



Sunset Hills

M E S S E N G E R

June 2022

In this Issue

Message from Pastor Laura	1-2
Food Truck & Pet Blessing.....	2
Music Notes.....	3
Notes from CE.....	4
Letters to SHUP.....	5
Pentecost Special Offering	6
June Information	7-8
Sunset Hills Book Club	8
Findley Hall Renovations	9
Health & Wellness	10

Welcome New Members & Friends

On Sunday, May 15, 2022, we welcomed new members; Marla Bruschi and Jim Hudak, and Friend of SHUP, Linda Debor.

Sunset Hills United Presbyterian Church

900 Country Club Drive
Pittsburgh, PA 15228
(412) 561-6261

www.shupchurch.org

Church Office/Administrative Secretary
sunsethillschurch@gmail.com

Pastor Laura Strauss
revlaurastrauss@gmail.com

Beth Romig, Financial Administrator
shupfinance@gmail.com

Shelby Gracey, Music Director
sgracey@verizon.net

Taylor Strang, Christian Ed. Director
sunsethillsCE@gmail.com

Michelle Brumfield, Nursery School
sunsethillsnurseryschool@gmail.com

A Message from Pastor Laura



“Will I see my Noel in heaven?” Dana asked me this question in my first week of ministry. She is a dog groomer whose golden retriever, Noel, regularly attended church functions, from worship to potluck suppers. Indeed, Noel was as much a church member as any one of the church leaders. The dog visited the homebound, made weekly visits to the local nursing home, and acted as a friendly greeter for the country church. Noel was beloved by the congregation, and all were devastated when she

died of cancer. Dana was not alone in the question - will we see Noel in heaven?

As for me and my house, if there are no animals in heaven, I don't know that it's really heaven. What would heaven be without the sounds of God's birds, toads, and cicadas? Could it really be heaven without the sight of fireflies glowing on a summer's night, without a sea teeming with fish as colorful as a box of Crayola's? Can we imagine a heaven without a cat on our lap, a dog waiting for us at the door, a deer strolling through our backyard? I would say no to all of these questions, because all of the creatures reflected in these questions are creatures made by a God who loved them into being and called them good.

Therefore, because God is love, because God has created all God's creatures, and because God has declared God's approval of all creatures, I believe we will see animals in the kingdom that is to come. More than that, I believe we will see animals living together in perfect unity. No longer will cats swat at dogs, and no longer will dogs bark at squirrels. There will be unity and harmony amongst all God's creatures.

I don't know about you, but I look forward to this day: the day when I will see my cats, Cat, Alf, Sassy, and Hufflepuff, again, and they will all get along. The day when my gerbil, Frisky, will run with all of his little gerbil friends without fear of predators, and when my turtle, Yojo, will swim in unpolluted streams.

(Continued on page 2)

Pastor Laura Message
(Continued from page 1)

Until that heavenly day, we celebrate our pets here on earth with the Pet Blessing on June 12 from 4:00 - 7:00 p.m. I will be present in the Memorial Garden to bless pets of all kinds and provide them with a Certificate of Pet Blessing. There will also be food trucks, live music, and games for children in the parking lot. I hope you will bring your pet and that you will invite your neighbors to bring their pets. Let us celebrate the creatures God has made and bless them for all they do to make our lives more joyful!

In Christ's Love,

Pastor Laura



Sunday, June 12th
4:00 pm - 7:00 pm
SHUP Parking Lot

Food Truck Event
&
Pet Blessing

- **Games!**
- **Live Music!**
- **Food Trucks!**
- **Pet Blessing!**



Music Notes

By Shelby Gracey

As summer quickly approaches, the singing season is winding down for the Chancel choir. Sunday, June 5 (Pentecost Sunday) will be the choir's last Sunday to sing for worship until after Labor Day. And the Campanile Bell Choir ended their season with the rousing rendition of "When the Saints Go Marching In" on May 8! When you see a bell choir or chancel choir member, please be sure to thank them for all their hard work and dedication to the choirs throughout the year. This year was especially challenging as the choir struggled to sing through masks! Another group to say thanks to is our GPM crew of Keith Yanda, Dave Petty, Frank Cepits, Mike Robinson, and Ryan Gracey for their fantastic music that they frequently present in worship. Their talent, energy,

and enthusiasm convey the message that praising God through music can be a lot of fun and very inspirational!

Over the summer we'll have special music from soloists, instrumentalists, GPM, our Ladies' and Men's Choruses, (hopefully VBS Kids – after a two-year hiatus!), and perhaps some special guests. Men and Ladies of the congregation – watch the Sunday morning bulletin for announcements about when your groups will rehearse and sing (tentative dates are listed below, but watch for confirmation of these dates). Everyone is invited to join in singing on these dates!

