



Sunset Hills

M E S S E N G E R

June 2024

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A Message from Pastor Laura

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

- Psalm 16:11



Nishida Kitaro (1870-1945) trod the same path to and from Kyoto University each day. He stands as the most significant and influential Japanese philosopher of the twentieth century, leaving a lasting impact on the philosophies of mathematics, science, and religion. Despite being criticized throughout World War Two for his anti-nationalistic stance, Nishida upheld the concept of universality, describing God as "indispensable and decisive."

Today, the path leading to Kyoto University is known as the Philosopher's Path in honor of Nishida Kitaro. This narrow trail runs parallel to a shallow canal, adorned with cherry blossom trees. Pilgrims traverse this two-kilometer route from the Silver Pavilion (Ginkakuji) to the tranquil neighborhood of Nanzenji. It was on one of the final days of our sojourn to Kyoto that our group of ten pilgrims walked this path.

My experience of the Philosopher's Path was complicated. The path is paved with uneven stones, prompting immediate concern for the well-being of our older pilgrims. As the trip leader, I couldn't help but think, "this is a hip fracture waiting to happen." When I shared my apprehension with a colleague, her response struck a chord: "the stones are intentionally uneven. They encourage thoughtful walking. Each step is deliberate." Each step is deliberate...hmm.

Our lives are often marked by haste. There's a palpable need for constant stimulation, engagement, and ceaseless motion. The Philosopher's Path offered a different approach, inviting us to move with intentionality. What does it mean to pay attention to our everyday movements? To rise from bed slowly and with purpose? To brush our teeth with mindful attention? To carve out space in our schedules to move through life thoughtfully?

Continued on page 2

A Message from Pastor Laura (cont.)

The Philosopher's Path taught me that intentional living with the mundane aspects of life opens space for the Spirit's presence. Structuring my day with moments of focused attention to whatever task is at hand allows me to acknowledge God's Spirit in that moment. Rushing through life's demands can lead to both physical and spiritual fractures. Yet, embracing the



present moment, being fully present here and now, is to accept God's gift of the present.

I invite you to contemplate how you might tread more thoughtfully upon this earth. Reflect on how you can infuse intentionality into your daily life. The Spirit's presence permeates the ordinariness of your existence—what shifts are needed for you to recognize and embrace this reality?

In Christ's Love,
Pastor Laura



Music Notes

By Shelby Gracey

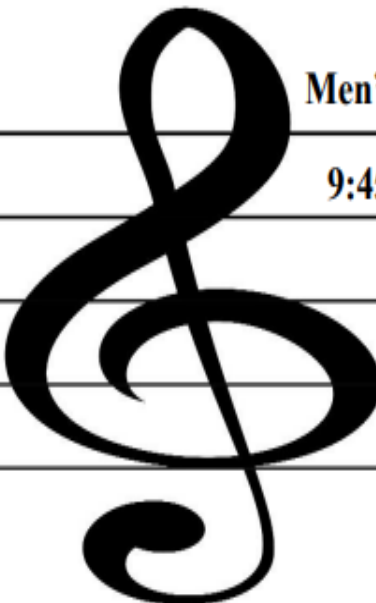
Many thanks to the Chancel choir, who will end their singing season on June 2; and to the Campanile Bells, who finished up their season on May 12. When you see a choir or bell choir member, please be sure to thank them for all their hard work and dedication to the choirs throughout the year!

Over the summer, we'll have special music from soloists, instrumentalists, GPM, our Ladies' and Men's Choruses, and perhaps some special guests. Men and Ladies of the congregation – ALL are invited to sing with us on the following Sundays this summer:

The men will sing a medley of familiar Gospel tunes, and the ladies will sing "Fairest Lord Jesus." Everyone is familiar with these songs, so we hope to have a LOT of participation. There will be no rehearsal the week prior – just plan to meet in the sanctuary at 9:45 a.m. on the morning of your singing date, and we'll have a quick rehearsal prior to worship.

