



Sunset Hills

M E S S E N G E R

February 2022

In this Issue

Message from Pastor Laura	1
Music Notes.....	2
Notes from Christian Education	3
Session & Deacons 2022	4
Tai Chi Classes.....	5
Building the Beloved Community.....	6
February Information	7
Special Feb/Coming in March	8
Birthdays/Prayer/SHIM	9
Sunset Hills Book Club	9

Sunset Hills United Presbyterian Church

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A Message from Pastor Laura

And over all these virtues put on love, which binds them together in perfect unity.
- Colossians 3:14



Tis' the season to give honey to your honey! Why is that? Because Saint Valentine happens to be the patron saint of beekeepers, of course.

What else do we know about Saint Valentine?

First, we know that there are at least three martyrs named Valentine who were killed on February 14. One was a priest in Rome, one a bishop in Terni, and one a martyr in Africa. This makes everything we know about Saint

Valentine of Valentine's Day nebulous, to say the least.

Second, what the Roman Catholic Church believes regarding Saint Valentine is that he performed marriages when engagement and marriage were outlawed by the Roman government. The Romans were struggling around the 270's A.D. to recruit soldiers. The government believed men were reluctant to join the army because of their commitment to their families and wives. Hence, they outlawed engagement and marriage so that more men would fight for Rome. Valentine was jailed for performing marriage ceremonies behind Rome's back, and ultimately died as a result of his ministry.

Finally, Saint Valentine has been celebrated as a saint of the Roman Catholic Church since 496 A.D. February 14 was chosen, not because it literally marked the day of Valentine's martyrdom, but to replace a pagan holiday of fertility that took place on the same day. It was also believed to be the first day of bird mating season.

Whether you believe in the legends surrounding Saint Valentine or not, it is a good day to enjoy some honey in our tea.....and it is also a good day to celebrate the love that we have in Jesus Christ. Like Valentine, Jesus gives his life because Jesus believes in love. More than that, Jesus gives his life because, as the Scriptures tell us, Jesus is God and God is love.

Let us abound in love for Jesus Christ, in love for God's creation, and in love for one another!

In Christ's Love,
Pastor Laura

Music Notes

By Shelby Gracey

I still keep in touch with my childhood friend, Alice, who I met in first grade while growing up in Florida. We had a lot of the same interests, but one of our favorite things was playing in the high school band together. She went on to teach third grade for nearly 30 years. When her school's music teacher retired, she took the test to be certified to teach music. She left her third grade class to become their school's most beloved music teacher. After 10 years in that position, she decided to retire, but never realized how much she would miss the music. When her replacement left after the first year, she happily took her old job back and is still providing wonderful music instruction to all



the students who love her so dearly. I found the article below on her Facebook page recently and decided to share it. (I could find no author to credit for this.) While this is certainly geared toward academic reasons for music, I truly believe that music in a church holds such an important role as well. It aids us all in our spiritual journey and helps connect us to each other and to God. To me, music really is LIFE!

Why Music?

Music is MATH:

Music is rhythm, based on the division of time into fractions.

Music is READING:

Reading music requires subsets of skills, these same skills help maintain literacy.

Music is SCIENCE:

Music is about acoustics & frequencies produced by voices and instruments.

Music is HISTORY:

Music has been present during every era of time.

Music is LANGUAGE:

Music is a universal language.

Music is ART:

Music allows us to create emotion.

Music is PHYSICAL EDUCATION:

It requires the coordination of fingers, lips, and the control of back & stomach.

Music is LIFE:

That's why our hearts have beats.

Notes from Christian Education

By Taylor Strang

Kid's Club is every Wednesday from 4:30-5:30 and it has been an absolute blast. We have learned of the story of the widow of Zarephath and followed Elijah and Elisha. The best part of Kid's Club is that I learn new things alongside the kids and they make sure to soak up all the information. Kid's Club has really grown since I first started, and I am so blessed to be able to help the children learn about the lessons in the stories.

