



THE SPARE

WESTMINSTER PRESBYTERIAN CHURCH
Pittsburgh, PA

Where Your Treasure Is

Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also (Luke 12:32-34).

Don't be afraid, Jesus says. The older I get the more I see how much fear there is in some people's hearts, and how it robs them of joy and freedom. I also see that the greatest antidote to fear is faith. The most joyful, free, and fearless people I know are those who have learned to trust in God.

Fear comes naturally to us, and for good reason. Small, sensible doses of fear can keep us alive. I ride a motorcycle, so I'm acutely aware of people's driving habits, and the fact that deer don't always look both ways before they cross the street. Riding is good for my prayer life, even as a healthy sense of what could go wrong makes me more careful. But too much fear would rob me of a

great deal of joy, and that's also the case for life in general.

People who are afraid to be vulnerable are often afraid of love, because they know that whoever holds your heart might possibly break it. That's true, but forfeiting love is a high price to pay just to placate fear. Fear would take your heart as a hostage, and steal all your joy as ransom, unless you decide that you won't be intimidated.

Money is another thing that conjures up people's fears. I used to be puzzled by what looked like an irony: the more money people have, the more anxious they tend to be about holding onto it. You might think that those who are well off would be proportionately more generous, since once their basic needs were met they would have more to share with others, and so multiply the joy of giving.

But that's not what happens. Of course some affluent people are very generous,

but studies have shown that, on average, charitable giving as a percentage of income goes down as income goes up. Why should that be? Why should those who have the greatest cushion against poverty turn out to be less generous proportionately?

This all makes sense, though, in the light of fear and faith. If people are afraid they won't have enough for whatever they want to do, they'll be inclined to build bigger barns, as Jesus said.

Giving is a source of great joy, as those who do it all testify, but you can't give away what's locked in the barn. If that's where your treasure is, your heart will be stuck there, too. But how does that work as a place to put your faith, since unlike the market, God never fluctuates, and only God can save us in the end?



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Staff email addresses and phone
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Read the *Spire* online at:

<http://www.westminster-church.org/connect/new-to-wpc/the-spire-newsletter>

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 staff from September through June. Contributions
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 The deadline for submitting an article is the fifth
 day of every month for the following month's
 issue. Please include the author's name,
 telephone number, email address, and a title.
 All articles are subject to editing.

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

World Communion Sunday

*In Christ there is no east or west, in him no south or north;
But one great fellowship of love throughout the whole wide
earth.*

John Oxenham, 1908

October 4

Broken
for you



Upcoming Events

**04
OCT** World
Communion
Sunday

Lunch with
Jim O'Brien in
Fellowship Hall
Sunday | noon

Blessing of
the Pets
Sunday | 2 p.m.

**25
OCT** Reformation
Sunday

CHRISTIAN FORMATION SEMINARS

Sundays at 9:45 a.m. in Galbreath Chapel



The Joy of Aging

God created us to find joy in each stage of our lives. As we age, we face particular challenges, yet we can find happiness and contentment when we work to care for our bodies, minds, and spirits. These three seminars will address ways that we can make the most of our lives as we age and as we care for aging members of our families. Each session will include time for questions and discussion.

October 11

The Georgia Centenarian Project

Mary Ann Johnson, PhD
University of Georgia

Dr. Mary Ann Johnson is the Bill and June Platt Professor of Foods and Nutrition at the University of Georgia. She conducts research and health promotion programs with older people to increase physical activity, improve dietary habits, and improve self-management of diabetes and other age-related conditions. She also studies centenarians. Graduates from Dr. Johnson's program are employed in academia and government, and as dietitians in nursing homes, home healthcare, hospitals, and community health promotion programs. She frequently speaks about nutrition, obesity, and aging at local, state, national, and international venues.

October 18

Family Care Giving

Richard Schulz, PhD
University of Pittsburgh

Dr. Richard Schulz is Professor of Psychiatry, Director of the University Center for Social and Urban Research, Director of Gerontology, and Associate Director of the Institute on Aging at the University of Pittsburgh. He has spent most of his career doing research and writing on adult development and aging. His work has focused on social-psychological aspects of aging, including the impact of disabling late life disease on patients and their families. He has been a leading contributor to the literature on the health effects of caregiving, Alzheimer's disease caregiving, and intervention studies for caregivers of persons with Alzheimer's disease.

October 25

Aging Backwards: Transitions as We Get Past 50

Anne Brucker, MEd

Anne Brucker has been a high school physical education teacher as well as a title-winning swimming coach. She currently teaches at health and fitness clubs and has her own practice, where she trains people in their homes. A certified instructor for Silver Sneakers, the Arthritis Foundation, and Tai Chi, she also teaches pilates, yoga, Bosu, aquatic fitness, and spin. Brucker has served as the lead exercise physiologist for the University of Pittsburgh Geriatric Center's 10 Key Study. She is dedicated to helping people deal with osteoporosis, arthritis, obesity, and all aspects of aging.

Who Is This Guy?

Something very few folks know about me is that I am, according to the Meyers-Brigg personality sorter, an introverted human. This confuses a great many people, as I am usually the one speaking in front of a group, making a fool out of myself on the Internet with our goofy announcement show, or dressing up as a banana on the side of the road for all to see. But the reality is, whether you are introverted or extraverted has more to do with where your energy comes from than how comfortable you are in groups. There are quiet extraverts, and as the case is for me, outgoing introverts.

I feel most like an introvert when I'm meeting someone for the first time. While I try to convince the world that I am a super hip youth pastor with all the answers, the reality is that I feel like a quivering mass of awkward when I meet people. And as an introvert, there is nothing worse than awkward social situations.

Introducing myself is a fear to be overcome to be sure, which is why it's so fascinating for me to study how Jesus introduced himself to the world. Following in God's footsteps in Exodus 3, Jesus introduces himself in the book of John seven times with "I am" statements. He tells us that he is the bread of life. He tells us that he is the resurrection. He tells us that he is a shepherd. Far from being awkward, Jesus sounds like a guy with multiple personality disorder.

