

UNITY PRESBYTERIAN CHURCH NEWSLETTER

Serving God, Loving All.
MAY 2017
Embracing the Easter Story



Rejoicing in the Resurrection

May Worship Schedule



May Worship 2017 Recapturing the Gospel

May 7th - Fourth Sunday of Easter

Sacrament of Communion

Scripture Setting: John 10: 1-10

Morning Message: *"The Way of the Gate"*

Chancel Choir: *"Softly and Tenderly"*

May 14th - Fifth Sunday of Easter

Scripture Setting: Acts 7: 54-60, John 14: 1-14

Morning Message: *"Seeing the Gospel"*

Chancel Choir: *"How Lovely is Your Dwelling Place"*

May 21st Sixth Sunday of Easter

Sacrament of Communion

Scripture Setting: John 14: 15-31, Acts 17: 22-31

Morning Message: *"The Unknown God"*

Chancel Choir: *"With a Voice of Singing"*

May 28th Seventh Sunday of Easter

Scripture Setting: Acts 1: 6-14, John 17: 1-11

Morning Message: *"On Earth as it is In Heaven"*

Chancel Choir: *"The Lord is My Light"*

The Celebration of Pentecost will be held on Sunday, June 4th!

*** The Sacrament of Communion will be celebrated on the First Sunday of the Month during June, July, and August.**



May Saturday Evening Services

The Way Worship Service

The Way Worship Service is held every other Saturday at 5:00 p.m. It is an interactive worship service that includes several songs, a key scripture verse, an evening message presented through, video, drama, or reflective message, and spiritual activities to respond to the evening message. We hope you will try this new service that is intended to be casual, experimental, and spiritually invigorating.

The Way Worship Services @ 5:00 p.m. in the Chapel

A Special Way Worship Service will be held Saturday, May 6, at 5:00 p.m. We are having a member of the Crestfield Camp and Conference Center Staff with us to share the Adventures of Camp. Faith will be with us to provide some interesting interactive worship experiences, and to share some of the camping experiences with our faith family as we engage in a variety of camp activities and camp prayers. We especially encourage families to be in attendance.

Visit The Way Facebook group for more info: facebook.com/groups/thewayworshipservice

Pastor's Corner



"Rejoicing in the Resurrection"

"BUT THERE ARE SO MANY OTHER THINGS THAT JESUS DID; IF EVERY ONE OF THEM WERE WRITTEN DOWN, I SUPPOSE THAT THE WORLD ITSELF COULD NOT CONTAIN THE BOOKS THAT WOULD BE WRITTEN."

- John 21:25 -

We are now into the liturgical season of Eastertide; the time between Easter Sunday and Pentecost. It begins with the unbelievable news of the resurrection and ends with the igniting of the Holy Spirit on Pentecost. It is a season of 50 days, when we remember the reality of the resurrection of Jesus and how it impacts what we do as his disciples.

Following the crucifixion of Jesus the Upper Room became a place of sanctuary where the disciples first gathered to absorb the events that led to his death. Then three days later, while they were pondering the news from the women at the tomb and Peter and John's testimony about the empty tomb, the two disciples came to tell them about encountering Jesus on the road to Emmaus. They talked about how their hearts were burning

within in them as he talked with them, and how he revealed himself to them in the breaking of the bread. It was then Jesus appeared among them in the Upper Room, showing them his hands and side, that they might know it was truly him.

The earliest disciples reacted with a combination of rejoicing and uncertainty. Their emotions went from deep grief and loss to a sense of joy and delight. They rejoiced in his being with them once again, but were uncertain about what this meant for their future. No one had ever experienced this new reality of a resurrected one. In the Upper Room the disciples gathered, worshipped, ate, prayed, and pondered the possibilities of following a resurrected Lord. Is it any wonder it took 50 days to unpack their emotions, thoughts, and reactions to this change for their future and ultimately the future of the world?

