



Newsletter of
The Cathedral of Hope

Reaching Out

www.cathedralofhope.org



August 2007 East Liberty Presbyterian Church, 116 South Highland Avenue, Pittsburgh, PA 15206 Vol. 26, No. 8

Thank You ELPC Volunteers

This summer, three families sponsored by ELPC became first-time homeowners as a result of the efforts of the East End Blitz Partnership, made up of seven Presbyterian Churches (Eastminster, ELPC, The Open Door, Valley View, Third, Fourth and Fox Chapel), East Liberty Development Inc. (ELDI), several East End community organizations, and Hosanna Industries. Over 60 folks from ELPC generously participated in the exciting, highly visible building phase of this project. Following is a list of those who volunteered. This ministry could not have happened without them. God's grace has been so very evident in the East End these past months as we have put the needs of our neighbors ahead of our own.

Linda Addlespurger	Mike Anderson	Diana Armstrong
Mitchell Barutha	Suzanne Bennett	Michel Bossers
Eliza Buckley	Joe Buckley	Beth Bush
Randy Bush	Chuck Carson	Miriam Chamberlain
Rebecca Cole-Turner	Ron Cole-Turner	Betty Jo Critchfield
Kathy Cunningham	Margaret Edgecombe	Sandy Edgecombe
Dave Egelston	Pam Ferrante	Terry Forget
Karen Fraser	Ed Frick	Pat Frick
Becky Gloninger	Cathie Hajdu	Joe Hajdu
David Hart	Mike Hart	Richard Headley
Roy Hiller	Carol Hoehn	Kristina Hout
Dayna Huggins	Lauren Huggins	Deborah Hughes
Lois Hurt	Devo Ihonde	Diane Jackson
Rachael Jackson	Justin Johnson	Maya Klancher
Nancy Klancher	Sophie Klancher	Pat Krimmel
Kathleen Kyle	Roberta London	Paul Miller
Frances Morris	John Nelson	Paul Outon
Peggy Outon	Janet Pollard	Bruce Pollock
Jan Pressman	Audrey Rasmussen	JoAnn Roger
Emily Rosenthal	Jim Russ	Bob Sampson
Jane Sampson	Alan Scheller-Wolf	Patrice Fowler-Searcy
Gary Slafka	Nancy Speed	Betty Stewart
Herma Steward	Callie Thuma	Carol Untch
Reed Williams	Frances Wilson	

Next comes the less visible, but equally important homeowner support phase. Our goal is to support our families as they settle into their new homes and transition into the demands of homeownership. For more information on our homeowner support areas and how you can volunteer your time to help our families, see page 5.



Summer Schedule

Sunday Morning Services

**Celebration of the Lord's Supper.*

- 8 am Good Samaritan Worship**
- * Aug 5 The Rev. Patricia Frick, Honorably Retired Presbyterian minister.
 - Aug 12 Paul Dvorchak, Exec. Director, St. Joseph House of Hospitality.
 - Aug 19 Andrew Weber, Pittsburgh Theological Seminary student.
 - Aug 26 Lester Price, Drop-In Center Case Manager, EECM.

10 am Summer Worship

In the Courtyard, with additional seating in the upper Courtyard balcony outside the third floor Music Room. The service will be amplified up to that area. In prohibitive weather, the service will be moved inside.

- * Aug 5 The Rev. Dr. Randy Bush.
- Aug 12 The Rev. Miriam Chamberlain, ELPC Visitation Pastor.
- Aug 19 Heather Tunney, ELPC Director of Youth & Young Adults Ministries.
- Aug 26 The Rev. Dr. Randy Bush.

Koinonia Service of Praise

7 pm, 2nd Sunday each month

- Aug 12.....Heather Tunney.

Holy Ground Service

6 pm, 3rd Sunday, March–November

- Aug 19.....Father William J. Kiel.

Labyrinth Prayer Walk

- Mondays 10 am to 3 pm
- Wednesdays..... 10 am to 9 pm

Taizé Prayer

- Wednesdays..... 7 pm
- The Rev. Christiane Dutton.



