Fall 2022 Volume 63 No. 7

WESTMINSTER PRESBYTERIAN CHURCH

Pittsburgh, PA

For God so loved the world...

One of the most quoted verses from scripture affirms God loves creation so much that God chose to reach us in a body. Jesus' presence brought all the ethereal notions of God's love to life in tangible ways by the way he touched people, fed them, healed them, hung out at dinner with them, worshiped with them. All ways we can follow and model.

Faith in God might be something that swells in your heart, sparks your imagination to the divine among the ordinary, and gives you strength at times of trouble, but faith is not some abstract concept. Faith is embodied and has a body – yours and mine.

This is one of the reasons we now print the *Spire*. Touch these pages. See how the ink transforms the paper. Let the ideas sink into your whole being, and then allow your body to be moved by faith, literally, to be what God needs us to be in this community.

Decide to be present with one another at worship and later share a cuppa. Let your thoughts and prayers move from a private conversation with God to an action that answers those prayers. Imagine what needs to be said for truth and justice to flourish and then use your voice. All of these reflect the embodied ways God taught us, through Jesus, what it means to live a life of faith.

Westminster grew from that elusive notion of faith to become the centerpiece in this community through the people who gather and are then sent out.

I appreciate the commission of Bishop Anthony of Sourozh who said, "We should try to live in such a way that if the Gospels were lost, they could be re-written by looking at us."

We are in this together,
Jo Forrest





Read the *Spire* online at: www.westminster-church.org/news-&media/the-spire-online

The Spire is published seasonally 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. Please include the author's name, telephone number, email address, and a title. All articles are subject to editing.

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WELCOME TO THE SPIRE

Welcome to the Spire. Westminster brims with faith and a vast array of paths for you to draw closer to God through the people who comprise this church. This newly imagined Spire grew from what we heard about your desire to engage in the life of the church. You will find familiar authors upon whom you have relied for years as well as new contributors to spark your ideas.

In the coming program year, expect to receive six issues in total. In early October, the Spire will focus on God's generosity during a season of harvest and encourage us to express our gratitude in myriad ways. In mid-November, the next issue will guide you through Advent and the coming light of Christ on Christmas and into Epiphany. In February, the issue will lead you to consider your walk of faith during Lent. An Easter issue will explore the meaning of resurrection in varied aspects of life. The final spring issue celebrates the life of the church in Pentecost, youth, and children.

As a reminder, to stay abreast of the details about events – dates and locations, please continue to subscribe to our emails, "like us" on social media, peruse the bulletins, check our website...better yet, give us a call and stop in for a conversation. On behalf of the officers, members, and staff that make this church hum with excitement, we'd love to hear from you as you find your place in this faith community.

Jo Forrest

WELCOME TO WESTMINSTER — SUPER SUNDAY SEPTEMBER 11

Join us for a time of fellowship and fun. There will be something for everyone - food, special music, activities for kids and families, games, and more. God created us to be together.

Our Mission: We seek to be a caring community of faith committed to bringing people to Christ and developing their faith through worshiping God together, teaching the faith, and serving in mission.

SUNDAY WORSHIP

8:30 AM - Sanctuary Traditional

9:45 AM - WROC/Livestream The Bridge Contemporary

11:00 AM - Sanctuary/Livestream Traditional

CONNECT WITH US

2040 Washington Rd. Pittsburgh, PA 15241 phone: 412-835-6630



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@wpc pgh

BLOOMING

As I write this article, my garden is in full bloom. The impatiens have outdone themselves this year; orange and red flowers brilliantly line the border. The zinnias are blooming with an array of rainbow colors along with the hydrangeas. Last year I planted a few perennials and then waited with hope for them to reappear. But only one plant came back, which made it easy to keep track of the rest of the flowers in the garden.

Somehow a new plant began to grow. Surprised, I kept watching to see if the sprouts were a flower or a weed. Carefully I watched to see any sign on the leafy stalks. Huge buds started to form and recently I was pleased to see sunflowers coming forth. They are beautiful and I hope they will grow tall for the sake of the birds.

The Holy Spirit empowers us to live faithfully in the world to build God's kingdom. We are truly blessed to have others join along our journey of faith, too. Everyone has their own unique appearance. Bound together in love, God's garden – the church – shows God's beauty and presence to the rest of the waiting world. I'm so very grateful that God has planted us at Westminster Church, so that we may collectively "bloom where we are planted."

