Joy Sunday
Sun., Nov. 8

Celebrate with joy all that God is doing in our church’s life and our personal lives! On Stewardship Sunday, we’ll bring forward gifts to feed the hungry as well as our Stewardship pledge commitments for 2010.

It’s always an inspiring sight to see the diversity of people associated with ELPC come forward as a visible expression of faith and re-dedication. The Stewardship Committee is naming this date “Joy Sunday,” because that is the emotion most closely linked to acts of spiritual trust and generosity.

Following the 11 am service, we’ll gather in the Social Hall for a luncheon and a short presentation on the good news of our growing stewardship commitment over the past few years.

Join us as we “rekindle the gift of God within us” with joy!

Pittsburgh Symphony Orchestra Returns
Sat., Nov. 14, at 7 pm

The PSO returns to ELPC for its third annual Community Engagement Concert! PSO resident conductor Lawrence Loh leads a string orchestra in a concert that features works by Bach, Mozart and Grieg.

Enjoy a pre-concert student performance in the Social Hall from 6–6:45 pm, and a post-concert student performance from 8:30–9 pm.

Tickets for adults are $10 in advance ($15 at the door); $5 for students and seniors. Tickets are available at ELPC or by phone at 412.361.5662. All proceeds benefit local music programs, including Hope Academy.
I love language and discovering the origins of peculiar words and phrases. Thinking about words reminds me of several things, such as Reader’s Digest quizzes, or the maddening, multiple-choice vocabulary questions on standardized tests. I asked myself which are my favorite words, and among the ones that came to mind were “hitherto” (which makes the speaker sound like someone on Masterpiece Theatre) and “pusillanimous” (which is delightful to stumble across in literature, but almost impossible to work into a conversation unless you’re Spiro Agnew.)

One word that always makes me smile is quotidian. According to the venerable Oxford English Dictionary, its first recorded usage dates back to 1340. It’s a Latin word meaning “things occurring on a daily basis” (quotus – things which occur, and dies – day). It’s commonly used in medical language, referring to symptoms that occur on a regular basis. Despite its exotic appearance, it’s the basis for the French word daily, as in a ‘quotidien newspaper.’

I had, perhaps wrongly, assumed that quotidian was synonymous with the word mundane, since things that happen day after day are likely to be less interesting details of our life story. But the aspects of our faith that our quotidian are actually some of the most crucial parts of what we believe; so I fear I have been mischaracterizing this word all these years.

Reflect for a moment on the quotidian elements of your faith. It’s not uncommon to hear someone say, “Thank you, God, for waking me up this morning.” Remembering the daily gift of life is a key part of faith. Saying grace over a meal may seem like a mundane daily ritual, yet it serves as a time to remember that we have blessings of food that so many others lack (and hopefully to pray that God and others will provide for them). Later this month, we’ll celebrate the holiday of Thanksgiving, which comes around each year with (what feels like) quotidian frequency. It’s also an opportunity to recall how God’s providential care is showered upon us daily.

November also is our month to emphasis Christian stewardship. In practical terms, this is more of a weekly, monthly, or annual event; but in regards to faith, it’s definitely a quotidian part of our life. Almost every day, we handle money and incur obligations that’re reflected in monetary amounts (e.g., rent, bills, etc.). What do your daily finances look like, and where is the presence of God reflected both in the money you earn and the money you spend? There’re things on which we spend money that are purely for momentary pleasure, and things that are for our long-term health and security. The time and treasure we devote to God should not be calculated solely at the end of the day from whatever resources are leftover. Quotidian stewardship starts each day with God and consciously sets apart our “first fruits” and best resources for the Lord. The amount is secondary; the spirit of gratitude and generosity are what’s most important.

Think of your own favorite words and reflect on them in light of your ongoing faith in God revealed in Jesus Christ. Who knows, maybe this can be a daily, quotidian part of your Christian identity during this month’s Stewardship season!
Session News
At their recent meeting, the Session:

• Received an update on the preliminary 2010 budget;
• Recognized Chef Jay for his years of faithful service to our church, as he has closed his Cathedral Café operation at ELPC; and
• Added five new members and four new friends onto the church rolls!