Jesus appeared to them not only in the Upper Room, but along the lakeshore, and as John notes in his gospel account he made a multitude of appearances to many people. (See quote above.) The rejoicing continued far beyond that one Easter morning and it should be continuing in all of our lives of discipleship too! As Sheldon Sorge (General Minister to Pittsburgh Presbytery) reminds us, "the resurrection is not about "after-life" in "heaven", but a transformed life and world, here and now. It is not an abstract universal claim of new things to come at some unknown time and place hereafter, but a new way of encountering those nearby, up close and personal."

That is what I hope you will do during this Eastertide celebrated throughout May. Look for the resurrected Lord wherever you find yourself. For we

should rejoice in the resurrection, whether at the church or at the soccer field, whether in the sanctuary or in the woods, whether in a worship service or at the beach. For he is there, just as he promised. He made a promise to his disciples in the Upper Room before his crucifixion that he would rise from the grave, and he fulfilled that promise. When Jesus gifted them with the Holy Spirit in the Upper Room he made a promise, and on Pentecost they experienced the fullness of that promise. Atop the mountain when he commissioned his disciples he promised that "he would be with them always to the end of the age." (**Matthew 28: 20b**) That promise is fulfilled every time we acknowledge his presence among us. Do you see him in the face of a friend, in the birth of a child, the blooming of a flower, the birth of a new day, in your actions of love towards others? We should rejoice in the resurrection and live knowing we serve a risen Lord! Let's practice resurrection by affirming his presence and participating in his mission here in the area assigned to us midst our families, our friends, our neighbors, and the Greater Pittsburgh Region. Throughout May, during our worship services, I will be sharing some practical ways you can practice being a disciple of a resurrected Lord.

Peace and Blessed Be,

Pastor Dennis

Events and Announcements



swingin' bronze

It don't mean a thing 'til you hear bronze bells swing... Join **Three Rivers Ringers** for the hoppin', boppin', show-stoppin' hits of the American century in **Swingin' Bronze**, our Spring 2017 Concert Series! You'll hear Pittsburgh's premier handbell ensemble play ragtime, swing, the blues, rock 'n' roll, and gospel, with hits from Glenn Miller, Duke Ellington, Louis Armstrong, The Beach Boys, Journey, and much more.

THREERIVERS RINGERS

Saturday, May 20, 2017 at 7:00pm
Unity Presbyterian Church
(formerly Wallace Memorial)
1146 Greentree Rd, Pittsburgh, PA

free concert

Tax-deductible donations accepted.
To see our full Spring 2017 concert schedule, visit threeriversringers.org



May Events

Sunday, May 7th
Pittsburgh Music Academy
1st Sunday Recital
1:00pm
Sanctuary

Friday, May 19th
Family Movie Night
"God's Not Dead"
7:00pm
Lounge

Saturday, May 20th
The Three Rivers Ringers
Swingin' Bronze
Spring Concert Series
7:00pm
The Sanctuary

Monday, May 22nd
Regular Meeting of Council
7:00pm
Chapel

Tuesday, May 23rd
Heartland Hospice Memorial Service
6:00pm
Sanctuary & Lounge

Wednesday, May 24th
The Unity Soul Series
Better Sleep - Better Dreams
LuAnn Cibik
7:00pm
Fellowship Hall

The Three Rivers Ringers Are Coming to Unity! Saturday, May 20th, 7:00pm - Unity Sanctuary

It' don't mean a thing til you hear bronze bells swing..... that's what YOU will hear when you come on Saturday evening, May 20th. Join the Three Rivers Ringers for the hopping, boppin , show stoppin' hits of this past American century! They will play ragtime, swing, the blues, rock 'n' roll, and gospel with hits from Glenn Miller, Duke Ellington, Louis Armstrong, The Beach Boys, Journey and much more. Plan a date night out with your neighborhood friends and share the joys that Unity has to offer with others who love toe-tapping music! The concert starts at 7:00 and is followed by a reception when you can enjoy talking with the performers and see the bells up close!