Together on the journey,

Louise



BETWEEN HERE AND THERE

Okay, friends. Here's the truth: plenty of times in the past few years felt like life and work were held together with scotch tape and bubble gum. I have a suspicion that I'm not alone in this sensation. Weekly changes to programming, monthly shifts in our kids' schooling, daily shifts in availability. No bounds seemed untouched by constant change.

While still true to some degree, this most recent summer is evidence of the light and energy that so many of us are feeling as we move forward. It too came with its challenges, however. A friend of mine in camping ministry said it best, I think: "We're stretching muscles that haven't been used in a few years." I've seen this play out for churches, families, and individuals. It seems like we saw the light on the horizon, jumped up off the couch, and hit the ground running for the first time in months. We may have pulled a few muscles in the process.

AS WE SIT IN THE TRANSITION BETWEEN SEASONS, LET ME ENCOURAGE YOU TO CONSIDER THE NEXT FEW MONTHS.

Toward which lights would you like to run? What priorities would you like to find at the top of your heap this fall? What have you been called to embrace or to forgo as we step forward?

I'm hopeful that your horizon is full of light but recognize that it may just be a few slivers or glimpses here and there.

NO MATTER YOUR UNIQUE SCENARIO, I CHALLENGE YOU TO CONSIDER WHAT IT IS THAT LAY IN FRONT OF YOU. AS WE SHIFT INTO THE COMING SEASON, IN WHAT WAYS DO YOU FEEL GOD CALLING YOU TO USE YOUR TIME?

If you've already made some moves to embrace a shift, I'd love to hear about it. And if you're uncertain as to how to best move forward, I'd love to work it out together. Prayers and blessings upon this coming season, friends. Talk soon.

- Ed Sutter



MEETING A GREAT NEED: MENTAL HEALTH FOR TEENS & PARENTS

Frederick Buechner once wrote that "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." I've known and loved this quote for about a decade or so now, but am only recently learning to articulate how it may, possibly, play out in my life. I'd like to challenge you to consider your own deep gladness, as well as invite you in to mine.

It was within the context of answering the question "what comes next" for ministry and vocation that I began to describe my dream job as conversation host. It's the way I prefer to teach, how I think I do my best counseling, and the lens that I like to consider as I plan any lesson, discussion, or presentation. It works well because a conversation is a two-way street. Lectures and oftentimes sermons are one-way deliveries, but a conversation allows for input from a variety of voices. That variety strengthens, enriches, and adds dynamic to any gathering. No one person should carry the burden of expertise on an inexhaustible number of scenarios or topics. Each voice adds something to the conversation.

In recent years, and increasingly so in recent months, many of the conversations I've had addressed concerns over the need for mental health supports for families, parents, and young people. These ideas are echoed in the news, media, or perhaps even your own family. The world's deep hunger is apparent: we must serve our families in this way.

I'd like to invite you to be a part of this ongoing conversation. Through the support of Westminster's endowment, we will host several conversations, led by experts in their field, on the pressures, expectations, and mental health needs of teenagers and their families. Conversations will be held on Wednesdays, October 12, November 9, January 11, and February 8, from 6:30 to 8:00 p.m. These conversations are for both parents and teenagers, and we hope to support the city of Pittsburgh far and wide. Please join us both in presence and in your invitation to others.

Westminster is responding to the world's deep hungers in a variety of ways, and we feel that these efforts might just reach a whole new population. Join us.

WESTMINSTER
MEETS THE WORLD'S
DEEP HUNGER
BY CREATING NEW
RESOURCES FOR
TEEN AND PARENT
MENTAL HEALTH.

- Ed Sutter

IT'S YOU I LIKE

If you stop in my office you will see that I am a big Mr. Rogers fan. Fred Rogers was all about inclusion, love, and grace. When you watched his show you always felt like he was looking straight at you and telling you that you are loved. He talked about our feelings (it's okay to be angry sometimes) and how to say I'm sorry. Most of all Fred, like Jesus, gave us grace – grace to know that when we mess up, we are still worthy of being loved.

I work a few hours a week as a chaplain at a psychiatric hospital for teenage boys who have behavioral/mental health issues. Many of these boys have been abused or neglected and never experienced unconditional love. I lead Pastor's Group which consists of 4-6 students at a time. We listen to music, learn about Jesus, and pray.

