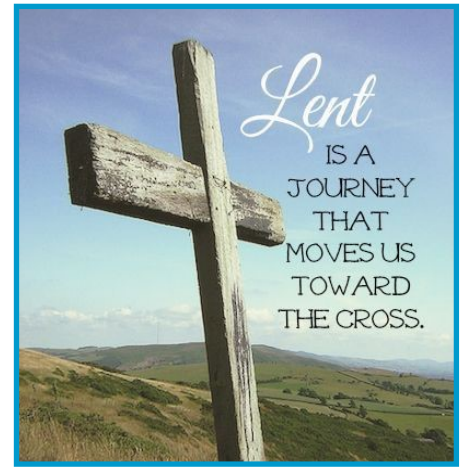


WEST HENRIETTA BAPTIST CHURCH

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(585) 334-0497; EMAIL: CHURCH@WHBAPTIST.ORG;
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Journey through Lent

Faith practices for the season

By Kimberly Knowle-Zeller

I'm no stranger to taking on or giving up something for Lent. One year I attempted to write a letter every day. Another year I stopped listening to music and podcasts during walks. Last year I began writing a poem a day during Lent, but I made it only four days.

There is one practice that, regardless of the season, my children and I take part in daily—reading. One of our favorites is *We're Going on a Bear Hunt* (Margaret K. McElderry Books, 1989). I love sitting on the couch with the kids pressed into my sides, their heads on my shoulders, and the book's words falling over us:

"Oh no! Grass! Tall wavy grass.

We can't go over it.

We can't go under it."

The children join me with loud voices: "*We have to go through it!*"

I wonder if this might be a motto for Lent, a season of reflection when God invites us to wander with Jesus in the desert, journey into the unknown and learn to trust that when we suffer, we're not alone. Lent: "We have to go through it."

In this past year of pandemic living, I've learned to take life day by day, navigating anxiety about the future and celebrating joy found in the present.

This Lent, which begins Feb. 17, I'm not planning anything grand for myself. I have no intention of taking on a new discipline or denying myself a certain food or activity. In this past year of pandemic living, I've learned to take life day by day, navigating anxiety about the future and celebrating joy found in the present.

Since COVID-19 took hold, there's been no shortage of circumstances or big feelings that might cause us to turn away from others and God. Yet, Lent, the season of lengthening days, can hold our doubts of resurrection's promise and pull us to the empty tomb where we are met by Christ.

Lent teaches us to hold postures of hope in the face of despair. Lent, I believe, calls to us to keep moving forward and saying together, *We have to go through it*. When we reach the final days of Lent, we are met not by what we've done or accomplished but rather by the work God has done on the cross. Lent shows us through the cross that death doesn't have the final word.

This Lenten season, I invite you to feel all your feelings, dig into the story of Jesus' life and death, and find small, meaningful ways to honor the season. Here are some suggested faith practices for your journey:

(Continued on page 4)

Shepherd Praise

Because you are my Shepherd, Lord,
My needs are in your hands.
Your peaceful pastures soothe me, Lord
I love your emerald lands.

Your quiet streams and crystal pools
Refresh and rest my soul.
Led daily by your righteous rules,
I live to reach your goal.

Dear Shepherd-Master, fear is gone,
And evil has no hold –
Now death's dark shadows herald dawn,
Transform to rays pure gold.

My Rod and Staff, your Holy Guide,
Secure the steps I take –
Great comfort comes when cares betide,
As storms around me quake.

The table that you spread so well
Subdues my enemies –
Equips me with the strength to quell
Strong powers which would seize.

Your Holy Spirit pours an oil
Which heals and nourishes –
You fill my cup, without my toil,
With flowing flourishes

Your gracious mercies follow me
Your goodness never fails –
I thank you for that liberty
Which anchors and prevails
AMEN



23rd Psalm Meditation
By, Evelyn Marie Shoots
Grove of Grace



March 5th Communion Sunday

Greeter: Everyone
Invocation & Call to Worship:
Rev. Peter Grinion
Scripture Reader: Mike Shirley
Offertory Prayer: Kathy Gosnell
Fellowship: Rev. Peter Grinion

March 12th

Greeter: Everyone
Invocation & Call to Worship:
Rev. Peter Grinion
Scripture Reader: Gretchen Young
Offertory Prayer: Connie Necaster
Fellowship: Connie Frank and
Laurel Heisig

