

The Westbrook Chatterbox



Happy April!!

April is one of my favorite months. It's the month I was born and it's also the month in which I got married. And of course, we have spring spilling out all over the landscape – flowers, grass, trees.

This year, Easter is in April as well. Our pastor calls Easter the Super Bowl of Christianity. Without Jesus' death, burial and resurrection, Christianity would not exist. We would have nobody in which to place our hope and faith. I don't know about you, but I need that hope to get through each day. I have the assurance that when I die I will be reunited with my parents, grandparents, my brother and many others. I have hope that no matter what is thrown my way I can turn it over to Jesus and he'll help lighten the load so that I can endure. Hope is so important and without Christ, I would have no hope.

But hope is only part of it. There is also faith. Faith is defined as complete trust or confidence in someone or something. This requires action from me. I must choose to place my trust in God. The Bible has many verses on trust.

Below are a few and the good news they mean for us as believers.

- * Proverbs 3:5-6: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." The Good News: Putting your trust in God is the way forward. Set aside your anxieties and doubts and turn it all over to the Lord.
- * Psalm 56:4: "In God, whose word I praise – in God I trust and am not afraid. What can mere mortals do to me?" The Good News: Although there may be obstacles in your path, God is on your side. That is what really matters.
- * James 1:6: "But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind." The Good News: Your faith in the Lord allows you to stand strong in the face of adversity.
- * Psalm 28:7: "The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." The Good News: Placing faith in God and learning to trust him is a joyous experience.
- * Isaiah 26:3: "You will keep in perfect peace those whose minds are steadfast, because they trust in you." The Good News: God promises to provide for you and bring you tranquility if you keep yourself focused on learning to trust him fully.
- * Isaiah 43:2: "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze." The Good News: God is promising that, if we truly trust in him, he will be able to protect us and see us through life's tribulations.

I hope that these verses will bring you peace, comfort and joy. Faith and Hope are such an integral part of my life and I hope that they are for you as well.

Lastly, be on the lookout for our Easter Scavenger Hunt starting April 3rd and ending on April 7th, which is Good Friday. Be sure to tune into Channel 96 each day for clues.

Also be sure to turn in your answers to the Easter quiz. Everyone who completes it will win a prize!! And Bunny Boggle– let me know what your score. The highest score will win a prize.

Until Next Month,

Janelle

Forgiveness: Letting go of grudges and bitterness

When someone you care about hurts you, you can hold on to anger and resentment — or embrace forgiveness and move forward.

Who hasn't been hurt by the actions or words of another? Perhaps a parent constantly criticized you growing up, a colleague sabotaged a project or your partner had an affair. Or maybe you've had a traumatic experience, such as being physically or emotionally abused by someone close to you. These wounds can leave lasting feelings of resentment, bitterness and anger — sometimes even hatred.

But if you hold on to that pain, you might be the one who pays most dearly. By embracing forgiveness, you also can embrace peace and hope. Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being.

What is forgiveness?

Forgiveness means different things to different people. But in general, it involves an intentional decision to let go of resentment and anger.

The act that hurt or offended you might always be with you. But working on forgiveness can lessen that act's grip on you. It can help free you from the control of the person who harmed you. Sometimes, forgiveness might even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean forgetting or excusing the harm done to you. It also doesn't necessarily mean making up with the person who caused the harm. Forgiveness brings a kind of peace that allows you to focus on yourself and helps you go on with life.

What are the benefits of forgiving someone?

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to: Healthier relationships. Improved mental health. Less anxiety, stress and hostility. Fewer symptoms of depression. Lower blood pressure. A stronger immune system. Improved heart health. Improved self-esteem.

Why is it so easy to hold a grudge?

Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. If you dwell on hurtful events or situations, grudges filled with resentment and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by bitterness or a sense of injustice.

Some people are naturally more forgiving than others. But even if you tend to hold a grudge, almost anyone can learn to be more forgiving.

What are the effects of holding a grudge?

If you struggle with finding forgiveness, you might:

- ◆ Bring anger and bitterness into new relationships and experiences.
- ◆ Become so wrapped up in the wrong that you can't enjoy the present.
- ◆ Become depressed, irritable or anxious.
- ◆ Feel at odds with your spiritual beliefs.
- ◆ Lose valuable and enriching connections with others.
- ◆ How do I move toward a state of forgiveness?
- ◆ Forgiveness is a commitment to change. It takes practice. To move toward forgiveness, you might:
 - ◆ Recognize the value of forgiveness and how it can improve your life.
 - ◆ Identify what needs healing and who you want to forgive.
 - ◆ Join a support group or see a counselor.
 - ◆ Acknowledge your emotions about the harm done to you, recognize how those emotions affect your behavior, and work to release them.
 - ◆ Choose to forgive the person who's offended you.
 - ◆ Release the control and power that the offending person and situation have had in your

What happens if I can't forgive someone?

