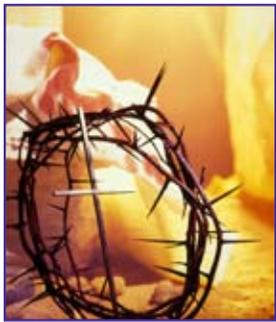


Ash Wednesday and the Season of Lent



This month we enter the season of Lent, a time of spiritual discipline and preparation as we remember the death and wonderful resurrection of Jesus Christ. Sunday worship services during Lent will focus on the theme "Via Dolorosa: The Way of Tears." **Ash Wednesday, February 6**, marks the beginning of Lent. On that day, services of penitence and prayer are offered, including the imposition of ashes as a reminder of our mortality and our eternal hope in our Lord Jesus Christ. Join us for Ash Wednesday services at ELPC. They will be offered at 9:00 am and 12:00 noon.

The Labyrinth will be available for people to walk that day and special prayers will also be included in that evening's 7:00 pm Taizé service.

Black History Month Celebration

Sundays, February 10 and 17

ELPC will hold several special events in celebration of "Black History Month." The tradition of focusing on African American history dates back nationally to 1926, when the second week of February was set apart in this way in honor of the birthdays of Frederick Douglass and Abraham Lincoln. In recognition of 200 years of Black Presbyterianism, the Rev. B. DeNeice Welch, pastor of Bidwell Street United Presbyterian Church, will be our guest preacher on **Sun., Feb. 10**. The following week, **Feb. 17**, a special luncheon will be held after worship featuring traditional Soul Food, with guest artist Paul Spencer Adkins providing music at that event. (See page 8 for more about Mr. Adkins.) A donation of \$8 per person (\$5 for seniors and for children 10 and under) is appreciated. Reservations can be made with Karla at 412-441-3800, ext. 34; luncheon volunteers are always welcome.



The Rev. B. DeNeice Welch will preach on Sun., Feb. 10.

Visit ELPC On the Web: 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 40,000 weekly website downloads—so log on and check it out!



Sunday Morning Services

** Celebration of the Lord's Supper*

Good Samaritan Worship • 8 am

February Liturgist: Mary Alice Lightle

Feb. 3* The Rev. Hendrik Bossers, Minister, Cheswick Presbyterian Church

Feb. 10 Judy Menk, ELPC's retired Director of Christian Educ.

Feb. 17 The Rev. Janet Grill, Minister, St. Andrew's Lutheran Church

Feb. 24 Father Regis Ryan, Director, Focus on Renewal

Morning Glory Worship • 9 am

Feb. 3* The Rev. Patrice Fowler-Searcy

Feb. 10 The Rev. Dr. Randy Bush

Feb. 17 The Rev. Heather Tunney

Feb. 24 The Rev. Dr. Randy Bush

Sanctuary Worship • 11 am

Feb. 3* The Rev. Heather Tunney

Feb. 10 The Rev. B. DeNeice Welch, Pastor, Bidwell Street United Presbyterian Church

Feb. 17 The Rev. Dr. Randy Bush

Feb. 24 The Rev. Dr. Randy Bush

Koinonia Service of Praise

Second Sunday of each month • 7 pm

Feb. 10 The Rev. Heather Tunney

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

Free Noon Organ Concerts

Wednesdays in Lent • Noon to 12:45 pm

Due to the success of the 2007 Advent mid-week organ programs, ELPC continues this offering during the Wednesdays in Lent. Recitalists will play programs which include music of the Lenten season, as well as other major organ works. Plan to attend these programs, and remain for lunch in the Cathedral Café at a modest cost.

Feb. 13: Dr. Ann Labounsky, *Head of the Sacred Music Dept. at Duquesne Univ.*

Feb. 20: Andrew Scanlon, *First Presbyterian Church*

Feb. 27: Dr. Charles Huddleston Heaton

March 5: Dr. J. Richard Szeremany

March 12: H. Preston Showman, *Third Presbyterian Church*

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 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

Brian Diebold
Seminary 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*

Luke Stevens
Projects Manager

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

The Rev. Heather Tunney
Associate Pastor for Educational 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. Deadlines are the first Tuesday of the preceding month.

