

The Window

On a journey with the living Christ;
connecting with God, others, and the world.



May 2019

Deacons Corner by Gloria Zinn, Deacon

Many, many years ago, when I first began attending church at West Hills, I went to my first Women's Silent Retreat. Deena Candler was one of the leaders that fall weekend, and after we had all arrived she said: "Are you aware how Jesus has been looking so forward in spending this time with you?" I knew I was looking forward to spending a weekend away from a very demanding job and no phone, but her statement about Jesus wanting to spend time with me was a total shock! It had never entered my mind and, at the time, seemed rather a self-centered idea to even think about. I had grown up in a Christian home, attending Sunday School and church every Sunday and during all that time I never considered that Jesus was even remotely interested in being with me personally.

In the Presbyterian Church I attended one left church (usually every Sunday) feeling worse than when you walked in the front door due to being continually reminded about your sinfulness. Until West Hills, I never once even considered that I could have a personal relationship with Christ. That thought was never in my scope of what a Christian could attain. I was taught that a Christian attended church every Sunday, prayed for others and occasionally for yourself, and continually asked for forgiveness of your sins. God was as distant in those years as the stars. In that church I sang in the choir, taught Sunday School, ran Vacation Bible School, became a Deacon and an Elder, made sure my children attended Sunday School and church every Sunday and all that time, as I look back, I was choosing to live on the fringe of my life as a Christian. I believe God wanted a relationship with me, but I was not willing to commit to that relationship with Him. My life from Monday to Saturday was not focused on God. Oh, there were nightly prayers and requests, but God was held at a safe distance, to be called upon "as needed." Pride was my companion. However, West Hills changed all that. Through the many wonderful pastors and Bible teachers, especially George and Pam Moore, as well as a number of strong Christian men and women at West Hills I began to learn that

Jesus was interested in me, He cared about my life and eventually became my best friend. The irony of it all was the realization that I wasn't required to do a thing because I learned His Grace did it all. Through that knowledge I found I wanted to follow and understand His Word, to walk with Him every day, and to enjoy just being in His presence. I could leave West Hills and take all that I have learned with me to another church, but why would anyone want to leave so much gold that one finds in this church? So when I think back about Deena's words so long ago, that Jesus was "so looking forward" to spending time with me, I can honestly say the feeling is mutual.

time with

The word 'GOD' is rendered in large, bold, white, sans-serif capital letters against a black background. The letter 'O' is replaced by a white clock face with black hands and tick marks.

Volunteer - A Feel Good Pill

"Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'" Isaiah 6:8

Unless you have had experienced volunteering, whether at West Hills or somewhere else, you may not be aware of all the benefits one receives from giving your time to a need or cause. It definitely can make you feel good and can give your life a concrete purpose, but according to recent research on the subject of volunteering it also helps fight off stress and has positive effects on your physical well-being. The research showed that people who are involved in volunteer activities are happier and more satisfied with their life than those who choose not to volunteer. When you are helping others, whether directly or indirectly, your body releases dopamine in your brain, which has a positive effect on how you feel. Volunteers, in this study conducted by the National Association for Volunteerism, also experienced less depression or low self-esteem than those who were not involved in volunteer activities. *"One person gives freely, yet gains even more; another withholds unduly, but comes to poverty."* Proverbs 11:24.

At West Hills Church there are a number of volunteer activities just waiting for you. It is a way of expanding your connection with the church, make new friends, as well as increasing your level of skills while opening new interests you may never have thought you would have the opportunity to try. Do not make your age as a barrier. There are volunteer needs that fit anyone's age or lifestyle. Summer is coming so you may want to try a short-term volunteer job and see if you like it. You may or may not want to continue into the fall, but by the end of summer you should find that the experience was enjoyable. *"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."* Galatians 6:10. The following list is some of the volunteer needs.

FELLOWSHIP TEAM CONTACT

Peggy Kelley 402-290-4724

Serve coffee 8:30-9:00 or 10:30 a.m., or bake three dozen cookies, four dozen mini donuts/muffins, once a month for three months.

