



# Reaching Out

newsletter of east liberty presbyterian church June 2008



## Dr. Iain Torrance to visit ELPC

On **Sun., June 15**, at the 10 am worship service, ELPC is honored to host the Rev. Dr. Iain R. Torrance, President of Princeton Theological Seminary, as our guest preacher. Dr. Torrance was elected as the sixth President of Princeton Seminary in April 2004, after completing a term as the Moderator of the General Assembly of the Church of Scotland from 2003 to 2004, and a distinguished academic position at Christ's College in Aberdeen, Scotland. Dr. Torrance is the author of several books, with a strong interest in contemporary social issues and the ecumenical movement.

## Presbytery Meeting

On **Thurs., June 5**, at 1 pm, ELPC will host the meeting of Pittsburgh Presbytery. Over 200 ministers, elders, and dedicated Presbyterians will join for worship, prayer, discussion and debate on matters such as the ordination of candidates for ministry and the well-being of our member congregations. Members are welcome to attend the meeting as guests. Also, volunteers are needed as hosts/hostesses and parking assistants. If you can help on this day, please contact Gloria Knopp or Kay Shissler at (412) 441-3800 x22.

## Pentecost Offering - Thank You

The Pentecost Offering this year was a success thanks to the generosity of our parishioners. Each year, ELPC retains 40 percent of the collected funds to support a local organization whose mission includes meeting the needs of at-risk youth. This year, those funds will support Pittsburgh Dilworth K-5 School's Leadership Academy in East Liberty.

The program focuses on providing African American males, in grades three through five, opportunities to learn about and discuss topics such as: leadership, conflict resolution, courtesy, respect, academic achievement, and community engagement by way of volunteer speakers. The Leadership Academy is in its first year and has twenty young men. They meet after school from 3:30-4:30 pm every other Tuesday. The Pentecost Offering will support the program's continuous development to improve services, activities, and opportunities for the young men.

Thank you for allowing us to contribute to the health of our community.

- Justice and Global Task Force
- Youth and Young Adult Committee

## Sunday Morning Services

\* *Celebration of the Lord's Supper*

### Good Samaritan Worship • 8 am

*May Liturgists:* George Rivers

June 1\* The Rev. Kathryn Hamilton-Vargo, *Minister, South Side Presbyterian Church*

June 8 The Rev. Patrice L. Fowler-Searcy, *Director of Mission Ministries, ELPC*

June 15 The Rev. Donald Dutton, *honorably retired Presbyterian Minister*

June 22 The Rev. William Thomas, *Stated Supply, Boston UP Church*

June 29 Judith Menk, *retired Director of Christian Education, ELPC*

### Journey Worship • 8:45 am

June 1\* The Rev. Dr. Randy Bush

June 8 The Rev. Patrice Fowler-Searcy

### Sanctuary Worship • 11 am

June 1\* The Rev. Dr. Randy Bush

June 8 Youth Sunday

### Sanctuary Worship • 10 am

June 15 The Rev. Dr. Iain Torrance

June 22 The Rev. Heather Tunney

June 29 The Rev. Dr. Randy Bush

## Koinonia Service of Praise

*Second Sunday of each month • 7 pm*

June 8 Elder Kathleen Kyle

## Holy Ground Service of Wholeness and Healing

*Third Sunday, March – Nov. • 6 pm*

June 15 The Rev. Connie Dunn

## 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 40,000 weekly website downloads-so log on and check it out!

## Hope Academy On YouTube

View videos of Hope Academy students at [www.YouTube.com/HopeAcademy](http://www.YouTube.com/HopeAcademy).



## 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-5 pm  
Sunday, 9 am-12:30 pm

### Staff Leadership

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

The Rev. Heather Tunney  
*Associate Pastor for Educational Ministries*

Linda Addlespurger  
*Director of Hope Academy*

The Rev. Miriam Chamberlain  
*Visitation Pastor*

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*

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*



What exactly is the church? As I write these words, a few churches have sadly acted on headstrong wishes to leave our denomination, a Presidential campaign has involved pressuring one candidate to distance himself from his home church and pastor, and the entire Presbyterian Church (U.S.A.) is preparing to gather in San Jose, CA for its General Assembly. So what does it mean to be a Presbyterian in today's world?

