

Reaching Out

newsletter of east liberty presbyterian church October 2008

World Communion Sunday

Sun., Oct. 5

The first Sunday in October is designated as **World Communion Sunday**; a day for all Christians to express their oneness in Christ through breaking the bread of life on the same Sabbath. This celebration emerged out of a time of war and is a living witness for peace and justice throughout God's creation. As part of our worship, the Peacemaking Offering of the Presbyterian Church (USA) will be received. A portion of your gifts will remain with ELPC to be used for local peacemaking initiatives. May we be renewed in our role as disciples of Christ, the Prince of Peace.



Jack Rogers' Visit



ELPC is pleased to welcome Dr. Jack Rogers, former Moderator of the 213th General Assembly of the Presbyterian Church (USA) and former Vice-President and Professor of Theology Emeritus of San Francisco Theological Seminary. He also was a Professor of Philosophical Theology at Fuller Theological Seminary for 17 years, and a Professor of Philosophy at Westminster College, in New Wilmington, Pa.

Dr. Rogers is the author of *"Jesus, The Bible, and Homosexuality: Explore the Myths, Heal the Church."* He changed his position regarding the biblical message about homosexuality and same sex marriage after conducting in-depth research, and insists **"we will be one holy and whole church only when all our members are treated equally."**

Sunday Events

Sun., Oct. 12: *Class at 9:45-10:45 am; Worship at 11 am*

How can Dr. Jack Rogers' research impact ELPC? What does it mean to be a missional church? How do we move forward, and why do we need to?

Dr. Rogers will lead a combined Adult Sunday School class, with discussion and questions we are still exploring. Copies of his book will be available. See bulletin for location. He'll then preach at our 11 am, Sanctuary Worship.

Mini-conference at Crestfield Camp and Conference Center

Sun., Oct. 12, at 4 pm, to Mon., Oct. 13, at 4 pm

In addition to Crestfield meals and campfire, there will be two break-out sessions and worship. Please see the bulletin board for conference information and registration forms. Scholarships are available upon request. Contact **Carol Untch** at 724.272.9722.

Sunday Morning Services

* *Celebration of the Lord's Supper*

Good Samaritan Worship • 8 am

October Liturgist: Clark Smith

- Oct. 5* The Rev. Hendrick Bossers, *Cheswick Presbyterian Church*
- Oct. 12 Darryl C. Taylor, *formerly of Safe Haven*
- Oct. 19 Captain James Jones, *Homewood Salvation Army*
- Oct. 26 The Rev. Clifton A. Anthony, *Assistant Minister, Deliverance Baptist Church*

Journey Worship • 8:45 am

- Oct. 5* The Rev. Patrice Fowler-Searcy
- Oct. 12 The Rev. Heather Tunney
- Oct. 19 The Rev. Dr. Randy Bush
- Oct. 26 The Rev. Patrice Fowler-Searcy

Sanctuary Worship • 11 am

- Oct. 5* The Rev. Dr. Randy Bush
- Oct. 12 Dr. Jack Rogers
- Oct. 19 The Rev. Dr. Randy Bush
- Oct. 26 The Rev. Heather Tunney

Koinonia Service of Praise

Second Sunday of each month • 7 pm

- Oct. 12 Brian Diebold

Holy Ground Service of Wholeness and Healing

Third Sunday, March-Nov. • 6 pm

- Oct. 19 Father Kiel

Labyrinth Prayer Walk

Mondays • 10 am-3 pm

Wednesdays • 10 am-9 pm

Taizé Prayer Service

Wednesdays • 7 pm

The Rev. Christiane Dutton



2008 Conference

The Covenant Network of Presbyterians is holding its annual conference from Nov. 6-8, in Minneapolis. The theme is **God is Faithful Still**, with guest speakers Walter Brueggemann, William Stacy Johnson, Barbara Lundblad, and others.

Those interested in attending should speak with Pastor Randy, or visit the website www.covenantnetwork.org.