Events and Announcements



Unity Presbyterian Church needs your help in upcoming events to continue our mission of Serving God and Loving All.

We Need Your Help With:

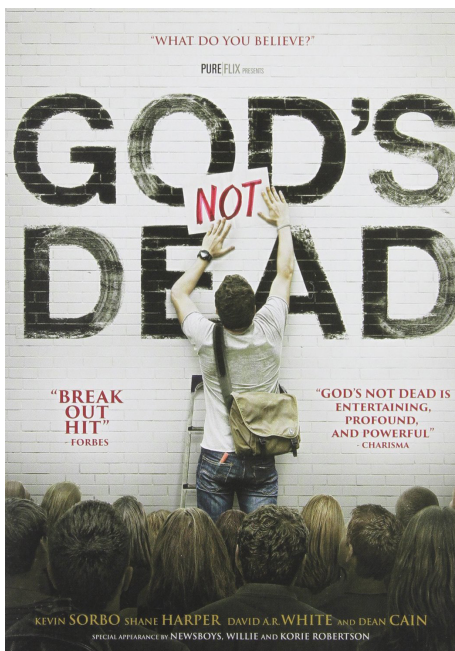
- 500th Anniversary of the Reformation Celebration, October 2017: People are needed to help with the planning and implementation of the celebration. Examples include:

- o Art projects (a timeline of the period and a 95 Theses illustration/spectacle)
- o Banners, posters, a PowerPoint slide show for the Transept
- o Getting the movie "Luther" shown on a big screen - Hollywood Theater.
- o Special music
- o Any other ideas.

We also need bibles in languages other than English for display.

- The NativiTEA will occur on December 3, 2017. Nancy Schultz coordinates this event but can always use extra hands.
- The Festival of the Nativity will occur on December 10, 2017. A variety of Nativity sets are put on display in the Transept. The festival also features various musical offerings, and displays of Nativity-themed artwork throughout the Lounge and Transept areas. Please consider joining this committee to help with promoting and organizing the displays. Pam Frost organized this last year and is willing to assist this year.
- The "Scripture and the Arts" art show will be held in Spring 2018. Anyone who enjoys art is welcome to join this committee. Once a theme is selected, materials are circulated to encourage artists to enter the show. The pieces are displayed in the Transept. While there are people who have organized the show in the past, more help is needed to coordinate this event in the coming Spring.

Our Church and the community will appreciate and benefit from any way you can help. A volunteer form will be in future church bulletins that can be filled out and placed in the offering plate.



FAMILY MOVIE NIGHT COMING SOON:

Friday, May 19, 2017 - 7:00pm - 9:30pm

SHOWING IN THE TRANSEPT:

"God's Not Dead" starring Shane Harper and Kevin Sorbo

After he refuses to disavow his faith, a devout Christian student (Shane Harper) must prove the existence of God or else his college philosophy professor (Kevin Sorbo) will fail him.

A child appropriate movie will be shown in the Lounge. Refreshments are provided to both adults and youth after the movie. Please make a reservation by calling Fred Frost at 412-561-2431 ext. 20

Events and Announcements



Stairway To Heaven

If you have entered the main entrance to the church sanctuary via the steps leading to the narthex, you have noticed the need for patching many areas over the years. The patches have remained temporary partly due to the composition of the steps. The steps are made of sandstone which is porous. Moisture penetrates the stone and due to freeze/thaw cycles during the cold months, cracking and spalling occurs. Even with patching and sealing, the material degrades with time. A contract has been issued to finally replace the steps. There are currently capital improvement funds available to pay for the work, but we will need to replenish those funds to permit future capital projects to be completed.

The Stewardship & Resources Committee has initiated a fundraising campaign to generate the \$36,800 necessary to replace the funds for this project. We will be monitoring progress on this goal over time and will be reporting on it on a regular basis. The project has been named "Stairway To Heaven". Any funds donated for this purpose should be clearly marked "Stairway To Heaven". Please plan to give generously to this project as well as the ongoing operation of Unity.

