

Westgate Witness

Octoberer 2020

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Greetings in the Name of our LORD !

Finding Peace

During my vacation I was blessed to have free time to think and catch up with parts of my life that I have neglected. I also had some opportunities for travel—some day-trips on my Goldwing and one trip to Sedona Arizona. If you have never been to Sedona, I recommend it and I would be happy to shares some of my photos from its breathtaking beauty, but as I was standing humbly at the base of one of Sedona’s grandest mountain views I also found myself struggling to let go of thoughts about all the distresses of daily life. The list seems endless—turmoil caused by Covid, political uncertainties, cultural grievances and discord, race relations, the general incivility of a pent up frustrated populace—I am quite sure you observe it. Why was I standing in one of America’s most scenic places—yet still harboring distress? Where was my peace?

This moment raised for me one of life’s most essential questions: *“How can we cope with the distress of daily life to achieve lasting tranquility and peace of mind?”* It’s become a cliché to say that we are living in extraordinary times. Despite the modern miracles that technology has provided, we are living through times of great stress—personally, nationally and even globally.



How do we cope with our anxiety about the conditions around us, about personal problems, about the society our children will inherit? Most of us worry but don’t know what to do. How do we keep a sense of perspective? There *is* a way to manage the turbulence that confronts us. There are answers that are effective and encouraging, particularly when we face circumstances that have the potential to paralyze us emotionally: the unexpected loss

of a job, the death of a loved one, a failed or failing marriage, feelings of betrayal, health problems, political upheaval, and economic uncertainty. These can produce prolonged distress.

Without oversimplifying or minimizing such traumas, we can be assured that there is a way to find peace of mind—a quiet, calm mental state that is not subject to constant anxiety when pressures build. Many look to self-help to provide the solutions. Although the techniques and devices promoted in popular books and tapes on the subject of managing stress and finding peace may provide a measure of relief, none addresses the fundamental deficiency of the human spirit. To solve our deepest problems we must do better than reprogram our subconscious or learn the latest relaxation techniques.

WE MUST SEE THE INVISIBLE. The answers that bring lasting solutions are spiritual in nature and derive from the principles involved in exercising godly faith. Before we can exercise faith in God, we need to know that He exists and is personally interested in us. As individuals, we need to think of Him as our Father. So the first step to having the *peace of mind* we yearn for is to establish that God cares for us in all circumstances and that He has a plan for our lives, both now and in the future.



But how can we know that God even exists? That's not a question so hard to believe when you're in awe in Sedona—but in the nitty gritty rub of daily life we lose our way. If the apostle Paul were alive today, he might well answer the question of God's existence as he did in one of his letters more than 1,900 years ago: *"For since the creation of*

the world God's invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse" (Romans 1:20, New International Version). According to Paul, we are without excuse if we don't recognize God's divine nature and His eternal power in the natural world.

From rugged panoramas to rain forests, the earth fills us with awe. Its seemingly infinite variety is amazing to contemplate and even more difficult to explain. Whales communicate by underwater sound, but how did they learn? Migrating birds fly thousands of miles and unerringly arrive at the same location year after year. How did they develop such precise guidance systems? The simple belief that God's existence is evident from what we see in nature has all but disappeared in a world that so boldly proclaims humanity's accomplishments.

The apostle Paul said that *"the living God made the heaven, the earth, the sea, and all things that are in them."* The simple belief that God's existence is evident from what we

see in nature has all but disappeared in a world that so boldly proclaims humanity's accomplishments. Yet that childlike trust is the starting point for a right relationship with our Father. But even if we know that He exists, how can we be sure He cares? If God's creation can teach us something of His existence, perhaps it can teach us something about His concern for us as well.