East Liberty Presbyterian Church

The Cathedral of Hope
116 South Highland Avenue
Pittsburgh, PA 15206

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Office Hours

Monday–Friday, 9 am–5 pm

Sunday, 9 am–12:30 pm

Staff Leadership

The Rev. Dr. Randall K. Bush
Pastor

The Rev. Heather Tunney
Associate Pastor for Educational Ministries

Linda Addlespurger
Director of Hope Academy

The Rev. Miriam Chamberlain
Visitation Pastor

Cindy DeAngelo
Seminary Intern

Brian Diebold
Youth and Young Adult Ministry Intern

The Rev. Christiane Dutton
Minister of Taizé Prayer

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

Pamela M. Kimmel
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*Associate in Ministry for Spiritual Life,
Stephen Ministry and Older Adults*

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

Jon Tyillian
Associate Director of Music

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. Deadlines are the first Tuesday of the preceding month.

Pastoral Message

The Rev. Dr. Randall K. Bush, Pastor



"To Do Justice: A Guide for Progressive Christians" is a book I'm reviewing for Theology Today. The chapters are short, and topics are relevant. Noted scholars ask how we are "to do justice" for workers, families, prisoners, immigrants, and drug users. They wonder how we can live justly when so many lack affordable housing, so many students are failed by public education, and so much damage is done to the created order around us. The book offers "a message of hope for a fearful time." It ultimately asks us to "commit ourselves to a culture of

peace and freedom that embraces nonviolence, nurtures character, treasures the environment, and builds community, rooted in a spirituality of inner growth with outward action." - *"A Social Creed for the Twenty-First Century"*

That last phrase caught my attention – "inner growth with outward action." One element without the other only leads to an imbalance in our spiritual lives. Inner growth – through prayer, Sabbath keeping, bible reading, honest reflection and self-discernment – is a critical part of the Christian way of life. Personal growth emerges from ongoing conversations with God, opening ourselves to the Holy as we drive around town, walk through a park, or lie awake at night.

Inner growth is always paired with outward action, just as the work of preparing the soil is followed by the planting of seeds. Outward action may be a small act, an anonymous good deed, a mailed-in donation, or a phone call to check-in on an acquaintance. It may involve bigger decisions, like a new career path, joining a march for human rights, or getting public policies changed at your workplace or community. As the authors put it, "Christianity is not simply a personal and private matter between an individual and God; it is also about community responsibility and faithfulness in public life – social, political, and economic."

October is the month for this dual "faith-focus" of inner growth and outward action. It is the month for World Communion, Peacemaking, Domestic Violence Awareness, and Reformation History celebrations. October is for Stewardship conversations and learning about full inclusion from Dr. Jack Rogers. It is also the season of All Saints Day and Hallowed Eve (Halloween), when we are reminded of our own mortality, and the legacy we each pass on to future generations.

My goal is not to add things to your personal "To Do" list. I especially do not want to encourage behavior that suggests good Christians are always busy doing good deeds, hoping to earn their spot in heaven. As October unfolds, give thanks for what you see. Listen to your heart a bit more carefully. Look around a bit more intently and compassionately. Be willing to be a servant of Christ in some way. Believe me, God will fill in the details! Finally, let your light shine before others, making visible your inner growth with outward action.

Randy Bush



Nominations for Church Officers

The Nominating Committee is seeking recommendations for members willing to serve as deacons, elders, and Centennial Fund committee members. Terms are usually three years. If you discern God's call to service, speak to Elders Julianne McAdoo, Gloria Ritchey, or others on the committee.

Hope Academy

Linda Addlespurger, Director

Soup's On! What's Your Specialty?

"Only the pure of heart can make good soup"- Ludwig van Beethoven



People of all ages come together to share in the full life of ELPC – singing, dancing, eating and praying – after school and throughout the evening on Wednesdays. Children and teens take part in free Hope Academy classes (including our "Voices of Hope" vocal ensembles and Step Team); while their families gather in the McKelvy room to do homework together, have a snack, play games, knit and crochet, work on crafts, and socialize. The McKelvy room brims with community and church folks, sharing a simple soup and bread supper at 6 pm, before Taizé Prayer service and club one sixteen dinner and Bible study.

