



Bethany  
Presbyterian  
Church

Sharing, Caring,  
Believing, Doing

# The Church Mouse



Bethany Presbyterian Church

## ASH WEDNESDAY WORSHIP March 5th at 7:00pm



The Community and Global Mission Committee has designated The People's Pantry as the recipient of this year's Ash Wednesday, Maundy Thursday, and Easter offerings. The People's Pantry is located at 555 Avenue D in the City of Rochester 14621 neighborhood. They provide groceries to individuals and families to help mitigate the effects of food insecurity with dignity and without bias or discrimination. It is their goal to alleviate hunger and promote healthy nutrition among people in need within the Rochester community. They strive to provide access to healthy food, offer supportive services, and create a compassionate environment where every person is treated with dignity and respect.

### Bethany Women's Tea- Saturday, April 5, 2025 @ 11:00 am

All women are welcome to attend our annual Bethany Women's Tea. *Red Bird Café* will cater the tea which will include sandwiches, salads, desserts, and tea. There will be a floral arrangement presentation by Justice Florist and share time together. Sign-up for the tea will begin on Sundays, March 2, 9, 16, 23 and 30 after each worship service in the Narthex.

We also would like to thank the congregation for their generous donation of \$525.00 for the blankets. Bethany Women will donate \$100.00 which will give Church World Services a total of \$625.00. Thank you for helping blanket those in need with your kindness.

**The Annual Meeting of Bethany Presbyterian Church has been called for Sunday March 9, 2025 immediately following the worship service in the sanctuary.** The purpose of the meeting is hearing reports, receiving the 2025 annual budget and the Pastor's terms of call, and for any other business that may properly come before the meeting.

### Bethany Mission Statement

*Bethany is where God's love nurtures friendship, hope, and peace.*

March  
2025

Volume 28,  
Issue 3

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### Special points of interest:

- Stephen Ministry
- Church Calendar
- Jennifer's Closet
- Bethany Women
- Shipmates

Deadline for the  
April  
Newsletter is on  
March 24, 2025

## Pastor's Page:

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Dear Friends,

In ancient times, the forty days of Lent were observed through fasting, both from foods and festivities, and by other acts of penance. Today, some people give up a favorite food (e.g. chocolate) or activity (e.g., going to the movies, playing video games) for Lent, or they may instead take on a Lenten discipline such as daily devotions or volunteering with charity work.

I share with you this prayer by William Arthur Ward to use this Lenten Season to prepare our hearts to receive the gift of Easter.

Fast from thoughts of illness; feast on the healing power of God

Fast from words that pollute; feast on words that purify

Fast from discontent; feast on gratitude

Fast from pessimism; feast on optimism

Fast from worry; feast on trust

Fast from guilt; feast on freedom

Fast from complaining; feast on appreciation

Fast from hostility; feast on letting go

Fast from bitterness; feast on forgiveness

Fast from selfishness; feast on compassion for others

Fast from discouragement; feast on seeing the good

Fast from idle gossip; feast on spreading good news

Fast from being so busy; feast on quiet silence

Fast from problems that overwhelm us; feast on prayerful trust

Fast from talking; feast on listening

Fast from trying to be in control; feast on letting go.

Grace and Peace,

Dr. Bob Spratt

## With Our People

Christian love and sympathy is extended to Ron & Cheryl Fisher and family, at the passing of Ron's uncle.



**Tai Chi for Arthritis & Fall Prevention  
Monday & Wednesdays  
1:00—1:45PM  
April 7—May 28, 2025  
Bethany Presbyterian Church**

To register: Please call Lisa Clement  
585-363-0446

For more information, please contact  
Julie Battaglia at 585-368-5372  
Suggested contribution of \$25 for materials and series.

