

OCTOBER 2026

# SUNSET HILLS MESSENGER

UNITED PRESBYTERIAN CHURCH

Photograph by Ryan Gracey

## A MESSAGE FROM PASTOR LAURA



*“Hospitality means primarily the creation of a free space where the stranger can enter and become a friend.”*  
- Henri Nouwen

Halloween is hospitality and community embodied. It is the one night of the year when people knock on their neighbors' doors with abandon, and neighbors answer with smiles and treats. On one hand, it's a simple concept. On the other, it's amazing that it works. Somehow, our entire culture has entered into an unspoken contract that every October 31, we will open our doors and extend welcome to one another.

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### SUNSET HILLS UNITED PRESBYTERIAN CHURCH

900 Country Club Drive  
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(412) 561-6261  
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**Office Hours:**  
Monday, Tuesday and Thursday  
9 am - 2 pm



Add to that Halloween's celebration of our wonderful human diversity. We witness each child's passions played out in costume. One child admires superheroes who save the day; another loves pop stars who teach them to "shake it off"; still another dresses as a boy wizard who persisted in choosing good over evil. Sure, the neighborhood gets a crash course in the year's popular culture, but we also get a glimpse of what captures our children's imaginations.

For one night, the whole neighborhood practices the kind of welcome the church is called to practice every day. This is why Halloween is my favorite holiday. For me, it has little to do with the Halloween aesthetic, as fun as that is. I adore Halloween because, at its best, it looks like Jesus' vision for the church: neighbors welcoming neighbors, strangers becoming friends, and differences not merely tolerated but delighted in as we encounter the image of God in one another.



You are invited to join me again this Halloween night as we give out candy from the front steps of our sanctuary. Dress up—or don't! Bring enough candy for roughly 125–150 children. I'll provide the pizza and soda, and the community will provide the revelry.

Trick-or-Treat is October 31 from 6:00–8:00 p.m. There's a seat waiting just for you!

With Joy,  
Pastor Laura







*"Next to the Word of God,  
the noble art of music is  
the greatest treasure in the  
world."*

*-Martin Luther*

# MUSIC NOTES

SHELBY GRACEY, MUSIC DIRECTOR

When I was searching for an idea to write about for this issue of the Messenger, I'll be honest and say that I did a "Google" search. (I actually did a "Firefox" search!) The poem below was written by Robert Longley in 2016. When you read his explanation behind the poem, it's disheartening to realize that, ten years later, we still seem no closer to the unity he speaks about. May God be with us all, as we strive for that unity.

About the Poem Music (by Robert Longley)

Almost every inspirational poem I write is a response to some event. It may be a life event that only affects a single person, or it may be ... other events that grip the entire country. It is sort of amazing to me that in 2016 we are still dealing with racial problems. We should be past the point where we focus on our differences, but apparently, we aren't. One unifying force in the universe is music. Not everyone likes all music, but it still cuts across boundaries in ways that few other things do. It's going to take a lot to get us past the hate, racism and violence we have been seeing lately, but I'm sure that music is going to be an important part of it.

Music

by

Robert Longley

It is the common language  
That speaks to one and all  
It brings us up in good times  
And lifts us when we fall  
Music can unite us  
With its purity of form  
Fill our days with sunshine  
And guide us through the storm  
Our differences can vanish  
When we hear and close our eyes  
It frees us from hate and prejudice  
Providing truth to fight the lies  
Perhaps it is music  
And not justice that is blind  
But both can be important  
For the peace we all must find

Robert Longley is a poet, coach, author of many books, world explorer and fixer of things. He has been writing inspirational poems for people in need for over 35 years. Many of his poems are written for Gold Star military families, as well as the families of fallen police and firefighters.

Longley, Robert.

<https://www.sacredpoems.com/music/>





# MONTHLY RECIPE

## APPLE AND HONEY CAKE

2 cups flour  
1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp salt  
1 cup butter, softened  
1 cup honey  
2 eggs  
1 tsp vanilla  
2 cups apples (peeled and chopped)



1. Preheat the oven to 350. Grease pan.
2. Mix flour, soda, spices, and salt.
3. In a mixing bowl, cream together the butter and honey. Add eggs and vanilla.
4. Stir in apples, and then dry mix.
5. Pour into a greased pan and bake for 35-40 minutes.

Serve warm with ice cream.





SUNSET HILLS U.P. CHURCH  
900 COUNTRY CLUB DRIVE

# Reformation Sunday



BRING AN ITEM THAT SYMBOLIZES YOUR HERITAGE TO  
PLACE ON THE COMMUNION TABLE.

ALL FAMILIES WILL RECEIVE A HOUSEHOLD BLESSING.

*Sunday  
October 25  
10:15 a.m.*

*Celebrate our Presbyterian  
Scottish heritage and each of  
our own unique ancestries!*

Sunset Hills United  
Presbyterian Church

# Get Your Flu Shot

**Protect Yourself.  
Protect Your Community.**

SHUP's annual Flu & COVID Shot Clinic will be held on Sunday, October 25, immediately following worship. Immunizations offered will include Flu, Flu HD, COVID, Pneumonia, RSV, and Shingles. If you receive your first Shingles shot at the clinic, you will need to follow up with Pathways for your second dose. Please take advantage of this convenient opportunity to stay up to date on your vaccinations!