About forty years ago Avery Dulles, a wise Catholic scholar (who happened to be raised Presbyterian), wrote a book called "*Models of the Church.*" He outlined five ways we can view the church:

as an institution (visible structure and authority), as a mystical communion (people bound together by common participation in God's Spirit through Christ), as a sacrament (a visible sign and transmitter of God's grace in the world), as a herald (proclaiming the message of the gospel to the world), and as a servant (seeking to serve the world after the example of Christ). Go back and re-read those options again and ask yourself two things: which option best reflects the way you've experienced the church in your life, and which option best reflects the type of church to which you'd like to belong?

Dulles pointed out that there are strengths and weaknesses associated with all five of these models. The church is actually strongest when it can incorporate and integrate aspects of all five choices, recognizing with humility that it only succeeds in this ministry by the grace (literally!) of God.

When he later revised his book, Dulles added a sixth category: the church as a community of disciples. In that phrase he balances the corporate (community) and the individual (disciple) in a way that hopefully reflects how most of us experience the church. Through faith in Christ, made real in us through the Holy Spirit's activity in our life, we come together to be the church, the body of Christ, in the world. We gather to praise, worship, and enjoy the sacraments. We are sent out to love God and love others (often through one and the same acts). Both movements are part of the dance of "church faith" – coming in and going forth, back and forth, over and over again.

Our Confession of 1967 says, "Each member is the church in the world." Living out the truth of that phrase means we can no more leave a denomination than leave the world itself. We can no more fully distance ourselves from home congregations and pastors than from the global body of Christ. There are different expressions of faith and witness and church ministry, but there is only one Christ, whom alone we worship and serve. If this is our perspective, with grace as our guide, we can and will be the church here and in the world.

*Randy Bush*

### Young At Heart Luncheon

Take a stroll down memory lane at the Young at Heart Luncheon, presented by the Board of Deacons. Join us **Sun., June 22**, after the 10 am service in the Social Hall for good food, fun and more great fellowship. Invited seniors and a guest will dine for free. Tickets will be sold on **June 8 and 15** for **\$8** and on the day of the event, if available, for **\$10**. Early reservations are encouraged!

# Hope Academy

Linda Addlespurger, Director

## Hope Academy Students Release CD



Hope Academy students who participated in the Hip-Hop On L.O.C.K. Project wrote and recorded their own music as the group MVP (Musically Vivid Prodigies). On Sat., April 26, their graduation and CD release party took place in ELPC's social hall. WAMO radio personality GQ hosted the event and reminded the audience how important it is to support young people doing positive things in the community. "There are a whole lot worse things these kids could be doing than making music together," he said.

If you weren't able to attend the event, you can watch one of their songs, "We Praising Jesus," being performed on ELPC's YouTube site: [www.YouTube.com/EastLibertyPC](http://www.YouTube.com/EastLibertyPC). If you would like to support the group, you can purchase their CD in the Gifts of the Spirit bookstore for only \$5.

## East End Cooperative Ministry Food Pantry

As you know, the East End Cooperative Ministry's Food Pantry provides food staples for many people facing hunger in the Pittsburgh area.

The congregation here at ELPC continues to answer the call in the ongoing struggle against hunger, but we need your continued support. If you have not yet become a Food Pantry Partner, we urge you to start now. Just make the Food Pantry part of your shopping routine. Donations may be left in baskets located throughout the church's hallways. June's "Food for the Month" is **canned fruit**.



Housed at ELPC, the EECM Food Pantry is open from 1-3 pm, Mon-Fri. Visit [www.eecm.org](http://www.eecm.org) for more information on the many services EECM provides.

## Men's Shelter Donations

In ELPC's continuing commitment to the EECM Men's Shelter located in our church, the Deacons are collecting donations for June 2008. The requested donations are socks and moisturizing skin lotion. Please drop these items in the basket located in the Highland Avenue hallway. Your continued support in the form of donations and of prayer the Shelter and for the men who stay there is appreciated.

## News from the Session

The May Session meeting marked the beginning of another year of service for our elders, with five new elders being welcomed to their first official meeting. (At the same meeting, four other elders began their second 3-year term of service.)

