

Greenwood, South Carolina

Volume 7, Number 5

Living as Easter

People in

Eastertide

### Now What??

On April 20, we, along with Christians around the world (even Eastern Orthodox Christians who usually celebrate at a different time) celebrated Easter, the commemoration of Christ's resurrection. Across my social media feed, I saw pictures of families gathered in front of their churches, some next to a cross that had been flowered with spring blossoms, proclaiming God's transforming power over death. In churches everywhere bells were ringing, children singing! Alleluia! Christ is risen! Christ is risen indeed! Alleluia!

Easter is over. Now what?

Actually... according to the church calendar, Easter is not just a day, it is a season... all the way up to Pentecost (June 8), *OR...* even more radically, Easter is a way of life, a life lived with an eternally living God.

So, what do we do in this season after Easter Sunday, in this life we live in the light of the resurrection? I say, "Let's take a cue from Jesus' disciples and friends." What did they do in the days after the resurrection, when the risen Christ could show up anywhere?

So... what did Jesus' disciples and friends do in the time after that first Easter morning?

One story tells about two of Jesus' friends walking together

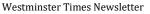
and talking about all that they had seen, about their sorrow over Jesus' crucifixion, and the dashing of their hope. While they are walking, Jesus joins them (although they don't recognize him).

As a stranger to them, Jesus shines a light on the scriptures, making their hearts burn with the truth he is telling them. They invite their traveling companion to lodge with them for the evening, and recognizing his authority, they invite him to be the one to bless and break the bread for their meal. When Jesus breaks the bread, they finally recognize him.

So, taking our cue from this story, we might spend time talking with a friend about the things we have seen and heard in the biblical story, or in our own stories, trusting that Jesus will show up and shine a light on our path. We might spend time in these days after Easter enjoying a simple meal with a friend, or a stranger, knowing that Christ joins us when we break bread together.

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Another after-Easter story has Jesus disciples returning to work, just like we had to do after Easter. They went back to what they knew before they ever knew Jesus. They went back to fishing. But somehow, it was different this time. The risen Lord showed up at their workplace inviting them to engage their work in a different way. "Throw your nets on the other side!"



Jesus advised. And lo and behold, following Jesus instructions, they pulled in 153 fish that day. Taking our cue from this story, we might return to work expecting the risen Lord to show up and invite us to engage our work differently.

After the miraculous catch of fish, Peter, the captain of the fishing boat, jumps out and swims to shore, where he and his companions share breakfast with Jesus.

After breakfast, Jesus and Peter have a conversation (let's call it a time of prayer for Peter), in which Jesus gives Peter three

opportunities to express his love for Jesus, one for each time Peter had denied Jesus during his trial. Three times Peter professes his love and three times Jesus gives Peter a new job, the job of a shepherd. "Feed my sheep."

Taking our cue from this story, in these days after Easter, we might examine the ways our behavior and words might have denied that we knew Jesus. Whether we are fishermen, or linemen, or professors, or factory workers, we might remember Jesus' love for us and our love for him, and his call for all of us, no matter our occupation, to care for the flock, whether they are in the fold or not.

#### Easter isn't over. Easter is our life *now!*

We friends of the risen Christ walk together and eat together expecting Jesus to show up among us, participating in the conversation, providing the food and blessing it.

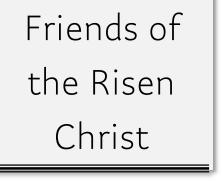
We friends of the living Christ listen to him in our places of work, allowing his will to guide us in the lab and the classroom, the factory floor and the retail store, the medical center and the shopping center.

We friends of the risen Christ take time alone with him,

allowing his words of love to mend the things we have broken, and turn us back towards the work he has given to all of us, whether fisherman, doctor, teacher, lawyer, factory worker or shop keeper, to tend to his sheep, whether they are in the flock or not.

Let's not let Easter be a *day* for fancy dresses, suits, family pictures, and family meals, or even a season. Let us let Easter be a way of life, where every day we might be like Jesus' friends,

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#### Continued from page 2

who proclaimed with wonder, "I have seen the Lord!" Let us tell stories of how he has met us on the road, at the table, in our places of work and in our times of private conversation (let's call it prayer).

#### Easter has come! Now what? Now the living one is among us! That's what!

May every day be the day you can proclaim, "I have seen the Lord!"

With wonder at all that may be, I am your pastor and friend,

# Caroline 🏵

#### May Sermon Series: May Be??

The month of May has us all over the place! In this time after Easter, we celebrate that the risen Lord shows up wherever we may be, and can speak to us and through us whoever we may be! Let us learn to recognize him and tune our hearts to hear his voice ... in popular media, in the lives of women



of valor, in the testimony of a college graduate, and beside a lakeshore.

#### May 4: "May the Force of Love be With You"

Communion/Food Bank

**+** John 21:1-10

It is Star Wars Day: May the Fourth (be with you)! Peter meet's God's love and intention on the lakeshore. Could we meet God's love and intention in this popular science fiction myth? *Maybe*!

