

Bethany  
Presbyterian  
Church

Sharing, Caring,  
Believing, Doing

# The Church Mouse



**Bethany Presbyterian Church**

**May  
2023**

Volume 26,  
Issue 5

**Inside this issue:**

Pastor's Page

2

**Special points of  
interest:**

- Stephen Ministry
- Shipmates
- Church Calendar
- Presbyterian Women



## **Greece CROP Hunger Walk 2023 May 7<sup>th</sup> Aldersgate Church**

This year's Greece CROP Hunger Walk will begin at Aldersgate Church. Walkers will confirm their registration at 1:00. Choose either the 0.5 or 2.5-mile route. 25% of funds raised will be donated to the

Greece Ecumenical Food Shelf and 75% will go to CWS for fighting hunger worldwide. Join Bethany's team or sponsor our team online here: [events.crophungerwalk.org/2023/team/bethany-presbyterian-church-2](https://events.crophungerwalk.org/2023/team/bethany-presbyterian-church-2) To make a cash donation, contact Cheryl Fisher, after the Sunday Service or contact one of our walkers directly.

## **NEW MEMBER CLASS:**

**Are you interested in becoming an active member of Bethany Presbyterian Church? Maybe you're not sure about membership but you would like to know more about what it means to be a Presbyterian Christian? Join Dr. Bob Spratt. A new member class will be forming soon. For more information contact the church office at 663-3000 or email Dr. Bob at: [DrSpratt.bethany@gmail.com](mailto:DrSpratt.bethany@gmail.com)**



### **Bethany Mission Statement**

*We are a welcoming Christian family who worships God and nurtures spiritual growth through friendship, learning, music and serving others.*

**Deadline for the  
June  
Newsletter is on  
May 14, 2023**

# Pastor's Page:

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Dear Friends,

Allen Emery, the author of the delightful little book titled, *A Turtle on the Fencepost*, argued that if you see a turtle on a fencepost, you can be pretty sure that the turtle did not get there by itself. If that turtle brags about getting there itself, we know it is lying.

As people of faith, we give thanks and give credit to the one who has put us where we are. We are extravagantly grateful but we express our gratitude in a variety of ways. Our gratitude often reflects our unique personalities.

Brant Baker in his book, *P.R.A.Y.E.R.: Guidance for Church Leaders*, teaches in a rather fascinating way using the different personality types represented in the Myers-Briggs Type Indicator to show how people pray in different ways according to their personalities.

The first prayer mentioned is the Thomistic Prayer. This type of prayer is "logical; critical, demanding, likely to schedule even play time; communication tends to be precise."

The second type of prayer is what they call the Ignatian Prayer. This type of prayer "wants to feel useful; typical of givers, rather than receivers; practical; tends to enjoy ceremony and ritual; industrious; and always prepared."

The third type of prayer is called the Augustinian Prayer. The characteristics of their prayers: "usually creative, optimistic, tends to communicate with others easily; hates conflict, prefers face-to-face encounters; always searching for meaning, authenticity, and self-identity."

The final type of prayer is the Franciscan Prayer. This prayer is "free; unconfined; impulsive; dislikes being tied down to rules; loves action; good trouble-shooters; flexible and open-minded."

Do you fit into one of these four categories when you pray and express your gratitude to God? It's good to be aware of different personality types since we all don't express prayer and thanksgiving in the same way, even though we may be as authentic as the next person.

Finally, our core gratitude to God may be all that might be required. Meister Eckhart, the Christian mystic, once wrote that "if the only prayer we ever prayed our whole life was 'Thank you' that would be enough."

Blessings,

Dr. Bob Spratt



# Stephen Ministry

I am not a good spring cleaner. I admit it, but I do like to give the impression that I at least give it a try. Sometimes I just move items from one room to another to make it look like I have made an attempt, but in reality, I know I am just going to have to deal with it again later.

Is it important to give the impression that we are in control of things in our life? Sometimes we carry baggage from the past and have no where to set that baggage down. We just continue to carry it from one place to another and don't want to open it and sort through it. After all, it has been packed away for all this time, so why does it matter?

You know what? It matters. It matters that you have memories, and history locked in that baggage. How did it get there? Why was it put there? Sometimes opening up those thoughts helps you realize that you are now ready to share and sort through that travel bag of yours.

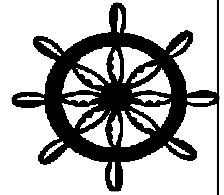
Everyone comes with baggage. Here at Bethany, we have a group of Stephen Ministers who care enough about you to help you unpack. If you would like to speak with a Stephen Minister, please contact Pastor Bob or Wendy Watt.

