



THE SPARE

WESTMINSTER PRESBYTERIAN CHURCH
Pittsburgh, PA

My Friends,

They say that money talks. And it's the old joke, "Yes, and all my money says is 'goodbye!'"

The truth of the matter is that we tend to focus on the amount of money we give to the church. We want vital programs. We want to make a difference through our missions and benevolences. We want to meet the needs of families and friends through the ministries of this great church.

Then we hear how much the projected costs are to operate the church and building. That is the challenge before you as we prepare for the new year and a new pastor.

But as you think about and plan for the coming year, just what do you say with your money? You may ask some questions about an amount: How much should I give...can I give? Do I want to give? What is my share?

There is a biblical reality, however, that often is lost when the amount of money is all we talk about, and here it is: We get caught up in what it costs us and we neglect the source of our abundance. It is because of the generosity of God that this church has done all the great things it has accomplished, is able to meet the challenges of the day, and will be doing great things in the future.

The motivation for what you give should simply be a response to the grace of Jesus Christ in your life.

When the amount of your commitment to Christ is 100% of yourself, when the amount of your joy is overflowing, your money talks in terms of *Help* and *Hope* and *Care* and *Life* and *Love*. That's the amount we need for you to give.

This time of transition is not a time to hold back. This is the time to take a step up for the future. This church is not hibernating, and your giving shouldn't either!

I am grateful for your generosity that "speaks" the living Word to people that we care for, people that we care about, people whom God loves.

Thanks and blessings,

Bruce Lancaster



The motivation for what you give should simply be a response to the grace of Jesus Christ in your life.

PASTORS

DR. BRUCE LANCASTER, *Interim Senior Pastor,
Head of Staff*

REV. LOUISE ROGERS, *Associate Pastor
for Congregational Care*

REV. JASON FREYER, *Associate Pastor
for the Bridge, Youth & Media*

ADMINISTRATIVE & BUSINESS SUPPORT

PEG KINSEY, *Executive Assistant to the Pastors*

CINDY BINGHAM, *Church Business Administrator*

KIMBERLY DUNKOVICH, *Associate Accountant*

MANDY THOMAS, *Project Manager*

CHRISTIAN EDUCATION

NATALIE BROWN, *Director of Children's & Family
Ministry*

DEBB EGLI, *Assistant Director of Children's & Family
Ministry*

ED SUTTER, *Director of Middle School Ministry &
Family Counseling*

CASSANDRA MILLIS, *Assistant Director of Youth &
Young Adult Ministry*

LAURA ECKLIN, *Coordinator of Children's & Youth
Ministry*

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JEANNIE SCHOTT, *Graphic Design &
Print/Web Manager*

LAURA WHITCOMB, *Print Room Assistant*

MUSIC & ARTS

CHRISTINE HESTWOOD, *Director*

LORRAINE MILOVAC, *Assistant Director*

JIM BURNS, *Organist*

EILEEN MURRAY, *Administrative Assistant*

PROPERTY

CHARLEY RICHARDSON, *Property Manager*

VOLUNTEER MINISTRY

JAN BAUMANN, *Volunteer Coordinator*

CARA DANIELE, *Kitchen Coordinator*

**WESTMINSTER RECREATION & OUTREACH
CENTER (WROC)**

KATHY LONG, *Director*

NURSERY SCHOOL

412-835-2906

CHILD DEVELOPMENT CENTER

412-835-9450

Staff email addresses and phone extensions are available on our website, www.westminster-church.org.

Read the *Spire* online at:
www.westminster-church.org

The Spire is published monthly by the church staff from September through June. Contributions can be made by emailing a Word document to *Spire* editor Sara Kyle at sara@ruhlekyle.org. The deadline for submitting an article is the fifth day of every month for the following month's issue. Please include the author's name, telephone number, email address, and a title. All articles are subject to editing.

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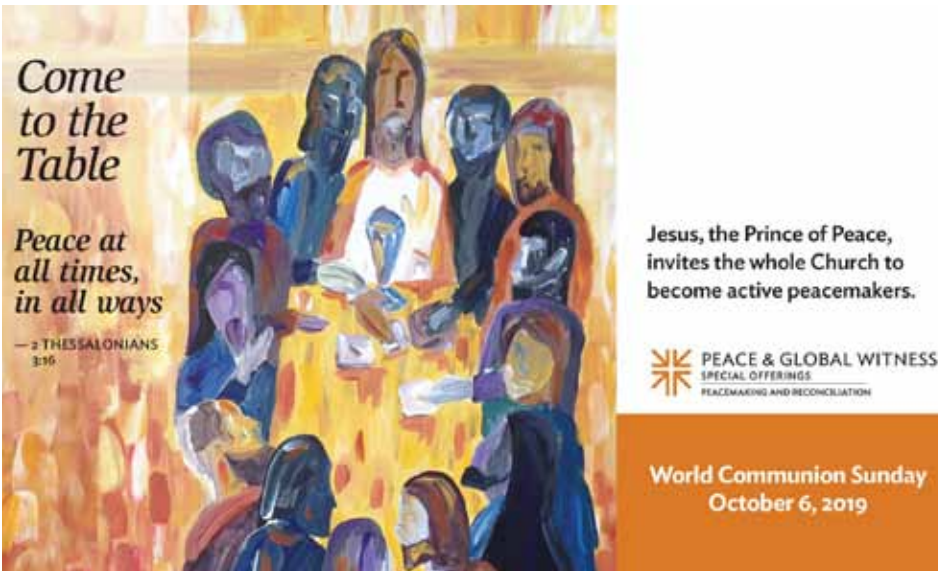
📅	Sundays
🕒	8:30 & 11:00 a.m.
📍	Sanctuary

**The Bridge
Contemporary Worship**

📅	Sundays
🕒	9:45 a.m.
📍	WROC

*The Lord's Supper is celebrated the first Sunday of each month.
Gluten-free wafers are available at all services.*

World Communion Sunday



Upcoming Events

**06
OCT** World Communion Sunday

Peace & Global Witness Offering

Blessing of the Pets

**12
OCT** Inquirers' Gathering in Memorial Parlor

**27
OCT** Reformation Sunday
Congregational Meeting
Nothing Sacred Concert

Welcome Our Haiti Visitors!

