

How to Focus on Your Blessings

How to realize there are more blessings in our lives than trials, more positive moments than negative.

"As humans, we tend to dwell on the hardships, struggles and setbacks we face rather than the everyday blessings. This is why we must pause to reflect on the goodness and blessings of God. Focusing on everyday blessings doesn't negate our struggles, but it can help us put things into perspective and give us the courage to move forward. When we do this, we discover that our lives consist of more positive moments than negative, more blessings than trials.

Let us begin by taking time to reflect on the blessings of summer. Days are longer, warmer and brighter. We can swim at the beach, take long walks without fighting the cold and much more. It's a great time to enjoy being outdoors with those we love dearly. Myself, I enjoy playing tennis outside rather than inside. For me, this is a blessing.

We must also stop to reflect on those who are important to us, they are each a blessing in our lives—family members, friends, neighbors, co-workers, church family and even those who provide a service to us such as doctors, nurses, police and so forth. Life without them wouldn't be the same. Humans were created to be social, not to go through life alone.

Most of all, we must remember to be thankful for God's presence in our lives. No matter what problem we face, we are never alone. He is with us every second of every day.

I encourage you to write a list of everyday blessings in your life. Put it in a place where you can see it each day, to serve as a reminder of all the good in your life. And keep adding to it. When stress, anxiety or sorrow strikes, we have a tendency to focus only on what is causing these emotions rather than the good that is still in our lives.

But if we intentionally pause each day to reflect on our blessings—especially the goodness, mercy, grace and kindness of God—our mood, attitude and perspective will change for the better. Every day with God is a good day.

Lord, thank you for the many blessings in our lives, especially Your presence. Help us to be mindful of them."

by Pablo Diaz, Posted in Inspiring Stories, "Guideposts", Jun 27, 2018

Ephesians 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ."

Editor: Joyce Shutts

Worship Servants

July 1

Invocation: Valerie Bandemer **Scripture:** Anne Greco Offering: Valerie Bandemer Kids' Moment: Marti Spaker Greeter: Loretta Hirschman

Nursery: BOCE

Fellowship: Summer Volunteer

July 8

Invocation: Leanna Shirley **Scripture:** Annette Enedy Offering: Leanna Shirley Kids' Moment: Marti Spaker **Greeter:** Annette Enedy

Nursery: BOCE

Fellowship: Summer Volunteer

July 15

Invocation: TBA **Scripture:** Mark Heintz

Offering: TBA Kids' Moment: TBD

Greeter: Loretta Hirschman

Nursery: BOCE

Fellowship: Summer Volunteer

July 22

Invocation: Betty Heisig **Scripture:** Joyce Shutts Offering: Betty Heisig Kids' Moment: Marti Spaker Greeter: Joanne Wilbert

Nursery: BOCE

Fellowship: Anne Greco/Joyce Shutts

July 29

Invocation: Valerie Bandemer **Scripture:** Christine Statts Offering: Valerie Bandemer Kids' Moment: Marti Spaker Greeter: Roberta Miller

Nursery: BOCE

Fellowship: Roberta Miller



We miss you at church on Sundays, Evy. Bless you and your family.

How beautiful the positives; Just do away with negatives,

Then share your thanks when visiting, And see that smile which clings!

The joy that comes, will lift and bless; See change pervade the air! Good words will carry harmony To sing out everywhere! -- Evelyn M. Shoots, 6/16/18



The Glory of Gardening

Morning sings softly When wind hugs sunbathing leaves Over wakened earth.

Greeting a new day Starts hopes for fresh ideas As with faith we pray.

All the more will build To bless those which you have tilled Very thankfully.

Exciting to know As seeds nourish and flourish, Your garden will glow! Happy Gardening! 6/17/18



Prayer Meeting

9 a.m. Saturdays

Bible Study

10 a.m. Wednesdays After 7/4

Deacons' Meeting

10 a.m. July 6 @ Valerie Bandemer's

Trustee's Mtg. 11:30 a.m. July 15 & 22

> BOCE Mtg. 10:30 a.m. July 14

> > Cabinet Mtg. 6 p.m. July 24

LINK articles due to Sharon Scurlock July 18



July 5 Randy Heintz

July 9 Chris Statts

July 13 Mary Bailey

July 14 Helen Howlett

July 16 Laura Stone, Ayden &

Bryce Grinion

July 19 Annette Enedy

July 20 Valerie Fogarassy

July 24 Pastor Peter Grinion

Upcoming Events to take notice of:



Have a safe and blessed
July 4th. Happy Birthday, USA. Thank you to
all who have served or are
serving to keep us free and
our liberty preserved.

