

The Window

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



December 2018

On A Journey With Prayer - Women's Fall Retreat

On October 26-27, thirty-eight women traveled to the St. Benedict Center outside of Schuyler, Nebraska, for the biannual Women's Retreat. Every other year West Hills Women's Ministry plans a weekend opportunity for all women who want to broaden their Biblical knowledge, go deeper in their faith and enjoy fellowship with other women. This year Dr. Sue Calef, Professor of Religious Studies from Creighton University presented "On a Journey With Prayer." Dr. Calef's passion for teaching the scriptures for the past twenty-three years became evident during those two days to all who attended.

Dr. Calef has a delightful personality and her excellent teaching style gave the participants many insights to prayer and suggestions on ways to pray that many had not previously considered. She reminded us that everyone is on a unique faith journey "from God, of God and to God" as related in the Gospel of John. Our faith journey can proceed through multiple ways of praying and Dr. Calef shared that "every prayer path does not appear the same for each of us, which is fine." She explored various prayer paths that may or may not speak to us personally, since we are all at different places in our lives. Dr. Calef had each participant explore certain areas of their own prayer

life through a personal inventory, followed by some very interesting group discussions. A number of women expressed the guilt they felt by thinking they didn't pray enough. Dr. Calef shared that in her years of experience this "was a very normal response to evaluating one's prayer life." The reasons women gave for not praying enough were "the demands of a very busy life" to "not enough time" and "just forgetting to pray." Dr. Calef shared that part of the problem could be our understanding of what exactly we have been taught about prayer. Many people think of praying as one would find "in a monastic life, those who live away from normal everyday life." She stated that what prayer looks like in that environment would not be useful for "we who live in a world filled with people." Our understanding of prayer, Dr. Calef reiterated, reflects our understanding of God. Prayer is simply a conversation with God whether one is at home, in the car, in the supermarket, "wherever you feel the need to talk to your Creator." Dr. Calef shared so much information concerning the What, Why and When of prayer that it was evident each woman left this event with much more information than they expected. It would be difficult to share all the special elements of Dr. Calef's presentation, however some of the following gems from Dr. Calef are worth repeating:

➤ "There is a center of stillness within each one of us and that center of stillness allows us to focus on God when we are talking to Him. You need to seek that center."



Plant Light and Love by Karen Lofgren-Anderson

What are some of the ways we can be light and love to others? How does our expression of light and love make others feel? These questions were posed to our Caregiving Ambassadors (CA's) at one of our meetings this past year. One thing we CA's understand is that it doesn't take much to make a positive impact on others; whether it's sending a card, a quick phone call, or, wait for it... Christmas caroling to the homebound members of West Hills Church. We ourselves may not remember what we said or did. Our care receivers are the ones who will have the lasting memory of our gesture and how we made them feel; loved and valued. God instructs us in 1 Corinthians 13:13 ... *so now faith, hope, and love abide, these three; but the greatest of these is love.*

Love is expressed through words of affirmation, quality time, receiving gifts, acts of service, and physical touch.

Chili and Caroling touch all five of the love languages. There are several ways to volunteer to be part of this loving ministry. Please join us on December 9. Caroling Captains provide leadership for caroling teams, adults and children, who go in groups to visit homebound members of West Hills Church. All singing abilities are encouraged to participate.

If I speak in the tongues of men and of angels, but have not love,

I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing. Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. 7 Love bears all things, believes all things, hopes all things, endures all things.

✦ Plant light and love wherever you can.
You never know who looks to you for hope in the darkness. ✦

8 Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. 9 For we know in part and we prophesy in part, 10 but when the perfect comes, the partial will pass away. 11 When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. 12 For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known. 13 so now faith, hope, and love abide, these three; but the greatest of these is love.
1 Corinthians 13:1-12 ESV



Most of us are now counting the days until Christmas, but as a way to prepare your heart for this most glorious of days, join us for "Chili and Caroling." Who doesn't like to eat, enjoy the company of church family members, and make a joyful noise to celebrate the birthday of Jesus, and this event combines all of these activities and much more. Didn't sign up in Geneva Lounge? Any and all last minute participants will be warmly welcomed! Share the Good News of Christmas, you will be truly blessed!

