



Sunset Hills

M E S S E N G E R

March 2023

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A Message from Pastor Laura

*The heavens declare the abundance of God, the skies reveal God’s hands.
Day after day their speech flows out; night after night they reveal knowledge.
There is no speech, and no language where their voice is not heard.*

- Psalm of David, 11th Century BC



Earth care is exhausting. We live with doomsday prophecies every evening on the news, scientists predicting planetary doom as a result of climate change. We hear Greta Thunberg’s call to change governmental policies for the sake of the Earth and yet the governmental policies rarely shift. We wonder at our air quality and the heightened rate of cancer in our area as a result of this.

Our hearts break as various animals are declared extinct, our polar ice caps melt, and the insects suffer through the winter without their necessary hard freezes.

Attempting to be an advocate to change all of the above is exhausting.

Listening to God’s Land: A Climate Care Retreat is a time to rest. This retreat for women will be a space to fall back in love with the work of our Creator. The day will begin with a grounding practice in the Memorial Garden with SHUP’s own Brienne Sembrat. We’ll feel our feet on the earth, connecting to the wonders beneath us. I will then guide us through a nature-focused Bible Study that will illuminate the beauty of God’s work in creation. Following a catered lunch, The Rev. Rich Hanlon will present on the ways he connects his walk with Jesus and his love of nature. We’ll close with a gardening activity and an opportunity to write letters to our government to advocate for climate care.

The goal of this retreat is to be refreshed and renewed in our care for God’s earth, even as we fall back in love with God’s earth. The date is **March 18 from 9:00 a.m. - 3:00 p.m.** Breakfast and lunch will be provided. Cost is \$30.00. RSVP by emailing or calling the church office.

I hope you and your friends will join us!

In Christ’s Love,

Pastor Laura

Music Notes

By Shelby Gracey

During the Lenten season, we'll sing the old hymn, "Near the Cross." And one of the choir's anthems will also include a portion of that hymn. This hymn was first published in 1869 by Fanny Crosby.

"As she did with many of her eight thousand hymn texts, Fanny Crosby wrote this poem to fit an existing tune that had been composed by William H. Doane. Although she worked with a number of other gospel musicians, William Doane was Fanny Crosby's principal collaborator. Doane was a very successful businessman in Cincinnati, as well as a composer and publisher of numerous gospel songs.

The cross was a superb triumph over Satan, death, and hell. Never was Christ more a king than when He shouted from the cross, 'It is finished.' Out of the hideous suffering of Calvary He has carved His victory and His kingdom. The victory of the cross assures us that we no longer need to be kept separate from God – either in this life or for eternity. Even now we can enter into His presence 'with confidence, so that we may receive mercy and find grace to help us in our time of need' (Heb. 4:16). And the best is yet to come – 'the golden strand just beyond the river.'

As God's people, we should live daily with a sensitive awareness of Christ's cross. We should review its scenes of suffering as well as revel in its triumph!"

("Amazing Grace: 366 Inspiring Hymn Stories for Daily Devotions," Kenneth W. Osbeck, Kregel Publications, 2002, p. 212.)



*Jesus, keep me near the cross – there a precious fountain
Free to all, a healing stream, flows from Calv'ry's mountain.*

*Near the cross, a trembling soul, Love and Mercy found me;
There the bright and morning star sheds its beams around
me.*

*Near the cross! O Lamb of God, bring its scenes before me;
Help me walk from day to day, with its shadows o'er me.*

*Near the cross I'll watch and wait, hoping, trusting ever,
Till I reach the golden strand just beyond the river.*

Refrain:

*In the cross, in the cross, be my glory ever;
Till my raptured soul shall find rest beyond the river.*

Notes from Christian Education
 By Taylor Strang

There is constant change in the world. As I struggle to find stability, I hold on to Psalm 121:1-2. It reads: *I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth.*

While there is constant change in the world, there is also constant change within the church, and the CE commission is working on keeping up with some of those changes.

Currently, we are cleaning out the nursery to make room for our newest church family members.

We will also be making some changes to our Children’s Ministry. We are creating a new program called *Direct Ministries* where we will focus on fostering the direct connections the children have with Pastor Laura, myself, and the other members of SHUP.

Look for more information in the coming months about *Direct Ministries* to discover the many ways you will be able to help!

