

## Newly Restored Organ to Shine in Concert Showcase

*Sunday, October 14, at 4 pm*

J. Richard Szeremany, ELPC's Director of Worship, Music and the Arts and organist, is designing a program for **Sun., Oct. 14**, at 4 pm to highlight many of the beautiful sounds of our magnificent, newly refurbished pipe organ. His selection of music for this program will include pieces that are "audience friendly" as well as tunes you can take home with you. Music by J.S. Bach, Widor, Dupré, Sowerby and others will be featured. A special portion of the program will be dedicated to a duet for piano and organ with a guest appearance by Randy Bush, pianist. Also being planned is a 15-minute segment of "requested favorites." Here's how you can participate—just jot down your favorite choice on a card, including the title and composer, and mail it to J. Richard Szeremany at ELPC (please use the address below), or call Norma at 412-441-3800, ext. 11, or Richard, ext. 24, with your choice. Should there be more requests than we can accommodate, we will plan another "favorites" program later in the season. Please see page 4 for concert ticket information, along with details about the organ concert which will be presented on **Sun., Oct. 28**.



The Boilermaker Jazz Band (Photo: A. Buzzy)

## The Boilermaker Jazz Band Returns to ELPC

*Sunday, October 14, at 10:45 am Worship*

The sweet sounds of Pittsburgh's premier Dixieland music group, the Boilermaker Jazz Band, return to ELPC. Come early to worship (10:45 am) as the sounds of woodwinds, brass and Dixieland blues fill the sanctuary. The theme of this jazz worship service will focus on the "spirit of blues," with an invigorating recessional to the old favorite "When the Saints Go Marching In." Invite a friend to join you on this day!

## Sunday Morning Services

*\* Celebration of the Lord's Supper*

### Good Samaritan Worship • 8 am

*October Liturgist: Mr. Roy Hiller*

- Oct. 7\* The Rev. Dr. Randy Bush, *ELPC Pastor*
- Oct. 14 Betty Angelini, *Exec. Director, Camp Crestfield Camp and Conference Center*
- Oct. 21 The Rev. Connie Dunn, *Butler County Nurses' Assoc.*
- Oct. 28 Judith Yeck, *Elder, Sharon Community Presbyterian Church / Lay Minister, Pittsburgh Presbytery*

### Morning Glory Worship • 9 am

- Oct. 7\* The Rev. Dr. J. Richard Szeremany
- Oct. 14 The Rev. Dr. Randy Bush
- Oct. 21 Children's Sabbath Worship
- Oct. 28 The Rev. Dr. Randy Bush

### Sanctuary Worship • 11 am

- Oct. 7\* World Communion Sunday  
The Rev. Dr. Randy Bush
- Oct. 14 The Rev. Dr. Randy Bush
- Oct. 21 Dr. Eileen Lindner, *Deputy General Secretary, National Council of Churches*
- Oct. 28 The Rev. Dr. Randy Bush

### Koinonia Service of Praise

*Second Sunday of each month • 7 pm*

- Oct. 14 Kathleen Kyle, *Elder*

### Holy Ground Service of Wholeness and Healing

*Third Sunday, March – Nov. • 6 pm*

- Oct. 21 The Rev. Dr. Randy Bush

### Labyrinth Prayer Walk

*Mondays • 10 am to 3 pm*

*Wednesdays • 10 am to 9 pm*

### Taizé Prayer Service

*Wednesdays • 7 pm*

The Rev. Christiane Dutton

### Visit ELPC On the Web:

[www.cathedralofhope.org](http://www.cathedralofhope.org)

The "multimedia" link on our website provides access to sermon audio files, photo galleries, and videos of recent special concerts and worship services. We have over 15,000 weekly website viewers—so log on and check it out!

## 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](http://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 and The Arts*

Gerri 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. As of this issue, production of *Reaching Out* is coordinated by the Yearick-Millea agency. Please note that deadlines now will be the first Tuesday of the preceding month.

