

MARCH 2020

In this Issue

Food Pantry Needs for March Cereal & Flour

Sunset Hills United Presbyterian Church

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A Message from Pastor Laura

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.



- Galatians 5:13

What are you picking up for Lent? It's a different way of looking at an old thing. Instead of giving something up for Lent, we can pick something up. We might pick up a daily Bible study, the memorization of a Scripture verse, or a habit of prayer. I've known folks who have chosen to

pick up patience for Lent. I've known others who have chosen to pick up the practice of giving others the benefit of the doubt.

Barb Clark and I invite you to pick up service. Barb has crafted this service for us in a project called "Dinners with a Purpose." Each Wednesday in Lent, beginning March 4 through April 1, we will enjoy a meal together as a church family at 6:00 p.m. in Findley Hall. We will then do an easy mission project together in that same room. We will prepare hygiene kits for those who've lost their homes to fire, blessing bags for those who are living on Pittsburgh's streets, and even plant trees in solidarity with our church family in Malawi...all in our very own fellowship hall. Young children will minister alongside senior citizens. All will serve.

We're doing this because, when we serve those in need, we are serving our risen Lord. Come and be with me and Barb, come and make a difference in the lives of those our Savior loves.

In Christ's Service.

Pastor Laura

Music Notes By Shelby Gracey

Over the last few weeks, I've seen two different articles regarding the importance of choral singing. The article in the Post-Gazette by Jeremy Reynolds says that, "while participation in church choirs is declining, more than 17% of adults in the U.S. participate in a choir of some sort. . .. Singing in groups has been linked to better mental and physical health, a sense of belonging and feeling connected to others, better social skills, increased civic and volunteering, engagement developing leadership skills and much more. "The other article I saw last week was titled, "The Critical Importance of Church Choirs," by Vince Wilcox. He started out by

asking the question, "Are church choirs going the way of pay phones and Blockbuster video stores? The evidence seems pretty convincing – from 1998 to 2012, 21% of evangelical churches and 40% of mainline churches stopped using choirs regularly in worship . . ." He then proceeded to list seven reasons why a choir can be vital to a church.

- 1. Choirs are biblical.
- 2. Choirs encourage excellence in worship.
- 3. Choirs celebrate the human voice.
- 4. Choirs can inspire and lead worship.
- 5. Choirs can be redemptive communities.
- 6. Choirs make us work together.
- 7. Choirs can encourage musical diversity.

He gave explanations for each of the seven reasons. (If you're interested in reading the entire article, there's a copy in the choir room!) He closes by saying, "For all of the above-mentioned reasons. being part of a choir has literally changed my life. I believe that same life-changing experience should continue to be part of the life of the church. Celebrate your choir every time they sing!" I thank God every day that we're so blessed at SHUP to have such a wonderful, dedicated choir who continues to sing their hearts out, week after week. We should never take that for granted but celebrate that wonderful blessing every Sunday!

Thank you, Chancel Choir (and our Campanile Bell Choir also!)

Children's Footprints... By Barb Clark

March is a busy month in the life of God's children of all ages at Sunset Hills!

On **Sunday, March 1**, the youth who will be going on the senior high mission trip to Charleston WV, along with their parents, will gather after worship to discuss details of the trip. Parents and teens are asked to please make every effort to attend.

The deadline for our upcoming Youth Club retreat is **Sunday**, **March 1**. Our Youth Club will be joined by the Youth Club of Bower Hill for this retreat to Camp Ligonier from April 17 to 19. The retreat is called - *I'll Push You!* It is based on a documentary of two friends and a journey that takes them to a new place in their hearts, minds and strengths!

We will head to Ronald McDonald house on **Monday**, **March 2** and

prepare dinner for the families that are staying at the facility. The menu is a Potato Bar - always a favorite! Then we head over mid-month to the Baptist Homes and play games with the residents.

