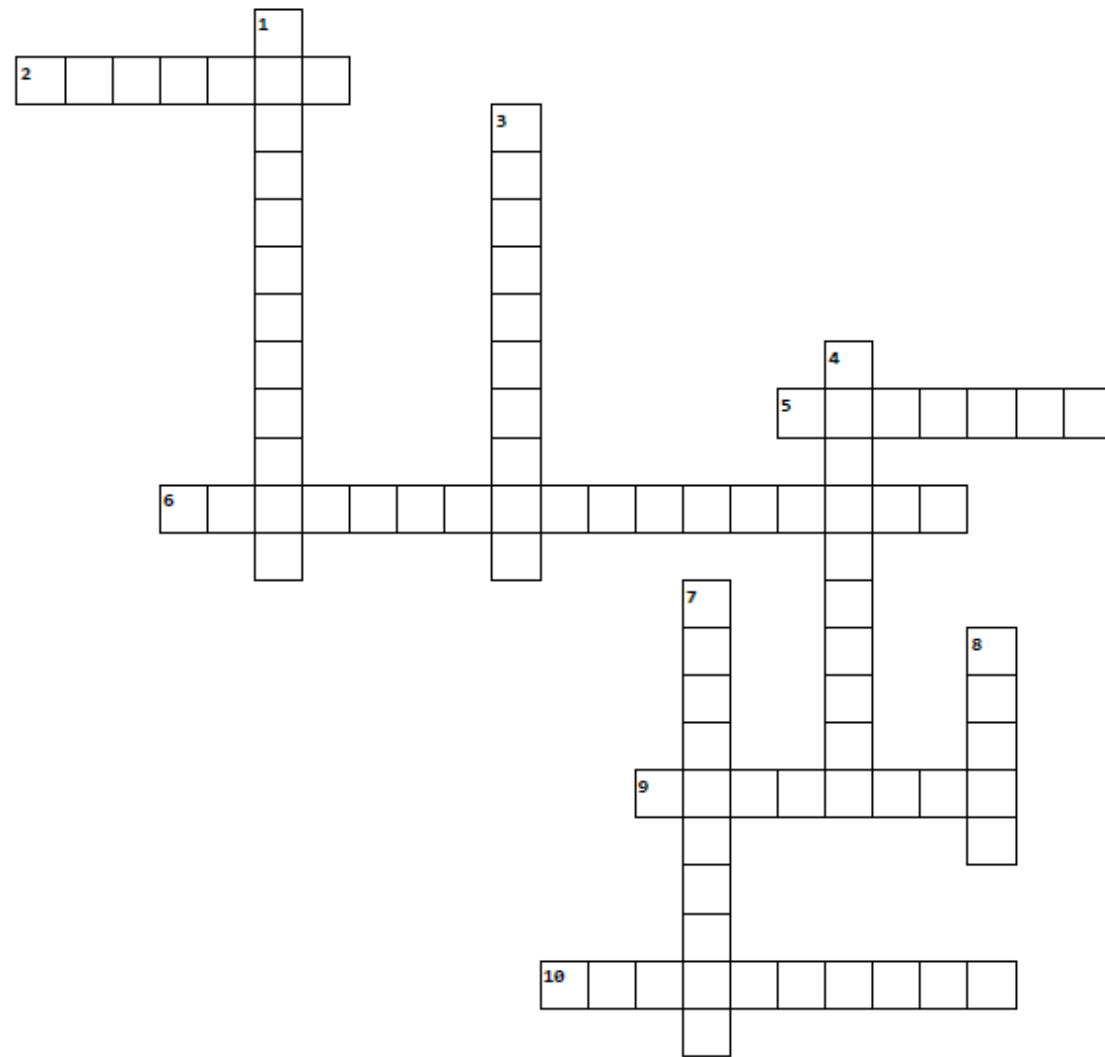


## SUNDAY NOTES WORD PUZZLE



### Across

2. You can light me for a week
5. Where you can find your missing items
6. May reach out
9. Frequently seen practicing his swing with a golf club in hand
10. FC member and artist featured in JPWL Gallery

### Down

1. You can sponsor me on a Sunday
3. Find Molly Bohman here during Coffee Hour
4. You were invited to host this last weekend
7. Meets on the 1st and 3rd Sunday of the month
8. Find me in the library or at the bookmobile and plant me in your garden

Answers: 1.altarflower 2.steeple 3.bookmobile 4.coffeehour 5.room304 6.miracleleagueofct 7.biblestudy 8.seeds 9.revfredd 10.lindaisham

## CHURCH OFFICE HOURS

Monday- Friday | 9:30 a.m. – 4:30 p.m. | 860-233-9605

Office.Manager@whfirstchurch.org | <https://whfirstchurch.org/>



May 17,  
2026

# Sunday Notes

First Church Happenings

Issue  
#20



Some of Jesus's most memorable words were shared in the Sermon on the Mount. In Matthew's gospel, this long list of sayings is the very first public utterance of Jesus's ministry, so we know they are important. Jesus updates the old ways by saying "You have heard that it was said..." and then challenges his listeners — and us! — to new ways, "but I say to you..."

