

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

Address Service Requested



Non-Profit Org.
U.S. Postage
PAID
Bay City, MI
Permit No. 278

THE WESTMINSTER LOG

“All My Days”

How would you finish this sentence? “Prayer is...”
Prayer is such a personal, and often ambiguous, practice. Does a prayer have to begin with “Dear God...” and end with “Amen?” Can prayer be simply an attitude, a deliberate moment of attention to our surroundings, or a gasp of gratitude when beauty crosses our path? Yes and yes and yes! Prayer can be understood as many things. Even the disciples needed some coaching from Jesus about how to pray.

Rev. Dr. Marcia McFee, who authors our summer series, writes, “we need some rhythms we can count on. Our hearts need regular connection to something that feels compassionate and present. Our attention is coveted by so many entities these days, and not all for good reasons. There is a cacophony around us vying for our attention and trying to curate our thoughts, our feelings, our time. It is difficult to extricate ourselves sometimes from these competing forces and even harder to remember our own voices and the call of the Divine to come and rest a while.”

There is a rhythm of prayer reflected in the scripture that says “pray



Daily Prayer with the Corrymeela Community

- Pádraig Ó Tuama,

*“Prayer is a small fire lit to keep cold hands warm.
Prayer is a practice that flourishes both with faith and doubt.*

*Prayer is asking and prayer is sitting.
Prayer is the breath.*

*Prayer is not an answer, always,
because not all questions can be answered.
Prayer can be a rhythm that helps us make sense in times
of senselessness,
not offering solutions,
but speaking to and from the mystery of humanity.”*

without ceasing.” This is prayer that happens “All My Days” and the rhythm of prayer we are in exploring this summer. As we practice this type of prayer in worship together and individually as we go out into the world, we’ll seek to discover what happens when we take a few moments each day to center ourselves and place our focus

on something other than the circumstances of the world or even what is currently happening in our lives. Our summer series invites us to take up a simple, repeatable practice that helps us turn to God, even if only for a moment.

Continued on Page 1

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.

WWW.WPCBC.ORG

JULY 2026 ISSUE 212

Visit us on Facebook:
Westminster Presbyterian
Church - Bay City



Office Hours:
Monday through Thursday
8:00 a.m. - 4:00 p.m.

E-mail: office@wpcbc.org
Phone: 989-686-1360

- Pastor
Rev. Jamie Milton (ext. 204)
- Parish Associate
Rev. Linda Williams (ext. 203)
- Secretary
Bill Petzold (ext. 201)
- Facilities Manager
Harold Miller (ext. 205)
- Financial Secretary
Lisa Carelli (ext. 206)
- Director of Youth Ministry
Leah Sneller (ext. 208)

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 the Fellowship Hall for Coffee and Donuts and Conversation

10:30 a.m. Worship

Our eight-week summer series combines the tangible practice of making and using Protestant prayer beads with a study of the kinds of prayer found in the Prayer of Jesus.

11:30 a.m. Fellowship

Join us in Chapel for Coffee and Cookies and Conversation

Sunday	Monday
5	6 Office Closed for Fourth of July holiday
12	13
19 9:30 a.m. Session Meeting 10:30 a.m. New Members welcomed during worship 11:30 a.m. Gathering and Games	20
26	27

Tuesday	Wednesday	Thursday	Fri/Sat
	1 1:30 p.m. Tending the Wild Garden (Page 1) 4 p.m. Food Pantry until 6 p.m. (Page 11) 6:00 p.m. Ukulele Group	2 8:30 a.m. TOPS 10 a.m. Food Pantry until noon 5 p.m. Food of Faith	3
			4 Happy 4th of July!
7 10 a.m. Knitting 10 a.m. Staff Meeting 1:30 p.m. Summer Movie Series: The Last Brickmaker in America (Page 9)	8 1:30 p.m. Tending the Wild Garden 4 p.m. Food Pantry until 6 p.m. 6:00 p.m. Ukulele Group	9 8:30 a.m. TOPS 10 a.m. Food Pantry until noon 1:30 Caring Connections (Page 5) 5 p.m. Food of Faith	10
			11 11 a.m. Memorial Service for Betty Lunger (Page 2)
14 10 a.m. Knitting 10:30 a.m. Outreach and Hospitality meeting 1 p.m. Lions Club	15 1 p.m. Out-to-Lunch Bunch at TBD 4 p.m. Food Pantry until 6 p.m. 6:00 p.m. Ukulele Group	16 8:30 a.m. TOPS 10 a.m. Food Pantry until noon 5 p.m. Food of Faith	17 Loons Baseball Outing (Page 11)
			18
21 10 a.m. Knitting 1:30 p.m. Summer Movie Series: The Secret Life of Bees	22 1:30 p.m. Tending the Wild Garden 4 p.m. Food Pantry until 6 p.m. 6:00 p.m. Ukulele Group	23 8:30 a.m. TOPS 10 a.m. Food Pantry until noon 5 p.m. Food of Faith	24
			25
28 10 a.m. Knitting 10 a.m. Staff Meeting 10 a.m. LOG FOLDING 12 p.m. Summer Dice and Smiles (Bunco)	29 1:30 p.m. Tending the Wild Garden 4 p.m. Food Pantry until 6 p.m. 6:00 p.m. Ukulele Group	30 8:30 a.m. TOPS 10 a.m. Food Pantry until noon 5 p.m. Food of Faith	31

