

## Get to Know Our Faith Family

### Join us on Rally Day

On **Sun., Sept. 11**, we will resume our traditional worship schedule and Church School classes (see page 4 for a complete listing of classes for persons of all ages)! As part of our Rally Day celebration, the Christian Education Ministry Team will host a light continental breakfast at 9:30 am, in Rooms 224 and 227. Grab a bite to eat, greet old friends, and welcome new ones as we continue our journey of faith together.

In addition, we will commission Church School teachers during both our Journey and Sanctuary worship services, and present Bibles to incoming fourth graders during Sanctuary worship.

Parents and guardians, please note that you will be asked to complete a new registration form for your children to participate in ELPC programs.



### Sample Our Church Life

Our annual Church Life Sampler will be held after our 11 am service on **Sun., Sept. 18**. Come "sample" the various worship and service opportunities that ELPC offers. Meet leaders, ask questions, and jump on board! Lunch will be provided and a special activity will be available for children.

This also is Visitor's Sunday, so bring along a friend or two!

### Have Fun at the Church Picnic

The Christian Education Ministry Team invites everyone to the annual Church Picnic on **Sun., Sept. 25**, following Sanctuary worship.

Food will be served in the Social Hall, and seating will be available both in the Social Hall and Courtyard. Games will be set up in the Gym and Bowling Alley.

Fried chicken, hot dogs, potato salad, macaroni salad, a light dessert, and beverages will be provided, but please bring a side dish or salad to share.



## Sunday Services

*\*Celebration of the Lord's Supper*

### Journey Prayer • 8:45 am

*In the Social Hall*

Sept. 4\* Rev. Dr. Randy Bush

### Summer Worship • 10 am

*In the Courtyard, weather permitting, and broadcast in the Music Room*

Sept. 4\* Rev. Dr. Randy Bush

### Journey Worship • 8:45 am

Sept. 11 Rev. Patrice Fowler-Searcy

Sept. 18 Rev. Heather Schoenewolf

Sept. 25 Rev. Dr. Randy Bush

### Sanctuary Worship • 11 am

Sept. 11 Rev. Dr. Randy Bush

Sept. 18 Rev. Heather Schoenewolf

Sept. 25 Rev. Dr. Randy Bush

## Labyrinth Prayer Walk

*Mondays • 7 am–1 pm*

*Wednesdays • 9 am–9 pm*

## Taizé Prayer Service

*Wednesdays • 7 pm*

Rev. Mary Lynn Callahan

## Singing and Ringing

Our musical ensembles will resume their regular rehearsal schedules this month. If you would like learn more about any of our choirs, email Dr. Ed Moore at [EdM@coh.net](mailto:EdM@coh.net).

- **Journey Praise Team** sings at our Journey worship services on Sundays, at 8:45 am.
- **Chancel Choir** sings weekly at our Sanctuary worship services on Sundays, at 11 am.
- **Handbell Choir** rings several times throughout the year at our Sanctuary worship services.

## East Liberty Presbyterian Church



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

Tel: 412.441.3800  
Fax: 412.441.4422

[www.ELPC.church](http://www.ELPC.church)

### Staff Leadership

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

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

The Rev. Patrice L. Fowler-Searcy  
*Associate Pastor for Mission Ministries*

The Rev. Mary Lynn Callahan  
*Director of Spiritual Life Ministries and  
Minister of Taizé Prayer*

Linda Addlespurger  
*Director of Hope Academy*

Wil Forrest  
*Coordinator of Young Adult  
and Outreach Programs*

Sara Hackett  
*Coordinator of Christian Education  
and Youth Ministry*

Pamela M. Kimmel  
*Business Administrator*

Paul Martin  
*Facilities Manager*

Dr. Edward Alan Moore  
*Music Director and Organist*

The Rev. Dr. Robert Chesnut  
*Pastor Emeritus*

The Rev. Dr. J. Richard Szeremany  
*Music Director Emeritus*

## Pastoral Message

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



I stumbled onto a short article in which an 80-year old, Klezmer music-playing clarinetist was asked about the importance of breathing. She said, "Relax. Inhale deeply. Sit up straight. Appreciate your lungs." Then she went on to add this pearl of wisdom: "When you know how to breathe, the word 'stress' is not in your dictionary." Given how commonly so many of us deal with stress, it is certainly good news to hear how we can remove stress from our lives if we will simply remember how to breathe. Take a moment right now to pause, to inhale and exhale three slow, long breaths, and see if you feel a measure of physical improvement and inner quiet.