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

Eating Healthy at Fast Food Restaurants By Susan Whitaker, RN
According to experts at the Mayo Clinic, fast food can be part of a weight-loss or healthy diet plan. The trick is to make wise menu choices and pay attention to portion control. Here are six suggestions to enjoy the occasional fast food meal:

1. Keep portion sizes small: Pick the smallest sandwich and portion of fries. Choose a regular hamburger (250-300 calories) instead of a double- or triple-hamburger (over 1000 calories).

2. Choose a healthier side: Many fast food restaurants offer a side salad, baked potato, fruit, corn on the cob, steamed rice, or baked potato chips.

3. Choose entée salads: Add grilled chicken, shrimp, or vegetables, with fat-free or low-fat dressing on the side. Avoid breaded/fried toppings or shells that are deep-fried, and limit extras such as cheese, bacon bits, and croutons.

4. Choose grilled instead of fried or breaded items: Grilled or roasted lean meats (turkey, chicken breast, and lean ham and roast beef) are lower in calories and fat than “crispy” or breaded items.

5. Substitute, don’t settle: Ask for healthier options such as mustard, less mayo, and salsa; instead of cheese, special toppings, tartar sauce, and sour cream.

6. Choose beverages carefully: Ask for water, unsweetened iced tea, or diet softdrinks. Skip drinks with ice cream. Large shakes have over 800 calories and an entire day’s allowance of saturated fat!

Exercise Classes
Zumba Thursdays, from 6–7 pm, in the Sewing Room
Led by LuAnn Ross, Zumba combines high-energy music with unique moves. Please bring a non-perishable food item to benefit the EECM food pantry.

Yoga Tuesdays, at 7 pm, in the Sewing Room
Led by Yamuna, Yoga tones muscles, increases flexibility, detoxifies the body, increases joint lubrication, and massages organs. Donations are appreciated.

Tai Chi Tuesdays, in the Sewing Room, time to be determined
Led by Judy Crow, Tai Chi aids in the reduction of stress and increases energy, agility, and flexibility. Pre-registration is required.

Call Amanda Nolan at 412.441.3800 x34 for more information on classes.

An Evening of Spectacular Organ Transcriptions
Mon., Nov. 9, at 7:30 pm

Autumn is upon us, and with that comes another season of music! Join us as Jon Tyillian, ELPC’s Associate Music Director and Organ Scholar, presents An Evening of Spectacular Organ Transcriptions.

Often, we go to organ recitals or concerts and hear the same music. With such a powerful, versatile instrument, are there other possibilities?

There’s a vast amount of orchestral music that requires 80–90 musicians. What about the organ—each rank or pipe acting as a musician? One soon realizes that we have 140 outstanding musicians at ELPC, standing in the chambers, waiting to perform. The solution: a concert of orchestral music, transcribed for the mighty Skinner!

Hear Saint-Saëns’ “Carnival of the Animals;” Stravinsky’s “Firebird;” Ralph Vaughan Williams’ epic masterwork, “A Sea Symphony,” featuring the ELPC Festival Choir and guest conductor Dr. Larry Allen; and maybe even a little Tchaikovsky. Admission is free; a light reception follows.
Christian Education
Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries

CONTEMPORARIES CLASS Facilitators: Joe Kennedy and Mary Alice Lightle
Nov. 1–8: Success, Addiction, and Peace  Led by Jason Riley
Jason will take us through a series of experiences including the social, religious, economic, and educational realms of existence. His message will include an emphasis on discovering the components of happiness and spiritual peace.

Nov. 15–23: The Transcendence of Young Adult Leadership  Led by DaMisha Probst, Liberty Hultberg, Bruce Pollock, and Young Adults
Our congregation is blessed with the presence of young adults who’re ready to contribute their gifts and talents of leadership. Their testimonies guide us as we seek to introduce more collaboration into the areas of instruction and influence.

