

# The Window

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

May 2020

## Updates and Forward by Andy Hamer, Pastor

**God is unchanging**, but so much has changed around us. These changes have generated a flood of questions for our church. How will our congregation uphold our high calling to the God of love, to one another, and our mission with the world around us? I will briefly address our path forward, but first let's dive into our response to this new Covid-19 context.

- We introduced all classes and groups to Zoom electronic meetings. Anyone can 'Zoom' – even with just a landline telephone
- We began an online worship service that continues to evolve and connects with more individuals than our pre-Covid-19 worship services
- Giving online and by mail has helped us to remain faithful to our personal commitments to generosity. We remain on track with our 2020 budget
- Communication
  - We added a weekly email blast (the Thursday Thoughts), in order to inform and encourage the congregation
  - Through the Newsletter and other mailed documents we've aimed to remain connected with those who choose not to communicate via the internet
- Our Deacons developed a plan to personally check-in with every West Hills household
  - Additionally, I continue to hear stories about the informal ways our congregation remains connected – everything from phone calls and letters to zoom meetings and 'window visits'
- Our Session has clarified the process we will use to address needs with our Emergency Fund. If you have questions, please contact the church office or Jane Loeck, Linda Schuchmann, or Steve Burgess (our Elders for Caregiving, Membership, and Mission)
- We keep in touch with our local mission Partners in order to gauge their urgent needs and how we might work with them
- Through Zoom and other technologies our leadership structure has remained active:
  - In addition to its regular meetings our Session has proved nimble in addressing the concerns that arise in our rapidly changing context
  - The entire staff remains active, although most of us have taken on some new responsibilities and a few more hours

Over the last two months our ministry teams have worked diligently and creatively to direct their resources toward engaging people in this new context. Although this process continues, our volunteers and staff should be commended for the hours and spiritual gifts engaged in this good work!

## What's Ahead?

Most of us are anxious to begin worshipping in-person. Here's why our Session decided to continue our current closure plan through the month of May:

- Gov. Ricketts' plan to relax health restrictions directly contradicts the, "Opening America Again" plan developed by federal health experts. Nebraska has not even satisfied the "Phase 1" requirements of the federal plan, which include:
  - A 14-day downward trajectory in symptoms and cases
  - Hospitals with the ability to treat Covid-19 cases without crises care
  - A "robust testing program in place for at-risk healthcare workers, including emerging antibody testing"
- The Governor's plan reduces restrictions at the height of risk. Nebraska is nearing its projected Covid-19 peak in mid-May
- Our Presbytery leadership recently issued a statement to dissuade churches from worshipping in-person at this time
  - Because of age or underlying medical conditions, over 50% of our congregation is considered high risk for severe illness if infected with Covid-19
  - The call to love our neighbors, requires us to do our part to limit the spread of Covid-19

In the weeks ahead our staff and ministry teams will be working on:

- Further preliminary work needed to begin the search for a part-time Associate Pastor. Many of you have been anxious to hear more since our Session approved this job description in February. Be assured that our Session has moved the process forward in both its March and April meetings
- Our plan to return to in-person activity. This will likely be a 'phased' approach based on the safety of our members and guidance from government agencies
- Technology that will allow us to:
  - Share and interact with prayer requests
  - Live-stream our worship services (likely to be used when we return to in-person worship)
- We continue to discover new paths for ministry. Do you have more to add? Your ideas or concerns might be our next step!

Of course, West Hills is still feeling her way through these tumultuous times. Meanwhile, we remember that our God continues to move amongst us even in new and challenging circumstances. His goodness does not change.

*For the LORD is good; his steadfast love endures forever... Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. Psalm 100:5, James 1:17*

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# GOD IS STILL IN CHARGE

by Daniel Patrick O'Reilly, Elder for Worship and Music

Well, hello fellow West Hillians (not to be confused with the East Hellions). My name is Dan O'Reilly and I am your elder for Worship and Music.

If you came to church on Easter, you probably thought, oh no, the church forgot to pay the utilities. If you did go to the physical building, you definitely missed the memo. You know, that virus thingie.

Man, our world has sure been turned upside down. And it happened so fast. An unsure and fearful season.

I'm married to a nurse. After a recent episode where Deb might have been exposed to the virus, I discovered three things: I can still be scared. I hate sleeping alone. And, when he has to choose, the dog sleeps with me. (PS – Deb is fine).

And yet, in the midst of this mess, our church is staying strong. I have been so impressed with our worship and music crew and our church's response during this time.

Personally, I went to Easter service in my Sunday finest...a muumuu and slippers, and what a wonderful service it was. Beautiful music. Wonderful singing. And a great message, though sometimes it seems like Andy is in the dark when it comes to preaching.

