

# THE WINDOW

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

September 2022

## WHAT IS DISCIPLESHIP by Rick Mason, Elder of Spiritual Form. & Discipleship



Half way through my commission as your Elder of Spiritual Formation and Discipleship, navigating through a pandemic period with continued uncertainty of an on again off

again status to meet in person, we have tackled a number of Spiritual Formation opportunities. Some are helping us be a little more relational, some are deep thinking subjects that challenge our spiritual maturity, and others are giving us life lessons in applying God's word to life and action.

But that has left me wondering, what on earth is discipleship? Many will tell you to follow the example Jesus left for us. After all, Jesus did bring a following of disciples as he shared his life on earth. In many ways that answer is correct. But, is it really that simple? Many people consider themselves a believer of Jesus Christ. Does that make them a disciple? Maybe at the time of Jesus here on earth, but what about today?

Jesus had followers who dropped everything to walk along side him. Were they simply glory seekers, wanting to share the experience just in case this guy really turned out to be the Messiah? Maybe at the start, but Jesus did something quite miraculously, he shared the LOVE of the Father with those who followed. It was all he needed to share to convince those seeking his friendship to simply follow and learn. Yes – AND LEARN.

Jesus left this world with final instructions in Matthew 28:16-20 known as:

### The Great Commission

<sup>16</sup> Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. <sup>17</sup> When they saw him, they worshiped him; but some doubted. <sup>18</sup> Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. <sup>19</sup> Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

What was his primary instruction – GO, Baptize and TEACH. Go and make new disciples for the Glory of God. Adam (from Genesis) was told by God to go forth and multiply, make new nations. Jesus Christ (the second Adam) told all to go forth and make disciples.

Jesus has conquered the grave, that all who believe in him will not perish, but have eternal life (John 3:16). It is our role as believers to make certain that all others who fill our lives are given the opportunity to know and experience that HOPE and GRACE as well. It is our job to share that with others.

I know – that starts to sound a little harsh – demanding even. After-all, life is busy and who has time for any of this. But, the LOVE of Jesus was too great to see us be condemned by God (condemnation we have seen especially in the Old Testament). But God LOVES us so much he sacrificed his one and only Son to save us (taking the wrath we deserved). With LOVE like that, why is it so hard to simply LOVE back? Let's take up our cross and walk in the footsteps of Jesus. GO – make new disciples and let the LOVE of God flourish to the very end of the age.

As a community, we can do this together. We have many different opportunities to serve and show God's LOVE. Try any of the class/study offerings throughout the week. Mission is always looking for those interested in showing LOVE to others. 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.

# THE GOOD, THE BAD, AND THE VERY WICKED by Gloria Zinn

Thursday Morning Bible Study at West Hills has been offering an in-depth study of the Bible to interested women for many, many years. Starting in September, we will be studying 57 of the 93 women mentioned in the Bible, some who are named and others who are referred to as "...s widow" or "...s wife." Definitely a patriarch world! Many of the women we will be studying have been overlooked, even though they have made valuable contributions to the faith as well as world history. We are calling our study: **"The Good, the Bad and the Very Wicked"** for there were women then, as there are today, that fit into one of those categories. You may already be familiar with these women: Rachel, Eve, Mary, Esther, and Miriam, but do you know anything about these women: Jael, Jochebed, Huldah or Shiphrah? Come join us at 9:30-11:00 every Thursday, or on any Thursday you would like to drop in, from now until December 15 in the Chapel. You will be warmly greeted and will enjoy sharing your opinions and thoughts with other women who love this extensive method of studying God's Word.

Being in a Bible Study with others is one of the best ways to study the Bible. You may tell yourself you don't need a Bible Study with others because you put aside time every day, or every week to study the Bible on your own. However, when you can discuss a confusing passage, or share your thoughts or ideas on a particular topic not only do you come away with more insight, but you have also given more insight to others through your sharing. It isn't unusual to hear someone say "oh, I never thought of that in that way."

