

Reaching Out

newsletter of east liberty presbyterian church

May 2009



Photo by Asia Kepka

Special Evening Worship Service

Sun., May 3, at 6 pm

The Rev. Dr. Randy Bush will preach a special evening worship service on **Sun., May 3**, at 6 pm. Due to road-closings for the Pittsburgh Marathon, the Journey and Sanctuary services will not be held. The service will focus on the question, **"Where is God When You Don't Believe in God?"** and feature guest musician Susan Werner and selections from her award-winning CD, *"The Gospel Truth."*

Following worship, at 7:30 pm, Susan will perform a 90-minute concert, featuring selections from her earlier releases and her newest CD, *"Classics."* A free-will offering will be collected. Invite your friends!



Photo courtesy Joe Negri

Joe Negri Returns

Sun., May 10, at 10:45 am

Join us on Mother's Day, **Sun., May 10**, beginning at 10:45 am, as we gather to hear the glorious sounds from the heart of the famous Joe Negri. ELPC's Chancel Choir joins the Joe Negri Combo in presenting selections from Joe Negri's *"The Mass of Hope."*

This "Mass" has been performed many times in the Pittsburgh area and beyond by outstanding choral groups, but it's one of those choral works that you can listen to over and over again and feel that it is new.

Sunday Morning Services

* Celebration of the Lord's Supper

Good Samaritan Worship • 8 am

May Liturgist: Pete Murray

- May 3* Rev. J. Howard Cherry, retired Methodist minister
- May 10 Rev. Janet Grill, Pastor, St. Andrew Lutheran Church
- May 17 Father Regis Ryan, Director of Focus on Renewal
- May 24 Rev. Bruce Brunkhorst, retired Lutheran minister
- May 31 Rev. Lynn Yeso, Chaplain Ministry, Allegheny County Jail

Journey Worship • 8:45 am

- May 3* Evening Worship, at 6 pm
- May 10 Rev. Heather Schoenewolf
- May 17 Rev. Patrice Fowler-Searcy
- May 24 Rev. Dr. Randy Bush
- May 31 Rev. Heather Schoenewolf

Sanctuary Worship • 11 am

- May 3* Evening Worship, at 6 pm
- May 10 Rev. Dr. Randy Bush
- May 17 Youth Sunday
- May 24 Rev. Dr. Randy Bush
- May 31 Rev. Dr. Randy Bush

Koinonia Service of Praise

Second Sunday of each month • 7 pm
May 10 Cindy DeAngelo

Holy Ground Service

Third Sunday, March-November • 6 pm
May 17 Rev. Dr. Richard Szeremany

Labyrinth Prayer Walk

Mondays • 10 am-3 pm
Wednesdays • 10 am-9 pm

Taizé Prayer Service

Wednesdays • 7 pm
The Rev. Christiane Dutton

Youth Sunday

Sun., May 17, at 11 am

Join us on for a special worship celebration! Our Sanctuary service will be written and led by our senior high youth. In addition to special music and worship leadership by our youth, our high school seniors will share a message with us about each of their faith journeys, and how they are experiencing God's call in their lives as they prepare for Graduation and to face new horizons.

Note: Youth who're participating should meet in the Sanctuary at 9:45 am, on **Sun., May 17**.

Pentecost 2009: Happy Birthday, Church

Sun., May 31

Everyone is invited to celebrate this festive day by wearing something red, a color that reminds us of the tongues of fire that lit on the heads of the disciples. Red banners and balloons inside and outside of the church provide a setting for the great celebration. Pick up a streamer at the door and join the festivities as a dancer leads the acolytes, beadle, cross bearer, clergy and choir in the processional. The music, art, story of the first Pentecost and the message will bring alive the blessings that have come to the church through the Gifts of the Spirit.

After the service, the Worship, Music and Arts Committee invites everyone to attend a reception, in the Social Hall, to greet the young people who were confirmed and the artists whose work is on display.