East Liberty Presbyterian Church

The Cathedral of Hope
116 S. Highland Avenue
Pittsburgh, PA 15206

Tel: 412/441-3800
Fax: 412/441-4422
www.cathedralofhope.org

Office Hours:
Monday – Friday, 9 am to 5 pm
Sunday, 9 am to 12:30 pm

STAFF LEADERSHIP

The Rev. Dr. Randall K. Bush
Pastor

Linda Addlespurger
Director of Hope Academy

The Rev. Miriam Chamberlain
Visitation Pastor

The Rev. Christiane Dutton
Minister of Taizé Prayer

The Rev. Patrice L. Fowler-Searcy
Director of Mission Ministries

Pamela M. Kimmel
Business Administrator

Dr. Lois M. Lang
*Associate in Ministry for Spiritual Life,
Stephen Ministry and Older Adults*

Chef Jay G. Ritter
Dining Services Director

Luke Stevens
Projects Manager

The Rev. Dr. J. Richard Szeremany
Director, Worship, Music & The Arts

Geri L. Toth
Communications

Heather Tunney
*Director of Youth & Young Adult
Ministries*

Howard Turner
Chief of Security

Reaching Out Newsletter

Reaching Out is a monthly publication of East Liberty Presbyterian Church and is free to members and friends.



Pastoral Message

The Rev. Dr. Randall K. Bush, Pastor

August is an in-between month. It has no intrinsic holidays of its own, but it is a time when individuals and families routinely take some time off before September rolls around and the school year starts up again. It is a relatively quiet month for us here at the church, particularly since many committees are choosing not to meet again until September. In that way, it is a welcome time—a time to catch up on unfinished projects, to look ahead to the fall programs a bit, and to still allow ourselves some time off along the way.

We are such a goal-oriented society that we seldom speak favorably of “in-between” times. We prioritize what we should be doing and where we want to be in the future. We remember where we have been and look forward to what is to come. But we rarely have much good to say about the transition times between what has been and what will be.

Isaac Stern, the famous violinist, once commented that “music is what happens between the notes.” I think his wise words can also be applied to our lives of faith.

We should not forget that God is most commonly an “in-between God.” God is with us always, and often God’s presence is most strongly felt in times of transition. When we are moving from one place to another, when we are changing jobs or helping kids prepare for college or assisting elderly parents find appropriate living accommodations for their retirement, God is most near to us because we become freshly aware of how we need the Lord’s guidance to navigate these changes. We stop being creatures of habit locked into safe routines and suddenly re-discover ourselves as children of God traveling a new road toward new destinations.

Most of Jesus’ ministry occurred when he was on the road between cities in Judea, traveling from place to place before beginning his final journey to Jerusalem. From the in-between places he healed a blind man, brought acceptance to a long-ostracized woman who had touched the hem of his cloak, and offered words of teachings to the disciples walking beside him. In the same way, Christ is with us along the road of life, especially during the transitions in-between life destinations. May the month of August be a time when we listen for Christ’s words, spoken to us during an in-between season and reassuring us not to be afraid for we are never alone.



Randy Bush

Summer Worship in the Sanctuary on Sept 2

Although we will still be in our summer worship schedule format with 8 am and 10 services on Sunday, Sept 2, the 10 am service will move back into the sanctuary on that day. Then on Rally Day, Sunday, Sept 9, we resume our regular format of three

services—8 am Samaritan worship in the Small Dining Room; 9 am Morning Glory worship in the third floor Music Room; and 11 am worship in the sanctuary.



Board of Deacons

Staff Representative: The Rev.
Patrice L. Fowler-Searcy

Deacons Sunday Morning Pastoral Point Person

A rotating schedule of Deacons serve as "Pastoral Point Persons" on Sunday mornings. They will help the office volunteers, security, ushers and staff in managing unexpected situations that arise during the 10 am worship service. The DPPP will be seated in the back and wearing her/his Deacon name badge.

Following is the Sunday DPPP schedule for August through the end of 2007 / beginning of 2008.

