



# Sunset Hills

M E S S E N G E R

August 2021

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## Sunset Hills United Presbyterian Church

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## A Message from Pastor Laura



Summer 2021 is a summer of neighborhood connections. We began in April with a Neighborhood Clean-Up, continuing in May with the Totopo Food Truck, in partnership with the Sunset Hills Neighborhood Facebook group. We held outdoor yoga on the last Wednesday of the month, a block party on June 6, and more food trucks on the last Friday of each month.

Why have we been holding these neighborhood events? The answer is simple: because Jesus told us to! The most important command given by Jesus Christ is to love the Lord our God with all our heart, all our soul, all our mind, and all our strength. The second most important command is like it, to love our neighbor as ourselves. We hold these neighborhood activities as an act of love.

First, these activities are an act of love because they help us to know our neighborhood. Countless church members held conversations with neighbors over their yoga mats, Totopo tacos, and while cleaning up litter. These activities, inspired by conversations with neighbors, show the neighborhood that we are listening, that we care about what they care about, and that we want to know them better.

Second, these activities are an act of love because they provide a joyful service for the community. The consistent feedback following the Neighborhood Clean-Up was gratitude. Our neighbors were thankful that we wanted to pitch in to keep Sunset Hills beautiful. There was gratitude from numerous neighbors for the awesome live music at our Block Party, as well as a couple of neighbors who reached out to give thanks for the outdoor yoga. These were activities that our community wanted, and we were blessed to be able to show love through them.

(Continued on pg. 2)

### **Pastor Laura Message** (Continued from page 1)

Loving our neighbor isn't about gaining new members or about making money, lovely as those two results may be. Instead, loving our neighbors in Sunset Hills is about Jesus - it is about loving our neighbor as ourselves. It is about loving God's children in this neighborhood where they are, as they are, for who they are, in Jesus' name and for Jesus' sake.

Join us as we continue to love Sunset Hills in obedience to God in Christ!

In Christ's Service,

Laura



### **The Year of the Bible**

**Daily Year of the Bible  
Readings August 2021**

Aug 1	Job 29, 30/Luke 23	Aug 16	Proverbs 17, 18/Psalm 91
Aug 2	Job 31, 32/Psalms 86, 87	Aug 17	Proverbs 19, 20/1 Thessalonians 2
Aug 3	Job 33, 34/Luke 24	Aug 18	Proverbs 21, 22/1 Thessalonians 3
Aug 4	Job 35, 36/Philippians 1	Aug 19	Proverbs 23, 24/Psalms 92, 93
Aug 5	Job 37, 38/Psalm 88	Aug 20	Proverbs 25, 26/1 Thessalonians 4
Aug 6	Job 39, 40/Philippians 2	Aug 21	Proverbs 27, 28/1 Thessalonians 5
Aug 7	Job 41, 42/Philippians 3	Aug 22	Proverbs 29, 30/2 Thessalonians 1
Aug 8	Proverbs 1, 2/Philippians 4	Aug 23	Proverbs 31/Psalm 94
Aug 9	Proverbs 3, 4/Psalm 89	Aug 24	Ecclesiastes 1-3/2 Thessalonians 2
Aug 10	Proverbs 5, 6/Colossians 1	Aug 25	Ecclesiastes 4, 5/2 Thessalonians 3
Aug 11	Proverbs 7, 8/Colossians 2	Aug 26	Ecclesiastes 6, 7/Psalms 95, 96
Aug 12	Proverbs 9, 10/Psalm 90	Aug 27	Ecclesiastes 8, 9/1 Timothy 1
Aug 13	Proverbs 11, 12/Colossians 3	Aug 28	Ecclesiastes 10, 11/1 Timothy 2
Aug 14	Proverbs 13, 14/Colossians 4	Aug 29	Ecclesiastes 12/1 Timothy 3
Aug 15	Proverbs 15, 16/1 Thessalonians 1	Aug 30	Song of Solomon 1, 2/Psalms 97, 98
		Aug 31	Song of Solomon 3, 4/1 Timothy 4



## Music Notes

By Shelby Gracey

The subject of my June article this year talked about the choir robes that we donated to Rev. Owar Ojulu of Ebensburg and Colver Presbyterian Churches to take with him when he visited Ethiopia in June. He promised an update once his trip had been completed and the robes were delivered.

