



# THE SPARE

WESTMINSTER PRESBYTERIAN CHURCH  
Pittsburgh, PA

## Serenity, Courage, and Wisdom

Not long ago, one of our members asked if I could recommend a good book on Stoicism for a group he belonged to, since he knew I had studied philosophy in college. I started searching and came upon a very good one that I'm now reading myself: *How to Be a Stoic*, by Massimo Pigliucci. The author is a professor at the City College of New York, and has PhDs in genetics, evolutionary biology, and philosophy. The subtitle of his book is *Using Ancient Philosophy to Live a Modern Life*.

A central tenet of Stoicism is that, to live a good life, we need the courage to control whatever we can control, and the serenity to accept what lies beyond our control. All of this requires wisdom, the greatest of virtues in ancient Greek and Roman philosophy.

If that sounds familiar, it's because Stoicism discovered two thousand years ago most of the elements of what we now call the Serenity Prayer. That's not surprising, when you think about it, as human nature has remained pretty constant over the last few millennia, and anyone who pays attention to the human condition has felt the need to change some things, and the frustrating resistance to change, both within ourselves and in society. This is true across cultures as well, which is why Buddhism, for example, has said similar things for centuries.

What Christianity adds is a sense of God's grace to provide the wisdom, courage, and serenity that are so hard to achieve, left to our own devices. The version of

the Serenity Prayer that appears on coffee mugs generally says, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." Reinhold Niebuhr, the great theologian who formulated the modern version two generations ago, specifically asked for God's grace to do these things, recognizing that any strength we have comes as a gift from God. And he asked that God grant *us*, not just *me*, what we need, by way of reminder that Christianity looks outward as well as inward, and what each of us does or fails to do affects the rest of us.

We live in a time when courage often seems to be conspicuously absent, especially among our leaders – but perhaps that's partly because many of us lack courage ourselves. It's been said that in a democracy people get the government they deserve, insofar as the citizens elect their own leaders.

We face great challenges, as every generation does, and we need wisdom and courage to address them. I'm writing this column a few days after the school shooting in Florida, which, of course, is only the most recent in a long and rapidly growing list of mass shootings in America, and only one of many challenges we face. Acceptance of the bad things we can change is complacency, not serenity. We can do better. And we must.



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*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](mailto: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.

**3 Worship**

Sunday Worship Services  
 Upcoming Events  
 Holy Week and Easter Worship Services

**4 Education**

Westminster Seminars  
 Diary of a Lunatic: Adding Joy  
 Between Here and There  
 The Apostles' Creed Workshop

**8 Caring Community**

A Quiet Practice for Lent  
 Grief Recovery Group  
 A Prayer for Lent  
 Holy Week Labyrinth Walk

**11 Spiritual Growth**

Library News  
 Westminster Book Group  
 Spiritual Renewal Weekend

**12 Mission**

The Pocket Change Project Is Back  
 Save the Dates: Rummage-Recycling Sale

**14 Community Outreach**

Music & Arts Series presents *Tempesta di Mare*  
 WROC  
 Town Hall South 2018-2019 Season

**18 Other**

Deaths  
 One Great Hour of Sharing Offering  
 Session Update  
 Stewardship Update  
 Easter Flowers

### Traditional Worship

📅	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.*

## Holy Week and Easter Worship Services

### Maundy Thursday Thursday, March 29

Worship Service  
7:30 p.m.  
Sanctuary

### Easter Sunday Sunday, April 1

6:30 a.m.  
Sunrise Service  
Galbreath Chapel

8:30 a.m.  
Traditional Worship  
Sanctuary

9:45 a.m.  
Contemporary Worship  
WROC

11:00 a.m.  
Traditional Worship  
Sanctuary



### Upcoming Events

**16**  
MAR  
Tempesta di  
Mare concert  
7:30 p.m.  
Sanctuary

**25**  
MAR  
Palm  
Sunday

**29**  
MAR  
Maundy  
Thursday  
Service  
7:30 p.m.

**30**  
MAR  
Good  
Friday

**1**  
APR  
Easter  
Sunday

## WESTMINSTER SEMINARS

Sundays at 9:45 a.m.  
Galbreath Chapel

### March Series

# Life Sentences:

*Learning Restorative Justice  
with Pittsburgh Lifers, and  
Their Friends and Families*

Led by Elaine Frantz, Professor of History,  
Kent State University

Each of the four sessions will be based on a section of our book-in-progress, *Life Sentences*, a collection of the writings of five members of the Elsinore-Bennu Think Tank for Restorative Justice (<http://ebthinktank.org/>), four of whom are serving life sentences in Western Pennsylvania, and one of whom recently passed away while incarcerated. Each chapter explores a phase in the lives of people who are incarcerated; together they chart the hard course from rift to restoration of the individual and the community.

### March 4

Life before incarceration. Tipping the delicate balance between community and rupture, causing harm, expulsion from life as known.

### March 11

Rebuilding the self and the community within prison. New connections.

### March 18

Family and friends outside who remain through the rupture.

### March 25

Reintegration: How it works. How you can help.



**Elaine Frantz** is a Professor of History at Kent State University. She has published two books: *Manhood Lost: Fallen Drunkards* and *Redeeming Women in the Nineteenth-Century United States* and *Ku-Klux: The Birth of the Klan during Reconstruction*. She is a member of the Elsinore Bennu Think Tank for Restorative Justice and is a passionate advocate for the rights of incarcerated people.

We welcome Professor Frantz, a resident of Mt. Lebanon, back to Westminster. She presented earlier seminars on religious aspects of the Civil War and the origins of the KKK.