Aug 5	Linda Benedict
Aug 12	Eric McCarty
Aug 19	Diane Jackson
Aug 26, Sept 2, 9	Charlie Meyers
Sept 16, 23, 30	Todd Hoffman
Oct 7, 14, 21	Emma Odim
Oct 28, Nov 4, 11	Theresa Patterson
Nov 18	Judy Roberts
Nov 25, Dec 2	Pat Krimmel
Dec 9, 16	Judy Roberts
Dec 23	Pat Krimmel
Dec 30, Jan 6, 13	Barb Krimmel

Deacons' Men's Shelter Donations for August

In ELPC's continuing commitment to the EECM Men's Shelter located in our church, the Deacons are collecting donations for the month of August 2007. The requested donations for August are men's underwear (boxers and briefs in sizes L, XL and XXL), and flip-flop shoes (medium to large and XL sizes). Please drop these items in the basket located in the Highland Avenue hallway. Your continued support of the Shelter and for the men who stay there is appreciated.



Staying Connected — Pastor Visitation Program

One of the aims of ELPC's pastor visitation program is to keep those who find it difficult to attend Sunday worship connected to the congregation. Some of these people, now unable to attend regularly, have held offices within the church, and with dedicated work and devotion, kept this church a vital part of the East Liberty Community.

To show the appreciation of this congregation to the devotion and faithfulness of these individuals, a part of the Deacons' bulletin board, located along the hallway just inside the Highland entrance, will have a display of pictures of those who, because of their life's circumstances, cannot be here in person. This feature will begin in September, celebrating one or two individuals each month. Please take time while you are at the church this fall to stop by the bulletin board and keep these folks in your thoughts and prayers in thankfulness of their being a part of our congregation.

In addition to staying connected with pictures, some people who cannot attend every Sunday, are now able to attend services occasionally with the help of the Deacons who supply transportation. If you know someone who needs transportation or an occasional visit, please contact the Rev. Miriam Chamberlain, ELPC's Visitation Pastor, at 412-441-3800 x21, to let her know of these needs.



CD Player Donations Needed for Our Homebound Members

If you would like to donate a small new or used (in good working condition) CD player so that some of our homebound members can listen to recorded Sunday sermons, please contact ELPC's Visitation Pastor, the Rev. Miriam Chamberlain at 412-441-3800 x21.



Update from the Associate Pastor Nominating Committee

The Associate Pastor Nominating Committee (APNC) is continuing the search for an Associate Pastor for Christian Education, Youth and Young Adults. By mid-July, we had received and reviewed 38 applicants' PIF's (Pastor Information Forms). We have begun interviews with our top candidates. Please continue to keep us in your prayers. Associate Pastor Nominating Committee—Michael Benedict, Kathleen Kyle, Valire Copeland, Frances Irvin, Steve Massey.



Holy Ground

*Worship Service of Prayers
for Wholeness & Healing*

Join us in the beauty of the East Liberty Presbyterian Church for a contemplative service of prayer, singing, scripture reading, and a time of blessing.

Sunday, Aug 19

6 pm

Father William J. Kiel

Holy Ground is offered at 6 pm the third Sunday of each month, March–November, except when noted. Following is our schedule for the remainder of 2007:

Sept 16	The Rev. Tami Hooker
Oct 21	The Rev. Dr. Randy Bush
Nov 11	Father William J. Kiel.

NOTE: *Holy Ground will be offered the 2nd Sunday in November 2007.*

ELPC Personnel Responsibility Changes

July 1st marked a big change at ELPC. Barbara Davis retired after 29+ years of faithful service and Deborah Marx, who had worked as the Administrative Assistant to the Business Office since October 2001, became our Bookkeeper.

Deborah brings some banking experience as well as her knowledge of this church, its activities and people to the position. Of course, learning will need to occur. Please have patience if you need to request specific pledge or committee financial information as you welcome and support Deborah to this next phase in her journey. . .and ours.



CLAAY Program Looking for Volunteer Career Mentors

Duquesne University's Career Literacy for African American Youth (CLAAY) program is looking for career mentors to work with middle-school and high-school students during the 2007-2008 school year. This school-based career mentoring and academic tutoring program serves students in ten high schools in the City of Pittsburgh, at McKeesport Area Technology Center, and in five school districts in Beaver County. This fall, CLAAY will also begin working with students at Woodland Hills High School.