**OCTOBER 25**  
11:15 am  
Sunset Hills Church  
900 Country Club Dr,  
Pittsburgh, PA 15228



*Don't wait — get your flu shot and stay protected all season long!*



# THANK YOU

*Dear SHUP Family,*

*It is difficult to express what a blessing it is to have DoorDash for meals at this time. Thank you so much for the DoorDash card you sent me. Your caring support means as much or more than the food. The thoughtfulness brings joy among chaos!*

*With much love,*

*Evelyn Lape*

Dear Sunset Hills Up Church,

Thank you for your generous donation to Casa San Jose. We are grateful to call your church our allies in support of our Hispanic/Latino community.

Right here in Pittsburgh and across the country, immigrant families are living through escalating immigration enforcement, raids, and deportations that have left communities afraid to go to work, take their children to school, or seek the care they need. These are not distant headlines, but the daily realities of our neighbors.

Your support allows Casa San José to show up when people need it most, helping someone fight an unjust detention, a parent learn English to advocate for their child, a family access healthcare, and a young person find mentors and a place where they truly belong.

Together, we will keep building a more just and welcoming Pittsburgh with each cent raised.

**Thank you for being part of the Casa San José family.**

With many thanks,

*Monica Ruiz, MSW*

Monica Ruiz, MSW  
Executive Director

*Diana Navarrete*

Diana Navarrete  
Grants & Donor Relations Manager

We are so blessed and grateful for the wonderful team here at Sunset Hills United Presbyterian Church. Each person brings their time, talents, and dedication to help make our church community a welcoming and meaningful place. We truly appreciate all that our team does and give thanks to God for the many ways they serve and support our church family.



# Trick or Treat



Join your friends in handing out  
candy from the church steps! Bring  
enough for 125-150 Trick or Treaters.



Sunset Hills UP Church

Sat. October 31  
6:00 - 8:00 PM

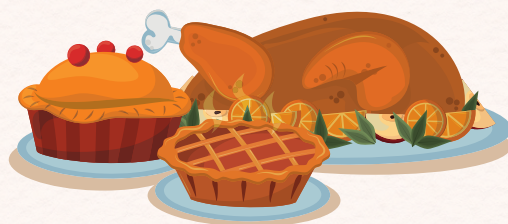
Pizza served at 5:30PM







SUNSET HILLS U.P. CHURCH



# Thanksgiving DINNER

**AT 5:00 PM**

SUNDAY

**15**

NOVEMBER

If your name begins with A-L  
bring a side dish. If your name  
begins with M-Z bring a dessert  
to share. Turkey, stuffing and  
rolls are provided.



# One Simple Meal at a Time: How SHIM is Helping Families Eat Well



When Tammy retired after more than 30 years as an engineer, she knew she wasn't finished making a difference.

When Tammy and her husband relocated to the Pittsburgh area to help care for her 90-year-old mother-in-law, she found herself searching for a new way to serve her community.

"I wasn't ready to retire," she said. "I wanted to do something that was more community-focused."

That desire led her back to school to study dietetics. Drawn by both her love of cooking and her personal experience seeing how nutrition affected her loved ones' symptoms, Tammy discovered a passion for helping others build healthier lives through practical, affordable food choices.

## Finding the Right Place to Serve

Shortly after moving to the area, Tammy began looking for volunteer opportunities and found SHIM.

She started volunteering at the front desk on Friday afternoons, where she spent three years getting to know clients and learning more about the organization.

**"I felt like SHIM was a good fit for me because of the location and its core values," she said.**

When she returned to school, she stepped away from volunteering to focus on earning her degree. But after completing her studies, she knew exactly where she wanted to bring her new skills.

She reached out to SHIM's team with an idea: What if pantry clients had access to practical nutrition education designed specifically around the foods they receive from the pantry?

With encouragement from SHIM staff- including garden coordinator Becky H, who saw the potential for nutrition education to complement gardening initiatives- Tammy worked alongside the Basic Needs team to build a program tailored to the needs of SHIM families.







## Listening First

Rather than assuming what participants needed, Tammy began by asking. Before launching the program, SHIM surveyed pantry clients about the nutrition topics they were most interested in learning. The responses became the foundation of the curriculum.

One challenge surfaced repeatedly: many families weren't sure how to use some of the healthy pantry staples they were receiving.

**“People were struggling to make recipes with the ingredients they received,” Tammy explained. “We wanted to show what they could do with pantry staples like beans and other nutritious foods.”**

The result was a hands-on nutrition initiative centered around foods clients already have access to.

Each class features healthy food samples prepared with common pantry ingredients, along with meal kits and easy-to-follow recipe cards that participants can take home. The goal is simple: make healthy eating realistic, affordable, and achievable.

Current class topics include:

- Managing chronic health conditions through nutrition
- Grocery shopping on a budget
- Building balanced meals using pantry foods
- Affordable, family-friendly nutrition
- Nutrition tips for parents
- DIY herb gardening
- Kid-friendly nutrition activities

### More Than Recipes

For Tammy, the classes are about far more than cooking.