- Elected as Church Treasurers were Carla Deppermann and Gene Harris.
- Elected as Session Clerk and Deputy Session Clerk were Diana Armstrong and Don Breitbarth.
- Session (in April) agreed to invite Cindy DeAngelo to be our seminary intern for the coming academic year. Brian Diebold will also continue to work with our youth/young adults as he seeks a pastoral call.
- Finance Committee reported that pledges and offering receipts are doing well so far this year; however people need to remember to honor these obligations during the upcoming summer months.

## ELPC: By The Numbers

**8:** 12-Step/AA groups meeting weekly at ELPC

**36:** People supporting our weekly Intercessory Prayer ministry

**136:** Zip codes for current members

**222:** Worship services at ELPC in the past year

**235:** Number of zip codes to which our newsletter is sent

**250:** Average number of volunteers helping with the men's shelter and soup kitchen ministry in our church

**450:** Toys made by the Men's Woodworking Club

**41,259:** Weekly average of "hits" to ELPC's website

**\$136,000:** Budgeted gas bill for '08



## CATHEDRAL CATERING

Chef J's is open for lunch Tuesdays through Fridays in the McKelvy Room from 11:30 am to 1:30 pm. Soup, salad bar, choice of hot entrée, side dishes and beverage all for only \$8. Items are also available a la carte and for take-out. And...

**Chef J is happy to fill all your catering needs!**

116 South Highland Avenue  
Pittsburgh, PA 15206

**412 / 441-9900**

## Getting Set

by Nadine Banks

*"Education is hope. It is the foundation of our future."*

Do you remember the day you left home for college? The car was all packed up, your mother was crying, and your dad just wanted to get on the road. The trunk of the car was filled with everything for your dorm room, school supplies, and goodies to last until your next care package. You were excited to start the next phase of your life, but more importantly, to be on your own. You were set.

The reality is that everyone does not have the opportunity to go to college. Each year, many students face challenges in acquiring their education, having to defer their dream. Others, despite the challenges, go on to fulfill their dream. Those students, unfortunately, are not set. They may have received scholarships, but lack those necessities and supplies.

ELPC's Community Mission Committee would like to ask for your help in getting less fortunate college students "set." The College Campaign will meet these needs. It runs from **June 1-29**.

Your support of one or more of the products listed below would be greatly appreciated. A special box will be available in the church office.

**Dorm Room Supplies:** Cleaning items, laundry supplies (detergent, fabric softener, laundry bags/baskets and plastic hangers), tissues, hand soap, personal hygiene items, towels and wash cloths and twin sheets (extra long).

**School Supplies:** Dry erase boards, folders, highlighters, index cards, mechanical pencils, notebooks, pens, planners/organizers, ruled paper, sharpie markers, staplers and staples, stationery, and tacks.

**Goodies:** Disposable cameras, microwave popcorn, \$10 gift cards, roll of quarters, and \$25 calling cards.

Let's join together in "getting students set" to fulfill their dream!

# Christian Education in June

Rev. Heather Tunney, Assoc. Pastor for Educational Ministries

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

## June 1: God's Goodness at the Great Wall of China

On a mission to educate, one must be educated. Nadine Banks tells her story of God's goodness and funny things that happened on the way to the Great Wall.

Hebrews 11:3 - *"By faith we understand that the world was created by the word of God, so that what is seen was made out of things which do not appear."*

## June 8: Reflections on a Recent Pilgrimage to Palestine and Israel

Our class theme, "On a Mission," will be reinforced by Wil Forrest and Laura Ristau. We will examine how and why we do mission work. The timely nature and hope for peace negotiations in the Mid-East will motivate our continued understanding of this process. We are not to judge. Let us pray for continued dialogue.

## June 15-July 27: Faith is the Answer, but What are the Questions?

Join us from 9:15-9:50 am, on Sundays in the second floor parlor as Joe Kennedy and Mary Alice Lightle lead this seven-week adult series inspired by a line from one of Randy Bush's sermons, "There can be no right answers to a wrong question!"