The new ways may be a challenge, but they are not impossible. I'll share a story this week about a modern example of someone who lived out the words Jesus shared in a powerful and surprising way. And in so doing, we learn about the power of having a healthy ego, instead of a large one.

See you in church!

Yours,  
Terry

## SAY IT WITH FLOWERS

This week's Altar Flowers are donated by **Amy Melvin**

*"For Joy Taylor and me, in honor of our 60<sup>th</sup> Birthday"*

Sign up here to sponsor altar flowers:

<https://bit.ly/FCAltarFlowers>

## LIGHT THE STEEPLE

Light the steeple in honor, memory, gratitude or celebration of a loved one

Sign up here to sponsor the steeple:

<https://bit.ly/FLightSteeple>

## PRAY ON IT PRAY THROUGH IT PRAY OVER IT

*Let us hold you in prayer*

Submit a prayer request:

[http://bit.ly/FCprayer\\_request](http://bit.ly/FCprayer_request)

## NEW MEMBER INFORMATION SESSIONS

Please contact Rev. Fredd in person, by phone at 860-233-9605, or email:

[fredd.ward@whfirstchurch.org](mailto:fredd.ward@whfirstchurch.org)

## Memorial Day Parade with First Church Friends!

Monday, May 25 | 10 a.m. | FC Front Lawn

Join your FC friends on the front lawn for the annual West Hartford parade-one of the best viewing spots in town! This year the Inreach team will provide lemonade and cookies. Pack a chair and enter the church parking lot by way of Trout Brook Dr. to Farmington Ave. Starts at 10 a.m. – arrive early to secure a good spot in front of the labyrinth. Hope to see you there!

# What's Happening?

## OXEN HILL FARM

Connect with Lisa and Sarah from OHF. Ask about fresh produce available for pickup in the coming months.

- TODAY
- Coffee Hour
- Auditorium
- <https://oxenhillfarm.com/>

## BIBLE STUDY

- Every 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month; next meeting June 7
- 9 a.m.
- JPW Library
- Joe Tobin: [jmtobin@gmail.com](mailto:jmtobin@gmail.com) | P: 860-916-1923

## BOOK GROUP: AWAKENING THE SPIRIT

- Book: *Falling Upward* by Fr. Richard Rohr
- Mondays; next meeting May 18
- 12 - 1:30 p.m.
- JPWL

## BOOK GROUP: FOOD FOR THOUGHT

- Book: *Joyful Anyway* by Kate Bowler
- 1<sup>st</sup> Tuesday of the month; next meeting June 2
- 5 - 6:30 p.m.
- JPWL

## BOOK GROUP: Believe in YourSHELF

- Middle School Book Group
- Book: *Parachute Kids* by Betty C. Tang
- TODAY
- 10:15 a.m.
- Community Room

## A GUIDED TOUR OF EARLY CHRISTIANITY

- Cont. *Jesus Before the Gospels*, we'll explore early traditions and John's community. Open to all – childcare available.
- Every two weeks; next meeting Wednesday May 20
- 6:45 p.m.
- Youth room
- <https://bit.ly/EarlyChristianBook>

## FITMIX FITNESS W/ KATHI BORATKO

- Faithful Fitness: Free through the JPWL Crofut Fund.
- Tuesdays
- 5:45 – 6:45 p.m.
- Auditorium
- <https://bit.ly/FitMixKathy>

## COFFEE & CONVERSATION

- Join us for coffee, conversation, and community.
- Wednesdays
- 10 a.m.
- Hartford Baking Co. WeHa Center

## TAI CHI & QI GONG W/ CYNTHIA HOAG

- Faithful Fitness: Free through the JPWL Crofut Fund.
- Thursdays
- 10:30 – 11:30 a.m.
- First Church Chapel
- <https://bit.ly/TC-QGCynthia>

## WEHA HEALTH & WELLNESS FAIR

- Free Wellness Expo sponsored by West Hartford Chamber, Blue Back Square & Town of West Hartford
- Tuesday May 19; rain date May 20
- 12 - 3 p.m.
- Isham Road & Raymond Road Lot- Blue Back Square
- <https://bit.ly/wehahealthfair>

## GLOW IN THE DARK BINGO

- Pizza, prizes, music by DJ Miles. All are welcome! Let us know you're joining the fun!
- Saturday June 6
- 5:30 – 7:30 p.m.
- Auditorium
- <https://bit.ly/GlowBingo2026>

## WORLDWIDE KNIT IN PUBLIC DAY

- Join the Creative Crafters for WWKiPDAY! Bring a chair, your knitting/crocheting project and enjoy lemonade while we craft together! Food donations for local pantries are welcome.
- Saturday June 13
- 10 a.m. – 1 p.m.
- On the Labyrinth



## A TIME TO SOW: "Seed for yourself"

WeHa Grows, the JPWL Seed library is back with a variety of flower, herb and vegetable seeds for your garden. Stop by or visit us next to the Book Mobile at Coffee Hour.