Pastoral Message

The Rev. Dr. Randall K. Bush, Pastor



[EMILY, through her tears] “Good-bye, Good-bye world. Good-bye Grover’s Corners...Mama and Papa. Good-bye to clocks ticking...and food and coffee. And new-ironed dresses and hot baths... and sleeping and waking up. Oh, earth, you’re too wonderful for anybody to realize you. Do any human beings ever realize life while they live it? Every, every minute?”

[STAGE MANAGER] “No. The saints and poets, maybe — they do some.”

— from Thornton Wilder’s *Our Town*

In the final act of *Our Town*, the young wife and mother Emily Gibbs looks down upon her hometown, sees her husband grieving at her grave, and weeps tears for the unbearable preciousness of daily life — a preciousness she only dimly perceived while alive. It is a memorable scene and a powerful reminder to us, the living, about how wonderful each fleeting moment of life truly is. Emily sees her former existence through eyes filled with tears, something that is true of all of us in more ways than we commonly acknowledge.

We’ve each been given the gift of tears, although we rarely think of them in those terms. If we cry too much, we lapse into self-pity and despair. If we suppress our tears, we risk losing touch with our emotions and deepest needs. Pastor and theologian Eugene Peterson has suggested we should “pray our tears” for in that way we integrate “our sorrows with our Lord’s sorrows and discover both the source and the relief from our sadness.”

During the season of Lent, many of the Sunday sermons will relate to the theme of “Via Dolorosa: The Way of Tears.” The prophet Isaiah spoke about the Messiah as a “man of sorrows” (Isaiah 53). This prophecy would be fulfilled in Jesus Christ, who wept at the tomb of his friend Lazarus and wept over the city of Jerusalem for its failure to recognize “the things that make for peace.” Yet tears are also shed at times of great joy, such as when Easter resurrections and surprising acts of new life happen before our very eyes.

The ability to smile through our tears is a common expression of faithful life today. It means we possess a hope that is stronger than any immediate sorrow. It means we feel a deep joy that cannot be erased by any human tragedy. Tears can be a gift, just as the gospel is a comforting gift most lovingly received in moments of grief and loss.

“Comfort, O comfort my people, says your God” (Isaiah 40:1).

May the weeks between Ash Wednesday and Easter be times when you are given permission to cry (or at least to think about crying), so that, like the saints and poets, the enduring message of Lent will sustain you each and every moment of each and every day.

Randy Bush

Office Closed

Reminder: The church offices will be closed on **Mon., Feb. 18**, in observance of Presidents’ Day.

Presbyterian Women

Mary Alice Lightle, Moderator

World Day of Prayer: Fri., March 7

Are there opportunities for the "abundant life" and the wisdom that assures us that God delights in humanity? Join our brothers and sisters around the world as we worship with the women of Guyana on World Day of Prayer 2008. We will consider questions of justice in Guyana, a South American land blessed with astonishing beauty and a wealth of natural resources but haunted by legacies of colonialism and exploitation. On **March 7**, East End congregations will worship at St. Andrew's Episcopal Church in Highland Park and enjoy a luncheon afterward.

Horizons Bible Study: Tues., Feb. 5, at 10 a.m.

Join us on **Tues., Feb. 5**, at 10 a.m. as we continue our study *Above and Beyond: Hearing God's Call in Jonah and Ruth*. Kay Shissler will lead our discussion of "Love that Goes Above and Beyond the Call of Duty" (Ruth 1). Potluck lunch follows. Please bring a salad or snack to share. Beverages and soup will be provided. Call Mary Alice Lightle, 412-682-1504, if you have questions.

2007 Thank Offering

Many thanks to all who supported the Thank Offering of Presbyterian Women in 2007! The ELPC congregation gave \$2,507.09 to provide seed money for health and social justice ministries around the world. The Presbyterian Women in ELPC pray that these gifts will help the neediest of God's community and that you will be enriched in every way for your great generosity.