CHURCH PHONE DESK

Mike Alfieri 402-391-8788

Answer phones, open doors-via remote camera system, assist with various ministry projects. Need volunteers to check their availability on Phone Calendar Schedule (emailed monthly), and sign up for available slots.

PRACTICAL NEEDS

Mary Turner - Baby Ministry mdtturner97@cox.net

Pick up baby gift from church, deliver to new parents and baby. Added bonus-baby snuggling!

SPIRITUAL FORMATION

Patty Gatzke - pfgatzke2@gmail.com

Men's Ministry: Men's Planning Team/meet once per month to plan various events. Volunteers to cook, serve, paint, clean up for events. Leader for men's small group.

Women's Ministry: Lead/assist weekly Bible Study group Sept.-May. Plan and prepare for Women's Special Saturdays in Spring and Fall. Volunteer home for Serendipity Sister's event.

Plan and assist in Women's Retreats three times yearly

Senior Ministry: Serve on Planning Team for quarterly luncheons, meeting one month before event.

Coordinate various field trips throughout the year.

Discipleship: Teach Adult classes on Sundays at 10:30 a.m. or on Wed. evenings Sept.-April.

STEPHEN MINISTRY/HOMEBOUND

Les Peterson - lesandanne@cox.net

CAREGIVER TRAINING

Stephen Minister linked to someone seeking help with a personal problem. Meeting times vary.

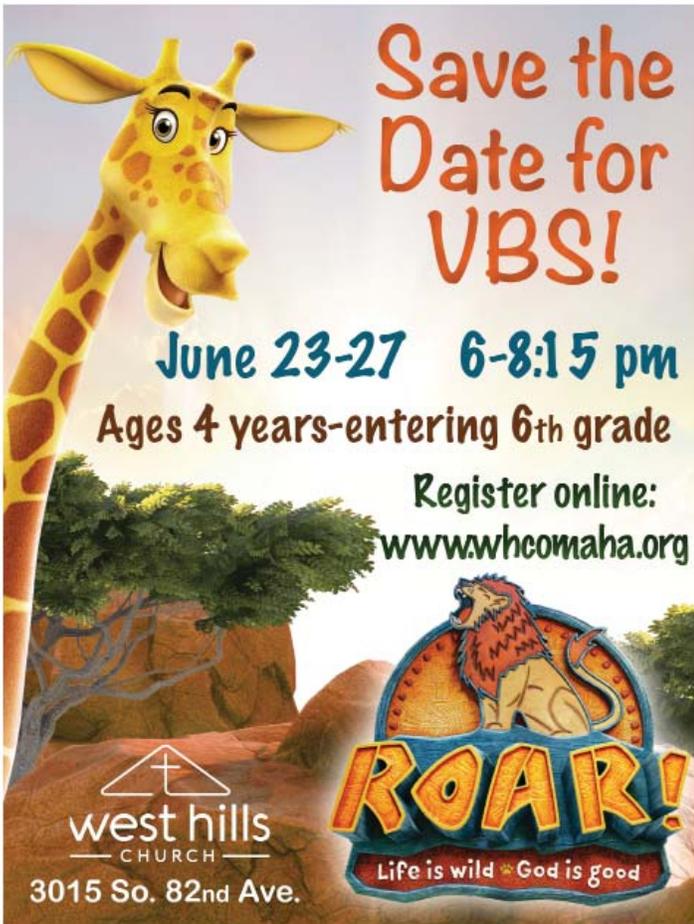
Homebound Caregivers: no special training. Visit once a month with congregation member who is physically unable to attend.

The impact of your volunteering can go far beyond just helping West Hills Church. It will not only set a great example for the people in your life, but it will also fulfill God's Word. Through your volunteer work you are embodying the very spirit of Christ. *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."* 1 Peter 4:10.

Won't you make the effort this summer to try a volunteer opportunity? You won't regret it, and you will be "walking your faith" with others who have heard the call and fulfilling 1 John 3:18 *"Dear children, let us not love with words or speech but with actions and in truth."*



ROAR - VBS - 2019



It wouldn't be summer at West Hills without our incredible VBS program. Plans are coming in order, our wheels are spinning with ideas and we are ready for you to be a part of ROAR! This year's theme engages the whole herd with its epic African adventure. Kids will be equipped to experience God's goodness and celebrate a ferocious faith that powers them through this wild life.