That's an inside joke. If you missed the Easter service, go to <https://www.whcomaha.org/>, click on Worship Online and scroll to Easter Sunday Worship to get it. Ah, the wonders of technology, our new multi-camera system on display.

I'll be blunt. I hate this virus. I miss my church family. I miss joys and concerns. Singing at home is just not the same as singing with the congregation. I can't smell the lilies. I'm not a real touchy-feely type, but I cannot wait until I can shake someone's hand and just give a hug.

I look at our current season and I wonder, what will our new normal be? How can we support each other? What are we supposed to do now? What about the future? So many questions.

If you were thinking I would have some deep, theological thoughts (no comments from the peanut gallery), I hate to disappoint you, but I

have more questions than answers.

That said, when asked what was the most important commandment, Jesus said to love God and love your neighbor. Pretty simple, and he did not say it had to be in a large, brick building. Our church has proven to be so much more than just a building.

I am confident we will come back and we will come back stronger.

Jeremiah 29:11 – *For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.*

God is still in charge. Thanks be to God.

For some wonderful, uplifting music and videos, go to <https://vimeo.com/whcomaha>.

I hope to see you in church sometime in the not-too-distant future. Stay safe, stay hopeful and stay healthy.

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## SPIRITUAL CORRESPONDENCE by Jana Prescott

It's May! Are your flowers starting to come up and show their beauty? Even living on Cuming Street downtown, we have a few day lilies just starting to appear. How about you? Any flowers starting to bloom? Has your faith been continuing to grow stronger as you read God's word or just talk to Him? One day, just sitting at my desk, I just came up with a little prayer I need, so I typed it up, printed it out, and it sits on my nightstand, ready for me to read every time I feel called. I'm sure you have had times like this: When you feel Christ is talking to you, but you're not quite sure what His message is. So you write down a little something, and make that a little prayer to use when you feel Christ really is giving you some hope...or a sign...or some anticipation...or an increase in your faith! Isaiah 40:31 – *But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint.*



# THE IMPORTANCE OF STEPHEN MINISTRY

by Gloria Zinn, Deacon of Stephen Ministry

When I was attending Countryside Community Church in Omaha in the 1990s I was very impressed with their Stephen Ministry. The church had a large congregation with three associate pastors who assisted the main pastor, but they found there were too many in the congregation who were requesting help for some “life problems.” That is why they brought the Stephen Ministry to their church, and why I got involved.

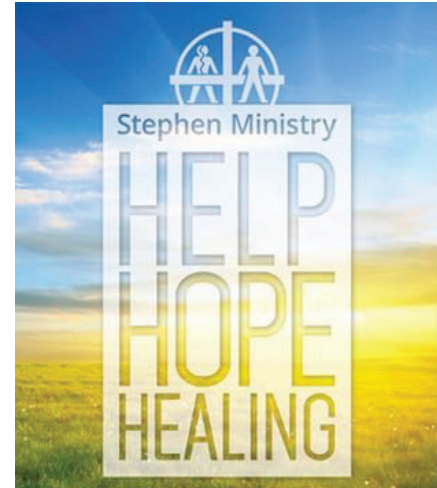
I was working as a counselor with patients at that time in a psychiatric hospital, and thought the experience and training I had from my job would outweigh the training Stephen Ministry required. I was wrong. I found the 50 hours of training provided the tools which were necessary to offer high-quality, one-to-one Christian care to men or women who were going through some tough times. I wasn't trained to solve their problems, but to listen, care for, and walk with someone as they worked through their challenging problem.

When I began attending services at West Hills Church I was impressed that they, too, had Stephen Ministry. Not all churches offer this ministry. The church requested I attend the same 50 hour training program, and I found it was a good “refresher” for meeting the needs of those in the congregation requesting assistance.

As the years went by, and West Hills began to experience changes, Stephen Ministry was not as viable as it once was and we began to notice a drop in those wishing to become Stephen Ministers, and those in the congregation requesting a Stephen Minister. We are in the process of changing that direction. You will notice over the next few months more information concerning Stephen Ministry at West Hills, and an invitation to join us in this important ministry, or perhaps you would like to meet with a Stephen Minister.

A referral for a Stephen Minister remains extremely confidential between the Stephen Minister and the care receiver. Usually a meeting takes place in an agreed upon site once a week for about an hour. However, every referral is different and it is between the care receiver and the Stephen Minister to decide what format works best for them. Care receivers are people who attend West Hills, not necessarily members of the church, or they might be people within the community, who request a Stephen Minister. The

care receivers may be someone struggling with a divorce, experiencing grief, job loss, chronic or terminal illness, or some other life crisis.



