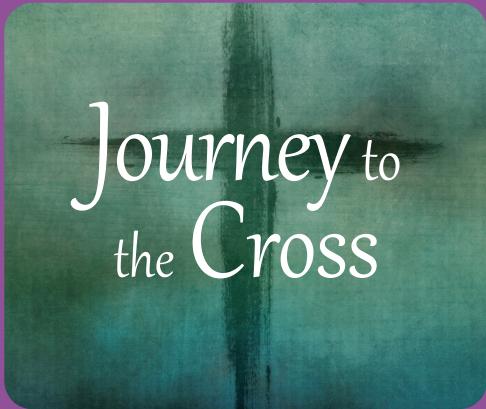


THE WINDOW

On a journey with the living Christ; connecting with God, others, and the world.

April 2022

*This Sunday, we begin the journey of Holy Week. It's a time of mixed emotions for us knowing what lies ahead for Jesus and the challenge of understanding why God would sacrifice his Son for you and me. As we remember all the events of this week, we invite you to experience this journey with us. We have several opportunities for you and your family to participate in to appreciate the deeper meaning of Easter. One of the ways you can do this is to pick up a copy of the **Holy Week devotional guide**. Copies are available in Geneva Lounge, and you may access an electronic copy [here](#). Please consider joining us for these other offerings as well.*



Journey to
the Cross



Maundy
Thursday



Easter

***Journey To The Cross** is designed to help participants reflect on the events that led up to the crucifixion of Christ. There will be several stations that help capture the range of emotions that are connected with Holy Week. This experience which includes a mix of art, meditation, music, and hands-on activities, was designed for people of all ages.*

Please come as often as you'd like during these hours of Holy Week, April 10 - 17:

Palm Sunday:

9:00 am-12:00 pm

Monday & Tuesday:

12:00 pm-5:00 pm

Wednesday & Thursday:

12:00 pm-8:00 pm

Good Friday: 4:00 pm-8:00 pm

Easter: 9:00 am-12:00 pm

April 14, is **Maunday Thursday** and you are invited to gather for a fellowship meal between 5:30-6:30 pm. After the meal you may like to visit Journey To The Cross before worship at 7:00 pm.

On **Easter** Sunday, it's a celebration of Jesus' resurrection at 10 am in-person and by livestream. **He Has Risen, Hallelujah!** Thank you for the donations of beautiful flowers to adorn the chancel this morning.

NEXT STEPS

by Candy Glasgow, Elder for Membership



Representatives from the **Membership, Fellowship, and Intergenerational** teams met recently to prayerfully brainstorm ideas of how to further our **all-church goal of Building Relationships**. Many exciting ideas were presented and discussed.

For our next step, the consensus was to plan some activities that would be open to the entire congregation, of interest to those of different ages and circumstances, and simple and inexpensive to both plan and experience. A few of our favorites included an intergenerational game night, potluck dinners held in the homes of volunteers, a picnic at a park, and an activity with/for a mission partner.

Now we need **YOUR** input. We would love to have more ideas. Since we were a group of women of a "certain age," we need to hear from those of different demographics. We would like to know your positive or negative thoughts about these activities—whether you might be interested in participating or wouldn't do it on a bet. We would also love to hear from you if you have ideas for activities that were not mentioned above. The whole idea is to develop some new relationships within the West Hills family.

I will be the contact person. You may call or text (landline 402-339-4896, cell 402-415-3586), email donandcandy3@cox.net, write 9514 Honey Locust Cir, LaVista, NE 68128, or catch me at church. We can also meet for coffee!

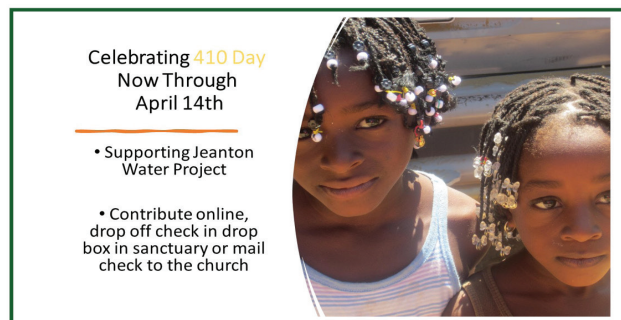
I'm so looking forward to hearing your thoughts and ideas. I can't wait to see what God has in store for us!

SPIRITUAL CORRESPONDENCE

by Jana Prescott



Spring is coming, I think! Our possibilities of snow seem to have moved east. I heard the northeast part of Iowa got a bunch. And the states out east, who usually get lots of snow, have gotten rain instead. So for us Omaha people, I wonder if we'll ever see snow this season. It's only March. But maybe we can start planting flowers pretty soon. All I can think, while you're waiting for flowers to bloom, is to keep in mind these words from Galatians 5:22: "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things, there is no law." (Galatians 5:22-23)



Help us celebrate **410 Day** in honor of our partners in God's mission 410 Bridge by making a donation to replace the current water well in Jeanton, Haiti. The well is getting old and won't last much longer. A new water system is costly, and 410 Bridge has been fundraising for some time now. Let's help them to move this project along!

Clean water is vital. Some of the benefits are:

- Better health for all community members is the biggest benefit
- More children can attend school as they won't have to spend as much time fetching water
- A community with clean water is more conducive to businesses

You can make a donation Sunday morning, or you can give online too! Giving online is easy, click [here](#) and choose "410 Bridge - Jeanton Water Project" from the drop-down menu.

April At A Glance

At West Hills our mission statement . . . On a journey with the living Christ; connecting with God, others, and the world, provides us with the framework for how we live our lives. Here are notable activities this month, in the life of our church, seeking to connect us to God, others, and the world.