So how can you be a part of this adventure? Well, I am so glad you asked! If you are behind the scenes type, we have a job of preparing decorations beforehand. This year we are taking a new approach and we have designated certain areas of the building to be decorated by groups of volunteers. We are happy to have a few spots already reserved by Ministry Teams and Bible study groups, but we still are looking for more people!

If you're the type that loves to be in the middle of it all, we'd love to have you be a part of the activities each day at VBS! We have roles for all types of personalities and we are happy to help you discover where you will fit best. We have made it a mission to really pour a lot of ourselves into VBS each summer to help connect kids with the love of Jesus Christ, all while having a really good time. We can't wait to hear from you! Contact Erika Hanna at 402-981-0182 or nursery@whcomaha.org.

Special Saturday



Our Spring Special Saturday was a huge success. Quiche, fresh fruit and French toast sticks were served for the 10:30 am brunch. The table centerpieces were fresh flowers along with mini paper watering cans with a variety of candies and nuts inside.

The speaker was Brandy Vann from the Douglas County Extension Office and Eden Artistry. Brandy brought a large container for planting and plenty of plants, sticks, garden balls and other decorations to show us how to plant a beautiful container garden. While she was planting, Brandy talked about the different plants and fertilizers to help make a container garden successful. Hers turned out beautiful and many of us are going to use her ideas in our own container gardens. The ladies had plenty of questions about gardening and Brandy answered every one using her experience as a Master Gardener.

After having such a wet and cold start to our Spring weather, it was so refreshing to have this wonderful time together surrounded by colorful flowers and friends.





Dijon Beef Tips

Ingredients

- 1 beef top sirloin steak (1-1/4 pounds), cubed
- 2 tablespoons butter
- 1 tablespoon canola oil
- 3 cups sliced fresh mushrooms
- 1 garlic clove, minced
- 1/2 cup beef broth
- 1/4 cup white wine vinegar
- 1-1/2 teaspoons reduced-sodium soy sauce
- 2 teaspoons Dijon mustard
- 2 teaspoons cornstarch
- 1/2 cup heavy whipping cream
- Hot cooked noodles
- Chopped fresh parsley, optional



Directions

In a large skillet, brown meat in butter and oil; transfer to a 2-qt. baking dish. In the same skillet, saute mushrooms until tender, about 3 minutes. Add garlic; cook 1 minute longer. Pour mushroom mixture and drippings over meat. Cover and bake at 325° for 1 hour or until beef is tender.

In the same skillet, combine the broth, vinegar and soy sauce; bring to a boil. Boil for 2 minutes; set aside. Combine the mustard, cornstarch and cream; stir into broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.

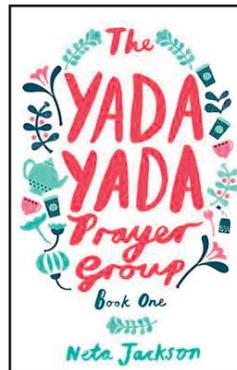
Drain juices from baking dish into broth mixture. Cook over medium heat until thickened and bubbly, stirring constantly. Add beef mixture. Serve with noodles. Garnish with parsley if desired.

Recipe from Donna Peterson, served at small group and enjoyed by all.



The YadaYada Prayer Group by Neta Jackson.

In this book God brings five women together from different walks of life, and transforms them into a dedicated prayer group.



The aforementioned, five women, include a real estate broker, a married mother of two children, a college student, a drug addict, and an ex-con. As one of the book characters remarks, "Who would have imagined that God would make a group as mismatched as ours the closest of friends? Nothing, or so I thought. I almost didn't even go to the Chicago Women's Conference-after all, being thrown together with five hundred strangers wasn't exactly my comfort zone."

But something happened that weekend to make us realize we had to hang together, and the Yada Yada Prayer Group was born! When I faced the biggest crisis of my life, God used my newfound "sisters" to show me what it means to be just a sinner saved by grace.