TRIED BY FIRE. In the shade of the giant sequoias of California, there's a special kind of beauty. These magnificent trees have a tranquility and majesty that belong to nature alone. They capture our attention, not only for their size, but also for their longevity. Some have stood for centuries and bear witness to all the disorder of the past 2,000 years or so. For example, the General Grant tree is 267 feet tall and 107 feet around the base. Many years ago, a fire scarred the General Grant, leaving an A-shaped gash in its trunk, but the tree survived and continues to grow. Nearby is an even more startling example of growth despite the adversity of fire. The inside lower half of that tree has been almost completely burned out, yet the top continues to thrive.

Fashioned with loving care, these monuments to God's power testify to the fact that we can, when "fire" strikes us, do more than survive: we can continue to grow. That understanding begins with the simple belief that our Father has made us with the same care and attention that He gave to the rest of His creation. What is more, He cares for us above everything else He created. Jesus explained this fundamental truth, as recorded in Matthew 6: *"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? . . . So why do you worry about*

clothing? Consider the lilies of the field, how they grow: they neither toil nor spin. . . . Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?" (verses 25–30).

As I allowed all my senses to truly take in the beauty of Sedona—eventually I took a few deep intentional breaths—and fully embraced this mindfulness the gift of astounding beauty—slowly opening my clenched fingers—I chose to *"let go"* and *"LET GOD."* I chose to accept His embrace as I took a few deep breaths—standing fully in awe of the beauty of that moment. Seeing the Invisible God through eyes of faith and gratitude—restored a sense of His Peace and Mystical Presence.

He told me to tell you!

Faithfully,

Pastor Robert Zimmerman

A PRAYER ON THE FIRST DAY OF AUTUMN

God of all seasons, we thank you for Autumn.

We thank you...

for the touch of coolness in the air that gives us a new burst of energy,

for the coloring of trees that shows the creativity of the Divine Artist,

for the falling leaves that reveal the strength of the branches,

for the hues of fields that bring peace to our souls,

for the smiles on pumpkins that bring joy to children,

for the fall harvest which that brings us gratitude for the bounty of our land,

for this change of seasons that reveals the circle of life.

God of all seasons, as you transform the earth,

transform us by your Spirit. Amen



COMMUNION SUNDAY

We will have Communion this Sunday, October 4th after the sermon.

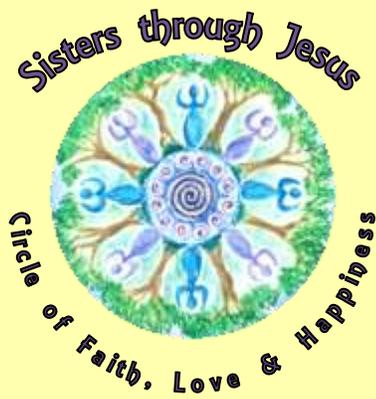
You will be given the elements (uniquely packaged) along with the bulletin when you arrive Sunday.

PRISON MINISTRIES IS HAVING A

COMPLETE CHICKEN DINNER FUND RAISER

Friday, October 23 4:00 to 7:00 p.m. Suggested donation \$12.00

Pick up at Mellinger Mennonite church 1916 Lincoln Highway, (or 2 other locations.) Call 717-859-5519 for details.



ABW Ministries

**Our next ABW meeting is:
Thursday October 1strd at 1:00
In the Fellowship Hall**

ABW Fall Soup Sale

at Westgate Baptist Benefit the 20/21 Project in Brazil
Sunday October 25, 2020: Pickup after church service
Soup selections will include and be priced at \$6 per quart

Beef chili
Turkey chili
Ham and bean
Chicken corn
Vegetable soup

Your prepaid (cash or check) order for soup can be placed in the envelopes provided in the bulletin and deposited in the white offering barrels by our church exits. All orders with your selection must be prepaid by October 18, 2020. For any questions please call Pat Rust at 717-209-6822. Soup will be prepared and cooled the day before our sale. Thank you for your support!

Upcoming ABW Events and Activities:

November 5, 2020 at 1pm- Regular ABW monthly meeting to discuss plans for next 2 months.
Sundays in November-We will be collecting Christmas gift items for Samaritan's Purse. Further information will follow. Thanks, in advance, for your support.

