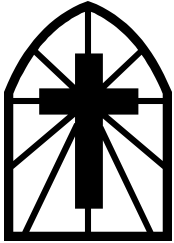


# CRAFTON UNITED PRESBYTERIAN CHURCH

Volume 60, Issue 2

February 2012



### Special points of interest:

- Youth Dance—  
February 3
- Congregational  
Meeting—February 12
- Ash Wednesday  
Service—February 22

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## The Forerunner

### A Message From The Pastor

Dear Members and Friends of Crafton U. P. Church:

Today, as I was writing this letter for the newsletter, I received an e-mail from a teacher at the Carlynton Junior-Senior High School. This spring the school is planning something new during the week when they administer the PSSA state assessment tests to the students. The tests take place during the mornings. And so one afternoon that week the school wants to arrange for about 200 of the students to take part in a service project day, and they were wondering if we would assist them with that endeavor. Right now we are beginning to come up with some ideas for projects that some of the students could do here at our church. The teacher said she contacted us because she knows about our church's concern for the young people in our area.

The previous week, at the meeting of the Carlynton School Board, the new principal at Carnegie Elementary School publically thanked our church for making it possible for all the lower-income kindergarten students at Carnegie Elementary to receive winter coats.

Also in the past month, the Carlynton School District has been working on a grant application to improve reading ability from preschool through high school. The District extended an invitation to all the pre-schools in the area to participate in the program, and our church's pre-school was the only one from Crafton which expressed an interest. That means that, upon receipt of that grant, our preschool will work in partnership with the elementary school kindergarten teachers and principal to improve the young people's readiness for school.

What our church is doing for young people – and for people of all ages – is making a difference in people's lives.

Dr. Edward Bowen

“God’s mission for Crafton United Presbyterian Church is to be a community where people grow as disciples of Jesus and minister to those in need.”



## ASH WEDNESDAY

We will observe the start of the season of Lent with a worship service at 7:00 p.m. on Ash Wednesday, February 22. Lent is the 40-day season (not counting Sundays) that is a time for repentance and prayer in preparation for Easter. The worship service on Ash Wednesday will include the opportunity for worshipers to be marked with ashes. This is an ancient biblical symbol of repentance and mortality. The community is invited to attend. Following the historical custom, the ashes we will be using will be made from the leftover palm branches from the previous year's Palm Sunday service.

In ancient times, Lent was the formal and final period of preparation for people to be baptized on Easter. Although the length of Lent varied at first, since about the fourth century the season has been 40 days. Sundays are not counted in the calculation of the 40 days since Lent is a period of fasting, and fasting has traditionally been considered inappropriate on Sundays – Sundays are considered feast days, because it was on a Sunday that Jesus was raised from the dead.

## COMMUNITY LENTEN WORSHIP/LUNCH SERIES

Beginning on February 29, a community Lenten worship service will be held each Wednesday at noon at the First Baptist Church on Steuben Street. Following the brief service, there will be a light lunch at the church. Each week a different local church takes a turn leading the service and providing the meal, but the event is held at the Baptist church every week. No reservations are required. A free-will donation will be accepted to benefit the food pantry. Everyone is invited to attend. The event is sponsored by the Crafton-Ingram Ministerium.

## CONGREGATIONAL MEETING

A meeting of the congregation will be held immediately following worship on Sunday, February 12. The purpose of the meeting is to receive reports from the various ministries, to receive information about the 2012 budget, and to approve the 2012 terms of call for the pastor.

## THANK YOU!

Thank you to everyone that helped out the local family in Crafton with their house fire. We greatly appreciate the money donations, clothes, toys, art supplies, etc. Our community is wonderful and I'm thankful for each and every one of you. Thank you again and the Freidhoff family thanks you.

Marla Levenson

## EASTER BASKETS

We are having a Service Project Night on Monday March 26, from 7-9 p.m. We will be putting Easter gifts together for the children of the Bradley Center. Donations and volunteers are needed. If you are interested or have any questions, please contact Amanda Williams at the church at 412-921-2293. Thank you and hope to see you there.



2012 Missional Budget  
 Crafton United Presbyterian Church

**“God’s mission for Crafton United Presbyterian Church is to be a *community* where people grow as *disciples* of Jesus and *minister* to those in need.”**

**1. As a church, we seek to fulfill our mission by forming a sense of community with one another, with those around us, and with God.**

During the past year, in addition to Sunday morning worship services, we provided worship opportunities on Ash Wednesday, Maundy Thursday, Good Friday, and Christmas Eve. Approximately 10% of those who are in worship each week are visitors and non-members. Some of our regular attendees are members of the Methodist, Catholic, and Baptist churches, who attend worship at their churches and then also come to worship at our church because they enjoy and appreciate our worship services.