I want to thank everyone for all the support while I am in the cohort of youth educators in the area. It has been eye-opening and educational. Every meeting we are assigned homework that can be talking to a therapist about something or taking time to do morning devotionals. We

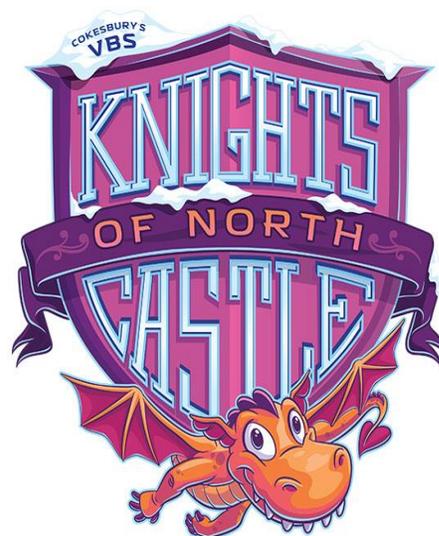


“You can’t get to
courage without
rumbling with
vulnerability”

- Brene Brown

are held to those assignments and responsible for getting them done. In December, I read “Dare to Lead” by the brilliant Brene Brown. I would highly recommend this book to not only those interested in Christian Education but to everyone. The lessons you learn on vulnerability, courage, leadership, shame and empathy are lessons I will carry forever. In February, I read “The Road Back to You” by Ian Morgan Cron and could not put it down. This book explains the importance of enneagrams and how to best become self-aware of your relationship with yourself and with God. I cannot wait to start the next book “The Art of Gathering” by Priya Parker and I will keep you all updated.

Save the date for vacation bible school! This year the children will become knights of North Castle and armor up with truth, faith, peace and justice! VBS 2022 will run from July 18th to July 22nd and will be filled with fun lessons and activities for your kiddos. Registration will be sent out in May and we are looking for volunteers so please email me if you are interested in helping this year!



Session & Deacon 2022

On Sunday, January 30th, we held an Installation of New Officers for Session and Deacons during the worship service. For Session, we welcomed new members Chip McCoy to the class of 2024 and Lisa Ursitz to the class of 2023. Renewing for 3 years to the class of 2024 were Mary Abbott and Bev Knasko. New Deacon member, Lissa Bensur was installed to the class of 2024 and Chris Gardner and Amy Riley were reaffirmed for 3 years to the class of 2024. Below is a chart showing the members of Session and Deacons:

Session

Clerk of Session: Carla Robinson

2022	2023	2024
Kara Burian (a)	Luke Obarsky (a)	Mary Abbott (b)
Jody Colby (a)	Carla Robinson (a)	Bev Knasko (b)
Ryan Gracey (a)	Lisa Ursitz (a)	Chip McCoy (a)
Tim Fako (a)	Keith Yanda (b)	

Chairs of Session Commissions

Administration & Personnel: Bev Knasko	Neighborhood Outreach: Kara Burian & Lisa Ursitz
Christian Education: Luke Obarsky	Nominating Committee: Kara Burian
Communications: Ryan Gracey	Nursery School Board: Luke Obarsky
Congregational Care: Mary Abbott	Stewardship/Finance: Tim Fako & Chip McCoy
Facilities: Keith Yanda	Treasurer: Tim Fako
Mission: Jody Colby & Chip McCoy	Worship & Music: Bev Knasko

Deacons

Moderator: Karen Heim

2022	2023	2024
John Ellis III (b)	John Ellis IV (b)	Lissa Bensur (a)
Karen Heim (b)	Dottie Fleming (b)	Chris Gardner (b)
Maralee Williams (b)	Jenn Kennedy (a)	Amy Riley (b)
Tori Vernacchio (a)	Christa Tang (b)	

TAI CHI QIGONG CLASSES

coming soon to

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

Join Gurney Bolster, founder of Tai Chi for Health Pittsburgh for a

Beginner level classes starting Wednesday, 2-2-2022, 7-8pm.

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.

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 series, 8 weeks, February 2 - March 23, 2022, 7-8pm.

Fees: 8 class series, \$90 Drop-in \$15/class.

No experience or equipment needed. Please wear a mask.

Please pre-register: gurney.bolster@gmail.com 412 480 4492

Gurney Bolster, MA, Dance Movement Therapy; Certified Tai Chi Instructor, Tai Chi for Health Institute; Certified Qigong Instructor, Center for Taiji & Qigong Studies.

