

# WEST HENRIETTA BAPTIST CHURCH

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## Struggle of the Butterfly

One day a man noticed a cocoon hanging from a tree branch. It had a developing butterfly inside it.

When he returned the next day, he noted that a small opening appeared in the cocoon. The man sat and watched the butterfly for several hours, as it struggles to force its body through that little hole.

Then, it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon.

The butterfly then emerged easily, but it had a swollen body and small, shriveled wings!

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would in turn get smaller in time.

Neither happened!

In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our lives too. If God allowed us to go through our lives without any obstacles, we would not be as strong as what we could have been.

"I asked for strength, and God gave me difficulties to make me strong.

I asked for wisdom, and God gave me problems to solve.

I asked for prosperity, and God gave me a brain and brawn to work.

I asked for courage, and God gave me danger to overcome.

I asked for love, and God gave me troubled people to help.

I asked for favors, and God gave me opportunities.

I received nothing I asked for but everything I needed!"

When we become Christians, we enter into a relationship with God, Jesus, and the Holy Spirit that will cause us to grow. With the power of the Holy Spirit, we are called to become more like Jesus and to become more holy. It is this spiritual growth that becomes a birthmark of our faith!

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

*So then, just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness. Colossian 2:6-7 NIV*

*Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. James 1:2-4 NLT*

Donna Kersey  
Godsotherways.com



## JOY UNLIMITED

By Evelyn Shoots

What can bring tremendous joy?

And start praises rising?

It is knowing that Our Lord

Brings wonders so surprising!

Throughout this week so many gifts

Arrived most abundantly!

Smiles on our faces stayed there

As each said a thankful prayer

But the greatest joy of all

Is knowing Father's Power

Holds us with His Gracious Love

Through every single hour!

Thank you Precious Father!

Amen

Nehemiah 8:10

Psalm 121



### August 7th

**Jamaica's 60th Independence  
Diamond Jubilee  
Communion Sunday**

Greeter: Everyone

Invocation & Call to Worship:

Rev. Peter Grinion

Scripture Reader: TBD

Offertory Prayer: Rev. Peter Grinion

Fellowship: Rochester Jamaican  
Organization, INC

### August 14th

Greeter: Everyone

Invocation & Call to Worship:

Rev. Peter Grinion

Scripture Reader: Gretchen Young

Offertory Prayer: Kathy Gosnell

Fellowship: John Miller

### August 21st

Greeter: Everyone

Invocation & Call to Worship:

Rev. Peter Grinion

Scripture Reader: Valerie Bandemer

Offertory Prayer: Connie Necaster

Fellowship: Gretchen Young

### August 28th

Greeters: Everyone

Invocation & Call to Worship:

Rev. Peter Grinion

Scripture: Sharon Scurlock

Offertory Prayer: Laurie Wenthe

Fellowship: John Miller

*For the  
JOY  
of the Lord is  
your strength*

*Nehemiah 8:10*







Pastor Peter Grinion's Birthday was celebrated during Fellowship Hour on Sunday, July 24, 2022

## CALENDAR OF EVENTS

Prayer Group  
Saturdays at 9:00 AM

Sunday Mornings  
Choir Practice at 9:30 AM  
Worship at 10:00 AM  
Fellowship at 11:00 AM

Bible Study  
'On Vacation' until September

Deacons Meeting  
August 12 at 10:00 AM

Trustees Meeting  
August 12 at 1:00 PM

**LINK deadline for September  
August 18 ~ Joyce Shutts**

Cabinet Meeting ~ TBA

Advisory Council Meeting  
September 12 at 6:00 PM



**Happy Birthday  
to Our Mom  
Evelyn Shoots**

Happy Birthday 98!  
To our Mom who's truly great!  
She writes poems to bless us all  
Lifts our spirits ten feet tall!

