



# THE SPARE

WESTMINSTER PRESBYTERIAN CHURCH  
Pittsburgh, PA

## Finding God

Skeptics like to say that it's irrational to believe in an invisible God, but that's always struck me as a rather silly claim. It suggests that God ought to be visible in the way that clouds and cabbages are visible, but why should we expect to see God directly? Wouldn't that make God just another object in the universe, when God is not a thing but the source of all things?

We humans have a habit of setting up criteria for what God should be like and then basing our faith on how well God meets our expectations. But if God is real, that's exactly backwards. Surely the expectations that matter most are the ones God has for us, not the other way around.

In our consumer culture people are tempted to reject whatever does not have an immediate payoff or perceived value. Concrete, sensual creatures that we are, we gravitate toward whatever is most stimulating or satisfying at the moment, and there are a myriad of options to absorb our time and interest and resources. Not surprisingly, then, it's easy to neglect an invisible God who is exceedingly patient and gives us freedom to set our hearts and minds on anything we choose, in the hope that sooner or later we will choose to love God and one another.

God's patient honoring of human freedom makes it possible for even those who have some interest in God to keep God from interfering with other



priorities. Like the child who covers his eyes in Hide and Seek and imagines that because he can't see anyone, no one else can see him either, even some people who show up in church imagine that not thinking about God in certain areas of life might keep God from seeing what goes on there. But supposing that God does not see all that happens in our hearts and our lives is as silly as imagining that we should be able to see God directly.

George Barna does polling research on how people think about God and the church. In a recent book called *Churchless* he points out that when the church is faithful to its calling as the body of Christ, people can find God in all sorts of powerful ways. These include relationships with others who want to know and love God, doing good

together in the world, discovering peace in the presence of God, worship that recalibrates our focus away from self-centeredness and distraction, wisdom to discern what goes on around us, mentoring for young people trying to find their way, and a rare and beautiful unity in an otherwise fractious and conflicted world.

Churches are made up of people, and so they are subject to all the foibles of human nature, like any other human activity. But still, God works in and through us, and for many of us there really is no better community in which to find the life-giving power, presence, and peace of God.

**PASTORS**

DR. JIM GILCHRIST, *Senior Pastor, Head of Staff*  
 DR. TAMMY YEAGER, *Associate Pastor for  
 Congregational Care*

**EXECUTIVE ASSISTANT TO THE PASTORS**

PEG KINSEY

**BUSINESS STAFF**

DAVE REITER, *Church Business Administrator*  
 EILEEN CHRZASTEK, *Accounts Payable Clerk*

**CARE ASSOCIATE**

JOAN WATSON

**CHRISTIAN EDUCATION**

REV. DAVID FETTERMAN, *Director of Christian  
 Education & Spiritual Formation*  
 ROBIN PYLES, *Director of Children's and Family  
 Ministry*  
 DEBB EGLI, *Assistant Director of Children's and  
 Family Ministry*  
 ED SUTTER, *Director of Middle School Ministry &  
 Family Counseling*  
 JASON FREYER, *Director of High School Ministry*  
 CASSANDRA MILLIS, *Assistant Director of Youth &  
 Young Adult Ministry*  
 TRACEY MATTES, *Administrative Assistant*  
 ANNAMARIE GROENENBOOM, *Seminary Intern*  
 GAVIN WALTON, *Seminary Intern*

**COMMUNICATIONS**

ANNA HINER, *Communications Coordinator*  
 MARIELA ANTUNES, *Print & Graphic Coordinator*  
 LAURA WHITCOMB, *Print Room Assistant*

**MUSIC & ARTS**

CHRISTINE HESTWOOD, *Director*  
 LORRAINE MILOVAC, *Assistant Director*  
 JIM BURNS, *Organist*  
 LISA HOFFMANN, *Junior Choir Director*  
 AMY SANDERS, *Administrative Assistant*

**OUTREACH MINISTRY**

JANET & WILL HIGNETT, *Consultants*

**PROPERTY**

BILL SINGLETON, *Property Management Consultant*

**VOLUNTEER MINISTRY**

JAN BAUMANN, *Volunteer Coordinator*

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

KATHY LONG, *Director*

**NURSERY SCHOOL**

412-835-2906

MARCIE HEISKELL, *Director*  
 LORI FELDMANN, *Assistant Director*

**CHILD DEVELOPMENT CENTER**

412-835-9450

AMANDA HUTCHISON, *Director*  
 ANNIE HUNTER, *Assistant Director*

Staff email addresses and phone  
 extensions are available on our website,  
[www.westminster-church.org](http://www.westminster-church.org).

Read the *Spire* online at:

[www.westminster-church.org/aboutus/  
 spire.html](http://www.westminster-church.org/aboutus/spire.html)

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

**3 Worship**

Sunday Worship Services  
 Texts for Contemplation in Glory to God  
 This Month  
 Attention Columbarium Owners

**4 Education**

Labyrinth  
 Christian Formation Seminars  
 Spiritual Renewal Weekend  
 Diary of a Lunatic: Together  
 Between Here and There  
 Glimpse of My World  
 Library

**9 Spiritual Growth**

Unfettered: Cheers  
 Arts & Spirituality: Sharing  
 Come to the Woods  
 Spiritual Renewal Weekend

**12 Mission**

Westminster at World Vision  
 Westminster Volunteers: Global Links

**14 Community Outreach**

WROC  
 The Gallery at Westminster  
 Town Hall South: The Reveal  
 Music & Arts: Genetics Harps

**19 Caring Community**

Volunteers Among Us  
 Grief Recovery Group  
 Body & Soul: Go Greens  
 Easter Flowers  
 Meet the New Deacons & Elders

**23 Other**

Financial Report  
 Session Update  
 Real Spiritual Food  
 Deaths

# Sunday Worship Services

**8:30 a.m.**

*Traditional  
Worship*

**9:45 a.m.**

*The Bridge  
Contemporary  
Worship*

**11:00 a.m.**

*Traditional  
Worship*

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

## Lenten Resource

# Texts for Contemplation in



Are you looking for a different kind of resource for your Lenten devotions? Perhaps you are longing for more texts to inspire your prayers. You will find a rich source of thoughtful texts between the covers of our new Presbyterian hymnal.

A quick exploration of the hymnal reveals the wide variety of texts that can contribute to your devotional life, during Lent and through the year. The Table of Contents will lead you to topical sections, such as "Lament and Longing for Healing," "Jesus Christ: Passion and Death," and "Living and Dying in Christ." The Topical Index lists general topics such as prayer and repentance. The Scriptural Index leads you to hymns that reflect specific Bible references, and the Lectionary Index lists hymns to reinforce readings for all three years of the Common Lectionary. Especially helpful for lovers of psalms is the Psalm Index, which lists paraphrases of psalms that amplify the meaning of the biblical words. Whether you sing along with the hymn texts or not, the affect of the poetry will enrich your life of faith.

These texts come from many places and centuries, including a considerable number from the recent past. In 2009, David Gambrell wrote a lovely paraphrase of Psalm 4, No. 776 in the "Lament and Longing for Healing" section. The explanatory note describes how the text speaks to the problem of "lack of sleep caused by worry and fear. Yet there is hope, because God is gracious and calms our fearful hearts, giving us the peace that allows us to find rest even in the midst of trying times." Surely we can all identify with this problem! The hymn begins and ends with the following lines:

O God, be gracious; hear my prayer, and answer when I cry.  
You give me hope in my distress; you will not pass me by.  
Now lay me down to sleep in peace; in safety let me rest.  
O God, within your loving care I am forever blessed.

The words are set to a famous tune composed around 1567 by the British composer Thomas Tallis. The tune is simple and elegant, with a quiet beauty that brings us closer to God.

In this season of Lent, into the joy of Easter, and through all the days of the year, *Glory to God* can "serve as an instrument of God's grace" (Introduction, p. v). The hundreds of hymns can deepen your times of personal reflection. And whenever the church gathers for worship, you will be inspired to sing the hymns with mind and body to the glory of God.

