



October 2022

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A Message from Pastor Laura

Words from the wise are gracious, but fools are consumed by their own lips.
 - Ecclesiastes 10:12



The new community in Acts has received the Holy Spirit. Now what? The community needs to learn how to live together. They begin this journey by prioritizing worshiping, eating, and having fun together. The church then goes forth in Jesus’ name to heal the sick. From there, they form the board of deacons. The deacons care for the sick, the lonely, and the grieving. And thus the journey of being the church continues.

One of the most important lessons for the early church to learn is the lesson of how to speak with one another. This is most obvious as Peter frequently puts his foot in his mouth, and Paul often talks too much. Thus, the apostles’ require lessons on when to speak and when to keep silent. We see these lessons throughout the writings of church leaders from Acts.

To begin, Luke warns Christ’s followers, “The mouth speaks what the heart is full of.” Paul continues in his letter to Ephesus, writing, “Speak only what is helpful for building others up.” He also writes to the church in Colossae, “Let your conversation be always full of grace.” James adds his thoughts on Christian conversation as he writes, “The tongue is a fire, a world of evil among the parts of the body.”

The lessons the apostles give to one another are lessons we do well to learn. One way to do that, in addition to learning the versus above, is to use the acronym THINK before we speak. THINK invites us to ask ourselves a few questions before we speak:

- T: Is it True?
- H: Is it Helpful?
- I: Is it Inspiring?
- N: Is it Necessary?
- K: Is it Kind?

If the answer to any of the above is no, then we need to second guess what we’re about to say.

(Continued on page 2)

Pastor Laura Message
(Continued from page 1)

Another way to gauge whether we should say something is to take a lesson from our siblings with Alzheimer’s. Studies show that, while patients with Alzheimer’s may forget a family member’s visit less than thirty seconds after the family member has left, the feeling created by that visit remains. The patient will continue to feel loved even if the patient cannot articulate the reason behind that feeling. This

is an important lesson in how we interact with victims of memory loss. It is also a lesson in how we interact with those without memory loss. Before we speak, we need to ask ourselves: what emotional impact will my words have? Are my words potentially hurtful, negative, or discouraging? Or are my words going to build this person up, help them to feel loved, and encourage them?

Words mattered to the church leaders in Acts. They mattered to such an extent that our faith studies their words constantly! Words equally matter for the church today. It is wise to THINK before we speak, and to use our words for the sake of love in Christ’s church.

In Christ’s Love,

Pastor Laura

Heeding God's Call to End Gun Violence

Interfaith Memorial Service

Sunday, October 16th – 3:00 pm

St. Paul’s Episcopal Church

1066 Washington Road

Please join St. Paul’s and our interfaith partners, Temple Emanuel of South Hills, Bower Hill Community Church, Unitarian Universalist Church of the South Hills, Westminster Presbyterian Church, and Sunset Hills United Presbyterian Church, as we dedicate our *Heeding God’s Call* Memorial Display, remembering those lost to gun violence, and praying for peace in our community.

Heeding God’s Call Memorial Display

October 10th – October 24th

This memorial is a way to honor victims of gun violence and their surviving families by displaying T-shirts with the names and dates of those murdered by gun violence during the previous year.



Music Notes

By Shelby Gracey



When I looked at last year's October Messenger article, it talked about Reformation Sunday (which is celebrated every October 31.) In that article, I quoted the story about Martin Luther and his writing of one of the greatest hymns ever written, "A Mighty Fortress Is Our God." This year I wanted to share some portions of an interesting article that Dee Borman gave me many years ago that talked about Martin Luther's music.

"The dawn of the theological Reformation in Germany was also the dawn of Protestant church music. The principal agent for both was Martin

Luther. Luther described music as 'the greatest gift of God which has often induced and inspired me to preach.' In his view, God gave music to humanity as a way to impress men and women with the glory of divine gifts.

"As Luther saw it, the great occasion for song is the work of Christ in justifying guilty sinners: 'For God has cheered our hearts and minds through his dear Son, whom he gave for us to redeem us from sin, death, and the devil. He who believes this earnestly cannot be quiet about it.'"

"Luther's musical practice

followed his theological principle. When he revised his Catholic Mass for use in the new reformed churches, the new services were jammed full of music. Luther insisted that all the people of God sing, not just the priests and specially prepared choirs. Because God's grace in Christ was for all, all should sing. With Luther began the broad, deep, and extraordinarily significant tradition of congregational singing that remains one of the great gifts of the Reformation to the worldwide church.