# Pastoral Message

*The Rev. Dr. Randall K. Bush, Pastor*



During the opening section of a funeral service, our Book of Common Worship encourages pastors to read from a selection of scriptural verses to set the tone for what is to follow:

“Our help is in the name of the Lord, who made heaven and earth.” (Psalm 124:8)

“I am the resurrection and the life, says the Lord. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.” (John 11:25-26)

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” (Matthew 11:28)

“Blessed are the dead who die in the Lord, says the Spirit. They will rest from their labors, and their deeds follow them.” (Revelation 14:13)

There are few times in one’s life as stressful as when a loved one is seriously ill or dying. We stumble over what to say; perhaps we even struggle with what to believe. In those times, we often fall into periods of silence – silent prayer before God, bedside prayers offered for the loved one, quiet prayers spoken in our hearts. The apostle Paul has reassured us that the Holy Spirit “helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words.” (Romans 8:26)

The “Prophetic Voices” committee from our church is putting together two events to address “end-of-life” issues from the perspective of Christian faith. It will include a panel discussion and adult education program, which will be offered in early November. (So look for more information in bulletin announcements and next month’s newsletter!)

But for now, hold fast to the confident words of promise at the heart of our faith, such as those expressed in the verses listed above. As we move through life transitions, as another season of war continues overseas, as the economy continues its roller-coaster journey and the political season shifts into high gear, in all time and places, beloved, trust in the Lord. Remember – a few words can say a lot.

“In life and in death, we belong to God.” (from “A Brief Statement of Faith”)

A handwritten signature in cursive script that reads "Randy Bush".

## Inquirers' Classes

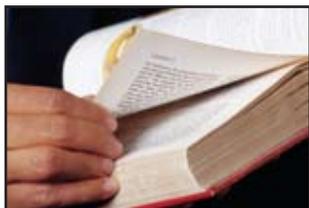
Interested in learning more about the Presbyterian denomination and membership in ELPC? A two-part series for Inquirers will be held on **Sun., Oct. 7, and Oct. 14** during the Adult Education hour (9:45 – 10:45 am). Those wishing to join our congregation as friends and members will meet with our Session and be received in worship on **Oct. 28**. To attend these classes, please RSVP to Gloria Knopp at 412-441-3800, ext. 22.

# Your Flavor of Stewardship

Jesus talked about money more often than just about anything else. He declared a new standard for generosity when he saw the widow giving her two copper coins, because “she, out of her poverty, put in all the living that she had.” He taught to render unto Caesar the things that are Caesar’s and render unto God the things that are God’s. He also told parables about money: the parable of the talents, the rich fool who planned to build bigger barns, and the rogue business manager who schemed to endear himself to his master’s debtors by decreasing their obligations. Indeed, as these examples demonstrate, Jesus talked about money a great deal. The truth is that our attitudes about money reflect our faith and spiritual health.

To help you prepare to make your 2008 pledge, the Stewardship Committee has planned 14 gatherings in October. Hear more about what makes our church special; share thoughts, experiences and visions of ELPC; and discuss our 2008 Stewardship Campaign with other ELPC members and friends. Space is limited and **reservations are required**. Sign up after worship, or call Kate Carlson at 412-441-3800, ext. 17, to make your reservation.

## Bookstore Hours



Just a reminder: The ELPC Bookstore is open every Wednesday at 5:30 pm before Taizé, as well

as every Sunday from 9 to 10:45 am and from 12 to 1 pm. Visit and see the ever-changing collection of books, jewelry and what-not — including texts needed for fall classes. Stop in to browse and say, “Hi!”

# Children’s Sabbath Events

*Saturday, October 20, and Sunday, October 21*

On **Oct. 20 and 21**, ELPC will participate in the National Observance of Children’s Sabbaths. The weekend includes a Fall Funfest Celebration for children and parents, educational programs about the needs of children, and worship services that will uphold children in prayer and inspire us to take seriously our responsibility to nurture and protect children.

