

Honoring Rev. Dr. J. Richard Szeremany



After over 15 years of service to our congregation, Dr. Szeremany will retire on Mon., Feb. 15, from the position of Director of Worship, Music and the Arts.

ELPC Members and friends are cordially invited to attend a reception to celebrate the inspired ministry of the Rev. Dr. J. Richard Szeremany. On **Sun., Feb. 7**, Richard will preach at the 11 am Worship service. Following Worship, everyone will have an opportunity to extend their thanks and well-wishes to Richard and Muriel at a special reception in the Social Hall. This celebration will feature tributes to Richard from friends and colleagues, including surprise musical numbers. Plan to attend this time of fellowship and thanksgiving!

Ash Wednesday Service

Wed., Feb. 17, at 12:15 pm

The year 2010 began with the season of Epiphany, followed by four weeks of Ordinary Time, and will continue with Transfiguration Sunday on Feb. 14.

Having recalled the birth, baptism, and glory of our Savior Jesus Christ, the season of Lent will begin on Ash Wednesday. The liturgical color will shift from green to purple, reminding us to be penitent and prayerful over the coming weeks as we prepare to recall the atoning death of Jesus for all humankind.

The Ash Wednesday service is a holy time, marked by the Word, imposition of ashes, silence, and prayer, to set our hearts on the right path as we await the news of Easter resurrection. Join us, as we enter the season of Lent!



Congregational Meeting

Join us in the Social Hall on **Sun., Feb. 21**—after morning worship, a simple meal, and time of fellowship—for our Annual Congregational Meeting.

This important gathering is our time to review the annual reports (available Sun., Feb. 14), receive the 2010 budget, and elect officers to their new terms of service. It's also a time for us to hear about our upcoming Strategic Vision (details on **page 3**). A \$5 donation is requested for the lunch.

Reminder: Please email committee reports to Gloria by **Sun., Jan. 31**.

Sunday Morning Services

** Celebration of the Lord's Supper*

Good Samaritan Worship • 8 am

Liturgists: Mary Alice Lightle and Anthony Allen

- Feb. 7* Rev. Kathryn Hamilton-Vargo, Minister, South Side Presbyterian Church
- Feb. 14 Tara Goodin, Director of the H.O.P.E. Pod for Women at the Allegheny County Jail, and a Senior at Pittsburgh Theological Seminary
- Feb. 21 Rev. George Steffey, Chaplain East Liberty Family Health Care Center
- Feb. 28 Brother James Avant

Journey Worship • 8:45 am

- Feb. 7* Rev. Dr. Randy Bush
- Feb. 14 Rev. Patrice Fowler-Searcy
- Feb. 21 Rev. Heather Schoenewolf
- Feb. 28 Rev. Patrice Fowler-Searcy

Sanctuary Worship • 11 am

- Feb. 7* Rev. Dr. J. Richard Szeremany
- Feb. 14 Rev. Dr. Randy Bush
- Feb. 21 Rev. Dr. Randy Bush
- Feb. 28 Rev. Heather Schoenewolf

Koinonia Service of Praise

Second Sunday of each month • 7 pm

- Feb. 14 Rev. Brian Diebold

Labyrinth Prayer Walk

*Mondays • 10 am–3 pm
Wednesdays • 10 am–9 pm*

Taizé Prayer Service

Wednesdays • 7 pm

Rev. Christiane Dutton

Save the Dates

- Feb. 6:** Annual Mardi Gras Party, pg. 8
"Watercolors" Opens, pg. 8
OHM Workday, pg. 7
- Feb. 7:** Celebration for the Rev. Dr. J. Richard Szeremany, pg. 1
- Feb. 13:** Love and All That Jazz, pg. 5
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- Feb. 25:** Spring Pilgrimage Deadline, pg. 3

East Liberty Presbyterian Church



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

Tel: 412.441.3800
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www.cathedralofhope.org



Office Hours

Monday–Friday, 9 am–5 pm
Sunday, 9 am–12:30 pm

Staff Leadership

The Rev. Dr. Randall K. Bush
Pastor

The Rev. Heather Schoenewolf
Associate Pastor for Educational Ministries

Linda Addlespurger
Director of Hope Academy

The Rev. Miriam Chamberlain
Visitation Pastor

The Rev. Brian Diebold
Coordinator, Youth and Young Adult Ministry

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*

Christine March
Seminary Intern

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

Paul Martin
Supervisor of Security and Hospitality

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 Thursday of the preceding month.

