



March 2022

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A Message from Pastor Laura

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:6-7



No one is doing great right now. That is the consensus of the media, the mental health professionals, and pastors. Two years of COVID has worn our collective and individual energies thin. Where groups of people can typically cover for one another when one or two are feeling down, there is no one to cover when just about everyone is feeling down. Parents, teachers, nurses, clergy, retirees, and professionals of just about all stripes report feeling exhausted, and that their days off/vacations are not having the same effect they once did in relieving that exhaustion.

Where from COVID can we go? It seems the answer is nowhere: and that is exhausting. It is also overwhelming.

Overwhelmed, according to the Merriam-Wester Dictionary, means an extreme level of stress, an emotional and/or cognitive intensity to the point of feeling unable to function. Jon Kabat-Zinn describes overwhelm as the feeling, “that our lives are somehow unfolding faster than the human nervous system and psyche are able to manage well.” Current statistics show that the vast majority of us can relate to this - the pandemic has been, for 730.49 days, pummeling us, leaving us exhausted and perpetually overwhelmed.

What is the solution to the pandemic experience? When you find it, let me know. Personally, I could not have emotionally and mentally survived these last two years without my walk with the Lord and my walk with his family, the church. Prayer practices help the feelings of exhaustion and being overwhelmed. One great resource for prayer is

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Pastor Laura Message

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“Pray As You Go”, which can be found easily via google. Another great resource is podcasts by Christian professionals such as Kate Bowler, who never sugarcoats difficult matters but lives in the hope of Jesus. We can always pray the psalms. There is a psalm for every life experience. Additionally, when it comes to feeling overwhelmed, is the practice of “non-doing.” Kabat-Zinn suggests that “mindful play, or no-agenda, non-doing

time, is the cure for overwhelm.” Brene Brown thinks on Kabat Zinn’s idea, writing, “non-doing makes sense - there is a body of research that indicates that we don’t process other emotional information accurately when we feel overwhelmed, and this can result in poor decision-making.” When we are feeling overwhelmed, it is important to our decision-making and to our emotional health, as well as the health of our relationships, that we step back for a period of

“non-doing,” or play.

On the subject of non-doing, come and play with us! This Lent, we will enjoy a soup dinner together every Wednesday night starting at 6:00 p.m. We will follow this up at 7:00 p.m. with a variety of laid-back, no-pressure classes which can be found in this issue of the Messenger (see page 5).

With Joy,
Pastor Laura

Lenten Devotional

Rev. Dr. Clint Cottrell from Holy Trinity Church and Rev. Laura Cottrell Strauss have written a daily Lenten Devotional entitled “Taking Comfort.”

The Devotional will be available for download on our website: [HOME | Mysite \(shupchurch.org\)](http://HOME | Mysite (shupchurch.org)). There will also be hard copies available at the church. If you would like a copy mailed to you, please contact Karin in the church office at (412)561-6261 or sunsethillschurch@gmail.com.

Please use this devotional during the Lenten Season and may it bring you comfort.

We would also like to take this time to remind you that if you are struggling with stress, exhaustion or feeling down, and need to talk to Pastor Laura for additional comfort, she is just a phone call away. Please reach out to her at the church office at (412)561-6261. We can schedule a phone, office or in home visit at your convenience.

Taking Comfort

**The Rev.’s Dr. Clinton Cottrell
and
Laura Cottrell Strauss**



Music Notes

By Shelby Gracey

In case you haven't figured it out after all these years of listening to me play . . . I LOVE the old hymns! All the songs I grew up singing; accompanying my mom as she sang solos in church; and played on the old piano in the corner of the dining room when my family did our monthly worship services at the local nursing home. "'Tis So Sweet to Trust in Jesus" is one of my favorites, but I never knew the story behind it until recently. I'd like to share it with you.

"Out of one of the darkest hours of her life – the tragic drowning of her husband – a young mother proclaimed through her tears, "'Tis so sweet to trust in Jesus . . . and I know that thou art with me, wilt be with me to the end."

As Louisa M. R. Stead, her husband, and their little daughter were enjoying an oceanside picnic one day, a drowning boy cried for



help. Mrs. Stead rushed to save him but was pulled under by the terrified boy. Both drowned as Louisa and her daughter watched helplessly. During the sorrowful days that followed, the words of this hymn came from the grief-stricken wife's heart.

Soon after this, Mrs. Stead and her daughter left for missionary work in South Africa. After more than twenty-five years of fruitful service, Louisa was forced to retire because of ill health. She died a few years later in Southern Rhodesia. Her fellow missionaries had always loved "'Tis So Sweet to Trust in Jesus" and wrote this tribute after her death:

We miss her very much, but her influence goes on as our five thousand native Christians continually sing this hymn in their native language.

