

But whoever drinks the water I give them will never  
thirst. Indeed, the water I give them will become in  
them a spring of water welling up to eternal life.

John 4:14



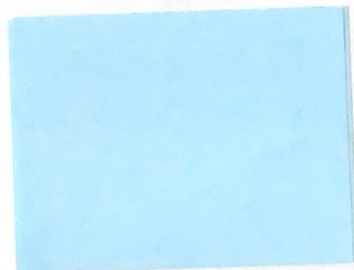
BEACON ~ MAY 2024

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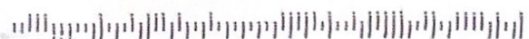
BETHLEHEM UNITED PRESBYTERIAN CHURCH

45 CHAPEL ROAD - BETHLEHEM

WHEELING, WV 26003-4815



26003-4815





And so imaging gave new life to one who could indeed conceive and believe. This is a powerful process but it doesn't have to be complicated. I had a letter from a man who said his life had been plagued by all sorts of worries and fears. Then one evening, he heard me give a talk on the importance of emptying the mind of doubts and apprehensions and negative thoughts. It happened that at that moment, he was holding in his hand a glass filled with a carbonated soft drink. As he listened to my talk, he looked at the glass and noticed the bubbles rising from the bottom, one by one, moving up through the liquid, reaching the surface, then breaking and disappearing into nothingness. He said the parallel struck him so forcibly he decided this was the image he would hold in his mind during the day, and especially at night before falling asleep: the image of his worries and fears, like bubbles, coming from deep within him. Rising to the surface and breaking into nothingness. He added he had tried this technique and "already it is working wonders."

Not a bad idea! If worries make you sleepless, image them as nothing but insubstantial bubbles, and let trust float them away. Trying to help people solve their difficulties is perhaps the most exciting and rewarding thing Ruth, my wife, and I have ever done.

Day after day, the mail pours into Peale Center from people with every kind of problem: health problems, money problems, personality problems. Each letter reveals some negative aspect of life that is holding someone back from happiness. "I have a boss who doesn't like me." Or a wife who nags. Or a husband who is unfaithful. Or a conscience that is troubled. Or a defiant child. Or a weight problem. Or a drinking problem. On and on. Everywhere, problems. Everywhere, people struggling to solve them. Years of trying to relieve people in distress has left Ruth and me convinced of three things:

1. Every human being has an enormous problem-solving potential built into him or her. It's only when that potential is blocked or weakened by defeatist attitudes or negative emotions, that problems seem unsolvable or overwhelming.
2. Problems are an essential and necessary ingredient of life. They can actually be good for you, although they may be painful at the time. All worth-while achievements are the result of problem solving. Problem solvers are strong people because they struggle to overcome difficulties or adversities. And the reverse is true: People who never have to face problems get soft, mentally and spiritually, just as people who never exercise get flabby physically. When I hear some troubled person cry, "Why does God let this happen to me?" I often feel like saying, "Because He knows you'll grow and be strengthened if you grapple with your difficulty; He made you that way!"
3. The basic tools of problem solving are available to anyone. One of the most effective is the technique of imaging. Anyone can experiment with it. There's nothing very difficult about it. And it can be applied to just about any problem under the sun. One cautionary word, though. Make the Lord a silent partner in all forms of imaging, because He is the touchstone that will keep your desires on the high plane of morality where they belong. Imaging can be applied to unworthy goals as well as worthy ones. Praying about goals is essential, because if there are any selfish aims or sinful motives, they will appear as you pray. Pray to be sure your goal is right, for if it isn't right it is wrong, and nothing that is wrong ever turned out right. A wise man once said, "Be careful what you wish for, because you may get it." That applies to imaging even more forcefully: If you image something long enough and hard enough, you *will* get it. Here's a simple imaging technique that you may find helpful if some stubborn problem is troubling you. Take thirty seconds right now and picture yourself solving it, overcoming it, moving beyond it into a realm of confidence. Then take three long, deep breaths and exhale slowly after each one. As you take the first one, say to yourself, "I'm breathing in confidence; I'm breathing out fear." With the second: "I'm breathing in power; I'm breathing out weakness." With the third: "I'm breathing in victory over my problem (name it); I'm breathing out defeat." Then as you continue, visualize new confidence and determination flowing into you. You can take control of your problems. You can take command of your life. Imaging is the technique that can help you do it—and it will!