The time commitment for CLAAY career mentoring is 15 hours during the school year (3-hour mentor training and 12-hour school-based career mentoring). CLAAY career mentors meet with their student at their school two hours per month between October 2007 and May 2008.

CLAAY is seeking enthusiastic, motivated, and committed volunteers who desire to make a positive impact on the future career direction of students in our region. If you're interested in becoming a CLAAY career mentor and/or need more information about the CLAAY program, please contact Damon Bethea at 412-325-1565 x31 or damon@winnetts.com.



Justice & Global Concerns

*The Rev. Patrice L. Fowler-Searcy
Director of Mission Ministries*

Women & Children's Taskforce – MEETING

The Women and Children's taskforce will meet on Sunday, Aug 26 at 11:30 am in Room 234. If you are interested in learning about and working on issues pertinent to women and their children, please join us for our meeting. Newcomers are always welcome. For more information, contact Judy Menk at JAMenk@comcast.net or 412-798-8569.

Full Inclusion Taskforce – BOOK REVIEWS

Readings for Diversity and Social Justice: An Anthology on Racism, Sexism, Classism, Anti-Semitism, Heterosexism, and Ableism, by Maurianne Adams, Warren Blumenfeld, Ximena Zuniga, Madeline Peters, and Heather Hackman, eds.

Book reviewed by Ashley Birt. The perfect resource for anyone interested in diversity and equality, and to open up an intelligent dialogue on the state of social justice in America. This book takes a look at favoritism and bias in America through the lenses of sex, class, religion, sexuality, and ability. Moving beyond generic conversation, it brings up combination issues, such as the perceptions of minorities in the gay community and the connection between race and socio-economic standing. A wide variety of articles ensures that no subject is skipped—ending with suggestions for how to break the –ism cycle.

Religion Gone Bad: The Hidden Dangers of The Christian Right, by Mel White

Book reviewed by Wayne Benson. Ever wondered where the idea of a Homosexual Agenda originated? Mel tells you the story, as well as many insights into some of the leaders of the Religious Right such as James Dobson, the late Jerry Falwell, Pat Robertson and D. James Kennedy. He worked for most of them as a ghost-writer, speechwriter, and media consultant before he came to terms with his own sexuality, after which he was *persona non grata* with this crowd. He also tells of the development of his organization, Soulforce, and the need to counteract the lies of the right with the TRUTH.



EECM Food Pantry in URGENT Need of Food Items

The Greater Pittsburgh Community Food Bank is currently severely limited in their food subsidies and supplies. As a result of this, the East End Cooperative Ministries (EECM) Food Pantry is the lowest it has been in years. You can help by donating non-perishable food items. EECM's greatest need is for peanut butter, canned fruit and tuna.

While you are encouraged to donate the suggested items above as well as the item of month (August's item is boxed Macaroni & Cheese), donations do not need to be limited to just those foods, but should be nutritional.

IMPORTANT: For food safety and sanitary reasons, only unopened food packages and those that are not past its expiration date will be accepted.

Donation baskets for non-perishable food items are available at the following locations at East Liberty Presbyterian Church: inside the Highland Avenue entrance, on the second floor near the main staircase inside the Highland entrance, and at the entrances leading to the Courtyard located at either end of the Chapel.

2007 East End Blitz Partnership HOMEOWNER SUPPORT

**A joint ministry of ELPC's Community Mission Committee and the
Poverty Task Force, part of the Justice and Global Concerns Committee**

This summer three families sponsored by ELPC became first-time homeowners as a result of the efforts of the East End Blitz Partnership, made up of seven Presbyterian Churches (Eastminster, ELPC, The Open Door, Valley View, Third, Fourth and Fox Chapel), East Liberty Development Inc. (ELDI), several East End community organizations and Hosanna Industries.

Over 60 folks from ELPC have already generously participated in the exciting, highly visible building phase of this project. Now comes the homeowner support phase: less visible but equally important! Our goal is to support our families as they settle into their new homes and transition into the demands of homeownership by responding as a good neighbor would, with caring assistance, sharing of resources and teaching of skills.