Below is the email we received from Rev. Ojulu along with pictures of the youth wearing the robes.

*I want to let you know that I was able to take with me the youth Choir robs. The Bethesaida Evangelical church is excited for this great gift and appreciative for thinking of them. I am sorry that I wasn't able to keep you in the loop during my time in Ethiopia due to lack of internet connection.*

*I have informed the church leaders about your church and your generosity. The church has sent greetings and also a token of a handmade craft as a thank you to you, your husband and the church.*

*I've copied Oton, the leader of the church, on this email and am sure you'd continue conversation should need be. The yellow robes are in my possession and will take them with me next year if I travel to Africa or if anyone is going. Those youth robes filled one bag and I had to check in separate during our travel. The church in Gambella has put them to good use. Youth choir are excited to finally have robes of their own and fit them well.*

*Marjwok and I will make an effort to come and bring this gift to you in the near future and will let you know when we plan for it.*

*Blessings*

*Owar Ojulu*

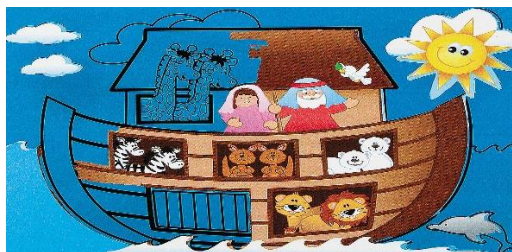


I followed up with a phone call to Owar to thank him for the update, and he expressed an interest in coming to SHUP to make a presentation about his trip to Ethiopia. We thought that was a wonderful idea, and we're excited to make that happen. Watch for a future announcement about a date when we can invite our Brother in Christ to share with us about his trip and how our small gift of choir robes made an impact on a church on the other side of the world!

## Children's Church Leaders Needed

As a next step to putting the pandemic behind us, The Christian Education (CE) Commission is pleased to announce that Children's Church for children ages 3 through second grade will start up again on Sunday, September 19<sup>th</sup>.

Adult leader volunteers are needed to provide this ministry to our youngest members. A simple curriculum will be provided with activities to cover the approximately 30 minutes from the time that the children are dismissed from the sanctuary until the close of the service.



State laws mandate that two-adults must be in the room at all times, so one teacher and one assistant will be necessary each week. Please prayerfully consider volunteering. If you would like to sign up, please contact Jill Fako at:

(412)480-6553

or

[fakofamily@comcast.net](mailto:fakofamily@comcast.net)

*Please note that the choir anthem will be moved in the service and will be sung prior to dismissing the children. So, choir members are now free to volunteer as well!*

We are hoping to get enough volunteers that each will be on duty once every four to six weeks.

As children become eligible for COVID vaccinations and a CE Director comes on board, CE will continue to evaluate the needs of our children for additional programming such as nursery services, Sunday school and other activities.

## SOCK IT TO ME WITH COFFEE

Our sock collection during the month of July was a huge success! The Mission Team would like to thank you for your generous donations to send to the Border Ministry.

*Although we are no longer collecting socks, we can still support this ministry by buying Café Justo.*

We will continue to sell the coffee after service on Sunday for \$10/1-lb bag. If you would like to buy coffee and are not able to be here on Sundays, please contact Jody Colby at [jodycolby@verizon.net](mailto:jodycolby@verizon.net).

