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# THE WESTMINSTER LOG

## Seeing the Holy Spirit at work in Acts

Beloved Partners in Ministry,  
On Easter Sunday, we celebrated the biggest surprise the world has ever known: Jesus Christ, defeating death and rising from the grave. As we move from Easter to Pentecost this year, we will be looking at some of the other surprising acts of God in the book of Acts and in our own lives. We will hear stories of the early church as they lived into what it meant to be a follower of Christ after his death and resurrection. The early church was presented with many challenges and even persecution, but we still gather to worship today because of their witness and the surprising power of God over the forces of evil in the world.



Spirit at work. During the coming weeks we will see how the Holy Spirit surprised the Early Church and seek to find the Spirit at work in our own midst. What is the Spirit calling us to do and be in this place and at this time? In the resurrection of Jesus, God was doing a new thing. In the early church, God was calling the disciples to form a new kind of community. God wants to use us to continue doing new and surprising things as we build God's kingdom together.

In Christ's peace,  
Pastor Jamie

Acts contains many fascinating stories about faithful disciples and communities coming together to spread the love and grace of our saving God. As we read these stories, we will be challenged with how to continue that faithful witness in our own context so many years later. We will remember their joys and their sorrows, as we look also at our own successes and failures as disciples. We will see how God worked in the lives of these disciples and how God continues to work in our lives.

The book of Acts is all about the Holy

- Schedule:**
- May 4 — Acts 9:1-20**  
*"An Unlikely Friendship"*
  - May 11 — Acts 9:36-43**  
*"A Surprising Imitation"*
  - May 18- Acts 11:1-18**  
*"An Unexpected Change of Menu"*
  - May 25 — Acts 16:9-15**  
*"A Surprising Detour"*
  - June 1 — Acts 16:16-34**  
*"A Surprising Escape"*



MAY 2025 ISSUE 198

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.

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Church - Bay City



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- Facilities Manager  
Harold Miller (ext. 205)
- Financial Administrator  
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- Children and Youth Director  
Leah Sneller (ext. 208)

# May

## Sundays

**8:45 a.m. Bell Choir Rehearsal**  
For our Adults; the Bells play during Worship once a month

**9:00 a.m. Sunday School**  
Sunday school for PreK-4th grade

**9:00 a.m. Adult Bible Study**  
During the month of May we are studying the Book of Ephesians

**9:30 a.m. Fellowship**  
Join us in Fellowship Hall for Coffee and Donuts and Conversation

**9:55 a.m. Chime Choir**  
For Children PreK-4th grade

**10:30 a.m. Worship**

**11:30 a.m. Fellowship**  
Join us in Chapel for Coffee and Cookies and Conversation

Youth Parents please refer to the Sunday dates in May or checkout the WPC Parents page on Facebook for a schedule for the remainder of the program year.

### Our May Birthdays

Donna Gould	Carol Eagle
Judy Randall	Patricia Horning
Larry Wilson	Doreen Newcombe
Susan Wilson	Ronald VanTol
Terry Molyneaux	John Hegenauer
Judy Hudson	Sharon Costello
Gerald Bruce	Chris Vanderwill
Jeff Rogers	

\*Birthdays listed are for our 75+ Members

Sunday	Monday
<p><b>Office Hours</b> Monday – Thursday: 8:00 a.m. – 4:00 p.m.</p> <p>website: <a href="http://wpcbc.org">wpcbc.org</a></p> <p>Join us on Facebook</p> <p>Westminster Presbyterian Church - Bay City</p>	
<p><b>4</b> Communion Sunday</p> <p>Westminster Town Hall after worship in the Sanctuary</p>	<p><b>5</b></p> <p>5:30 p.m. Mission Mtg. 7 p.m. Deacon Mtg.</p>
<p><b>11</b></p> <p>Happy Mother's Day</p> <p>Confirmation Sunday</p> <p>No Youth Activities Tonight</p>	<p><b>12</b></p> <p>5 p.m. Property Mtg. 6 p.m. Finance Mtg. 7 p.m. Stewardship Mtg.</p>
<p><b>18</b></p> <p>Volunteer Appreciation Luncheon</p> <p>Final day of Sunday School and Youth activities</p>	<p><b>19</b></p>
<p><b>25</b></p>	<p><b>26</b> Memorial Day</p> <p>Church Office Closed</p>