How It Works:

- ◆ Each family will receive follow-up care for one year until the summer of 2008.
- ◆ Each family will have one "care partner" and the support of five Care Teams:

1. Home Maintenance

- moving-in assistance;
- needs for the new home (furniture, lamps, clocks, etc.);
- assistance and training with post-move-in items such as landscaping, installing light fixtures, computers, arranging furniture;
- assistance with decorating and painting (can include sewing, decorative painting);
- training and equipment for do-it-yourself repairs.

2. Health and Well Being

- medical and emotional; ● parenting, caregiver issues.

3. Finance

- household budgets;
- identify providers of financial education workshops;
- insurance; ● taxes; ● credit counseling.

4. Neighborhood Information/Contacts; Children and Adult Activities

- what, where, who and how to contact: church, school, community organizations;
- social connections, including invitations to ELPC events;
- information about neighborhood "rules"—parking, pets, garbage pick-up, etc.;
- educational opportunities; financial aid opportunities.

5. Fundraising

- Money to be used to assist with essential homeowner projects not covered by the initial Blitz rehab and for functions promoting homeowner care.

We invite EVERYONE to join us in this ministry! You have something to share!

For more information on how you can help our Blitz families by participating on one or more Care Teams:

- ◆ Call Emily Rosenthal (412-963-0139) or Rev. Patrice Fowler-Searcy (412-441-3800 x30).
- ◆ Fill out the information below and return it to the church office.

Name _____

Telephone _____ E-Mail _____

I am interested in participating on the following Care Team(s):

___ Home Maintenance ___ Health and Well Being ___ Finance ___ Fundraising

___ Neighborhood Information/Contacts; Children and Adult Activities



Thursday Evening Potluck Dinners and GLBT Stories

The Contemporaries and Seekers Adult Church School classes will be jointly sponsoring two potluck dinners—**Thursday, Aug 2 and Thursday, Aug 9**. Dinner will begin at 5:30 pm in the 3rd floor Music Room, followed by our program which will begin at 6:30 pm.

ELPC members and their friends are invited to come join in table fellowship and grow together in our understanding of the challenges of faith and community that gay, lesbian, bisexual, and transgender (GLBT) Christians face. We will view video interviews with GLBT Christians, hear their stories, and take time to think and talk about their experiences and how we may relate to one another with faith, hope and love. Please join us. We hope to share this time of learning with you.



ELPC Knitting and Crocheting Group

ELPC's newly formed knitting and crocheting group, which began in June, will continue to be offered twice a month through August—the 3rd Thursday morning and the 4th Friday evening. You may attend one or both meeting times. All ages and skill levels are welcome. New knitters and those wishing to learn are encouraged to join. Projects may include chemo caps, afghans for Afghans, baby blankets for the Children's Home, items for the military, and scarves for the homeless.

3rd Thursday – Aug 16

10 to 11:30 am, Second Floor Parlor

4th Friday – Aug 24

7 to 8:30 pm, Second Floor Parlor

Questions? Contact Diane Jackson at 412-441-6021 or djacks@verizon.net.



Christian Education

Note: Regular Church School for adults, youth and children will resume on Rally Day, Sunday, Sept 9.

Seekers This Fall – Spiritual Paths: Finding Our Way to God

Please join the Seekers adult Church School class on Sundays this fall as we explore a variety of spiritual practices and paths. We recognize that our faith journeys are traveled not just as individuals, but within community.

We will study models for individual journeys of spiritual growth—contemplative, mystical, ascetical, servanthood, and study of the Word. We will also ask questions about communal "paths," what happens in shared worship, and how we process a shared witness to belief. All viewpoints are welcome in Seekers. More information will be available in the September issue of the *Reaching Out*

Summer Extended Session for Ages 3 through 2nd Grade

Summer Extended Session is offered after the Moments with the Children during Sunday's 10 am Summer Worship service. Children ages three years through 2nd grade gather in Room 240. Parents and other volunteers offer the children a simple snack, a chance to get acquainted, and some activities for children. The room is air-conditioned and parents are asked to get their children before going to Fellowship following worship. There are many new families. Please introduce yourself and get acquainted.



Worship Music & The Arts

The Rev. Dr. J. Richard Szeremany, Director

SAVE THESE DATES NOW!

