



# TIDINGS

WESTHAMPTON PRESBYTERIAN CHURCH  
MARCH / APRIL

## *A Note From the Interim Pastor's Study*

Dear Members and Friends,

With Ash Wednesday just behind us, we are in Lent. Usually, a time for prayer and reflection, we learn how we can be better with Jesus. With its 40 days and six Sundays all leading to Holy Week and Easter Day, we focus on our **discipleship** and **how we can change** so that what we do is more like what God wants us to do. That means repentance and reconnecting with the new life Jesus gives in our baptism!



At a clergy meeting last month, one of the pastors was talking about Lent's focus on "sin" and repentance. He noted it's a long season in the church's year, perhaps too long. Another pastor agreed and said, jokingly, "My people just can't feel sorry for their sins that long!"

Of course, Lent is not just reflecting upon our sins: it is also **preparing for the new life** promised us in the resurrection Easter Day. Many of us give up something for Lent (When I was young, it was always Brussels' Sprouts!). But deep down inside we always knew that there really were some things about us we really wanted to give up but found it extremely difficult, if not impossible to do. **Lent is a time of transforming ourselves for the good, where the good is defined by Christ Jesus.** Sometimes this transformation involves more giving in to Christ than giving up of chocolates or meat. Sometimes this transformation means adding to our lives greater love for each other as that love was shown us on the Cross.

The One Great Hour of Sharing (OGHS) theme this year is "Where Is Your Treasure?" When we offer an answer to the question, we learn "where our heart is also." OGHS allows us to love one another near and far. Lent is a time to dirty our hands with love so our faith is more than words!

Your church family is a place to risk love and to develop supports and strength for our daily adventures into the world in loving each other. I invite you to find such love and support in our church life this Lent and Holy Week: Palm Sunday, Maundy Thursday and Good Friday worship—and, of course, Easter Day!

As always, in our shared Interim Ministry, please do not be hesitant or consider it unimportant to involve me in your concerns. This is the time to reflect, and deal with, issues of grief and endings, trust, congregational identity, and expectations for the future—our Mission Vision. I am in the office Mondays and Wednesdays from 9:00 am-12:00 noon. Drop by or arrange with Nancy a more convenient time: 288-2576; my email: [pastor@westhamptonpresbyterian.org](mailto:pastor@westhamptonpresbyterian.org) .

Faithfully yours in peace,

Peter Sulyok, Interim Pastor

## Youth Ministry News

### Meet our New Youth Ministry Coordinators: James and Cindy Relyea!

The Session's Personnel Committee is pleased to announce the selection of our new Youth Coordinators!

They are **James and Cindy Relyea**—and both come with a real heart for mission and young people. They are not new to a number of our youth who attended the New Orleans's Mission Work Trip last April, where Jim and Cindy served in a leadership capacity with our youth as well as the youth from Middle Island Presbyterian Church, where they are both members.

Jim and Cindy will begin their ministry on Sunday, March 1<sup>st</sup>, as they meet with our youth for the first time. We are calling it a soft landing as they have planned their meetings:

- Middle School Youth Group: 4:00—5:30 pm; and
- High School Youth Group: 7:00-8:30 pm.

This first meeting will be an opportunity for Jim and Cindy to meet with the youth and get to know them and to meet their parents as they drop the youth off. This “soft landing” will be followed by a “hard landing” as they join us in worship on Sunday, March 8<sup>th</sup>, where we will introduce them to the congregation during worship and recognize them during the Coffee and Fellowship Time in Parish Hall.

Watch the Web Page, the Youth Bulletin Board and e-mails for Youth Group events on Sundays March 8<sup>th</sup>, March 15<sup>th</sup>, and April 3<sup>rd</sup>, among other events leading up to Easter.

Along with their membership at Middle Island Presbyterian Church since 1994, they participate in worship at True North Community Church in Port Jefferson since 2006. Both have experience in volunteer leadership with youth groups, have participated in the leadership of youth ski-trips, mission trips to New Orleans and the “Pittsburgh Project,” and Habitat for Humanity locally as well as in New Orleans. Both have experience with Presbyterian Church (U.S.A.) youth events and activities through the Holmes Presbyterian Camp and Conference Center as well as in serving as adult advisor/leaders at the Presbyterian Youth Triennium, held at Perdue University, in West Lafayette, IN. Their ministry and experience includes, but is not limited to: fundraisers, dinners, breakfasts, lock-ins, soup kitchens, movies, sports, games, energizers, and more.

In addition, James is a retired Investigative Police Officer and Cindy works professionally as a nurse.

The Personnel Committee conducted interviews in February after advertizing locally for the position and making their selection from a pool of ten possible applicants. Youth Group Members Joanna DeLeon and Lydia Frenzel-Sulyok participated in the interview process and assisted the Personnel Committee in making its decision. All youth and their parents

are encouraged to turn to the youth section of the church web page for more information and for on-going Youth Ministry Program announcements.

### Confirmation 2009 Discovery Supper for Youth and Parents

All youth Eighth Grader and older are invited to be part of this year's Confirmation Class. A Confirmation Discovery Breakfast for youth and their parents is planned for Sunday, March 1<sup>st</sup>, 2009 at 8:00 am in Bailey Hall. Come and learn about what it means to be confirmed! Pastor Peter will explain the confirmation process, requirements, and schedule as we enjoy breakfast together.