Homeowner Support Ministry Continues — New Housing Planned through Open Hand Ministries

ELPC continues its support of four families from the 2007 East End Blitz, by providing homeowner assistance during the first year in their new homes. Four teams are providing support in the areas of home maintenance, finance and budgeting, health and well-being, and neighborhood information. Furniture has been donated to our families, which they greatly appreciate. For Christmas, each family received a Home Depot gift card, a home maintenance manual, and a carbon monoxide detector. Volunteers are still needed for help with home maintenance issues such as minor repairs, landscaping and fence installation. The support teams also are preparing a resource directory that will be completed by June.

Community Mission continues to assist the homeowner support teams as well as plan for more housing ministry impact, through our support of **Open Hand Ministries**, run by Michael Stanton, a new ministry that is building on the success of the 2007 East End Blitz. This ministry's goal is to provide affordable housing to disadvantaged, low-income households in the stable and stabilizing neighborhoods of East Liberty and Garfield. The goal is to rehab two to three abandoned properties in 2008; it will take five weeks to rehab each house and many partners and volunteers. For more information please contact Emily Rosenthal, 412-963-0139, or the Rev. Patrice Fowler Searcy, 412-441-3800, ext 30.

Knit One, Pearl Two

All knitters, new and experienced, are invited to join our knitting group. Informal gatherings occur on the third Thursday morning (10-11:30 am) and the fourth Friday evening (7-8:30 pm) of every month. We will work on a variety of projects for the Men's Shelter, Children's Hospital and hospices. Call Diane Jackson at 412-441-6021 for more information.

Love & All That Jazz

Friday, February 15, at 7:00 pm



Make sure your Valentine's Day plans include our second annual "Love & All That Jazz" concert. It will be held on **Fri., Feb. 15**, at 7:00 pm. This fundraiser for Hope Academy will feature a fun mix of music and readings appropriate for the season. Guest performers include the "Voices of Hope" choir, jazz artist Etta Cox, pianists Randy Bush and Suzanne Polak, guest artist Paul Spencer Adkins, and others.

Suggested ticket donations are \$10 for adults, with children and youth under 18 admitted for free. All proceeds benefit ELPC's Hope Academy of Music & the Arts, our non-profit after-school arts education program for neighborhood children. A limited number of tickets, at \$20 each for both the reception and performance, are available for a special "Meet the Artists" dessert reception following the performance.

Day of Reflection at ELPC

Saturday, March 1

On **Sat., March 1**, from 9:00 am to 3:00 pm, Sr. Therese Dush, the director of the Bethany Retreat Center in Frenchville, Pennsylvania, will lead a day of reflection at ELPC on the theme "Serving Others with Grace: The Beatitudes in Daily Living." She will be accompanied by another sister, a physician, from her community, which operates both the retreat center and a ministry of medical and social service for the people of their area. This event is being sponsored by our ELPC Centering Prayer group and is open to all interested persons. For more information, please contact Joe Hajdu, 412-793-8151, or Jon Nelson, 412-363-8099.

Spiritual Life

Dr. Lois M. Lang,
Associate in Ministry

Great Themes of Scripture: A Lenten Series

Sundays, March 2, 9 and 16,
from 12:30 to 2:00 pm

Much of religion reveals human beings trying to become spiritual. We are already spiritual, says Father Richard Rohr, and our task with the Spirit's help is to be more fully human. Our journey reveals the whole story of human history, a story of transformation. Throughout history, human consciousness develops so that we can finally imitate and relate to a totally nonviolent God. This God, present in our midst, is calling forth a people and a consciousness that are capable of divine union. This union is revealed in a developmental way in both the Hebrew and Christian scriptures. The resurrected Jesus finally reveals the full and wonder-filled nature of the heart of God. As a result, Rohr says, we have nothing to be afraid of and much to be excited about.