The following true stories from care receivers will give you a clearer picture of what this program can offer a Stephen Minister or a care receiver: “Although my needs changed as I went from wife, to caregiver, to widow, my Stephen Minister’s love and support remained constant. She was there at every stage of my journey helping me through some of the most difficult moments in my life—so I could begin to heal.” “When things seemed like too much for me to handle my Stephen Minister brought normalcy and calmness. With him by my side I knew I could make it from one week to the next. I could feel God’s presence when my Stephen Minister was there.” “My Stephen Minister was a consistent presence walking with me throughout my divorce. He would always show up and most importantly refused to give up on me. I’ll be forever grateful for the way he changed my life.” “My Stephen Minister listens—really listens. She doesn’t judge me or tell me what I should do, but walks side by side with me. I never realized how helpful and healing that can be. With her support and care, I’m making it through this maze.”

In Galatians 6:2 we are told, “*Share each other’s troubles and problems, and in this way obey the law of Christ.*” If you are interested in becoming a Stephen Minister, or would like to partner with a Stephen Minister please feel free to contact any one of the following Stephen Minister Deacons:

Bill Spiecker bill.spiecker@gmail.com (402) 677-4437

Cathy Voshell richcat85@cox.net (402) 301-9434

Gloria Zinn gbennett34@cox.net (402) 810-3750

# BIBLE TRIVIA QUIZ

## HOW WELL DO YOU KNOW THE BIBLE?

1. What father-in-law tricked his soon to be son-in-law by giving him the wrong daughter on his wedding night? A. Reuben B. Isaac C. Laban D. Jacob
2. In which book in the Bible does it tell the story of the Israelites deliverance from Egypt and development as a nation? A. Genesis B. Numbers C. Romans D. Exodus
3. Who was Ezra, found in the Old Testament? A. A Prophet B. Religious leader who led the second group of exiles from Babylon to Jerusalem C. The fourth son of David who coveted his throne D. The king of the Medes who conquered the Israelites
4. Who rose in power from slave to governor of Egypt? A. Abner B. Ephraim C. Joseph D. Judah
5. Which book in the Bible has been described as a sequel to the book of Luke? A. Colossians B. Acts C. Jude D. Galatians
6. Which book in the Bible is a letter to a wealthy man to forgive his runaway slave? A. Philemon B. Titus C. Zechariah D. Philippians
7. In which church did Paul confront the infiltration of paganism and secular philosophy? A. The church at Thessalonica B. The church at Ephesus C. The church at Colosse D. The church at Lystra
8. In which book in the Bible does Paul talk about spiritual gifts? A. Acts B. Habakkuk C. Galatians D. 1 Corinthians
9. What Jewish cupbearer received permission from King Artaxerxes to return to Jerusalem and rebuild the city and the surrounding walls? A. Ezra B. Judah C. Nehemiah D. Isaiah
10. Who were the descendants of Lot and his youngest daughter? A. Amorites B. Edomites C. Moabites D. Ammonites
11. What two disciples asked Jesus to call down fire from heaven to strike down a Samaritan village? A. James and John B. Peter and Andrew C. Phillip and Thomas D. Matthew and Bartholomew

12. Why were Paul and Silas jailed in a Roman prison? A. Preaching in the street B. Baptizing people in public C. Taking an evil spirit out of a slave girl D. Holding unlawful prayer meetings

*(answers on the back page)*

**To experience all of our video messages and worship services, please visit our Vimeo page anytime by going to: [vimeo.com/whcomaha](https://vimeo.com/whcomaha)**

## APRIL Session notes

- Based on views of website and Vimeo average per week is 300 views. This probably represents more given there is more than one person watching in many cases.
- The average weekly giving during the coronavirus pandemic has remained consistent with giving before the coronavirus.
- The north parking lot has been sealed and painted with new stripes and the steps to the north entrance have been caulked.
- After considering several options, Session approved moving forward with a part-time ordained minister continuing the process that began in late 2019.



## GRANDMOTHERS — A VERY SPECIAL BREED



In this month when we celebrate Mother's Day on May 10 (as best we can in our hibernation) we would like to concentrate on some very special ladies: Grandmothers. One of the most famous grandmothers found in the Bible was Lois, Timothy's grandmother (2 Timothy 1:5). Perhaps the grandmothers we have highlighted in this article did not produce a saint, or a Christian bishop, but you will read in the following stories how a grandmother's influence has a lasting impact on their grandchildren's lives.

Grace Burns was 18 months old when her mother passed away and she and her six-year old sister moved into their grandparents' three-room house, where they lived until Grace was ten. Their grandparents, who arrived from Italy in 1904, were Catholics and had no car. Grace said they walked to church every Sunday, as well as daily walks to the grocery store. She recalled how her grandmother would say the rosary every day with her and she was "fascinated with those beautiful beads." Each morning she recalled watching her grandmother "comb her long white hair and wrap it beautifully into a perfect bun." There was always "the wonderful smell of fresh baked bread when you walked into Grandma's house, as well as homemade spaghetti and meatballs every Sunday." If someone came to the door that grandmother did not want to talk to, Grace shared that her grandmother would say, in her heavy Italian accent, "I no speaketh the English." Grace said she "so enjoyed the time I got to spend with my grandmother." If you know Grace, her own grandchildren feel the same way about her!