*Birthdays listed are for our 75+ Members

Introducing Westminster’s new Financial Secretary, Lisa Carelli

I am writing to warmly introduce myself as the newly appointed Financial Secretary for Westminster Presbyterian Church. It is a privilege to be called to serve your congregation in this capacity, and I am stepping into this role with a heart full of gratitude and commitment to serving your church family.



A brief background about me: I have a bachelor’s degree in accounting and management. I worked for two nonprofit groups, the Bay Area Women Center and Education and Training Connection in Midland. I am looking forward to using my skills and achievement in the past jobs.

GENERAL FUND	Month to Date thru February 22,	
	2026	Year to Date
Pledges & Other Giving	\$ 78,467	\$ 105,636
One-time Gifts	\$ -	\$ -
Other Cash Received	\$ 248	\$ 3,167
Total Income	\$ 78,715	\$ 108,803
Expenses	\$ 15,992	\$ 44,937
Net Income/(Loss)	\$ 62,723	\$ 63,866

Budgeted expense total for 2026 is \$467,000.

As I am in training, I will be working Monday and Thursday in the morning and Tuesday in the late afternoon so Pat can continue training me.

If you have any questions or if there is anything I can help do for you, please contact me via email at treasurer@wpcbc.org.

God Bless you.

Lisa Carelli
Financial Secretary

House of Worship Highlights

Here’s a few things we’ve completed and are planning for our church building and grounds:

- Fire alarm system installation is nearly complete
- Upgrade to kitchen area fire suppression in progress
- New Fire Emergency Action Plan written and reviewed
- First aid kits at Wenona and DeWitt St entrances (includes Narcan)
- New AED installed, training completed
- Fellowship Hall sound system repairs completed
- Carpet cleaning scheduled
- Emergency key lockbox installation

- HVAC circulating pump motor replacement completed
 - Drone inspection of church steeple scheduled
 - Courtyard flowers
- These are just a few highlights.

Many thanks to our Property Committee members, Church Safety team, WPC staff, and volunteers who help keep our building and grounds safe, attractive, and welcoming.

Last but not least a huge THANK YOU to our congregation for providing the financial support required for improvements, maintenance, and beautification.

Continued from the cover

This eight-week series combines the tangible practice of making and using Protestant prayer beads with a study of the kinds of prayer found in the Prayer of Jesus (The Lord’s Prayer), inviting us to join faith traditions across time and space as we learn simple, repeatable rhythms to center our hearts and carry prayer into “all our days.”

Be Still and Know (July 5) Jesus had a rich prayer life. Praying was a deeply connecting practice for him. He gave his disciples a template for ways to relate to God in prayer. In this first week of the series, we visit the power of centering in the Holy and the words of the writer of the letter to the Philippians who invites us to “let our requests be made known to God.”



Presence (July 12) *Abba* is the Aramaic name for God that Jesus used in teaching the disciples to pray. To use this intimate term — referring to God as family — was a radical idea in Jesus’ day. Relationship was central to Jesus’ teaching and what he passed on to us is that we are as close with the Divine as a parent and child.

Praise (July 19) Devotion is time set apart (the meaning of “sacred”) to honor

something or someone we love. When Jesus called God’s name “hallowed,” he was drawing us to the sacred nature of the holy. When we pray, we set apart our time and attention to things that matter deeply.

Purpose (July 26) Jesus’ ministry offered tangible, visible signs of right relationship and pointed us toward God’s will for “a little heaven on earth.” We focus this week in the series on what it means to pray “thy Kingdom/Kin-dom come.”