## This Month

**22** Genetic Harps concert

**29** Palm Sunday

## 30 – April 4

Holy Week Labyrinth

## Attention Columbarium Owners

In order to keep the Columbarium a dwelling area of peacefulness and beauty, all broken, dulled, or wilted mementos, flowers, statues, etc., will be disposed of each year on April 1 and October 31.

Thank you for your understanding.

Property Commission  
Outside Volunteers

## LABYRINTH



## Holy Week Labyrinth Walk

During Holy Week, beginning Monday, March 30, through Saturday afternoon April 4, the 35-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 what you have thought about on your labyrinth walk into 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.

Sundays at 9:45 a.m.  
Galbreath Chapel



*March Series*

## Jacob: The Problematic Patriarch

*Bible Studies for Adults, Part II*  
**Bruce Antonoff**

None of the people in the Book of Genesis are portrayed as models of perfection. They all made mistakes, but it’s safe to say that Jacob made more than most: lying, stealing, being blind to others’ needs. Even his relationship with God was somewhat problematic. Nevertheless, we regard him as one of the Patriarchs, and we can learn from his failures as well as from his successes. In this seminar, we will read the actual text of Jacob’s story and discuss what that story can mean to us.

*Bruce Antonoff is a retired engineer, and has engaged in text study of the Bible for over 35 years, studying with a number of well-respected scholars. Although his past studies have been in a Jewish context, he is certain that the moral lessons of the early parts of the Bible can and should be understood and appreciated by people of all faith communities.*

# Together

When I was in middle school, I won the local little league championship in our town.

Well actually, that's not true. Let me try again. When I was in middle school, I proudly warmed the bench of the local little league championship team in our town. I was permitted about once a game to go sit in the outfield and pick dandelions. When I stepped into the batter's box, I was a puddle of sweat and fear, having been beamed by the ball once (which, along with the one time I was walked, constituted the only times I ever touched first base). Safe to say, a baseball player I was not.

But that didn't stop me from being a part of the team. I would hang out with the guys in the hallways at school, trying desperately to fit in to their conversations. I would wear my jersey and cap as frequently as I could. I was a part of something. Even though I was incapable of contributing on any substantive level, I was a part of something.

The day we got our trophies, I felt more than a little weird receiving it. I had done literally nothing, beyond advancing a runner to third by taking a pitch to the elbow, to help our team win this championship. Surely the pitcher deserved the trophy; he threw a perfect game in the championship. Surely our catcher deserved it; he hit a whole lot of home runs. I was the dandelion picker. They don't give trophies for that.

But as my coach handed me a trophy, he thanked me for being a part of the team. He thanked me for being someone who was always encouraging the other guys. He thanked me for sticking around after practice to pick up bats and gloves. He thanked me for being along for the ride. It turns out sometimes the things we do without thinking about it have a greater impact than we realize.

We in the American culture so emphasize individualism that I often think we've forgotten what it means to actually be a part of a team. We're so caught up in what we bring to the table that we forget that our presence is in and of itself a



contribution. We want to be the star of the show, and when we realize we can't, we start looking for another stage.

I see this most when I'm looking for volunteers for our youth ministry. The conversation usually looks like this:

**Jason:** Hey awesome adult, you should come hang out with us on a Wednesday night!

**Awesome adult:** Oh no, you wouldn't want me!

**Jason:** Why not?

**Awesome adult:** I don't know as much about the Bible as you do, I'm not as good with the kids as you are, and I hate dodge ball.

**Jason:** Yeah, but I'm taking care of all that. I just need you to come be present with the kids.

**Awesome adult:** I don't get it.

it's just *being* a part of the conversation. Sometimes it's just about building relationships, getting to know people, taking care of behind the scenes duties that no one else is interested in. It's these little things that we do together that make a community, a team, a church.

So my encouragement to us this month is to jump in deeper to this awesome community we call Westminster. Take a chance and be present somewhere you are not usually present. Pick dandelions for a while with a smile on your face. Lighten the mood of a tense situation with a joke. Ask someone what God is doing in their lives. Who knows? You might be exactly what the team needed!

It's these little things  
that we do together that  
make a community, a  
team, a church.

It seems like we just don't understand that being a part of a team isn't all about what we bring to the conversation. Sometimes

## BETWEEN HERE AND THERE

A few weeks back I was asked about a phrase I often use. After I had just used it, a person stopped me and asked, "What do you mean when you use the word *intentional*?" I was struck by the simplicity and depth of the question, and I was also struck that I had never been asked the question before. It wasn't that the person had never heard the word before, but he was asking what exactly I meant by it in the context I was using it. I responded by saying something like, "To be intentional is to know the purpose of your words and actions."

Though most of us would agree there is value to this notion, we are regularly unintentional with both our words and our actions. Let me give you an example. I have been a snowboarder for around 15 years and am very confident on any number of slopes and terrains, but this year I decided to give skiing a try. After the first day of learning, I had begun to get the hang of the new motions and techniques and, feeling rather accomplished, decided to call it a day and head back to the lodge. The next day I hit the slopes with a sense of bolstered confidence and excitement to see how my learning would allow me to progress. It went terribly. My skis were crossed, my balance was off, my speed was unpredictable, and I found myself less capable than the day before. What had happened? I had become unintentional with my actions. I was attempting to act on instinct, fly on autopilot, long before I had sufficient skill or understanding. I had neglected to be purposeful with each motion, expecting instead for everything to simply "click."

While this is of course a rather trivial example, it points to a tendency that many of us fall into. We gain a basic sense of confidence and immediately settle in, seeking comfort and expecting results. It's likely that each of us is skilled and experienced enough in a few facets of life to "fly on autopilot," but these are the exceptions, and far from the rule. The ever-growing complexities of our families, communities, and churches require intentional living: life, words, and actions with a known purpose.

I wonder how many of us have fallen into this complacency in our worship habits. It's easy enough to imagine a scenario in which someone, perhaps even you or I, would attend a worship service regularly, becoming accustomed to the habits and patterns, even the songs and the prayers, of that particular congregation. While the results may not be as tangible as tumbling down a snowy ski slope, what do you suppose the aftermath of worship without purpose is?

With all of this in mind, I propose a challenge. I challenge you to question your motives, your actions, and your words over the next few days. Think about the moves that you make, look for the deeper purpose in your plans. Build a habit of intentional living in your day-to-day life, and then bring that habit with you to a worship service. Perhaps we can navigate the slopes of our faith together.

## Third and Fourth Grader Workshop "Walking through the Lord's Prayer"

Every Wednesday in January, a group of third and fourth graders spent the evening learning about the Lord's Prayer. They discovered that this is a very special prayer Jesus gave to his disciples when they asked him how to pray. The children learned to say this prayer, but most important, they learned what the words meant. They were able to locate where the Lord's Prayer could be found in their Bibles and where the prayer is recited during the church service.

The children participated in games, activities, and shared fellowship as they learned that praying is talking to God, and God loves to hear from them.



## GLIMPSE OF MY WORLD

Believe it or not, folks, this is my ninth year as one of the co-leaders for JAM, our Wednesday night youth group for fifth and sixth grade students. (Personally, I find it very difficult to believe, but I've counted the years, and it really is nine!)

In that time, we've adjusted our curriculum, changed the format and schedule a bit, added some events, and watched the attendance numbers fluctuate wildly. As anyone who teaches knows, each year the group has developed what can only be described as a personality of its own. Some years it's tended to be rowdy or silly; others it's been more quiet and contemplative. Sometimes we've been challenged with social interaction issues: cliques within the group or kids who didn't really like each other very much, high numbers of children with special needs, or just widely different personalities and interests. Despite all these changing factors, we have always managed to teach a Bible lesson each week, to have discussions and activities to help the students explore their growing faith, and to play games that help them connect to one another as teammates and just have fun.

This year's JAM group has been somewhat unique. It's not a large group. In the beginning of the year I worried that we were doing something "wrong" because our attendance numbers were lower than in recent years. But then I was doing some reading about small group ministry, and it dawned on me. This year's JAM group is functioning just like a small group!

