



# Sunset Hills

M E S S E N G E R

September 2021

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## Sunset Hills United Presbyterian Church

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## A Message from Pastor Laura

*Don't let anyone look down on you because you are young, but set an example for believers in speech, in conduct, in love, in faith, and in purity. - 1 Timothy 4:12*



Scholarly estimates suggest that the Biblical pastor, Timothy, was about sixteen years old when he became a preacher. Our preachers on September 12 will be anywhere from fifteen to twenty-eight years old.

The Youth Group and the Young Adults will be sharing about their respective summer mission trips during the September 12 worship service at 10:15 a.m. This will be called, "Mission Sunday," a time to celebrate the missions of Sunset Hills U.P. Church. It will also be the kick-off for our 2021 Stewardship Season, under the direction of Elder and Treasurer Mary Abbott.

Beginning with the Youth Group, we will hear about their mission service in Benton Harbor, Michigan. Deacon Jennifer Kennedy and Drew Kennedy served as chaperones as the youth performed manual labor and cared for the least of these in this underserved community. This trip was in cooperation with the youth group of Bower Hills Community Church.

The Young Adults will then speak about their week in Wilmington, North Carolina with Habitat for Humanity. Six of our twenty-somethings drove south to do repair work on a home, including putting siding on a house. In their words, "Wilmington learned what SHUP is about!" as they worked up a sweat every day in Christian service.

Finally, following worship, there will be an opportunity to continue our mission work through writing letters and cards to local representatives. We will be advocating for local immigrants to be able to receive a driver's license prior to receiving citizenship. In partnership with Bower Hill Community Church, we are advocating on behalf of this cause so that our Mt. Lebanon streets may be safer, particularly for our children who walk to school.

So, come and hear some young people tell us about Christ's work this summer! Let us hear them preach the word, and be inspired by their awesome, mission-filled example to continue making a difference for God's kingdom ourselves!

In Christ's Love,  
Laura

## The Year of the Bible

Daily Year of the Bible  
Readings September 2021

Sep 1	Song of Solomon 5, 6/1 Timothy 5	Sep 16	Isaiah 31, 32/Psalm 105
Sep 2	Song of Solomon 7, 8/Psalms 99-101	Sep 17	Isaiah 33, 34/Hebrews 2
Sep 3	Isaiah 1, 2/1 Timothy 6	Sep 18	Isaiah 35, 36/Hebrews 3
Sep 4	Isaiah 3-5/2 Timothy 1	Sep 19	Isaiah 37, 38/Hebrews 4
Sep 5	Isaiah 6, 7/2 Timothy 2	Sep 20	Isaiah 39, 40/Psalm 106
Sep 6	Isaiah 8, 9/Psalm 102	Sep 21	Isaiah 41, 42/Hebrews 5
Sep 7	Isaiah 10-12/2 Timothy 3	Sep 22	Isaiah 43, 44/Hebrews 6
Sep 8	Isaiah 13, 14/2 Timothy 4	Sep 23	Isaiah 45, 46/Psalm 107
Sep 9	Isaiah 15, 16/Psalm 103	Sep 24	Isaiah 47, 48/Hebrews 7
Sep 10	Isaiah 17-20/Titus 1	Sep 25	Isaiah 49, 50/Hebrews 8
Sep 11	Isaiah 21, 22/Titus 2	Sep 26	Isaiah 51, 52/Hebrews 9
Sep 12	Isaiah 23, 24/Titus 3	Sep 27	Isaiah 53, 54/Psalms 108, 109
Sep 13	Isaiah 25, 26/Psalm 104	Sep 28	Isaiah 55, 56/Hebrews 10
Sep 14	Isaiah 27, 28/Philemon	Sep 29	Isaiah 57, 58/Hebrews 11
Sep 15	Isaiah 29, 30/Hebrews 1	Sep 30	Isaiah 59, 60/Psalms 110, 111

## Deacon News

After two years as the moderator of the Deacons, Maralee Williams has stepped down and Karen Heim will be the new moderator. We would like to thank Maralee for her service and Karen Heim for stepping into the role!

Because the pandemic caused a lot of events at SHUP to be cancelled or put on hold, the Deacons have not been able to be as active as they would have liked. Now that SHUP is planning for in-person events in the near future, the Deacons are meeting again and planning ways to make these activities special.