Pastoral Message

The Rev. Dr. Randall K. Bush, Pastor



This month we enter once more into the season of Lent. It is an important time—a chance to stop and reflect on both the fragility and preciousness of life. Officially it is the time when we remember how the story of Jesus Christ includes a harsh crucifixion and burial in a borrowed tomb. Yet it also is the time when we reflect on our own mortality, how we are born into this world and one day will leave it again. In considering the brevity of life, we remind ourselves not to take its daily miracles and opportunities for granted.

As we take stock of our life during the season of Lent, there are big questions we might be brave enough to ask ourselves: In the end, is it all worth it? Does my brief existence make any difference in the grand scheme of things? What exactly is the meaning of life? Those are important questions; however, they're also questions we cannot answer ourselves. If you sat alone on the top of a snow-capped mountain pondering those deep questions, you would not come up with any satisfying answers for two reasons.

First, we do not fully exist in isolation from others. Sure, we can do things on our own and take pleasure in solitary walks and lifestyles, but we were not created to be autonomous, isolated creatures. We have been made for relationships—for friendship and conversation, for community and intimacy, for shared experiences and social interaction. We can see an image of ourselves in a mirror, but we can only truly see “ourselves” when we are reflected back from another person’s pair of eyes. If you want to know whether “it’s all worth it” and what your place is “in the grand scheme of things,” talk it over with someone else. In that shared conversation (and others like it) you will have the best chance of coming up with an answer that rings true deep inside you.

Second, we (human beings) are not the only players in the game of life. At the very least, we are surrounded by a vibrant ecosystem of plants, animals, microscopic lifeforms and natural elements, all of which have to be included in our “meaning of life” calculations. Over/above/through it all, there is God, the creator of life. The story of God-in-Christ, that is at the heart of Lent, offers the best framework for grappling with the big questions of life.

When the famed Catholic priest and author Henri Nouwen grieved over the death of his mother, he wrote a very personal letter to his own father (which has since been published under the title *Letter of Consolation*). It well summarizes the hope and comfort inherent in the season of Lent, both in the honest reflection on the death of Christ and the comforting promise of Easter resurrection.

I'll close with Nouwen's words:

“If the God who revealed life to us, and whose only desire is to bring us to life, loved us so much that [God] wanted to experience with us the total absurdity of death, then—yes, there must be hope. There must be something more than death. There must be a promise that is not fulfilled in our short existence in this world. Leaving behind the ones you love, the flowers and the trees, the mountains and the oceans, the beauty of art and music, and all the exuberant gifts of life cannot be just the destruction and cruel end of all things. Indeed we have to wait for the third day.”

Randy Bush

Session News

At its January meeting, the Session:

- Approved the 2010 budget;
- Discussed plans for Officer training and an Officers' Retreat in early 2010; and
- Celebrated the establishment of a Mission Fund in honor of former elder Ted Brooks.

Strategic Vision

In late 2009, as the Session and staff of ELPC looked toward the promise of a new year, the decision was made to embark on a process of Strategic Visioning and Discernment. A contract was made with our own Peggy Outon and the Bayer Center for Nonprofit Management to lead us through a time of shared reflection and goal-setting regarding our church's ministry priorities and objectives. While the kick-off of this process will officially be held after worship on Sun., March 7, an introductory preview will be presented as part of our Annual Congregational Meeting on **Sun., Feb. 21**.

ELPC's last significant Strategic Plan was completed in 1994. Yet, over the past 15 years, tremendous, positive changes have occurred both in our church and surrounding community. With this new Strategic Visioning process, the hope is to review the present church ministries, solicit feedback from congregation members about their hopes and dreams for the future, consider the changes in our immediate environment, and draft a clear set of objectives and recommendations for the future. This document will help shape our ministry, staffing, and stewardship priorities as we move toward our church's bicentennial in 2019.

Please keep this process in your prayers and avail yourselves of the upcoming opportunities to participate in this important visioning work for our congregation!

Spring Pilgrimage to the Holy Land

April 8–17

The Peace Committee of the ELPC Mission Board is in the process of planning a 10-day Witness Visit to the Holy Land this spring, in cooperation with Sabeel, the Palestinian Christian ecumenical center based in Jerusalem.

