



westminster
presbyterian

WESTMINSTER *life*

Giving Attention to Mental Health

by Butch Sherrill



May is the month of the year that is designated as National Mental Health Month. The focus of such designation is on raising awareness about mental illness and related issues in the United States. In recent times, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced and there has been growing acceptance towards mental health issues and support for people with them.

Despite this shift in attitude, the idea of a mental health awareness campaign is not a recent one. In 1949, the first National Mental Health Awareness Week was launched in the United States. It was during the 1960's that this annual, weekly campaign was upgraded to a monthly one with May the designated

month. Efforts during this time of emphasis have been successful in reaching millions of people in the United States through the media, local events, and screenings. That is extremely important as nearly 60 million people in the US struggle with a mental illness.

As I think about the issue of mental illness, I am reminded of the greatest commandment according to Jesus as found in the book of Matthew. It is to love God with all that you are.

"He said to him, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment." (Matthew 22:37-38).

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the pastor's column

All In: Building Westminster's Place of Community

"You will draw water from wells you did not dig, and you will eat from vineyards and olive trees that you did not plant." Deuteronomy 6:11

"I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice, and now, I am sure, lives in you. For this reason, I remind you to fan into flame the gift of God that is within you ..." 2 Timothy 1:5

We have been blessed by those who have come before us.

None of us came to faith on our own. As the Scripture lesson from 2 Timothy reminds us, we were blessed by the faith of our mothers, fathers, grandmothers, grandfathers, pastors, friends, family, Sunday School teachers, youth pastors, campus ministers and/or many others. I was blessed by all of the above.

We have also been blessed by churches built by those who came before us – by those who have gathered faithfully for worship, created strong and vibrant communities of faith, and given sacrificially to support the church's mission and ministry.

One important part of every church I have been a part of has been a place to gather for worship, study, community and service. At Westminster, we are blessed with a wonderful sanctuary, chapel, classrooms and space for community gatherings and staff offices.

In recent years there have been many discussions about our sanctuary and buildings. We've made various changes through the years. We've looked at moving to a new location and at adding additional space. We've looked at making major changes to the space we've got. Through all of this, the congregation has been through many changes too, so we've put off making decisions about our sanctuary and buildings.

We now have a clear priority – we need to take care of the sanctuary and buildings we have, repairing things that are broken, making our space more functional for our current worship, mission and ministry, making sure it is a welcoming place for members, visitors and community groups, and doing all of this in an economical and responsible way.

On June 9, we will kick off a building campaign – "All In: Building Westminster's Place of Community." I'm excited to share with you plans that will strengthen our church and our mission and ministry. We have been blessed in so many ways. Now it is time for us to invest in the place where we gather for worship, mission and ministry, so that we can continue to be a blessing to others.

Your pastor,

New Members



PAT, JEFF & DONNA PIEGARI

1203 Mosley Road
Greensboro, NC 27455
Joined: March 24



Life's Passages

Births

Emmelia Louise,
granddaughter of Terri Burleson

Deaths

Lucius Gray on April 7
Chuck Tate on April 18
Bob Hall on April 19

Marriages

Seth O'Dell and Katherine Mason
on April 6

downtown sounds

 **LITTLE BROTHER BREWING**

May 6, June 3, July 1, and August 5

6pm • 348 S. Elm St. (across from Natty Greene's)

You're invited to Westminster's Downtown Sounds! Top off your Monday night by enjoying casual fellowship and light acoustic music. Little Brother Brewing will have beer, wine, sparkling water, and juice boxes available for purchase. Westminster will provide light snacks, but feel free to make plans to eat dinner downtown!

This event is free and open to the public. No RSVP necessary. In May, music will be provided by local pop singer-songwriter William Hinson.

Interested in carpooling from the church? Contact the Church Office at 336-299-3785.

**MAY 5 • 4PM
SANCTUARY**

**Youth
Band**

May Announcements



May 5 Weaver House Breakfast

Our next Greensboro Urban Ministry Weaver House Shelter breakfast is Sunday, May 5. Servers and dining room volunteers are always needed at 6:45am and no sign-up is needed for this opportunity. Children elementary school age and older are welcome. We are also in need of additional cooking volunteers to arrive at 6am. If you are interested in this opportunity, signing up is necessary by contacting Ann Comfort (ann.comfort@westpreschurch.org), Jake Van Wyk (jakevanwyk@me.com), or Bert Andia (theandias86@gmail.com).

Please enter the GUM property by way of their loading dock entrance at 1002 South Eugene Street. Park just south of the loading dock and enter the building just north of the loading dock by way of the first covered walkway door. Please contact Ann Comfort (ann.comfort@westpreschurch.org) if you have further questions.

Hurricane Recovery Down East

May 1—4: A Westminster team will work with the Wilmington Area Rebuilding Ministry to restore homes damaged by hurricanes: Patty Balboni, Alex Brandsma, Terry Brandsma, Earl Horton, Susan Horton, Chris King, John King, Butch Sherrill, Susan Slocum, Anthony Thomas.