Tuesday	Wednesday	Thursday	Fri/Sat
<p><b>Titus Youth Theatre</b> will be using our building again this year. They are here Tuesday and Thursdays 3:00 p.m. - 8:00 p.m.</p>		<p><b>1</b></p> <p>8:30 a.m. TOPS 10 a.m. Pantry open until 1 p.m. 5 p.m. Food of Faith at Messiah Lutheran 7 p.m. Adult Bible Study via Zoom</p>	<p><b>2</b></p> <hr/> <p><b>3</b> 9 a.m. Job's Daughter 10 a.m. Mindful Markings: De-Stress with Mark Making</p>
<p><b>6</b></p> <p>10:00 a.m. Hearts &amp; Hands Knitting 10:00 a.m. Staff Mtg. 1:30 p.m. Book Study 6:00 p.m. Boy Scouts 6:00 p.m. Personnel Mtg.</p>	<p><b>7</b></p> <p>4 p.m. Pantry open until 6 p.m. 5:15 p.m. Contemporary Choir 6:30 p.m. Chancel Choir Rehearsal</p>	<p><b>8</b></p> <p>8:30 a.m. TOPS 10 a.m. Pantry open until 1 p.m. 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Adult Bible Study via Zoom</p>	<p><b>9</b></p> <hr/> <p><b>10</b> 10 a.m. Mindful Markings: De-Stress with Mark Making</p>
<p><b>13</b> 9:00 a.m. Matthew 25 Cafe 10:00 a.m. Hearts &amp; Hands Knitting 1:00 p.m. Bay City Lions Club 1:30 Book Study 6:00 p.m. Boy Scouts 6:30 p.m. Spiritual Growth Mtg.</p>	<p><b>14</b></p> <p>4 p.m. Pantry open until 6 p.m. 5:30 p.m. Worship Mtg. 6:30 p.m. Chancel Choir Rehearsal</p>	<p><b>15</b></p> <p>8:30 a.m. TOPS 10 a.m. Pantry open until 1 p.m. 1:00 p.m. Lydia Circle 5:00 p.m. Food of Faith at Messiah Lutheran 5:00 p.m. ISD Prom</p>	<p><b>16</b></p> <hr/> <p><b>17</b></p>
<p><b>20</b></p> <p>10:00 a.m. Staff Mtg. 10:00 a.m. Hearts &amp; Hands Knitting 1:30 p.m. Book Study 6:00 p.m. Boy Scouts 6:30 p.m. Session Meeting</p>	<p><b>21</b></p> <p>4 p.m. Pantry open until 6 p.m. 5:15 p.m. Contemporary Choir Rehearsal 6:30 p.m. Chancel Choir Rehearsal</p>	<p><b>22</b></p> <p>8:30 a.m. TOPS 10 a.m. Pantry open until 1 p.m. 5:00 p.m. Food of Faith at Messiah Lutheran</p>	<p><b>23</b></p> <hr/> <p><b>24</b></p>
<p><b>27</b></p> <p>10:00 a.m. Log Folding 10:00 a.m. Hearts &amp; Hands Knitting 12:00 p.m. Lunch and Learn 1:30 p.m. Book Study 6:00 p.m. Boy Scouts</p>	<p><b>28</b></p> <p>1:00 p.m. Out to Lunch Bunch 5:15 p.m. Contemporary Choir Rehearsal 6:30 p.m. Chancel Choir Rehearsal</p>	<p><b>29</b></p> <p>8:30 a.m. TOPS 10 a.m. Pantry open until 1 p.m. 1:30 p.m. Coffee and Conversation 5:00 p.m. Food of Faith at Messiah Lutheran 7:00 p.m. Deborah Circle</p>	<p><b>30</b></p>

In March, the **Operating Fund** received \$39,475.07 in income. Expenses were \$35,707.22. Thank you for your generosity!

The **Building Improvement Fund** received \$172 in contributions against expense of \$2,241 for the removal of three dead trees. As of the end of March, the Fund has a balance of \$12,795.43.

The **Major Repairs Fund** received \$136 in contributions and incurred no expenses. Its March Fund balance was \$40,017.69.