This three-week series, sponsored through the Spiritual Life Committee, will be facilitated by Ms. Suzanne Bailey, 412-362-0731.



Koinonia Service of Praise

Koinonia, an uplifting contemporary service led by ELPC youth and young adults, will be held on **Sun., Feb. 10**, at 7 pm. The Rev. Heather Tunney will preach. Join us before the Koinonia service for a time of table fellowship together during a potluck supper at 6 pm. ELPC will provide the main course. Please bring a side dish or dessert to share.

Youth and Young Adult Events

Rev. Heather Tunney, Assoc. Pastor for Educational Ministries



club one sixteen: Join us on Wednesdays for an afternoon of music, learning, food and fun for people of all ages. From 3:30 to 4:30, stop by and shoot some hoops during our open gym. Or come by anytime between 3:30 and 6:30 for homework help, board games and snacks from Whole Foods. And if you are already registered, participate in Hope Academy *free* classes

(Tango, Voices of Hope Vocal Ensemble, Step Team, Sing and Dance to a Latin Beat). **Note: No club one sixteen on Feb. 6, but please join us for worship at 7 pm to celebrate Ash Wednesday.**

- **Youth in grades 6 through 12** are invited to join us for dinner and Bible Study after participating in Hope Academy's free classes on Wednesday afternoons. At 6:30 pm, eat a home-cooked meal donated by an ELPC member and discuss how our faith impacts different elements of our lives.
- **Youth in grades 1 through 5** will join the teenagers for dinner, then break out for a discussion time all their own. Children will share what God is doing in their lives through drama, creative arts and games.

February's series will focus on relationships — with God, with others, and with ourselves as individuals created in God's image. Please see the Wednesday Connection weekly announcements for details.

Senior High Retreat: All youth in grades 9 through 12 are invited to participate in the Presbytery's Sr. High Retreat at Camp Crestfield from **Feb. 29 through March 2**. This year's theme is: "God, Are You Really There?" Join us as we explore questions and doubts about our faith and come to understand that questions and doubts are a part of a growing, vibrant faith. We will experience great worship and music, drama, and study as we wrestle with what it means to be a Christian in today's culture and schools. Of course, there will be hayrides, the climbing wall, great music, campfires, hiking, games, and a lot of **fun**. Come, enjoy fellowship time and grow with other youth from the Pittsburgh area. ELPC youth will meet at the church at 6 pm on **Fri., Feb. 29**, and we will return by 2 pm on **Sun., March 2**. Cost is \$50 per person, though there are scholarships available upon request. RSVP to Heather by **Wed., Feb. 20**.

20/30s Tuesday Evening Study Group — Faith and Film Series: Join us as we explore some key themes of our faith, with Bible study and contemporary film imagery as our tools to jump-start our discussion. Prior to each session, you are invited to view the assigned film. Reflection questions will be emailed out in advance to get you thinking as you watch the film. Then, during our discussion time, we will share insights that the film sparked as we engage in Bible study together. February meeting nights: **Feb. 12 and 26** from 7 to 9 pm. Class will be facilitated by The Rev. Heather Tunney, Associate Pastor for Educational Ministries, and Brian Diebold, Seminary Intern. Please contact Heather to be placed on the email list to receive email questions and film assignments.

Young Adult Church School Class: A new church school class is being offered for young adults on Sunday mornings from 9:45 to 10:45 am. Facilitated by Seminary Intern Brian Diebold, young adults will explore the Beatitudes and how this famous passage from Jesus' Sermon on the Mount provides a guide to us about God's vision of justice for this world. All are welcome! Class meets in the Pastor's Conference Room on the second floor.

Taizé Prayer and Classes

The Rev. Christiane Dutton, Minister of Taizé Prayer

Taizé Ash Wednesday Service: Feb. 6 at 7:00 pm

Following the Taizé Ash Wednesday service, which includes the imposition of ashes, you are invited to end your day with a walk on the Labyrinth.