We truly appreciate everyone who offers their musical talents to the congregation over the summer, and I'm looking forward to a variety of great music! If we have any hidden talents out there that I'm unaware of, and you'd like to sing or play an instrument this summer, please let me know.

Best wishes for a very relaxing and enjoyable summer for all!



Men's Chorus – Sunday, June 16

9:45 a.m. rehearsal prior to worship

Ladies' Chorus – Sunday, June 23

9:45 a.m. rehearsal prior to worship

SUNSET HILLS DIRECTORY

The Deacons will be putting together the 2024 Fall directory over the summer months. If you have recently moved or changed your contact information (home phone, cell phone, email address, etc.), please let us know. You can contact Karin in the church office at sunsethillschurch@gmail.com or Harriet Rickard at hjrick@comcast.net with your updated information.

Dee Borman wanted to make sure all of her SHUP friends and family had her new contact information:

The Pines

1557 Washington Road, Pittsburgh, PA 15228

(412)572-7721

Notes from Christian Education

By Taylor Strang

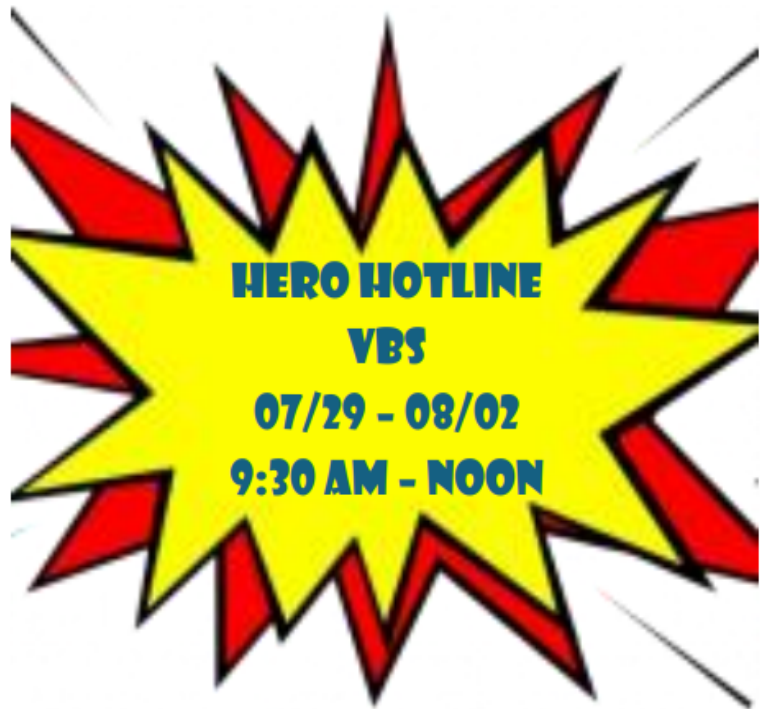
Summer is a time of year known for its warmth, sunshine, and new adventures. It's a season that many people look forward to, as it offers a chance to relax, have fun, and make lasting memories.

I am excited to be into full VBS planning stage and cannot wait to create lasting memories for the children who will be attending our *Hero Hotline* VBS!

When we're joyful, our hearts open up and we feel more connected to ourselves, others, and the world around us. We're more likely to be kind, compassionate, and understanding. We're also more likely to experience a sense of peace and well-being.

School is coming to an end for the year and graduating seniors are starting to plan for their future. Here at SHUP, we have three graduates in 2024. We would like everyone to join us during worship on Sunday, June 9th to help honor and celebrate their achievements. Our graduates, Jacey Ellis, Riley Farabaugh, and Robert Tang will be our liturgist(s) and they will be presented with the Mehaffey Scholarship during the worship service. After worship, we will gather in Findley Hall for some fellowship and refreshments.