Confirmation 2009 classes begin on Sunday, March 8<sup>th</sup> at 8:30 am in Bailey Hall. The whole plan will be laid out for you and your parents at the Confirmation Breakfast. Come out and find out what it is all about!

Confirmands will be required to attend to retreats during the Confirmation Process. The first will be March 14-15, 2009 (location TBD) and the second will be May 1-3, 2009 at Holms Presbyterian Camp and Conference Center. Please mark your calendars.

### REACH 2009—Our 11<sup>th</sup> REACH Mission Trip Deposits Due

Remember, you are **not** registered until both the form and the deposit is handed in!

We have limited spaces

*Continued on page 3*

**REACH** *Continued from page 2*

for this year's REACH trip to Niagara Falls, New York, and they are **fast filling up!** While you may have handed in a registration slip, you are not officially registered until we **receive** your deposit. This is a limited space event and those who hand in both registration and deposit first win the spot!

Registration forms for the Niagara Falls REACH Mission Trip are in the box on the wall next to the Youth Bulletin Board.

### **Youth Mission Auction 2009**

All youth should mark your calendars for the Youth Mission Auction 2009, which will be held Friday, April 24<sup>th</sup>, 2009, in Bailey Hall. The doors will open at 7:00 pm and the drawing will begin at 8:00 pm. Set up for the auction will be Thursday, at 7:00 pm. We are looking for a parent and youth coordinator for this event. Please see Jim and Cindy Relyea if you would like to be considered. All congregation members are invited to donate items for the silent auction and may bring them to the Church Office for storage by Sunday, April 19<sup>th</sup>.

### **Middle School Youth Retreat (6<sup>th</sup>-8<sup>th</sup> Grade)**

"Is God in Your Five?" is the theme for the Middle School Youth Retreat to be held at Holmes Presbyterian Camp and Conference Center on May 1-3, 2009. The theme of the retreat, "Is God in Your Five?" will reflect stories of friendship in the Bible. Members of the Confirmation Class will also attend this

retreat as part of their Confirmation Process.

Registration forms for all Middle School youth and Confirmation Group members are in the youth wall boxes next to the Youth Bulletin Board. Registration and the deposit (\$50.00) must be in the Church Office by 12:00 noon on March 29<sup>th</sup>. An additional \$45.00 is due by 12:00 noon on Sunday, April 26<sup>th</sup>. We will depart the church parking lot at 5:00 pm Friday and return to the church parking lot approximately 2:00 pm Sunday.

### **Youth Web Page to Be Major Source of Youth News**

Both to cut costs on paper mailings, but also to communicate more easily in the way most youth connect, the Youth Ministry Program will place more emphasis on the church web page to announce Youth Group activities and deadlines for mission work trips. Youth and Parents are encouraged to check the Youth Group web page frequently for the latest in youth activities.

We are also utilizing youth and parent e-mails through a group list as well. Please make sure the Church Office has your current e-mail, phone and cell phone numbers. Remember to update the church list if you change your e-mail!

The Youth Bulletin Board in Parish Hall is another good source of information on youth activities. Forms and the youth schedule are in the youth boxes on the wall.

### **Bring Friends and Family to "Fajita Night"!**

The Annual "Fajita Night" to benefit the WPC Youth Mission Trip will be held on Sunday, March 22<sup>nd</sup>, 2009, from 4:00—7:00 pm at the New Moon Café on Montauk Highway in East Quogue.

Tickets are available following worship in Parish Hall each Sunday prior to March 22<sup>nd</sup> and will be sold at the door as well. The Adult Dinner includes: Chicken or Beef Fajitas, dessert, coffee, tea or soda; and the Children's Meal includes: Taco, French fries, dessert and soda. Ticket donations are \$18.00 for the Adult meal and \$7.00 for the Children's meal.

This year the proceeds will help the Youth Ministry Program and its REACH Mission Trip to Niagara Falls, NY, where the youth and advisors will work to renovate and repair homes of the poor in that area.

### **Scouting Sunday to Be Highlighted March 8<sup>th</sup>**

Time during worship on Sunday, March 8<sup>th</sup>, will be set aside to honor our youth who are in Boy Scouts and Girl Scouts as well as recognizing all in the congregation who have been a member of the scouts in some capacity. Our youth are encouraged to wear their scout uniforms on Sunday, March 8<sup>th</sup>, and will share in the leadership during worship.

## Lent Is a Way of Growing Into Easter through Spiritual Preparation

Lent has evolved through the centuries to be an intense period of Christian teaching and training. In earlier centuries, the season provided the background for the preparation of the catechumen (new member class) for baptism on Easter morning.

Lent—or Quadagesima (forty days)—as the season was historically known, was considered the most appropriate season to celebrate adult baptism, for through baptism an adult believer enters into death with Christ and is raised with Christ through his resurrection.

The catechumens were later joined in their studies by professing Christians seeking continued study and spiritual renewal. These active members of the church made use of the catechism classes for new members as a time when they could seek spiritual renewal and meditate on the meaning of baptism and the death and resurrection of Christ.