To do this, the Deacons need your help with the following:

### In-Person Worship

Although in-person worship has been back since January, all of our members have not been able to attend because they are unable to drive themselves. SHUP recently sold the church van and we are in need of volunteers who would be willing to drive these members to/from worship every Sunday. If you are able to help with this mission, please contact Karen Heim at [khvalleypark@gmail.com](mailto:khvalleypark@gmail.com).

### Fall Festival Bake Sale

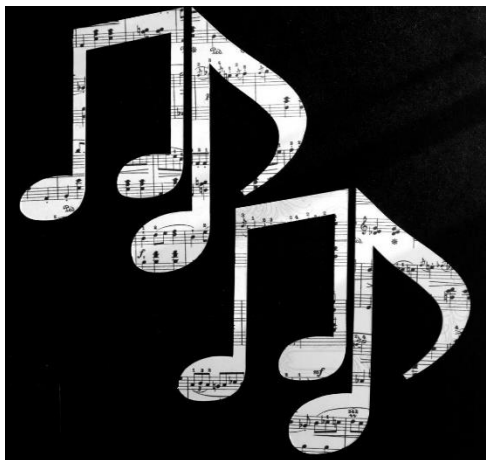
SHUP is planning on holding the Fall Festival on Saturday Oct. 9<sup>th</sup> and the Deacons will be selling walking tacos and holding a bake sale. They need bakers to donate goods for the sale. If you would like to donate something sweet, please contact Laura Flaus at [lflauss@yahoo.com](mailto:lflauss@yahoo.com).

Thank you in advance for any help that you can give.

*Be on the look-out for information about the annual Cookie Sale in December!!!*

## Music Notes

By Shelby Gracey



My newsletter articles in September (with the exception of 2020) have always enthusiastically welcomed the Chancel Choir back after their summer break. It looked so promising that we would finally be able to gather as a choir again this September! Over the summer, a survey was sent to all choir members for their opinions about location and length of rehearsals, where we would sit on Sunday mornings, etc. Those surveys had been returned and tallied, and plans

were being made for resuming rehearsals and singing for Sunday worship. And then the “Delta variant” raised its ugly head and the latest surge started again . . .

Much to everyone’s disappointment, our plans to return to choral singing have once again been put on hold until the virus becomes more stabilized. To say we’re all disappointed and frustrated is an understatement – yet again, a time to make adjustments in light of the pandemic.

Since our normal time to resume choir has always been the Tuesday after Labor Day, the choir will meet for a parking lot picnic that evening instead. On **Tuesday, September 7 at 5:45**, all Chancel Choir and Campanile Bell Choir members (and spouses or friends) are invited to bring your dinner and a chair to the parking lot. We’ll gather for

some fellowship and a little singing after we’ve finished eating. At 7:15, the Campanile Bells will move Inside the sanctuary for our first rehearsal of the season.

Between the Campanile Bells and other special music, we’ll continue to do our best to bring musical praises to God for our morning worship services. We’ll take it month-by-month throughout the fall to see how soon we can finally welcome our Chancel Choir and congregational singing back into worship once again.

I saw a quote recently . . . “*When you get to your wit’s end, you’ll find God lives there.*” May we all feel and know God’s presence, as He continues to walk with us throughout this season of pandemic!

## Christian Education Director

Sunset Hills United Presbyterian Church is actively seeking a part-time (20 hours/week) Christian Education Director with a kind heart and keen organizational skills to facilitate its educational programs for youth and adults.

Potential candidates can learn more about the position at <https://www.shupchurch.org/employmentandvolunteering> or by calling the church office at (412)561-6261.

*Please spread the word!*





## Mission Updates

Driving is such an essential part of basic mobility that most of us take it for granted. Many of us see no risk in simply getting in our cars and driving to a doctor's appointment or to pick up groceries for our families. The right to free mobility, however, is not afforded to our undocumented immigrant population. In Pennsylvania, proof of legal residency is required for a driver's license.