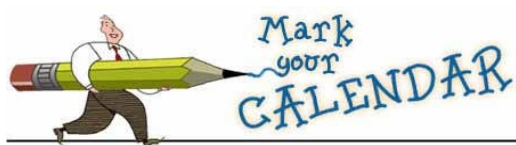
March 19th

Greeter: Everyone
Invocation & Call to Worship:
Rev. Peter Grinion
Scripture Reader: Steve Wenthe
Offertory Prayer: Laurie Wenthe
Fellowship: Leanna Shirley

March 26th

Greeters: Everyone
Invocation & Call to Worship:
Rev. Peter Grinion
Scripture: Valerie Bandemer
Offertory Prayer: Valerie Bandemer
Fellowship: Loretta Hirschman and
Linda Becker

Blessings



Prayer Group
Saturdays at 9:00 AM

Choir Practice
Saturdays at 10:00 AM

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

Bible Study
Wednesdays at 10:00 AM

Deacons Meeting
March 10 at 10:00 AM

Trustees Meeting
March 10 at 1:00 PM

Time to Spring Forward
Daylight Savings begins
Sunday, March 12

Advisory Council Meeting
March 13 at 6:30 PM

Garage Sale and Craft Sale
March 25
10:00 AM to 3:00 PM

Palm Sunday Potluck Luncheon
April 2
Following Worship

LINK deadline for April 2023
March 18 ~ Sharon Scurlock



God Loveth a Cheerful Giver

ITEMS TO DONATE

PERSONAL care (feminine pads, Depends for both men and women)

Small bars of soap (trial size bars)

Small hair products

Socks for anyone

Underwear for anyone

Winter wear (scarves, gloves, mittens)

Disposable razors

ANY paper goods (Toilet Paper, Tissues, Napkins, Paper Towels)

Microwave items (Soups, Ramen, Macaroni & Cheese)

All of these items which will be donated will be distributed to the many hotels which are housing the homeless for an allotted amount of time.

They **CAN** be donated by: putting them on a designated table in the Fellowship Hall or dropping them off in the bin outside the Senior Center door. The items will then be delivered to RHAFT for distribution.



Palm Sunday Luncheon

Who: Everyone

When: April 2, 2023

Time: Following Worship

The Board of Christian Education asks the congregation to bring a dish to pass.



March 7 ~ Connie Necaster
March 13 ~ Brayden Morse
March 14 ~ Dan Gress
March 17 ~ David Chase
March 20 ~ Mark Heintz Sr.
March 21 ~ Rebecca Hirschman
March 21 ~ Ryan Hirschman
March 23 ~ Dorothy Greer
March 25 ~ Dylan Pires



Len and Vi Smith celebrated their first wedding anniversary on Sunday, February 26th during Fellowship Hour



(Continued from page 1)

Deep breaths. It sounds so simple. It is simple. Yet too often I fail to take my own advice. This Lent, remember to breathe deeply. While doing so, perhaps you could meditate on a mantra such as *I breathe in peace. I exhale worry.*

Centering poems. When we're bombarded by screens and media, it can be centering to step away from them. Instead, take time to savor a poem a day. Maybe pick one or two poems to read over and over the next 40 days. (Kathleen Norris, Pádraig Ó Tuama and Jan Richardson are poets whose work intersects with Christian themes.)

Light a candle. Sit by its glow. Watch the flame or smell the scent. Repeat as often as needed, whether aloud or silently: *Jesus is the light of our world.*

Lent calls to us to keep moving forward and saying together, *We have to go through it.*

Pay attention. Commit to noticing what's around you. You can take as little as one minute to stop what you're doing and look. What do you see? What do you smell? What is one thing right in front of you that you didn't notice before? Name it and give thanks to God.

Sit with a story. Pick a book of the Bible (or one chapter, such as Exodus 16 or Matthew 10) and

read through it as many times as you can during Lent. Don't worry about how much you read or if you miss a day. The practice is about sitting with one text and listening for how God is speaking to you.

Connect. Be intentional about connecting with others. Take a few minutes each day and send a text or write a letter. Pick up the phone and call someone you haven't seen for a while. Whenever you connect, thank God for friendship.