By the third century, Lent also was a time when Christians who had lapsed in the faith could prepare for reuniting with the body of Christ on Maundy Thursday—Great Thursday. Their journey began on Ash Wednesday, when ashes gathered from the burnt palms of the previous year's Palm Sunday were placed on the confessor's forehead as a sign of repentance and total dependence on God.

Lent—the annual celebration of the death and resurrection of Christ—has become a time for all Christians—new members, committed followers, and renewed believers—to recall

the implications of baptism. **Today, Lent is best understood as a time to reflect on the meaning of baptism.**

Lent may be seen as the season of spiritual preparation. As Paul reminds us, “Take time and trouble to keep yourself spiritually fit.” (1 Timothy 4:7) A Lenten preparation for Easter might well include remembrance, reflection, and repentance. Remembrance of that which is historical: gather information on the historical understanding of Lent and how it has evolved. Reflection: on Christ's

baptism and the forty days of temptation in the wilderness which preceded his baptism.

What is the meaning of our baptism in light of Christ's temptation and baptism? What parallels can be drawn between Christ's forty days in the wilderness and the forty preparation days of Lent? And repentance: Make Lent a time to “turn around,” to meditate on change in your life.

**The spirit of Lent is to take on anew all that it means to belong to Christ.** Lent is a way of growing into Easter.

### Important Notice

Our Administrative Assistant will be out of the office on medical leave from Friday, February 27<sup>th</sup> until further notice. Volunteers will be staffing the office in the mornings and on Wednesday afternoon. **Please conduct all church business in person or over the telephone. Nancy will not be checking her email until she returns.** The following is the schedule of volunteers. We still need help on Wednesday mornings!  
**MEN ARE WELCOME!**

#### Office Coverage from February 27 through April 9 - 9 am to 1 pm

Mon. – Jean Duffield (every Monday)

Tues. – Jean Seyfert (3/3, 10, 4/7); Sarajane Giere (3/17, 24, 31)

Wed. – Pam Chance-Herzing (3/4); Jean Seyfert (3/11)  
Glorya Johnson (every Wed. afternoon)

Thurs. – Eleanor Hoyt (every Thurs. – will be typing and printing out the bulletin)

Fri. – Peggy Childs (every Friday except March 27)

### ***Tidings* Is for Two Months**

This *Tidings* newsletter is the March and April edition—covering two months—as our Office Assistant Nancy takes a medical leave. We wish her well and look forward to her speedy recovery and return. Nevertheless, keep this issue and its two-month calendar in a special place as the information will be helpful, rather than one, for two months!

## Session Actions at the February 10<sup>th</sup> Meeting

At the February meeting of the Session the following actions were taken:

- Received from the Committee on Ministry record of the interim contract for Pastor Peter;
- Received word from the Committee on Preparation for Ministry notice of the Presbytery's action to enroll Glorya Johnson as an Inquirer;
- Approved the 2008 Church Statistics Report to the General Assembly;
- Plans to recognize the Boy Scouts and Girl Scouts at the March 8<sup>th</sup> Service of Worship;
- Approved the following baptisms to be performed:
  - Brian Osmund Crowley, grandson of Raymond and Maura Hann, TBA;
  - Sophie Calia Town Cline, daughter of Christopher and Rosemary Cline;
  - Carter Nicholas Dodd Cline, son of Christopher and Rosemary Cline; and
  - Rosemary Cline at same time as her children during the Service of Worship on April 12, 2009 (Easter Sunday).

### Welcome to Newly Installed Church Officers

On Sunday, February 8<sup>th</sup>, during the worship, we installed the following newly elected Church Officers:

- Deacons: John David and Kyle Miller; and
- Trustee: Gabriella Ortiz.

We welcome them to their respective ministries on the Deacons and Trustees.

### Session Gives Trustees "Go-Ahead" on New Roof for Quogue Chapel

Session received a report from Bernard Giere, President of the Board of Trustees, regarding needed repairs to the roof on the Quogue Chapel. Evidence of moisture damage to the ceiling and side-walls of the chapel led to an investigation by the Trustees as to its cause and their recommendation of needed replacement.

The session voted to approve \$14,000 from the Quogue



Chapel Fund for those repairs. Three estimates have been received by the Board of Trustees and they have the "go-ahead" to complete the job as soon as possible. The monies for the project will come from the Quogue Chapel Fund; however, members of Session expressed concern that the fund is dwindling down. Session discussed solicitations to replenish the Quogue Chapel Fund and voted to send a letter to offer all church members, as well as residents of the Quogue community, the opportunity to support the roof replacement by donating to the Chapel Fund.

In November, access to the chapel via a ramp was constructed and this Spring landscaping surround the new ramp and the Quogue Chapel will take place. Members and friends of the Quogue Chapel are encouraged to make a donation to the Quogue Chapel Fund.

### Have You Paid Your Per Capita?

Session encourages all members to pay the *per capita* as a special designated donation, in

addition to their support of the overall church program. This action of Session will help us move to financial stability over the long run. In 2009, the *per capita* is \$28.72. This amount, for administrative purposes, is split between the three governing bodies in this way:

- Presbytery of Long Island: \$18.81;
- Synod of the Northeast: \$3.76; and
- General Assembly: \$6.15.