Lenten "Dinners with a Purpose" is for everyone, beginning Wednesday, March 4! We will eat together, serve together, and learn together! Join us each week for a different mission. Dinner starts at 6:00 and mission work starts at 7:00. The youth are encouraged to participate in the "Dinners with a Purpose," Wednesdays through Lent. It will be a spin-off of Monday Mission.

The Tweener Retreat at Crestfield from **Saturday**, **March 14** to **Sunday**, **March 15** will be our destination for the 2nd - 5th graders. Youth pastor, Chad Johnson, will be the key-note speaker discussing "Generation to Generation." This is always a favorite event for the younger youth!

If you are a senior this year, look for the Mehaffey Scholarship papers to arrive at your door by March 5. Deadline for submission for the scholarship is **April 15**. MOPS (Mothers Of Preschool Students) is growing with new inquiries every month. We are working through the book, 99 Ways to Raise Spiritually Healthy Children. If you know anyone who would interested in this, contact Barb through email at youthandfamilySHUP@gmail.com or by phone 412-561-7997. Adult Bible Study takes place every Sunday morning at 9:00 a.m. in Findley Hall: Join us as we dive into Max Lucado's Lenten study titled JESUS. Wednesday night Bible study and Legos With the Lord will be on hiatus during Lent so that everyone can join us for "Dinners with a Purpose." Peace and love, Barb

Session News

The Annual Meeting of the congregation on January 26 marked the beginning of a new year in Session's calendar. Session welcomed new members Mary Abbott (completing the remaining term of Karin Daniels), Jody Colby, Ryan Gracey, and Beth Romig. At the Annual Meeting, retiring elders Michael Comstock, Karin Daniels, Lisa Dawson, and Tim Fako were recognized and thanked for their faithful service.

As 2020 begins, session has reorganized its commission structure to better address our work. The Year-Round Stewardship Commission has been disbanded. Its responsibilities are

now divided between a new Mission Commission and a new Stewardship Commission. The Planned Giving Commission has been combined with the Budget & Finance Commission. That commission has been renamed the Stewardship Commission.

Jody Colby will chair the Mission Commission. This new commission will oversee SHUP's hands-on mission activities, such as mission trips and service days like Produce2People and Crew Missions. It will also handle the allocation of SHUP's tithe to external organizations.

Mary Abbott and Debbie Edwards will co-chair the Stewardship Commission. This commission will carry out the

combined responsibilities of the previous Budget and Finance and Planned Giving Commissions. This commission will also conduct the annual pledge campaign, taking over from the Year-Round Stewardship Commission. Mike Comstock will continue as SHUP Treasurer.

Session has also created several shortterm working groups focused on addressing SHUP's financial sustainability. These groups have several initiatives underway that you'll hear more about as the year goes on.

Below is a list of the current members of Session and their terms:

Session

2020	2021	2022		
Jenn Kennedy (a)	Mary Abbott (b)	Jody Colby (a)		
Dave Petty (a)	Bev Knasko (a)	Debbie Edwards (b)		
Don Tang (a)	Leslie Ney (b)	Ryan Gracey (a)		
Keith Yanda (a)	Eric Stuart (a)	Beth Romig (a)		