#### May 11: "Mother Wisdom"

+ Proverbs 31:10-31

The Proverbs 31 woman has been described as a virtuous woman, a woman of valor, a woman of strength. She is a blessing to her family, her community, and to God. She is an impossible ideal. Today, we lift up the women who nurture the best in us, and make us a blessing to our families, communities, and God, whoever we *may be*.

#### May 18: "Good Soil: Growing into Who God Made Me to Be"

Graduation Sunday

**+** Luke 8:4-15

Today we celebrate the college graduations of Oliver, Ellory, and Autumn. Oliver Danner will deliver his senior sermon. We will hear how a community of support makes all the difference for a growing disciple. *May* we *be* such a community.

#### May 25: "Setting Sail Towards God's Vision"

Worship on the Water Kick-Off/Church Picnic

**+** Acts 16:9-15

Paul receives a vision of a man pleading, "Come over to Macedonia and help us!" Paul sets sail and joins God's work already underway there. *Maybe* God is calling you to set sail towards a shared ministry in His name.

### Westminster Happenings

Saturday May 3	<b>Crazy Heart Meditation Community</b> Meet in the Fellowship Hall at 10:00 A.M.				
Sunday May 4	Sunday School Adults: Gather at 9:00 A.M. in the Choir Room. Children and Youth: Meet at 9:00 A.M. in lower-level education wing.				
	May the Force of Love be With You Communion/Food Bank Collection Worship at 10:00 A.M. in person or via live streaming. Hear again Jesus' instructions to Peter and to us: "Feed my sheep."				
	<b>Stated Session Meeting</b> ( <i>Note: rescheduled from May 11</i> ) Assemble in the Joe Gettys classroom at 11:15 A.M. Attend to the business of the church, with God's guidance.				
Monday May 5	Prayer Time in the Upper Zoom Look for the Monday prayer list email and click on the Zoom link at noon. Share your praises, intercessions, and supplications with our loving God. BEMA Bible Discussion Group Meet in the Joe Gettys Room at 6:00 P.M.				
Tuesday May 6	<ul> <li>Presbyterian Women's Circle</li> <li>Meet at Nancy Dozier's home for brunch at 11:30 A.M.</li> <li>Celebrate the close of another fruitful PW year of joy and justice.</li> <li>Crazy Heart Meditation Community</li> <li>Meet in the Fellowship Hall at 6:00 P.M.</li> </ul>				
Wednesday May 7	<b>Books &amp; Brown Bags Study Group</b> ( <i>see page 7</i> ) Bring a sack supper to the Joe Gettys Room at 6:00 P.M. Begin a series on Christian allegories with <i>A Wrinkle in Time</i> .				
Saturday May 10	<b>Crazy Heart Meditation Community</b> Meet in the Fellowship Hall at 10:00 A.M.				
	Mother's Day				
Sunday May 11	<b>Sunday School</b> Adults: Gather at 9:00 A.M. in the Choir Room. Children and Youth: Meet at 9:00 A.M. in lower-level education wing.				

### Westminster Happenings, continued

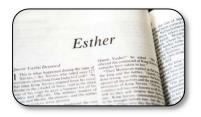
Sunday May 11, continued	Mother Wisdom PCSC Mother's Day Special Offering Worship at 10:00 A.M. in person or via live streaming. Ponder the power that a strong, faithful woman brings to her world.			
Monday May 12	Prayer Time in the Upper Zoom Look for the Monday prayer list email and click on the Zoom link at noon. Pray together for this congregation, for friends, and for the larger world. BEMA Bible Discussion Group Meet in the Joe Gettys Room at 6:00 P.M.			
Tuesday May 13	<b>Crazy Heart Meditation Community</b> Meet in the Fellowship Hall at 6:00 р.м.			
Wednesday May 14	<b>Books &amp; Brown Bags Study Group</b> Bring a sack supper to the Joe Gettys Room at 6:00 P.M. Continue deciphering the meanings within <i>A Wrinkle in Time</i> .			
Saturday May 17	<b>Trinity Presbytery Stated Meeting</b> Welcome Trinity Presbytery members to the Fellowship Hall at 8:30 A.M. Pray for powerful worship and wise discernment for our Presbytery.			
Sunday May 18	<ul> <li>Sunday School</li> <li>Adults: Gather at 9:00 A.M. in the Choir Room.</li> <li>Children and Youth: Meet at 9:00 A.M. in lower-level education wing.</li> <li>Good Soil: Growing into Who God Made Me to Be Graduation Sunday</li> <li>Worship at 10:00 A.M. in person or via live streaming.</li> <li>Focus on our mission to grow disciples, starting with our own family.</li> <li>Graduation Reception (see page 8)</li> <li>Come to the Fellowship Hall after worship for a festive reception.</li> </ul>			
Monday May 19	Congratulate our college graduates as they launch into their future. <b>Prayer Time in the Upper Zoom</b> Look for the Monday prayer list email and click on the Zoom link at noon. Pray together for this congregation, for friends, and for the larger world. <b>BEMA Bible Discussion Group</b> Meet in the Joe Gettys Room at 6:00 P.M.			