We are happy to have both Pastor Pierre and Pastor Evens visiting from the New Testament Mission in La Croix, Haiti. A number of area churches including Westminster are hosting these two friends from the mission we have supported for many years. Both pastors will be with us for the fundraising *Tool Party* on October 2 (see details on p.13). And we are pleased that Pastor Evens will participate in our worship services for World Communion/Peacemaking Sunday (see p.11) on October 6. Join us in welcoming these two very special friends.



Laughing at Death

A group of folks I follow on Twitter recently asked us to poll which month of the 12 is the greatest. Just about everyone I know has the same answer, which is that October is the greatest month of the year. For that I say, congratulations everyone! We made it!

There really is no comparison. October seems to be the best we can do when it comes to fall weather in Pittsburgh these days. This is the month when the leaves have finally changed color. We are by this point pretty well settled in to our regular routines (or at least as settled as any of us are ever going to get). This is the month when beverages like pumpkin spice lattes and apple cider reign supreme. This month is magnificent!

And all of that is proof that October is superior, and we haven't even gotten around to Halloween.

Whoever came up with this holiday we call Halloween should be given a medal. Walk around your neighborhood, interacting with your neighbors, and get free candy? Sign me up! There are haunted houses and hayrides, fright nights at Kennywood, and did I mention the candy? All of these come together to make for a marvelous holiday.

Now some out there – perhaps even reading this article – are a bit concerned about Halloween. There sure seems to be a whole bunch of dark and ugly stuff associated with this holiday. We are as likely to see devils or demons show up at our door on Halloween as fairy princesses and Mickey Mouse characters. Perhaps you, like me, don't really have a taste for the horror movie genre. Perhaps you question why we would spend money to scare ourselves. A whole bunch of this seems antithetical to the Christian experience, and so there has been a push in recent years for Christians to abandon the Halloween experience. Churches use this time for their fall festivals, or trunk or treat events, or other takes on the holiday.

Can we be honest here? That's a mistake for a couple of reasons.

The first is that to retreat into our own church-made bubble robs us of a valuable experience with our neighbors. I admit that I have been a bad neighbor; I barely know the names of anyone on my street. But on Halloween, they come to me. For us as Christians to punt on this holiday is to signal to our neighbors that we're unavailable at best, or at worst that we're only up for having fun when it's in our building.

But the second, perhaps larger reason we shouldn't shrink away from Halloween is that it is our holiday to begin with.

Halloween is what precedes All Saints' Day in the church calendar. All Saints' Day of course is when we remember those who have passed on, who in death have joined the church triumphant. It is a reminder that while death is a painful and constant reminder of the fall, because of the grace of Jesus Christ and the power of the resurrection, we don't have to fear death anymore. And it turns out that this is where Halloween comes from. Kids dress up in scary costumes not because we're celebrating death, but because we're laughing at it. What a silly little thing death can be when we have placed our hope in the resurrected Jesus Christ! Pass a Snickers!

Maybe you are in a season of life where death is all too real. Maybe it's the final breath kind of death, where either you or a loved one is nearing the end of life's earthly journey. Or maybe it's the countless little deaths that we all experience every day, like betrayal or bullying or belittling. Whatever kinds of death are staring you in the face, I invite you to remember that the resurrection takes each and every ounce of the sting out of death. We have nothing to fear. So however you choose to celebrate, whether in worship here with us, out trick-or-treating with your kids, or pretending that family sized bag of Kit-Kats is for the neighborhood, remember this: Death is not something to be feared. Through Jesus Christ, we have the ability to laugh at death, because our hope is so much more powerful!

– Jason Freyer

BETWEEN HERE AND THERE

I had just put my bag over my shoulder and was headed out the door when one of my daughters yelled to me, “Have a great day! I hope you see a unicorn!” What an awesome blessing; it’s the five year old’s equivalent of a parting benediction. My daughters know that unicorns don’t actually exist, though one of them did ask me a few days ago, “How come unicorns aren’t real?” That’s a tricky question to answer! But the fact that we were all well-aware of the unlikelihood I’d *actually* see a unicorn makes the blessing all the sweeter in my mind. Imagine if I *did* see a unicorn. That would be an amazing day. So, as often as I remember, before I walk out of the house I turn and yell back into my girls, “Have a great day, I hope you see a unicorn!”

I’ve always been attracted to the ways we use words and the power they carry. Think of all of the conflicts begun and ended by words. Think of the progress made by agreements and lost by misunderstandings. Think of the understanding that has come from a well-taught phrase or a connective analogy. Think of the burdens that have been laid down when people have spoken from their hearts. Think of creation being born just a few words at a time when God spoke over the void. Words make a difference. They matter. The beauty that comes with our uniquely intelligent brains is that we can use words like we use paintbrushes: mixing, matching, shading.

Take the word *fire*, for instance. “She’s on fire!” “He got fired.” “Fire it up!” “Light the fire.” One word, so many meanings. And without context it’s quite possible that we become lost. I’m learning that the context for so many words is relationship. Ask my wife what I mean when I say, “I need 20 minutes.” It has nothing to do with a measure of time – but a measure of my soul’s energy level. She knows that because she understands me; our relationship has created a shared context.

A few days ago a friend of mine told me that her children were having a rough morning until they got to Trader Joe’s and found the penguin. (In case you hadn’t heard, a stuffed penguin is hidden inside Trader Joe’s. If you find it, you get a lollipop.) After that, the day turned around and smiles returned to the little one’s faces. Because I can’t help myself, I responded to her, “Oh man! What a cool phrase for your family to grab onto. Whenever you’re having a rough day, just tell each other, ‘We need to find the penguin.’” It could simply mean “We need to turn this day around,” but the context, the relationship, the memory would give it such depth.

What phrases have meaning in your family or in your life? We’ve been blessed to be creative, and when we use our words thoughtfully, we can connect with people and the world in brand new ways. I’m not sure that my daughters have made any of these connections yet. As far as I know they just think I’m being silly. And no, I don’t actually hope they see a unicorn. But I do hope they see things that amaze them, that thrill them, that make them curious, that they can’t wait to talk about. That would be an amazing day.

Let’s talk about the words that have touched your life, sometime. Until then, have a great day. I hope you see a unicorn.

– Ed Sutter



FROM A DAUGHTER'S HEART

“These words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.”

— Deuteronomy 6:6-7

Taking time out each day to pray with and for our children is a meaningful, invaluable act of love. We want the very best for our children in all areas of their lives and this includes developing a spiritual relationship with our Lord. Our children are a gift, a blessing from God, and what better way to thank him than to teach our children that God is the foundation for their lives.