Saturday, Sept 8 at 7 pm. A special musical treat with the Gospel Singing Choir concert from the Wayside Christian Mission in Louisville, Kentucky. The choir is composed of men and women who have faced struggles with major issues in life including homelessness, but have overcome! Singing of Black Gospel—sharing of life stories—an amazing tribute to the power of the faith shared and the faith at work in human lives! Watch for further details, but save the date now!

Sunday, Sept 30 at 10:45 am. The dedication of our renovated sanctuary organ.

Sunday, Oct 14 at 4 pm. Opening organ concert by J. Richard Szeremany featuring organ classics and 20 minutes of your requested favorites. Watch for more details, including ticket information, in the September issue of the *Reaching Out*.

Sunday, Oct 28 at 7 pm. Gala organ performance with brass choir, string orchestra and organ featuring 6 show-stopper concertos for organ solo and instruments. Watch for more details, including ticket information, in the September issue of the *Reaching Out*.

Update on Our Aeolian-Skinner Pipe Organ

It's here. . . or at least half of it is here. . . and that's our mighty Aeolian-Skinner/Goulding and Wood sanctuary organ. In mid-May a caravan of organ buffs from ELPC traveled to the Goulding and Wood Organ Company in Indianapolis to see and to hear completed parts of our sanctuary pipe organ. Now that portion (the Swell organ, Great organ and parts of the Pedal organ) of the organ has returned home and is installed in the chamber on the lectern side of the chancel. High above the congregation's head these pipes "live" on what in actuality are the fourth and fifth-floor levels of the building.

In mid-August we can expect delivery of the remainder of the organ which will be installed on the pulpit side of the chancel. In that delivery, will also come the new console (from which the organist plays). There are many photographic opportunities for the camera-minded folks. This is the side of the organ that contains the largest of our Pedal pipes—32 feet in length! It's really a sight to see these lowered or raised into position one at a time up the 42-foot high scaffolding into the chamber.

You are welcome to visit whenever you are in the ELPC neighborhood. Another update in the next issue of *Reaching Out*.

Wanted. . . a Spinet, Console or Small Upright Piano

We are looking for. . . and maybe you might look, too, or maybe you already know of . . . someone who owns a spinet, console or small upright piano that is in good condition, but no longer used or wanted in the home.

The piano(s) we have been using in the Small Dining Room for the Sunday morning Samaritan worship are showing their extended age and are in need of repair that would not be a financially wise investment, given the condition of the present instrument. If you should know of or hear of a piano—in decent condition—that might become available, please call Richard Szeremany at 412-441-3800 x24 and pass along any information you may have. Thank you for your help in this search.

◆◆◆

Hope Academy of Music & the Arts

Linda Addlespurger, Director

Hope Academy's Fall Classes

Hope Academy of Music & the Arts here at East Liberty Presbyterian Church offers affordable after-school and Saturday classes in performing arts, dance and music for children and youth ages 4 through grade 12, as well as private instrumental and voice instruction. The strength and uniqueness of our programming is derived from our partnerships with some of the city's finest arts organizations including City Theatre, Pittsburgh Public Theater, Guitar Society of Fine Arts, Pittsburgh Ballet Theater, and Xpressions Contemporary Dance Company. These partnerships allow us to offer students opportunities to perform in professional theaters and study with master teaching artists.

Hope Academy's **Fall 2007 Program** runs from **Sept 24, 2007 to Feb 2, 2008**. Course enrollments are limited as class sizes are small to ensure a low student-to-staff ratio. Early registration is encouraged.

Performing Arts — *Musical Theater Workshop, Shakespeare Workshop, Young Creators' Workshop, Creative Dramatics*

Dance — *Creative Movement, Pre-Ballet, Tango, Hope-Xpress Dance Performance Ensemble*

Music — *Songs and Stories, "Voices of Hope" Vocal Ensemble, African Drumming*

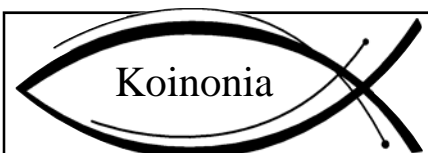
Private Instruction — *Piano, Organ, Classical Guitar, all Strings, Woodwinds, Brass, Percussion, Voice*

Details about our Fall 2007 programming including starting dates will be available at the church and on our website at www.HopeAcademy.info in mid August—complete course descriptions, registration and financial information (tuition, fees, scholarships), policies and procedures, yearly calendar, special events and field trips. If you have any questions, or to receive our Fall 2007 course brochure in the mail, call Norma Meyer in the Hope Academy office at 412-441-3800 x11.