### Westminster Happenings, continued

Tuesday May 20	<b>Crazy Heart Meditation Community</b> Meet in the Fellowship Hall at 6:00 P.M.				
Wednesday May 21	<b>Books &amp; Brown Bags Study Group</b> Bring a sack supper to the Joe Gettys Room at 6:00 P.M. Enter a whole new world via <i>The Lion, the Witch, and the Wardrobe</i> .				
Thursday May 22	Interfaith Dialogue Gather in the Youth Room at 7:00 р.м. Compare and contrast some the humanity's great belief systems.				
Saturday May 24	<b>Crazy Heart Meditation Community</b> Meet in the Fellowship Hall at 10:00 A.M.				
Sunday May 25	<b>Worship on the Water Kick-Off and Church Picnic</b> ( <i>see page 9</i> ) <i>Note: No activities at the Cokesbury campus this morning</i> Worship at 10:30 A.M. at Camp Fellowship's Lake-Front Pavillion. Listen for God's call to you and seek to discern His will for your life.				
Monday May 26	Note: Church Office closed for Memorial Day				
Tuesday May 27	<b>Crazy Heart Meditation Community</b> Meet in the Fellowship Hall at 6:00 р.м.				
Wednesday May 28	<b>Books &amp; Brown Bags Study Group</b> Bring a sack supper to the Joe Gettys Room at 6:00 P.M. Wrap up the trip to Narnia from <i>The Lion, the Witch, and the Wardrobe</i> .				
	Ascension Day (see page 10)				
Thursday May 29	<b>End of Life Seminar Series: Taking Care with a Few Last Things</b> Come to the Fellowship Hall at 5:00 P.M.—program begins at 5:30 P.M. Remember the caregivers and the challenges they face ( <i>see page 11</i> ).				
After he said this, he was taken up before their very eyes,					

and a cloud hid him from their sight. Acts 1:9

#### Adult Study: One Woman's Courage Saves Her People



**Question:** What book of the Bible never mentions God? **Answer:** The Book of Esther

Never fear, though—God is fully present throughout this amazing story of power, lust, danger, and courage! And your facilitators are looking forward to exploring with you both the obvious *and* the hidden meanings in this scriptural gem. No

study guide or videos required.

Sunday mornings at 9:00 A.M., bring your own Bible or use one of the ones provided in the Choir Room. You'll find nourishment for your heart and mind...and possibly for your tummy, as we are often blessed with scones and cookies!

#### Children's Class Busy in May!

Submitted by Kathy Gillespie

During May, the children will continue learning memory verses, and they will complete making and binding their memory verse journals. They are looking forward to making more bookmarks for the Glory to God Hymnals.



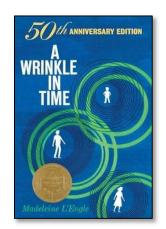
As the children continue to learn to participate in worship, emphasis will be placed on how to look up hymns and scriptures. Learning the importance of showing reverence to God and respect to fellow worshipers while in the sanctuary will also be emphasized.

Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Psalm 100:1-2

#### Books & Brown Bags: Exploring New Worlds

#### Every Wednesday 6:00 P.M. – 7:30 P.M. Joe Gettys Room

Books & Brown Bags is venturing into new worlds of imagination as they spend May exploring Christian allegories. The *Cambridge Dictionary* describes an allegory as "a story, play, poem, picture, or other work in which the characters and events represent particular moral, religious, or political qualities or ideas." The B&BB group will tackle two of the most popular Christian allegories: *A Wrinkle in Time*, by Madeleine L'Engle, and *The Lion, the Witch, and the Wardrobe*, by C. S. Lewis.



In June, B&BB will be reading *God*, *Pandemics*, *and the Holocaust*," by Cliff Cain. The author resides in Greenwood, and will be meeting with us to discuss this thought-provoking book.

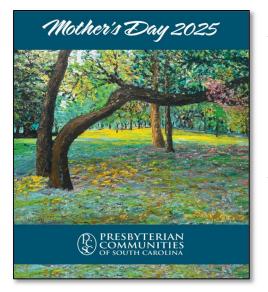
### Supporting Presbyterian Communities on Mother's Day

Submitted by Laine Horowitz, Mission & Outreach Co-Chair

Since 1954, caring Presbyterians throughout South Carolina have been collecting a special Mother's Day offering to support those at Presbyterian Communities who, through no fault of their own, have outlived their



financial resources. The Mother's Day Offering is essential to providing the necessary funds, helping ensure that no one in this situation has to hear that PCSC no longer has the means to care for them. Rather, the witness of the Mother's Day Offering and benevolences from church budgets assures them that they are cared for and not forgotten.