Sundays in April - Livestreaming and in-person worship service @ 10 a.m. Following the service, join us for fellowship in Geneva Lounge. For those not attending in-person, we welcome you to watch the service by livestream at: whcomaha.org/live

Discipleship Opportunities Sunday Mornings @ 9:00 a.m.:

- * Crosswalk Kids meeting in-person and in the lower level
- * Youth 406 JourneyGroups meeting in-person room #307
- * Confirmation students meeting in-person room #406
- * "24 Hours That Changed The World" weekly Lenten study in the chapel until April 24 (not meeting Easter)

Tuesday Mornings - Men's Bible Study meets at 7:00 a.m. in the chapel in-person and online via Zoom. The group studies the scripture passage for the upcoming Sunday sermon.

Wednesday Mornings - Women's book study at 9:30 a.m. will resume in-person in May. Date and study is TBD.

Wednesday Evenings - Women's Small Group meets at 6:00 p.m. in the chapel. This group is studying "The Storm Inside" by Shelia Walsh.

Wednesdays - 406 Youth Group meets in-person at 6:30 p.m.

Thursday Mornings - This group is Co-Ed! Men and women are invited to join this Bible study at 9:30 a.m. in the chapel. The group uses the Serendipity Bible study method and they are going through the book of Exodus.

April 10 - 17 - Journey To The Cross located in the chapel wing. See the hours listed [here](#).

April 14 - Maundy Thursday fellowship meal between 5:30-6:30 pm. Worship service 7:00 pm.

April 21 - Sloppy Joe Ministry Drop Off at the church. Come between 10-4 to the north circle drive and drop your cooked sloppy joe meat and buns in the bins. The food will be taken to the Stephen Center to be enjoyed by many!

April 23 - Men's Game Day 9 am-noon in Fellowship Hall. See page 4 for details.

April 30 - All Church Clean Up & BBQ Lunch - Cleaning 9:30 am-12:30 pm with lunch to follow.

SAVE THE DATE FOR VBS! PLAN TO JOIN US FOR "HAY DAY" JUNE 10-12!

GAME DAY: WHERE MEN GROW TOGETHER by Bob Drake

Saturday morning, April 23, will mark the 13th annual men's game day event. Only in 2020 did we miss the event, and that was due to Covid.

This year, our **guest leader** will be **Pastor Walter Hooker** from Bellevue Christian Church and affectionately known as Hook. He's a longtime friend of West Hills and was the guest leader for the first two Game Day events in 2008 and 2009 and a third time in 2018.

Pastor Hooker returns this year to lead us on a biblical journey seeking ways to live in harmony with people different from us.

History shows the race schism in some form, and in almost every country in the world, dates back thousands of years. And our country is certainly a part of that history. Moreover, the universal church has been complicit in allowing this to happen.

Racism between people who are different in some way is a horrible thing that we sometimes see projected in violent ways. In my time in North Omaha, through visits with people of color who have become friends, I've learned about a more devastating form of racism. Something I call "Silent Racism." It is buried in the hearts of mankind. It sneaks out, does horrible harm, and then goes back into hiding.

Let me give you an example. I sometimes read the advice column in the newspaper. A couple of years back, a woman wrote in asking for ideas on how to explain to her two young children about the actions of an uncle. They were all at a family gathering, and the uncle was talking about how the week before he had interviewed people for a job opening. One of the candidates was a woman who had all the qualifications: good training and good experience. But he didn't hire her because he didn't want to work with a black person. Sadly, those kinds of events abound in our society. They're hidden in the heart, and no man-made law can change them.

My 17 years as a West Hills mission team member and coordinator with North Omaha partners have convinced me that all the laws, rules, and regulations will not stop this ugly practice because they deal with expressions of racism, not the cause.

No more! Pastor Hooker will guide us in an interactive conversation, based on biblical direction, to discover how we, the children of God, can celebrate our differences.

The only way racism can be overcome is when mankind's hearts are changed. People of different backgrounds meet, get to know each other, and slowly build friendships where dialogue and understanding can occur.

CONVERSATION - It's the only way racism will ever be defeated.

The Game Day format will be a little different this year. We will meet in the Fellowship Hall. Pastor Hooker will mix teaching with questions for discussion by each table group. This will allow for feedback and comments for all to hear on important questions that may arise. That will take up the first half of the morning. After a short break, we'll adjourn to the sanctuary for an open Q&A with Pastor Hooker moderating. This move will enable final lunch preparations.

Speaking of lunch, as always, we invite WH men and their guest(s) to bring a wild game or their favorite tailgate food to share. If you or a friend can help in this way, please sign up in the Geneva lounge or send an email to Rick Reeves: rickap1s2k@gmail.com



HOW WILL YOU RESPOND WHEN CALLED UPON? by Cindy Mielke

"How do you reconcile with a God you fear?"
At first, I wasn't sure what the young man said to me. Then I heard him repeat the question: "How do you reconcile with a God you fear?" I had been browsing through brochures near the reception desk at St. Benedict Center in Schuyler, Nebraska. It was the second night of the women's silent retreat held in February. Dinner had ended for the evening, and the center was quiet—I was one of two people in the lobby area.

After hearing a voice from behind me ask this question twice, I turned around and saw a young man sitting in one of the chairs near the gift shop. He looked right at me, and I asked him if he was talking to me. He replied that he was—that there was no one else around to ask his question to, and he wanted to know and asked me again: **"How do you reconcile with a God you fear?"**

My first thought was that I was supposed to be silent, but at that moment I felt called to walk over to him and sit down next to him. My next thought was that maybe I wasn't qualified to answer his question, but I started talking to him. From my heart, I told him that I don't fear God—I have an awe and reverence for God, but not fear.