[Read about our Lent programs on page 9.](#)

VBS 2023 – Brought to you by
Direct Ministries



Spin the spinner, beat the clock, skip ahead, level up, and play to win! Your kiddos will need to bring their A-game for this VBS. Come on down to Sunset Hills United Presbyterian Church for *Twist and Turns* 2023. The evening games begin on July 17th and last until the 21st. More details to come!



Mehaffey Scholarship

Applications for the Mehaffey Scholarship are now available to 2023 High School Seniors.

The Mehaffey Scholarship was created by Sara Mehaffey Carter and her sister Barbara Mehaffey Jocoy in honor of their parents, Edgar and Rosabell Mehaffey. Edgar and Rosabell were active members of SHUP and public-school teachers. For these reasons, the Mehaffey Scholarship Committee awards the scholarship to graduating seniors who are active members of SHUP, active in service to the church and community, show good character, and demonstrate academic achievement.

If you would like an application to apply for the Mehaffey Scholarship, please contact Taylor Strang at (412)561-7997 or sunsethillsce@gmail.com.



All applications are due by April 2nd.

Monts Malawi Mission Update



Dear Friends,

I hope all is well. I am here again with my confession. Yikes. I have taken things for granted. The very life and breathe of this day. Giving God all honor and endless praise. The Christians here are fully aware of their dependency on God for food and shelter and clothing and safety, and any movement of their day in coming and going.

I have started to help in the skills lab of the Nursing College. I work with an RN in charge and an assistant. I am really impressed with the college's skills lab, and the amount of simulation equipment, and the competencies of the students who must perform with proficiency before going to clinical.

The assistant in the skills lab name is Patricia. She is a Christian, single mom of three. She struggles daily to meet her family's needs on 160,000 kwacha (\$150 dollars) a month to pay for rent, water, food, clothes, school fees, and a babysitter while she is at work. She has no electricity in her home. I am uncertain of anything else like a bathroom or furniture. Does she have a cement floor or dirt floor? There is a daily struggle for food during the rainy season while the garden of maize is growing. There are days that she does not eat. There is a local bread maker who gets 25 cents for baking delicious whole wheat and white bread and rolls. There are people hustling to work, but the salaries hardly sustain.

With her situation, Patricia, she has a total awareness of God, her need for God and total trust in God for the details of her life and family's life. She is at peace in knowing that God will provide and she has a spirit of thankfulness. She is a blessing to me daily as she witnesses to God in her life. We enjoy working and talking together daily.

Another remarkable person that we have met is Izekisiya. She was 25 years old on Saturday. Her teacher recommended her as our Chichewa teacher. (We are slowly progressing students). The most predominant thing about her is her love and trust in God. She seeks God in all things and has a sense of praying without ceasing.

Her life is a challenge in that she is one of 9 children. She is in the university to become a teacher, graduating in August. She is already a teacher and preacher to the youth in the area and one of the leaders in the young adult group at church. She has no help from her parents; her dad is not really in the picture. She stays with friends because her home is far away. She is a remarkable, intelligent, faithful, responsible person. She struggles with tuition fees that are \$350 a semester.

(Letter continued on page 3)

Monts Malawi Mission Update (Continued from page 4)

Frank is a dedicated Christian who witnesses to his faith in how he conducts business and mentors his employees in Christian discipleship. His furniture is known throughout the region despite having a work-stall in the village made of sticks and sheet-metal. He dreams of some better tools and an enclosed workshop to keep his equipment and furniture safe. He is also a chaplain at the hospital as his FT job.

In addition to working at the seminary and at the School of Nursing, Chuck and I are discerning how best to give sacrificially based on two objectives. One objective of our giving is investing in the immediate emergency needs of people we have come to know personally; our second objective is discerning which service organizations are helping the most people most efficiently. There is a Christian nonprofit group here that trains and feeds the disabled in the area. The people who work in this organization have severe physical, vision and hearing deficits. The organization provides their group with meals and teaches them skills. They are known throughout the area for their sewing skills. Given material and an idea, they can make anything. The kind young man who waited on me at the sewing store “walks” with shoes on his hands, and on his knees with while his feet are dragged along. I am amazed at what they do. We would encourage you to prayerfully consider ways to give.