*Tai Chi provided by*



## Fiscal Focus

2025	January	Year to Date	% Budget
Income	\$37,098.68	\$37,098.68	7.64%
Expense	\$35,144.38	\$35,144.38	7.23%
Surplus/ (Deficit)	\$1,954.30	\$1,954.30	



Jennifer's Closet is open Tuesdays 1:00-3:00, Thursdays 9:30-noon, and the third Saturday of the month from 10:00-1:00.

**COMMUNITY SUPPER:** Self-Defense with April Honan. Please join us Monday, March 10 at 6:00PM for a Community Supper of followed by a self-defense class taught by our very own April Honan! April will guide the group on topics such as distractions, personal weapons available to you, striking points, and techniques. While these are things we hope to never have to use, the best of-fense is a good defense, so come learn some basics to defend yourself! Participation is voluntary. Dinner menu: Pizza, Salad, water and dessert will be served. \$5 dinner fee is payable in cash at the event. Sign-up in the narthex or call the church office at 663-3000.

### COMMUNITY SUPPER

Wednesday, March 19th  
6PM  
Bethany Large Hall

Dinner Menu:  
American Goulash  
\$10 dinner fee is payable in cash at the event.  
To register sign-up in the narthex or contact the church office at 663-3000.



Provided by the Catering and Hospitality Department of Episcopal SeniorLife Communities.

Lenten Worship with special music to follow at 6:30PM in the sanctuary.

**EMERGENCY CONTACT:** At times, families or individuals may find they need pastoral support for various reasons ranging from a long-term matter or an emergency. In the event of a pastoral emergency, this can be sought by calling the church office (585) 663-3000 during normal business hours or after hours at (585) 496-4699. In addition, Stephen Ministers are congregation members trained by Stephen Leaders to offer high-quality, one-to-one Christian care to people going through tough times. To receive support from a Stephen Minister contact Kim Bolinger at (585) 227-2540 or Wendy Watt (585) 415-2351.



# Stephen Ministry

Stephen Minister Article – March 2025

Who are “THEY”? “They” are the people who are always in the majority agreement on all sorts of discoveries, solutions, theories, etc. When you are trying to make a decision, someone will always say, “Well, “They” say that the best way to handle this is to, blah, blah, blah.....” Again, I ask, who are “They”?

In life, we find some times when we could use some answers from others. “They” say, you should eat your vegetables raw so you don’t lose the nutrition. Then “They” say, eating veggies raw makes it difficult for your digestive system. “They” say you should exercise five days a week for the best benefits. Then “They” say, a short walk a few times a week can be the best way to keep your system healthy. OK, maybe “they” are all right. Could be, but how do you sort it out?

You may have something on your mind that you would like to talk about that you don’t need so many suggestions. Maybe it is a feeling you are dealing with, a loss you have suffered, a concern of the future. You may just need someone to listen to you. Sometimes speaking out loud about a thought or situation can open up a new door or a new view of looking at a what was troubling you. When your mind is so busy, taking some time just for yourself in a quiet situation is all that was needed.

At Bethany, we have a group of Stephen Ministers who are ready for caring and listening. That is their specialty. Confidentiality, compassion, and wanting to lessen your concerns are why “They” are there for you to reach out to.

If you would like to visit with a Stephen Minister, please contact Wendy Watt or Dr. Bob.

In Memory of Cindi Sywulski (Cubby)  
written March 2014



Baby Shower a Great Success

Thank you to all those who donated items for the families with babies who come to Jennifer's Closet. Forty people had fun playing games, visiting with new and old friends, and enjoying four delicious soups and a celebration cake.

Adding up all the clothing (including everything from sweaters, onesies, socks and more), bedding, bath needs, diapers, toys, books, bottles, pacifiers and more, Bethany members and friends donated 440 items!!!!

The Community and Global Mission Committee and all the Jennifer's Closet volunteers thank you for your love and generosity.



