

January 2012

CRAFTON UNITED PRESBYTERIAN CHURCH

Volume 60, Issue 1

Special points of interest:

- **Service Project Night-
January 12**
- **Ordination/
Installation of Officers-
January 15**
- **Blood Pressure
Screening-January 22**

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"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."

The Forerunner

A Message From The Pastor

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

Looking back at the past year, from my perspective, here are ten of the top things that happened in the life of our church:

1. **CrossWalk.** We instituted a new 7:30 p.m. Sunday evening worship service that includes a talented praise band and many opportunities for worshippers to take part.
2. **Bhutanese Worship Service.** Our Bhutanese refugee friends now worship in their native Nepali language shortly after our 11 a.m. service each week. On some Sundays, as many as 100 or more people have come. They also want to continue worshipping with us at our service at least once every other month.
3. **Building Improvements.** Substantial work has been done to maintain and improve our church facilities, including a major upgrade to our kitchen.
4. **Food Pantry.** The number of people getting help from the food pantry has now topped more than 100 per month, but donations to the food pantry continue to increase as well.
5. **Crestfield Summer Camp.** For the second year in a row, our church helped to send more young people to camp than any other church in Pittsburgh Presbytery – 36 kids took part this year.
6. **Knitting Group.** The Tuesday morning group continues to grow in size and enthusiasm. Among their projects, they have made more than 600 blankets for hospitalized children, and several prayer shawls and blankets for older adults.
7. **Crafton Elementary School.** At its December 8 meeting, the newly-elected Carlynton School Board voted to keep Crafton Elementary open. Over the years our church has enjoyed a good relationship with the school and its students, and we look forward to that relationship continuing in the future.
8. **Youth Club.** The Wednesday after-school program is now in its 12th year and participation remains high. This year each young person received an age-appropriate Bible, and many of the children are reading the suggested passages that are assigned for each week.
9. **Health Ministry Team.** Community Nurse Barb Miller and the Health Team continue to offer a wide variety of health services, including monthly blood pressure screenings at two senior citizen highrises, the Vial of Life program, speakers on health-related topics, and the Blue Christmas program.
10. **Mission Trip.** This year a group of 16 youths and 5 adults spent a week in West Virginia doing a wide variety of construction, painting, and improvement projects.

May God continue to bless us and be at work in our midst in the coming year!
Dr. Edward Bowen

SERVICE PROJECT NIGHT – FLEECE BLANKETS

On January 12, from 7-9 pm, we will be having our next Service Project. We will be making fleece blankets for a local hospice. If interested in volunteering and sharing in fellowship there will be a sign up sheet on the bulletin board. Also monetary donations are needed.



HELP WITH THE FOOD PANTRY

Did you know the Food Pantry served 107 families in the month of November? Did you know it takes someone like you to help keep the Food Pantry operating? Would you be willing to donate an hour or two a month to help pack bags, stock shelves, write thank-you notes, pick up food at the Greater Pittsburgh Food Bank in Duquesne or even help unload the food? Would you be a team leader to help get things done in the Food Pantry? If you are interested in helping, please contact Cathy at the church office.

MOMS' GROUP

Chase away the winter blues! Crafton United Presbyterian Church will host a play group Monday, January 30. This will be an informal time for you to get the kids out of the house and enjoy the company of other moms in the area. Our nursery will be open for your child's enjoyment from 9:30 a.m. to 11 a.m. Please bring your own snacks. We will provide coffee, tea and Kool-Aid. Children MUST be accompanied by an adult at all times. For more information, please contact Marla Kemmler at the church office.

CROSSWALK

Join us Sunday nights at 7:30 p.m. for CrossWalk 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 January 1 (New Year's Day) or February 5 (Super Bowl Sunday).

THANK YOU!

The members of the church staff would like to thank the members of the congregation for their Christmas gifts.



TAKE A HIKE



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.



OUR CHURCH BUILDING

I would like to thank all those people who have helped with the work of the property committee for the past few years. It is because of their gifts, work, and prayers that so much has been accomplished. The biggest challenge we had to overcome was to make the church dry. In order to do this we had to:

Outside:

1. Repair the roof
2. Re-route downspouts
3. Replace outside steps
4. Redo damaged masonry work on all four sides of the building
5. Have the windows re-caulked
6. Camera and replace broken sewers
7. Open clogged drains
8. Remove trees and roots
9. Re-slope areas
10. Build walls and walks with proper drainage areas in the back of the church

Inside:

1. Installed drains around most of the foundation
2. Added inside drainage walls
3. Installed dehumidifiers
4. Replaced rotted floors
5. Added "poured" floors in some areas

Then, after this work was finished, everything was cleaned and painted.

Another major item done was updating the electrical system. This was necessary because of safety issues, and because of additional equipment being added. The boiler was also replaced. The church interior and exterior was also painted.