He proceeded to share with me that he was afraid of God and that he felt unworthy of God's love. He had been raised by his grandmother when his mother became a drug addict. His father wasn't in his life, and he shared that his grandmother turned her head to abuse in the family directed at him. At that moment, I felt very unqualified to help him and began to think about finding someone else from our group or a monk to talk with him.

I told him that I could only imagine how hard that must have been because I wouldn't be able

to understand—I had not experienced that in my life. I shared that our parents and caregivers are not perfect in their love for us the way God is. I told him I believed that when we are in difficult situations, God is there with us even if he doesn't remove the pain of those situations. I also shared that we are all worthy of God's love, that He sees us in a wholeness we can't even imagine, and loves all parts of us. I told him stories of the people God has put in the path of my life—some I could see clearly at the time—others only later—as examples of His love for me working through others.

We talked for a few more minutes as he shared that friends had sent him to St. Benedict Center with some books and a list of Bible verses to read and study. I told him that I believed those friends were gifts from God. As we spoke, he started to recite some scripture and then reference a book he was reading. He was very much in his head about everything as he was searching for answers. He then said that based on

what he had read, combined with what I had said and witnessed in my life, he understood that he had nothing to fear. He stood up and said, "You've answered my question. Thank you." And as quickly as our encounter began, it ended as he walked away.

I wasn't sure if I said or did the right things. But I suddenly realized the gift I had been given. My silence was broken to allow me to do something I had not ever been called on to do before that night—share my witness of God's love with another soul searching for God. I hope God was pleased with me. My faith journey is far from advanced, but I spoke from what I know in my heart. I pray that young man finds peace on his journey.



GETTING TO KNOW . . . WEST HILLS' SINGLES by Gloria Zinn

Last month The Window highlighted several couples from our church who shared their "story" with us. In keeping with West Hills' goal of building relationships this year, we are offering the following stories from single and widow/widower members of our church.



Rhonda M. Hall shared that she grew up in a "mixed family" of Catholics and Methodists, saying, "it's never been about religion, but always about faith." Arguments within the church the family had been attending brought them to West Hills. Rhonda shared the attraction

at West Hills was encouraging one's involvement in politics "but not within the church."

Rhonda had not joined the church yet, but after arriving home from Hawaii on September 8, "instead of agreeing with the travel agent's suggestion she and her mom fly home on September 11, 2001," she couldn't imagine what would have happened being in the air on 9/11! Feeling sure that God "may have helped us get home earlier, we decided to join the church after that experience."

Rhonda's involvement with West Hills over the years has been attending wonderful programs and outdoor concerts, etc., joining a book club, and being in a small group. West Hills "seemed like home to me." She has also volunteered as an usher, helped with the Easter Egg Hunt, yard work with Abide, and participated in the Midnight Run.

Rhonda graduated from the University of Nebraska Omaha and has been working for Lumen Technologies (originally USWest Communications) for the past 22 years. She is an avid cyclist, "loving it when I can ride my bike to church." She also is a very experienced writer and wrote the children's Christmas programs for West Hills over a number of years. Currently, she is preparing a couple of manuscripts for self-publication.

Rhonda shared, "I know I would not be on this path and in this life if there wasn't something that God wanted/or wants me to do. I only hope I can." When she was diagnosed with thyroid cancer, church members called and talked to her "quite often, which really helped me through the cancer and a very difficult time." Although

Rhonda is single, she said she is not lonely or desperate. She feels there is a mate or spouse "out there for me, and although he's coming, he's walking S.L.O.W.L.Y. and probably from Ireland!" With such a talented lady, we feel he can't be too far away.

Peggy Wheeler and her late husband Jack built their house in Westgate shortly before West Hills Church was built. They had been attending Dundee Presbyterian Church at the time, but when Pastor Dooley and an Elder called on them asking if a church was built would they join, they both said "yes!" While West Hills was being built, the couple attended West Hills services across the street at the 84th & Center Drive-In Theatre.

Cars every Sunday would pull into one of the stalls, attach the theatre speaker in their window and sit back in their cars listening to Rev. Dooley give the sermon while standing on the projection booth. "We even dressed up for church every Sunday although we were sitting inside our cars!" However, cookies and coffee were served for those who got out of their cars and walked to the projection booth area. When Pastor Dooley found out Peg's husband was a banker, he immediately recruited him for the Building Committee. Once the church was built, Peggy sang in the choir, helped with the "many big meals we put on, and also made so many life-long friends. Because of her work experience in a bank (where she met her husband), she volunteered to become the church Treasurer.

Peg and her husband raised three children in Westgate, and even after moving out of the area, continued attending West Hills Church, which Peggy said: "is my strong foundation." After her husband's death, Peg said, it was "Pastor Candler who helped me through that very difficult time." Peggy had lost her mother when she was eight years old and said she had always attended church, even receiving the Pilgrim's Progress Award for perfect attendance for not missing a day of church for a whole year. Her Sunday School teacher became her "guide and best friend," taking the young Peggy under her wing and guiding her through a number of life's challenges and "keeping me out of trouble which wasn't an easy job!" Peg shared.

GETTING TO KNOW . . . WEST HILLS' SINGLES by Gloria Zinn

Peggy has been living at Westgate Assisted Living for the past several years, and, thanks to Bill Spiecker, continues to attend Thursday Morning Bible Study as well as church every Sunday. You may see her sitting next to her long-time friend, Pat King, in the front of the church, still singing in her beautiful voice the songs she has sung for years, as well as new ones. We are so glad Peggy is front and center every Sunday morning.