Accordingly, Chuck and I have decided to use any and all additional donations to our year in Malawi exclusively on the needs of individuals in financial crisis and for organizations doing tremendous service with or on behalf of those most in need. We have capped our receiving of personal donations at \$20,000 for our year here and have given \$3000 of donations made to us to deserving individuals and organizations. We would love to give so much more, and we will give every dollar donated to us to others from this point forward. We would love to donate to Malawians as much as we have accepted for ourselves (\$20,000). If you have yet to donate, please know \$5, \$10, \$25, \$50, \$100 goes so very far here in Malawi. For more information about Malawi and ways to donate, please see our website at montsmalawimission.org.

One of the chaplains has said to me, “you are an encouragement just being here.” I confess I have a hard time understanding this. It makes me ask, “Is Jesus, the light of the world,” shining through me? Yet, in Matt 5:14 -16, Jesus says we are the light of the world and not to hide our light. May our light, your light and mine, shine so as others might see and praise our Father in heaven.

Life, Faith and Love.

If you would like to donate to the Mont’s Malawi Mission, please visit their website at:

[Transformative Relations & Donations \(montsmalawimission.org\)](http://montsmalawimission.org)

Easter Flowers

It's time to order your Easter Flowers. The Deacons will be taking orders through, March 12th. If you would like to order flowers, you can fill out the form below and mail it into the church office or drop it in the collection basket on Sunday. Just be sure to include a check and to write "Easter Flowers" on the memo line. If you are using the tithe.ly app, please be sure submit the physical form so we don't miss your order.

The flowers will be used to decorate the church for the Easter Sunday service. They will be available for you to take home after the service.



EASTER FLOWERS

Sunday, April 9, 2023

Please fill in the information below and return it to the church office no later than Sunday, March 12th. Please include your check made payable to SHUP and remember to put "Easter Flowers" on the memo line.

Flower Selection

Lilies _____ @ \$12 each

Tulips _____ @ \$8 each

Daffodils _____ @ \$8 each

Flowers will be available for you to take home after worship service on Easter Sunday.

Presented by: _____

In Memory of: _____

In Honor of: _____

Enclosed is my check for: _____

Thank you to Chapons Greenhouse, chosen for their expertise and quality.

One Great Hour of Sharing



Join with Presbyterians worldwide in sharing God's love with our neighbors-in-need around the world by providing relief from natural disasters, food for the hungry, and support for the poor and oppressed. This Lenten season, please give generously to One Great Hour of Sharing (OGHS).

Received during the season of Lent, OGHS is the single, largest way that Presbyterians come together every year to build God's household and welcome our neighbors in need around the world by providing help. Each gift to OGHS helps to improve the lives of people in challenging situations through three impactful programs:

PRESBYTERIAN DISASTER ASSISTANCE:

Works alongside communities as they recover and find hope after the devastation of natural or human-caused disasters.

PRESBYTERIAN HUNGER PROGRAM:

Takes action to alleviate hunger and the systemic causes of poverty so all may be fed.

SELF-DEVELOPMENT OF PEOPLE:

Invests in communities responding to their experiences of racism, oppression, poverty, and injustice and educates Presbyterians about the impact of these societal ills.



You can help sustain the important ministries and programs that are supported by One Great Hour of Sharing by making a donation to the cause. During the Lenten season, we will have envelopes for you to enclose your donation in the pews on Sundays. If you are not able to be here in person, you can mail your check to the church office or use our [tithe.ly](#) app (please write OGHS on the memo line). We will also have "Fish Banks" available, please see Taylor Strang if you would like one. You can use these banks to collect your loose change, every little bit helps.