Men's Chorus will rehearse after worship on July 3 for singing on Sunday, July 10.

Ladies' Chorus will rehearse after worship on July 10 for singing on Sunday, July 17.

We truly appreciate everyone who offers their musical talents to the congregation over the summer, and I'm looking forward to a variety of great music! Best wishes for a very relaxing and enjoyable summer for all!



Chancel Flower Dates Available



- July 3rd
- July 31st
- September 4th
- November 6th



This is a wonderful ministry that allows your generosity to be uplifting for not only those who attend worship each Sunday, but also to the recipients of those flowers.

Please contact Karin in the church office to make your donation today!

Notes from Christian Education

By Taylor Strang

Thank you to everyone for the help, guidance, and kindness you have shown during my first month as the official Christian Education Director here at SHUP! I am grateful to you all and to God for calling me back to this church.

Youth Fundraiser

If you ordered hoagies for the youth fundraiser, they will be distributed after worship service on Sunday, June 5th.

Children's Church

Children's church will continue through the summer months. We are looking to include some outdoor activities when the weather cooperates.

We are still looking for volunteers. If you are interested, please contact me at sunsethillsCE@gmail.com.

Youth Mission Trip

The Youth of Sunset Hills will be going on their annual summer mission trip from June 19th - 24th. They will be going to Philadelphia along with the youth from Bower Hill Church to work with YouthWorks. While there, they will be learning about the food crisis in Philadelphia and offering support to local urban farmers and social service organizations by serving the vulnerable and marginalized in the community.

Please remember to keep our youth in your prayers while they are away.

Thank you to everyone who has participated in our fundraisers throughout the year to help make this trip possible!

Graduation Sunday

Please join us for Graduation Sunday during worship on June 5th. We will be presenting our high school graduates with the Mehaffey Scholarship and blessings for their journey onto college. This year, our graduates are:

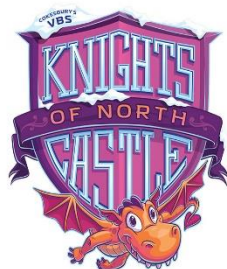
Ty Sembrat: Ty will be attending Kent State to study Business Administration.

Travis Strang: Travis will be attending the University of Pittsburgh/Johnstown to study Mechanical Engineering.

Chris Tang: Chris will be attending the University of Vermont to study Bio-Mechanical Engineering.

Your SHUP family is so proud of you all!

**DON'T FORGET TO REGISTER OR
VOLUNTEER FOR VBS!!!**



VBS

July 18th - 22nd



Registration now open: <https://forms.gle/UEUcoQayqWR62kraA> or visit our website at:
shupchurch.org/vbs

\$25/week payable in cash, check or [Church Giving: Mobile App, Online & Text Giving for Churches | Tithe.ly](#)

Volunteers needed: Please contact Taylor at sunsethillsCE@gmail.com to offer your help!

Letters to SHUP

Dear SHUP,

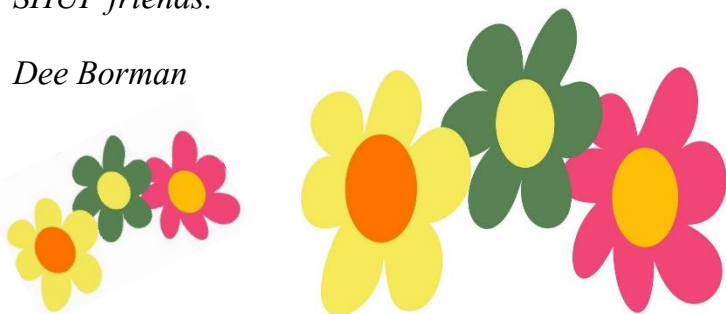
Thank you very much for the Chancel flowers that Harriet Rickard brought to me.

They are so lovely, and they really cheered me up...all of the positive thoughts help to speed up my recovery from the pinched nerve in my back.

Your flowers are on my glass table where I eat so that I can always see them as I think of my dear SHUP friends. And they remained fresh all week!

Thank you again for your thoughtfulness dear SHUP friends.

Dee Borman



Dear SHUP,

Thank you for letting us play for you on Monday evening, May 9th. Also, thank you for your generous donation.

The Ringold Band formerly marched in fireman's parades and other community events throughout the summer, in the winter months, we play concerts in nursing homes in the area, and every Monday we are out playing.

We are always looking for new members! So, if you play a band instrument, please consider joining us. We would love to have you. Just let Shelby know and she can put you in contact with us.

Thank you again for letting us share our music with you.