"Stress" as a noun describing hardship and affliction dates back to the early 14th century, with specific references to it in religious writings from the middle of the 16th century. But despite its ancient lineage, it is a word that feels modern—as if it is a peculiar quality of life in contemporary society. Rather than offer a diagnosis for stress, I want to build on what the clarinetist said regarding getting rid of stress. Exercise—moments of quiet breathing and meditation—these things can definitely reduce stress.

Another option is to do a short reading in conjunction with a time of stress-reducing meditation. Back when books were only beginning to be mass-produced and still very expensive to own, people would save up to purchase a family bible as well as some sort of religious devotional. It might have been John Bunyan's *The Pilgrim's Progress* or Thomas á Kempis' *The Imitation of Christ* (both worth reading today, by the way). British and American 20<sup>th</sup>-century authors of this type of material include C. S. Lewis, Harry Emerson Fosdick, or G. K. Chesterton, who have lots of devotional works whose short chapters can be read in small, daily doses. This category of writing can expose you to thinkers from other denominations, such as African American Baptist preacher Howard Thurman (*Meditations of the Heart*), Lutheran pastor Dietrich Bonhoeffer (*Cost of Discipleship*), Catholic priest Henri Nouwen (*The Genesee Diary*), or Trappist monk Thomas Merton (*Thoughts in Solitude*). They can introduce you to wonderful people, such as in G.K. Chesterton's biography of St. Francis of Assisi or reading Julian of Norwich's *Revelations of Divine Love*.

My point is this: Too often we allow the richness of Christian faith to be condensed into bumper-sticker quotes and fortune-cookie words of inspiration. But the stress of life can never be reduced by micro-doses of spirituality, taken like a couple Advils with a sip of water. First, relax. Inhale deeply. Sit up straight. Appreciate your lungs, your heart, your health in general. Then allow yourself to dip into Christian writings that can sustain your soul and quiet your spirit. Read only a page or two at a time. This is not a "self-help regimen" you have to add to your "To Do" list. Instead it is taking a moment to care for yourself by listening to other Christians whose life-stress was eased by faithful reflection, prayer, and trust in God. This month find a book you can slowly read. Put it on your nightstand or download it to your smartphone. And let me know what books you enjoyed. I'm always looking for new spiritual-literary friends!

*Randy Bush*

# LGBTQ Ministry

Wil Forrest, Coordinator of Young Adult and Outreach Programs



Join us at our next Spiritual Gathering on **Sun., Sept. 11**, at 12 pm. We will share lunch and our own stories with each other. All people are welcome!

To learn more about our events or to get involved in ELPC's LGBTQ Ministry, please contact Wil Forrest at [Wil@coh.net](mailto:Wil@coh.net) or 412.441.3800 x14.

**God created you. God loves you.  
Be yourself.**

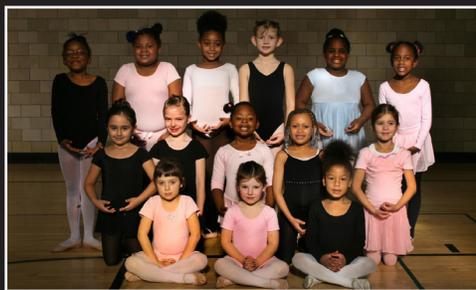
## Hope Academy of Music and the Arts

Linda Addlespurger, Director

### Hope Academy's Dance, Theater, and Music Classes Begin Sept. 13

There is something for everyone—from **Musical Theater Workshop** (voice, tap dance, and acting) and **Pittsburgh Ballet Theatre** dance classes on Saturdays, to **private music instruction** (all instruments and voice) all week, to a **Music Discovery** music and movement class for 5–7 year olds. We also offer an expanded Suzuki program, including violin, piano, cello, and guitar! Plus, there are two levels of Hope Academy's audition-only teen theater company, HAT Co, for singers, dancers, actors, and musicians.

**Download** a course brochure and registration form at [HopeAcademyArts.com](http://HopeAcademyArts.com) or pick one up at the ELPC front desk. Classes fill quickly, so return the registration form as soon as possible to reserve your place.