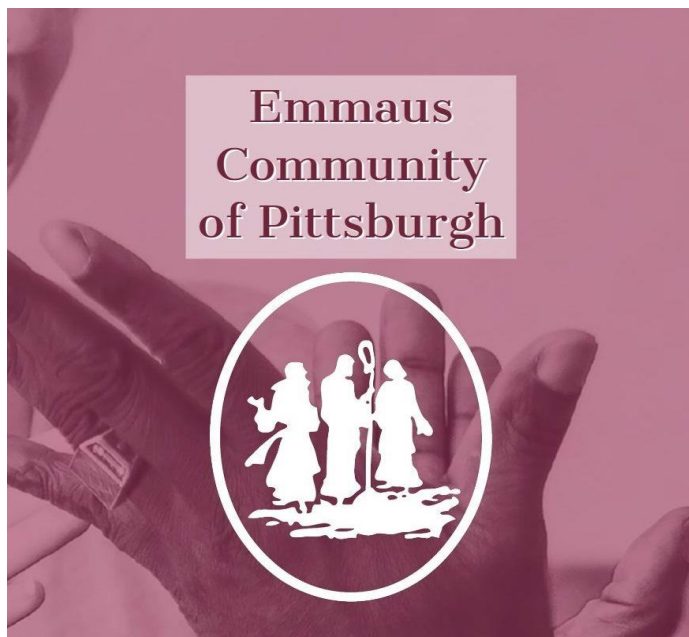


*After walking hundreds of miles to reach the border, the migrants often require medical care and attention to their feet. These pictures show staff at the facilities treating some of these issues. The socks the ministry receives will be a good first step in helping the migrants continue their journey.*





## Mission Updates



*The Emmaus Community of Pittsburgh is a non-profit organization that provides inclusive, community-based homes, in home services and advocacy to people with intellectual disabilities in the Pittsburgh Region.*

*The Community, inspired by Faith and a desire to help others, seeks to improve the quality of life for persons with developmental disabilities. In living, working, and breaking bread together, people with and without disabilities enjoy fellowship by sharing who they are and what they have with one another. Strengthened by its spirituality and prayerful direction, the Community helps all members grow and become whole.*

### ***The Emmaus Community of Pittsburgh Currently Hiring Direct Support Professionals***

The Emmaus Community of Pittsburgh is currently hiring Direct Support Professionals. Experience is helpful but not required as all training is provided by other team members in the community.

*Working alongside people with intellectual disabilities is more than a job. It's a life-changer! With flexible hours and no experience necessary, it's great for students, retirees, and newcomers to our region.*

*Starting rates at \$12.50 for those with a high school diploma, G.E.D., or Associate's degree; \$13.50 for those with a Bachelor's degree or higher.*

*Benefits include: Healthcare (93% employer paid), dental & vision (100% employer paid for family), paid time off, short-term and long-term disability, \$25,000 life insurance policy, retirement plan, & tuition reimbursement program.*

#### **As a Direct Support Professional, you will learn to:**

- Do menu planning, grocery shopping, meal preparation
- Administer medication
- Assist with medical appointments
- Help develop, carry out, and document goals and implement individual Support Plans
- Work as a team member, follow directions, and attend staff meetings as required
- Participate in community celebrations such as birthday parties and holidays
- Maintain compliance with all State and County mandated regulations
- Plan and provide residents with opportunities for socialization and recreation both at home and in the community
- Assist residents with money management, and follow strict policies on safeguarding client and agency funds
- Support the values of the Emmaus Community

All Direct Support Professionals have flexible hours (day, evening and overnight). All community members live conveniently in the Pittsburgh area (South Side, Brookline, Dormont, Mt. Lebanon, Scott Township, Bethel Park, Castle Shannon, Reserve Township, & the North Hills).

If you are interested in a career as a DSP, please visit The Emmaus Community of Pittsburgh website <https://www.emmauspgh.org/careers/>



# Sister Saints

Women Traveling with Women  
Praying and Walking Together  
In The Holy Sites of Sisters in the Faith



## An Italian Pilgrimage

Monday, May 16 - Wednesday, May 25, 2022

### Interact with the Great Cloud of Witnesses

Walk the pilgrim way while learning the history of our sisters in the faith. The sisters will include well known saints such as Saint Catherine of Siena, as well as lesser-known sisters such as St. Lucy Filippini. Their stories will illuminate the sisterhood in Christ

from which we come. We will also reflect on our own path with the Lord, deepening our connection with our faith.



