November is a Time for Giving

Thanksgiving Bags
As part of our church’s response to the season of Thanksgiving, we will distribute Thanksgiving Bags on Sun., Nov. 4 and 11. We invite everyone to prayerfully consider picking one up and filling it with non-perishable food donations. Then, we will bring these bags forward as a special offering during worship on Sun., Nov. 18. These gifts will provide holiday meals and support for those in our community who are in need.

Thank Offering
On Sun., Nov. 18, we will honor the women of ELPC by receiving the Thank Offering of Presbyterian Women.

For more than 120 years, the Thank Offering has supported programs that relieve pain, provide clean water, alleviate homelessness, provide educational opportunities, and lift the lives of women and children throughout the world. Last year, ELPC members and friends contributed nearly $2,500 to the Thank Offering. Your generosity helped fund 26 projects around the world. Thank you!

Full Inclusion Sunday
During our 11 am worship service on Sun., Nov. 18, we will celebrate the GLBT community as part of our faith family’s continuous effort to show God’s unconditional love by providing refuge for spiritual growth, ardently pursuing justice, and extending Christ’s radical hospitality to all. The Chancel Choir will be joined by the Renaissance City Choirs, which seek to build bridges within the GLBT community and the community at large. Also adding a joyous note will be a brass quartet and timpani.

Annual Thanksgiving Feast
Following worship on Sun., Nov. 18, join us in the Social Hall for a turkey luncheon with all the trimmings! Congregation members are asked to bring a side dish or dessert to share. Sign up outside the East Transept on the two Sundays before the Feast. Please note, all dishes should be labeled with your name, and there is no need to bring a serving utensil.

If you are interested in volunteering with setup, serving, and/or cleanup, please contact Wil Forrest at wil@coh.net or 412.441.3800 x14.
Pastoral Message
The Rev. Dr. Randall K. Bush, Pastor

If I can characterize the Christian themes to remember during the month of November, I would use the phrase “conscious living.” At first glance, the phrase may seem redundant, since to be conscious is one of the marks of being alive. But this type of consciousness is related to being intentional about how we live our daily lives. Read Jesus’ “Sermon on the Mount” (Matthew 5–7). The language throughout these scriptures calls us to be conscious about how we live before God and with one another. “Let your light so shine before others…; Do not lay up for yourselves treasures on earth, where moth and rust consume them…; Ask, and it will be given you; seek and you will find.”

These themes are especially appropriate during the month of November, when we turn our attention to topics of Stewardship, Full Inclusion, and Thanksgiving. First, conscious living is closely connected with our finances—how we manage the resources God has entrusted to us and whether our spiritual priorities are intentionally reflected in our spending habits. Second, conscious living involves social justice—doing all we can to ensure that everyone is welcome and respected for the children of God they inherently are. Third, conscious living is grateful living—because failing to give thanks only shrivels our souls and stunts our growth as creatures privileged by God to live amidst real opportunity and abundance.

Sometimes it is hard to be intentional about our spiritual lives. The demands of the day, especially when money is short or health is failing or depression comes upon us, can muddy our thinking so that it feels we are already doing all we can just to get by. That is why it is important to remember that conscious living is not something else we add onto our full “To Do” lists. Rather it is the foundation that makes it possible for us to get through our days with a measure of joy and inner peace. It happens when we take time for a moment of prayer—quieting our souls and giving thanks—when we make the effort to really notice the people around us—our neighbors, those who serve you by driving the bus or ringing up your purchase—or when we remember that we are loved by Christ, who has promised never to leave or forsake us.

I read a humorous short story by the playwright Anton Chekhov in which an abbot decided that it was wrong to stay sequestered in his monastery, so he took off to preach in the nearby city. Upon arriving there, he was horrified by all the vices he saw around him—the sins and temptations which he described in great detail to the other monks when he returned later to the abbey. Unfortunately, he described the temptations too well, for when the abbot awoke the next morning, all the monks had abandoned him for the city life!