Clerk of Session: Leslie Ney

Chairs of Session Commissions

Administration & Personnel: Bev Knasko

Christian Education: Jenn Kennedy

Communications: Ryan Gracey

Congregational Care: Don Tang

Facilities: Keith Yanda & Eric Stuart

Mission: Jody Colby

Nominating Committee: Beth Romig

Nursery School Board: Beth Romig

Stewardship: Debbie Edwards & Mary Abbott

Treasurer: Mike Comstock

Worship & Music: Dave Petty

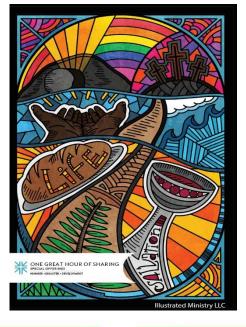
	Financial Statement Update as of 01/31/20			
	2020	2020	Variance	
	Budget	Actual	Fav. (Unfav.)	
INCOME:				
Pledges, loose offering	19,820	16,704	(3,116)	
Designated mission giving	10	12	2	
Flowers	254	285	31	
Per capita	1,083	1,286	203	
Interest / Nursery school / misc.	42	1	(41)	
Transfer - Endowments	10,980	11,060	80	
Total income	32,189	29,348	(2,841)	
EXPENSE:				
Adm. & personnel	(18,421)	(17,296)	1,125	
Christian Education	(287)	(922)	(635)	
Communications	-	(3)	(3)	
Cong. Care & Community Outreach	-	-		
Facilities	(7,483)	(4,999)	2,484	
Mission *	(1,001)	(847)	154	
Stewardship	(1,532)	(1,039)	493	
Worship & music	(558)	(750)	(192)	
Total expense	(29,282)	(25,856)	3,426	
Surplus (deficit)	2,907	3,492	585	

^{* -} includes 5% mission accrual.

One Great Hour of Sharing

Donation collection for *One Great Hour of Sharing* (OGHS) continues through April 12th. There will be envelopes available for you to enclose your donation or just write (OGHS) on your check. Also, if you have not yet done so, please visit the Narthex to pick-up your "Lenten Bank" to start collecting your loose change today.

Your donations are vital to sustain this program and the ministries that it provides.



Through One Great Hour of Sharing, we become the household of God. We extend shelter to those who have no place to stay, offer compassion to those who have pain—be it physical, emotional spiritual-and we set a feast, with God, for those who lack access to enough food to eat. God's household filled with love and everyone is welcome.

Thank you for your support!

Dinners with a Purpose

Every Wednesday During Lent 6:00 pm/Findley Hall

Every week, a different group from SHUP has volunteered to prepare and serve the meals:

March 4th: Circle of Friends

Circle of friends will be preparing hot sandwiches of baked ham and cheese. In addition, there will be sides, dessert and refreshments.

March 11th: Session

The Session of SHUP will put together a Retro 1950's-1970's Church Supper. That's right, they will be hitting up the cookbooks that are stored in the kitchen to prepare you a meal like "Harriet" used to make!

March 18th - Chancel Choir

The talents of the SHUP Choir go beyond providing beautiful songs every week. They know how to bake as well! So get ready for pizza and an array of delicious desserts...maybe they will provide a song or two, but I'm sure if you ask nice, they will at least whistle while they work.

March 25th - Young Adults

Our young adults will be setting up a taco bar. This should be a good one...remember they have the "Chili Cook-off" winner in their group.

April 1st - Mission Commission

Our newest commission will be setting up a Soup & Deli Sandwich Bar. Be good or, "no soup for you!"

After dinners there will be discussion as you work on a service project. This year, you will be helping to put together Blessing Bags and Hygiene Kits. Even if you cannot make it to the dinners on Wednesday nights, you can still help by donating items that are needed. There will be a box in Findley Hall for you to place the donations. Some needed items are:

- Tissue Packets
- Band Aids (standard size)
- Individual Water Bottles
- Combs
- Peanuts
- Gum/Candy
- Crackers
- Lip Balm
- Hot Cocoa Packets
- Tuna Packets
- Granola Bars
- Toothbrush
- Bars of Soap
- Hand Towels
- Wash Cloths
- Fingernail Clippers
- Gallon Size Zip-Loc Bags

<u>Please be sure that all items are individually wrapped.</u>

Rummage Sale

The Youth of Sunset Hills will be holding a rummage sale to help raise funds for their mission trips this summer. The sale will take place on Saturday, April 25th.

We need your help...

When you do your spring cleaning this year, instead of taking those unwanted items to another charity or organization, you can just bring them to us! Donation drop off days will be Thursday, April 23rd from 3-8 pm and Friday, April 24th from 9 am - 7 pm.

