

THE PATHFINDER

A Publication of West Haven Presbyterian Church for our Members and Friends in Christ

Issue 18

June 2022

We are growing in grace one neighbor at a time.



Shirking the Sabbath?

Exodus 16:23-30

Moses said to them, "This is what the LORD has commanded: "Tomorrow is a day of solemn rest, a holy sabbath to the LORD; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning." ²⁴ So they put it aside until morning, as Moses commanded them; and it did not become foul, and there were no worms in it. ²⁵ Moses said, "Eat it today, for today is a sabbath to the LORD; today you will not find it in the field. ²⁶ Six days you shall gather it; but on the seventh day, which is a sabbath, there will be none." ²⁷ On the seventh day some of the people went out to gather, and they found none. ²⁸ The LORD said to Moses, "How long will you refuse to keep my commandments and instructions? ²⁹See! The LORD has given you the sabbath, therefore on the sixth day he gives you food for two days; each of you stay where you are; do not leave your place on the seventh day." ³⁰ So the people rested on the seventh day.

With the close of the school year and the summer upon us, our minds move toward vacations, camps, leisure and days of rest. Rest and rejuvenation are promises we see time and again through scripture. But perhaps the most mentioned restful time is the Sabbath.

The word Sabbath is found about 157 times in our Bible. Sabbath is the primary holy day for the Jewish people. It is a day of rest as well as a day of devotion to the Lord God. It is the sacred time that God has given us to stop, stop working, stop worrying, stop wanting and belong to God. Many of us have heard the commandment “Remember the Sabbath day and keep it holy” (Ex. 20:8). But how many of us take this commandment seriously? Probably not many of us. Why is that? Is it fear of laziness or are we over distracted by our digital devices? Does Sabbath really do anything for us?

Barbara Baker Speedling did research on the Sabbath practice in her paper *Celebrating Sabbath: An Organic Inquiry into the Transformative Power of a Sanctuary in Time*. In her study she found that “Six themes emerged: Sabbath-keeping enhances self-awareness, improves self-care, enriches relationships, develops spirituality, and positively impacts the rest of a participant’s week. Participants show that Sabbath practices and philosophies also evolve over time.”

Speedling and other researchers report Sabbath taking has physical and mental health benefits as well as the spiritual maturity and wellbeing. This practice of intentionally setting aside time to unplug and focus on relationships, selfcare needs and prayer pays dividends for the rest of your week and more so over time.

So why do we resist this command? Partly because there is just a lot to keep up with in life and Sabbath gets put on the back burner. Partly because we are so accustomed to our devices and fully unplugging seems uncomfortable. Partly because Sabbath sounds boring.

I admit that my own Sabbath keeping is flawed. Yet I’m working on it. Sabbath can be boring at first and uncomfortable. I’m use to always thinking about something or some task that needs attention and fully unplugging takes some effort. However, in the hours of Sabbath, so much of the chatter and noise seems to fade to the background and I can be present with God and God with me. The gift and blessings of Sabbath rest are transformative, real and lasting as are most spiritual practices.

Therefore, I invite you, as well as myself, to take Sabbath a little more seriously this summer. Don’t shirk this commandment because it’s inconvenient, cumbersome or so easily disregarded. Sabbath is blessed rest and renewal. God has made us for so much more. We are more than our work, we are more than our devices, we are more than our distractions and through Sabbath we rediscover this truth again and again.

Grace and Peace,

Rev. Tyler Williams

[1] St. Catherine University, St. Paul, MN

2016 https://sophia.stkate.edu/cgi/viewcontent.cgi?article=1005&context=ma_hhs#:~:text=The%20cultural%20aspects%20of%20Sabbath,benefits%20of%20celebrating%20a%20Sabbath.

Prayer

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love.

For it is in giving that we receive;

it is in pardoning that we are pardoned;

and it is in dying that we are born to eternal life.

Amen.

—*St. Francis of Assisi*

Finance and Personnel

Pledges as of date :

\$33,874 (YTD Actual)

\$31,713.33 (YTD Budget)

Session News

At the stated session meeting on May 24, the following business was conducted:

- Affirmed the email approval by session to call congregational meeting on May 22 to elect an elder for class of 2024.
 - Approved examination of elders-elect Catherine Flye, Betty Jones, Ann Martin and Trudy Martin to be installed June 5.
 - Received report from John Stratton, commissioner for the called Presbytery meeting on April 26th. Change to Presbytery's bylaws to separate the Executive Presbyter and Stated Clerk positions, making the State Clerk a part-time new position was approved.
 - Approved summer mission project to collect school supplies for Peacemakers June 5-August 14.
 - Approved using liturgists during worship.
 - Approved for church's share of Pentecost offering to go to Peacemakers.
 - Approved vacation time for Tyler for November 20th and December 25-January 2.
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Changes to Summer Worship and Sunday School Schedule!

Starting **May 29th**, worship will begin at **10:30am**.
There will be no Sunday School over summer break.
Regular worship time will resume September 4th.

WORSHIP AND MISSION:

During the 2021-year West Haven committed to four Special Offerings within the Presbyterian Church. West Haven generously contributed \$1,568.79 to the following offerings. (West Haven offerings are in the left column, National are in the right column.)