We chuckle at the ironic turn of events in Chekhov’s story, and yet the tale could be told from the opposite perspective. It could describe how many people lead lives of “quiet desperation,” searching for meaning and hope amidst the ceaseless labors of their days. So they travel outside their sequestered “walls” and encounter the virtues of conscious, faithful living—giving thanks, valuing justice, practicing generosity. And after joyfully telling their story to others, the “walls” of their old life are abandoned and a new communal life begins. My prayer is that we use the coming month, as a church and individuals, for precisely this type of conscious living.
Hanging of the Greens

Tues., Nov 27, from 6–9 pm

Please join us for a Hanging of the Greens in the Sanctuary. Come when you can, leave when you need to! A chili supper will be provided.

For more information on helping to get the church ready for Advent and Christmas, contact Laura Ristau, co-chair of the Worship, Music and the Arts subcommittee.

Sustained by the Spirit

by Elaine Bellin

Sustainability is a popular term and one that is being used to preserve our planet by renewing our natural resources. Simply put, it means using our talents and gifts to renew our resources so that we can pass them along to future generations.

It is fitting then that the Stewardship Committee has adopted Sustainable Church and Sustainable Faith as its theme for this year’s campaign. The Stewardship Committee has chosen this theme to help keep the mission of the ELPC alive for years to come, and also to enrich our own spiritual mission of sustainability through “sustainable faith.”

What has always distinguished our faith community is that its leaders and members practice the meaning of spiritual sustainability. I have personally been touched and inspired over the years by the faith community here at ELPC. Through our shared efforts to understand God’s word, our congregation applies God’s word on a daily basis to achieve a more socially just world. We contemplate God’s word and pray for guidance in helping us make our world a more tolerant and loving place for all.

I feel a deep sense of gratitude for this church and know that the spirit of God is working to help and sustain me. In return for my own spiritual renewal, I have been called to deepen my faith through greater church participation. So, I am eager to share my blessings through the traditions of generosity and giving. The Spirit of God is sustaining me, and as a test of faith, I am obliged to use these gifts to sustain my church.

The Giving Tree

Every year, the Deacons organize the Christmas Giving Tree to benefit children and families from East End Cooperative Ministry (EECM), our ELPC Mission Ministry, the Christian Education department, and Hope Academy of Music and the Arts.

The Giving Tree will be set up near the Information Desk on Sun., Nov. 25 and Dec. 2. You will be able to stop by and select a gift tag from 9:30–11 am, and 12–12:30 pm. Tags also will be available at the Taizé service on Wed., Nov. 28.

Deacons will be on hand to assist you.

Wrapped gifts, with tags securely attached, are due back in the church office by Sun., Dec. 9. Deacon Board thanks the congregation for its enthusiastic support of this ministry.

Be Still and Know...

by Jon Nelson, facilitator, Tuesday evening Centering Prayer

I have known for years that I should pray more, but I have used all the familiar excuses: too busy, too tired, too frazzled, too caught up in the stress of life. And, I’ve also been aware that God is aware of my needs and those of my loved ones and of the world. So there’s a certain tension in approaching God to pray for a certain thing, for a loved one’s health for instance, or for an end to violence in the Middle East or the East End. God knows. There are those reminders in the prophets that God tires of hearing all our requests, and other times we are instructed to “pray constantly.”

I have come to understand that, to be in a relationship, we have to keep up a steady stream of communication, sometimes even with words. And it is a problem if only one party does all of the talking. So, I am learning, with the help of my friends, to sit in silence, to center ourselves, inviting the divine presence into our hearts. Not “concentrating,” not “trying too hard,” not talking or asking for anything (except for the Spirit to help me to pray), and not judging the practice. Surrendering our self into silence with God. Letting go. Ever so gently.

The fruits of the practice are beyond measure.
**Christian Education**

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

**Contemporaries Class**  
Second Floor Parlor  
Facilitators: Joe Kennedy and Mary Alice Lightle

**Nov. 4, 11: Christ into the 21st Century—Where We Were; Where We Are; and What Lies Ahead**  
*Led by Dr. Bill Myers*

We will look at the church’s pattern of interaction with culture. Five patterns are clear, and we will ask what these mean for the church’s self-understanding and its mission.

The following week, we will discuss two “movements” that suggest new possibilities for the church: the “emerging church” movement and the “re-traditioning” movement.