June 2—6: A Westminster team will work with the Fuller Center Disaster Rebuilders to restore homes in the New Bern area that were damaged by Hurricane Florence. The work will include insulating, dry-walling, installing floors, doors, cabinets and vanities, trimming, painting, etc. Applications for ages 16+ are still available on the website or by contacting butch.sherrill@westpreschurch.org. The cost is \$100 per participant.

Volunteers Needed for Fresh Mobile Market

OOTGP Fresh Mobile Markets take place at high need GCS schools and Guilford County food deserts. Each location serves between 50 - 90 families monthly with 50 - 70 pounds of fresh, frozen and non-perishable food. Our Out of the Garden Project Fresh Mobile Market ministry needs volunteers on Saturdays May 18, June 15, and July 20 and the third Saturday morning of each month in 2019. Youth ages 13 - 16 are welcome with a parent or responsible adult. Registration is necessary and can be completed on the church website or by contacting Ann Comfort in the church office (ann.comfort@westpreschurch.org).

URGENT need for WPC Senior Wheels Medical Transportation Drivers

Westminster has an urgent need for additional Senior Wheels Medical Transportation Program drivers. This program provides rides for ambulatory seniors age 55+ to and from non-emergency medical appointments in Guilford County. On the second Thursday and fourth Monday of every month, a dedicated group of Westminster members volunteer in this rewarding capacity. Larry Dimmick, Westminster's Senior Wheels coordinator, is in need of more drivers. If you would like to volunteer or receive more information, please contact Larry at ldimmick1@yahoo.com or 336-253-6362 or contact Ann Comfort (ann.comfort@westpreschurch.org).

The Dominican Republic Mission Trip Collection

The Westminster mission team serving in the Dominican Republic June 15—22 is collecting children's vitamins; new, small, non-electronic children's toys, and new baseball gloves and balls for the local children. Thank you for contributing and putting them in the collection bins outside of Fellowship Hall during the month of May.

Scary Conversations

May 5 from 5pm—6pm
We received wonderful feedback from our Sunday Night Life class "Scary Conversations" and have decided to continue with monthly gatherings. On May 5, Westminster members Stephanie Keaney and Keith Black will model having a scary conversation while presenting arguments from both sides of the gun debate. All present will then be invited to engage in conversation in small groups. We hope this is an opportunity for siblings in Christ to share and learn from one another. No RSVP is necessary. All are welcome.

Intergenerational Vacation Bible School

Vacation Bible School...it's for everyone! Join us July 21-24 from 5:30pm-7:30pm when we will meet the characters of the season, explore Bethlehem as a little town, share new perspectives as we explore the season of the most amazing gift ever given: the gift of God's son. Cost is \$20/person, \$35/max per family. Register online at westpreschurch.org/events or in the Church Office.



Outrageous Outreach Making Plarn

Join us on May 19, 5pm—6:15pm in the Fellowship for plarn making! Plarn is plastic yarn. Collect your plastic grocery bags leading to this event. We will cut and tie them together to make long strands of yarn that will be given to a wonderful local organization that helps make clean, washable bed mats that are distributed by police to those experiencing homelessness. Once we're finished, we'll enjoy pizza together!

Young Families' Monthly Picnics

Families with young children 5th grade and younger are invited on May 5 and June 2, noon—1pm for a picnic at Cascade Park! Bring a sack lunch and meet at the park at noon! The church will provide ice, water and lemonade, but to be eco-conscious, please bring your own drink container. No RSVP necessary! In the event of rain, lunch will be in the Fellowship Hall.

Outrageous Outreach June Project

Each year the children at Partnership Village are honored with an end of school party. On Sunday, June 2, from 3pm—4:30pm, our current fourth and fifth graders will help with this celebration at Partnership Village. We will have a bouncy house, chalk play, face painting, popsicles, simple water play and more. Outrageous Outreach families are welcome to join in. It will truly be "the more the merrier." Register on the website or call the church office.

Children's Summer Church School Announced

This summer, Children's Church School will be held at the 11 o'clock hour and will begin June 9 and go through July. Children completing K-5th grade will meet together in Room 106 to study Illustrated Children's Ministry's new curriculum: *The Lords Prayer: taking it apart and putting it back together*. Children P-K and younger will meet in Room 107 to explore *God Loves Me*. At 9:30am, K-5th grade are invited to worship with their parents.

Please note:

First Sundays of the month are Communion Sundays and families are encouraged to worship together at both 9:30am and 11am.

There will be no Church School in August, but childcare will be available for age four and under. Questions? Contact Lynn Turnage (lynn.turnage@westpreschurch.org) or Sally Zeillmann (sally.zeillmann@westpreschurch.org).