The **Capital Campaign Fund** received \$3,369 in contributions in March. At the end of the month, the loan balance is down to \$30,481.63, thanks to your ongoing support.

You should have recently received your first quarter contributions report, either in the mail or via email. If you have not received it or have any questions about what it contains, please let me know.

As always, if you have any questions about these figures or anything else finance-related, please contact me via email or by leaving a voicemail message.

### Pat Foster

Financial Administrator  
[treasurer@wpcbc.org](mailto:treasurer@wpcbc.org)  
 616-485-8272 (cell phone)

### “There’s an app for that!”

We are excited to announce a new way to stay connected with your Westminster family—we have a smartphone app! Through United Church Directory, an app has been created with the photos that were taken for the directory, complete with addresses and phone numbers of your church friends.

The good news is that we can continue to add new members and those who did not have their pictures taken for the directory last year. In the coming days, you should receive an email (if we have your email on file) with instructions on how to download the app and your family’s “unique identifier” that you will need to access the app. This ensures that we can keep the app secure and accessible only to our church family. The email will come from [appsupport@ucdir.com](mailto:appsupport@ucdir.com).

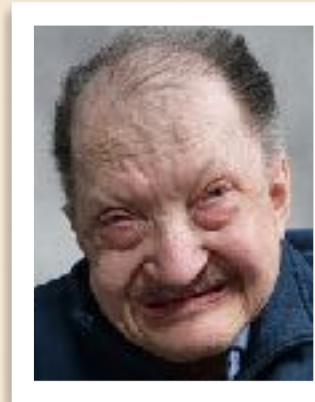
If you need help downloading and accessing the app, we’ll have some tech savvy church friends available during fellowship time on Sundays, and at the Volunteer Appreciation Luncheon on May 18th!

## You are invited to a Westminster Town Hall Meeting

- What is it: Session would like to update the members of Westminster in regard to the current budget considerations and our direction for the future.
- When is it: May 4th immediately after the worship service.
- Where is it: In the Sanctuary
- Why: Session believes it is important for the leadership of the church to be transparent with our decision making and that we have a responsibility to make our best effort to keep our members informed about those decisions and why we are making them.

### With Sympathy

Prayers of the congregation are extended to the family and friends of Ross Wayne Brown. Ross passed away March 30, 2025. A funeral service was held at Westminster on April 4th.



### Volunteer Appreciation Luncheon

The Session and Staff invite *you* to our annual **Volunteer Appreciation Luncheon** as a heartfelt thank you for the many ways you share your time, talents, and love with our church family. Whether you sing in the choir, ring a bell, serve on a committee, help with children our children and youth, stock the food pantry, usher, run tech, host fellowship, or give to the church in some other way—this celebration is for you!

**Join us for a festive Taco Bar** as we honor and celebrate all who serve, **Sunday, May 18th** following worship in the Fellowship Hall. We hope you’ll join us! We are so thankful for all of you!

### God Sighting - Ron VanJol

Ron is a familiar face in our congregation, but we don’t see him sitting in the congregation on Sunday mornings. Where could he be? Well, for over 40 years he has spent it in the TV ministry room. Sunday mornings before service he is up making sure that everything is ready to go so that the people at home have an opportunity to watch. Another part of the job is to run the Facebook Live streams and to see that they are running smoothly. Thank you, Ron, for everything you do for the church and for the TV ministry.



### Titus Youth Theater

Westminster is opening our doors again this year to welcome the Titus Youth Theater for their rehearsals. During May and June they’ll be using the building on Tuesday and Thursday evenings from 3 to 8 p.m. as they prepare for this year’s live performances at the end of June.

While we will miss hosting their performances this year, we are excited that the youth will be given the opportunity to perform their plays at the State Theater on June 27 and 28.

### Congratulations, Nikelle Johnson!

In the coming weeks, Nikelle will be graduating from Union



Theological Seminary in Richmond with Master of Divinity and Master of Arts in Public Theology degrees! She has been certified ready to receive a call, the

next step in the process to become ordained as a Minister of the Word and Sacrament. This means she can begin searching and applying for installed pastoral positions within churches! Let us continue to keep Nikelle in our prayers as she continues to listen for God’s call and guidance, and the church that extends a call to her!