Out of a deep human tragedy early in her life, Louisa Stead learned simply to trust in her Lord. She was used to "the praise of His glory" for the remainder of her life. Still today, her ministry continues each time we sing and apply the truth of these words."

*'Tis so sweet to trust in Jesus, just to take Him at His word,
Just to rest upon His promise, just to know, "Thus saith the Lord."*

*O how sweet to trust in Jesus, just to trust His cleansing blood,
Just in simple faith to plunge me 'neath the healing, cleansing flood!*

*Yes, 'tis sweet to trust in Jesus, just from sin and self to cease,
Just from Jesus simply taking life and rest and joy and peace.*

*I'm so glad I learned to trust Thee, precious Jesus, Savior, Friend;
And I know that Thou art with me, wilt be with me to the end.*

Chorus: *Jesus, Jesus, how I trust Him! How I've proved Him o'er and o'er!
Jesus, Jesus, precious Jesus! O for grace to trust Him more!*

("Amazing Grace: 366 Inspiring Hymn Stories for Daily Devotions," Kenneth W. Osbeck, Kregel Publications, 2002, p. 212.)

Notes from Christian Education

By Taylor Strang

It is a busy time for CE at the church this month! We have so many programs prepared for members and friends of all ages.

For the season of Lent, we will be hosting a Lenten soup dinner every Wednesday in March through April 6th. The dinners will be followed by programs for adults, teens and children. I will be spending time with the younger kids and every Wednesday we will focus on a program entitled “24 Hours that Changed the World.” You can find the full schedule for Lenten Wednesdays on our website and on page 5 of this newsletter.

My cohort has been going great so far! It has been such an eye-opening experience into leadership and finding one’s true self within Christianity.

Memory Night



With the help of Tori Vernacchio and Sarajane Obarsky, CE is excited to announce that we will be holding a “Memory Night” on Sunday, May 15th. We will be inviting young adults who grew up in the church to come and share stories, talk about what the church means to them and getting more involved!

Be on the lookout for more information.



Mehaffey Scholarship

Applications for the Mehaffey Scholarship are now available to 2022 High School Seniors.

The Mehaffey Scholarship was created by Sara Mehaffey Carter and her sister Barbara Mehaffey Jocoy in honor of their parents, Edgar and Rosabell Mehaffey. Edgar and Rosabell were active members of SHUP and public school teachers. For these reasons, the Mehaffey Scholarship Committee awards the scholarship to graduating seniors who are members of SHUP, active in service to the church and community, show good character and demonstrate academic achievement.

If you would like an application to apply for the Mehaffey Scholarship, please contact Taylor Strang at (412)561-7997 or youthandfamilyshup@gmail.com.



All applications are due by April 1st.

Lenten Wednesday Nights

Every Wednesday during Lent, we will hold a dinner at 6:00 pm followed by a service/program at 7:00 pm. Below is a list of these events:

March 2nd - Ash Wednesday

6:00 pm - Pancake Supper Hosted by the Deacons
7:00 pm - Ash Wednesday Service with Communion and the Imposition of Ashes in the Sanctuary

March 9th

6:00 pm - Dinner Hosted by the Mission Commission
7:00 pm - "Mindfulness" with Brienne Sembrat
or
"Frauds, Cons, and Scams" with Officer Kite from the MtLPD

March 16th

6:00 pm - Dinner Hosted by Congregational Care
7:00 pm - "An Introduction to Podcasts" with Kara Yates
or
"The Friendship of Lewis and Tolkien" with Dave Petty

March 23rd

6:00 pm - Dinner Hosted by Christian Education
7:00 pm - "Restoring an 18th Century Blacksmith's Shop" with Chip McCoy
or
"Growing a Garden from Seed" with Jody Colby and Beth Romig

March 30th

6:00 pm - Dinner Hosted by Chancel Choir
7:00 pm - "Sunset Hills Book Club" with Pastor Laura
or
"A Nuts and Bolts Tour of SHUP" with Dick Fleming

April 6th

6:00 pm - Dinner Hosted by the Young Adults
7:00 pm - "An Introduction Phone Apps" with Tori Vernacchio
or
"Tea Tasting" with Pastor Laura

Taylor Strang will take the children every Wednesday to the Children's Church for a program entitled "24 Hours that Changed the World."

Holy Week

Deacon Brunch

Palm Sunday - April 10th

The Deacons will hold a brunch after worship service in Findley Hall.