But each of these statements gives us some insight into who Jesus really is. For instance, in John 10 Jesus tells us that he is both the shepherd and the gate for the sheep. After I spent some time at my desk being really confused by this, I did some research and found out that when shepherds would spend the night with their flock, they would try to get them all into a cave and then lie down at the entrance. The idea was that if a sheep wanted to wander off, the shepherd would be the first to know, and if a threat was coming in from outside, the shepherd would be the first line of defense. They called this action being the gate, and this is a perfect description of who Jesus is for us: the first line of defense, both against the forces of evil in the world and our own desire to run for the hills.

In our Christian faith, we can learn a lot of facts about Jesus. We can know that he was born in Bethlehem, that he broke loose from his parents at age 12 to hang in the temple, and that he gathered 12 disciples around him to learn and study and change the world. But facts are not the same as being introduced. Life would be vastly easier for the introverts of the world if we could just hand you the real-world equivalent of our rookie card with facts and figures about us. But we have to let you in, and that scares us. I wonder how frequently it scares us to let Jesus in.

If you affirm the resurrection, and I very much do, then Jesus not only introduces himself in the form of old phrases in our Bible (though he certainly does that), but he introduces himself every day. He meets us in the morning for our cup of coffee. He finds



us at the auto dealership. He's present at our family meals. He reaches out to us every day and offers the subtle but reassuring "I am" into a world trying to tell us what we are not.

Who is this guy? He's the light of the world, the savior, the Son of God, and the lover of our souls.

And unlike me, he loves to introduce himself to new people every day.

– Jason Freyer

BETWEEN HERE AND THERE



Yearly traditions are better than I thought that they were. Don't get me wrong, I've always liked tradition, and I'm more sentimental about a whole lot of useless junk than I care to admit. But I've recently discovered a whole new use for yearly traditions. Yearly traditions serve as incredible benchmarks that we can refer to in our lives.

Let me give you an example. Each year since we've been married, my wife Elise and I have gone on a summer vacation with her dad's side of the family: lots of aunts, uncles, and cousins. The cousin part is especially fun for me since my closest cousin is something like 10 years older than I am. In Elise's family, most of the cousins are within a few years of each other, and many of us are in similar life stages. This is where the benchmarks come in. Since our vacations together began, this collection of family has experienced graduations from high school, college, and graduate school, new jobs, new homes in new states, multiple births – and two marriages in the most recent summer alone! It's quite clear that life is not the same as it was a few years ago – not even the same as it was last year! With each passing year, the trip looks just a little (or more than a little) different than it did in the previous year.

I think we all bump into these changes, and for the most part, we're able to take them in stride. But, I'll be honest; this particular change has been tricky for me. Let me tell you what I've learned about myself from this summer vacation's benchmark. Summer vacations are no longer about me. For years and years, my entire life really, vacations were designed so that my generation would have fun. Sure, the family would spend time together, the adults would take time off from work (though cell phones and laptops were readily accessible), and everyone kicked up their feet for a while, but my generation really had it made. We didn't need to make any reservations, there was no work that needed to be caught up on, we didn't need to be any particular place at any

particular time, we didn't worry about whether or not dinner would be ready, or what time we got to bed. We were only responsible for ourselves. We played – and we played hard all day on the beach or in the water, evenings in the pool, all night around the card table.

This year was different. With two little ones to care for, one of which is extremely mobile, independent, and social, there were a few more moving pieces to keep an eye on. Who has sand in their eyes? Who's watching Lydia? Did they nap yet today? When was the last time we put sunscreen on them? Has she eaten yet today? Do you think she's too hot? Is the water too cold? Did you bring snacks? We should probably go back to the house.

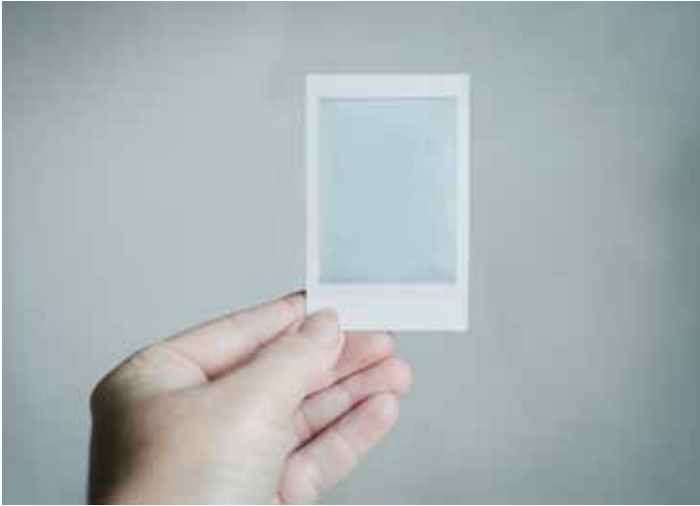
It was hard to relax.

But, on Thursday afternoon, the day before we were leaving to return home, it struck me. Vacation isn't about me anymore. Sure, this vacation doesn't look like any of the others that I recall – but it's not about me, it's about my girls, and they are having an amazing week. We adjusted our schedules, we shifted our plans just a little, and (as much as it hurts to admit) we were the family with the stroller *and* wagon packed full of gear struggling through the sand. Thursday and Friday were great days – if only I'd opened my eyes earlier in the week! This summer will likely always stand out in my mind. My selfishness was challenged, my stubbornness was contested, and my family grew stronger.

Yearly traditions are great, aren't they? What better way to remember where we've been, and celebrate not only where we are, but also where we are headed! How is your life changing? I'd love to hear about it! Feel free to drop me a line sometime. I'd love to learn alongside you!

– Ed Sutter

GLIMPSE OF MY WORLD



Isn't it amazing to get to watch children grow? Honestly, of all that I am blessed to do at Westminster, one of my favorite parts is the privilege of witnessing the growth of our children – yours and mine – over time.

This year's fifth graders brought a new level of awareness of that blessing in my life. Among this group are several children who were part of my first Young 4's class in the nursery school here. Children I taught when they were not-yet-four year olds are back in my life in a big way as young middle schoolers.

What has really surprised me, though, isn't how much the kids have changed since they were in preschool. It's how much they are fundamentally the same. Their personalities are in many ways pretty similar to what they were like years ago. The boy who had the quirky sense of humor then is even funnier now, but still in a quirky, oddly adult sort of way. The girl who tended to sit back and watch everyone and everything very carefully before joining in still approaches new experiences in the same way. The child who liked to be the center of attention still likes the limelight.