The policy is problematic in multiple ways. First, it makes it difficult for immigrant families to freely navigate their day-to-day activities and chores, secure employment, and provide for their families. Second, it hurts our state economy by making it difficult for undocumented immigrants to fill jobs for which they have the appropriate skills that might otherwise go unfilled. The undocumented immigrant population makes an important



For more info visit: [www.drivingpaforward.org](http://www.drivingpaforward.org)

### HB279

- **Safety on the roads**
- **Positive Economic impact for PA**
- **Safety of our privacy**
- **Safety of our families**

contribution to our economy and could make an even greater one if these residents were allowed access to driver's licenses. Third, allowing undocumented immigrants to secure driver's licenses would lead to safer streets and more insured drivers, which would reduce auto insurance costs. Finally, expanding access to driver's licenses would not only be free for the state, but it would lead to increased state revenue from both the sales taxes on auto-related purchases and driver's license processing fees.

In the last few years, more states have realized the benefit of giving residents access to driver's licenses regardless of their immigration status.

(From *Making Pennsylvania's Undocumented Immigrants Mobile* by Maisum Murtaza, published by <https://drivingpaforward.org/>, September 22, 2020, p.1)

## Driving PA Forward Letter Writing Campaign

"Driving PA Forward" needs vocal advocates across the state and seeks the endorsement of communities of faith who believe that all people are entitled to fair treatment and access to work. On April 14, 2021, on a motion from our Mission Commission, our Session authorized an overture to Pittsburgh Presbytery to join them in supporting PA House Bill #2835 (currently HB279) that permits individuals without social security numbers to apply for a driver's license using other official documents.

The Mission Commission would like you to join them after worship on September 12<sup>th</sup> to help write letters to our local and state representatives asking them to vote "yes" to HB279. We believe HB279 will truly make our roads safer, have a positive economic impact for our state and provide safety to our families and communities.

Thank you for your support, we hope to see you on September 12<sup>th</sup>!

## Support Haiti in its hour of greatest need



***And after the earthquake  
... a sound of sheer silence.  
Then there came a voice ...  
that said, "What are you  
doing here?" (1 Kings 19:12-13)***

Following the devastating Aug. 14 earthquake in Haiti, nearly 1,500 people are dead, thousands more injured and an unknown number still missing. Some 13,000 homes were destroyed and roads, bridges and communication systems damaged. Because Haiti is already facing endemic hunger and poverty, COVID-19, continuing civil unrest and the arrival of Tropical Storm Grace, Presbyterian Disaster Assistance (PDA) is providing emergency relief and short-term recovery through our established local partners and in collaboration with ACT Alliance. The PC(USA), through PDA, will remain active throughout the entire recovery process, accompanying our partners in the area as they determine long-term program needs and providing financial support for rebuilding and resilience.

**The needs for the response will be great. God's people are once again called on to stand in the "GAP" — Give. Act. Pray.**

**GIVE:** Gifts can be made at [bit.ly/PDAHaiti](http://bit.ly/PDAHaiti), by phone at (800) 872-3283 or by check using the below reply device.

**ACT:**

- Share our Mobile Cause campaign link ([bit.ly/PDAHaiti](http://bit.ly/PDAHaiti)).
- Learn how you and your congregation can help families who have lost everything in the devastation. Stay informed and like us on Facebook ([facebook.com/PDAcares](https://facebook.com/PDAcares)), download resources at [pda.pcusa.org/pda/resources](http://pda.pcusa.org/pda/resources) and share updates with your congregation.

**PRAY:** Pray for those who suffered loss of family or home and for those who are working tirelessly to provide rescue, humanitarian aid, and spiritual and psychological support.



☐ \$500   ☐ \$125   ☐ \$50   ☐ \$25   ☐ Other \$ \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Congregation/PIN \_\_\_\_\_

Please detach the reply form and return it with your gift to your church; or enclose it in an envelope with your check and mail it to Presbyterian Church (U.S.A.), P.O. Box 643700, Pittsburgh, PA 15264-3700.



**PRESBYTERIAN  
DISASTER ASSISTANCE**  
OUT OF CRAOS, HOPE



Presbyterian Church (U.S.A.)  
Presbyterian Mission

PDA HE21-BI



# 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

# WELCOME TO MICHELLE BRUMFIELD

## SUNSET HILLS

## PRESCHOOL DIRECTOR



After many years of service as the Director of Sunset Hills Nursery School, Christine Huber has taken an early retirement. Although she will be missed, we wish her the best! Fortunately, we did not have to look far to find someone who could fill her shoes!

Michelle Brumfield has been hired as the Director of the Sunset Hills Nursery school. Many of you may already know Michelle and her husband Dave. They have been members of SHUP since 2001. She has also been working at the preschool since 2006.

