Log In to your page here with your provided username and password:

https://westbeth.org/wordpress/wp-login.php

You should see your page. If your page hasn't been started for you, you will see a mostly-blank screen with a link to "Edit Your Profile":
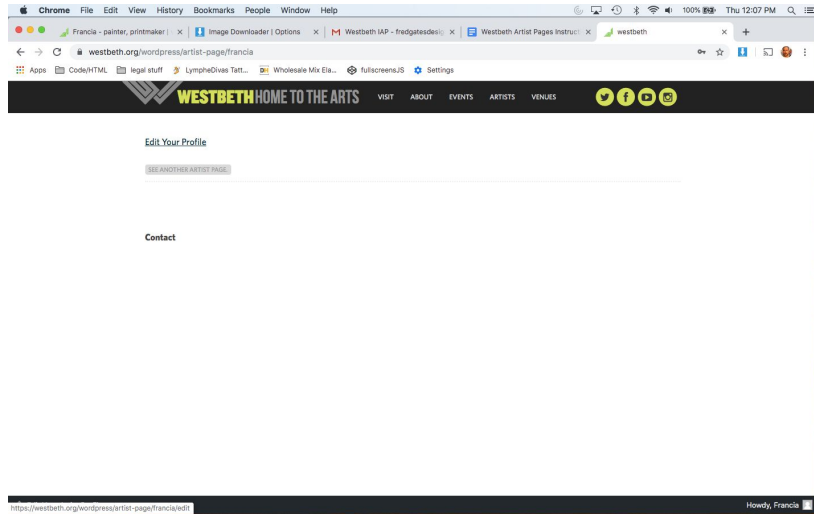
After you click on the link you will see a blank Profile editor window:
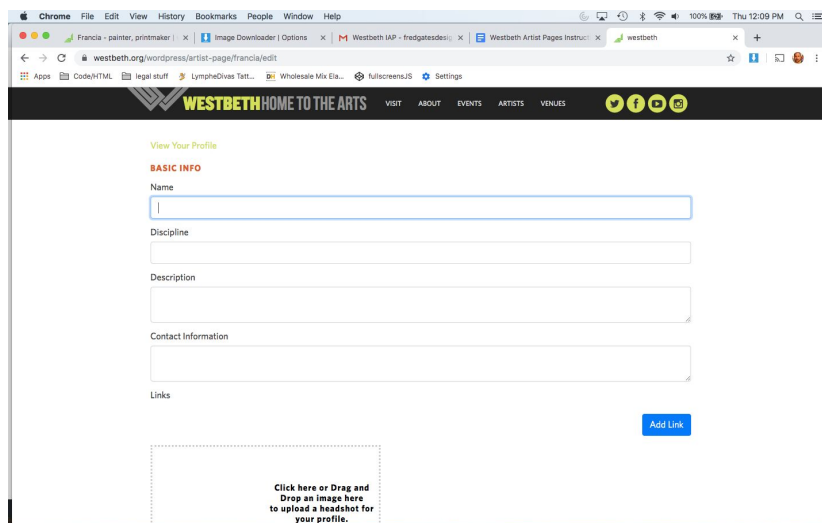
Add your information or cut and paste from your old profile, add URL links by clicking on the "Add Link" button, click "Save Information" and confirm, and your information is stored. You can see it by clicking on the "View Your Profile" link at the top of the page.
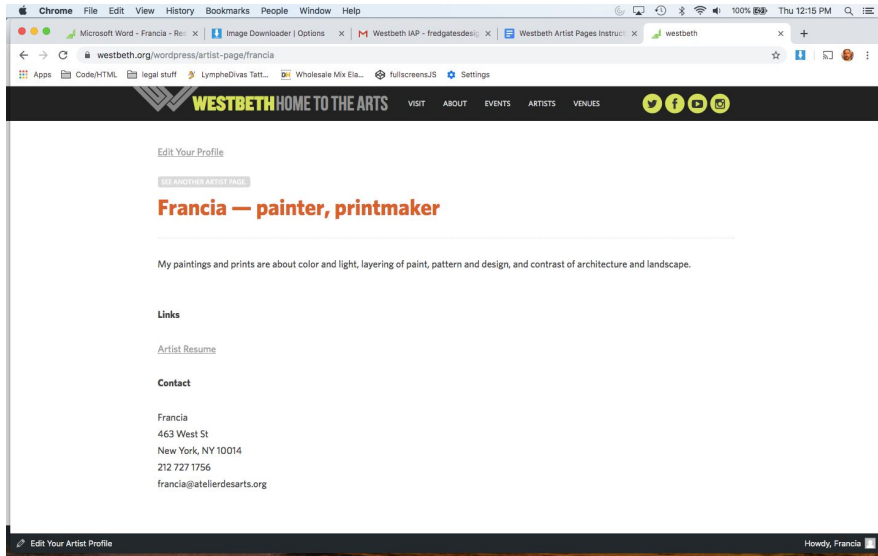
Above is how it looks with just info (you don't have to do these steps in order). Now I will add the images by dragging and dropping them. You can also add images selecting and uploading them. You can re-order them here and add captions. Here's my new profile with images: