



# THE SPARE

WESTMINSTER PRESBYTERIAN CHURCH  
Pittsburgh, PA

## What We See

The Bible is full of vision metaphors, and Jesus is especially fond of them, so it's good for all of us to have the eyes of our hearts checked regularly, for what we see and fail to see, and what sorts of corrective measures might be needed.

John's Gospel devotes an entire chapter to a story about a man who was blind from birth, then healed by Jesus after many years. The man is jubilant about gaining his sight, of course, but his physical transformation quickly turns into a discussion about who sees and who is blind to some of the things revealed by God.

Psychologists today are busy coming up with explanations for why we see some things and manage to miss others. Among their findings, which generally confirm the observations of anyone who pays attention to ordinary human behavior, are that people tend to see what they expect to see and what they want to see. Conversely, people often miss what they don't expect to see, and what they'd just as soon not see.

The former tendency has come to be called "confirmation bias," while all sorts of popular sayings testify to the latter. An old proverb says, "There is none so blind as he who will not see," and the novelist Upton Sinclair commented a century ago, "It is difficult to get a man to understand something when his salary depends on his not understanding it."



We frequently manage not to see things when it's in our interest not to see them. Those interests may be psychological, if recognizing some unpleasant truth would make us feel guilty; or ideological, if a new insight were to contradict some deeply held opinion; or economic, if seeing a need might cost us to do something about it; or even social, when the circles we belong to share a common interest in not seeing the same things. The human mind is remarkably adept at disregarding whatever might lead to cognitive dissonance, as the psychologists say, or "upset the applecart," as our grandparents put it more colorfully.

Among the things we don't expect to see, and may not want to see, are the virtues of people from other tribes and the faults of people from our own. Thus it's a commonplace to hear people fervently

condemn behaviors in other groups while graciously excusing the same behaviors in their own. Similarly, we fail to see many other people as human beings who need the same love and support and compassion that we want for ourselves – especially if we think they are not like us, and it would cost us more than a little charity to care for them.

Jesus sees things very differently. He sees us all as beloved, if wayward, children of God, having the same basic needs. That's why, as he went about bringing sight to the blind, he concentrated mainly on moral and spiritual blindness – because those conditions are vastly more common than the physical kind.

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📅	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, April 13

Worship Service  
7:30 p.m.  
Sanctuary

**Easter Sunday**  
Sunday, April 16

6:30 a.m. Sunrise Service Galbreath Chapel	9:45 a.m. Contemporary Worship WROC
8:30 a.m. Traditional Worship Sanctuary	11:00 a.m. Traditional Worship Sanctuary



### Holy Week Labyrinth Walk

During Holy Week, beginning Palm Sunday, April 9, through Easter Sunday, April 16, 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. 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.

**Upcoming Events**

**7**  
APR **Chatham Baroque**  
7:30 p.m.  
Galbreath Chapel

**9**  
APR **Palm Sunday**

**13**  
APR **Maundy Thursday**  
Worship Service  
7:30 p.m.

**14**  
APR **Good Friday**

**16**  
APR **Easter Sunday**

**23**  
APR **Concert: Martin Jean, Organist**  
3:00 p.m.  
Sanctuary

**29**  
APR **Rummage-Recycling Sale**

Sundays at 9:45 a.m.  
Galbreath Chapel

**April 2 & 9**

## Pope Francis: Why the World Is Listening to Him

**Ann Rodgers**

April 2 – The life and ministry of Jorje Maria Bergoglio in Argentina. This session will look at how his spiritual formation as a Jesuit and his ministry in the slums informs his ministry today.

April 9 – Pope Francis: the medium is the message. A look at how and why Pope Francis is able to capture the attention and imagination of Catholics and non-Catholics alike.

*Ann Rodgers has been the communications director for the Catholic Diocese of Pittsburgh since late 2013. Prior to that she covered religion for the Pittsburgh Post-Gazette and the Pittsburgh Press for a total of 25 years. She has a bachelor of science degree in journalism from Northwestern University and a master of theological studies degree from Gordon-Conwell Theological Seminary.*

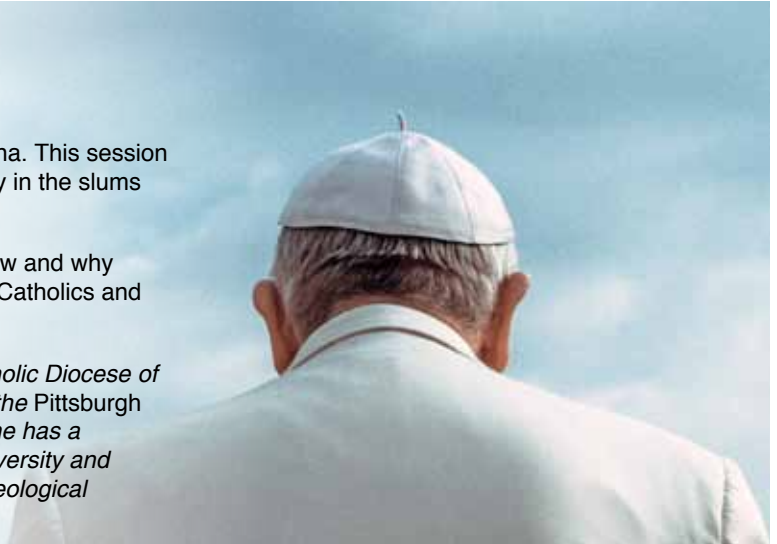
**The seminar will not meet on Easter Sunday, April 16.**