### Dwell in Spiritual Community

There are eight spots for this trip, enabling us to form an intentional community of prayer, support, and encouragement with one another.

### Embrace a Simpler Life

We will be staying in monasteries and convents. We will enjoy delicious Italian food, but also live an intentionally simpler life in these residences.

### Discover Sacred Spaces

The Duomo in Florence, St. Francis' Assisi, and the Vatican are included in our walking exploration of sacred sites. We will visit these sites from a protestant, spiritual perspective. These places will be entered into in a spirit of prayerful adventure, discovery, and reflection.

## Itinerary, Deadlines, and Cost

Monday:	Depart from U.S. for Florence
Tuesday:	Morning Arrival in Florence The Cathedral of Santa Maria del Fiore and St. John's Baptistery Welcome Dinner
Wednesday:	Santa Maria Novella and the Jewish Presence in Florence Free Afternoon in Florence
Thursday:	Day Trip by Train to St. Catherine's Sienna
Friday:	Depart by Train for Assisi Sites of St. Clare of Assisi
Saturday:	Sites of St. Francis of Assisi Free Afternoon in Assisi
Sunday:	Depart by Train for Rome Free Afternoon in Rome
Monday:	Day Trip by Train to St. Lucy Filippini's Montefiascone
Tuesday:	The Vatican and St. Paul Sites Farewell Dinner
Wednesday:	Depart for Home

**Cost:**        **\$2400**

The above includes daily breakfast, accommodations, train tickets, public transportation/car transportation to local sites, and dinner on the first and last night of our time together. Cost **does not** include airfare, tax, gratuities, or meals not otherwise mentioned.

***A deposit of \$350 is due by September 16, 2021 to reserve a spot for this trip.***

Spaces are first come, first served. Contact Rev. Laura Strauss at [revlaurastrauss@gmail.com](mailto:revlaurastrauss@gmail.com) with any questions



## August Information

### Adult Sunday School

**8:30 am**

Adult Sunday School will continue their discussions on the daily *The Year of the Bible* readings.

*This class will continue using Zoom.*

### Sunday Worship

**10:15 am**

If you are not able to join us in person, a video of the service will be posted to our YouTube channel on the Monday after the service:

[https://www.youtube.com/channel/UCeEpiQYSD\\_9My9tb5GEhVRA](https://www.youtube.com/channel/UCeEpiQYSD_9My9tb5GEhVRA)

You can get a copy of the bulletin by clicking on the link on the homepage of our website [www.shupchurch.org](http://www.shupchurch.org).

### Young Adult Mission Trip

**August 1<sup>st</sup> - August 7<sup>th</sup>**

The young adults leave for their mission trip to Wilmington, NC on August 1<sup>st</sup>. Please remember to keep them in your prayers.

### Men's Bible Study

**Tuesday's - 7:00 pm - Findley Hall**

Dave Petty will be leading the Men's Bible Study. The class will be reading and discussing *Wild at Heart* by John Eldredge.

If you are interested in joining this class, please contact Dave Petty at [davepetty8@gmail.com](mailto:davepetty8@gmail.com).

### Kid's Club

**Wednesday's - 4:30 pm - Findley Hall**

All kids in K-5<sup>th</sup> are invited to join Pastor Laura for fun in learning about Jesus. To learn more about Kid's Club, please contact Pastor Laura at [revlaurastrauss@gmail.com](mailto:revlaurastrauss@gmail.com).

### Congregational Meeting

**August 22<sup>nd</sup> - Sanctuary**

We will hold a congregational meeting immediately following the service on August 22<sup>nd</sup>. The purpose of the meeting is to vote on the approval of Pastor Laura's contract/call to service.