God desires us to talk to him anytime, and anywhere, and sharing this with our children is pleasing to God. Praying with your child does not have to be complicated or lengthy. It should be reserved for a moment in the day that is calm and quiet. You might be saying to yourself, as I often do, “When is there a quiet moment?” And the answer, for me anyway, is not very often! You may also be asking yourself, “How do we begin to pray routinely and teach our children that prayer is more than asking for a new toy or a pet?”

My husband and I regularly pray with our children at bedtime. We have built this practice into our bedtime routine. We also make it a point to give thanks with a short blessing at dinnertime, but the mealtime prayer can happen sporadically with homework, after school activities, and sports. Sometimes, we don't even all sit down to dinner at the same time. The busyness of life and outside obligations just sometimes get in the way.

I encourage you to find time at least a few days a week when you all can sit together as a family and pray, share, and spend a few moments when there are no other distractions. If you already pray at bedtime, try to add another prayer moment in the day once or twice a week. It is difficult to do, I know because we struggle with it in our home with three young children. I am going to try and say a quick prayer with my kids in the morning before they leave for school.

While life is full of joy and happiness, there are also times of sadness and struggle. Making prayer part of your life reinforces your faith and your children's in happy and difficult times. Our children learn from our example. If they hear and see us pray, they will want to pray. By guiding and supporting our children in prayer, we are teaching them the language, the practice, and the importance of prayer.

Pray that our children are filled with the love of God, that they will know how deeply we love them, but more importantly how much God loves them.

“And the child grew, strong in spirit, filled with wisdom, and the grace of God was upon him.”

— Luke 2:40

With God's love,

Natalie



Here is a simple prayer you can say with your child day or evening:

*Dear Lord, be with me all day,
when I work and when I play.
Teach me to be more like you
in everything I do. Amen.*

Five Finger Prayer for Children

This is an easy way to remember five essential aspects of prayer. It is a great tool to teach younger children how to pray. Prayer is really about aligning our hearts with God's heart. Children will grow in their relationship with God through prayer.



Sundays at 9:45 a.m.
Galbreath Chapel

All are welcome!

Come to listen, learn, and ask questions – no preparation needed.

October 6 & 13

The Crisis Facing U.S. Churches' Engagement in Global Mission...and What We Can Do About It

Hunter Farrell

These two seminars will identify and describe the current crisis in global mission as practiced by U.S. Protestant, evangelical, and Roman Catholic local parishes, caused by a “perfect storm” of the historical legacy of the colonial era and two current cultural trends. We will propose three needed course corrections from the areas of mission theology, intercultural studies, and development studies.



Hunter Farrell is the Director of Pittsburgh Theological Seminary's World Mission Initiative and teaches classes in mission and intercultural studies. His doctorate in cultural anthropology is from the Catholic University of Peru where his research centered on violence and culture in the Peruvian highlands.

October 20 & 27

The Global Religious Right

Clifford Bob

These seminars will examine how religious conservatives have linked with one another across national borders – and despite denominational differences – to fight key politico-theological battles: over abortion, gender, family, and other policies. We will examine strange-bedfellow coalitions connecting the Christian Right, Muslim nations, and Orthodox churches – the Baptist-Burqa-Baboushka network. And we will analyze how the network uses a variety of political, legal, and media tactics to promote their causes – and to defeat a rival set of left-wing religious and political networks seeking contrary goals.



Clifford Bob is professor and chair of the political science department at Duquesne University. His areas of research and teaching include human rights, right-wing politics, globalization, and U.S. foreign policy. His latest book is Rights as Weapons: Instruments of Conflict, Tools of Power (Princeton University Press, 2019). An earlier book, The Global Right Wing and the Clash

of World Politics, was published by Cambridge University Press in 2012. His 2005 book, The Marketing of Rebellion: Insurgents, Media, and International Activism (Cambridge), won the International Studies Association Best Book Award and other prizes. He edited The International Struggle for New Human Rights (University of Pennsylvania Press, 2009) and is the author of numerous articles and book chapters. His current book project is Should We Be Afraid? America's Unparalleled National Security and a New Foreign Policy of Peaceful Internationalism. Dr. Bob holds a PhD from MIT, a JD from NYU, and a BA from Harvard.

Too Busy Not to Pray

Mondays, October 7, 17, 21, 28

10:00 – 11:15 a.m.

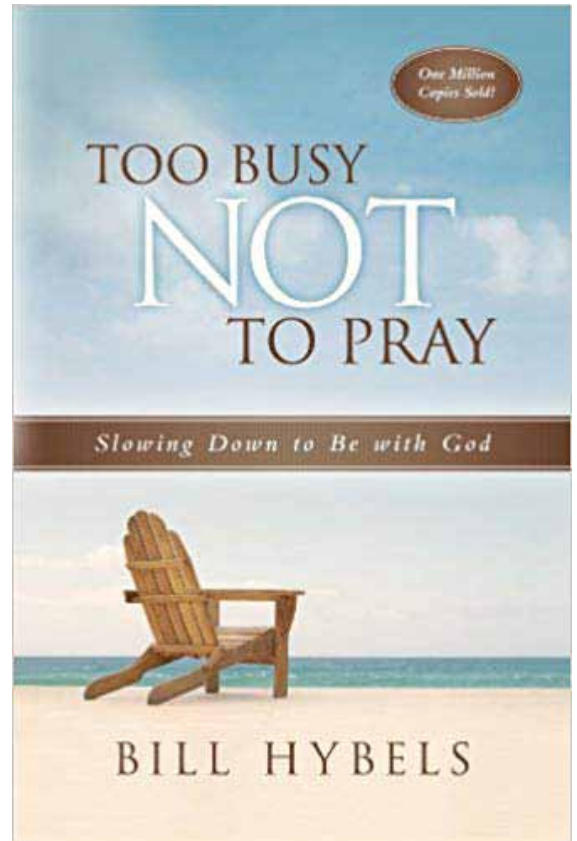
Room 231

Louise Rogers will lead a book study, *Too Busy Not to Pray*, by Bill Hybels on Monday mornings, October 7, 17, 21, 28 in Room 231. Come for a lively discussion with deep insights on how to improve our prayer life in practical ways.

For many years, *Too Busy Not to Pray* has stood as a classic on prayer, helping Christians all over the world slow down to draw near to God. Over three decades, the world certainly hasn't slowed down. If anything, the pace, intensity, and number of distractions have only increased. Brokenness and pain seem to have increased as well, with news of civil war, poverty, broken families, and sex-trafficking touching us daily. The urgent need for prayer is clear, but busyness still keeps many of us from finding time to pray.