	West Haven	Nationally
Christmas Joy Offering	\$430.00	\$2766,954
One Great Hour of Sharing	\$544.00	\$4,267,902
Pentecost Offering	\$258.79	\$716,154
Peace and Global Witness Offering (This includes Peacemaking offerings)		

To learn more about these missions please go to: [Presbyterian Special Offerings \(pcusa.org\)](http://PresbyterianSpecialOfferings(pcusa.org))



Around the Church

Summer Mission Project – Peacemakers Freedom School

For our summer mission project, we will be collecting school supplies for the Peacemakers Freedom School. Peacemakers has been working with the children of South Rocky Mount for several years, helping the children achieve educational goals that have previously been challenging or lost to them. Last year, Peacemakers announced that the Freedom School would open in 2022, giving underprivileged children educational opportunities that have generally only been available to the more affluent. Since this is a new school, much is needed. Items needed are:

Tempera Paints Assortment, First Aid Kits, Facial Tissue, Elmers Liquid School Glue, Mini Hot Glue Sticks, Staplers, Mead Loose Leaf Paper College Ruled 10.5 by 8 hole punched for 3 ring binder, Lunch bags, Post-it Super Sticky Easel Pad, Pre-sharpened number 2 pencils, 3x5 index cards, 12 inch Plastic Rulers with Centimeters and Inches, Washable Glue Sticks, Lightweight Construction Paper, Pre-Sharpended Colored Pencils, Washable Markers, Boxes of 24 Vibrant Colored Crayons.

There will be a box at both entrances to the church beginning the **first Sunday of June through mid-August**. Please give generously to support the young scholars in our neighborhood. Thank you!

VBS

It is quickly approaching! Get your kids, grandkids, nieces, nephews excited!
Those VBS dates are **June 13-17** running from 8:45 am until 12:00 noon.

A word of thanks:

Dear West Haven family,

My sincerest thank you for all of the prayers, cards, texts, calls, and visits. And, for the meals...all delicious and VERY helpful. When this journey began with the hip replacement, I had no idea it would turn into the harrowing experience it did. God was present in so many ways...doctors, nurses, my family, my friends, and my church family. God has used all of you to help me heal!

I look forward to being back at church soon. Love, Patty

Thank you to Pat and Rick Adams for sharing your journey to the Holy Land with pictures and narrative. When we study different events and places in scripture in the future, it will take on a more personal meaning knowing that you traveled to those places.

Officer In Charge/Greeter Schedule for June 2022:

	OIC	Greeter
June 5	Phil Broomell	Liz Broomell
June 12	Peggy Griffin	Inez Izzell
June 19	John Stratton	Nan Schlorman
June 26	Kevin Stussie	Amy Dawes

Thank you, officers for your dedication to your Church and community!



Scout Yard Sale Saturday, June 18

These early spring days are perfect for cleaning closets! The Scout Yard Sale is the primary fundraiser Troop 11 uses to make summer camp affordable for our scouts. Contact Phil Broomell, or John Stratton for pick up or bring your items to the church gymnasium.

Donations are due by June 11.

Thanks!.

Prayer Requests

Ron Bruce Rusty Ewing Bob Deyton
Preston Smith Mike and Helen Toler Karen Dawes Patty Shearin

Home Bound Members

Guildaroy Baker, Audrey Clark, Ralph Webb

God, good beyond all that is good,
fair beyond all that is fair,
in you is calmness, peace, and concord.
Heal the dissensions that divide us from one another
and bring us back to a unity of love
bearing some likeness to your divine nature.
Through the embrace of love
and the bonds of godly affection,
make us one in the Spirit
by your peace which makes all things peaceful.
We ask this through the grace, mercy, and tenderness
of your Son, Jesus Christ our Lord. **Amen.**
—Dionysius of Alexandria (d. 264)

Recipes!

Mealtime Grace-
God of grace,
sustain our bodies with this food,
our hearts with true friendship,
and our souls with your truth,
for Christ's sake. **Amen.**

From the Kitchen of Peggy Griffin, by way of her Aunt Pearl. These are from the first submission for "Recipe of the Month" for the Newsletter!

BAKED PINEAPPLE CASSEROLE

Ingredients

- 1 15-1/4-ounce can pineapple chunks (juice pack)
- 1/2 cup sugar
- 3 tablespoons all-purpose flour
- 1 cup shredded cheddar cheese (4 ounces)
- 1/2 cup crushed rich round crackers (about 12 crackers)
- 3 tablespoons margarine or butter, melted

Directions

1. Grease 1-quart casserole (or 9 in. square pan); set aside. Drain pineapple, reserving juice (you should have about 2/3 cup juice). In medium bowl, stir together the sugar and flour. Stir in reserved juice until smooth. Stir in the pineapple and cheese. Pour into prepared casserole.

2. In small bowl, stir together the crackers and margarine; sprinkle over pineapple mixture. Bake in a 325 degree F oven for 20 to 25 minutes or until top is golden.

2. **Makes 4 to 6 side-dish servings.**

BBQ SHRIMP

Ingredients

2 lbs. large shrimp (deveined, tails & shells intact)

1 1/2 sticks (12 TBs) unsalted butter, melted (I used margarine)

3/4 cup Worcestershire sauce

3 TBs Old Bay or other seafood seasoning

Directions

1. Preheat broiler.

2. Mix together butter, Worcestershire sauce & seafood seasoning. Toss with shrimp (coating thoroughly) on a large rimmed baking sheet (I mixed everything and let sit for about 10-15 minutes before broiling).

3. Broil until shrimp are pink and opaque – about 5 to 10 minutes (I stirred around on baking sheet a couple of times)

SERVE with lemon wedges and crusty bread (which are optional---BUT VERY GOOD)

4 – 6 generous servings