The trip will be led by the Rev. Bob Tobin, a retired Episcopal minister, and his wife Maurine. The Tobins have led numerous visits to the Holy Land for clergy and laity of all faiths and denominations. ELPC member Leila Richards—who'll be on this trip—has traveled with the Tobins on previous witness visits.

Participants will worship with Palestinian Christians and meet with Muslims and Jewish Israelis. Nights will be spent in Bethlehem, Jerusalem, and Nazareth, with visits to the West Bank and the Sea of Galilee. We'll experience the realities of the Palestinian community living under Israeli occupation: the separation wall, checkpoints, refugee camps, and Israeli settlements.

The trip costs \$1,250/person for a double room; \$1,550 for a single room. This includes a \$200 non-refundable registration fee, accommodations and meals, and transportation and honoraria during the visit. It *does not* include airfare, but the cost of group tickets is surprisingly low. Limited financial assistance is available.

The trip is scheduled for **April 8–17**. Both Western and Eastern Easter fall on Sun., April 4, so those who wish to participate in Holy Week and Easter in Jerusalem could arrange to do so independently and then join the Witness visit. Details about this opportunity, trip details, and a registration form can be found on the Sabeel website, www.sabeel.org. The registration deadline is **Thurs., Feb. 25**. For more information contact Leila Richards at **412.363.2033**.

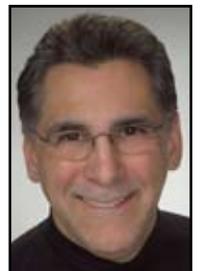


Bethlehem Wall Crossing, courtesy Sabeel Ecumenical Liberation Theology Center

Meet Our Interim Music Team

As we wish Dr. Szeremany well in his time of retirement, the music leadership and worship needs of ELPC will continue as before. An excellent team of professionals has agreed to support our music ministry while a new organist/choir director is sought.

Leading our choir will be Craig Cannon (*pictured*), director of Choral Activities at Fox Chapel Area High School. Craig has sung in and directed church choirs for two other Presbyterian churches and brings many gifts to his role of interim ELPC Choir Director.



Supporting Craig will be Dr. Donald Wilkins, retired professor in the School of Music of Carnegie Mellon University, and former organist at Calvary Episcopal Church and Fox Chapel Presbyterian Church. He also performed with the Pittsburgh Symphony, conducted the Bach Choir, and founded the Pittsburgh Oratorio Society. In addition, Beth Minnigh will assist our music ministry as a part-time accompanist and assistant organist, helping with the Thursday choir rehearsals, and as needed on Sunday mornings.

This musical trio will officially begin their interim work in mid-February. A search committee also has been formed to create a job description and begin soliciting résumés from interested applicants as we look to hire a new music director. Please keep the interim music team and this search committee in your prayers.

Church School Classes

Sundays, 9:45–10:45 am

We rejoice that ELPC provides educational offerings for all ages. Adult options are detailed on this page; young adults on page 5. Senior High (grades 9-12) classes follow our denomination's *We Believe* curriculum. Junior High (grades 6-8) classes follow the *Seasons of the Spirit* curriculum to explore and apply biblical stories to their lives. Children's classes (by age) include *Godly Play* and *Seasons of the Spirit*.

Storm Water Retention System Update

ELDI has been at work securing funding for a project to prevent a large portion of the rain water that comes off of our roof from ending up in the city's storm drains. As of now, the funds are in place to complete the engineering and design phase. As this part of the project is ready to commence, ELDI is actively seeking grants that will provide the funds that are needed to fully complete this project. The actual digging and new landscaping will not be started until the funding is secured.

An engineering group and ELDI met with the Property Committee to go over the design proposals.

There'll be a public meeting with the congregation and others who are interested at the church on **Sun., Jan. 31**, at 12:30 pm, in the Chapel. Please plan to attend and hear the plans already made and to give input.

On Feb. 16, the Session will review the plans and any comments from the public meeting. On Feb. 23, there will be a second meeting with the Property Committee to finalize the design and forward it on to the Session for final acceptance at its meeting in March.

Christian Education

The Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries

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

Feb. 7–14: For the Beauty of the Earth *Led by Katherine Hackney*

This series will provide a spiritual foundation for creation and will explore current topics pertaining to global warming and a host of other timely issues that will affect our future. God's Word will provide the ultimate guideline for this study, but we'll also include suggestions to improve our discipleship in the ecological realm.