Every week, someone donates a different homemade soup. Last year, we were treated to Caldo Verde (a Spanish sausage, kale and potato soup), Paula Addlespurger's Minestrone, Mary Alice Lightle's Peanut Soup and Nancy Klancher's Mushroom Barley. Recipes, with photographs and drawings by the children, will be collected throughout the year and put into a cookbook, as a fundraiser for the Wednesday Connection programs.

If you would like to donate soup and/or a recipe to be included in the cookbook, please call Norma Meyer at **412.441.3800 x11**, and tell her what kind of soup you are bringing, and on which Wednesday (you will need to deliver it by 4:30 pm on that day). Our soup cooker/warmer holds one gallon of soup.

Please send along the recipe and a story about why this soup is your favorite. Does it evoke special memories for you; is it a family/ethnic tradition? Did you create it yourself? If so, what inspired your creation?

Join us on Wednesdays, at 6 pm, for soup, bread and fellowship. All are welcome!

Infinite Family

You know how kids in their turbulent teen years need someone to throw them a lifeline? Well, a group of ELPC members is throwing that lifeline to South Africa!

These members are volunteers with Infinite Family, a local non-profit that connects adult mentors in East Liberty, Penn Hills or LA, to South African children in orphanages and afterschool programs, via videoconferencing and the internet!

Currently, one fifth of the children in South Africa are without parents. Infinite Family brings these teens to the kitchen tables and living rooms of caring adults around the world, so they can virtually talk face to face. They share their worlds, hearts and hopes, preparing the teens to be successful adults and making everyone's life happier and more rewarding.

For Linda Benedict, Infinite Family mentor and ELPC member, the relationship has given her family a window into the world of Tumi, a 15 year-old girl living in a squatter camp. Linda says that, "Tumi has a heart of gold and a radiant spirit. She shares her dreams of going to school to become a doctor. I don't think she knows how much of a positive impact she has had on the Benedict family. We love her!"

The next online training for mentors is coming up at the end of October. To volunteer as a mentor, please call Shannon Mischler at **412.404.2334**.

Visit our website, at www.infinitefamily.org. To hear the teens and mentors speak for themselves, watch a video at www.youtube.com/watch?v=YZnt4zt780U.

Oktoberfest

Sat., Oct. 18, from 5:30-7:30 pm

All are welcome to this family-friendly event at ELPC! We will enjoy a pot-luck supper together, and enjoy pumpkin painting, hat making, fall crafts, bowling and more! Please bring a side dish, salad or desert to share!

RSVP to Gloria Knopp at **412.441.3800 x22**, and complete a registration form so we know how many pumpkins to order!



SAVE Walk

Sat., Oct. 11, at 11 am

The annual Strides Against Violence (SAVE) Walk is upon us, supporting the Victim's Services Network.

Please join us at Flagstaff Hill in Schenley Park, in the fight to save lives, children, families and neighborhoods.

Registration before October 3rd is **\$15**, any time after is \$20. For more information, visit www.womansplace.org.



Session News

The Board of Deacons and Session met last month to learn more about each other's ministries and to recommit to the immediate goals of the church. Conversations continued regarding plans to restructure our church Mission Committees as well as to explore more environmental-friendly landscaping options for the Penn Ave. side of our church property. The Finance and Stewardship Committee presented recommendations regarding the upcoming budget process, and a follow-up meeting was held to vote on fiscal guidelines for the coming year.



Christian Education in October

Rev. Heather Tunney, Assoc. Pastor for Educational Ministries

Reminder!

All Adult Church School Classes are combined on **Sun., Oct. 12**. Look for details on Dr. Rogers' visit, on page 1.