Two truths *haven't* changed in all these years: God is the same powerful, just, holy God he's always been; and true prayer – prayer that changes us and allows us to participate in God's work in the world – can't happen on the fly.

So Bill Hybels once again offers us his practical, time-tested ideas on slowing down to pray. Revised throughout and including a new introduction and new chapter on prayer and compassion for the world, this 20th-anniversary edition of *Too Busy Not to Pray* (2009) calls both young and old to make prayer a priority, and broadens our vision for what our eternal, powerful God does when his people slow down to pray.



ADULT SPIRITUAL DEVELOPMENT

Silence for our lives

P
R
I
T

“Silence is God’s first language; everything else is a poor translation.”

— Thomas Keating, *Invitation to Love*

“You are not separate from the whole. You are one with the sun, the earth, the air. You don’t have a life. You are life.”

— Eckhart Tolle

Women's Groups Offer Study, Discussion, and Fellowship



W2W Emerald

Every other Tuesday, beginning October 8

10:00 a.m.

Memorial Parlor

We invite women in our community to join our Women to Women (W2W) Emerald group as we start our second year. We will use the study *Faith of a Mockingbird* by Matt Rawle. It is part of his "Pop in Culture" series, which uses a classic work to help us see spiritual truths that are all around us in our culture today.

In this study we will take a tour of Harper Lee's classic novel, examining the perspectives and experiences of four key characters and exploring how this novel serves as a lens through which we can understand our place in the world, how we play a role in God's story, and what it means to live out a hopeful faith in a broken world.

Our group will meet every other Tuesday morning at 10:00 a.m. in Memorial Parlor starting on October 8. It is not necessary to attend every session, as each one is independent. It might be helpful to review the novel *To Kill a Mockingbird* or the film with Gregory Peck as Atticus Finch.

The subjects for each week are Scout Finch on October 8, Atticus Finch on October 22, Tom Robinson on November 5, and Boo Radley on November 19.

If you plan to join us and would like to have the study book, please let Sue Davis or Harriet Dilly know. The books will be available at the church for you to pick up before the first meeting.

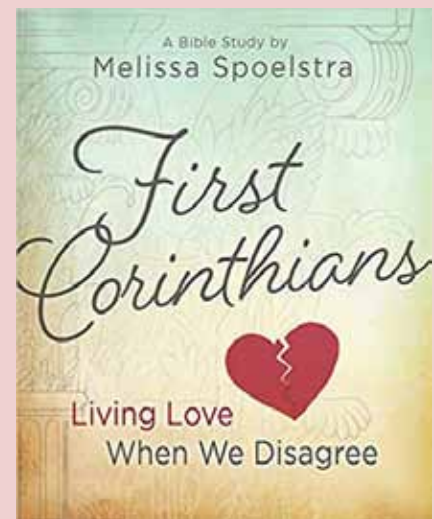
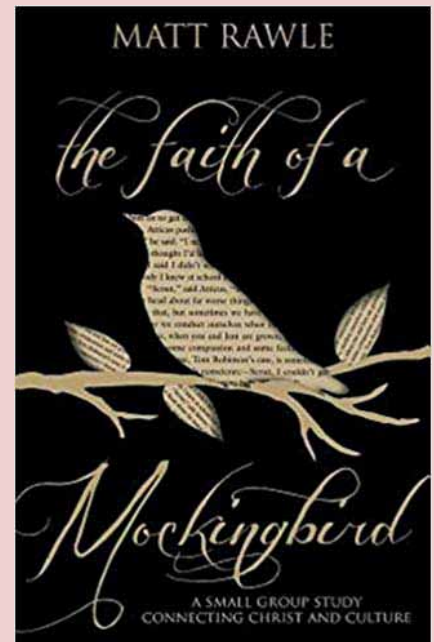
W2W Sapphire

Second Tuesday of the month, beginning October 8

7:00 p.m.

Memorial Parlor

We extend a welcome to any women to come on the second Tuesday of each month at 7:00 p.m. in Memorial Parlor starting October 8 for bible study and fellowship. We will be studying Melissa Spoelstra's *First Corinthians: Living Love When We Disagree*. Join us for discussion and friendship as we dig into God's word together. Study materials will be provided. Please register through the website, and contact Mandy Thomas or Betty McGuire with questions.



Reformation Sunday October 27

As Presbyterians, we commemorate the Reformation each year on the last Sunday in October. We remember when Martin Luther, in 1517, presented his 95 theses about the church and its need for reform. Five centuries on we reflect on what we bring forward from the past that strengthens us and future generations for the coming 500 years of ministry of the gospel of Christ.

Why reform? Although the phrase “*ecclesia reformata, semper reformanda, secundum verbum Dei*” (“the church reformed, always being reformed, according to the word of God”) does not originate in the Reformation, we return to it as a watchword because it is accurate to that watershed moment. In times of crisis, challenge, and conflict – then and now – God calls us to be transformed by the Word and Spirit.

As Christians, our faith began with the followers of Jesus. But the beginning of our Christian faith as *Presbyterian* is in the Reformation. The Reformation marks something significant for us in this part of the universal church: the coalescence of our focus on the Holy Spirit’s ongoing reform of us as a church and as individuals. Martin Luther helps us to understand and acknowledge that the institution of the church is not equal to God. We are called to worship the triune God alone, to claim Jesus Christ as Lord of the church, and to seek the ongoing sanctification of the Holy Spirit.

God’s ongoing sanctification of us is a gift for how we live together as the church, responding to God. This is why serious study of scripture for all people is an ongoing practice, in addition to communal worship and celebration of the sacraments. This is why we place such a high value on communal discernment in committees and sessions and decision-making. And while we have so much to learn, it is why our habits of conversation push us to listen to every single voice God brings into our midst.

– Presbyterian Mission Agency
Presbyterian Church (U.S.A.)



*In times of crisis, challenge,
and conflict – then and
now – God calls us
to be transformed by
the Word and Spirit.*

Doing Justice and Loving Kindness: Barking and Wagging in 2019

On the first Sunday in October we recognize both Peacemaking and World Communion Sundays. On this day we pray that the spirit of sharing in communion will move us toward justice and peace both nationally and globally. And on this day our breads from different cultures reflect the diversity of our global Body of Christ. Throughout October we receive the *Peace & Global Witness Offering*, which we share with our presbytery and PC(USA). We retain part of it to fund the work of Westminster's Peace and Justice Team. So we begin by asking for your support for this offering, and thus, for our work.

