Sunday Services
*Celebration of the Lord’s Supper

Journey Worship • 8:45 am
Theme: Back on Track
Feb. 5* Rev. Patrice Fowler-Searcy
Feb. 12 Rev. Heather Schoenewolf
Feb. 19 Rev. Dr. Randy Bush
Feb. 26 Rev. Patrice Fowler-Searcy

Sanctuary Worship • 11 am
Feb. 5* Rev. Dr. Randy Bush
Feb. 12 Rev. Dr. Randy Bush
Feb. 19 Rev. Heather Schoenewolf
Feb. 26 Rev. Dr. Randy Bush

Labyrinth Prayer Walk
Mondays • 7 am–1 pm
Wednesdays • 9 am–9 pm

Taizé Prayer Service
Wednesdays • 7 pm
Live stream available at ELPC.church
Rev. Mary Lynn Callahan

A Celebration of Black Song
Join us on Sun., Feb. 12, at 3 pm, for an uplifting afternoon of song in honor of Black History Month, featuring musicians from the ELPC Music Ministry.

This performance is free and open to the public, so bring your friends. A freewill offering will be received.

Attend our Congregational Meeting
All congregation members of ELPC are encouraged to attend our annual Congregational Meeting following worship on Sun., Feb. 26, in the Social Hall. Lunch will be provided prior to the meeting in which reports and financial budgets will be reviewed. Nominations for the incoming slate of officers (elders, deacons, Centennial Fund member) also will be voted on. Copies of the Annual Report will be available on Sun., Feb. 19 and 26.

Ash Wednesday Events
On Wed., March 1, the season of Lent will begin with our Ash Wednesday service featuring the imposition of ashes in the Chapel at 12 pm, led by Pastor Patrice.

Following the service, we will welcome Dr. David Esterline, president of Pittsburgh Theological Seminary, as our guest speaker in Room 234. A simple lunch will be provided.

Later in the evening, all are welcome to attend a special Taizé prayer service with the imposition of ashes, led by the Rev. Mary Lynn Callahan.
Pastoral Message
The Rev. Dr. Randall K. Bush, Pastor

Fill in the blank: When I think of my body right now, I'm not very fond of my (blank). The answer to this question should not be influenced by America's flawed obsession with perfect physiques. This shouldn't be about your measurements, weight or six-pack abs. Rather it should identify one part of your physical body. For example, at this moment I'm not very fond of my hamstrings. While being relatively tall, I seem to have short hamstrings, which cause my lower-back muscles to work too hard and thus provoke periodic back spasms. When that happens, I think very unkind thoughts about my hamstrings.

In the past weeks, I've visited with church members in hospitals, doctors' offices, or church hallways, and heard how they were not very fond of different parts of their bodies: knees that need replacing, an appendix that decided to burst, eyes suffering from macular degeneration, or cancer cells taking root in skin layers, the pancreas, lungs and breasts. The rest of their bodies were doing fine. If only this one, troublesome organ, joint or body part could somehow rediscover good health like its physiological colleagues.

In response to these complaints, it is possible to try and see the biological "glass" as being half-full, noting that we should give thanks for the miracle of life itself and not let one bad body part distract us from the hundreds of others within us that are doing just fine. That response may sound good in theory, but if you are in pain, or aware of cancer cells multiplying somewhere within you, those concerns will always go to the top of your personal prayer list.

Should we seek comfort from scripture, such as the reminder in Psalm 139 about how "we are fearfully and wonderfully made"? There is relief in remembering that God knows us well and shaped our wondrous forms. Yet there are undoubtedly times when we wish God's provision might have forestalled the growth of tumors, limited the effects of arthritis, or (speaking personally) given me just slightly longer hamstrings.

No quick answer will take away our displeasure when some part of our body fails us. Cells live and die each day, and we are creatures forever in states of transition literally moving from life to death. The comfort of our faith, though, shifts our focus from physicality to temporality—from body aches to the passage of time. We are sustained by the promise that all our days are known by God. Our times of strength and times of struggle fall within the loving consciousness of our Lord. Good health may be a factor of genes, diet, exercise, and luck, just as poor health may be equally tied to a range of causes. But each day we have is one that comes to us from God, and it exists to allow us to express our relationship with God, with one another, and with our funny, unreliable, amazing, fragile, physical bodies.