Residents of Presbyterian Communities have access to a vast array of opportunities to engage the mind, strengthen the spirit, and promote physical wellness. For example, Don Murray, a resident at the Columbia Presbyterian community, enriches his life by pursuing painting as a hobby. This beautiful impressionistic oil painting of the Old Sheldon Church Ruins in Yemassee, SC is an example of his talent.

Westminster is collecting this special offering on Mother's Day Sunday, May 11th. Make checks payable to Westminster Presbyterian Church , and be sure to note on your contribution that it is for the annual Presbyterian Communities of South Carolina special offering.

### Celebrating Our Graduating Seniors

Reception on Sunday, May 18 11:15 A.M. Fellowship Hall



The school year is rapidly drawing to a close, and for three of our young people, that means that graduation time is also nigh! On Sunday, May 18<sup>th</sup> Westminster will honor our soon-tobe college graduates: Autumn Mossman, Oliver Danner, and Ellery DeRosa.

Autumn is graduating from North Greenville University with a Bachelors in Applied Psychology. She plans to go on to get a graduate degree, with an eye toward a career in counseling. Oliver and Ellery are both Special Education majors graduating from Lander University. They are looking forward to applying their degrees as classroom teachers.

Our celebration begins during worship when all the seniors will be recognized, and Oliver will deliver the "senior sermon." Afterward, the congregation will gather in the Fellowship Hall for a reception. (Note that we are *not* having Sunday Sustenance, in light of the May 28<sup>th</sup> picnic.)

Be sure to greet our grads on this special Sunday, and keep them in your prayers every day.

### WPC Hosts Trinity Presbytery May 17<sup>th</sup>

Each year, the four stated meetings of Trinity Presbytery are held at different member churches. On May 17<sup>th</sup>, Westminster's



is once more the chosen host church, welcoming all Presbytery members, commissioners, and guests to our facility for this important gathering.

After registration, connection time, and continental breakfast in the Fellowship Hall at 8:30 A.M., the meeting begins appropriately with worship in the Sanctuary. It's always a moving experience, especially singing hymns among so many skilled and powerful voices!

All of the Westminster congregation is encouraged to attend and see first-hand how our mid-council operates. If you are new to being Presbyterian and would like to know what the heck a *presbytery* is, and why Trinity Presbytery matters to us, contact Claire Kuhl, Past Moderator.

### Festive Lunch on May б Wraps Up PW Year

The final meeting of the 2024-2025 Presbyterian Women season will be a luncheon held on Tuesday, May 6, 11:30 A.M. at the Dozier home (108 Pinecrest Drive, Greenwood). Many thanks to Nancy for being, as always, "the hostess with the mostess"! Please let her know by May 2<sup>nd</sup> if you are planning to attend, so that she can plan appropriately.

Nancy will lead our final study segment, "Sustaining Creation's Health for All."



Also on the agenda: planning for the new session, which begins in September. Be praying about how you will support this vital, vibrant group when it reconvenes!

Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.

Proverbs 31:30

## Time Again for Worship on the Water

Jesus loved being on the lakeshore (e.g., John 21), and so do we! Beginning on May 25<sup>th</sup>, Westminster is once again coordinating a fifteen-week spirit-filled worship series on the shores of Lake Greenwood. Services begin at 10:30 A.M. at the Camp Fellowship Waterfront Pavilion. Parking is available for cars and boats.



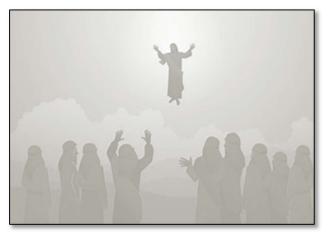
Each worship service includes lots of music, featuring area musicians ranging from guitarists and harmonica players to keyboardists and vocalists. A different pastor provides the message each week, representing many denominations and churches throughout Greenwood.

To start the summer with a bang, all Westminster members and friends are invited to the inaugural WOW service on Sunday, May 28<sup>th</sup>—Memorial Day weekend. (*Note:* no activities will be held on the Cokesbury campus.) Following worship, you are encouraged to stay for a festive picnic. The Hammonds are providing delicious slow-cooked barbeque. Please let Nancy Dozier or Beth Hammond know if you are planning to attend.

#### "Come on a boat, come in your car, come as you are!"

#### Ascension Day: May 29, 2025 From pcusa.org

Forty days after the Resurrection of the Lord (Easter Sunday), we remember and celebrate the Ascension of the Lord Jesus Christ into heaven. (See Luke 24:50-53 and Acts 1:1-11; see also Mark 16:19-20.)



The Ascension of Jesus Christ marked the end of Christ's earthly existence and the beginning of a new period of time, one in which Christ's relationship with the Church is not restricted by the boundaries of time and space. Christ is now available to *all* people *all* of the time through the work of the Holy Spirit.

According to John Calvin, we can appropriate three "benefits" of Christ's Ascension for our faith:

- Through Ascension-faith we experience Christ "transfusing us with his power."
- Ascension-faith experiences Christ as a "constant advocate and intercessor" who "prepares a way and access for us to the Father's throne."
- Most important, Ascension-faith discovers that Christ's Ascension "has opened the way into the Heavenly Kingdom, which had been closed through Adam."

