

THE WINDOW

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

October 2022

TRUE WORSHIP by William Scheopner, Elder for Worship and Music



When someone mentions feeling the Holy Spirit in worship, what's your gut reaction? Is it visions of dancing, snakes, and speaking in tongues? Is it images of hands raised high, and eyes closed? Or is it worshippers kneeling with folded hands? Is it the seeming lack of control that scares us? Does this lack of control energize our worship? Whether you're comfortable with discussing the role of the Spirit in worship, or whether it makes you a little uncomfortable, I think it's worthwhile to look deep into scripture and examine our own hearts as we become ever more aware of the Spirit in worship.

In Exodus 40, we see that God's spirit was present in the tabernacle and that it could be felt powerfully there. It says, "*Then the cloud covered the tent of meeting and the glory of the LORD filled the tabernacle.*" God's presence was so powerful in the tabernacle that the books of the law give specific instructions for how the people of Israel are to interact with the tabernacle and the worship activities associated with it. In some ways, these guidelines form a liturgy – a formalized way of approaching worship.

In 2 Samuel 6, King David is so overwhelmed with his worship and praise of God's faithfulness that he dances, much to the finger-wagging of those around him. Scripture says that "*David danced before the LORD with all his might.*" "It's undignified", the people around David declare. But David doesn't care. He says, "*I will become even more undignified than this...*"

I love the telling of this story in the words of the David Crowder Band,

*I will dance I will sing
To be mad for my king
Nothing Lord is hindering this passion in my soul
And I'll become even more undignified than this*

*Some may say it's foolishness
But I'll become even more undignified than this
Leave my pride by my side
And I'll become even more undignified than this
Some may say it's foolishness
But I'll become even more undignified than this*

While the Presbyterian tradition can be lovingly (or scathingly) referred to as "The Frozen Chosen," I'm reminded of the rich theological roots of our liturgy, and the ways that the Spirit moves in our midst.

I write this as an encouragement to each of you. There is total freedom in worship. We've each been invited into the presence of the God of Abraham and Isaac, of Moses, of David. And our God delights in our worship. In the reverence of His tabernacle and in David's "undignified" rejoicing, God is pleased by our true worship.

What is true worship? In John 4, Jesus tells the woman at the well, "*The hour is coming, and is now here, when true worshippers will worship the Father in spirit and truth for the Father is seeking such people to worship Him. God is spirit, and those who worship Him must worship in spirit and in truth.*" God is pleased by our true and authentic worship. In the coming weeks, I encourage you to dedicate some time to meditate on the Spirit's place in our worship. Whether corporate or individual, the Spirit is moving in our midst. Don't be ashamed to respond in action. To some, this may be about the silence, reverence, and awe of God's work in creation and our world. To others, this may be the physical act of raised hands and closed eyes.

We worship an audience of One. May we each do so in spirit and in truth.

COMMUNITY NIGHTS!

by Heather Hipp

Community Nights are underway and will continue until November 23. It's been a great time of sharing a meal together with different generations and having fun conversations. Thank you to all the volunteers helping to make this night a way of connecting with new and old friends. If you haven't come yet, I strongly encourage you to jump in on the fun! See all the details on our website [here](#).

Here are a few pictures from week one.



SPIRITUAL CORRESPONDENCE

by Jana Prescott

John 17:18a - *As You have sent Me into the world...*

Where have you felt like you need to go in this city, country, world? Go grocery shopping? Shopping for clothes? Go to the movies? Go skating? Go to another state, another country, even to the stars? There are so many places basically at our fingertips... I, probably like most of you, only have many of these ideas sort of locked in my head, waiting for that day to come, when we all can go wherever we are sent, because we will be in heaven, with our Glorious Captain!

John 17:18b - *I am sending them into the world.*

BOOK SUGGESTION

by Debbie Chadwick

Have you ever been so upset about something someone did to you that you didn't think you'd ever be able to forgive them?

This is the subject of author, Lysa TerKeurst's book, *"Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again."*

According to Four Minute Books this book can be divided into the following three sections:

1. Being overly optimistic is just one of the many coping mechanisms that make it harder to deal with your traumas.
2. To forgive, follow the three step process of collecting, connecting, and correcting the dots of your past.
3. Forgiveness is a process not an event.

Although this book focuses on a troubled marriage, the lessons to be learned apply to all different aspects of a life that has been traumatized by a bad relationship.

Also, the book covers what the Bible really says about forgiveness and the peace that comes from living it out.

The author is president of Proverbs 31 Ministries. In addition, she is a # 1 New York Times best selling author.