Join Us
Musical Celebration of
Pentecost and the Birthday of
the Church



WHEN

June 4, 2017
1:30pm

WHERE

SS. Simon & Jude Church
Sanctuary
1607 Greentree Rd. PGH, 15220

FEATURING Musical Selections by
Four Local Churches

- Unity PC
- Mt. Pisgah PC
- St Margaret of Scotland
- SS Simon & Jude

FREE CONCERT FOR ALL AGES

RECEPTION TO FOLLOW
with Birthday Cake - Church Hall

The Unity Soul Series



2017

The Unity Soul Series

A gym for your spiritual fitness.



Wednesday, May 24th, 7:00pm in
Fellowship Hall

Better Sleep - Better Dreams with LuAnn Cibik

Sleep is a key component of health and healing. If our overall health was supported by a three-legged stool, with nutrition and exercise each being a leg, sleep is no question the third leg supporting the stool.

The purpose of sleep is to allow us to go into a "second state", that facilitates rest and recovery for the brain and body. We are not machines. Any animal with a larger, more complex brain or body, will actually die without sleep. It is physiologically necessary.

Mountains of scientific data exist proving sleep deprivation, often leading to sleep debt, creates detrimental physical damage to our bodies. It inhibits the cognitive functioning of our brain, which also in turn directly affects our emotions. A website called howsleepworks.com, which essentially is a collection of various scientific data on sleep, describes sleep deprivation and deficit as follows:

"Sleep deprivation, or insufficient sleep, leads to sleep debt (also called sleep deficit), which is characterized by mental, emotional and physical fatigue, and problems in effectively performing day-to-day activities, particularly the high-level cognitive functions that are carried out in the frontal regions of the brain. Sleep debt tends to accumulate: about two weeks of less than 6 hours sleep a night reduces alertness and performance to a level equivalent to a full 24 hours of sleep deprivation; a week of only four hours sleep a night is equivalent to 2-3 days without any sleep; etc. Daytime performance continues to worsen as the sleep debt builds up, although it is still not clear up to what point."

It is also important to note that the damage to our body and minds from sleep deficit is cumulative, much like smoking. The more we lose sleep, over a longer period of time, the more we start to break down physically and mentally, therefore are more prone to developing disease.

Catching up on the weekends also doesn't solve the damage caused by cumulative sleep deprivation during the week. Using the smoking analogy, it would be equivalent to magically trying to erase all of the damage created by the cigarettes we smoked during the week by not smoking on the weekends.

On a more mental and spiritual level, sleep is also a powerful time to allow your mind to find answers to life questions. We have often heard that dreams are the subconscious mind's way of cleaning out the closet so to speak. Some even believe we receive spiritual messages and communication in our sleep, but of course that is a matter of faith and not science.

Overall sleep is critical to our physical, spiritual and mental health, which is why a whole "Soul Series" workshop dedicated to the matter would be extremely beneficial for anyone to attend.

Join LuAnn Cibik, feng shui and dream coach for life changing tips on how to create a better place for sleeping, and tips for sleeping deeper. When you get REM sleep, you dream. In dream time you can get signs, symbols and messages to help you with daily life. Learn how to interpret dreams, program dreams, and understand why you might have bad dreams and what to do about them.

To learn more about the Unity Soul Series, see a schedule of upcoming speakers, and an archive of former speakers, please visit the page <http://unitypresbyterianchurch.org/the-unity-soul-series/>. If you have an idea for a future speaker / topic please e-mail Meredith Barrett, Communications Director, at mbarrett@unitypresbyterianchurch.org

Stewardship & Council



As a result of the ongoing generous support from Unity's membership, ministries like the ones being shared here by the Unity Food Pantry are made possible.

A Message from Sally Petro...