The Ascension is nothing short of the inauguration of the Kingdom of God, a new age in which faithful Christians find that they have access, through Christ, to God's ultimate reality and purposes.

#### Memorial Day: Remembrance and Mourning

Excerpted from pcusa.org

On Memorial Day, we are reminded of the tragedy of war. We remember and give thanks for those who have given their lives in service to our nation.

Sadly, we have often had to advance the cause of freedom and justice through taking up arms to defend and protect the oppressed.

The deaths that come from war are needless and tragic. Those who give their lives in war may be remembered and honored for their selfless sacrifice, but the wars which brought their deaths are not glorious adventures.

We remember and mourn those killed in war on Memorial Day as we grieve the pain of loss and deprivation.

War in our world is a contradiction—we celebrate and rejoice in the redemption God has made available to all, the peace given through the love and grace of our Lord, and the strength we each can embody as we are filled by the precious Spirit. And yet, war remains pervasive and persistent in this broken world.

As we mourn, let us remember: "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." (John 16:33)



#### **End of Life** Taking care with a few last things a seven part series

Fellowship Hall Doors open: 5:00 р.м. Program begins: 5:30 р.м. Note: Session does not include dinner

### May 29 Topic: Caring for the Caregivers

As the population ages, more people are doing caregiving. About 1 in 3 adults in the United States is an informal or family caregiver. Caregiving can have many rewards. For most caregivers, caring for a loved one feels good. And it can make your relationship stronger.

But the demands of caregiving also cause emotional and physical stress. It's common to feel angry, frustrated, worn out, or sad. And it's common to feel alone. It's important for caregivers to know that they, too, need help and support.

For this final session of our end-of-life series, we are welcoming Aeriell Bowick and Christy Stroud from the Upper Savannah Council of Governments (USCOG). They are well-versed in the stressors of caregiving and in some of the ways that caregivers can find relief.



Aeriell will be discussing the USCOG Family Caregiver Respite Program and the benefits of the temporary breaks it provides. Christy's presentation focuses on Traditional Medicare vs. Medicare Advantage plans. She will also touch on scams and fraudsters who prey on the elder population.

**Aeriell Bowick** is the Family Caregiver Advocate at USCOG. She is an enthusiastic and friendly professional with a passion for helping others. When she is not at work, she enjoys being with friends and family, and trying new restaurants.

**Christy Stroud** is the Medicare Counselor at USCOG. Christy characterizes herself as a hardworking, driven individual. She has always had a passion for helping others and providing them with tools for succeeding in life. Christy delights in spending her free time crafting, thrifting, and being with her family.

Westminster has orchestrated this multi-part series to meet the unique needs of older adults, for those who love and care for them, and for those who will someday be older adults. Taking care with a few last things brings peace to this season of life for those going through it and those who care for them. Please invite the caregivers you know to this helpful event.



#### A Caregiver's Prayer

Adapted from Bill Dodd, of the Catholic News Service

Heavenly Father, help me to better understand and believe that I can do what you ask me to do. Forgive me for the times, even now, when I question your judgment. Lighten my burden, answer my prayer, and give me the strength to do

what so often seems impossible. Give me a quiet place to rest when I need it and a quieting of my anxieties when I'm there. Change my attitude from a tired, frustrated and angry caregiver to the loving and compassionate one I want to be. Remain my constant companion as I face the challenges of caregiving, and when my job is through and it's time for me to let go, help me remember that he or she is leaving my loving arms to enter your eternal embrace. *Amen.* 

### Let the Good Times Roll!

Best wishes and sincere prayers for these members and friends with May birthdays:



- ✤ 3<sup>rd</sup> Flora Hobson
- ✤ 6<sup>th</sup> Jest Dennis
- ✤ 21<sup>st</sup> Len Bornemann
- 28<sup>th</sup> Jennifer Sholar
- 29<sup>th</sup> David Bell and Kayla Gillespie
- ✤ 31<sup>st</sup> Nathan Gillespie

Congratulations are also in order for these amazing couples celebrating their wedding anniversary:

- ♦ 9<sup>th</sup> Elizabeth & Hamp Watkins
- ✤ 14<sup>th</sup> Jennifer & Ody Sholar
- ✤ 19<sup>th</sup> Kayla & Nathan Gillespie
- ✤ 26<sup>th</sup> Kathy & Arthur Gillespie

*If you haven't already done so, please go to our new online Instant Church Directory and update your information (see right).* 



### New Online WPC Directory

You can now access the Westminster church directory online—and you are invited to enrich and update your own family listing at any time. Here's the link:

https://members.instantchurchdirectory .com/

You can also download the app from the Apple Store and Google Play Store.

Not a fan of technology? No worries! Our resident tech wizards will be on hand during the May 18<sup>th</sup> graduation reception to answer your questions. They are happy to help you!