Our Elementary Sunday School is embarking on an exciting exploration of Jesus' miracles! All elementary students in 3rd grade and up are welcome to attend every Sunday at 9:00 am in the library. And our Children's Church will be alive with vibrant stories and play every Sunday during the worship service.



EVERY HERO HAS A ROLE TO PLAY!



Registration opens May 5th

www.shupchurch.org

Potty trained 3 yrs. – 5th grade

\$25/child



Volunteers Needed

VBS 2024



Do you have what it takes to be a hero?

If you would like to help with VBS this year, please contact Taylor at sunsethillsce@gmail.com.

Mehaffey Scholarship

The Mehaffey Scholarship winners this year are Jacey Ellis, Riley Farabaugh and Robert Tang. All are graduating from Mt. Lebanon High School and plan to attend college. The Scholarship will be awarded to them during the worship service on June 9, 2024.

Jacey Ellis



Jacey is the daughter of John and Bella Ellis and the granddaughter of John and Pat Ellis. She is a member of the National Honor Society and was inducted into the Cum Laude Society in March. She will graduate with high honors. Having been accepted at three universities, she plans to study law or physical therapy. She'll begin her studies at the University of Pittsburgh. Jacey was Homecoming Queen last fall, and she is a member of the Lebo Stars Club, spending time, both during school and outside school hours, with fellow students who have special needs. Jacey has taken dance lessons since she was three years old. She now teaches at the dance studio and will participate this summer in nine dances, including a solo, at the Karr National Dance Competition at Pidgeon Forge, Tennessee. She was named "Student of the Month" in March by the Mt. Lebanon Rotary Club.

At our church, Jacey's confirmation project was helping to decorate the Cort Room. She enjoyed volunteering at Parents' Night Out last December. She has assisted with Vacation Bible School in the past and that's on her calendar again this summer.

Riley Farabaugh

Riley Farabaugh is the son of Randy and Darlene Farabaugh and the grandson of Dick and Dottie Fleming. He plans to attend Slippery Rock University and has been admitted to the Honors College. That means he will have small classes and special opportunities. He plans to major in Exercise Science and then become a physical therapist.

Riley started playing basketball in first grade, and that's where you'd find him Tuesday and Friday evenings through high school. He's been on the varsity team starting line-up and enjoyed playing in many sold-out games. He's an assistant coach for Maximum Hoops, a local basketball development program. Riley is working part-time at Lowe's and at SHUP where he's been the facilities manager the past two years.

Riley has helped with Vacation Bible School at SHUP. He went on the mission trip three years ago to Benton Harbor, Michigan, where they helped local churches with maintenance and spring cleaning and packed food for the less fortunate. He also went on a mission trip when he was in eighth grade and had a very meaningful experience working at a homeless shelter in Akron, Ohio. Riley tries now to make the most of every day. To him, graduating is a bittersweet experience since he's aware he'll be missing friends he's had since kindergarten.



Continued on next page.

Mehaffey Scholarship (Cont.)

Robert Tang

Robert Tang's parents are Don and Christa Tang. Robert has been awarded a scholarship at Gannon University where he plans to major in biology with a premed focus, following with medical school.

Robert started running track in seventh grade. While in high school, he received three varsity letters in track and cross-country. He will be running cross-country at Gannon University, the basis for his scholarship. He's working at Primanti Brothers and will continue there over the summer.

A few years ago, Monday Mission (MM) at SHUP provided teens a way to "hang out" with friends and participate in helpful projects. Robert values his MM memories of working with a food bank, an animal shelter, and activities at SHUP. He participated in a mission trip to Philadelphia and, like Riley, went on the mission trip to Benton Harbor, Michigan.

We wish Jacey, Riley, and Robert all the best and God's blessings as they go off to college.



Pittsburgh South PA Days for Girls (DfG)



More than 500 million people worldwide do not have what they need to manage their periods. DfG is an organization that sends reusable menstrual kits all over the world to help those in need.

Our chapter is focusing on sewing the drawstring bags that are used to hold all of the supplies in the kit.