## Welcome Sharron Boddy, Our New Seminary Intern

We are pleased to introduce Sharron Boddy as our new seminary intern, effective Sept. 1.



Sharron currently studies at Pittsburgh Theological Seminary. She previously earned a Bachelor of Science from the University of Pittsburgh and served the Greater Pittsburgh community as a social worker for 12 years.

With a heart to minister to God's people through service, Sharron knows that someone is waiting on her to use the gifts God has so graciously given to her. To God be the glory!

When you see Sharron, make sure to introduce yourself and welcome her to our faith family at ELPC.

## Renovations Update

The Renovations Committee continues working with the architects and general contractor in preparing the construction drawings for our project. The Session will receive a full update at their meeting on Tues., Sept. 20, and consider recommendations regarding project contracts.

Mr. Jack Johnston has been hired as the ELPC Owners Representative to oversee, coordinate, and advocate for the church during the pre-construction and upcoming construction phases.

Keep a look out for updates on this exciting project that will benefit our faith family and community for generations to come!

**Building  
Our Future**  
capital campaign for ELPC



# Christian Education

**Note:** Classes begin at 9:45 am.

*The Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries*

## **Contemporaries** *Second Floor Parlor* *Facilitator: Mary Alice Lightle*

### **Sept. 11: Whom Do You Say I Am?**

This year, we will pursue the challenge to work out our own theology. Mary Alice Lightle will lead us as we explore Jesus' question through a bible drill and a list poem. Greet your friends and bring your breakfast.

### **Sept. 18 & 25: Quantum Theology**

Our understanding of the universe is rapidly changing, thanks to new technology available for space telescopes and astrophysics. Join Pastor Randy and Arthur Kosowsky, Pitt professor of physics and astronomy, for a dialogue and discussion about the ways our vibrant, expansive universe requires an equally vibrant, expansive, and creative theology about God our Creator.

## **Journey with Scripture** *Second Floor Library* *Facilitators: Jan Lyle Irvin, Lora Bethea, and other members*

The Pharisees criticize Jesus: *This fellow welcomes sinners and eats with them.* The apostle Paul writes: *I am grateful to Christ Jesus, our Lord, who has strengthened me, and appointed me to his service, even though I was formerly a person of violence.* September's readings describe a hospitable God who encourages us to take hold of a peace filled and just life. Join us as we reflect upon these Lectionary readings:

**Sept. 11:** Jeremiah 4:11–12, 22–28; Psalm 14  
1 Timothy 1:12–17; Luke 15:1–10

**Sept. 18:** Jeremiah 8:18–9:1; Psalm 79:1–9  
1 Timothy 2:1–7; Luke 16:1–13

**Sept. 25:** Jeremiah 32:1–3a, 6–15; Psalm 91:1–6, 14–16;  
1 Timothy 6:6–19; Luke 16:19–31

## **Seekers** *Room 234* *Facilitator: Gwen Puza*

### **Sept. 11: The Murals at St. Nicholas Church**

St. Nicholas Catholic Church was built in Millvale, Pa., in 1900, for the Croatian immigrants who were coming to America to work in the steel mills and mines. Twenty five beautiful murals were painted on the sanctuary walls during the war years from 1937–1941. They use religious symbolism to dramatically depict social injustice and the horrors of war—from the experiences of the immigrants. These are indeed a Pittsburgh treasure.

**Sept. 18 & 25:** *To be announced*

## **Soul Food** *Third Floor Music Room* *Facilitators: Rev. Joe Hajdu and other members*

### **Sept. 11: Gathering Session**

We will meet for an introduction to our new text, *The Gift of Being Yourself*, by David Benner. New participants are always welcome, and copies of the book will be available.

### **Sat., Sept. 17: Soul Food Class Retreat** *9 am–3 pm*

Join us for a one-day retreat in the Second Floor Parlor. For more information or to register, email Joe Hajdu at [hajdu625@comcast.net](mailto:hajdu625@comcast.net).

### **Sept. 18 & 25: The Gift of Being Yourself**

We will discuss the first chapter of *The Gift of Being Yourself*.

## **Young Adults** *Pastor's Conference Room* *Facilitator: Wil Forrest*

### **Sept. 11: Prayer Time**

Stop by the Rally Day festivities to get some breakfast, and to share some fellowship before connecting with other young adults for a biblical reflection and group prayer.