Feb. 21–March 7: What Do Presbyterians Say? *Led by Dr. Jim Russ*

Traditional Christian language about Sin and Salvation is far removed from most of what we preach today. Is this evolution of thought or evidence of carelessness? Can we talk about a Christ who died on the cross without talking about the reality of Sin? Can we talk about the Resurrection without talking about the need for each of us to experience God's Salvation?

We'll examine two books by Methodist theologian, pastor, and bishop William Willimon, that put liberal and conservative views to the Scriptural test. *"Sinning Like a Christian"* is an updated look at the Seven Deadly Sins; *"Who Will Be Saved"* is a Bible-centered study of the question, Who decides if I'm saved: you, me, or God?

JOURNEY WITH SCRIPTURE *Facilitator: Jan Irvin*

Feb. 7: *Isa. 6:1-8, (9-13); Ps. 138; 1 Cor. 15:1-11; Luke 5:1-11*

Feb. 17: *Ex. 34:29-35; Ps. 99; 2 Cor. 3:12-4:2; Luke 9:28-36, (37-43)*

Feb. 21: *Deut. 26:1-11; Ps. 91:1-2, 9-16; Rom. 10:8b-13; Luke 4:1-13*

Feb. 28: *Gen. 15:1-12, 17-18; Ps. 27; Phil. 3:17-4:1; Luke 13:31-35 or 9:28-36, (37-43)*

PARENTING CIRCLE *Facilitator: Frances Irvin*

Feb. 7, 21, 28: "Growing Compassionate Kids"

We'll continue reading Jan Johnson's *"Growing Compassionate Kids: Helping Kids See Beyond Their Backyard."* The discussion is easy to join. Books are available.

Feb. 14: Sharing Valentine's Day Thoughts on Love, Joys and Concerns

SEEKERS *Facilitator: Gwen Puza*

Feb 7: Christian Theology and Undoing Violence *Led by Dr. Ron Peters*

Dr. Ron Peters continues his presentation of the usefulness of Martin Luther King, Jr.'s ideas about non-violence as a strategy for addressing the violence in our daily lives and the harmful effects of violence in communities as well as individuals.

Feb. 14: Sharing My Trip to Israel/Palestine *Led by Gwen Puza*

Gwen presents pictures, news, and reflections on her trip this past summer.

Feb. 21–March 14: "The Meaning of Jesus" *Led by Rev. Heather Schoenewolf*

Join us as we discuss Marcus Borg's book, "The Meaning of Jesus."

SOUL FOOD *Facilitator: Rev. Cynthia Jackson*

Feb. 21: "Fresh Bread"

Experience our new adult offering as we feed our spirits and create a life of joy, inner peace, and a happy heart. When we neglect our hunger for God, we become spiritually emaciated—starved for forgiveness, peace, and joy. We find ourselves thin of faith, weak of understanding, and needy of encouragement. Discover new ways to feed your spirit and live into the fullness that God offers each one of us.

Joyce Rupp's "Fresh Bread" will be a catalyst for reflection upon our spiritual selves. It will be helpful to bring a journal. Copies of *"Fresh Bread"* will be for sale. Call Gloria Knopp at **412.441.3800 x22** to reserve a copy. You may honor a loved one and donate a book. There will be copies in the library. If you are hungry for God and want to strengthen your faith, come to the table where Soul Food is provided!

Youth Ministry

The Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries

Our Wednesday Connection program includes free Hope Academy classes, snacks, homework help, a simple supper for families, and our Taizé service at 7 pm.

club one sixteen junior and senior Youth in grades 1-12

We meet in the Game Room at 6:30 pm, for a dinner prepared by an ELPC Member, then split into groups to enjoy an interactive Bible Study from 7–8 pm.

We will continue our discussion on **Faith and Hope** as we explore how faith-in-action can lead us to care for others in a way that glorifies God.

club one sixteen will not meet on **Wed., Feb. 17**, in observance of Ash Wednesday.

Scholarship Workshop Sat., Feb. 27, from 10:30 am–2:30 pm

It's not too early for high school youth to start identifying scholarship opportunities for higher education. ELPC Elder Nadine Banks has developed a community-based workshop to share her experience and strategies for searching for scholarships. Join Ms. Banks at the Oakland branch of the Carnegie Library.

Students are required to have a valid library card. An RSVP and permission slip also are required. Lunch is provided. RSVP to Pastor Heather by **Wed., Feb. 17**.