According to Integrity Publishers, Neta Jackson's award-winning Yada books have sold over 600,000 copies. She and her husband, Dave, are known for Trailblazer Books & Hero Tales. They live in Chicago where the Yada Yada and House of Hope stories are set. Available in our Soul Café.

Spiritual Correspondence

by Jana Prescott



"Trust and Wait" (3/26, God Calling) I'm sure you've heard that constantly in your life. I know I have, and still do, especially now. Trusting and waiting. This can be quite the challenge in this life anymore. Trust Christ always, and be willing to follow Him wherever He leads you. That can be something very hard to do: to always follow Him. It's hard for me to constantly follow

where he is leading me. Have I opened myself up to His Presence, His sensitivity? Do I realize that He is here as a constant Companion, a constant Provider for all I need in His eyes? How about you? Are you at a point in your life where you know God will give you the strength you need to follow Him?



Clips and Conversation

Don't miss it!

Join us as we watch movies and discuss the Biblical themes found in them

Who: **Young Adults age 17-29**

When: **7 pm Tuesday Nights: May 14 - Aug. 6**

Where: **West Hills Church - Room 406 (Youth Chapel)**

TEST YOUR BIBLE KNOWLEDGE



1. What is the shortest book in the New Testament? A. Luke B. John 2 C. Mark D. John 3
2. Finish this verse: "In every battle you will need _____ to stop the fiery arrows aimed at you by Satan." A. love B. prayers C. faith D. trust
3. Who wrote most of the books in the New Testament? A. John B. Matthew C. Peter D. Paul
4. What does the word gospel mean? A. Jesus Word B. Hallelujah! C. Good News D. Jesus Lives
5. Which gospel records the fewest number of miracles performed by Jesus? A. Matthew B. Mark C. Luke D. John
6. On what day of creation did God create man? A. third B. eighth C. sixth D. fifth
7. In what language was most of the New Testament written? A. Arabic B. Greek C. Hebrew D. English
8. What relation was Jacob to Abraham? A. Son B. Cousin C. Grandson D. Father
9. Which of the Israel tribes was responsible for religious practices of the Israelites? A. Benjamin B. Levi C. Judah D. Dan
10. What does the word Israel mean? A. We are the Chosen B. Special Ones C. Loved by God D. Prevails with God
11. What is the name commonly given to the first 5 books of the Old Testament? A. Gospel B. Pentateuch C. Scribes D. The Beginnings
12. In what language was the Old Testament written? A. Greek B. Hebrew C. Aramaic C. Arabic

Science & Bible

Healthy Dietary Laws

The Bible warns against eating birds of prey: Leviticus 11:13-19 "*These are the birds you are to regard as unclean and not eat because they are unclean: the eagle, the vulture, the black vulture, 14 the red kite, any kind of black kite, 15 any kind of raven, 16 the horned owl, the screech owl, the gull, any kind of hawk, 17 the little owl, the cormorant, the great owl, 18 the white owl, the desert owl, the osprey, 19 the stork, any kind of heron, the hoopoe and the bat.*" Scientists now recognize that those birds which eat carrion (putrefying flesh) often spread disease.



March Celebrations

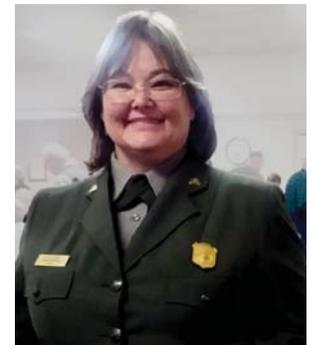
For each petal on the shamrock,
We had good wishes on our way.
Good health, good luck and happiness
On our Celebrations Day !

Our March Celebrations featured two marvelous speakers, a remarkable piano serenade, delicious food and a chance to visit with dear friends and meet new ones.



Our first guest was Candy Zollicoffer, Development Coordinator for ABIDE Omaha. In addition to reminding us that ABIDE revitalizes the inner city one neighborhood at a time, Candy gave a moving personal testimony . She shared experiences of welcoming youngsters to her front yard to play with her own kids and share healthy snacks, what a joyful time for all as youngsters looked forward to this playtime. Candy told us how she works with groups of teens, and one-on-one. Her spirit and enthusiasm lit up the room as she shared.