Cheryl Ursitz

Ringold Community Band

Dear SHUP Family & Friends,

Thank you for all the cards and notes of sympathy. My family and I want to thank everyone who helped make Don's memorial service so special. I know it took numerous individuals to get everything from Pastor Laura's eulogy, the music, the choir, all of the testimonies to the luncheon completed. It was deeply appreciated.

Our out-of-town family members were overwhelmed by the service and the friendliness of the congregation. Don and I have been blessed to be a part of the SHUP family for so many years.

In Christ's love,

Meg MacDougall



Thank You





PENTECOST SPECIAL OFFERINGS

CHILDREN AT RISK • YOUTH • YOUNG ADULTS

Through June 5th

With a foundation in faith built in the early years, our youth can teach us something about leading movements for change in their own communities and in the world. Gifts to the Pentecost Offering are helping to provide opportunities for young people to grow and share in their faith in Christ. The gifts we share will help young people learn important lessons about life and faith. And children, youth, and young adults can teach us new things and help us shape our faith, too.



40%

stays with the Congregation

to develop and support local ministries with children, youth, and young adults.



25%

supports Young Adult Volunteers (YAV)

serving in communities around the world, and growing as leaders through transformative Christian service.



25%

supports Ministries with Youth

especially the Presbyterian Youth Triennium.



10%

is devoted to children at-risk

to improve education and provide safe havens.

Noah Westfall spent his YAV year working with a Texas-based interfaith organization that works on issues that impact the most vulnerable. This experience led him to his current career in health care-advocacy with a nonprofit in Washington, DC.



NOAH WESTFALL



WAYS TO GIVE —



Through your congregation



Text PENTECOST to 91999 to support these vital ministries



Give online at pcusa.org/donatepentecost



AKILAH HYRAMS

The Young Adult Volunteer program is an ecumenical, faith-based year of service for young people ages 19–30 in sites across the United States and around the world. Akilah Hyrums spent a year serving in health clinics in the Philippines after expressing an interest in a medical career — a career she is now pursuing.

We will be collecting for the Pentecost Special offering beginning April 18th. You can mail your donation to the church office, drop it in the collection baskets on Sunday or by using the tithe.ly app. Just be sure to write “Pentecost Offering” on the memo line. Donations will be accepted through June 5th.

Please give generously...for if we all do a little, it adds up to a lot.

June Information

Adult Sunday School

8:30 am

Pastor Laura will continue the study of the series entitled: *The History & Archaeology of the Bible* using videos from National Geographic Historian, Jean-Pierre Isbouts.

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

You can get a copy of the bulletin by clicking on the link on the homepage of our website www.shupchurch.org.

Fellowship Hour

11:15 am - Findley Hall

Everyone is invited to join us for fellowship in Findley Hall on June 5th.

Youth Group

Sunday - 11:30 am - Findley Hall

Youth Group will begin meeting after worship services on Sunday. The last youth group before summer break will meet on June 5th.

Findley Hall Bible Study

Monday's - 12:45 pm

This class will be taking a break for the summer months and begin meeting again in the Fall.

Please contact Evelyn Lape at: heyeve7@verizon.net to learn more about this class.

Wilson Hall Bible Study

Tuesday's - 1:00 pm

This class will be on hiatus for the summer and begin meeting again in the Fall.

To learn more about this study please contact Carole McCullough at seamus1219@hotmail.com

Tai Chi

Wednesday's - 7:00 pm

Gurney Bolster, certified Tai Chi instructor, will hold the first summer session beginning on June 1st through July 20th. The second summer session will begin on August 3rd and continue through September 21st. If you are interested in learning more about these classes, please contact Gurney at: gurneybolster@gmail.com. You can also view the informational flyer on page 10 of the Messenger.

Graduation Sunday

June 5th

Please join us for worship services on Sunday, June 5th to celebrate our SHUP 2022 graduates. During the service, they will be presented with their Mehaffey Scholarship.

Food Truck and Pet Blessing Event

June 12th - 4:00 pm - Parking Lot

Please join us for our Food Truck and Pet Blessing event. In addition to food trucks, games and music, Pastor Laura will be on hand to bless the pet members of your family.

Pastor Away

June 10th - 17th

Pastor Laura will be out of the office to continue classes for her Doctor of Ministry. If you have a pastoral emergency outside of office hours, please contact Bev Knasko at (412)563-7154.

Guest Leader

Sunday, June 12th

While Pastor Laura is away for her studies, Chip McCoy will be our worship leader on Sunday, June 12th.

Youth Mission Trip

June 19th - 24th

The youth will be travelling to Philadelphia this week for their mission trip. While there, they will be working with Youthworks.