Cook. Try a new recipe and savor the act of creating something. Scripture gives us many examples of sharing food. Jesus calls himself the bread of life, and throughout his ministry he sat down and ate with others. As you cook and bake, remember that in the making and breaking of bread, Jesus is present.

Finally, maybe most importantly, give yourself grace. Lent is not about achieving or doing but about resting in the God who calls us and walks with us through life, death and beyond.

Wherever you find yourself this Lent, know you're not alone. We'll go through it together.

Kimberly Knowle-Zeller

Kimberly Knowle-Zeller is an ordained ELCA pastor, mother of two, spouse of an ELCA pastor and co-author of *The Beauty of Motherhood: Grace-Filled Devotions for the Early Years* (March 2023). She lives with her family in Cole Camp, Mo. Her website is kimberlyknowlezeller.com.



Free treatment for hundreds....

aaaaaaaaaand..... the results from our Health Insurance distribution are in! We were able to help a total of 705 families get free medicine all year round! Amazing! Thank you to countless individuals who helped out with this effort. You know who you are. I would also like to thank the following churches that did a special offering for this program: New Covenant Church in Penfield, New Testament Church in Greece, Word of Life in Henrietta, Christ Community Church in Brockport, and Grace & Peace Fellowship in Spencerport.

God bless you all so much.
David and Michelle Heed



A Hail Mary Play

When no one else stepped up, my husband volunteered to coach our son's soccer team despite having no knowledge of the sport. The boys went the entire season without scoring. Before the final game, one player told my husband, "At Sunday School this morning, I prayed to score a goal." That game, the team scored their first goal ever! But they still lost 2-1. That same player said after the game, "I guess I should've prayed to win."

---Nancy Beasley, Portage, WI
Reader's Digest, March 2023 Issue

ADVISORY COUNCIL MTG.

March 13th at 6:30 PM

Please bring copies of your report!

The LINK DEADLINE

Please submit: your articles,
events and/or
calendar items for April 2023 to
Sharon Scurlock by March 18th

Sacrificing and Giving

During this time of Lent, most of us tend to focus on what we personally are giving up, symbolizing the "Forty days" Christ sacrificed in the wilderness. I believe the Lenten period of "Forty days" can also be a great period for us to pray and focus on what Christ was preparing to "give" to us. I believe Christ had been preparing, teaching us to learn how to sacrifice in His name, while also preparing and teaching us how to give of His love and ourselves to benefit others.

It is understood that traditionally we utilize the Christmas season as the time of year to focus on "giving". But Lent can also be a great time to focus on Christ's giving to us: He gave us His "all", himself to die and to be resurrected; giving of His blood so we may have our sins also die on His cross.

I believe during this time of personal reflection on Christ and His sacrifices for us, we should also focus on what He gives to us. Yes, Christ rises from the grave, and we will rejoice in His resurrection in the very near future. He not only gives us possibility of living without our sins, which His blood washes away; He gives

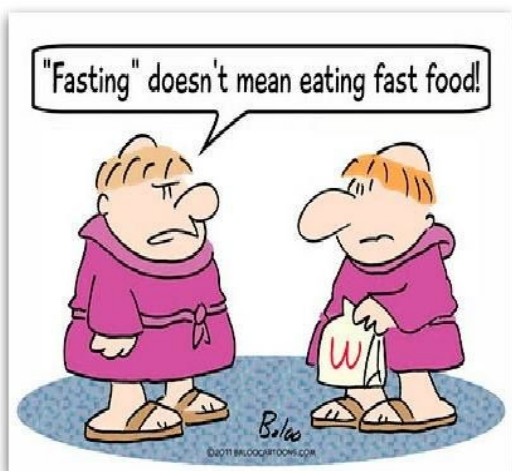
to us His grace, His compassion, His love for us and our fellow men and women.

As a song, traditionally heard during the Christmas season proclaims: "I believe there are Angels among us, sent down to us from somewhere up above!"

Isn't this Lenten season also a perfect time for each of us to practice sacrificing a part of ourselves, utilizing His grace, His example of compassion, and His love to become an anonymous "Angel" to another? To practice giving a stranger an encouraging smile, an inspirational word to an acquaintance, sending a friend a long-overdue "Thinking of you" card/note, a fellow parishioner a warm handshake with an expressed "Thank you".