Church School Classes

Sundays, 9:45-10:45 am

Classes are offered for persons of all ages, from infants to adults. Adult options are detailed on this page. Youth classes (page 5) — junior high (grades 6-8) and senior high (grades 9-12) — follow the *Seasons of the Spirit* curriculum to explore and apply biblical stories to their daily lives. Children's classes (by age) include *Baby Lapsit*, *Godly Play*, and *Seasons of the Spirit*.

New Play Group!

The Young Children's Ministry Committee would like to invite ELPC toddlers and babies (oh, and their parents too!) to a Thursday morning playgroup. Join us the last Thursday of each month from 9:30 am-noon, in the ELPC nursery. This will be a great time for our kids to play together while moms/dads/caregivers are able to socialize and support each other in this journey called parenting. Email Kim Ness at kimjness@yahoo.com, for details.



CONTEMPORARIES CLASS *Leaders: Joe Kennedy and Mary Alice Lightle*
The Contemporaries are an intergenerational fellowship of Christians seeking to live faithfully in the 21st Century. We encourage one another to grow spiritually and carry out ministries of compassion and justice.

Oct. 5: Corporate Social Responsibility, an Oxymoron?, led by John Buckley
Businesses are creating Corporate Social Responsibility (CSR) programs, commitments, measures, committees, reports and communications. Have they found religion or is it "greenwashing?" John Buckley directs The Bank of New York Mellon's CSR program. View BNY Mellon's CSR report at www.bnymellon.com/csr.

Oct. 19: Belgium Through the Eyes of Children, Peace and Hope, led by Ashley Birt
During the month of July, Ashley Birt served as a leader at an international peace camp for children in Brussels, Belgium, where she worked with 11 year olds from all over the world. She will discuss her experiences at the camp, communicating without common language, finding common ground across nationalities and religions, and helping the youth of the world work towards peace.

Oct. 26: Continuing the Pilgrimage, led by Wil Forrest
Hear stories, and see pictures from a recent pilgrimage to Palestine and Israel. Our focus will be on the "Dead Stones," which tell the story of Jesus' life and the Bible.

JOURNEY WITH SCRIPTURE *Leader: Jan Irvin*
"The kingdom of heaven is like yeast that a woman took and hid in three measures of flour..." Participants read the Hebrew and New Testament scriptures from the Revised Common Lectionary. We meet with a goal of personal transformation and movement towards a community of vision, justice, and steadfast love.

Oct. 5: Ex. 20:1-4, 7-9; Ps. 29; Phil. 3:4b-14; Matt. 21:33-46

Oct. 19: Ex. 33:12-23; Ps. 99; I Thess. 1:1-10; Matt. 22:15-22

Oct. 26: Deut. 34:1-12; Ps. 90:1-6, 13-17; I Thess. 2:1-8; Matt. 22:34-46

PARENTING CIRCLE *Leaders: Anne Jackson and Frances Irvin*
The Parenting Circle is for anyone involved in parenting. In weekly meetings and informal get-togethers, we share experiences, resources, prayer and scripture. Explore how faith nourishes our family lives and nurtures our parent/child relationships. Foster closer family relationships through active faith communities.

Oct. 5: Fellowship, sharing joys and concerns.

Oct. 19: We will continue studying the book "Family: The Forming Center - A Vision of the Role of Family in Spiritual Formation," by Marjorie Thompson. On Sun., Oct 19, we will cover Chapter 4: Becoming Sacred Shelters.

Oct. 26: We will discuss Chapter 5: Prayer in the Family. The discussion is easy to join, even if you haven't had time to read the chapter!

SEEKERS *Leader: Nancy Klancher*
The Seekers wish to grow in religious understanding, insight, faith and practice. Participants are interested in theological breadth, interfaith understanding, psychological and religious development and progressive Christian activism. Question and be renewed through lecture, group discussion and workshops. Together, we seek a broad, inclusive dialogue, experience and theology.