Each week after Sunday morning worship, we have a fellowship lunch available. Many of our members and visitors stay to eat, talk, and get to know each other better.

To enhance our worship services, we have a choir which rehearses each week. The group not only practices their up-coming anthems, but they also spend time in conversation and fellowship with each other.

In September, we introduced the new CrossWalk worship service, which takes place at 7:30 p.m. each Sunday evening. The service features a talented praise band and singers to lead the music, and a casual, interactive format. Communion is celebrated each week as part of CrossWalk. For many of the youths who attend, that is the first time they have regularly participated in worship.

We provide pastoral care. Dr. Bowen visits people in the hospital, in nursing homes, and in other settings. He counsels couples who are preparing to get married. He meets with families in times of grief or loss. A group of church members also went through training this past year so that they can be friendly visitors to shut-ins.

Our church offers a sense of community for older adults in our congregation and in the surrounding community. The C.A.M.P. group meets on the first and third Mondays of each month for crafts, games, lunch, exercise, and other special activities. The participants enjoy the camaraderie and support that the group members offer each other.

We maintain a connection with other groups in our area. Dr. Bowen has served as the secretary of the Crafton-Ingram Ministerium for the past 11 years. He is a regular participant at meetings of the Crafton Elementary PTA and Carlynton School Board. He attends many school district functions, such as sporting events and concerts, where he builds relationships with students, parents, and school officials. Dr. Bowen co-sponsors the monthly after-school service club for 5<sup>th</sup> and 6<sup>th</sup> graders at Crafton Elementary School. Dr. Bowen and elders regularly attend meetings of Pittsburgh Presbytery, and Dr. Bowen serves as a member of the Crestfield Capital Campaign Steering Committee.

We facilitate a sense of community by making an effort to communicate what we are doing as a church. In addition to the weekly church bulletin, we have a monthly newsletter. Our website is updated at least weekly, and we make use of Facebook and Twitter. Our church secretary is in the office 29 hours/week to answer the phone, respond to questions, and assist people with any matters they might have.

Budget total = \$138,755

(This total includes a percentage of the pastor’s compensation, office costs, utility costs, insurance costs, organist/choir director compensation, per capita expense, staff costs for older adult ministry, C.A.M.P. expenses, and Sunday lunch costs.)

## 2. As a church, we seek to fulfill our mission by helping people grow as disciples of Jesus.

We offer opportunities for adults to grow in their knowledge of the Bible through our Sunday school class and our Wednesday morning Bible study. The groups have been growing in number and include participants from at least four different churches. This past year, instead of taking their usual summer break, the Bible study group decided to continue meeting throughout the summer months.

We endeavor to help children and youth learn what it means to be a follower of Jesus. Our Tuesday afternoon Junior Youth Club for those in kindergarten through grade 2 attracts about 25 children each week. The kids enjoy a snack, followed by a time of Bible study, crafts, recreation, and singing.

On Wednesday afternoons, the Youth Club meets for those in grades 3-6. About 40 young people take part each week. The young people have an after-school snack, followed by Bible study, music, and dinner. Each week the kids also get to choose two special activities to take part in, which have included such options as cooking, hand chimes, service projects, haunted house, games, and homework. Each week Youth Club ends with a half-hour Celebration Time, a fast-paced, kid-friendly worship time.

PYC meets on Sunday nights for those in grades 6-12. This year has seen the addition of three new adult helpers. The kids enjoy refreshments, games, small-group discussion time, and then they all take part in the CrossWalk worship time.

For many of the participants in Junior Youth Club, Youth Club, and PYC, that is the one and only connection they have with a church. This past year we made age-appropriate Bibles available to the kids.

This year we helped 36 children attend summer camp at Crestfield. For the second year in a row, our church has helped to send more kids to summer camp than any other church in Pittsburgh Presbytery. Many of the kids report that their week at camp is a transforming faith experience and is a highlight of their summer.

This year 21 youths and adults took part in the summer mission trip to West Virginia. The group spent time serving other people, and had opportunities each day for Bible reading, prayer, reflection, and group-building. This year's mission trip will be to Maryland.

Budget Total = \$103,237

(This total includes a percentage of the pastor's compensation, utility costs, insurance costs, Ministry Coordinator compensation, scholarship assistance for summer camp and mission trip, and costs related to Youth Club, Junior Youth Club, and PYC.)

## 3. As a church, we seek to fulfill our mission by ministering to people who are in need.

Our Community Nurse and Health Ministry Team provide an important service by visiting two of the local senior citizen high-rises each month to take blood pressures and discuss health-related issues. Blood pressure screenings are also conducted once a month at our fellowship lunches and at C.A.M.P. meetings.

The Community Nurse visits older adults in their homes, in hospitals, and in nursing homes to check on their physical and spiritual well-being. She is also able to consult with people about questions they might have concerning home health care, nursing care options, and hospice care.