ONE GREAT HOUR OF SHARING

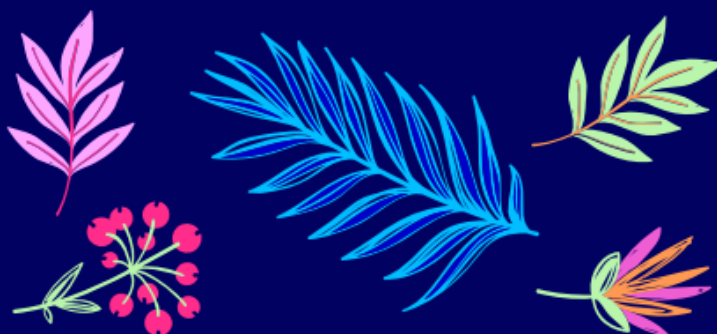
SPECIAL OFFERINGS

HUNGER • DISASTER • DEVELOPMENT

February 22 – April 9

Women's Retreat

Listening to God's Land



**A WOMEN'S CLIMATE-CARE
RETREAT**

Featuring Nature Guide,
the Rev. Rich Hanlon

• **SATURDAY, MARCH 18** •
9 AM – 3 PM

• **SUNSET HILLS UP CHURCH** •
900 COUNTRY CLUB DRIVE

**COST \$30.00 • BREAKFAST AND LUNCH
INCLUDED; CHILDCARE AVAILABLE**

Register with Name and Dietary Restrictions by Saturday,
March 4 by emailing sunsethillschurch@gmail.com or calling
412-561-6261. Pay by check or at shupchurch.org/give.
Pay by check or at shupchurch.org/give

Please contact Jody Colby at (412)656-7801 or Carla Robinson at (412)571-0838 with any questions.

Lenten Wednesday Nights

Only 4 more left...don't miss out! Join us on Wednesday nights during lent for a soup dinner at 6:00 pm in Findley Hall followed by a service/program at 7:00 pm. Below is a list of these events:

February 22nd - Ash Wednesday

- 6:00 pm - Pancake Supper Hosted by the Deacons
- 7:00 pm - Ash Wednesday Service with Communion and the Imposition of ashes in the sanctuary

March 1st

- 6:00 pm - Dinner Hosted by the Christian Education Commission
- 7:00 pm - "History of Sunset Hills" with Geoff Hurd
- or
- "Growing Micro-Greens" with Jody Colby

March 8th

- 6:00 pm - Dinner Hosted by the Choir
- 7:00 pm - "The Joy of Tidying Up" with Linda DeBor
- or
- "Theology Lessons" with Dave Petty

March 15th

- 6:00 pm - Dinner Hosted by Congregational Care
- 7:00 pm - "A Pilgrimage to Italy" with Tori Vernacchio
- or
- "Natures Role on Our Well Being" with Brienne Sembrat

March 22nd

- 6:00 pm - Dinner Hosted by The Mission Commission
- 7:00 pm - "Senior Self Care" with Don Tang
- or
- "What is TikTok?" with Taylor Strang

March 29th

- 6:00 pm - Dinner Hosted by Session
- 7:00 pm - "Sunset Hills Book Club" with Pastor Laura
- or
- "TBD" with Jeffrey Hinkelman

Holy Week

Deacon Brunch

Palm Sunday - April 2nd

The Deacons will hold a brunch after worship service in Findley Hall.

Maundy Thursday

Thursday, April 6th

6:15 pm: Dessert & Coffee - Findley
7:00 pm: Tenebrae Service

Easter Sunday Service

April 9th - 10:15 am

Join us for Easter Sunday worship at 10:15 am in the sanctuary.

2024 Pilgrimage

Japan: An Interfaith Pilgrimage

Monday, April 22 - Thursday, May 2, 2024

Contemplate the Sacred within Nature

Journey on an interfaith pilgrimage with other women as we'll reflect on and nurture together our relationship with the Divine. Our reflections will take place with visits to Mt. Fuji, participation in Japanese arts, and three full days in the natural sanctuary of the Buddhist community at Koyasan.



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 Buddhist guest houses, known as shukubo. There will be shared bathing facilities and beds will be futons upon tatami floors, in keeping with Japanese tradition. All meals at the shukubo are vegetarian.

Discover Sacred Spaces

Our trip leaders, Rev.'s DePoe and Strauss will guide us through the sacred temples of Koyasan, providing Christian reflection on how this different tradition helps illuminate and enrich our own. While discussion will be dynamic, the pilgrimage will focus on respite, retreat, and spiritual growth that leads to renewal.

Itinerary, Deadlines, and Cost

Monday:	Depart from U.S. for Tokyo
Tuesday:	Arrive in Tokyo
Wednesday:	Free Day in Tokyo (Optional: Tokyo Disney)
Thursday:	Sacred Tokyo: Kintsugi Pottery
Friday:	Sacred Tokyo: Day Trip to Mount Fuji
Saturday:	Travel to Koyasan
Sunday:	Koyasan
Monday:	Koyasan
Tuesday:	Koyasan
Wednesday:	Travel to Tokyo
Thursday:	Depart and Arrive in the U.S.
<u>Cost:</u>	\$2500

The above includes daily breakfast in Tokyo, accommodations, train tickets to and from Koyasan, daily breakfast and dinner in Koyasan. Cost **does not** include airfare, public transportation, tax, gratuities, or meals not otherwise mentioned. We recommend budgeting \$1500 for roundtrip airfare.