So what does Westminster's Peace and Justice Team do? We know what we are *called* to do, and that is to obey the words of Micah 6:8 – to do justice and love kindness and walk humbly with our God. But how do we give that command shape and life in our modern times?

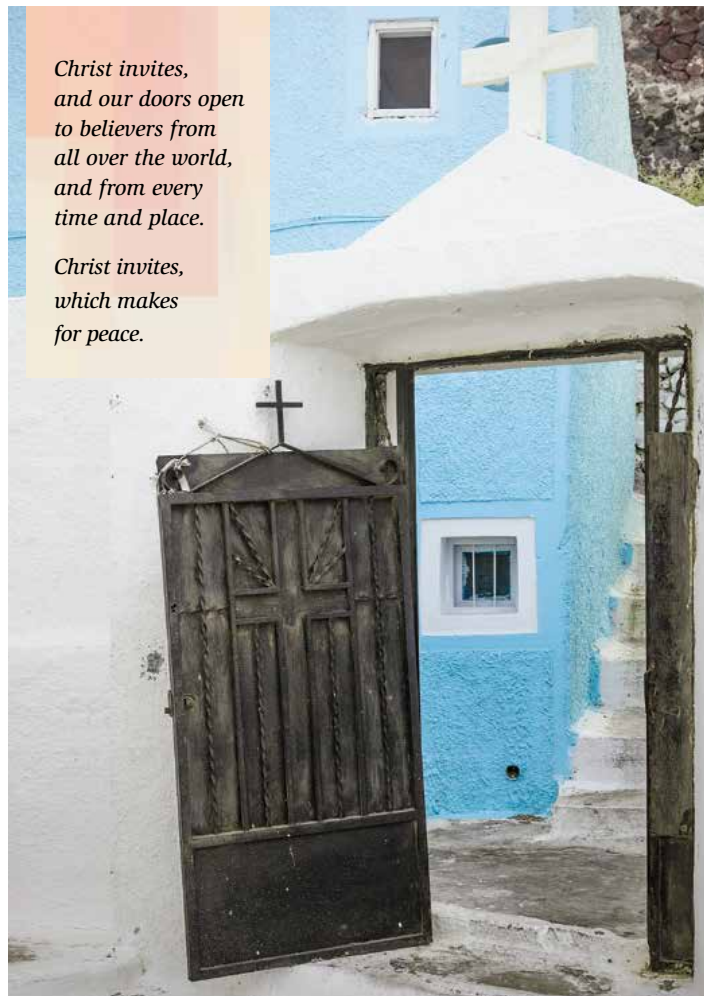
Over the years the church has worked to serve people on the margins, providing food, clothing, education, and medical care. There are times, though, when it's important to ask *why* people are hungry or homeless, why children in some areas must attend poorer schools, why some people have to work two jobs to pay the rent, why a person's skin color affects the outcome of a job interview or a traffic stop. Sometimes when we dig into these questions, we find some unsavory answers. Sometimes we find public policies that benefit one group at the expense of another. Consider red-lining, where people of color were systematically denied housing in "white" areas. And not long ago it was legal to make black children attend inferior schools. Today employment practices and voting regulations can provide unfair advantage to some. And whatever comes of climate change, we know that the poor will be hurt the worst. Over the years, some of these injustices have been corrected: Red-lining is illegal, as is school segregation. People of color can vote. But these corrections did not come easily. They required concerned citizens, often people of faith, speaking out, sometimes at risk to their own lives.

We have all seen the bumper sticker "Wag More, Bark Less." The message suggests that we should be happy with our lot and not complain. But we contend that there are times when we *should* bark, when we should call attention to the injustices that we see, particularly when they harm the poor and the powerless.

Over the past dozen years, through our summer discussion seminars, through our Grace Book Club meeting regularly with people of color, through workshops that we've sponsored and attended, we have begun digging in and finding the sometimes unsavory answers to the questions of justice and fairness. *And we are learning how to bark.* We are learning how to call attention to these issues and bring them to our legislators so that changes can be made. Since last October we have held three *Letter Offerings*, one on SNAP (food stamps), another on climate change, and one on global nutrition. Many of you participated in these Sunday morning efforts resulting in our collectively sending 443 letters to Congress. We have received positive responses and in some cases agreement to formally support these proposals. Of course, barking is annoying, so we are trying to learn how to be effective and not just make noise. Toward that end we welcome your suggestions and advice.

We thank you in advance for your contributions to the *Peace & Global Witness Offering*. We also thank you for your continued encouragement and support for Westminster's work for peace and justice, and we invite your participation as you feel led.

– Bobbie Hartman



*Christ invites,
and our doors open
to believers from
all over the world,
and from every
time and place.*

*Christ invites,
which makes
for peace.*



PEACE & GLOBAL WITNESS
SPECIAL OFFERINGS
PEACEMAKING AND RECONCILIATION

Town Hall South Philanthropic Mission



As many Westminster Presbyterian Church parishioners and community members know, Town Hall South (THS) is well known for bringing nationally and internationally acclaimed personalities to the South Hills area. Its goal is to provide not only cultural stimulation but also intellectual growth by inspiring, enlightening, and educating residents. However, few know that in the 51 years since its inception, THS has had a philanthropic mission, distributing more than \$620,000 to various nonprofit organizations. Each season, the majority of net proceeds goes to local charities primarily serving the South Hills community, with a focus on women and children. Last year \$20,000 was given to 20 such agencies. Listed below is the mission of each organization and how the monies received from THS were used:

- **Bethlehem Haven** provides a continuum of care for homeless women that leads toward self-sufficiency. **The THS grant supported general operations to improve services and programming.**
- **CASA for Kids, Inc.** advocates for the best interest of abused and neglected children in the Washington County juvenile court system. **THS funds provided supplies and binders filled with advocate training materials for two upcoming training classes.**
- **CASA of Allegheny County** ensures that every child has a safe, supportive, and permanent home by providing volunteer advocacy for the best interests of abused and neglected children within the child welfare system. **THS funds supported the costs associated with training, supervising, and mentoring volunteers to provide quality advocacy for two children for one year.**
- **Chartiers Center** is committed to providing compassionate support to those in need who face behavioral health, co-occurring disorders, or IDD challenges as they transform their lives. **THS funds purchased individual blood pressure cuffs to be used by the wellness nurse in Chartiers' Behavioral Health Home Program.**
- **Domestic Violence Services of Southwestern Pennsylvania** increases awareness of domestic violence and its effect on the community, to empower those victimized by providing advocacy and safe and effective services, and to work for social change designed to eliminate domestic violence. **The THS grant paid for transportation costs for clients and their children attending appointments and pursuing housing opportunities outside of our service areas.**
- **Family Hospice** provides compassionate, quality comfort care that enhances the lives of people with life-limiting illness and their families. **The THS grant purchased 50 USA flag blankets to honor our veteran patients over the course of a year.**
- **Family Promise of Southwestern Pennsylvania** connects homeless children and their families with a network of local congregations and dedicated staff, all focused on providing them with shelter, meals, hospitality, and support until they are able to return to sustainable independent lives in their own homes. **THS funding helped purchase a "new-to-them" 15-passenger van to replace the existing vehicle which is used daily in their program.**
- **Familylinks, Inc.** is committed to building healthy communities by strengthening individuals and families through the provision of comprehensive, quality services. **THS funds purchased car seats and booster seats for the infants and children who reside with their mothers at the inpatient substance abuse treatment program, Familylinks' Family Treatment Center.**
- **Girls Hope of Pittsburgh, Inc.** helps academically capable and motivated girls-in-need to meet their full potential. **THS funds were used to house, educate, and nurture the young women in the program.**
- **Literacy Pittsburgh** betters lives through learning. **The THS grant supported the adult and family literacy programs in the South Hills.**
- **Mainstay Life Services** provides lifelong, high-quality support services, ensuring that people with developmental disabilities lead fulfilling lives and realize their vision of a desirable future. **The THS grant helped to support continual accessibility improvements and capital renovations.**
- **Outreach Teen and Family Services** promotes and provides empathetic, personal, accessible, and affordable mental health counseling and wellness programs for children and families. **THS funds subsidized counseling sessions for clients in need.**
- **Prime Time Adult Care, Inc.** offers medical supervision and mental and physical stimulation to the frail elderly, those with functional impairment, and/or those with Alzheimer's disease and other forms of dementia. It also offers respite time to the 24-hour caregiver. **The THS grant provided financial assistance to the elderly individuals who need this care and are not able to add the expense to their monthly budget.**
- **South Hills Interfaith Movement** mobilizes community resources and implements sustainable programs that compassionately help our neighbors meet basic needs, achieve self-sufficiency, and build community. **The THS grant supported its food pantry operations in Bethel Park, Whitehall Borough, and Baldwin that served 1,753 individuals representing 549 households.**
- **Spencer Family YMCA/Camp AIM** provides a summer day camp for children with physical, mental, and/or emotional special needs. **THS funds helped pay for transportation for children in wheelchairs who need lift vans.**
- **The Early Learning Institute** helps children with special needs to realize their full potential by providing in-home early intervention for children aged birth to five. **THS funds helped provide materials and equipment used by the early intervention therapists.**

In the 51 years since its inception, THS has had a philanthropic mission, contributing more than \$620,000 to various nonprofit organizations.

- **Veterans Leadership Program (VLP) of Western Pennsylvania, Inc.** empowers local veterans navigating the transitions of life after their service. **The THS grant helped to provide comprehensive continuum of service to local veterans so that VLP could continue to reduce the number of local homeless veterans.**
- **Washington County Mission, Inc.** exists to share Christ, to shelter, to heal, and to restore the homeless to independent living without discrimination. **The THS grant was used for ongoing operating supplies and expenses.**
- **Watson Institute** helps children with special needs achieve their fullest potential in all aspects of their lives. **THS funds supported respite services for families caring for a child with special needs aged 3-21.**
- **Zonta Club of Washington County** is a service organization made up of professional women that work together to advocate for women and children. **THS funds were used to purchase new jogging suits and teddy bears to be distributed to three Washington County emergency rooms for the over 400 victims of sexual assault that occur in that county each year.**

For more information on how you can support Town Hall South's philanthropic mission please visit its website at www.townhallsouth.org to purchase season tickets or learn how to become a sponsor.

Come to a TOOL Party!

**October 2 at 5:30 p.m.
Fellowship Hall**

October is too late for a POOL party, but it's just right for a TOOL party. Our friends in La Croix, Haiti, are working on a much-needed vocational school, and Westminster's *Forward in Faith* campaign has given support to this project. Walls and roofing are in place, but in order to prepare the students for work as professionals, good-quality tools are needed. We have a wish list from the instructors, and we would like to share this with all of you who are supporters of the La Croix New Testament Mission.

Here is the plan: On Wednesday, October 2, we will enjoy a Haitian-inspired (but kid-friendly) dinner at the usual 5:30 p.m. time in Fellowship Hall. During that time we will share information about the tools needed, including costs and the number of each required. There will be photos for those of us who don't know a sander from a router. And then, if you feel called to do so, you can pledge to purchase a tool, or maybe make a contribution toward one. Then you can put your pledge into our TOOL BOX to be fulfilled later.



As a special treat, Pastor Pierre and Pastor Evens from the New Testament Mission will be with us. There will be time to meet them, hear directly about the progress of the school, and see photos of the work being done.

We hope that you will join us for this exciting way of helping young people find employment in Haiti. Check the church bulletin and weekly email for more information.

Yoga at the WROC

How to Get Started with Yoga

One of the biggest challenges to starting yoga is figuring out what style of yoga you want to try. While almost all classes use similar physical postures, each class has a particular emphasis. The list below outlines the classes Westminster Recreation and Outreach Center (WROC) has to offer and highlights the differences between each class so you can determine which class works best for you.

Gentle (Hatha) Yoga

Wednesdays: 10:00 – 11:00 a.m.

Mondays: 5:45 – 6:45 p.m.

This yoga class emphasizes a gentle form of the classical hatha yoga poses and slow-moving yoga postures. It is a less intense, less-strenuous yoga practice than a flow yoga class. It is appropriate for those who want a softer, nurturing, slow-paced relaxing practice. Postures are approached in gradual steps with focus on breathing and repetition. It is ideal for people with movement limitations and stiffness due to lack of activity. It also offers relief from conditions such as arthritis, back pain, fibromyalgia, and other musculo-skeletal issues. For seniors, new practitioners, and those seeking stress-reduction.