# Adding Joy

Okay, so to get where we're going this month, I need to invite you to participate in a little bit of *Spire* deadline time travel. Today is February 5, which is the deadline for submission for our fine publication (it's not midnight yet, I got this). Lent begins with Ash Wednesday, which is February 14 this year, nine days in the future for me. And yet, you will read this likely sometime after March 1, which will be roughly two weeks into Lent. With me so far?

The reason we have to do all that time travel is because I think I know what I'm going to do for Lent this year in terms of spiritual discipline. I'm naming it today, and hoping by the time you're reading this I'm able to actually stick with it. I decided that this year, rather than taking away some sort of vice or spiritual hindrance, I would do something to add joy to my daily life. So I came up with two disciplines to add. I will ride my bike to work each and every working day, and I will take a picture somewhere along the ride to document it.

Cycling makes sense. I have always found joy in being on two wheels instead of four, and I've been doing a wee bit of reading about the environmental crisis, so it seems like this discipline will kill two birds with one stone. The picture piece of it is because my memory is horrible, so it would be nice to have a kind of digital scrapbook of everything I've done during this season. Hopefully, if I'm able to keep up with it, I'll be able to add a good bit more joy in my day.

Now, I understand why it is so difficult to eliminate one vice or another from our days. I like ice cream, but it may or may not do wonderful things for my physique. On that level, I totally understand why during a particular season of spiritual discipline you would want to eliminate that particular vice. If you remove enough vices, you should be able to get a clearer picture of who God is, right?

But why is it that now, on February 5, nine days from Ash Wednesday, I am worried that I might have a hard time keeping up with adding joy to my day? I mean sure, there will be cold, rainy days during Lent when cycling will seem like more work than joy (though, truth be told, even those can turn out to be some of my favorite rides). But there have been days when I have woken up, looked at a bright, sunny day, and decided "nah, I'd rather sleep a bit longer." It's almost like I would rather choose a small sampling of "good things" than a large dollop of joy. I don't think I'm alone.

In the midst of all that, I've been thinking about John 10:10. Jesus reminds us in this passage that he has come so that we might have life, specifically that we might have life to the fullest. I don't want to spend my time just kind of getting by on small pleasures; I want to drink deeply from the well of joy that Jesus offers me day after day. If Jesus is going to continue to provide me with redemption and resurrection, both on the large and small scale of my life, then I want to take full advantage of the joy such redemption and resurrection can provide.

So I hope that by the time you're reading this, we'll be halfway through a season when I was able to choose joy again and again and again. Even if that hasn't been your discipline through this Lenten season, there's still time. I invite you to join me in trading in small moments of pleasant living for the big moments of joy that your life can provide. Maybe you're not crazy enough to find joy in chilly rain cycling, but I bet without much thought you can find where the joy in your life resides. Maybe you find joy in spending more time with your family. Maybe you find joy in curling up with a good book each night instead of the television. Maybe you need to set aside some time in the morning to enjoy a cup of coffee and watch the sunrise. Wherever you find joy, wherever resurrection makes room for abundant life, the kind Jesus offers to us, then dive into that.

Let's add some joy to our days, shall we?

– Jason Freyer

# Trust in the Lord

## with all your heart

PROVERBS 3:5

I wonder if you've ever had this experience: You go through a period of time, usually a few weeks or so, and something comes up over and over again. Sometimes it's a topic of conversation, or a certain thought process or method. For me it's usually vague enough that it fits into multiple contexts, but specific enough that it can't really be confused for something else. It usually leaves you with that "I can't believe this came up again" kind of feeling. Whenever this happens to me, it feels like I should probably pay attention, kind of like God is just tugging at my shirt sleeve saying, "Psst...check this out."

This happened to me recently. I talked about it with someone who has served as a guide to me over the past several years. They referred to these moments as "providential." I've come to appreciate that term; it reminds me that God truly is involved in the details, that I'm not simply left to drift in the winds of any particular moment. Thinking about God's involvement in my day-to-day life has provided me with a deep sense of comfort, because I trust God. I trust him to do in my life what I'm incapable of doing for myself. I trust him to guide my steps and to give spark to my thoughts. The word *provide* is worked right in there – God's providence is a gift.

But you may not see it that way.

For some, thinking about God's involvement day to day is a suffocating thought. Why would I want someone to take power over me? What good could come from someone else pulling the strings? There's an obvious sense of mistrust in these feelings, but even more so, I think there's misunderstanding. Often, trust fails where understanding fails; and here lies the difficulty. We don't think like God thinks, nor do we act like God acts. (Isaiah 55:8-9)

We can't rely on understanding to trust God.

In fact, scripture speaks directly about this in Proverbs 3:5: "Trust in the Lord with all your heart and lean not on your own understanding." We have to trust God, but we can't rely on our understanding of what his plans are. So what then are we left with?

Love.

Our trust in God can't come from understanding because we don't always understand. We don't understand it when something painful happens to someone we love. We don't understand when we experience trial in our lives. We don't understand what it means to be forgiven and set free without any return payments necessary. We don't understand everything that God works in and through, and when we don't understand something it becomes scary. But the Bible has something to say about that too. "Perfect love drives out fear" is what 1 John 4:18 tells us.

We trust in God because he loved us first, and his love, his *perfect* love, drives out the fear brought on by our lack of understanding and makes room for our love to return to him, and in that mix we find that we can, after all, trust God.

I don't always understand what God is doing, but I know that he loves me, and because he loves me I trust him. God is working in each of our lives, down to the finest details. What is he pointing you toward today? Can you trust him?