Thoughtful, thankful, kind and caring  
Everyday is meant for sharing  
Goodness from the Lord above  
Yes, dear friends, Mom's name is



By Evie Scott



August 4 ~ Evie Scott

August 6 ~ Heather Jonathan

August 6 ~ Carol Wilkins

August 10 ~ Evie Shoots

August 10 ~ Joyce Shutts

August 14 ~ Sharon Scurlock

August 15 ~ Paul Lundy

August 23 ~ Connie Frank

August 28 ~ Jim Harper



Happy Birthday!

## Successful Garage Sale



A successful garage sale was held on Saturday, July 23 ~ 24. At this time an unofficial profit of \$1,600.00 was made. Kudos to Joanne Wilbert and all of her helpers.

Joanne Wilbert and Leanna Shirley were there everyday for drop-offs, set-up and the garage sale. Other helpers were: Valerie Bandemer, Mike Shirley, Stacie Goff, Bella Goff, Jackson Goff, John Miller, Linda Becker, Anne Greco, Gretchen Young. And, of course, the members who donated and shopped.



### A True Story:

#### A Beautiful Gesture

Our granddaughter was born with a pronounced facial defect. She and our daughter have endured many cruel comments. One day, while shopping, they were approached by a woman they didn't know. Both stiffened, awaiting a rude remark. But the lady smiled and said, "This gift card is for your beautiful daughter so she can buy something special for herself." God bless that woman for reminding them beauty comes in all forms!

~Terri Pharr  
El Cayon, California  
*Reader's Digest* (June 2021)



### Did You Know???

What is the oldest almost-complete manuscript of the Bible now in existence? The Codex Vaticanus, which dates from the first half of the fourth Century. It is located in the library of the Vatican in Rome. There are older fragments of the Bible that are still preserved however— the oldest being a tiny scrap of the Gospel of John was found in Egypt, dating back to the beginning of the second century. (It is currently in the Rayland's Library in Manchester, England).

Bibleresources.org



We all love to fellowship following Worship.

**PLEASE** sign-up for September on the Fellowship Host list posted on the Bulletin Board by the Fellowship Hall Door.

Thank You!



### DON'T FORGET

**Please submit:**  
your articles,  
events and/or  
calendar items  
for September to  
**Joyce Shutts**  
**August 18th**





### **Jamaica's 60<sup>th</sup> Independence Diamond Jubilee comes to West Henrietta Baptist Church**

Jamaica celebrates its Independence on August 6<sup>th</sup>, and if August 6th falls on a Sunday, Independence Day is observed as a public holiday on Monday August 7<sup>th</sup>. This year Jamaica celebrates its 60th Independence Diamond Jubilee. To commemorate 60 years of independence, Jamaica has launched a series of celebrations on the island and in the diaspora, under the theme 'Reigniting a Nation for Greatness'. In Jamaica, people are taking part in huge street parades and cultural displays. The overall event is termed "Jamaica Festival".

Jamaicans throughout the United States, including in the Washington DC Metropolitan Area, Pennsylvania, New Jersey, Georgia, Florida, California, Seattle, Illinois and New York, are set to celebrate "Jamaica 60" with a range of activities over several days.

Over in New Jersey, the Jamaica Organization of New Jersey will stage its Independence Gala on Saturday (July 30) at the Pines Manor in Edison, commencing at 7:00PM. Jamaicans in Florida will commemorate Jamaica's 60th anniversary of independence with an Ecumenical Service of Thanksgiving hosted by the Jamaica Consulate-General in Miami, at the Faith Center at 95th Street in Sunrise Florida on Sunday (July 31) beginning at 4pm. On this day the Embassy of Jamaica will host a Service of Thanksgiving at the Sligo Seventh Day Adventist Church in Takoma Park, Maryland at 11:00AM., to mark the 60th anniversary of Jamaica's Independence. Among the special guests will be members of the diplomatic corps, elected officials, and representatives of international organizations.