- **Sat., Oct. 20**
  - Fall Funfest at 4:30 pm** (Activities include bobbing for apples, icing cookies, arts and crafts, bowling, and pumpkin painting.)
  - Potluck Dinner at 5:30 pm**
  - Evening Program at 6:30 pm** with The Rev. Dr. Eileen Lindner
- **Sun., Oct. 21**
  - Worship at 8 and 9 am** (Prayers on Behalf of Children)
  - Christian Education at 9:45 am** (Classes for all ages)
  - Worship at 11 am** (The Rev. Dr. Eileen Lindner preaching)
  - Fellowship Time** after the 11 am service

To register for dinner and pumpkin painting, call Karla Ballou at 412-441-3800, or complete and return a registration form to the church office by **Oct. 16**.

The weekend’s events are sponsored by ELPC’s Christian Education Ministry and the Women and Children’s Taskforce of the Justice & Global Concerns Committee. This inspiring weekend unites religious congregations of all faiths across the nation in shared concern for children, focuses attention on the urgent plight of children in our world, and calls us to put our faith into action to meet children’s needs through direct services and work for justice. ELPC hopes that the Children’s Sabbath Weekend will challenge each of us to commit to new efforts to meet the needs of all God’s children.

*Learn more about the Children’s Sabbath Weekend featured speaker on page 5.*

## Health Ministry

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

Does heart disease, stroke, cancer, or diabetes run in your family? Are you overweight, or do you have high blood pressure? Then learning about good nutrition is especially important to achieve optimal health. Eating habits are difficult to change, but even little changes can add up to great benefits. In fact, you are more likely to make lasting improvements if you avoid drastic “diets” and instead make small adjustments, one or two at a time, which you can maintain.

Some basics: eat a variety of foods. Eat five to seven servings of fruits and vegetables every day. Choose foods which contain calcium, those which are high in fiber, and those low in fat, especially saturated fat. If weight control is a goal, portion control is extremely important.

Instead of “cutting out” foods, think of “substituting” better ones. Substitute fresh or water-packed fruit, angel food cake, gingersnap cookies, or baked chips for snacks instead of donuts, muffins, candy, cookies, and potato chips.

Fruits and vegetables are naturally low in fat and high in fiber, vitamins, and minerals. Perk them up with herbs or yogurt instead of margarine, butter, mayonnaise, and sour cream.

*cont’d page 8*

# Organ and Orchestra Concert

Sunday, October 28, at 7 pm



Join us on **Sun., Oct. 28**, at 7 pm for a program of Orchestra and organ concertos with 22 brass, strings, timpani and harp, plus J. Richard Szeremany on the organ. Selections will include Gigout's "Grand Choeur Dialogue"; Campra's "Suite of Dances"; Dupré's "Poeme Heroique"; Hanson's "Concerto for Organ, Strings and Harp"; Lindsay Lafford's "Concerto for Organ, Strings and Timpani"; and Poulenc's "Concerto for Organ, Strings and Timpani."

## Ticket Information for Oct. 14 and 28 Concerts:

Tickets may be purchased at the door the day of the concert; or during Fellowship Time following the 11 am worship services. Cost for the concert: \$15 for adults; \$3 for students 18 or older with ID; free for children and youth through 12<sup>th</sup> grade.

"Two-fer Special"—Buy tickets for both concerts and save! \$20 for adults and \$5 for students. Tickets are transferable. If you can only attend one concert, buy a "two-fer" and give one ticket to a friend—a gift from you!

## Arts Information Sessions

Tuesday, October 23, at 7 pm

Attention, all lovers of drama and dance! The Worship, Music and Arts Committee is holding two information sessions on **Tues., Oct. 23**, at 7 pm:

- **Theatre Arts Hearing Session:** From time to time ELPC has brought together individuals who are interested in the drama arts, either secular or liturgical, and we have prepared and presented a variety of dramatic stage productions, as well as liturgical worship pieces and readings. We know that there are numerous folks among the many members and friends of ELPC who have experience in the theatre arts, either on-stage or behind the scenes. We invite those of you who are experienced, along with those who simply have an interest in theatre arts, to attend this discussion.
- **Dance Information Session:** Dance of many styles and varieties has long been part of churches' liturgical offerings. At ELPC, with our variety of worship styles, there are many opportunities for expressing our faith through movement—not only of the feet, but of the whole body. We would like for those of you who have an interest in this kind of program or in the performance of such a program to come together to talk about the possibilities of extending our arts programming to include once again dance and movement ministries.