Donna Peterson and her husband Pete joined West Hills Church in 1996. They had been married for 47 years when Pete died in 2005. Donna said she has always found the "West Hills Family to be very loving, caring and truly Jesus with skin on." Donna shared that



her Christian education began from the day she was born since her mother was a "strong Christian woman who was always singing Sunday School songs and reading Bible stories to me and my sister." Donna obviously followed in her mom's footsteps by becoming very active in church activities, and since her husband was a meteorologist in the Air Force, they moved around a lot, so her involvement was in base chapel activities, off base churches "or both."

After marrying, Donna continued working at Northwestern Bell until she had to quit since the policy then was women could not work beyond being five months pregnant! Their daughter Deborah was born, and after a number of moves, their son Greg was born. No matter where the family lived, Donna continued with her involvement in churches and chapels. After the family returned from Japan, Pete retired from the Air Force and eventually worked for the National Weather Service in West Palm Beach, Florida.

They returned to Omaha in 1990, where Donna continued being very involved in church activities, some of these being a Sunday School teacher, active in women's Bible associations, vacation Bible Schools, small groups, and cooking for various youth and other church groups. She had become a Deacon at Wheeler Memorial Presbyterian Church, where she and Pete had been married. At West Hills, Donna became part of a mission project, a Caregiving Ambassador, and one of the very needed phone receptionists at the church, as

well as a Deacon of Caregiving.

Donna shared that she has "always leaned on 1 Thessalonians chapter 5 verses 15-18 for strength and encouragement." (look it up!) She feels blessed with two great children and their families, which includes five grandchildren, six great-grandchildren, and two step-grandsons. "God is GOOD, and I am so thankful to be one of His children and part of the West Hills Family," Donna said. We at West Hills are also blessed to have such a wonderful Christian role model in our family.

Walt Kunold is a Charter Member of West Hills Church since he and his wife Cathy came to West Hills when the church he had attended since birth, Third Presbyterian Church (which was located at 20th & Leavenworth), decided to build a new church "way out



west on 82nd and Hascall" in the mid-1950s. Walt, a graduate of the American Banking Institute, worked in the banking field in various positions until his retirement in 2017.

He and his wife met while both worked as Med-Techs in Rapid City, South Dakota. Walt shared that after that first date with Cathy, "I never looked at another woman." Interestingly, the couple was married in 1954 by Rev. Dooley in a Presbyterian Church in Sturgis, South Dakota, where his wife was born. This was the same Reverend Dooley who would become the first minister at West Hills Church.

After West Hills was built, Walt became very active as an usher, member of the Session, and singing in the choir. The church, Walt shared, became a very important part of his life, as well as his wife's life, until she passed away in November of 2012. Walt was the primary caregiver to his wife, who had been diagnosed with Frontal Lobe Dementia.

After living in the family home for 55 years, where the couple raised their three children, Walt decided to sell the house after moving to an independent living apartment in Omaha. He said he has made many friends at West Hills and continues to keep in touch with several of them each week. Walt believes that success comes from

GETTING TO KNOW . . . WEST HILLS' SINGLES continued

a good marriage, belonging to a strong church, and keeping in touch with family and friends often.

His daughter Sharon, who lives with her husband in Arizona, is in daily contact with her father and makes arrangements for her father to visit with them at their home on a yearly basis. Sharon was the first baby to be baptized at West Hills Church and follows her father's beliefs on the importance of family. It is always nice to learn about some of the history of our church, thanks to those who were instrumental in making West Hills a reality, like Walt Kunold.

Ginny Lakin was invited to visit West Hills by her cousin, Donna Peterson, and eventually became a member on Easter Sunday of 2009. Ginny had been living in Bellevue, taking care of her 95-year-old aunt and brother, when they passed away, and she was feeling

"a bit lost" after moving into the West Hills neighborhood. She had been reading Ephesians 6:10-17 and asked God "how to put on His armor" when a new friend invited her to attend Bible Study Fellowship. This became a "new chapter in my life" through the in-depth study of His Word both through West Hill's Bible studies and through BSF. She was a BSF Leader for ten years for the Wednesday morning group.

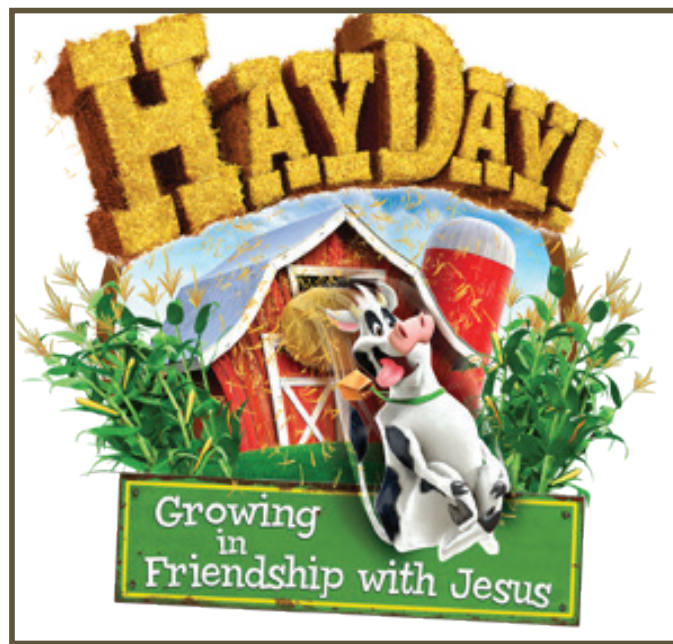
Ginny graduated from college with a degree in Fine Arts and worked as the Assistant Advertising Director at the Brandeis Department store in Omaha, where she stayed for 11 years. Her next career position came at an Art Studio where artwork was done "for anyone needing our help." After another 11 years, one of their satisfied customers asked Ginny to start an art department in his manufacturing company. To Ginny, this was a "dream job creating everything from tee-shirts to trade show materials to package design." She stayed at the job for 18 years. During this time, Ginny said, "God had trusted me with the task of caring for my older brother Dave who was diagnosed with Alzheimer's disease."