In New York, the Jamaica 60 celebrations will begin on Independence Day, Saturday (August 6) with a flag raising ceremony at 10am at the Brooklyn Borough Hall. New York's Governor Kathy Hochul will declare August 6 as Jamaica's annual Flag Day. On Sunday (August 7), the Consulate-General of Jamaica will host its annual Independence Day church service at the Bronx Bethany Church of the Nazarene beginning at 4pm. The sermon will be delivered by the Rev. Richard Griffiths.

The Minister of Culture, Gender, Entertainment and Sport, Olivia Grange, has announced that Jamaica's colors – black, green and gold – will light up Niagara Falls in Canada on August 6.

On Saturday (August 6) at 7:00PM, the Consulate-General in association with Jamaica United Relief Association (JURA) will host Jamaica's Diamond Independence Jubilee Gala at the Marriott Fort Lauderdale, where veteran entertainer Dr Jimmy Cliff, OM, will be honored. The Inner Circle Band will provide entertainment. On Sunday (August 7) beginning at 2:00PM, there will be an official Jamaica Flag Raising Ceremony at Lauderhill Sports Club, Oakland Blvd., in Sunrise, while the Consulate-General will host the Jamaica Independence Motorcade with civic officials of Lauderdale Lakes and Lauderhill City.

**It is within this context that the Rochester Jamaican Organization, INC invites you to join them in a special Worship Service at West Henrietta Baptist Church on Sunday, August 7, at 10:00AM to praise God for Jamaica's 60th Independence Diamond Jubilee. The service will follow the regular order with a few greetings and musical presentations. Rev. Dr. Peter E. Grinion will be the preacher. Following worship, we will serve some of Jamaica's finest cooked meals with all worshippers.**

Rev. Dr. Peter E. Grinion, Pastor

### **Parking Information:**

**On Sunday, August 7th, WHBC members are being asked to park across the street using St. Mark's Lutheran Church and Cartwright's parking lots. Visitors will be parking in Fire Department's parking lot out back. Handicap parking available along south and east side of Church building.**

## Day Brighteners

*We must always thank God for you, brothers and sisters.*

*This is only right, because your faith is growing  
more and more, and the love that every one  
of you has for each other is increasing.*

2 Thessalonians 1:3 NCV

*Oh, she just texted me again*, you realize as you glance down at your phone. One of your friends is giving a daily update. Yesterday it was a local coupon she didn't want you to miss. Today it is a verse that caught her attention. Each of them are simple little lines, words on a screen. But the connection tells you something more.