Alexandra Picavet, Forest Ranger, reminded us how very important it is for us to truly immerse ourselves in nature in our fantastic National Parks ... to relax, re-energize and refuel ourselves in God's special gifts. We had a "tour" of many of the parks, filled with fascinating history as well. Alex reminded us that we need to protect the soundscapes while visiting, eliminating cell phones, radios and other distractions. Instead, listen to the birds singing, streams flowing and fish splashing. We need to remove ourselves from the cities' light pollution that keeps us from viewing the splendor of the night skies. Colorful brochures enhanced this learning experience which was interspersed with so many great nuggets of knowledge and tidbits of information we never knew about our cherished parks.



Musical delights were provided by our pianist and vocalist, Kathy Leach. It was a joy, better than a pot o' gold, to hear Kathy play the piano, sing and give us fun backgrounds of each song. "This Little Light of Mine," a Sunday school favorite brought smiles to our faces as we joined in.



The meal of corned beef or chicken, followed by a dessert of cupcakes, nuts and mints, reminded us all of the fellowship and friendship that overflows at West Hills Church. Why, it's as bright as any rainbow!

West Hills Art Night

Friday night, April 12, was the place to be if you are interested in arts and crafts. In searching through a storage closet at West Hills some folks came across craft materials to make beautiful Ukrainian "Pysanky" painted eggs. They thought this would be a wonderful craft for an inter-generational evening of fun. Using melted wax and a special pen, symbols, flowers and other beautiful designs were "painted" or drawn on an egg with the wax and then dipped in colorful dye. When the wax was taken off, a beautiful design was left on the egg. (See pictures). For the younger children regular hard boiled eggs were dipped in dye the usual way.

Jessica Scheopner and Luke Burns are finding really unique ways of involving all generations in the church. If you were unable to come to Art Night, please join us for Tee Party on May 10, where we will play miniture golf on "homemade holes." There is no doubt you will have a wonderful time. Open to ALL!





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 Omaha NE 68124
 Tel: 402-391-8788
 Fax: 402-391-1812

RETURN SERVICE REQUESTED

April Session

notes

- began our time in prayer at either the experience of "Be Still" or "Journey to the Cross"
- approved a motion to move Luke Burns from part time non-exempt to full time exempt
- approved a motion to call a special Session Meeting for the purpose of examining and accepting the eighth graders from the confirmation class into membership
- approved a team be established to review and recommend changes to the policies contained in the employees handbook
- the roof replacement project has been completed

ELDERS

Beth Anderson	Children's	nanabeth72@gmail.com
Patti Gatzke	Spiritual Formation	pfgatzke2@gmail.com
Don Glasgow	Building	donandcandy3@cox.net
Lisa Harrison	Nominating	tlou_harrison@yahoo.com
Mike Kelley	Stewardship	MichaelAKelley9@gmail.com
Jane Loeck	Caregiving	jaloeck@cox.net
John O'Donovan	Personnel	odonovanj@yahoo.com
Dan O'Reilly	Worship & Music	daniel@creighton.edu
Linda Schuchmann	Membership	schlin7252@gmail.com
Peg Shirley	Mission	pjshirley55@yahoo.com
Dan Travaille	Finance/Support	dtravaille@usainsulation.net
Julie Zimmerman	Youth	Juliezimmerman00@gmail.com

ANSWERS "TEST YOUR BIBLE KNOWLEDGE"

- | | | | |
|------|------|------|-------|
| 1. B | 4. C | 7. B | 10. D |
| 2. C | 5. A | 8. C | 11. B |
| 3. D | 6. C | 9. B | 12. B |

PNC - UPDATE

When someone marries into your family, lots of things change. The same is true for a church family when new members join, and when a new pastor is called.

You have already faithfully joined us in praying for the search process. Will you join us now in praying also that the Holy Spirit will work in all of us, preparing our hearts for the changes that will inevitably come with the installation of a new pastor? Perhaps we can ask ourselves these questions: What are my expectations of a new pastor? Age, height, weight, gender, wardrobe, marital status, political affiliation...? Are my expectations reasonable? Are they the same as God's expectations? Am I open to the new pastor being somewhat different than what I expect? As we pray, let's ask for an abundance of grace to be able to accept and love this new pastor, and to love each other more deeply.