– Ed Sutter



# The Apostles' Creed Workshop

Wednesdays in January were busy ones for the third and fourth graders who attended the workshop to learn about the Apostles' Creed.

They began by learning the meanings of certain words used in the Apostles' Creed, and they played games to reinforce those words and their meanings. The children then took sections of the creed and learned about God the Father, God the Son, and God the Holy Spirit. They learned how each fit into the creed and what we as Christians believe.

The children learned to put the Apostles' Creed in order and recite it as they explained the meaning of the words. They also made a booklet about the 12 articles of the creed and chose pictures to go along with the articles.

The workshop ended in Galbreath Chapel. Parents were invited to "An Apostles' Creed Service." The children recited the Apostles' Creed, stopping to state what they believed.

Now that the children know the Apostles' Creed and its meaning, they can join the congregation in this ancient confession of faith.



# A Quiet Practice for Lent

During this season of Lent you are invited to add a time of quiet prayer to your life.

You are welcome to stop by Galbreath Chapel for a time of quiet. You simply pray silently for as long as you like. There will be quiet music and candles, and some resources to guide and inspire you. Your soul will be rested; your life will be centered on the Lord.

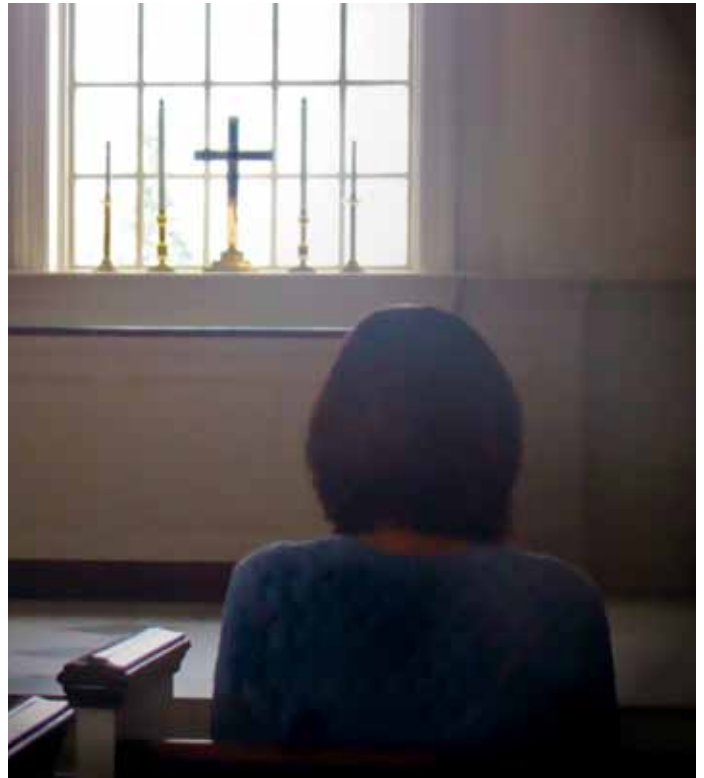
Spend as much time as you have available – even five or ten minutes is fine! If you can't be there, you can practice silent prayer wherever you happen to be, knowing that other Westminster folk are praying too. Here is the schedule:

**Tuesday , March 6**  
**7:00 – 8:00 p.m.**

**Wednesday, March 7**  
**11:00 a.m.**

The suggested theme is Peace for Our World.

Questions: contact Louise Rogers or Nana Wilson.