Two-thirds of adults in the United States are considered overweight or obese, contributing to chronic health conditions such as diabetes, hypertension, and high cholesterol. These illnesses reduce quality of life while adding billions of dollars in healthcare costs every year. Tammy believes small changes can make a meaningful difference. “If we can be more preventative in our behavior and maintain proper nutrition, we can help fight chronic illnesses,” she said.

Sometimes those changes are surprisingly simple. One tip she often shares is to eat protein and vegetables before carbohydrates during a meal, which can help reduce blood sugar spikes.

Other classes help participants stretch their grocery budgets while still preparing nutritious meals for their families.

### Seeing Confidence Grow

One of the most rewarding parts of the program has been watching participants gain confidence.

“One of the most rewarding things I hear is that people share their nutritional knowledge,” Tammy said. “It makes me happy that they’re caring about their health and acting on it.”

Participants often discuss how they’ve adapted recipes to fit their families’ tastes or budgets. Even pantry clients who receive meal kits through SHIM’s drive-through distributions express appreciation for learning new ways to use the ingredients they receive.

The program has also reduced food waste. In the past, some pantry items were returned because families weren’t sure how to prepare them. Now, clients are discovering new ways to incorporate those same ingredients into meals they enjoy.

For Tammy, every question asked during class is a sign that participants are invested in building healthier habits.

### Looking Ahead

As the program continues to grow, Tammy is also looking for volunteers to help assemble meal kits, assist during classes, and welcome participants.

Most of all, she hopes the initiative reflects SHIM’s commitment to supporting neighbors in every aspect of their lives.

“SHIM talks so much about helping people holistically,” Tammy said. “This is another way we can help, not just by providing food, but by helping people feel confident using it.”

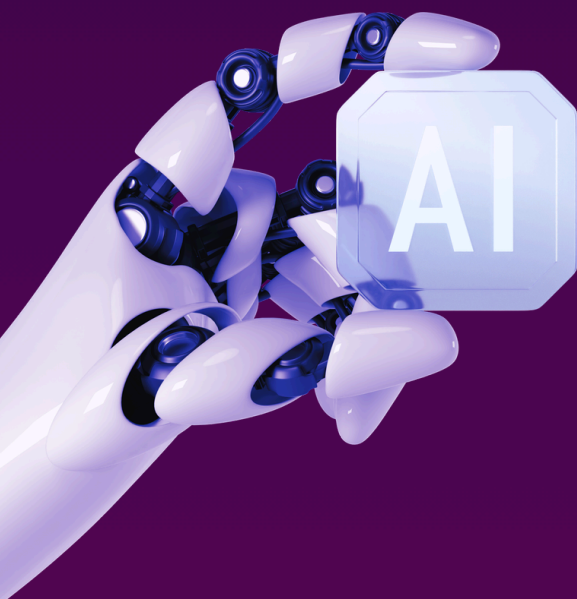
One simple meal at a time, that’s exactly what’s happening.



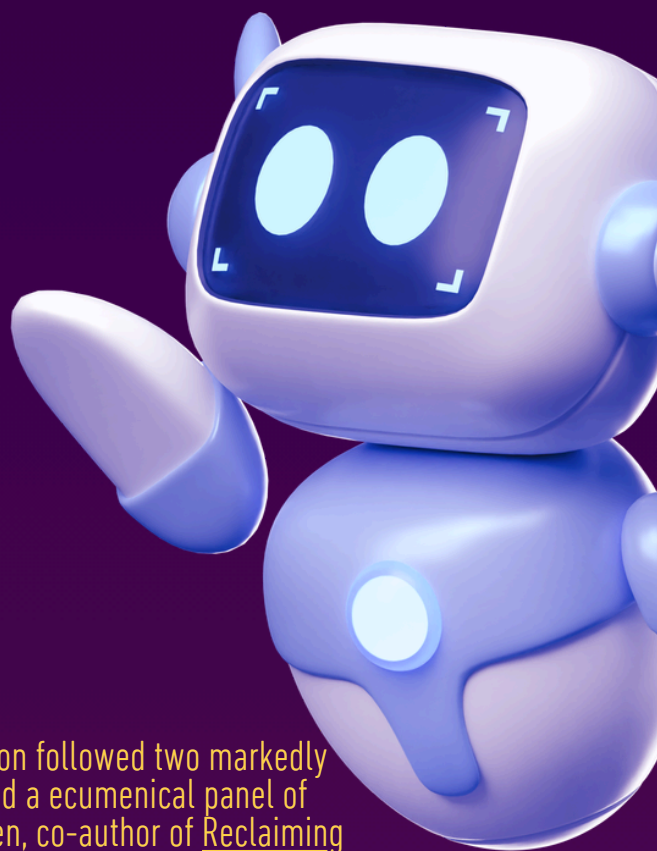
# CAN AI BEAR THE IMAGO DEI? SUMMIT EXPLORES MORAL RESPONSES TO ARTIFICIAL INTELLIGENCE AND SECULAR MOVEMENTS TO PRESERVE HUMAN DIGNITY

“Did the Pope make a mistake by writing about AI too soon?”  
“No,” Catholic technology ethicist, Brian Green answered. “We’re talking about an exponential growth curve, and anything done before the exponential curve seems like too much too soon. Anything done after the exponential curve is too little, too late.” Green is a member of the AI Research Group, a group of theologians, philosophers, and ethicists, organized at the invitation of the Dicastery for Culture and Education of the Holy See.