Our church houses and administers the Crafton-Ingram food pantry. The demand for help from the food pantry has continued to grow. This was the first year that we served more than 100 families in a month. The food pantry serves a wide variety of people, including older adults, people who are disabled, those who are temporarily unemployed, and families with children.

Our church provided backpacks and school supplies to more than 60 lower-income children this fall. This winter we helped more than 40 lower-income children get winter coats. Our church staff is able to assist people who call the church with emergency needs, such as eviction notices, utility shut-off notices, homelessness, and abuse.

We conduct service projects through the year. Our knitting group has made more than 725 blankets for children in area hospitals. They also have made several blankets and shawls for older adults. We collected a large number of used eye glass for the Lion's organization. We had a work day where we cleaned up Crafton Park. We had a service project night where we made home first aid kits for older adults in our area.

We also offer donations to causes beyond our local area. We offer support to the Presbyterian Church (USA) and our Pittsburgh Presbytery. We give to the One Great Hour of Sharing (which helps with disaster assistance and hunger relief) and the Christmas Joy Offering (which provides aid to financially needy retired church workers and scholarship assistance at some of our Presbyterian-related colleges). We just completed a \$10,000 pledge to the Crestfield Capital Campaign.

Budget Total = \$77,726

(This total includes a percentage of the pastor's compensation, office costs, utility costs, insurance costs, Outreach Coordinator compensation, costs for outreach projects (such as winter coats and school supplies), Community Nurse compensation, and our church's giving to Presbyterian Church (USA) mission causes, and other special offerings.)

**TOTAL BUDGET: \$319,718**

**A detailed line-item budget is available in the church office for any who wish to review it.**

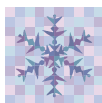
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## CROSSWALK

Join us Sunday nights at 7:30 p.m. for Cross-Walk worship. The fast-paced worship service includes a talented praise band, weekly communion, thought-provoking videos, and many opportunities for worshippers to participate in the service. Everyone is welcome! There will be no CrossWalk, though, on February 5 (Super Bowl Sunday).

## SNOW POLICY

On any day when Carlynton School District cancels school because of the weather, Adventure Group and Youth Club are automatically canceled. If there is a school delay, the after-school programs will take place at their regular times.



## ESSAYS PUBLISHED



Dr. Bowen has four essays published in the February-March 2012 issue of *Lectionary Homiletics*. The essays are reviews of sermons based on the lectionary readings for each of the Sundays in February. *Lectionary Homiletics* is a preaching resource that is subscribed to by several thousand clergy across the United States and Canada.

## TAKE A HIKE

On Sunday mornings, if you are physically able, please consider parking on the street away from the church, so that the parking lot spaces can be available for older adults and others who are not able to walk distances.

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is **TO BE A  
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where people grow as  
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## **ANNUAL REPORTS**

Copies of the complete annual report, including information about the 2012 church budget, will be made available on Sunday, February 5.

## **GREETERS**

If you would like to take a turn greeting people at the door on Sunday morning as they arrive for worship, please sign up on the sheet on the bulletin board in the main hallway. We are currently looking for greeters to serve on up-coming Sundays.

## **WEEKLY LUNCHES**

Each Sunday immediately following worship, we have a fellowship lunch. Most of those in worship stay for lunch. If you have not yet taken part in the weekly lunches, please plan to do so! No reservations are necessary. Donations are accepted to help defray the cost of the meal.

## **WEB SITE**

The church’s web site is at [CraftonUP.com](http://CraftonUP.com). Be sure to check the site regularly for news, information, pictures, prayer concerns, quiz questions, and much more. You can also read or watch videos of past sermons.

## **BE OUR FRIEND ON FACEBOOK**

If you are on Facebook, look for Crafton United Presbyterian Church and sign up to be the church’s friend. It’s a way to keep up-to-date on what is happening in the church, to view pictures, and to network with other friends of the church.

Young people can also sign up to become members of the Crafton PYC Youth Group on Facebook.

## **TWITTER**

You can follow our church on Twitter. Search [craftonup](https://twitter.com/craftonup) at [Twitter.com](https://twitter.com) for updates and reminders about church and community events.

## **VAN**

In January, the van was used to pick up 1,923 lbs of food at the Greater Pittsburgh Food Bank in Duquesne and delivered 17 sets of food to elderly food pantry participants who do not have transportation to come to the church to pick up their food.

## **JULIETS**

The JULIETs (Just Us Ladies Eating Together) will gather for lunch at a nearby restaurant on Sunday, February 19, after worship. Please RSVP to Mid Davis at 412-279-7064 if you would like to attend.