Kevin Watson, Assistant Professor of Wesleyan and Methodist Studies at Candler School of Theology at Emory University, has recently defined "small groups" in this way:

Small group – a group of people who gather together on a regular basis with the goal of becoming more faithful disciples of Jesus Christ, to attend to the ways that God is at work in their lives and the extent to which they are cooperating with God's grace, and to watch over one another in love and mutually challenge, support, and encourage one another in the pursuit of deeply committed Christian discipleship.

This group of students is more consistent in attendance than any group we've ever



had. They show up, week after week, despite bad weather, sports and other activities, busy families and all the rest. When one of them misses a week, they all notice. One of the regulars missed one Wednesday, and none of the kids knew why. When he returned the following week, he was met at the door by every other member of the group. Actually they swarmed all over him, shouting "Oh, good – you're here! We missed you!" And I have to say, this isn't the sort of kid who would ordinarily be the most popular kid in a group. But his popularity wasn't the point. He's "one of us" – and therefore was missed, and welcomed back with lots of attention.

The students truly do care for each other: they accept and include one another regardless of differences in grade, gender, school district, what sports they play, what music they like, or any of the other characteristics that frequently cause divisions within a group. It's pretty incredible to watch.

And then there's the kind of faith work they do together:

The Bible lesson the other night was about lying. We began with the question "Is it ever okay to tell a lie?" The kids willingly shared stories of times they've been less than honest: lying to avoid punishment or spare someone's feelings, to get out of work or get to do something that parents would veto if they had the full

story. Stories about times that someone thought they were lying, but they weren't – well, not really. After we read the scripture (the story of Ananias and Sapphira in Acts), we discussed what God thinks about lying (he's pretty much not a fan) and whether they thought Ananias and Sapphira's lie was a "big lie" or a "little lie." Almost immediately, they agreed that it was a big lie, and here's why:

It was a big lie because it broke the trust between the members of the group, and between the group and God. The group trusted its members to take care of each other, to share what they had and make sure that everyone had enough. God trusted them to be honest with him and with each other. When they broke that trust, they "broke" the whole group. They hurt each other, and they hurt God. And that's not okay – that's not how God expects us to care for each other. (That's all in their words!)

I don't know about you, but that sounds like a group that is working at "becoming more faithful disciples of Jesus Christ, to mutually support, challenge and encourage one another" in that pursuit. And the best part? They let me hang out with them too!

Robin

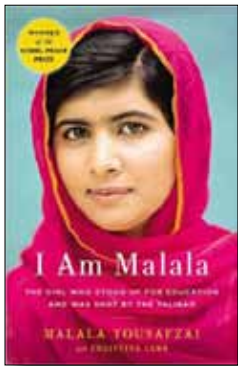
# What's New at the Library?

Did you know that we have a wonderful library at Westminster Church? It is located in the office wing of the church, on the upper level overlooking the playground. It is a large space, with tables, chairs, and mainly LOTS of books!

Have you ever needed reference material for a Bible study, a video to share with your family, really good Bible stories for children, Christian material on the Easter and Christmas holidays? How about books with puppets to entertain your youngsters? We have that! In addition, we have a rack full of magazines pertaining to the Christian faith today and Presbyterians.

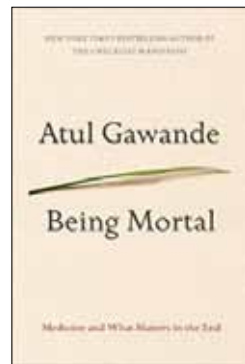
All of this material can be accessed from your home through the Westminster church website, so you can see what is available in the WPC library. We also have a staff of dedicated volunteers who give their time to help you on Sunday mornings, lovingly care for our books, and meet with other church librarians. Come see us!

Here are some recent books that have been acquired or given to the library:



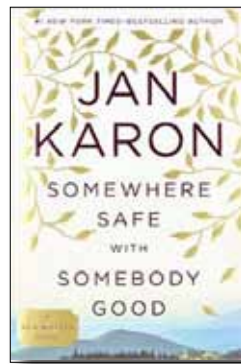
## *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban* by Malala Yousafzai

This book is a bestseller, written by this year's Nobel Peace Prize winner when she was 15 years old. Read her amazing story of courage, the fight for girls' education, and her brave parents who championed and encouraged their daughter.



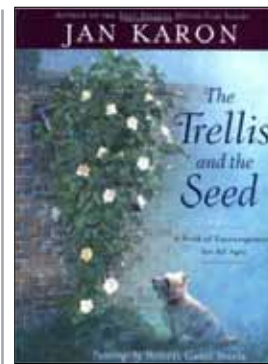
## *Being Mortal: Medicine and What Matters in the End* by Atul Gawande

This book was given to the library by the Builders Class in memory of Madeline Berster. The book questions the role of medicine as the end of life nears. The author interviews patients and their families during this heart wrenching time and seeks to change the model from patient safety and prolonging life to clearly understanding what patients fear, hope, and desire to have a good and meaningful life.



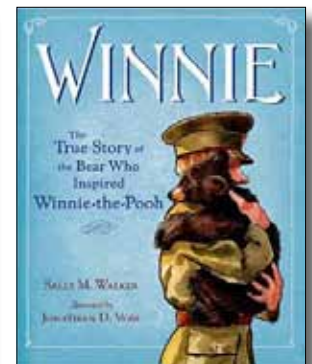
## *Somewhere Safe with Somebody Good* by Jan Karon

A continuation of the series about Father Tim Kavanagh, his wife Cynthia, and the town of Mitford with all of its colorful characters whom you have loved in previous books in this series. This time Father Tim wrestles with a dilemma of his own while delving into the problems of his engaging and sometimes hilarious neighbors.



## *The Trellis and the Seed: A Book of Encouragement for All Ages* by Jan Karon

A delightful book which can be read to children, but as the title suggests, is for all ages. It is a parable about the rewards that come from being a little bit different from everyone else. There are beautiful, soft watercolor paintings on every page which enhance the already endearing text.



## *Winnie: The True Story of the Bear Who Inspired Winnie-the-Pooh* by Sally M. Walker

Henry Colebourne, a soldier and veterinarian heading to England from Canada during World War I, saw a bear cub being sold at the train station and bought it as his company's mascot. When Henry was sent to the front lines, he gave "Winnie" to the London Zoo where he lived happily, beloved by all the children, especially Christopher Robin Milne. Wonderful illustrations contribute to this real and carefully researched story.



# Cheers!

*At that time the disciples came to Jesus and asked, "Who is the greatest in the kingdom of heaven?" Then he called a little child over to sit among the disciples, and said, "I assure you that if you don't turn your lives around and become like this little child, you will definitely not enter the kingdom of heaven. Those who humble themselves like this little child will be the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me. (Matthew 18:1-5, CEB)*

Long ago and far away when I was a seminarian serving as an assistant pastor in Northern Virginia, my senior pastor, Bill Sturdevant, related one of his most memorable experiences of serving the Lord's Supper in that congregation. People came forward and knelt at a circular communion rail that surrounded the communion table. The pastors then delivered the bread and cup individually to the kneeling congregants. All ages were welcomed at the communion table. One Sunday after Bill had delivered the bread, he was taking the cup around the rail. He came to a little boy who, upon receiving the cup, looked Bill in the eyes, raised the cup, and said, "Cheers!" And Jesus said, "I assure you that if you don't turn your lives around and become like this little child, you will definitely not enter the kingdom of heaven."

It is just possible that the little boy who looked Bill Sturdevant in the eye that day captured the essence of what was happening more than many other older worshipers. The boy felt the joy



of the moment. He knew that what was happening was good and full of joy in a community of love. Did he understand the deep theological ramifications of the sacrament? I doubt it. But then, if we are really honest, most of us don't either. Even the most insightful pastor or most thoughtful theologian can't *fully* understand all that is happening at the Lord's Supper because it, like so much of our faith, is a mystery. But the child got the essence of it: it was joyful, shared with his church family, and done at Jesus' invitation. And Jesus said, "I assure you that if you don't turn your lives around and become like this little child, you will definitely not enter the kingdom of heaven."