By Norman Vincent Peale



SOLVE THAT PROBLEM! By: Norman Vincent Peale

You are greater than anything that can happen to you. This is a basic fact about human beings and their problems. In big and terrifying crises, people find within themselves a power and a strength and also a wisdom they had no idea they possessed. Of course, we believe that these resources come from God, who created every person and who is resident in human nature as well as in the natural world. We also believe since the Kingdom of God is within all of us, the solutions to problems are also within us. The assumption makes sense.

A woman named Peggy Paul, in her early forties, faced a problem—a really tough problem. Terminal cancer, they called it, according to her story in the newspaper. Ms. Paul was, and is, so we understand, under the care of distinguished physicians, who employed chemotherapy, but her condition deteriorated and she became fatalistic in outlook. The gift of a tray on which were inscribed the words "DON'T QUIT", coupled with a statement by a nurse that she did not have to die simply because she was told she was terminal, stirred up her will to live and her will to fight. It was then she came upon the self-help techniques suggested in *Getting Well Again* by Dr. Carl Simonton with Dr. Stephanie Matthews-Simonton. The Simontons, as we understand their viewpoint, believe psychological forces such as unhappiness and emotional despair are prominent in the development of cancer and, conversely, the elimination of these factors is important in the cure of the disease.

The immune system or the immunity power of the body seems to be greatly affected by the mental level of unhappiness and emotional distress. The Simontons apparently hold this view and their effort is to develop a joyous and positive life-style to counteract the harmful effect of negative emotions. Relaxation and visualization are evidently basic in their method. The patient is encouraged to image the white cells in the immune system of the body along with administered drugs, chemotherapy, and other forms of medical treatment involved in the effort, as destroying the malignant cells. Ms. Paul adopted the routine of relaxation and an untensing procedure, meanwhile imaging the progressive destruction of the unhealthy cells by the healthy and powerful white cells. She begins by picturing the drug she is receiving in chemotherapy as having the power to break off cancer cells from any tumor and turn them into highly visible orange food, which is then swallowed up by her white blood cells, which she envisions as being rabbits. She envisions rabbits for a good reason, says Peggy Paul. Rabbits reproduce freely, so there are always lots of them around. And they are always very hungry so they naturally eat lots of their favorite food, the orange-colored cancer cells.

Since the cancer cells can be anywhere in her body, this patient visualizes her hungry rabbits (white blood cells) going through her bloodstream everywhere, seeking out and eating the orange food (cancer cells) until no more can be found. "I need to make sure there aren't any cancer cells coming to rest in my chest or anywhere else. So I have my rabbits (white blood cells) going up and down my arms and through my whole body, my brain and everywhere. But when they get to my liver area, they really concentrate," she says. She is said to have also reorganized her positive goals and life priorities. She visualized the battle for health as being gradually won, meanwhile continuing under regular medical treatment. "Finally," says the article, "22 months after her liver cancer was diagnosed, a fourth liver scan confirmed what Ms. Paul had imaged for so long: The tumor in her liver had indeed shrunk. The scan was normal." It is significant that this patient, rescued from death, thinks that, in the total process of recovery from a malignant condition, her new understanding and control of problems is an important factor.

She is quoted as saying, "Today. I can tell you I think the fact that I had this disastrous disease gave me an opportunity to reassess my life and to make goals I never thought about making before. It also settled a lot of inner resentment and anger. I was able to resolve those problems and to feel more secure about who I am and where I stand. I'm delighted."

Peggy Paul, so we are told, gives to all who show an interest, a card on which is printed:  
"WHATEVER YOUR MIND CAN CONCEIVE AND BELIEVE, AND YOUR HEART DESIRE, YOU CAN ACHIEVE."



## APRIL'S ANSWERS: BIBLE MATH

Follow the instructions given to solve this Bible math problem.

Your answer should be the same as the number of foolish virgins in Matthew 25. **(5)**

1. Start with the number Jesus fed in Matthew 14:21.  $5,000$
2. Divide by the number of foolish virgins in Matthew 25.  $5,000 \div 5 = 1,000$
3. Subtract the size of Gideon's army in Judges 7:7.  $1,000 - 300 = 700$
4. Divide by the number of the day on which God rested after Creation.  $700 \div 7 = 100$
5. Add the number of sisters Lazarus had.  $100 + 2 = 102$
6. Subtract the number of tribes of Israel there were.  $102 - 12 = 90$