The question of how to respond and how soon framed one of the central debates at the third annual AI & Church Summit in Nashville, Tennessee. Hosted by Discipleship Ministries of The United Methodist Church in partnership with the Presbyterian Life & Witness’s Office of Innovation, TryTank Research Institute and the Evangelical Lutheran Church in America Innovation Lab, the ecumenical gathering spent the week discussing attitudes and applications of AI in ministry as well as examining whether religious institutions and advocacy can still shape AI’s future or whether technological development is already moving too quickly.

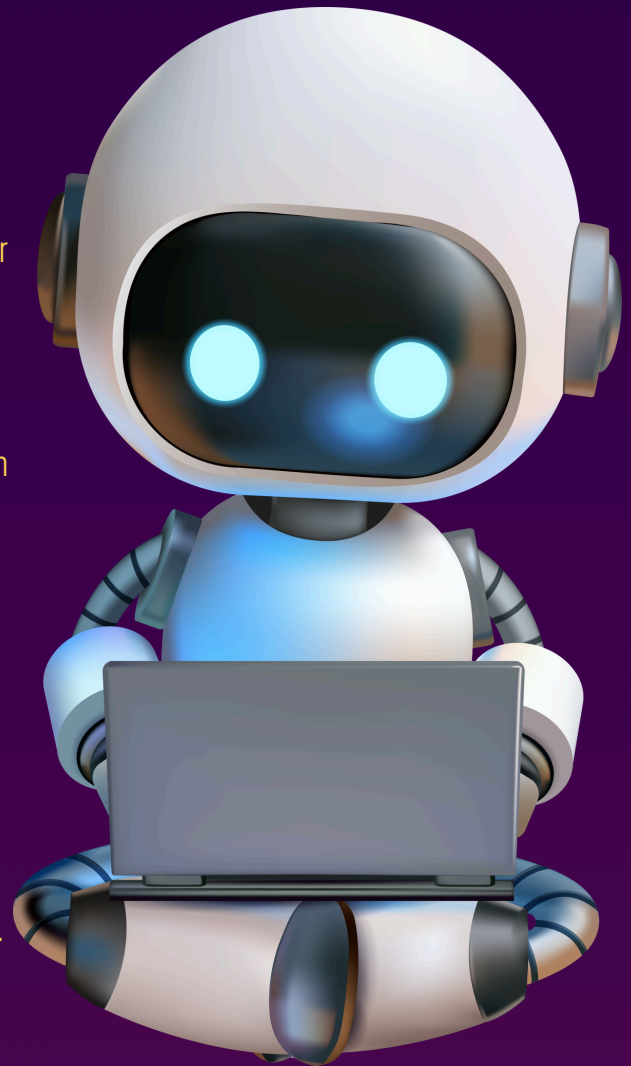


Green’s August 26 presentation followed two markedly different plenary sessions and a ecumenical panel of denominational leaders. Green, co-author of Reclaiming Human Agency in the Age of AI, expanded ethical and environmental concerns raised by Monday night’s plenary speakers, Mackenzie Roberts and the Rev. Chebon Kernell, who warned that AI infrastructure projects often reproduce patterns of extraction and colonialism. Tuesday’s plenary featured Chloe Lubinski, who leads research partnerships with wisdom traditions for Anthropic, in a closed session. Participants later said the presentation largely reflected publicly available Anthropic materials explaining how modern AI systems work and why they increasingly appear human.

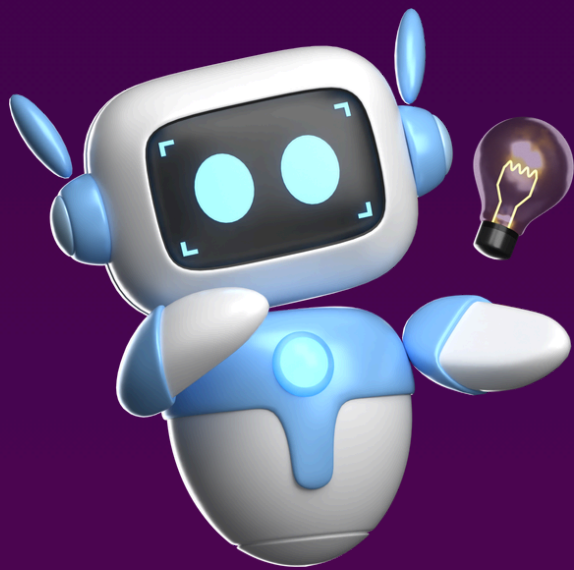
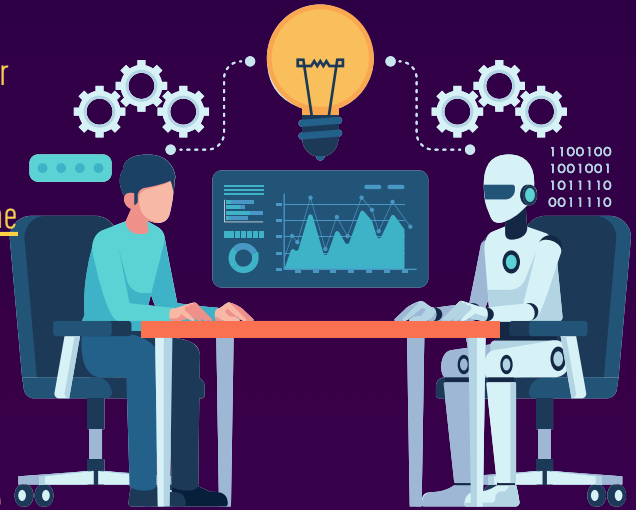




