

August, 2022

The Westviewer

Westview Presbyterian Church



Dear Westview,

I renewed my wilderness first responder and CPR certification in July. I was sitting in class (by far the oldest person in the room fyi) and the instructor asked us to raise our hands if we experienced any vocational stress in the last year. Every person under the age of 40 (the vast majority of the class) raised their hands. The under 40 crowd kept their hands in the air as the instructor asked about relational stress, financial stress, finding-a-place-to-live stress, even food insecurity stress. I guess it is no surprise then The National Outdoor Leadership School (NOLS) has included STRESS management in its curriculum.

Which brings me to the question I ask of you this month: how are you managing your stress level?

As we grow older, we can experience more stress around our health. We experience stress around our children and grandchildren and what kind of world they are navigating and growing up in. There is actually a thing called “climate change anxiety” that we never grew up with that the younger generations now experience on a daily basis. As someone said to me the other day, “Remember well this summer. It is the coolest summer we are ever going to have from here on out.”

There is something in our bodies called “the limbic system” that manages our “fight or flight” responses. The constant stress we live with means our limbic system is activated 24/7, and we are in a consistent state of “flight or flight.” One takeaway from that reality is we really do need to actively manage our stress levels.

Tips on how to manage your stress level:

The first thing and most immediate thing you can do is take a long drink of water and stay hydrated. Yep. Water. Stress taxes our bodies in a way that can lead to dehydration, believe it or not. Dehydration can also enable feelings of anxiety, depression, and fatigue. The quickest way to manage stress is stop, take a deep breath, and drink some water.

The second thing you can do is begin a contemplative prayer practice if you have not already. Contemplative prayer is simply “returning the gaze” of God’s love. Also known as the fourth step in the spiritual practice of “lectio divina,” returning the gaze of love is based in part on Hebrews 12:2 “Let us gaze upon Jesus, the Author and Perfector of our faith.” My guess is many of us turn to intercessory prayer under stress where we want God to do or fix something. But this prayer impulse is different because we don’t ask or try to fix anything. In contemplative prayer we simply bask in God’s embrace and return the gaze of love. Try it for five minutes and go from there. Many practitioners go for 20 minutes.

The third thing is to stay connected with others. While honorable mention goes to a healthy diet, getting exercise, and spending time in the natural world for stress reduction, staying connected with others makes my list. Try this: next time you meet with someone . . . don’t talk about yourself. If they ask you about how you are doing, say something brief and honest about yourself and quickly turn the conversation to them. Ask something like, “What is stirring with you?” or “What is in your heart today?” and let them talk. When they say something that catches your eye, ask them, “Can you say more about that?” It is called “mirroring,” and deeply listening to others, especially their struggles and anxieties, helps us stay connected.

Update:

In the month of August, Sue and I will be taking a few vacation days camping and enjoying Colorado, August 13-17. I will also be out-of-the-office in my final session of my year-long mentoring intensive in a campground near Jackson Hole, August 21-27.

Jim Reed will be preaching and leading worship August 17th; and Rev. Denise Pass will be preaching and leading worship August 21st.

Warmly in Christ,

Dr. Dan



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Date & Times to Note

- **Aug 1, 8, 15, 22, 29**—Urban Garden, 8-10 am
- **Aug 1**—Creating Cards Ministry, 1:00 pm
- **Aug 1**—Worship MA,, 6:30 pm—zoom mtg.
- **Aug 3**—Deacons meeting, 1:00 pm
- **Aug 3, 10, 17, 24, 31**—Urban Garden, 8-10 am
- **Aug 4, 11, 18, 25**—Men's Coffee @ Ziggi's, 1139 Francis, 8:00 am
- **Aug 4, 11, 18, 25**—Urban Garden, 6-8 pm
- **Aug 4**—Outreach MA, 6:30 pm
- **Aug 4**—Facilities and Administration MA, 7:00 pm
- **Aug 6, 13, 20, 27**—Urban Garden, 8-10 am
- **Aug 7, 14, 21, 28**—Sunday worship service, 9:30 am
- **Aug 7, 21**—Pantry Re-set, 2:00 pm
- **Aug 8, 22**—Pantry Set-up, starting at 8:00 am
- **Aug 9, 23**—Round Pantry Drive-line, 2:00—6:00 pm
- **Aug 10, 24**—Pantry Community Distribution, 9:00 am
- **Aug 11, 25**—Facilities Master Plan Team, 9:30 am
- **Aug 11**—Personnel Advisory Committee, 6:30 pm
- **Aug 17**—Mexican Train Dominoes, 1:00 pm
- **Aug 18**—Session meeting, 6:30 pm
- **Aug 19**—SafeLot meal provided by Westview

Special points of interest:

Join us for Worship:
In-person,
and on Zoom
Sundays at 9:30 am

- **2022 Covenant Commitment—\$55.00**



- **Worship MA Retreat (Sept. 10)**
- **Fall Kick-off Sunday (Sept. 11)**
- **Stewardship Sunday (Oct. 30)**



FA LA LA, DING DONG DING, FA LA LA, DING DONG DING!