It was no coincidence that Jesus brought a child out of the crowd to frame his reply to the disciples' question, "Who is the greatest in the kingdom of heaven?" Jesus chose a child to illustrate his point. A child who, though loved and cared for by the community, was still part of a group that had no power in the community and would largely remain invisible. How ironic that Jesus chose this child, this member of a group of powerless people, to represent greatness. Let's be clear, though. Jesus was pointing to childlikeness, not childishness, when he brought that little one forward. Truth be told, even we older folks can demonstrate more than our share of childish attitudes and behaviors. No, Jesus was pointing to something deeper through the child that day. He was pointing to qualities like wonder and awe and joyful abandon, an ability to celebrate God's good gifts without the need to analyze them. And Jesus said, "I assure you that if you don't turn your lives around and become like this little child, you will definitely not enter the kingdom of heaven."

This Lent as we take a fresh look at our faith, our discipleship, and our place in the kingdom of heaven, I invite you to also take a close look at the children in our midst. Try your best to see the world and the church through their eyes. Lay aside for a while the need to try to understand what we do and believe in our journeys of faith and, instead, embrace the journey with the joyful abandon and humble trust shown daily in children like the one that Jesus called forth. When it comes right down to it, the kingdom of heaven isn't all that complicated. To enter it we are simply asked for humble trust, joyfully accepting God's love and mercy, and just as joyfully sharing God's love and mercy with others. How wonderful if the next time we share the Lord's Supper we allow ourselves to simply celebrate like that little boy, saying to ourselves – or aloud – "Cheers!" as a way of acknowledging the incomparable joy that God offers us in our faith and his never-ending love. Greatness in the kingdom has nothing to do with wealth or power or position, and everything to do with an attitude of humility and thanksgiving and joy. As we walk this Lenten journey together, I invite you to join me in embracing that childlike faith that is indeed the only key that Jesus offered to the kingdom of heaven. And Jesus said, "I assure you that if you don't turn your lives around and become like this little child, you will definitely not enter the kingdom of heaven."

Shalom,

# Sharing

Recently, my family and I visited Mexico. Mexico is a beautiful country with a rich cultural history. It's the birthplace of art masters Diego Rivera, Frida Kahlo, David Alfaro Siqueiros, and José Clemente Orozco among others. There is a lot to say and explore about Mexican art, from traditional Aztec and Mayan creations to modern Mexican paintings to Mexico's long tradition in ceramic and crafts. And as fascinating as talking about all that would be, this time I'd like to write about a small green cricket. Yes, a cricket, a very interesting one.

One evening while walking along the streets in Acapulco, I looked to the side and my eyes paused for a second on a little green creature posed on the border of a flower planter. It looked so natural that at first I thought it really was a cricket; it seemed, however, unusually large and still. Curiosity led me to take a closer look. To my surprise, it was a cricket made of folded green leaves, a sculpture out of natural materials. It was a small-scale, fun, and unpretentious sculpture, a sort of origami constructed out of leaves. How clever! After smiling at the discovery, I looked around to see if whoever made it was close by, maybe watching for people's reactions. I wanted to tell him how cunning the little creature was, and how kind of him to leave it there for others to discover. But nobody was there, at least that I could see. I pulled out the camera and started taking pictures of the little insect. I knew that if the maker left it there, there was likely a reason: perhaps he wanted others to find the cricket and smile and treasure the experience. So I was definitely not taking the green cricket with me, but a few photos seemed fair. When people passing by saw me pointing my camera at the flower bed, they looked intrigued, and they slowed down their pace to try and see what had caught my interest. Everybody smiled at the sight of the cricket, and I was getting the thumbs up, to which I politely kept responding: "It wasn't me, but I agree, it's great, isn't it?"

The little green insect was definitely Mexican, very much in line with the Mexican history of public art. He modestly follows on Mexico's long tradition of making art and beauty accessible to all. The idea that art and beauty are meant to be shared is the axiom behind Mexican muralism, an art movement that flourished from the 1920s to the 1970s. The artists created big murals in public spaces to depict Mexican traditions and history and strong social messages. They tried to make their art accessible to all people. They did not desire to share their talent and the beauty of their creations with a select few, but to make sure that what they valued, beauty and truth, was displayed in public places, the places where it would reach many. I will never know who created the little cricket or what his intention was, or if he simply forgot it there. I can only speculate. But I like to think that whoever left it in that place had the idea of sharing in mind.

So many believe, and I do too, that art and beauty ought to be shared, ought to be open and accessible. And if we push the concept beyond the realm of beauty and art, what other things could we be sharing? What other things do we enjoy and know are good and even necessary for others to also experience?

What basic goods do we rely on – and oftentimes take for granted – and seem to forget there are many who do not have any of these goods?

Which things provide our families and us with a sense of security and justice? Shouldn't we wish for

others to experience the same? Shouldn't we work on making sure the most vulnerable among us are not excluded? Shouldn't we promote building the paths that would allow others to live their lives with dignity?

A lot of artists have left personal interest behind – the big lucrative sales of their art and often even the recognition – to ensure that their message and art reaches others. And perhaps we, personally and as a society, need to make sacrifices too, to make sure that others share in the experience of fairness and security and dignity.

I wonder if the little green cricket and his maker knew they carry such a big message: sharing is good, and what we share or do not share defines us.

– Mariela M. Antunes

**"And do not forget to do good and to share with others, for with such sacrifices God is pleased."**

**Hebrews 13:16**



---

# Come to the Woods



I had attended Westminster for six months when Beth Ketterman enthusiastically invited me to join her at the annual prayer retreat in Laurelville.

Whoa, back up the wagon, Beth!

I mean, yes, I was quickly and happily finding my way at my new church. Inhaling the life breath of fellowship and community after having been away from any church for many years re-awakened a warmth and strength in me that I had long ago forgotten.

My family and I celebrated our “choice” of church, fully aware that the church – well, God – had called us and we had finally listened. The congregation welcomed us warmly. My husband John and I often discussed a sermon that we were sure had been spoken directly to us. Jonathon and Jarrod were quickly assimilated in the raucous world of Veritas and would be baptized *and* confirmed in the spring. We had eagerly participated in Outreach events.

But, a prayer retreat? That was for the extremely devout, the Bible thumpers. I could listen to someone else pray, but I didn’t even know how to pray – not really. My mind can’t sit still. Meditation had been a failed experiment. Who would I know, other than Beth? Besides, what if they (or I) found out that I was a fraud? “I’m not a *real* Christian; I just play one on Sunday.”

Beth persevered. She entreated me to talk to Mandy Thomas, whose first retreat was the previous year. In the end, I succumbed to Beth’s kind and gentle, though persistent, prodding. I headed to Laurelville.

And, this year’s retreat cannot come fast enough!

If you have never been on a retreat, please accept the fact that you do not know what you are missing. Prayer is only the beginning. And the beginning is not as daunting as you might believe. Prayer in a small group is encouraging and compassionate. It is, indeed, intimate, but not intimidating.

We prayed, we ate, we talked, we ate, we hiked, we ate...you get the gist. I recently heard it referred to as “the eat retreat.”

---

**And this year’s  
retreat cannot come  
fast enough!**

---

Laurelville is an idyllic refuge hidden among pine trees and mountain trails studded with majestic, breathtaking rock formations. The lodge is large, the rooms comfortable. We gathered around a

cavernous hearth where a crackling fire both mesmerized and inspired. Heartfelt sentiments, intellectual dialogue, joyous songs, and, yes, meaningful prayer filled our time, melted our hearts, and fed our souls.

As remarkable as the group fellowship was, the one-on-one conversations that I enjoyed with amazing individuals that I had never met were a treasure.

Henry David Thoreau wrote, “I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

I invite you to come to the woods with us and live deliberately. You will discover life, and prayer, within you.