### *Q & A With Michelle Brumfield*

*Is there a particular reason you chose SHUP as your church?*

Dave and I chose SHUP as our church because of the warm, friendly welcome we received the first time we came to service. Dottie Wolf greeted us that first visit and made us feel like we were home. We had been looking for a community church to raise our children in and were lucky enough to find it right up the street.

*When did you start working at the nursery school and what positions have you held?*

I worked as a substitute in the preschool for the 2006-2007 school year. I was hired as a Teacher's Assistant in the 5-Year-Old PreK class in 2007 and have held that position for 14 years.

*Have there been any special moments/memories from your years at SHUP and/or working at the NS?*

**Nursey School** - I have loved getting to know the amazing women who work here at the preschool. We have had "sleepover" team building sessions, ukulele lessons, secret Santa weeks, March Madness weeks, not to mention all day continuing education seminars (where we may have laughed a little too much). We are like a family. We have all bonded together over our love of children and this preschool.

**SHUP** – Some of my fondest memories of SHUP involve ringing handbells both at church and at local festivals. Jessica's baptism was a wonderful day where I was able to share my church with my family from out of town. By far my proudest moments at SHUP were the days that Connor and Jess read their Statements of Faith in front of the congregation.

*What made you decide/convinced you to take this position?*

I decided to apply for the Director position because of the support of the teachers at the preschool. When Christine announced she was stepping down and that they would be looking for a new director, I was undecided as to whether this was the right time for me to make such a big change. I had been thinking and praying about it when one of the teachers sent me a message and asked if she could "nominate" me for position. It changed my whole perspective. After speaking to other teachers and to Christine I was convinced that applying for the Director position was the right choice for me.

(Cont. on page 10)



**Q & A With Michelle Brumfield** (cont. from page 9)

What are your hobbies or other interests?

**Hobbies – Reading, Knitting, Quilting, Gardening**

**I have also taught both sewing and knitting classes to adults and children at JoAnn Fabrics.**

Tell us a little about your children..

**Both of my kids attended the nursery school.**

**Connor is 22 and attends Ithaca College, studying Kinesiology and Strength and Conditioning. He is still playing lacrosse.**

**Jess is 19 and attends Kent State, studying Psychology and Neuroscience.**

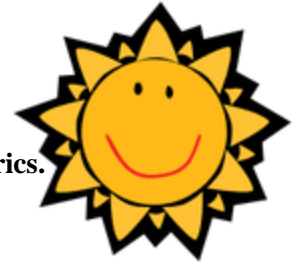
What activities have you been involved with here at SHUP?

**Me - Deacon, VBS Craft Leader, Handbells**

**Dave – High School Sunday School teacher, Session, Usher, Mission Trip Chaperone**

What are your plans for the NS/any ideas for changes?

**In the short term, my plans for the NS is to have as safe and blessed year as possible given COVID. In the long term, I would like to see the NS become a more integral part of the church.**

***Want to Help Michelle and the SHNS Staff?***

**Donations needed:** The SHNS is asking for donations of paper towels, hand sanitizer, and cleaning supplies. You can drop off your donations by the glass entry door to the preschool.

**Google Reviews:** If your child attended the preschool, please look them up via Google Maps or Facebook to leave a positive review. Every review helps to let our community know what an awesome education the Sunset Hills Nursery School provides!

***Fraudulent Emails/Spear Phishing*****What is Spear Phishing?**

Spear-phishing, are personalized messages from scammers posing as people or institutions that you trust. The information these scammers use to contact you are often collected from social media or other websites. They will create a fake email address in the name of a person/institution, then they send “urgent” email messages to that person/institution’s contact list. The emails will often request that you provide personal information or to send money/gift cards.

**Here at SHUP**

Recently, someone has been using our website to do a little spear phishing. They have been creating a fake email address under Pastor Laura’s name and sending messages to members of our church.

The email messages make it sound as if it is an “urgent” matter and that Pastor Laura needs “your help.” The messages will request that you only contact her by responding to that email and not to call her because she is in a meeting.

Unfortunately, some who have received this email have responded. They are then asked to purchase gift cards and to send pictures of these gift cards (the codes on back) to the email. Fortunately, no one has actually sent the pictures and only some have purchased the gift cards. Please remember that Pastor Laura and no one you know should ever request that you to send them money in this manner. So, if you see an email like this that looks like it is from Pastor Laura, delete it immediately.