Hope Academy Open Registration

Open registration for the Fall 2007 classes will be held on **Saturday, Sept 8** from 1 to 4 pm at ELPC.

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Sunday, August 12

All are welcome!

**KOINONIA FELLOWSHIP
6 pm, Second Floor Parlor**

Join us for fellowship and a pot-luck supper. A main course will be provided, but please bring a side dish or dessert to share. RSVP to Heather Tunney, 412-441-3800 x14.

**KOINONIA SERVICE OF PRAISE
7 pm, Third Floor Music Room**

A contemporary worship service to praise and worship God, the center of our community of faith. This service is for everyone. Our service leader on Aug 12 will be Heather Tunney.

ELPC Website's "Multimedia" Link

Visit our website and click on the "multimedia" link. It will let you listen to sermons, view our photo gallery, see special videos from recent ELPC concerts and worship services, and also arrange for podcast downloads. (Podcasts are worship service extracts that are sent to a podcast player so you can listen to a Sunday service any time.) We log over 30,000 downloads of our website every week, so click on www.cathedralofhope.org and see what all the excitement is about!



Taizé Prayer

*Rev. Christiane Dutton
Minister of Taizé*

Taizé Prayer Service

A candlelight service every Wednesday at 7 pm in the Chapel.

Bread & Soup Meal Fellowship

All are welcome to a bread and soup meal and fellowship **Wednesday, Aug 29** from **5:45 to 6:45 pm** in the McKelvy Room (\$2.50 donation). Following our meal together, for those of you who wish to, plan to stay for our 7 pm Taizé service in the Chapel.

Celebrations

Join us after our Taizé Prayer service on **Wednesday, Aug 29** (approximately 8:15 pm) for celebration cake. If you celebrate a birthday, milestone or an anniversary in July, write your name on a piece of paper and put it in the offering plate during the month.



HEALTH MINISTRY

The Rev. Patrice L. Fowler-Searcy, Staff Representative

Free Blood Pressure Screening

Free blood pressure screenings are usually held the third Sunday of each month. During our summer schedule, screening will be held in Room 51 on the ground floor following the 10 am worship service (from approximately 11:15 to 11:45 am). Next screening is **Sunday, Aug 19**. For more information, contact Lois Lang at 412-441-3800 x41 or Patrice Fowler-Searcy at x30.

High Blood Pressure

High blood pressure, also called hypertension, is very common. It usually has no symptoms until it has already done life-threatening damage. If uncontrolled, it can cause hardening of the arteries anywhere in the body, leading to heart attack, stroke, kidney failure, blindness or death. If blood pressure is extremely high, there may be strong headaches, chest pain, difficulty breathing, and or poor tolerance to activity; medical treatment should be sought immediately in the presence of these symptoms.

Blood pressure is really two measurements, recorded as two numbers separated by a slash. The peak pressure when the heart contracts to send a surge of blood through the body is called the *systolic blood pressure*. This is the first of the two numbers. The second number is the *diastolic pressure*, and represents the pressure when the heart is resting between contractions. Both numbers are very important.

Doctors have adopted new recommendations for the blood pressure numbers. The new ideal blood pressure is 120/90 or lower. High blood pressure is 140/90 or higher.

People at increased risk for developing hypertension include:

- ◆ those with family members who have high blood pressure
- ◆ smokers
- ◆ African-Americans
- ◆ pregnant women and those taking birth control pills
- ◆ those over 35
- ◆ those who are overweight
- ◆ those who are inactive
- ◆ those who eat a lot of fatty or salty foods

Hypertension is treated by adopting certain lifestyle changes, and if necessary, taking prescribed medications. Lifestyle changes include losing excess weight, quitting smoking, eating a healthy diet (including limitation of salt, fats, alcohol and caffeine), and exercising regularly and moderately. Sometimes relaxation techniques or biofeedback is helpful. These changes can be really effective in controlling or preventing high blood pressure.