Our bodies are not what define us; we are defined by God's love and grace, which happens to find creative ways of being expressed thanks to our bodies. This helps keep things in perspective when we're not so pleased with every last cell in our being. (Or feeling grumpy with our hamstrings.) So for our bodies and for the gift of this day, thanks be to God.

Randy Bush
LGBTQ Ministry

Wil Forrest, Coordinator of Young Adult and Outreach Programs

All people are welcome to join us at our next Spiritual Gathering on Sat., Feb. 11, as we share a “progressive” meal and discussion starting at ELPC at 12 pm, and returning after the last course that afternoon. Contact Wil to get a seat in the van and/or to host a course of our meal.

To learn more or to get involved in ELPC’s LGBTQ Ministry, contact Wil Forrest at Wil@coh.net or 412.441.3800 x14.

God created you. God loves you.
Be yourself.

Lenten Devotionals for People of All Ages

As we look ahead to the start of our Lenten journey beginning on Ash Wednesday, March 1, Christian Education (CE) is offering Lenten devotionals for people of all ages. These materials will be available on Sun., Feb. 26. They will be located on the table outside of the East Transept, on the Second Floor CE table, and in the Social Hall during Journey worship. Devotionals for children are to the right; older youth and adults are below.

Greatest Commandment
Lenten Coin
Carry this coin with you during the season of Lent—and anytime throughout the year—as a reminder of the greatest commandment: that we love God with wholeness of heart, mind, soul and strength; and that we love our neighbor as ourselves.

40 Days & 40 Nights Devotional Booklet
This Lenten devotional for children and younger youth offers reflections on Biblical characters in the Old and New Testaments, with thoughtful questions about how these stories connect to our lives today.

Thy Will Be Done
One of Jesus’ most famous prayers occurred in the Garden of Gethsemane before his betrayal, when he prayed, “Not my will, but yours be done.” Prayer is a cornerstone practice of our faith. This devotional booklet features a daily scripture verse and prayer that we might discern and embrace God’s will for our lives and our world.

Easter Alive Puzzle Magnet
This devotional features six symbols of Holy Week and Easter: palm branches, a cup and bread, a crown of thorns, three nails, an open tomb, and an Easter cross. Talk about the symbols as you put the puzzle together as a family. CE also will provide questions for reflection. (Limit one per family)

At Session Meetings:

- Plans were made to welcome our newest group of incoming members and friends, who will be received in worship on Sun., Feb. 19.
- The elders finalized preparations for our upcoming annual Congregational Meeting to be held on Sun., Feb. 26.
- The 2017 budget was adjusted positively to reflect the fact that stewardship giving surpassed our projection by more than $20,000.
- Reports were shared from the Renovations Committee as progress was made toward hiring a general contractor for our project.

At the Crossroads
Lent is the perfect season to consider the critical crossroads of life—losses, transitions, choices, uncertainties, and disappointments—those times when life and faith clearly intersect. This devotional booklet offers a scripture verse, reflection and prayer for each day in Lent, encouraging us to become more aware of Christ’s presence with us through it all.
Christian Education

The Rev. Heather Schoenewolf, Associate Pastor for Educational Ministries

Contemporaries  Second Floor Parlor
Facilitator: Mary Alice Lightle

Feb. 5 | 12: Jesus Christ as Encountered by the Apostle Paul
Paul claimed to be an Apostle because he encountered the Risen Christ. Adam Clever will lead this two-week exploration of Paul’s letters to the Corinthians.

Feb. 19: Seeing Jesus in John’s Gospel: Tabernacle
The church has long looked at the descriptions and words of Jesus in the Gospel of John as a rich source of theological understanding. We will begin a six-week series with the metaphor of “tabernacle” to communicate the incarnation of God’s Word through the person of Jesus (John 1:1–18).

Feb. 26: Seeing Jesus in John’s Gospel: Giver of Living Water
We will continue our series with the story of the Samaritan woman at the well (John 4:5–42). She is an example of one who receives Jesus’ gift of living water.