## **Children and Youth**

### **Young Children's Ministry/Infants–age 2** *First Floor Nursery* Curriculum: "Wee Children at Church"

A denominational curriculum for nursery-age children.

### **Pre-school/Ages 3–5** *Room 240*

Curriculum: "Gospel Light"

Bible stories are explored through interactive storytelling, prayer, and artistic response.

### **Kindergarten and Grade 1** *Room 336*

Curriculum: "Godly Play"

Using Godly Play, children are given the opportunity to learn and explore stories of the Bible through storytelling, asking "wondering" questions, and play.

### **Grades 2–3** *Room 338*

Curriculum: "Godly Play"

Building on the K–1 program, the childrens' concepts of God and faith keep expanding.

### **Grades 4–5** *Room 335*

Curriculum: "Seasons of the Spirit"

A lectionary-based, hands-on curriculum for tweens.

### **Junior High** (grades 6–8) *Room 341*

Curriculum: "We Believe—Faith Questions"

The denominational curriculum for youth.

### **Senior High** (grades 9–12) *Room 343*

Curriculum: "Re: Form"

This is a youth faith formation series dealing with tough questions of faith.

# Youth Ministry

Sara Hackett, Coordinator of Christian Education and Youth Ministry

## Sun.–Mon., Sept. 4–5: Senior High Retreat at Crestfield Camp

All youth in grades 9–12 are invited to our fall kickoff retreat. The retreat's theme, *FOOD*, will inform our Bible study, worship, games, and group-building fun activities. For details, permission slip, and packing list, see the youth calendar section on the website or talk to Sara Hackett.



## Food 4 Thought Returns on Thurs., Oct. 6

Food 4 Thought is a no-cost learning support and enrichment program for youth in grades 4–8, which equips and encourages them by exploring and enjoying food. This one-on-one mentoring program reinforces skills that are known to be necessary for success in and out of school.

The central theme of food and thinking comes to life in mentoring relationships. Together, our mentors and mentees will:

- Share healthy and delicious meals;
- Extend hospitably and show gratitude;
- Participate in creating real solutions for hunger, health, and sustainable agriculture;
- Take cooking classes with professional chefs;
- Learn about the food we eat;
- Investigate how different cultures eat; and
- Build meaningful relationships that support them during the joys and the struggles of life.



For more information about how your child can participate in our Food 4 Thought program, call Sara Hackett at **412.673.2926**. If you are interested in becoming an adult mentor or a meal team member, contact Wil Forrest at **412.260.2554**.

## club one sixteen begins sept. 14

Wednesdays, from 3:30–7:30 pm

**club one sixteen** is our Wednesday night youth group for children and youth in grades 1–12. Students enjoy fellowship and recreation, a nutritious home-cooked meal, a craft or special activity, and an interactive Bible study.

Parents, please complete a registration form for your child/children.

Our schedule is as follows:

- 3:30 pm: Gathering Time/  
Homework Help/Open Gym
- 4:30 pm: Opening Worship
- 5 pm: Dinner
- 5:30 pm:
  - Older Youth: Bible Study and Gym
  - Younger Youth: Crafts and Gym
- 7:30 pm: Dismissal



# Young Adult Ministry

Wil Forrest, Coordinator of Young Adult and Outreach Programs

## Fri., Sept. 2: First Friday @ Wallace 7 pm

Come share neighborly love with other young adults at Wallace Memorial Presbyterian Church in Green Tree! This coffeehouse evening will include fellowship, treats, and lots of Fair Trade PLUS Café Justo coffee. Participants are asked to bring a poem, reading, Scripture, song, story, or anything creative to share with the group that is focused on the theme of loving your neighbor. Also, please bring a dessert to share.

## Sun., Sept. 18: Sampler Scavenger Hunt 1:30 pm

First, attend the Church Life Sampler in the Social Hall following worship until 1:30 pm (lunch included), where Wil will provide you with your scavenger hunt task. Spend time visiting tables while getting information and making connections. Then, gather with other young adults in the nearby Ground Floor Lounge to share what you have found out. Prizes will be awarded!



For more information or to ask questions, contact Wil Forrest at **Wil@coh.net** or **412.441.3800 x14**.

## Sign Up for Our Connection Gatherings

Have fun and get to know other ELPC members through our Connection Gatherings. These small groups consist of 8–10 people who join together for potluck dinners or outings in the area.

