

WEST HENRIETTA BAPTIST CHURCH

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PASTOR: REV. DR. PETER E. GRINION; TEL: (585) 278-8520



OCTOBER
2021



I AM REALLY STRUGGLING RIGHT NOW

"Grace to you and peace from God our Father and the Lord Jesus Christ"
(Romans 1:7b)

"I will both lie down and sleep in peace, for You alone, Lord, make me live in safety"
Psalm 4:8. Do you experience restful and restorative nights' sleep? Multitudes of people suffer the consequences of an enemy which produces sleepless nights; it contributes to heart attacks; it plays a significant role in raising the blood pressure of millions of Americans; it leads to depression and anxiety; it contributes to decisions to commit suicide; and it causes family problems, which often contribute to divorce. That Enemy is called stress!

Stress is typically described as a feeling of being overwhelmed or under pressure. Left unchecked, emotional stress can affect your physical and mental health. If stress is causing you physical symptoms, your body is trying to tell you something. The following are common symptoms or warning signs of emotional distress:

- Increasing physical distress symptoms such as headaches or stomach pains
- Crying spells or burst of anger
- Eating or sleeping too much or too little
- Avoiding family, friends, and things you once enjoyed
- Feeling guilty, helpless, or hopeless
- Having low or no energy
- Losing interest in daily activities

Your response to stress is critical. With God's help, you must take the time to address your physical and emotional needs as well as those of your family members. The following are just a few suggestions:

- Seek out a trusted adviser or friend who can help you discover interventions that may be helpful to you.
- Try prayer, meditation, mindfulness and relaxation techniques to help focus your thoughts and find peace of mind.
- Keep a journal to help you express your feelings and record your progress or decline.
- Take a daily walk, if possible, morning and evening. Physical exercise helps to lower blood pressure and improve heart health. It can also improve your quality of sleep.
- Read a book on a favorite issue/title and indulge in a relaxing bath.
- Devote some time to a favorite hobby. There are no age limits to enjoying a hobby.

(Continued on page 5)

Remember September

By Evelyn M. Shoots

*Dawning brushed darkness
Away from the Heavens:
Pure gold in the sky!*

*Then adding beauty
Brilliant stars were inset there
Where God's Angels met*

*Royal Tapestry
Such an elegance to see
That ever shall be
The Ninth month each year
May help all to preserve
For good fortune here*

*Though no magic touch
Could ever bring us so much
It seems to be right here!*

*It will not disappear
For we all know why it stays
And who has made it clear*

*Jesus, very Dear
Holds us all so closely
We should never fear*

*Keep right on trying
And forever relying
On Christ, ever near!*



October 3rd Communion Sunday

Scripture: Virginia Chase
Offering: Valerie Bandemer
Greeter: Joyce Shutts
Fellowship: Laurie and Steve
Wenthe

October 10th

Scripture: Kathleen Gosnell
Offering: Kathleen Gosnell
Greeter: Joyce Shutts
Fellowship: Valerie Bandemer

October 17th

Scripture: Steve Wenthe
Offering: Connie Necastor
Greeter: Joyce Shutts
Fellowship: Anne Greco and
Kathleen Gosnell

October 24th

Scripture: Joyce Shutts
Offering: Loretta Hirschman
Greeter: Joyce Shutts
Fellowship: TBD

October 31st

Scripture: John Miller
Offering: Loretta Hirschman
Greeter: Joyce Shutts
Fellowship: Loretta Hirschman



Your impact on other people is bigger than you think. Someone still giggles when they think of that funny thing you said. Someone still smiles when they think of the compliment you gave them. Someone silently admires you. The advice you give has made a difference for people. The support and love you've offered others has made someone's day. Your input and opinions have made someone think twice. You're not insignificant and forgotten.

Your existence makes a positive difference, whether you see it or not.

Unknown / Power of Words 



Oct. 5 ~ Ryan Scurlock
Oct. 11 ~ Karl Hirschman
Oct. 30 ~ Patricia Floyd



October Happenings

Prayer Group
Saturdays at 9:00 AM

Bible Study
Wednesdays at 10:00 AM

Art Show
October 2 at 9 to 3 PM

Deacons Meeting
October 8 at 10:00 AM

Trustees Meeting
October 8 at 1:00 PM

Craft & Vendor Sale
October 23 at 10:00 AM

Board of Christian Education Meeting ~ TBA

Cabinet Meeting ~ TBA

LINK Articles
for November DUE to
Joyce Shutts ~ October 18



A GoFundMe page has been established on Facebook, and is yielding donations. Go to our Facebook Page and/or our website to share electronically, and repost it often. The link is: https://www.gofundme.com/f/west-henrietta-baptist-church-needs-a-new-coat?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer.

The page is titled

"West Henrietta Baptist Church NEEDS a new coat."

**CRAFT & VENDOR SALE
SATURDAY
OCTOBER 23, 2021
10 AM – 3 PM**

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

Great Crafts Vendors
"New to You Boutique"

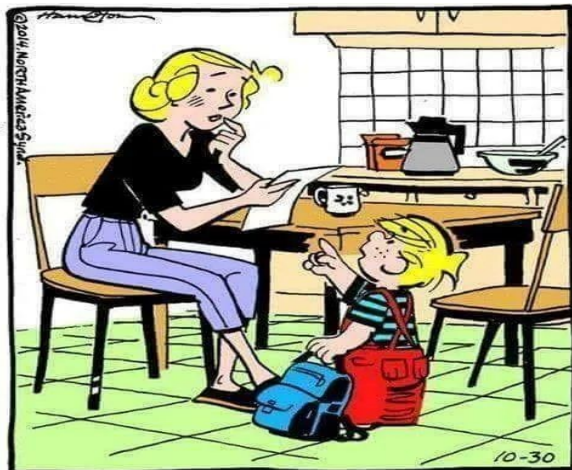
Raffles & More

Unique Gifts for Everyone

Things you need
Things you want
and things you didn't know
you needed or wanted

Help Needed!