Science & Bible



Why Did the Magi Bring Gold, Frankincense and Myrrh?

Were the gifts of the magi meant to save Jesus from the pain of arthritis? It's possible, according to researchers at Cardiff University in Wales who have been studying the medical uses of frankincense.

Since the early days of Christianity, Biblical scholars and theologians have offered varying interpretations of the meaning and significance of the gold, frankincense and myrrh that the magi presented to Jesus, according to the Gospel of Matthew (2:11). These valuable items were standard gifts to honor a king or deity in the ancient world: gold as a precious metal, frankincense as perfume or incense, and myrrh as anointing oil. In fact, these same three items were apparently among the gifts, recorded in ancient inscriptions, that King Seleucus II Callinicus offered to the god Apollo at the temple in Miletus in 243 B.C.E. The Book of Isaiah, when describing Jerusalem's glorious restoration, tells of nations and kings who will come and "bring gold and frankincense and shall proclaim the praise of the Lord" (Isaiah 60:6). Although Matthew's gospel does not include the names or number of the magi, many believe that the number of the gifts is what led to the tradition of the Three Wise Men.

Researchers believe the medicinal uses of frankincense were known to the author of Matthew's gospel. In addition to the honor and status implied by the value of the gifts of the magi, scholars think that these three were chosen for their special spiritual symbolism about Jesus himself—gold representing his kingship, frankincense a symbol of his priestly role, and myrrh a prefiguring of his death and embalming—an interpretation made popular in the well-known Christmas carol "We Three Kings."

Still others have suggested that the gifts of the magi were a bit more practical—even medicinal in nature. Researchers at Cardiff University have demonstrated that frankincense has an active ingredient that can help relieve arthritis by inhibiting the inflammation that breaks down cartilage tissue and causes arthritis pain. The new study validates traditional uses of frankincense as an herbal remedy to treat arthritis in communities of North Africa and the Arabian Peninsula, where the trees that produce this aromatic herb.

The traditional gifts of the magi—gold, frankincense and myrrh—may have had symbolic as well as practical value.

Fall Back Breakfast

by Daniel Patrick O'Reilly

Hello fellow West Hillians. If you came to church on Sunday, November 4, you were met by a wonderful aroma wafting (gotta love that word) up from the Fellowship Hall. It was the Fall Back Pancake Breakfast. Yes, we celebrated the discarding of that dastardly daylight savings time and went back to good, old standard time. Where we can drive home from work in the dark like God intended. Wait, that's not right.

Anyway, there was bacon, sausage (patty or link, could you smell the difference?) and pancakes. Not just standard time pancakes, but blueberry, pecan and specialty pancakes that resembled a smiley face or

Mickey Mouse. A veritable culinary banquet fit for a king. Over one hundred people were served by fourteen volunteers. A big thank

you to Tom Pittack for organizing said volunteers into the well-oiled machine involved in the prep, execution and clean up for this event. Watch for future events sponsored by Men's Ministry, moving our church forward into a bright future. See you in church.