Journey with Scripture  Second Floor Library
Facilitators: Jan Lyle Irvin and Lora Bethea
The apostle Paul writes, “But we have the mind of Christ” to the church in Corinth—a cosmopolitan, religiously pluralistic, socially competitive, market driven city. Hearts, minds, and bodies were likely pulled and shaped in many ways. Paul proclaims a different shaping and existence. This month’s scripture calls readers to new life. Come and be reshaped as we reflect on:

Feb. 5: Isaiah 58:1–12; Psalm 112:1–10; 1 Corinthians 2:1–16; Matthew 5:13–20
Feb. 12: Deuteronomy 30:15–20; Psalm 119:1–8; 1 Corinthians 3:1–9; Matthew 5:21–37
Feb. 26: Exodus 24:12–18; Psalm 2; 2 Peter 1:16–21; Matthew 17:1–9

Seekers  Room 234
Facilitator: Gwen Puza

Feb. 5: The Story of Harriet Tubman
Harriet Tubman will soon appear on the $20 bill, but what do we truly know about this remarkable woman who led scores of African slaves to freedom?

Learn more about Harriet Tubman’s life, passion, and legacy from Kimberly Gonxhe, director of the Metro-Urban Institute at the Pittsburgh Theological Seminary.

Feb. 12: Meet Hanie Megginson—A Real-life Miss Jane Pittman
ELPC Elder Jean Kennedy researched the life of her great-grandmother Hanie Megginson, who lived from 1796–1901. She found Hanie mentioned twice in the news media: once when she was listed for sale in a newspaper ad along with some of her children and again when she died. Hanie survived 70 years of bondage and 35 years of freedom in rural Virginia. She had such a large family that “white” undertakers helped to transport them for the funeral and burial ceremony—a newsworthy event.

Jean Kennedy recognizes how Hanie’s influence was passed through generations to help shape a family and a community long after she lived, and now Jean is grateful to share her story with you.

Feb. 19: Little Known Amazing African History
The remarkable history of the diverse people on the African continent is typically not widely—nor correctly—shared. For instance, did you know there is strong evidence that Africans sailed across the Atlantic before Christopher Columbus?

Kimberly Gonxhe will offer an historical presentation about the culturally rich, vibrant, and innovative African people.

Feb. 26: Malcolm X—The Struggle of Character Transformation
We will explore how one of America’s most influential figures responded to ignorance and racism with knowledge, bravery, and humility. Join us to hear the story of Malcolm X by Hamza Perez, youth director of the Islamic Center of Pittsburgh and co-founder of the Light of the Age Mosque.

Soul Food  Third Floor Music Room
Facilitators: Rev. Joe Hajdu
We will explore our new text, Open the Door by Joyce Rupp.

Feb. 5: A discussion of Week 1, “The Door of Our Heart,” led by Vivienne Selia, Shirley Fair, and David Carl.

Young Adults  Pastor’s Conference Room
Facilitator: Wil Forrest

February: Discussion and Prayer Series
During the season of Lent (March 5–April 9), we will engage in a discussion series based on topics selected by our group. We will also explore different styles of prayer each week.

See Wil if you want to lead a discussion, lead prayer time, and/or provide breakfast.
Young Adult Ministry

Wil Forrest, Coordinator of Young Adult and Outreach Programs

Fri.–Sun., Feb. 3–5: Young Adult Peace Retreat
All TRAIL young adults are invited to a retreat at Crestfield Camp! Our time together will be spent in our cozy cottage with wonderful people, meditations, worship, games, plenty-o-snacks, nature galore, and much more as we focus on finding peace in a turbulent world.

The fee is $50, which includes everything. Limited scholarships are available. Contact Wil to see if there's still space.

Sat., Feb. 18: An Afternoon of Loving-Kindness 1–4 pm
Spend time with friends in the Second Floor Parlor as we seek to live into the principles of loving-kindness toward others and ourselves. Dress comfortably and expect to meditate, be affirmed, stretch, laugh, breathe deeply, share, and more.

Fri., March 3: First Friday @ Drum Circle 7 pm
Join us at First United Methodist Church (5401 Centre Ave., Shadyside) to experience a drum circle! Drumming is a great way to throw off the stresses of your day, connect to the spirit and center into community. Just dive in and let the rhythms carry you. Bring your own drum if you have one.

Support our Youth & an Important Cause

Youth will be raising money and awareness for their upcoming 30-Hour Famine before and after Sanctuary worship on Sun., Feb. 19 and 26.

Money raised will support Church World Service's work in relocating Syrian refugees in Europe and the U.S.