October 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 October:

- Crosswalk Kids and Youth meet beginning at 8:50 a.m. in the lower level welcome area.
- "Called - Hearing and Responding to God's Voice" at 9 a.m. in the chapel.
- HymnSing! on October 16 from 9:35 - 9:55 a.m. in the sanctuary.
- Worship @ 10 a.m. is livestreamed and in-person. Following worship, 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.

Monday Evenings - Open Play Pickleball! A weekly rotational play from 6-8 p.m. Come when you want, leave when you want. Invite some friends, but stay out of the "kitchen!"

Tuesday Mornings - Men's Bible Study meets at 7:00 a.m. in the large conference room #182 in-person. The group studies the scripture passage for the upcoming Sunday sermon.

Wednesday Mornings - Women's Book Study at 9:30 a.m. in the chapel. This group is studying "The Rock, The Road and The Rabbi" by Kathie Lee Gifford,

Wednesday Evenings - Community Nights (October 5 to November 23)

- Women's Book Study at 6 p.m. in the chapel. This group is studying "Forgiving What You Can't Forget" developed by Lisa TerKeurst.
- Discussion Group at 6:30 p.m. in room #152. High school students and older are discussing questions from the book, "Can I Ask That?"
- Men's Bible Study at 7 p.m. in large conference room #182.

Thursday Mornings - Women's Bible Study at 9:30 a.m. in the chapel. This group is studying "Women of the Bible; The Good, The Bad, and The Wicked".

October 20 - Sloppy Joe Ministry Drop Off at the church. Come between 10-4 to the north circle drive and drop your cooked sloppy joe seasoned meat and hamburger buns in the bins. Make as much as you'd like. The food will be taken to the Stephen Center to be enjoyed by many!

October 23 - Servant Sunday in the Westgate neighborhood following worship and lunch.

October 25 - Table Talk from 6:30 - 8:00 p.m. in Fellowship Hall. Women are invited to gather around the table to draw closer to God and one another with dessert!

** November 6 - Daylight saving time ends. Move clocks back 1 hour. **

MAKING A CONNECTION by Ginny Jansen, Deacon of Caregiving

I have a confession to make—I sometimes have great intentions but I don't always find the time or determination to follow through. There are times when I plan to call someone later—but then I get busy with something else and it completely slips my mind. Or I buy a card to send to someone and the card gets buried in a stack of mail—and then I think it is “too late” to send it. Or I think about baking cookies or preparing a meal for someone - but I am called upon to babysit and once again, my good intentions fall along the wayside. I imagine that a few of you can relate.

We are all called by God to be caregivers. I doubt if any of us do everything God intends. All of the changes made necessary by COVID have added stumbling blocks to what we should be doing. That became an easy excuse to stay in our own little bubble. Unfortunately, it is easy to stay in our little world. I have talked to members of our congregation who felt alone during difficult times while we were praying for them in church or on the prayer chain. While we were praying, no one told them that we were praying. Some others I have talked to decided to back away from West Hills because even the friends that they talked to regularly on Sundays didn't reach out to ask if they were okay or if there was a reason that they hadn't returned to services.

I realize that I am an old fashioned farm girl—but I grew up going to Sunday meals at Grandma's. I am carrying on that tradition. Our kids and grandkids know that lunch will be available after church on Sunday. There are weeks when not everyone can make it. Sometimes things like traveling for work or a soccer or baseball game or an activity with the other side of the family enter into the schedule. My family knows that nothing is mandatory—however, they are always welcome—and it is a great time for us to connect.

Our church family should be similar—while connections aren't required—we should want to have a relationship with those around us. If you notice that someone you normally see at church hasn't been there for a couple of weeks, it would be great if you would contact them to see if they are okay. If you know that someone is sick or is having a difficult time, please let them know that you are praying for them. Sometimes all it takes



is a quick text to let them know that they are being remembered. Phone calls, cards, e-mails or texts, and of course, in person visits—they are all ways of showing how special each person is to us and to our Lord. Are you willing to help all of us become more connected with each other?

West Hills has a group of Caregiving Ambassadors who periodically make contact with church members who are not actively involved in the life of the church. They reach out with cards, calls, or e-mails. If you would like to have a Caregiving Ambassador assigned to you, please contact Mary (rjirak2@cox.net or 402-658-1032) or Ginny (avjansen@yahoo.com or 402-651-6172). Caregiving could use help in ministering to those in need. Children's and Youth are in need of LOVING volunteers to teach and mold our youth into incarnational disciples. There are so many other ministry areas to plug into and demonstrate God's LOVE for all His children.

I am proud to serve in this church with so many selfless and sacrificial followers of Christ. Let's continue to do our part to disciple and share God's LOVE with those not fortunate enough to know Christ. Together we can strengthen the bonds of the church that Jesus LOVES.