Peace and blessings to you from the Stephen Ministers,  
Cindi Sywulski

## Fiscal Focus

2023	March	Year to Date	% Budget
Income	\$39,028.90	\$107,233.48	22.62%
Expense	\$38,667.29	\$104,143.13	21.96%
Surplus/ (Deficit)	\$361.61	\$3,090.35	

**BALTIC SEA ADVENTURES:** Saturday May 13, 2023 at noon. Your stateroom is ready for a cruise on the Baltic Sea, with ports and tours in Norway, Sweden, Finland, Denmark, Poland, Estonia, Berlin Germany and St Petersburg Russia. An on-board (large hall) luncheon will be served at 12:00. Cost for tour and lunch is \$8.00. Please sign up in the narthex on Sunday mornings or by calling Judy Price 663-0097. (No passport required!) All are welcome to this Ship-



**SUPPORT A LUNCH FOR CAMERON:** May 21st, after the 10:00 service, C&GM will be sponsoring a meal to provide to Cameron Community Missions. Cameron serves a free hot meal to the public five days a week that serves 100-125 people, Monday-Friday from 12 – 1:30pm. We will be making presbyterian Chicken in the Kitchen and then delivering it to Cameron on Monday. Afterwards, for those who want more time, we will be going out for lunch. Remember many hands make light work!

### Lunch & Learn

Tuesday, May 23 at 12:30PM, Large Hall

#### Menu

Lemon Chicken Orzo Soup  
Chicken Tzatziki Wrap  
Greek Salad

\$7 lunch fee is payable in case at the event  
To register, stop by the church office or call 585.663.3000

Cancer Support Community  
Cancer support community serves over 6,000 people annually. Members both give and receive support and encouragement through their unique programs and events. They offer over 1,000 free programs each year to those whose lives have been impacted by cancer.

### Community Supper

Wednesday, May 17 at 6:00PM, Large Hall

#### Menu

Chicken Marsala with Prosciutto  
Escarole and Mushroom  
served over rice pilaf

\$10 fee is payable in cash at the event

Brought to you by Episcopal Seniorlife Communities Neighborhood program. Provided by David Watkins, Director of Dining and Hospitality.

## **BETHANY PRESBYTERIAN WOMEN in the CONGREGATION**

*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.*



### **Bethany Women's Retreat 2023:**



On Saturday, April 15<sup>th</sup>, 37 women and friends participated in a retreat, *Wonderfull World- Where Women Explore God's Wonder and Love*. This year we traveled to Europe, Australia, and South America. In the opening session, women began an imaginative journey by "visiting" Australia. We spent time in worship and read the Bible to explore one women's miraculous encounter with Jesus' love. (Mark 5:25-34). While in Europe, we delighted in the history of the European continent- and "became royalty" through a fun friendship-building experience. We explored the Bible's royal promises. (1 Peter 2:9-10) In South America, women discovered the blessings of amigas (friends) as they created their own version



of the ideal "Wonderful Friend". They explored the true power of God's eternal friendship in their lives, and spent time journaling in response to worship and Scripture. (Luke 8:42-50 and Philippians 4:13) We are grateful for this experience where women were able to relax and recharge their faith and friendships!

**BPWC Budget Update:** In March we received an additional \$550 in Pledges. Pledges to the end of March are now at \$3,795.00. In March we had two expenses. The first was for our March speaker, Jonathan Westfall in the amount of \$50 and the second for the purchase of yarn in the amount of \$28.61. This yarn will be used for our Afghan project. Total expenses to the end of March are \$672.88.

**Afghans:**

Beth Thomsen delivered 102 knit squares (from Joan Vogt) to Joyce Adaskin. Joyce gave Beth a completed afghan and will wait until there are 5 afghans to donate.

**May Meeting: Tuesday, May 9, 2023**

Topic: " Experiencing the Land Acknowledgement"

Speaker: Roberta Davis

Biography: The Presenter is of Lenape and African Diasporan descent and self-identifies as Indigenous. Come and explore one means of decolonization and re-indigenization through the Land Acknowledgement.

**Sawyer Park Gathering:** We will begin gathering at Sawyer Park on the last Saturday in April, May, and June at 10:00 am. Please bring a chair to enjoy fellowship and beauty of God's world.

**June Lunch Meeting:** We will be meeting Tuesday on June 13th at 10:00 am. Paper goods, beverage, and ham will be provided. Please bring a dish to pass. We will also be voting on BPWC Officers. Nominations will be received on June 13th. Several of our current officers have agreed to serve again: Moderator, Karen Bolinger, Vice Moderator, Karen Dobbins, Treasurer, Linda Lamb, Secretary, Vacancy, Historian, Lisa Clement, and Member at Large, Mary Leader.

Speaker: Dr. Reverend Rebecca Letterman serves as Director of the Intellectual and Spiritual Humility Institute at Roberts Wesleyan University.

Topic: *Living as a New Creation: How does My Body Affect How I Follow Jesus?*

As Christians, we believe that Jesus came to make all things new. The Scriptures teach us to "put off the old man, and put on Christ." We know that classic spiritual practices like prayer, Bible reading, communal worship, and service to others all help form and express our commitment to follow Jesus. But over the past several decades, psychology, research into trauma, and advances in neuroscience have highlighted the significance of the physical aspect of our lives. So now we need to ask: how do our physical bodies contribute to our faithfulness to follow Jesus and our experiences of God's love?