Note that this online directory is available to Westminster's congregation *only*. We are serious about protecting your privacy.

### May is Mental Health Month

Submitted by Autumn Mossman and Laine Horowitz

May is Mental Health Awareness Month. It was established in 1949 to increase awareness surrounding the importance of mental health and wellness. Mental Health Awareness Month was initially recognized by Mental Health America, which was originally known as the Connecticut Society for Mental Hygiene. The organization was founded by Clifford Beers, an author who documented his struggles with mental health and the harmful treatments he was subjected to at several institutions.



This increased awareness is particularly important when it comes to our youth. In 2022, U.S. Surgeon General Vivek Murthy, MD, visited Nationwide Children's Hospital and Otterbein University. He brought to light three shocking statistics involving our nation's youth:

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- 1) The suicide rate among young people in the decade before COVID increased 57%;
- 2) The percentage of high school students who feel persistently sad or hopeless right now is 44%; and
- 3) On average, it takes 11 years between a child's first symptoms of a mental health issue and when they actually receive treatment.

Murthy announced that these statistics, along with stories of mental health issues from around the country, caused him to give the label of crisis to this issue.



So, what can we do? Because of the previous extreme stigma that surrounded mental health issues, many of us may feel out of our depth when confronted with someone in need of help. It's the little things that help out here. Knowing how to speak to someone with mental health issues and what to say is the first step.

Here are some examples of what *not* to say, and why:

- 1) "We all have anxiety." No, we don't. Worry is not the same as anxiety. This phrase undermines the person who is struggling. It invalidates their very real mental health issues. It also evokes toxic positivity, which is the idea that people should only ever express positive emotions and thoughts. Discomfort around negative emotions is just one more way less savory figures have taken over mainstream thought. We can't let this continue.
- 2) "Why aren't you on medication/getting therapy?" Simple. Some people simply can't afford it. Accessibility to mental healthcare is a real concern at the moment.
- 3) "Some people are worse off than you." While this may be true, playing the whataboutism game with someone who may be struggling to live another day isn't the best method of "snapping them out of it."

Now that you know what not to say, it's time to learn how to help someone exhibiting signs of mental illness. If someone who is showing signs of depression comes to you to talk, a good way to start is to ask, "Do you want me to help problem-solve or just listen?" Then, of course, you respect whatever answer you are given. Always exhibit signs of active listening: nodding, saying "uh-huh," and saying "OK." You need to understand that this person coming to you is actually an honor. A depressed person usually only talks to someone they deeply trust.

If someone appears to be having an anxiety attack, always ask, "Can I help?" before touching the person. For some, uninvited physical contact can make anxiety worse. If the person says yes or nods, then you can ask if it is OK to touch them and/or if they need some water. If the person says no when you ask if you can help, stay nearby out of the way in case the situation escalates. The knowledge that there is someone close by can, by itself, be a help.

This May, keep Mental Health Awareness on your mind. If you see an opportunity to take a Mental Health First Aid Course, take it. You never know who, or how many people around you are suffering. Being able to be there appropriately for someone you know, and possibly even someone you love, is always worth the time and effort.

#### Psalm 150, WPC Style

Praise the Lord!

Praise God in his sanctuary; praise God in his mighty heavens.

Praise God for his acts of power; praise God for his surpassing greatness.

Praise God with the sounding trumpet; praise God with the harp and lyre.

Praise God with timbrel and dancing; praise God with the strings and pipe.

Praise God with the rousing harmonica; praise God with the lyrical viola.

Praise God with the tinkling piano; praise God with the rumbling organ.

Praise God with the soaring soloist; praise God with the joyful congregation.

Praise God with the clash of cymbals, praise God with resounding cymbals.

Let *everything* that has breath praise the Lord.

Praise the Lord!

### Thank-You Note ∦l

Many thanks to all of the volunteer musicians who graciously lent their talents

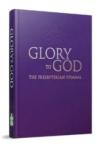
to our worship while Larry Dozier and Claire Kuhl were away from the bench because of medical issues—



Nancy Hart Wicker, viola; Bill Jacobs, harmonica; and the Westminster Irregulars, ably led by Gloria Christie: Elizabeth Watkins, Denise Waldrep, Ginny Cartee, Sarah Parks, Bill Jacobs, and Claire Kuhl.

# | thank my God every time | remember you.

Philippians 1:3



### Name That Tune!

No, the Worship & Music Ministry Team isn't planning to host a game show. Actually, during the month of May, we are inviting you to name *your* favorite tunes

from the hymnal, so that we can incorporate them into our worship throughout the summer.

You'll find hymn request slips in the pews. During the prelude or offertory, take a moment to thumb through the hymnal or check the "First Lines" index to see what old and new favorites you'd like to sing. Put completed slips in the offering plate, or share your request with Pastor Caroline or one of the church musicians. Thanks!

### Thank-You Note #2

The entire Session and Pastor Caroline are deeply grateful to the volunteers who keep the Church Office afloat during Office Manager Charleston Warner's maternity leave!