"Luther, the theologian who defended music and the church reformer who called for music, was also the Christian pastor who wrote music. Almost all of Luther's hymns are tied closely to biblical texts. They are not poetic flights of fancy but carefully constructed vehicles for gospel teaching."

In closing, I'd like to share a verse from a hymn Martin Luther wrote on the Lord's Prayer:

"Amen! That is, let this come true!

*Strengthen our faith ever anew.
That we may never be in doubt
Of that we here have prayed
about.*

*In thy name, trusting in thy
word.*

We blithely say Amen, O Lord."

("GLIMPSES of Christian History," Issue 253, Mark Noll and Mark Galli, Tyndale House Publishers, Inc., January 2010.)

Notes from Christian Education
By Taylor Strang

I have always believed that the congregation of a church is not just a group that you are in, but it is a family to which you belong. That is my goal with prayer partners. I want to nurture the familial relationship between our youth and elders of SHUP, and I am so excited to see where this takes us. We will be accepting sign-ups for both adults and youth. Please see me for more information. The first round of prayer partners will be released soon.

We will be doing our Advent programming differently this year. We will be hosting “Cookies and Cocoa” every Sunday in Advent (November 27th to December 18th) after the worship service in Findley Hall. We are asking that you sit with those in the congregation that you may not know as well as others and work on the ice breakers that are on the table. The themes/activities are:

November 27th - Ugly Sweater Contest: Wear an ugly Christmas sweater to service and join the contest during fellowship. Winners will be awarded a prize.



December 4th - Cookie Decorating: Bring your artistic abilities and your sweet tooth to decorate your own cookie during fellowship hour.

December 11th - Christmas Karaoke: Singing should not be contained to the choir here at SHUP. Come join us to sing your favorite Christmas songs.



December 18th - Ornament Making: Send our friends of shup and members that need to stay home a gift this holiday season by decorating an ornament for them.

Thank You

To the Staff and Sunset Hills & VBS Volunteers,
 What a wonderful week my four oldest grandchildren (Bennett, Beau, Arin and Mia) had at your VBS! From the energetic one to the craft oriented ones to Beau, the one who needs a little extra TLC, all needs were more than sufficiently met.

The entire staff went above and beyond when Beau had a rough day. I cannot thank you enough for the care that was provided.

I raised four children of my own and never felt as comfortable with any camp as I did sending my grandchildren to your VBS.

Thank you for providing all of them with an educational and fun-filled week.

Sincerely,
 Carla Babe

Dear Church Family,

We wanted to thank you for all the support and love you gave to us upon my mother's passing.

Sincerely,
 Leslie Ney & Family

Dear friends,

Many thanks for the beautiful flowers that graced Sunday's worship service and now adorn the hearth in my family room. As I sit in my usual chair enjoying their beauty, I am reminded of the lovely service on Sunday and even more of the many wonderful friends at SHUP.

Our church family has been a constant blessing to the Coffey family- something for which I am always grateful. Special thanks to Chris Gardner for being the ever-cheerful delivery person.

Blessings and thanks,
 Betty Coffey

Thank you for the chancel flowers to celebrate our wedding anniversary. They brighten up each day for us and remind us of God's beauty in nature and our special church friends.

Lee & Frank Cepits

Good News Updates



AMELIA MAY YATES

Born on Monday, September 22, 2022

at 1:52 am

weighing 7 pounds 14 ounces

measuring 20 inches long

**Congratulations to Kara & Daniel
 and**

WELCOME TO THE SHUP FAMILY AMELIA!

534 Park Road

Ambridge, PA 15005



Mission Opportunity**World Mission Initiative Conference and W. Don McClure Lecture*****Missional Leadership in a Time of Disruption***

In Person and Online • Oct. 7-8, 2022

www.pts.edu/wmi-conferenceCo-organized by
Continuing Education
at Pittsburgh Theological Seminary**KEYNOTE SPEAKER**The Rev. Eugene E. Cho
President / CEO
Bread for the World***Missional Leadership In a Time of Destruction***

Everyone is invited to attend this amazing and free opportunity for learning about missional leadership amidst the disruption. The lectures and workshops offered will cover questions like: “What does it mean to engage in God’s mission of love, peace, and justice through the major disruptions of our day?” and “How can we lead in mission in new ways amidst the disruption we’ve experienced in the past two years?”

