



# Sunset Hills

M E S S E N G E R

January 2025

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## Sunset Hills United Presbyterian Church

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Michelle Brumfield, Nursery School

## A Message from Pastor Laura

*I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.*  
- G.K. Chesterton



As we reflect on 2024, I want to take a moment to acknowledge the many ways this congregation has demonstrated faith in action. Each Sunday, as I look out into the pews, I am reminded of how much there is to appreciate about this community.

I think of the remarkable work of our **Days for Girls** chapter, which began just last January. Women and men from our church dedicated time and talent to create a sewing room with the hope of making a difference. This year, their efforts sent bags to hurricane-affected areas in Florida and to refugees in Lebanon—a tangible expression of care that has touched lives far beyond our immediate community.

I am grateful for our **church leadership**, who have consistently found ways to meet both immediate and ongoing needs. Through their guidance, we have been able to support families in crisis here in western Pennsylvania and respond to emergencies in places like Asheville. The session and deacons have also fostered opportunities for fellowship, from the Palm Sunday Brunch to the Thanksgiving Dinner. Their work behind the scenes has ensured responsible stewardship of our finances, careful maintenance of our building, and continuity through staff transitions.

Our **volunteers** have been no less extraordinary. This year, they revitalized our church library, creating a welcoming space filled with spiritual classics and contemporary Christian literature. Just beyond the library, the new patio garden has become a place of connection and relaxation for preschool families, neighbors, and church members alike. The herbs and vegetables it produced brought simple joys to many of us throughout the summer.

All of these efforts remind me that gratitude is not just a sentiment but a foundation for what lies ahead. You have served Jesus in meaningful ways this year, and I hope you feel proud of the work you have done and encouraged by the ministry of others. Together, we have built a strong foundation for 2025.

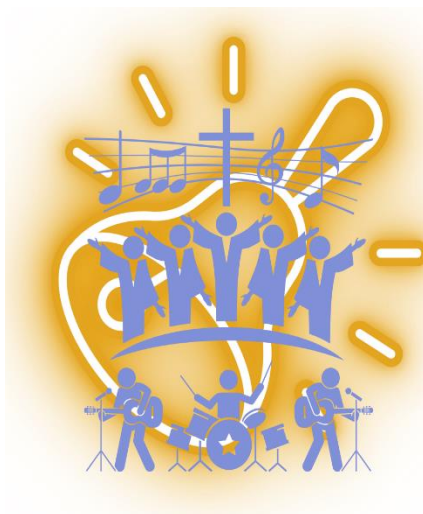
As we enter the new year, I pray that this spirit of gratitude will continue to guide us. It is through our collective service and shared thankfulness that we can move forward with faith and hope.

In Christ's Love,  
Pastor Laura

## Music Notes

By Shelby Gracey

By the time you all read this, the Christmas season is drawing to a close. I want to extend my thanks to the Chancel Choir, the Campanile Bells, and GPM for all the special music that was offered throughout the Advent and Christmas season. We hope it helped to fill your hearts with the Christmas spirit and to draw you closer to the Christ Child. A thank you also goes out to all the families who helped with the lighting of our Advent Wreath during the season.



I know I sound like a broken record, but as we enter into the new year, I want to draw attention once again to all of our singers, ringers, and instrumentalists who faithfully lead the congregation in meaningful and heartfelt music each week. Your dedication and commitment are truly something to be thankful for, and I'm so grateful to each and every one of you – SHUP is richly blessed because of you! We look forward to the New Year of 2025, with lots of beautiful music ahead!

A colorful poster for a Stargazing Event at Sunset Hills United Presbyterian Church. The poster features a night sky with stars, a comet, and illustrations of people stargazing with telescopes and blankets. Text includes "JOIN US!", "STARGAZING EVENT", "MON - JAN 6TH AT 6:30 PM", "Warm Beverages Provided", "SUNSET HILLS UNITED PRESBYTERIAN CHURCH", and "900 Country Club Drive". A list of items to bring is also provided.

**Items to Bring:**

- \*Chair
- \*Blanket
- \*Telescope

**JOIN US!**

**STARGAZING EVENT**

**MON - JAN 6TH AT 6:30 PM**

Warm Beverages Provided

**SUNSET HILLS UNITED PRESBYTERIAN CHURCH**

**900 Country Club Drive**



## Congregational Meeting

### Congregational Meeting - Sunday, January 19<sup>th</sup>

#### Annual Congregational and Corporation Meeting


The Session has called this meeting to be held on, Sunday, January 19, 2025, immediately following the worship service in the sanctuary:

1. To hear and receive the reports of the commissions and organizations of the churches.
2. To hear the report from the Nominating Committee and to elect Elders and Deacons.
3. To elect members to the standing Nominating Committee.
4. To receive the budget as information.
5. To approve the Pastor's Terms of Call.
6. To hear and approve the report of the Corporation.
7. To elect minute readers for the congregation/corporation meeting.
8. To act on any other business appropriately brought before the congregation.