What's that sound we hear??? Could it be the people of Westview coming forward to praise the Lord via song and bell ringing??

Ah yes, I do believe it is! How wonderful! So much fun and joy to be had by all!

With the Fall season approaching, the Worship Ministry Area would like to invite anyone who's interested to join the choir or bell choir for a month or a season.

We would love to share the gift of music with everyone who would be interested in this joyful ministry.

(No experience necessary, all you need to bring is a willingness to learn and a heart full of expectation of the Holy Spirit moving).

Feel free to contact Ann Constantinides or Beth Kelsic if you have any questions.

We are also looking for two people who would like to help serve communion with Ann on September 4th.



Our Food System's Heroes

The ROUND PANTRY depends on the complex system of food production, food processing, food transport, food delivery and retailing. A recent article in *Presbyterians Today* challenges us to find out more about food production and more specifically the people within the system that bring food to our tables.

Author Derrick Weston, member of Ashland Presbyterian Church in Hunt Valley, Maryland, starts by asking readers to consider (and find out more about) the working conditions of food workers. Derrick poses that if Christ were physically in our culture now, 'he would be in the fields with immigrants picking tomatoes or befriending a fry-cook, covered with grease from his shift. Maybe he'd be lifting boxes with the packers moving food from farm to a truck or he'd be riding with the truck driver who takes those boxes to the stores. It wouldn't be out of character for Jesus to be spending time with the people who are trying to make a livelihood by putting food on other people's plates. If Jesus would see those hardworking people, then we must as well.'

Derrick Weston suggests that, as Christians committed to Christ's charge in Matthew 25, 'seeing' and caring for food workers might mean supporting better pay and better working conditions or advocating for protections of land for farming and grazing and protections of water for irrigation or fisheries. "Whatever it means, we must hear the call to become a church that is as much for the people who bring the food to our table as it is for the people sitting around it."

Based on: <https://www.presbyterianmission.org/story/our-food-systems-unsung-heroes/>



Pantry Needs:

- * **Volunteers** to fill a wide variety of tasks especially after 4:00 on Pantry Tuesdays – **check out The ROUND PANTRY page at wvpres.org** for the link to sign up.
- * **“heavy lifters”** for
 - Stacking boxes filled with non-perishable foods (40+ lbs.) on pallets (6ft. tall)
 - Setting up and taking down tables, barricades & signs, weighted traffic cones, etc.
 - Moving and moving and moving pallets of food products
- * **Designated Shoppers** to work with Pantry Team to research pricing, place orders, pick up ordered food. *[Community Food Share is facing supply chain / delivery problems that cause less food to be available. We have donated funds and need help with shopping.] If you would be interested in shopping for specific items, please e-mail Nancy at nhuri@msn.com.*
- * **Donations of food:**

canned fruit	canned soup
pasta sauce	canned vegetables



Westview covers dinner on the **third Friday evening each month** for parkers and staff of the SafeLot organization hosted here. Other groups and individuals bring in meals on other nights.

We provide a main dish, salad, vegetables and dessert to serve 12-15.

Janet Mulay is not available for this month's meal, so for August please contact Vickie Kintzel with questions or to offer one or more pieces of the meal for **August 19**.

Food is to be delivered to the EAST door of Fellowship Hall building by 5:30 p.m.



Elevated Supports LLC is a non-profit in our community that employees and supports adults with disabilities..

Located at 726 Coffman, Longmont.


Check out their website: www.elevatedsupports.com

Other News (cont.)



Bill Boettcher	08/03
Wyatt Robitaille	08/03
Lisa O'Brien	08/04
Robert Victoria	08/08
Jim Cely	08/11
Gene Mossberg	08/12
Megan Steiner	08/12
Joanne Kennedy	08/13
Keith Constantinides	08/14
Doug Weibel	08/15
Sue Peck	08/16
Michaela Lloyd	08/18
Abby Johnson	08/20
Beverly Clark	08/21
Jay Kintzel	08/21
Sharon DeKesthler	08/22
Tom Herman	08/22
Gary Childress	08/24
Ginny Morris	08/24
Steve Shryack	08/28

Ann and Bob Parsons	08/05
Harriet and Jack Kracklauer	08/09
Kymberly and Shawn Chriswell	08/11
Nancy and Cork Rowley	08/14
Anne and Bill Boettcher	08/16
Marnie and Les Morris	08/17
Beth and Gary Kelsic	08/19
Shirley and Richard Hansen	08/20
Lula and Jay Lindley	08/20
Sharon and Jim Cely	08/25
Lynn and Alan Smit	08/27
Una and Archie Stevenson	08/29









Nancy Eileen Goin
(October 18, 1941—July 23, 2022)

THERE'S A PLACE FOR YOU AT WESTVIEW!