If you know someone who is graduating from high school, college, or university, please call the church office and let us know! We will honor graduates on **June 8th** during the worship service.

# 2025 End of School Block Party!

We are looking forward to our THIRD Annual End-of-School Block Party! This year, we'll welcome our community's school children and their families on Sunday, June 1st as we celebrate the end of another school year.

This fun event allows us not only to share our love with neighbors, but it allows several of our non-profit, community partners to share their resources with families. We'll need lots of help as we have welcomed over 350 people the last two years! Keep your eye out for more details online and in your

bulletins as we sign people up in many different areas. There is a place for YOU to help!

We've been fortunate for the last two years to receive grants and sponsorships from local businesses to help with our costs. While we are pursuing similar help this year, as of this newsletter, that funding is not guaranteed. The Session feels strongly that this is an important event for us to offer our community.

Your regular and ongoing gifts to the Operating Fund help us to provide outreach events like this!



## FYI Happenings – “De-Stress with Mark Making”

The Spiritual Growth & Faith Formation Committee is offering an opportunity to "De-Stress with Mark Making." This is part of our FYI Happening series. Pam Binder will lead the two classes. She has been using this meditative practice for several years as a way of opening herself to the moment in a way that gives God and our soul their voices.

Join us in May to learn how these marks and a bit of color can help reduce stress and be in the present moment. As Pam says and has experienced “these moments of presence can be so rewarding.” She will show us how to take a pencil or a pen to a piece of paper and make a short line in any direction... scribbles, squiggles, or loops forming a lopsided circle.



Some examples of Pam Binder's mark making.

Perfection is not allowed. This not an art class. This is an opportunity for meditation and de-stressing.

Registration for these two sessions is needed so we can purchase supplies. Please call to register your attendance by May 1st.

The first session is being held on Saturday May 3rd at 10:00 a.m. The second session will be May 10th at 10:00 a.m. Each session will last about 1 1/2 hour.

Please call the church office or see Pam with any questions.



Our Westminster congregation was excited to welcome eight new members on March 30! Pictured above from left to right are new members Seth Cunningham, Drew Lucio, (front) Fellowship committee member Joyce Hegenauer, Paul and Shari Mehlhose, Shirley Doyle, Dave Crook, and Joy and Art Sponseller.



## Mother's Day Baby Shower

**Binkies, bottles and blankets-oh, my!**

It's time to start thinking about the Annual Mother's day Baby Shower here at Westminster. For those who are not familiar with this event, it is our opportunity to collect and distribute baby items to area agencies that provide for babies in need. On May 12th, we will have tables in the hallway outside the sanctuary. Please bring your baby items to church that Sunday and place them on the table.

During the following week, we will distribute the items to Good Samaritan Rescue Mission, Women's Center, and the Salvation Army. We will also take packages of diapers to the Diaper Alliance in Midland. See the suggested list of items below.

- \*Diapers (preemie, newborn, #1 and #2 especially)
- \*Pacifiers
- \*Bibs
- \*Blankets
- \*Onesies
- \*Sleepers
- \*Baby Shampoo
- \*Baby Wash,
- \*Baby Lotion
- \*Diaper Cream
- \*Baby Bath Towels and Washcloths
- \*Socks
- \*Booties
- \*Hats
- \*Outfits
- \* Bottles
- \* Infant Toys
- \* Infant Dishes and Utensils
- \* Sweaters



### DEBORAH CIRCLE

Deborah Circle continues to meet on the last Thursday of the month. On May 29, we are meeting at 4 p.m. at the home of Sherry Holley. We will be watching another episode of The Chosen. Please call Karen Schoepach for more information about our gatherings.



On May 4 and May 11, your PW Board will be distributing a letter with an update on what we've been doing and what we have planned. Included in the letter will be an opportunity for you to submit your ideas on what the PW priorities should be for 2025.

### LYDIA CIRCLE

Lydia Circle continues to meet on the third Thursday of the month at 1:00 p.m. Their next meeting is May 15th. Lydia Circle is using the 2023 PW Bible Study, Let Justice Roll Down. Please call Barb Tolles with any questions.



## Movie Madness

"Summertime and the living is easy" – the opening lyrics of a familiar Broadway show tune. And though at times you may feel like the gardens need to be weeded, the grass cut, the garage cleaned ... summer also reminds us of the importance of pausing and enjoying life.



