



Sunset Hills

M E S S E N G E R

July/August 2024

In this Issue

- Message From Pastor Laura 1-2
- Bread for the World 2
- Music Notes 3
- Notes from CE 4
- Days for Girls 5
- July/August Information 6-7
- Sunset Hills Book Club 7
- Health & Wellness 8
-

Sunset Hills United Presbyterian Church

900 Country Club Drive
 Pittsburgh, PA 15228
 (412) 561-6261

www.shupchurch.org

Rev. Dr. Laura Strauss
revlaurastrauss@gmail.com

Karin Schein, Office Administrator
sunsethillschurch@gmail.com

Shelby Gracey, Music Director
sgracey@verizon.net

Taylor Strang, Christian Ed. Director
sunsethillsCE@gmail.com

Michelle Brumfield, Nursery School
sunsethillsnurseryschool@gmail.com

A Message from Pastor Laura

Praised be this season of high permeability, when the outside comes rushing in, in great gulping doses through wide-open windows. And the inside, too, stirs to life, especially at nighttime, in the dappled dark, with but a moon, or flickering street lamp, draping your bed clothes in filigree shadows.

- Sarah Mahaney



Two long-dead Swiss men argued over the presence of God. One Swiss, Emil Brunner, wrote copious pages of God’s presence inside the human heart. The other, Karl Barth, wrote equally copious pages on God’s presence outside humanity. This argument was petty, reflecting how little time either of these scholars engaged the world outside their ivory towers. But it’s an argument read today by theology students in our Reformed

seminaries, explored in countless term papers ninety-years later.

One can argue, however, that both Brunner and Barth are correct in their theology. The Apostle Paul teaches that Christ’s Spirit dwells within us. The Holy Spirit is God because the Holy Spirit is a member of the Trinity. Therefore, God’s presence is found within us as Christ’s followers. Simultaneously, Barth is correct. Jesus teaches us that, where two or three are gathered in his name, he is amongst them. He also teaches us that God is love. Thus, wherever one sees love, one sees God. The Triune Divine is present outside of ourselves. Both Brunner and Barth are correct regarding the presence of God.

We can learn from Barth and Brunner’s conversation the importance of looking for God outside of ourselves, followed by the importance of welcoming God in. As relates to looking for God on the outside, this is the work of not creating God in our own image. We learn how others, whether in our Sunday School class or in our neighborhood, experience God. One of the greatest blessings of visiting countries with vastly different cultures than our own is the blessing of witnessing God in a foreign context. This gives us the opportunity to say, “Are you here, too, God? How are you revealing yourself? What do you want me to see?” It reminds us of the vastness of God, and the smallness of ourselves.

Continued on page 2

A Message from Pastor Laura (cont.)

After finding God outside ourselves, we are invited to welcome God in. Just as we invite God into our hearts as children in Sunday School, we can invite Jesus into our hearts as we learn

more about his revelation in our adulthood. This is not unlike opening the windows on a summer's evening. The home is already filled with what we love: our photos, knickknacks, and clutter. Opening the windows lets the outside in to enrich what we love,

bringing the breeze, the cicadas song, the smell of the rain. We open the windows of our hearts to allow the Spirit's newness to enter into what Christ has already nurtured.

In Christ's Love,
Pastor Laura

Bread for the World

Pastor Laura made a visit to Washington D.C. on June 10th as an advocate for Bread for the world. *Bread for the World is a Christian advocacy organization urging U.S. decision makers to do all they can to pursue a world without hunger. Their mission is to educate and equip people to advocate for policies and programs that can help end hunger.*

While there, Pastor Laura and other advocates met with representatives from their state to discuss programs/policies that are needed to help eliminate food insecurity. They met with Congressman Chris Deluzio (PA-17th District) and with a representative from Senator John Fetterman's office.

Churches, charities, food banks, and nonprofit organizations can't solve hunger alone. Government programs and policies play an especially important role. Thanks to an abundance of resources, federal nutrition programs provide 10 times as much food assistance as private churches and charities combined. Bread for the World believes that when enough people speak up, government leaders listen.



Music Notes

By Shelby Gracey

It seems fitting to again showcase a patriotic song this July, as we celebrate our country's Independence Day. While most everyone knows the story of how "The Star-Spangled Banner" came about, most people probably don't realize that a second verse was also written for the song.