Joyce Haynes shared when she was in sixth grade her class hatched a dozen chicks in an incubator. The teacher gave her the babies, which she brought to her grandma Esther's home, where she was staying while her parents were traveling. "We were farm people, so we knew how to care for chickens." She recalled the next morning she

checked the chicks and all but three were dead. Apparently they hadn't been inoculated. She left for school feeling very downhearted. When school was over and she walked back to Grandma's she was thrilled to find Grandma had replaced the baby chicks! "This was a grandma who never showed affection, but from then on I knew she loved me," Joyce said. The chicks grew up under Joyce's care "But my mom butchered them, though I refused to eat them!" Joyce shared.

Myrtle Heise had a paternal grandmother who lived on a ranch in Holt County, Nebr. "We would occasionally stay overnight and in the morning my uncle would milk the cows while my grandmother and aunt made breakfast." After breakfast the family gathered in the living room to have Bible study. Myrtle recalled the lesson was from "The Upper Room," and the family would read from the Bible and have prayers. It was after that "the day's work would begin." Myrtle shared that those were great memories "of how my grandmother led by example."

Wendi Meyer said her maternal grandmother's name was Elsie, "but we called her Mimi." Wendi shared that her grandmother had "cute ways of expressing things to me, and one expression which stuck in my head was the way she urged me to keep a good reputation and stay a fine lady, beyond reproach." Mimi commented that "No good man wanted a woman with a dirty apron." Wendi said that when Mimi would "rub my back at naptime to help me fall asleep she would name each book of the Bible and tell me how God had knit us together in such a wondrous way." Mimi was a trained nurse and said many times that during nursing school she was amazed at how every system in the body worked together so beautifully and what a glorious plan God had when He created us! Since Wendi's mother taught school when Wendi was little she spent many hours with "my sweet grandmother." Wendi

## GRANDMOTHERS – A VERY SPECIAL BREED *continued*



recalled how Mimi taught her a great reverence for all things about Jesus and the Bible, and could quote many scriptures. "Mimi," Wendi shared, "was the epitome of all things beautiful and faith filled. She loved to read the Bible and share traditional hymns with me. I'll be forever grateful for the impression she made on me as a woman who loved Jesus with all her heart and constantly shone brightly as a witness to that relationship she had with Him." What a wonderful role model!

Anita Evans also has fond memories of her paternal grandmother who suffered from "horrible leg ulcers and was a partial invalid who rarely left her house." Her grandparents lived in a small three-room house that did not have indoor plumbing. "They heated water on a wood-burning stove to do laundry once a week in a wash-house that was near the house." Anita's favorite cooking memory is of grandma's homemade noodles. After rolling out the dough she would cut it into long strips and "hang it all over the kitchen area to dry before she cut them into noodles. I loved her homemade noodles," Anita recalled. Her grandfather had a large garden and sold produce

to the local grocery stores. He also grew concord grapes, which grandma made into grape jelly. "We ate grape jelly all winter long," Anita shared. Grandma also made spice cake, "a recipe I wish I had," Anita said. There was always spice cake with her grandmother's homemade whipped cream (Grandpa kept a couple of cows) and "there was always spice cake in the cake keeper on top of the icebox (refrigerator) in case company came." Anita recalled that she knew her grandmother's legs gave her a lot of pain, "You could see it in her face, but she rarely complained." What a special grandma.

If you were lucky enough to have a grandmother who gave you love and attention while you were growing up, and perhaps became a role model for you as you matured, you are indeed fortunate. If you are currently a grandmother you may be able to see through these stories how important a grandmother's role is in her grandchildren's lives. A grandmother who loves God and shows that love through example in her own life can give a grandchild a wonderful role model to follow. To all the mothers and grandmothers, we wish you a very happy Mother's Day.