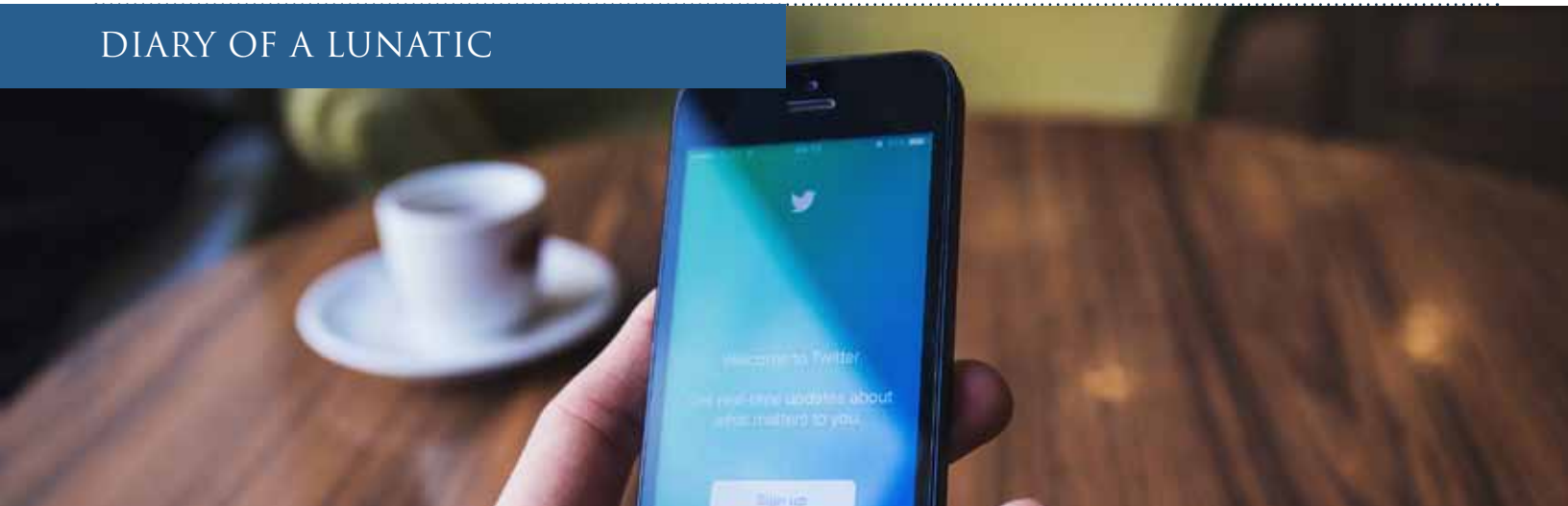
**April 23 & 30**

## Sabbath: An Invitation to Rest in a Chaotic World

**David Fetterman**

Walter Brueggemann wrote: “YHWH is a Sabbath-keeping God, which fact ensures that restfulness and not restlessness is at the center of life . . . Sabbath becomes a decisive, concrete, visible way of opting for and aligning with the God of rest.” Join us as we explore the nature of Sabbath and why it is important for our faith journeys.





## The Story

Since ordination, you may or may not have noticed that there's a new area of responsibility added to my job title. I am now the *Associate Pastor for Youth, Bridge Worship, and Media*. My business cards must now be printed on legal paper to carry the girth of such a title, but it's a pretty accurate representation of what I do. When I tell friends what my new job looks like, the question that almost always comes up first is "What does it mean to be a media pastor?" My answer for the past two months or so has been "I have no earthly idea!"

To be sure, we at Westminster are set up with state of the art equipment when it comes to media. All three of our worship spaces have the ability to share videos, PowerPoints, or other media for worship or teachings. Our studio is ridiculously stocked with cameras, editing equipment, lighting, and even a green screen. Independent film makers are working with substantially less than we are blessed with at Westminster, and winning awards for it. For my part, I am still doing all I can to learn how to use this equipment without starting small fires in the studio.

But then there's also the Wild West known to most as the internet. Westminster has a Facebook page and a Twitter account.\* We have a YouTube channel, and we even have a blog!\*\* How exactly do you spread the good news through these digital channels? Another question I've been wrestling with.

I think the temptation for a lot of people is to get caught up in the technology around media. As I've been trying to learn how to do it all, so many people I've met are total gear heads. They love talking about cameras and filters and lighting rigs and the newest tech to come out and on and on. All that stuff is cool, and I enjoy thinking about it. But my job isn't to be a gear head, is it? The same kinds of things happen around social media. I have seen so many youth pastors try their very hardest to be "relevant" (whatever that means) by getting on the newest social media platform before anyone else in town, because it's cool and that's where the kids are.\*\*\* Is being a media pastor about being on the newest and best social media platforms? I don't think so.

Part of my learning around this has been to watch YouTube videos of people who are doing things like I think I should be doing. One of the creators I was watching actually gave me what I think my job description ought to be. He said that the tech is cool, and the

social media platforms are fun, but the story is king. The tech and the platforms only serve as tools in the effort to get the story out there. And of course, he's absolutely right! A camera is just a camera. But when it's pointed at and capturing a beautiful story, well now we're on to something.

So a media pastor is someone who tells the story in new and creative ways. That's a job description I can get my head around!

But this is where I need your help. Of course, we have the big story, where God loves us enough to send his only Son for our salvation. That's a good story, and one worth repeating to be sure. But these days, I'm wondering where the little stories are. I'm wondering where the people are who have had ridiculous and wild encounters with a ridiculous and wild God. I'm wondering where the stories are of the people who have met God in the grocery store. I'm wondering where the stories are of the deep, lasting friendships that have God in their center. Easily one of the most awesome things about being at Westminster is that these stories are out there. These stories have blessed my faith, and I'm sure your walk with Christ has been affected by the stories of the folks in our midst. I wonder if you'd let me help share them? I wonder if you'd be brave enough to share your story with the rest of us? If you have a story to share, let me know. Send me an email ([freyer@westminster-church.org](mailto:freyer@westminster-church.org)), or just stop by the office sometime for a cup of coffee. We can work together to share some good stories!

\* As of this writing, we have a puny 32 followers on Twitter, and I think 5 of them are related to me. Any chance you would want to follow @WPC\_Pgh today?

\*\* OK, shameless promotion #2. Did you know that each and every weekday during Lent, our staff have been writing a devotional series on the blog? I'm talking big names here, like Jim Gilchrist and Dave Fetterman and Ed Sutter and Robin Pyles and Cassandra Millis and some weird guy with a beard. If you like what we do in the *Spire*, you should absolutely check in with the blog every day!

\*\*\*This can actually be dangerous. There are more threats on social media than we are often aware of, and jumping into them wholesale without doing your homework can lead to some very negative results.

– Jason Freyer

## BETWEEN HERE AND THERE

During my time in graduate school I had a professor who once said, “If you ever begin a sentence with the phrase ‘I think,’ then you can’t be wrong.” He meant that there is a wide range of perspectives and opinions that hold validity, and are worthy of expression. Though I appreciate the sentiment, and use the phrase occasionally, I must admit that it does have its limitations. I believe that it’s deeply important that we shift some perspectives.

Stigmas, for example, are widely held and largely negative beliefs that have been agreed upon as generally true, or at least powerful enough to affect our decision making. Stigmas are like stereotypes in that they tend to be overly general and don’t take into account a wide variety of perspectives and diversity. Each of us acts upon loads of stigma and stereotype every single day. I was taught (true story) as a child to “cross to the other side of the street” if I saw someone who looked like they may cause trouble. This notion, meant to keep me safe, depended largely on the logic and reasoning of my prepubescent mind. It also became a skill, one that we all carry to some degree: make a judgment of someone’s entire character based on how they look at a particular moment. I tell this story for only one reason: we are built to make quick judgments. We’re not always right.