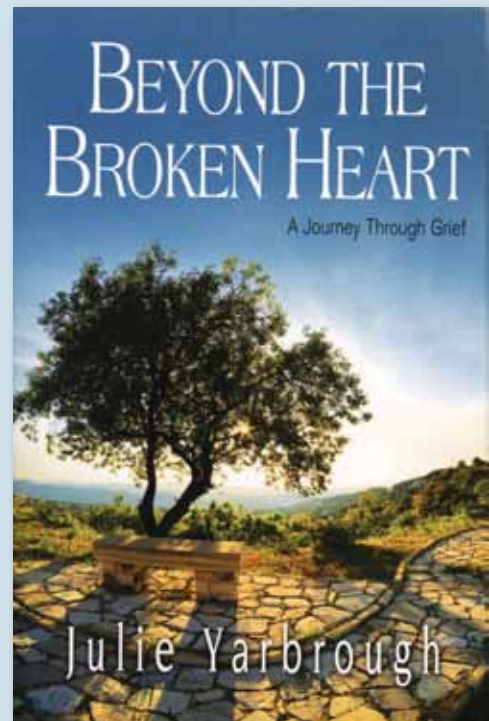


# Grief Recovery Group

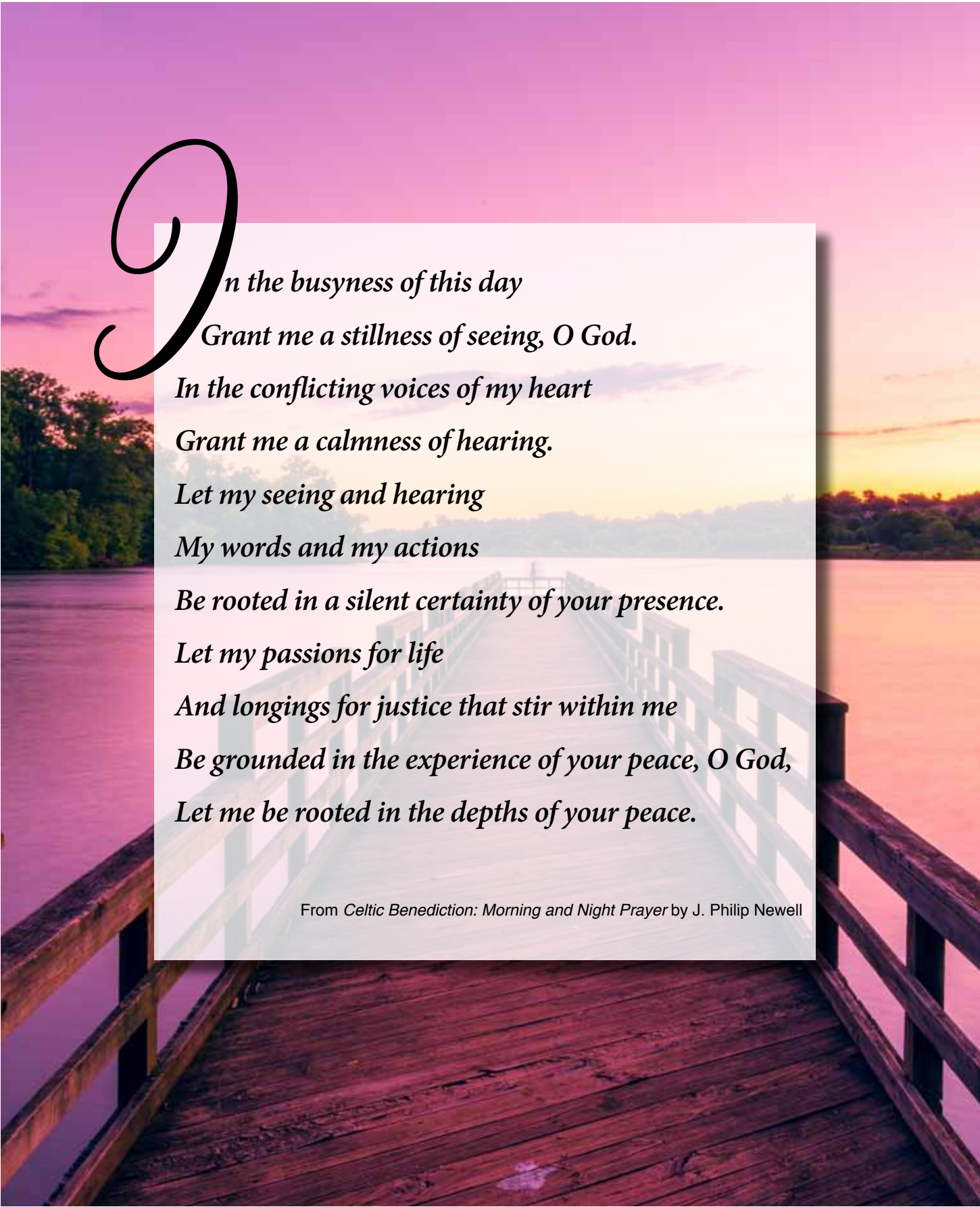
Wednesdays, April 4 – May 2  
6:45 – 8:00 p.m.  
Memorial Parlor

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 Recovery 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.







*I*n the busyness of this day  
Grant me a stillness of seeing, O God.  
In the conflicting voices of my heart  
Grant me a calmness of hearing.  
Let my seeing and hearing  
My words and my actions  
Be rooted in a silent certainty of your presence.  
Let my passions for life  
And longings for justice that stir within me  
Be grounded in the experience of your peace, O God,  
Let me be rooted in the depths of your peace.

From *Celtic Benediction: Morning and Night Prayer* by J. Philip Newell

# Holy Week Labyrinth Walk

During Holy Week, beginning Palm Sunday, March 25, through Easter Sunday, April 1, the 36-foot canvas labyrinth will be available for meditative walking in Fellowship Hall during the times the church building is open. The labyrinth walk will feature “The Way of the Cross,” a Holy Week meditation. Along the path of the labyrinth, you will encounter Bible verses and pictures depicting the final days of Christ’s journey to the cross. In the center, take time to ponder what Christ’s sacrifice means to you. On the way out of the labyrinth, you might think of ways to incorporate your reflections as you reenter your daily life.

Walking the labyrinth is not something to learn or memorize, but something to experience. It is a walking meditation, a path to quiet the mind and become more closely in tune with God. The labyrinth walk is a way to nourish the spirit and provide an opportunity to discover our sacred inner space and find insight into life’s journey.

Although the canvas labyrinth is only available indoors during special events, the brick labyrinth in the south courtyard is open for walking anytime.



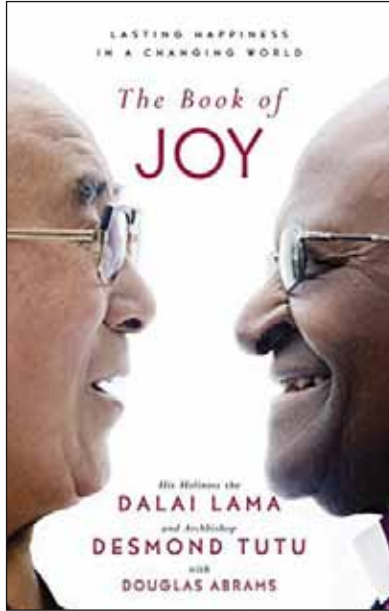


# Library News

## The Book of Joy

Sometimes you read a book at the exact time that you need it. A friend recommended a book to me through the social networking site Goodreads, and it looked good. So I put myself on the waiting list for it through the public library. Then I forgot about it.