June Birthdays

2	Jack Misterka	12	Maya Williams
	Ava Weidensall	14	Pastor Laura
5	Carrie Duffner		Debbie Vernacchio
6	Karl Hetrick	17	Andrew Glantz
7	John Ellis III		Linda MacDonald
	Tiffani Fitzwilliam	19	Jane Huston
10	Debbie Edwards	28	Ryan Gracey
11	John Fitzwilliam	29	Jason D'Amico
	Joh Knasko		

Prayer List

Dee Borman



Prayer Circle

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

Week of:	Praying for:
June 5 th	Elizabeth Romig Rosemary Romig
June 12 th	Harriet Ross The Sembrat family; Matt, Brienne, Colby & Ty
June 19 th	Robert Shetler Dottie Smith
June 26 th	Thomas & Judy Stacey Jeannine Stimmel

SHIM Food Donations

June 2022

For the month of June, we will be collecting

Pancake/Muffin Mix.

Shim is asking form specific donations for refugees and immigrants. These items are:

- Dried Beans
- Lentils
- Rice
- Flour
- Cooking Oil
- Sugar
- Spices (S&P, Garlic & Chili Powder & Turmeric)
- Disposable Diapers

We appreciate your continued support of this ministry.

Sunset Hills Book Club

June Book of the Month

Braiding Sweetgrass

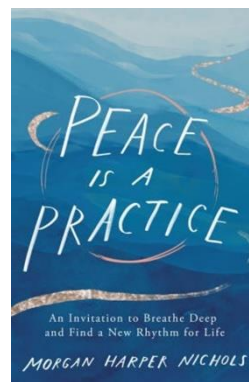
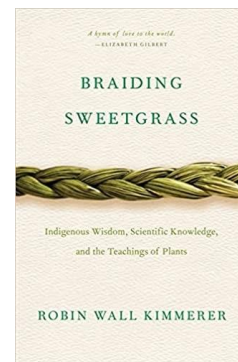
By Robin Wall Kimmerer

June 29th - 7:30 pm

As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science.

As a member of the Citizen

Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, Kimmerer brings these two lenses of knowledge together to take us on “a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise” (Elizabeth Gilbert). Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth and learn to give our own gifts in return. (Amazon Book Description)



July 2022 Book of the Month

Peace is a Practice

By

Morgan Harper Nichols

Meeting on July 20th

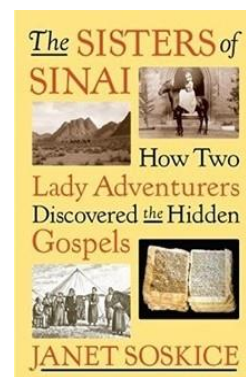
August 2022 Book of the Month

The Sisters of Sanai

By

Janice Soskice

Meeting on August 31st



Findley Hall Renovations



SHUP Young Adults Need YOU to help

Support the \$10,000

FRESHEN UP FINDLEY

Capital Campaign

Help us purchase **ALL NEW FLOORING** to Freshen Up Findley! We will be working on Findley during our At Home Mission Trip (June 4-11)

We currently have money to work on the following

Painting the walls

New ceiling tiles

Repairing the paneling

New Lighting

Let's breathe new life into our church

DONATE: www.shupchurch.org/give

or

CHECK: Sunset Hills UP Memo: CAPITAL CAMPAIGN

Findley Hall Renovations

TAI CHI QIGONG CLASSES

Taught by Gurney Bolster, Founder, Tai Chi for Health Pittsburgh

Sunset Hills United Presbyterian Church
900 Country Club Dr., Mt. Lebanon, PA 15228

Tai Chi Qigong is a moving meditation integrating mind, body and breath through mindful movement and stillness. Reflecting the patterns of nature, Tai Chi Qigong can help you attune to your own natural rhythms to feel more centered, confident and resilient. Listen to the wisdom of your body. Nourish harmony, purpose and joy.

Regular practice of Tai Chi Qigong can help:

- > Quiet your mind & reduce stress
- > Improve sleep & nurture your health
- > Improve balance & mobility
- > Strengthen immunity & circulation
- > Manage chronic illness & pain
- > Restore vitality & lift your spirits



Beginner Classes, Wednesday 6:30–7:30pm
June 1 – July 20 & August 3 – Sept. 21, 2022

Fees: 8 class series, \$100 Single class \$15

Please pay by check or cash upon arrival to class

No experience or equipment needed. Masks are optional.

Questions, Registration: Contact Gurney

All classes taught by Gurney Bolster, MA., Dance Movement Therapy;

Certified Tai Chi Instructor, Tai Chi for Health Institute;

Certified Qigong Instructor, Center for Taiji & Qigong Studies and Holden Qigong.

Gurney.bolster@gmail.com

412 480 4492

www.tchpgh.com