## Youth Mission Trip to Benton Harbor, MI

### Love Your Neighbors - But Not Just the People Who Live Next Door

Learning about our Neighbors was the theme for our mission week this summer. The parable of the Good Samaritan was where we started. In Luke 10:27 it says “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and, “Love your neighbor as yourself”. Jesus told his followers to love God and as part of loving God, to love neighbors. Jesus shared a vision for love and service that navigates past fear and stereotypes to create a path between people who need to be loved. The youth were challenged to practice seeing the God-given value in each other, and to allow their compassion to grow into action. Our week in July and beyond, Jesus was inviting the youth to travel that path towards being a neighbor



with the people they encountered along their way. The youth then put these into action by volunteering at a mosaic retail store that supports the community with transitional job training, mentoring, giveback and leadership development; at a food bank where in one afternoon they packed 300 boxes of food for the senior community; at a personal residence where our neighbor could not complete physical tasks such as weeding and painting to keep beauty and pride in their home and at a cultural center where individuals care and have pride in their community and want to make it more appealing to the residents but were unable to complete these laborious jobs alone. The youth of SHUP not only rose to the challenges of being good neighbors, they did so with hard work, generosity, compassion and smiles. They made us proud.



#### Our Youth Mission Team

Kieran, Chris, Bailey, Riley, Robert, Max, Ryan, Jenn, Drew, Ben & Joanna



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

The youth and young adults will lead us in worship and discuss their 2021 mission trips with the congregation.



## September 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).

### Children's Church

**Sunday's during Worship - Beginning September 19<sup>th</sup>**

Children's Church is back! After the Children's sermon, volunteers will take the children to Children's Church.



We are still in need of a few volunteers. If you are interested in helping, please contact Jill Fako at [fakofamily@comast.net](mailto:fakofamily@comast.net).

### Youth Group

**Sunday, September 19<sup>th</sup> - 6:30 pm - Findley Hall**

The Youth Group will begin meeting in September.

Their first meeting will be on September 19<sup>th</sup>!

For more information, please contact Pastor Laura at [revlaurastrauss@gmail.com](mailto:revlaurastrauss@gmail.com).

### Hatha 1 Yoga

**Monday's - 9:15 am - Crystal Hall**

Beginning September 13<sup>th</sup>, instructors from *breatheIN2IT* Yoga studio will hold class in Crystal Hall. It will be an 8-week session ending on November 8<sup>th</sup> (no class October 11<sup>th</sup>). The cost for the 8-week session is \$80. If you would like to sign up for the class, please visit <https://www.breathin2it.com/yoga/yoga>.

### Findley Hall Bible Study

**Monday's - 1:00 pm - Beginning September 13<sup>th</sup>**

This group will meet in **Wilson Hall** to begin the study of *Sacred Pathways* with 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 [heyeye7@verizon.net](mailto:heyeye7@verizon.net).

### Wilson Hall Bible Study

**Tuesday's - 1:00 pm - Beginning September 14<sup>th</sup>**

The class will begin meeting in Wilson Hall on September 14<sup>th</sup> to continue their study of the Book of Psalms.

If you would like more information about this study, please contact Carole McCullough at [seamus1219@hotmail.com](mailto:seamus1219@hotmail.com).

### 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).

### Memorial Services

Families of members we have lost during the pandemic will be holding memorial services for their loved ones. Everyone is welcome to attend.

September 11 - 10:00 am for Dorothy Wolfe

September 18 - 10:00 am for Ileana Wyerman

*The family of Richard Moore has decided to reschedule the service that they had originally planned for September 4<sup>th</sup>.*



## September Birthdays

1	Ryan Dawson	11	Eneless Frank
	Declan Hoffman		Fritz Strauss
	Lisa Loncharich	15	Matt Fako
5	Andrew Gracey	20	Carla Greenfield
	Meg MacDougall	21	Clayton Allison
7	Julie Martinez	22	Lily Weidensall
		25	David Arnold