At least one member of our family of four has been sick for the last two months. The other week our two year old twins came down with colds, fevers, and stomach viruses. At the same time. I admit that my patience was wearing thin and I was becoming quite grumpy. Then the book I had forgotten about came in to the public library for me – *The Book of Joy: Lasting Happiness in a Changing World* by His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams. It was just what I needed.



Jetsun Jamphel Ngawang Lobsang Yeshe Tenzin Gyatso is the fourteenth Dalai Lama, a practicing member of the Gelug School of Tibetan Buddhism, and the leader of the exiled Tibetan government in India. Desmond Mpilo Tutu, Archbishop Emeritus of South Africa, was the first black South African Anglican Archbishop of Cape Town and an influential and outspoken opponent of apartheid in his home country of South Africa in the 1980s. They are also “both winners of the Nobel Prize, both great spiritual masters and moral leaders of our time, [and both] known for being among the most infectiously happy people on the planet.”

To celebrate the Dalai Lama’s 80<sup>th</sup> birthday they got together for one week to talk about joy. Co-author Douglas Abrams recorded their conversations and put their thoughts together in *The Book of Joy*. The book is divided into four sections: the Dalai Lama’s and Archbishop Tutu’s teachings on joy, the latest science on joy, stories of being with the Dalai Lama and the Archbishop throughout that week, and a selection of joy practices.

In the midst of my germ and chaotic home, I took moments to read about joy. I was inspired. I also laughed aloud at the jovial and brotherly way they poked fun at one another! And I was able to begin to put things into perspective. My family’s slightly unhealthy week was nothing compared to the suffering that both the Archbishop and the Dalai Lama have endured in their lives. But still, they are joyful. Still, I can be joyful for so much in my life! “Suffering is inevitable, they said, but how we respond to that suffering is our choice. Joy subsumes happiness. Joy is the far greater thing.”

And so I strive to choose joy, on the good days and on the hard days. And I pray that you do too.

– Sarah Fetterman-Freyer  
Church Librarian

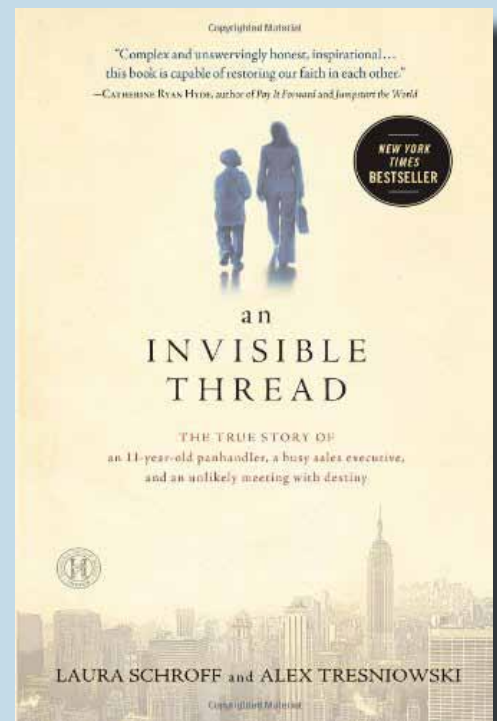
# Westminster Book Group

Wednesday, March 28  
noon – 1:15 p.m.

The Westminster Book Group will meet on Wednesday, March 28, at noon in the Yahweh Café to discuss *An Invisible Thread* by Laura Schroff and Alex Tresniowski. We invite you to bring a brown bag lunch and join us.

I thought I knew what *An Invisible Thread* was going to be. I thought it would be a simple and hopeful story about a woman who saved a boy. I was wrong. It’s a complex and unwaveringly honest story about a woman and a boy who saved each other. By its raw honesty and lack of excess sentimentality, it is even more inspirational. This is a book capable of restoring our faith in each other and in the very idea that maybe everything is going to be okay after all.

– Catherine Ryan Hyde  
author of *Pay It Forward*





# Spiritual Renewal Weekend

## *A Retreat with Jim Gilchrist*

April 6 - 8

Jumonville Camp and Retreat Center  
Hopwood, PA

Our lives are busy – it's easy to lose track of ourselves and lose sight of God. We need to create a space where our own spirit can thrive and God's Spirit can dwell within us.

Come spend a weekend in a beautiful mountaintop setting. Let spring be the start of a new awareness of God's presence. Enjoy a time apart and find ways to live a saner life all year long.

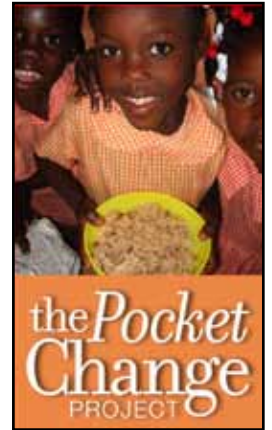
Adults are welcome to join us Friday evening through Sunday morning for renewal, discovery, and fun.

The cost of the retreat is \$140 per person. This includes two nights' lodging and four meals consisting of breakfast, lunch, and dinner on Saturday, and breakfast on Sunday. Scholarships are available. To register, please visit our website at [www.westminster-church.org](http://www.westminster-church.org) or call Beth Ketterman at 412-589-1006.



# The Pocket Change Project Is Back!

For the ninth year in a row, the Cherub Choir at Westminster Presbyterian Church will be in mission ON a mission to support school children in Haiti. When the project first began, the goal was simple: collect enough pocket change during the season of Lent to sponsor one child in Haiti for a year. We had



about 30 Cherubs and seven weeks. If each Cherub could collect \$8, we could combine our smaller contributions into one large contribution and succeed. But we only wanted pocket change. Why? Because people don't usually think very much about the small coins in their pockets and purses. Added up, however, we believed that all those small coins could amount to something significant. So the overall vision for the project was that a handful of small coins – collected by a handful of small children – could affect the life of just one child in Haiti in a big way. Long story short, the Cherubs exceeded their goal that year and sponsored more than one child.

