

June 29, 2025



Westminster

PRESBYTERIAN CHURCH

Worship With Us at 10:30 Sunday at
First Presbyterian Church of Hartford

Please note the later start time of 10:30 a.m.

To join worship online, click the button below or visit
the First Presbyterian Church of Hartford website at

<https://www.firstpreshartford.org/>

10:30 a.m. Sunday Hybrid Worship Link for First
Presbyterian Church of Hartford



This Week at Westminster

In this e-newsletter, you'll find details about:

- Community Conversation, Sunday, 4:00 p.m. at Westminster

- Summer Worship with First Presbyterian Church of Hartford
- Westminster Closed for Month of July
- You're Invited: All Presbytery Bible Study
- Prayers for Our Community and Our World

From Struggle to Strength:

Discover How to Weather Life's Storms with Resilience and Peace



**SUNDAY
JUNE 29, 2025
4:00-5:30PM**



Simple Strategies for Being Peaceful and Prepared



Weathering the
STORM

TRACY W. MEHR-MUSKA

**A Community Conversation
with Author and Chaplain
Rev. Dr. Tracy Mehr-Muska**

**LEARN 7 SKILLS FOR GREATER
CONFIDENCE AND CALM**

**FREE PROGRAM FOR INDIVIDUALS
12 AND OLDER**

LIGHT REFRESHMENTS PROVIDED

WESTPRESBY.ORG

Community Conversation with the Rev. Dr. Tracy Mehr-Muska This Sunday, 4:00 p.m. at Westminster

Life is unpredictable. Whether it's loss, disappointment, trauma, or everyday stress, **everyone** faces storms at some point. That's why the Westminster Community Mental Health Hub is inviting you and members of our larger community to an empowering community event: ***Weathering the Storm: Simple Strategies for Being Peaceful and Prepared***, featuring author and chaplain **Rev. Dr. Tracy Mehr-Muska** on **Sunday, June 29, 2025, from 4:00 to 5:30 PM** in the Fellowship Hall. This free, interactive program is open to ages 12 and up and will offer practical tools to help individuals prepare for and grow through adversity.

The conversation with Rev. Dr. Mehr-Muska launches Westminster's 2025–2026 Community Mental Health Hub theme, *Weathering the Storm*, which will feature a series of events focused on mental health education, caregiver support, and strategies to reduce stigma and build resilience in our community.

In her powerful book *Weathering the Storm*, Rev. Dr. Mehr-Muska shares her personal experiences of resilience through hardship, along with the **Seven P's of Resilience: People, Positivity, Pliability, Problem Solving, Purpose, Piety, and Perseverance**. These qualities, she explains, are not just traits we're born with. They are skills we can develop to become stronger and more peaceful no matter what life throws our way.

We hope you will join us for this important conversation!

A Summer of Worship and Connection

JUNE 29th & JULY WORSHIP

Sundays at 10:30 a.m.

First Presbyterian Church of Hartford

136 Capitol Avenue, Hartford

AUGUST WORSHIP Sundays at 10:00 a.m.

Westminster Presbyterian Church

2080 Boulevard, West Hartford



A Summer of Worship & Connection with First Presbyterian Church of Hartford (FPCH) *Worship at FPCH Begins This Sunday at 10:30 a.m.*

We are excited to continue our summertime partnership with First Presbyterian Church of Hartford (FPCH) again this year. Starting this Sunday, June 29 and throughout the month of July, Westminster will gather for worship at First Presbyterian Church of Hartford at their Sunday worship time of 10:30 a.m. (*please note the later starting time*). In the month of August, Westminster will play the role of host here at our 10:00 a.m. worship time. Online worship will continue to be offered.

[Click here](#) for further information regarding worshipping at FPCH.

Church Closed During July

While we worship with our friends at First Presbyterian Church of Hartford, Session has decided to close Westminster's facilities and office for the month of July as a cost-saving measure. Through a combination of furlough and vacation time, Becky Kimberly, Church Administrator and Mike McElroy, Church Sexton will not be working in July.

While Mike and Becky are not available, we are blessed with a team of volunteers who will cover any needs starting on July 1.

Pastoral Emergencies or Concerns:

Linda Geisler, Care Team Elder, will act as our primary contact for any pastoral needs.
Text or call her at 860-305-8902