## Prayer List

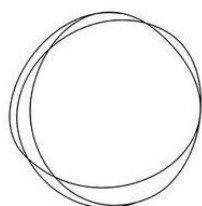
JoAnne Enterline

## SHIM Food Donations

### September 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 **Peanut Butter & Jelly**.

*We appreciate your continued support for this ministry.*



## 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>
Sept. 5 <sup>th</sup> .....	Alice Bonim
	Jean Booker
Sept. 12 <sup>th</sup> .....	Dee Borman
	Ray & Ginny Bowman
Sept. 19 <sup>th</sup> .....	Francine Brown
	The Brumfield family:
	David, Michelle, Connor & Jessica
Sept. 26 <sup>th</sup> .....	The Bryer family, Jeff,
	Jennifer, Kylie & Aiden
	Kara Burian, Daniel Yates & Daniel

## Sunset Hills Book Club

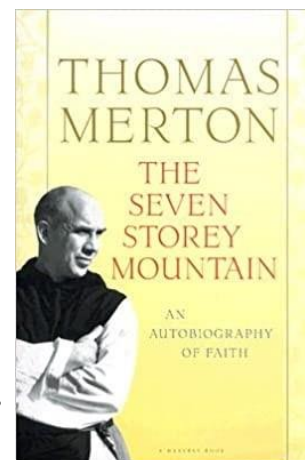
### July Book of the Month

Aug. 26<sup>th</sup> - 7:30 pm

### The Seven Storey Mountain (Part 3)

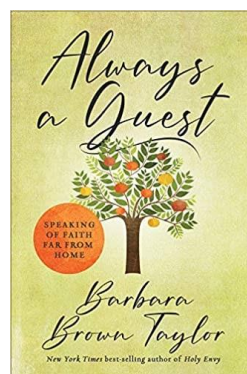
By Thomas Merton

*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)



## October 2021 Book of the Month

*Always a Guest*

By

Barbara Brown Taylor

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

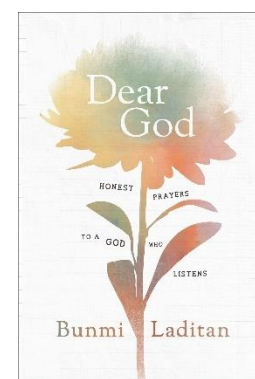
## November 2021 Book of the Month

*Dear God*

By

Bunmi Laditan

Meeting on November 18<sup>th</sup>



## Coming in October

### Scouts Pancake Breakfast

**Saturday - October 9<sup>th</sup> - Beginning at 8:00 am**

The scouts are excited to be able to hold their annual pancake breakfast again. Join them in Findley Hall for some pancakes before heading to the Harvest Festival.

### Harvest Festival

**Saturday - October 9<sup>th</sup> - Beginning at 9:00 am**

After breakfast come up to the memorial garden for some games, live music, walking tacos, a bake sale, the balloon lady, a pumpkin sale & a flower sale.

### Mission Day @ Garfield Farm

**Saturday - October 23<sup>rd</sup> - 9:00 am**

Join us for a churchwide mission day as we travel to Garfield Farm to help tend the gardens. Look for more information in the October 2021 Messenger.

### Trunk-or-Treat

**Tuesday - October 26<sup>th</sup>**

SHUP will partner with the scouts to hold Trunk-or-Treat in the parking lot for our neighbors. More information in the October 2021 Messenger.

## In Memory, In Celebration & In Thanks



### In Loving and Joyful Memory of

**James David Ross**

**October 22, 1935 -**

**August 6, 2021**

*Our church family will miss Jim in many ways, especially his dedication and contributions to the choir.*



**HAPPY 60<sup>TH</sup> ANNIVERSARY TO RAY &  
GINNY BOWMAN!**

**(Picture from the Sweetheart's Dinner on  
February 2, 2001)**

*Lee Cepits and Jill Fako share their birthdays on August 8 and would like to express their joyful thanks for receiving the chancel flowers that Sunday after worship.*

*The flowers were given by Pat Patterson in memory of the wedding anniversaries of her parents, Patti & Andy Patterson and her grandparents, Helen & Harry Findley; both on August 12.*

*Lee and Jill chose to have their photo taken in front of the needlepoint Patti Patterson made which hangs in Findley Hall that was so named to honor her family.*





## 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:** *Register at [www.breathein2it.com/yoga](http://www.breathein2it.com/yoga)*

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



*[www.breathein2it.com](http://www.breathein2it.com)*