East Liberty Presbyterian Church

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

Tel: 412.441.3800

Fax: 412.441.4422

www.cathedralofhope.org

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 Schoenewolf
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
Business Administrator

Dr. Lois M. Lang
*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

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



If you'll pardon the pun, I'll begin with a grim tale from the Brothers' Grimm. Once upon a time, a man and his wife were sitting on their porch with a roast chicken before them that they were about to eat. Then the man saw his old father coming along, so he quickly hid the chicken in the house, for he begrudged him any of it. The old man came, had a drink, and went away. Now the son was about to put the roast chicken back on the table, but when he reached for it, it had turned into a big toad that jumped in his face and stayed there and wouldn't go away. If anybody tried to disturb it, it would give them a poisonous look, as if about to jump in their faces, so that no one dared touch it. The ungrateful son had to feed the toad every day, otherwise it chewed on his face. Thus, the son went ceaselessly hither and yon about in the world. (Story retold in *"The Gift"* by Lewis Hyde.)

The folk tale was told as a way to illustrate how gifts are meant to remain in motion. We receive from the generosity of others and are blessed by passing on to others out of a similar, generous spirit. But by hoarding goods, by refusing to share the bounty we have received, it's as if "toads" of greed and dumb-lust have made a home in our midst.

Many cultures have quite elaborate rituals associated with gift-giving. It can range from Kula gifts of shells and necklaces passed around between chieftains in Western Pacific islands to the gifts presented by Presidents and Prime Ministers when they visit other heads of state. It usually extends beyond reciprocal giving, quid pro quo, in which only two people benefit from the exchange. Ideally it's a wide circle in which a gift (or things shared in a spirit of generous gift-giving) move through many hands and multiple recipients.

A stronger version of this idea comes from the American Indians of the North American coast, who celebrates "potlatches." They are feasts lasting several days given by a member of the tribe for the benefit of the whole tribe. The Haida Indians call their potlatches a ceremony for "killing wealth," as items of value are freely given away, burnt, and "consumed," meaning that they move from one hand to another with no assurance of getting anything in return.

In a consumer society built upon possession and accumulating wealth, there's much we can learn from these descriptions of "gift-giving" cultures. As a faith society, there are many ways to build upon these ideas. There's a "stewardship lesson" in that our lives are meant to be spent as "cheerful givers" and that involves both the actual act of generous sharing as well as the spiritual practice of trusting God to provide for our needs.

There's also a "Pentecost lesson" in all this. For on that church "birthing-day" long ago, the people received something from God that could not be hoarded or possessed. It had to be shared. It literally sent them out into the streets, despite the risks involved in telling the gospel of Christ to a community that only recently had put Jesus to death. It moved them to talk and share and give away all they had held dear (not just possessions, but their very safety and social standing) for the sake of this transformative, generous gospel of Christ.

See how, by God's grace, you can change the dominant metaphor of your life from one of calculating possessions to generous gift-giving. Discover, with the Spirit's prodding, how your spheres of influence, friendship and joy will expand in ever-widening circles of grace.

Randy Bush

Session News

- At the April Session meeting, the incoming class of Elders and Deacons were examined for office, and approved by Session. They will begin their terms in May.
- The Session continued its work on preparing the 2010 budget. We will hold information sessions for the congregation soon.

Young at Heart

Sun., June 7, following 11 am Worship

Save the Date! The theme of our annual Young at Heart Luncheon will be **Songs of Hope and Freedom**.

Special guest artist Peter Yarrow, of



Peter, Paul and Mary will lead us in some of the songs that inspired us in an earlier struggle for needed change.

Seniors, watch the mail for your invites!

Photo courtesy of Kevin Mazur

Gifts of the Spirit

A juried exhibition from **Sun., May 24**, until **Fri., June 19**, is the beginning of integrating the arts into worship and the life at ELPC. Artist members and friends may submit four original works that fit the show's theme and are appropriate for display in the church.

A complete description of the kinds of work, deadlines, and means of submission are available at the Highland Ave. security desk. If you've already submitted an intent to be part of this opportunity, pick up a form today. If you'd like to submit works and have not yet indicated your intent, pick up the form and follow the instructions for submission.

You may submit work to Phil Jamison, at philjir@gmail.com. For additional information, call Linda Wolford-Ulrich, at **412.761.1177**.