Since then, they have engaged the children's choirs at Southminster Presbyterian Church and Mt. Lebanon United Methodist Church to join them. With the help of their church families, who are invited to join the fun and toss their own pocket change in the collection plates one Sunday morning, these young choristers have sponsored 77 children since 2010.

Please consider participating in our project by collecting your own pocket change this Lenten season and combining it with ours. Make it a family event, or a workplace effort. Or just do it on your own and collect what you can, regardless of the amount. Because little by little, coin by coin, child by child, **big change starts small.**

– Beth Ketterman

*Save the Dates!*

# Westminster's Annual Spring Rummage-Recycling Sale



## Saturday, April 28

Regular sale: 8:00 a.m. – noon  
Closed for lunch: noon – 12:30 p.m.  
Bag and half-price sale: 12:30 – 2:00 p.m.

## Collection Day

Friday, April 27  
8:00 a.m. – 5:00 p.m. and 6:00 – 8:00 p.m.

### We need you!

Volunteers are needed both Friday and Saturday. Join the Friday Collection Day Crew any time between 8:00 a.m. and 8:00 p.m. for great fellowship, food, and shopping. On Saturday we need at least 60 volunteers in the morning and a good-sized crew for cleanup at 2:00 p.m. Each person has a specific job on Saturday. We also need donations of salads and desserts for the volunteers' lunches both days.

For questions or to volunteer, please call Marilyn Hayes (412-831-5704) or Jan Baumann (412-835-6630).





# Tempesta di Mare

*A Tale of Two Italian Cities*  
*Chamber Music from Venice and Naples*

**Friday, March 16**

**7:30 p.m. in the Sanctuary**

The next concert in Westminster's Music & Arts Series features delightful music of the Italian Baroque performed by the chamber players of highly acclaimed Tempesta di Mare, Philadelphia's Baroque Orchestra. The program, "A Tale of Two Italian Cities," will display the very different musical styles of Venice and Naples. Performers include Gwyn Roberts, recorder; Emlyn Ngai and Rebecca Harris, violin; Lisa Terry, cello; and Richard Stone, theorbo and guitar. A freewill offering will be gratefully accepted.

Venice and Naples were Italy's two principal musical centers in the 17th and 18th centuries. The two cities boasted active and virtuosic instrumentalists, who were employed by both sacred and secular institutions. And yet the cities' contrasting political, economic, and social circumstances led to distinctly different musical aesthetics. In short, Venice was a party town, while Naples took itself a bit more seriously. The music that emerged from these two hotbeds of creativity reflects those realities.

The program includes music from the early 1600s to the 1720s by Venetian composers Antonio Vivaldi, Giovanni Valentini, and Giovanni Legrenzi, and Neapolitan composers Pietro Marchitelli, Francesco Mancini, and Andrea Falconieri.

*Fanfare* magazine recently hailed Tempesta di Mare for its "abundant energy, immaculate ensemble, and undeniable sense of purpose." Led by directors Gwyn Roberts and Richard Stone with concertmaster Emlyn Ngai, Tempesta performs Baroque music on Baroque instruments with a repertoire that ranges from staged opera to chamber music. *The Philadelphia Inquirer* praised its Philadelphia Concert Series for its "off-the-grid chic factor," which emphasizes creating a sense of discovery for artists and audience alike. Since 2002, the series has included 31 modern "world premieres" of lost or forgotten Baroque masterpieces, leading the *Inquirer* to describe Tempesta as "an old-music group that acts like a new-music group, by pushing the cutting edge back rather than forward."

In a marketplace dominated by European ensembles, Tempesta is the only American Baroque music group to record for the prestigious British label Chandos. National broadcasts of live performances include *SymphonyCast*, *Performance Today*, *Sunday Baroque*, and *Harmonia*. Live concert recordings are distributed worldwide via the European Broadcasting Union, a global alliance of public service media organizations, with members in 56 countries in Europe and beyond.

Read more about Tempesta di Mare here: <https://tempesta.dimare.org/>.



**Tempesta  
 di Mare** PHILADELPHIA  
 BAROQUE  
 ORCHESTRA

*"Tempesta di Mare is one of the most exciting early music ensembles making music today. Given their international reputation, it is a special treat that they are based in our own state of Pennsylvania. Don't miss an opportunity to hear these marvelous musicians!"*

— Mark Anderson  
 Artistic Director of the Pittsburgh Camerata  
 Director of Music Ministry  
 at Shadyside Presbyterian Church



## WESTMINSTER RECREATION &amp; OUTREACH CENTER (WROC)

*Put a little spring in your step with WROC Fitness Classes. A body in motion tends to stay in motion. Moving is the key to keeping your bones strong. Check out these classes that help to build and maintain bone strength, maintain flexibility, and increase balance.*

## Strong Bodies, Strong Bones

Exercise plays a critical role in building and maintaining bone strength. Exercise physiologist Anne Brucker presents a gentle, joint friendly OsteoDynamic program that strengthens the spine, rebuilds bone, teaches balance, and reduces fractures. Participants may choose to stand or sit and should bring a pair of light hand weights to class.

**March 7 – April 25**  
**Wednesdays: 9:00 – 9:50 a.m.**  
**Cost: \$40**

## Tai Chi

Fall prevention is a function of balance. Balance is a skill that can be learned at any age and strengthened with daily practice. Muscle and bone become stronger when they are challenged to keep the body upright. Tai Chi is considered one of the best tools for achieving balance, control, and strength. This ancient Chinese art is taught in a standing posture but excellent results can also be achieved by those who need to be seated.