There is a saying "Many hands make light work." Please let Joanne Wilbert (jowilbert3@gmail.com) or Joyce Shutts (rjshutts@gmail.com) know if you can help.



"DON'T WORRY ABOUT WHAT THE TEACHER SAYS. SHE'S BEEN IN KINDERGARTEN FOR 15 YEARS."



NOTHING bundt Cakes®

**The Sweetest Way to Support
West Henrietta Baptist Church**

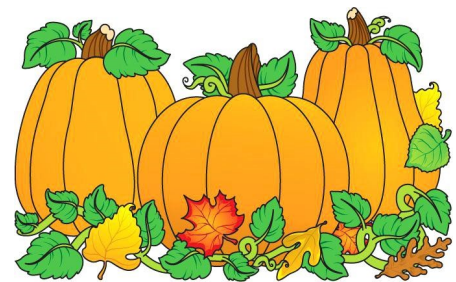
Fundraiser Cake Flavors Available:
Chocolate Chocolate Chip | Red Velvet
White Chocolate Raspberry | Lemon

Individual Bundtlet Cost: \$5

Rochester-Henrietta
720 Jefferson Rd, Henrietta, NY 14623
(585) 540-2414 • NothingBundtCakes.com

FOOD ALLERGEN NOTE: Our cakes contain wheat, milk, eggs and soy. Cakes may contain traces of tree nuts and peanuts.

Anyone can take orders (with money) for cakes at \$5.00 each. Orders close on October 8th to allow Nothing Bundt Cakes to prepare them. Please give your orders to Gretchen Young. The cakes can be picked up on Saturday, October 23rd from 10:00 AM to 1:00 PM during our Craft and Vendor Sale.



**Please submit your articles,
events and/or calendar items
to Joyce Shutts by
October 18th.**

(Pastor's article continued from page 1)

The writer of the Proverbs says, ***"Anxiety weighs down the human heart..."*** (Proverbs 12:25a). Truly, stress steals our peace and joy by weighing us down mentally, emotionally, and physically. St. Paul gives us the antidote to stress in his exhortation to trust Jesus. Listen to these words: ***"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus (Ephesians 4:6-7).*** He is telling us that the ultimate stress buster is faith and trust in Jesus.

Be sure that you have made peace with God. We are promised ***"all spiritual blessing through Christ"*** (Ephesians 1:3). One of these blessings is peace. Peter encourages us, saying, ***"Cast all your cares upon Him (Jesus), because He cares about you."*** Jesus promised His peace, says, ***"My peace I give to you. I do not give you as the world gives. Your heart must not be troubled or fearful"*** (John 14:27). Jesus also declares, ***"I have told you these things that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world."***

*While life's dark maze I tread
And griefs around me spread
Be thou my guide
Bid darkness turn to day
Wipe sorrow's tears away
Nor let me ever stray
From thee aside (My faith looks up to Thee).*

By Rev. Dr. Peter E. Grinion, Pastor

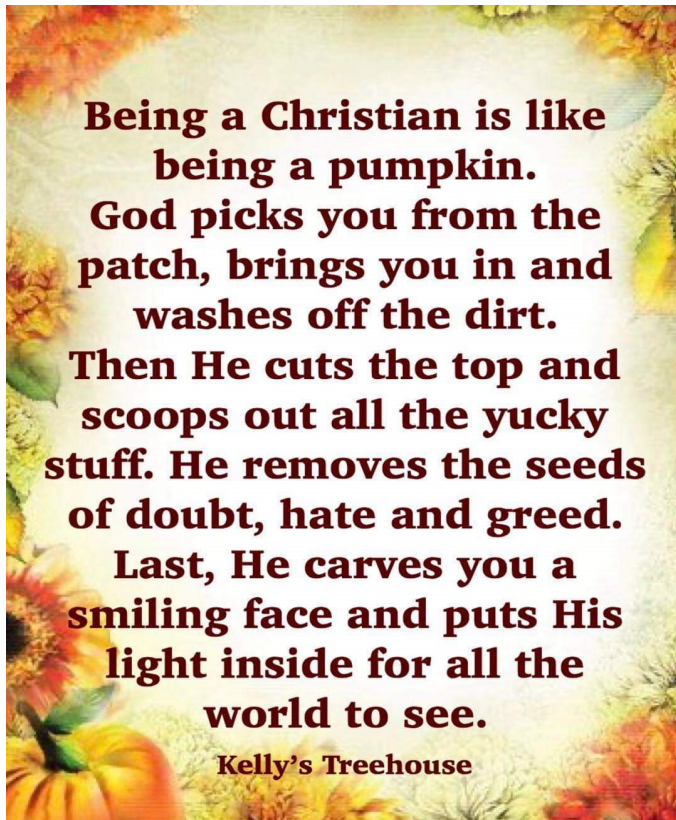


world mission offering



The World Mission Offering is a time to come together to celebrate and support the ministries that God is doing all over the world.

During the World Mission Offering in September and October, we have the opportunity to join the transformational work God is doing around the world through International Ministries' 120+ global servants and 250+ global partners. God can use your participation not only to change lives internationally, but also to deepen your own discipleship in Christ. You can take part in what the Holy Spirit is doing to bring God's kingdom "on earth as it is in heaven."



**Art Sale
Fundraiser**

**Saturday, October 2
9:00 ~ 3:00pm**

West Henrietta Baptist Church
5660 W. Henrietta Rd
@ Erie Station Rd

To benefit:
Habitat for Humanity & Foodlink