November 29, December 6th, and 13th-Westgate ABW will again help with Angel Tree financial donations this year for Christmas. All donations are greatly appreciated. Thank you!

Many thanks to those who have helped through the year.

Blessings,

Pat Rust and the Ladies of ABW

American Baptist
Women's
MINISTRIES

Baptist Potpourri

ABCOPAD BIENNIAL LEADERSHIP CONFERENCE 2020

Can You See It? Isaiah 43:19

A Fresh Vision for Every Generation

Four Online Interactive Sessions

God does have a fresh vision for each church family that is springing up in our midst, and He longs for us to see it and respond. The challenge that we sometimes face is how to blend different generations within our congregations in that common mission. We want to be united in faith and purpose but at times it feels like we speak a different 'language' as older and younger believers struggle to come together in ministry. These are challenging issues, and so we've enlisted the help of Dr. Jolene Erlacher to help us learn how to engage across generations in our work for the Kingdom.

Schedule for the Biennial

Saturday, October 3, 2020

9 a.m. - 11 a.m.

Daniel Generation: Godly Leadership in an Ungodly Context

Thursday, October 8, 2020

7 p.m. - 9 p.m.

Cultural & Generational Trends Impacting Ministry Today

Thursday, October 15, 2020

7 p.m. - 9 p.m.

Mentoring Across Generations (Jochebed)

Thursday, October 22, 2020

7 p.m. - 9 p.m.

Building a Healthy Multigenerational Team

[Click to Register](#)

[Delegate Registration](#)

The User Name is Delegate and the Password is ABCOPaDe

Free to Most
\$10 for those Interested in CEU's

Also from ABCOPAD:

[YouTube Video Link: What Does Godly Leadership Look Like Today](#)

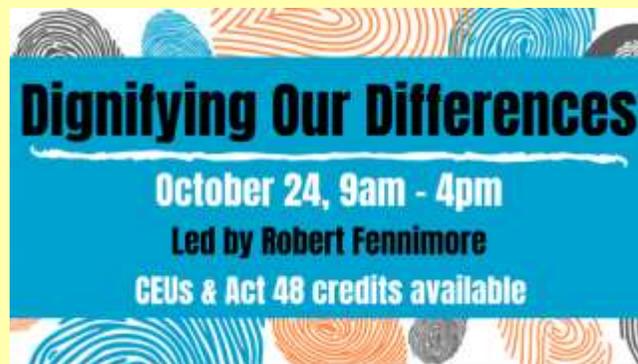


October 14, 2020 1:00-3:00 pm

Join this interactive virtual dialogue to listen and learn as panelists delve into conversation about ways people of faith can influence society on issues around racial equity, voting, advocacy, community organizing and more.

[Register Now](#)

Parish Resource Center



One method of dealing with differences - in race, gender, class, life experiences, etc. - is to ignore them. But reducing everyone to our commonalities is very limiting. It doesn't allow us to see the detrimental effects of systemic racism, gender bias, and heteronormativity. This day-long restorative practices training will help participants avoid minimizing the differences around them in their personal, professional, and volunteer endeavors while providing next steps to dignifying these differences.

6 hours of Act 48 credits for educators and CEUs for social workers, professional counselors and marriage and family therapists are available. This is a live webinar. The Zoom link will be sent out to registrants the day before the workshop.

<https://parishresourcecenter.org>

Birthdays & Anniversaries for October



10/1 Barbara Adams
10/2 Kayla Bell
10/14 Janet Whitehead
Messiah Jones
10/18 Gerda Conrad
Wilson Joseph
10/19 Mary Wright
10/21 Scott Wood
10/27 Margaret McCandless
10/29 Sue Seevers



10/11/1975 Paul & Sandy Dour



**“Who Is Doing What” Coordinators-
Please remember to provide me with your
lists when church resumes.
Thank you, Elisa**

Treasurer's Report-

Month Total	September
Budget Income	\$7,682.52
Non-budget income	\$ 506.00