While the terms "immigrants" and "refugees" stir many emotions in people these days, the harsh reality of immigrants and refugees who have come to America, and specifically to Pittsburgh, to avoid war, torture, and ethnic cleansing is obvious in the weekly roster of clients who come to the Unity Food Pantry. Unity's pantry has seen a 30% increase in clients since last August, and many of these newly registered clients have fled devastation in Syria and Iraq, as well as the ethnic cleansing of Hindus in Bhutan. Pantry volunteers have eagerly embraced the opportunity to welcome and show hospitality to these new members of Unity's pantry family. It takes some extra effort, as religious differences usually dictate various special dietary needs, and language barriers can make communication complex. But the outcome has been joy for refugee clients and volunteers alike, as formal bows have turned into smiles and hugs, and efforts to discern which parts of the chicken they would like in any given month have evolved into laughter as volunteers happily enact our own unique version of "the chicken dance." Pantry staff continue to learn the unique and special needs of these client families, and efforts are underway to secure the foods they need whenever possible, such as Halal meats.



Important News

The Commonwealth of Pennsylvania has approved our name change from Wallace Memorial United Presbyterian Church to Unity Presbyterian Church. Our checking account has been updated. All checks should now be made out to "Unity Presbyterian Church".

Stewardship Snapshot

The table below summarizes envelope giving for the first 15 weeks of the year.

Giving for the month of April was good, overall, but the last two weeks were much lower than expected.

The goal is for envelope giving to equal or exceed our operating expenses. When that goal is achieved, we can provide the support needed for the ministries and missions of Unity Presbyterian Church.

It is important to understand that about 27 percent of our expenses must be paid using reserve funds or other forms of income. This is not a sustainable mode of operation in the long run. The church council encourages everyone to examine their current situation in relation to their patterns of sharing their time, talents, and treasures with this community of faith.

DATE	ENVELOPE GIVING	% OF EXPECTED GIVING
4/2/2017	\$12,158	144%
4/9/2017	\$10,220	121%
4/16/17	\$5,804	69%
4/23/17	\$1,873	22%
Year-to-Date	\$98,985	73%

Youth Ministry



Mark Your Calendar!!

**Announcing 2017
Vacation Bible School Adventure
June 26-30**

9:00am - 12:00pm

Register on the church website - It's FREE!



2017 Spring Fling

For all students of Unity Church to reach out and touch the hearts of others.

Where: Harbor Senior Living Green Tree



When: Sunday, May 21 - Following Worship

Students will make crafts and pot flowers to give to the residents, along with an ice cream social!

The residents LOVE this!!!

RSVP to Nancy Schultz by May 14.

May Christian Education for Youth

- On Sunday April 30th, we began a new rotation series about the 12 Disciples. Over the next 3 weeks, students will learn the names of the 12 disciples and learn about each one individually through lessons, games, cooking, crafts and music.

- You can now register your child(ren) online for this year's **Vacation Bible School Adventure entitled Hero Central: Discover Your Strength in God!** Both the event and registration are free!

<http://unitypresbyterianchurch.org/vacation-bible-school/>

- The High School Class is planning a day to grocery shop for our Food Pantry's program of distribution of summer lunch bags to the children of our pantry clients. The proceeds from our two Souper Bowls will be used to purchase these food items.

Don't Miss Hook, Line & Sinker

A Fishing Outing called Hook, Line & Sinker will be held for members of the Kids, Intermediate, Confirmation and High School Classes on Saturday, June 17, 2017 at Cross Creek County Park in Washington County, PA from 8:00 a.m. to 3:00 p.m. The outing will involve fishing, supervised play time at one of the park's public playgrounds, and a picnic lunch to be provided by the Christian Education Committee. Registration and transportation details will be forthcoming.



The Unity Preschool will hold a Summer Nursery School Program consisting of two classes running three days a week, from 9 a.m. to 12 p.m., for three weeks in June and three weeks in July. Interested persons should contact Nursery School Director Lynn Wren.