Make this the year you commit to deepening and expanding your understanding of the Bible through the **Thursday group Bible Study**. You will find you will gain more insight into the context of the Bible. Like anything else one wants to gain more knowledge in, being able to discuss your interpretation with someone else who is studying the same subject can be eye opening and very fulfilling. It makes you want more.

Over the years this Bible Study has been made up of women who love God and want to learn as much as they can about His book, as we walk our own path with one another. You may be a Bible scholar or someone who knows only that Genesis is the first book in the Bible, it doesn't matter how much you know about the Bible, it's all about how

much more you want to learn. That is definitely the goal of the women who attend the Thursday Morning Bible Study. So put away your excuses and join us. We promise you'll enjoy it!

---

## SPIRITUAL CORRESPONDENCE

---

by Jana Prescott



**What do you tend to keep away from, to avoid at all costs?**

Life is much easier for me now when I tend to avoid things, because my head injury really slows me down. Many people's conversations just make no sense to me. It even takes me quite a while, listening again to sermons on-line, to understand and personalize, how each sermon talks about my life, explains my life in the Word of God that is set before me. Like helping others if I can; I can't do much, but just sitting here in my wheelchair doing nothing gets boring quickly. I do enjoy lending a helping hand when I can. How about you? Like giving a bag of fruit to someone who needs it, or maybe helping with gardening, or mowing their lawn or raking someone else's leaves? How about Jesus? He shows up where we live, and He will always be with us. In the midst of wind, rain, dust, snow, no matter where we all would be, He will be with us. He won't stay away from anyone: those who are hospital-bound; that are at home and cared for; those who are not cared for and are homeless, hungry, and feeling lost and alone. Let's all remember to pray for this world we live in. As it changes, as I get the impression is happening, just remember that whatever happens, our Guide is still among us!

Romans 12:12-13 - *Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality.*

## September 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 September:

- Crosswalk Kids and Youth resume in-person at 9 a.m. on September 11
- Getting to Know You session at 9 a.m. in Fellowship Hall on September 11
- Getting to Know You Small Group Style at 9 a.m. in Fellowship Hall on September 18
- 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](http://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. 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 - 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.

**Men's Bible Study** at 7 p.m. meeting in-person, 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"

**September 15 - Sloppy Joe Ministry Drop Off** at the church. Come between 10 and 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, storing meat in a gallon-size freezer bag. The food will be taken to the Stephen Center to be enjoyed by many!

**September 18 - HymnSing!** in the Sanctuary from 9:35 - 9:55 a.m. Join together in singing some of the timeless hymns found in our hymnal. HymnSing will take place before worship the third Sunday of each month.

**September 25 - International Mission Fair** before and after worship in Geneva Lounge. Experience the Journey! New Member Class at 11:30 a.m. in the chapel. [Register at whcomaha.org](http://whcomaha.org)

**September 27 - 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!

**September 30 & October 1 - All Church Retreat** at Camp Calvin Crest. [Register today on the website: whcomaha.org](http://whcomaha.org)

# WE'RE MAKING RELATIONSHIPS - AND WE NEED YOUR HELP!

by Laura Meyers, Deacon of Stephen Ministry



West Hills has recently had the opportunity to participate in the "He Gets Us" outreach campaign using a platform developed by a company named Gloop. We are blessed to be able to use these resources free for 6 months thanks to a national campaign with very generous donors. The "He Gets Us" campaign advertises on TV and the internet and has a website. The primary message is that "Jesus gets our lives because he was human, too. And just like us, Jesus did not experience a perfect life." The campaign covers a variety of topics including acceptance, anger, anxiety, broken relationships, grief, and loneliness. The website provides resources to read about Jesus, text for prayer, or to chat with someone 1:1. Learn more about this exciting movement by going to <https://hegetsus.com>. Gloop is the platform that connects individuals within a 20-mile radius of our church to West Hills. Their messages come into a queue for our church where we can then read and respond to each individual message. It has provided us an opportunity to reach those individuals who are hurting and interested in learning more about Jesus but are less likely to physically walk into a church. It has been an amazing resource and I would love to share more 1:1 with anyone who has any questions about Gloop, their apps and the services they provide.