Directional thrust is a key ingredient in an effective, Christian approach toward team building. Phil Hodges’ four point plan inspires us and connects the dots between the instructions of Jesus and what we’re called to do as citizens of the Kingdom!

JOURNEY WITH SCRIPTURE  Facilitator: Jan Irvin
Nov. 1: Isa. 25:6–9; Ps. 24; Rev. 21:1-6a; John 11:32
Nov. 8: Ruth 3:1–5; 4:13-17; Ps. 127; Heb. 9:24–28; Mark 12:38–44
Nov. 15: 1 Sam. 1:4–20; 1 Sam. 2:1–10; Heb. 10:11–14; (15–18) 19–25; Mark 12:1–8
Nov. 22: 2 Sam. 23:1–7; Ps. 132:1–12 (13–18); Rev. 1:4b–8; John 18:33–37

PARENTING CIRCLE  Facilitators: Frances Irvin and Anne Jackson
Nov. 1: Sharing Joys and Concerns
Nov. 8–22: “Eat, Pray, Love”
We’ll continue with the “Pray” section of Elizabeth Gilbert’s “Eat, Pray, Love.”
Nov. 29: Sharing Thanksgivings, Joys and Concerns

SEEKERS  Facilitator: Gwen Puza
Nov. 1: All Saints Day
All Saints Day, also called All Hallows Day, is a day to honor all saints—known and unknown. The Rev. Pat Frick explores the meaning of the previous day, Halloween.

Nov. 8–22: A God who Calls: An Introduction to Process Theology
We profess our belief in a Triune God—who Creates, Redeems and Sustains. Process Theology gives a voice to the radical creativity, the implicit relationality, and the persistent initiative of God. Join the Rev. Heather Schoenewolf as we learn how the ideas of Process Theology help us think about the core beliefs of our faith.

Nov. 29–Dec. 6: Advent
The Rev. Christiane Dutton leads us in a deeper appreciation of Advent.

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.

Christmas Giving Tree
Each year, the Deacons organize the Christmas Giving Tree to benefit children and families from EECM, our ELPC Mission Ministry, and the Christian Education Ministry.

On Sun., Nov. 29 and Dec. 6, the Giving Tree will be set up near the Highland Ave. entrance from 9:30 am-12:30 pm, and on Wed. Dec. 2 and 9, following Taizé. Stop by the Giving Tree, select a tag, and leave your name and phone number on the donor tag.

Wrapped gifts, with tags, are due back to the church office no later than noon on Sun., Dec. 13. If you’d like to make a monetary donation, checks may be made payable to “ELPC Giving Tree,” and dropped off at church office.

Pittsburgh Gospel Choir Performs
Sat., Nov. 21, at 4 pm
Come hear the Pittsburgh Gospel Choir perform in our beautiful sanctuary! Under the leadership of artistic director, Dr. Herbert Jones, this ELPC resident choir offers inspirational music and stirring vocal selections. Tickets are available at the door.

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Youth and Young Adult Events
Reverend Heather Schoenewolf, Associate Pastor for Educational Ministries

YOUTH MINISTRIES
Our Wednesday Connection program includes free Hope Academy classes, snacks from Whole Foods, homework help, a simple supper for families in the McKelvey Room, 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.

Note: Club One Sixteen will not meet on Wed., Nov. 11 or 25.

Middle School Retreat Fri.–Sun., Nov. 6–8
Youth in grades 6–8 are invited to join us for our annual fall retreat at Camp Crestfield. We’ll meet at ELPC at 6 pm, on Friday, and return by 2 pm, on Sunday. Cost is $75/person (scholarships are available upon request). Join youth from area churches for a weekend of worship, fellowship and fun! Also, we’ll be spending an evening at Slippery Rock University for swimming, wall climbing, and court activities. RSVP to Pastor Heather by Tues., Nov. 3, at 412.441.3800 x21.

Youth Basketball Saturdays, from 5–8 pm
Young men in grades 9-12 are welcome to participate in our basketball program in the ELPC gym. We’ll not meet on Sat., Nov. 28.