In other words, let us celebrate the spirit of this Lenten season by sacrificing a little of ourselves: each day giving that gesture of what Christ sacrificed so much for us. Sacrifice by giving the spirit of an Angel among the rest of us. You might be "shining a light" to someone during their "darkest hour"; "the light of His love"!

Anonymous





Harvest Home/Thrivent Habitat Faith Build

Our newest build at 396 Garson on the east side of Rochester is well on its way to being done for the potential homeowner, Jennifer, and her daughter.



Jennifer is pictured with RIT Fraternity Phi Beta Sigma. The dry wall is up.

Dedication of the home is scheduled for March 23 at 11:00 AM. We hope it will be on Facebook live.

This is the last home Thrivent and the Faith Coalition funds. Right now, we have paid for the last house, and have a balance of \$10,100 toward \$30,000 which is what is needed for 396 Garson. We believe the goal is realistic.

There have been changes in personnel appointments & the structure of Flower City Habitat. Harvest Home has become part of a faith-based coalition called Greater Rochester Habitat for Humanity that encompasses towns surrounding Rochester city. This group plans to build one house per year patterned after the Women's Build. The Volunteer Day's link remains the same. <https://give.rochesterhabitat.org/ge/thriventhharvest2022>.

Homebuyer: Jennifer Rolan

"Jennifer is a single parent, who wanted to become a homeowner due to the housing rental market in the Rochester area. Jennifer was given notice that she needed to up-root and move from her home within 30 days, due to a landlord completing a short sale of the home she lived in. Jennifer entered into the Habitat program and was not selected for the first property she applied for. She persevered and focused on the next property she applied for, and even came back to complete a second family selection interview having the courage and tenacity to tell her story with the committee for the second time.

Jennifer was selected for this property and is ecstatic that she will be providing a wonderful, safe and secure living space for herself and her daughter."



RHAFT food terminal needs for March.

Please leave your food items on the island in the kitchen, Steve and Laurie Wenthe will collect and deliver them.

They are doing a monthly drop off, usually at the end of each month.

Donations need to go to the Food Cupboard on Mondays between 9 & 12:00 noon.



Update on Items needed:

**Instant Mashed Potatoes
Canned Vegetables
Canned Meats
Cake and Brownie Mixes
Macaroni and Cheese
Children Toothbrushes
Children Toothpaste
Diapers (Baby & Adult)
Cereal**

SPRING

CRAFT & VENDOR SALE SATURDAY

March 25, 2023

10 AM – 3 PM

WEST HENRIETTA BAPTIST CHURCH
5660 W HENRIETTA RD
W HENRIETTA NY 14586

Great Crafts **Vendors**
Raffles & More



Plus An.....

Saturday, March 25, 2023,
10:00 AM to 3:00

Collectibles to tools - plenty to choose from. Clothing all sizes up to 2X, kitchen items, etc.

Drop-off days 3/11 & 3/18 from 8 am to 12 Noon **for donations from church members**; if you need to come at another time, call Laurie W. or Joanne. Please don't bring before or in between dates due to storage limitations. No electronics please, and bring saleable items.



Easter Plants

Plant	Size	Cost
Easter Lilies	6" Pot – 5+ Blooms	\$ 8.65
	8" Pot – Doubles	\$18.25
	10" Pot – Triples	\$24.50
Hydrangeas	6" – 3+ Blooms	\$16.00
Hyacinths	4"	\$ 2.40
	6"	\$ 6.30
Tulips	6"	\$ 6.30
Daffodils	4" Mini	\$ 4.15
	6"	\$ 6.30
Mums	4½"	\$ 3.75
	6"	\$ 7.70
Azaleas	6½ "	\$16.50
Violets	4"	\$ 3.40
Kalanchoe	4"	\$ 3.65
Callas Lilies	6"	\$14.50
Pot Covers	4"	\$.35
	6" – 8"	\$.65
	10"	\$.90

Ordering Easter Plants in memory/honor of loved ones.

All orders for Easter Plants need to be given to Valerie Bandemer or Leanna Shirley by April 2nd.

Payment can be made at a later date either by cash or check. Make the check payable to WHBC and put Easter Plants on the memo line.