For those of you who aren't glued to your phone, all of this may sound like a little much. But it has proven to be a successful tool to reach the unchurched in our own backyard who are hurting and looking for spiritual guidance. It is also an opportunity to build our congregation. In 4 short weeks we have had 20 individuals matched to our church. 3 have asked specific questions about our church and 2 have been matched with a Stephen Minister for a more long-term relationship. That is where YOU come in! We could use your help meeting this demand. Currently, I am the only one managing the incoming messages and we could use a couple of volunteers to help distribute the load. If we could get two additional people to help manage our queue, I do not see this being

a very time intensive commitment. If you have access to a smartphone or computer, I can train you on everything needed to be successful in this role.

We are so excited about the success of this new partnership that we would like to continue to use these resources after our 6 free months are up. We could use your donations to make that happen. We are also in need of more Stephen Ministers - especially men! Stephen Ministers receive a total of 50 hours of care ministry training. By the end of training, Stephen Ministers are well equipped with the principles and skill to provide high-quality, Christ-centered emotional and spiritual care to others. The training has been recently updated and would be engaging even to those who have had Stephen Ministry training in the past. We have a training class scheduled for this fall. Please let us know if you feel you may be called to this ministry.

Stephen Ministry is alive and well at West Hills Church. If you are wondering if a Stephen Minister could be beneficial for you or a loved one, please contact Andy or someone on the Stephen Ministry leadership team.

**Cathy Voshell** phone: 402-301-9434  
email: [rcvcav85@gmail.com](mailto:rcvcav85@gmail.com)

**Judy Nelson** phone: 402-639-0467  
email: [jnelson.ld6@gmail.com](mailto:jnelson.ld6@gmail.com)

**Laura Meyers** phone: 402-490-0974  
email: [meyersla@cox.net](mailto:meyersla@cox.net)



## DIRECTOR OF WORSHIP & MUSIC

### SEARCH by William Scheopner, Elder of Worship & Music



Hello West Hills! I wanted to let you know that the search process for the Director of Worship and Music position is underway. Gary Anders (Elder of Personnel), Andy Hamer, and I have developed a job description for the position. We have also gathered Worship & Music department documents to help the search team and potential candidates understand and articulate our worship practices.

As this team is assembled, we'd welcome your prayers on these three fronts:

- Please pray for the development and unity of the search team; that God will bring the right team together.
- Please pray for the individual that God is preparing to bring to West Hills. Pray for the preparations of heart and mind that God is working in them right now - for them, their friends and family, and their current ministry.
- Please pray for our worship team, staff, and congregation, that God would be showing us how we can be energized for joyful worship as we prepare our hearts and minds to welcome the next leader into Worship & Music ministry.

## LOVE THE CLASSIC HYMNS?

If you love the classic hymns, then you will love **HymnSing!** The third Sunday of each month will be designated as **HymnSing Sunday**. Join us in the sanctuary a few minutes early and enjoy singing some of the timeless favorites from the hymnal. Singing will begin at 9:35 am and last for about 20 minutes. Let's make a joyous noise together!



## AUGUST Session notes

- The Nominating Team will begin contacting nominees.
- Session received a status update on a potential partnership with Atonement Daycare.
- Session received communication from the Elder of Building & Grounds about the Importance of Facility Care and Maintenance, Elder Structure and Staffing and the status of the building and grounds.
- Spiritual Formation & Discipleship will continue to discuss the RightNow Media resource with interested ministry areas.
- Session approved the membership transfer requests received from Carol Love and Amee & Steve Thedens to Hope Presbyterian Church and from Nancy Anderson to Presbyterian Church of the Cross.