In our culture, a commonplace judgment holds that “I should be able to handle my issues on my own.” We lift up the image of the strong silent type, the self-made man, or the independent woman, and all the while we forget that we are wired, inside and out, to

live in community with one another. Even our hormonal reactions to certain types of stress are meant to drive us toward social-connectedness and support. If this is true, then why do we so often view asking for help, support, or simply someone to talk to as a weakness?

Stigma.

Generations of “training” have built in us a belief that we should be able to handle our issues without any aid, but our training has led us astray. Even Jesus, in some of his darkest moments in the Garden of Gethsemane, asked for the support of his friends, and was hurt when they weren’t receptive to the task. Simply put, we need each other.

I’ve been honored by the opportunity to sit and talk with lots of folks as they’ve worked through joy, pain, hope, and despair. There’s something sacred about entering into an honest conversation with another person. I suppose that shouldn’t be a surprise. Our God has knit us together, and in each of those stitches we are called to be in community with one another. Let’s become a community that runs toward the calling to seek support and connection, and let’s be responsive to those who seek.

Have anything you’d like to talk about? I’d be honored to share in the conversation.

– Ed Sutter



## GLIMPSE OF MY WORLD

It's difficult, isn't it, when you simply *know* you are right and that other person is *sooo* wrong.

Interesting how often this issue comes up as we spend time together! Among the kids at JAM it's often based on different opinions about sports or clothes or music. Sometimes it's about teachers at school, or "facts" they've heard. But it's not something I hear just among the kids. We grown-ups really feel the same way – about friends, family members, co-workers, and bosses, even in the political arena and about our government officials. "If they would just do it my way," we think (or say), "everything would be fine. Because after all, *I am right!*"

But while scripture has a lot to say about how we treat people, it doesn't have a lot to say about being right. Here's a sample from Colossians 3:11-14 (NIV):

Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Compassion. Kindness. Humility. Gentleness. Patience. Forgiveness. Even if you have a grievance against someone. Love.

That's the key, isn't it? Turns out, from God's point of view, it really doesn't much matter if we've got the best idea since sliced bread. Doesn't matter if we have a spectacular job and make a gazillion dollars. Doesn't matter if we're the CEO or the custodian. Doesn't even matter if we're right. (And oh, how we love to be right, don't we?)

Turns out, what matters is that we *do* right, rather than *are* right. What matters is that we see one another through God's eyes. Through the eyes of love. Love big enough to look past people's behavior and see the essence of an individual created in the image of God. To hang on a cross, dying, and still say, "Father, forgive them." To see into the heart of the criminal who was justly crucified for his illegal actions, and still say, "Today you will be with me in paradise." (Luke 23:26-43)

Now, I don't know about you, but I'm pretty sure that I am a complete failure, most of the time, at love that big. But the words that really stand out to me in the Colossians passage above are "bear with one another." When I looked up synonyms for the phrase "bear with," here's what I found:

"Be patient." "Put up with." "Make allowance for." "Tolerate." "Accept."

Maybe that's a goal I can shoot for? Bear with those around me. Even when they're wrong.

– Robin Pyles





## Live Long and Prosper

A hero of mine died a couple of years ago. Leonard Nimoy acted in many roles throughout his career, but he was probably best known for his iconic *Star Trek* character, Spock – the half human-half Vulcan First Officer on the Starship Enterprise. Spock was known for many things, one probably more than all of the others: the Vulcan Blessing. With his right hand raised, fingers joined in a double V, and thumb extended perpendicular to his hand, Spock would say, “Live long and prosper.”

Amanda Pogrebin wrote *Stars of David: Prominent Jews Talk About Being Jewish*. Leonard Nimoy, a man for whom his Judaism was a central part of who he was, was one of the “stars” about whom she wrote. In her conversation with Nimoy she asked him about the origin of the Vulcan Blessing and wrote:

He invented the hand signal based on his memory of seeing the rabbis do it when they said the priestly blessing. Nimoy recites the prayer for me in Hebrew and then translates: “It says, ‘May the Lord bless and keep you and may the Lord cause his countenance to shine upon you, may the Lord be gracious unto you and grant you peace.’”

Nimoy then chuckled and wondered who would have thought that all of those people who have since raised their hand in the distinctive way that Spock did and then said, “Live long and prosper,” weren’t just imitating a science fiction character but were blessing others.

Think about blessings. What are they? Why are they important? Are they just words? Blessings are so much more than words, and they need to be taken seriously when spoken or heard. In the world of the scripture, a blessing had the force of indicating God’s presence in our midst. Blessings aren’t like magical incantations, to be sure: like saying “abracadabra” to conjure up God’s presence. No. God is always present regardless of whether we speak words of blessing or not. The words of blessing, though, remind us powerfully of what is already true: God is present – sustaining, guiding, empowering. When pastors lift their hands at the conclusion of the service and speak words of blessing, it is far more than a liturgical goodbye, a way to end the service. Instead, it is a powerful reminder that as God has been present in the service of worship, so will God continue to be present as we scatter into the world. The words of blessing remind us powerfully of what is already true.

Can you think of a time when a blessing has especially touched you to the core of your being and caused you to know God’s presence? I remember a hot June day in 1980. That was the day that my bishop, Roy C. Nichols, ordained me. How I remember his words of blessing. I knelt before him. A number of my ministerial colleagues joined him in laying hands on my head. As he intoned solemn words of blessing I happened to look up and into his eyes. Nearly 35 years later I can still see his eyes and hear his words and remember that God was in that place and in my life. All because of the special connection created by those words of blessing.

And that is what blessing is all about. Not to be spoken or heard lightly but with wonder and thanksgiving. Who would have thought that Leonard Nimoy in creating his character would have turned to his Jewish roots and incorporated the power of blessing as central to the being of Spock? Like I can still experience in my mind’s eye Bishop Nichols’ blessing, Nimoy remembered his rabbi’s oft-repeated blessing and made it live in Mr. Spock, a blessing with origins in what is sometimes called “the Blessing of Aaron”:

The Lord spoke to Moses: Tell Aaron and his sons: You will bless the Israelites as follows. Say to them:

The Lord bless you and keep you.

The Lord make his face shine on you and be gracious to you.