It's a little like watching a Polaroid picture as it develops. I don't know if you remember those instant, self-developing photographs, but when you took a picture with it, the camera produced that odd, apparently blank sheet of paper. You couldn't even tell where the top of the photo was – you couldn't tell what it was at all. Then slowly, images started to form. Part way through, you could begin to see what it was going to be. And if you didn't let anything else touch the paper, if you continued watching and waiting, ta da! Eventually the image was complete.

Watching children grow is a little like that. God's plan for them – the gifts he's given them, the talents and abilities they are discovering, the people they are growing to be – it's all there. Only we can't see it; at least we can't see it clearly. The kids can't see it either. But if we walk alongside them, protecting them, watching and waiting, letting them explore and discover and try, we get to watch them growing into God's plan for them. It's a pretty amazing thing to see.

– Robin Pyles

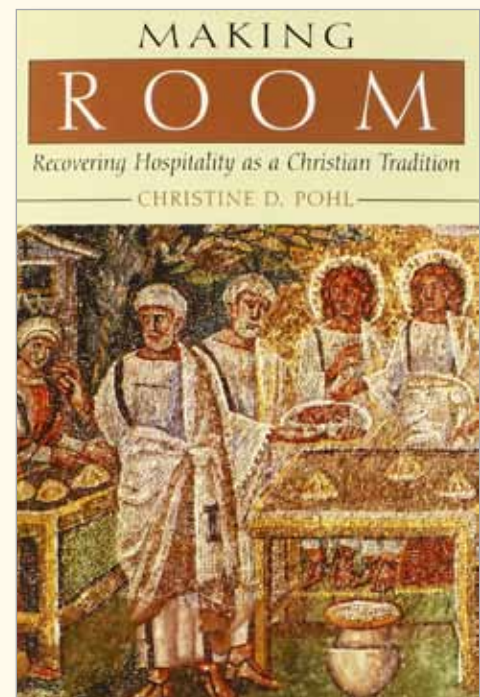
Thursday AM Bible Study

October 15 – November 19

10:00 – 11:30 a.m.

Room 238

You are invited to a six-week Bible study exploring Christian hospitality. In addition to scripture, we will consider thoughts expressed by Christine Pohl in her book *Making Room: Recovering Hospitality as a Christian Tradition*. You may choose to read Pohl's book, but it is not necessary for participation in the study. Dave Fetterman will lead these sessions. RSVPs are a must only if you need childcare. RSVP to Tracey Mattes at 412-835-6630 or mattes@westminster-church.org. There is no cost for the study. Come and join us for a time of study, prayer, and fellowship.



Transformed Within to Transform the World

Our world is hungry for genuinely changed people. Leo Tolstoy observes, 'Everybody thinks of changing humanity and nobody thinks of changing himself.' Let us be among those who believe that the inner transformation of our lives is a goal worthy of our best effort.

Richard Foster,
Celebration of Discipline, p. 11



Throughout his ministry Richard Foster has cared deeply about helping Christians enhance their spiritual journeys and deepen their relationships with God. In 1978 he wrote *Celebration of Discipline*, a book that has been a companion for many people on their quest for deeper relationships with God. Through a series of short chapters, Foster explores 13 spiritual disciplines – things like prayer, study, simplicity, solitude, worship.

In each case he seeks to dispel the notion that spiritual disciplines like these were reserved for spiritual giants who possessed large bodies of theological and biblical knowledge and gifts of eloquent prayer. No, spiritual disciplines are for all of us and have but one requirement: to seek to deepen our relationship with God. The compassionate discipleship to which Jesus calls us begins in our yearning for God, just as one who is thirsty yearns for water or one who is hungry yearns for food. Foster knows that volumes of knowledge and eloquence do not lead to compassionate discipleship.

It is no coincidence, then, that Foster begins his book with comments like the one above. The goal of spiritual discipline

is our transformed lives that proceed to transform our families, workplaces, church congregations, neighborhoods, and our world. As more and more people are transformed, more and more of the world is transformed. It begins with me, and you. Tolstoy's comment is a challenge to many of us: "Everybody thinks of changing humanity and nobody thinks of changing himself." How easy it is to identify people and places that need to be transformed, where there is brokenness or violence or poverty or despair or any of a myriad of needs! And we are called into those places and lives to seek to bring grace and mercy and wholeness.

To be prepared to transform the world around us, though, we need to first allow God to transform us. That is the hard part, for it requires that we open our lives, warts and all, into God's care, humbly seeking God's transformation of those parts of us that need to be transformed. As our hearts and lives are changed from within by our gracious God, we can experience a love that exceeds our greatest hopes or expectations. The stuff of transformation is in that loving touch by an intimate God. That transformation from within is

what will propel us to be compassionate servants of God's mercy and grace that can transform the world.

That is the key reason for embracing spiritual disciplines like prayer, study, simplicity, solitude, and worship. These disciplines, and others as well, open doors that allow our loving God to speak to us in powerful and transforming ways. What spiritual disciplines will you embrace as you accept the invitation to personal transformation that will lead to the transformation of our worlds? As we consider that invitation together, let's allow the hope-filled words of the psalmist to become our own:

Just like a deer that craves streams of water, my whole being craves you, God.

My whole being thirsts for God, for the living God. When will I come and see God's face?
(Psalm 42:1-2, CEB)