I have had boys say they have never heard of Jesus before or never been to church, yet they come back again and again. Why? Because in Pastor's Group they are told they are loved by God – no matter what they have done. They are not judged by their past. Each week I try to tell them that they are worthy of God's love and they don't have to do anything to earn it. I like to think of Fred Rogers sitting next to me singing, "It's you I like...." That's the grace of God.

Blessings,

Becky Boyer

Becky Boyer was recently hired as Associate Director of Youth Ministry at Westminster. She has vast experience in leading teens to know God through mission, study, and adventure. Becky has served with teens at Hot Metal Bridge Faith Community on the South side, Center Presbyterian in McMurray, and Southwood Psychiatric Hospital. She has a special passion for people with disabilities.





HOTEL HEAVEN

"Okay, so hear me out. What if we're like the workers at the hotel and everyone else is staying at the hotel and it's our job to love them so they can learn about Jesus?"

"Tell me more."

We were discussing how to be ambassadors of the gospel at JAM (Jesus & Me, our 5th & 6th grade youth group) when one of the students shared this idea. We (the church) are the staff at Hotel Heaven. As guests come and go it is our job to extend radical hospitality. In doing so, we create sanctuary: a place to rest, to be taken care of, to experience warm welcome and unconditional love.

The group decided that Hotel Heaven was a place for everyone. We have room. Stay as long as you like. Need something? We'll help you. Sharing the love of Jesus every step of the way.

"AND THE KING WILL ANSWER THEM, 'TRULY I TELL YOU, JUST AS YOU DID IT TO ONE OF THE LEAST OF THESE BROTHERS AND SISTERS OF MINE, YOU DID IT TO ME." - Matthew 25:40 Soon the conversation shifted to who wanted what job at the hotel. Not only is there something for every guest, but also a role for each staff member. Something that fits their gifts and energizes them.

"THERE IS ONE BODY, BUT IT HAS MANY PARTS. BUT ALL ITS MANY PARTS MAKE UP ONE BODY. IT IS THE SAME WITH CHRIST." - 2 Corinthians 12:12

All throughout the summer I have been thinking about Hotel Heaven. As we welcomed children and their families at Barefoot School, how can we make this a fun space to learn about God's love? In planning and preparation for the return of our children's programs, how can we show radical hospitality to all families who walk through the door? In what ways can we serve our community, modeling Jesus' unconditional love for all people?

God's love extends far beyond what we can imagine, and we have the privilege to share that good news with others. So how will you welcome others at the Westminster branch of Hotel Heaven?

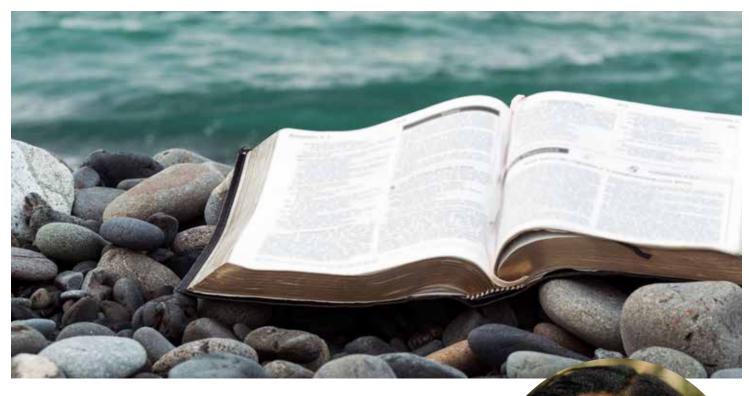
- Faith Kemmler

CONFECTIONS Summer months bring special opportunities to connect

Summer months bring special opportunities to connect with God. At Westminster Church we engage in vibrant worship both outdoors in the courtyard and indoors on Sunday mornings.







WHAT INHERITANCE AWAITS YOU?

STUDYING THE BOOK OF HEBREWS

Hebrews is a bit of a mystery. This series explores its contexts, the unique picture of Jesus that it paints, and the role of a genealogy in understanding the world that was, the one that is, and the world that is to come. The themes of endurance, rest, and faith transcend time and connect the audience of Hebrews and communities of believers today - all believers who share a common inheritance.

Westminster Seminars begin the new program year on September 11 by welcoming Professor Jennifer Kaalund to lead us in a new way to look at Hebrews. The four-week series runs through October 2.