Class is appropriate for people of all sizes, fitness levels, and ages. You don't have to be a contortionist or even be able to touch your toes to perform the yoga exercises and poses!

Flow (Vinyasa) Yoga

Tuesdays: 6:00 - 7:00 p.m.

Tuesday and Thursday: 9:30 – 10:30 a.m.

Vinyasa classes tend to be faster-moving, flowing from one continuous movement to the next. Vinyasa yoga is considerably more movement based than practices like hatha yoga and yin yoga.

Typically, there is one breath per movement or pose. In Vinyasa yoga, emphasis is placed not just on the poses themselves, but the transitions into and out of each posture. Typically you do not stay in poses for long in a Vinyasa yoga class. Vinyasa class focuses on body awareness while stretching, breathing, building balance and strength, and increasing flexibility

Once students are comfortable with initial poses, other poses will be introduced. Generally, a 60-minute class will consist of 5-10 minutes of meditation or focused breathing, 30-40 minutes of continuous movement (Vinyasa flow), 15-20 minutes of floor work, and 5 minutes of final relaxation. Prayer and scripture are incorporated into the Tuesday and Thursday a.m. classes to help build and support the spirit, mind, and body.

Yoga positions are described and modified for those new to yoga, making the class suitable for all levels from beginner to advanced. Students should be able to get up and down off the floor with ease.

Deep Stretch (Yin) Yoga

Mondays, 7:00 – 8:00 p.m.

Deep Stretch Yoga is a slow-paced and quiet style of yoga with poses that are held for longer periods of time. For beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one pose for five minutes or more.

Deep Stretch Yoga poses apply moderate stress to the connective tissues of the body – the tendons, fascia, and ligaments – with the aim of increasing circulation in the joints, improving flexibility, and making the connective tissue more supple.

Students will get into a pose and hold it, working through all of the discomfort that comes up and focusing on the breath to calm the mind and allow the body to surrender.

This class is suitable for beginners and those with no prior yoga experience, but also anyone who is very active (running, biking, hiking, etc.) and is looking for something to complement the overuse of the same muscle groups from repetitive activities



Yoga4cancer

Mondays: 5:45 – 6:45 p.m.

Yoga4cancer (y4c) is a research based, specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. Yoga4cancer can help you maintain a strong immune system, build muscle strength, improve bone density, reduce stress, improve sleep, and provide a supportive community. This class is open to all cancer survivors and their caregivers with or without yoga experience.

These classes are not one-size-fits-all, nor simply a gentle yoga class. All y4c instructors have received advanced training and are sensitive to the concerns of a post-operative patient or someone currently undergoing chemotherapy and/or radiation treatments. Classes are excellent for all levels, including beginners. Yoga classes are mat-based but can be modified if you prefer to sit in a chair.

The benefits of yoga are both physical and mental. Not only can it lessen chronic pain, but it helps manage stress and improve your mental well-being. It can increase your flexibility and even aids in weight loss.

Still not sure where to start? Try each class the first time free. See what instructor and style works best for you. Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose and beginner classes in every style.

MUSIC & ARTS

Nothing Sacred

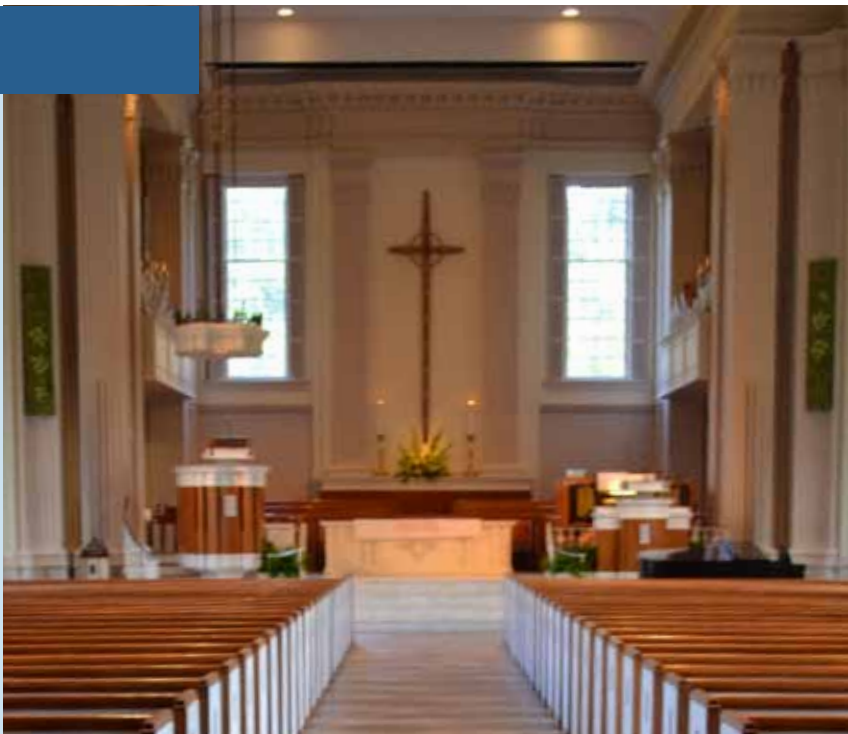
Sunday, October 27

3:00 p.m.

Sanctuary

Join us for a Sunday afternoon of music in the sanctuary – **Nothing Sacred** at 3:00 p.m. on October 27. You'll hear musical gems that you won't hear on Sunday mornings! Featuring the Chancel Choir and special guests.

Admission is free. A freewill offering will be gratefully accepted to support future programming for the Music & Arts Series.



Rummage-Recycling Sales Benefit Mission Projects

When the Rummage-Recycling Sale volunteer committee met this past June, we did not have quite as much money to distribute as in past years, but our \$17,000 seemed to stretch further than we had anticipated.

Thanks to the hundreds of individuals who participated in one way or another in these last two sales, we were able to distribute to 22 mission projects, mostly local, but also international groups and organizations.

We want to again thank the 160-plus church members who volunteered their time to help during each of the two days, as well as those who volunteered food for the volunteers' delicious lunches. We also thank the many folks from Westminster and surrounding communities who donated items they no longer wanted or needed. And thank you, also, to the hundreds of people, some traveling considerable distances, who came to shop for treasures at our Saturday sales.