This work could not have been accomplished without the generosity and hard work of many people. I would especially like to mention Elizabeth Ann Cochran, Mary Lou Marshall, Mid Davis, Liz Caine, Kathy and John Wright, Liz Hull, Roger Koontz, Alan and Karen Dorfield, Andi Sevacko, and others.

Also, my sincere thanks to Dr. Bowen and the entire staff who had to deal with major construction while trying to do their jobs. They were very kind and understanding throughout the process.

The "physical building" of the church is getting stronger and better every day. My wish for the new year is that the congregation of the church will also continue to grow stronger and better each day.

Sandy Taylor



YOUR PLEDGE IS IMPORTANT!

To help continue the important work that our church does, we need everyone's support! We would like to thank all who have pledged their financial support for the church for 2012 (as of December 19):

Donna Bernhardt	Kathy Dold	Matt and Gretchen Moore
Karen Black	Patricia Downer	Cathy Nelson
Linda Boehm	Karen Eonta	Rob and Laura Peck
Alice and Ashley Bonacci	John Ferguson	Joyce Phillips
Charles and Joyce Bowen	Thomas Gordon	Tim and Gina Prah
Edward Bowen	Jack Hersh	Kerry Schmitt
Ann Buzza	Herb Hubacher	Mary Lou Shick
Liz Caine	Allison Hull	Greta Szuhay
Bonnie Carlson	Wayne and Liz Hull	Fred and Sandy Taylor
Kathy Caruso	Brett and Andrea Jones	Carol Van Gysel
Elizabeth Ann Cochran	Roger and Dorothy Koontz	George and Vivian Whitaker
Alicia Conboy	Jack and Jacque Loftus	Hope Wiland
Nancy Conboy	Nancy Marshall	Evesta Williams
Donna Criswell	Ruth Mechling	John and Kathy Wright
Jim and Elaine Crist	Bruce Moore	

The pledges so far (as of December 19) total \$80,505 for the General Fund, \$10,996 for Benevolence, and \$12,586 for the Building Fund. Our pledge goal for the General Fund is \$90,000 and \$19,000 for the Building Fund.

The pledges thus far range as follows:

\$200/week or more = 2

\$126-199/week = 1

\$100-125/week = 4

\$50-99/week = 10

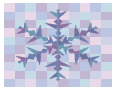
\$20-49/week = 11

\$10-19/week = 7

Under \$10/week = 9

FLOWER CALENDAR

The 2012 Flower Calendar is posted in the narthex. If you wish to supply chancel flowers for a Sunday during the year, as a memorial or in honor of a special occasion, please sign your name on the calendar, or call the church office at 412-921-2293. Cost is \$12.50 per vase or \$25.00 for both vases. We encourage you to share a Sunday.



SNOW POLICY

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

ALANON & ALATEEN AND AA MEETINGS

The Alanon & Alateen meetings have combined their groups with the groups that meet at the United Presbyterian Church of Crafton Heights on the corner of Stratmore and Clairhaven. They meet on Monday nights at 7:30 p.m. AA meetings are held there at the same time.



THANK YOU

To the Ladies at Crafton UP Church,

Thank you so much for taking the time to make the blankets for the children at Children's Hospital. My daughter was diagnosed with spina bifida early on in my pregnancy and we have been in the hospital for the last two weeks since she has been born and your blanket (it is pink with dragon flies) has been helping to keep her warm and cozy. Thoughtfulness like yours can really change the outlook of a situation like ours. Our family, and our new little girl, Gaby, really appreciate it.

The Ramirez Family

Dear Ladies at Crafton UP Church,

My husband, my two year old and I recently found ourselves at the emergency room with our 7 week old baby boy. He had a terrible allergic reaction and was covered in the most awful dark red hives. No one in the ER could diagnose him. It was not until days later that we finally got a diagnosis and found treatment. At a time like that, the blanket from the Linus Project really touched our hearts and though we've never met, we felt your love, prayers, and support for our newborn baby. We are all healthy and happy now! And, we thank you so very much for your kindness and selfless gesture.

Sincerely, Becky, Phil, Ryan and Gavin Shinsky

Dear Crafton UP Church,

Thanks so much for a wonderful blood drive. Everyone at the blood bank is thrilled with the results. Thank you to Donna Criswell and your efforts to recruit donors to make this blood drive a huge success. We registered 41 donors and collected 39 units of blood.

Kathy Ryan

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is **TO BE A
COMMUNITY**
where people grow as
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need.”*

ANNUAL REPORTS

All organizations and ministry teams are asked to turn in their annual reports to the church office no later than January 22. Copies of the complete annual report, including information about the 2012 church budget, will then be made available on Sunday, February 5.

ORDINATION AND INSTALLATION

We will ordain and install our new and continuing elders and deacons during worship on January 15.



DEACONS

The deacons will hold a re-organization meeting following the 11:00 a.m. service on January 15.

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 Sundays in the new year.

WEEKLY LUNCHESES

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. There will be no lunch on January 1.