For more information or to get your name on the attendee list for either meeting, please call Norma at 412-441-3800, ext. 11, or Richard, ext. 24.

### Church Grounds Work Day: Sat. Oct. 27, at 9 am

The Property Committee is assembling a team of volunteers to assist in caring for the church grounds. Individuals are needed to assist with landscape design, planting, mulching, watering, weeding and leaf raking. To volunteer or for more information, contact Bruce Pollock at 412-361-5165. Donations of spring bulbs would also be appreciated.

## Let's All Sing Like the Choir

You can help make that happen! There are at least a dozen wonderful voices—male and female—out in the congregation every Sunday morning. Sure, you are needed "out there" to support and to encourage congregational singing. However, we could always—or at least from time to time—use your voice(s) up front with the Chancel Choir.

Maybe that's a clue? "*From time to time.*" If your schedule doesn't permit attending rehearsals every Thursday evening at 7 pm and each Sunday morning at 10 am, perhaps you could talk with J. Richard Szeremany or Robert Frankenberg about singing with the Choir on a scheduled basis, such as Thanksgiving through Christmas. Either way—from time to time or regularly—we'll gladly accept your vocal talents. Thanks for considering the use of your voice in this special way.

## Ring a Bell?



Bells are ringing, and they will ring even more stirringly when we have three or four additional ringers join our happy throng.

Handbell ringing is great physical activity for the upper arms; it provides wonderful mental stimulation and challenge; it provides a most pleasing social opportunity to engage with a dozen other like-minded/spirited folks who enjoy making music together. No previous handbell ringing experience is necessary; however, being able to read music—either treble or bass clef—puts you at the head of the line. Rehearsals are on Thursdays from 6 to 6:55 pm. Give J. Richard Szeremany a call at 412-441-3800, ext. 24, for more information or to sign up!

## Stephen Ministry *A Community Response to Domestic Violence*

The second of a three-month series of seminars sponsored by Stephen Ministry will be held on **Mon., Oct. 29**, from 7 to 9 pm. The speaker, Janice Goldsborough, MS, is the Medical Advocacy Supervisor of the Women's Center and Shelter of Greater Pittsburgh. Her presentation, "A Community Response to Domestic Violence," will focus on the prevalence of domestic violence in the community, recognizing that it can happen to anyone, warning signs, and ways to help. The connection with substance abuse also will be discussed. This program is offered as enlightenment to the members and friends of ELPC, but all are welcome, so please extend the invitation to others.

## Members of 50+ Years Recognized

Dr. Edward Brethauer, Jr. is one of over 30 people who have attained the distinction of membership in ELPC for 50 years or longer. All of these members will be recognized and honored at 11 am worship on **Reformation Sunday, Oct. 28**, as a way of saying thanks for their years of service and dedication. The names of all the individuals who have reached this milestone will be printed in a special insert in the order of service.



Those who are able to attend the service will be identified by the Membership and Growth Committee, and the congregation will have the opportunity to greet them at the Fellowship Time following the service. The church is grateful to those who have served in the past and helped build the foundation on which today's congregation can continue to serve this community.

## Covenant Network News

*Fundraiser Event on Friday, October 5, at 7 pm*



The Covenant Network of Presbyterians is a broad-based, national group of clergy and lay leaders working for a church that is simultaneously faithful, just and whole. Its vision is based on the hospitality of Jesus, who said, "Whoever comes to me I will not cast out"; their challenge is

to see this vision fulfilled throughout our denomination. ELPC has been a supporter of the Covenant Network since its inception in 1997, including hosting their annual conference in 2000. A special fundraiser to benefit the Covenant Network will be held on **Fri., Oct. 5**, at 7 pm. Special guest speaker is The Rev. Deborah Block, co-moderator of the Covenant Network and candidate for moderator at the 2006 General Assembly. Anyone interested in attending this fundraiser should RSVP to Gloria Knopp, 412-441-3800, ext. 22.