The Lord lift up his face to you and grant you peace

(Numbers 6:22-27, CEB)

So often we hear words of blessing. Often we also say words of blessing. Remember the power of those words, power to remind us of the presence of almighty, ever-loving God. Remember also the ability of those words to unite us as children of that God in daily confidence and hope. Blessings are more than just words spoken and heard. They have the power to touch us, to transform us, to comfort us, to inspire us, to send us forth in confidence, to renew our hope.

So as we conclude the season of Lent and move forward into the season of Easter with its theological exclamation point for all of our blessings, I offer these words to you:

The Lord bless you and keep you.

The Lord make his face shine on you and be gracious to you.

The Lord lift up his face to you and grant you peace.

Shalom.

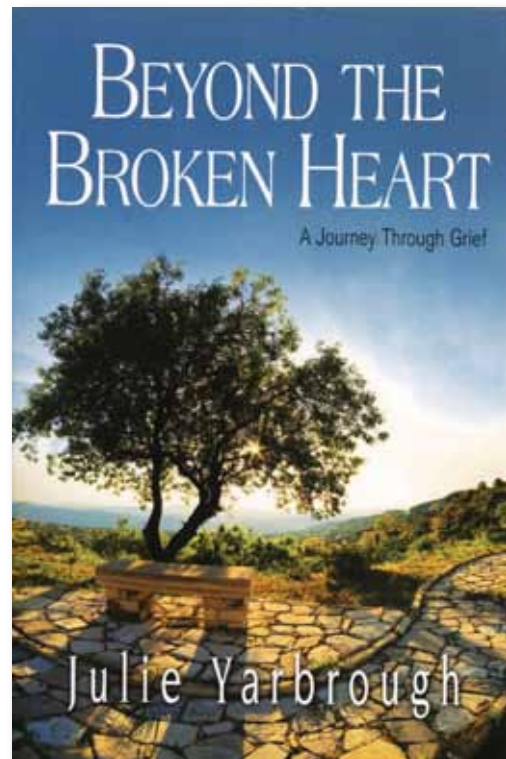
– Dave Fetterman



# Grief Recovery Group

Wednesdays, April 5 – May 3  
 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. 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.



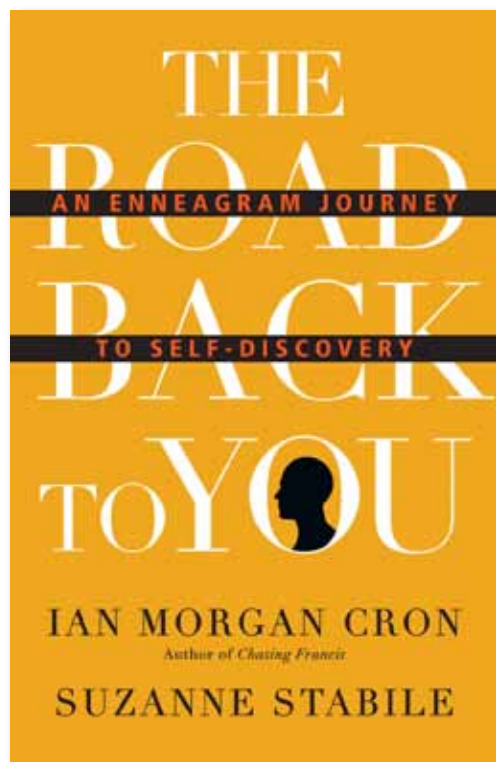
# Enneagram Group

April 20, 27, May 4, 11, 18  
 7:00 – 8:00 p.m.  
 Room 231

A new group will begin meeting at Westminster to deepen our understanding of the Enneagram as a powerful instrument for spiritual growth, an instrument that helps us understand how we get stuck on the spiritual path.

We will begin after Easter with five weekly meetings to refresh what we have already learned, and then go to a once monthly format. During these first five weeks, we will use a book and the accompanying study guide: *The Road Back to You* by Ian Cron and Suzanne Stabile. Both are available on Amazon.

If you have any questions, feel free to contact Dave Fetterman at [dfetterman@westminster-church.org](mailto:dfetterman@westminster-church.org) or Nana Wilson at [nanawilsonxyz@gmail.com](mailto:nanawilsonxyz@gmail.com).



# Haiti: Why We Go

## *Reflections on the 2017 Mission Trip*

It's a legitimate question: Why *do* we go to Haiti? What is to be gained by our physical presence there? Why do we need to *be* there . . . can't we help from here? The answer, of course, is that one does not need to go to Haiti in order to help. A large part of the work done there is funded by the generous gifts of Westminster members. These funds have built schools, clinics, and residences. They have provided classroom equipment and medical supplies, and have given emergency food aid to hungry Haitians. Yet Westminster folk have been traveling to La Croix, Haiti, since 1997 when George King first bought a goat for a family there. So why are we so drawn to this little half-island, the poorest nation in the Eastern Hemisphere?

Some of it probably has to do with our sense of being needed, of being useful and helpful. When we are at our best there, we work alongside the Haitian people, doing what we can to make their work go more smoothly. And while the focus appears to be on the desk being built or the class being taught or the craft being learned, underlying all of this busyness is a sense of connections being formed, of relationships growing and hearts being joined.

There are many stories of people we have grown to love and care about. Paul Conley works with Delson who now has real expertise in computer technology. Tom Hartman tells the story of his visit 14 years ago when young Delson inserted himself into any activity he could, holding the measuring tape or whatever else was necessary to learn from the visitors. So we have watched this young man grow up. There is Loubens who has been the sponsored child of Jim and Reeny Davison for five years, now a young adult who almost daily led Jim and Reeny, along with new missionaries Dave Kerr and Liz Camody, on a hike over the mountain, showing them where to step and where not to step, and how to be safe.

Our interactions with our Haitian friends take many forms. Sandy Conley's young friend Jimmy the artist comes by for instruction and encouragement. In her spare time Sandy paints the "kitchen ladies" with such delicacy and tenderness that we know they are precious to her. Gary and Jenny Gallo invest the time to take the young librarian Renold on an exploratory trip to a new community library in Deschapelles. We learn that the young men who come after school to learn to make crafts from Haiti's over-abundance of bottle caps are already skilled and careful and creative. And our dear chemistry teacher, Adnor Charles, is so excited about his new storage cabinets – built by Tom, Gary, Keith, and Dave – that he can't even wait for a second coat of urethane before filling them with all the equipment that Westminster has purchased over the years.