### **Young Life 25<sup>th</sup> Anniversary Golf Fundraiser**

**Monday - June 8, 2020**

**Oak Hills Country Club - Omaha, NE**

**No Shotgun (social distancing) / Tee Times All Day  
Sign up Today as an individual, bring a foursome or  
consider being a Golf Sponsor!**

**Register online at: [Omaha.younglife.org](http://Omaha.younglife.org)**

**Call Rob at 402-917-(GOLF) 4653 with any questions**

***Thank you for supporting Young Life in reaching  
youth in the Omaha Metro area!***

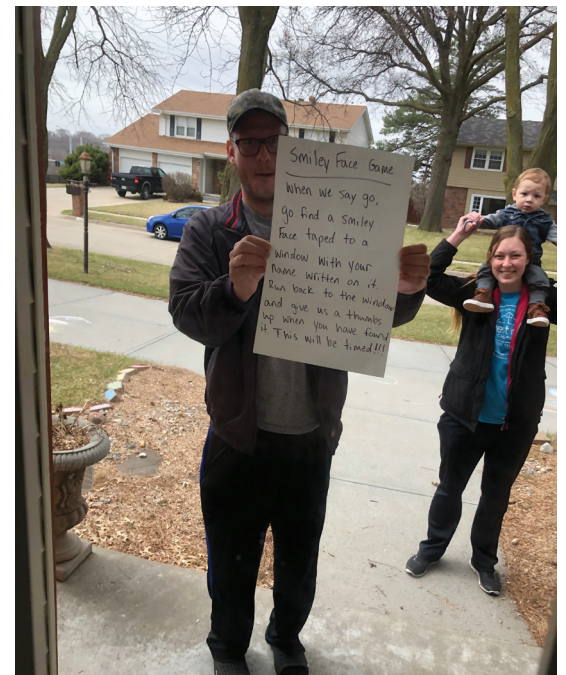
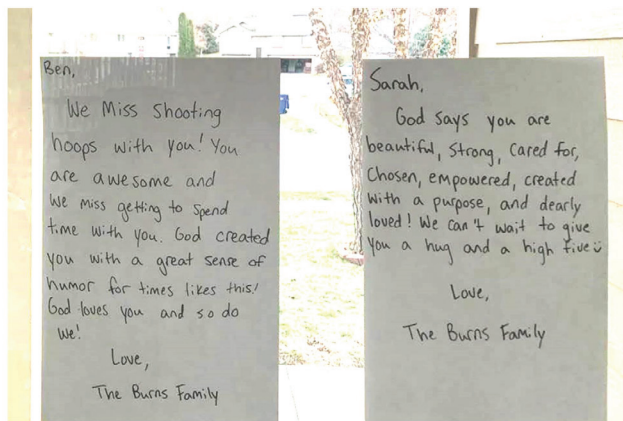


# Youth Safely Connecting During COVID 19

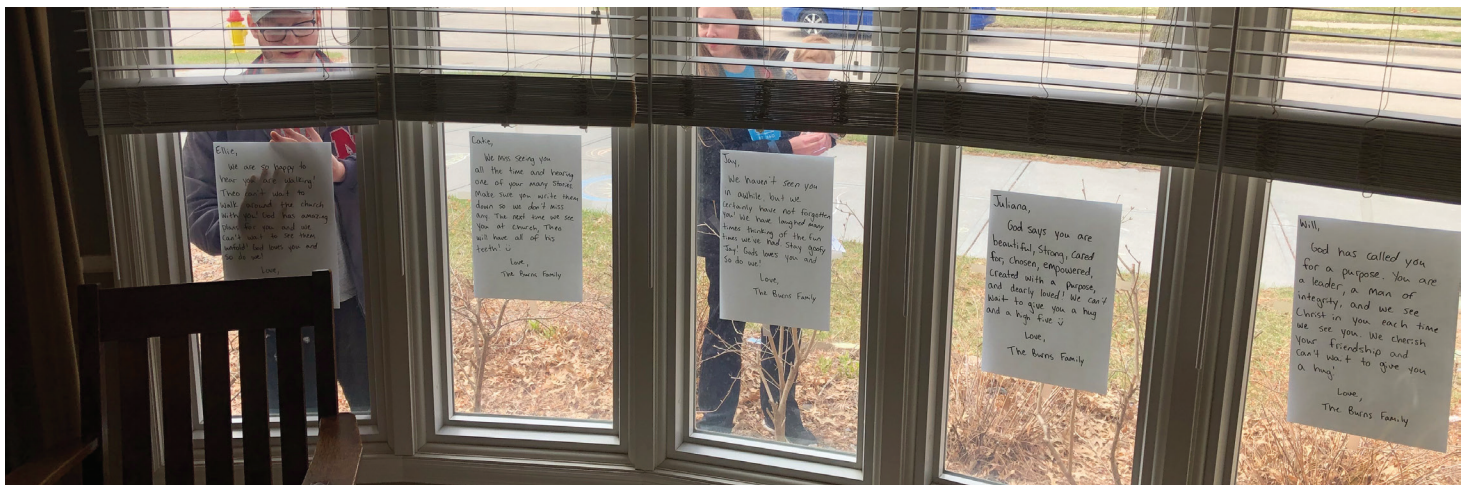
Ministry is about people and relationships. Specifically, ministry is showing Christ's love to others in a way that invests in their lives. At West Hills, the Youth Ministry Team puts this at the top of our priority list, but with the current changes in ministry due to the coronavirus, we had to get a little creative to keep our relational ministry going. Moving Youth Group and Sunday School online through Zoom was a no brainer, but we thought it would be fun to take things a little further and go to each of the kids' houses and tape signs of encouragement to their doors.