"During the War of 1812, while on the deck of a truce ship, Francis Scott Key paced nervously as a fierce battle raged nearby during the British attack on the harbor of Baltimore. As District Attorney of Georgetown and a spiritual lay leader of his church, Key had been sent by President James Madison to negotiate with the British for a physician who had been taken prisoner. All night Key and his party were detained as the heavy bombardment continued. When the firing suddenly stopped just before morning, Key was fearful of the outcome; but as he looked hesitantly across the water, he saw the American flag still triumphantly flying with the assurance of our nation's freedom!

"With joyful relief, Key wrote his poem hastily on the back of an envelope and put finishing touches on it after being released later that evening. One month later the song was published, accompanied by an old hunting tune, 'Anacron in Heaven,' attributed to John Stafford Smith of England. Although enthusiastically received by the people, the song was not officially adopted by the Congress as our national anthem until March 3, 1931.

("Amazing Grace: 366 Inspiring Hymn Stories for Daily Devotions," Kenneth W. Osbeck, Kregel Publications, 2002, p. 195.)

O say, can you see, by the dawn's early light, what so proudly we hailed at the twilight's last gleaming, whose broad stripes and bright stars, thru the perilous fight, o'er the ramparts we watched, were so gallantly streaming? And the rockets' red glare, the bombs bursting in air, gave proof thru the night that our flag was still there. O say, does that star-spangled banner yet wave o'er the land of the free and the home of the brave?

O thus be it ever, when free men shall stand between their loved homes and the war's desolation! Blest with vict'ry and peace, may the heav'n-rescued land praise the Pow'r that hath made and preserved us a nation! Then conquer we must, when our cause it is just; and this be our motto: "In God is our trust!" And the star-spangled banner in triumph shall wave o'er the land of the free and the home of the brave!

ADDRESS CORRECTION

Dee Borman wanted to share her new address with everyone (the address printed in the June Messenger was incorrect). Please use the correct address listed below:

The Pines
1537 Washington Road
Apartment 121
Pittsburgh, PA 15228
(412)572-7721

Notes from Christian Education

By Taylor Strang

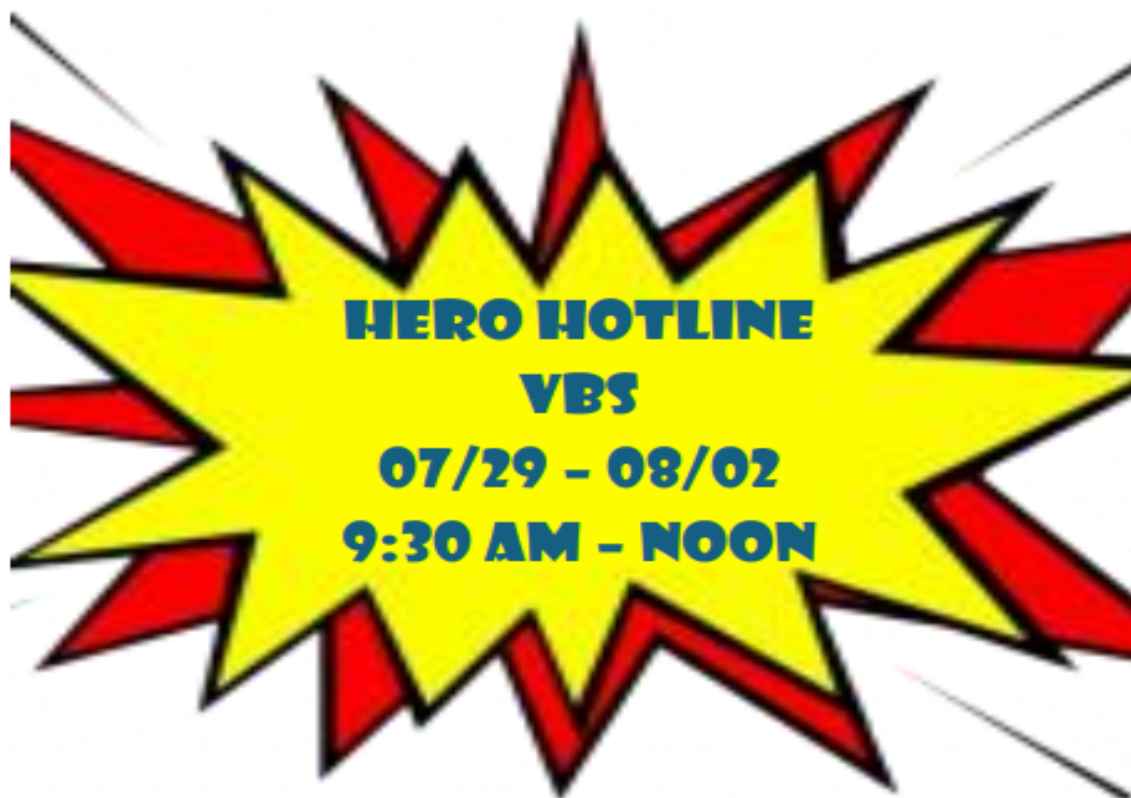
It is easy to think of heroes as the characters in movies and comic books, loved for their bravery and superpowers. This July I want to challenge the youth and adults of this church to see heroes through the lessons we learn from the Bible.