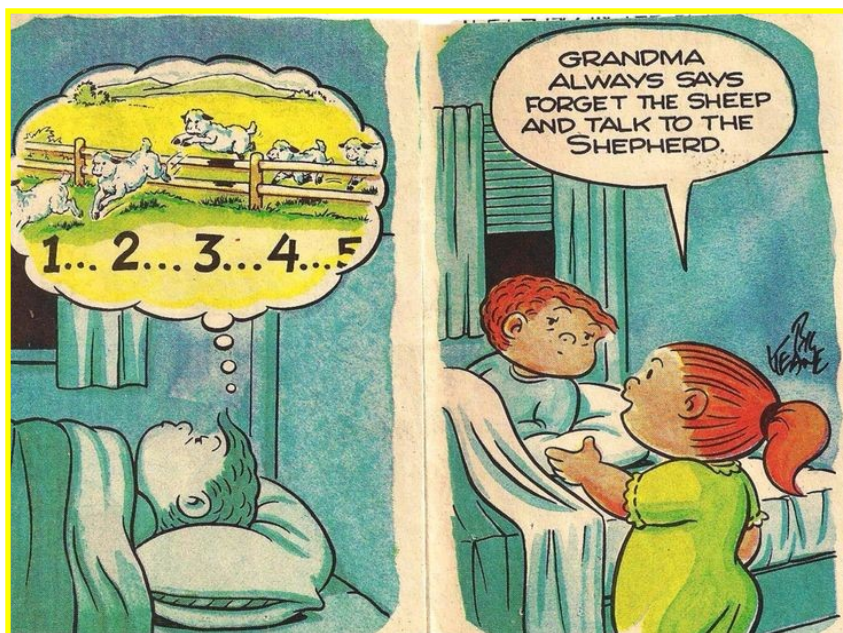
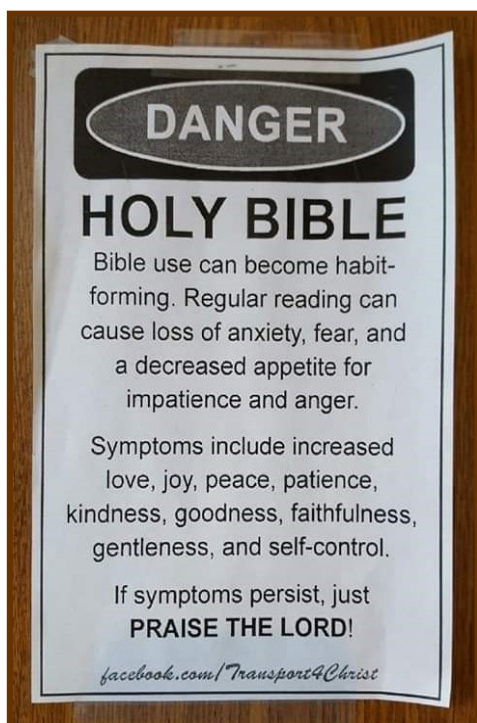
Your friend is thinking about you. She knows you well enough to both shoot the breeze and bring a depth of thought to your day. She is a fellow believer, one you know has your back – if you ever need it – because she believes in you. In short, she is a gift, one of God's colorful ways He brightens your day and shows His own delight in you. Don't miss the miracle when your phone lights up! God has given you friends to lighten the load and let you feel His love in the instant connection.

**Father, thank you for giving me friends who help me see Your beauty in the middle of my day.**

Written by Jennifer Gerald  
*Everyday Grace for Friends*

## ATTENTION!!!

Wednesday's Bible Study Group is  
'on vacation' until September.



## Skunk On The Loose

On my desk I have a pencil holder that may look like an ordinary yogurt container.

But there's a story behind it.

By Elizabeth Sherrill, Hingham, Massachusetts

It was a rustling in the woods that made me glance out the window beside my computer. At the edge of the trees I caught sight of a skunk, his black-and-white pattern duplicating the dappled light. He seemed to be busy — burrowing, maybe? My knowledge of skunks began and ended with their dreadful odor.

The next moment, though, the animal emerged from beneath the trees and zig-zagged across the lawn: plume-like tail, striped back and...where his head should have been, a bizarre-looking yellow helmet. As he came closer I saw what the "helmet" was: a plastic yogurt container.

The carton struck a rock, and the creature whirled in another direction, only to bump up against our picnic table. For a second he stood still, shaking his head frantically. But the yogurt carton was wedged fast. The skunk charged blindly back into the woods.

I stared after him in dismay. How long had he been running in darkness and terror?

It would be the work of a second for me, I thought, to pull that thing off. But the idea of pursuing a skunk through the undergrowth kept me immobilized at the window. How would I ever catch him? And then what? Wouldn't he spray me?

I sat down and tried to pick up the thread of the story due in the mail that afternoon. But I could think only of an animal running till he dropped from exhaustion. Hadn't this sort of thing happened before? Might animal experts know what to do?

I dialed the local SPCA. "We only handle domestic animals," the woman told me. "You want the Department of Wildlife." She gave me a number in New Paltz, New York.

By now the skunk was probably a long way off. Maybe someone else would see him. Someone braver and more athletic.

I dialed the number in New Paltz. A man in

the Department of Wildlife listened to my story, then held a muffled conversation. "If skunks can't see you," he said, "they don't spray."

Well...that sounded all right, as long as the skunk's head was inside the container. "What happens after the carton comes off?" I asked.

"Make sure," the man advised, "that he doesn't feel threatened."

I wondered how one went about reassuring a terrified skunk.