"Writing in the Wilderness" Class: Feb. 13 and 20, at 8:15 pm

The purpose of this creative workshop is to explore the experience of Lent. For two weeks we will gather in a supportive environment to participate in and find inspiration from creative exercises facilitated by writer **Laurie Arnold**. What have you lost? Found? Let go of? Realized? Through discussion and writing, we will share our own experiences of being in the wilderness, and of re-engaging life again. We focus on the process, and what each person brings to the Circle.

Celebrations: Feb. 27, at 8:15 pm

If you celebrate a birthday, milestone or anniversary in February, please write it down and put it in the collection plate so we can celebrate with you!

Hope Academy

Linda Addlespurger, Director

Hope Academy Students to Compete in Shakespeare Contest at the Pittsburgh Public Theater

Hope Academy Shakespeare students have been preparing themselves since September for the 2008 Pittsburgh Public Theater Shakespeare Monologue and Scene Contest. Every year, over 1,000 students from across the tri-state area participate in the preliminary round. This field is winnowed down to about 30 students who compete in the Showcase of Finalists. Hope Academy has been well represented with a number of finalists each year and a tie for first-place in the upper division monologue category two years ago.

The Showcase of Finalists is free and open to the public. Please join us for a wonderful evening of theater on **Mon., Feb. 18**, at 7 pm at the O'Reilly Theater in the cultural district downtown... You may be able to help us cheer on some of our very own students.



Hope Academy students during the preliminary round of the 2007 Shakespeare Monologue and Scene Contest at the Pittsburgh Public Theater.

American Guild of Organists' Pittsburgh Chapter at ELPC



On **Mon., Feb. 25**, the Pittsburgh Chapter of the American Guild of Organists will hold its monthly dinner and program at ELPC. Featured on the program will be Dr. Szeremany and Beth Harrison from Westminster College, New Wilmington, Pennsylvania. Dr. Szeremany will give an overview of the new organ project for the Guild members and then will speak of his experiences studying with the internationally acclaimed organist and pedagogue Catharine Crozier. Dr. Szeremany will play several of Dr. Crozier's signature organ compositions. Beth Harrison will play a brief program and speak of her work with master teacher Harald Vogel.

The program begins at 7:45 pm in the ELPC Sanctuary — members and friends of the church are welcome!

ELPC's Worship, Music & the Arts Sponsors Artist Lester Price

In honor of the February celebration of Black History Month, the Worship, Music & Arts Committee (WMA) is privileged to present a showing of the artwork of local artist and ELPC Shelter volunteer, Lester Price.

Lester studied art at Philadelphia Community College and is presently a caseworker and service coordinator for the East End Cooperative Ministry's Drop-In Center.

Lester's work will be exhibited in the hallways of ELPC and in the McKelvy Room during the month of February. WMA will honor him with a reception on **Sun., Feb. 10**, following the 11 am Sanctuary worship service.

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 right. Youth classes — 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*. See the bulletin boards in the Highland Avenue or Second Floor hallways to determine classroom locations.

Mardi Gras

Tuesday, February 5, at 6 pm



This year's Mardi Gras celebration will include some of our usual fun — offerings for children and adults. In addition, we will present Dixie Doc and the Dixie Doc All Star Dixie Land Band. Don't forget to bring or wear a fancy, colorful "costume" to walk in the Costume Parade. Prizes will be awarded for the King and Queen of the Mardi Gras. Kids entertainment will be provided by magician Billy Heh.

Food serving begins at 6 pm in the Social Hall. Prices this year include all food and entertainment. Reservations a week ahead will be appreciated. Call Norma at 412-441-3800, ext. 11.

Adults: \$6
Children 10 and under: \$4
Whole Family: \$16

Christian Education in Feb.

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

CONTEMPORARIES CLASS *Facilitators: Joe Kennedy and Mary Alice Lightle*
Feb. 3 and Feb. 10: Intergenerational Cooperation

Coming together across generational lines has strengthened our congregation immensely! Evidence of this fruit can be observed in new worship formats, mission and service projects which enhance the well-being of others, teaching collaborations and a new infusion of energy regarding committee assignments. Leaders Heather Tunney and Ashley Birt will provide us with a variety of strategies to maintain the momentum of these spiritual partnerships.