A Glimpse at the Summer Schedule

We hope this calendar will help you plan your summer more effectively. It does not reflect all Westminster events--only highlights. Details for each event can be found on our website at westpreschurch.org/events. Details will also be published in the newsletter/bulletin as the individual dates get closer.

May 1—4	Hurricane Relief in Wilmington
May 5	Young Families Picnic
May 5	Youth Band Concert
May 5	Scary Conversations about Gun Control
May 6	Downtown Sounds
May 19-20	Sacred Landscapes: Opening to Life and Wonder
May 19	Outrageous Outreach Plarn Making
June 2	Young Families Picnic
June 2	Outrageous Outreach End of School Party for Partnership Village (off site)
June 2—6	Hurricane Relief in New Bern
June 3	Downtown Sounds
June 9	Pentecost and Campaign Launch
June 15—22	Dominican Republic Mission Trip
June 17—21	Rock Camp
June 21	Rock Camp Final Concert (open to the public)
June 21—28	Outdoor Challenge Camp
June 22—28	Montana Mission Trip
June 29—July 7	Yucatan Mexico Mission Trip
June 30—July 3	Passport Camp
July 1	Downtown Sounds
July 7—13	New York High School Mission Trip
July 17—21	Middle School Montreat Conference
July 21—24	Intergenerational Vacation Bible School "Christmas in July"
August 25	Committment Sunday, Blessing of the Backpacks
August 25	End of Summer Block Party



**for 1639 lbs of food collected for 30 Hour Famine!
Way to go WPC Youth! Way to go Westminster!**

Giving Attention to Mental Health

continued from page 1

But then Jesus followed that commandment with another one.

“And a second is like it: ‘You shall love your neighbor as yourself.’”

Often, I believe it may be the case that experiencing mental illness can distract us from both of these commandments. If we find that it is hard to love God “with our heart, soul, and mind” and even hard to love ourselves, the consequences can be devastating. As a Christian community of faith, it is important for us to give attention to issues that can impact the kind of love to which Jesus has called us.

Giving focus to mental health issues can help bring down the walls of stigma by sharing experiences, stories, and truths. Mental health awareness means recognizing that mental illness is as real as any physical illness.

I am grateful for mental health services and professionals in our community who help respond to the needs and offer treatment for people dealing with mental illness. I am thankful for opportunities to address mental health issues through church programming

as Westminster did in January with the Angst presentation and discussion.

As a pastor, I feel fortunate to have the Presbyterian Counseling Center as a resource in our community and am especially appreciative of the leadership provided by one of Westminster’s members, Claudia McCoy, who serves as the center’s director. Westminster is blessed to have a strong Stephen Ministry program which helps provide caring Christian friends to those who are experiencing physical, mental, and spiritual crisis in their lives.

Two other Westminster ministries address the needs of people dealing with life issues which cause stress and strain. The Caregivers' Support Group, led by Andee Gable, offers a supportive community for those who are regular caregivers for a loved one or friend. The Tuesday Morning Prayer Group and Company of Intercessors are members who are committed to praying weekly for the concerns and joys expressed by the Westminster community.

During this Mental Health Month, may we each grow in our awareness of the issues surrounding mental health, and prayerfully support any who are experiencing mental illness.

A promotional graphic for a 'Rock Camp' event. The background is a blurred image of a person playing a guitar. The text 'westminster' is centered above a black silhouette of an electric guitar. Below the guitar, the words 'ROCK' and 'CAMP' are written in a large, stylized, green-outlined font. At the bottom, the dates and times 'June 17—21, 5:30pm—8:30pm' are displayed in a bold, black font. A black banner at the very bottom contains the text 'Learn more and register now by visiting: westpreschurch.org/rockcamp' in white.

westminster

ROCK CAMP

June 17—21, 5:30pm—8:30pm

**Learn more and register now by visiting:
westpreschurch.org/rockcamp**



Sacred Landscapes

Opening to Life and Wonder

This mostly silent Sabbath experience is designed with a spaciousness and pace that enables you to breathe and sink into your spiritual heart. You will be invited into an extended time of silence with options for resources, guided meditation and quiet conversation. The hope is that you might return to your daily living landscapes renewed and replenished. Learn more and register at westpreschurch.org/events.

5.19.19 - 5.20.19

A Sabbath at the Springs Contemplative Retreat

National Cancer Survivors Day® 2019



Westminster Presbyterian Church May 30, at 7pm in the Fellowship Hall

National Cancer Survivors Day is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community.

This year, join Westminster for a special panel of speakers on May 30, at 7 pm in the Fellowship Hall. Panelists will bring unique perspectives about experiencing the cancer journey as a family member, child, or friend. Panelists include:

Rev. Charlie Zimmerman, retired senior pastor from 1st Lutheran Church in Greensboro and spouse of a cancer survivor

Anne Cunningham, a Cone Health Cancer Center Clinical Social Worker with more than 30 years of experience

Melissa Carter, long-time Westminster member and spouse of a cancer survivor