Please contact the Church Office if you have any questions.

### Session Receives \$10,000 Bequeath from Alan W. Peters

The Session received a \$10,000.00 bequeath from the Alan W. Peters' Estate and has placed in the WPC Endowment Fund as a "named fund" in Memorial of former member Alan W. Peters, who died a year ago. Session is appreciative of this gift by Alan that will keep on giving in our congregation's future.

## Memorial and Endowment Committee Asks to be Remembered!

The Memorial and Endowment Committee at its February meeting took action to encourage all members and friends of WPC to request that, in lieu of flowers, family members and friends make a donation to the WPC Memorial and Endowment Fund. Whenever a line of donations in memory of a specific person reaches \$1,000.00, it automatically becomes a permanent, named endowment fund in memory of that individual. We are thankful that those in the past have acted to ensure that our church continues to have important mission resources.

## Personnel Committee Conducts Exit Interview with Pat Hubbard

Out-going Youth Ministry Coordinator Pat Hubbard met with Personnel Committee Chair Hanne Manker and Pastor Peter for her "exit interview" as she departs from her long term ministry with our youth. She shared her highpoints and challenges, things that she had hoped to do, but time did not allow. She spoke highly of the congregation and its steady encouragement of and support for her ministry and all projects she initiated with the youth during her time with us. Both Pat and Gordon Hubbard have opened themselves to share their learned wisdom in youth ministry with our new Youth Coordinators, James and Cindy Relyea.

## Deaths

Our prayers and sympathy are with the families and friends surrounding these recent deaths related to our congregation:

**Marion Van Tassel**, age 87, who died on Friday, February 13<sup>th</sup>, 2009. Pastor Peter officiated at the Memorial Service on Wednesday, February 18<sup>th</sup>, 2009 in the sanctuary, at 1:00 pm.

**Ella L. Propst Comba**, age 88, who died on Sunday, February 15<sup>th</sup>, 2009. Pastor Peter officiated at the Graveside Service in the WPC Memorial Garden on Thursday, February 18<sup>th</sup>, 2009, at 11:30 am.

Please note that the age listed in last month's *Tidings* for **Dorothy "Dickie" Wagner Fischer**, who died Thursday, January 15, 2009, was incorrect.

*YOUTH (Continued from page 3)*

## Youth Groups Raise \$137.00 to Help End Hunger

The Middle and High School Youth Groups wish to thank the Church Family for bringing in cans of soup and for purchasing Youth Group Home Made Soup on Souper Bowl Sunday, February 1<sup>st</sup>. A car load of soup cans and \$137.00 went to the Local Soup Kitchen at Immaculate Conception Church. What a Souper Bowl Sunday! Thanks for your support!

## WAYS TO BECOME INVOLVED

### Seeker's Class Planned...

The Seeker's Class is an opportunity to learn more about Westhampton Presbyterian Church. Offered periodically, the group explores the faith and ministry we share at WPC and how to become involved. Meeting three times, we discuss what Presbyterian means, how the church runs, and the ministry and mission we do.

Pastor Peter would like to schedule the class on a weeknight during Lent with those wishing to join the church doing so on Palm Sunday, April 5<sup>th</sup>, during worship.

The Class is a time to reflect on the WPC community and mission and does not mean a commitment to becoming a member at the end. WPC maintains both list of members and a list of friends of the church. If you would like to attend the Seeker's Class or would like more information when the next group meets, contact Pastor Peter: 288-2576.

### Challenges Facing Men in Today's World

Several men have expressed an interest to be part of a

new Men's Group—a group to meet for fellowship and to seek support for the challenges facing men in today's world. All men of the church are invited. There is a "Men's Group Sign Up" list on the Bulletin Board in Fellowship Hall. Please sign up to show your interest. All who sign up will be contacted to arrange a convenient time to gather for the first time, perhaps for breakfast on a Saturday morning. The group will determine its agenda and purpose, frequency of meeting and duration, as the group understands its needs.

*(Continued on page 10)*

## Presbyterian Women

Fifteen gathered for lunch and the business meeting February 11, 2009. Peggy Childs, chef-of-the-day ladled up steaming bowls of home made Beef Barley soup (see side bar.) Perfect fare for a winter day!

Letters received from two of our adopted children were read. Their appreciation of the gifts we send is expressed in the ways they share with their families.

The Spring Rummage Sale will be held Friday and Saturday, May 1st and 2nd. Set-up will begin following Coffee Hour Sunday, April 26th. Please watch the Sunday bulletins for more details. Your help is always welcome - sorting, pricing, providing luncheon treats, cashiering and, perhaps most importantly, for CLEAN-UP.

Elizabeth Circle will meet at 7:00 PM on the following dates:

- Feb. 23—Claire Berry's
  - Mar. 23—Linni Deihl's
  - April 27—May Griffin's
- Eleanor Hoyt will continue to lead us along Luke's journey, in February and April. Claire Berry will be our study leader in March.