Attendees left pondering how today's AI models are less "coded" than cultivated, trained on vast quantities of human-generated language until patterns emerge. As these systems scale, they begin to mirror aspects of humanity itself, reproducing patterns associated with honesty and deception, cooperation and conflict, empathy and manipulation. That insight left many asking not whether machines can bear the image of God, but how human beings created in the image of God will be changed by the tools being creating in humanity's image. If AI can imitate humanity without sharing humanity's created nature, participants wondered over meals and in hallway chats whether the greater theological challenge is not what AI is becoming, but what people are becoming as AI increasingly shapes relationships, decision-making and even visions of human-machine integration. On Wednesday morning, attendees heard similar themes related to what humans are becoming in an A.I.-shaped world from a panel of denominational leaders in the Evangelical Lutheran Church of America (ELCA), the United Church of Christ (UCC), the United Methodist Church (UMC), and the Episcopal Church and the Presbyterian Church (USA) on their technical and theological understandings of A.I. and what conversations and policies are taking place in their respective denominations. Drawing on "Magnifica Humanitas," Pope Leo XIV's encyclical on safeguarding the human person in the time of artificial intelligence, Green highlighted three pillars of Catholic social doctrine: human dignity, solidarity for the common good and subsidiarity. Human dignity begins with the conviction that every person bears the Imago Dei and must never be reduced to a data point, consumer or unit of production. Solidarity and the common good recognize humanity's responsibility to pursue conditions in which all people, especially society's most vulnerable, can flourish. Subsidiarity insists that decisions should be made at the most local level possible, preserving human agency against increasingly centralized technological power. Green argued that these principles provide a theological framework for evaluating AI not by what it can do, but by whether it strengthens human flourishing. Green repeatedly returned to Pope Leo's comparison between AI development and the Tower of Babel. Humanity, he said, faces a choice between constructing a new Babel built on power, efficiency and control or building a society where technology serves human dignity and communion. He also warned against transhumanist visions popular in parts of Silicon Valley. Describing proposals for direct human-machine integration, Green recalled touring facilities where brain-computer interfaces were being tested in sheep's brains and joked about the sales pitch behind such technologies: "Who wouldn't want to have the internet living in their brain?"



The theological discussion became especially pointed when attendees asked whether AI could bear the Imago Dei. Referencing research by Anthropic interpretability researcher Chris Olah, Green acknowledged that neural networks contain recognizable "emotion features" and patterns associated with human emotional expression. Because AI systems are trained on human-generated data, they inevitably reflect aspects of human language, emotion and behavior. Yet Green insisted that imitation should not be confused with personhood. Comparing AI to a mirror, he argued that a mirror may reflect the image of God without possessing it. AI systems may simulate empathy, grief, love or anger, but they do not experience conscience, suffering, relationships or moral responsibility from within. For Green, mirroring human emotion is not the same as bearing the Imago Dei. The afternoon shifted from analysis to discernment. During AI Quick Talks and an "Output Session," participants discussed whether churches should align with groups such as the Future of Life Institute, the Center for Humane Technology and The Human Movement, which advocate slowing AI development and strengthening regulation. Debate centered on proposals for a Pro Human Sunday celebrated in May, resources for sermon series, educational initiatives and fasting from technology. Concerns about repeating theological and ethical harm with a term like "Pro Human," were met with alternative names like "Human Dignity Day," "Slow Down Sunday" or "Connection Sunday." Concerned with the cost of pausing to parse particular words at a time when large language models seek to control the narrative, one participant urged the gathering to "be missional not attractional" towards the secular groundswell in favor of the flourishing of earth and humans. He compared the advocacy moment to periods when churches joined civil rights movements already underway rather than creating parallel efforts of their own. The participant argued that the church should join existing efforts while there is still time.



The day concluded with a question from the Rev. Dr. Lorenzo Lebrija, who asked whether church leaders like the Pope were actively encouraging AI companies to slow development. Green pointed to growing support for the Pacing the Frontier movement among researchers and technology leaders. While he did not cite any formal Vatican intervention, he suggested that bishops and other religious leaders sign on and add their voices to calls for greater caution.