Shalom,

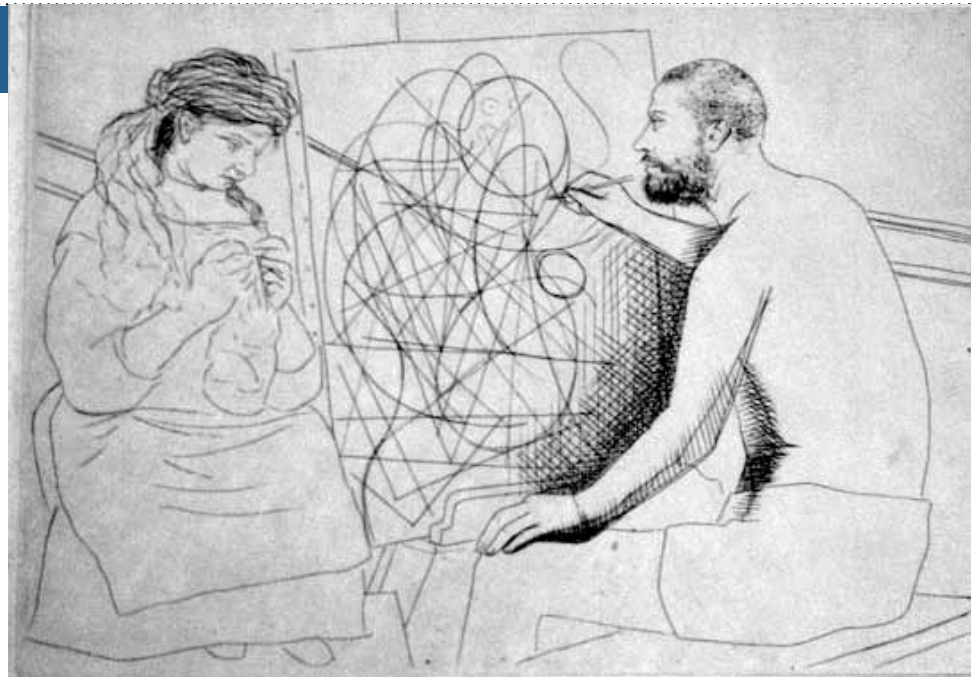
Dave Fetterman

The Unknown Masterpiece

Honoré de Balzac, the French novelist author of *The Human Comedy*, wrote a short story, "The Unknown Masterpiece," that has always been praised by artists. The story follows the interaction of three painters: the young Nicholas Poussin, the middle-aged court painter Franz Porbus, and the older master painter Frenhofer. The aging painter Frenhofer is regarded as the greatest artist of his day and admired by the other two. One day, Poussin and Frenhofer visit Porbus in his studio to see his latest painting. Frenhofer quickly comments on the painting's shortcomings: "It lacks life," "It's anatomically correct but timid in emotion." According to Frenhofer, the painting copies nature but it doesn't capture its soul. In short, the work possesses many faults and falls short of perfection.

The great master Frenhofer then shares with Poussin and Porbus that for ten years he has been working on a painting, which is to become his masterpiece. It will embody all his skills and creative power; he just needs a model to finish it. Porbus is so eager to see this masterpiece that he convinces his mistress to pose for Frenhofer. Seeing the beauty of the woman, Frenhofer accepts the offer, and finishes the work. He then proudly allows Poussin and Porbus to see it. Yet, when the younger artists are finally in front of the painting, they see nothing. They see no traces of a masterpiece. Poussin says, "I can see nothing there but confused masses of color and a multitude of fantastical lines that go to make a dead wall of paint." Frenhofer is confused by the reaction and thinks they envy him; they are jealous and do not understand. Eventually, he realizes he may have been under the spell of his own deception.

This short story is very interesting to anyone involved in creative activity. It poses questions about what is true in art: representing nature truthfully or expressing inner emotion, catching appearances or aiming for essence? It also follows the obsessiveness that often characterizes the creative process. And



it dramatically delves into the realization that, more often than not, the beauty the artist so vividly sees in his mind is never quite achieved in the work.

But to me, there is even more to this powerful little piece. The 40 pages of "The Unknown Masterpiece" could also be seen as a parable of self-righteousness.

Doesn't self-righteousness operate in a clouded perspective similar to Frenhofer's? Whenever we are immersed in our perceived moral superiority, we seem to become extremely attuned to the faults in the canvases of others' lives. We have so much trust in our own moral mastery that we are quick to point out the ugly brushstrokes in others' actions. Whenever we let our pride drive us into the trap of self-righteousness, we become the master painter in Balzac's story: we see the faults in others, while we believe we have created a masterpiece of our own souls.

But little by little, pride is wiping the canvas of our souls to nothing. In relation to others, our perceived superiority makes us cold and hardened to their missteps. Instead of compassion and empathy and love, we feel more compelled to point, talk, and expose their sins. We become proud masters of morality and see others as faulty apprentices of the trade. And within our own souls, we lose the clarity and modesty to recognize our own hidden darkness and are blind to our need for grace. We grow hardened and spiritually proud and ungrateful.

In our defense, as with the master painter in Balzac's story, we start out with the committed heart to create a beautiful

painting, to become a good person, a good soul. But along the way we allow our pride to paint layers of coldness, until the beauty we are trying to create becomes covered up with the thick paint of self-righteousness.

The antidote to the deceit of self-righteousness is grace. The unmerited gift of God's love has the power to save us from our own deception and free us to see the truth within us. When we become aware of the traps of pride and distrust our thoughts of moral superiority, we open our hearts to the gift of God's love. We no longer need to rely on our own selves and merits, but rather, we come to place our trust in God and his steadfast love for us.

Our security is not erected on the ground of our imperfect goodness anymore, but on the firm foundation of God's strength and love. And the humbleness and gratitude that are born in the experience of his grace allow us to modestly see ourselves as the painting in progress that we really are – one with many beautiful colors but also quite a few ugly touches – and still, very much loved by a gracious God. And in turn, that same love compels us to be gracious and to not point to our neighbor's shortcomings, but to walk with him and to embrace him as the unfinished masterpiece he is, too. And we can hope that, one day, we'll both more closely resemble the vision our Creator has for us.

– Mariela Mazziotti Antunes

Rummage for Mission

The Rummage-Recycling Sale Committee met this summer to distribute the proceeds from the November 2014 and May 2015 sales that were so generously supported by the efforts of hundreds of individuals of the Westminster congregation and the surrounding communities. As a result, Westminster Church was able to donate over \$18,000 to mission projects, including local and international nonprofit organizations and charities.

We want to again thank the 150-plus church members who volunteered their time to help, plus those who donated food for the volunteers' lunches. We also thank the many folks from Westminster and surrounding communities who donated items they no longer used or wanted. And thank you to the hundreds of people, some traveling considerable distances, who came to hunt for treasures in our five-and-a-half hour sales.