Any items that are not sold will then be donated to a local charity.

Mission Commission

As you read in the Session News, SHUP has a new commission specifically for Mission. Chaired by Jody Colby, this commission will be hands on with all aspects of mission work at the church. Here are just a few things we wanted to talk to you about this month:

Mission Connections

Mark Adams and Miriam Maldonado Escobar, our mission co-workers serving at the border in Mexico are always in our prayers. We encourage you to learn more about what they are experiencing and how they are helping. If you do not already subscribe to their newsletter, you can do so by visiting pcusa.org/missionconnections, choose their name from the list and click on "Subscribe to my letters."

Holiday House
Sunday, April 5th - 4-6 pm
Pleasant Hills Community
Presbyterian Church
199 Old Clairton Road 15236

Provided by *Crew Missions*, this is a meal for individuals who may not have the means to celebrate the Easter Holiday with family or loved ones. We are looking for volunteers to help set-up/serve/clean-up. If you are interested, there will be a sign-up sheet in Findley Hall, or you can contact Jody through the church office.

Minute for Mission

Once a month, we will have a speaker talk about a mission that is near and dear to their heart during a Sunday worship service.

Look for more exciting news and updates from the Mission Commission in future updates of our newsletter and on our website. We look forward to many "Missions" with you!

March Activities

Adult Sunday School - 9:00 am/Findley Hall

Please join Barb Clark during the Lenten Season for Adult Sunday School. She will be leading a discussion on the book *Jesus: The God Who Knows Your Name* by Max Lucado.

Youth Club

Sunday, March 8^{th} - We will head to Bower Hill Church. Sunday, March 22^{nd} - Bower Hill will join us at SHUP.

Findley Hall Bible Study Mondays @ 12:30 pm

The group is studying "The Easter Experience" by Kyle Idleman.

If you would like to join this group, please contact Evelyn Lape.

Monday Mission

March 2nd - We will head to the Ronald McDonald House to prepare a meal for the families staying there.

March 23rd - We will head to the Baptist Home to visit with the residents.

Yoga

Tuesday - 9:15 am/Crystal Hall

Starting March 24th, Amy from Breathein2it will be conducting a yoga class. (See ad below)

Wilson Hall Bible Study Tuesdays @ 1:00 pm

Wilson Hall Bible Study will continue to meet in March. If you are interested in joining this group study, please contact Carole McCullough.

M.O.P.S.

Every other Wednesday - 9:00 am/Cort Room

Mothers of Preschoolers (M.O.P.S.) is a group for moms to get together to discuss topics relating to motherhood.

Meeting dates this month: 3/11 & 3/25

Confirmation Class Wednesdays - 4:00 pm/Library

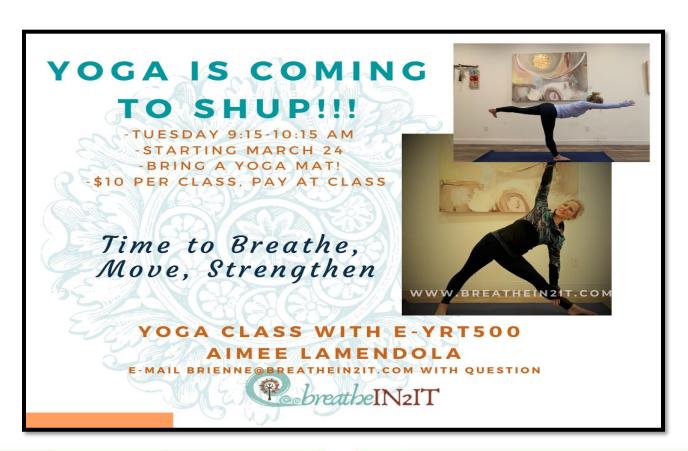
Class will continue every Wednesday in March.

20-30 Something's

Saturday, March 7th - Plan to head to Garfield Farm for a day long mission trip (depart 8:00 am).