7. Divide by the number of friends Daniel had.  $90 \div 3 = 30$

8. Multiply by the number in "no man can serve 2 masters."  $30 \times 2 = 60$

9. Subtract the number of spies who brought a bad report about Canaan.  $60 - 10 = 50$

10. Subtract the number of fish the little boy had in his lunch.  $50 - 2 = 48$

11. Divide by the number of disciples Jesus had.  $48 \div 12 = 4$

12. Add the number of lepers who thanked Jesus for being cured.  $4 + 1 = 5$

Have not found another puzzle book yet, but did find my Fascinating BIBLE FACTS book I was always interested in the following - tho't you might be also:

"A happy heart makes the face cheerful."  
PROVERBS 15:13 NV

## Who Was El Shaddai?

One of God's titles was *El Shaddai*, which is usually translated as "God Almighty." God told Moses that he had appeared to Abraham, Isaac, and Jacob as *El Shaddai*, but that he did not reveal to them the full implications of his personal name, *Yahweh* (Exodus 6:3).



God's name in Hebrew

## "I AM WHO I AM"

When Moses asked God what his name was, God responded with this cryptic phrase: "I am who I am" (Exodus 3:14). These words in Hebrew are related to God's personal name, *Yahweh*. God may have been revealing something profound about himself, or he also may have been reminding Moses of his earlier promise that "I will be with you" (verse 12).

## God's Personal Name

Just as the Canaanite high god's personal name was Baal, the Mesopotamian high god's name was Marduk, or the Egyptian high god's name was Ra, so the Israelites' God had a personal name, *Yahweh*. Its exact meaning is debated; it either means "he creates" or "he is (with his people)."

## Don't Say That Name!

The personal name of God (written as Y-H-W-H) was so holy to the Jews that they eventually stopped pronouncing it because they felt unworthy. When they encountered this name in the Bible while reading aloud, they substituted one of God's titles, *adonay* ("the Lord"). In most English Bibles today, God's personal name is written in small capital letters as "the LORD".

## Who Was Jehovah?

Jehovah was the rendering of God's personal name that arose when the consonants of his name were combined with the vowels of its substitute in oral reading (Y-H-W-H and *adonay*): *Yahowah*. This mixed-up form was never heard in the Jewish synagogue, but entered the common English language by the King James Bible.



## MAY BIRTHDAYS & ANNIVERSARY



1<sup>ST</sup> BILL SYPHERS  
5<sup>TH</sup> CHERYL GUY  
7<sup>TH</sup> NANCY HOSTUTLER  
16<sup>TH</sup> PRESTON HOSTUTLER  
27<sup>TH</sup> JOHN HABAK

11<sup>TH</sup> PRESTON & NANCY  
HOSTUTLER

TRUST IN THE  
*Lord*  
WITH ALL YOUR  
*Heart*

### IN OUR HEARTS and PRAYERS

#### General, Long-term, and Special Health Concerns

Dorothy Werbecki, health concerns  
Rev. Homer Harden, health concerns  
Joellen McNeil, health concerns  
Nancy Elliott, health concerns  
Carolyn Dye, health concerns  
Wayne Cunningham, health concerns  
Gretchen Cunningham, health concerns  
David Waites, health concerns  
Camden Brown, eye/health concerns  
John Adams, health concerns  
Nancy K. Mumley, health concerns  
Eydie Garvin, health concerns  
Bill Syphers, health concerns

#### NURSING HOME & RETIREMENT HOME

Dorothy Werbecki, Continuous Care Center, Room 248,  
236 Hullihen Place, Medical Park, Wheeling, WV 26003

Peggy Foster, Good Shepherd Nursing Home,  
159 Edington Lane, Wheeling, WV 2600

Craig Garvin, Peterson Healthcare & Rehab Center,  
20 Homestead Avenue, Wheeling, WV 26003


Tom Hostutler, Moundsville Healthcare Center, Room 404,  
2200 Floral Avenue, Moundsville, WV 26041

#### **With sorrow we report the death of**

**MaBelle Barry Sligar, 97 years old.**

**April 19, 2024. Mabelle was a  
former Deacon. Service and  
interment were private.**



his love   
endures forever



**We were pleased to have Patrick and Robin Sheehan worshipping  
with us April 28<sup>th</sup>, and getting to visit with them during coffee hour.  
Unfortunately on their way home, they were notified their younger  
sister, *Colleen Sheehan Wright had died suddenly.* Colleen lived in  
Phoenix, Arizona. There will be no service now. A memorial is  
planned at a later date, possibly in Greensburg, PA.**

**Pat's address: Patrick Sheehan - 7258 St. Thomas Court  
Toledo, OH 43617-2244**



## MOM – a Child's perspective

Why Did God make Mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean house.
3. To help us out of there when we were getting born.