Youth ministry should be engaging and fun. With that in mind we wanted to not only encourage the youth, but also add a little fun in as well. At each house we also taped pictures of smiley faces to the windows outside of their houses. Each youth was timed and they had to run around their house trying to find which window had the smiley face taped to it. Whoever found the smiley face the fastest was the winner!

Getting to see each kid during this time was a huge blessing to my wife Nicole and me. Talking with them in a socially distanced manner was one way we could continue connecting and making relationships, while being conscious of our own safety as well. We hope to make this a regular practice, even when this season of quarantining is over!



*"Our awesome youth director and his wife drove around to all the kids' homes today and left nice notes on the door! We all stepped outside and visited for a while! It was really wonderful! Thank you Luke and Nicole (and Theo too!)" from Kim Sedivy*



# WHAT PLAGUE WOULD YOU CHOOSE?

As long as people have plenty of time on their hands lately, we thought we would ask some “thought-provoking questions” of a few people in the congregation. One of the questions was “If you could pick one of the plagues that God inflicted on Egypt that you think would have been the one you hated the most, what would it be?” We gave them the list of nine plagues to choose from. (We did not include the killing of the firstborn because we thought that would be the one people picked every time.) First, here is a list of the nine plagues. Following the list are some of the answers people gave.

## Plagues:

1. I will strike the water that is in the Nile and it will be turned to blood.
2. I will smite all your territory with frogs. They will come up into your house, your bedroom, your bed, your bowls, into your ovens and on you and your people.
3. The dust of the earth will become lice on man and beast.
4. The houses of the Egyptians shall be full of swarms of flies. The flies will be on the people and in their houses.
5. A very severe pestilence will be on your cattle in the field, on the horses, on the donkeys, on the camels, the oxen and sheep.
6. The dust from the hand of Moses will become boils that break out in sores on man and beast throughout the land of Egypt.
7. There will be hail in all the land of Egypt – on man, beast and every herb of the field.
8. I will bring locusts into your territory. They shall cover the face of the earth so that no one shall be able to see the earth, and they shall eat the residue of what is left and every tree which grows up for you out of the field.
9. There will be darkness over the land of Egypt. The darkness lasted for three days.

**Kim** – They are all terrible. I would say boils. I don’t know too much about boils, but I would imagine they are very painful. They would cause you to physically suffer. Watching those you love be in pain would be very hard to bear.

**Ginny** – Locusts would be the worst. Even if I see (or worse get hit by) one in my yard, it scares me right out of my skin. I can’t even imagine a few of them let alone an entire swarm. They are destructive, huge, quick, clumsy and ugly. No thanks!!!!

**Anita** – I chose hailstorms. Hail kills unsheltered humans, animals and vegetation. It would have been so devastating. I think about the after-effects of severe storms. I think the hailstones would have been the worst.

**Jan** – I chose hailstorms. Hail storms kill unsheltered humans, animals and vegetation. I was raised on a farm in Iowa and remember severe hailstorms in the summer. They would damage or destroy the corn and bean crops, alfalfa fields, vegetable gardens and fruit on trees. The feed for the animals, the profits from selling the grains and the loss of the vegetables and fruits, which were canned for use in the winter months, were lost for that year.

**What would you have chosen?**

## SCIENCE & THE BIBLE

Rivers and springs are fed by water that has evaporated from the oceans and other sources and then has fallen back to earth as rain, snow, or hail.



### Job 36:27-28

He draws up the drops of water,  
which distill as rain to the streams[a];  
the clouds pour down their moisture  
and abundant showers fall on mankind.

### Amos 9:6

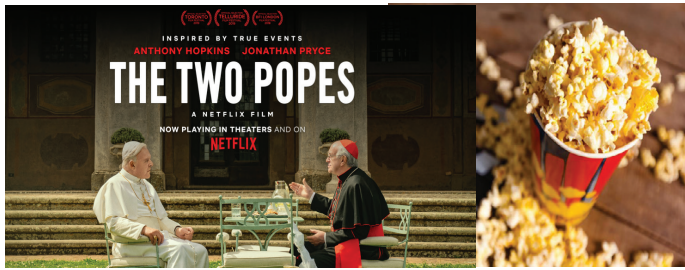
he builds his lofty palace in the heavens  
and sets its foundation on the earth;  
he calls for the waters of the sea  
and pours them out over the face of the land—  
the LORD is his name.