**Building Caring Relationships:**

Any woman currently active or inactive with BPWC and would like to be added to the *Bethany Presbyterian Women in the Congregation Communication Distribution List* please contact Karen Bolinger- 585-227-2540 or [kbolinger@rochester.rr.com](mailto:kbolinger@rochester.rr.com).

# STEPHEN MINISTRY *by the* NUMBERS

## Bethany Presbyterian Church

5

Since enrollment, we've sent a total of 5 members to be trained as Stephen Leaders at Stephen Ministries' regional training conferences.

Since beginning Stephen Ministry, over 88 people have received Christ-centered care from Bethany Presbyterian Church's Stephen Ministers.

88

17

Bethany Presbyterian Church has been enrolled as a Stephen Ministry congregation since 2006. That's a total of 17 years of ministry!



The Stephen Leader team estimates that Stephen Ministry at Bethany Presbyterian Church has provided over 3200 hours of care!

3200

5

There are currently 5 active Stephen Ministers at Bethany Presbyterian Church

Since 2006 there have been 18 Stephen Ministers active in Bethany Presbyterian Church

18

To learn more about our Stephen Ministry, contact the church office, Bob Spratt, Wendy Watt or Kim Bolinger

2023

# May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 7-Nominating Comm.	<i>2</i> 9:30-Belles & Beaux 7-Contemporary Worship meeting	<i>3</i> 10-Staff meeting 6:30-Worship & Music 7:30-Celebration Ringers	<i>4</i> 2-Property Committee 7:15-Bethany Choir	<i>5</i>	<i>6</i> 10-Ann Walker Memorial Service
<i>7</i> <b>Crop Walk</b> 9-Present Word 10-Worship, Childcare, Roots & Wings 11:15-Youth Studies 11:30-Contemporary Worship	<i>8</i> 2-Pastoral Care Deacons 5:15-C&GM 7-Life Group 7-Nominating	<i>9</i> 9:30-Belles & Beaux 10-Presbyterian Women 7:30-Congregational Life	<i>10</i> 10-Staff meeting 6:30-Spiritual Growth 7-Christian Education 7:30-Celebration Ringers	<i>11</i> 7:15-Bethany Choir	<i>12</i>	<i>13</i> 9-Men's Club Breakfast Sawyer Park 12-Shipmates
<i>14</i> 9-Present Word 10-Worship, Childcare, Roots & Wings	<i>15</i> 7-Stephen Ministers 7-Nominating Comm.	<i>16</i> 9:30-Belles & Beaux 10-Personnel Comm. 12-Circle of Hope 7:30-Congregational Life	<i>17</i> 10-Staff meeting 6-Community Supper 7-Budget & Finance 7:30-Celebration Ringers	<i>18</i> 7:15-Bethany Choir	<i>19</i>	<i>20</i>
<i>21</i> <b>Children's Sunday</b> 9-Present Word 10-Worship, Childcare, Roots & Wings 11-C&GM 11:15-Youth Studies	<i>22</i> 7-Life Group 7-Nominating Comm	<i>23</i> 9:30-Belles & Beaux 12-Lunch & Learn	<i>24</i> 10-Staff meeting 7-Budget & Finance 7:30-Celebration Ringers	<i>25</i> 7:15-Bethany Choir	<i>26</i>	<i>27</i>
<i>28</i> 9-Present Word 10-Worship, Childcare, Roots & Wings 12-Session	<i>29</i> <b>Memorial Day</b> Church building closed	<i>30</i> 9:30-Belles & Beaux	<i>31</i> 10-Staff meeting 7:30-Celebration Ringers			

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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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**Mailed April 27, 2023**

**We're on the  
Web!**

## Ministries Team

### Head of Staff / Sr. Pastor

Dr. Bob Spratt

### Music Ministry

Jacob Montgomery - Music Director  
Jean Coniber - Bell Choir Director  
Jeff Tabor - Staff Singer

### Bookkeeper

Tom Olney

### Administrative Assistant & Mouse Editor

Eileen Sengillo

### Custodians

Jim Cruppe  
Jennifer Smith

### Nursery Child Care Worker

Jennifer Watt

### Youth & Children's Ministry Leader

Andrew Ferreira

### The Session

Craig Johnson, Budget & Finance  
Wendy Watt, Christian Education  
Judy Price, Community & Global Miss.  
Jennifer McGarrity, Congregational Life  
Bev Murray, Nominating  
Jim Hetzler, Personnel  
Dick Bauman, Property  
Heather Kruspe, Spiritual Growth  
Liz Whittingham, Worship & Music  
Dr. Bob Spratt, Moderator  
Linda Lamb, Clerk of Session

### Treasurer

Carl DeGraff