Jennifer joined the faculty of Pittsburgh Theological Seminary as Associate Professor of New Testament in June 2021. Her book, Reading Hebrews and 1 Peter with the African American Great Migration: Diaspora, Place, and Identity (2018), explores the constructed and contested identities in Hebrews and 1 Peter through the lens of the "New Negro," a similarly vulnerable identity formed during the Great Migration in the United States in the early 20th century. It is a great pleasure to introduce her to Westminster.

WESTMINSTER SEMINARS

The Westminster Seminars offer a dynamic schedule of topics to help us live more fully as thoughtful Christians in today's world. Everyone is always welcome. Come when you can - no preparation or homework.

PROFESSOR JENNIFER KAALUND LEADS US IN A NEW WAY TO LOOK AT HEBREWS.

Westminster Seminars are held on Sundays from 9:45 to 10:30 a.m. in Galbreath Chapel and on Zoom. Find the link on the church website under Featured Events or in the Friday church email. You can watch or listen later on the Westminster website - under News & Media. Find more information about current and upcoming seminars on our website and in the bulletin.

SHIM: A FRESH PERSPECTIVE

"Let us remember the poor, and not forget kindness to strangers; above all, let us love God with all our soul, and might, and strength and our neighbor as ourselves."

Athanasius of Alexandria (d. 373)

I recently started my term on the board of South Hills Interfaith Movement (SHIM). Jim Guffey, Executive Director, and the entire team did a great job of providing me an orientation to both the board and its staff.

While many of us know about the food pantries, Community Clothing Closet, and garden at SHIM Center in Bethel Park, it was my tour through the SHIM Family Center in Baldwin that was a real eye opener. The Family Center opened in 2007 in Whitehall Place (formerly Prospect Park), the largest concentration of refugees in Pittsburgh, and ran services out of seven apartments in this



complex. In 2018, SHIM found expanded space at the Wallace school building owned by the Baldwin-Whitehall School District. SHIM serves the immigrant/refugee population and other families with social services needs from this location.

SHIM helps entire families adjust to life in the U.S. with early childhood education, after school programs, summer youth programs, parenting classes, financial wellness help, and family social activities.

The picture above highlights young women from the refugee/immigrant community who are brand new graduates of Baldwin High School. They represent several different countries including Nepal, Thailand, and multiple African nations. Kritika Timsina, pictured at right, was a valedictorian. Each of them and their families have been SHIM clients as they acclimated to the U.S. Now they can confidently take their next steps in life.

SHIM VOLUNTEER OPPORTUNITIES

- Please check the SHIM website at shimcares.org/volunteer for volunteer opportunities at SHIM Center in Bethel Park or SHIM Family Center in Baldwin. These include van driver, homework helper, receptionist, youth mentoring, food pantry, financial mentor, and SHIM gardens.
- Westminster Food Drive Sunday, September 25
 Drop off food at the church. We will take it to SHIM in our vehicles. If you would like to help, please contact Rob Wagner at 412-491-0637 or rowagner 127@gmail.com.



by **ROB WAGNER**

Rob currently serves as chair of Westminster's Endowment & Special Gifts Committee

MAKE A JOYFUL NOISE

"Sing for joy to God our strength; Shout aloud to the God of Jacob!, Begin the music, strike the tambourine, play the melodious harp and lyre".

Psalm 81:1-2



"Come sing in the choir" are five words that shaped my musical career and my life. I first joined a church choir at the age of 12 after I heard them sing an ethereal anthem that touched my soul. I decided to major in music while

I was an undergrad at Pitt

and singing in the Heinz Chapel Choir. From my first days as a chorister and soloist in my home parish, in several church choirs, Mendelssohn Choir, Pittsburgh Opera, and others, sacred music has always been my favorite genre because it glorifies God. To me, singing is an elevated way to praise God, who gave me a gift of singing. It fills my heart to use it to give thanks. God has called me to sing. I tried several times in the past to quit but God called me back again and again.

I have sung at Westminster since 2000 when I was hired as the soprano section leader. When I stepped back from the leadership position I stayed to sing as a volunteer. There is such a supportive and loving atmosphere both in the choir and in this church, I couldn't imagine leaving! Westminster has one of the strongest music programs in the city, and the choir has become my second family. Choral singing has allowed me to be riend some of the finest people I could ever hope to meet!

- Eileen Murray



Several years ago one of our Chancel Choir members, Allison, penned the address "Chamily" when sending out an email to our group: Chancel Choir + Family. It couldn't be any more well said. Music, particularly singing, has

been a constant my entire life.