How Did God make Mothers?

1. He used dirt, just like the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me -  
He just used bigger parts.

What **ingredients** are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones -  
Then they mostly use string, I think.

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's mom like me.

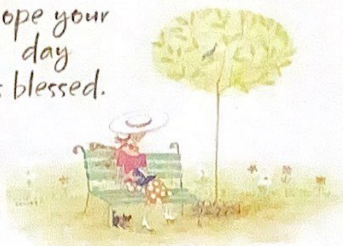
What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer? Does he make at least \$800 a year? Did he say NO to drugs and YES to chores.

Hope your  
day  
is blessed.





Having returned from National Day of Prayer, one of Dawn Noble's best programs, I really am feeling quite inadequate as a mother! Dawn had decided this year, due to the unacceptable state of the country and behavior of undisciplined college students, to focus on "The Family" where children's teaching/education begins. One family present, I remembered their name—Johnson!, had seven children, the youngest a darling squirmy five month old girl and all six sat intently listening to their father who gave an excellent speech regarding their daily devotions each evening before bed and his thoughts for a Godly family. He admitted there might be an evening when events might make that quiet time impossible and its "everyone go to bed"!

The other family had six children and although Dad's speech was not as easy to hear, this bunch was as lively as one would figure young ones would be, including the babe in arms who was handed off to her Dad as he was speaking, climbing over his shoulder, while the mother corralled the next youngest who Dawn heard him say he was "having a bad day"! Also, this family has devotions each evening with their children. We surely need many more families who make God the head of their households.

A gentleman who prayed for emergency responders, I recognized as one of four running for a council person for my third ward in Wheeling. After talking with him, and campaigning for our pulpit, he agreed to bring us our Sunday message some Sunday this Summer, after the election is over! When I explained where we were located, he called to his wife to tell her who he was talking with — they had been married in our church in 1999. (He previously was a Catholic).

Also, trying to help Bob Young, I believe Dawn Noble will be able to fill our pulpit some Sunday this Summer. If you want to hear Dawn prior to her being at BUPC, she has a program Monday at 8:00 p.m. on WWVA, AM - 1170. I think she is good and not because she's an OVGH Nursing Graduate!! 😊







*This  
Beautiful  
Painting by  
Our own  
Katie Burns  
adorns our  
Sanctuary*

**PENTECOST**  
is  
**MAY 19, '24**

### **ACTS 1:9-11**

<sup>9</sup>When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. <sup>10</sup>While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. <sup>11</sup>They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."



# **WORSHIP SERVICE at 10:45 a.m.**

**Communion when we have a Presbyterian,  
Lutheran, or Episcopal Minister.**

**Church Phone: 304-242-4407**

**Email: [secretary@bupcwheeling.org](mailto:secretary@bupcwheeling.org)**

**Web Site: <https://bupcwheelingwv.org>**

## **===Church Staff===**

**Music Director & Organist ~ Cliff Elliott**

**Custodian & Grounds Keeper ~ Dan Burns**

**Treasurer ~ Eydie Garvin**

**Secretary ~ Sue Lane Johnson**

*walk  
in  
faith*

## **What Is a Mom?**

A hug queen, advice machine,  
coach and player,

monster slayer,  
lost-sock finder,  
chore reminder,

organizer, economizer,  
fashion setter,

bargain getter,  
She's all those things  
and much more, too -

**May 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>APRIL</b> 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	<b>JUNE</b> 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			National Day of Prayer 8 a.m. Men's Breakfast		Pastor Harris Labyrinth 10 am - 3 p.m.
10:45 a.m. Worship Service 5	6	7 5 p.m. Friendship Dinners NEW	8 VE Day (1945)	9 Ascension of the Lord	10	11 Armed Forces Day
Mother's Day 10:45 a.m. Worship Service LUNCHEON 12	13	14	15	16 8 a.m. Men's Breakfast	17	18
10:45 a.m. WORSHIP SERVICE PENTECOST Deacons meet after coffee 19	? Session? 7 p.m. Sivert Recital 20	7 p.m. Sivert Recital 21	22	7 p.m. Sivert Recital FULL 23 8 a.m. Men's Breakfast	24	25
26	Memorial Day 27	28	29	30	31	