Forgiveness can be hard, especially if the person who hurt you doesn't admit wrongdoing. If you find yourself stuck:

Practice empathy. Try seeing the situation from the other person's point of view.

Ask yourself about the circumstances that may have led the other person to behave in such a way. Perhaps you would have reacted similarly if you faced the same situation.

Reflect on times when others have forgiven you.

Write in a journal, pray or use guided meditation. Or talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider, or an impartial loved one or friend.

Be aware that forgiveness is a process. Even small hurts may need to be revisited and forgiven again and again.

Does forgiveness guarantee reconciliation?

If the hurtful event involved someone whose relationship you value, forgiveness may lead to reconciliation. But that isn't always the case.

Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Still, forgiveness is possible — even if reconciliation isn't.

What if the person I'm forgiving doesn't change?

Getting another person to change isn't the point of forgiveness. It's about focusing on what you can control in the here and now. Think of forgiveness more about how it can change your life by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to have in your life.

What if I'm the one who needs forgiveness?

The first step is to honestly assess and acknowledge the wrongs you've done and how they have affected others. Avoid judging yourself too harshly.

If you're truly sorry for something you've said or done and want forgiveness, consider reaching out to those you've harmed. Speak of your sincere sorrow or regret. Ask for forgiveness without making excuses.

You can't force someone to forgive you. Others need to move to forgiveness in their own time. Remember, forgiveness is a process. Whatever happens, commit to treating others with compassion, empathy and respect

By Mayo Clinic Staff

Bible Verses about Forgiveness

Luke 23:34 Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots.

Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Matthew 18:21-22 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times.

I John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Colossians 3:8 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.



April

April Fool's Day Pranks

Bug alert - Print out a sign that says "This property infested with bugs" then tape it on your front door to alarm unsuspecting visitors.

Silly sucker - Unwrap a lollipop, replace the candy with a Brussels sprout, then re-wrap the treat to present to your unknowing kiddos. Celebrate after the prank with real lollies.

Delivery day - If you tend to get a lot of deliveries each week (hello, Amazon Prime!), then this is a good April Fools' prank for your boyfriend or husband. Save the boxes for a few weeks, then on April 1 set them *all* out by the front door to trick your partner into thinking you went on a shopping spree.

Cookie monster - Unscrew several Oreo cookies and replace the filling with toothpaste. Sandwich the cookies back together and serve with milk to make it look like a totally normal snack. How disgusted they'll be probably depends on the flavor of the toothpaste you use for the prank!

April Fool's Day Jokes

What did the tree say when spring finally arrived? What a re-leaf.

Did you hear about the cloud that tried catching some fog? It mist.

Why do omelettes love April Fools'? They enjoy practical yolks.

What kind of pickles do spring flowers like? Daffo-dills.

What do bees use to fix their hair? Honeycombs.

What did the calendar say after April Fools' was declared a holiday? Prank you, prank you very much.

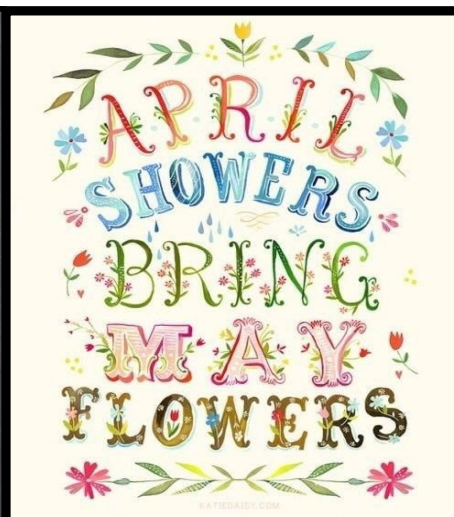
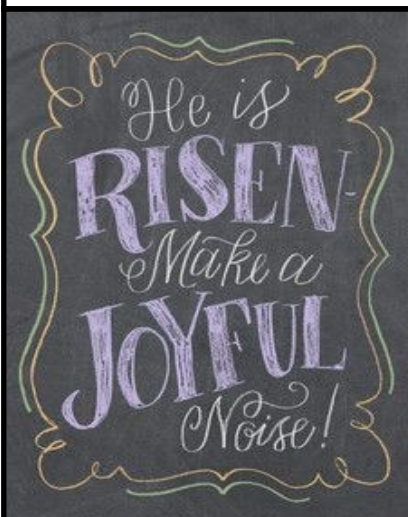
Why is everyone so tired on April 1? Because they just finished a 31-day march.

If April showers bring May flowers, what do May flowers bring? Pilgrims.

What do you get when you cross a dog and a tulip? A collie-flower.

What did one spring chicken say to the other? You're egg-cellent.

Which monster loves April Fool's Day? Prank-enstein.