## CELTIC WORSHIP SERVICE

- A peaceful, reflective service feat. prayer, Communion, music, poetry and moments of shared silence. Led by Rev. Tom Carr. Offerings will be donated to The Miracle League of CT.
- TODAY \*Final service until September\*
- 5 p.m.
- First Church Chapel

## A RESILIENT FAITH: JAPANESE AMERICAN BAPTISTS DURING WORLD WAR II

- A traveling exhibit from the American Baptist Historical Society, honoring Asian American, Native Hawaiian, and Pacific Islander Heritage Month.
- May 5- May 30
- During library hours
- First Church Chapel
- <https://bit.ly/ResilientFaithExhibit>

## "OF PLANTS AND LAND FORMATIONS (An Ode to Maine)" WORKS ON PAPER BY LINDA ISHAM

- The exhibit includes original works in various mediums: journals, sketch books, and unframed pieces that reflect Isham's artistic process inspired by 46 years of summering in Maine.
- May 7 – June 30
- During library hours
- JPWL Gallery

## JPWL LUNCH & LEARN: BOOK TALK – A QUARTER-ACRE OF HEARTACHE

- An open discussion on the Connecticut Golden Hill Paugussetts' 1975 legal battle to preserve their reservation, led by Chief Big Eagle with support from civil rights lawyer William Kunstler and the American Indian Movement. Clan Mother Shoran Waupatukuay will join via Zoom; a light lunch will be served. Books are available through River Bend Bookshop or in the JPWL.
- June 7
- 11:30 a.m. – 1 p.m.
- JPWL
- <https://bit.ly/QuarterAcreHeartache>

Sundays & Monday-Thursday | 9 a.m. – 5 p.m.  
P:860-232-3893 | [jpwebster@whfirstchurch.org](mailto:jpwebster@whfirstchurch.org)

More Events & Updates:

- <https://whfirstchurch.org/jpw-library/>
- Newsletter: [bit.ly/JPWLNNewsletter](http://bit.ly/JPWLNNewsletter)

# Get Involved!

## MAY REACH OUT: The Miracle League of Connecticut

- Where every child gets a chance to play! The Miracle League of Connecticut offers inclusive programs for children with physical and cognitive challenges, creating a welcoming space for play, connection, and community.
- Learn more: <https://www.miracleleaguet.org/about/>
- Donate: [pushpay.com/g/whfirstchurch](https://pushpay.com/g/whfirstchurch)

## FILL OUR FOOD BUCKETS!

If you're able, consider adding a few extra items to your grocery trip to help support neighbors facing food insecurity.

## LET'S MAKE LUNCHES!

- As part of our Outreach mission, we make 80 sandwiches and fill lunch bags for our neighbors in the Asylum Hill neighborhood.
- Every 4<sup>th</sup> Sunday of the month; May 24
- During coffee hour
- Auditorium

## GRATITUDE & CELEBRATION

With grateful hearts, we celebrate reaching our \$1,500 goal for CT Foodshare's Walk Against Hunger. Thank you to all who made this support for Loaves & Fishes possible. - *First Church Striders*

## Four Ways to Give

- Sunday morning offertory:** Please note the designation of your donation on the envelope.
- Give Online:** <https://pushpay.com/g/whfirstchurch>
- Give Gifts of Securities:** Contact Financial Advisor Sue Banville | 860-521-2119.
- Give by Mail:** Checks should include designation in the memo and be addressed to:

First Church West Hartford  
12 South Main Street  
West Hartford, CT 06107

## Spread Your News

### SUNDAY NOTES & HAPPENINGS

- We welcome your notes and happenings.
- Submission deadline: Tuesdays
- 12 p.m.
- Kat: [office.manager@whfirstchurch.org](mailto:office.manager@whfirstchurch.org)

### WEBSITE & FAMILY NEWS REQUESTS

- Including updates, printed materials and social media
- Amy: [Communications@whfirstchurch.org](mailto:Communications@whfirstchurch.org)
- Joy: [Communications2@whfirstchurch.org](mailto:Communications2@whfirstchurch.org)



## IS YOUR SPIRITUAL VISION BLURRY? IT MIGHT JUST BE BECAUSE YOU LEFT THESE IN THE PEW...

LOST & FOUND | Room 304

Visit Lost & Found for your missing glasses, water bottles, & more!  
Unclaimed items by June 1<sup>st</sup>. will be donated/disposed of.