The conference will be held in person at the Pittsburgh Theological Seminary (616 North Highland Ave, 15206) or you can attend virtually. To register for the lecture, please visit:

[WMI Conference \(pts.edu\)](http://www.pts.edu/wmi-conference)**Schedule****Friday, October 7**

5:00 pm: Registration, Mission Displays, Book Table

7:00 – 7:20 pm: Opening Worship

7:20 pm: W. Don McClure Lecture

W. Don McClure Lecture

The Rev. Eugene Cho, President/CEO of Bread for World and Bread Institute, will discuss the many ways the disruptions in the world today impact world hunger. The lecture honors the Rev. Dr. W. Don McClure, a 1934 graduate of Pittsburgh Theological Seminary, who served as a missionary in Africa for nearly 50 years. Born in Blairsville, Pa., Don McClure began teaching in Khartoum in 1928, upon graduating from Westminster College, Pa. After studying at Pittsburgh Theological Seminary, he returned with his wife, Lydia, to Sudan to evangelize among the Shulla people.

Free Library



The newest addition to the SHUP Ministry is the installation of a “Free Little Library.” The library is in front of the church on the corner of Crystal and Country Club.

Pastor Laura has stocked the library with some special books to share with our Sunset Hills neighbors.

A big “thank you” to Chip McCoy for taking the time to build and install the library.

Please feel free to stop by to see Chip’s handiwork, borrow a book, or leave one for someone else to enjoy!

Deacon Visits

In accordance with the Presbyterian Church U.S.A. Book of Order, the ministry of the deacons is a ministry of caring. One way that this caring can take place is through visitation, whether in the home, hospital or nursing care facility.

Visits by a deacon are an opportunity for church members to receive a listening and caring ear, as well as prayer. The point of a visit by a deacon is to be there to provide loving care for those experiencing grief, illness, or a personal struggle.

Deacons are available to visit with members alone, as a companion to Pastor Laura when she is visiting or to fill in if Pastor Laura is not available.

If you or someone you know would benefit by a visit from one of our

Deacons, please reach out to Karen Heim at (412) 343-7510 or call the church office at (412) 561-6261.



Women’s Retreat

A Day of Renewal

SHUP women have traditionally participated in a Women’s Retreat every fall as a time of reflection, relaxation, and renewal. The event will be reborn as a one-day celebration at the church in the Spring of 2023 for all women over the age of 18. If you would like to be a part of the planning, please contact Jody Coby at (412) 656-7801 or Carla Robinson at (412) 571-0838.

Save the Date

Saturday
March 18, 2023

Health & Wellness

COMING TO SUNSET HILLS U.P. CHURCH

IN OCTOBER!!!



Come explore the fun of

Social Square Dancing.

It's traditional folk dancing

with a modern twist!



Open to everyone
No partner, no problem
Join the fun and lift your spirits

Casual atmosphere
No experience required

**PEANUT SQUARES
SQUARE DANCING CLUB**

**SUNSET HILLS U. P. CHURCH
900 COUNTRY CLUB DRIVE
PITTSBURGH, PA 15228**

Contact:

Beth: Phone or Text @412-680-4837

Nick: Phone or Text @412-667-0929

**FROM: 7:00 P.M. TO 9:30 P.M.
TUESDAYS BEGINNING OCTOBER 4, 2022
\$5.00 Admission**

FLU SHOT CLINIC
Sunday, October 23rd - After Worship
Cort Room/Findley Hall

If you would like to receive your flu shot after the worship service on October 23rd, you will need to fill out a form prior to that day. Please visit their website: [Pathways Wellness Program \(appointment-plus.com\)](https://www.pathwayswellnessprogram.com/appointment-plus.com) to fill out the form online. (If you want to fill out a physical form, please see Harriet Rickard for a copy of one. You will need to fill it out and return it to her so that she can send it in to be processed). There are multiple shots available, so please be sure to select the correct one and make sure that Sunset Hills United Presbyterian Church is referenced.

If you have any questions, please contact Harriet Rickard at (412)531-5164 or hjrick@comcast.net.

We need at least 10 people to register for the clinic.

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
October 12 - December 7, 2022 (No class Nov. 23)

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

Please register with Gurney: taichiforhealthpittsburgh@gmail.com

Payment can be made by cash, check or Venmo upon arrival to class.

No experience or equipment needed. Masks are optional.

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.

[TaiChiforHealthPittsburgh.com](https://www.TaiChiforHealthPittsburgh.com)

412 480 4492

Mission News

The Mission Commission of SHUP has been hard at work planning for the fall and winter months. In October they are asking everyone to help with two donation “drives.” The first is a coat drive being run by the East End Cooperative Ministry (EECM). Just bring your new or gently used coats to the church by Sunday, October 9th and hang them in the coat room in Findley Hall.