Remember to sign up on the Fellowship host list on the Bulletin Board for the months of July and August.



July 15 - Men's Sunday

"Harper River Rd. Bluegrass Get-Together" 7311 East River Rd. Rush, N.Y. 14543 July 27-28-29th 2018



Friday night- 6:00 P.M. "Chicken BARBEQUE"
Salads, dessert (all furnished) ...music

Sat. A.M.- 9:00 A.M.....
"Pancake Breakfast"

Pancakes/French toast —
bacon, sausage, home fries'

fruit cup and juice- (food and dinnerware -provided) Desserts/ coffee and beverages and music all day!!...

6:00 P.M- "Pot Luck Supper"-.Please bring a large dish to pass...beverages ..(food and dinnerware provided.. (no bands).. Music — (Jamin'.. popcorn.. games .. swimming all day-)

Sun. 9:00 A.M- fruit cup and sweet rolls- (provided) **1:00 Hot Dogs**.... Chips(leftover salads etc.)

Come join the fun.. Bring comfortable lawn chairs.. bathing suit and towel, games, instruments, Join us for a fun filled weekend! Lawn- dry camping is very limited..- (first booked- first served)

Hope to see you here!

Please R.S.V.P. Connie's cell-585 737-5078- by July-18, 2018



Aug. 3 & 4 - "Becoming the Church We Dream Of:"

Hope you will consider going to this Program and Workshop. Tickets are: Fri. - \$40; Sat. - \$50 2-day - \$75; Location: The Clover Center for Arts & Spirituality, 1101 Clover St. Rochester.



Church Picnic

Aug. 12 - Martin Rd. Park

It's picnic time!! Mark your calendar for Sunday, Aug. 12 following morning service. Bring a dish to pass, a game if you wish, and join us at the Martin Road Park. There will be fishing and games for the kids. Kids under 14 can fish with-

out a license. Adults can get a day pass at the Henrietta Town Hall. The meat, rolls, desert, beverages, paper goods & grill supplies will be provided. We hope to play Bingo with the adults or any other games that are brought to be enjoyed. Just come & enjoy!!!



October 8 Church Retreat

The Deacons are in the process of planning the event which they trust everyone

will attend. Details TBA.

There was another SAVERS Fundraiser. Your donations were taken to Savers on Saturday, June 30. The car loads of donated items totalled somewhere around \$50. Thank you for donating, and thank you, Gretchen for coordinating it.

THE LINK, JULY 2018 PAGE 4



WE CELEBRATED OUR SPECIAL YOUNG LADY'S GRADUATION FROM HIGH SCHOOL. SO PLEASED THAT HER FAMILY COULD BE WITH HER.

WELL DONE & BLESSINGS
ALWAYS!!

CONGRATULATIONS

JASMINE MORSE!!!





L-R: Joanne Wilbert, Katy & Leanna Shirley, Connie Necaster, Anne Greco, Chris Statts, and Joyce Shutts enjoyed a Matinee @ Movies 10 watching "I Can Only Imagine." It was a powerful movie based on a true story. The WAG Group plans to try and show it at church in the Fall during a Movie Night.

Thank You Marti & Val for taking over changing the sign. You are doing a wonderful job! Have you

noticed pears to be petition on The other have aprecently.



there apa sign comour corner. signs here peared very





Rev. Dr. Linda Evans was our guest minister on July 1. We were so pleased to have her with us while Pastor Grinion recuperates. .

MISSIONS The Mission Committee gives God the Praise and Glory for the continued support of the WHBC family with our mission work. We have a marvelous caring and very generous family and we are truly thankful to serve you. Our mission is to lead by example by putting God first.

The Noisy Offering in June was \$73 for the Kick'n Hunger Summer RHAFT/R-H School Program which feeds eligible children when they do not have school-provided meals. The One Great Hour of Sharing collection (one of our four main offerings) was taken June 29th; the amount TBA at a future time. We are looking forward to seeing the Heeds while they are home. Our next scheduled meeting is Thurs., August 15 @ 1 PM at church. Again, Thank you so much for your continued giving.

--The Mission Committee

Michelle, David, and Olivia Heed are safely in the States, and here in

our area. They are looking forward to being with us for a service in the Fall, and to tell us all about their mission work in Tanzania.