– Amy Winegarden

## Spiritual Renewal Weekend

*A Retreat with  
Jim Gilchrist*

**March 20-22  
Laurelville Center  
Mt. Pleasant, PA**

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

To register, please visit our website at [www.westminster-church.org](http://www.westminster-church.org).

# Westminster at World Vision®



Dieudonné, 15, is wearing a Pittsburgh Steelers jersey, an American football team but not soccer he is told. His classmates are greeting him, "Yambu!" "Ni sawa!" he replies. One boy is wearing a Toledo Mud Hens T-shirt and another is wearing a Phoenix Suns tank top over his white dress shirt. Nadège, his 13-year-old sister, is at home taking care of the little ones. She woke up early and put on the Pittsburgh Pirate shirt before her brother could. The teacher steps out of the doorway. "Mwaramutse!" he says and gestures it is time to come to the classroom. The students shuffle along while taking off the new shirts and jerseys that arrived at the village yesterday.

Halfway across the globe Laura, the volunteer coordinator in the World Vision Pittsburgh office, is writing an email to thank the Westminster Presbyterian Church volunteers who helped fold and box hundreds of athletic and sports apparel that had just arrived the day before in a small village in Burundi, East Africa.

While the tale of Burundi is a fictional example, the scenario of a small,

poverty-stricken village receiving donated clothing is true. World Vision collects and distributes the clothing, and volunteers – such as those from Westminster – sort, fold, and pack.

On a cold Saturday, a yellow bus left the slushy church parking lot with volunteers of all ages. Youngsters Rachel, Jarrod, and Lizzy, and young-at-heart volunteers Deborah, June, and Amy. The destination is the Pittsburgh Global Distribution Center. World Vision is a "Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. We serve all people, regardless of religion, race, ethnicity, or gender."

Laura Kennedy, the volunteer coordinator of the center, greeted us warmly. One group worked with donations from the Pittsburgh Penguins, and Laura stressed that none of the items would be "freebees" to any of the volunteers. While sounding some good-natured "boos," the Penguins team went into the warehouse. Laura then escorted the rest of us into

the main packing room, the center of which was completely full of shipper boxes of various sizes, stacked almost to the ceiling within the 40,000 square-foot center.

Westminster began supporting World Vision in 2012 with a commitment of helping three times a year. Jan Baumann, Westminster's volunteer coordinator, likes their model. They serve areas in need by addressing basic needs, like clean water, first. "I love all the places their donations come from, like the NFL and seized counterfeit importations."

When the opportunity to help comes around, please give a few Saturday morning hours to folding Albuquerque Isotope tees, Ditka-like Chicago Bear sweaters, and other collegiate, minor league, and professional sport team goodies. We'll laugh, talk, and get to know each other. It's a good time and a good cause. For more information, visit [www.worldvisionusprograms.org/pittsburgh\\_volunteer.php](http://www.worldvisionusprograms.org/pittsburgh_volunteer.php) or email Jan at [baumann@westminster-church.org](mailto:baumann@westminster-church.org).

# Global Links

*Save the date for a  
volunteer opportunity*  
**Saturday, May 2**

Thirty-five volunteers from Westminster will be sorting and packing medical supplies at Global Links' new distribution center in Green Tree.

Global Links is a medical relief and development organization dedicated to improving health in resource-poor communities and promoting environmental stewardship, primarily in Latin America and the Caribbean.

Hospitals and clinics in under-served communities often lack the supplies and equipment necessary to provide even basic care to their patients, resulting in needless suffering and deaths. At the same time, the U.S. healthcare industry generates a staggering amount of medical surplus, which, without intervention, is destined to pile up in our landfills. Global Links' twofold mission provides hospitals with a socially and environmentally beneficial alternative to sending hundreds of tons of still-useful surplus materials to landfills.

# global links



## History of Global Links

The three women who founded Global Links in 1989 made three critical decisions: to focus on recovery of surplus from hospitals, rather than medical manufacturers' surplus; to establish long-term programs in targeted countries in this hemisphere, in order to have a sustained impact on healthcare; and to rely on volunteers to accomplish most of the labor-intensive sorting, preparation, and packing of the recovered materials.

These principles, which set the organization apart from others with a similar mission, still characterize Global Links. Focusing on countries in Latin America and the Caribbean, Global Links has, over nearly 25 years, developed a unique and productive partnership with the Pan American Health Organization/World Health Organization (PAHO/WHO), as well as with in-country Ministries of Health and the medical and administrative leadership of public health systems. This regional focus has allowed the organization to acquire in-depth knowledge about the public health conditions in the countries it serves, form collaborative partnerships, and develop valuable cultural competence. As the former Director of PAHO, Dr. Mirta Roses, wrote, "We consider Global Links to be an important partner and ally in our strategic planning efforts in the region."

Global Links has a worldwide impact through their Suture Donation and their Medical Service Trip programs. Global Links collects surplus sterile sutures from hospitals across the U.S. Without sutures – the material used for stitches – surgery is impossible; yet in many resource-poor communities, sutures are unavailable or prohibitively expensive. By sending this one item, Global Links is able to greatly enhance the care a hospital can provide its patients.

In recent years, Global Links has developed partnerships with organizations in the Pittsburgh region that serve resource-poor communities. From basic first-aid and hygiene supplies for homeless people to mobility devices for western Pennsylvania residents, Global Links is improving life and health in our community.

In 1999, one of the three founding members, Kathleen Hower, became Chief Executive Officer and continues to lead the organization.

In 2013, the organization consolidated warehouse, volunteer, and administrative operations into a new headquarters in Green Tree to better accommodate their work with healthcare institutions throughout the mid-Atlantic region.

# Get Moving This Spring at the WROC

*Whether you prefer to exercise indoors or outdoors, we have programs to get you moving this spring.*



## Pole Walking

Would you be more committed to walking if you joined a group? This group begins indoors for two consecutive weeks to learn proper technique and experience pole walking. Following indoor instructing the group will meet weekly at local parks and walking trails throughout spring and summer and fall.

Pole Walking is one of the easiest forms of exercise we can pretty much all do, from the casual, average walker to the serious, athletic walker. Walking with poles increases calorie burn and cardio health, lessens the impact on joints, and engages over 90% of major muscles.

### Other benefits of Pole Walking

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

Poles will be available to try during indoor instruction. After deciding to do Pole Walking, students are responsible for purchasing their own walking poles. To learn more about Pole Walking and pole pricing, visit [keenfit.com](http://keenfit.com).

Instruction will be held in the WROC on Tuesdays, April 21 and 28, 12:30 – 1:30 p.m. with Bernice Gourley, Certified Keenfit Pole Walking Instructor. The group will continue to meet on the same day and time throughout spring, summer, and fall at various parks and walking trails in the area. The fee to join is \$10.00.

## Arthritis Foundation Exercise Program (55+ friendly)

Tuesdays, March 17 – May 5  
11:15 a.m. – 12:15 p.m.  
Cost: \$35

This is a fun-filled, low-impact course that helps most people with arthritis increase their joint flexibility and find relief from arthritis pain.

## Tai Chi

Tuesdays, through June 17  
12:15 – 1:15 p.m.  
Cost: \$35

Energize your muscles, refresh your spirit, increase your blood flow, stimulate your mind, and regain youthful balance and agility through the gentle flowing motion of Tai Chi. Instructor Anne Brucker is an experienced exercise physiologist, professional teacher, and program director. She has years of experience and a passion for working with seniors. You will enjoy the energy, expertise, and spirit Anne brings to class. Among the many certifications Anne holds, she is also a certified Arthritis Foundation and Tai Chi instructor.

## Gentle Yoga (55+ friendly)

Wednesdays, March 11 – April 29  
10:15 – 11:15 a.m.  
Cost: \$63

This yoga class emphasizes a gentle form of the classical hatha yoga poses and slow-moving yoga postures. It is non-competitive, fun, and appropriate for people of all sizes, fitness levels, and ages. You don't have to be a contortionist or even be able to touch your toes to perform the yoga exercises and poses! This gentler, slower-paced yoga program will improve your flexibility, increase your strength and vitality, reduce tension, and enhance inner calmness to bring health, enjoyment, and well-being into your life. Classes allow students to progress at their own pace. Both men and women are welcome. There are no age limitations. Instructor Larkey Miller is board certified by the Himalayan Institute.