**Nov. 18: Extraordinary Ordinary**  
*Led by Lenore Williams*

“My vote won’t count,” “One person can’t make a difference,” “Who would listen to me?” We have heard and often said these words. We feel small, insignificant, helpless, and incompetent. But in reality, we have power that is waiting to be brought forth. God has called ordinary people to do extraordinary things by touching our souls. Come hear how one person takes on a “calling.” Then return for prayers of strength and guidance as we go out to fulfill the “call.”

**Nov. 25: Dual Citizenship**  
*Led by Mary Alice Lightle*

From ancient biblical times, believers have wrestled with how to be faithful and obedient to the laws of the land. Mary Alice Lightle will lead us as we work out how we live faithfully as “citizens of heaven” and as citizens of the United States of America in the 21st century.

**Journey with Scripture**  
Second Floor Library  
Facilitator: Jan Irvin

**Nov. 4:** Ruth 1:1–18; Psalms 146; Hebrews 9:11–14; Mark 12:28–34

**Nov. 11:** Ruth 3:1–5, 4:13–17; Psalms 127; Hebrews 9:24–28; Mark 12:38–44

**Nov. 18:** 1 Samuel 1:4–20, 2:1–10; Hebrews 10:11–14 (15–18), 19–25; Mark 13:1–8

**Nov. 25:** 2 Samuel 23:1–7; Psalms 132:1–12 (13–18); Revelation 1:4b–8; John 18:33–37

**Parenting Circle**  
Harambe Room  
Facilitator: Pam Walaski

This month, we will move onto holiday celebrations, sharing the traditions and rituals that our families treasure and the ways in which we de-emphasize the commercialism of the holidays to re-center ourselves around the true gifts of the season. Bring a story, essay, or other reading to share.

This year’s leader is Pam Walaski. She invites you to join us and share your family with the group. Ideas and suggestions for topics are welcome. Contact Pam at pam@jcsafety.com.

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

**Nov. 4: Prison Ministry in a Changing Environment**  
The Rev. Tami Hooker, facility chaplaincy program director of the State Institution of Pittsburgh, will discuss how the reopening of this facility has altered its chaplaincy program.

**Nov. 11, 18: Spirituality and Ethics**  
The Rev. Mary Lynn Callahan will discuss how the spiritual practices of our faith inform and shape our ethical behavior. Her presentation will draw from the scriptural grounding and the scientific research to support this relationship.

**Nov. 25: Noah’s Pudding, and the Teachings of Rumi**  
Women from the local Turkish community will share Noah’s Pudding with us and explain its significance. We also will hear about Rumi and his poetry of universal brotherhood.

**Soul Food**  
Pastor’s Conference Room  
Facilitator: Joe Hajdu

**Nov. 4, 18, and 25: Reading and Discussion**  
We will continue reading and discussing “You Gave Me a Wide Place: Holy Places of Our Lives,” by Paul E. Stroble.

**Nov. 11: Discussion on Forgiveness**  
The Rev. Walter Everett, a retired minister whose life was radically altered when his son was murdered, will lead us.

**Clase de Escuela Dominical en Español**  
Room 217; Facilitator: Joaquin Anabe Lopez

**Nov. 4–25: El Viaje a la Tierra Prometida**

**Youth Classes**

**Junior High**  
grades 6–8  
Room 341

Curriculum: “Feasting on the Word”

**Senior High**  
grades 9–12  
Room 343

Curriculum: “We Believe”

**Children’s Classes**

**Young Children’s Ministry/Infants–age 2**  
Nursery

Curriculum: “Wee Children at Church”

**Pre-school/Ages 3–5**  
Room 240

Curriculum: “Gospel Light”

**Kindergarten and Grade 1**  
Room 336

Curriculum: “Godly Play”

**Grades 2–3**  
Room 338

Curriculum: “Godly Play”

**Grades 4–5**  
Room 335

Curriculum: “Seasons of the Spirit”

We rejoice that ELPC provides educational offerings for all ages. For a full listing of classes and descriptions, please see the CE bulletin boards or visit www.CathedralOfHope.org. Classes begin at 9:45 am.
Youth Ministry

Note: For more information on activities for youth and tweens (grades 4–6) or to be added to our mailing list, please call Gloria Knopp at 412.441.3800 x22.

