

# WEST HENRIETTA BAPTIST CHURCH

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We Will Get Through This

**May God the Father and Christ Jesus our Lord give you grace, mercy and peace.**

Coronavirus has disrupted so many of our normal activities ranging from sports events, social gatherings, including church services, voluntary isolation, quarantines, and social distancing. In short, we have given up our normal routines and practices; many of these being our comfort zones. The situation we are facing due to coronavirus has physiological, psychological, social, economic and spiritual repercussions.

While the new realities vary from one person to another, some common experiences involve taking care of children or parents, homeschooling children, inability to attend a funeral or visit a loved one in a hospital or nursing home, and financial stress maybe due to loss of job. The truth is that, at this point we are simply trying to manage our daily lives. History teaches us that people respond to crisis in both adaptive and maladaptive ways, so I want to offer you some recommendations to aid adaptive and positive ways to adjust to the new realities you are experiencing.

### **Accept your feelings as normal**

**You need to operate within your strongest self and accept your feelings as normal, because this is a time for both personal and collective crises. Feelings such as fear, anxiety, worry, anger, and sadness are normal because the information received from the media can be overwhelming to process. However, we often allow negative emotions to get the best of us. Believe me, you can experience the peace of God in the midst of stress and distress. Trust in God breaks the paralyzing grip of fear, anxiety, worry, anger and sadness. Entrust yourself fully in the caring hands of our Heavenly Father.**

### **Forge and sustain social relationships**

Coronavirus helps us to discover what is important in our lives and what is not. We loved to go shopping, visiting with family members, and going to church, the movie and occasional parties. We cannot do any of the aforementioned at this time owing to the social distancing restrictions. Our voluntary social distancing helps us to see the importance of relationships. By now most people own a mobile phone, and I guess you may own one or two. With the absence of church meetings, it is vital to connect with your social supports using virtual meetings and social media.

It is likely that people being bored at home may be inclined to bad messengers and pessimistic in their outlook on life. Therefore, avoid or limit your time with such people whose conduct becomes toxic. Toxicity may manifest itself in behaviors such as negativity, gossip, unapologetically opinionated, lying, manipulative, being self-centered on their needs vs. yours, and these negative behaviors can take a toll on your well-being. On the contrary, positive and supportive relationships help you to feel healthier, happier, and more satisfied with your relationships.

### **Focus on the Word of God/Read you Bible**

Following the outbreak of coronavirus, churches have terminated all public mass gatherings, hundreds of thousands of people around the world are dying, and unemployment and hardships are present like plagues. One major silver lining is that many people are turning to the Word of God for guidance and comfort. They are discovering that Scriptures can help to make sense of the confusion in these tumultuous times. Make scripture reading a major part of your daily activity.

### **Try to sing some inspirational hymns/songs**

I know for a number of us, including myself, singing is not our greatest strength. I am not asking you to enter a singing contest, but simply to make a joyful sound; being yourself when you are singing. You can find hundreds of inspirational songs in any song book, hymn book, YouTube or Google. Singing can help improve your health and well-being. Singing relieves feelings of depression and loneliness. Singing releases endorphins and oxytocin in the brain which lowers stress and anxiety levels. If you are persistent in singing songs/hymn, by the time we resume worship services most of you will be good candidates for the choir. Praise God in advance!

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## Worship Servants -- YOU!

This is where in non-pandemic times we list our servants and plan for services for the month. How times have changed right now! Here is the calendar filled with a few standard dates, and several words being spoken very often now. Just an attempt at some levity!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>May 2020</b>						1 ?
3 <b>Video</b>	4 <b>F</b> aith	5 <b>U</b> ncertain	6 <b>T</b> rust	7 <b>U</b> nusual	8 <b>R</b> esist- <b>COVID</b>	9 <b>E</b> ndure
10 <b>Video / Mom's Day</b>	11 <b>D</b> istance	12 <b>A</b> nxiety	13 <b>T</b> oliet paper	14 <b>E</b> ngage	15 <b>S</b> urvive	16 ?
17 <b>Video</b>	18 LINK Inputs to Sharon Scurlock	19 ?	20 ?	21 ?	22 ?	23 ?
24 <b>Video</b>	25 ?	26 ?	27 ?	28 ?	29 ?	30 ?
31 <b>Video / Pentecost</b>						

### Continuation of Pastor's Article

#### Be steadfast in prayer

Jesus shows that he honors prayer is his wonderful promise: "Ask and it shall be given you; seek, and you shall find; knock, and it shall be opened to you. For everyone who asks receives; and he who seeks finds; and to him who knocks, it shall be opened (Matt. 7:7-8). His promise is a solemn one by which He pledges His divine word. It is a comprehensive and unconditional promise to his people., and their support groups. Remember in your prayers the frontline workers, who include doctors, nurses, and other medical staff who often stay away from their families because they are afraid of taking coronavirus home. Pray for EMT workers who work the closest with people sick with coronavirus from the point of picking them up at home and transporting them to the hospital. Pray for public transport employees, including bus and train drivers, UPS & FEDEX delivery drivers. Pray for all God's people!