*Shipmates*  
at Bethany  
Presbyterian Church  
3000 Dewey Ave - Greece, NY

with Community & Global Mission

**HELPING  
HANDS**  
Service Project

Thank you for your support, through your generosity we were able to contribute:

- 28 Rolls** - Paper Towels
- 10 Boxes** - Tall Kitchen bags
- 1 Box** - 18gal Trash Bags
- 20 Rolls** - Toilet Tissue
- 37 Boxes** - Facial Tissue
- 1 Pkg** - Napkins

Delivered to ...



## **BETHANY WOMEN**



*BPWC believes that an environment grounded in Christian beliefs promotes the full growth and expression of the individual. Such an environment renews, strengthens, and empowers the individual to participate in the life and work of the church, the servant community of Jesus Christ in the world.*

### **March Meeting/Program:** Tuesday, March 11, 2025 @ 10:00

Our speaker will be Michelle Quinn, Executive Director of Saints Place. Michelle will share Saints Place mission "Welcome the Stranger" by providing clothing, furniture, school supplies, household goods, tutoring and scholarships to newly arriving refugees in Rochester, New York.

### **Church World Services Blankets:**

Bethany Women would like to express our sincere appreciation for the kind and loving response from the congregation. Your generous donation of \$475 and Bethany Women's donation of \$100 will make a difference to someone facing a difficult time and remind them that they are not alone.

### **February 11, 2025, Meeting- Valentine Cards Project:**

At our February meeting, we prepared one hundred Valentine cards for the Rochester Presbyterian Home residents. We also enjoyed lunch together while we prepared the Valentine cards.

### **Budget:**

A huge shout out and a big thank you to all the women in the congregation. You continue to go above and beyond generously supporting the local and worldwide mission work of BPWC. Since the pledge letter went out in January 2025, we have received \$3720.

### **Afghans:**

Beth Thomsen will deliver two more afghans. "Thank You" to the women who make these afghans. So many people benefit from their kindness.

### **Women's Tea- Saturday, April 5, 2025 @ 11:00 am:**

All women are welcome to participate in a Women's Tea. *Red Bird Café* will cater for the tea which will include sandwiches, desserts, and tea. There will be a floral arrangement presentation by Justice Florist and time for fellowship and a fun activity. Sign-up for the tea will be on Sundays, March 2-30 after each worship service in the Narthex.

### **Floral Arrangement Presentation**



### **Display Case:**

Please take a minute to see programs and activities for women in the Parlor Display Case.

### **Bethany Women's Meetings:**

All women are welcome to share in fellowship. Please feel free to bring a friend. Women meet on the second Tuesday of the following months: September- June except for December and April which meet on Saturday. We have speakers who present on a variety of topics. We also coordinate service projects, Women's Tea, and fellowship opportunities.

### **Women's Brunch:**

We will be sharing "Brunch and Fellowship" at *Bill's Long Pond Diner* on the last Saturday of the months of September through June at 10:00 am. Our next Brunch is Saturday, March 29, at 10:00 am.

**SHIPMATES** invite you to **Mark Your Calendar - March 15, 2025** that will be the **3rd Saturday in March @ 11:00 AM** in the Bethany Cafe (*Large Hall*).

**Shipmates** has brought you weatherman Scott Hetsko, Monroe County Sheriff Todd Baxter, and now we would like to introduce you to **Bob Lonsberry**. Bob is a local reporter and talk-show host, he delivers a mix of news, community awareness, callers and day to day anecdotes that air on WHAM 1180AM in the mornings from 8am to 12pm. He has been a newspaper reporter, columnist, photojournalist and commentator on radio and television .He is also the father of 9, an Army veteran, marathon runner and a believer in the Church of Jesus Christ of Latter-day Saints. An interesting program is certain, with a Question & Answer period to follow. **Lunch** will be Pulled Pork Sandwiches, coleslaw, desserts, water coffee or tea. **Cost of Lunch is \$ 9 per person.** Please signup at the desk in the Narthex or send your check to Marie Watt, 292 Malden Street, Rochester, NY 14615. Indicate on the check memo line "Lonsberry".