When people come together through music, something magical happens. Walls of inhibition are lowered, the sense of belonging and acceptance are raised, and selfworth is elevated. Top that off with the blessings of our church choir with their unending supply of love and support...there is nothing like it!

A few months ago I had heart complications everything is under control now, but God gave me the wonderful opportunity to reflect and evaluate priorities. I have a long list of musical roles in many organizations, but without a doubt, being a member of our Chancel Choir is unquestionably the first and foremost place I belong. And then add the privilege of being able to share that love and passion with the Children's' Choirs. God has truly blessed me.

The choir is a unique group of people from diverse backgrounds, musical skills, and family dynamics. But together we are "Chamily."

- Holly Jones

ON BEHALF OF THE "CHAMILY," WE INVITE YOU TO JOIN US ON THURSDAYS AT 7:00 PM IN ROOM 268. COME SING IN THE CHOIR! YOU NEVER KNOW HOW MUCH IT WILL ENRICH YOUR LIFE.

EMPOWERING CANCER PATIENTS THROUGH YOGA

Regular yoga practice offers many benefits, including improved flexibility, increased muscle strength, prevention of cartilage and joint breakdown, and increased bone health. Yoga for cancer patients, however, offers a host of additional benefits, many of which empower patients to take back control of their lives.

Yoga4Cancer (y4c) is a class offered to cancer patients and survivors through the Westminster Recreation & Outreach Center (WROC) and taught by Shawna Locke, a Yoga4Cancer certified instructor.

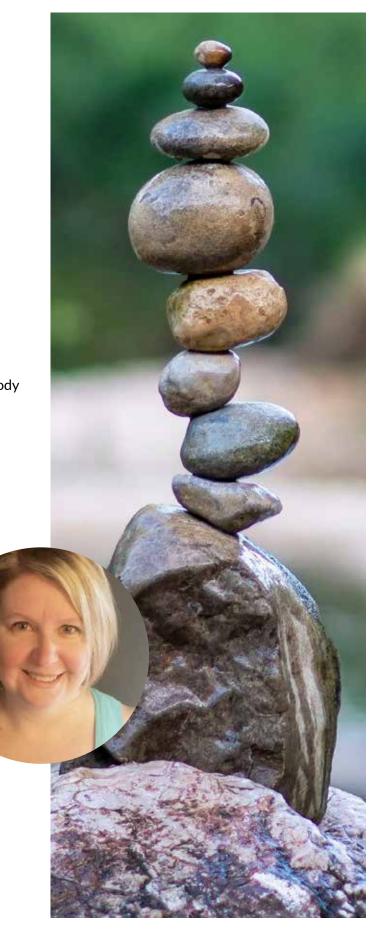
"Yoga4Cancer is an evidence-based methodology of constructing a yoga practice specifically for cancer patients and survivors, taking into account the physical, mental, and emotional tolls that surgeries and treatments take on the body and mind," explained Shawna, a y4c instructor since 2018.

"Cancer and its treatments wreak havoc on the body and mind," said Shawna. "The y4c methodology is conscious of that, and incorporates breathing exercises and movements to stimulate the immune system, rebuild bone density, improve strength and flexibility, and reduce anxiety."

In addition to the physical benefits, the y4c classes offer a host of other benefits, including building a sense of community. "I've heard many of my class attendees discussing doctors, treatments, and side effects before and after class. In one of the first y4c classes that I taught, a woman brought a shoebox full of wigs to share with others who were currently going through chemotherapy," recalled Shawna.

"WITNESSING THE SUPPORT AND
LOVE THEY SHOW FOR ONE ANOTHER
HAS BEEN ONE OF THE MOST REWARDING
EXPERIENCES I'VE HAD AS A YOGA TEACHER."

For more information about the y4c classes and all our Fall 2022 fitness classes, visit the website at wroc.westminster-church.org or contact WROC director Kathy Long at 412-835-6630x200.



REPLENISH YOUR SPIRIT

"I've been looking forward to this event since last year's ended. It was a great way to unplug from the chaos of a busy fall schedule. It's a nice mix of quiet reflection, group discussion, and bonding that left me feeling closer to God and closer to other members of our congregation, some of whom I had not met until that day."