James W. Moore guides the study. The gospel says to us, *"Here is the One who can deliver you. Here is the One who can save you. Follow Him, and you can live. He will lead you to commitment, love, and life. I believe that with all of my heart, but I also know that there are still a number of tough questions we grapple with daily in these challenging times. How does faith help us when problems arise? How does the Christian faith strengthen us when suffering or tragedy or heartache explodes into our lives? How does the Holy Spirit help us? In this hectic world with so many things crying out for our allegiance and support, whom can we trust?"*

Faith is the answer. What are the questions and how do we respond to them honestly, creatively, and redemptively? That is the adventure before us.

**June 15:** Why Believe in Jesus?

**June 22:** What Does It Mean to Build Your Life on Jesus Christ?

**June 29:** When Do We Feel God's Pleasure?

**July 6:** How Does Faith Help Us Rise Up Above Our Problems?

**July 13:** What Are the Dramatic Signs of a Healthy Faith?

**July 20:** How Do We Make Love Last?

**July 27:** When Is Losing Your Baggage a Good Thing?

## JOURNEY WITH SCRIPTURE

 Teacher: Jan Irvin

**June 1:** Gen. 6:9-22, 7:24, 8:14-19; Ps. 46; Rom. 1:16-17, 3:22b-28; Matt 7:21-29

**June 8:** Gen. 12: 1-9; Ps. 33:1-12; Rom. 4:13-25; Matt. 9:9-13, 18-20

## PARENTING CIRCLE

 Facilitators: Beth Bush and Frances Irvin

The Humorous Side of Parenting: Sometimes you just have to laugh! Join us for the remainder of the Sunday School year (last day is June 8) as we use cartoons by Roz Chast in her book *Childproof: Cartoons about Parents and Children* to spark our discussion. Share fun and lively discussion with others involved in parenting.

## SEEKERS

 Leader: Nancy Klancher

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

## June 1: The Religious Issue in the Iraq War

Elder Ron Stone will discuss the religious dimensions of the Iraq War, as they will appear in his new book, *Moral Reflection on Foreign Policy in a Religious War*.

## June 8: Seeking the Seekers

Class members will review the year's offerings and discuss what is ahead.

# Youth and Young Adult Events

Rev. Heather Tunney, Assoc. Pastor for Educational Ministries

## YOUNG ADULT MINISTRIES

### 20/30s Group

Through the summer, we will be gathering monthly for fun, fellowship, and service projects, and will be offering a special Sunday school series in July. Look for information in the bulletins or contact Brian Diebold at [brdiebold@hotmail.com](mailto:brdiebold@hotmail.com) to be added to the Young Adult mailing list.

### Young Adult Church School

Life in the Spirit will continue through June 8. Young Adult Classes will continue through July, from 9-9:45 am. Topic TBA.

## YOUTH MINISTRIES

### Youth Sunday

On **June 8**, our 11 am worship will be led by ELPC youth who will write the prayers and liturgy and lead us in our praise of God. This will be a special time to celebrate the gifts of our youth as well as an opportunity to pray for our Seniors who will be graduating from high school this spring. It is a special service for our whole ELPC family. **Youth who are interested in participating are asked to attend church school on June 1 and 8 to prepare for this service.**

### Summer News

club one sixteen has wrapped up for the year. We will begin again in September, at the start of our Hope Academy classes. However, there will continue to be special events for youth throughout the summer. If you would like to receive a youth calendar and stay on top of youth activities at ELPC, please call Gloria to make sure you're signed up!

### Mission Trips

Youth in grades 6-12 who have been active in fellowship and service at ELPC are invited to a week long mission trip at Camp Crestfield's Mission Possible. Sr. High (grades 9-12) will be from July 13-18 and Junior High (grades 6-8) will be from July 28-August 1. All youth must be active in ELPC programs and have completed service projects (3 for Sr. High; 2 for Jr. High) to attend. Participants will be required to attend training events prior to each trip. Contact Heather at (412) 441-3800 x21.

## Church School Teacher Appreciation

On **June 1** during the 11 am service, we will be recognizing all church school teachers and facilitators, thanking them for their faithful ministry to God and to the children, youth and adults of our church community. There will also be special refreshments served during our fellowship time in honor of our teachers.