Art Exhibit Preview

Sun., May 24

The Pentecost Arts Subcommittee will host an art exhibit in various rooms throughout ELPC, as a preview of the art shows that'll continue all year. Locations will be detailed in the weekly announcements and the Worship, Music and Arts bulletin board in the main hallway.

Interested in Being an Usher or Greeter?

Sundays, at 11 am, Worship service

Did you know that multi-tasking can be done in church and at the office? Lending a portion of your time before or during Worship will make you a multi-tasker!

The Worship, Music and the Arts committee is looking for new members to assist us with greeting our fellow congregants and help us receive the morning offering.

We're also looking for people who're willing to be a captain and obtain Ushers and Greeters a few Sundays a year. It involves about an hour of your time to line up the greeters and ushers for the weeks you're in charge.

Please contact Norma Meyer, at **412.441.3800 x11**.

ELPC Welcomes Julia Cahill



ELPC's Young Children's Ministry Team is pleased to introduce our new Childcare Worker, Julia Cahill. Julia, a Pittsburgh native, is finishing her first year of studies as a Fine Arts Major at Carnegie Mellon University. She is the Assistant Director of CMU's Pre-College Art program.

Her love of the French language and culture will benefit her as she attends classes, for part of the summer, at the University of Paris la Sorbonne.

Julia will be a consistent presence on Sunday mornings in the ELPC nursery, assisting the Parent Teachers who lead our program. She'll also provide childcare on Wednesday evenings during the Taizé service. We're excited to welcome Julia to our ministry team, as we nurture the youngest members of our ELPC family!

Paul Martin Joins ELPC Staff

ELPC is pleased to welcome Paul Martin as our Supervisor of Security and Hospitality. Paul is originally from this general area, his grandparents had a home in East Liberty and he grew up in Wilkinsburg. He and his wife, Danielle, live in Penn Hills.



Paul has an Associates Degree in criminal justice from CCAC. Most recently he was Director of Security/Loss Prevention at the Radisson Hotel/Expo Mart, in Monroeville. He also served as a Sergeant with the Wilkinsburg Police.

Paul brings leadership in both security and hospitality to this important aspect of our church life. Stop by his office, the first one on the left as you walk down the hall toward the Chapel, and greet our newest staff member.

VCS: Catch the Spirit!

Registration forms are now available for both students and volunteers for Vacation Church School 2009! Join us as we **Catch the Spirit** through our study of the Biblical book of Acts, through worship, games, crafts, study, and special activities.



VCS serves children age 3 (toilet-trained) through grade 5. There are a variety of opportunities for Youth (grades 6-12) and Adults to offer their gifts in service to God and the youngest members of our faith community.

Please complete a registration form and call Pastor Heather, at **412.441.3800 x21**, for more details.

Computer Rehab Workshops

Families are invited to a series of introductory workshops and demonstrations on how to refurbish computers from salvaged parts. We'll meet throughout May on Wednesdays, from 4:30-6:30 pm, in the sewing room on the ground floor. The workshops will be structured around the interests and needs of the participants, so whether you want to upgrade your own computer or build one for a needy family, this workshop will give you hands-on experience!

If you're interested in attending, call Norma Meyer, at **412.441.3800 x11**.

Christian Education in May

Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries

CONTEMPORARIES CLASS *Facilitators: Joe Kennedy and Mary Alice Lightle*

May 10: Breaking the Cycle, led by Antoinette Grier, Lydia's Place, Inc.

Lydia's Place helps female offenders and their children rebuild their lives. Three-quarters of the women clients are mothers of minor children. Over the years, we've become increasingly aware of the tightly intertwined nature of the issues incarcerated women and their children face.

Recent criminal justice research clearly demonstrates that the absence of family connections is the best predictor of inmate recidivism. It shows that people who have strong relationships with their children and other family members are less likely to return to jail. Our approach to breaking the intergenerational cycle of incarceration improves support systems for mothers and their children.

May 17-24: Unity Through the Gift of Oneness, led by Chuck Carson

You're meant to be one with God. It's that simple! However, it requires being at peace with yourself. Our minds are simultaneously our greatest asset and liability. The same machines of thought that enable us to conceive and create wondrous things are cluttered with doubts, regrets, envy and ego. Our brains get chaotic, and that can drown out the voice of God trying to speak to us. We'll navigate this journey with insights and reflections to enhance our comprehension and progress.