## HAPPY BIRTHDAY TO YOU

Wishing a very Happy Birthday to:

Fred Taylor	February 5	George Whitaker	February 17
Elaine Crist	February 12	Hope Wiland	February 18
Jennifer Desalvo	February 15	Mary Lou Shick	February 27
Nancy Conboy	February 16	Brian Schulz	February 27
Ryan Reczek	February 17		



## HAPPY ANNIVERSARY

Jacque and Jack Loftus  
February 6

Mid and Bill Davis  
February 27

## PRAYER CONCERNS

Here are the names and addresses of a few of our members and friends who cannot worship with us on a regular basis. Please keep them in your prayers (and perhaps send them a card or call them):

Helen Bukovac  
c/o Autumn Lane Assisted Living  
5793 Steubenville Pike  
Robinson Twp, PA 15136

Becki Meredith  
Heartland Healthcare Ctr Rm 138  
550 South Negley Ave  
Pittsburgh, PA 15232

Betty Leschak  
25 E. Crafton Ave #407  
Pittsburgh, PA 15205

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nity **WHERE PEOPLE  
GROW AS DISCI-  
PLES OF JESUS** and  
minister to those in need.”*

## YOUTH DANCE

Everyone in grades 4-6 is invited to gather at the church for a dance from 7-9 p.m. on Friday, February 3. Admission is \$3. We’ll have a DJ and refreshments.



## WHO SHOULD I CONTACT?

If you have a question or would like to participate in a particular area of the life of the church, here are the people you could contact:

Youth Ministry – Marla Kemmler (412-921-2293)  
Older Adult Ministry – Marla Kemmler (412-921-2293)  
Health Ministry – Barb Miller (412-921-2293)  
Property – Liz Hull (412-922-5295) or Dr. Bowen (412-921-2293 )  
Stewardship – Bruce Moore or Dr. Bowen ( 412-921-2293)  
Deacons – Alicia Conboy (412-921-1887)  
Worship – John Ferguson (412-922-4687) or  
Dr. Bowen (412-921-2293 )  
Outreach – Amanda Williams (412-921-2293)  
Food Pantry – Cathy Schulz (412-921-2293)  
Personnel—Karen Black (412-458-1004) or Dr. Bowen (412-921-2293)

## MISSION TRIP

The date is set – July 8-13! We will be traveling to the Meeting Ground in Elkton, Maryland, where we will stay at the Clairvaux Farm. While we are at the Farm, we will be doing some light construction, painting, gardening and landscaping, planning Bible studies, refurbishing rooms, special children's projects, and much more! There are only 25 spots available, and 5 of those are for chaperones! You must be in the 6<sup>th</sup>-12<sup>th</sup> grade and an active member of Youth Club or PYC. The cost of the trip is \$200, with fundraising available to help offset the cost of the trip. If you have questions, please contact Marla at the church office.



## SUMMER CAMP

Crestfield Summer Camp 2012! Don't miss a fun-filled week of swimming, canoeing, clay pits, swamp ball, Bible study, archery, crafts, and much more. Hurry, only 40 spots available! For regular attendees of Youth Club, PYC, and/or Sunday morning worship, the cost is discounted from \$335 per camper to \$100 per camper. Crafton UP has scholarships for kids and payment arrangements for the \$100 fee. Not a member of any groups listed above? Cost of camp is full \$335 per camper. Crestfield does have scholarships available. Please contact Marla for more information at 412-921-2293.

## SUNDAY SCHOOL

The adult Sunday school class meets each week at 9:45 a.m. The class is currently studying the Letter to the Phillipians. Dr. Bowen teaches the adult Sunday school class. Everyone is welcome!

## PYC SLEEPOVER

All youth in grades 6-12 are invited to a sleepover on Friday, February 10, at 8 p.m. until Saturday, February 11, at 8 a.m. pickup time. Please see Marla for a permission slip to sign up.

## YOUTH CLUB

Youth Club is for everyone in grades 3-6 and takes place every Wednesday from after school until 6 p.m. Our Youth Club staff members meet the kids in the elementary school cafeteria at the end of the school day, and they walk the group to the church. We then have a snack, followed by a range of activities to choose from, including games, karate, cooking, knitting, and more. We also have a time of singing and Bible study. We have a delicious dinner at 5:00, followed by Celebration Time at 5:30. Dismissal is at 6:00. Invite your friends and join in the fun!

## PYC

Presbyterian Youth Connection (PYC) is for everyone in grades 6-12. We gather each Sunday from 6:00-8:30 p.m. We start off by sharing a meal together at 6:00 p.m. Then we have a time for games and discussion groups, followed by the CrossWalk time. Invite your friends!