Youth Basketball  Saturday, from 6–8 pm
We will not meet on Sat., Nov. 10 or 24.

Sun., Nov. 4: College Tour for Youth
Youth are invited on a tour of Slippery Rock University. We also will eat lunch on campus. We will depart after worship and return to ELPC around 4:30 pm. There will be no cost for this trip but space will be limited to 11 high school students.

Sun., Nov. 11: Tween Pottery Making  from 12:30–4 pm
Tweens are invited to join us for pottery making with the Braddock Creative Arts Program, at the Braddock Carnegie Library. Professional artists and teachers will be on hand to help. Your creations will be ready for pick up at ELPC in time to give away as Christmas gifts (if you want!).

We will meet at and return to ELPC. A permission slip is required. Please bring $10 to cover the cost of art supplies and instruction. RSVP to Sara Hackett at 412.673.2926 or SaraH@coh.com.

Young Adult Ministry

Wil Forrest, Coordinator

Fri., Nov. 2: First Friday at Eighth Avenue Place, at 7 pm
Go with TRAIL to Eighth Avenue Place (811 West Ave., Homestead) for a good old-fashioned Bible Study with new friends in a Christian community that confronts ignorance that perpetuates racism by living and ministering together in the name of Jesus Christ. All this and coffee, too! No pre-study is required to attend. To learn more, visit www.eighthaveplace.com.

Sun., Nov. 11: Singing at the Coronado, from 2–5 pm
Enjoy an afternoon of song and refreshments with friends as Jett Christensen hosts us at his home in Shadyside. Contact Wil for address information or a ride.

Sun, Nov 11 (date change) Book Discussion, from 9:45–10:45 am
Join other young adults in Room 244 as Libby and Tucker Ferda lead the third installment of our discussion series on Anne Lamott's spiritual memoir, “Traveling Mercies.” Please finish the book prior to this meeting. Café Justo will be served!

For questions or to RSVP, please contact Wil Forrest at wil@coh.net or 412.260.2554.

Congrats, Chenoa!

ELPC member Chenoa Stock visited during a recent Poverty Committee meeting. She reported on her work in Bolivia with the Joining Hands for Life Network, which seeks to join countries together to change the cycle of poverty and injustice by addressing issues related to food, water, mining, and land.

During the meeting, the Committee informed Chenoa of ELPC’s renewed commitment to financially endorse her ministry. The Mission Board approved a gift of $5,600 to be earmarked for her work. The committee anticipates additional gifts by the end of this year.
Presbyterian Women

Mary Alice Lightle, Moderator

Tues., Nov. 13: Dispatches to God’s Household
Join us at 10 am, in the Second Floor Parlor as we continue our study of the General Epistles. Sandy Brake will lead our lesson, A Spiritual House and Household Matters (I Peter 2:1–10; 3 John 1–8). A potluck lunch follows. Please bring a salad or snack to share and your own place setting. Beverages are provided.

Note: We are meeting on the second Tuesday in November due to the election.

Spiritual Life

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

Sun., Nov. 4: First Sunday Event – Beads of Faith
Did you know that the use of beads for prayer is a part of nearly all of the world’s religions? Do you seek a way to practice Sabbath with your family (young and old) after church is over on Sundays? Join the Spiritual Life Committee for a special, intergenerational, First Sunday Sabbath, following worship.

We will gather around a light lunch in Room 234, followed by a brief program on the interfaith use of beads in prayer, led by the Rev. Mary Lynn Callahan. Sue Schneider will describe how to make Anglican Prayer Beads, and there will be an opportunity to create your own prayer beads. Get the whole family involved in this Sabbath opportunity!

Save the Date: Jan. 11–13: Silent Retreat
The Spiritual Life Committee is offering a two-night silent retreat from 5:30 pm, on Fri., Jan. 11, until noon on Sun., Jan. 13, at the Martina Center, located off Rt. 279 and Perry Highway. The cost $150 (meals are included). Space is limited.

Call the Rev. Mary Lynn Callahan at 412.441.3800 x41 to reserve a spot.