By the end of the summit, participants had reached no single conclusion about whether churches should advocate for regulation, launch a Pro Human Sunday, join existing advocacy movements or pursue other forms of witness. Yet as debates about consciousness, emotion and the Imago Dei unfolded, the gathering's focus increasingly turned toward the church's own agency. If artificial intelligence is reshaping society, labor, natural resource use, warfare, communication and human relationships, what witness should Christians offer? For the pastors, theologians and church leaders gathered at the AI & Church Summit, the challenge was no longer whether the church should respond to artificial intelligence, but how and how soon can it do so.



# Community groups thrive in Nicaragua with help of SDOP

## Pig farming provides way to empower young people and fight food insecurity

There are names for places people live that vary in size. Metro areas, suburbs, towns, villages, hamlets ... but then what? What word can be used to introduce you to the people of the "community" located in San Pedro de Los Molinas in the Department of Carazo in the country of Nicaragua?

In this community of less than 500 people, there is an inspiring group that is benefiting from a decision made two years ago when they formed Youth United for the Good of the Community.

And that is exactly who they are.

These 16 young people started raising pigs – for their tables and for sale within their area. They began by breeding four pigs. Now, after two years, they have more than 150 pigs.

The youth organization is a grant recipient of Centro Intereclesial de Estudios Teológicos y Sociales (the Interchurch Center for Theological and Social Studies or CIEETS), which receives funding from the Presbyterian Committee on the Self-Development of People.

A team from SDOP recently visited Nicaragua to be with ministry partners and their beneficiaries, express appreciation, share curiosity and learn more about the scope of their shared ministry. The August trip also was an opportunity to celebrate CIEETS, one of two SDOP intermediary partners.

Through intermediary partners, SDOP engages in partnerships with communities in different parts of the world. The intermediary partners receive SDOP grant funding – made possible through gifts to One Great Hour of Sharing – that is distributed, in keeping with SDOP criteria, to groups in low-income, oppressed and disadvantaged communities.

"The SDOP-CIEETS partnership has benefited thousands of people directly and indirectly in Nicaragua since this collaboration started in 2020," said Teresa Bidart, an SDOP mission specialist. "United in faith and action, we are empowering communities and seeking to change the structures that perpetuate poverty, oppression and injustice."

CIEETS has worked in southwestern Nicaragua since 2005, reaching the most food-insecure families. The current phase involves the third group of communities they've served after two earlier successful rounds. The broader program includes conservation agriculture, fruit tree and patio-garden planting, clean water access, community advocacy and coordination with local churches on food security.

Most small-scale pig raising in Nicaragua is still done by families in rural communities, often as a subsistence or supplemental-income activity – commonly under 300 pigs per operation.

This part of the country is dry, environmentally degraded and chronically poor, with inadequate water and insufficient food. That often leads to malnutrition and subsequent health issues. There are many factors in play, including illiteracy, poor roads, high unemployment, and seasonal migration to earn remittance money that is then sent to relatives. Most households are led by women and it is common for men to travel to Costa Rica for agricultural work to generate those remittances, which are a critical source of income in many Central American countries.

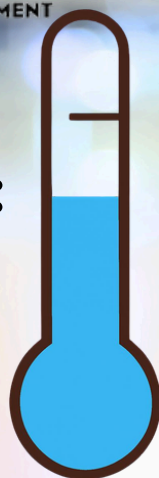
Youth United for the Good of the Community provides a way for community members to earn money closer to home. Young members take on real responsibilities and share collective commitments. One young participant, Jason, said the project gives him income plus leadership, teamwork and management skills. It also helps to build a sense of family among previously loosely connected neighborhood youth.

That's what SDOP is about: helping people, who often lack government support, to achieve their dreams and improve the living conditions of themselves, their families and their communities, Bidart said. "They own, control and benefit directly from these kinds of projects, which promote long-term change."





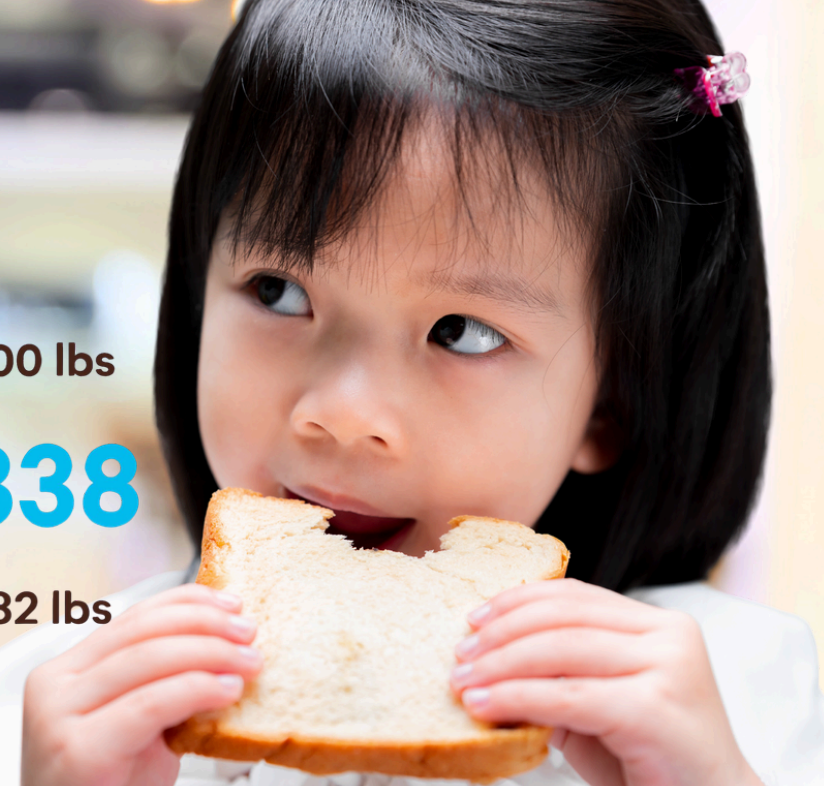
**Sunset Hill's 2026  
Food Contribution:  
338lbs**