Also, all are invited to consider attending the tenth Covenant Network Conference, which will be held at Trinity Presbyterian Church in Atlanta, **Nov. 1-3, 2007**. The theme is "Testimony: You Shall Be My Witnesses." For more information, visit their website at [www.covenantnetwork.org](http://www.covenantnetwork.org).

## Reasons to Rejoice

Congratulations to the families of **Paige Krimmel, Elsa Teuteberg, and Alec Bomeli** on their Sept. 16 baptisms.

Congratulations to **Sherri Slafka and Alex Miller**, married on Sept. 15.

Congratulations to **Dr. J. Richard Szeremany** upon the renewal of his church musician certification by the Presbyterian Association of Musicians (PAM), a program arm of the General Assembly of the PC (USA).

## Donations for Men's Shelter *Board of Deacons*

In ELPC's continuing commitment to the EECM Men's Shelter located in our church, the Deacons are collecting donations for the month of October. The requested donations for the month are full-sized deodorant, disposable razors and full-sized antibacterial soap. Please drop these items in the basket located in the Highland Avenue hallway. Your continued support—in the form of donations and of prayer for the Shelter and for the men who stay there—is appreciated.

## Children's Sabbath Speaker

Joining us as featured speaker for ELPC's Children's Sabbath Weekend is The Rev. Dr. Eileen Lindner, Deputy General Secretary for Research and Planning for the National Council of Churches USA. She also serves as Theologian in Residence to the Children's Defense Fund's Summer Institute in Child Advocacy and as Interim Director of Religious Affairs. A Presbyterian minister holding a Ph.D. in American Church History, Dr. Lindner is the author of numerous books and articles on a variety of child advocacy issues.



## Wednesday connection

Sing. Dance. Eat. Pray.

Something for Everyone (of all ages)  
on Wednesdays at ELPC

Join us on Wednesdays as people of all ages are invited to share in the full life of ELPC. There will be opportunities for *free* **Hope Academy classes** (for kids and teens in grades 1 through 12), homework help and snacks, gym activities, club one sixteen dinner and Bible study for teens, and worship during our **Taizé Sung Prayers** service. (*Childcare will be provided during Taizé services.*)

Your family is invited to spend the evening together and participate in as much, or as little, as you would like. Families with young children can grab a snack and do homework, enjoy a simple supper from 6 to 7 pm and attend the Taizé service at 7 pm.



Hope Academy of Music and the Arts began its Fall term on September 24—but it's not too late to register for some classes. To download a course brochure, visit [www.HopeAcademy.info](http://www.HopeAcademy.info) and then call 412-441-3800, ext. 11, to find out if there is room in the course you are interested in taking.

## Youth and Young Adult Events

Heather Tunney, Dir. of Youth & Young Adult Ministries

### WEEKLY EVENTS FOR YOUTH (grades 6 through 12)

**Church School Classes** occur on Sundays, 9:45 to 10:45 am. Both classes—junior high (grades 6-8) and senior high (grades 9-12)—will continue to use the “Seasons of the Spirit” curriculum to explore and apply Biblical stories to our daily lives.

**Youth Basketball:** For young men in grades 9 through 12, Saturday evenings from 5 to 8 pm at ELPC. Note: There will be no basketball on Sat., Oct. 20 due to the Children’s Sabbath events for that evening.

**club one sixteen:** club one sixteen is a *new* program for youth at ELPC. Instead of Sunday evening youth group, we will meet on Wednesday evenings (3:30–8 pm). In conjunction with the Hope Academy for Music and the Arts, we will offer an exciting program that will include time for homework, gym activities, Hope Academy *free* classes (vocal ensemble and step team), dinner and Bible Study. Youth may participate in *any portion* of the program as their schedules permit.

### SPECIAL EVENTS IN OCTOBER FOR YOUTH (grades 6 through 12)

**Harvest Day at Camp Crestfield:** Join us on **Sun., Oct. 7**, for Camp Crestfield’s annual Harvest Day event. We will meet for a quick lunch at ELPC after worship, leaving at 1:15 pm and returning to ELPC at 7:30 pm. Students should bring a small amount of money for snacks and dinner. RSVP and permission slip are required for the event.