Maundy Thursday

Thursday, April 14th

6:15 pm: Dessert & Coffee - Findley
7:00 pm: Tenebrae Service

Easter Sunday Service

April 17th - 10:15 am

Join us for Easter Sunday worship at 10:15 am in the sanctuary.

One Great Hour of Sharing

Join with Presbyterians worldwide in sharing God's love with our neighbors-in-need around the world by providing relief from natural disasters, food for the hungry, and support for the poor and oppressed. This Lenten season, please give generously to One Great Hour of Sharing.

Received during the season of Lent, One Great Hour of Sharing (OGHS) is the single, largest way that Presbyterians come together every year to build God's household and welcome our neighbors in need around the world by providing help. Each gift to OGHS helps to improve the lives of people in challenging situations through three impactful programs:

PRESBYTERIAN DISASTER ASSISTANCE:

Works alongside communities as they recover and find hope after the devastation of natural or human-caused disasters.

PRESBYTERIAN HUNGER PROGRAM:

Takes action to alleviate hunger and the systemic causes of poverty so all may be fed.

SELF-DEVELOPMENT OF PEOPLE:

Invests in communities responding to their experiences of racism, oppression, poverty and injustice and educates Presbyterians about the impact of these societal ills.



Every gift makes a difference
in the life of someone
who deserves God's love and support.

You can help sustain the important ministries and programs that are supported by One Great Hour of Sharing by making a donation to the cause. During the Lenten season, we will have envelopes for you to enclose your donation in the pews on Sundays. If you are not able to be here in person, you can mail your check to the church office or use our [tithely](#) app (please write OGHS on the memo line). We will also have "Fish Banks" available, please see Taylor Strang if you would like one. You can use these banks to collect your loose change, every little bit helps.



ONE GREAT HOUR OF SHARING
SPECIAL OFFERINGS

HUNGER • DISASTER • DEVELOPMENT

March 2 - April 17

Youth Group Fundraiser

EGG MY YARD!

Toy/candy filled eggs can be hidden in your yard for Easter morning!!

Great gift idea for grandkids or busy parents!

25 eggs = \$20

50 eggs = \$35

Order deadline SATURDAY, April 9th

Payment types: Cash, checks (made payable to Sunset Hills U.P.-Youth Fundraiser in memo line) or through Tithely app

Call (412) 561-6261 to sign up or visit shupchurch.org/eggmyyard for more information or to fill out the sign-up form online.

Egging in Mt. Lebanon, Castle Shannon, Bethel Park, & Dormont



March Information

Adult Sunday School

8:30 am

Pastor Laura will continue the study of the series entitled: *The History & Archaeology of the Bible* using videos from National Geographic Historian, Jean-Pierre Isbouts.

This class will continue using Zoom.

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:

https://www.youtube.com/channel/UCeEpiQYSD_9My9tb5GEhVRA

You can get a copy of the bulletin by clicking on the link on the homepage of our website www.shupchurch.org.

Fellowship Hour

11:15 am - Findley Hall

We are bringing back Fellowship Hour on the first Sunday of every month! Everyone is invited to join us for fellowship in Findley Hall on March 6th.

There will be a sign-up sheet in Findley Hall if you would like to host a Sunday going forward.

Youth Group

Every other Sunday - 12:00 pm - Findley Hall

Youth Group will begin meeting after worship services on Sunday. They will meet on March 6th & 20th this month.

Findley Hall Bible Study

Monday's - 12:45 pm

On March 7th this class will begin part 2 of "The Chosen." The class meets in person in Findley Hall and via Zoom.

12:45: "The Chosen" Movie

1:45: Discussion of the movie and book

Please contact Evelyn Lape at: heyeye7@verizon.net to learn more about this class.

Yoga

Tuesday's - 9:15 am - Crystal Hall

Instructors from BreathIN2IT will begin a new 8-week session of Hatha 1 Yoga on March 8th. If you would like to sign up for the class, please visit their website at [Online Stress Management & Anxiety Relief Programs \(breathin2it.com\)](http://OnlineStressManagement&AnxietyReliefPrograms(breathin2it.com)).

Wilson Hall Bible Study

Tuesday's - 1:00 pm

This class will continue their study of the Book of Psalms.

Contact Information: Carole McCullough at seamus1219@hotmail.com

Campanile Bells Rehearsal

Tuesday's - 6:30 pm

Campanile Bells will continue to meet in the sanctuary in on Tuesday evenings at 6:30 pm..

Chancel Choir Practice

Tuesday's - 7:30 pm

Chancel Choir will continue to meet on Tuesday evenings at 7:30 pm.