Oct. 5: A Family Practitioner's Perspective on Healthcare Reform, Dr. Chris Butler

Oct. 19: Energy Issues from a Christian's Perspective, Marcia Lehman, Energy Issues Consultant

Oct. 26: Christian Perspective on War and Current Issues, Dr. Ronald Stone, Professor of Christian Ethics, retired, PTS

Youth and Young Adult Events

Rev. Heather Tunney, Assoc. Pastor for Educational Ministries

YOUTH MINISTRIES

club one sixteen

ELPC youth meet on Wednesdays, from 3:30-8 pm. In conjunction with Hope Academy, we offer time for homework, gym activities, free Hope Academy classes, dinner, Bible Study, and more! Participate as your schedule permits!

club one sixteen jr. and sr. start at 6 pm, with dinner together, followed by Bible Study, from 6:30-8 pm. October's theme is **choices**. We'll discuss how faith impacts:

Oct. 1: Academic Decisions

Oct. 8: Friends

Oct. 15: Language

Oct. 22: Living our Faith

Oct. 29: Being a Citizen of our city, country and world



Confirmation Classes

During the 2008/09 Church School year, ELPC will offer Confirmation Class (CC) for youth in grades 9+, who are interested in learning about God, the Church, and our Presbyterian tradition. This is an opportunity to build community, and deepen their understanding of God, and how God is active in their lives. At the end of our series, they'll be invited to join ELPC through Baptism and Profession of Faith. Youth will be received on Pentecost Sunday (May 31), at our 11 am service. Interested youth are asked to attend an overnight retreat at ELPC on **Sat., Oct. 18**, at 4 pm, concluding after our 11 am, Sanctuary Worship on **Sun., Oct 19**. Beginning in November, we'll meet the first Sunday of each month from 12:30-3:30 pm. Contact Pastor Heather at **412.441.3800 x21**.

Volunteers Needed!

Every Wednesday, we provide dinner for those who participate in **club one sixteen** (about 30), to offer fellowship, and a healthy meal. We are asking for your help to nourish their bodies as we nourish their spirits. Volunteers are needed to prepare and/or provide meals for youth and leaders. A typical meal includes a main dish, side dish and dessert (we provide drinks, bread and butter). If cooking for 30 is a daunting task, consider sharing the load with a fellow member, or donating a portion. A sign-up sheet will circulate during the Church School hour.

Youth Basketball

Young men in grades 9-12 are welcome to participate in our *free* Saturday evening basketball program. We meet in the ELPC gym from 5-8 pm.

YOUNG ADULT MINISTRIES

"The purposes in the human mind are like deep water, but the intelligent will draw them out" (Prov. 20:5). If you're in your 20's or 30's, join us as we draw out these deeper purposes in our lives! Email Brian Diebold at **bdiebold@pts.edu**.

Life in the Spirit Sunday School Class

In order to encounter the beliefs and practices of others, we'll continue our series, **Faiths of the World**. We've been learning about different religions on Sundays, and then traveling, at other times as a group, to experience these traditions. We meet in the Pastor's Conference Room, on Sundays from 9:45-10:45 am.

Tuesday Evening Study Group

Join us every second and fourth Tuesday of each month, from 7-9 pm, for an informal time of Bible study and discussion. Topics TBD.

Check out the Young Adults on Myspace!

Browse announcements, pictures, blogs, discussion forums, connections, and more, at **www.myspace.com/youngadultselpc**.

Volunteer Corner

Have you become a member/friend of ELPC in the past year? If so, the Volunteer Coordination Team would like to meet you for a brief (15-20 minute) conversation to chat about your interests, and to acquaint you with the many service programs offered at ELPC.

Call Karla Ballou at **412-441-3800 x34**, to schedule an appointment.

Housing Ministry

This summer, 30+ volunteered for the rehab activities of ELPC's Housing Ministry and Open Hand Ministries. This team developed a resource directory for homeowners and continued our outreach and support of the families that became first-time homeowners in 2007. We welcomed these families to ELPC summer activities; helped them to deal with family, budget and home maintenance issues; and a burglary.

Outreach to our East End community continues with support to a family hoping to be a first-time homeowner and rehab activities at Garfield house. We also are looking at other ways to serve our neighbors and congregation.