The series will continue throughout August where we will explore Petition (August 2), Pardon (August 9), Protection (August 16), Persistence (August 23). The series will end on August 30 as we explore The Prayer of Jesus using interactive prayer stations at our annual outdoor worship service on the lawn.

Summer Book/Bible Study Series

This summer we invite you to join our book/Bible study series on ***Tending the Wild Garden: Growing in the Fruit of the Spirit*** by Eugenia Gamble.

Using Paul’s image of the fruit of the Spirit in Galatians 5:22–23, the book encourages us to move beyond treating love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control as a checklist and instead see them as gifts the Holy Spirit grows within us as we deepen our relationship with God and nurture our spiritual growth together.

Even if you had not been able to attend earlier in June, you are welcome to join us as

we continue to tend the garden of faith within each of us and discover how God’s Spirit is already at work bringing new life to us all. We will meet three weeks in July, and four weeks in August, always **Wednesdays at 1:30**.

You need not attend every week, just come as you are able to enjoy and be inspired by Rev. Gamble’s writing, daily Scripture reflections, and discussion questions. This study offers a meaningful way to Tending the Wild Garden of our souls. Please contact the church office or Rev. Linda if you have any questions.

Betty Lunger Memorial Service

The family of Betty J. Lunger (November 13, 1933 – September 13, 2025) is making plans to celebrate her life and honor her memory with a memorial service at Westminster on Saturday, July 11, 2026, at 11:00 am. The family will receive friends from 10:00 am until the time of the service. A reception will follow the service in the Fellowship Hall. We hope you will join us as we remember our sister Betty.

Weekday and Weeknight Parking

Please remember that we are only allowed to use the parking lot across Dewitt Street (at Lake Effect Chiropractic) when the business is closed. This includes Sunday mornings, Monday, Wednesday, and Friday evenings after 5:00 p.m. and Tuesday and Thursday evenings after 7:00 p.m. Our payment and rental agreement does not allow us to park in their new parking lot off Vermont Street. Thank you for helping us to be good neighbors! Westminster owns and maintains the small lot directly behind the church across Vermont Street, and the large lot across Wenona Street from the church.



With Sympathy

Our sister and friend, **Lois MacPhail**, died peacefully at Sheffield Bay on Friday, June 5, 2026. The family is still finalizing their plans to celebrate Lois' life but are tentatively planning a memorial service at Westminster for September 12, 2026. We will share any further information as we receive it.

Gathering and Games

Sunday, July 19 after worship

Not everyone goes on vacation in the summer, so our time for Gathering and Games will continue in July to offer you the perfect "Stay-cation" opportunity for fun and fellowship! Want to learn a new game? We'll teach you one! Want to share your favorite? You can teach us! Want to just eat and chat? There's space for that too. Bring a friend along and discover why this has become such a favorite gathering for our church community.

Summer doesn't slow the need for a good meal

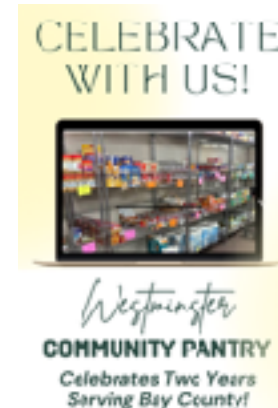
Matthew 25 Café at The Salvation Army (322 Adams Street) serves free meals six days a week to the Bay City community, feeding about 100 people daily. They need help with food prep and service.

For the past three years, Westminster has supported this outreach. On the second Tuesday of each month, 5–7 volunteers help cook and serve. Summer months bring fewer volunteers, so extra help is needed.

If you can spare two hours a month—either preparing food (9 to 11 a.m.) or serving and cleaning up (11 a.m. to 1 p.m.)—please sign up on the Wenona Lobby board or call the church office with your name, date, and time. Your time makes a meaningful difference in our community.

The Pantry Celebrates Two Years Serving Bay County!

Can you believe Westminster Community Pantry has been open for two years? When we opened in June 2024, we didn't dream that the Pantry would be this busy or the need would be this great. In Year Two (June 2025-May 2026), we had 2,556 visits serving 7,257 people with 82,493 pounds of food. Compared to our first year, that's 600 more visits serving 1,354 more people with almost 19,000 pounds more food going out the door. While we wish food insecurity did not exist in Bay County, with your help we have played a big part in feeding our hungry neighbors. Thank you for your continued support of this vital ministry!