Pray for the forgiveness of the Nation's sins, and a national revival. Listen to God's word of assurance: "14 if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land (II Chronicles 7:13-14).

Listen to Hosea 6:1-3: "Come, let us return to the Lord! He has torn us in pieces; now he will heal us. He has injured us; now he will bandage our wounds. In just a short time, he will restore us so we can live in his presence. Oh, that we might know the Lord! Let us press on to know him! Then he will respond to us as surely as the arrival of dawn or the coming of rains in early spring."

#### Praise God Unceasingly

Every morning you get up, praise God! Every night you get in bed, praise God for His Goodness! Living a life of praise is not only the most enjoyable way to live, but it's also one of the most powerful ways to change your life. Your faith isn't complete without praise. Colossians 2:7 says that you abound in faith with thanksgiving. Praise affects you, it affects the devil, and it affects God. It touches everything and every part of your life.

Rejoice in the Lord always: and again I say, Rejoice (Phil. 4:4-8). Paul didn't just say it once; he said it twice. He didn't want anyone thinking he had made a mistake or that there were exceptions to what he said. We are always supposed to be rejoicing in the Lord. It's a command, not a suggestion to do it if we feel like it.

"O God, our help in ages past,  
Our hope for years to come,  
Our shelter from the stormy blast,  
And our eternal home."

Yours In Christ's Service,  
Rev. Dr. Peter E. Grinion, Pastor

Trustee's Corner

**WHBC BOARD of TRUSTEES**

I was asked to put together a new column for the May Link. I had to think about what things that I could bring up that would stir my readers & keep the parishioners in the "know". I got it! I will recycle one of my older submissions. Nope, done that. I know, I will highlight our last Trustees Meeting. Can't do that, we have not had a Meeting since February. Scratch that idea.

I know. I can talk about the repair of the back stair case. Oh, wait we are doing that in this issue. How about, we are still receiving quotes / bids for painting of the church & replacement of the roof on the Fellowship Hall ? Nix that too, I did that with the letter 2 weeks ago to the congregation. I could talk about reminding you that you can mail your donation/ commitment to Laurie Heisig, 67 Parkview Dr., Avon NY, 14414. Wait, I did that in the same letter.

As you can see social distancing has it's drawbacks because you don't have church services, meetings, fellowship hours & potlucks so this leaves me without news to the members of our church which makes this column as filler of nothing new. Oh well, there is always next month... *Submitted by Mark Heintz, Chairman*

Editor's Note:

There was a major improvement made by Steve Wenthe. If you have not taken a look--you need to see what he has done (*when we can gather again.*)? The



stairs to the basement have new steps & paint, and the whole staircase looks like new. That is quite a transition from the well-worn, lacking paint, curvy uneven steps that endured who knows how many people/ trips up & down them. If only they could talk. Wonderful, Steve. Thanks for your many hours of labor; you saved WHBC lots of money & made us safer!! We appreciate you!!



**MODERATOR'S MEANDERINGS**

My heart's desire is to write something that encourages each one to be strong and connected more closely with God at this time. I am not an especially good writer or talker for that matter. My gifts are more in the listening and caring areas. With social distancing and quarantine, I am missing the interaction that we normally have at worship, fellowship, meetings and Bible study. Thank God for the phone and internet so we can keep in contact. If anyone feels like talking, please give me a call. I look forward to the interaction.

During this time of social isolation, I encourage each of you to spend more time with God. He is never distant and you can rest in His arms anytime. Many of us are missing our weekly Bible Study with Rev. Grinion, but we can always read and study the scripture by ourselves or call someone and share what you are discovering in scripture. It amazes me how God answers our fears and needs through scripture and prayer.

Gratitude and thanks to Rev. Grinion, Joyce, Roger and anyone else who helps put our Sunday messages together. It is a blessing to be able to see and hear a sermon each week. If you are not receiving the message via internet or a written copy and would like to, please give me a call.

Thanks to those Church mice that are working on projects, getting estimates for repairs and doing many quiet isolated things, including checking on people and offering a helping hand. We all can pray and contemplate on how we return after this time of isolation & be a more vibrant and vital community of Christ. Please share your thoughts and prayer for our witness.

I would like to share part of a devotional reading that I just read and feel it will help us at this time. In I KINGS 18- Elijah is praying for rain after God had sent down fire to defeat the prophets of Baal. It says Elijah prayed earnestly (without stopping-just continuing to pray) until God answered with a rain storm. This is a story of faith and sight-faith cutting itself off from everything except God, with sight that looks and yet sees nothing. Yes, in spite of utterly hopeless reports received from sight (NO RAIN), Elijah continued to pray until GOD answered.