Thank you to the following teachers, facilitators, and coordinators for your dedication, hard work, and for sharing your love of God with others:

*Laura Ristau, Sarah Stacy, Michele McClung, Jan Pressman, Vanessa Johnson, Judy Menk, Roberta London, Valire Copeland, Carol Hoehn, Nancy Magee, Kay Shissler, Linda Benedict, Maurice Gordon, Nicole Molinaro, Kathleen Kyle, Chuck Nichols, Frances Irvin, Beth Bush, Jan Irvin, Joe Kennedy, Mary Alice Lightle, Nancy Klancher, Heather Lawrence and Sandy Edgecombe.*

## Calling All Graduates!

Anyone who has graduated from high school, trade school, college, graduate school, etc. please contact the church and share your name, degree earned, and educational institution. We would like to recognize all ELPC graduates. Contact Gloria by **July 1** to have your announcement included in the August Reaching Out.

## ELPC People

*Good News, Thanks, and Prayers*

### Good News

Vadis Robshaw, wife of former pastor Dr. Charles Robshaw, celebrated her 90th birthday recently with family and friends in Minneapolis, MN.

Congratulations to our new members and friends who joined on April 13. We welcome **Mark DeWitt** and **Harold Sanders** by transfer of letter and **William Cooper, Stephanie Danes, Barbara DeWitt, Pepo Mazingi, Gregory Ross, and Louann Ross**, by reaffirmation of faith.

### Thanks

club one sixteen would like to thank everyone who helped prepare their meals on Wednesday nights. Thank you, we are grateful for your great food and care!

## Church School Classes

**Sundays, 9:45 – 10:45 am**

Our formal Church School year will conclude on **Sun., June 8**. There will be some special classes offered through the summer months. Classes for all ages will resume on Rally Day, **Sun. September 7**.

Classes are offered for persons of all ages, from infants to adults. Adult options are detailed on page 4. 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*.

**NOTE:** All Sr. High youth are encouraged to attend church school on **June 1 and 8** as we will be preparing for our Youth Sunday service on **June 8**.

## Full Inclusion Task Force

**June 15:** *"For the Bible Tells Me So"* will be shown after church along with a light lunch. This is an engaging film about the intersection between scripture, homosexuality, and how Christian Families come to (or fail to) understand their gay children. This is an opportunity to share in the journey of five gay and lesbian people and their parents, coupled with analysis of what the Bible says about homosexuality and how that has been interpreted. Featured are openly gay Episcopal Bishop Gene Robinson and his parents; Chrissy Gephardt and her parents, Jane and Dick Gephardt; Rev. Brenda Poteat and her daughter; and Mary Lou Wallner, who shares the pain of her daughter's suicide.

Theologians Rev. Laurence Keene, Rabbi Brian Zachary Mayer, Rev. Susan Sparks, Bishop Desmond Tutu, Harvard's Peter Gomes, Orthodox Rabbi Steve Greenberg and Rev. Jimmy Creech share their insight into the Biblical implications of our experience.

**June 20:** Speakers Mary Lou Wallner and Jacob Reitan (featured in *"For the Bible Tells Me So"*) will be here to share their experiences and struggles to promote acceptance of GLBT people in the church and society from 7-9 pm. Mary Lou struggled with her church's teaching after she lost her lesbian daughter to suicide. Her soul searching and education led her to speak out in the church. Jacob Reitan, a young adult in the Lutheran Church, came out as a gay youth in high school. He and his parents worked together to speak up within the Lutheran church and confronted Focus on the Family magnate, Dr. James Dobson.

**June 22:** ELPC will sponsor a booth at Pridefest, the Pride festival for the GLBT community. This year's event will be held downtown on Liberty Ave. We need volunteers to stand at the booth, greet people and answer questions about our church. If you would be interested, contact Carol Untch at (724) 272-9722.