CALLING ALL WOMEN!

SEPTEMBER *Session notes*

by Patti Brownlee



Gather around the table to draw closer to God and one another.

To: All West Hills women and their friends

Wondering if Table Talk is the “right fit” for you? Well, Table Talk is a “one size fits all” event!

- **Feeling over scheduled and too busy?** - Come to get refreshed and renewed.
- **Feeling blessed?** - Come to celebrate your joy.
- **Feeling isolated or discouraged?** - Come to connect and be encouraged.

Table Talk is scheduled for the last Tuesday of the month from 6:30-8:00 p.m. in Fellowship Hall. For more details, check out the Women’s Ministry page on the West Hills website.

Table Talk is so casual that there was not a sign-in sheet at the September gathering but probably about 30 women came. What can be definitely stated, however, is that God gave Lisa Backer, our September speaker, the message He wanted us to hear, and He blessed our time together.

Looking ahead . . .

Oct. 25 - Sheryl Overby will share a reflection on “Fear Not!”

Nov. 29 - Michaella Dunn will share a reflection on “Experiencing God’s Peace” No gathering in December

Come when you can. Come every month. We will enjoy a dessert, sweet fellowship, a relevant devotion, and meaningful discussion. God will be there and you are invited to show up too!

Session passed the following motions during the Regular Monthly Meeting held on September 20, 2022.

- Approve and authorize un-budgeted expenses of up to \$40,000 from the Operating/ General Fund and or Memorial Fund to meet selected costs to enable Atonement Child Care (ACC) to effectively launch and operate within WHC building/space. When our Ministry Teams were asked to provide recommendations for greater utilization of our facility, they highly recommended a childcare/ preschool. Atonement Child Care (ACC) is a strong faith-based organization that has been offering quality childcare for over 20 years. Utilization of space and related rent helps support maintenance costs of building and incremental revenue and will provide opportunity to build new relationships. Most of these improvements would likely be necessary for West Hills in the near future regardless of our partnership with ACC. ACC has committed to make significant, non-refundable contributions to the cost of these improvements. The team is also pursuing multiple grants from our larger denomination.
- Approve the Building Use/Facility Stewardship Committee to act on behalf of WHC to enter, and execute, a lease agreement with ACC.
- Dissolved the Racial Justice and Reconciliation Task Force and to have the “RJR Task Force join the Mission Ministry Team and be renamed the Matthew 25 Committee”.
- Approve the Designated Giving Policy. Following discussion, a motion was made to withdraw the motion and send the policy back to committee for review and rewrite. The motion was seconded.

Session also discussed the condition of the building and reviewed a list of the maintenance and improvements necessary and associated costs.

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

EL ADAIMA CHURCH, OLYA PRESBYTERY - UPDATE

provided by Peg Shirley, Mission Team Member

Adaima church is doing well and has sent us an update regarding their progress in 2022. We also wanted to let everyone know we sent \$1,000 from the Spirit Fund to continue to help them finish construction on their church building. Thank you for your faithful giving that has allowed us to continue to provide support to Adaima church.

About the building: What's finished: church façade, worship hall on the first floor, and bathrooms and the kitchen on the first floor.

Encouraging news: After weeks and months of prayers, God healed a woman who was diagnosed with cancer. Glory be to God.

Challenges and prayers:

- » May the ministry continue to grow and expand.
- » May God provide the financial means to finish the building.
- » May the number of male servants increase because it's a need.

- » All meetings are on regular basis; Christmas celebration was quite special this year as it was in the new hall, despite the fact that it's not finished yet. The congregation was overjoyed and thanked God for His great work among His people. It was a 4-hour celebration that included worship, drama, scripture reading, and sharing testimonies.
- » The church also celebrated Easter together after a long week filled with prayers, fasting, and morning and evening services.
- » In cooperation with some ministers from Cairo and Minya, the church has organized two spiritual gatherings for the kids. The days included: singing songs, prayer, short drama, Bible study, and games followed by reflections. The same gatherings were also organized for middle and high school meeting attendees.
- » The church organized a kids festival in the Hager Adaima area, aiming to serve kids in other places. The program helped the kids emotionally, physically, and spiritually.
- » In its pursuit to strengthen the relations, the church organized a fun day for all the families in Isna.
- » Women's meeting has organized a spiritual fun day for women at the park in Isna, during which they enjoyed hearing the word of God and the fellowship of each other.
- » 6 leaders besides the pastor are still attending leadership training school at Luxor church. The more they change through the teaching, the more they become effective in their ministries.
- » The church enjoyed participating in POMC's annual prayer conference; it was held in Luxor church this year.
- » The church also participates in all the conferences held by Olya presbytery whether it's general, teens, girls, women, or kids' conferences. This kind of participation increases the sense of belonging to the bigger entity.
- » In cooperation with ministers from Cairo, the church organized a 3-day outreach convoy twice. By the grace of the Lord, they reached out to new families and held spiritual revival meetings. As a result, new members joined the church. Short-term mission trip: - Some of the church leaders along with Rev. Shenouda, traveled to South Sudan for 11 days. During the trip, Adaima church trained the pastors of the Sudanese church and provided theological teachings. They also shared the message of salvation with the families, served kids, and visited the displaced camps.