What Do You Think About the Death Penalty?
The Justice Committee’s four-part series of programs exploring this important and timely topic continues on Sat., Nov. 10, with the third session, “Forgiveness, Reconciliation and Restorative Justice.”

The Rev. Walter Everett, a retired pastor in the United Methodist Church, will share the story of his journey of faith following the murder of his son. ELPC member Valerie Dixon will talk about how she became a community activist as a result of the violent death of her son, and the role of faith in her healing process. Participants also will have an opportunity for discussion.

There will be a potluck dinner from 5–6 pm, and the program from 6–8 pm. Retired Judge Justin Johnson will facilitate. Child care will be provided by request. Call Gloria Knopp at 412.441.3800 x22. All are welcome.

Exercise Classes

Tai Chi
Tues., Nov. 6 and 13, from 10–11 am, and 6–7 pm

Yoga
Thursdays, from 7:15–8:45 pm

JourneyDance
Fri., Oct. 12, from 7–8 pm

Health Ministry

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

Wellness is a state of optimal well-being that is oriented toward maximizing an individual’s potential. This is a lifelong process of enhancing your physical, intellectual, emotional, social, and spiritual well-being. The following dimensions highlight important components of wellness. Take time to explore your own level of wellness and see if you have gotten “your dose of wellness” today!

Spiritual
- Nourish yourself through personal beliefs, morals, and religion.
- Feel connected with one’s self and others.
- Find purpose in life and meaning in the little things you do.
- Develop a philosophy of life that you want to live by.

Physical
- Get regular physical, dental, and eye exams (and gynecological exams).
- Be consistent with self-exams.
- Maintain current immunizations.
- Exercise regularly and eat healthy.
- Limit/avoid alcohol and tobacco.
- Get a massage to ease tired and worked muscles.

Social
- Develop mutually edifying relationships with others.
- Expand your social network.
- Interact with others in public and private situations.
- Stick to values and beliefs without being persuaded by peer pressure.
- Read the newspaper for events that are going on.
**Caring for Our World**  
by Maria Bowman

To sustain what’s good, we must teach our children all about it. Teach them to love the earth, to prepare and eat real food and—sometimes—to just sit around and wonder at the world. God gave us both a responsibility and a great gift in placing us on this earth. Gently handing this knowledge over to the smallest ones is some of our most important work as a community of faith.

The earth is good. Just ask Genesis, eat a vine-ripened raspberry, or take a walk in Frick Park, and I think you will agree. When we instill a love for this good earth in those who have less experience with it, we model respect and wonder for God’s gift. In doing so, we sustain this planet, which sustains us back.

My work with Grow Pittsburgh’s Edible Schoolyard program is a daily reminder how open and receptive kids are to natural education. I’ve witnessed first graders delight in “class-made” beet pickles, for example. One even exclaimed, “these are BOMB, Farmer Maria!” This, I assure you, is high praise coming out of the mouth of a 7-year-old—and proof that children will walk with wonder if only given a willing teacher and the opportunity.

This fall, my prayer is that all God’s children might take the time to care for and take delight in the natural world which is provided in wild abundance.

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**Session News**

During their recent meeting, Session:
- Welcomed Sara Hackett to our staff as Interim Coordinator of Christian Education and Youth Ministries, and greeted Elders Enock Sande and Dorothy Munyonga, and delegates from Malawi.
- Approved three infant baptisms.
- Received an update from the Stewardship Committee regarding plans for the Stewardship season.
- Discussed news from the Presbytery meeting at Camp Crestfield on Sept. 15, highlighting the Presbytery’s action to adopt a Gracious Separation Policy, and to pursue a series of studies regarding the issue of fracking in Western Pa.

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**ELPC People**

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

**Good News**
- Congratulations to Loren (Carter) and Kenny Paul on the birth of their daughter, Sophia Paul.
- Congratulations to Regis Will and Colleen Briner on the birth of their son, Spencer Will.
- Congratulations to Jen and Eddie Willson on the birth of their son, Nathaniel Edward Willson.