Sometimes blood pressure can only be kept under control by medication. There are a variety of antihypertensive medications, and the health caregiver must choose the most effective one that has the fewest side effects. Often, more than one medicine is needed for the best control. Since many people do not feel any ill effects of high blood pressure, they must remember to continue taking their antihypertensive medicine for the rest of their life (unless the doctor discontinues the prescription). If there are side effects, or if it seems too expensive to stay on the medicine, the person must talk about the problem with the health caregiver rather than stop taking the prescription. Their life depends on it!

Resources: webmd.com/hypertension familydoctor.org/heartdisease



ELPC People

Good News, Thanks and Prayers

Good News

Congratulations to *Eliza Buckley*, on her graduation from Rollins College in Winter Park, Florida, with a BA degree in Political Science. Eliza is the daughter of ELPC members Emily Rosenthal and John Buckley. College honors and awards include: Pi Sigma Alpha (National Political Science Honor Society), Fulbright Scholarship, and the Jefferson Award for Outstanding Community Service (Orlando, Florida). Eliza plans to spend the next year in Korea through her Fulbright award, teaching English as a Second Language to elementary students.

Congratulations to *Judith Wilson* on the completion of her Master of Social Work degree from the University of Pittsburgh. Judith is the daughter of ELPC member Fran Wilson, and the mother of Isaiah.

Congratulations to ELPC member Sarai Thomas on the July 1, 2007 baptism of her two children: *La'Maiah Lael Moore*, born July 8, 2004 and *La'Darren Antwon Moore*, born on Aug 8, 2006.

Thank You

From Barbara Davis . . .

Thank you to all the ELPC staff and members of the congregation who attended my retirement reception on Sunday, June 17. The many cards and well wishes I received were very much appreciated. Thank you my friends for celebrating with me the end of one wonderful journey and the beginning of an exciting new one.

From the Board of Deacons . . .

Thank you to all those who helped make the "Young at Heart" luncheon a success: Emma Odum for her wonderful invitations, Don Hall and his serving crew, Chef Jay for the great dinner, Diane Jackson for the entertaining program, Randy and Beth Bush for their musical contribution, Miriam Chamberlin and Richard Szeremany for their leading the sing-a-long, Kristina Hout for playing 'Rosie the Riviter', Todd Hoffman for his PowerPoint production, Tim Benedict for all the audio work, Gloria Knopp for managing the reservations, Norma Meyers for the creative programs, and all those who helped set up on the Saturday prior to the luncheon. Most of all, thank you to all who attended; you made it all worthwhile.

From Rev. Cynthia Jackson (former Interim Director of Christian Education) . . .

It is with deep gratitude that I leave ELPC. Thank you for the lovely reception and the opportunity to greet and say good-bye to so many dear ones. I will enjoy relaxing and reading the many cards from adults and children that you gave to me. Also, thank you for the gift certificates and the special gift to *Up for Reading*. I feel very blessed. Shalom my friends, Shalom!

Prayers

Our prayers and sympathies go out to the family and friends of *Elizabeth Clark* who died on July 22, 2007. Elizabeth was a long-time member of ELPC for 81 years.



Calendar Highlights

August

- 2.....Contemporaries and Seekers Potluck
Dinner and GLBT Stories, 5:30 pm
- 5.....Communion
- 9.....Contemporaries and Seekers Potluck
Dinner and GLBT Stories, 5:30 pm
- 12.....Koinonia Fellowship, 6 pm
- 12.....Koinonia Service of Praise, 7 pm
- 16.....ELPC Knitting and Crocheting Group,
10 to 11:30 am
- 19.....Health Ministry's Blood Pressure
Screening
- 19.....Holy Ground Service, 6 pm
- 24.....ELPC Knitting and Crocheting Group,
7 to 8:30 pm
- 24.....Happy Wanderers day outing
- 29.....Taizé Bread & Soup Meal, 5:45 pm