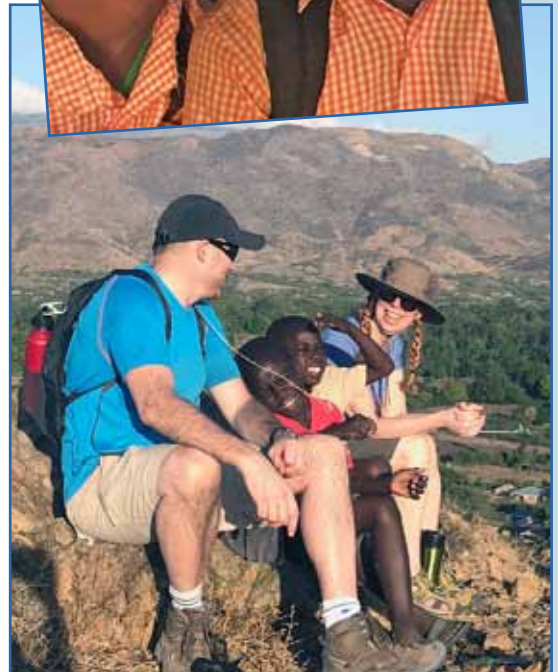
In a time when so much of the world is busy separating itself by creed, color, and culture, maybe Haiti is God's gift to us. There is every reason for us to see Haitians as "the other." They are black and we are white. They are poor and we are rich. Their culture with its dark artistry is an enigma to us. We don't even speak the same language. But by being there and working together we discover that in spite of our differences we are brothers and sisters. We pray that we are changed by this experience and that in some small way we are adding to God's goodness in this fracturing world.

– Bobbie Hartman

## Haiti 2018:

### *Would You Like to Go?*

Again Westminster is scheduling two weeks in Haiti: January 23 – February 6, 2018. Note that these travel dates are Tuesdays instead of Saturdays; we are hoping this will be a less expensive option. As before, you can choose to go for either week or for both weeks. As before, you can choose to go for either week or for both weeks. The mission can accommodate 20 travelers at a time. Typically we hold spaces for Westminster folk through September 30. If you are interested, or are just curious, contact Paul and Sandy Conley at conley1973@verizon.net or Tom and Bobbie Hartman at hartman1967@verizon.net.



# Growing Connection with Grace Memorial Presbyterian Church

Last year Westminster met with several city Presbyterian churches to plan and participate in a daylong event at the seminary titled “Faith, Race, Justice, and Mass Incarceration.” One of the churches we worked with was Grace Memorial Presbyterian Church, and this planning began a connection and partnership with one of the city’s leading African American congregations.

Although there had been some links between our two churches in the past, work on the seminary event last February was a catalyst for several ongoing activities. Significantly, the pastors of these two churches, Jim Gilchrist and Ron Peters, began meeting informally and developed a warm friendship. At one lunch meeting, after learning of Grace’s need for a new pastor to energize the church in the Hill District, Jim advanced the idea that Westminster might be able to help fund the position for a time, while the congregation was becoming revitalized. This concept was also discussed with Shadyside Presbyterian, and the sessions of Westminster and Shadyside agreed to contribute equal amounts toward the pastor’s support, with the amount to be reduced by one-half in the second year and half again in the third year, in the hope that Grace would become fully self-sustaining after three years. Happily, the pastor called to serve at Grace was our seminary intern Gavin Walton, who was ordained in January.

Our relationship with Grace was strengthened further by their invitation for us to be part of a book study every other Monday evening. Several Westminster members, including a number from our Peace and Justice Group, have been meeting since last summer. The study, led mainly by Jack Simmons, City Court magistrate and the former director of the Shuman Juvenile Detention Center, began with Michelle Alexander’s *The New Jim Crow*, which outlines the many racial inequities still existing in our criminal justice system. We continued with Bryan Stevenson’s *Just Mercy: A Story of Justice and Redemption*. Other books included *America’s Original Sin*, *The Other Wes Moore*, and *Urban Ministry*, written by Dr. Peters, who also led that discussion. The conversation has been rich, and those who attend have learned much and developed many new friendships.

Finally, one of the presbytery’s initiatives this year is to focus on the situation of men of color in our community. As part of that effort, Gavin and Dr. Peters have organized a series called “Rebuilding Community.” While their ancestors helped to build this nation in the midst of huge obstacles, black men remain in danger today. Seven weekly discussions began March 8 to explore ways to teach a new generation to rebuild communities for a better future. Our own Jim Gilchrist will moderate a session on April 5, and a strong slate of religious and civic leaders have committed to speaking for the series. Many of Westminster’s Faith in Life group are attending each week.

– Will Hignett



Stained glass window in sanctuary at Grace Memorial Presbyterian Church

growing connections

# Spring 2017 Rummage-Recycling Sale



## Saturday, April 29

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 28

8:00 a.m. – 5:00 p.m. and 6:00 – 8:00 p.m.

It's time to start collecting your unused or unneeded clothes, books, kitchen and household items, appliances, sporting goods, shoes, jewelry, small pieces of furniture, etc. You name it, we take it unless it is too big, broken, or unusable.

This is WPC's biggest mission effort. All proceeds benefit mission projects and all leftover goods are donated to local mission or recycling efforts.

### We need you!

Volunteers are needed both Friday and Saturday. Join the 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).



# 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.

## Other benefits of Pole Walking

- Promote good posture
- Strengthen core and upper body
- Lose unwanted weight
- Maintain healthy weight
- Handle stress better
- Eat and sleep better
- Increase energy
- Have fun – be happier!

The classes are taught in four, one-hour sessions that include conditioning exercises, walking drills, pole technique, and outdoor adventure and cool down stretch. The instructor will adjust the poles to each student's height and body type on the first day of class. Instruction is easy and fun, and filled with music and laughter, as we all learn to embrace the Nordic exercise phenomenon of pole walking.

Students are responsible for purchasing their own walking poles. To learn more about Pole Walking and pole pricing, visit [www.keenfit.com](http://www.keenfit.com). Poles are also available at a variety of price ranges at local stores.

Please join instructor Anne Brucker, MEd, as she shares her 40 years of fitness skills to bring you a delightful new experience in a walking workout.

## Session 1:

Tuesdays, May 9 – 30 *OR*

Wednesdays, May 10 – 31

12:15 – 1:15 p.m.

**Cost:** \$25

**Location:** WROC (gym) and local walking trails

**Instructor:** Anne Brucker – Certified Keenfit Pole Walking Instructor; CPR Certified

Visit our website at [wroc.westminster-church.org](http://wroc.westminster-church.org) to register and for a complete list of all WROC fitness classes.