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, 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., Nov. 1, at 5 pm
Join us in the Second Floor Parlor for Movie Night. Bring a snack to share!

The Processional Cross
From time to time, someone will ask about our Processional Cross. It’s a beautiful piece of art, handcrafted and designed by an artist from Mt. Lebanon. The designer read about the mission of ELPC and attempted to reflect what is important to our congregation. The only guide given to her was a verse from Colossian 1:17. Speaking of Christ, the Apostle Paul writes: “He is before all things, and in him all things hold together.”

That verse inspired the “double cross” images that represent the world. In our discussions for the processional cross, this double cross feature—Christ holding the world/all things together—became known as “the inescapable Christ.”

There are several interesting facts about this cross. The points and spikes on the circular portion and the variety of metals used in the cross—brass, silver, and gold—represent the variety of ministries and inclusiveness of our congregation. The hammer marks and slight imperfections on the cross, represent the triumphant “last word” of resurrection and also the perilous road we’re called upon to travel as we walk together beside our Lord.

The next time you see our Processional Cross, remember the words of George William Kitchin and Michael Robert Newbolt: “Lift high the Cross, the love of Christ proclaim, till all the world adore his sacred name. Come, Christians, follow this triumphant sign. The hosts of God in unity combine.” Indeed, He is the One who holds all things, and us together.
Development Updates
Sun., Nov. 15, at 12:30 pm, Room 234
The Neighbors Committee will sponsor a meeting to update our congregation on developments in our East Liberty neighborhood. We’ll focus on EECM’s plans for a new Community House, which will enable it to consolidate many of its services in one building.

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.

Nov. 4: To Be Determined
Nov. 11: Sacred Harp/Shape Note Singing  Led by Charles Anderson
Nov. 18: To Be Determined
Nov. 25: Celebrations!
Do you celebrate a birthday, milestone or anniversary in November? Write it down and put it in the collection plate! We’d like to celebrate with you!

Presbyterian Women
Mary Alice Lightle, Moderator
Tues., Nov. 10: Horizons Bible Study  10 am, in the Second Floor Parlor
Join us as we continue our journey through Joshua. Judy Menk leads our lesson, “Entry Into the Land” (Joshua 3-5). A potluck lunch follows. Please bring a salad or snack to share along with your own place setting. Beverages and soup are provided. Call Mary Alice Lightle at 412.682.1504 for details.

Sun., Nov. 22: Thank Offering
On the Sunday before Thanksgiving, we’ll honor the women of ELPC with music by women composers and by receiving the Presbyterian Women Thank Offering. For more than 120 years, the Thank Offering has supported programs that relieve pain, provide clean water, alleviate homelessness, provide educational opportunities and lift up the lives of women and children throughout the world.
Last year, ELPC members and friends contributed $2,192, which helped fund 27 projects around the world!

Sat., Dec. 12: Jail Caroling
Share a message of hope, prayers, cookies and songs with inmates at the Allegheny County Jail, during the busy Advent season. We’ll leave ELPC at 11:30 am, and return around 4 pm. Men and women are invited to participate:
• If you enjoy singing, become a caroler! Carolers must be at least 21 years old and have received special clearance through the Chaplain’s office by Nov. 20.
• If you enjoy baking, we need hundreds of homemade Christmas cookies.
Call Mary Alice Lightle at 412.682.1504 for details. Be a blessing and be blessed!

Nominations for Church Officers
The Nominating Committee is seeking recommendations for members willing to serve as officers, elders, and deacons. Terms are usually three years. If you discern God’s call to service, speak to Elders Don Breitbarth and Gloria Ritchey.

Living Wills Meeting
Sun., Nov. 15, at 12:30 pm
Join us in the Parlor as Carolyn Russ leads an informational meeting on Living Wills and Advance Directives.

Knitting Group
Join us every third Thursday of the month from 1–3 pm. We share help, projects and fellowship.
We also are exploring an evening meeting time for those unable to come during the day.
If you’re interested please contact Diane Jackson at 412.441.6021.