To contact the Session, send an email to: [clerkofsession@whcomaha.org](mailto:clerkofsession@whcomaha.org)



## THANK YOU, WEST HILLS, FROM WESTGATE SCHOOL by Linda Springsted

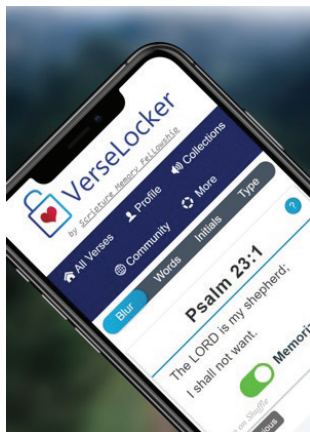
It was great to have Amanda Moon and Jay Elliott and his wife in worship with us a on Sunday in August. They are excited about starting a new school year. They also wanted to thank West Hills for their generosity in donating school supplies for the families. We also provided a gift of appreciation and words of encouragement for the staff as they begin this year with their new classrooms. Here is the list of supplies that were donated. The families really appreciated the assistance.

### School Supplies for Westgate Elementary School 2022

Composition books -42	Pencil top erasers - 175	Dry erase markers - 36
Pencil boxes - 31	Rulers - 4	Hand sanitizers - 11
Spiral notebooks - 116	Folders - 150	Boxes of crayons - 85
Pocket tissues - 40	Glue sticks -129	Notebook paper - 3
Boxed tissues - 8	Glue bottles - 12	3-Ring binder - 2
Yellow pencils - 1,128	Scissors - 44	Construction paper - 480 sheets
Decorated pencils - 72	Markers - 610	
Pink erasers - 74	Colored pencils - 576	
Blue and black pens - 60	Highlighters - 129	

There are also other opportunities to partner with Westgate School. There are volunteer openings to read with students at all grade levels, mentor students during a lunch period, or help out in the library. Please consider these options. If you have any questions or need more information, please contact Linda Springsted at 402-290-4704.

## APP SUGGESTION suggested by Debbie Chadwick



A free new app named **Bible Memory: VerseLocker** is now available on your cell phone, iPad or computer.

Memorize any verse of the Bible in the translation of your choice with this app. Can you say your verse correctly as random words gradually disappear? If so, move on to the accuracy test and start typing your verse from memory. When you're done, see where you rank on the global leaderboard, organize your verses into custom collections, or download a ready-made collection of recommended memory verses.

Using this app helps to make Scripture memory easy by:

- Working with all Bible translations
- Listening to your memory verses on a loop
- Filling in the missing words from memory
- Organizing your verses into collections
- Saying the verse while viewing only its initials
- Scheduling review reminders for each verse

Begin memorizing your favorite verses and grow on your faith with this free app.

## UPDATES FROM ECUADOR provided by Michael Backer, Mission Team Member

I want to provide an update on what is going on in the life of the two ministries West Hills supports in Ecuador: **For His Children (FHC)** and **Pastor Rafael**. FHC has the goal of living out the following mission:

"Believing that all children are created in God's image, For His Children exists as a Christ-centered ministry to homeless children, providing care in a loving and supportive environment, striving to unite them with their biological or adoptive family, and advocating on their behalf to others."

**I want to share with the congregation the most recent update we've received from FHC. This update we received this summer focuses on how we can be keeping them in our prayers:**

*Over the past week protests have been occurring throughout the country of Ecuador, but are centered in Quito, the capital. These are due to frustrations with current economic and social policies. The situation continues to worsen, as important roadways have been blocked and some protests have become violent.*

*Areas of the country (including Quito and Latacunga) are experiencing food shortages in some neighborhoods, with supermarkets depleted and unable to resupply. Fresh food and vegetable prices have risen significantly. There is growing fear that gas supplies might run out, as well as losing electricity and water.*

*The FHC homes and children are safe and currently there are enough supplies of food. However, we're finding it challenging to receive fresh supplies of meat, veggies, and fruit. Staff are also finding it difficult to arrive to work - some walking nearly two hours, while others are staying onsite.*

*Please pray with us. Here are some specific requests:*

- 1. Continued protection over the staff, children, and homes in Quito and Latacunga.*
- 2. For peace and comfort for staff as anxiety grows during this difficult time.*
- 3. That the government and protestors can reach an agreement that is beneficial for all the people of Ecuador.*
- 4. That any evil or violence at work amid these protests would be overcome."*

**By means of our contacts with FHC, West Hills is also able to support Pastor Rafael Yuquilema and his ministry. Specifically, he and his family focus on ministering to the Quichua youth and families in central Ecuador by organizing and presenting workshops and conferences, carrying out individual family visits, as well as doing couples counseling. The following is a translated email we received from him last month:**