Our Whole Lives - Sexuality and Our Faith

We will offer the program *Our Whole Lives - Sexuality and Our Faith*—by the Unitarian Universalist Association and the United Church of Christ. Our facilitators will include the values of our faith tradition. The program will offer introductory meetings in late February and continue on Sundays through April. The program will be open to 12 students in grades 8–9, who're involved in the congregational life of ELPC or Hope Academy. If space is available, 10th graders will be invited. Parent permission is required, and parents must participate in an introductory meeting. A parent component will be offered for parents of youth who're participating in the program. Contact Pastor Heather for more details.

Youth Basketball Saturdays, from 6–8 pm

There is no basketball on **Sat., Feb 13**, so all can attend Love and All That Jazz.

Young Adult Ministry

The Rev. Brian Diebold, Coordinator, Youth and Young Adult Ministries

We welcome all adults in their 20's and 30's (married, single, partnered, with or without children) to take part in our Young Adult Ministries. Find us on Facebook and MySpace.com/YoungAdultsELPC, or come check us out in person!

Small Groups

Email Brian Diebold at bdiebold@pts.edu to see where you might fit in! Meet other people in your age group, and get involved with the life of our church!

First Sundays at ELPC Sun., Feb. 7, at 5 pm

Join us for **Movie Night**. Please bring snacks to share.

Recycling Project Work Day Sat., Feb. 20, from 1–5 pm

We'll be working on our project to build recycling stations under the direction of Bruce Pollock. No tools or experience necessary.

February Coffee Hours Sun., Feb. 21 and 28, at 7 pm

Come by to chat or to say hello and enjoy some coffee, ice cream, and waffles at Oh Yeah! (232 S. Highland Ave.)

Hope Academy

Linda Addlespurger, Director

Love and All That Jazz

ELPC presents its 4th annual performance of "Love and All That Jazz" on **Sat., Feb. 13**, at 7 pm. Join us as we celebrate the 10th anniversary of Hope Academy of Music and the Arts and to honor its founding director, the Rev. Dr. J. Richard Szeremany.

In the spirit of Valentine's Day, this family-friendly event will feature an eclectic mix of poetry and music from around the world. Performers include spoken word artist, Vanessa German; flamenco music and dance with "El Trini;" Hope Academy's Voices of Hope and EL CEO, and more!

Tickets are **\$10** for adults; **\$5** for seniors and college students; and **free** for youth 18 and under

Shakespeare Contest

Twenty-four Hope Academy Shakespeare students have been preparing for the 2010 Pittsburgh Public Theater Shakespeare Monologue and Scene Contest. Over 1,000 students from the tri-state area participate in the preliminary round. The field is then narrowed down to 30 students who compete in the Showcase of Finalists.

Last year, former Hope Academy students Blake Stadnik and Carter Redwood tied for first place in the upper division for their monologues.

The Showcase of Finalists, on **Mon., Feb. 15**, at 7 pm, is free and open to the public. Please join us for a wonderful evening of theater.



Hope Academy students perform scenes from "A Midsummer Night's Dream" at the 2009 Shakespeare Monologue and Scene Contest.

Lenten Devotionals

Lenten devotional materials for families, adults, teens, and children will be available on **Sun., Feb. 14**, on the Second Floor CE table. These materials are provided courtesy of the Educational Ministries committee



so that persons of all ages can deepen their faith throughout the Lenten season.

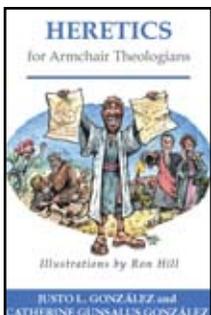
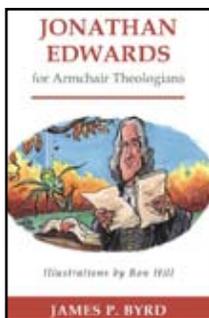
Connections Dinner Groups Update

There are 10 groups up and running. If you'd like to join the fellowship fun and get "connected," contact Gil Hickman or Paul Outon through the Membership & Outreach Committee.

New in the Library

The Armchair Theologians series provides accurate, concise, and witty overviews of moments and theologians in church history. Look for these two new books in the ELPC Library:

"Jonathan Edwards," by James P. Byrd, surveys the life and work of this Puritan preacher.