May 31: Cub Scout to Marine to a Man, led by Bill Johnson

Bill has a story to tell regarding the manner in which events, people, the church and God have collaborated in the shaping of his spiritual identity. In some capacity, we're all role models and the fact that each one of us is a child of God can be a vital link in the learning process of our development. Bill's pilgrimage covers three stages and you'll surely be inspired by the account of his journey!

JOURNEY WITH SCRIPTURE *Facilitator: Jan Irvin*

May 10: Acts 8:26-40; Ps. 22:25-31; I John 4:7-21; John 15:1-8

May 17: Acts 10:44-48; Ps. 98; I John 5:1-6; John 15:9-17

May 24: Acts 1:15-17, 21-26; Ps. 1; I John 5:9-13; John 17:6-19

May 31: Acts 2:1-21, Ps. 104:24-34; Rom. 8:22-27; John 15:26-27, 16:4b-15

PARENTING CIRCLE *Facilitators: Frances Irvin and Anne Jackson*

May 10-31: Three Cups of Tea

We'll continue discussing the inspirational book "Three Cups of Tea," describing the story of Greg Mortenson and his mission to build schools in the mountains of Pakistan and Afghanistan. We'll draw out themes that relate to our family life, such as following dreams, overcoming challenges, evaluating risk, education, interfaith dialogue, promoting peace, etc. We'll have books available.

SEEKERS *Facilitators: Seekers Steering Committee*

May 10: The Last Week, facilitated by the Rev. Christiane Dutton

Join us for the final discussion of Borg and Crossan's book, "The Final Week."

May 17-24: To Be Determined

Spiritual Life

Dr. Lois M. Lang, Associate in Ministry for Spiritual Life

Pittsburgh Theological Seminary Program: Pneuma

In August, PTS will begin a new program called **Pneuma** (Greek for wind, breath, and spirit). This two-year ecumenical program is in spiritual direction and leadership. A prerequisite is the completion of the Ignatian Spiritual Exercises, or willingness to complete them. For details, visit www.pts.edu/pneuma, or call Lois Lang, at **412.441.3800 x41**.

Youth and Young Adult Events

Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries

YOUTH MINISTRIES

club one sixteen

We'll hold our last gathering on **Wed., May 6**, with a cookout in the garth, fun, fellowship, and prayer as we prepare for the Summer. Keep an eye open for your Youth Calendars throughout the summer!

Confirmation News

As youth prepare to celebrate their Confirmation on Pentecost Sunday, there are several important dates to remember. See your Youth Calendar for details.

- **May 1-3: Confirmation Retreat**, meet Friday at 6:30 pm, return Sunday, by 2 pm
- **May 10: Confirmation Breakfast**, at 9:45 am
- **May 19: Meeting with Session**, from 6:30-8:30 pm, required for Confirmands
- **May 31: Confirmation**, meet at 9:45 am, in the Sanctuary

June 13-14: 30 Hour Famine



Youth in grades 6-12 are invited to an overnight at ELPC where we'll fast to raise money to fight hunger in Haiti. We'll learn about world hunger, spend time in service, enjoy games, and more! **RSVP and permission slip required.** We'll meet on **Sat. June 13**, at 3 pm, and break our fast on Sunday with Communion at the 8:45 am, Journey service and share breakfast after.

June 22-26: Vacation Church School – Catch the Spirit

Youth are invited to share their gifts in service to God and to our younger brothers and sisters in faith. VCS offers an opportunity for youth to minister to the younger children of our community and our congregation by helping, teaching, and sharing God's love. Youth in grades 6-12 are invited to help serve anytime from 9-3 pm. We ask that each youth make a minimum 3-hour commitment.

July 15-19: Local Summer Mission Trip – Break the Illusion

Youth who've completed grades 8-12 are invited to participate in a local mission trip. We'll stay at ELPC and engage in service to our community, while learning about God's call to love our neighbors. Youth will learn to see themselves and their community differently through God's eyes. Youth must be involved in ELPC youth programs and have completed at least three service opportunities at ELPC.