## JUNIOR YOUTH CLUB

Junior Youth Club is for everyone in kindergarten through grade 2, and meets each Tuesday from after school until 5:00 p.m. The Junior Youth Club staff members meet the kids in the elementary school cafeteria at the end of the school day to walk them down to the church as a group. Upon arrival at the church, we have a snack, followed by games, music, and Bible stories. Plan to be a part of Junior Youth Club!

## KIDS CONNECTION

Each Sunday morning following the Children's Message, kids from age 4 through grade 5 are invited upstairs for Kids Connection, an opportunity to learn stories in the Bible in a fun and creative way. Marla Kemmler teaches the Kids Connection group.

## A MOMENT WITH MARLA

### The Acts of Hope

Right before the Christmas break the Jr. Youth Club had a HUGE issue. As part of Bible time, we share prayer time. This is a special time for all the kids. We pass a special pink cross around the circle sharing our prayers with one another, ending in unison reciting the Lord's Prayer.

Tragically, our pink canvas cross that the kids had been faithfully praying with every week for two years broke beyond repair. I asked the kids if they would like a new cross or if we should just start holding hands with each other while we prayed instead of passing the cross. They begged me to try and find someone to fix our pink cross. I said I would see what I could do.

I approached several women in the knitting group. All of them said there was no way to fix our cross and they were not even sure they had a pattern they could follow to make a new one.

Finally, I showed the cross to Hope Wiland. She asked, "What in the heck happened to this cross?" I explained that our kindergarten through second graders prayed so much with it over the past

two years it just plain wore out. Hope said she would take the cross home and see if it could be repaired, but if not, she would make a pattern from the old one and make us a new one.

This past Sunday morning Hope presented me with a brand new prayer cross! I couldn't believe my eyes! The new cross was almost just like our old one. It was perfect in every way. But I could tell Hope was concerned about the new one. Hope said, "You see, they just don't make the pink color any more. This silver color is the best I can do. I doubled the canvas to make the cross stronger. I am so sorry it took me so long to get the cross back to you. I hope it will do. You know I would do anything for our kids." Hope went on to explain she traveled to three craft stores looking for the special yarn. She was worried that the color she had to buy would not do.

Well, have no fear, Hope! The cross is perfect! Every one of our kids loved it! So much, in fact, they have asked me to say Thank you! Thank you! Thank you! For without you we would not have a prayer cross.



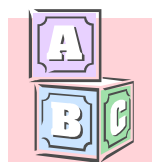
## DEACONS

The next Deacon meeting will be held after worship on Sunday, February 12, at 12:15 p.m. and February 26 at 12:15 p.m. to pack Easter baskets.

## BIBLE STUDY

The Wednesday morning Bible study is meeting each Wednesday from 11:00 a.m. until noon. The Bible study group is currently studying Isaiah. After Bible study, those who are able go out to lunch together. Everyone is welcome. Beginning on February 29, Bible study will begin at 10:30 a.m. so the group can take part in the Lenten worship/lunch series.

## REGISTER NOW FOR PRESCHOOL



Registrations are now being accepted for the 2012-2013 year at the Crafton United Presbyterian Church Preschool. Classes for 4s are available on Monday, Wednesday, and Friday mornings. Classes for 3s are held on Tuesday and Thursday mornings. Children must be potty-trained and be the appropriate age by August 31. Class sizes are limited. For more information or to obtain registration materials, contact the church office at 412-921-2293.

## OUTREACH

Thank you for the fleece blankets for the VA.

On Thursday, January 12, we made fleece blankets for veterans at the V.A. hospital.

Thank you to everyone who participated and shared in fellowship. I would like to especially thank Andi Sevacko for helping put everything together. It was a fun evening and eight blankets were able to be finished.

Amanda



### Prayer for God's Wounded Soldier

I pray for that wounded soldier that gave his heart to Christ and did what he thought was best even though it was one of the hardest decisions he had to make. I pray that the LORD will watch over him and make him bold and courageous and that he will not forget who his first love Jesus Christ is.

I pray that Jesus would be the first person he thinks about when he wakes up and the last when he lays his head down at night. I pray that he will have dreams and visions and that God himself will send angels to protect him and the troops all around him and that he will be safeguarded. I pray that the words of Christ will be written on his heart and that he will remember what the LORD said to him and the promises he made to him when he first gave his heart to Jesus.

I pray that he will forget the past mistakes and that he will concentrate on God's perfect will for his life and that he will be full of hope and strength and mercy and love for his fellow soldiers and forgiveness toward the enemy. I pray that God will order his steps in his WORD and that he will follow the Shepherd Jesus wherever God might have him to go.

Thank you Jesus for dying for this soldier and all the soldiers and may your hand be upon them all and may they heal and get stronger to do your will on earth as it is in heaven.

## MORE THAN A PANTRY

**3,057 PLUS**

This number represents how many bags of groceries went out into the Crafton-Ingram community for families in need in 2011!