The July "Item of the Month" is peanut butter

(smaller 16 oz. size preferred). Lately we have not been able to get peanut butter from the Food Bank, and this is a staple that every guest receives each month. Please leave your donations on the cart outside the pantry door. Thank you for helping us stock the Pantry!

Items for the Tree: We try to keep our Christmas tree

stocked with kitchen items like can openers, measuring cups and spoons, dish towels, dish cloths, etc. First-time guests and returning guests who bring their own bags can pick something off our tree. Right now, our tree is looking a little bare. We appreciate your donations of new or gently used items. Please leave them on the cart outside the pantry door. Many thanks!

Our "Free Little Library" has been a hit! We have inspirational reads, devotionals, cookbooks and children's books. If you have books to contribute, please leave them on the cart outside the pantry. These books will feed the spirit, just like food feeds the body!

Fellowship, Fun & Fastballs: Join Us for the Loons game on July 17th!

Mark your calendars for Friday, July 17th—we're heading to Dow Diamond to watch the Great Lakes Loons take the field! The evening promises more than just America's favorite pastime. It's The Great Lakes **Grand Carnival** night, meaning the entire ballpark becomes an exciting carnival atmosphere. Since it's also **Foodie Friday**, prepare your taste buds for unique culinary treats available around the stadium, along with \$2 hot dogs and \$1 snacks!

Cap off the night by staying for the post-game **fireworks** display—a perfect ending to a summer evening.

This event offers a fantastic chance to strengthen connections with fellow church members beyond our regular Sunday

gatherings. It's a great time to bring neighbors or friends who might enjoy experiencing our community in a relaxed, entertaining environment. Everyone will find something to enjoy—children can immerse themselves in carnival activities while adults appreciate good conversation and a laid-back vibe.

Whether baseball thrills you or you simply want quality family time, this outing delivers on all fronts.

Details: Friday, July 17th Gates: 6:05 p.m. First Pitch: 7:05 p.m. Get tickets at: <https://www.gofevo.com/event/Westminsterpresbyterian26> (Need assistance? Stop by the church office or see us Sunday morning to purchase tickets.)

Thank you for supporting our youth!

I would like to extend my sincere gratitude to everyone who donated food to support our youth this year. Your generosity and kindness are deeply appreciated, not only by me but by the youth as well. Thank you for your continued support and for investing in the

young people of our church. Your contributions have made a meaningful difference, and we are truly grateful.

Leah Sneller

Director of Youth Ministries

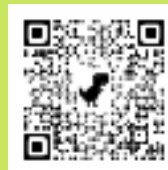
Youth Lock-In

On May 23rd, our youth group enjoyed an exciting and fun-filled lock-in! The evening was packed with activities that brought everyone together for fellowship, creativity, and lots of laughter. One of the highlights of the night was playing Sardines in the Dark with flashlights. For the first time all year, the youth were allowed to use the upstairs area as part of the game, giving them new places to hide and making the competition even more exciting. The added space brought plenty of surprises, laughs, and unforgettable moments throughout the evening.



The youth also enjoyed plenty of food throughout the night and had the opportunity to paint Jenga blocks, creating their very own custom Jenga set to use at future events. Later, everyone gathered to watch *The Lorax* and spent time playing some really cool video games together.

The lock-in was a wonderful opportunity for the youth to build friendships, make lasting memories, and enjoy time together in a safe and welcoming environment. I am truly grateful for Seth for helping me with this event for our youth.



Scan the QR
to register
your child!

Join Us for Preschool VBS: Rainforest Falls!

Get ready for an exciting rainforest adventure at **Rainforest Falls Vacation Bible School!** Your little explorers will discover God's love through fun Bible stories, music, crafts, games, and hands-on activities in a vibrant rainforest setting.

Time: 8:30 to 11:30 a.m.

Ages: 3 & 4 Year Olds

Dates: Monday, August 3 through Thursday, August 6

Come swing through the vines, meet new friends, and make unforgettable memories as we journey through the wonders of Rainforest Falls!

Registration is available by following the link below.

<https://form.jotform.com/261673710836057>

We can't wait to explore with you!



One Couple, One Big Difference

By Anne Remington

My husband, Newt, had a sister, Wanda, with Down Syndrome. Wanda was very affectionate – full of life and joy. People were attracted to her. She deserved to have a life as complete as possible. Like many with special needs children, Newt and family were very concerned about what would happen to Wanda.