August 2-8: Trinity Youth Conference – Always Loved

TYC is a week-long conference sponsored by the Synod of the Trinity, for youth (age 15+, who've completed grade 9) and college-age young adults. TYC focuses on spiritual and leadership development, discipleship and evangelism through worship, activities and various workshops. Deepen your faith in a community of friends. Pastor Heather is the keynote speaker. Scholarships are available. Pick up a flyer on the bulletin board or visit www.trinityyouthconference.org.

YOUNG ADULT MINISTRIES

Visit us at www.myspace.com/youngadultselpc.

Tuesday Evening Study Group, from 7-9 pm

This month we'll continue with our study of the story of David in I and II Samuel, with its unblinking and instructive portrait of this all too human king.

- **May 12:** David the Human (II Samuel 11-19). Led by DaMisha Probst!
- **May 26:** David the Fading King (II Samuel 20 – I Kings 2)

May 31: Cookout, at 4 pm

Join us for good food and fellowship as we kick off our summer events. Please bring a side dish to share, drinks, hamburgers and hot dogs are provided. RSVP to Brian, at bdiebold@pts.edu, by **Sun., May 24**.

Hope Academy

Linda Addlespurger, Director

Students Brilliant in the Shakespeare Monologue and Scene Contest!

This year's Hope Academy Shakespeare students included Trenel Dumas, Owen Lee, Gary Nolan, Andrew Tindall,



Jonathan Lee, Mimi Thomas, Maria Meyer, John Poliziani, Robert Almond and Angelina Winbush. They presented two scenes from "A Midsummer Night's Dream" under the direction of Tonya Lynn, Jill Wadsworth and Linda Addlespurger.

NewMOVES Dance Festival

Hope Academy students will be performing as part of the NewMOVES Contemporary Dance Festival, from **May 7-9**, at the Kelly Strayhorn Theater. The three-day festival will include performances by local and national artists including: Tania Isaac, Makoto Hirano, Michele de la Raza, Gwen Ritchie, Beth Corning, Kate Watson Wallace, Sidra Bell, Edisa Weeks and Kyle Abraham.

Please visit the Kelly Strayhorn Theater website for details, including when HA's students will be performing: www.kelly-strayhorn.org.

Love and All That Jazz Videos Online

If you missed the Valentine's Day benefit concert for Hope Academy, be sure to visit the "Video Gallery" in the "Multimedia" section of ELPC's website, www.catherdralofhope.org, to view some of the highlights.

This month we have added the three-person, six-hands rendition of "Hungarian Rhapsody No. 2," featuring Rev. Dr. Randy Bush, Suzanne Polak and Jon Tyillian; plus the Voices of Hope choir singing "I Am Loved," featuring many of the students and their families.

New in the Library

The Worship, Music and Arts Committee has placed two new texts in the library for your reference.

"The Presbyterian Hymnal Companion," is a source text of information about each hymn in the hymnal. It provides the author, the composer, and how the church has sung the tune through its ages.

"The Presbyterian Hymnal Complete Concordance and Indexes," serves as a biblical concordance. If you know a line or a word(s) but not the title, or where it can be found in the hymnal, it can direct you to the hymns containing the word you're searching for.

Please remember, these are reference books and must remain in the library at all times.

Ecumenical Advocacy Days

As Christians, we are concerned about the conflict in the Holy Land. We want to understand the issues behind the conflict and the possibilities for its resolution. Can we, as a church, play a role in making this happen? ELPC's Peace Committee says, Yes We Can!

The Presbyterian Church (USA) is one of more than 20 denominations comprising Churches for Middle East Peace (CMEP), our lobbying church in Washington, D.C. Every year, CMEP sponsors a national conference that brings together concerned clergy and laity, Washington policymakers, and members of Jewish and Palestinian partner organizations. Participation in the conference provides opportunities to hear about upcoming legislation related to the Israel/Palestine issue, and to learn how we can make our voices heard by Washington policymakers.

This year's conference is scheduled for **June 7-9**. Stay tuned for details!

Classes After Taizé Prayer

The Rev. Christiane Dutton, Minister of Taizé Prayer

Classes begin at 8:15 pm. Our simple supper before Taizé resumes in September when Hope Academy's fall term begins.