**85**

This number represents the average number of families served each month. In November, 107 families were served!

### **FAITH and TRUST**

These two words are how the Food Pantry is operated. It is an amazing feeling of how God provides for this ministry at Crafton U.P. Church. I see God's hand covering the needy families each time we go purchase groceries. For example, an order was pur-

chased at Giant Eagle for \$972 and donations came in for \$974! This happens over and over—GOD PROVIDES!

“Will anyone rob God? Yet you are robbing me! But you say, ‘How are we robbing you?’ In your tithes and offerings! You are cursed with a curse, for you are robbing me—the whole nation of you! Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing.” Malachi 3:8-10

This passage is worth trusting in for all of us! Just pray, trust, and believe everyday!

Blessings, Cathy S.



## CIRCLE

Circle will meet at the home of Sandy Taylor, 13 Bell Avenue, on Thursday, February 2, at 10:00 a.m.

## CHOIR

Choir practice will each Tuesday morning at 9:45 a.m. Please consider joining this ministry!



## MUSIC NOTES from Mark Gulden, organist / choir director

Our latest news is that we have changed our weekly choir rehearsal time from Thursday evening at 7:00 p.m. to Tuesday morning at 9:45 a.m. This is a temporary change during the winter months, by request of the choir members. If you are able to join us Tuesday mornings, please consider yourself invited.

I am putting out a call for additional singers for Easter. I know we have many good singers in the congregation, but many have busy schedules that make it difficult to commit to weekly choir rehearsals. So I am simply asking that you consider singing with the choir just one Sunday. It will require just two rehearsals (although you are certainly welcome to attend more). My hope is that we can enhance our existing group and make a very special musical contribution to our worship service this Easter. I will be actively seeking your participation in this effort. The music will be easy, so everyone will easily be able to participate. Please prayerfully consider it.

In addition to our regular preparation of music for worship each Sunday:

- Some of the choir members will again be participating in the annual Easter cantata by invitation of Emanuel Methodist. On the day our choir members are visiting Emanuel, I am hoping to again have a special guest performance by a youth group for our Sunday morning worship.
- I have composed a new hymn tune and have invited our choir members to contribute lyrics – so it will be a collaborative effort, and we will be singing it when it has been completed (If you would like to contribute to the project, please see me).

We are planning a mini-concert by our choir at one of the after-worship luncheons (probably in May).

Finally, my sincere thanks to the congregation for the generous holiday staff gift. I have begun to use it to purchase new organ music that I can use as prelude and postlude pieces. Thank you again.

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**MINISTER TO  
THOSE IN  
NEED.**”*

## CRESTFIELD CAPITAL COMPLETED!

As of the end of December, we fulfilled our \$10,000 pledge to Crestfield’s Capital Campaign as they seek to build six new cottages, a new recreation hall, and refurbish the old rec hall. We thank Dr. Bowen for providing the majority of the donations so that we could meet our pledge.



## **PER CAPITA**

Please remember to contribute to the per capita collection. Special envelopes for that purpose are included in your box of offering envelopes. The per capita assessment is an amount that each local congregation contributes toward the basic administrative cost of our presbytery, synod and general assembly. For 2012, the per capita is \$25. Please note, this is the amount due per active member, not per family. If possible, please include your per capita contribution as soon as possible.

## **HEALTH MINISTRY NEWS by Community Nurse Barb Miller**

This month has involved a very diverse visit schedule. As a community nurse, I have been privileged to develop relationships with many members of the church and the community. My visits have ranged from a short visit to wish clients a Merry Christmas to visits that have involved decisions about medical care and their care for the future. Let me tell you about some of my visits.

A client described symptoms of urinary frequency, pain in the lower abdomen and generally not feeling well. We discussed these symptoms as possibly symptoms of a urinary infection and we called her doctor to report her symptoms. He prescribed an antibiotic for her. I instructed her to increase her fluids and to report to the doctor an increase in symptoms after she started the antibiotic. She did not have anyone to pick up the prescription from the pharmacy (it would be delivery the next day) so I went and got it for her so that she could start immediately.

A friend of a resident at the Crafton Plaza called and needed help. She needed to empty her friend's apartment because her friend was now in a nursing facility. I was able to give her information on the Am Vets, Goodwill, St. Vincent dePaul and the Salvation Army that would take household articles. She offered unopened food items to the food bank and Amanda and I went to meet her at the apartment to gather the food items and take them to the food bank at the Crafton UP Church.

A client at the Crafton Towers recently suffered the loss of her husband. She has disabilities and expressed concerns about living alone. We discussed her concerns and I gave her information about Senior Living Advisors, a company that helps place clients into assisted living facilities. I offered to meet with her and Mary Beth, from Senior Living, to discuss her options for her future. After meeting with Mary Beth, the client and her family, the client visited several facilities and decided upon one that fit her needs. She will be moving the beginning of January.