We are committed to making a change and believe each stitch represents a message to every girl who receives our bags: "You matter." Everyone is welcome to join us to help make a change and put an end to period poverty.

When?

Wednesdays
10 am – 2 pm

&

The last Sunday of
the month
11:30 am – 2:30 pm

Where?

Sunset Hills United
Presbyterian Church
Wilson Hall

Enter through the side door of the
large parking lot.

900 Country Club Drive
Pittsburgh, PA 15228

Donations Needed:

- Polyester Thread
- -5/8 Grosgrain Ribbon
- Sewing Scissors
- Seam Rippers
- Sewing Lights
- Rotary Cutters
- Straight Pins

Monetary donations also accepted.

More Information:

Contact Taylor Strang at
sunsethillsce@gmail.com

or

pittsburghsouthpa@daysforgirls.org

or

(412)561-6261

June Information

Adult Sunday School **9:00 am – Findley Hall**

The adult Sunday school class will continue to meet before the worship service.

Sunday Worship **10:15 am**

If you are not able to join us in person, a video of the service will be posted to our YouTube channel on the Monday after the service: [Sunset Hills Church - YouTube](#). You can get a copy of the bulletin by clicking on the link on the homepage of our website www.shupchurch.org.

Fellowship Hour **First Sunday of the Month**

We will continue to hold fellowship after the worship service on the first Sunday of every month. If you would like to host one Sunday, please sign up on the sheet outside of Findley Hall.

Days for Girls **June 30th – 11:30 am**

Days for Girls will meet in Wilson Hall after the worship service on June 30th.

For more information about DfG, please contact Taylor at sunsethillsCE@gmail.com

Wilson Hall Bible Study **Every Tuesday – 1:00 pm**

The class will be studying the Epistles, Galatians, Ephesians, Philippians, and Colossians. They will continue to meet in June. If you are interested in learning more, please contact Carole McCullough at (412)343-5758.

Yoga

Every Tuesday – 4:20 pm – Crystal Hall

BreatheIn2It Yoga instructors will hold a 4:20 – 6:30 pm class every Tuesday in June.

To learn more or to register, please visit their website at: [Stress management & wellbeing programs in Pittsburgh, PA \(breathein2it.com\)](http://Stress management & wellbeing programs in Pittsburgh, PA (breathein2it.com))

Peanuts Square Dancing Club **Every Tuesday - 7:00 pm**

The Peanuts Square Dancing club will meet in Crystal Hall. Everyone is welcome, no partner or previous experience is needed. There is a cost of \$5/class.

Days for Girls **Every Wednesday – 10:00 am**

Days for Girls will meet in Wilson Hall.

For more information about DfG, please contact Taylor at sunsethillsCE@gmail.com

Tai Chi **Every Wednesday – 6:30 pm**

Gurney Bolster, certified Tai Chi instructor, will have classes every Wednesday in June.

You can register for the classes online at:

[Tai Chi for Health Pittsburgh – With Gurney Bolster.](#)

Nursery School Summer Camp **June 4 – June 7**

The Sunset Hills Nursery School will hold summer camp from 9 am until noon on from Tuesday, June 4th through Friday June 7th.

Office Closed **June 19th**

The church office will be closed on Wednesday, June 19th.

Quilting Group Retreat **June 24 – June 28**

A quilting group will hold a “stay-treat” the week of June 24th (M-F/9am – 3 pm) in Findley Hall.

Pastor Away **June 24 – June 28**

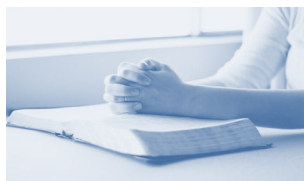
Pastor Laura will be away from June 24th through the 31st. If you have a pastoral emergency outside of office hours, please call Bev Knasko at (412)563-7154.