The March 11th PW meeting will begin with an Italian repast. The menu will include meatballs, spaghetti, tomato sauce, Italian Bread, tossed salad, dessert, beverage and a treat or two. What can you bring? An hors d'oeuvre to share and a hearty appetite. Mangia!

Jamesport Manor Inn will be the setting for the May

Luncheon on May 6th. They have offered a private room, elevator accessible, 1st, 2nd, and 3rd course (determined by local, seasonal produce) for \$30.00 per person, tip included. Gale Spaulding will accept payment for your reservation on or before April 24, 2009. Invitations to the ladies from Southampton, Center Moriches and Remsenburg will be mailed early in March.

The Christmas Bazaar Workshop meets Tuesday, each week, from 9:30—12:30, followed by coffee and dessert around the church kitchen table.

July seems like a long way down the road. Not true when you consider attending the Triennium, July 14-19 in Louisville, KY. It is an experience of a life time. Ask anyone who has participated in this enriching gathering.

July 18th has been designated the day for the Summer Treasure Sale, a fundraiser for PW. We do not have a chairperson. Committee members are ready to work. Can you step forward to oversee the Sale? A portion of our mission giving depends on the proceeds from this event.

We will all miss Nancy's presence in the church office as she recuperates from shoulder surgery. We can not take your place, Nancy, but we will try to "hold-the-fort" until you return.

Again we are saying farewell to long time, loyal members who have contributed generously to the success of PW. Sincere sympathy to the families of Ella Comba and Marion Van Tassel. Ella and Marion hold special memories for each of us.

## Beef Barley Soup



2 1/2 lbs. beef round steak, cubed  
Brown in 1 Tbs. olive oil  
Add:  
1 large onion, chopped  
9 cups water  
1/4 tsp. pepper, salt optional (I didn't use it)  
1/2 tsp. ground allspice  
2 beef bouillon cubes  
2 Tbs. lemon juice  
1 crumbled bay leaf (I used powdered)  
Cook for 1 hour and then add 1/2 cup barley (or more if you wish)  
Cook for one more hour and then add:  
4 stalks chopped celery  
4 sliced carrots  
1 can diced tomatoes (15 oz.)  
1 can tomato sauce (15 oz.)  
1 can mushrooms (8 oz.)  
1 tsp. sugar  
Cook until veggies are tender -- about 10 or 15 minutes after return to simmer.  
Enjoy!

## World Day of Prayer



Come One, Come All -  
Join women all over the world in a prayer service written by the women of Papua, New Guinea

at

**St. Mark's Episcopal Church  
Main St., WHB**

**FRIDAY, MARCH 6  
12 Noon**

*Bring a brown bag lunch.  
Dessert and Beverage provided by  
the Episcopal Women.*

## Church Life Events

### **Friday February 27th - Pajama and movie night!**

Come in your pj's and enjoy a movie with us! Bring your pillow and blankie and your own drink, we'll supply the popcorn!

6 - 7:30 Pinocchio

8-10 The Devil Wears Prada

### **Friday March 27th - Game Night**

Please join us from 7-10 for pizza, soda and board games

### **Friday April 17th - Church Mixer!**

7:30-11

Yes, we are planning a DANCE!

Cost - \$5 plus a can of food donation.

All ages welcome.

Look for more info as it gets closer.

If you are interested in being a part of the church life committee or volunteering to assist with any of these events, please contact Karen Derryberry or Jenny Ketner.

## Christian Education

\*SAVE THE DATES\*

Our annual Lenten Festival will be held on Sunday April 5th from 4-6pm. Dinner will be provided.

Easter is April 12th and the Easter Egg Hunt will be held between the 9 and 11am services.

Volunteers for the committee or events can contact Jenny Ketner or Karen Derryberry.



## **Church Ushers**

Have you ever thought about being an usher? Ushers welcome people as they enter the sanctuary and pave the way with their smiles. In addition to handing out bulletins and collecting the offering they are responsible for taking attendance.

Ushers have a birds-eye view of the service and can spot where the first time visitors are sitting. When I usher, I like to introduce myself to a newcomer during the passing of the peace, and then invite them to the coffee hour.

As an usher, you help make God's house a welcoming place, a place where strangers feel at

## **From Your Peacemaking Representative**

### **Four Things to Pray For . . .**

- ***Pray for soldiers, their families, and those affected by the wars in Iraq and Afghanistan.*** Pray for all affected by war around the world. Pray that world leaders might find alternative ways to resolve conflict.
- ***Pray for the Christians of Orissa in India who have endured violent persecution.*** Pray for all who are persecuted for their faith.
- ***Pray that peace will prevail between Iran and the United States.*** Pray for wisdom and courage for leaders of our country and Iran that they might address points of contention peacefully. Pray that the peoples of both countries may come to know each other.
- ***Pray for the people of Zimbabwe as they face hunger, violence, and human rights violations.*** Pray that leaders in Zimbabwe and Southern Africa might work together to provide a foundation for a durable solution to the protracted crisis in Zimbabwe.