TEST YOUR BIBLE KNOWLEDGE



1. Why is the virgin birth important to the Christian faith? A. Jesus had to be free from the sinful nature passed on to all other humans B. Because Jesus was born of a woman, He was a human being C. As the Son of God Jesus was born without sin D. All of the above
2. The name "Jesus" means A. "Lord to all." B. "the Holy Spirit lives." C. "The Lord saves." D. "Truth and Life."
3. Which of the four gospels gives the most detailed account of Jesus' birth? A. Matthew B. Mark C. Luke D. John
4. What angel was sent by God to Mary to tell her she would become pregnant? A. Michael B. Gabriel C. Lucifer D. the name of the angel is not given
5. Where were Joseph and Mary living before Jesus was born? A. Nazareth B. Jerusalem C. Cana D. Tiberias
6. Why did Joseph and Mary travel to Bethlehem before Jesus was born? A. To fulfill the Old Testament prophesy B. To be counted in the first Roman Census C. To visit Mary's cousin Elizabeth D. To get away from nosy, gossipy neighbors
7. Joseph and Mary were both descendants of what Old Testament king? A. Saul B. Nebuchadnezzar C. David D. Cyrus
8. Why did the Magi (wise men) travel so far to see Jesus? A. They were sent by their king to check out this rumor B. They wanted to worship the King of the Jews C. They were astrologers and happen to be out following bright stars that night D. The shepherds advised them about an important event, and they were curious.
9. Why was King Herod the Great disturbed when he learned about Jesus? A. Because Herod was not the rightful heir to the throne B. Because many Jews hated him and he feared he would be overthrown C. He didn't want the Jews to unite around a religious figure D. All of the above
10. Joseph was told in a dream by an angel that Herod was going to search and kill Jesus. Where did Joseph take Mary and Jesus? A. Africa until Herod died B. Egypt until Herod died C. Arabia until Herod died D. Galatia until Herod died.

Answers are found on the back page of the Window.

Have a Recipe to Share?

With both parents working these days it's difficult to come up with a healthy dinner after work.

Do you have a recipe for an easy-to-prepare meal?

Please send your recipes to Maralee Gifford:

giffordgr@msn.com

In the subject line please put "Recipe for Newsletter.w"
(she will know it is a safe to open)



Our recipe this month comes from the Central Presbyterian Church Cookbook (1991) owned by Ady Stephens, the mother of our member, Joyce Vana.

BIBLE CAKE - (Bette Hutchinson) Look Up Ingredients

1 ½ cups Judges 5:25
½ dozen Jeremiah 17:11
Pinch of Leviticus 2:13
2 cups First Samuel 30:12
2 tablespoons First Samuel 14:25
See Proverbs 23:14

ADD

2 cups Jeremiah 6:20
3½ cups First Kings 4:22
2 teaspoons Amos 4:5
2 cups Nahum 3:12
1 cup Numbers 17:8
II Chronicles 9:9 to taste.

BAKE

350° - 1½ to 2 hours.

(Baking Powder may be used for Amos 4:5.)

DVD Review



Elementary Hebrew: Lesson One: The Aleph Bet

Billye Brim Ministries

After the home going of her husband in 1986, the Lord led Billye Brim to study Hebrew in the land of Israel. Since then the Lord has used the original language of the bible to reveal precious truths from

the scriptures to her and to countless others through her teaching ministry. These lessons on Hebrew give students a basic foundation for the study of this language.

This two DVD set includes the following lesson titles:

- The Aleph Bet
- The Hebrew Root
- Genesis 1:1
- Writing the Aleph Bet
- The Aleph & the Tav

The Billye Brim Ministries is a Canadian based ministry. These DVD's can be checked out at the Soul Cafe

Women's Fall Retreat cont.

- "If you find you can't pray for your enemies, or someone you have a problem with, ask God for strength to pray for that person....if not that can block our own spiritual growth."
- "In the Bible we are told to "pray without ceasing," which has confused many. When we help others, give affirmation to others, give of ourselves in God's name, that is another form of prayer."
- "Before you turn out the lights to sleep for the night, you should conduct an Evening Reflection. This is a time when you should enter that center of stillness and review your day with God so you become aware of the things you need to change, as well as the things you are positive about that happened that day and need to remember to repeat. For example were you praying for God's guidance that



morning before your feet hit the floor? Go through each moment of the day and be aware of any forgiveness you need to ask of God. A nightly Evening Reflection will bring us more awareness of our own challenging path as well as the confessions we need to make to God in our prayers."