May 6: Writing Class, led by Laurie Arnold

May 13: Sacred Harp/Shape Note Singing, led by Charles Anderson

Enjoy singing from the oldest American tune book in print. Beginners welcome!

May 20: Flute on the Labyrinth, led by Charles Anderson

May 27: Celebrations!

Do you celebrate a birthday, milestone or anniversary in May? Write it down and put it in the collection plate! We'd like to celebrate with you!

Presbyterian Women

Mary Alice Lightle, Moderator

Horizons Bible Study

Please join us on **Tues., May 5**, at 10 am, in the second floor parlor as we conclude our study of Jubilee! Luke's Gospel for the Poor. Jesus came to seek and save the lost! Florence Johnson leads our discussion of Luke 18:9-14; 19:1-10, "The Mighty Are Brought Down...The Lord Is Lifted Up." A potluck lunch follows. Please bring a salad or snack to share. Beverages and soup are provided. For more details, call Mary Alice Lightle, at **412.682.1504**. Prepare for your eyes to be opened, your heart to be lifted up and to praise God!

Alternative Mother's Day Gifts: Help Prevent Malaria

Each year, in sub-Saharan Africa, malaria causes over one million deaths, mostly children and pregnant women. Malaria is the number one killer of children under age five in Africa, claiming 3,000 young lives every day. Women are four times as likely to contract malaria during pregnancy and twice as likely to die from it.

Net Workers is a malaria prevention program established by the Presbyterian Church (USA). By purchasing a Net Worker's Mother's Day card to honor mothers, daughters or friends, you can help safeguard the health of mothers in Africa. Your \$10 donation provides an insecticide-threaded net and malaria prevention education for a woman and her family in Africa. Cards may be purchased in the McKelvy room after the 6 pm service on **Sun., May 3**, or by calling Kate, at **412.441.3800 x17**.

ELPC's Memorial Garden and Columbarium

Since the days of the catacombs, there has been a cherished Christian tradition of burying the dead in the church or in the churchyard. In modern times, the practice of entombing the bodily remains in a coffin exists in many semi-rural places, but isn't always suited to urban life.

In 1995, ELPC developed our Memorial Garden and our Columbarium within the walls of our building, adjacent to the front of the Chapel, to provide a resting place for the ashes of the deceased.

When you're thinking about final resting places, please consider ELPC's Memorial Garden and Columbarium. We're available to discuss all aspects of this option. Please call Pam Kimmel, at **412.441.3800 x18**, for details.

Housing Ministry

Emily Rosenthal, Chair of the Community Mission Committee

Volunteer Opportunities

There is an upcoming ministry volunteer opportunity on **Sat., May 2**. If you're interested in this work day, call Emily Rosenthal, at **412.963.0139**, or the Rev. Patrice Fowler-Searcy, at **412.441.3800 x30**.

Landscape Committee: Spring Planting

Sat., May 30, from 9-12 pm

Meet us at the Highland Ave. entrance to help with spring planting and clean-up. Plants are provided, but bring your own (labeled) tools: hedge trimmers, shears, garden trowels, leaf rakes, garden rakes, shovels, wheel barrows, gloves, or your favorite gardening implement. You also may want to bring bottled water.

In past years, we've been finished with our work around lunchtime, so we'd appreciate it if you could make plans to work for 3-4 hours. We would be just as grateful if your schedule only allows you to help for 1 or 2 hours!

Call Chuck Lukehart, at **412.782.6447**, for details. Please help if you can!

Health Ministry

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

Reminder: Needs Assessment

To help meet the health needs of people in our church and community, the Health Ministry is completing a Needs Assessment on **May 3 and 10**. If you haven't already done so, please fill out the short questionnaire found in the bulletin and return it to the front office. Information gathered is used for program planning.

Foot Notes for People with Diabetes: Part Two

by Susan Whitaker RN

A recent column presented information about foot problems and risk factors for people who have diabetes. When diabetes is well controlled, nerve and blood vessel damage can be avoided, and no special care is required. If you have any of the risk factors, you must give your feet extra protection.