After her mother died, Wanda live with her dad – a happy arrangement for all. When the father could no longer care for himself, Newt became Wanda's legal guardian. That Wanda would live with him was not a likely option. Newt searched trying to find suitable care for Wanda. It seemed the only possibility was a place where she would be in a room all alone. The possibility of this restricted, limited existence made Newt physically ill.

Lois and Dick Davis had a son, David, with Down Syndrome. As they investigated around the country, they learned about "group homes." They, with the help of others, spearheaded the development of group homes in this area. Plans were laid out. People became involved. It was the 1980's. With contributions and government aid, money became available. As a result, Wanda lived in various group homes. She thrived! Newt's prayers were answered.

Money to support group homes came from various places. Lois and Dick Davis, among others, became very involved in the ARC of Bay County. At Thanksgiving, volunteers prepared and sold dinners. Each delicious dinner was enough for 3 meals. Tickets for the annual Strawberry Festival helped to raise



money. The Strawberry Festival still continues today. Wanda worked at Do-All, Inc. and was so proud when on Fridays she received her pay. She would wave her money. She went to school, too. She seemed happy and fulfilled.

In 1998, at age 66, Wanda passed away. At that time, she was the oldest person with Down Syndrome ever to live in Bay County. Her funeral was held at Do-All, Inc. in the basement. Wanda had so many friends attending that the staff from Penzien-Steele had to keep bringing in more and more chairs. A testimony to Wanda's full life.

To the Sacred Spirit within and around us: Thank you for people like the Davises. May more of us be diligent like the Davises to maintain and develop the work of the ARC, to continue to maintain and develop like programs that benefit people with special needs. May we work together with our federal and local governments to provide much-needed funding. May the legacy of the Davises and those like them live on. Amen.

Grief and linking objects

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. ~ Helen Keller

Before each job interview, Andrew slips on his father's gold watch. It's a weighty piece of jewelry, a reminder of his father's long and successful career and he feels more confident when wearing it. At holiday time, Mandy puts her mother's cut glass water decanter on the dinner table and is flooded with joyful memories of her mother's love and guidance as well as the wonderful meals she prepared for the family.

The watch and the decanter are linking objects, items belonging to deceased loved ones that provide a source of solace for both Andrew and Mandy. A linking object is literally any object or image that connects the griever in a comforting way with a loved one. Linking objects can be used to create a ritual of remembrance and continuity as well as a reminder of a needed behavior when establishing new routines. They are used to create powerful connections that can last for months or even years.

A common fear people often mention after a death is that treasured memories will begin to fade away. So when death is still new and raw, we tend to think that everything that was important to the deceased becomes important to us simply because it was important to him or her. We hold tight to every physical reminder — from toothbrushes to cashmere sweaters. But problems can arise when



we accumulate too many possessions that take up too much space. Over time, this memory clutter can begin to impede our ability to feel a sense of peace and calm. That's when using a linking object can provide a bridge to memories.

The use of linking objects wasn't always widely recommended by grief experts because many falsely believed that these objects tended to encourage a pathological holding on to the deceased while neglecting the task of reinvesting in life. In reality, though, linking objects can be pivotal motivating factors in accepting the death of a loved one and beginning the new life without the physical presence of the deceased. These objects are one type of learning tool to bring empathy, understanding, and awareness of enduring love into the experience of massive change. Psychotherapist Thomas Moore put it another way when he wrote, "Grief is complete only with a shift in being, in the way you live, think, and relate to the world." You can emerge from your sorrow and sadness with new strength, compassion, and vision you never realized you possessed.

Reprinted from St Luke's Hospice Bereavement Lead Rhonda Culshaw, St Luke's Hospice, Bethlehem, PA

Westminster foursome raises more than \$10K for Good Samaritan

On Monday, June 8, Chris Elzinga, Jeff Rogers, Len Petroff and Steve Kusterer represented Westminster Presbyterian Church at The Fortress golf course in Frankenmuth for the 2026 Rescue Ministries of Mid-Michigan golf outing. Before the outing, the foursome collected donations for Rescue Ministries, which includes the Rescue Mission in Saginaw as well as the Good Samaritan Rescue Mission in Bay City.

Over 25 years, the Rescue Ministries golf outing has generated more than \$1.8 million to feed and house people.

Thanks to the generosity of our friends, family and our church family, we were able to raise more than \$10,000 this year! The event raised a total of \$135,290 to be used to feed and shelter people in

need. Event organizers said that the night before the golf outing, the two shelters housed and fed more than 200 people. Our own Len Petroff was able to emerge victorious in the coveted "Putting Contest" and walked away with a gift card.