[Gurney.bolster@gmail.com](mailto:gurney.bolster@gmail.com)

412 480 4492

www.tchpgh.com

Building the Beloved Community

Building the Beloved Community: How the Faith Communities Can Play Their Part

“Our goal is to create a beloved community. and this will require a qualitative change in our souls as well as a quantitative change in our lives.”

- Dr. Martin Luther King, Jr.



Sometimes it seems that in spite of our best efforts, there is still so much work to be done in building Dr. King’s “beloved community”: a culture where all people can experience dignity and an abundant life. How can we acknowledge the fears and fatigue inherent in this work and keep moving towards the greater goal?

Dr. Ali Michael returns to her hometown of Mt. Lebanon for a discussion focused on building and sustaining a healthy multiracial community.

“Racial competence is a skills-based competence; it can be learned,” says Michael. “Sustained race inquiry is meant to lead to anti-racist classrooms, positive racial identities, and a restoration of the wholeness of spirit and community that racism undermines.” In

this interfaith event, Dr. Michael will share stories from her childhood and her life as a parent, researcher, and anti-racism educator.

Discussion for Faith Communities with

Dr. Ali Michael,

Educator, writer, and facilitator for equity and racial justice.

Saturday, February 19, 2022, 3:00pm

at Bower Hill Presbyterian Church,

70 Moffett Street, Mt. Lebanon, PA 15243

For childcare, fill out this [online form](#) or call 412-561-4114 by 2/16.

Masks required for all participants.

Sponsored by St. Paul’s Episcopal Church, Bower Hill Presbyterian Church, Sunset Hills Presbyterian Church, Sunnyhill UU of the South Hills, Temple Emanuel of the South Hills.

February 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. The focus each week will be as follows:

February 6: The Story of Moses

February 13: They Mystery of the Exodus

February 20: The Settlement of the Promised Land

February 27: The Rise of the Israelite Monarchy

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.

New Member Classes

Sunday's - 11:30 am - Wilson Hall

If you are interested in becoming a member of SHUP, please join Pastor Laura for these classes every Sunday in February after worship.

Youth Group

Every other Sunday - 12:00 pm - Findley Hall

Youth Group will begin meeting after worship services on Sunday. They will meet on February 6th & 20th this month.

Findley Hall Bible Study

Monday's - 1:00 pm

On January 10th, the class will continue their study of *What Does it Mean to Be Chosen?*.

If you are interested in learning more about this class, please contact Evelyn Lape at: heyeye7@verizon.net.

Yoga

Tuesday's - 9:15 am - Crystal Hall

Instructors from BreathIN2IT will continue to meet through the month of February. If you would like to sign up for the class, please visit their website at [Online Stress Management & Anxiety Relief Programs \(breathin2it.com\)](http://breathin2it.com).

Wilson Hall Bible Study

Tuesday's - 1:00 pm

This class will continue their study of the Book of Psalms.

Contact Information: Carole McCullough at seamus1219@hotmail.com

Campanile Bells Rehearsal

Tuesday's - 6:30 pm

Campanile Bells will continue to meet in the sanctuary in January.

Chancel Choir Practice

Tuesday's - 7:30 pm

Chancel Choir will continue to meet on Tuesday evenings at 7:30 pm.

Kids Club

Wednesday's - 4:30 pm - Crystal Hall

Taylor Strang will hold Kid's club in Crystal Hall every Wednesday for children in K-5th grade.

If you would like to learn more about Kid's Club, please contact Taylor at youthandfamilyshup@gmail.com.

Tai Chi

Wednesday's - 7:00 pm - Crystal Hall

Certified Tai Chi Instructor, Gurney Bolster will hold beginner Tai Chi Classes at SHUP beginning on February 2nd. To learn more about this 8-week session please contact Gurney at gurney.bolseter@gmail.com or visit her website at www.tchpgh.com.

Special Event in February

Life Line Screening

Friday, February 4th - Findley Hall

Medical Professionals from Life Line Screening will be here to conduct preventative screening tests. Please call (888)653-6450 to schedule your screening today. The following 5 tests will be done at a cost of \$139:



Carotid Artery (Plaque) Screening

Ultrasound scan of the carotid arteries that screens for buildup of fatty plaque — one of the leading causes of strokes.



Heart Rhythm Screening (Atrial Fibrillation)

A quick and easy test using a 6-lead EKG placed on the arms and legs to identify the presence or absence of an irregular heartbeat.