*"Many greetings and hugs from a distance. We hope you have great blessings from above.*

*We have received the \$600 in our daughter Elena's account. How much we thank God first, and then each one of you who have collaborated with us in our ministry among the Quichuas in Ecuador. We know that God will fill each one of you with His rich blessings.*

*The ministry that we carry out here has been extremely blessed. We are training leaders in different churches using technology that we have. Those who attend the groups call in on the same schedule, at the same time.*

*We have groups via internet that are meeting from Quito, Guayaquil, Riobamba, and two groups here in Miraflores - La Trinidad, and one in the town of Gatazo. There are three groups among these for women, and for the first time, we are training women to train other women in leadership, Christian education principles, Christian ethics, and the 'Importance of Children and Family'.*

*We are extremely busy, with a full schedule. In addition, I am studying Biblical Hebrew every Saturday from 8:00-9:00 PM.*

*Some family news: our daughter, Julia Janneth, has completed her studies at the University in Dentistry. This past Tuesday she had her graduation. We are planning to send photos to our friends. It has been extremely humbling and a great blessing for our family as a whole, as all three of our children are in the area of healthcare.*

*Our ministry is focused in improving spiritual health in which we focus on women encouraging other Quichua women in their congregations. As I have mentioned before, the people who assist me in these teachings are missionaries in the U.S., some are professors from the Rio Grande Seminary (Texas), others are independent, but almost all of them are North Americans. For ourselves it has been a great challenge to participate in these activities.*



## UPDATES FROM ECUADOR, continued

*It reminds us again about a vision we have for the future, to establish a BIBLE SEMINAR OF THE AMERICAS, that focuses on the spiritual care, and nearby would be a clinic for the needy and lower economic level people, to minister to their physical health. There are some healthcare workers among the Quichuas who are from Miraflores, our area.*

*As I have mentioned, we now have a dentist, a laboratory technician, a nurse, and a physical therapist and a general practitioner. Our need now is for resources such as infrastructure and equipment. Despite the difficult circumstances, God has greatly blessed us. Specifically thank you for your support to our family. And some news worth mentioning is that our two older children, Elena and Eduardo, are both having gallbladder problems, and will require surgery in the next week or so. We would value your prayers for them and their recovery.*

*Health issues seem to plague the entire family sometimes. I may need surgery for a hernia in the future. For all this, we need your support in prayer. As far as economic income from the local Quichua churches for the ministry, it has decreased, and I imagine it is the same everywhere.*

*That is our news for now. I reiterate our sincere gratitude and send warm hugs to you all. May God fill you with blessings.*

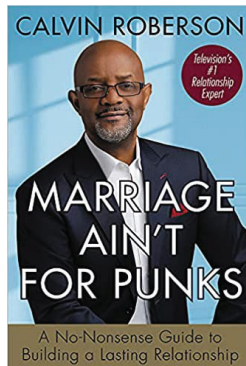
*Sincerely,*

*Pastor Rafael Yuquilmena and Rosa  
Elena, Eduardo and Janeth*

God is at work in Ecuador. I ask that you please keep our Ecuadorian partners in your prayers and that God's will may be done through these ministries!

## BOOK SUGGESTION

by Debbie Chadwick



Pastor Calvin Roberson, Star Of Lifetime networks "Married at First Sight", has authored a new book-entitled, "Marriage Ain't for Punks: A No-nonsense Guide to Building a Lasting Relationship".

According to Roberson, his 25 years of experience as a marriage counselor has given him a reputation regarding relationship success. The author believes people should get rid of their ideas of "feeling" in love and instead fight to "grow" in love.

This book has been called, "a straight forward, unapologetic look at why people fail and struggle at one of the most popular and sought after unions in our society". Roberson has adopted a "Marital CPR". He believes these building blocks of commitment, passion and respect, must be present for a marriage to not just grow but to thrive.