Feb. 17 and Feb. 24: A Spiritual Journey

Sharing our stories helps to deepen the bonds of sensitivity in our congregational life together. Gary Sandler continues that tradition with a reflective narrative on his faith journey. Both weeks will feature a review of information from the Pittsburgh Aids Task Force. Gary says, "I continue to find strength from the Holy Spirit to provide hope to those who are affected by HIV/AIDS." PATF's outreach to community organizations, schools and corporations provides education on how HIV/AIDS is impacting many lives today, especially youth and females. More information is available at the agency website: www.patf.org.

JOURNEY WITH SCRIPTURE *Teacher: Jan Irvin*

This class reads selections of the Hebrew and New Testament Scriptures based upon the Revised Common Lectionary. Members reflect upon and converse about the selected texts with a goal of personal transformation and movement toward a community of vision, justice, and steadfast love.

Feb. 3: Exodus 24:12-18; Psalm 2; 2 Peter 1:16-21; Matthew 17:1-9

Feb. 10: Genesis 2:15-17, 3:1-7; Psalm 32; Romans 5:12-19; Matthew 4:1-11

Feb. 17: Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17

Feb. 24: Exodus 17:1-7; Psalm 95; Romans 5:1-11; John 4:5-42

PARENTING CIRCLE *Facilitators: Frances Irvin and Beth Bush*

In February, the Parenting Circle will conclude its discussion of the book *10 Principles of Spiritual Parenting*, by Mimi Doe. Open to anyone involved in parenting (singles, couples, adoptive parents, grandparents, step-parents, guardians, and mentors), the group has found that the topics always generate interesting discussion even if you have not had time to read. So please join us!

SEEKERS *Leader: Nancy Klancher*

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

Islamic Brothers and Sisters Series:

This three-part series of classes on Islamic paths to God will be led by Farooq Hussaini. Mr. Hussaini, Dialogue and Outreach Leader in the Islamic Center of Pittsburgh, is known for his devotion to building understanding among Christians, Jews and Muslims.

Feb. 3: Muslim approaches to the Sacred Word and the Koran.

Feb. 10: Mystical paths within Islam, especially Sufi mysticism. (We will read poetry of Rumi, the Sufi mystic who is currently the most widely read poet in the U.S.)

Feb. 17: Muslim faith practices and worship.

Faith and Experiences:

Feb. 24: Roy Hillier

ELPC People

Good News, Thanks, and Prayers

Good News

April Turner is proud to announce the birth of her daughter, Brooklyn Sykes, born on Thurs., Dec. 27, weighing 7 lbs., 9 oz. Congratulations!

Congratulations to our new members who joined on Sun., Dec. 16, 2007. We welcome **Darrell Bupp, Denise Archer, Kimberle Barker, Timothy Feeney, James Skeffington,** and **Arthur Walker.**

Thanks

The Deacons are very grateful to the congregation for the support of the Giving Tree. Eighty children and youth received gifts through our love and generosity.

The Rev. Heather Tunney would like to extend a very sincere and heartfelt thanks to the ELPC community for its expressions of support, love, and encouragement during her ordination and installation celebration on January 6. "It is a blessing to be called to minister with and among such a dynamic and loving church family!"

Health Ministry

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

Amazing Exercise: Part 2 *By Sue Whitaker*

Two months ago we discussed some of the many benefits of regular exercise. Now we'll talk about how to choose the best type of exercise for you, how to get started, and hints to keep with your plan.

The best exercise for you is the one you will continue to do. You will be most successful if you choose activities you like to do. It helps if you can easily work the activity into your daily routine and it doesn't cost a lot (for lessons and equipment). If you don't have lots of extra time for a special routine, build exercise into your daily activities: take the stairs instead of the elevator, park at the far end of the lot and walk into the building, get off one stop early on the bus route and walk the rest of the way, hide the TV remote, etc.