Another client recently moved to a personal care home. I worked with this client and her daughter at home and during her recent hospitalization to prepare her for the move. After she had moved to the personal care home, I visited her and she is very happy in her new home. She had been afraid to live alone and here she is living with caregivers and 5 other women residents.

During the Christmas Season it is very hard for many people that do not have families. Several of my clients are in this situation. I made a special effort to visit them and take them a small gift, a poinsettia or a blanket from the church. This was very much appreciated by these clients. We prayed together at the end of each visit.

This has been a very rewarding month and I hope that I have been able to touch and help members of the Crafton community.

## **BLOOD PRESSURE SCREENING**

Our community nurse, Barb Miller, will be available during the fellowship lunch following worship on February 19 to offer free blood pressure checks and to consult about other health questions.

## **HOMELESS SHELTER DINNER**

Our church will be providing the evening meal at the Men's Homeless Shelter on the Northside on Sunday, March 11. If you would like to assist in any way, please contact Kathy Dold.

## FRIENDLY VISITOR PROGRAM

Members of the church have volunteered to make home visits or phone call visits to members of the Congregation and shut-in the community. The response to the program has been wonderful. The volunteers that have contacted their clients have been so excited and felt very rewarded by the visits. The clients also have expressed their excitement about being remembered and included in the church.

This program is open to new volunteers and new clients to visit. If you would like to be a volunteer visitor or know someone in the area who would benefit from a friendly visit, please talk to Barb, Marla or call the Church office at 412-921-2293.



## WELLNESS TIP OF THE MONTH

### HEALTH HAPPENINGS

“Create in me a clean heart, O God; renew in me a steadfast spirit.” (Psalm 51:12)

February is healthy heart month. Let’s take time to consider the benefits of exercise. The American Heart Association says that regular physical activity increases energy, improves self-image, reduces stress and improves circulation. However, like many Americans, we probably don’t do much about exercising. Exercise, including walking, decreases the risk of death, heart attacks, stroke, hypertension, some cancers, osteoporosis, depression, anxiety, and obesity. Exercise improves overall health and also boosts HDL (good cholesterol) and lightens mood. The Surgeon General recommends thirty minutes of daily walking or other physical activity. A brisk 30 minute walk burns about 200 calories; a slower 30 minute walk burns 100 calories.

The following activities are especially beneficial when performed regularly:

Brisk walking	Hiking	Stair-climbing
Aerobic exercises	Jogging/Running	Bicycling and swimming
Soccer and basketball		

For people who cannot exercise vigorously or who are sedentary, the following moderate-intensity activities can have health benefits:

- Walking for pleasure, gardening, and yard work
- Housework and dancing
- Parking farther from work or the store and walking the distance
- Walking up one flight of steps instead of taking an elevator
- 10 minute periods of moderate activity daily
- Recreational activities



Physical activity also builds healthy bones, strengthens muscles, and improves joint mobility. Before beginning any exercise program, individuals should consult a health care provider.  
Lord, grant me a faithful spirit; teach me wisdom. Amen.

## CARE NOTES



Care Notes are available in the rack on the wall outside the conference room. These booklets address a wide variety of topics relating to wellness of the mind and spirit. Please take a few minutes to read over them and take any that would be helpful to you and someone that you know.

## FOOD PANTRY NEEDS

Thank you for your support and donations. The Food Pantry served 94 families, a total of 184 individuals, in the month of December. Suggested items to donate are listed below:

Peanut Butter	Raviolis	Rice
Mac & Cheese	Soup	Fruit
Pasta	Cereal	Jelly

## CASSEROLE CREW

If you know of anyone who is need of a temporary meal or two due to illness, hospitalization, birth of a baby or other situation, please call Cathy at the church office to arrange delivery.

## KNITTING GROUP

Did you know the knitting group does more than knit? The group crochets, makes fleece blankets, and even teaches the art of knitting and crocheting. If you are available on Tuesdays at 10:00 a.m. come join us.

## SCRIP PROGRAM

Scrip is a gift card program that is not only used for gifts! You may use these cards for your daily needs such as groceries, clothes, home improvements, fuel, and more! Please pick up an order form and payment in the church office or contact Cathy if you have any questions.

## YOUR GIVING IS IMPORTANT

As of the end of December, year-to-date donations were:

General Fund Donations:	\$114,847
General Fund Expenses:	\$147,334
Building Fund Donations:	\$20,607
Building Fund Expenses:	\$37,858

Your faithful and generous giving is vital to maintaining and expanding the mission of our church!

## Church Activities At A Glance

### Nursery

A nursery for children in kindergarten and younger is available during worship each week.