The distribution was as follows:

Angels' Place	\$500
Barefoot School	\$500
Greater Pittsburgh Community Food Bank	\$1,000
Jubilee Soup Kitchen	\$500
Meals on Wheels, Bethel–St. Clair	\$1,000
Meals on Wheels, Peters	\$1,500
The Open Door – Garfield Community Farm	\$1,000
Open Hand Ministries	\$1,000
Pennsylvania Women Work	\$500
PRISM	\$250
South Hills Interfaith Movement (SHIM)	\$500
Sponsorship of two Haitian children	\$480
Rise Against Hunger (Stop Hunger Now)	\$1,500
The Corner	\$1,000
Valley View Presbyterian Church	\$1,000
City Mission (Washington, PA)	\$1,000
City Mission Avis Arbor Women's Shelter	\$500
Washington Presbyterian SeniorCare	\$500
Westminster Child Development Center	\$500
Westminster Nursery School (scholarships)	\$500
WEST Fund (scholarships)	\$500
Presbyterian World Mission Fund	\$750

Our ability to provide such substantial help to so many people and organizations is a tribute to the willingness and dedication of members of the WPC congregation.

Last year (June 2018) we allocated \$3,500 for the Rise Against Hunger project that was scheduled for February 2019. That event was canceled and rescheduled for this coming December. The \$3,500 from 2018 plus the \$1,500 from 2019 make a total of \$5,000 from Rummage-Recycling Sale proceeds to use as needed for Rise Against Hunger.

Our ability to provide such substantial help to so many people and organizations is a tribute to the willingness and dedication of members of the WPC congregation. If you have volunteered, you know how much satisfaction and enjoyment you get from your efforts. If you have not shared in this amazing opportunity, please consider joining us in the fun and fellowship this coming November 8 and 9.

Volunteering to help in the Rummage-Recycling Sale is the single regularly scheduled opportunity at Westminster where people of all ages, from children to folks in their nineties, join together to support such a worthy cause.

The next sale is coming soon. Mark your calendar for November 8 and 9.

Friday, November 8, is collection day from 8:00 a.m. to 8:00 p.m. Sale day is Saturday, November 9, from 8:00 a.m. to 2:00 p.m. You may volunteer for several hours on either or both days. Always, the most critical times for volunteer help are Saturday morning and cleanup time, 2:00 – 3:30 Saturday afternoon. To sign up, please call Marilyn Hayes (412-831-5704) or Jan Baumann, the church's volunteer coordinator (412-835-6630).

Grief Care

If you have lost a spouse, child, family member, or friend, it may be hard to feel optimistic about the future right now. You may have found that people don't always understand the deep hurt you feel. This can be a confusing time when you feel isolated and have many questions about things you've never before faced.

Grief Care is a faith-based grief support group that can help you face the challenges of loss and move toward rebuilding your life. Please contact Louise Rogers if you have any questions.

The group uses the book *Beyond the Broken Heart: A Journey Through Grief* by Julie Yarbrough. To register and for more information, complete the online registration form on the church website or call Peg Kinsey at 412-835-6630. To help defray the costs of materials, a donation of \$10.00 is suggested.

The fall session will meet Wednesday evenings October 2, 9, 16, 23, 30 from 6:45 to 8:00 p.m. in Memorial Parlor.



From the New Kitchen Coordinator

Dear Friends and Members of the Church,

I would like to take a minute to introduce myself and my new role at Westminster Presbyterian. I feel truly honored and blessed to be serving as the new Kitchen Coordinator. My family and I have been members of the church for many years, and have had the privilege of participating in many of the offered activities and events.

I am looking forward to bringing people together through the kitchen in various events throughout the year. I will be working hard to keep the kitchen clean and organized in order to best serve the church. Please be respectful of the space and each other so we can have a great year.

I can't wait to get to know more of the congregation and community in the upcoming months. If you see me working in the kitchen, please feel free to introduce yourself. Thank you for this opportunity.

Please feel free to contact me with any questions or concerns throughout the year. I look forward to working with you.

Sincerely,

Cara Daniele
daniele@westminster-church.org



Kitchen Coordinator Cara Daniele with her husband, Steve Daniele.

Blessing of the Pets

Sunday, October 6

2:00 p.m.

North Parking Lot*

All people-friendly pets and their owners are invited to a designated celebration that both acknowledges and pays tribute to the loyal animal companions that love us unconditionally. Join pastors Louise Rogers and Jason Freyer as they give thanks for these special family members, and as they bless the people who love and care for them deeply.

Please be sure your pets are on non-retractable leashes or in carriers, and have proof of up-to-date vaccinations.

*If weather is inclement, please meet in the WROC (gymnasium).



Inquirers' Gathering

Believing and Belonging Go Together!

Saturday, October 12

9:00 - 11:30 a.m.

Memorial Parlor

If you're a visitor and have been considering membership, we invite you to attend an Inquirers' Gathering, a time of sharing and teaching as we explore what it means to be a faithful follower of Christ in the Presbyterian tradition.

The next gathering will be Saturday, October 12, from 9:00 to 11:30 a.m. in Memorial Parlor. If you would like to attend, or have any questions, please call Peg Kinsey in the church office at 412-835-6630.

Financial Report

As of August 31, 2019



ACTUAL YEAR-TO-DATE

Actual Revenues Year-to-Date	\$1,443,513.49
Actual Expenses Year-to-Date	\$1,366,467.05
NET:	\$77,046.44

BUDGET YEAR-TO-DATE

Budget Revenues Year-to-Date	\$1,354,990.08
Budget Expenses Year-to-Date	\$1,470,714.28
NET:	\$(115,724.20)

August 2019 Revenues	\$301,725
August 2018 Revenues	\$176,427

Thank you for your generous response to our July 31 letter.

Bruce Lancaster Mike Lee
Interim Senior Pastor Finance Chair

Session Highlights

At its meeting on September 16, Session discussed the second reading of a motion, from Presbyterian Men, with six overtures regarding the future of the Presbyterian Church (USA). After a lively discussion the proposal was withdrawn for further review by Presbyterian Men. The Property Commission brought forth guidelines for accepting and displaying art at the church. Session reviewed the Finance Commission's presentation in preparation for the Town Hall meeting on September 18.

Deaths

Elinor (Nan) Stuart

August 17

David McCandless

September 6

Helen Boal

September 12

Glenn Dandoy

September 13



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*Peace at all times
in all ways.*

— 2 Thessalonians 3:16



PEACE & GLOBAL WITNESS
SPECIAL OFFERINGS
PEACEMAKING AND RECONCILIATION