—Linni Deihl

Peace, Justice, Hunger Workgroup  
Mission Committee

## **Stretch and Tone**

“Stretch and Tone” with Linni Deihl will continue in our Parish Hall through February 26<sup>th</sup>. Beginning March 3<sup>rd</sup>, “Stretch and Tone” will be held Tuesday and Thursday evenings from 7-9 pm in the Westhampton Beach Middle School café for 5 weeks (sign up with WHB Continuing Education). Classes will resume in the Parish Hall on Thursday, April 9<sup>th</sup> at 6:30 PM.

home. Be alert to new members with infants and young children who may need nursery care, as well as anyone needing assistance. After the service you host the coffee hour, another opportunity to serve others and your church.

First impressions count; your smile might be the key that opens the door for a visitor to become a part of our church family. There are plenty of little “how-tos” to remember when you’re first ushering. And yes, your morning is extended by having to serve coffee and tea. Just remember that you are God’s channel for the work that has to be done. So, try something new. Be an usher.

Sarajane Giere

## A Note from the Fundraising Committee - Save the Dates!

There will be a Soup and Salad Fund Raising dinner on Friday March 20 from 5:30 pm to 8:00 pm. We will be offering a variety of homemade soups and salads to pick and choose from. \$8.00 adults, senior & child \$5.00. Family cost \$20.00. Do you have a good recipe you would like to share? Donations accepted. Please contact Karen Derryberry.

Please keep the following dates open for our future Fund Raising events: March 29 Sunday Brunch, May 3 Sunday Brunch, a dinner in June and the return of the successful "Dinner on the Deck" in August.

Thanks to John and Meryle King who have committed to run the March 29th brunch. The brunch will be after church, starting at 11:00 AM.

## Community Activities: Mental Health Awareness Day— April 4<sup>th</sup>

The Sixth Annual East End Mental Health Awareness Day will be held on Saturday, April 4<sup>th</sup>, on the theme of "Mental Health: An Integral Part of Total Well-being." This event, a collaboration of the Towns of Southampton and East Hampton, is open to all consumers, family members, professionals, and all who have an interest in mental health issues on the East End of Long Island.

The key-note speaker is Sil Lai Abrams, author of *No More Drama: Nine Steps to Transforming a Breakdown into a Breakthrough*. There will also be a panel discussion: "Living with Mental Illness, Keeping Yourself Balanced" and workshops will address aspects of *Total Well Being*.

The conference goal is to reduce the stigma and increase knowledge of available services, with regard to emergency care, treatment, insurance coverage and support. The conference will be held on Saturday, April 4<sup>th</sup>, from 8:00 am- 3:00 pm, at Southampton High School, 141 Narrow Lane, Southampton. There is no cost for the conference. Breakfast and lunch will be provided. Please see the church bulletin board in Parish Hall for more information.

## Easter Flower Order Form

Please select the plants you would like to order, fill in the dedication and return this form with your check by Palm Sunday, April 5<sup>th</sup>. You may mail your order to 90 Meeting House Rd., Westhampton Beach, drop it in the collection plate, or bring it to the church office. Please make check payable to Westhampton Presbyterian Church, noting Easter Flowers in the memo section.

I would like to order:

\_\_\_\_\_ Double Lilies @ \$25.00 each for a total of \$ \_\_\_\_\_

\_\_\_\_\_ Single Lilies @ \$15.00 each for a total of \$ \_\_\_\_\_

\_\_\_\_\_ Daffodils @ \$15.00 each for a total of \$ \_\_\_\_\_

\_\_\_\_\_ Tulips @ \$15.00 each for a total of \$ \_\_\_\_\_

\_\_\_\_\_ Hyacinths @ \$15.00 each for a total of \$ \_\_\_\_\_

\_\_\_\_\_ Hydrangeas @ \$25.00 each for a total of \$ \_\_\_\_\_

GRAND TOTAL \$ \_\_\_\_\_

Given  in loving memory of  in honor of

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

By \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please indicate whether you would like to take your plant after the 11 AM service or if you would like the Deacons to take your plant to a shut-in.

\_\_\_\_\_ I will leave my plant for a shut-in.

\_\_\_\_\_ I will take my plant home after the 11 AM service.



## WAYS TO BECOME INVOLVED

(Continued from page 6)

### Become a Worship Liturgist!

The Worship Ministry is looking for volunteers to sign up to be a Worship Liturgist, assisting Pastor Peter in worship as a worship leader/reader. It is a wonderful way to serve God and the congregation. You do not have to have previous experience. The goal is to have a variety of people—male/female, younger/older; single/married—up in the pulpit. Sign up on the Bulletin Board in Parish Hall.

### Nursery Volunteers Needed During Worship

Our Child Safety policy requires at least two people to be with infants, children and youth at all times during church activities. During Sunday worship we are pleased to have Kimberly Murawski providing continuity and stability for our younger children during the worship service. She is a familiar face to our youngest and she welcomes them as warmly as they welcome her each week. If you can offer one

or more Sundays during the year, or be available to be called on to be a substitute, you are encouraged to sign-up to be a Nursery Room Assistant. See the Sign-Up just outside the Nursery or call the Church Office: (631) 288-2576.