# Yale University Organist Martin Jean

*Organ Artists Series of Pittsburgh*

**Sunday, April 23**  
3:00 p.m.

Tickets: \$12 at the door; students free

**Co-sponsored by**  
*Shadyside Presbyterian Church's Music in a Great Space*  
*and the Westminster Music & Arts Series*



Westminster is honored to be chosen as the venue for Martin Jean's appearance on the Organ Artists Series of Pittsburgh. Jean is Professor of Organ and Director of the Institute of Sacred Music at Yale University.

Within the highest ranks of the world's concert organists, Martin Jean is recognized widely as a brilliant, warmly communicative artist whose playing exhibits "visceral intensity, expressive eloquence, and exquisite elegance" (*The Kansas City Star*).

In 1986 Martin Jean was awarded first prize at the international Grand Prix de Chartres competition, held bi-annually at the Chartres Cathedral, France. As part of this prize, he was invited several times for concert tours of France, England, and Luxembourg, where he played at the cathedrals of Poitiers, Chartres, Orléans, Chichester, Oxford, and St. Albans. A testament to the respect which he has earned in France because of his win there, he was invited by the competition's board of directors to serve on the panel of judges for the 1998 Chartres competition. Jean has performed on four continents and in nearly all 50 states.

Organ Artists Series of Pittsburgh ([www.organseries.com](http://www.organseries.com)) is in its 38<sup>th</sup> year. The series, part of the Pittsburgh Chapter of the American Guild of Organists (AGO), is dedicated to promoting the performance, recognition, and appreciation of organ music as an art form by bringing many of the world's foremost organists to Pittsburgh. The series presents four concerts each season. Martin Jean's performance on April 23 is the final concert of the 2016-2017 season. The Westminster Music & Arts Series is proud to join Shadyside Presbyterian Church in co-sponsoring this special musical event in our sanctuary.

The program will last about 90 minutes, with a brief intermission. The console of the 81-rank Austin organ will be in the center of the chancel, where the audience can watch a virtuoso organist's hands and feet in motion. A reception in the north entry follows the concert. It's a wonderful way to enjoy a light bite, meet Martin Jean, and chat with others who've just enjoyed the performance. Plan to attend and hear organ music at its most glorious.

*A limited number of free tickets are available to Westminster members, in the church office during the week and at the door on April 23.*

# Chatham Baroque at Westminster

*Awake Sweet Love: Songs and Sonatas of Olde England*

Friday, April 7  
7:30 p.m. in Galbreath Chapel




Chatham Baroque's final concert of the season will entertain us with a delightful sample of music from 16<sup>th</sup> and 17<sup>th</sup> century England. Canadian soprano Pascale Beaudin, the season's featured guest artist, will sing songs ranging from tender to humorous by John Dowland, Robert Johnson, and Henry Purcell. Complimenting the vocal music will be the exquisite *Royal Consort* suites of Henry Lawes for two violins, two viols, and two theorbos. With Dongmyung Ahn (violin), Martha McGaughey (viola da gamba), and David Walker (lute and theorbo).

For more information and ticket prices, visit [chathambaroque.org](http://chathambaroque.org) or call 412-687-1788. Tickets are available at the door. Meet the performers at a reception in the church gallery following the concert.

## What the Deacons Do Treasures for Troops

In January, the Westminster Deacons enlisted the help of the congregation in collecting small personal items for our troops serving in the Middle East.

The letter to the right was received from the leader of the troop. It is heartwarming to know that something so simple on our part has made such a difference in our soldiers' lives.



Hello Lynn and  
Westminster Church,

I wanted to let you know we have received all of your wonderful care packages! Thank you so much for all of your kindness and generosity. We can't explain how much it means to us to have received such a huge amount of love. The convoy that brings our mail told us, "You have a pallet full of mail." We thought, a pallet? That's huge. I bet they are exaggerating. They were not, however. To our surprise, we had a large pallet full of toiletries, snacks, playing cards, and letters to open!

I hope you can pass along all of our thanks to your church and the people who so graciously donated. I'm still in awe, and I can't thank you enough. We are an eight-hour convoy from civilization, so we don't have any access to stores and we don't even have an exchange on the base. Our mail arrives about once a week, so it may have taken a bit longer for us to receive the boxes! We have already set up a "care center" for everyone on base to share everything you sent.

Thank you so much again,  
Anita Goldbaum

*Westminster at 70*

# Praising His Name with Dancing

*Issues of the Spire from 1974 give insight into liturgical dance, which enjoyed a surge of popularity in the 1970s. The art of dance came to churches from coast to coast. The creative movements of dance worked well as an expression of worship. For many, it was a new way to praise God through the arts. Over the decades since the 1970s, Westminster has included liturgical dance in worship from time to time. It is a biblical thing to do.*

“Let them praise his name with dancing and make music to him with timbrel and harp.” That’s what Psalm 149 tells us to do. Even though the Bible refers to dancing in many places, there was a time when dancing just “wasn’t done” in traditional worship. That changed at Westminster when Marge Champion, star of MGM movie musicals with her then husband Gower, participated in worship. Wearing a long, full-skirted ivory dress, she danced in the chancel and sanctuary to the Lord’s Prayer. For those who remember her dance of praise, it was a moving and inspiring spiritual experience. But it wasn’t her only contribution to the spiritual life of Westminster. In March 1974, she and Marilee Zdenek, both Presbyterians from southern California, visited Westminster. *The Spire* explained that they conducted “a workshop on creative, contemporary worship culminating in a public celebration service to be led by workshop participants.”

Dancing in praise didn’t end with their workshop. Westminster continued an active dance ministry for some time. If dance speaks to you, why not think about dancing in praise. You would be following in distinguished and powerful footsteps.

– Carolyn Kerr

# So You Want to Be a Caregiver

*ˈnôrməl/*

*adjective*

1. Conforming to a standard; usual, typical, or expected. “it’s quite normal for puppies to wag their tails”

*noun*

1. the usual, average, or typical state or condition. “her temperature was above normal”

A dear friend has been diagnosed with a serious illness. The person who is fighting a serious illness may also be fighting for a return to normalcy. Prior to the illness, normal meant being able to perform everyday activities without giving them much thought. Normal meant going to work every day and rarely missing a day of work. Normal meant being able to take care of the children or the grandchildren – and have fun doing so. Normal is rising in the morning, taking a shower, fixing breakfast, “jumping” in the car to meet some friends for a fun lunch – all this without giving any thought to how to accomplish all this.