She also shared that God had given her a number of caregiving assignments over the years, such as "caring for a motherless nephew, becoming a

family friend to three young motherless neighbors (who are still friends 40 years later), and becoming a West Hills Caregiver for several years."

She also used her art gifts at West Hills in decorating for the Special Saturday events the church used to have, helping with the Celebrations Senior luncheons, stating that "the table decorations were my favorite contributions!" Although Ginny said that she had never married and has no children, from her life story, it appears as though she has had a number of "children" that she provided guidance and help throughout their lives. Ginny now volunteers one afternoon a week at the church as the phone/receptionist. Ginny's life Bible verse has been Philippians 4:8 (look it up) which appears very appropriate for Ginny.

Look for part two of Getting To Know. . . West Hills' Singles in the May newsletter.



*Mark your calendar now for VBS!
Hay Day Growing in Friendship with
Jesus is June 10 - 12!*

SPIRITUAL FORMATION – WHERE WE’VE BEEN AND WHERE

WE’RE GOING by Rick Mason, Elder

Hello Friends, new and old. I am excited to give an update on recent goings-on in the **Spiritual Formation and Discipleship** (SF&D) ministry. We have enjoyed some new and interesting studies and have found a discipleship event that many enjoyed.

Beginning the year, **Jeff Smith** led an intriguing study on **Jonah**. The study was “**The Prodigal Prophet**” by Timothy Keller. With Mr. Keller, you knew the study would be deep, but learned that Jonah brings so much more than being a mis-directional prophet swallowed by a big fish. Jonah’s story paralleled that of the Prodigal Son – who knew? And beyond that, we have come to learn that Jesus identified specifically with Jonah, something I would never have considered on my own. I can honestly say that I now identify more with Jonah than most of the other characters of the Bible. We averaged 7-10 people per week, and the discussions could have kept going.

Currently, **Karen Jarvis** is leading an Adam Hamilton Lenten study, “**24 Hours that Changed the World.**” This study provides a foundation of Jesus’ final days with detailed explanations of these events that you may have never considered. This study helps us to reflect on the anguish and suffering that Jesus took upon himself to remove the stain of sin from each of us. We have been averaging 7 participants thus far.

The strong and mighty women’s **Wednesday morning and evening** studies averaged 10-15 participants for each study. **Tracy Enholm and Jane Loeck** continue to challenge their group on Wednesday mornings at 9:15 – now on Zoom. They began the year with a study by Sheila Walsh, “**Holding on When you Feel like Letting Go.**” I probably should have attended that one myself, but apparently, I did not qualify – sorry, women only. This study ends the last week in March, with no new study determined yet.

The Wednesday evening women’s study continues to be popular. **Leann Schaffer** continues to lead that study at 6:00 pm in the Chapel. They started the year with a study by Lysa TerKeurst, “**Best Yes: Making Wise Decisions in the Midst of Endless Demands.**” Another study I clearly could have used. That study ended in mid-February;

then they moved on to the current study by Sheila Walsh (she must be very popular) “**The Storm Inside.**” That study will continue into late April.

Congratulations to the **Thursday morning study** led by **Gloria Zinn** – that study is now co-ed. I wonder if they had a gender reveal party to kick that off? This study uses the **Serendipity Bible**, currently studying the Book of Exodus. If you are not familiar with the Serendipity Bible, you should make an attempt to attend this class. It is a very good study with questions developed by pastors that help guide you through the Bible. Anyone can participate, the seasoned studier on down to the first time Bible reader – we fully intend to do another Serendipity study on Sunday mornings in the future.

From mid-February to mid-March, **Kevin Gibson** led a study on Thursday nights via Zoom discussing “**Essential Worship**” by Greg Scheer. Eighteen participants were enrolled in this group, and they averaged 13 participants per week. The age range of the participants was 16 – 86. Talk about intergenerational impact! This study discussed the definition of worship, biblical worship, the arts and senses in worship, and the role of music in worship. Thanks to Kevin for pulling this off despite his busy schedule.

We talked a lot about women’s studies, but good news for the men of West Hills. For those of you wanting to engage in a Bible study, but find Tuesday morning study way too early, men’s ministry has determined that we can support two additional Bible studies. One on Wednesday evenings at 7:00 pm – hybrid (in person and on Zoom) and a Friday noon study – hybrid (but likely leaning more toward zoom). These studies are in the plans, with the first class expected to be Wednesday, April 27th, and Friday, April 29th. More to come on these studies. Also, men, keep your eyes peeled for more information regarding “Game Day,” which will be held Saturday, April 23rd, from 9:00 to noon, with lunch following.

Finally, the event that everyone is talking about. The last two Sundays of February, we held a relationship-building event called “**Getting to Know You.**” This was a fun, casual, and carefree event with the primary purpose of meeting new people and learning more

SPIRITUAL FORMATION, continued

about them. We learned that someone has jumped out of an airplane, someone came face to face with an elephant, two separate individuals were impacted by a bank robbery. I bet you're wondering who now, aren't you? This was another intergenerational event from young people to those exuding refined wisdom. We even saw two new couples to the church join the event. This was so popular we are planning additional events in the near future, perhaps in a larger venue like the fellowship hall. Don't miss out – keep watching the Window and Thursday Thoughts for more to come.

So, hopefully, you can see that SF&D has been busy looking for ways to engage the community of West Hills in biblical study, opportunities to grow spiritually, and building relationships.