## Thank You

*THANK YOU to everyone who donated personal hygiene items in the stockings during the Advent and Christmas season. As of this printing, there were already several boxes full of items that will be taken to Familylinks after the first of the year. Your thoughtfulness and generosity are truly appreciated by the people who will benefit from these items at the emergency shelters operated by Familylinks.*



# **Soup Cook-Off**

**Do you make the best soup?  
Stop keeping it all to yourself and  
share with your church family!**

# **Sunday January 19th**

**After the Congregational Meeting  
Findley Hall**



## January Information

### **Adult Sunday School** **9:00 am – Findley Hall**

The class will continue to meet on Sunday mornings.

### **Fellowship Hour** **First Sunday of the Month**

We will continue to hold fellowship after the worship service on the first Sunday of every month. If you would like to host one Sunday, please sign up on the sheet outside of Findley Hall.

### **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: [Sunset Hills Church - YouTube](#). 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).

### **Findley Hall Bible Study** **Monday – 1:00 pm**

The Findley Hall Bible study will continue to meet every Monday.

If you would like to learn more about this study, please contact Jody Colby at [jody.colby@verizon.net](mailto:jody.colby@verizon.net).

### **Tuesday Afternoon Bible Study** **Tuesday – 12:30 pm – Cort Room**

The Tuesday Bible study will continue to meet every Tuesday.

If you are interested in learning more, please contact Carole McCullough at (412)343-5758.

### **Campanile Bells Rehearsal** **Tuesday - 6:30 pm**

The Bells choir will continue to meet every Tuesday.

### **Peanuts Square Dancing Club** **Tuesday - 7:00 pm**

The Peanuts Square Dancing club will meet in Crystal Hall. Everyone is welcome, no partner or previous experience is needed. There is a cost of \$5/class.

### **Chancel Choir Practice** **Tuesday - 7:30 pm**

The Chancel Choir will continue to meet every Tuesday.

### **Days for Girls** **Wednesday – 10:00 am**

Days for Girls will continue to meet every Wednesday.

### **Tai Chi** **Wednesday – 6:30 pm**

Gurney Bolster, certified Tai Chi instructor, will begin an 8-week session on Jan. 8<sup>th</sup>.

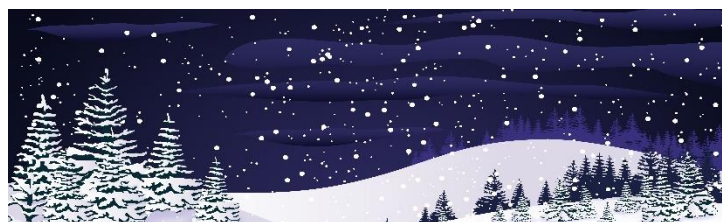
If you are interested in learning more about these classes, please contact Gurney at: [gurneybolster@gmail.com](mailto:gurneybolster@gmail.com).

### **Office Closed**

The Church office will be closed on Jan. 1<sup>st</sup> and Jan. 20<sup>th</sup>.

### **Nursery School Closed**

The Sunset Hills Nursery School will be closed from Jan. 1<sup>st</sup> through Jan. 3<sup>rd</sup>.



### **Officer Training** **Saturday, January 18<sup>th</sup>** **9:00 am**

Pastor Laura will hold Officer Training for Session at the church on Saturday, January 18<sup>th</sup> starting at 9:00 am.

Lunch and refreshments will be provided.

Snow Day: Saturday, January 25<sup>th</sup>

### **Installation of Officers** **Sunday, January 26<sup>th</sup>** **During the Worship Service**

Officer Installation will be held during the worship service on Sunday, January 26<sup>th</sup>.

## January Birthdays

4	Rosemary Romig	27	Shelby Gracey
11	Keith Yanda	28	Violet Zeglin
14	Beth Romig	31	William Stimmel
20	Jackie Elborne		Amanda Zeglin
24	Lori Matson		

## Prayer List

Dee Borman



## Prayer Circle

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

<u>Week of:</u>	<u>Praying for:</u>
Jan 5 <sup>th</sup> .....	Nancy Newman Ian & Jenna Ney
Jan 12 <sup>th</sup> .....	Bill & Leslie Ney Carol Noonan
Jan 19 <sup>th</sup> .....	Marie Noonan The O'Brien family; Kaitlyn, James. & Addie
Jan 26 <sup>th</sup> .....	The Obarsky family; Luke, Sarajane, & Lorelei

## SHIM Food Donations

### Most Needed Items

Dried Beans, Lentils, Pasta Sauce in jars, Cereal & Oatmeal, Soup, Condiments, Spices, Adult Diapers, Baby Diapers (size 4-6), Dog & Cat Food, and Personal Care Items.