The mission will collect the coats and deliver them to the cooperative. If the coat(s) are in need of a good cleaning, don't worry, The EECM has partnered with Strong II Dry Cleaners who will be cleaning the coats for free!

The second mission is a “Blanket Drive” being run by The Parish of St. Raphael the Archangel. Everyone is invited to join the Mission Commission in Findley Hall after the worship service on October 23rd. We will be making fleece blankets for donation to the drive.

All of the blankets donated will be sent to the suffering people of Ukraine by St. Mary Ukrainian Orthodox Church.

Thank you in advance for your participation in these missions. We look forward to seeing you on the 16th for fellowship with a mission!



Sunday, October 23rd

After Worship

Findley Hall

Join the Mission Commission to make blankets to send to those in need in Ukraine.

Share the Warmth

You can help those in need this winter by donating a new or gently used coat!



The Mission Commission of SHUP is participating in The East End Cooperative Ministry “Share the Warmth” coat drive.

If you would like to help, please bring your donations to the church by Sunday, October 9th.



Just hang the coat(s) in the closet in Findley Hall. The Mission Commission will collect and deliver them. Thank you for your help!

No need to worry about cleaning your donations, the ministry has partnered with Strong II Dry Cleaners who will be cleaning all the coats for free.

October Information

Adult Sunday School

9:00 am - Library

The Adult Sunday School class will meet in person in the Library.

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 September 4th.

Youth Group

Sunday's – 11:30 am

The youth group will meet on Sunday after the worship service. This month, they will meet on October 9th & 23rd.

Jesus & Me (JAM)

Monday's – 11:30 am

Beginning October 17th, Taylor will hold JAM for the pre-school in room 113. There is a cost of \$10/class.

Findley Hall Bible Study

Monday's – 1:00 pm

The Findley Hall Bible Study class will continue their study of "Drive-Thru History."

If you would like to learn more about this study, please contact Jody Colby at jody.colby@verizon.net or Dottie Fleming at dickdottie@verizon.net.

Wilson Hall Bible Study

Tuesday's – 1:00 pm

The Wilson Hall Bible Study class will continue to meet in October. They will be working on their study of the Book of Psalms.

If you would like to learn more about this class, please contact Carole McCullough at seamus1219@hotmail.com.

Campanile Bells

Tuesday's - 6:45 pm

Campanile Bells will continue rehearsal in the sanctuary.

Peanuts Square Dancing Club

Tuesday's - 7:00 pm

A Square dance club will meet on Tuesday evenings in Crystal Hall beginning October 4th. To learn more, please see their flyer on page 8.

Chancel Choir Practice

Tuesday's - 7:45 pm

Chancel choir practice will continue to practice on Tuesday evenings in October.

Tai Chi

Wednesday's - 7:00 pm

Gurney Bolster, certified Tai Chi instructor, will start a new 8-week session that will begin on Oct. 12th. If you are interested in learning more about these classes, please contact Gurney at: gurneybolster@gmail.com. Please see the flyer on page 9 for more information.

Young Adult Dinner

Sunday, October 30th – 6:00 pm

The young adults will hold a potluck dinner in Wilson Hall on Sunday, October 30th at 6:00 pm.

Findley Hall Security Door

Now that the nursery school is back in session, the Findley Hall security door will be locked M-F from 9:00 am until 3:00 pm. If you need access to the church during these hours, please call the church office.

October Birthdays

- | | | | |
|----|---------------------|----|-----------------|
| 2 | Jonathon Fako | 26 | Mary Abbott |
| 5 | Marla Bruschi | 28 | Randy Farabaugh |
| 11 | Susan Pocek | | Liz Huston |
| 13 | Christopher Duffner | | Ali Vernacchio |
| 14 | Tori Vernacchio | 29 | Julianna Ellis |
| 21 | Pat Patterson | | Bill Weidensall |
| 23 | Alecia Ney | 31 | Beverly Knasko |
| | | | Ryan Pocek |

Prayer List

Dee Borman



Prayer Circle

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

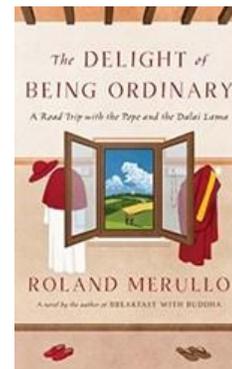
Week of:	Praying for:
Oct 2 nd	The Yates family, Daniel, Kara & Ameilia Frank & Lee Cepits
Oct 9 th	Betty Coffey Jody Colby
Oct 16 th	Michael & Karen Comstock The D'Amico family; Jason, Heather, Emily, & Jacob
Oct 23 rd	Anna Daniels The Daniels family; Sean, Karin, & Alison
Oct 30 th	The Dawson family; Terry, Lisa, Ryan & Kelly Linda Debor

SHIM Food Donations October 2022

For the month of October, we will be collecting **Boxed Dinners**.