Spiritual Life
Dr. Lois M. Lang, Associate in Ministry for Spiritual Life
Spiritual Life Sampler Update
If you were unable to attend the Sampler, please check the Spiritual Life Bulletin board in the hall across from the First Floor Library for information on the classes and groups being offered. Call Lois Lang at 412.441.3800 x41 for details.
Housing Ministry
Emily Rosenthal, Chair of the Neighbor’s Mission Committee

Sat., Nov. 7: Ministry Volunteer Opportunity
All ages and skills are invited as we engage in demolition work with OHM and ELDI. Call Emily Rosenthal at 412.963.1039, or the Rev. Patrice Fowler-Searcy at 412.441.3800 x30 for details.

Ministry Volunteers Needed
Are you interested in becoming involved with the ministry of ELPC? There are opportunities available! Call Amanda Nolan at 412.441.3800 x34 for details.

- **Sunday Office Worker**  Sundays, from 9–10:55 am, and 12:15–12:30 pm  Greet members and visitors in the front office, make copies, assist with attendance and offering records, and distribute mail. Once every 4–6 weeks.
- **Noontime, Weekday Hospitality Worker**  Weekdays, from 12:30–2 pm  Greet visitors and members at the front desk, supervise sign-in, answer and forward telephone calls, administer key log. Once every 1–2 weeks.
- **Landscape Team Member**  Assist with planting and cleaning of plant beds, mow lawns, trim shrubs, rake leaves, pick up litter, etc.

My Journey to Malawi  By Peta Harrigan Cole
Continued from October’s Reaching Out

On my second day in Balaka, I visited Nkhwinimba Prayer House (prayer houses become churches at 200 members). After service, I met with the orphans and the elderly women who shared their needs and concerns.

I spent a day with the Women’s Guild (pictured). The Mvano Program included prayers, discussion of activities and a visit to their house project. The house will be rented and the income used to assist the orphans.

August 16 was Partnership Sunday. I preached at the English service and also attended the Chichewa service. Later that evening a farewell dinner was held, and the next morning I returned to Blantyre.

I did have a “fun day” when I traveled to Lake Malawi, Lake Malombe, and Bakili Muluzi Bridge across the Shire River.

The people in Balaka are friendly and hard working with great faith in God’s goodness. I had the pleasure of being hosted by three families with overwhelming hospitality! I commend the Partnership Committee of Balaka CCAP for the wonderful program they prepared. Read the full report of my visit by the Partnership Chair in the Library. Please continue to pray for Abusa Kandulu, the congregation, and our Partnership. Malawi is indeed “the warm heart of Africa.” My faith has been inspired and encouraged. Thank you to everyone for their gifts, inspirational notes, and prayers during my journey.

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ELPC People

**Good News**
- We welcome our new members who joined on Oct. 11: Doris Dick, Margot Geldstein, Sharon Geibel, Gary Phillips, and Vivienne Selia; and our friends: Anthony Allen, Erik Barrington, Ruth A. Davies, and Dawn Morgenstern.

**Thanks**
- Join us as we wish a happy retirement to Thomas Trent. He worked in the ELPC Maintenance/Engineering Department for 26 years.

**Prayers**
- We are saddened by the recent deaths of active members and former church officers Clara and Robert Hoon. Please pray for their family and friends.
- Our prayers are with Nancy Klancher and family over the death of Nancy’s mother, Mary, who recently passed away.

**EECM**

**Food Pantry**
November’s “Food of the Month” is Instant Mashed Potatoes.

**Men’s Shelter**
The Deacons are collecting Socks, Gloves, and Hats.

We need your help! Donations may be dropped off in the hallway baskets.
Daylight Savings Time: Please remember to set your clocks back one hour on Sun., Nov. 1.

Offices Closed: Church offices are closed on Veterans Day, Wed., Nov. 11; and Thurs.–Fri., Nov. 26–27, for Thanksgiving.