# Pamela George-Valone

## Fiber Art

During March, the Gallery at Westminster will feature the fiber art/quilts of Pamela George-Valone. Fiber art as a fine art focuses on the materials – natural or synthetic fibers, fabric, yarn – and on the creativeness and manual labor on the part of the artist to make the work significant. It prioritizes aesthetic value over utility.

Pamela George-Valone has been working as a fiber artist and quilter since her retirement from the education field nine years ago. She is a highly-creative person, whose spontaneous use of color, shape, and form bring an element of modern and abstract to the traditional concepts of quilt making.

Pam loves color! She has always been in love with color. Ask her to name her favorite, and she will not be able to give a verbal response – she just smiles. “There are so many hues, and the combinations are endless. These different combinations allow me to push the creative envelope.”

In the gallery exhibit, Pam showcases an array of pieces, small and large, modern and traditional. Her two favorite fabric designers are Kaffe Fassett and Marcia Derse. Many of the pieces in the show combine the fabric of both designers and depict how their different styles of design and color enhance each other.

One of Pam’s quilt works was accepted for “Conscience of the Human Spirit: The Life of Nelson Mandela,” a tribute by quilt artists from South Africa and the United States that opened this past summer in Johannesburg, South Africa, and is now on tour. Pam’s entry is titled “Harmonious” and her statement reads:

Nelson Mandela strove for harmony in his personal life as well as the harmonious coexistence of all people, especially those in his own country. He felt that as one people, there is humility, mercy, justice, and harmony. That love for humanity comes more naturally to the harmonious human heart.

The placement of color, design, and pattern in this piece attempts to echo the harmony that Nelson Mandela struggled to lead his people to accept. This acceptance of harmony proved to have a profound impact on all of humanity.



Photos by George Mendes

*Fiber Art*

# THIS

## TOWN HALL

### *South*

#### LECTURE SERIES

*Est. 1969*

# 2015 -

The Town Hall South lecture series committee is pleased to present its 2015-2016 lineup of speakers. The series explores current and topical issues. Our 47th season offers speakers chosen for their dynamic styles, relevant topics, and wide reaching appeal.



**Dr. Eben Alexander**  
October 6, 2015

Dr. Eben Alexander III, an academic neurosurgeon for over 25 years, thought he had a good idea of how the brain generates consciousness, mind, and spirit. But driven into coma by a rare bacterial meningitis-encephalitis, he spent a week in a coma with diminishing prospects for survival. His experience revealed that we are conscious in spite of our brain — in fact, consciousness is at the root of all existence. Blessed with a complete recovery, Dr. Alexander shares his most powerful life-changing story in his book *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife*. Through his nonprofit organization, Eternea, Dr. Alexander dedicates himself to encouraging people to be inspired by the power of unconditional love. His latest book is *The Map of Heaven: How Science, Religion, and Ordinary People Are Proving the Afterlife*.



**Peter Greenberg**  
December 1, 2015

Multiple Emmy-winning investigative reporter and producer, Peter Greenberg is America's most recognized, honored, and respected front-line travel news journalist. Known

as "the Travel Detective," he is the travel editor for CBS News. His newest project, *The Travel Detective with Peter Greenberg*, is a series offering 42 half-hour episodes that seek to empower audiences with travel news, must-have information, and insider tips known only to a select few. He also hosts a nationally syndicated radio broadcast, *Peter Greenberg Worldwide*. Greenberg has authored several books, including *The Best Places for Everything*, *Don't Go There!*, and *The Complete Travel Detective Bible*. He received a News & Documentary Emmy Award for outstanding coverage of "Miracle on the Hudson."



**Bill Strickland**  
February 2, 2016

For 30 years, Bill Strickland has used his innovative arts and training centers to transform the lives of thousands of impoverished adults and teenagers. His message of self-worth inspires

audiences. Former eBay president Jeff Skoll describes Strickland as a "Genius, because he sees the inherent genius in everyone." A Pittsburgh native, Strickland was inspired by his high school art teacher and eventually created the Manchester Craftsmen's Guild. As a result of his success, in 1971, Strickland was asked to assume leadership of the Bidwell Training Center and guide its transition to providing relevant skills. Today, Manchester Bidwell Corporation has evolved into a national model for education, culture, and hope. The model works so well that he is replicating the Manchester Bidwell enterprise throughout the country.



# 2016 lineup



## Dr. Anne-Marie Slaughter

November 10, 2015

Dr. Anne-Marie Slaughter, described as “an innovative and prolific scholar” by *Foreign Policy*, turns big ideas and deep analysis into realistic strategies

for a networked world. As President and CEO of the New America Foundation, she leads a team of scientists, technologists, and political and economic thinkers. A contributing editor for *The Atlantic*, Slaughter became one of the country’s most talked about writers with *Why Women Still Can’t Have It All*, an in-depth and controversial look into the extreme work-life balance of today’s professional women. The author and editor of six books, including *A New World Order* and *The Idea That Is America*, she has published over 100 scholarly articles in international law and relations.



## Jack Hanna

March 1, 2016

Animal expert “Jungle Jack” Hanna is one of the most visible and respected ambassadors between the human and animal worlds. His hands-on approach and insights into the

public’s appreciation of wildlife have won him widespread popular acclaim as Director Emeritus of the Columbus Zoo, conservationist, author, television personality, and lifelong adventurer. Jack’s career took off in 1978 when he was offered the directorship of the Columbus Zoo, where he transformed it into a state-of-the-art facility. Airing since 1993, his television program, *Jack Hanna’s Animal Adventures*, now reaches 96% of U.S. television households. A dynamic orator, Jack enjoys speaking tours sharing his globetrotting experiences. He is the author of seven books, where his timeless tales captivate audiences from every generation.

Town Hall South has a twofold purpose: to provide an enrichment program for the community through quality lectures and to provide service in the community through philanthropic gifts to a wide range of local organizations. To that end Town Hall South has given away over \$525,000 during its 46 years of existence.

All lectures are held at the Upper St. Clair High School Theater on the first Tuesday of October, November, December, February, and March. Tickets are available by series subscription for \$145 and can be purchased by visiting the Town Hall South website at [www.townhallsouth.org](http://www.townhallsouth.org).

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

# Genetic Harps

**Gretchen Van Hoesen**  
*Pittsburgh Symphony*  
*Principal Harpist*

**Heidi Van Hoesen Gorton**  
*Toronto Symphony*  
*Principal Harpist*

**Sunday, March 22**  
**4:00 p.m.**  
**Sanctuary**



Westminster Music & Arts Series presents "Genetic Harps," a concert with Pittsburgh Symphony Principal Harpist Gretchen Van Hoesen and Toronto Symphony Principal Harpist Heidi Van Hoesen Gorton, at 4:00 p.m. on Sunday, March 22, in the sanctuary. The program includes the Pittsburgh premiere of Gary Schocker's "Better Than One" for two harps and world premiere arrangements of works by Debussy and Shostakovich by Gretchen Van Hoesen. The finale of the concert features four harps in the jazzy South American dance, "Brazileira," by Darius Milhaud.

Versatility describes flutist-composer-pianist Gary Schocker (b. 1959). Not only is he an accomplished musician who has won numerous competitions. Schocker has composed several musicals as well as sonatas and chamber music for most instruments of the orchestra. The Pittsburgh premiere of "Better Than One" will be a highlight of the concert.

The three other featured composers come from the first generations of modern music. In France, Claude Debussy (1862-1918) moved away from the romantic

style that had defined the 19th century. His atmospheric musical style has often been compared to visual Impressionism, although Debussy did not make that connection. Still, listening to Debussy goes nicely with enjoying Impressionist art.