COVID-guidelines set by Japan's government will act as the guidelines for this trip. These will be communicated to attendees as we grow closer to April 2024. Proof of vaccination is required.

A non-refundable deposit of \$500 is due by September 8, 2023 to reserve a spot for this trip. Spaces are first-come, first served. Passports must have six months left until expiration following May 2024. Contact Rebecca DePoe or Laura Strauss with questions.

Presbyterian Disaster Assistance (PDA)/Syria-Turkey Earthquake

Presbyterian Disaster Assistance (PDA) urges your support in the aftermath of the 7.8- magnitude earthquake and its aftershocks in Syria and Turkey. Thousands are reported dead and injured, numbers that will rise as search and rescue continues. Buildings have been reduced to rubble, and roads and bridges have been severely damaged, resulting in dangerous conditions for first responders. In some places, such as Aleppo, this destruction is compounding the damage of the now 11-year war in Syria.

PDA is providing emergency relief and short-term recovery in the impacted areas. PDA will remain active throughout the recovery process, accompanying our partners as they determine long-term program needs and providing financial support for building and resilience.

Years of recovery lie ahead, and your commitment will help PDA extend the hands of Christ. Will you stand in the "GAP" for the people affected by this catastrophic earthquake?



*"God is our refuge and strength, ... though the mountains shake."
(Psalm 46:1-3)*

GIVE: PDA's emergency response and specialization in long-term recovery is fueled by your generous gifts. Gifts can be made online at pcusa.org/give-STearthquake, by phone at (800) 872-3283, or by check made payable to Presbyterian Church (U.S.A.) with "DR999999-ST earthquake" written on the memo line and mailed to Presbyterian Church (U.S.A.), P.O. Box 643700, Pittsburgh, PA 15264-3700



PRAY: *God of mercy, we join in prayer for our siblings in Syria and Turkey, and all other regions affected. In the face of the terrible images that come to us, we ask that your Spirit, O God, once again move in the midst of chaos and destruction. May you provide protection, energy and strength through your presence.*

\$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.



TSE23-BI

March Information

Adult Sunday School

9:00 am - Library

The Sunday school class will continue to meet before worship in the Library..

The class will continue their study of *Seven Words* by Susan Robb.

Sunday Worship

10:15 am

If you are not able to join us in person, a video of the service will be posted to our YouTube channel on the Monday after the service: [Sunset Hills Church - YouTube](#). You can get a copy of the bulletin by clicking on the link on the homepage of our website www.shupchurch.org.

Fellowship Hour

11:15 am - Findley Hall

Fellowship hour will be held on the first Sunday of the month.

Jesus & Me (JAM)

Monday's - 11:30 am

Taylor will hold JAM for the pre-school in room 113 in March.

No JAM March 6th.

Findley Hall Bible Study

Monday's - 1:00 pm

This class will begin a 10-week video study of "EPIC-An Around the World Journey Through Christian History" with Pastor Tim Challies. Tim will take the class on his journey through 24 countries and 6 continents as he searches for historical objects that tell the story of Christianity.

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

Wilson Hall Bible Study

Tuesday's - 1:00 pm

The Wilson Hall Bible Study class will continue to meet every Tuesday in Wilson Hall.

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

Campanile Bells

Tuesday's - 6:30 pm

Campanile Bells will continue to meet for rehearsal in the sanctuary.

Peanuts Square Dancing Club

Tuesday's - 7:00 pm

The Peanuts Square Dancing club will meet in Crystal Hall. Everyone is welcome, no partner or previous experience is needed. There is a cost of \$5/class. (See flyer on page 15 for more information).

Chancel Choir Practice

Tuesday's - 7:30 pm

Chancel choir practice will continue to practice on Tuesday evenings.

Tai Chi

Wednesday's - 6:30 pm

Gurney Bolster, certified Tai Chi instructor, will hold beginner Tai Chi classes in Crystal Hall. If you are interested in learning more about these classes, please contact Gurney at: gurneybolster@gmail.com.