Wash feet daily, using lukewarm water, mild soap, and a washcloth, but avoid soaking. Rinse, and apply lotion while feet are still damp, but keep it away from between the toes. Gently dry feet, especially between toes. Use an emery board, not scissors, to keep toenails trim.

You must rely on your eyes, not your sense of feeling, to detect any abnormalities. Check daily for sores, blisters, cuts, color or temperature changes, swelling, etc. Look everywhere; use a mirror for difficult spots or ask someone to help. For minor cuts, wash with mild soap and lukewarm water, pat dry, apply a mild antibiotic ointment, and cover with gauze wrap. Never use adhesive tape or Band-Aids, and never break blisters. Call your healthcare provider if there's an open sore, a puncture, signs of infection, or slow healing.

Do not use heating pads, hot water bottles, or strong chemicals such as peroxide, iodine, Epsom salts, or corn pads. Never go barefoot. Always wear shoes or sturdy slippers, even in your home. Choose new shoes with plenty of room for your toes. Wear new shoes only two hours daily for the first two weeks. Always cushion your feet by wearing clean, soft, nonstretch socks.

It isn't fancy, but this foot care plan could truly help you keep your feet for life.

ELPC People

Good News

- Steve and Nicole Bomeli are the proud parents of a baby girl, **Caroline Marie Bomeli**, born on March 15.
- **Juliette Channelle Young**, infant daughter of Dawn Young, was baptized on March 15.
- **Blake Stadnik** and **Carter Redwood**, are winners of this year's Pittsburgh Public Theater Shakespeare Monologue and Scene Contest.  Blake and Carter are former Hope Academy students.
- **Kira Lugo**, a Hope Academy dance and piano student, was selected as a finalist for her scene from "Macbeth."

- Congratulations to **Linda Addlespurger**, Director of Hope Academy, who was selected by the National Endowment for the Humanities to participate in a four-week summer institute for teaching Shakespeare, at Shakespeare & Company.

Prayers

- Our prayers and sympathies are with the family and friends of **Dorothy Chiavetta Kolodner**, who recently passed away. A Memorial Service is scheduled for **Wed., May 20**, at 3 pm, at the Pittsburgh Athletic Association building (corner of Fifth Ave. and Bigelow Blvd.), in Oakland.

EECM

Men's Shelter

We need your help! Requested items for May are **deodorant** and **shaving cream**. Please drop donations in the Highland Ave. hallway basket.

Food Pantry

May's "Food of the Month" is **Hamburger Helper/Tuna Helper**. Donations may be dropped off in the hallway baskets.



East Liberty Presbyterian Church

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."

Music Recital

Thurs., May 7, at St. Andrew's Episcopal Church

Join us on **Thurs., May 7**, for the 8 pm, Choral Evensong service, at St. Andrew's (5801 Hampton St.).

After the service, the Rev. Dr. Randy Bush will present a short piano recital featuring the music of Brahms and Villa-Lobos.

This musical recital will begin around 8:45 pm. A time of fellowship with dessert and refreshments will follow.



Pittsburgh Gospel Choir Presents:

A Time of Reflection & Celebration

Sat., May 9, at 4 pm, in the Sanctuary

Admission is **\$5**. Call Francis Irvin, at **412.363.0319**, for details.

Confirmation

On Pentecost Sunday, eight high school students will celebrate their Confirmation at ELPC. This is a special time in the life of our church, as youth from within our faith community make a profession of faith and are received as full members.



Left to Right: (Back) Talora Martin, Erich Harkema, Josh Lawrence, Ben Engelhardt, Sophie Klancher; (Front) Camden Copeland, Madie Massey, Camara Copeland

The students have participated in a time of study since September, and met monthly with Pastor Heather and Youth and Young Adult Ministry Intern, Brian Diebold, to explore the theology at the core of our faith tradition. They've read through the Gospel of Luke and met and prayed with their sponsors. Each student also wrote a Statement of Faith to express their belief in God and their understanding of how God is at work in their lives.

Please join us in a special celebration on Pentecost Sunday as we rejoice in God's work in the lives of our youth and their dedication to God's service.

Church School: Classes will not meet on **Sun., May 3**, due to the Pittsburgh Marathon.

Offices Closed: Church offices will be closed on **Mon., May 25**, for Memorial Day.