**Pastor Randy’s** sermon, “Music of the Spheres,” was featured in the October issue of *The American Organist*, the national journal of the American Guild of Organists (AGO). The sermon was originally delivered at ELPC on Sept. 26, 2011, for the opening service of the Pittsburgh Chapter of the AGO.

**Prayers**

We offer our thoughts and prayers to our recently departed brothers and sisters:
- Joyce Durden, an ELPC member;
- Greg Olverson’s father, Elmer Olverson; and
- Alicia Melnick’s mother, Sue Atkins.

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**A Word of Gratitude**  
by Wil Forrest, iSERVE Coordinator

Mother Teresa reminds us that:

“Prayer in action is love, and love in action is service. Try to give unconditionally whatever a person needs in the moment. The point is to do something, however small, and show you care through your actions by giving your time...We are all God’s children so it is important to share God’s gifts. Do not worry about why problems exist in the world—just respond to people’s needs...We feel what we are doing is just a drop in the ocean, but that ocean would be less without that drop.”

So whether your “drop” this year has been to serve in the EECM Shelter, clean up or cook for an event, be the Beadle or the Crucifer, serve at VCS, teach Sunday School, be a liturgist, provide the Show Bread, take literature to the prison, usher or greet, rehab houses, mow the grass, water plants, fold bulletins, help send a mailing, make calls, lead, follow, give in any way...the ELPC staff and Session, thank you. We honor you and your demonstration of love for others and for God.

Jesus said in John 12:26, “If anyone serves me, he must follow me; and where I am, there will my servant be also. If anyone serves me, the Father will honor him [or her],” God honors you for your service. Serving in God’s name is truly worth celebrating.

Know that you are appreciated and loved, not only in this season, but always.

Visit [www.cathedralofhope.org/about/ISERVE.html](http://www.cathedralofhope.org/about/ISERVE.html) to learn more about the many available service opportunities and read about the WeSERVE list!
Daylight Saving Time ends on Sun., Nov. 4. Remember to set your clocks back one hour.

Three Gifts in One

Thurs., Nov. 8, from 6 to 8 pm

The Deacons invite you to get a head-start on your holiday shopping by joining us for a fundraising night at Ten Thousand Villages. Up to 15 percent of the profits during this time will assist the ELPC Deacons in helping our neighbors this Thanksgiving. Last year, ELPC assisted 40 families and anticipates the need will be even greater this year.

Located at 5824 Forbes Ave., Ten Thousand Villages is a non-profit outlet that sells fair trade, artisan-made goods that you will not see in other stores. So, begin your Christmas shopping early and by doing so:

1. Give a lovely, one-of-a-kind gift to someone you know,
2. Provide a holiday meal for a needy family, and
3. Ensure fair pay for the artisans who make the items.

Three for the price of one! For more information, call Eric McCarty at 412.727.6699, Barbara DeWitt at 412.363.0890, or the Rev. Patrice Fowler-Searcy at 412.441.3800 x30.

Confirmation Class Begins

On Sun., Nov. 4, this year’s Confirmation Class will begin with an informational lunch for youth and their parents following the 11 am worship service. We will discuss the Confirmation process, schedule, and the meaning of Confirmation in the life of our church. This will be an opportunity to ask questions, get acquainted, and look ahead to a wonderful journey together.

Youth in grades 9–10 (or older, if you haven’t already been Confirmed), who want to learn about full membership at ELPC and/or deepen their faith life are invited to attend.

Confirmation will be held on Pentecost Sunday, May 19, 2013. Please RSVP to Gloria Knopp at gloriak@coh.net or 412.441.3800 x22, so that we have enough food for all.

Worship Leader Training Session

Have you thought about participating in worship by being a liturgist, beadle, usher, greeter, or Communion server?

If so, join us from 10 am–12 pm, on Sat., Nov. 10, to learn more about these wonderful opportunities and receive training. This is not just for new people, it is a great opportunity to brush up with a refresher course!

To RSVP, please email Norma Meyer at Norma@coh.net.

Building Closed: The ELPC offices will be closed on Mon., Nov. 12 (until 7 pm), for Veteran’s Day, as well as on Nov. 22, 23 (all day), and 26 (until 7 pm) for Thanksgiving.