### Adult Discussion Group meets Sundays at 8:30 am

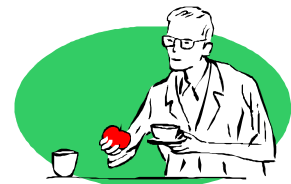
The Adult Discussion Group meets every Sunday at 8:30 am in the Founders' Room, except the first Sunday of the month, when "Spiritual Conversations" with Valerie O'Brien meets around the kitchen table in the kitchen off Parish Hall.

During Lent there will be a number of classes devoted to enhancing our spiritual life practice and connecting it with living out our faith in our everyday life. All will focus on the Christ's message to us of freedom, new life and discipleship.

See the "Daily News" on the church web-page as well as the poster on the door outside the Founders' Room for a detailed listing of what will happen each week!

take its course." Exercise, eating properly, and keeping the pounds off can have a dramatic effect on longevity. Smoking, overuse of alcohol, high cholesterol, poor food choices, and unnecessary drug use are all components of bad habits that change our lives dramatically in terms of aging.

We know that genes are important to longevity. However, studies from the Archives of Internal Medicine may tell another contributing side—lifestyles. One study of men in their 70s found that those who avoided smoking, obesity, inactivity, diabetes and high blood pressure greatly improved their chances of living into their 90s. In fact, the participants had a 54 percent chance of living that long. You'll be happy to know that all is not lost at your present age. It's never too late to change your lifestyles. Even if you are into your 70s or 80s, if you stop smoking, lose weight, eat properly, and exercise vigorously and regularly, it increases longevity.



## Wellness Brief: Go For A Hundred

Despite what you may think, the odds are increasing that you will live to be 100.

Interestingly, the average American lived four months longer in 2006 than in 2005. Fact is, Americans 85 and older are the country's fastest growing segment of older adults. According to the 2001 Census Bureau Report, as of 2000, 50,000 centenarians were living in the U.S., roughly one in every 5,578 people. By 2050 this figure will rocket to 834,000 Americans living past 100.

Some scientists believe that if you avoid some of the chronic diseases, your chances improve of living to be a centenarian. Another factor that increases our chances is having a physician who aggressively treats older patients' illnesses, rather than taking an approach of "letting nature

## National "No Call" for Cell Phones

The number for the national "No Call" list for cell phones is 1-888-382-1222. You must call this number from the cell phone that you wish to have listed not to receive unsolicited calls. Also, you must know your cell phone's number to input when requested. Simplify your life—register your cell phone on the "No Call" list!


**MARCH 2009**


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 First Sunday of Lent 8:30am Spiritual Conversations; Confirmation Class #1 Fajita Nite Ticket Sale 4pm MS Youth 7pm HS Youth</p>	<p>2 6:45pm Pilates -Library</p>	<p>3 7pm Deacons</p>	<p>4</p>	<p>5</p>	<p>6 12pm World Day of Prayer at St. Mark's Confirmation Retreat at Holmes</p>	<p>7 12pm Fiesta Day-Library</p>
<p>8 Scout Sunday Daylight Savings Time begins 8:30am Confirmation Class #2 Fajita Nite Ticket Sale</p>	<p>9 6:45pm Pilates -Library</p>	<p>10 7pm Session</p>	<p>11 12noon PW Luncheon</p>	<p>12</p>	<p>13</p>	<p>14 Confirmation Retreat</p>
<p>15 8:30am Confirmation Class #3 Fajita Nite Ticket Sale</p>	<p>16 6:45pm Pilates -Library</p>	<p>17 7pm Trustees</p>	<p>18 10:30am Yoga-Library 11am Interment for James Jones – Memorial Garden</p>	<p>19 EEPP Southold</p>	<p>20 5:30-8pm Soup &amp; Salad Fundraising Dinner</p>	<p>21</p>
<p>22 8:30am Confirmation Class #4 Fajita Nite Ticket Sale 4-7pm Fajita Nite fundraiser New Moon Café</p>	<p>23 6:45pm Pilates -Library 7-8:30 Cooking in Bailey Hall-Library</p>	<p>24</p>	<p>25 10:30am Yoga-Library</p>	<p>26</p>	<p>27 7-10pm Game Night: Pizza, soda, board games</p>	<p>28</p>
<p>29 8:30am Confirmation Class #5 11am Brunch 1:30pm MS Mission Project at WCC; 4pm MS Youth Sun. planning; 7pm HS planning</p>	<p>30 6:45pm Pilates -Library Maureen's Haven Ends 7pm Elizabeth Circle</p>	<p>31 6:30pm Presbytery</p>				

**WEEKLY: Sunday Worship 10 am Sanctuary**  
**Choir:** Sunday 9:30 and 11:15am  
**Jr. Choir:** Tuesday 5:45pm (seasonal)  
**AA:** Sunday 12 and 7:30pm, Wednesday 7pm, Saturday 10am  
**Nicotine Anonymous:** Wednesday 6 pm  
**Christmas Bazaar Workshop:** Tuesday 9:30am  
**Stretch and Tone: None for March**  
**Maureen's Haven:** 5pm Monday (Nov.-Mar.)