**Children’s Sabbath Service Project: Sat., Oct. 20**, will be our annual Fall Funfest Celebration, in conjunction with ELPC’s Children’s Sabbath Weekend. For our service project this month, we will help to sponsor activities for the children to enjoy during this intergenerational family event **from 4 pm to 8 pm**. RSVP and permission slip are required.

### YOUNG ADULT EVENTS (for young adults in their 20s and 30s)

**Young Adult Study Group:** Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month from 7 to 9 pm at ELPC for a time of study, discussion and prayer. This fall, we will be studying the book of Colossians.

## Taizé Prayer

The Rev. Christiane Dutton, Minister of Taizé Prayer

Taizé Prayer services are held on Wednesdays at 7 pm. Everyone is invited to a simple supper at 6 pm before every Wednesday service; a free-will offering of \$2.50 is appreciated. Classes are offered afterward. (*No class on Oct. 3.*)

**Untold Tales:** Oct. 10 at 8:15 pm

Gather around the fire in the Courtyard (weather permitting) for story-telling. Bring your stories or poems (and warm clothing).

**Open the Voice, Open the Spirit:** Oct. 17 at 8:15 pm

A workshop addressing spiritual aspects of voice production will be led by Janet Feindel, Associate Professor of Voice and Speech at CMU.

**Questions and Answers with the Pastor:** Oct. 24 at 8:15 pm

Here is an opportunity to ask questions of faith, life, theology and/or personal questions of the ELPC Pastor and Head of Staff, The Rev. Dr. Randall K. Bush.

**Celebrations:** Oct. 31 at 8:15 pm

Join us after our Taizé service for celebration cake. If you celebrate a birthday, milestone or an anniversary in October, write your name on a piece of paper and put it in the offering plate during the month.

# Christian Education in Oct.

*Church School for Adults: Sundays, 9:45 – 10:45 am*

**PARENTING CIRCLE** *Facilitators: Frances Irvin and Beth Bush*

Anyone who is involved in parenting—singles, couples, adoptive parents, step-parents, grandparents, guardians, and mentors—are welcome to explore how faith impacts family life. By sharing experiences, resources, prayer and scripture, we will learn and grow together. Continuing in October, we will discuss Wendy Mogel's book *The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children*. Books will be available in class. Please join us even if you have not read the book.

**CONTEMPORARIES CLASS** *Facilitators: Joe Kennedy and Mary Alice Lightle*  
**Oct. 7 and 14: Personalizing the Lord's Prayer**

*Led by The Rev. Dr. Jermaine McKinley, Pittsburgh Theological Seminary*

Prayer is a key to personal spiritual formation and demonstrative of faith. Our studies will focus on words, phrases, meanings and application; use of the Lord's Prayer as a model; and encountering the extra-ordinary through the ordinary.

**Oct. 21: Honoring and Caring for the Least of These (Children's Sabbath Sunday)**

*Led by The Rev. Dr. Don Dutton, Presbyterian pastor and member of the Women and Children's Taskforce of the Justice and Global Concerns Committee*

The Rev. Dr. Dutton will lead a discussion on the current crises facing children in our world so that we may more fully, persistently, effectively and faithfully live out God's call to care for the least of these, the children in our midst.

**Oct. 28: Just Neighbors Speaks Through the Poverty Taskforce**

*Led by Dick Headley*

How does poverty manage to remain pretty much under the radar despite its magnitude, nationally and globally? This presentation will examine a portrayal of lives caught in the tragic maze of poverty. Portions of several *Just Neighbors* sessions will be introduced. Join us in the sharing of this information about one of the most daunting issues of our time.

**SEEKERS OFFERINGS** *Leaders: Damon Bethea and Nancy Klancher*

The Seekers embrace the complexities of our faith within an open, supportive and accepting atmosphere. New friends are always welcome.

*Spiritual Paths: Finding Our Way to God*

**Oct. 7 and 14: Journeying Through the Word: Finding God in and Through Scripture**

Rabbi James Gibson, Senior Rabbi at Temple Sinai, will lead our first session on Oct. 7, guiding us through a midrashic commentary on a Scriptural passage. This class is being sponsored jointly by the Seekers and the Lectionary classes.