Saturday, March 21st - A day mission trip to Hosanna Industries.

Sunday, March 29th - Gather for dinner at 6:30 pm in Wilson Hall. Be sure to bring a side dish to share!



Calendar Highlights for March

Youth Mission Meeting for Parents - Sunday, March 1st - 11:30 am/Crystal Hall

Parents, please join us to discuss the Youth Mission Trip to Charleston, WV scheduled for July 5th - 10th.

New Members Class - Sundays, 9:00 - 10:00 am/Library - Starting March 1st

Interested in becoming a member of SHUP? Please join pastor Laura every Sunday morning in March for this 5-week long new members class. (3/1, 3/8, 3/15, 3/22 & 3/29)

Lenten Nights/"Dinners with a Purpose" - Wednesdays 6:00 pm/Findley Hall - Starting March 4th

Join us every Wednesday during Lent for "Dinners with a purpose!" We will have a meal in Findley Hall followed by an easy, all-ages mission project. (4/4, 4/11, 4/18, 4/25 & 5/1, More Details on page 5)

Blood Drive - Sunday, March 8th - 9:00 am - 2:00 pm/Crystal Hall

Blood donation is faith in action. Please consider becoming a donor and visit vitalant.org to set up your appointment today. Select "donate" and use group code G0010151 or contact Christa Tang at (412)760-8460.

Movies with the Minister - Sunday, March 8th - 4:30 pm/Hollywood Theatre

Join Pastor Laura at the Hollywood Theatre to watch Disney Pixar's "Onward." After the movie, we will head to Eat 'n Park to have a discussion over dinner.

Circle of Friends - Thursday, March 12th - 1:00 pm/Findley Hall

Join us for a presentation from representatives from the Mt. Lebanon Fire Department. They will share the latest information on fire safety and help us appreciate what it takes to be a volunteer fireman!

Tweener Retreat (2nd - 5th grade) - Saturday, March 14th through Sunday, March 15th /Camp Crestfield

The theme this year is "Generation to Generation." Please contact Barb Clark ASAP at youthandfamilyshup@gmail.com if you would like to sign up for this retreat.

Confirmation Retreat - Friday March 27th through Sunday, March 29th/Camp Crestfield

During this retreat, confirmands will be given the opportunity to think about their relationship with God and how this relationship affects and inspires other relationships in their lives.

SUNDAY, APRIL 5TH Palm Sunday Breakfast 8:45 am/Findley Hall

Join us for a breakfast provided by the Deacons in Findley Hall.

WEDNESDAY, APRIL 8TH Taize and Milk Shakes East Liberty Presbyterian Church 116 S. Highland Ave

We will depart from the SHUP 6:00 pm and carpool to ELPC for their 7:00 pm Taize-style worship service. After, we will head across the street to the Milkshake Factory!

THURSDAY, APRIL 9TH Maundy Thursday Dinner 6:00 pm/Findley Hall

Join us for a roast chicken dinner in Findley Hall.

Save the Dates

THURSDAY, APRIL 9TH Maundy Thursday Service 7:00 pm/Sanctuary

After dinner, we will hold a service of Lament in the Sanctuary.

FRIDAY, APRIL 10TH Good Friday Men's Breakfast/Service 8:15 am/Hampton Church

Hampton Church (2942 East Hardies Road, Gibsonia) would like to invite males of all ages to join them at their annual Men's breakfast followed by worship service. There is no cost, but a freewill offering will be accepted.

FRIDAY, APRIL 10TH
Good Friday Community Service
12:00 pm/Mt. Lebo. Methodist
(3319 W. Liberty Avenue)

SATURDAY, APRIL 11th Prayer Vigil

The Prayer Vigil will be held from 6 pm through midnight in the Cort Room. Half-hour slots are available for sign-up in Findley Hall. A Vigil Booklet will be provided.

