks.

If you don't see an item listed, please call the Mission directly to verify if the item is accepted.

(989) 752-6051 X 121. Direct drop off hours are Monday – Friday 9am – 5pm. 1021 Burt St, Saginaw, 48607.

If you are unable to drop an item off yourself, please reach out to Dick Frontjes (989) 274-8589.



## ADOPT A GRANDPARENT

Our Children and Youth brought some joy to residents of Sheffield Bay by delivering balloons and cards on Sunday, February 19th.

One Sheffield resident and long-time member of Westminster, Bonnie Scheddel, shared this Facebook Post: *Thanks to Westminster Presbyterian Church children, Mrs. Brandi and Mrs. Darlene for the Smiling balloon that brightened my day. Not only did they bring one to me, but they brought one for all of the residents here at Sheffield Place! It made for us a very happy and blessed Sunday. Loved the lava lamp card they made also that said, “I Lava You”*