The 30-Hour Famine will take place from Sat.–Sun., March 4–5, at ELPC. Youth who wish to participate should contact Sara Hackett or Anthony Williams to RSVP or ask questions.

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Sat., Feb. 4: Workday with OHM and GCF 9 am–3 pm (or partial day)
Students in middle and high school are welcome to spend time working on projects with Open Hand Ministries and Garfield Community Farm.

Mon., Feb. 6: Bible Study with Presbyterian Women 7 pm
Girls in grades 9–12 are invited to participate in the PW Bible Study. See page 6.

Fri., Feb. 17: Tween Snow Tubing at Boyce Park 6:30–9:15 pm
Tweens in grades 4–6 will spend an evening snow tubing! Please bring $10 to cover the cost of the event. RSVP to Sara Hackett. A permission slip is required.

Sun., Feb. 19: DG2! Empty Bowls Baking 12–3:30 pm
Doing Good Together!—a partnership between the youth of Rodef Shalom and ELPC—will be baking cookies for the upcoming Empty Bowls fundraiser. Empty Bowls serves up a simple meal as a reminder that too many people throughout our region are facing hunger, and benefits the Greater Pittsburgh Community Food Bank and Just Harvest. Youth in grades 4–12 should RSVP to Sara Hackett. A permission slip is required. Lunch is provided.

Coming Soon for Youth

For complete details, please see the youth calendar at ELPC.church.

30-Hour Famine
Sat.–Sun., March 4–5
(Youth in grades 6–12)

DG2! @ Rodef Shalom
Sun., March 12
(Youth in grades 4–12)

Tween Game Night
Fri., March 24
(Youth in grades 4–6)

Mission Overnight
Fri.–Sat., April 21–22
(Youth in grades 8–12)

Tween Retreat @ Crestfield
Sat.–Sun., April 29–30
(Youth in grades 4–6)

All-Church Retreat
Fri.–Sun., May 5–7
(All ages)
Misguided Angels: The Role of the Nervous System in Spiritual Growth

From conception, our brains develop from the bottom up: brain stem, limbic system, and then cortex. The nervous system is the first to develop, with the primary responsibility of protecting us from danger. It operates through approach or avoid—going toward what nurtures us and away from what threatens us. From a young age, we perceived our caregivers as doing both. Our personality becomes hardwired into our nervous system as a survival strategy, setting patterns of thinking, feeling, and behavior. While they served us well in childhood, these patterns limit us in adulthood.

Learn about your individual patterns using the Enneagram as a map, and how to work with the nervous system to expand your capacity for spiritual growth. This class will be taught in two five-week terms:

- **Term 1:** Mondays, Feb. 6–March 6, from 7–9 pm, will focus on understanding the Nervous System and the Enneagram. (suggested donation is $35)

- **Term 2:** Mondays, March 13–April 10, from 6:30–9 pm, will continue the learning, but will add an experiential element to the academic teaching. You must have completed Term 1 to take Term 2. (suggested donation is $50)

**Required Book:** *The Enneagram: Understanding Yourself and the Others In Your Life* by Helen Palmer (available on Amazon). The Rev. Mary Lynn Callahan has a limited number of used copies for $10/each or by scholarship.

Visit ELPC.church or stop by the Spiritual Life Committee’s bulletin board for a registration form and information on our instructor, Kerry O’Donnell.

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**Presbyterian Women**

*Sherry Anderson, Moderator*

**Bible Study: Who is Jesus?**  *Second Floor Parlor*
**Mon., Feb. 6 7 pm | Tues., Feb. 7 10 am**

Join us as we explore our lesson, *Who is Jesus according to Hebrews?* Childcare is available by request for the Tuesday study. A potluck lunch will follow the Tuesday Bible Study; participants are encouraged to bring their own table setting, including a soup bowl, along with a side to share. Soup and beverages will be provided.

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**Save the Date for our Spring Retreat**

All women of ELPC are invited to an overnight retreat at Crestfield Camp in Slippery Rock from Fri.–Sat., March 31–April 1. We will gather Friday evening and return home Saturday evening. Partial scholarships will be available. More details to come.