**bob  
lonsberry**

**March 15, 2025**

**Bethany Cafe** (*Large Hall*)

**@ 11 AM**

**NOTE: This event is on the 3rd SATURDAY of the Month !**

# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> Presbytery Learning Day
<i>2</i> Communion 9-Present Word 10-Worship, Childcare 10:15-Youth Studies	<i>3</i> 11-The Chosen	<i>4</i> 9:30-Belles & Beaux 10-Staff meeting 1-Jennifer's Closet	<i>5</i> 2-Memorial Comm. 7-Ash Wednesday Service	<i>6</i> 9:30-Jennifer's Closet 7:15-Bethany Choir	<i>7</i>	<i>8</i> 9-Men's breakfast
<i>9</i> 9-Present Word 10-Worship, Childcare 10:15-Youth Studies 11-Annual meeting	<i>10</i> 6-Community Supper 6:30-Karate with April Honan 11-The Chosen 7-Life Group	<i>11</i> 9:30-Belles & Beaux 10-Presbyterian Women 10-Staff meeting 1-Jennifer's Closet	<i>12</i> 6-Spiritual Growth 6-Worship & Music 7:30-Celebration Ringers	<i>13</i> 9:30-Jennifer's Closet 7:15-Bethany Choir	<i>14</i>	<i>15</i> 10-Jennifer's Closet 11-Shipmates
<i>16</i> 9-Present Word 10-Worship, Childcare 10:15-Youth Studies	<i>17</i> 11-The Chosen 7-Stephen Ministers	<i>18</i> 9:30-Belles & Beaux 10-Personnel Committee 11:30-Staff meeting 1-Jennifer's Closet	<i>19</i> 6-Community Supper 6:30-Lenten Service 7:30-Celebration Ringers	<i>20</i> 9:30-Jennifer's Closet 7:15-Bethany Choir	<i>21</i> 11-Budget & Finance	<i>22</i>
<i>23</i> 9-Present Word 10-Worship, Childcare 10:15-Youth Studies 11-Christian Ed 12-Session	<i>24</i> 11-The Chosen 7-Life Group	<i>25</i> 9:30-Belles & Beaux 10-Staff meeting 1-Jennifer's Closet	<i>26</i> 7:30-Celebration Ringers	<i>27</i> 9:30-Jennifer's Closet 7:15-Bethany Choir	<i>28</i>	<i>29</i>
<i>30</i> 9-Present Word 10-Worship, Childcare 10:15-Youth Studies	<i>31</i> 11-The Chosen					

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## Bethany Presbyterian Church

Bethany Presbyterian Church  
3000 Dewey Avenue  
Rochester, NY 14616

Phone: 585-663-3000  
[www.bethanyrochester.org](http://www.bethanyrochester.org)

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U.S. Postage  
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Rochester, New York  
Permit No. 881

**Change Service Requested**  
**Mailed February 28, 2025**

**We're on the Web!**

## Ministries Team

### Head of Staff / Sr. Pastor

Dr. Bob Spratt

### Music Ministry

Benjamin Kjell - Music Director  
Jean Coniber - Bell Choir Director

### Bookkeeper

Tom Olney

### Treasurer

Patric Donaghue

### Administrative Assistant & Mouse Editor

Eileen Sengillo

### Custodians

Jim Cruppe  
Cornelius Yawn

### Nursery Child Care Worker

Jennifer Watt

### Youth & Children's Ministry Leader

Andrew Ferreira

### The Session

Kim Bolinger, Budget & Finance  
Wendy Watt, Christian Education  
Judy Price, Community & Global Miss.  
Michael DePew, Generosity  
Bev Murray, Nominating  
Jim Hetzler, Personnel  
Rick Clement, Property  
Heather Kruspe, Spiritual Growth  
Karen McIver, Worship & Music  
Dr. Bob Spratt, Moderator