Kids Club/Lenten Wednesday Nights

Wednesday's - 6:00 pm

Kid's Club will be on hiatus during the Lenten season to allow the children to participate in our Lenten Wednesday events. Taylor will take the children after the dinners to the Children's Church to learn about "24 Hours that Changed the World."

If you would like to learn more about Kid's Club, please contact Taylor at youthandfamilyshup@gmail.com.

Tai Chi

Wednesday's - 7:00 pm - Crystal Hall

Certified Tai Chi Instructor, Gurney Bolster will continue to hold beginner Tai Chi Classes. To learn more, please contact Gurney at:

gurney.bolster@gmail.com or visit her website at www.tchpgh.com.

Holy Land Presentation from St. Paul's Church

Sunday, March 27th - 11:15 am

Please join us after worship on March 27th to hear from Geoff & Pat Hurd. They will be presenting on their recent travels to the Holy Land. They will also have information to share about St. Paul's plans for their next trip to the Holy Land that is scheduled for January/February 2023. They will be extending an invitation to members of SHUP to join them.

March Birthdays

- | | |
|-------------------|--------------------|
| 1 Evelyn Lape | 17 Carol Berklich |
| 2 Parker Chambers | 21 Jody Colby |
| Barb Geary | 22 Amy Riley |
| 3 Mike Robinson | 23 Jen Bryer |
| Michelle Yanda | 26 Karen Heim |
| 4 Chris Gardner | Jim McKean |
| Nathaniel Kennedy | Katy Stimmel |
| Linda McKean | 27 David Brumfield |
| 9 Ray Bowman | Savy Dunlevy |
| 10 Karin Daniels | 29 Jessica Turocy |
| 15 Frank Cepits | |

Prayer Circle

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

<u>Week of:</u>	<u>Praying for:</u>
Mar. 6 th	Linda MacDonald Don & Meg MacDougall
Mar. 13 th	Julie & Casey Martinez Lori Matson & Sean Matson
Mar. 20 th	Carol McCallum Jack & Carole McCullough
Mar. 27 th	James & Linda McKean Carl Moeller

SHIM Food Donations March 2022

For the month of March, we will be collecting **Canned or Dried Beans.**

Shim is asking form specific donations for refugees and immigrants. These items are:

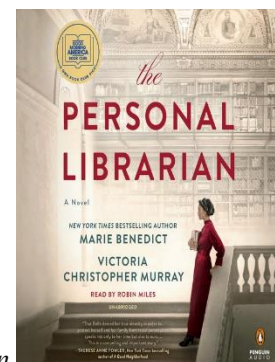
- Dried Beans
- Lentils
- Rice
- Flour
- Cooking Oil
- Sugar
- Spices (S&P, Garlic & Chili Powder & Turmeric)
- Disposable Diapers

We appreciate your continued support of this ministry.

Sunset Hills Book Club March Book of the Month *The Personal Librarian* By Marie Benedict March 30th - 7:00 pm

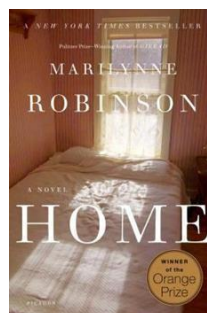
In her twenties, Belle da Costa Greene is hired by J. P. Morgan to curate a collection of rare manuscripts, books, and artwork for his newly built Pierpont Morgan Library. Belle becomes a fixture in New York City society and one of the most powerful people in the art and book world.

*But Belle has a secret, one she must protect at all costs. She was born not Belle da Costa Greene but Belle Marion Greener. She is the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white—her complexion is dark because she is African American. *The Personal Librarian* tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to—for the protection of her family and her legacy—to preserve her carefully crafted white identity in the racist world in which she lives. (Amazon Book Description)*



Please note:

The Book Club will meet in person as part of the Lenten Programs this month at 7:00 pm. If you cannot be here, please let Pastor Laura know. She can set-up a Zoom meeting so you can participate.



April 2022 Book of the Month

Home
By
Marilynnne Robinson
Meeting on April 27th

May 2022 Book of the Month

The Midnight Library
By
Matt Haig
Meeting on May 31st
Tuesday Night in May!



Health & Wellness

Spring Hatha 1 Yoga at SHUP!



Led by  breatheIN2IT

*Time to Breathe, Move,
Strengthen, Stretch*

-Free Babysitting Available-

When: Tuesdays 9:15-10:15 AM, Crystal Hall, SHUP Church, starting March 8th for 8 weeks, \$80

How: Register at www.breathein2it.com/yoga

Who: Class led by E-YRT500 Aimee Lamendola of breatheIN2IT, LLC

www.breathein2it.com/yoga

SHUP Church: 900 Country Club Drive, 15228