Sign up at the Church Life Sampler on **Sun., Sept. 18**, or call Jack and Elaine Phillips at **412.668.2989** or the ELPC office for more information.



## Calling All Crafters

Please stop by our table at the Church Life Sampler on **Sun., Sept. 18**, to see what new projects we are exploring. And, watch for news of other meeting times as new groups form to meet new needs and ever-changing schedules!



- The **Knitting Group** will meet on **Tues., Sept. 6**, from 1–3 pm, in Room 244.
- The **Sewing Group** will meet on **Mon., Sept. 19**, from 2:30–6 pm, in the Sewing Room.

New helpers of all skill levels are always welcomed! Questions? Contact Diane Jackson at **412.441.6021** or [djacks@verizon.net](mailto:djacks@verizon.net).

## Presbyterian Women

*Sherry Anderson and Kelli Booher, Co-Moderators*

**Bible Study Returns: Who is Jesus?** *Second Floor Parlor*

**Tues., Sept. 6 10 am | Mon., Sept. 12 7 pm**

Welcome to Presbyterian Women's 2016–17 series of Bible studies, lunches and just plain good times with friends. We usually meet the first Monday and Tuesday of each month. This year's theme is *Who is Jesus?* It promises to be thought-provoking and soul-nourishing.

- On **Tues., Sept. 6**, at 10 am, we will meet for Bible study, fellowship, and lunch. Bring your spiritual curiosity and a salad, bread, or dessert to share.
- If your Tuesdays are already full, we hope you can join us on **Mon., Sept 12**, at 7 pm, for Bible study and fellowship. Childcare can be requested.

Check in with Michele Bossers at [michele2285@gmail.com](mailto:michele2285@gmail.com) if you feel led to help facilitate one of our lessons with either the morning or evening group.

## Spiritual Life

*The Rev. Mary Lynn Callahan, Director of Spiritual Life Ministries*

**Centering Prayer | Tuesdays 7–7:20 pm**

Drawn from the ancient Christian contemplative tradition, this prayer method is a movement beyond conversation with Christ to communion with Christ. Join us in the Prayer and Meditation Room.

**Cathedral Yoga | Wednesdays 6–7 pm**

Practice prayerful yoga in our beautiful Gothic Sanctuary. Please bring your own mat. Yoga is free, but donations are appreciated.

**Contemplative Prayer | Wednesdays 8–8:20 pm**

Join us at the front of the Chapel after our Taizé prayer service to sit together in silence for 20 minutes. No experience is necessary.

**Mindfulness Meditation | Thursdays 7–8 pm**

Join Susan Spangler in the Prayer and Meditation Room as we engage in this ancient prayer form together. Both those who are new to meditation and those with experience are heartily welcome.

## Health Ministry

*The Rev. Patrice Fowler-Searcy, Associate Pastor for Mission Ministries*

**Tai Chi | Tuesdays 10–11 am; 6–7 pm**

Classes will begin on **Tues., Sept. 13**. Experience flowing movements and a relaxing workout. The cost is **\$25** for 10 weeks or **\$3** per session. Please pre-register with Kate Carlson at [KateC@coh.net](mailto:KateC@coh.net) or **412.441.3800 x16**.

**JourneyDance | Fri., Sept. 9 7–8 pm**

Use movement to celebrate your inner strengths. Classes are led by Yamuna. A donation from the heart is appreciated.



On Sun., July 31, ELPC hosted a gala event and worship service, celebrating 25 years of partnership between Pittsburgh Presbytery and CCAP Synod of Blantyre, as well as more recent partnerships with the South Sudan Presbyterian Evangelical Church.

Photos courtesy of Sharon Carver



## So Much To Do For Us All

by Wil Forrest, Coordinator of Young Adult and Outreach Programs



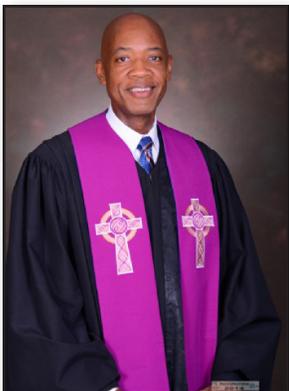
Our church is a dynamic place with so much going on, and most of it is happening because of you, ELPC friends and members. Each week, we honestly need your help and send out calls for volunteers. At times, needs go unfilled or are filled by others who are already committed to other projects. Please do not wait and assume someone else will answer the call. Prayerfully consider if you have time and love to share!