We appreciate your continued support of this ministry.

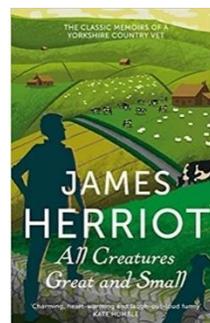
Sunset Hills Book Club MEETING IN PERSON October Book of the Month *The Delight of Being Ordinary* By Roland Merullo October 26th - 7:30 pm



Roland Merullo's playful, eloquent, and life-affirming novel finds the world's two holiest men teaming up for an unsanctioned road trip through the Italian countryside--where they rediscover the everyday joys and challenges of ordinary life.

During the Dalai Lama's highly publicized official visit to the Vatican, the Pope suggests an adventure so unexpected and appealing that neither man can resist: they will shed their robes for several days and live as ordinary men. Before dawn, the two beloved religious leaders make a daring escape from Vatican City, slip into a waiting car, and are soon traveling the Italian roads in disguise. Along for the ride is the Pope's neurotic cousin and personal assistant, Paolo, who--to his terror-- has been put in charge of arranging the details of their disappearance. Rounding out the group is Paolo's estranged wife, Rosa, an eccentric entrepreneur with a lust for life, who orchestrates the sublime disguises of each man. Rosa is a woman who cannot resist the call to adventure--or the fun.

*Against a landscape of good humor, intrigue, and spiritual fulfillment, *The Delight of Being Ordinary* showcases the uniquely charming sensibilities of author Roland Merullo. Part whimsical expedition, part love story, part spiritual search, this uplifting novel brings warmth and laughter to the universal concerns of family life, religious inspiration, and personal identity—all of which combine to transcend cultural and political barriers in the name of a once-in-a-lifetime adventure. (Amazon Book Description)*



Book of the Month (s)

All Creatures Great & Small
By James Herriot

November 2022
(Chapters 1-40)
Meeting on Nov. 30th

December 2022
(Chapters 41-67)
Meeting on Dec. 21st

Family Events in October

Live Music **Pumpkin Sale**

Games **Bake Sale**

SHUP Harvest Festival
 Saturday, October 8th
 10:00 am - 2:00 pm

Sno Cones **Food Trucks**

Flower Sale **Fun!!!**

...and More!!!



Pancake Breakfast
 Starting at 8:30 am
 October 8th



Our Young Adults will be making a pancake breakfast before the start of the Harvest Festival. Cost: \$5/Adults & \$3/Children



TRUNK OR TREAT

Sunday, October 30th
 Noon - 2 pm

Decorate your car and join us in the SHUP parking lot to hand out treats!

Coming in November

Mission Day at Garfield Farms

Saturday, November 5th – 10:00 am until Noon

Please join us for a fun day at the farm. If you need a ride or are able to offer a ride to someone in need, please meet in the church parking lot by 9:00 am. From there, we will caravan to the farm for a 10:00 am start. We will be working on the farm planting seeds, clearing the garden and/or mending the fences until noon. Please remember to dress for the weather as well as farm conditions and don't forget your garden/work gloves. Hope to see you there!

Election Day Prayer Service at St. Paul's Episcopal Church

Tuesday, November 8th - 8:00 pm

Everyone is welcome to join in this interfaith service for prayer and support on election day. St. Paul's is located in Mt. Lebanon at 1066 Washington Road.

Thanksgiving Banquet

Sunday, November 13th – 5:00 pm

What better way to celebrate the renovations to Findley Hall than with a thanksgiving feast? The Deacons will be providing the main dish and everyone else is asked to bring a side or dessert to share. This event requires an RSVP, so please keep an eye out for your invitation and return the enclosed RSVP card no later than October 31st to reserve your spot. (Invitations should arrive the 3rd week of October, if you do not see one by the 24th please call the church office).

Hanging of the Greens

Sunday, November 20th – 11:15 am

Please join the deacons after the worship service on Sunday, November 20th to help decorate the church for the upcoming season of Advent.

Advent Begins

Sunday, November 27th

As you read in Taylor's article, CE has planned a special fellowship hour for every Sunday of the Advent Season. The first week is "Ugly Sweater" day. You are invited to wear your favorite holiday sweater to the service. After the service, we will gather in Findley Hall to take a vote on the best "ugly" sweater.