RECIPE OF THE MONTH

provided by Linda Springsted

At the center of many gatherings is food. We can't seem to get together without having a meal as part of the experience. I think it gives us a reason to circle round, slow down, and share life with one another. This scone recipe is easy and would be lovely to serve for company or at Sunday brunch.



Grant's Red Velvet Scones

This recipe calls for Red Velvet cake mix but you can use whatever kind of cake mix you prefer.

Ingredients:

- 1 - 16.5 oz. package Red Velvet cake mix
- 2 tablespoons buttermilk, plus more for brushing
- 1 egg, beaten
- flour, for dusting
- sugar, for sprinkling

Preparation

Preheat oven to 400 F.

In a medium bowl, mix together cake mix, buttermilk and egg. The mixture should be pretty dry but come together when pressed with your hands. If it's too dry, add a little more buttermilk.

Dump the mixture out onto a sheet of parchment paper, dust with flour and form it into a ball. Flatten the ball into a 10-inch circle. Cut the circle into 8 triangular pieces. Place the scones onto a parchment-lined sheet tray.

Brush the top of each scone with some buttermilk and sprinkle with sugar. Bake for 15 minutes.

BIBLE QUIZ compiled by Gloria Zinn

1. Whose sister was punished with leprosy because she criticized her brother? A. Lazarus B. Peter C. Moses D. Solomon
2. In what two books in the Bible can I find the Lord's Prayer? A. Mark and Matthew B. Luke and John C. John and Matthew D. Matthew and Luke
3. Which one of these women despised her husband? A. Jezebel B. Michal C. Hannah D. Potipher's wife
4. Who returned to Jerusalem to lead the people to rebuild the city walls? A. Nehemiah B. Ezra C. Nahum D. Joshua
5. Who escaped into the desert due to his fear of Queen Jezebel? A. Samson B. Asherah C. Elijah D. Naboth
6. Who was freed from prison by an angel? A. Paul B. Peter C. Elijah D. Amos
7. What Israelite King built a worship house to the pagan god, Baal? A. Elah B. Ahaziah C. Ahab D. Jeroboam
8. Whose chains loosened and doors opened by an earthquake, but they chose not to leave prison? A. Peter and Timothy B. Paul and Silas C. Barnabas and Paul D. Timothy and Silas
9. What prophet wrote a warning against the nation of Edom, who had rebelled against God and enslaved the Israelites? A. Ezekiel B. Amos C. Haggai D. Obadiah
10. In what book in the New Testament can I find the Sermon on the Mount? A. Matthew B. James C. Luke D. Romans
11. Who was taken captive by the Babylonians and served in their government for almost 60 years? A. Jehoiachin B. Daniel C. Zedekiah D. Darius
12. Who addressed his letter in the New Testament "to the chosen lady and her children, whom I love in the truth"? A. Paul B. John C. Peter D. Jude

(answers on the back page)

RETURN SERVICE REQUESTED



OCTOBER

1-Arlo Grafton
Kenneth Kopperud
Kaitlyn Barnes
Luke Freeman
2-Diana Dingman
Dan Freeman
Sunny Lundgren
Trish Mathia
Dale Obermiller
3-Owen Boyd
6-Bill Spiecker

7-Fred Picavet
Aedan Madigan
9-Mack Hanna
12-Ginny Lakin
13-Peggy Kelley
14-Helen Jacobsen
17-Katrina Thede
18-Mariel Oftelie
Ben Sedivy
19-Darcy Willie
20-Tom Backer
21-Bill Heise

Aaron Schaffer
26-Marilyn Grafton
27-Charlie Wenck
30-Megan Bailey
Tracy Mason

NOVEMBER

1-Rod Hansen
2-Judy Schnabel
7-Dorothea Brady
Carolyn Reeves
Bruce Workman

8-Scott Julich
9-Juliana Scheopner
11-Denise Dolezal
12-Virginia Pickett
13-Bonnie Aden
Ginny Jansen
Rick Reeves
Nicole Burns

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