To get started, first discuss your plan with your doctor, especially if you have a chronic disease, are older or pregnant, or have been inactive. Start out slowly (e.g., light exercise for ten minutes daily) and gradually increase the duration and later the intensity of the activity. Begin each session with a gentle warm-up to make muscles and joints more flexible.

Be realistic and specific about goals. For example, instead of "I'm going to exercise more in 2008," write down "I will walk briskly ten minutes on at least five of the next seven days" then assess and revise for the next week. Keep records and reward successes. Vary the exercise to keep interested. Have a backup plan for bad weather (ELPC has a walking route inside the church, for example). Involve a friend or family member and it will be more pleasurable for both. Having a commitment to this partner will help avoid skipping the activity, too. Don't get discouraged; it may take weeks or months to see the gains you've made.

Tai Chi Offered at ELPC

Give a boost to your mind and body with Tai Chi! Presented by the ELPC Health Ministry, weekly classes are offered on Tuesdays from 10:00 to 11:00 am and from 6:00 to 7:00 pm. Judy Crow will lead the sessions. A donation of \$3.00 per class is requested. If you have questions or desire further information, contact Rev. Patrice Fowler-Searcy at 412-441-3800, ext. 30.

Property Committee

Do you have a green thumb? Are you interested in landscape design? The Property Committee is looking for volunteers to help develop a master plan for ELPC's landscaping. This team will work with a landscape architect to develop the plan this winter, and starting this spring they will begin realizing the plan. Please contact Chuck Lukehart at chas321@aol.com or 412-782-6447 for more information. Help us make our church grounds a beautiful and welcoming part of our neighborhood.

Men's Shelter Donations

In ELPC's continuing commitment to the EECM Men's Shelter located in our church, the Deacons are collecting donations throughout February. The requested donations are L, XL and XXL hooded sweatshirts and M, L and XL underwear and socks, as well as winter items including gloves, hats and scarves. 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.

EECM Food Pantry

The Food Pantry is one of East End Cooperative Ministry's assistance programs for those in immediate need of food. Donations are always deeply appreciated. Please help if you can by leaving your food donations in the baskets located throughout the church's hallways. In February, the "Food for the Month" is macaroni and cheese.

Housed at ELPC, the EECM Food Pantry is open from 1 to 3 pm, Monday through Friday. For more information on the many services EECM provides, visit the website: www.eecm.org.



**East
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Church**

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

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Visiting Artist Paul Spencer Adkins

From **February 14 through 17**, ELPC will be hosting tenor Paul Spencer Adkins, who was a winner in the Luciano Pavarotti International Voice Competition and whose performances range from operas in the U.S. and abroad to a guest spot on “Mr. Rogers’ Neighborhood.” Mr. Adkins will be in Pittsburgh offering master classes at CAPA and working with the choirs and students of our Hope Academy. He will perform as part of the “Love & All That Jazz” concert on **Fri., Feb. 15** and during the 11:00 am worship service and subsequent luncheon on **Sun., Feb. 17**. His latest CD is titled “How Can I Keep from Singing?”. It is a pleasure to welcome Mr. Adkins to our community.



Hope Academy student, Jamal Williams, tied for first place in the Pittsburgh Public Theater Shakespeare Monologue and Scene Contest in 2006. See page 5 to learn more about the contest and Hope Academy students’ participation this year’s competition.

Congregational Meeting

Sun., Feb. 24, after worship

Our church’s annual congregational meeting will be held in the Social Hall on **Sun., Feb. 24**, following the 11 am worship service. The agenda for the meeting includes a review of the 2007 annual reports, reception of the 2008 budget, and election of officers and 2008 Nominating Committee. A luncheon will precede the meeting for a suggested donation of \$5. Please call Kate at 412-441-3800, ext. 17, for lunch reservations. Reminder: Deadline for submitting committee annual reports is **Sun., Feb. 10**.



Friday, February 15, at 7:00 pm

*A Concert Fundraiser
to Benefit Hope Academy*

Details inside on page 3.