500 lbs

338

**282 lbs**



## Most Needed Food Items

- Dried Beans
- Pasta
- Lentils
- Pasta Sauce Jars
- Cereal & Oatmeal
- Soup
- Condiments
- Spices
- Dog & Cat Food
- Personal Care Items

## SHIM Clothing Closet

Accepting donations of in-season clothes, shoes, and linens. Please no large household items. Located at Church of the Nazarene, 5601 Library Road.

Drop-Off Hours:  
Monday 10:00am - 1:00pm

*If you are unable to deliver your donations, you can leave them in the closet outside of Findley Hall and a Mission Commission member will deliver them for you.*





# HOLY CURIOSITY SERMON SERIES



The Bible is full of passages that make us laugh, scratch our heads, argue, wonder, and occasionally say, "Wait—that's in there?" This fall, Pastor Laura's turning to you. What Scripture have you never heard preached but wish you had? What story deserves another chance? What text has puzzled or inspired you?

Drop your suggestion in the basket in the narthex. Pastor Laura will use these suggestions for worship in September through November 2026. Together we'll explore some of the Bible's most surprising corners and discover what treasures await us there.



# FAITH AND THE WORLD: COOKIE CHATS

SHUP

TALKS

11  
OCT



## DEATH AND DYING

Most of us avoid talking about death—until we can't. Let's explore what the Christian faith has to say about mortality, grief, and hope. From funeral homes to resurrection hope: How does the Christian story help us face death?

7:00 - 8:30 PM, Church Library

Led by Pastor Laura



8  
NOV

## CHRISTIAN NATIONALISM

Can love of country and loyalty to Christ ever come into tension? Let's explore the question together. What happens when religious identity and national identity become difficult to distinguish?

7:00 - 8:30 PM, Church Library

Led by Pastor Laura

10  
JAN



## LONELINESS AND BELONGING

We're living through what some researchers call an epidemic of loneliness. What is loneliness doing to us, and what does the church have that social media, streaming services, and busy schedules cannot provide?

7:00 - 8:30 PM, Church Library

Led by Pastor Laura

21  
FEB



## JUST WAR

Can a war ever be just? Join us as we explore the moral questions Christians have asked about warfare for centuries. Together, we'll wrestle with what it means to love our enemies when violence appears unavoidable.

7:00 - 8:30 PM, Church Library

Led by Pastor Laura

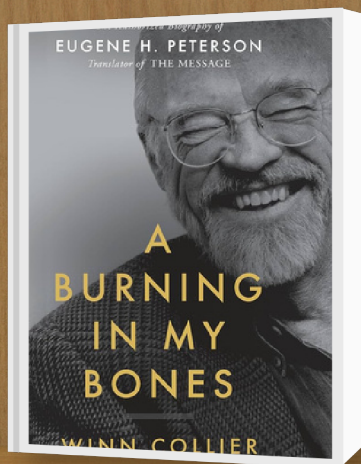
Join Us!

Cookies will be provided. Bring your own coffee/tea/cocoa.