### Communion

The sacrament of the Lord's Supper will be celebrated during Sunday morning worship on February 12 and February 26. Communion is also celebrated each Sunday evening at the 7:30 p.m. CrossWalk service.

### C.A.M.P. (Community Adult Meeting Place)

This month C.A.M.P. will gather at the church from 11:00 a.m. until 2:30 p.m. on Monday, February 6 and February 20. Activities include cards, crafts, games, and more. A lunch is provided for \$5. All adults in the area ages 55 and older are welcome. The following month C.A.M.P. will meet on March 5 and March 19.

## General Information

### Visitors

Please note that all events are open to all people, whether they are members of the church or not. Visitors are always welcome! If you have any questions about any of the activities described in the newsletter, please call our church office at 412-921-2293, and we will be glad to answer them.

### Name Tags

Please remember to wear your nametag each week. If you do not have a nametag or if yours has become misplaced, simply write "nametag" next to your name when the fellowship pad is passed.

### Want To Become A Member?

In order to become a member of the church, you need to be able to answer "Yes" to two questions: "Do you trust in Jesus Christ as your Lord and Savior?" and "Will you be an active member of this congregation?" If you are interested in learning more about church membership, please contact Dr. Bowen, and he will be glad to answer any questions you might have. Dr. Bowen and other church members are available to meet with you at your convenience to discuss the Christian faith, and to explore ways that your gifts and talents could be used to take part in the life of the church. We look forward to hearing from you.

### Please Call

If you or someone you know has gone into the hospital, please contact the Church office as soon as possible, at 412-921-2293 so that the pastor can be informed. On weekends, or at other times when no one is at the church, you may call Dr. Bowen at his home at 412-922-3488.



### Vial of Life

The Vial of Life is a program based on one used in many communities around the country that makes it easier for people to have emergency medical information in one place so family and/or EMS personnel can find it in case of an emergency. You may pick up a Vial at the entrances of the church.

### Prayer Chain

Our church has a prayer chain. When we become aware of a situation where special prayers are needed, the members of the prayer chain pass the prayer request along and remember that request in their prayers each day. If you would like to submit a prayer request to the prayer chain, please contact Liz Caine at 412-91-6086 or the church office at 412-921-2293. Also, if you submit a prayer request to the prayer chain, the prayer chain would appreciate if you would subsequently give them an update on how the person or situation is doing.

### Published

Dr. Bowen has had a large number of sermons published on GoodPreacher.com, which is an Internet preaching resource that is subscribed to by several thousand ministers across the United States and Canada.

### Upper Room

Reminder! "The Upper Room" daily devotional guides are available in the narthex and by the secretary's office. These devotionals offer scripture to guide you into the day's meditation, suggested Bible readings, brief daily prayers and a thought for the day and prayer focus to keep you connected with others around the world. If you know of someone who is unable to come to church, and would enjoy the daily readings, call Cathy in the office and she can send one out.

## Church Officers:

The Session: Dr. Edward Bowen (moderator), Cathy Nelson, Beth Beglinger, Donna Bernhardt, Karen Black, Kathy Dold, John Ferguson, Liz Hull, Andrea Jones, Bruce Moore, Gretchen Moore, Gina Pahl, and RJ Wiegand.

The Board of Deacons: Alicia Conboy (moderator), Donna Criswell (secretary), Kerry Schmitt, Sean Black, Liz Caine, Alicia Conboy, Tim Pahl, Ron Shutt, Jacquelyn Todd, and Hope Wiland.



## Church Staff:

Pastor: Dr. Edward Bowen  
Ministry Coordinator: Marla Kemmler  
Organist/Choir Director: Mark Gulden  
Church Secretary: Cathy Schulz  
Custodian/Food Service Coordinator/Outreach Associate: Amanda Williams  
Community Nurse: Barbara Miller  
Preschool Teacher: Treva Rousseau  
Assistant Preschool Teacher: Brittany Barthelemy

Church Address: 80 Bradford Avenue  
Pittsburgh, PA 15205

Telephone: 412-921-2293

Fax: 412-921-0348

Email: [CraftonUP@yahoo.com](mailto:CraftonUP@yahoo.com)

Website: [CraftonUP.com](http://CraftonUP.com)

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February Greeters:	February 5	Available
	February 12	Available
	February 19	Available
	February 26	Available

February Counters: Karen Black and John Novak

Church Attendance:	<u>Date</u>	<u>Worship</u>	<u>CrossWalk Worship</u>
	December 24 Early Christmas	67	
	December 24 Late Christmas	104	
	December 25	53	
	January 1	59	
	January 8	72	28
	January 15	76	28

Chancel Flowers:	<u>Date</u>	<u>Given By</u>
	February 5	Available
	February 12	Available
	February 19	Available
	February 26	Available