

Update 7/22/09

A Summer Prayer

Lord,
Our days are long
and our schedules are full.
You said when we are weary
we can come to you
and you will give us rest.
So we come to you now and ask you to...
Renew Our Spirits
Restore Our Strength
Refresh Our Hearts
Thank you for being the source of all we need
to do everyone you have called us to do.
Because that is the only place
we can truly be rejuvenated.

Social Hosts Needed!

Please take a moment this Sunday morning to look over the calendar and sign up to be in service to Westminster as a Social Host! This is a wonderful opportunity to share your love of this community and facilitate a time of fellowship and friendship after worship. If you have questions, please contact David Plummer.

Volunteer Opportunities for Retirees and Others

A Westminster member and school tutor, Janell would like to call attention to opportunities for retirees or others who are interested in helping to foster empowerment in the young people of the Southwest community! Volunteers are needed for Grades 1, 2 & 3 during school hours:

- **Part-Time, 5 ½ hours per week** (two days, 2 ¼ hours each, in the afternoon) -- Tutoring and mentoring individuals. Helping students with reading, building trust, and interpersonal relationships
- **16-Hour Volunteers, 3 days per week** - (5 hours each. Eligible to receive a taxable stipend.): In addition to tutoring individuals, volunteers work in classrooms with small groups of at-risk students.

The Elementary Schools in the program are Amidon, Birney, Kimball, Scott Montgomery, Webb, William E. Doar, Jr., (WEDJ), West, and Whittier.

For more information, please contact Janell Walker at jcw22222@live.com or 202-484-3255.



Bill Haymon

Friday, July 24
Bill Haymon
Flute Collective
Jazz Night in Southwest
6-9pm



Rev. Alice V. Anderson
Guest Preacher
July 26



Clarence Turner
Blues Band
Blues Monday
6-9pm



Thursday, July 30
Ida Mae Campbell Foundation
First Anniversary Fund Raiser
"Spotlight on Emploment and
Entrepreneurship Evening"
Westminster Presbyterian
6-9pm

Like to volunteer?
idenmccollum@gmail.com
To RSVP:
saflegler@comcast.net

Westminster Staff, Members & Friends Abroad!

Pastors Brian & Ruth: July 18 to Charlotte...July 19 to Atlanta (stopping by to see Ed Senn's sister at Ketchum Place Farms)...July 21 to Selma (hope to see Iona's sister)...July 22 to New Orleans...July 24 to Galveston (celebrate my brother Dave's 60th)...July 26 Brian flies back to DC, Ruth and boys to sister Aimee's 72 acre bull breeding farm in east TX...July 30 to Memphis (to see Ruth's nephew Nathan and new baby Adrian and enjoy Interstate BBQ recommended by Sunny)...Aug 1 back to DC...Aug 4 to NJ and Martha's Vineyard...Aug 8 arrive home...Ruth preaches on Aug 9. August 15 leave for week of Study Leave at Chautauqua New York. August 22 Roman is 12. August 23 home again.

Tom Hoffman & Freddy Ferrufino are taking a much-deserved vacation in Europe... Send them prayers and good wishes for a safe, relaxing, fun, and restorative time!

Prayers of the People

Pray for Star Fowler who is recovering from back surgery, and for David Plummer who is still undergoing dialysis treatments. Also remember the Hamiltons as they travel, Ed Senn as he bikes across Iowa, and Tom Hoffman & Freddy Ferrufino as they enjoy a much deserved vacation in Europe!

Wellness Wednesdays at Westminster

Improving ourselves and our community through the exploration of complementary health practices and meditation.

Every Wednesday night!

4:00pm

Therapeutic (Seated) Yoga

With Pamela Wilson

~and~

Healing Touch

With Riva wine

5:30pm

Laughing Yoga

With Claire Trivedi

6:30pm

Welcome, Introductions,
and Opening Breathwork
With Eric Eldritch

7:00pm

Iyengar Yoga

With Andy Fields (\$5.00)

8:00pm

Labyrinth Walk



Bring Your Donations This Sunday for Summer School Soldier Support

- Shipping help
- Ramen Noodles
- Popcorn (microwaveable)
- Letters or cards
- Laundry soap
- Cans of fruit
- Non-aerosol insect repellent
- Hot chocolate s
- Razors Hand wipes (may not contain alcohol)
- Boot insoles
- Tall athletic socks
- Cereal bars (hard granola)
- Shampoo
- Beef Jerky
- Batteries (AA & AAA)
- News and sport magazines
- DVDs
- Presweetened powdered drink mixes (individual servings or resealable containers)
- Hard candy (to share with the children that follow them when they are in the city)
- Phone cards (that can be used from outside the US)
- Flea collars (to discourage the sand fleas)
- shoe boxes (size men 6-8 and/or woman 8-10)

The mission of Westminster DC is to be an accepting, caring, risk-taking body of Christ open to the message of God in people & places too often rejected and ignored.

Our vision is organic, sustainable growth of our physical and spiritual presence as we fulfill our God-given mission with relevance and creativity for a radically changing SW neighborhood, city, nation and planet.