**Oct. 21: Children's Spirituality: When We Were Very Young**

Discussion will be led by a member of the Women and Children's Taskforce.

**Oct. 28: To Be Determined**



**Koinonia**, an uplifting contemporary service led by ELPC youth and young adults, will be held on **Sun., Oct. 14**, at 7 pm. Elder Kathleen Kyle will preach.

**Koinonia Potluck Supper:** Join us before the Koinonia service for a time of table fellowship together from 6 to 7 pm. ELPC will provide the main course, but please bring a side dish or dessert to share.

## Church School Classes Sundays, 9:45 – 10:45 am

Church school classes are offered for persons of all ages, from infants to adults. Adult options are detailed in the article at left. Information for youth classes may be found on page 6. Children's classes (by age) include *Baby Lapsit*, *Godly Play*, and *Seasons of the Spirit*. See the bulletin boards in the Highland Avenue or Second Floor hallways to determine classroom locations.

## Church School Offering

Each year, ELPC church school students of all ages participate in an ongoing offering that supports an international mission project. This year, our offering will be donated to the Motherwell Women's Collective in Motherwell, South Africa.

This group may sound familiar to many of you, as this is the same group which received support through the money raised during the youth's 30-Hour Famine. Our offerings last spring helped to rehab eight homes, provide anti-retroviral medicine to a family fighting HIV/AIDS, pay for the school fees for six South African girls, buy blankets and sleeping mats for the day care center, make food donations to the area food bank and day care center, and purchase three sewing machines for a job training program for women.

Even with these substantial donations, a dire need exists for the families in this area, and we are *called to help*. Each Sunday through the school year, a collection will be taken during the church school hour that will go to support these families and help to break the cycle of poverty in their region. Envelopes will be provided to children, and they will be invited to place their donations in offering baskets in their classrooms. To learn more about Motherwell, South Africa, please view the bulletin board on the Second Floor.



**East  
Liberty  
Presbyterian  
Church**

*The Cathedral of Hope*

116 South Highland Avenue  
Pittsburgh, PA 15206

[www.cathedralofhope.org](http://www.cathedralofhope.org)

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## Special Bagpipe Music for Reformation Sunday

*Sunday, October 28, at 10:45 am Worship*

Gather on the Penn Avenue steps of ELPC's Sanctuary to enjoy the music of the pipes in celebration of Reformation Sunday! Artist piper George Balderose, well-known and celebrated throughout Pittsburgh and western Pennsylvania, brings several other pipers with him to share music of the Scottish heritage and a collection of well-known and beloved hymns. This year during worship, George will be playing both a Gaelic Hymn Medley and an Amazing Grace Medley together with the organ. Come early and enjoy the pipes!

### Healthy Foods, *cont'd from page 6*

For meats, bake, broil, and roast instead of frying. Try to choose the leaner cuts and remove outside fat. Use a nonstick pan or nonstick spray instead of oil if you do fry. Poach, steam, bake, or broil fish instead of frying. Use herbs, spices, and nonfat marinades instead of sauces and gravies to season meats and fish. Dry beans, peas, and lentils are pretty good and cheap sources of protein and fiber, and they lack the cholesterol and fat that meat has.

Choose 1% or nonfat milk. Cheese is loaded with calcium, but most are also high in fat. Use part-skim cheeses in recipes; eat string cheese as a low-fat, high-calcium snack. Instead of ice cream, substitute frozen nonfat yogurt to enjoy a very satisfying dessert. Sherbet is a low-fat (but not low-calorie) substitute for ice cream. Also, drink calorie-free or low-cal beverages.

Select a few of these suggestions to start. Add more as you succeed, and before long, your body will be much healthier.

## Blessing of the Animals

*Saturday, October 6*

In honor of the pets who enrich our lives, a Blessing of the Animals celebration will be held on **Sat., Oct. 6**, at 1 pm. You are invited to bring pets (on a leash or caged) or a photograph of a pet for a simple service of thanksgiving, acknowledging God's gift of animal companionship. Weather-permitting, the service will be held in the church courtyard.

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