To the next generation of composers in France, Debussy's music had become old-fashioned. The influential group of six young composers known as *Les Six* reacted against Debussy's style as well as the heavy romantic style of Wagner. Darius Milhaud (1892-1974) was a member of *Les Six*. As a young composer, Milhaud spent time in Brazil and was influenced by Brazilian popular music. He first heard American jazz on a visit to New York in 1922 and later incorporated elements of jazz in his compositions. Milhaud was prolific, composing nearly 450 works in a wide variety of genres, from symphonic and chamber music to ballets, operas, and film scores. His music represents the appealing freshness and creativity of the early and middle years of the 20th century. Milhaud came to the U.S. during World War II and taught composition. Among his students were

legendary jazz performer and composer Dave Brubeck and popular musician and songwriter Burt Bacharach.

Slightly younger than Milhaud, Dmitri Shostakovich (1906-1975) lived and composed during difficult times in Russia and later the Soviet Union. Under the Soviets, he managed to create music that pleased both the government and the public. And although he was famous during his lifetime, his fame has continued to grow since his death.

On March 22, invite your friends and neighbors to this wonderful Sunday afternoon concert. Westminster audiences know that it is always a treat to hear Gretchen Van Hoesen perform. And it is especially exciting to welcome the delightful collaboration of Gretchen and her daughter Heidi. Their genetic musical talent will grace the sanctuary with a program sure to charm all listeners.

## VOLUNTEERS AMONG US



Have you noticed that when you enter the church office wing during weekday hours you are always greeted with a smiling hello? Or when you telephone the office a very friendly person answers? These individuals are Westminster's volunteer receptionists, and coordinator Doris Turner leads them. Doris is a lovely and humble person with a radiant smile.

The Westminster receptionists began as volunteers under Laird Stuart in 1989. Doris Turner graciously began coordinating these efforts in 1992 and continues to this day. The receptionists greet members and guests as they enter the church and make everyone feel welcome. They also answer the phone and attend to light tasks as needed by staff. Led by Doris, the front desk is covered eight hours a day, five days a week by 22 rotating church members! Ideally, Doris would like to expand that group to 30, so there is room for new volunteers. Would you like to lend a hand? Doris says that sometimes you just need to "tap people on the shoulder" and they are encouraged to help. Ask her why she volunteers and she will tell you that she gets out of it as much as she gives.

Doris is a retired guidance secretary, having worked for 18 years at the junior high level for the Gateway School District. She notes that when you work for a school, your daily schedule is tied to the clock. This is where she became very organized and disciplined, qualities which currently serve her well at Westminster. Doris has also coordinated the church's monthly bulk mailings for years.

Through her volunteering at church, Doris has gotten to know the staff and enjoys assisting them. She feels a part of the church family. Her enthusiasm is so contagious that I offered to join the substitution list of receptionists. To anyone else interested in helping, Doris would say, "Come on down!"

– Kris Overstreet

# Grief Recovery Group

**Wednesdays,  
March 4 – April 1  
6:45-8:00 p.m.  
Memorial Parlor**

If you have lost a spouse, child, family member, or friend, you know it can 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. Plan to join us for our Grief Recovery sessions.

We will use the Grief Recovery 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 cost of materials, a donation of \$10 is suggested.

## March Is National Nutrition Month Go Greens

Spinach in smoothies. Bok choy in salads. Kale in EVERYTHING. Have you noticed a green revolution? In the spring we often think of green, and this year make sure to think of some green foods. And no, not green milkshakes or frosted cookies. But green veggies!

Seems we're finally starting to realize the importance of eating green food. Why do it? Maybe you want to complacently travel through life oblivious to Swiss chard, happily eating Taco Bell. But I urge you: Go Greens. Really. Your cells need these foods. Green foods are high in four important things: antioxidants, vitamins, minerals, and phytonutrients. All of these power your cells. If your cells don't get the nutrients these foods offer, you age faster. You get disease. You get more wrinkles. You have low energy.

### Greens are superfoods!

Like many superheroes, leafy greens possess more than one superpower. Superman can fly, lift trains, run like the wind, and see miles away. And kale, Swiss chard, and spinach each have more than one power. They can contribute to better health in the following ways:

- Lower cholesterol
- Lower blood pressure
- Prevent macular degeneration
- Lower risk of osteoporosis
- Increase muscle health
- Fight oxidative stress
- Repair body tissues
- Reduce risk of memory loss

So it is time to Go Greens. Add chopped spinach to tacos, Swiss chard to soup, and kale to dips (check out the hummus recipe). However you choose to get your greens, your body will thank you.

– Kathy Parry (Gillen), Your Real Food Coach  
[www.KathyParry.com](http://www.KathyParry.com)

*Kathy holds degrees in business and food management and a certification in plant based nutrition. She speaks at events, corporations, and colleges about wellness and the benefits of a whole food diet. Kathy is the author of two books: The Ultimate Recipe for an Energetic Life and Hungover, Sleep-Deprived, Over-caffeinated and Living on Pizza.*



### Kale Hummus

I've seen garlic hummus, spicy hummus, horseradish hummus, cilantro hummus. So why not kale, the super food? Are you looking for a power snack that will keep you feeling full and pack a nutrient punch? Then try kale hummus, but don't skip the sun-dried tomatoes. They add a bit of sweetness that offsets the kale. You must use a food processor to make this recipe. (It may work in a powerful blender, but I haven't tested that.)

- 4 cups roughly torn kale leaves
- 1 clove of garlic (2 if you're not kissing anyone soon)
- 1 15-ounce can organic garbanzo beans
- 1/3 cup tahini
- Juice of one lemon
- 1/4 cup extra virgin olive oil
- 1/4 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup oil packed sun-dried tomatoes

Place the kale leaves in the bowl of a food processor with the garlic and pulse for 30 seconds. Add the garbanzo beans and process until finely chopped. Add the tahini, lemon juice, and olive oil. Process until fairly smooth. Add the water, salt, and pepper. Process until desired consistency. Add the sun-dried tomatoes and process until they are mostly chopped. Adjust consistency with additional water or olive oil. Makes about 3 cups.

# Easter Flowers

Spring and Easter are coming!

The Chancel Guild is accepting memorial/honoree contributions for Easter flowers. Make your check payable to the **Chancel Guild** and mail to Peg Kinsey at the church office or place it in the collection plate on Sunday morning with your form. Your contribution must be received by **Monday, March 30, 2015**, so your gift can be listed in the Easter bulletin.

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

## EASTER FLOWERS ORDER FORM

In memory       In honor

Name of memorial/honoree (PLEASE PRINT)

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

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

Please return this form to Peg Kinsey in the church office by **Monday, March 30**.



---

## Meet the New Deacons

**Andree Jeffrey:** My husband Jeff and I have been married for 44 years. We have two sons living out-of-state. We have been residents of USC and members of Westminster for 35 years. I am a retired elementary school teacher and enjoy spending my free time traveling, cooking, and reading. I have served in various capacities at church including moderator of the Board of Deacons and most recently House of Manna dinner coordinator. I have been richly blessed and look forward to giving back. I am honored to serve my church as a deacon.

**Caitlin Pyles:** I am a junior at Upper St. Clair High School. I run cross country, track, and indoor track. I am a part of the student leadership team for my youth group. I'm on the junior board for Miracle League, and this will be my second year serving as a deacon for Westminster. I love hanging out with my friends and family, writing, photography, running, and going on mission trips.

**Phil Humbert:** I'm a junior at Upper St. Clair High School. I've been active at the Bridge, Cold Pizza, and Veritas, and I'm very excited to become a youth deacon.

**Tony Ondrejko:** My wife Carla and I have a set of 5-year-old twins, Tyler and Olivia. We also have an older daughter, Rachel, who is a graduate student at Miami of Ohio. You can see a picture of our family on the church's website under worship. I am honored to become a deacon in our church and look forward to meeting many people and serving God in this new role.

**Sammy George Duncan Jr.:** I am originally from Western Kentucky, met my wife Donna while working in New York City, and now we live in Venetia with our daughters Ruth Marie and Georgia. We have a busy life with two active girls who enjoy ice skating, swimming, and dancing.