**March 7 – April 25**  
**Wednesdays: 11:15 a.m. – noon**  
**Cost: \$40**  
**Instructor: Anne Brucker, Master of Education, Exercise Design**

## Gentle Yoga A.M or P.M.

You don't have to be a contortionist or even be able to touch your toes to perform the yoga exercises and poses! This gentler, slower-paced yoga program will improve your flexibility, increase your strength and vitality, reduce tension, and enhance inner calmness to bring health, enjoyment, and well-being into your life.

**March 7 – April 18**  
**Wednesdays: 10:00 – 11:00 a.m.**  
**Cost: \$63**

OR

**March 5 – April 16**  
**Mondays: 6:00 – 7:00 p.m.**  
**Cost: \$63**  
**Instructor: Larkey Miller, Board certified by the Himalayan Institute**



## Arthritis Exercise Program

A low-impact course that helps most people with arthritis increase their joint flexibility and find relief from arthritis pain.

**March 5 – April 23**  
**Mondays: 9:30 – 10:20 a.m.**  
**Cost: \$40**  
**Instructor: Amy Taylor, Certified AFAA**

**March 7 – April 25**  
**Wednesdays: 10:00 – 10:50 a.m.**  
**Cost: \$40**  
**Instructor: Anne Brucker, Certified Arthritis Foundation Instructor**



## Pole Walking

Spring into action with the Pole Walking Workout at the WROC!

Imagine transforming a causal walk into a gentle, fabulous, fun filled, whole body workout that engages 90% of your major muscle groups!

Pole Walking is one of the easiest forms of exercise most of us can do, from the casual, average walker to the serious, athletic walker. Using poles while walking increases calorie burn and cardio health, while lessening the impact on joints.

The classes are taught in four one-hour sessions that include conditioning exercises, walking drills, pole technique, and outdoor adventure and cool down stretch. Instruction is easy and fun, and filled with music and laughter, as we all learn to embrace the Nordic exercise phenomenon of pole walking.

**April 4 – 25**  
**Wednesdays: 12:15 – 1:15 p.m.**  
**Cost: \$25**  
**Instructor: Anne Brucker, Certified Keenfit Pole Walking Instructor**

*Check out our website at [wroc.westminster-church.org](http://wroc.westminster-church.org) for a complete list of fitness classes.*

# TOWN HALL SOUTH

## TOWN HALL SOUTH Invites You to Join Us for the 2018-2019 SEASON

**10:10 a.m.**

*(doors open at 9:30)*

**Upper St. Clair High School Theater**

Town Hall South is an outreach program of Westminster Presbyterian Church.

Town Hall South is now in its 50th season. (1969-2018)

[www.townhallsouth.org](http://www.townhallsouth.org)



**Jon Meacham**

October 2, 2018

Presidential historian, Pulitzer Prize winning author, and contributor to *Time* and *The New York Times Book Review*, Jon Meacham is one of America's most prominent public intellectuals. A regular guest on *Morning Joe*, he is known as a skilled raconteur with a depth of knowledge about politics, religion, and current affairs. He understands how issues and events impact our lives and why historical context matters. Meacham's latest Presidential biography, *Destiny and Power: The American Odyssey of George Herbert Walker Bush*, debuted at #1 on the *New York Times* bestselling list in November of 2015. Meacham received the Pulitzer Prize for *American Lion*, his bestselling 2008 biography of Andrew Jackson. As a contributing editor to *Time*, Meacham writes for the magazine's Ideas section.



**Francine Segan**

December 4, 2018

One of America's foremost experts on Italian cuisine, Francine Segan is an engaging public speaker, author, and TV personality. She is a noted food historian and a James Beard nominated author of six books including *Dolci: Italy's Sweets* and *Pasta Modern*. Segan is the host of NYC's popular weekly TV series *Americans Who Love Italy* and appears on many other TV shows, including the *Today Show* and *Early Show*. She has been featured on numerous specials for PBS, Food Network, History, Sundance, and Discovery channels. Having collaborated with many regions of Italy to promote Italian food, culture, and wine in the States, Segan is the American spokesperson for several distinguished Italian companies. She has also been a food judge for the Fancy Food Show, Bacardi Cocktail competition, and the International Pesto competition.



**Lara Logan**

February 5, 2019

Bold, award-winning reporting has earned Lara Logan a prominent spot among the world's best foreign correspondents. She was named CBS News Chief Foreign Correspondent in February 2006, and Chief Foreign Affairs Correspondent in 2008, all while contributing to *60 Minutes*. In 2012, Logan was named a full time correspondent for this newsmagazine. Her recent reports for *60 Minutes* include the operation to take back Mosul from ISIS, a story of little known victims of the Holocaust, and another story that reported on the similarities between ISIS genocide tactics and those of Hitler's Final Solution. Her work has taken her from the front lines of the Ebola crisis to the forests of central Africa where she did a story on veterinarians treating endangered mountain gorillas in the wild, to Hollywood where she recently profiled one of rock 'n roll's most prolific photographers.