## Classes After Taizé Prayer

*The Rev. Christiane Dutton, Minister of Taizé Prayer*

**Borders and Thresholds, facilitated by Laurie Arnold:** June 4, at 8:15 pm

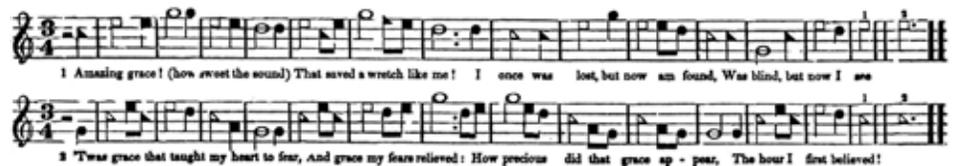
A creative writing workshop that explores how we deal with limits and thresholds. Some functional borders are for good, but too often others create stagnation and permanent separation. What thresholds have you crossed? What ones do you still desire to step over and imagine transcending?

*"Where we live in the world is never one place."* - Poet, Naomi Shihab Nye

**Sacred Harp, led by Charles Anderson:** June 11, at 8:15 pm

Enjoy singing tunes from the oldest American tune book in continuous print (since 1844). Joining in this joyful American singing tradition is easy and enjoyable! All tunes are carefully taught, one part at a time! Beginners welcome!

What is the "Sacred Harp?" The Sacred Harp is a collection of tunes from many sources – British and American folk tunes, 18th century "Fuguing Tunes", 19th century Camp Meeting songs, Southern Gospel songs, and newly composed tunes – written out in shape-note notation and arranged in three or four part harmony. The first edition was printed in 1844, with the most recent in 1991.



What is a "Sacred Harp Sing?" Singers of all ages and abilities gather to enjoy each other's musical company in singing tunes from the Sacred Harp tune book. The singers sit in the traditional "hollow square" formation, a tune number is called out, pitched by the leader, and with an up and down motion of the leader's arm, the group is off and singing. Each tune is sung first "by the notes," then in parts with the words, and a glorious harmony emerges.

**Flute Circle, guided by Charles Anderson:** June 18, at 8:15 pm

The Flute Circle is an encounter for all levels of flute players and enthusiasts. If you have never played a flute before, the Flute Circle will give you a chance to try out an easy-to-play bamboo flute in a supportive environment. If you already play flute, you may bring your own, or borrow one of our bamboo flutes.

**Celebrations:** June 25, at 8:15 pm

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

---

## Like to sing but can't fit choir into your schedule?

Not to worry. Come out to Summer Choir during July and August.

Sure we sing on Sundays but rehearsals are more casual than during the season. We rehearse on Thursdays at 7 pm in an air-conditioned room!

So if you are a soprano, an alto, a tenor, a baritone/bass, or are unsure, come on out beginning on **Thurs., July 3** at 7 pm and we'll place you where we think you sound the best!

It's as simple as that! Relax and have fun with like-minded friends and singers.

Call Richard at (412) 441-3800 x24 to ask more questions or to say "Look for me, I'm coming along for the Summer Choir!"

# Presbyterian Women

Mary Alice Lightle, Moderator

## Support the East Liberty Family Health Care Center at a Baby Shower on June 14

Women of all ages are invited to a baby shower for the East Liberty Family Health Care Center on **Sat., June 14**, from 1:30-3:30 pm in the Second Floor Parlor of ELPC. We will play silly shower games, enjoy light refreshments and learn about the East Liberty Family Health Care Center. Please bring any of these new, un-wrapped shower gifts:

- Infant Car Seats
- Disposable Diapers
- Rectal Thermometers
- Breast Pumps
- Formula
- Vitamin Drops
- Baby Cribs
- Crib Sheets
- Blankets



This will be a great event for mothers and their daughters, hosted by Presbyterian Women in ELPC. For more information, check the PW bulletin board in the Highland Avenue hallway or call Mary Alice Lightle at (412) 682-1504.

## Children and Cholesterol

By Pat Krimmel

Do you know your child's cholesterol level? It was once believed that children were at little risk for developing high cholesterol. However, over the past fifteen years, children are becoming more at risk because of sedentary lifestyles lacking vigorous physical activities, junk foods high in fat and sugar, and obesity.

There is compelling evidence that adult cardiovascular disease has its roots in childhood. The atherosclerotic process can begin in childhood and progress into adulthood, when it frequently leads to coronary heart disease.