2 Peter 3:18, NIV: But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.



SMALL GROUPS 101: SAYING NOTHING MEANS EVERYTHING

by Sheryl Overby, Deacon of Caregiving Outreach

Some of you may know that my profession for the past 30+ years has been a mental health counselor. Some folks call me their therapist, shrink, or "doc ." The "skills of my trade" come in handy occasionally when talking with my hairdresser or guessing which character is the criminal in a TV show, but I try hard to separate my work life from my personal life. My husband and I have been a member of several small groups during our time at West Hills Church. We have enjoyed these opportunities to develop relationships at various phases of our lives.

One time several years ago, someone shared about an argument they had with their sister. Without me realizing it, I leaned forward, put my elbows on my knees, and with perfect eye contact and a very soothing Freudian voice said, "How did that make you feel?" We all burst into laughter as I apologized profusely for turning into a therapist, and I joked that I might have to collect payment in the form of another piece of chocolate cake.

Being in a **small group** is certainly not supposed to be therapy. It is an opportunity to "be with" one another as we go through life and our spiritual journey. Other counseling skills have been helpful, though, especially remaining silent and actively listening. So, when someone is sharing something deeply personal, please don't ask questions, change the subject or tell a story of your cousin's best friend who had the same thing happen to them. Instead, sit quietly, be with that person, silently say a prayer, and send your love to them with your body language. Your presence with them at that moment is what matters and saying nothing can mean everything.

If you are interested in a **small group experience**, we will have opportunities throughout the year to learn about small groups. You can also contact me via email, and I will do what I can to help you get connected in a small group. If you are participating in a small group, please let me know so I can be sure you are in the church's database. Contact me at sloverby@cox.net Blessings to you all!

HOW WELL DO YOU KNOW THE BIBLE?

1. Which of Paul's fellow workers turned his back on the ministry while Paul was in prison?
A. Demas B. Philemon C. Alexander D. Barnabas
2. What tribe attacked the Israelites shortly after they crossed the Red Sea? A. Moabites
B. Pharoah's army C. Canaanites D. Amalekites
3. In Revelation we read about God sending two witnesses who will be prophesying to the whole world for how many days?
A. 365 B. 1260 C. 40 D. 2040
4. What was the first major city the Israelites conquered after leaving Egypt?
A. Hazor B. Jericho C. Hebron D. Jarmuth
5. What king commissioned the construction of the Tower of Babel?
A. Jeroboam B. Baasha C. Nimrod D. Ahab
6. When Paul was in a Roman prison what two things did he ask Timothy to bring him?
A. a warm blanket B. his books C. his coat
D. any messages from Jesus' followers
7. What body of water, besides the Red Sea, was dried up so the Israelites could cross into Canaan?
A. Jordan River B. Sea of Galilee
C. Naha River D. Dead Sea
8. Which of these kings had a dream and demanded that his wisemen tell him what he had dreamed and what it meant? A. Jeroboam
B. Abimelech C. Cyrus D. Nebuchadnezzar
9. Which one of these rebellious cities in the Bible is not destroyed until the end of the age?
A. Adamah B. Zoar C. Babylon D. Zeboim
10. After David's son Absalom was killed, David withdrew to Mahanaim to mourn his death. Who came and roused him from "the extravagance of his grief" to return and fulfill his duty to his people? A. Joab B. Nathan C. Adonijah D. Jesse
11. True or False: John the Baptist wore clothes made of goat hair.
12. Which of these trees were known to grow in the Garden of Gethsemane?
A. Oak B. Junipers C. Pistachio D. Olive

During the March Session Meeting, the Elders began the meeting by continuing their discussion of the book "Disunity in Christ" by Christena Cleveland.

Elders Approved:

- The motion to accept Jessica Scheopner as an inquirer.
- The motion to accept the request received from Jim and Carol Isaac to transfer their membership from West Hills Church to Avery Presbyterian Church in Bellevue, Nebraska. And also to accept the request to transfer the memberships of Kathy Cordes and Doug Young to Hope Presbyterian Church.
- The motion to accept the Policy for Approval of Non-Budgeted Expenses.
- The motion to keep the mowing service we used last year.

To contact the Session, send an email to:
clerkofsession@whcomaha.org



RECIPE OF THE MONTH

Communion Bread by Gloria Zinn



When I grew up at Central Presbyterian Church in Omaha, the ladies of the church took turns making the Communion bread from a recipe the church had used for many, many

years. My sister and I were thrilled when it was my mom's turn to make the Communion bread because we would eat as much as she would let us before cutting it into small squares. She always felt we might be committing a sin by eating the bread, so she asked the minister if that was ok. He assured her it wasn't a sin!

Years later, when I became an elder and had the responsibility of passing the bread and wine, my three kids would come into the room off the sanctuary where we elders were washing the small glasses which held the "wine" and cleaning the trays of bread. Like their mother and aunt before them, they would eat as much Communion bread as possible! Like my mom, I too asked the minister if that was permissible, and he assured me as long as they weren't taking handfuls as we passed the communion bread in the sanctuary, there was no problem.

Before I left this church, I got the recipe, which had always been given to whoever was responsible for making the bread, since my grown-up kids had been asking for it. It became one of the desserts we used, with strawberries and whip cream at family dinners.

Central Presbyterian Communion Bread

- 1 cup of butter creamed with 1 cup of sugar
- Mix together $\frac{1}{2}$ tsp. salt,
- $\frac{1}{3}$ tsp. of baking powder, and $4\frac{1}{2}$ cups of flour
- Add dry ingredients alternately with 1 cup of milk to butter and sugar mixture
- Add 3 egg whites beaten stiff
- The dough will be thicker than cookie dough
- Place dough on greased and floured 11x17 cookie sheet and spread with a spatula dampened with milk.
- Bake 15-20 minutes in a 350-degree oven

COMING SOON FOR MEN!