Music Ministry



I am very busy planning the special summer music and I would like to include YOU! I would like to incorporate "Fill My Cup, Lord" as a WOMEN'S ENSEMBLE on July 2nd. In order for me to work with you, we will have to begin the last weekend of May. I would like to call a special rehearsal on Sunday, May 28th following our church service, as well as June 4th (Pentecost Sunday). I will be then be away at church conferences the next 3 weeks and so we will only have Sunday, July 2, the day of our singing to review. Please notify Sandy, so she will have enough music there for each of you on Sunday, May 28th.

-Sandy Rubright

May Hymns of the Month

May 7

"Lead Me, Guide Me", like many African-American gospel hymns appeared on a recording prior to being available in print. Originally it had 3 stanzas; however not in the new Glory to God version. The use of the first-person singular pronoun here needs to be understood as an expression of the shared emotional intensity that has characterized African American song since at least the days of the spirituals. This speaks of the communal voice of need and aspiration. The first three notes give you the feeling of resolution and of peace. The hymn serves well when we focus on the journey of our faith.

May 14

"Christ is Alive" is a text that has been serving the church since 10 days after the assassination of Martin Luther King, Jr. Martin Luther King Jr. was a world figure, not just American. This text was written by a British author, reminding each of us that in the midst of terrible events, there is Easter hope. He says, we need to sing because singing is an essential means of expressing Christian faith, and as long as we have faith, we will have something to sing about.

May 21

"We are One in the Spirit" is an old favorite commonly sung in the 1970's for campfire retreats for youth. It was written by a Catholic priest in 1966 and soon became known as "an anthem of the Jesus movement." The hymn is used in many ecumenical settings. It is best suited to the guitar, and has a "folk" idiom feel, which was popular in the 60's and 70's.

May 28

"In My Life" is a new hymn to the church incorporating only 5 notes and speaks to the subject of stewardship very well. The intention of the composer was to create a sung prayer for his personal family and when his wife heard it, she suggested they use it at the Air Force base chapel the next day and within one year, it has travelled to every continent of our globe. It is hoped you might start using it in your home and meetings, wherever you go: In my life, Lord, be glorified today!

Birthday Fund 2017:

Raise the Roof!



The Birthday Fund is an opportunity to give back for the blessing of life, and to help us save for a rainy day! This year again the focus of the birthday fund will be "Raising the Roof!" During your birthday month, we ask that you consider giving one dollar for each year of your age in celebration of your years. But it is not limited to those celebrating a birthday during any given month - not at all! Do you see a name of a dear friend on the list below, or someone who has inspired you in your faith journey? Make a gift in honor of his or her birthday.

Gifts can be submitted on Sundays, using the blue envelopes located in the sanctuary pews (please indicate "Birthday Fund" on your check or envelope), or submitted at any time in person or through the mail - simply complete the form below with your info, and return it to the church office.

HAPPY BIRTHDAY TO ALL OF THOSE BORN IN MAY!

5/4 William Heidkamp
Kiera Golden
5/5 Walter Figorski
Nicole Hancock
Lauren Scorzafave
5/6 Douglas Donald
5/8 Terri Molnar
5/10 Braylan Stewart
Katherine Gillen
5/12 Rob Addleman
5/13 Hayden Gaefke

5/17 Janet Miller
5/18 Justin Jamison
5/19 Matt Thomas
5/20 Kiersten Badzgon
Linda Gray
Dennis Molnar
5/23 Ruth Huck
Justin Mancini
5/25 Gary Alspach
Christopher Franceschina
5/26 Jean Heselbarth
5/27 Nancy Fallgren

5/29 Annie Schmitz
5/30 Stephen Hicken
Alexander Popovich

.....
• *Yes, I am grateful for the blessing of life, and am happy to be a*
• *part of the Birthday Fund!*

• Name: _____

• Gift Amount: _____

• This is a:

• _____ Gift for my birthday month

• _____ Gift in honor of the birthday of:

• _____
.....



Unity Newsletter
"Serving God, loving all."

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