The two coordinators for this retreat, Tracy Enholm and Patti Gatzke who did an excellent job, along with their Committee of Candy Glasgow, Linda Springsted, Angie Arner and Heather Hipp. Beautiful music, led by Kathy Padilla with assistance from Christy Gibson and Jocelyn Gibler offered just the right touch for connecting Dr. Calef's message with song, as well as the special decorations provided by Ginny Lakin and Donna Peterson that set the tone as soon as one walked into the conference room.

Angie Arner summed up what many of the women who attended this Fall Retreat experienced: "a peaceful setting plus feeling closer to God in prayer, as well as wonderful lessons and thoughtful small group discussions and fellowship; along with some delicious food and times of quiet solitude made this a "Beautiful Journey" with Prayer!" Many of the participants had come to St. Benedict for the first time and were amazed at the peace they felt upon entering this special retreat center. If you missed this Women's Retreat try to make the next one, which will be a Silent Retreat for women in February, 2019. You won't be sorry.

Bigger...Better...Best

Next Gen Children's Family Fun event for November, was planned as a variation on a scavenger hunt called Bigger & Better. In this game, each team starts with a jumbo paperclip and goes door to door on a scavenger hunt, asking the neighbors if they would please trade the team for something "bigger or better." As the weekend approached, it became clear that the weather was not going to allow for a scavenger hunt, so the planning team decided on Plan B – an afternoon of intergenerational games in the gym. Instead of a scavenger hunt, kids and adults across three generations gathered for pizza and conversation. Adults and kids, toddlers to teens, played dodgeball, kickball, and giant Jenga. They had a tower building competition and a domino race competition. Best of all, they had an afternoon of fun



playing together, connecting with play, friendly competition, and conversation. What was intended to be a hunt for something bigger and better turned out to be something that could be called "the best."

Spiritual Correspondence

by Jana Prescott



I hope all off you had a blessed Christmas, full of fun, joy, meals centered on Christmas, and Christ being in all your hearts! I hope you all had a blessed time being together with family and friends near and far, and that you will be set for, what's ahead, 2019. That just doesn't feel right; I had to look it up on my computer and make sure. So a new year has dawned but Christ is unchanged.

He is here with each of us, shining forth to lead us forward, even on those days when we wonder if we can even get out of bed. I had one of those days. I heard my alarm, and I shut it off, which is work for me anymore. My next step is putting on my glasses, and I just couldn't. All I could do was lay down. But Christ kept talking to me, and he helped start a new day! We all have days like that, don't we? It sure is a good thing we all have the same inner alarm clock, who beeps for us at just the right moment!



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RETURN SERVICE REQUESTED

**ANSWERS
 "TEST YOUR BIBLE KNOWLEDGE"**

- | | |
|------|-------|
| 1. D | 6. B |
| 2. C | 7. C |
| 3. C | 8. B |
| 4. B | 9. D |
| 5. A | 10. B |

ELDERS

Patti Gatzke	Spiritual Formation	pfgatzke2@gmail.com
Don Glasgow	Building	donandcandy3@cox.net
Lisa Harrison	Nominating	tlou_harrison@yahoo.com
Mark Hawkins	Worship & Music	hawkman33@gmail.com
Mike Kelley	Stewardship	MichaelAKelley9@gmail.com
Jane Loeck	Caregiving	jaloeck@cox.net
John O'Donovan	Personnel	odonovanj@yahoo.com
Jack Pagel	Next Gen-Children's	pagelonwalnut@cox.net
Peg Shirley	Mission	pjshirley55@yahoo.com
Dan Travaille	Finance/Support	dtravaille@usainsulation.net
Julie Zimmerman	NG-Youth	Juliezimmerman00@gmail.com

**November
 Session** *notes*

- Update on Raise the Roof - pledged \$223,900-paid \$204,873.
- Income estimates for 2019 are \$200,000 below proposed budget.
- There will be one service on December 2nd at 9:00 am followed by a Congregation Meeting to elect elders, deacons, nominating committee, and PNC and to discuss the 2019 budget.
- Ten individuals have completed the New Members Class The Vision Team
- has completed the MIF and it is ready pass to the PNC.
- Approved an Incentive Compensation Policy for staff.
- WN@WH will resume January 16, 2019 for 5 weeks.
- Scheduled the Annual All Church Fish Fry for Ash Wednesday March 6, 2019



First Sunday of each month.