To that end, we are inviting you to take a break with our summer movie series — bring a friend — on the second and fourth Tuesdays of June, July, and August. The movies may be light-hearted, or informative, or thoughtfully heart-warming, so take two hours out of your day and enjoy watching a movie here at Westminster. Show time is 1:30 p.m. in the Session Room — once again set up to feel a bit like a small movie theater.

- June 10 – Conclave
- June 24 – Green & Gold
- July 8 - Tuesdays with Morrie
- July 22 – Paper Clips
- August 12 - TBD
- August 26 - TBD

Stay tuned each month on our church website or in the church bulletin for more information about each movie as the date of showing draws nearer. As you can see, not all the movies have been chosen; we are hoping people will have suggestions of a movie that we would enjoy watching together. Please see Rev. Linda with your suggestion.

And it goes without saying that our "easy living, summertime theme" lemonade and popcorn will be served. Any questions, please call the church office.

### Hungry for fellowship? Join the Out-to-Lunch Bunch

In May we will be gathering on Wednesday, the 28th. At the time of this publication, the place for our May gathering has not yet been chosen since we have not yet "lunched" together at River Rock on April 30th. But at that gathering we will choose the next place, knowing that the date will always be the last Wednesday of the month. Come join in as we continue to make friends at Westminster. Any questions, please call the church office or Rev. Linda.

#### Out-to-Lunch Bunch



## Bible Study – Feasting on the Word

Our Adult Bible Studies for the next four weeks will continue to explore the scriptures that will be the focus in our Sunday morning worship services.

· During **the week of April 27th** we will encounter how Thomas and the other disciples responded to the risen Lord and how we too can experience the ways Jesus empowers us to witness. (John 20:19-31)

· **The week of May 4th** our theme will be "Feeding Faith." As the disciples responded differently to the risen Jesus, we will look at how we think about authentic faith –in the understanding of our faith and in the living out of our faith. (John 21:1-19).

· **The week of May 11th** we will be exploring the role of Tabitha's community in her miraculous raising. Tabitha may be a little-known Bible character for you, but her life and the life of her faith community may help us to identify the marks of a healing community in 2025. (Acts 9:36-43)

· **The week of May 18th** our focus will be on the early church as read about in Acts – ways in which the church resisted change and yet was both transformed and transforming, opening up for us the opportunity to consider new avenues for us as the 21st century church to embrace change. (Acts 11:1-18)

Come join us either Sunday mornings at 9 a.m. in the Conference room or Thursday evenings at 7 p.m. via Zoom. New participants are always welcome. If you have any questions, please see Rev. Linda.

## Happy First Birthday, Westminster Community Pantry!

Mark your calendar for **Sunday, June 8!** You are joyfully invited to the Pantry's first birthday party! Stay after church to help us celebrate in the fellowship hall with cake and ice cream.

You all have been a part of the success of the Pantry and, since opening last June, together we have helped 4,481 individuals with food insecurity.

The Pantry has helped families by distributing more than 48,740 pounds of food!

Come celebrate with us!!!



**ITEM OF THE MONTH** for May

Dish soap and glass cleaner

**ITEM OF THE MONTH** for June

Barbecue sauce, relish and mayo or salad dressing. The Pantry has ketchup and mustard.

## Westminster volunteers help build 58 beds for children!

Thank you to all who participated in the sponsored bed build at Delta College in April!

A total of 32 people from Westminster, along with people from First Presbyterian Church and two local credit unions, helped build 58 beds for children in our community who previously had no bed to call their own. Everybody had a job, had a good time and we got 'er done.

It is inspiring to see Westminster people serve God and to see the joy in the faces of children who now have a bed of their own. The Mission

Partnership Committee hopes to keep this going and we look forward to another build next year.

There are other open builds throughout the year. If you are interested in volunteering, contact Len Petroff for more information.



## Coffee and Conversation

Thursday, May 29<sup>th</sup> at 1:30 p.m.

Our bereavement support group continues to meet monthly in the Lounge here at Westminster. We seek to provide a safe and collaborative space to process our grief journeys – no matter what the loss, be it spouse, parent, sibling, dear friend. For more information, call Rev. Linda or the church office.