Arthur Gillespie and Tim and Mary Rogers made a huge difference through their many hours of office duty. And a very special tip of the hat to Len Bornemann, who shouldered the full load of processing offerings and wrangling our Quick Books software. He even counted the flood of coins that came in though the fish banks. Many thanks to you!

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Be ye Scottish or be ye not, save the date! WPC will be kicking off Fall with a special "Kirkin' o' the Tartans" worship service on Sunday, September 7.

This service tells the story of the Presbyterian Church's Scottish heritage and features liturgy drawn from the Scottish Presbyterian tradition, bagpipes, and the presentation of family plaids, or "tartans," for blessing in the church, or "kirk."



If you would like to help us plan this exciting new (to us) worship service, please reach out to Luke or Gloria Christie. We would love to have a couple more friends join the

ad hoc planning team!

#### News from the Tech Team Submitted by Arthur Gillespie

Your fearless tech team, in an effort to provide service to you, the congregation, has something new. While worshiping from afar, it is now possible to watch the live stream on our church website. This will provide an uninterrupted worship experience without pop-ups or other distractions. Just go to the website at wpcgwd.org, or go to https://www.wpcgnwd.org/copv-ofworship and scroll down to the live window. Since this is live, if you go to this link before church starts, you will need to refresh the page after 10:00 AM. This is still fairly new, so if this isn't working you can still go to our Facebook page.

If you have trouble with this stuff, shoot me an email at KJ4UAU@gmail.com. We also have an archive of our older services. If you wish to see a particular service (and can remember the date}, let me know, and I can send you a link to it.

Bringing the world to Westminster one viewer at a time. (It's taking longer than we thought.)

### VBS 2025: Stories from the Faith Family Tree

"May Christ dwell in your hearts through faith as you are being rooted and grounded in love." Ephesians 3:17

**Dates:** Monday, June 2 through Friday, June 6 **Time:** 9:30-12 **For:** Children ages K4 – fifth grade



Our most creative God invites us to be God's people and promises to be our God. During this week-long adventure, children and volunteers come to know more fully the God who created us, who gathers us, who promises to be with us, and who invites us to participate in God's work in the world. Together, we will experience the stories of our ancestors in faith, witnessing both their astounding faithfulness and their remarkable humanness. Through their stories we will see ourselves in the family of faith, knowing that we too are children of God, siblings to one another, and invited to add our story to God's Faith Family Tree.

Each day, children share in a cooperative craft, hear a Bible story, play games and participate in mission activities. Middle-schoolers through adult volunteer leaders are needed!

#### What's for Dinner? Church!



An enthusiastic team is already hard at work, designing the 2025 edition of Dinner Church, based on the theme "Eat-Play-Love." Mark your calendars now, reserving one Sunday each in June, July, and August at 5:00 P.M. for a unique family-friendly worship event where everyone can truly enjoy God, follow Jesus, and grow disciples! Interested in volunteering? Contact Elizabeth Watkins **Eat** • **Play** • **Love** or Pastor Caroline for more information.

#### Stewardship Snapshot

The Stewardship Snapshot is a regular report from the Session to the Westminster Times newsletter. Please note that because of the newsletter publication schedule vs. timing of month-end close, these reports will typically be about six weeks behind.



#### **March 2025**

	March Actual	Monthly Budget	Year-to-Date Actual	Year-to-Date Budget
Total Income	\$14,669	\$20, 295	\$77,570	\$60,884
Total Expenses	\$19,616	\$19,797	\$59,739	\$59,392
Net Gain/Loss	—\$4,962		\$17,816	

Ministry team expenses were all in good control. Membership giving was below budget for the month, but positive for the first three months because of several pledges paid in lump sum for the total year.

Please direct any questions about church financial matters to Treasurer Len Bornemann or to the Business Affairs Ministry Team.



### Breaking News: "Pup"date from Luke Christie!

Dear Westminster family.

Many have asked if I've received any news about my service dog. I am excited to share that...YES, I finally have a "pup" date that's fit to print!

Meet Coco, the eleventh-month-old chocolate Lab who will soon be my new sidekick. The Service Dog Institute reports that Coco is fun, affectionate, and loves to learn. She has

been training for nearly a year to become a pro at her service tasks: opening and closing doors with ropes, pushing door-opener buttons, and fetching items I drop (plus other odds and ends).

Coco and I will meet for the first time in just a few days, on May 2! We will train together several times this month before Coco comes home to Greenwood. So, more pictures to come!

Thank you again to those of you who donated and to all who have shared my anticipation of this happy news!