MEN: Two New BIBLE STUDIES starting April 27 and April 29

One study will be Wednesday evenings, 7:00 - 8:00 pm, and the other noon - 1:00 pm on Fridays.

Both studies will allow in-person or Zoom access. The topics for study have not been determined, that decision being left to the men attending to decide their direction.

Greg Schuchman and Les Peterson will assist the Wednesday night group in getting started, and Jason Scheopner and Greg will help the Friday noon group get started.

Sign up in Geneva Lounge or send an email to: info@whcomaha.org

All Church Clean Up & BBQ Lunch

Saturday, April 30
9:30a-12:30p

indoor & outdoor clean up for all ages

After you've worked up an appetite,
a home-cooked BBQ
lunch will be provided.



More info to follow in
Thursday Thoughts.

APP SUGGESTION



Parent Cue is an app created for parents with kids of all ages (pre-school, kindergarten and first grade, second and third grade, preteen, middle school and high school).

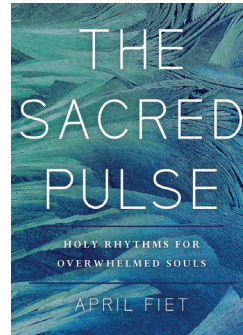
The company offers ways to "Parent Smarter, Not Harder" with topics such as Establishing Character (with one monthly idea), Developing Spiritual Habits (with weekly devotionals), Deepen your Relationships (with daily cues), and Connecting with your Church (everyday, everywhere). The information can be obtained in both articles and podcasts.

This app will not just help build a child's character, but also build an everyday faith through fun, Bible story videos, memory verses, prayers, and conversation prompts. The app can also help establish a lasting connection by making the most of the moments that you spend together, whether it is morning time, mealtime, drive time, and/or bedtime.

You can find more information about this app at theparentcue.org. (The app is available in both English and Spanish).

Suggested by Debbie Chadwick

BOOK SUGGESTION



The Sacred Pulse: Holy Rhythms for Overwhelmed Souls has a foreword by Chuck DeGroat, who writes, "Contemporary life is leaving us frazzled, overwhelmed, and out of sorts. Our life's rhythm is often borrowed from the pace of life around us. Humans have created such a loud, fast

tempo of perfection and production that we often forget—if we ever knew it at all—the rhythms designed for our wellbeing."

In **The Sacred Pulse**, author April Fiet invites us to examine the frantic patterns of our lives to reclaim the deeper, sacred pulses that pattern our days. "She focuses on twelve rhythms that flow through our days. The rhythms include gardening, handcrafts, holidays, and in addition, she includes mealtime and shopping, and snow days. Fiet believes reclaiming these rhythms can "remind us of the holy movement of God in the world."

April Fiet is a pastor, writer, blogger, and co-pastor with her husband, Jeff, at the First Presbyterian Church in Scottsbluff, Nebraska. They have two children.

Suggested by Debbie Chadwick

NEON NIGHT by Luke Burns, Youth & Young Adult Coordinator

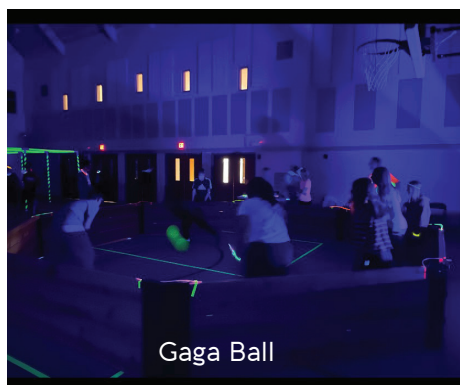
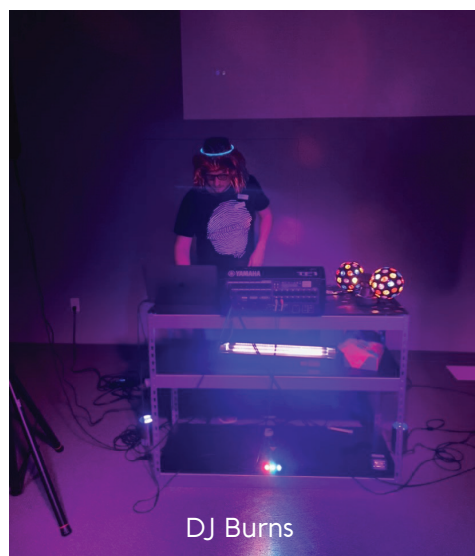
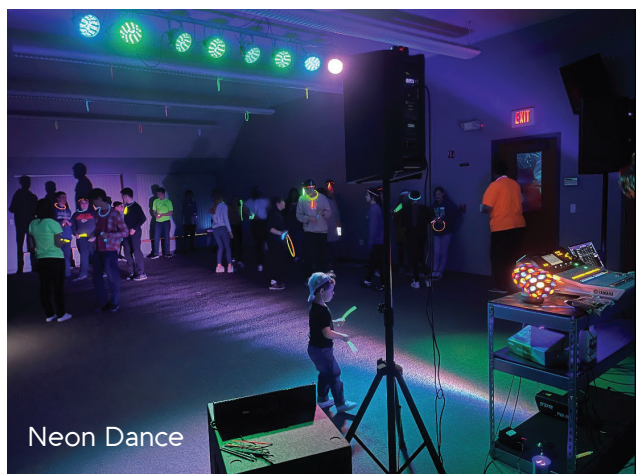
On Saturday, March 5, West Hills hosted an inter-church youth **Neon Night** which brought in over 30 youth to our church! The West Hills youth ministry joined forces with Hope Presbyterian Church and First Presbyterian Church in Bellevue for a massive night of dinner, dancing, and games.