### FELLOWSHIP TIME

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



Coffee and donuts included!

### Continued from Page 8

#### L — “Am I LONELY?”

Grief is an isolating experience. Once the funeral is over, the family goes home, the calls and cards stop coming, and weeks pass by; most people around us have moved on with their lives and may expect us to do the same. Ask yourself, “Do I feel isolated in my grief? How long has it been since I was with other people? Have I reached out to anyone today? Do I feel abandoned? Do I feel like I can't talk to anyone because of the differences in our experiences of the same death?”

Connecting with others is important, but your loss may change the way you connect. Find a person who feels safe and easy to talk to and be around. This could be a friend or family member who simply meets you where you are with no expectations of being “better” or “back to normal.” Many people find hope and meaning in grief support groups. Being around others who are also grieving may provide a space of understanding, compassion,

and affirmation. It is okay if you would rather spend time alone, but it is often our connection with others that gives us the support and strength to get through each day. Find a way to connect that works for you in this season you are in.

#### T — “Am I TIRED?”

It is not uncommon to have changes in your sleep. Either you can't fall asleep, can't stay asleep, or always feel sleepy. In whatever way your sleep has been impacted, it can be very disruptive to your life and your emotional capacity. If you find yourself feeling like your fuse is extra short and your patience is extra thin, pause to ask yourself, “Did I sleep last night? Am I staying overly busy and running myself into the ground? Do I need to make time to rest?” Much like making sure we eat, paying special attention to the amount and quality of sleep/rest we are getting is part of self-care that can make a world of difference. If you are consistently struggling with sleeplessness or sleepiness, try going for a walk, doing some light exercise, or moving your

body in some way throughout the day. Set a routine for yourself to help your body and mind to welcome rest more easily. Limit your “screen time” close to bedtime to allow your mind to wind down. Ask for help and talk to your doctor about your concerns. Our bodies and minds need sleep to process through and give us the strength to bear all that we are carrying.

You know that none of these things...**Hunger, Anger, Loneliness, or Tiredness** are the root causes of your grief, but any of them, or a combination of them, can make you more vulnerable to feeling worse in your grief. As you are so painfully aware, there is so much that we cannot control, and life and loss can be so difficult. HALTING won't make the pain or sadness go away or stop, but it may help to meet yourself at the edge of the rabbit hole and offer yourself kindness, compassion, space, and grace as you find your way forward.

*Adapted from HALTING a Grief Spiral at [thelifeidn'tchoose.com](http://thelifeidn'tchoose.com)  
Provided by St. Luke's Hospice Bereavement Program*

## HALTING at The Edge of The Rabbit Hole

Many grieverers have been there: Your day is going okay. You've managed to get up and get moving. Maybe you've pushed yourself to shower and get dressed, or make it to work, gotten out of the house for a walk, or perhaps you've mustered the strength to run an errand. And then, all of the sudden, you find yourself staring into the rabbit hole of grief. You know the one. The rabbit hole that has your brain searching for answers, questioning decisions, and longing for what was or what could have been. It's easy to get lost in the darkness of the rabbit hole, falling further and further into anxiety, anger, sadness, or regret.

Although it is seasonally appropriate as we move into Spring, maybe the rabbit hole imagery doesn't resonate with you. Many people describe these moments as a wave that knocks you down and holds you under, a ton of bricks that buries you and leaves you totally incapacitated, or a spiral that unravels you—body, mind, and soul. However you imagine or experience it, so many of us know the feeling of that sudden onslaught of grief that catches us off guard, drags us in, carries us away, and makes it hard to catch our breath and move on with our day.

Here's a little acronym to help ground you and guide you through a simple self-assessment to ask yourself some questions and identify what may have triggered your "ton of bricks" moment, and how to move through it with grace for yourself and others.

If you find yourself starting to spiral, or on the edge of the rabbit hole, or staring up at a massive wave of grief about to crash down on you, don't forget to H.A.L.T...