Interested? Contact Emily Rosenthal at **412.963.0139** or The Rev. Patrice Fowler-Searcy at **412.441.3800 x30** or **PatriceS@coh.net**, or members of the Housing Ministry team: Dick Headley, Maria Englehardt, Bruce Pollock, and Don Brietbarth.

Thank you to those who gave food, time, talents, and tools:

Todd Hoffman, Bruce Pollock, Theresa Patterson, Michael Anderson, Carol Untch, Maria and Tim Englehardt, Wray Fanton, Gail Noden, Jim Russ, Mary Alice Lightle, Jerry Swanson, Gabe and Emily Espinoza, Pat Krimmel, Jeff and Lesley O'Dette, Jim Cover, Dick Headley, Flo and Bill Johnson, Gary Slafka, Diana Armstrong, Leila Richards, Eric Neumann, Deena Hower, Emily Rosenthal, Herma Stewart, Janet and Jordan Pollard, and Jon Nelson

Full Inclusion Task Force

What are your thoughts on Jesus, the Bible, and Homosexuality?

Sundays, Oct. 19, 26, Nov. 2, and 9, after the Sanctuary Service at 11 am

In conjunction with Jack Rogers' guest appearance at ELPC on Oct. 12, the Full Inclusion Task Force is sponsoring a four-week group discussion course around Dr. Rogers' book, "Jesus, the Bible and Homosexuality." This is an "extraordinary book, the best to appear in the long debates within our churches over homosexuality."

No matter your stance on this topic, Dr. Rogers' scholarly conclusions offer illumination and clarity on what the Bible does and does not say.

The group will meet Sundays, after the Sanctuary Service at 11 am, beginning Oct. 19, through Nov. 9.

Books are available in the ELPC bookstore, and refreshments will be provided. Join us on **Sun., Oct. 19**, in the Chapel, for our initial meeting.

The discussion will be led by Rev. Philip Jamison and Chuck Nichols.

The Case of the Hijacked Haggis

Sat., Oct. 25, at 6:30 pm



Join us for a dinner/mystery event in the Social Hall, celebrating our ELPC heritage. We'll enjoy a wonderful Scottish meal and some bag piping entertainment.

Become a sleuth, solving clues around our building while entering into the mysteries at ELPC.

Cost of this event is **\$12**, per person. Payment will be at the door. Please call Norma Meyer at **412.441.3800 x11**, to let us know you're coming!

This event is sponsored jointly by the Worship, Music and Arts Committee and the Heritage Committee.



Classes After Taizé Prayer

The Rev. Christiane Dutton, Minister of Taizé Prayer

Classes begin at 8:15 pm. We will have a soup and bread supper, prior to the services, at 6 pm. A free-will offering of \$2.50 is appreciated.

Oct. 1: Points of Intersection: Writing Along the Road Less Traveled, Laurie Arnold
Write and discuss from writing prompts that explore when we have turned off the "main road." What has it meant? How did we integrate the experience?

Oct. 8: Prayer Journals and Easy Books, Sue Schneider

Craft a special book for your own use or as a gift! This easy-to-make book is a great place to collect your prayers, thoughts, favorite quotations and meditations. Sue will share several examples and guide you in creating your own unique book

Oct. 15: Sacred Harp/Shape Note Sing, Charles Anderson

Enjoy singing tunes in three and four part harmony from the oldest American tune book in continuous print. Joining in this joyful singing tradition is easy and enjoyable! All tunes are carefully taught, one part at a time! Beginners welcome!

Oct. 22: Impressions of Cambodia, Krista Reitz

Krista will present her impressions of Cambodia (ancient and modern) through images which she made on a 2007 visit. Crafts, fabrics, maps and drawings will supplement her photographs. Those interested in learning about the temples of Angkor Wat, which are now a World Heritage site, as well as life after the Khmer Rouge, may find this evening very interesting! Please join us!



Oct. 29: Celebrations!

If you celebrate a birthday, milestone or anniversary in October, please write it down and put it in the collection plate. We'd like to celebrate with you!