The distribution of proceeds was as follows:

Presbyterian World Mission Fund	\$1,800
Angel's Place	\$500
Barefoot School (WPC)	\$500
Center for Victims of Violent Crimes	\$500
City Mission (Washington, PA)	\$2,000
Easter Baskets	\$265
Greater Pittsburgh Community Food Bank	\$1,000
Haitian Children (sponsor two)	\$480
Jubilee Kitchen	\$500
Meals on Wheels, Bethel Park/Upper St. Clair	\$1,000
Meals on Wheels, Peters Township/Bridgeville	\$1,500
Open Door Youth Ministries (Crafton)	\$500
Open Door Garfield Urban Farm	\$1,000
Open Hand Ministries	\$500
Presbyterian SeniorCare (Washington, PA)	\$500
PRISM	\$250
South Hills Interfaith Ministries (SHIM)	\$1,000
Stop Hunger Now	\$1,500
Valley View Presbyterian Church	\$1,000
Westminster Child Development Center	\$500
Westminster Nursery School (child scholarships)	\$500
WEST Fund (educational support)	\$500
WPC Guatemala Mission	\$500



Our ability to provide such substantial help to so many people and organizations is a tribute to the dedication and willingness of members of the WPC congregation. If you have volunteered, you know how much satisfaction and enjoyment you get from your efforts. If you haven't, please join us in fun and fellowship this November 13 and 14, when people of all ages – from children to people in their 90s – come together to support a worthy cause. Collection day is Friday, November 13, 8:00 a.m. – 8:00 p.m., followed by the sale on Saturday, 8:00 a.m. – 2:00 p.m. You may volunteer for several hours on either or both days. To sign up for times, call Marilyn Hayes (412-831-5704) or Jan Baumann (412-835-6630x205).

Peace, Justice, and the Jericho Road

In what may be the most well-known New Testament story, Jesus reminds us that his followers serve brothers and sisters across lines drawn by humans – lines of race, religion, culture, and nationality. We all know the story of the Good Samaritan (Luke 10: 25-37). A man is beaten and left for dead, and three different people come by. The first, a priest, sees him and passes by on the other side. A second person, a Levite, also moves to the other side of the road. Finally, a Samaritan, who was viewed as a foreigner, stops and not only offers immediate assistance, but provides for his long-term care.

Now it wasn't just that the first two people didn't cross the road to help, it was that *they crossed the road to avoid helping*. At that time there were cultural and religious reasons for this, and while our reasons are different today, we are often still "passing by on the other side." This is easier if we view the person needing help as the "other," not like us. There are many ways to divide ourselves: by nationality, gender, age, political affiliation, sexual orientation, economic status, and probably most notably today, by race.

This summer Westminster's Peace and Justice Group sponsored a series titled *Who Is My Neighbor: A Discussion of Racism*. In these seminars we learned of reasons we give for passing by on the other side. In our nation's early days the practice of slavery was defended using scripture. We learned that "research" was done to show that non-whites were less mentally able, and only 50 years ago this "evidence" was used to prevent African Americans as a race from attending good schools, finding decent housing, and even from voting. We learned that today black men are 13 times more likely to be arrested for drug crimes than white men, *even though the majority of illegal drug users and dealers are white* (U.S. Department of Health and Human Services). But perhaps even worse are the long-term effects of incarceration. Our laws are such that even when prisoners are released, their criminal records often bar them from voting and from securing living-wage jobs, safe housing, and by extension, decent schools for their children. All of this results in an unwritten but still effective segregation. (Learn more from attorney Michelle Alexander's book, *The New Jim Crow*.)



The Problem We All Live With, Norman Rockwell, 1963.

*[...] even when prisoners are released, their criminal records often bar them from voting and from securing living-wage jobs, safe housing, and by extension, decent schools for their children. All of this results in an unwritten but still effective segregation. (Learn more from attorney Michelle Alexander's book, *The New Jim Crow*)*

But there was also some good news. We learned that in Homewood, which is over 98% African American, work is being done to focus attention on areas of education, housing, and employment. Here in the South Hills, SHIM is helping refugees from countries as varied as Iraq and Burundi overcome the challenges of coming to a country where customs, laws, and language are different. Also, Westminster folks have had several informal dinners with Valley View Presbyterian, a mixed-race church in Garfield. These are all ways of *not* "passing by on the other side" but of working hand-in-hand with people who, on the surface, are not like us, but are our brothers and sisters.

October 4 is both World Communion Sunday and Peacemaking Sunday, when we receive the Peace and Global Witness Offering. Half of the offering goes to our national peacemaking program, 25% goes to Pittsburgh Presbytery's Peacemaking efforts, which recently have focused on racism. And 25% will remain here at Westminster. This year we used our 2014 funds to bring you the racism series described above, as well as a *Bread for the World* Letter Offering advocating for hungry children. Next year we will see what compelling issues will keep us from passing by on the other side. Thanks to all who have supported our peace and justice efforts over the years.

– Bobbie Hartman

WROC Talk Presents

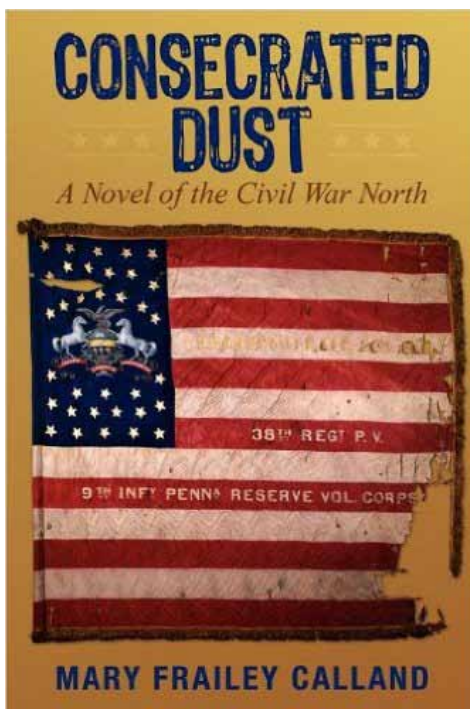
Civil War Pittsburgh

Tuesday, October 27

7:00 – 8:00 p.m.

Fellowship Hall

Cost: Free; registration required.