Featured Resident – Colleen Montgomery

Colleen Montgomery was born in Milan, MO, to Truman and Eunice Bunch. She had one brother six years younger than her. Her dad worked on several different farmers until he finally bought his own place in the late 40s. He worked at the feed store and Colleen farmed the land – planting with horses, cultivating the corn and harvesting by hand. This was her summer job and she made \$.50 a week. She said if she needed school supplies, she couldn't go to the movies on Saturday night. But most Saturday nights, she could be found at the movie theatre. She once won a Western Flyer bicycle which she traded for a pony that her and her brother rode to and from school.

Colleen attended school in Milan. She enjoyed school, especially math but not history. During her freshman year, she met Glenn Montgomery at the gas station her family frequented. He was four years older than her. They dated throughout her high school days. During her junior year, he joined the Air Force. Colleen graduated on May 17, 1952 and got married on May 18, 1952. Glenn shipped out overseas. Colleen stayed in Milan and took care of Glenn's parents and their farm.

When Glenn was discharged from the Air Force, he went to Glendale, CA. Colleen took the train from Trenton, MO, all the way to California. It took a little over a week. The couple spent a month sight-seeing before taking the train back to Missouri.

The couple relocated to Independence when Glenn got a job Hudson Oil. They moved to North Kansas City and Colleen went to work for Belles Hess, a mail order company, for \$.50 an hour. She then went to work for Fleming Wholesale Grocers for \$1.25 an hour. During this same time, Glenn went to work for Greyhound Bus Lines before getting hired on at Wabash Railroad.

The couple had a house built and moved to Gladstone in 1961. Colleen went to work at Western Electric for a few years. In 1965, they adopted their first son, Greg, and then Jared in 1967. They worked with an attorney and only had to pay for the hospital bill and attorney fees. All total, it was under \$200 for each adoption.

In 1968, Colleen went to work for the North Kansas City school district. Her next-door neighbor watched the boys for her. She started out as a bus driver and then took the job of custodian.

The family went to Pomme De Terre lake every weekend. They had a piece of land with a trailer on it. However, they bought three acres north of Kearney in 1979. Keeping up with both properties was too much and so they sold the lake property.

Glenn and Colleen had a group of couples that they got together with. They would gather at a different house each time and had a live band that they could dance to. As the boys grew older, they were involved in karate and soccer. The boys also attended Northern Hills Baptist Church.

Glenn and Colleen once drove to the east coast. Glenn was ready to go home before they even got there. Travel was not a thing that the family did after that.

Colleen retired from the school district in 1996. She turned around and took a job in housekeeping at Westbrook Care Center. She worked here until 2003.

Life wasn't always easy. Greg's ex-wife was killed in a car accident, leaving him to raise two young boys. Greg really struggled with her death. Colleen and Glenn helped out by taking the two boys into their home. Tyler was four and Cody was two. They lived with them until they were eleven and nine. Glenn decided it was time for the boys to go back to their dad. Colleen didn't agree and this caused a major rift between the couple. In 2001, they divorced.

She moved to Excelsior Springs after the divorce. She was very involved in the country music show in Holt, MO. She stayed involved for many years.

Colleen moved to a rental house in Kearney in 2010. She was actively involved with the senior dances, even helping start and running the one at the Annunciation Center.

In 2022, the house she was renting went up for sale and she had to move. One day in December she visited Westbrook, talked to Steve and April and a few weeks later, moved into her apartment. She likes being around the other residents, enjoys the activities (especially the music and Wii Bowling), and the food is good. All in all, she says it's a nice place to live.

Colleen's family includes Greg (Laura), their kids, Tyler, Cody, Genesis, Zeke and Wade, Jared (Lisa) and their kids Jake (Alex), Dylan (Ashton) and Olivia (Seth). She also has seven great grandkids: Noah, Domic, Reed, Carter Jean, Adeline, Marley Jo and Harrison James. She encourages them and others to Do well, Stay well, and Be happy.



The Easter Story According to Matthew Matthew 28:1-20

1 After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

2 There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it.

3 His appearance was like lightning, and his clothes were white as snow.

4 The guards were so afraid of him that they shook and became like dead men.

5 The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified.

6 He is not here; he has risen, just as he said. Come and see the place where he lay.

7 Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

8 So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples.

9 Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him.

10 Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

11 While the women were on their way, some of the guards went into the city and reported to the chief priests everything that had happened.

12 When the chief priests had met with the elders and devised a plan, they gave the soldiers a large sum of money,

13 telling them, "You are to say, 'His disciples came during the night and stole him away while we were asleep.'

14 If this report gets to the governor, we will satisfy him and keep you out of trouble."

15 So the soldiers took the money and did as they were instructed. And this story has been widely circulated among the Jews to this very day.

16 Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go.

17 When they saw him, they worshiped him; but some doubted.

18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me.

19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,

20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