The ancient Greeks thought that rivers were fed by underground ocean water, and this idea persisted into the 18th century.



## MOVIE REVIEW

### The Two Popes



**The Two Popes** hit the movie screen in 2019 and was nominated for an Academy Award. It is still available for viewing, so if you haven't seen it you may want to go to Netflix or another venue.

*The Two Popes*, tells the story of Pope Benedict and the future (and current) Pope Francis who meet and discuss the new path the Catholic Church must take in order to survive the scandals that have been surrounding the Vatican, as well as their own future with the Catholic Church. Actor Jonathan Pryce plays the part as the future Pope Francis and Anthony Hopkins is the outgoing Pope Benedict. I was captivated by them both.

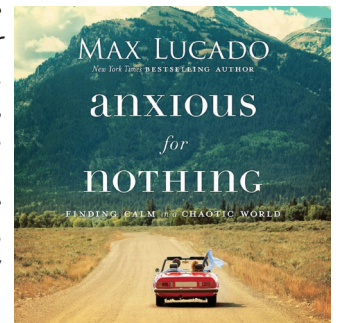
We are taken behind the Vatican walls as Pope Benedict and future Pope Francis share their thoughts, ideas and humanity with one another. Hopkins plays the role so majestically that you actually believe you are hearing and seeing Benedict XVI. Pryce, as the future Pope Francis, the 266th Pope in the Catholic Church, plays the part with such warmth, demonstrating the pastoral charm the world has come to know and love.

Through this movie we see the humanity of these two great figures of the Roman Catholic Church, something that is rarely shared with the outside world. We witness examples of both giving and receiving mercy and forgiveness from these two men, and become well-aware that that is what they truly are: two men sharing their deepest feelings with one another. We watch as they enjoy a televised sporting event together, cheering on their favorite team, and it appears they could be any two men who enjoy the game in their family room....except this is the Vatican! *The Two Popes* is not only a lesson in Catholic history, it is also a very heart-warming and entertaining movie...and at times very funny. *If you haven't seen it, give it a try.*

## BOOK REVIEW

### Anxious for Nothing by Max Lucado

Many of you may have already read *Anxious For Nothing*, published in 2017. However if you haven't, reading Max Lucado's focus on Philippians 4:6-7 would be very timely as we live through this coronavirus challenge. "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus" is a familiar biblical passage to most of us. Max Lucado, however expands on this verse to include other verses surrounding Philippians 4:6-7 such as Philippians 4:4: "Rejoice in the Lord always. I will say it again: Rejoice!"



Lucado impresses upon the reader the importance of this verse by writing three chapters in this book of 150 pages, to Rejoice in the Lord's Sovereignty, Rejoice in the Lord's Mercy, and to Rejoice in the Lord Always. Even though we may become anxious God remains sovereign, our supreme ruler, and "in charge over all things" including the coronavirus! We are encouraged to rejoice in our Lord, no matter what our circumstances. That can be a difficult and heady challenge for anyone, however in doing so it can also allow us to grow in our commitment to God and in our faith.

Lucado reminds us that we have control over our own thoughts, and their relationship to the command to not "worry about anything." He highlights the vital importance of verse 8: "Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things."

In his book there is also a Questions for Reflection section which you may enjoy. As always, with a Max Lucado book, I learn a great deal at a "heart level" that often brings me closer to God. You can order *Anxious for Nothing* from Amazon for about \$12. I don't know if we have a copy in our church library since none of us can check it out at this time.

# YOUR POTLUCK FAVORITES!

We think of a potluck as a communal gathering where each guest can contribute a different, often homemade dish of food to share. At West Hills Church the potlucks are legendary. There is always a huge variety of food and so many examples of culinary skill in our congregation. I thought it would be fun to kind of get a survey of favorite dishes that people enjoy.

- Quiche
- Pasta salad
- Cabbage salad made with ramen noodles
- Homemade Swedish meatballs in gravy
- Graham cracker crust filled with cream cheese filling covered with cherry pie filling and topped off with whipped cream
- Coleslaw
- German chocolate cake
- Chili
- Potato salad
- Potato soup

A dish that was mentioned *six* times was the broccoli raisin salad.

## Broccoli Raisin Salad

1/2 cup of mayonnaise  
2 tablespoons sugar  
1 lb of broccoli cut into flowerettes which equals 5 cups  
2 tablespoons white vinegar  
1/4 cup chopped red onion  
1/4 cup sunflower nuts  
6 slices of bacon crisply cooked and crumbled

Mix mayonnaise, sugar, and vinegar in large bowl, stir in broccoli and onion. Toss until coated. Cover and refrigerate for 2 hours to blend flavor. Sprinkle with nuts bacon

This was a favorite in the survey.