The Bible has many stories of regular

people who did amazing things because of their faith. These heroes may not wear capes, but their impact is great. Their stories show us that real heroism is found in faith, courage, and the willingness to follow God's will.

This month, let's explore the Bible with a fresh perspective, looking for

lessons of heroism in its pages. By doing so, we can inspire a new generation of heroes whose strength comes from their strong faith and commitment to God's teachings. Let us remember that heroism is not about fame or superpowers, but about living a life of faith, courage, and integrity.



EVERY HERO HAS A ROLE TO PLAY!



Registration opens May 5th

www.shupchurch.org

Potty trained 3 yrs. – 5th grade

\$25/child

Days for Girls (DfG)

We're super excited to share that our team has been working hard since January to learn how to make top-notch drawstring bags. We've been focused on making sure these bags are durable and will last for at least three years.

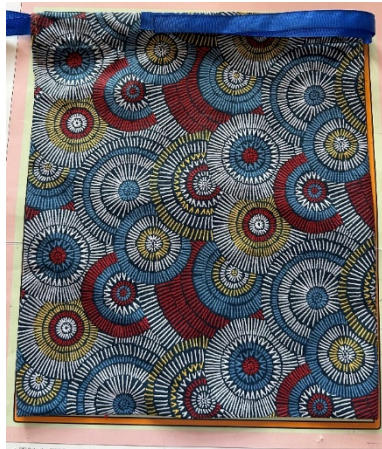
And guess what? We've officially been certified by Days for Girls International! This is a huge deal for us and shows just how committed we are to quality.

Quality is really important because it means that the period having people who use our Days for Girls (DfG) Kits can trust that they'll last a long time. They'll see the care and effort we've put into every stitch. For many, these kits are the only things they own that are just for them, and we want them to feel special and confident using them. Thanks to everyone for all the hard work and support.

To beat the heat this summer and to plan for our volunteer's vacation schedules and fun days out- we have decided to cancel our Sunday sessions and change our sessions to every other Wednesday from 10 am to 2 pm. Our July & August sessions are: July 10, July 24, August 7, August 21.

We are looking for fabric donations to assist with making these bags. Please see Taylor for information about fabric guidelines if you would like to donate.

CONGRATULATIONS
Pittsburgh South Pa Team
Days for Girls!
YOU HAVE BEEN
GOLD CERTIFIED!



July/August 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.

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

Wednesday – 10:00 am

Days for Girls will meet in Wilson Hall. For more information about DfG, please contact Taylor at sunsethillsCE@gmail.com.

Days for Girls will NOT meet on July 3rd, 17th, 31st or August 14th or 28th.

Tai Chi

Every Wednesday – 6:30 pm

Gurney Bolster, certified Tai Chi instructor, will begin her second summer session on July 3rd. It will run through August 28th.

You can register for the classes online at:

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

No Class on July 31st.

Yoga

Every Thursday – 7:00 pm – Crystal Hall

BreatheIn2It Yoga instructors are holding a class for young adults. The first class was held on June 27th and the session will run until August 8th.

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

Quilter's Meeting

Every Thursday – 9:00 am

A quilting group will be meeting in Findley Hall on Thursday's during the summer months.

SHIM Food Donations

July 2024

This month, we will be collecting **Shelf Stable Milk/Juice**.