"You could throw a blanket over him," the wildlife man suggested, "then run while he's finding his way out."

"That might work," I said, but I must have sounded as unsure as I felt, because the man asked where I was calling from and began looking up names of conservation officers in my area.

How long would it take, I wondered, for someone to get here? Where would the skunk be by then? I was ripped by a sudden strange urgency. I thanked the man, hung up and ran outside. Without stopping to change out of my next-to-best slacks, and forgetting about the blanket theory, I ran up our driveway to the road.

Of course the skunk wasn't there. Nor did I know why I was. In his frenzy, when I had seen him last, the animal had been heading the opposite way, straight down the hill into the woods. But my feet never slowed. I turned left and dashed down the street as though rushing to a long-ordained appointment. I had run perhaps a hundred yards when a black-and-white streak emerged from the bushes beside the road and ran straight at me, the carton bumping the pavement with each step.

*(Continued on page 8)*



(Continued from page 7)

I stooped and grabbed hold of the yogurt carton before the astonishment of finding the skunk hit me. The animal was tugging and twisting, unexpectedly strong, to get away. His front claws scrabbled against the slippery yellow plastic, his body strained backward, and still he could not wrench free of the carton's vise-like neck. It took both of my hands tugging the other way to hold on—until a small black head suddenly popped free.

And there we were, facing each other, two feet apart. I don't know what he saw, and how threatening or not the apparition was, but what I saw was a sharp quivering nose, two small round ears, and alert black eyes that stared straight into mine.

For fully 10 seconds we held each other's gaze. Then the skunk turned, ran a few yards and vanished into a culvert that goes beneath the road. I stood there, looking after him. Three minutes could not have passed since I had hung up the telephone.

But a timeless parable had played itself out, I thought as I headed back down the drive. The skunk was all those needs I hesitate to get involved in: Involvement takes time and I have deadlines to meet. I probably can't do anything anyway. Somebody else can handle it better. Besides, involvement can be ugly, and the stench may rub off on me.

And all these things, of course, may be true. But I've got a yellow pencil-holder on my desk, a rather scratched and battered one, to remind me that every now and then God's answer to a need is me



Please send your ideas and suggestions for the LINK Newsletter to the Editor.

Thank you!

### 3-2-1 CAKE

You need two boxes of cake mix. One can be any flavor you prefer, but the other **MUST** be Angel Food cake mix.

Mix them together (shake them together in a 1 gallon Ziploc bag).

Then simply store the mixture in an airtight container until you get the urge for dessert.

**Basic 3-2-1 Cake:** put **3 Tbsp** of the dry mixture in a big coffee mug and stir in **2 Tbsp** of water. **Microwave it for 1 minute** and you will have a single serving of cake! It will have the texture of a sponge cake.

Top with fruit, ice cream, whipped cream or whatever! Awesome for those of us who want something sweet every now and then without making an entire cake!

Other options to try:

**Molton Chocolate/Candy 3-2-1 Cake:** Follow the same instructions above but mix the cake mix in a separate container. Add half the batter to the mug and place a chocolate or candy in the center - a Hershey kiss, mini candy bar, or chocolate chips would work great. Pour remaining batter on top and microwave. For double chocolate, use a chocolate cake mix with the angel food cake mix for the batter.

**Banana 3-2-1- Cake:** Follow the regular directions and add 1/4 cup mashed banana to the batter. No one would blame you for adding 1 tsp. of melted peanut butter on top or mixing in some PB2 either.

**Caramel Apple 3-2-1 Cake:** Start by microwaving 1/2 chopped apple in a mug until soft. Sprinkle with cinnamon. Add half of the cake batter (vanilla works best) and then one caramel candy in the center. Add remaining batter and microwave. You could also drizzle caramel on top after instead.

**Pumpkin Spice 3-2-1 Cake:** Add 2 tbsp. canned pumpkin and 1/2 tsp. pumpkin pie spice to your batter for a perfect fall treat.

**Have Fun and Enjoy!!**