Now you want to reach out to help understand normal, and to help your friend achieve his or her sense of normal . . . but how? And at the same time, you’re faced with conflicting impressions and wanting to get some much-needed insight. What to do?

## Insights – a thought worth thinking

- Regardless of the type or length of illness, most people will strive for some sense of living a normal life. This means getting out of bed even if it’s a struggle, getting to the grocery store, and possibly even going shopping or to the movies. Anything that resembles “normalcy” gives the patient the incentive to keep fighting. Remember: the battle against the illness is often long and tedious. Being involved in some normal, everyday activities gives the patient the “oomph” to fight the illness and keep going!
- I’ve made a meal for you – and you’re out shopping! What a conflict this creates in the mind of the caregiver. If you’re well enough to go shopping, why am I taking the time and effort to make a meal for you? Sometimes, the patient only has the energy to do one thing. The fact that you have made a meal gives the person the energy to eat a healthy meal and to feel pretty normal in doing so. There’s that word “normal,” and again, normalcy is the incentive needed to help fight the illness.
- “Well, you’re looking great!” Appearances are only skin deep, and makeup and a decent hairstyle or a funky hat can work wonders. But the illness is still there, below the surface. For the patient, looking good helps one feel good much of the time, and it maintains the goal of trying to live a normal life. Don’t be fooled. Just because the person isn’t lying in bed, swathed in blankets and breathing shallowly, doesn’t mean that the illness has subsided. Once again, getting out of bed, getting showered and dressed and putting on makeup has a way of helping the person to feel “normal.” Normal people get showered and dressed every day, and the person who is ill can do the same thing, although on a somewhat limited basis. Encourage the person to dress for the day, and he or she will feel better for the effort. Getting dressed doesn’t always require a complete formal outfit. Often, getting dressed can be merely sweats and a T-shirt or jacket. Just remember that the illness remains underneath the surface; perhaps change your statement to “Gosh, you’re looking well today. How are you feeling today?”
- “Your voice sounds great,” or “your emails are upbeat,” or “you still have your sense of humor.” Well, of course these statements are true! The patient is the same person as always, just a little weary of fighting the illness. If the voice is strong or the sense of humor is intact, that’s another way of maintaining normalcy. Additionally, many patients don’t want to worry their friends or caregivers with the mundane, ordinary details of the illness, sometimes just because they don’t want people to fuss too much. The voice or emails may simply be a way to keep in touch and to allay the fears of the caregivers, but the illness is still there. The goal again is to strive for normalcy!





# Caregiving

## Communication – a two-way street

- Remember that pride can get in the way: The patient may be reluctant to accept help, especially in the early stages of the illness, because of pride. Accepting help is not a “normal” thing for many people, especially those who have been highly motivated, independent, and productive individuals. Even though they themselves may have offered help to others in the past, the patient needs to be reminded that it’s okay to receive help. Your offers of help must be sincere and may need to be repeated several times, just to make sure the recipient understands that you are not “stepping on toes” but rather are offering a sincere effort to be a friend.
- When offering to help, listen carefully to the person’s suggestions, and don’t be surprised by any of them. Sometimes helping means running an errand, but sometimes it means coming over to shovel the driveway so the patient can do the errand him/herself. Sometimes, helping means giving the person a ride to a special event such as a garden club, a movie, or even just going to the library. Sometimes helping is just listening – and *hearing* what the person is saying.
- What about work? Most employers are sympathetic to an individual dealing with a serious illness. If the person is capable of doing the job and enjoys working, encourage the person to “go for it!” In most cases, the boss will ask the individual if he or she is capable to doing the work. If the answer is “yes,” the boss will encourage the individual to keep working. Individuals fighting illnesses want to feel more normal by working, and they also feel a sense of accomplishment, of being productive, and of being needed by holding down a job, even a part-time job. Having a sense of purpose by working helps the person to be more positive, upbeat, and . . . normal!
- Don’t forget about the primary caregiver (usually the spouse). Remember that the spouse is responsible 24/7 for the health and safety of the patient. As the responsibilities become the daily routine, the spouse may find himself/herself so caught up in the duties that he/she loses his/her own identity. The sense of responsibility becomes all-encompassing, and the spouse can become depressed or even develop an illness of sorts in an attempt to do all the caregiving. Many of the above-mentioned hints can be applied to every dedicated caregiver. Sometimes, the condition may be so overwhelming that the caregiver must be encouraged to seek outside help from many available professional sources. To help the spouse in the meantime, it becomes important for friends to follow up regularly and offer the spouse some free “me” time. This may not necessarily involve sitting with the patient, but rather encouraging the caregiver to remember that effective care giving means taking care of oneself as well as the patient.

## Where is God?

- The biggest question of all! For an individual of great faith, or for an individual of little or no faith, the question usually arises at some point in an illness. Often, the question is “How could God do this to me?” And the answer is that God isn’t doing this, but rather God is infinitely and always at the individual’s side, and this presence is supremely important. During an illness, there comes a defining moment when one knows that God is in you and will use this illness to work through you. The best thing a caregiver can do is to help the individual find new ways to serve God and then expect the individual to do it. For some individuals, serving God through an illness can be an exceptionally rewarding and memorable experience. If one prays, “Keep me going Lord; help me to serve you through this experience,” be prepared for God to do so. (Be careful what you ask for: you just might receive it!)
- What about the non-believer? Recognize that one cannot change a person’s mind. A caregiver can openly share his or her beliefs but cannot force a change of heart. It is best to live by example and be prepared to share personal beliefs or experiences. It is important to accept that many non-believers will never change an attitude.
- For additional inspiration, consider reading *The Gift Is You: Encouragement for People Seeking Hope During Life’s Tough Times*, by Dr. David L. Wolf. “On a summer day in 2001, under clear blue skies, accomplished OB/GYN physician David Wolf suffered a traumatic accident . . . And so began an adventure in God’s power to transform lives, as David discovered divine grace to overcome adversity and began finding opportunities to reach out to others. His inspiring story reveals the influence of prayer and the dramatic significance of support from friends and loved ones. In tragic circumstances, David found assurance of God’s sovereign care and hope for a life that makes a difference.”

Caregiving takes many forms, and anyone who cares for a friend can be a good caregiver. Anything you do to help is deeply appreciated by the patient, including prayers for a full recovery. Remember that recovery takes a great deal of time, so don’t rush the process. The patient is doing the best he/she can do to follow doctors’ orders and recover from the illness. Learn from the experience; help the patient deal with illness and the desire to live a normal life. And maybe, just maybe, normal will become an action verb!