Local lawyer Mary Frailey Calland is the author of *Consecrated Dust: A Novel of the Civil War North*, a story of courage, loss, and redemption that brings Civil War Pittsburgh to life as it sheds light on the tragic explosion at the Allegheny Arsenal that killed over 70 girls hired to roll bullet cartridges for the Union army. News of the catastrophe is buried, however, beneath the horrific casualty reports from the Battle of Antietam, fought on the very same day.

Inspired by the coincidental occurrence of these two real-life tragedies, *Consecrated Dust* tells the story of four young Pittsburghers – friends, lovers, and bitter rivals – caught in the maelstrom of the American Civil War. In the teeming streets, munitions factories, and military training camps of wartime Pittsburgh, and on the battlefields of the Army of the Potomac, they struggle to survive, forced to choose

between love and duty, sacrifice and greed. Their choices ultimately lead to their presence at both the Arsenal and the Antietam battlefield on that fateful September day, a day that reveals the true meaning of courage – a day that only two of them will survive.

Equal parts battle epic and love story, *Consecrated Dust* is the result of six years of archival and on-site research and contains detailed yet personalized descriptions of the Allegheny Arsenal explosion and the battlefield service of the “Pittsburgh Rifles,” aka Company A of the 9th Pennsylvania Reserves regiment, including their participation in the Bloody Battle of the Cornfield at Antietam.

Join us as Mary Frailey Calland discusses the story behind the writing of *Consecrated Dust* and, through photographs and illustrations, sheds light on the pivotal role Civil War Pittsburgh played in preserving the union.



Mary Frailey Calland was born in Elmira, New York, and has always had a love of writing and history. She has a BA in American studies from the University of Notre Dame and a JD from Notre Dame Law School. Her books focus on American history as experienced not by the famous, but by the common people of the period. Her previous works include the historical novel Barefoot in the Stubble Fields. Mary lives with her husband, Dean, in Pittsburgh, Pennsylvania.



Gone

A Photographic Show of Places and Things That Are No Longer There

Norman Schumm

October and the first half of November

This well-known photographer from Mt. Lebanon spent years filming the black and white pictures on display. Norman uses a 4 x 5 view camera, with both color and black and white film, and personally controls each step of the photographic process, from the initial exposure to the making of prints in his darkroom. His preference is for full tone, expressive black and white prints such as those taken by Ansel Adams.

Norman started photography as a freshman in high school. He estimates that he has taken over 100,000 pictures since 1946 and, since moving to Pittsburgh in 1959, has spent countless hours photographing the different moods of the city. Many of these images are in local homes and offices, as well as in homes of former Pittsburghers now living in distant places. He is a member and past president of the photo section of the Academy of Science and Arts of Pittsburgh.

Stefan Durant, noted author and pioneer photojournalist, chose Norman to photograph scenes for three different editions of his book *Pittsburgh: The Story of an American City*. Much of Norm's work appears in those editions; one – *Monday Night Football Light Up Night November 15, 1993* – was featured on the jacket cover of the 1999 Millennium Edition.

Next to photography, Norman has one other passion: piloting. He was a U.S. Navy pilot during World War II and continued that love of flying after returning to civilian life, spending many years as a jet pilot for large corporations, including local Mesta Machine and PNC.

– Betty Digby

Norman writes:

If you are old enough, you may have fond memories of Forbes Field, but do you remember where the fans parked on game day? An aerial shot of Forbes Field on the season opener in 1967 will help refresh your memory.

Do you remember exiting the Squirrel Hill Tunnel westbound and the J&L Steel Mill was so close to the parkway that you felt that if you put out your hand you could almost touch the mill?

Imagine the surprise on the morning of July 23rd 2003 when park personnel came to work and found that an F-1 tornado had destroyed the 2053 ft. Kinzua railroad bridge.

What team did the University of Pittsburgh play that always filled PITT Stadium?

These photographs, and others, may give you pause and help you remember with nostalgia some of the things of our past.



Chanticleer

Saturday, November 7, 2015

7:30 p.m. | Doors open at 6:30 p.m.

Adults \$25 | Students \$10

Tickets available online or in the church office



"America's a cappella pride and joy"

Founded in San Francisco in 1978, Chanticleer is known around the world as "an orchestra of voices" for the seamless blend of its 12 male voices ranging from countertenor to bass and its original interpretations of vocal literature, from Renaissance to jazz, and from gospel to venturesome new music.

Called "the world's reigning male chorus" by *The New Yorker* magazine, the San Francisco-based GRAMMY® award-winning ensemble Chanticleer celebrates its 38th season in 2015-16, performing in the United States as well as in such countries as Germany, Austria, Italy, Hong Kong, and Singapore. Chanticleer will also represent the U.S. at the biannual Festival de las Chiquitas in Bolivia, celebrating the rich musical heritage of the South American missions. Praised by the *San Francisco Chronicle* for their "tonal luxuriance and crisply etched clarity," Chanticleer is known around the world as "an orchestra of voices" for the seamless blend of its 12 male voices ranging from soprano to bass and its original interpretations of vocal literature, from Renaissance to jazz and popular genres, as well as contemporary compositions.

Named for the "clear-singing" rooster in Geoffrey Chaucer's *Canterbury Tales*, Chanticleer was founded in 1978 by tenor

Louis A. Botto, who sang in the ensemble until 1989 and served as artistic director until his death in 1997. Chanticleer was named Ensemble of the Year by Musical America in 2008, and inducted into the American Classical Music Hall of Fame the same year. William Fred Scott was named music director in 2014 and begins his tenure as the fifth music director. A native of Georgia, Scott is the former assistant conductor to Robert Shaw at the Atlanta Symphony, former artistic director of the Atlanta Opera, and an organist and choir director.

Please join us for a delightful evening as we welcome Chanticleer to Westminster and the South Hills of Pittsburgh.

This concert is supported in part by a grant from the Community Foundation of Upper St. Clair.

Westminster Has a New Website

Please visit the church's new website at www.westminster-church.org. The design brings a new look and lots of added functionality. The website is another way to keep members and visitors informed, to reach out to people in the community and the world, and to engage people in the work Westminster is doing in God's name and to his glory.