### SHIM Clothing Closet

Accepting donations of clothes (in season), shoes, and linens (no large household items). Located at the Church of Nazarene (5601 Library Road). Drop-off hours: Monday – 10:00 am until 1:00 pm. *If you are not able to deliver your donations during these hours, you can leave them in the closet outside of Findley Hall and a Mission Commission member will deliver them for you.*

## Sunset Hills Book Club

### January Book of the Month

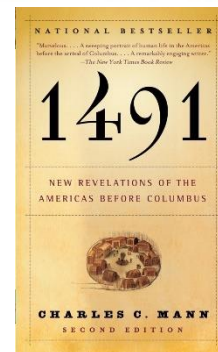
1491

By Charles Mann

Jan. 29<sup>th</sup> – 7:30 pm

**NATIONAL BESTSELLER**

*A groundbreaking work of science, history, and archaeology that radically alters our understanding of the Americas before the arrival of Columbus in 1492—from “a remarkably engaging writer” (The New York Times Book Review). Contrary to what so many Americans learn in school, the pre-Columbian Indians were not sparsely settled in a pristine wilderness; rather, there were huge numbers of Indians who actively molded and influenced the land around them. The astonishing Aztec capital of Tenochtitlan had running water and immaculately clean streets, and was larger than any contemporary European city. Mexican cultures created corn in a specialized breeding process that it has been called man’s first feat of genetic engineering. Indeed, Indians were not living lightly on the land but were landscaping and manipulating their world in ways that we are only now beginning to understand. Challenging and surprising, this a transformative new look at a rich and fascinating world we only thought we knew. (Amazon Book Description)*



## February 2024

Marmee

by Sarah Miller

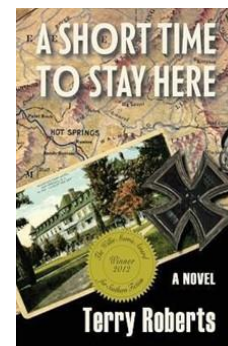
Meeting on February 26<sup>th</sup>.

## March 2025

*A Short Time to Stay Here*

by Terry Roberts

Meeting on March 26<sup>th</sup>.





## Save the Date



**Monday**

**February 17, 2025**

**Sunset Hills UP Church**

### Primary

**Primary Stroke & Cardiovascular  
Disease risk screenings:**

- Carotid Artery
- PAD Arterial Disease
- Abdominal Aortic Aneurysm
- Atrial Fibrillation

**\$159**

### Women's Comprehensive

**Includes the Primary Package plus  
essential tests for women:**

- Kidney Disease
- Osteoporosis
- HsC-Reactive Protein
- A1c
- Thyroid Hormone

**\$249**

### Men's Comprehensive

**Includes the Primary Package plus  
essential tests for women:**

- Kidney Disease
- PSA Prostate
- Testosterone
- Liver Panel

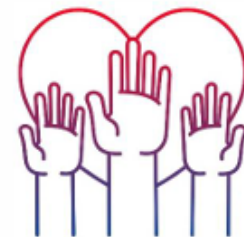
**\$249**

To schedule your screening, please visit: [Locations](#)

**VOLUNTEERS  
NEEDED**experience **mission****Hurricane Relief Mission Trip****to****Hot Springs, North Carolina****May 31 – June 6, 2025**

Over the past decade of responding to natural disasters through relief mission trips, **Experience Mission** has learned the best thing they can do as a short-term mission organization is to be ready to show up as the recovery period begins in the coming months.

This is where SHUP comes in! We will be joining Experience Mission for on the ground hurricane relief work in Hot Springs, NC and the surrounding area from May 31 - June 6, 2025.

**Schedule**May 31<sup>st</sup> – Driving to Hot Springs, NCJune 1<sup>st</sup> – Worship/Recreation/Evening OrientationJune 2<sup>nd</sup> – June 5<sup>th</sup> Morning Prayer/Spend Day at Work Sites/Evening Reflection & WorshipJune 6<sup>th</sup> – Driving Home**Cost: \$495/Person + Help with Gas****ONLY 9 SPOTS AVAILABLE****Provided:**

- Coordination with Work Sites
- Lodging
- Meals
- Devotional Materials

**Please Bring:**

- Air Mattress
- Sleeping Bag
- Snacks
- Clothing that can be ruined

**Register to Pastor Laura**email: [revlaurastrauss@gmail.com](mailto:revlaurastrauss@gmail.com)

or

Phone: (412)561-6261