New Session beginning March 1st.

Yoga

Thursday's 6:45 pm - Crystal Hall

Instructors from BreathIN2IT have added an evening class to their schedule. To sign up for the classes or to learn more about the program, please visit their website at: [Online Stress Management & Anxiety Relief Programs \(breathein2it.com\)](http://OnlineStressManagement&AnxietyReliefPrograms(breathein2it.com)).

Mission Day

Days for Girls

Sunday, March 12th

1:00 pm - 4:00 pm

Everyone is invited to join us for a day of mission at Days for Girls. Bring a bag lunch to enjoy after the worship service. After lunch, we will carpool to the West Allegheny Chapter of Days for Girls.

Please sign-up on the sheet outside of Findley Hall or call the church office to register.

March Birthdays

- | | |
|-------------------|----------------------|
| 1 Evelyn Lape | 15 Frank Cepits |
| 2 Parker Chambers | 21 Jody Colby |
| Barb Geary | 22 Amy Riley |
| 3 Mike Robinson | 26 Karen Heim |
| Michelle Yanda | Jim McKean |
| 4 Chris Gardner | Katy Stimmel |
| Nathaniel Kennedy | 27 David Brumfield |
| Linda McKean | Savy Dunlevy |
| 9 Ray Bowman | 29 Jessica McCulloch |
| 10 Karin Daniels | |

Prayer List

Dee Borman



Prayer Circle

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

<u>Week of:</u>	<u>Praying for:</u>
Mar 5 th	Meg MacDougall The Matson family; Lori & Sean
Mar 12 th	Carol McCallum Chip McCoy
Mar 19 th	Jack & Carole McCullough James & Linda McKean
Mar 26 th	Jim McKean Carl Moeller

SHIM Food Donations March 2023

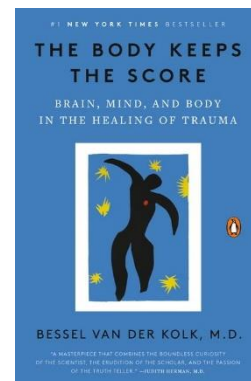
For the month of March, we will be collecting Canned or Dried Beans.

We appreciate your continued support of this ministry.

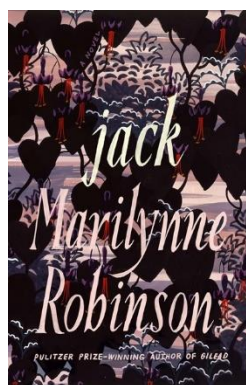
Women's Retreat Saturday, March 18 9:00 am – 3:00 pm

If you have not already reserved your spot for the women's Climate Care Retreat, it's not too late. Please see the flyer on page 8 to learn more.

Sunset Hills Book Club February Book of the Month *The Body Keeps the Score* (Parts 4 & 5) By Bessel van der Kolk March 29th – 7:00 pm Meeting will be a part of the Lenten Wednesday Night Programs



Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In "The Body Keeps the Score," he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives. (Amazon Book Description)

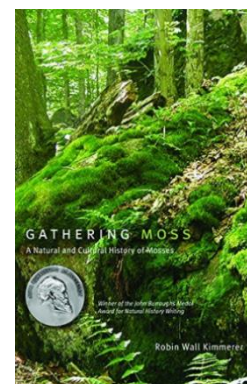


April 2023 Jack

by Marylynnne Robinson
Meeting on May 5th

May 2023

Gathering Moss
by Robin Wall Kimmerer
Meeting on May 31st



Health and Wellness

RESOLVED TO MOVE MORE?

Join Social Square Dancing

(Caller: Shawn Brown)

EVERY TUESDAY 7 – 9:30 PM

Sunset Hills U.P. Church
900 Country Club Drive
Pittsburgh, PA 15228

Everyone Welcome / No partner required
\$5 admission
(Inquire about Student & Family rates)
Courtesy of **Peanut Squares**

Beth: 412-680-4837

Nick: 412-667-0929

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



Introductory Classes, Wednesday 6:30–7:30pm
March 1 - April 19, 2023

Fees: 8 class series, \$110 Single class \$17

Please register online: www.taichiforhealthpittsburgh.com/in-person

Payment can also 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

412 480 4492