In addition, Pastor Cal discusses the seven methods of communication in marriage and in life. Those methods are, words, tone, gesture, eyes, written communication, touch and silence. He helps you discover which methods work the best for you and your spouse. Due to the popularity of his book he is now in the process of creating a Marriage Ain't for Punks app.

Pastor Cal and wife Wendy are members of the nondenominational Progression Church in Atlanta, Georgia which they started in 2013.

Save the date for an opportunity to serve our Westgate neighbors on Sunday October 23. Sign up to volunteer in Geneva Lounge or call the church office.

**SERVANT SUNDAY  
OCTOBER 23**

**SERVING OUR NEIGHBORS.  
FOSTERING RELATIONSHIPS.**



# WHAT'S IN A NAME?

by Jay Scheopner

**What's in a name?** This was the question that the Family Ministry Staff and Ingathering Team were prayerfully considering this past spring and summer. We realized that the names we were using for our children's and youth discipleship programs were sporadic and confusing, making it difficult for guests to understand exactly what they were stepping into. As we prayed, discussed, and listened, we understood that on this journey with the Living Christ, we are being called to walk to the cross. The name Crosswalk isn't entirely new to West Hills—we've used the term Crosswalk for 17 years, because it perfectly sums up what we are being called to do - but we wanted to make it more clear. Because of this, we decided to call our Family Ministry discipleship programs **Crosswalk Kids** and **Crosswalk Youth**.

In Matthew 16:24, Jesus was speaking to his disciples when he said, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me." God is calling each of us to learn to do the same on this discipleship path. **That is what happens each week at 9:00 a.m. at Crosswalk Kids and Crosswalk Youth.** As we each grow in God's grace, we choose to follow Jesus to the cross. At West Hills, Crosswalk Kids and Crosswalk Youth are part of this life-changing journey that we undertake as a community of faith...

---

# ALL-CHURCH FALL RETREAT



The All-Church Fall Retreat is just a couple weeks away! If you haven't heard, the All-Church Fall Retreat is for everyone. It's one night of accommodations (September 30) in either hotel or cabin-style lodging and is a great way to relax, laugh, play, share stories and make memories with your family and your bigger church family. Located in the beautiful surroundings at Camp Calvin Crest, the time away from your normal routine will bless your soul. Here are a few pictures from the retreat last year. Don't miss this opportunity to get away and unplug. [Sign up for your spot here!](#)



## COME NOURISH YOUR SOUL! by Patti Brownlee

# Table Talk

### You're Invited to Table Talk!

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

Who: West Hills women & their guests

What:

- Enjoy some casual fellowship and dessert. Come a little earlier if you'd like more time to visit.
- After listening to a brief talk on an everyday topic rooted in Scripture and real life, we will discuss the topic in small table groups. Using questions designed to generate a deeper level of sharing, a table host will lead these discussions. We'll reaffirm truths; gain new perspectives; and recommit ourselves to more fully living out our daily faith walk.
- The evening will conclude with a song and prayer.

When: Last Tuesday of the month (Sept. - May) 6:30 - 8 pm

Each Table Talk will have a new topic, so come whenever you can! Our first Table Talk is Tuesday, September 27.

Where: Fellowship Hall at West Hills

Questions? Contact Patti Brownlee or Jessica Scheopner

At our first Table Talk on Tuesday, September 27, Lisa Backer will share some "Food for Thought" on the topic "Imago Dei - Made in His Image" and then through a series of questions, we will begin to talk about the implications of this truth on our daily lives. In God's perfect timing, our topic also goes along beautifully with Andy's current sermon series, "Uncursed," which will make our talk around the table even richer.

Again - Why get involved with Table Talk? In very real ways, Table Talk is the response of Women's Ministry to Hebrews 10:24-25 (NIV). We are called to meet, to encourage one another, and to get to know God better, and that's what we're going to do. By being a part of Table Talk, you will support and encourage your own personal faith walk and the walk of others. You will be a part of revitalizing a sense of community among West Hills women.