GROUP	DATE & TIME	PLACE	SPECIAL NOTES
Mexican Train Dominos	August 17 1:00 p.m.	Fellowship Hall	Open to: Anyone Meets: Wednesday in between Pantry dates Contact: Wanda Heibein
Men's Breakfast	Returns In October	Fellowship Hall	Open to: Any interested men Meets: Oct—May, 1st Saturday of the month Contact: Harry Heibein
Men's Weekly Coffee	Aug. 4, 11, 18, 25	Ziggi's, at 1139 Francis	Open to: All are welcome Meets: Weekly on Thursdays, 8:00 am, 1139 Francis Contact: Harry Heibein
Round Urban Garden	Mon, Wed, Thurs, Sat	1500 Hover	Open to: Anyone—Come work in our Garden Meets: Weekly Mon, Wed, and Sat 8—10 am Thursdays 6—8 pm

August 2022

Westview Presbyterian Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p>  <p>9:30am Worship Service 11:00am All Church Picnic</p>	<p>1</p>  <p>8:00am Urban Garden 1:00pm Creating Cards Ministry 6:30pm Worship MA (Zoom)</p>	<p>2</p>	<p>3</p> <p>8:00am Urban Garden 1:00pm Deacons meeting</p>	<p>4</p> <p>8:00am Men's Coffee 6:00pm Urban Garden 6:30pm Outreach MA 7:00pm Facilities/Admin</p>	<p>5</p>	<p>6</p>  <p>8:00am Urban Garden</p>
<p>7</p> <p>9:30am Worship Service 2:00pm Pantry Re-set</p>	<p>8</p> <p>8:00am Pantry Set-up 8:00am Urban Garden</p>	<p>9</p>  <p>8:00am Pantry Set-up 2:00pm Pantry Drive line</p>	<p>10</p> <p>8:00am Urban Garden 9:00am Pantry Community Dist</p>	<p>11</p> <p>8:00am Men's Coffee 9:30am Facilities Plan Team 6:00pm Urban Garden 6:30pm Personnel Advisory</p>	<p>12</p> 	<p>13</p> <p>8:00am Urban Garden</p>
<p>14</p> <p>9:30am Worship Service</p>	<p>15</p> <p>8:00am Urban Garden</p>	<p>16</p>	<p>17</p> <p>8:00am Urban Garden 1:00pm Dominoes</p>	<p>18</p> <p>8:00am Men's Coffee 6:00pm Urban Garden 6:30pm Session meeting</p>	<p>19</p> <p>Volunteer for SafeLot meal</p>	<p>20</p> <p>8:00am Urban Garden</p>
<p>21</p> <p>9:30am Worship Service 2:00pm Pantry Re-set</p>	<p>22</p> <p>8:00am Pantry Setup 8:00am Urban Garden</p>	<p>23</p>  <p>8:00am Pantry Set-up 2:00pm Pantry Drive line</p>	<p>24</p> <p>8:00am Urban Garden 9:30am Pantry Community Dist</p>	<p>25</p> <p>8:00am Men's Coffee 9:30am Facilities Plan Team 6:00pm Urban Garden</p>	<p>26</p>	<p>27</p> <p>8:00am Urban Garden</p>
<p>28</p> <p>9:30am Worship Service</p>	<p>29</p> <p>8:00am Urban Garden</p>	<p>30</p>	<p>31</p> <p>8:00am Urban Garden</p>	<p>1</p> <p>8:00am Men's Coffee 6:00pm Urban Garden 6:30pm Outreach MA 7:00pm Facilities/Admin</p>	<p>2</p>	<p>3</p>



Joyfully Seeking and Sharing God's Light

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If you no longer wish to receive our monthly newsletter, please contact the church office.



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Worship Time:

Sunday Mornings - 9:30 am
In-person, and on Zoom

Staff:

Rev. Dr. Dan Dolquist, Pastor
Dr. Karin Buer, Pianist
Sharon Boeye, Office Manager

Find us on the web:
www.wvpres.org