Questions or Concerns Regarding the Church Facility

John Rhine, Buildings & Grounds Committee
j.rhine@comcast.net

860-978-8940

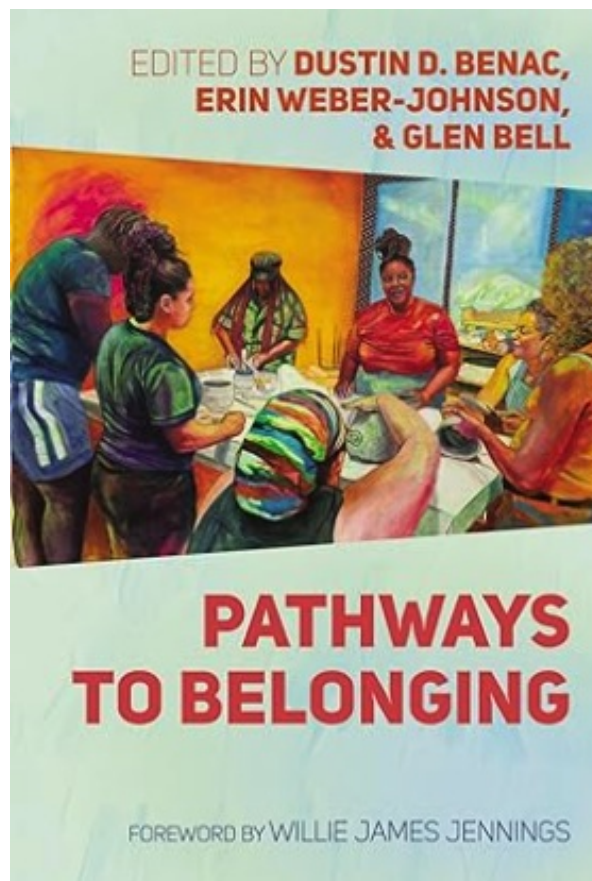
Church Rental Inquiries

Steve Frazzini, Buildings & Grounds Elder
stevefraz@me.com

Financial/Pledging Concerns

Greg Hammond, Elder, Finance Team
rgregoryh@yahoo.com
860-209-4737

Eric Ouellette, Bookkeeper
bookkeeper@westpresby.org



Pathways to Belonging:
2025 All Presbytery Bible Study
Begins Tuesday, June 24 at 12:30 p.m. Via Zoom

You're invited to participate in a summer all-Presbytery book study hosted by the Presbytery of Southern New England. Together we will read the transformative new book, *Pathways to Belonging* which is edited by Dustin D. Benac, Erin Weber-Johnson and Glen Bell and includes chapters and writings on the theological principle of belonging by over 20 different writers and theologians.

The summer book study will begin on Tuesday June 24th and run for five weeks, meeting at 12:30 p.m. for an hour over Zoom. After five weeks together in community, the second half of the summer will be spent reflecting and developing your own story of belonging, along with an opportunity to share that journey prayerfully with a spiritual companion.

Participation does not require you to attend every session—join on whichever dates work best for you! The Presbytery will also send accompanying emails with self-guided prompts so you can engage with

the material at your own pace.

We encourage you to watch this insightful and engaging conversation between Rev. Dr. Shannan Vance-Ocampo and Erin Weber-Johnson, one of the book's editors, as she introduces the book and our theme of belonging: https://youtu.be/VR2s_rvitnE

The Bible study is open to all members and friends of congregations in the Presbytery including Westminster. Click the link below to register. Any questions? Reach out to Nicole Aronson, who will be participating, at nmachampagne@yahoo.com.

Register for All Presbytery Bible Study

Prayers for our Community and Our World

Prayers and Pastoral Concerns in the Summer

During the month of July, please text or call Linda Geisler, Care Team Elder, at 860-305-8902 with any prayer or pastoral concerns. While Rev. Julie Emery is away on vacation, Rev. John Merz and Rev. Nancy Baseel will be available in case of pastoral emergencies.

Prayers for Our Community:

While our in-person prayer group will be taking a break during the summer months, we encourage you to continue to pray for our community throughout the summer. Paul encourages us to "pray without ceasing," so no matter how you pray, just pray!!

There are many creative ways to do this! Here are some to try:

Pray through the Church Directory: Each week, choose a few names from the church directory to pray for. If you don't know them personally, pray that you might meet in the coming months!

Pray through our ongoing prayer list Go through the names listed below and pray for each person listed there. Perhaps using a simple prayer such as, "Holy God, bring peace and comfort to (name) that they might know your love."

Pray in Color: Take some time to doodle the names of some of the folks you know from church - what do you think they might be praying for? What do you think they might need from God right now? [Check out this link](#) for some ideas of how!

Pray the Psalms: Read through some of your favorite Psalms and imagine those words as prayers for the lost, forsaken, or lonely. Psalms of Lament can be powerful prayers in response to some of the challenges we have been facing these days.

Ask others to tell you how to pray. Take some time this week to call a couple church friends or friends you haven't seen in awhile, ask them: How can I be praying for you today?

Pray through the newspaper: However you get your news, take a moment to pray for a specific person or story that captures your attention. How might God bring peace, restoration, grace to that event or person?

**Throughout the summer, specific prayer concerns will be shared within our Sunday worship services. We encourage folks to share prayers in worship either online or in-person.*

We continue to pray for:

- Those most affected by the injustices happening in our country in this time: Immigrants and refugees; the LGBTQIA+ community; those standing up against injustice in all its forms.
- We continue to pray for peace, and for a just and safe world for all.
- May those who are struggling receive God's love and encouragement.
- May God's love surround and comfort: Joan and Jim Lin, Bob Gillis, Becky Kimberly's father John, Sandy Fry's sister Ellen, Nancy Dewey, Barbara Aronson, Janet Wade-Utay's brother George Wade, Karen Wagner's friend Rich, Ross and Ginger Ludeman, Jon Scoville, Muriel Sherman, Betty Stokes.
- May God's peace be with those who grieve: the family of Rachel Lloyd's Aunt Katie; the family of Katrina, goddaughter of Melissa Boone; the family of Shirley Sabin; the family of Cliff Moss; Karen Sprout and family; Karen Wagner and the family of her friend Sherm and of her nephew; Barbara Riihimaki and family; David Hall and family; Jim and Vivian Carlson; David MacMeekin and family; Russ Smiley and family; Laura Berman and family.

Session Members

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