Sharing food can be a unifying event for all. The members of the church take pride in their fellowship feast. It brings people together and there's always a huge variety of foods that we may not always eat. One of the nice things about a potluck, is everybody takes home their dirty dishes.

I was lucky to get a few recipes from members.

## Peggy Kelley's Crock Pot Mac and Cheese

Two cans whole kernel corn, drained  
Two cans creamed corn  
2 sticks butter, cut in small pieces (I use real butter)  
2 cups raw macaroni  
16 oz Velveeta cheese, shredded

Place in crock pot. Stir. Cook on low for approximately 4 hours until desired tenderness. (I usually cook for about 3 1/2 hours.) Stir at least once during cooking.

I'll sneak in a couple of other favorites here, strawberry pretzel salad, scotcheroos, seven layer salad, cucumber tomato salad, cornflake potatoes and apple crisp. And who doesn't like brownies at a potluck?

## John O'Donovan shared his artichoke dip spread:

1 can artichokes drained and chopped  
3/4 - 1 cup mayonnaise  
1 cup grated Parmesan cheese  
Combine all in a casserole dish  
Heat 375 until top is lightly browned and cheese is melted  
Serve with crackers

I am not a cook as many of my friends know. My favorite thing to bring would be a trail mix that would serve eight people or three cups so you would probably have to modify. Here we go !

## Trail Mix

1/4 cup of peanuts or other nuts  
1/2 cup of mini pretzels or large pretzels broken into pieces  
1/2 cup semi-sweet chocolate chips  
1/4 cup dried cranberries or cherries  
1/4 cup goldfish crackers  
1/4 cup diced dried pineapples and or apricots  
1/4 cup raisins

I for one cannot wait until we can have a fellowship gathering where we can fill our plates with the delicious creations of the West Hills folks. Won't it be great?



## VB - YES!

The VBS Leadership Team has been busy working on a plan to still bring the excitement and energy of VBS to your own home this summer. **This year's spin has taken us to your backyard!** VBS is an outreach event we pour a lot of heart and soul into at West Hills. The leadership team decided with the time constraint of not being able to physically work on décor, the unknown answer of what June will look like for social distancing, and the fact that families will have a lot of activities to catch-up on, VBS needed to take on a different look this year.

**And so...** We are bringing Camp Everest to your backyard! Some of you may remember way back in 2015, West Hills did the Everest theme for VBS. This year, we are revisiting this theme with our own backyard twist. How fun to think of your own backyard as Camp Everest, right? And we couldn't ignore the fact that the bible point theme was perfect for 2020- **Conquering Challenges with God's Mighty Power**. Let's talk about how this works!

- You will reserve your family's VBS Backyard in a box in a just a few weeks (keep an eye out for RSVP cards!)
- As we get closer, we will announce multiple pick-up times for you to pick-up your box from West Hills
- The box will be filled with directions, daily activities and the supplies you need to complete them

This sounds like a party in a can, except it is even better, it's in a box! We are really thrilled to offer this to our families this year and we can't wait to see you each take your own unique spin on it. This box is available for you to reserve for your own family or your grandkids! Maybe you even have a neighbor or friend you would like to bless with this adventure. If you have any questions feel free to email [vbs@whcomaha.org](mailto:vbs@whcomaha.org). **See you on the mountain top!**



*To all the Mothers, Grandmothers, Aunts, Sisters and other women in our lives that care and love us unconditionally,  
Happy Mother's Day!*

RETURN SERVICE REQUESTED

## Sermon Series: Resurrection Realities

**May 3**

Luke 24:25-35

Burning Hearts, Hustling Feet

**May 10**

John 20:19-23

Grief to Glory

**May 17**

John 20:24-29

Believer's Doubt

**May 24**

John 21:1-14

Breakfast by the Sea

**May 31**

Acts 2:1-13

Born of Water and Wind



### MAY

1-Doris Edwards

2-Ed Leach

3-Cheryl Havekost

4-Dan O'Reilly

5-Lisa Backer

Adam DeHaven

Callie Freeman

Kathleen Hamer

6-JoAnn Tate

11-Paul Bates

12-Pam Thomas

13-Erika Hanna

18-Gloria Zinn

20-Esther Miller

22-Barb Spiecker

23-Wendi Meyer

24-Kaitlin Bates

Pam Culek

Martin Kurtz

25-Matt Huck

Deb O'Reilly

26 Joyce Vana

Reid Zimmerman

Spencer Zimmerman

28-Grace Burns

29-Judy Gardella

30-Betty Manna

31-Jim Porter

### JUNE

1-Beth Anderson

Kim Sedivy

Ryan Turner

2-Debra Chadwick

4-Rhona Yetts

7-Michael Wohlgemuth

9-Rosemary Frandeen

(the remaining June  
birthdays to be published  
in the June newsletter)