# APRIL 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>WEEKLY: Sunday Worship 10 am Sanctuary</b> <b>Choir:</b> Sunday 9:30 and 11:15am <b>Jr. Choir:</b> Tuesday 5:45pm (seasonal) <b>AA:</b> Sunday 12 and 7:30pm, Wednesday 7pm, Saturday 10am <b>Nicotine Anonymous:</b> Wednesday 6 pm <b>Christmas Bazaar Workshop:</b> Tuesday 9:30am <b>Stretch and Tone:</b> Thursday 6:30 pm - starting April 16			<i>1</i> 10:30am Yoga- Library	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i> Passion/Palm Sunday 8:30am Spiri- tual Conversa- tions 4-6pm Lenten Festival/Dinner	<i>6</i>	<i>7</i> 7pm Deacons	<i>8</i> 12noon PW Luncheon	<i>9</i> Maundy Thursday— 7pm Commu- nion Service @ Chapel	<i>10</i> Good Friday— Office Closed 12-3pm Ecumenical Service @ St. Mark's	<i>11</i> 3pm Rollins/Harper Wedding (not at church)
<i>12</i> Easter— 6am Service @ Swordfish Club 9 & 11am Communion, One Great Hour of Sharing, Bap- tisms of Sophie, Carter & Rose- mary Cline Easter Egg Hunt	<i>13</i> 6:45pm Pilates-Library 7-8:30pm Cooking in Main Kitchen- Library	<i>14</i> 7pm Session	<i>15</i> Tidings Dead- line 10:30am Yoga- Library	<i>16</i> 6:30 pm Stretch & Tone Resumes	<i>17</i> 7:30-11pm Church Mixer/Dance	<i>18</i>
<i>19</i> 8:30am Confir- mation Class #6 11:30am Men- tor Activity; 4pm MS & HS Youth Sun. planning	<i>20</i> WH Garden Club 6:45pm Pilates-Library	<i>21</i> 7pm Trustees	<i>22</i> 10:30am Yoga- Library	<i>23</i> 7pm Set up for Youth Mission Auction	<i>24</i> 7pm Mission Auction	<i>25</i>
<i>26</i> 1:30pm MS Mission Project at WCC; 4pm MS & HS Youth Sun. planning 1:30pm Pi- teris/Stellato wedding (Sanctuary)	<i>27</i> 6:45pm Pilates-Library 7pm Elizabeth Circle	<i>28</i>	<i>29</i> 10:30am Yoga- Library	<i>30</i>		

WESTHAMPTON PRESBYTERIAN CHURCH  
 90 MEETING HOUSE ROAD  
 WESTHAMPTON BEACH, NY 11978

BULK RATE  
 NON-PROFIT ORGANIZATION  
 US POSTAGE PAID PERMIT #98  
 WESTHAMPTON BEACH, NY 11978

---

Phone: 631-288-2576

Fax: 631-288-6011

email:

admin@westhamptonpresbyterian.org

---

*We're on the web:*

[www.westhamptonpresbyterian.org](http://www.westhamptonpresbyterian.org)

---

***Your issue of the March/April Tidings***

***Happy Birthday and  
 Anniversary to:***

**MARCH**



1 Tova Keblish  
 1 Jenny Czachur  
 3 Peggy Yuen  
 7 Meg Baird  
 9 Kristina Carter  
 9 Carol Nemeth  
 11 Brad Ravenhall  
 12 Jennifer Ketner  
 12 Kelly Martin  
 13 Bunker Seyfert  
 14 Joan Hubbard  
 14 Kathy Tureski  
 15 Christian Oakland  
 15 Ben Larson  
 15 Adam Shea  
 16 Jane Brown  
 16 Quinn Pitcher  
 17 Pat Andrews  
 17 Tom Zaloga  
 17 Judy LeBleu

18 John Comba  
 19 Stephanie and Ed Shea  
 21 Betsy Fox  
 21 Bill Buhl  
 22 Kimet Speed  
 23 Pam Chance Herzing  
 23 Phil Sutton  
 24 Casey Pitcher  
 25 Anne McAnelly  
 27 Jeannine Frenzel  
 27 Gerard Bishop  
 29 Jane Post  
 30 Donna Goebel and Corey  
 Williams  
 31 Bill Manker  
 31 Spencer Baird  
 31 Aram Terchunian

**APRIL**



1 Sean Jones  
 1 John Fochtman  
 1 Dave LeBleu  
 3 Barbara Betts  
 6 Shirley Perry

10 Kaitlin Lynch  
 12 Julie Czachur  
 14 Beecher Halsey  
 15 Karen Andrews  
 15 Heather Martin  
 16 Eloise Carter  
 16 Karen and Dave  
 Derryberry  
 17 Meryle King  
 17 Chris Ravenhall  
 18 Randi DeMayo  
 19 Hanne Manker  
 19 Sara Lohneiss  
 19 Joe Jahelka  
 21 May and Don Griffin  
 21 Siri Howard  
 22 Marge Beckwith  
 25 Robbie Doyle  
 26 Tom Moore  
 26 Brady Munn  
 26 Sean Dayton  
 26 Dick Lutz  
 26 Lynne Jones  
 28 Marvin Raynor  
 29 Elizabeth Moore  
 29 Bob Hoyt