### Free Adult Yoga Class

**Wednesday, August 25<sup>th</sup> @ 7:00 pm**

Please join us for a yoga class sponsored by SHUP. We will be joined in the Memorial Garden by teachers from breatheIN2IT. ([www.breathein2it.com](http://www.breathein2it.com))

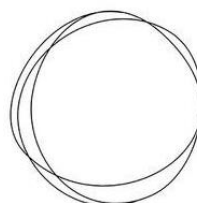
*Be sure to bring a yoga mat.*

Beginning September 13<sup>th</sup>, BreatheIN2IT will begin holding weekly yoga classes at SHUP (8-week session). Please see our flyer on page 11 to learn more about signing up for these classes.

### Sunset Hills Community Group - Food Truck Event

**Friday, August 27<sup>th</sup> - 4:30 pm**

The Sunset Hills Community Group will be using the SHUP parking lot to host the BRGR Food Truck on Aug. 27<sup>th</sup> from 4:30 pm until 7:00 pm!



### Prayer Circle

We ask that every week you take a moment and add these people to your daily prayers.

#### **Week of:**

Aug. 1 <sup>st</sup> .....	The Weidensall family; Bill, Jessica, Ava & Lily Maralee & Maya Williams
Aug. 8 <sup>th</sup> .....	The Yanda family; Keith Wendy & Michelle The Zeglin family; Garth, Amanda, Tristan, Rowan & Violet
Aug. 15 <sup>th</sup> .....	Mary Abbott Clayton & Lyssa Allison
Aug. 22 <sup>nd</sup> .....	David Arnold The Bensur family; Lissa, Savannah & Michael
Aug. 29 <sup>th</sup> .....	Bernie & Carol Berklich Lynne Blanning

#### **Praying for:**



### August Birthdays

3	Jeannine Stimmel	13	Sarajane Obarsky
	Cal Wilson		Judy Stacey
4	Alice Bonim	14	Rowan Zeglin
	Bill Oknefski	15	Robert Tang
6	Joanne Enterline	17	Michael Bensur
	Kim Stuart	19	Carla Robinson
8	Lee Cepits	20	Sara Ernst
	Jacey Ellis		Christa Tang
	Jill Fako	21	Pat Ellis
10	Dottie Fleming	24	Ethan Stuart
	Kailey Hepburn	28	Kay Walker
		31	Betty Coffey



### Prayer List

JoAnne Enterline

### SHIM Food Donations

#### August 2021

As part of your regular food donations to SHIM, the Deacon Food Drive Ministry would like to bring back an item that we focus on every month. For the month of August, we will be collecting cereal.

*We appreciate your continued support for this ministry.*

### Pastor Laura Away

#### Aug. 15<sup>th</sup> - Aug. 21<sup>st</sup>

Pastor Laura will be away from 8/15 through 8/21. If you have a pastoral emergency, you can call the church office at (412)561-6261 during office hours (M-F/8:30 am - 2:30 pm). After office hours, please call Bev Knasko at (412)563-7154.

### Guest Speaker

While Pastor Laura is away, Chip McCoy will lead us in worship on August 15<sup>th</sup>.

### Sunset Hills Book Club

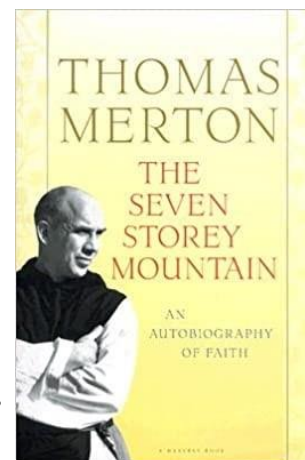
#### July Book of the Month

Aug. 26<sup>th</sup> - 7:00 pm

#### The Seven Storey Mountain (Parts 1 & 2)

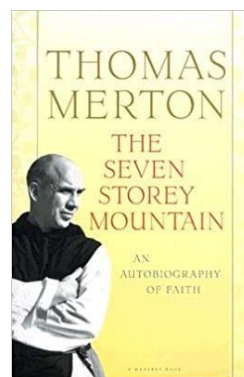
By Thomas Merton

*The Seven Storey Mountain tells of the growing restlessness of a brilliant and passionate young man, who at the age of twenty-six, takes vows in one of the most demanding Catholic orders—the Trappist monks. At the Abbey of Gethsemani, "the four walls of my new freedom," Thomas Merton struggles to withdraw from the world, but only after he has fully immersed himself in it. At the abbey, he wrote this extraordinary testament, a unique spiritual autobiography that has been recognized as one of the most influential religious works of our time. Translated into more than twenty languages, it has touched millions of lives.*  
(Amazon Book Description)