Over 25 years, the golf outing has generated more than \$1.8 million.

Again, THANK YOU to all the generous people who helped make this another success!

Summer Movie Series

Our summer series continues with special movies featuring films connected to authors from this past year's book group. The lineup includes one more Sidney Poitier film: *The Last Brickmaker in America* (July 7) — as well as *The Secret Life of Bees* (July 21), based on the book by Sue Monk Kidd, and *Yentl* (August 25). We will also include one family-friendly movie on August 11 to be chosen from your suggestions.



Movies will be shown **on Tuesdays at 1:30 p.m.** As always, we have

soda, popcorn, and candy, so come enjoy a good film and good company with us this summer. Any questions, please call the church office.



Mark your calendars, Bay Shore Camp's On the Road Day Camp is returning to Westminster August 3 through August 6. Camp is open to those entering Kindergarten through 5th grade. Registration is LIVE through the camp's website: <https://bayshorecamp.campbrainregistration.com/> or scan the QR code to register. Camp fills up quickly, so be sure to register early!



We are still working out the details on what we might be able to offer for others outside of these age groups. More details will be available soon!

The Out-to-Lunch Bunch

The Out-to-Lunch Bunch's delicious destination for July is: **Castaways**, 3940 Boy Scout Road, Bay City, MI 48706

We will gather for lunch at 1 p.m. Wednesday, July 15. Please RSVP with Dave Crook at 847-624-5798 or crookds@earthlink.net by July 13.



In June, the Out-to-Lunch Bunch gathered at Blossom's Asian Bistro on Wilder Road.

WESTMINSTER PRESBYTERIAN CHURCH

SUMMER DICE AND SMILES BUNCO PARTY!

JUNE 30, JULY 28, AUGUST 18

BRING YOUR OWN LUNCH, WE EAT AT NOON BUNCO AT 12:30 P.M.

PRIZES AWARDED FOR: MOST BUNCO, MOST MINI BUNCOS, MOST WINS, MOST LOSSES

WPCBC.ORG

Caring Connections

Freedom of Grief

Freedom of grief. What does that mean? During our initial grieving period we sometimes give up a lot of things that we don't realize we have given up. The freedom to laugh is one of them.

Laughter is a great healer, but we hesitate to laugh because we might think that people will think less of us or that we really didn't love the person that has passed because we're seeming to be too cheerful. It doesn't matter what others think. Do it for you! Make yourself feel better and don't feel guilty about it. It may feel out of place and inappropriate — laugh anyway! Others may not understand how you can do it. Do it anyway! Laughter heals and you need healing even if others don't understand. Laugh any way, any time you can!

I would like to share a little writing that was given to me when our daughter passed. I read it often. It has helped ease the pain as time moves on. Hopefully it might help you.

Please join us at our next Caring Connections meeting on **July 9, 2026, (note change of date)**. It is from **1:30 - 3 p.m.** at

Give What's Left of Me Away

Author Unknown

Now that I am gone, remember me with a smile and laughter; and if you need to - cry for your brother and sister who walk in grief beside you. And when you need me, put your arms around anyone, and give them what you cannot give to me.

I want to leave you something, something bigger than words or sounds. Look for me in the people I've known or loved or helped in some special way.

Let me live in your eyes as well as in your mind. You can love me most by letting love live within the circle of your arms, embracing the frightened ones.

Love doesn't die, people do. So when all that's left of me is love, give me away as best as you can. I'll see you at home where I'll be waiting.

WPC where all are welcome and we do share laughter along with our thoughts on grief.

Love and Peace,

Mary

Creating linking objects

Are you interested in creating a linking object? Here are a few things to keep in mind when utilizing this important coping tool.

1. Pick any object that belonged to the deceased that has special meaning for you. It could be a key chain, coin, medal, photo, piece of clothing or jewelry. Carry or wear this object when you long for comfort or connection.

2. Another type of linking object is to choose a word or saying that is descriptive of the character or essence of your loved

one. Take it to a calligrapher and have it written so that it can be framed and displayed.

3. Call on your creativity to bring special meaning from a linking object. One woman took her husband's wedding band and hers to a jeweler where they were melted down and made into a new piece of jewelry that symbolized their enduring love. While others may not see the significance, a linking object can have intimate meaning for the person who is grieving a loved one's death.

Source: Kenneth C. Haugk, Finding Hope and Healing