SUNDAY, APRIL 12TH Easter Sunday Service 10:15 am

Please join us for worship service as we rejoice in the Resurrection of our Lord and Savior. Christ is risen!

SUNDAY, APRIL 12TH Confirmation Sunday

We will be celebrating the confirmation of four new members of our SHUP Family. Join us to witness their commitment to live as a faithful disciple to the risen Lord.

*Every Sunday Unless noted: 9:00 am Adult Sunday School/Findley 10:15 am Worship 11:15 am Fellowship/Findley 5:00 pm AA Mtg./Findley 6:30 pm AA Mtg./Findley

MARCH



Happy Birthday
ALL BIRTHDAYS
CELEBRATIONS ARE

WRITTEN ON THE CALENDAR IN ALL CAPITAL LETTERS.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Class/Library 11:30 am Parent Mtg. for Teen Mission Trip	3:45 pm Monday Mission	3 1:00 pm Wilson Hall Bible Study 6:30 pm Pack 65/Crystal 6:30 pm Campanile Bells 7:30 pm Choir Rehearsal MIKE ROBINSON MICHELLE YANDA	4 4:00 pm Confirmation Class/Library 6:00 pm "Dinners With a Purpose"/Findley CHRIS GARDNER NATHANIEL KENNEDY LINDA MCKEAN	5 7:00 pm Troop 65/Crystal	6	7 8:00 am 20-30 Something day Mission Trip t Garfield Farm
9:00 am New Member Class/Library 9:00 am Blood Drive		10 1:00 pm Wilson Hall Bible Study 6:30 pm Pack 65/Crystal 6:30 pm Campanile Bells 7:30 pm Choir Rehearsal KARIN DANIELS	9:00 am MOPS/Cort Room 4:00 pm Confirmation Class/Library 6:00 pm "Dinners With a Purpose"/Findley 8:00 pm Session Mtg.	12 1:00 pm Circle of Friends/ Findley 7:00 pm Troop 65/Findley	13	14 Tweener Retreat to Camp Crestfield
15 9:00 am New Member Class/Library 11:30 am Communications Mtg/Library	16 8:30 am Monday Marvels 11:30 am JAM/Rm 113 12:30 pm Findley Hall Bible Study 7:00 pm Zumba/Crystal	17 1:00 pm Wilson Hall Bible Study 6:30 pm Pack 65/Crystal 6:30 pm Campanile Bells 7:30 pm Choir Rehearsal CAROL BERKLICH	18 4:00 pm Confirmation Class/Library 6:00 pm "Dinners With a Purpose"/Findley	19 7:00 pm Troop 65/Crystal	20	21 20-30 Somethings Day Mission Trip to Hosanna Industries JODY COLBY
9:00 am New Member Class/Library 11:45 am Stephen Minister Mtg/ Cort Room	11:30 am JAM/Rm 113 12:30 pm Findley Hall Bible Study 7:00 pm Zumba/Crystal	24 9:15 am Yoga/Crystal 1:00 pm Wilson Hall Bible Study 6:30 pm Pack 65/Crystal 6:30 pm Campanile Bells 7:30 pm Choir Rehearsal	25 9:00 am MOPS/Cort Room 4:00 pm Confirmation Class/Library 6:00 pm "Dinners With a Purpose"/Findley	26 7:00 pm Troop 65/Crystal KAREN HEIM JIM MCKEAN KATY STIMMEL	27 Confirmation Retreat to Camp Crestfield DAVE BRUMFIELD	28
9:00 am New Member Class/Library 6:30 pm 20-30 Somethings Dinner/Wilson	11:30 am JAM/Rm 113 12:30 pm Findley Hall Bible Study	31 9:15 am Yoga/Crystal 1:00 pm Wilson Hall Bible Study 6:30 pm Pack 65/Crystal 6:30 pm Campanile Bells 7:30 pm Choir Rehearsal		Carolyn JoAnne Walter Phyllis and	er List Caldwell Enterline Jackson Dick Moore atterson	