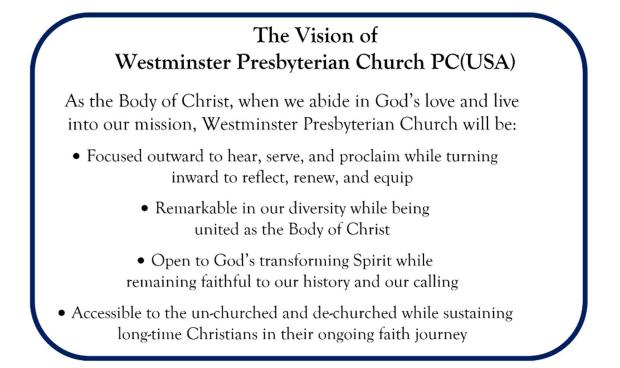
Yours in Christ, Suke



Including, Abiding, Enjoying, Following, and Growing

A series exploring Westminster's foundational statements and strategic intention

The PC(USA) *Book of Order* exhorts us to "seek beauty, order, health, harmony, and peace for all God's creatures" (W-5.0305). Accordingly, Westminster's new Vision Statement engages us in accomplishing this by balancing elements that, at first glance, appear to be opposites: inward vs. outward, diversity vs. unity, flexibility vs. stability, newcomers vs. long-timers.



**In reality, the elements do not compete with each other—they** *complete* **each other!** Living into this vision requires a "yes/and" mindset.

This month, let's consider our vision of being church that is "focused outward to hear, serve, and proclaim while turning inward to reflect, renew, and equip." Fulfilling this vision is as simple (!?) as **following Jesus**.

Jesus became incarnate so that he could reach out to people. Jesus constantly asks questions and listens to hear the concerns of those around him. He serves everyone, to the point of the ultimate sacrifice. And he proclaims the Word of God by his every thought, word, and deed.

*And* Jesus also turned inward. Scripture notes that Jesus often seeks solitude for prayer and for time abiding with his heavenly Father. And Jesus clearly relishes time spent with his close circle of disciples to relax, refresh, reflect, and renew. He devotes many of his teachings directly to this inner group, equipping them to be sent back outward, *continuing the cycle*.

Think of this cycle of inward/outward focus like the cycle of breathing—inhaling and exhaling life-giving oxygen. So the church comes together to breathe in the Holy Spirit, and only then is energized to "go into all the world," sharing God's gospel and love.

Next Month: Finding unity in diversity.

#### Let Us Pray...

#### For Those in Our Church

*We share one another's joys and concerns:* 

•

•

•

- John Bacot •
- Mary Corley •
- Larry Dozier •
- Lucia Horowitz •
- Mac & Holly Hubbard •
- Theresa Jacobs •

- Kelli Lott & Gabby •
- Savanah & Briar Rose •
- **Dashe & Aaron Hoang**
- **Kim Purcell** •
- Louise Tabor •
- Ed Watkins •

- The Watkins Family
- Kathy West
- Gail & Glenn Yonce, & Georgiana
- The Dennis family

We pray daily for our prayer partners and their special concerns. We pray for our sister churches: New Faith, Ware Shoals, First Presbyterian, Abbeville Presbyterian, and others.

*We pray for the ministries of our church, especially:* 

- Presbyterian ٠ Communities of SC
- Prison Ministry
- Thornwell Home •
- Presbyterian College •
- NAMI

Meg's House • **Beyond Abuse** •

Food Bank

Soup Kitchen

**GG United Ministries** 

Pathway House

#### **For Those in Our Hearts**

We pray for members of our wider community (and our connection to them):

- Greg Anderson (*Theresa*)
- Dan Blimline (*Mary Anne*) •
- Judy Buck (Lucia) •
- Jeff Crisp (*Hammonds*)
- John Gettys (Mary Anne) •
- Lib Grier (*many*) •
- Amy Jennings (Denise)

- Randy Kuhl (*Steve*)
- Katherine Martin (*many*)
- Dabney Mahanes (*Denise*) •
- Susy Mitchell (*many*) ٠
- Amy Jennings (Denise) •
- Patricia Lytle (*Beth*) ٠
- Tarri McKinney (Suzv) •
- Lillian Moneyhun (*many*)

- WPC's Session
- Healthy Learners •
- Camp Fellowship
- **Community Initiatives**
- **Toddler** Learning Center
- **Trinity Presbytery**
- Cameron Murphy (Sarah)
- Richard Pinkney (*Len*) ٠
- Margaret Rada (loyce)
- Tatum Folev (*Heather*)

#### For the World

*We pray for our neighbors everywhere who we are called to love:* 

- For justice and mercy to prevail throughout the world—*thy* will be done
- For those who have been affected by fires and other natural disasters
- For real peace in Ukraine and Russia, in Israel and Palestine, Syria, and elsewhere
- For all children, especially those who lack loving, stable homes •
- For persons affected by domestic violence •
- For those living with mental, emotional, and/or physical illnesses
- For all who experience exclusion, or who struggle to meet basic needs •
- For unity among Christians in every congregation, country, and corner of the world •

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"Pray without ceasing" 1 Thessalonians 5:17



#### And God Saw That It Was Good



#### Westminster Irregulars $\uparrow \qquad \downarrow$ Spring Workday Volunteers



### Enjoying God on Easter Morning