This fall we will need worship volunteers, Food 4 Thought mentors and meal team members, **club one sixteen** dinner providers, and more!

For more information or to serve, contact Wil Forrest at [Wil@coh.net](mailto:Wil@coh.net) or **412.441.3800 x14**. To learn more about serving or becoming a member of the weSERVE list, visit [ELPC.church/programs/iSERVE](http://ELPC.church/programs/iSERVE).

## Mission Matters

The Rev. Patrice Fowler-Searcy, Associate Pastor for Mission Ministries



### The Rev. Roberts to Visit During Mission Month

We are pleased to announce that the Rev. Paul T. Roberts, Sr., will be visiting ELPC in October!

The Rev. Roberts is President of Johnson C. Smith Theological Seminary in Atlanta, Georgia, the only PC(USA) theological school that is historically African American. He also writes for *The Presbyterian Outlook* magazine, consults with the Louisville Institute, and serves on the boards of the Presbyterian Foundation and Macedonian Ministry of Atlanta. The Rev. Roberts also recently received the 2016 *Devoted Service Award* from Louisville Theological Seminary.

Keep a look out in the weekly e-Flash and Announcements for more details on the Rev. Roberts visit, as well as other Mission Month activities!

## ELPC People

If you have news to share, please call Gloria Knopp at 412.441.3800 x22.

### Good News

- Congratulations to **Dr. Charma Dudley** for being elected to the National Board of Directors for the National Alliances on Mental Illness (NAMI).
- Former church member **Dr. David Epperson** was recently elected to the National YMCA Hall of Fame for his more than 50 years of service to the organization.

### Thanks

- Our lawn has been looking exceptionally good all summer due to the faithfulness of **Mike Anderson** and **Don Breitbarth**. When you see them, please thank them.
- Presbyterian Women thanks the congregation for its continued diaper donations in support of the Western Pennsylvania Diaper Bank! Each day, 77,000 diapers are needed in Allegheny County and your generosity is appreciated because government programs do not provide diapers.

### Prayers

We offer our prayers and condolences to the family and friends of those who recently passed away:

- Chuck Carson's sister, Ruth Carson
- Emma Odim's brother, Charles Cheek
- Elmer Harkema's father, Pearson Harkema
- Gail Karkaria's brother, Gary Fox



*“...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.”*

### Building Closed

The ELPC office will be closed all day on Labor Day, **Mon., Sept. 5.**

## Tour the Steeple, See the View

Enjoy spectacular views of the East End from ELPC's steeple on **Sun., Sept. 11.** Join our tour guide in the Library following Sanctuary worship. Allow 40 minutes for the tour and please wear shoes and slacks that allow for climbing ladders.



## Cathedral Concerts Return

Mark your calendars now for the sixth season of our *Cathedral Concerts* series!

First up is Community Sing, led by Ysaÿe Barnwell on **Sat., Oct. 1,** at 7:30 pm. Dr. Barnwell—former member of *Sweet Honey in the Rock*—returns to ELPC after last leading an inspirational Community Sing here in 2013.



Other performances include:

- ♪ Organist David Higgs, co-sponsored with the Organ Artists Series of Pittsburgh, on **Sun., Oct. 16,** at 3 pm
- ♪ Hope Academy Teaching Artists on **Sat., Nov. 19,** at 5 pm
- ♪ Christmas in East Liberty featuring The Brass Roots, organist Dr. Ed. Moore, and the ELPC Chancel Choir on **Fri., Dec. 16,** at 7:30 pm
- ♪ Choral Fantasy featuring the Duquesne University Choirs and The Arsenal Duo on **Sun., Jan. 29,** at 3 pm
- ♪ A Celebration of Black Song featuring musicians from ELPC's Music Ministry on **Sun., Feb. 12,** at 3 pm
- ♪ The Brass Roots and Organ Spring Concert on **Fri., May 26,** at 7:30 pm

Visit [ELPC.church/worship/cathedral-concerts](http://ELPC.church/worship/cathedral-concerts) for more information. Concerts are free, except for David Higgs' performance. Freewill offerings will be accepted.