The Book Club will meet using Zoom. If you would like to join the discussion, please contact Pastor Laura to have the Zoom link sent to you:

[revlaurastrauss@gmail.com](mailto:revlaurastrauss@gmail.com)



### September 2021 Book of the Month

The Seven Storey Mountain (Part 3)

By

Thomas Merton

Meeting on September 30<sup>th</sup>

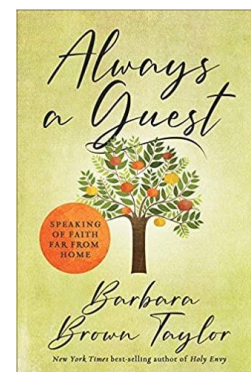
### October 2021 Book of the Month

Always a Guest

By

Barbara Brown Taylor

Meeting on October 28<sup>th</sup>



## Coming in September

### Findley Hall Bible Study

#### Monday's - 1:00 pm

Evelyn Lape will resume the Findley Hall Bible study class on September 13<sup>th</sup>. She will lead the class on the study of "Sacred Pathways" by Gary Thomas. This study will help deepen and widen personal paths to connect with God and appreciate different walks that others may choose.

If you are interested in learning more about this class, please contact Evelyn Lape at [heyeve7@verizon.net](mailto:heyeve7@verizon.net).

### Wilson Hall Bible Study

#### Tuesday's - 1:00 pm

Carole McCullough leads this study that will meet in person in Wilson Hall. The class will resume on September 14<sup>th</sup>. They will continue their study of the book of Psalms.

To learn more about this class, please contact Carole McCullough at [seamus1219@hotmail.com](mailto:seamus1219@hotmail.com).

### Memorial Services

Now that we are able to meet in person, many families from Sunset Hills will be holding memorial services for loved ones that they lost during the pandemic. Everyone is welcome to join the families in the sanctuary for the services.

**Saturday, September 4<sup>th</sup> - Richard "Dick" Moore**  
**11:00 am**

**Saturday, September 11<sup>th</sup> - Dorothy Wolfe**  
**10:00 am**

**Saturday, September 18<sup>th</sup> - Ileana Wyerman**  
**10:00 am**

### Mission Sunday September 12<sup>th</sup>

On Sunday, September 12<sup>th</sup>, our youth and young adults will lead us in service for Mission Sunday. They will give a presentation about the mission trips they took in 2021.

## Thank You

Dear SHUP Family,

We want to thank you for the beautiful flowers that Ginny Bowman delivered to us at our new home. We moved to The Residence of Bethel Park:

5851 Keystone Drive

Apt. 430

Bethel Park, PA 15102

We look forward to seeing you at Sunday worship in the near future.

Thank you again for your thoughtfulness.

In Christ's Love,

Don & Meg MacDougall



Dear SHUP Family,

Words cannot express how thankful I am to have such a wonderful church family. All of the cards, the flowers, and the visits from Pastor Laura meant so much to me. The cards from the kids were a

huge pick-me-up!

Most of all I thank you for all of the many prayers for healing. It was and continues to be a great comfort to know how many prayers were made on my behalf.

God Bless,

Mary Abbott

## Health & Wellness

# Hatha 1 Yoga is Coming to SHUP!



Led by  **breatheIN2IT**

*Time to Breathe, Move,  
Strengthen, Stretch*

-Free Babysitting Available-

**When:** *Mondays 9:15-10:15 AM, Crystal Hall,  
SHUP Church, starting Sept. 13th for 8 weeks,  
\$80*

**How:** <https://www.breathein2it.com/yoga/>

**Who:** *Class led by E-YRT500 Aimee Lamendola  
of breatheIN2IT, LLC*



*www.breathein2it.com*