August 2024

This month, we will be collecting **Cereal**.

Office Closed

July 4th

The church office will be closed on Thursday, July 4th in honor of Independence Day!

Pastor Away

July 8 – July 13

Pastor Laura will be away the week of July 8th serving as the Chaplain at Camp Crestfield.

August 4 - August 23

Pastor Laura will be away from Aug. 4 through the 23rd.

If you have a pastoral emergency outside of office hours, please call Bev Knasko at (412)563-7154.

July Birthdays

- 1 Angela Ellis 16 Taylor Strang
- Dave Petty 18 Lynne Blanning
- 7 Carole McCullough 23 Lucy Tang
- 8 Francine Brown 24 Lorryn Ernst
- 10 Harriet Rickard Sarah Ernst
- 13 Carl Moeller 29 Ben Kennedy
- 14 Carol Noonan 31 Dee Borman

August Birthdays

- 3 Jeannine Stimmel 13 Sarajane Obarsky
- 4 Dave Petty Judy Stacey
- 6 Paul Bruschi 15 Robert Tang
- Joanne Enterline 19 Carla Robinson
- 8 Lee Cepits 20 Sara Ernst
- Jacey Ellis Christa Tang
- Jill Fako 21 Pat Ellis
- 10 Dottie Fleming 25 Chip McCoy
- Kailey Hepburn 28 Kay Walker
- 31 Betty Coffey



Prayer List

Dee Borman

Prayer Circle

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

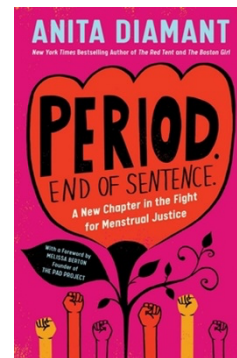
Week of:	Praying for:
July 7 th	Ray & Ginny Bowman Francine Brown
July 14 th	The Brumfield family; David, Michelle, Jessica & Connor Betty Coffey,
July 21 st	Jody Colby Mike & Karen Comstock
July 28 th	The D'Amico family; Jason, Heather, Emily & Jake Anna Daniels
Aug 4 th	The Daniels family; Sean Karin & Alison The Dawson family, Terry, Lisa, Ryan & Kelly
Aug 11 th	Linda DeBor The Duffner family, Chris Elizabeth, Mike & Catherine
Aug 18 th	Savy Dunlevy Debbie Edwards
Aug 25 th	Larry & Jackie Elborne Jessalynn Ellis

Sunset Hills Book Club

July Book of the Month
Period. End of Sentence
By Anita Diamant
July 31st - 7:30 pm

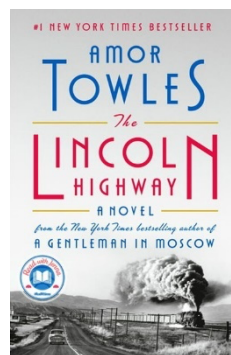
In Person

When Period. End of Sentence. won an Oscar in 2019, the film's co-producer and Executive Director of The Pad Project, Melissa Berton, told the audience: "A period should end a sentence, not a girl's education." Continuing in that revolutionary spirit and building on the momentum of the acclaimed documentary, this book outlines the challenges facing those who menstruate worldwide and the solutions championed by a new generation of body positive activists, innovators and public figures. Including interviews from people on the frontlines—parents, teachers, medical professionals, and social-justice warriors—Period. End of Sentence. illuminates the many ways that menstrual injustice can limit opportunities, erode self-esteem, and even threaten lives. This powerful examination of the far-ranging and quickly evolving movement for menstrual justice introduces today's leaders and shows us how we can be part of the change. Fearless, revolutionary, and fascinating, Period. End of Sentence. is an essential read for anyone interested in empowering women, girls, and others around the world. (Amazon Book Description)



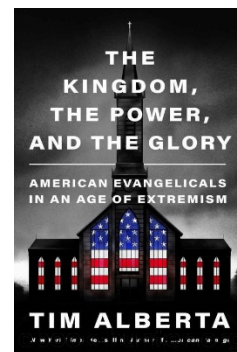
August 2024

The Lincoln Highway
by Amor Towles
Meeting on August 28th
In Person



September 2024

The Kingdom, the Power, and the Glory
by Tim Alberta
Meeting on September 25th.
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