# 2018-2019 SEASON



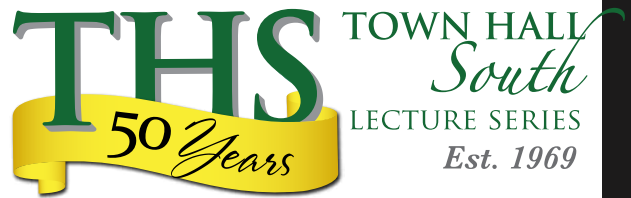
**Adam Steltzner**  
November 6, 2018

From aspiring rock star going nowhere fast to a history making Ph.D. rocket scientist, Adam Steltzner is recognized as one of NASA's leading and most unique innovators. For nearly a decade, he has led and inspired the breakthrough team that invented the ingenious "sky crane" landing system that so spectacularly landed the Mars rover "Curiosity" on the Martian surface in 2012. Next, Steltzner will lead NASA's Mars 2020 Project that will gather core samples of Mars for scientific discovery. In his book, *The Right Kind of Crazy: A True Story of Teamwork, Leadership and High Stakes Innovation*, Steltzner brings to life unique strategies and perspectives on breaking through the seemingly impossible.



**David Eagleman**  
March 5, 2019

David Eagleman is a daring young scientist who provides a new understanding of our brains and ourselves. As a speaker, this Guggenheim Fellow and *New York Times* bestselling author is energizing, edifying, and able to connect scientific discovery to any field. He deals with everything from how the brain rewires itself to why science and art must learn from each other. In his spectacular PBS series, *The Brain*, he provides viewers with a deeper understanding of themselves, the unseen world of decisions, and of modern neuroscience. His influential neuroscience books include the *New York Times* bestseller *Incognito: The Secret Lives of the Brain*, and *Wednesday Is Indigo Blue: Discovering the Brain of Synesthesia*.



## 2018 - 2019

### MEMBERSHIP APPLICATION

*\$165 non-refundable. Sold as series only.*

Please list the names, addresses, and phone numbers of ALL persons for whom tickets are being purchased. If additional space is required OR if you would like brochures mailed to others, continue on a separate sheet.

**COMPLETE WITH BALLPOINT PEN**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**E-MAIL:** \_\_\_\_\_  
\_\_\_\_\_

**PHONE:** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**E-MAIL:** \_\_\_\_\_  
\_\_\_\_\_

**PHONE:** \_\_\_\_\_

Number of Memberships @ \$165 each: \_\_\_\_\_

Total amount enclosed: \_\_\_\_\_

Please accept my tax deductible contribution to Town Hall South: \$ \_\_\_\_\_

Please enclose a check payable to:

**Town Hall South**  
**2040 Washington Road**  
**Pittsburgh, PA 15241-1599**

Online registration with credit card. \$165 plus processing fee. For online registration visit [www.townhallsouth.org](http://www.townhallsouth.org).



# Deaths

**Barbara Meyer**

*January 24*

**Shirley Norman**

*February 4*

**Mercedes Shoemaker**

*February 14*



# One Great Hour of Sharing Offering

Since 1949, Presbyterians have joined with millions of other Christians through the One Great Hour of Sharing offering to share God's love with people experiencing need. Our gifts support the ministries of the Presbyterian Hunger Program, the Self-Development of People, and Presbyterian Disaster Assistance.

Recognizing that the hope we have in Christ is lived out in our hope for one another, we respond with gifts that help our sisters and brothers around the world find the hope for a brighter future.

Envelopes for the One Great Hour of Sharing offering will be found in the pew racks on Palm Sunday and Easter Sunday, as well as in your offering envelope boxes. Thank you for your generous support of One Great Hour of Sharing.

# Session Update

On February 19, Session once again welcomed more than 20 adult new members of Westminster, having recently received the fall confirmation class. As always, we're grateful for the variety of gifts and interests our new members bring to the life of the church. Their pictures will appear in a future edition of the Spire.

Session received an update on preliminary plans for a capital campaign to be conducted this spring, including repairs and improvements to the church's physical plant over the next ten years, plus contributions to the endowment fund and outreach. A brief report on the February meeting of Pittsburgh Presbytery was also shared, where Jim Gilchrist was invited to preach on a theme pertaining to racial justice.

# Financial Report *As of January 31, 2018*

General Fund Contributions	
Year-to-Date Actual 2018	\$160,527.94
Annual Budget	\$1,995,579.00
Amount needed to fulfill budget	\$1,835,051.06

Year-to-Date Income Statement	
Income	\$190,759.36
Expenses	\$188,749.48
Net Position	\$2,009.88



## Easter Flowers

Spring and Easter are coming!

The Chancel Guild is accepting memorial/honoree contributions for Easter flowers. Make your check payable to the **Chancel Guild** and mail to Peg Kinsey at the church office or place it in the collection plate on Sunday morning with your form. Your contribution must be received by **Monday, March 26, 2018**, so your gift can be listed in the Easter bulletin.

Please indicate if you wish to pick up your flower following the 11:00 a.m. worship service or if you would like to have it delivered to a shut-in.

### EASTER FLOWERS ORDER FORM

In memory       In honor

Name of memorial/honoree (PLEASE PRINT)

\_\_\_\_\_

Please deliver flower to a shut-in       I will pick up the flower

My name \_\_\_\_\_

Please return this form to Peg Kinsey in the church office by **Monday, March 26**.





**WESTMINSTER  
PRESBYTERIAN CHURCH**

2040 Washington Road  
Pittsburgh, PA 15241  
[www.westminster-church.org](http://www.westminster-church.org)  
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[www.facebook.com/Westminster.Pittsburgh](http://www.facebook.com/Westminster.Pittsburgh)



[www.youtube.com/user/WestminsterUSC](http://www.youtube.com/user/WestminsterUSC)

*Jesus said to them,*

"The light is with you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. While you have the light, believe in the light, so that you may become children of light."

– John 12:35-36