– Amy Sanders

## Deaths

**Emily Wright**

*February 21*

**Bartine Pace**

*February 24*

**Frances Dehn**

*March 12*

**Samuel Rockwell**

*March 17*

**William Stauff**

*March 26*



## 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

At its regular meeting on March 20, Session approved four grants from Westminster's Endowment Fund, on recommendation from the Endowment & Special Gifts Committee. They are: \$48,500 to replace roofing north of the sanctuary (the third phase of a three-year project); \$29,000 to renovate south-facing windows in the sanctuary; up to \$28,000 to replace the aging church van; and \$25,000 to support City Mission in Washington, PA, in developing a new information technology position. The combined grants equaled essentially all the funds available from the Endowment for distribution in 2017.

In other action, Session reviewed and accepted a memorandum of understanding by which Ed Sutter will be available to offer professional counseling a few hours per week at Westminster, principally for youth and families as the need arises in and through the church's ministries.

# Financial Report *As of February 28, 2017*

General Fund Contributions	
Year-to-Date Actual 2017	\$321,735.89
Annual Budget	\$1,995,623.00
Amount needed to fulfill budget	\$1,673,887.11

Year-to-Date Income Statement	
Income	\$379,346.04
Expenses	\$361,163.42
Net Position	\$18,182.62



## 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, April 10, 2017**, 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, April 10.**





**WESTMINSTER  
PRESBYTERIAN CHURCH**

2040 Washington Road  
Pittsburgh, PA 15241  
[www.westminster-church.org](http://www.westminster-church.org)  
*A PC(USA) Congregation*

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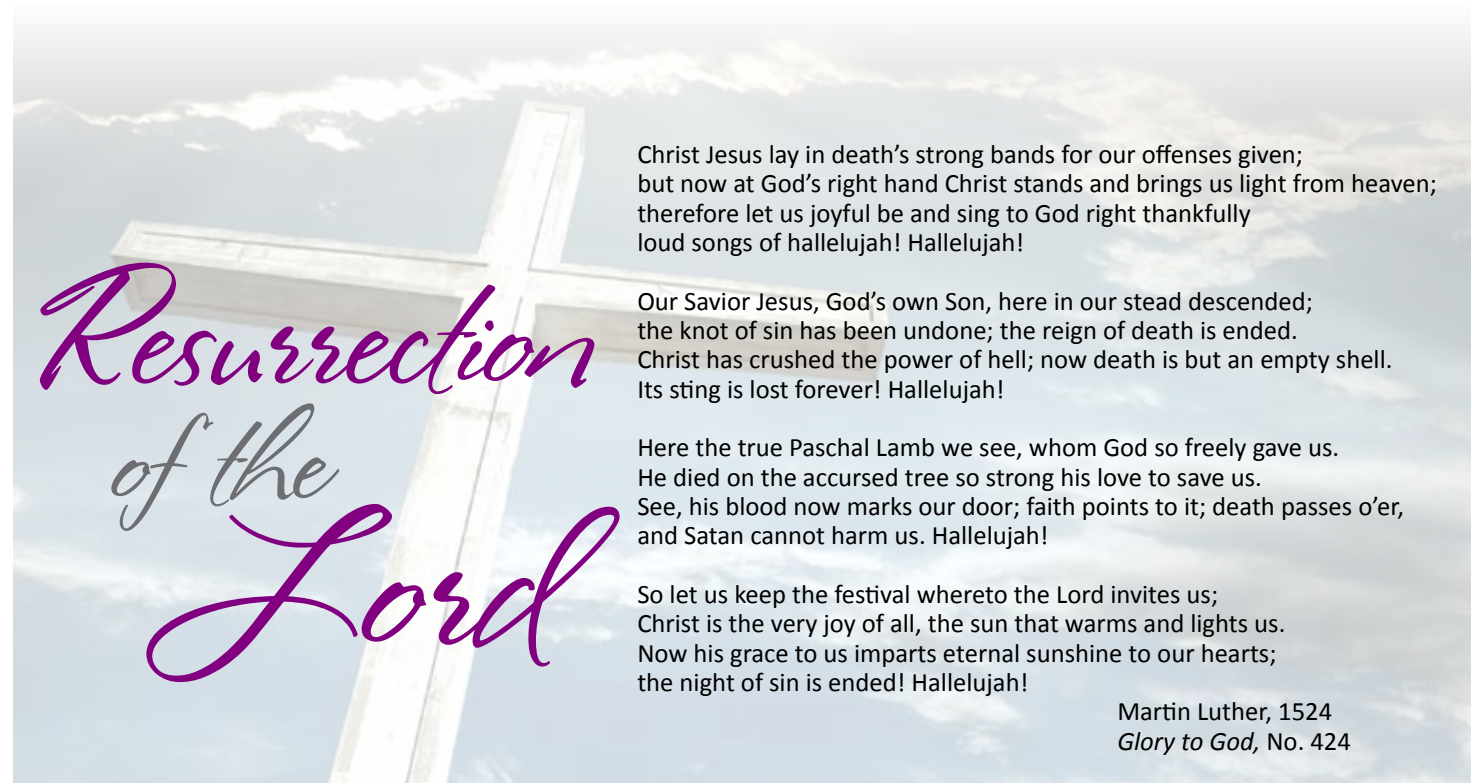
Thank you for helping to care for God's creation by recycling this *Spire* in the bin in our north parking lot.



[www.facebook.com/Westminster.Pittsburgh](http://www.facebook.com/Westminster.Pittsburgh)



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



# Resurrection of the Lord

Christ Jesus lay in death's strong bands for our offenses given;  
but now at God's right hand Christ stands and brings us light from heaven;  
therefore let us joyful be and sing to God right thankfully  
loud songs of hallelujah! Hallelujah!

Our Savior Jesus, God's own Son, here in our stead descended;  
the knot of sin has been undone; the reign of death is ended.  
Christ has crushed the power of hell; now death is but an empty shell.  
Its sting is lost forever! Hallelujah!

Here the true Paschal Lamb we see, whom God so freely gave us.  
He died on the accursed tree so strong his love to save us.  
See, his blood now marks our door; faith points to it; death passes o'er,  
and Satan cannot harm us. Hallelujah!

So let us keep the festival whereto the Lord invites us;  
Christ is the very joy of all, the sun that warms and lights us.  
Now his grace to us imparts eternal sunshine to our hearts;  
the night of sin is ended! Hallelujah!

Martin Luther, 1524  
*Glory to God, No. 424*