Presbyterian Women

Tues., Oct. 7: Horizons Bible Study: Jubilee! Luke's Gospel for the Poor

Join us at 10 am, as we continue our study of Luke, with "The Poor Hear Good News" (Luke 7:1-23). A potluck lunch will follow. Please bring a salad or snack to share. Beverages and soup will be provided. Contact Mary Alice Lightle at **412.682.1504**. Prepare for your eyes to be opened, your heart to be lifted up, and to praise God!

Sat., Oct. 11: Come to the Mission Fair

Everyone is invited to a Mission Fair in the Social Hall of ELPC, from 1-4 pm.

- Learn more about the mission agencies of Pittsburgh Presbytery.
- Meet and talk with the executive directors of many of these missions.
- Investigate opportunities for giving and getting involved in God's work here.

This event is hosted by Presbyterian Women in Pittsburgh Presbytery. Contact Jane Sampson at **412.963.8026**, for additional information.

Sat., Oct. 18: Fashion Show Salad-a-Rama

Join us at 1 pm, as Church Women United holds their annual fashion show and salad lunch at ELPC. A donation of **\$15** supports the work of this ecumenical group of women. Call Joan Heckel at **412.661.7760**, for tickets and information.

Fri., Nov. 7: World Community Day: God's Wisdom Sets Us Free

Join women of all denominations for World Community Day at Mt. Lebanon United Methodist Church, located at 3319 W. Liberty Ave. Registration begins at 9:30 am, and the program begins at 10 am. The fee is **\$10**. Call Joan Heckel at **412.661.7760**, for more information.



Health Ministry

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

Sneaky Diabetes

by Susan Whitaker

Almost 24 million Americans have diabetes; one out of four doesn't even know it. Type 2 diabetes, often exists undetected for years. It can damage the body without causing any noticeable symptoms. Many people are first told they have diabetes when the effects cause a big problem, such as blindness, kidney failure, heart disease, strokes, and nerve damage leading to amputation. It's important to remember that diabetes itself does not cause these problems, prolonged high blood sugar does. Finding out about diabetes as early as possible gives you the chance to get your blood sugar under control and avoid damage.

You have a higher risk of Type 2 diabetes if you:

- are over 45 years old
- have a family history of diabetes
- have an African-American, Hispanic, or American Indian heritage
- are a woman who has had a baby that weighed more than 9 pounds at birth
- are a woman who had diabetes during pregnancy
- are overweight
- do not exercise regularly

Many of these risk factors aren't controllable, but the last two are usually fixable. Extra pounds make your body's insulin less effective in controlling blood sugar. Fortunately, the loss of just 10 or 15 pounds is often enough to make the insulin work better. People who exercise moderately and regularly are less likely to develop diabetes. Walking at a moderate pace for 30-45 minutes, three or four days each week, is all that is necessary. It's best to build your activity gradually.

Only your doctor can diagnose diabetes, but it is smart to find out for yourself if you are at risk. Visit www.diabetes.org/risk-test.jsp, to for an easy self-test.

Visitation Ministry

The Rev. Miriam Chamberlain, Visitation Pastor

Help Us to Help You

To make sure the church can serve you in sickness and in health, it would help us to have the name and phone number of a contact in case of an emergency. This is especially true for those of us who are here without family and live alone.

A form will be included in the Sunday morning bulletin. Please leave the completed form in the church office, or call Kate Carlson at **412-441-3800 x17**.

Also, a reminder if you are admitted to a health facility, please include the name of one of the ELPC pastors as someone who can receive information about you, especially if those who are assisting you, do not attend ELPC.

Thanks for assisting the pastoral staff so that we can continue to stay connected!

Recycling Yields Important Dividends

ELPC has made progress in its recycling efforts. Look at the year-to-year change!

	Year-To-Date	Same Period in 2007
Recycled refuse:	15,292 tons	6,388 tons
Saved landfill space:	102 cubic yards	43 cubic yards
Saved energy:	62,727 kWh	26,204 kWh

It may take a little effort, but it's easier being green than you think!