"Heretics," by Justo L. Gonzalez and Catherine Gunsalus Gonzalez, focuses on some of the great debates among early Christians regarding the core beliefs of the faith.

Classes After Taizé Prayer

The Rev. Christiane Dutton, Minister of Taizé Prayer

Note: Classes begin at 8:15 pm. Enjoy a supper at 6 pm, in the McKelvey Room.

Feb. 3: To Be Determined

Feb. 10: Music on the Labyrinth

Led by Charles Anderson
Join us as we listen to Charles playing the flute on the Labyrinth.

Feb. 17: Sacred Harp/Shape Note Singing

Led by Charles Anderson
Enjoy singing tunes in three- and four-part harmony from the oldest American song book in print. All tunes are taught one part at a time! Beginners welcome!

Feb. 24: Celebrations!

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

Presbyterian Women

Mary Alice Lightle, Moderator

Tues., Feb. 2: Horizons Bible Study

10 am, in the Second Floor Parlor
Join us as Beth Urbaitis leads *"Outsiders Become Insiders: Rahab and the Gibeonites"* (Joshua 2:1-24, 6:25; 9:3-27). A potluck lunch follows; please bring a salad or snack to share and your own place setting. Beverages and soup are provided. Call Mary Alice Lightle at **412.682.1504** for details.

Fri., March 5: World Day of Prayer

11 am, at Mt. Ararat Baptist Church
Join Christians in the East End of Pittsburgh for a vibrant World Day of Prayer service, written by the women of Cameroon and based on *Psalm 150, "Let Everything That Has Breath Praise God."* A luncheon of foods from Cameroon follows worship. Call Mary Alice Lightle at **412.682.1504** for details.

Spiritual Life

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

Sun., Feb. 14: "The Shack"

Led by the Rev. Heather Schoenewolf
William P. Young's *"The Shack"* has remained the top selling paperback work of fiction on the New York Times bestseller list for over a year. A story about a grief-stricken man's mysterious and mystical encounter with God, years after the disappearance of his youngest daughter, has evoked both rave reviews and staunch criticism. Join Pastor Heather in the Second Floor Parlor, at 12:30 pm, for a discussion of personal reactions and theological reflections.

Spiritual Exercises of St. Ignatius of Loyola

Day and Time To Be Determined
We'll meet for 1.5 hours a week in Room 135, for a minimum of six weeks; those who wish may continue though the remaining 27 weeks. Participants will practice praying with Scripture, lectio divina, as well as using contemplation, meditation and reflection, to deepen their relationship with Christ and God.

Praying with the exercises requires approximately 30 minutes a day using provided worksheets. Participants are encouraged to keep a journal of their questions, thoughts, and experiences, and that they be willing to share some of their journal with the group. If you are interested in Ignatian Prayer, either individually or in a group, please contact Lois Lang at **412.441.3800 x41**.

Housing Ministry

Emily Rosenthal, Chair of the Neighbors Mission Committee

Sat., Feb. 6: Ministry Volunteer Opportunity

We will be working with OHM on a home in Garfield for a single mother. Please join us! All skills and ages are welcome. Call Emily Rosenthal at **412.963.0139**, or the Rev. Patrice Fowler-Searcy at **412.441.3800 x30** for details.

Health Ministry

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

Depression By Susan Whitaker, RN

Most of us have days when we feel sad. Sometimes the sadness is significant, complex, and prolonged, and a condition called clinical depression exists. One of the world's most common health conditions, it's a medical illness that affects how a person thinks and behaves, and can be related to many emotional and physical problems. Frequently, the diagnosis is missed and untreated, especially in children and the elderly. Its exact cause is not known, though many experts think it results from chemical imbalances in the brain. Sometimes it's hereditary, but it can occur without a family history. Often, it's triggered by stressful life situations, such as increased responsibilities at home or work. Symptoms include:

- Depressed mood most of the day, particularly in the morning;
- Fatigue and lack of energy;
- Loss of interest in usual activities;
- Feeling hopeless/helpless;
- Dramatic change in appetite, often with weight gain or loss;
- Difficulty concentrating;
- Change in sleep patterns (trouble sleeping or excessive sleeping); and/or
- Thoughts of death or suicide.

