

# THE PRESBYTERIAN POST

## Pastor Bruce McBurney

### Save the date:

#### In-person Worship -

Lingle, 9:30 a.m.

Torrington, 11 a.m.

### Torrington Session

Royden James, 2022

Diane Nye, 2022

Jane Iddings, 2024

Ellen Preston, 2024

### Lingle Session

Don Aippersach, 2022

Ann Rose, 2022

Ryan Yung, 2023

Craig Fullmer, 2023

Steve Ransom, 2024

Mary Harshberger, 2024

Aaron Bahmer, 2024



## First Wyoming United

2972 Main Street (on the hill), Torrington, WY 82240

Website: [firstwyomingupc.org](http://firstwyomingupc.org)

Email: [firstwyomingupc@gmail.com](mailto:firstwyomingupc@gmail.com)

Facebook: First Wyoming United Presbyterian

Phone: (307) 532-2972

## Community Presbyterian

200 3rd Street, Lingle, WY, 82223

Email: [linglepresbyterianchurch@gmail.com](mailto:linglepresbyterianchurch@gmail.com)

Facebook: Community Presbyterian Lingle WY

Phone: (307) 837-2729

## Mary Martha's

Will meet May 11 at 1:30 p.m.  
See you there!

## Presbyterian Women

Next CT meeting is May 12 at 3 p.m. and the Meeting is at 3 p.m. on May 19.

Mark your calendars for the PW Spring Gathering to be held Friday-Saturday-Sunday, June 17-19 in Camp Story. The theme will be "Cozy Mountain Lodge". Bring a friend!



## Upcoming events

### Sunday, May 1: Worship

9:30 a.m.: Lingle, in-person

11 a.m.: Torrington, in-person

### Monday, May 2: Nurture, 5 p.m., Torrington

### Wednesday, May 4: Worship Team, noon, Deacon's

### Thursday, May 5: Bible and Brews, 6 p.m., Lingle

### Sunday, May 8: Mother's Day

Worship

9:30 a.m.: Lingle, in-person

11 a.m.: Torrington, in-person

### Wednesday, May 11: Mary/Marthas, 1:30 p.m., Lingle

### Thursday, May 12: CT meeting, 3 p.m., Torrington

Bible and Brews, 6 p.m., Lingle

### Saturday, May 14: Men's Breakfast, 8 a.m., Lingle

Mother's Day Celebration

### Sunday, May 15: Worship

9:30 a.m.: Lingle, in-person

11 a.m.: Torrington, in-person

### Monday, May 16: Session, 6:30 p.m., Torrington

### Tuesday, May 17: Session, 6:30 p.m., Lingle

### Thursday, May 19: PW meeting, 3 p.m., Torrington

Bible and Brews, 6 p.m., Lingle

### Sunday, May 22: Worship

9:30 a.m.: Lingle, in-person

11 a.m.: Torrington, in-person

### Monday, May 23: Book Club, 3 p.m., Torrington

### Thursday, May 26: Bible and Brews, 6 p.m., Lingle

### Sunday, May 29: Worship

9:30 a.m.: Lingle, in-person

11 a.m.: Torrington, in-person

## Mental Health First Aid course

Regardless of your profession or role, you or someone you know have experienced mental health challenges. Nearly one in five people struggle with a mental health issue. Chances are you or someone you care about are impacted.

Mental Health First Aid is essential training for anyone age 18 and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. This course teaches you to recognize signs and symptoms and provides the steps to take to provide help. Participants will come away with the skills and tools to offer help to others and increase their personal knowledge.

**What you will learn in this eight-hour course:** The impact of mental illness in the U.S.

Risk factors, warning signs for depression, anxiety, trauma, substance use and psychosis

A five-step action plan to help an individual in crisis connect to professional help

Local community resources available to offer support

Participants will receive an informational workbook that summarizes the training as well as a list of community resources.

**What to expect:** Audio/video presentation

Opportunities for group discussion and practice

Earn 3-year certification

Participants MUST attend the full 8-hour course to receive a certificate

**When:** Saturday, April 30, 2022

8:00 AM – 5:00 PM, lunch included

**Where:** Fellowship Hall, First Presbyterian Church

101 E. 20th Street, Scottsbluff, NE

**Call (308) 632-2131 to register.**

## Reflections with Pastor Bruce McBurney

What a strange dichotomy I find myself in, our programming is winding down and yet the earth and life is just gearing up. Do you ever feel that way? I suppose our overlapping calendars lead me to this place. On the one hand school is coming to an end for the year, students will be walking across the stage soon and then everyone will be headed to their summer activities. On the other hand we find that nature is continuing its resurrection and now there is work to be done in the fields.

One of the focal points on the PCUSA calendar for the month of May is Mental Health Awareness. Each of us are encouraged to do a self-check especially in this pandemic/war torn world in which we find ourselves. Take a few minutes and see how you are feeling. It is important to keep yourself as healthy as you can, so you can be the best you! Have you been tired, lethargic? Are you feeling anxious or nervous? Maybe you are just feeling blue, but for how long? These are part of the emotions that each of us feel but if those feelings continue for too long it will not be good for your health. You can be the judge of how you are doing and if it turns out that you are not alright, please get some help. See your doctor and ask for their advice. Take care of yourself in this ever changing world. God loves you and so do we!

You are blessed!

Bruce

*“For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known.” 1 Corinthians 13:12*