The evening's festivities started with **pizza** in the Fellowship Hall followed by a neon, **glow-in-the-dark-themed dance** in the youth chapel. The dance was everything we wanted it to be. It was crazy, fun, loud, joyful, a little stinky, and memorable! All the youth were given a plethora of glow sticks and light-up glasses to make our dark youth chapel glow like you've never seen before. Walking into the youth chapel during the dance was like being teleported to another universe. The youth danced their hearts out for over an hour, and some of the dancers with the highest energy went home with 20-dollar gift cards.

Immediately following the dance, we moved the party downstairs into the gym for **glow-in-the-dark 9 Square** and **glow-in-the-dark gaga ball**. These two games are wildly popular with youth and

young adults, and they did not disappoint on Neon Night. The youth rushed into the completely dark gym that was only illuminated by several black lights and glow sticks to play their favorite games. The youth enjoyed these two games so much that we didn't even have time to play the other game on the schedule. We topped the evening off with **ice cream** and **cupcakes** in the youth lounge.

Our youth built relationships with the youth from the other churches, getting them excited to participate in more collaborative church events. Luckily for them, they won't have long to wait until we all meet again because Hope Presbyterian Church is hosting an inter-church worship night where our youth band and the youth bands from the other two churches will join forces once again to create a super youth band! We are looking forward to more collaborative church events with these other churches, and Neon Night was the perfect event to kick it off!



AN UPDATE FROM OUR SISTER CHURCH IN ADAIMA, EGYPT

provided by Peg Shirley

El Adaima Church, Upper Egypt presbytery, Rev. Shenouda Gerges

Spiritual Growth and Church's Activities

- Churches morning/evening services continued regularly. However, church subsidiary meetings were suspended many times due to the increase of coronavirus cases.
- The church participated in a prayer gathering that was organized by the Evangelical Church in Luxor. The day was followed by a fellowship time at one of the parks in the city.
- The church has organized a spiritual gathering for teens in Luxor. The day included a sermon, games time, and giving presents to the winners.
- The youth in the church has participated in a 3-day outreach training that was organized by the Upper Egypt presbytery.
- A spiritual gathering was organized in Kom Ombo village, and Rev. Shenouda shares that they were touched by the presence of the Lord that day.
- The church organized many spiritual gatherings and festivals for Sunday school meeting kids.
- In cooperation with the churches in Luxor and Souhag, the church organized a 2-day outreach convoy in September. A lot of home visits were done, and meetings were held in the evenings.
- Together with the ministry team, Rev. Shenouda makes home visits to the members of his congregation to encourage them and pray with the sick. Moreover, they try to provide for the need of families.
- Together with Rev. Gerges, four leaders from the church are still attending the leadership school, organized by the Evangelical church in Luxor.
- The church organizes monthly training for church leaders. Once, they invited Elder Adel Noshy as a trainer.

Social services & activities

- The church has organized three awareness gatherings in a nearby village (one for women, one for teens, and one for kids). Through lectures, drama, and songs, the gatherings encouraged people to accept each other and stop bullying.
- A visit to Al Orman hospital for Cancer in Luxor was one of the notable events in 2021. Rev. Shenouda and the ministry team wanted to support and encourage the doctors and the patients. They put a Christmas tree at the hospital. Patients and doctors decorated the tree in a joyful atmosphere.

About the building

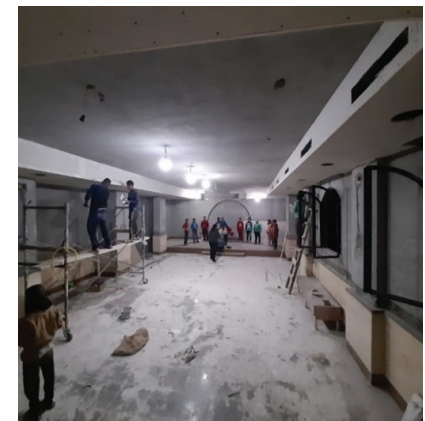
- By the grace of God, the church finished the worship hall in the ground floor and building façade.

Encouraging news

- The Lord healed a girl called Dina who suffered from her kidney for a long time.
- People's sense of belonging to the church has notably increased.
- The ministry is growing and expanding.

Prayers

- For the families in need.
- That the Lord may continue to bless the work of finishing the new building.
- That the Lord may continue to bless the spiritual ministry of the church.



RETURN SERVICE REQUESTED



APRIL

1-Matthew Bridgman
Ron Wells
3-Brody Anderson
Connie Huck
4-Doug Thomas
5-Tom Pittack
Tim Schaffer
8-Dave Richardson
10-Laurayne Hall
Dylan Gill
11-Maralee Gifford

12-Barbara Wooley
Danny Miller
13-Deb Keyport
Carson Stoffel
15-Eleanor Scheopner
16-Rylee Zimmerman
17-Libby Dolezal
17-Ryan Dolezal
18-Beth Nodes
20-Joel Anderson
Grace Wenck
21-Evangeline Dunn

24-Jackie Foster
Mike Kelley
Laressa Tromler
25-Don Glasgow
Shirley Lane
Todd Travaille
26-Marguerite Coleman
Rhonda Hall
27-Ian Meyers
29-Cathy Greger
Linda Gadwood
30-Jessica Scheopner

MAY

1-Deena Candler
2-Ed Leach
TJ Travaille
Steve Thedens
3-Cheryl Havekost
Haley Wohlgemuth
4-Dan O'Reilly

The complete list of May birthdays will be in the May newsletter.