Services: 9:00 & 10:30 a.m.
 Nursery: 8:45a-11:30a
 Children's Church: 10:30-11:30a
 Jr./Sr. High SS: 10:30-11:30a

December

* denotes meets weekly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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 2 Hanging of the Greens Service - 6p First Sunday in Advent	3 BSF: 6:30p AA mtg: 8p*	4 Men's Bible Study 6:30a* Newsletter Writing Team: 1:30a	5 Women's Bible 9:30a	6 Women's Bible 9:30a* Al-Anon 12p* Women's Ldr mtg. 12p Capernaum: 7p High School Special Needs Group	7 AA: 7:30p* Al-Anon: new 7:30 & reg. 8p*	8																																																																																				
Advent Class: 10:30a 9 BSF: 6:30p	10 BSF: 6:30p	11 Worship Team: 6:30p	12 Next Gen Christmas Party 6:30p	13	14 Celebrations Lunch: 11:30a	15																																																																																				
16 Advent Class: 10:30a Women's Bible 9:30a	17	18 Session: 6:30p Worship Team: 6:30p	19	20 Siena Francis House sloppy joe pick up: 9:30a Capernaum: 7p High School Special Needs Group	21	22																																																																																				
23	24 Christmas Eve Services Family Service: 5p Candlelight Service: 7p	25 OFFICE CLOSED Christmas Day	26	27	28	29																																																																																				
30	31 New Year's Eve	January 1 OFFICE CLOSED New Year's Day			November 2018 <table border="1" style="font-size: 8px;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		January 2019 <table border="1" style="font-size: 8px;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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DECEMBER

1-Zoe Dozier
 Candy Glasgow
 Riley Kelley
 Stacey Mielke
 Nicole Tromler
 2-Jeff Vojtech
 Steve Woodworth
 4-Wilson Geiler
 5-Wayne Moore
 Millie Woodcock
 6-Sue Carson
 Jan Duffy
 7-Kay Hothan
 Isabel Mercer
 9-Brian Myers
 Adam Olson
 Gary Radil
 Joanne Topolski
 11-Branden O'Hare
 Mary Turner

12-Doug Miller
 13-Dale Hawkins
 Jan Pokorny
 14-Corey Barnes
 15-Eddie Nelson
 16-Bill Jansen
 17-Molly Rogers
 Jason Scheopner
 18-Lynn Burns
 Sean Davis
 Jonathan Rafferty
 Lauren Vanhessche
 Daniel Woodworth
 19-Kaylee Boyd
 Julie Burgess
 20-Matt Jansen
 Judy Pagel
 Terry Sedivy
 22-Michael Backer
 Bryan Bader
 Randy Hess

23-Doug Saitta
 25-Renée Johnson
 Scott Lucks
 26-Jude Pyle
 28-Bev Eckhoff
 Erik Mercer
 Rick Schieuer
 29-Cami Kotouc
 John Nelson
 Katie Olson
 Nathan Reynolds
 Mark Zimmerman
 30-Bev Nichols
 Christina Pyle
 Rachel Voshell
 31-Louie Harrison
2019 - JANUARY
 1-Heidi Fethkenher
 2-Dave Anderson
 Carole Burrows
 Verne DeHaven
 3-Nancy Chesire
 Jennie Harrison
 4-B. Gratton
 Laura Meyers
 5-Elaine Hook
 Greg Kuhn
 Shirley Nelson





west hills
CHURCH

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Join us in Fellowship Hall immediately following 10:30 a.m. service. Enjoy a simple meal and then share the Good News of Jesus' birth through song with members of our West Hill family who are experiencing special challenges this season. Everyone is welcome! All that's needed is a hearty appetite and a joyful heart!