### H — "Am I HUNGRY?"

"Have I eaten something within the past 4-6 hours? Have I had enough water in the past 2



hours? Am I eating foods that make me feel good?" These may sound like silly questions to be asking yourself, but many people who are grieving experience a disruption in their eating patterns. Some may forget to eat, eat sporadically, have an increased appetite for certain kinds of foods (like sweets), or have no appetite at all. Grieving takes a lot out of us and expends a lot of energy. Being hungry or not adequately nourished can make a hard thing feel even harder. Now is the time to care for yourself by giving your body what it needs to heal, inside and out.

### A — "Am I ANGRY?"

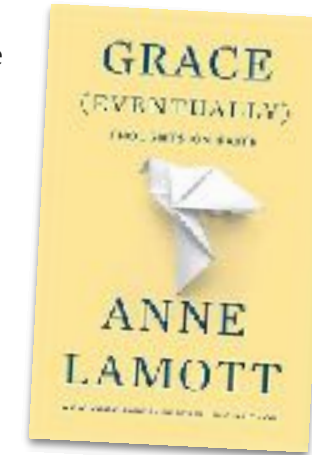
We live in a culture that tells us that anger is "bad," but it is often one of the many complex feelings that make up our grief experience. It is okay to feel angry, but it is important to recognize and acknowledge it so it doesn't consume us. Ask yourself, "Has someone said something that upset me? Has someone done or not done something that frustrates me? Who am I really angry at? Am I angry at the person I am grieving for dying or for the choices they made? Am I angry at myself for not saying or doing something differently? Am I angry at others who are not grieving in the same way I am? Am I angry at God? Am I angry at the world for going on normally when I am barely able to function? Am I angry about the support I have or have not received from family and friends? Consider writing a letter about your anger. You will likely never send it, but it will help you to express and process all you are feeling. Find a physical activity that helps to release some of that built up anger. Anger can often mask other emotions, like fear, sadness, loneliness, and guilt. Getting to the root of what you are feeling is where the healing begins.

*Continued on Page 9*

## Book Group – Grace (Eventually): Thoughts on Faith ...

In *Grace (Eventually): Thoughts on Faith*, Anne Lamott, author of the bestsellers *Traveling Mercies* and *Plan B* delivers a poignant, funny, and bittersweet primer of faith, as we come to discover what it means to be fully alive.

In *Grace (Eventually): Thoughts on Faith*, Lamott examines the ways we're caught in life's most daunting predicaments: love, mothering, work, politics, and maybe toughest of all, evolving from who we are to who we were meant to be. This is a complicated process for



most of us, and Lamott turns her wit and honesty inward to describe her own intimate, bumpy, and unconventional road to grace and faith. Even if you haven't been able to join in the discussion thus far, please join us on the Tuesday's of May at 1:30 in the Lounge, as we wrap up our reading and discussion of this book. In each section she grapples with life and faith, discovering that grace is there, even if it's timeline is "eventually" and not immediately seen or felt.

Our book group will be on hiatus for the summer months.

## Lunch and Laugh

We kicked off our informal Lunch & Laugh series this past fall, and we will be wrapping up the series for this spring on Tuesday, May 27th in Fellowship Hall.

We will meet at noon to lunch and play games. A variety of games will be available, but certainly this will include the game Bunco. Our own Faith Sneller will be our MC and Bunco Director, which makes this a truly intergenerational event.

We have fond memories of laughing, throwing dice, and moving from table to table depending if we were part of a winning team or losing team. But never fear, the title of "loser" and "winner" shifted frequently.

You are also welcome to bring your own favorite board game. And of course, bring your own brown-bag lunch; we will begin with sharing some time in conversation over lunch and then move to game playing.

Any questions, please call the church office or Rev. Linda.



## Day Camp

We are happy to host for the Bay Shore Camp's On The Road Day Camp for the second year. The camp theme this year is "Jesus IS".

The camp is scheduled for Monday, August 4, through Thursday, August 7. The curriculum is designed for children entering Kindergarten through fifth grade.

Cost is \$50 and if you need of scholarships please contact the church.

Registration is open! Scan the QR code to visit the registration page online.





*Maundy Thursday*



*Good Friday*

*Easter Vigil and Egg Hunt*



*Easter Sunday*

Thank you to all the musicians, singers, readers, communion preparers, and ushers that helped us to tell God's story of love and forgiveness again this year in such a meaningful way. We are also grateful for all the work that went into yet another AMAZING Easter breakfast! Westminster is truly blessed!