**Carole J. Strope:** I was born in rural Washington County, the youngest

child of ten. I received my primary education in that area and graduate degrees in the Pittsburgh area. My husband Roy and I have been married for 46 years. We relocated many times before retiring and returning to Pittsburgh.

**Hedy Pitcairn:** I have lived in USC and been a member of Westminster for 36 years. I have two children: Kelly, who lives in Arlington, VA, with her husband and three children, and Brett, who lives in Upper St. Clair with his wife and three children. I retired one year ago from USC School District, where I worked at Boyce Middle School for 28 years.

**Racquel Krikorian:** My husband Chad and I have been attending Westminster since 2008 and I feel blessed to have this opportunity to serve as a deacon. I feel that as I'm maturing in my faith with God, doors are opening for me to serve others and share my love and compassion with those in need.

---

**Doug Mahrer:** It is an honor and a privilege to lead the Board of Deacons for a second year. The opportunities that God provides are humbling.

**Sandy Baker:** I attend the Bridge Service and have been a member of Westminster for ten years. I live with my husband Scott and two daughters, Brooke (19) and Taylor (14), in Upper St. Clair. I am a regional manager of cabin appearance for American Airlines, and I enjoy using my travel benefits to travel with my family.

**David Gambridge:** My wife and I have resided in Bethel Park for the past 30 years. We have two grown children. Our son, DJ, is a teacher and coach at Canon McMillan High school. Our daughter, Kelly, is an elementary teacher in Durham, North Carolina. I am 5'22" tall.

**Stephen Daniele:** I am blessed with three wonderful children (Nolan, Adriana, and Lucas) and my amazing wife Cara. My most cherished time is any moment I am spending with them. I am super excited about the opportunity

to serve the church as a deacon, to strengthen the relationship my family and I have with Westminster, and to be able to provide the church with the talents and gifts the Good Lord has blessed me with.

---

## Meet the New Elders

**Tracy Null:** I live in Peters Township with my husband John and our two children, Morgan (16) and Jack (14). We have been members of Westminster since 1992.

**Nicole Baculik:** I grew up in Long Island, New York, and found myself transplanted to Pittsburgh after graduating from Duquesne University. My greatest accomplishments and blessings are my five children: Alexis (21), Noah (20), Elliot (16), Paige (12), and Alyvia (7). My husband Matthew and I came to Westminster at the urging of our youngest child while she attended WCDC. We knew we had finally found where we belong.

**Paul Conley:** I joined Westminster in 1964. During the past few years, I have served as moderator of the Board of Deacons, taught adult Bible study, chaired the Worship and Adult Spiritual Development Commissions; I currently chair the Outreach Commission. For the past 15 years, I've supported the La Croix New Testament Mission in Haiti through annual trips. In the years to come, I look forward to serving through the various Westminster outreach programs and initiatives.

**Fred Cramer:** I have most enjoyed coming to WPC for the people, spiritual growth, and the opportunity to share my interests and gifts God provided. I'm excited to become more involved with the organization and its commitment to serve its members and the community at large.

**Scott Hersh:** I have been a member of Westminster since moving to Pittsburgh from Atlanta in 1996 and find it to be welcoming and spiritually enriching. I previously served as a deacon. I am married with three sons who were all baptized at WPC. Andy and David are currently Penn State students, and Will is a junior at Upper St. Clair High School. When not working, I enjoy bicycling on the beautiful (and hilly) country roads here in Western Pennsylvania and spending time with family.

**Patrick McClintock-Comeaux:** I am honored to continue the tradition of the McClintock part of our family in serving a congregation which has given us so much. Not only have our four children grown through the Child Development Center, Nursery School, Cherub Choir, and Sunday school, but Marta and I have been active in the Perspectives Class (and still think of ourselves as "younger adults").

**Betty McMillan:** Our family has been blessed to be part of the Westminster Community for almost 28 years. I have participated in several volunteer opportunities starting with working in the crib nursery, to teaching Sunday school, and, as I became the elder mom, to facilitating the "Mom to Mom" ministry. The Alpha Class and small group discussion opportunities and friendships have greatly enriched my spiritual life.

**Heather Richardson:** My journey has taken me from Arcadia University to a fifth grade classroom in the Mt. Lebanon School District, where Charley and I continue to live in the same neighborhood as our two adult children and four grandchildren. After teaching, I earned a master's in hospital administration at Pitt's Graduate School of Public Health and then a master's in Christian education at Pittsburgh Theological Seminary. For 15 years, I served as director of the Sunday school for the Korean United Presbyterian Church of Pittsburgh. At Westminster I serve on the prayer committee, give communion to extended members, and lead children in the Children's Day In program to have faith in God through Bible stories. Jesus has been my "imaginary playmate" for as long as I can remember and I rejoice with my Heavenly Father as the Lord of my life.

**Amy Jo Winegarden:** Though I've only been a member of Westminster for a short time, from the first time I worshiped at the Bridge I knew that I was home. My journey of faith includes growing up in the Catholic Church (mom) and enjoying the rich teachings and traditions of Judaism (dad) at home. I live in Mt. Lebanon with my husband John and sons Jonathon and Jarrod. My daughters live nearby and have families of their own. I'm humbled, honored, and excited to continue to deepen my faith and serve our church and church community as an elder at Westminster.

# Financial Report

*As of January 31, 2015*

## General Fund Contributions

Year-to-Date Actual	\$ 154,919.66
Annual Budget	\$ 2,073,722.00
Amount needed to fulfill budget	\$ 1,918,802.34

## Year-to-Date Income Statement

Income	\$ 188,997.33
Expenses	\$ 179,607.55
Net Position	\$ 9,389.78

# Employment Opportunities

*at Westminster*

- Director of Westminster Nursery School and Kindergarten**  
 Reports Directly to: Board of Directors  
 Exciting leadership opportunity for highly motivated, self-starting, nurturing, experienced preschool director! We are looking for someone who is passionate about serving both typically developing children and those with special needs in a church based, NAEYC and DOE accredited nursery school and kindergarten. You will lead a team of qualified teachers to develop and implement a full spectrum of creative and age appropriate early childhood education experiences for preschool and kindergarten children.  
 More information is available at [www.westminster-church.org](http://www.westminster-church.org).
- Kitchen Manager**  
 Requires excellent ability to work well with volunteers and other people, organizing food for activities involving the church kitchens, and preparing some meals and refreshments for church-related events, approximately half-time.
- Cleaning Custodian**  
 Full-time position principally responsible for keeping the church clean, with other light custodial duties. Flexible hours. Contact Dave Reiter or Jim Gilchrist for more information or to apply.

# Real Spiritual Food

The season of Lent is a good time to examine what kinds of spiritual food we consume. Is it junk food – sweetly sentimental fare that makes us feel good, at least while we are indulging in it? Is it thoughtful and even challenging sustenance for our life in Christ? Real spiritual food may be hard to define, but if we stick close to the model of Jesus, we should be on the right track. During his ministry, Jesus generously fed his followers with real food and then he fed them with scripture and parables: real spiritual food. Today, many types of literature, art, and music come under the category of “Christian.” The trick is to find what will deeply nourish our souls and stimulate us to live boldly as disciples of Christ.

Cathy Bieri  
 Jean Rice  
 Florence Stoneberg





**WESTMINSTER**  
PRESBYTERIAN CHURCH

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

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PITTSBURGH, PA  
PERMIT 2748

ADDRESS SERVICE REQUESTED  
DATED MATERIAL — PLEASE DELIVER PROMPTLY

This *Spire* was printed on paper that contains 30% recycled post-consumer fiber, is EcoLogo certified, and was manufactured in Canada using biogas.

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)

*O God, be gracious; hear my prayer, and answer when I cry.  
You give me hope in my distress; you will not pass me by.  
Now lay me down to sleep in peace; in safety let me rest.  
O God, within your loving care I am forever blessed.*

– David Gambrell