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**Spiritual Life**

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

**Mark Your Calendars for an Interfaith Panel**

Following Sanctuary worship on Sun., March 5, the Spiritual Life Committee will begin its Science and Religion focus by presenting an Interfaith Panel addressing the question, “What is our Place (as human beings) in the Universe?” Join us in the Social Hall as we listen to responses and discuss the role of humankind from diverse religious perspectives. A light lunch will be served.

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**Explore Your Spiritual Life at ELPC**

**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.

**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.
Hope Academy of Music and the Arts
Linda Addlespurger, Director

Shakespeare Monologue and Scene Contest at the Pittsburgh Public Theater
Hope Academy Shakespeare students have been preparing for the 2017 Pittsburgh Public Theater Shakespeare Monologue and Scene Contest. Every year, more than 1,200 students from 80 different schools participate in the preliminary round.

Hope Academy students will present their monologues and scenes on Mon., Feb. 13, at 3 pm. The field will then be winnowed down to about 30 students who will compete in the Showcase of Finalists on Mon., Feb. 20, at 7 pm.

Last year—of the 30 Hope Academy students who competed—8 were selected as finalists. Two students, Laela Lumsden and Anna Ungarino, won first place for their scene from Taming of the Shrew and five other students—Clara Swansan, Esai Aliquo-Varela, Zaida Collins, Laela Lumsden, and Kira Mukogosi—received honorable mentions (representing 10% of all of the honorable mentions).

All competition events will be held at the Pittsburgh Public Theater at the O’Reilly Theater downtown. They are free and open to the public.

Whom do you Serve?
by Wil Forrest, Coordinator of Young Adult and Outreach Programs

How would you answer the question: Whom do you serve? Would you think of your kids, an aging parent, work, or something else?

In the modern American lexicon, we typically shy away from labeling ourselves as “servants” (this often creates ideas of hierarchy and servitude). However, as Christians, we are called to serve, but we can rest assured that God’s call to servanthood is not about power or imbalance; it is about teamwork and communal reconciliation.

As you accept the love and grace of Christ in your heart, you also accept the call to serve. You simply need to hear your call and to follow it.

What is your call to serve? To discuss or for help to find your fit, let’s talk more.

Visit the iSERVE webpage at ELPC.church/programs/iSERVE to read about becoming a member of the weSERVE list or other service opportunities! Contact Wil Forrest at Wil@coh.net or 412.441.3800 x14 to ask questions.

Renovation Updates
The Renovations Committee and Session have been engaged in final budget and contract work related to our upcoming renovation project.

Our prior owners representative needed to step down due to illness, so a new owners representative has been hired to assist in the negotiations with the general contractor and architects.

Some asbestos remediation work will be done on the Ground Floor, prior to construction beginning around Easter.

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

Good News
• Linda & Tim Benedict welcomed their first grandchild, Leah Rae Bookwalter, on Dec. 21.

Thanks
• “I have successfully completed chemotherapy and radiation treatments during my recent bout with breast cancer, and I am still recovering well from my strokes in 2014. I wish to thank everyone for their prayers, good thoughts, cards, food, visits, and old lady sitting.”—Cathie Hajdu
• Presbyterian Women thanks the congregation for generously donating $2,700 to the 2016 Thank Offering.

Prayers
We offer our prayers and condolences to the family and friends of those who recently passed away:
• Louise Dudley, ELPC member
• Eleanor Schulz, ELPC friend
• Margaret Baco’s mother
• Kelli Booher’s uncle
• Tim Engelhardt’s grandfather
• Libby Ferda’s mother
• Bill Nace’s mother
• Pam Napier-Barnes’ mother, Pauline Napier
• Tony Richardson’s grandfather
Supporting God’s Littlest Angels

The ELPC Sewing and Knitting Groups are partnering with the Littlest Angels program—a very special program that takes donated bridal gowns and repurposes them into lovely “angel gowns.” These small outfits are provided to families of infants who passed away in the hospital. They can then be used by a family to dress their baby for burial or kept as a keepsake to honor their child’s brief life. Each gown has its own personality; some are covered in lace, while others are trimmed with buttons or a hint of color.

The Littlest Angels program is coordinated by Rose Ann Milbert, a registered nurse who works in the neonatal unit of Magee-Women’s Hospital. Rose Ann is a gifted seamstress, who has enlisted the help of friends in the community to prepare these special “angel gowns.”

To get involved at ELPC, contact John Bavaro or Diane Jackson, or visit ELPC.church to learn more.