Abdominal Aortic Aneurysm Screening

Ultrasound screening for an abdominal aneurysm (enlargement) that could lead to a ruptured aorta.



Peripheral Arterial Disease Screening

Evaluates for peripheral arterial disease (PAD) in the lower extremities, which increases the risk of cardiovascular disease.¹



Osteoporosis Risk Assessment

Ultrasound screens the shin bone for bone mass density. Osteoporosis is painless and silent in its early stages.

Coming in March



Pancake Supper
Wednesday, March 2
6:00 pm - Findley Hall

It's back! The Deacons will hold their pancake supper in Findley Hall on Ash Wednesday.

Lenten Dinners
Wednesday's during Lent
6:00 pm - Findley Hall

Every Wednesday during Lent (4/9, 4/16, 4/23, 4/30 & 5/6) join us for dinner in Findley Hall.

Ash Wednesday Service
Wednesday, March 2
7:00 pm - Sanctuary

We will hold our Ash Wednesday Service in the sanctuary with communion and the imposition of ashes.

Lenten Programs
Wednesday's during Lent
7:00 pm - Findley Hall

After dinner, we will have a special program for all in Findley Hall.

February Birthdays

- | | |
|--------------------|-----------------------|
| 1 Nancy Newman | 14 Karen Evans |
| Marg Petty | 15 Harriet Ross |
| 5 Ginny Bowman | 16 Jeffrey Stimmel |
| 6 David Huston | 18 Michelle Brumfield |
| Bill Ney | 19 Brienne Sembrat |
| 7 Connor Brumfield | 20 Aiden Bryer |
| 9 Maralee Williams | 24 Bill Geary |
| 11 Jessalynn Ellis | Thomas Stacey |
| 13 Sean Daniels | 28 Jess Weidensall |

Prayer List

JoAnne Enterline

Prayer Circle

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

Week of:	Praying for:
Feb. 6 th	The Hughey family; Thomas, Janeen, Zachary & Joseph The Huston family; David, Liz & Jane
Feb. 13 th	Thomas & Nancy Junker David Kastner
Feb. 20 th	The Kennedy family; Nathaniel, Jenn, Drew & Benson John & Bev Knasko
Feb. 27 th	Evelyn Lape The Leenerts family; Tim, Kristin & Alex

**SHIM Food Donations
February 2022**

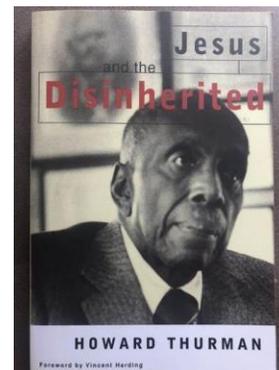
For the month of February, we will be collecting **Pasta and Sauce.**

We appreciate your continued support of this ministry.

**Sunset Hills Book Club
Feb. Book of the Month
Jesus and the Disinherited
By Howard Thurman
February 23rd - 7:30 pm**

Famously known as the text that Martin Luther King Jr. sought inspiration from in the days leading up to the Montgomery bus boycott, Howard Thurman's Jesus and the Disinherited helped shape the civil rights movement and changed our nation's history forever.

In this classic theological treatise, the acclaimed theologian and religious leader Howard Thurman (1900-1981) demonstrates how the gospel may be read as a manual of resistance for the poor and disenfranchised. Jesus is a partner in the pain of the oppressed and the example of His life offers a solution to ending the descent into moral nihilism. Hatred does not empower--it decays. Only through self-love and love of one another can God's justice prevail. (Amazon Book Description)

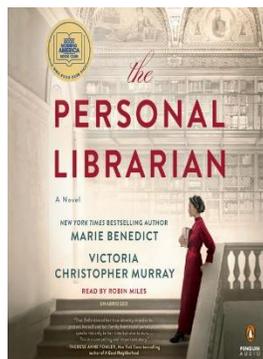


The Book Club will meet using Zoom. If you would like to join the discussion, please contact Pastor Laura to have the Zoom link sent to you:

revlaurastrauss@gmail.com

**March 2022
Book of the Month
The Personal Librarian**

By
Marie Benedict
Meeting on March 30th



**April 2022
Book of the Month
Home**

By
Marilynne Robinson
Meeting on April 27th

