

## Westview Chimes March/April 2021

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Currently, Westview is not holding Worship Services in person at Westview until it is safe to do so. However, we are having a worshipful, connecting time as we Zoom together each Sunday. Hopefully, we will be able to print out our Newsletter on a bi-monthly basis.

**\*\* If you are in need of any assistance during this time please do not hesitate to call Westview at (831) 724-6222 and leave a message. Someone will call you back as soon as possible. \*\***

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*Live Worship Services held every Sunday at 10 am via Zoom until it is safe for seniors & the vulnerable to gather again.*

Some churches have opened up again for services, but the CDC has encouraged churches with a high number of seniors to continue with online services, so we will continue online until it is safe.

The best place to get up-to-date information will be the Westview website, [www.westviewpc.org](http://www.westviewpc.org).

If you would like to watch/participate in the Zoom Live Worship Services as it happens at 10 am on Sunday please send Westview an email at [westviewpc@gmail.com](mailto:westviewpc@gmail.com) so that your name/email address can be added/accepted to our Zoom live recordings and you can receive an automatic email reminding you of our upcoming live services. Pastor Mick Erickson will be our guest speaker for March 21st and April 11th.

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### *Video & Audio Recordings on our Website*

While Westview is still having live Zoom Sunday Worship Services every Sunday, a video recording of the latest service and audio recordings of previous services are also on the website. Please check our website for the latest video recording and to listen to the audio recordings at [www.westviewpc.org](http://www.westviewpc.org).

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*Wednesday Zoom Scripture Reflection & Mid-Week Check-In:* Wednesdays at 4 pm. The link is emailed out weekly. Please send Westview an email at [westviewpc@gmail.com](mailto:westviewpc@gmail.com) if you would like to automatically be sent a link/reminder on a weekly basis about our Wednesday Mid-Week Check-Ins.

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**Connecting to Zoom:** If you need help connecting on Zoom, please leave a message at Westview at (831) 724-6222 and someone will get back to you as soon as possible (usually within a day) or contact Margo or Evelyn. They'd love to help you get connected. Thank you Margo and Evelyn! Also let us know if you know someone who needs a computer device or wifi set up so they can connect with us. Check the Westview website for updates.

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**Donations/Tithes to Westview:** Can now be done through a PayPal button on our website or you can continue to send it via mail.

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**Sonrise Kitchen Update:** The breakfast program to the needy is temporarily closed until it is safe to continue the program. While Westview Worship Services are not being held at the Church, we are redoing the kitchen to make it up to code to cook for SonRise Kitchen. Thank your Margo and Marlon for all your work coordinating this needed endeavor.

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**Sunday Message Series:** "In the Image of God-the gift of our emotions" based on the work of Groves & Smith in their book, *Untangling Emotions*. Understanding our emotions and how they relate to God can help us in so many ways to make it through life experiencing abundant meaning and joy!

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On Sunday February 21st at 10 am, there will be a prayerful Ash Sunday Worship Service on Zoom to begin Lent (the season of preparation for Easter), in which we once again ask God for help/forgiveness and receive God's bountiful mercy/grace.

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## *In the Image of God - The Gift of Our Emotions*



Do you ever get swept up into your emotions and do something you wish you had not?

Our emotions can sweep us up into loving others and can also do the reverse as we get swept up by emotions and hurt others tremendously. Ultimately, our emotions are a gift from God and are part of being made in the image of God, who in Scripture is revealed as a God who experiences the whole range of emotions that we do. Emotions are an essential way we bear God's image.

This winter at Zoom Church we have been in the midst of a series, **"In the Image of God-the gift of our emotions,"** based on the work of Groves & Smith in their book, *Untangling Emotions*. Understanding our emotions can help us in so many ways to make it through life experiencing abundant meaning and joy!

"Emotions are strange. They're strange in that they can make us behave in ways we don't want to. Strange in that they can flood through our bodies whether we like it or not. Strange in that they can help us see and do things we would never have done without them. Strange in that most of us don't know (or even stop to ask) WHY we are feeling what we are feeling most of the time."-Groves and Smith

Christians often see negative emotions, the ones we would describe as feeling "bad," as signs of spiritual failure. As a result, negative emotions are to be squashed and repented of immediately, rather than explored, and should be expressed only when carefully monitored and controlled. "Negative emotions", like sadness or anger, though they can be hard, are actually good in that when listened to they can speak into our lives—they often speak about needed changes or speak of things that are genuinely difficult. The way you respond to your emotions, including how you feel about how you feel, is of vital importance to your relationship with God and others in your life. Your emotions are a vital part of your spirituality and your relationships!

"Our emotions are one of the most common and commonly misunderstood OPPORTUNITIES [that's right, opportunities] in our lives to grow in maturity and love. They have the power to deeply enrich our relationships or drive wedges into them."-Groves and Smith

Emotions express what we love/value, connect us to others/strengthen relationships, motivate us, and connect us to God.

February 17 was Ash Wednesday and marked the beginning of Lent. Lent is a time of prayerful reflection and especially repentance in order to prepare our hearts to once again receive the gift of Easter. Easter is a gift we actually can receive daily as daily we make mistakes, hurt others, sin. Daily we realize we need God's grace (God's forgiveness) and oh how gracious, forgiving and loving is our God to take our sins upon himself in Christ and die on a cross for us, conquering sin and death by rising from the grave. Easter becomes more meaningful and God's faithful, deep love more apparent, as we take time in lent to repent to God for those things we have done or failed to do. In repentance we realize how much we need a Savior to save us from ourselves and make us new, giving us hearts that can truly receive and give love. It will be good this lent to reflect upon our emotions on Sundays as we learn how they are a gift that enable us love deeply, and a force not to sweep us into regretful behavior but to be channeled through the Holy Spirit towards behavior that can truly be a blessing to others and ourselves.

It is a joy to be on this journey of life with you, even amidst a pandemic, and is an honor to be your pastor, as we learn from each other.

God bless,  
Pastor Dan

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### *Mariposa Arts of the Arts Council Santa Cruz County*

is now housed in a couple rooms upstairs at our church. They provide arts education and leadership development to the public schools. At right is Jessica Evangel, Mireya Gomez-Contreras, and Jim Brown. They do wonderful work in the community!



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## *Photos of Our Zoom Worship Service on Wear a Hat Day - January 31st.*

In the spirit of seeking joy amidst a pandemic, Westview members and friends wore a funny or fun hat to Zoom Worship Service on January 31st. Below are photos of this Zoom Worship Service.



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## *Leadership Retreat Update and Elder/Deacon Installation*



We had our 2021 Leadership Retreat via Zoom on January 10. Thank you to all our Elders, Deacons & other leaders who give so much of their time and energy to serve the Westview family. This year we had the special treat of having the presence of some of our new members from United Presbyterian who had recently been installed as Elders and Deacons:

- Jolly Bilstad (Elder): Retired teacher from Watsonville High - she taught many students about acting as she was the drama teacher.
  - Barbara Rogers (Elder): Jazzerciser extraordinaire and loves Yoga. Retired from AT&T and mother of 3 children, 10 grandchildren and 3 great grandchildren!
  - Polly Loftin (Deacon): Retired special education teacher, loves gardening & flower arranging.
  - We also installed Jane Yoshida as Deacon. Jane is a long-time member of Westview who serves in many, many ways including our SonRise Kitchen - serving breakfasts to those in need at the levee.
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