First Sunday of each month.

Services: 9:00 & 10:30 a.m.

Nursery: 8:45a-11:30a

Children's Crosswalk: 10:30-11:30a

Youth & Young Adults: 10:30-11:30a

May

* denotes meets weekly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	April 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	June 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Women's Bible 9:30a* ¹	Women's Bible 9:30a* ² Al-Anon 12p* PNC: 6P* National Day of Prayer			
 5		6 Men's Bible: 6:30a* ⁷ Knit, Chat, Sew: 9a Newsletter Team: 1:30a BSF: 6:30p AA mtg: 8p*				4 Arabic Fellowship Service: 5:30p*	
 5 Familia De Dios: 2-4p*		7 Men's Bible: 6:30a* Knit, Chat, Sew: 9a Newsletter Team: 1:30a Worship Team: 6p Ingathering: 6:30 snacks/ meeting 7p				11 	
12 Bible Presentation: 9a Mother's Day		13 See CORNER AD  Stephens Min: 6p Worship Team: 6:30p Caregathering: 7p		15 			
		14 See CORNER AD  Stephens Min: 6p Worship Team: 6:30p Caregathering: 7p		16 Siena Francis sloppy joe pick up: 9:30a Capernaum: 7p High School Special Needs Group			
		21 Knit, Chat, Sew: 9a Worship Team: 6:30p		22 Women's Ldr mtg. 11:30 a Choir: 6:30p			
		21 Knit, Chat, Sew: 9a Worship Team: 6:30p		23 Westgate School Year End Breakfast: 7a			
		28 Session: 6:30p Worship Team: 6:30p		29 NO-Women's Bible		25 YOUTH!! End of School Party watch for details!	
	26 OFFICE CLOSED Memorial Day	27 Session: 6:30p Worship Team: 6:30p		30 NO-Women's Bible		31 	

MAY

1-Deena Candler
 Doris Edwards
 2-Ed Leach
 Tristan Travaille
 3-Cheryl Havekost
 Ladonna Wagner
 Haley Wohlgemuth
 4-Mark Nichols
 Dan O'Reilly
 5-Lisa Backer
 Adam DeHaven
 Callie Freeman
 6-Johnny McClaren
 JoAnn Tate
 9-Tracy Vanhessche
 11-Paul Bates
 12-Pam Thomas
 13-Erika Hanna
 Kaelyn Sorenson

15-Steve Adams
 Anne Peterson
 17-Todd Carlson
 Bridget Jacobsen
 18-Milla Papenfuss
 Gloria Zinn
 20-Esther Miller
 21-Tom Johnson
 22-Ellie Northouse
 Barb Spiecker
 Debbie Wagaman
 23-Wendi Meyer
 24-Kaitlin Bates
 Pam Culek
 Martin Kurtz
 25-Matt Huck
 Deb O'Reilly
 26-Peyton Saar
 Joyce Vana
 Reid Zimmerman
 Spencer Zimmerman

28-Grace Burns
 Isabel Cady-Orso
 Kennedy Stoffel
 29-Jean Andersen
 Matt Chesire
 Judy Gardella
 30-Hanna Leslie
 Betty Manna
 31-Lillian Cross
 Henrik Hanna
 Jim Porter
 Kyle Thorberg
 1-Beth Anderson
 Kim Sedivy
 Ryan Turner
 2-Debra Chadwick
 4-Amanda Everhart
 Rhona Yetts
 5-Everly Hanna





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Join Us for
Vacation Bible School
at West Hills Church 3015 S. 82nd Avenue
June 23-27
6:00-8:15 p.m.
Family Dinner at 5:00 p.m.
Age: 4 years-entering 6th grade
Cost: \$15 per child/\$30 family max.
***Includes Dinner *Scholarships Available**
Register online at:
whcomaha.org
ROAR!
Life is wild * God is good

Questions?
 Email: vbs@whcomaha.org