These are some of the new features:

- **Mobile-friendly:** You can now access information with ease from your phone, tablet, or desktop.
- **Social Sharing:** Share information about classes or invite friends to a Westminster event right from our website. Just click on one of the icons on the left side to email the information, or to share it on Facebook, Twitter, or any other social platform you use.
- **Featured Events:** You can see the listing of Featured Events on every page. Click on an event on the right column of almost every page and you'll find all the information about the event.
- **All Upcoming Events:** Would you like to see all the upcoming classes, meetings, and events? Go to Events>Calendar or Events> Listing for the full list of the church activities.
- **Sermons:** Did you miss last Sunday's sermon? You can listen to it right on our homepage.
- **Sermons Search:** Are you looking for a specific sermon? Visit our Sermons page and search for it by speaker, category, year, or tags. From the sermons page you can download the pdf of the sermon or play the recording. The sermon log is currently being updated.

- **Blog:** Pastors and staff members will be regularly posting articles to keep you spiritually focused throughout the week.
- **Watch Videos about Westminster:** Visit Media>Videos.
- **Search:** If you still can't find what you are looking for, try a search. Type in what you are looking for on the search bar at the top of every page.
- **Online Giving:** You can now pledge online using our secure system. Click on the Give link at the top. You'll need to sign in with your unique member username and password. If you don't remember your password, you'll be able to reset it, and if you don't have an account yet, you'll be able to create one. If you have any problems with Online Giving, please contact Anna Hiner at hiner@westminster-church.org.

- **Members Only Section:** In this section you'll find all the protected information. Click on the Members link at the top and you'll be asked to sign in. The login credentials are:

Username: xxxxx
Password: xxxxx

In this section you'll find:

- Communications Resources, including the Publicity Request Form
- Care Calendar
- Member Directory
- Church Organization Resources
- Deacons
- Christian Formation Seminars Audio Recordings
- Galbreath Bible Study Series

We hope you'll enjoy navigating the new website. If you have any comments or questions, please email Mariela Antunes at antunes@westminster-church.org.



The Enemy Inside You

Inflammation is the new “buzz word” in the healthcare literature. When you hear the word *inflammation*, you probably think of redness and burning around a cut or insect bite, or a swollen joint, or tenderness around an injury, or even the pain of a broken bone. This reaction is **acute inflammation**, the good kind, which protects and heals the body after injury or infection. Known as the inflammatory cascade, a chain of biochemical events calls the immune system into action. Eventually white blood cells fight off and destroy the foreign bodies to restore the body’s equilibrium. This amazing process of acute inflammation is the body’s essential and normal response designed to maintain homeostasis.

It may happen that the inflammatory process continues even after the danger has subsided. The immune response that started as a health restoring mechanism gets stuck on “high alert.” The problem is that the body isn’t made to accommodate this unfocused immune activity, and those extra white blood cells start damaging your internal organs. This state of **chronic inflammation**, which can play a puzzling and long-lasting role in the body, is “the enemy inside you.”

Among the leading causes of morbidity and mortality in Western societies are heart disease, cancer, stroke, diabetes, and sepsis. Current medical research is beginning to implicate chronic inflammation in the development and progression of all these diseases. Further, early research suggests chronic inflammation may play a significant role in asthma, Alzheimer’s disease, and depression, as well as the bowel diseases of ulcerative colitis and Crohn’s disease. Also, it is thought that the autoimmune disorders such as rheumatoid arthritis, lupus, and polymyalgia are a result of the immune system initiating the inflammatory response when there is no inflammation to fight.

TRIGGERS

Although the research is in its infancy, there are plausible reasons to suspect the following conditions may trigger chronic inflammation:

1. Excess weight – As your fat cells bulge, the immune system receives an alert sending the white blood cells to fight.
2. Emotional stress – Cortisol is secreted by the adrenal system when a threat is perceived. Over time, the result is inflammation.

3. Poor diet – High sugar, fat, and processed food in the diet, as well as excessive alcohol use, have strong evidence of inflammation association.
4. Breathing bad air – Breathing polluted air, smog, wood smoke, and cigarette smoke results in an assault on the lungs, which the immune system rushes to attack.
5. Researchers also are studying the relationship of oils containing linoleic acid, hormonal imbalances, food allergies, insulin resistance, cleaning products, cosmetics, latex, and adhesives to chronic inflammation.

TREATMENT AND PREVENTION

The best treatment is to develop an awareness that chronic inflammation is a threat to you; and when possible you should take steps toward prevention. Attention to diet, exercise, and stress are clear paths to treat chronic inflammation.

1. Eating a diet rich in omega 3s, fruits, vegetables, and olive oil is known to have anti-inflammatory properties. The chemical resveratrol found in red wine is found to discourage inflammation.
2. Exercise shrinks fat cells and fights inflammation by quieting your immune system.



3. Dealing with psychological stress, by treating anxiety and depression, has been found to decrease chronic inflammation.

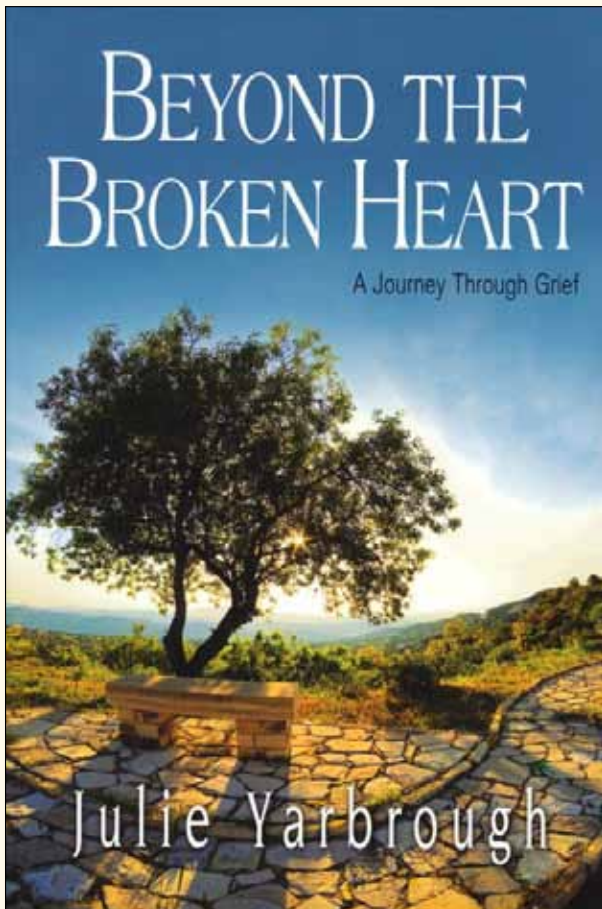
Some of the most promising early research suggests that **Mindfulness Meditation** can inhibit the production of proteins made by some genes that cause inflammation. Mindfulness, rooted in ancient traditions, has become a contemporary strategy for personal meditation as well as medical intervention. In the short time researchers have studied the effects of mindfulness, there is clear evidence that it has a positive effect on quality of life in both people coping with chronic conditions and healthy people who wish to reduce stress in their lives. Mindfulness-based trainings have shown positive effects on chronic inflammation, and are endorsed by the American Heart Association as a preventative intervention.