*"<sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

Come to one Table Talk! Come to all eight Table Talk evenings! We aren't asking you to sign up. We are inviting you to come! Come expecting to be loved and blessed! **A seat at the table is waiting for you!**



# RECIPE OF THE MONTH

provided by Maralee Gifford

At the center of many gatherings is food. We can't seem to get together without having a meal or dessert as part of the experience. I think it gives us a reason to circle round, slow down, and share life with one another. This recipe is sure to bring friends and family together and not only feed your sweet tooth but being in community will feed the soul as well.



## Simple Pineapple Dessert

This is a great dessert for people with diabetes.

1 - 20 oz. Can Crushed Pineapple  
1 small pkg. Instant Vanilla Pudding  
(can use sugar free pudding)  
Mix these two together.

Fold In:  
8 oz. Cool Whip (can use diet Cool Whip)

Put in separate bowls or 1 large bowl.

Refrigerate 6-8 hours until set.

# BIBLE QUIZ compiled by Gloria Zinn

1. **Who was Judah's mother?** A) Rachel B) Hannah C) Rebecca D) Leah
2. **Who was raped by a Canaanite prince?** A) Esther B) Tamar C) Dinah D) Rahab
3. **What woman hosted the church of Philippi in her home?** A) Lois B) Priscilla C) Lydia D) Eunice
4. **Which of Jacob's 12 sons was the grandfather to Moses (on his mother's side)?** A) Levi B) Judah C) Benjamin D) Dan
5. **Which king contracted leprosy when he attempted to burn incense in the Temple, an act restricted to priests?** A) Zedekiah B) Uzziah C) Ahaz D) Hezekiah
6. **Who was the mother of Boaz?** A) Ruth B) Naomi C) Orpah D) Rahab
7. **Who was the daughter of Amram and Yocheved?** A) Miriam B) Sarah C) Ruth D) Elizabeth
8. **Who was the only woman in the Bible to give God a name?** A) Sarah B) Rachel C) Hannah D) Hagar
9. **What did the 5 Daughters of Zelophehad request from Moses?** A) to marry outside their own clan B) to be given a grant of land C) to enter the Promised Land D) to return to Egypt
10. **Where were Jesus' 12 disciples while Jesus was talking to the Samaritan woman?** A) They weren't with Jesus on that journey B) Being Jews, they refused to enter the Samaritans territory C) Out shopping D) Waiting for Jesus in Galilee
11. **In the Book of Revelation what was John instructed not to write down?** A) How sinners may be able to escape from hell B) What the 7 thunders had said C) The number of heads on the great red dragon D) What the woman on the scarlet-colored beast represented
12. **Fill in the blank: "In every battle you will need \_\_\_\_\_ as your shield to stop the fiery arrows aimed at you by Satan."** A) faith B) love C) Jesus D) truth

*(answers on the back page)*

RETURN SERVICE REQUESTED



## SEPTEMBER

1-Pat King  
Peggy Wheeler  
3-Ted Tromler  
Gladys Rumbaugh  
4-Jan Drake  
Sam Nodes  
5-Jack Culek  
Luke Weller  
6-Karen Garvey  
Brian Moore  
7-Don Anderson  
Marilyn Moore

8-Walt Kunold Jr.  
Karen Lofgren-  
Anderson  
9-Martha Hall  
Bill Tate  
12-Silvia Avelar-Estrada  
Myrtle Heise  
13-Rick Mason  
14- Susan Shea  
16-Nancy Kehrli  
16-Judy Nelson  
17-Marcia Allen  
Ty Dingman

Peg Shirley  
23-Gary Anders  
Christy Gibson  
24-Jack Pagel  
Jocelyn Anderson  
Martha Hansen  
25-Ricardo Lopez  
Julie Zimmerman  
26-William Scheopner  
27-Tammy Rogers  
28-Marion Entz-Harris  
Carolyn Grice  
30-Chris Hanna

Jeff Meyers  
Esther Smith

## OCTOBER

1-Arlo Grafton  
Kenneth Kopperud  
Kaitlyn Barnes  
2-Diana Dingman  
Sunny Lundgren  
Trish Mathia  
Dale Obermiller  
6-Bill Spiecker

*The complete list of October  
birthdays will be in the October  
newsletter.*