Children over two should be tested if either biological parent has or has had a cholesterol level above 240 or there is biological family history of early cardiovascular disease. Family history includes: parent, sibling, grandparent, aunt or uncle who experienced a heart attack, chest pain due to coronary atherosclerosis, peripheral artery disease, or sudden cardiac death before age 55.

Your child or adolescent should be tested if he/she: smokes, has diabetes, high blood pressure, is obese (30% or more overweight), or takes oral contraceptives.

### Cholesterol Levels between 2 and 19 Years of Age

	Total Cholesterol	LDL
Acceptable	<170	<85
Borderline	170 – 199	110 – 129
High	200 or above	130 or above

### Triglyceride Levels

Age	2 to 10	10 to 20
Acceptable	<75	<85
Borderline	75 – 99	85 - 129
High	100 +	130 +

To lower cholesterol you should eat less cholesterol and fat and more complex carbohydrates, increase physical activity, or see a doctor about medication.

## Bibles in the Pews

The Worship Committee has made a review of the bibles presently in the pew racks in the Sanctuary and finds that there is an insufficient number of bibles to provide worshipers the opportunity to follow the scripture readings. Also, many of the current bibles are in poor physical condition and consist of a variety of translations, which makes for a rather jarring experience, reading one version while hearing another.

Therefore the Worship Committee proposes that members and friends be given the opportunity to provide new bibles (all the same New Revised Standard Version edition in a slightly larger print than those presently available) in sufficient quantity, to meet the needs of those who desire to follow along.



New bibles will cost **\$8** each. Anyone wishing to give a bible(s) in honor or in memory of someone is invited to send a check made payable to ELPC and clearly marked: "Bible Fund." Each gift bible will bear a book plate inside the front cover listing your name as donor (optional) and the name of the individual(s) being remembered.

This project will commence in mid-June and should be completed by Rally Day in September.

Thank you for your consideration and your support.

## Housing Ministry

If you've been waiting for a volunteer opportunity requiring some elbow grease, come and join us for another Housing Ministry Work Day! Mark your calendar for **Sat., June 7**. All skill levels are welcome! We will be installing windows, doors, doing landscaping, and erecting fences with our partners in Open Hand Ministries. If you haven't already signed up, call ELPC at (412) 441-3800 x34.



**East Liberty Presbyterian Church**

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

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

Address Service Requested

Nonprofit Org.  
US POSTAGE  
PAID  
Pittsburgh, PA  
Permit No. 691

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

## Vacation Church School

“Listen up! Messages from God” is our theme for VCS 2008. This year will be an all-day program for children ages 3 (who are toilet trained) through grade 5. We will use music, crafts, games and special activities to explore God’s message through the prophets and learn about how we can hear God’s message to us. VCS will be held at ELPC on **June 23-27** from 9 am-3 pm, and will include a special afternoon at Squaw Valley Park on Wed., June 25, in the afternoon. Registration forms are available throughout the church, or by calling Gloria Knopp at (412) 441-3800 x22.



## Our Vision for a Greener ELPC

The Landscape Committee is currently working with Terra Design Studios to make the church grounds more welcoming. We are also exploring options on how to make our “front yard” along Penn Avenue a more active and dynamic outdoor space. The design concept is called “The Liberty,” referencing the original use of East Liberty as a tract of land outside the township limits set aside for public use.

The Liberty is...

- A non-traditional landscape in a Church setting
- An environmentally sensitive landscape that:
  - Harvests rainwater on-site
  - Increases the biodiversity of East Liberty
  - Improves the microclimate around the Church
- A place to experience nature in an urban setting
- A sensory experience
- Beautiful, while lowering maintenance costs

Our new landscape master plan will also coordinate with the East Liberty Development Green Vision for East Liberty and their plans for the East Liberty Town Center.

Look for plans and images of the proposed planting posted in the first floor hallway during the month of June. If you are interested in helping with this project, either working with the design team or planting on one of our landscaping days, please contact Chuck Lukehart at (412) 782-6447.

### Call for Volunteers!

In order to make VCS a success, volunteers are needed to help in a variety of ways. If you can: teach, lead activities, make nametags, help serve snacks, or make donations of fruit or snacks (goldfish crackers, pretzels, etc) your help would be greatly appreciated! Registration forms will be available for youth and adult volunteers. Contact Gloria for information.