In her sermon “Be Still and Know” (August 23, 2015) Tammy Yeager discussed her research and practice of mindfulness meditation. She cited studies claiming the positive results mindfulness can have on treating many physical and psychological conditions. Many of these conditions are believed to have their origins in chronic inflammation.

What can you do about “the enemy inside you”? My best advice is to stay tuned to this huge area of interest in the healthcare arena. There will continue to be discoveries that can improve the quality of your life.

– Joan E. Watson

Joan E. Watson, RN, PhD, is Westminster’s care associate, working on congregational care with associate pastor Tammy Yeager.



Grief Recovery Group

Thursdays,
October 15 – November 12
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, which uses Julie Yarbrough’s *Beyond the Broken Heart: A Journey through Grief*. To help you face the challenges of loss and move toward rebuilding your life, join our fall Grief Recovery sessions. To register call Peg Kinsey at 412-835-6630. To help defray the costs of materials, a donation of \$10.00 is suggested.

Legacies

Five years ago the Endowment and Special Gifts Committee heard a proposal for building a new organ and consequent basic renovation requirements for Galbreath Chapel. It, like so many things, was a dream.

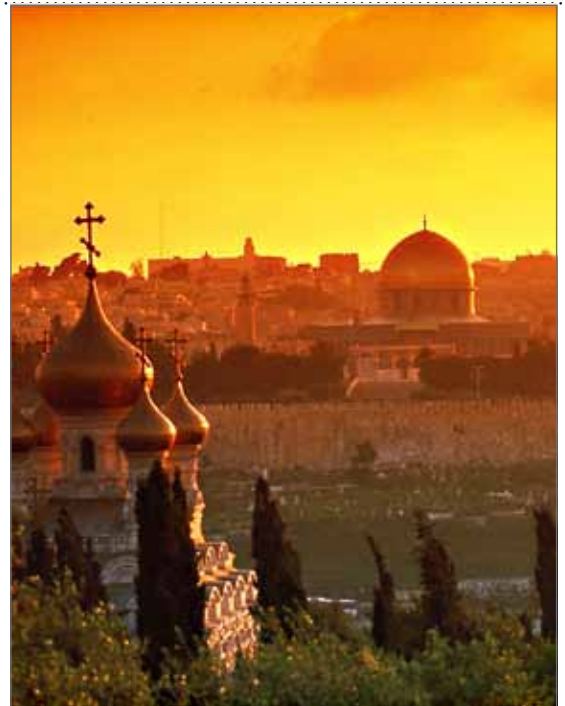
With approval from Session and a network of support from members and friends of the congregation, a contract was signed with Taylor and Boody Organbuilders of Staunton, Virginia, in spring of 2011. In the meantime a vision for the future of Galbreath Chapel and, later, a memorial gift of the grand piano resulted in the completely restored chapel, followed by the installation of the organ in June of 2015.

The organ was financed through a gift matched at 50 percent with various gifts, several of them memorials, from 18 others who saw the organ as a lasting memorial and gift to Westminster and the community.

Longtime members, many who have contributed to the Westminster Endowment and Special Gifts Fund, have seen how Westminster and its various projects have furthered the church's mission and ministry while supplying funding for items not able to be funded through annual giving.

The unrestricted fund is invested; income from the fund provides money for projects approved in March of each year by Session and the endowment committee. Special gifts are for specific needs and range from relatively small items to something as magnificent as the organ.

Please consider the church in your wills, memorials, gifts to honor loved ones, and for the joy of seeing something significant happen in your lifetime.



Join Jim Gilchrist on a Trip to Israel

Jim will be co-leading a trip to Israel February 29 – March 10, 2016, together with Dr. Steven Tuell, Professor of Old Testament at Pittsburgh Theological Seminary. The trip is sponsored by the Seminary's World Mission Initiative and will include seeing many Holy Land sites as well as visiting with Palestinian Christians. The cost is \$3,000, including airfare, food, hotels, transportation, admissions, and tips. Register online at <http://worldmissioninitiative.org/index.php/trips/apply-now> or see Jim for more details.

February 29 – March 10, 2016

Financial Report

As of August 31, 2015

Gerald McNellis, August 12

Betty Stearns, August 25

Hal Rahn, September 13

Anne Houck, September 20

General Fund Contributions

Year-to-Date Actual	\$ 1,289,508.83
Annual Budget	\$ 2,073,722.00
Amount needed to fulfill budget	\$ 784,213.17

Year-to-Date Income Statement

Income	\$ 1,504,095.98
Expenses	\$ 1,503,408.50
Net Position	\$ 687.48

We thank you for your wonderful support through the first eight months, and we are pleased to report that we have not had to rely on any outside lending sources to fulfill our internal and external commitments. However, as you can see above, we still have approximately 38% of our 2015 budgeted contributions yet to be fulfilled.

If you are current or ahead on your 2015 pledge, thank you for your continuing support. If you are behind on your 2015 pledge, we ask that you would consider catching up and fulfilling your pledge, so that we can continue to meet our commitments. Thank you.

BY GIVING TO THE
PEACE & GLOBAL
WITNESS OFFERING

Your gifts work to restore communities
through peacemaking and reconciliation.

October 4



PEACE & GLOBAL WITNESS
SPECIAL OFFERINGS





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www.facebook.com/Westminster.Pittsburgh



www.youtube.com/user/WestminsterUSC



World Communion Sunday
Peace and Global Witness Offering

OCTOBER 4