ELPC People

Good News, Thanks, and Prayers

Good News

We welcome **Bruce Hanington, Lisa Hanington, Leila Richards, Maura Toole-Weis**, and **Mary Maskiewicz** by Affirmation of Faith; **Sheri Goldstrohm, Christine Lynch**, and **Vanessa Veltre** by Transfer of Letter; and **Paul Bernstein, Robert Shepherd**, and **Ravi Kulkarni** as Friends

Thanks

We would like to thank everyone for their prayers and kind expressions of sympathy during the recent passing of our mother and grandmother.

Sincerely,

Peta Harrigan Cole & Derek Harrigan

Prayers

Our prayers and sympathies are with the family of Candace Morrow, who recently passed away. She had been a member of ELPC for 16 years. She's survived by husband, Roy L. Morrow, and their two children.

EECM Food Pantry

The EECM Food Pantry provides food for people facing hunger in the Pittsburgh area.



Our congregation continues to answer the call in the struggle against hunger, but we need your help. Donations may be left in the baskets located throughout the church's hallways. October's "Food for the Month" is **pasta sauce**.

The EECM Food Pantry is open from 1-3 pm, Mon.-Fri. Visit www.eecm.org, for more information.

Men's Shelter Donations

In ELPC's commitment to the EECM Men's Shelter located in our church, the Deacons are collecting donations. October's requested items are **hoodie sweatshirts**.

Please drop these items in the baskets located in the Highland Ave. hallway. Your continued support in the form of donations and prayer are appreciated.



The Cathedral of Hope

116 South Highland Avenue
Pittsburgh, PA 15206

www.cathedralofhope.org

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“...inviting all to join our diverse, inclusive family of faith, transcending boundaries of race, class, ability, culture, age, gender and sexual identity to become one in Christ.”

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Festival of Lights Comes to East Liberty

Last year's Festival of Lights transformed downtown building facades into beautiful works of light. This year, it's coming to ELPC as part of the Pittsburgh 250 Celebration! Our steeple will be one of the highlights (pun intended) of a series of architectural lighting installations, including the Cathedral of Learning, Heinz Chapel, St. Paul's Cathedral, and many more!

Beginning **Wed., Oct. 15**, special lighting installations will illuminate prominent Pittsburgh buildings evening for five weeks. Our church will be a focal point of the East End, with special tours and music programs also being available to the public.

Visit www.cathedralofhope.com, for information and a calendar of events for this innovative celebration of lights.

Organ Artists Series

Sun., Oct. 19, at 4 pm

The Organ Artists Series (OAS) of Pittsburgh will open its 30th anniversary season with Australian artist, Joseph Nolan. This concert also marks the opening event, locally, for the American Guild of Organists' **International Year of the Organ**. It all begins right here, at ELPC!

Hear an outstanding musician playing on one of the country's finest Aeolian-Skinner instruments in an extraordinary architectural setting.

Season tickets for all four OAS concerts are **\$36**. Single tickets are **\$12**, and students are **\$2**.

Visit www.oas-series.com, or call **412.242.2787**, for information

Movie Premiere

Sun., Oct., 26, following the Sanctuary Worship at 11 am

ELPC is rolling out the red carpet to showcase our own beautiful people and wonderful programs in a short film, *“Generation By Generation, Renewed In The Spirit,”* produced by the Stewardship Committee.

“Generations” has vibrant energy, heartwarming moments, and a surprise ending. You'll stand up and cheer, *“That's my church!”* The committee wanted to make a movie that not only presents a strong stewardship message, but is



so exciting that you'll tell everyone why they simply must consider ELPC for their church home. Members and friends are asked to attend the premiere. It will be an exciting *“Oscar Night”* event; a time to gather and celebrate the way our church is *“Keeping in Step with the Spirit.”*

“Affirming the equality of all God's people is a prerequisite for reaching out in Christian service to all God's people.” - Dr. Jack Rogers