Diagnosis and treatment of clinical depression must be done by a health professional. Many people benefit from a combination of medications and counseling. In addition, it helps to eat well-balanced meals, get regular exercise and sleep, avoid alcohol and drugs, and seek supportive relationships. With appropriate treatment, most people with clinical depression feel better (often within weeks), and can return to the daily activities they previously enjoyed.

Exercise Classes

Yoga Tuesdays, from 7:15–8:30 pm, in the Sewing Room

Tai Chi Tuesdays, from 10–11 am and 6–7 pm, in the Sewing Room

Zumba Thursdays (through March 16), from 6–7 pm, in the Sewing Room

JourneyDance Fri., Feb. 12, from 7–8 pm, in the McKelvy Room

Contact Amanda Nolan at **412.441.3800 x34** for more information.

Race: The Power of An Illusion

Join us on **Sat., Feb. 20**, at Grace Memorial Presbyterian Church, as we continue exploring the PBS documentary **Race: The Power of an Illusion**. A potluck supper, at 5:30 pm, precedes each video segment and small group discussion.

Child care will be provided for children not yet in school. Children in elementary school will be able to participate in age-appropriate activities and conversation. For more information or to volunteer, please call Michele Bossers, **412.241.5006**.

ELPC People

Good News

• Congratulations to **Genevieve Grace Engelhardt**, daughter of Tim and Maria Engelhardt, who was baptized on Sun., Jan. 17!

• Also, congratulations to **Rebecca (Maclean)** and **Dan Thompson** who were married on Fri., Jan. 15!

EECM

Food Pantry

The EECM Food Pantry provides food for people facing hunger in Pittsburgh. ELPC continues to answer the call in the struggle against hunger, but we still need help.

February's "Food of the Month" is **Macaroni & Cheese**.

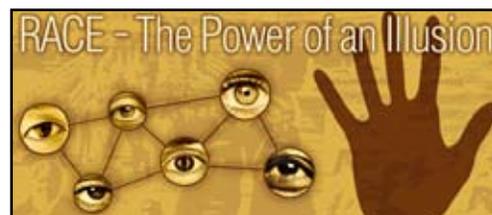


Men's Shelter

While the need has remained consistent, the donations over recent months have sharply declined. We need more of these important winter items for the men!

February's requested donations are **deodorant** and **adult male socks**.

Please drop these items in the hallway baskets. Your continued support in the form of donations and of prayer for the Shelter and the men who stay there is deeply appreciated.





East Liberty Presbyterian Church

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

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

New Directions: Charting a Course

From Sat., Feb. 6–28



In our second exhibit this year featuring ELPC member artists, Sue Schneider’s “Watercolors” offers new paintings that explore abstract ideas melding organic and geometric forms. Birds, quilt patterns, and calligraphic lines show up as influences in several paintings. Sue is a member of the Pittsburgh Watercolor Society and Fiberarts Guild.

The exhibit opens on **Sat., Feb. 6**, at 3:30 pm, in Room 234 and in the Second Floor Parlor. Stop in on your way to the Mardi Gras Party!

In addition to the paintings, Sue also will have greeting cards for sale. A portion of all sales will be donated to ELPC to support the arts exhibition program and the Organ Fund.

For details, please contact Phil Jamison at **412.462.4689** or philjir@gmail.com with “ELPC Art” in the subject line.

Mardi Gras Goes Caribbean

Sat., Feb. 6, at 4:30 pm

All aboard for Carnival Fun and Frolic for all ages as we transform the Social Hall into an Island Paradise!

Dress in your most colorful outfit showing off your warm-weather island wardrobe, and enjoy dinner with a kid-friendly menu and some tasty Caribbean treats. Entertainment includes a live Steel Drum Band performing authentic Soul-Calypto style music. In addition, start limbering up for a Limbo contest! There also will be activities for children!

Tickets are **\$6** for adults; **\$3** for children 12 and under, or **\$18** for an entire family.

Call Norma Meyer at **412.441.3800 x11** to RSVP.

New Adult Class: Soul Food

Sun., Feb. 21, in the Pastor’s Conference Room

How much time do you spend eating? Sister Jose Hobday suggests, “Isn’t it strange how easily we feed the hunger of our body but ignore the hunger of our spirit? I challenge you to spend as much time everyday nourishing your inner self and your relationship with God, as you spend feeding your body.” See **page 5** for more details!

Offices Closed: The office will be closed on **Mon., Feb. 15**, for the Presidents’ Day Holiday.
The church will open at 7 pm, for meetings.