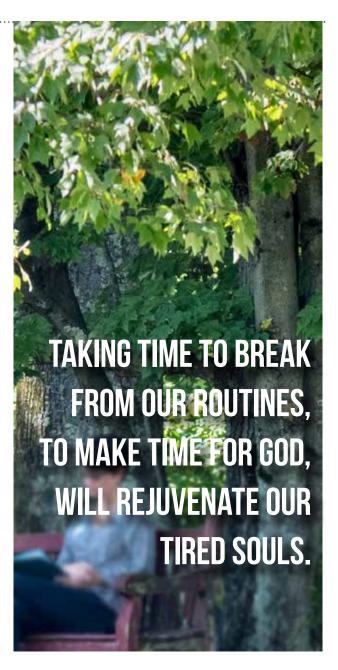
We all need a break now and then, time to allow the spirit to replenish our spirits. Taking time to break from our routines, to make time for God, will rejuvenate our tired souls. If you have a desire to be closer to God, please come and join others from Westminster Church for a **Day Away**, a spiritual retreat, at the Spiritan Center in Bethel Park on **Friday**, **September 16**, **from 9:30 a.m. to 2:00 p.m.**

During our time together we will enjoy warm hospitality and engage in small group discussion as we walk the beautiful grounds. This gives us time for quiet reflection. The theme this year is taken from Henri Nouwen's book *Life of the Beloved: Spiritual Living in a Secular World.* Visit our website for details and registration here: https://www.westminster-church.org/events/event-list/day-away

Questions? Contact Megan Exley at 724-986-6139.



by **MEGAN EXLEY**Megan currently serves
on the Adult Spiritual
Development Commission



SPIRITUAL OPPORTUNITIES @ WESTMINSTER

There is something about September that makes the familiar feel new again. In that spirit, we hope that you'll check out all the wonderful opportunities for spiritual development here at Westminster – whether it's a return to a beloved group or the start of a new experience.

Visit our website (https://www.westminster-church.org/ministries/adult-ministry), watch the bulletin, and read the weekly Westminster emails for details about all the spiritual development opportunities this fall. Join us!

What a joy to come together to study the word of God! We know that through study and reflection on the word we gain greater insight and discernment of God's will for our lives.

This fall, Louise Rogers will lead an engaging study to delve into some of the more challenging lessons of Jesus. Monday Meditations will be offered on Monday mornings at 10:00 in Room 238 or by Zoom, beginning September 26.

SHARING GOD'S LOVE

WELCOME FROM THE DEACONS

Did you know the Deacons within our church are here to welcome, serve, and to care for you?

We are willing to show up and share God's love with all in our congregation. We are involved in ministries of mercy and love and invite you to reach out to us in times of celebration and joy or sadness and grief. We will pray with you, bring meals to you, visit with



you, or help you to find needed resources. Know that as deacons we are interested in living out Westminster's mission of being a caring community.

Here are some of the ways our deacons are serving our church community throughout the year:

- Hosting three Blood Drives in Fellowship Hall. Collecting blood for local hospitals is a vital need in the community.
- Making Care Call phone calls to all church family members to stay connected.
- Preparing and delivering meals to members in need following a hospital stay or extended illness.
- Delivering Extended Communion to members who are unable to attend Sunday services during the year.
- Surprise Bag/Basket Deliveries to show we are thinking of you. The Snappy Spiritual team mails cards of Cheer, Congratulations, Sympathy, and Thinking of You.
- Hosting the annual Giving Gala this year on November 11 to support our neighbors through the East Liberty Family Health Care Center.
- Annual collection of supplies to provide for our returning troops with Treasures for Troops through Operation Troop Appreciation.

Please let us know how we can serve and care for you!



by MARY LOU PRICE Mary Lou currently serves on the Board of Deacons, class of 2024

MILESTONES @ WESTMINSTER

June 1 - August 1, 2022

BAPTISMS

June 19

Henry James Beck parents: Nicole and Robert Beck

Grayson Michael Eddy parents: Colleen and Keith Eddy

Haley Kay Hammel parents: Emily and Michael Hammel

July 17

Henry Aaron Bowser parents: Kara and Aaron Bowser

Antonietta Rose Madden parents: Rosanna and Daniel Madden

DEATHS

Nancy J. Page June 2

Marian F. Cleland
June 9

Evalyn D. McCandless *June 24*



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WE SHOULD TRY
TO LIVE IN SUCH
A WAY THAT IF THE
GOSPELS WERE
LOST, THEY COULD
BE RE-WRITTEN
BY LOOKING AT US.

Bishop Anthony of Sourozh