This is what we are called to do during this time of isolation. We have no idea how long this isolation will need to continue or what will come next. What we are called to do is pray for a good end to this time and for God's Love to shine through.

(Each of three boys once gave a definition of faith that illustrates the important aspect of tenacity. The first boy defined faith as "taking hold of Christ," the second as "keeping our hold of Him," and the third as "not letting go of Him.")

My prayer is that each of us have this kind of faith. Take hold of God's Love and don't let go!

Leanna Shirley  
Moderator

**MISSIONS** → **Spreading God's Love** 

At the time of "shutdown," the America for Christ Offering taken in March was over \$300. The final amount was not available for this Link. The Noisy Offering for Coffee Connection was \$55.15. Thank you once again for your generosity. There was no Noisy Offering in April; however, it is hoped you have remembered RHAFT, and the many local efforts to feed school children & the increased numbers of families in our community/City of Rochester needing food. There are many who are out of work due to the pandemic.

Keep saving your change to enable us to have a **very noisy** offering upon our return to church for David & Michelle Head, Missionaries to Tanzania.

*Blessings from the Missions Committee!*

**May Birthdays**



- 1 - Chris Heisig
- 8 - Marlene Thayer
- 11 - Josina McCarroll
- 12 - Devonne Buskey
- 13 - Jackson Goff
- 15 - Shawn Teeter/ Kathy Gosnell
- 17 - Jessica Lyn Heisig
- 23 - George Zima
- 29 - Valerie Bandemer

**On Pins and Needles**

**Pandemonium!**  
We all must keep on praying and use common sense.  
Times in life arise which alter our procedures.  
We go forth in faith!

God gave us a sense that remains within our souls guiding right from wrong.  
He also gave us special aptitudes to use which will honor him.

On the right Highway,  
God lights the way to travel where we help mankind.  
Together we win!  
Praise Him! *Psalm 121*

*Evy Shoots, April, 2020*



**Proverbs 31:26-27**  
*"She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness."*

*May all of our Moms here with us or in heaven be blessed this Mother's Day as we remember them in a socially distanced way with much love.*



**Recent Passages Condolences to each family.**



**Eleanor Terry Doe**



Terry passed suddenly on March 23, 2020, only five days short of her 89th birthday. Born in Brockton, MA, she moved to Rochester as an infant. Predeceased by her husband Donald W. Doe. Out of their loving union, she leaves three children: Donald D. (Stephanie) Doe, Linda Doe (Mark F. Sr.) Heintz, both of Rochester and Steven T. Doe of Bath, NY. Loving Grandchildren and Great-grandchildren: Mark F. (Donna) Heintz Jr. of Rochester and Randall J. (Kimberley) Heintz of LaGrange, KY; Jordan, Jalyne, Jason, Oliver and Wesley.

She worked as an operator for Rochester Telephone, an EEG Tech and Medical Secretary at Strong Hospital and as Office Manager for a private medical practice. She enjoyed traveling, knitting, crafts, bocce, bowling, gardening, cooking and corresponding with her cousins in Avon and Cape Cod. She was active with the Town of Penfield Recreation Senior Day programs and outings and liked the company of her friends and the staff.

In her memory, one may donate to [the Salvation Army](#), Open Door Mission or WXXI. A remembrance at the family's discretion may occur after social distancing is lifted.

**Robert J. Poles Sr., Sat., Sept. 9th, 1939 - Sat., April 18th,**



Robert passed into the arms of our loving Lord and Savior on April 18, 2020, at the age of 80. He has been looking forward to being with Margaret, his wife of 57 years, since May of 2017 when she left to be with the Lord.

Robert believed that God and family are the most valued in one's life. He is predeceased by his sister Barbara (Shelton) Poles, his brothers John Poles Jr., Albert Poles, and Charles Poles. He was the patriarch of a large family; Robert Poles Jr., Ronald (Terri) Poles, Laurie Poles, Roland (Christine) Poles, LoraLynn Poles-Harrison, DorothyLynn (Cedric Bowen) Poles; 18 grandchildren, 6 great-grandchildren, sister Mildred (Robert) Glover, and several nieces & nephews.

Robert served in the United States Army, 82nd Airborne Division and was honorably discharged after four years of service. His mission in life was serving his church as a Deacon for over forty years, including his last assignment of fifteen years at his son's ministry at Henrietta Church of the First Born.

A date will be set in the future for a Celebration of Life Gathering at Henrietta Church of the First Born. Flowers, cards can be sent to 294 Leicester St, Caledonia, NY 14423. Monetary donations can be mailed to the Henrietta Church of First Born, c/o Food Cupboard, at P.O. Box 267, W. Henrietta, NY 14586. (Abbreviated version.)