June Birthdays

- | | | | |
|----|---------------------------------|----|-----------------|
| 2 | Ava Weidensall | 12 | Maya Williams |
| 6 | Karl Hetrick | 14 | Laura Strauss |
| 7 | John Ellis III | 17 | Linda MacDonald |
| 10 | Debbie Edwards | 28 | Ryan Gracey |
| 11 | John Fitzwilliam
John Knasko | 29 | Jacob D'Amico |

Prayer List

Dee Borman



Prayer Circle

We ask that every week you take a moment and add these people to your daily prayers.

Week of:	Praying for:
June 2 nd	The Weidensall family; Bill, Jessica, Ainsley & Lily Keith & Wendy Yanda
June 9 th	The Yates family; Daniel. Kara & Emilia The Zeglin family; Garth, Amanda, Tristan, Rowan & Violet
June 16 th	Mary Abbott Clayton Allison
June 23 rd	Jeff Allison David Arnold
June 30 th	Lynne Blanning Dee Borman

SHIM Food Donations

June 2024

This month, we will be collecting **Pancake/Muffin Mix.**

May every day in June fill your days with hope,
love, sunshine and energy.
Let there be joy, fun and laughter.

Sunset Hills Book Club

June Book of the Month

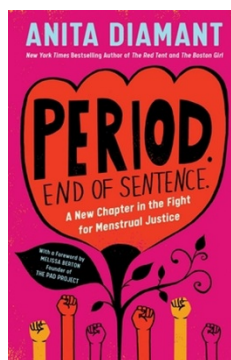
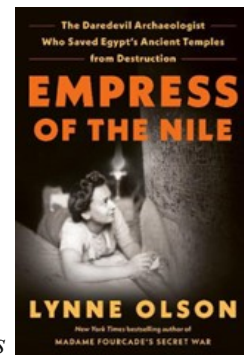
Empress of the Nile

By Lynne Olson

June 26th – 7:30 pm

In Person

In the 1960s, the world's attention was focused on a nail-biting race against time: the international campaign to save a dozen ancient Egyptian temples from drowning in the floodwaters of the gigantic new Aswan High Dam. But the coverage of this unprecedented rescue effort completely overlooked the daring French archaeologist who made it all happen. Without the intervention of Christiane Desroches-Noblecourt, the temples—including the Temple of Dendur, now at New York's Metropolitan Museum of Art—would currently be at the bottom of a vast reservoir. Willful and determined, Desroches-Noblecourt refused to be cowed by anyone or anything. As a member of the French Resistance in World War II she survived imprisonment by the Nazis; in her fight to save the temples she defied two of the most daunting leaders of the postwar world, Egypt's President Abdel Nasser and France's President Charles de Gaulle. Desroches-Noblecourt also received help from a surprising source. Jacqueline Kennedy, America's new First Lady, persuaded her husband to help fund the rescue effort. (Amazon Book Description)



July 2024

Period. End of Sentence

by Anita Diamant

Meeting on July 31st

In Person

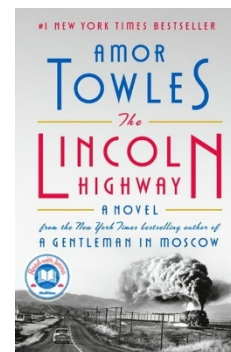
August 2024

The Lincoln Highway

by Amor Towles

Meeting on August 28th

In Person



Health & Wellness

Reasons to Square Dance...



- The Social Interaction
- Gets you up and MOVING
- Entertainment (w/ variety of music)
- Mentally stimulating
- Revitalizes your spirit after a long day
- Come as you are (casual dress)
- Most of all... It's FUN!!!

We Dance: Every Tuesday Night, 7 to 9:30

(All level of dancers welcome; No partner required)

\$5 Admission

Where: **Sunset Hills U.P Church**

900 Country Club Drive
Mt. Lebanon, PA 15228

Courtesy of: **Peanut Squares**
and caller

Howard Williamson

What's holding you back?

Contact: Nick 412-667-0929 or Beth 412-680-4837