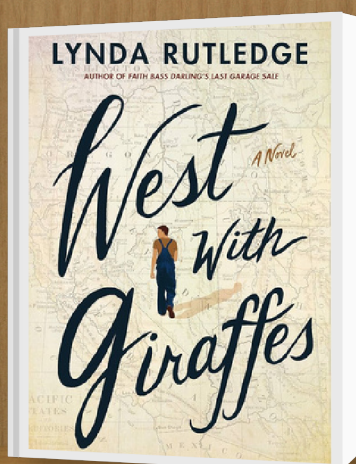


# Book Club Picks

JOIN US FOR DISCUSSION WITH PASTOR LAURA ON THE LAST  
WEDNESDAY OF EACH MONTH AT 7:30PM IN THE CHURCH  
LIBRARY



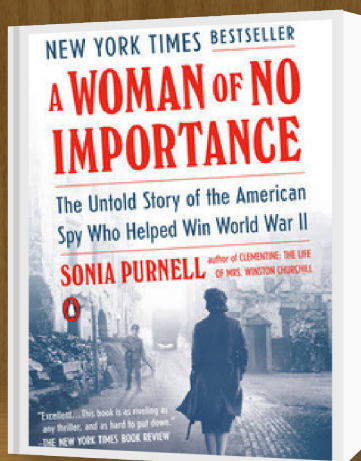
October 28



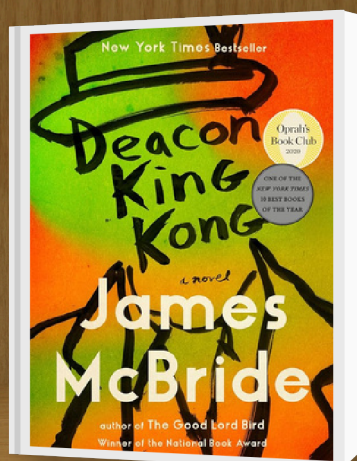
December 2



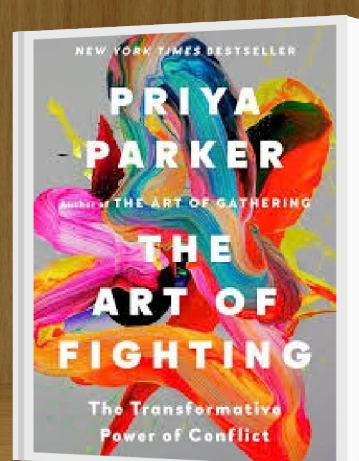
January 6



January 27



February 24



March 31



# UPCOMING EVENTS

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## SUNDAYS

9:00 am Adult Sunday School – Findley Hall  
9:00 am Children's Sunday School - Library  
10:15 am Worship – Sanctuary  
10:45 am Children's Church  
2:00 pm Girl Scouts  
4:00 pm Girl Scouts

## MONDAYS

9:00 am Monday Marvels  
1:00 pm Women's Bible Study

## TUESDAYS

12:30 pm Tuesday Bible Study – Cort Room  
6:30 Handbell Choir – Choir Room  
7:00 pm Square Dance Class – Crystal Hall  
7:00 pm Counseling Group  
7:30 pm Choir – Choir Room

## WEDNESDAYS

10:00 am Days for Girls – Wilson Hall  
2:00 pm Parkinson's Group – Findley Hall  
4:00 pm Quilters – Findley Hall

## THURSDAYS

6:15 pm Fall Yoga

## FRIDAYS

5:00 pm – AA

## SPECIAL EVENTS

October 11 – Cookie Chat: Death and Dying  
October 25 – Flu Shot Clinic  
October 28 – Book Club Discussion  
October 31 – Trick or Treat

## INTERESTED IN TAKING PART IN AN UPCOMING EVENT?

**Parkinson's Group**  
Contact Jeanine Hartman  
412-215-2391

**Peanut Squares Dancing Club**  
Everyone is welcome, no partner  
or previous experience is  
necessary. The cost is \$5/class.

## UNABLE TO JOIN US IN PERSON FOR WORSHIP?

A video of the service is posted to  
“Sunset Hills Church” Youtube channel  
the Monday after the service. A copy of  
the bulletin is available on the  
homepage of [www.shupchurch.org](http://www.shupchurch.org).



*"How very good and pleasant it is when kindred  
live together in unity!"  
— Psalm 133:1*

## OCTOBER BIRTHDAYS

- 2 Jonathan Fako
- 5 Marla Bruschi
- 11 Susan Pocek
- 13 Chris Duffner
- 14 Victoria Vernacchio
- 16 Emily Hricko
- 16 Luke Voto
- 18 Kara Yates
- 21 Pat Patterson
- 23 Alecia Ney
- 26 Mary Abbott
- 28 Randy Farabaugh
- 28 Alexandra Vernacchio
- 29 Julianna Ellis
- 29 Bill Weidensall
- 31 Beverly Knasko
- 31 Ryan Pocek

## PRAYER CIRCLE

October 4 Ethan Strauss, Fritz Strauss, Laura Strauss  
October 11 Eric Stuart, Ethan Stuart, Kara Stuart  
October 18 Kim Stuart, Ryan Stuart, Amy Sumner  
October 25 Alex Tallarico, Julia Tallarico, Lucy Tallarico  
November 1 Mark Tallarico, Christa Jo Tang, Christopher Tang

## PRAYER LIST

Lucy Josephine Escobar  
The Family of Mary Cutting  
Jan Paulsen  
The Van Haitsma family  
Lisa Fako  
Captain Sam Wright  
Myra Mann  
Rev. Brenda Barnes

The Rabbani Family  
The Brady Family  
Evelyn Lape  
Dorene Hirshika  
Ron Sumner  
Nancy Brumfield  
Rev. Mark Adams and Miriam  
Maldonado Escobar and their  
children



## Most Needed Food Items

- Dried Beans
- Pasta
- Lentils
- Pasta Sauce Jars
- Cereal & Oatmeal
- Soup
- Condiments
- Spices
- Dog & Cat Food
- Personal Care Items

## SHIM Clothing Closet

Accepting donations of in-season clothes, shoes, and linens. Please no large household items. Located at Church of the Nazarene, 5601 Library Road.

Drop-Off Hours:  
Monday 10:00am - 1:00pm

*If you are unable to deliver your donations, you can leave them in the closet outside of Findley Hall and a Mission Commission member will deliver them for you.*