TWITTER

You can follow our church on Twitter. Search craftonup at Twitter.com for updates and reminders about church and community events.

JULIETS

The JULIETs (Just Us Ladies Eating Together) will gather for lunch at a nearby restaurant on Sunday, January 18, after worship. Please RSVP to Mid Davis at 412-279-7064 if you would like to attend.

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.

WEB SITE

The church’s web site is at 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.



VAN

In December, the van was used to pick up 1,100 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. Also, the van was used to transport the Youth Club to visit the residents at Crafton Towers.



HAPPY BIRTHDAY TO YOU



Wishing a very Happy Birthday to:

Isabel Irwin	January 11	John Novak	January 26
Stephanie Saunders	January 11	Donna Criswell	January 27
Beth Todd	January 12	Logan Todd	January 30
Connie Deichler	January 13	Christina Desalvo	January 31
Kerry Schmitt	January 14		

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).

Bill Dunbar Fair Oaks 2200 W. Liberty Ave. Pittsburgh, PA 15226	Helen Bukovac c/o Autumn Lane Assisted Living 5793 Steubenville Pike Robinson Twp, PA 15136	Doris Nair 2440 Baldwick Road #207 Pittsburgh, PA 15205
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is to be a
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THE ESSENTIAL ONE HUNDRED CHALLENGE

Here are the suggested readings for this month:

For week of January 1:	1 Timothy 3:1-3:16 1 Timothy 6:3-6:21 2 Timothy 2:1-2:26 2 Timothy 3:10-4:8 1 Thessalonians 4:13-5:11
For week of January 8:	1 Corinthians 13:1-13:13 2 Corinthians 4:1-6:2 1 Peter 1:1-2:12 James 1:1-2:26 1 John 3:11-4:21
For week of January 15:	Revelation 1:1-1:20 Revelation 2:1-3:22 Revelation 4:1-7:17 Revelation 19:1-20:15 Revelation 21:1-22:21



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 6th-12th 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. A \$50 deposit will be due in January 2012. If you have questions, please contact Marla at the church office.



SUMMER CAMP

Crestfield Summer Camp 2012! Start thinking about all the fun you will have this summer with old friends, new friends, and the leaders at Camp Crestfield. Watch for more details in the February Forerunner!

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, music, cooking, crafts, 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.

SUNDAY SCHOOL

The adult Sunday school class meets each week at 9:45 a.m. Every Sunday the class will be taking a look at one or more of the E100 Bible readings from the previous week. (See the separate article about the E100 Bible reading program.) Dr. Bowen teaches the adult Sunday school class. Everyone is welcome!

A MOMENT WITH MARLA

Another year over and what a fun time we have had!

The C.A.M.P. ladies made Easter bunnies, prayer rocks, candy cane prayers, and so many other crafts to be placed in the meals of Meals on Wheels clients, in hopes of brightening another person's day.

The knitters to date have completed over 600 blankets for Linus Project! The love and fellowship in the knitters group is so amazing. These ladies have grown into caring and loving each other like sisters.

The Thursday morning prayer group at Crafton Towers is still as faithful as ever. Throughout this year we have prayed for those facing sickness and loneliness. We also gave praise for healing and healthy babies being born. This group of women truly understands the power of prayer.

Junior Youth Club has been

filled with joy and laughter and all 25 children are faithful in attending every week. The spirit of the kindergarten to second graders is one of caring for each other. Their endless thirst for more knowledge of the Bible is inspirational. I have had some of the best conversations with our second grade group. They will give you a whole new outlook on life.

Youth Club has been a source of great joy too. These young people give of themselves in so many ways. So far this year they have made decorations for the Community Thanksgiving Dinner, including prayer rocks as favors for all of the guests. A group of them just completed a bucket filled with winter cheer for the residents of Crafton Towers. All of us traveled down to Crafton Towers to share the Christmas spirit with the residents. We sang Christmas carols, ate cookies, and brightened the holiday season for so many. This event truly is the most joyous for me.

PYC is still going strong. All of the teens showed up to serve the

guests at the Community Thanksgiving dinner and Blue Christmas dinner. Many of these teens also volunteer throughout the week at Junior Youth Club and Youth Club. They also attend Crosswalk every week. Coming in January we will have mission trip sign ups. I have no doubt that the trip will fill quickly. The spirit of giving back is alive and well in the PYC group.

If after reading this you are thinking, "I had no idea all these things were going on in the life my church," What are you waiting for? Take the adventure! Please come join us! Don't miss out on all the laughter, love, and fellowship. You are welcomed with open arms! Read the event calendar enclosed in the newsletter. Pick just one event to attend and see what God has in store for you in 2012!



BIBLE STUDY



The Wednesday morning Bible study is meeting each Wednesday from 11:00 a.m. until noon. The Bible study group will be focusing on the E100 Bible readings. Each week we will be studying one or more of the recent passages that we have read. After Bible study, those who are able go out to lunch together. Everyone is welcome.

OUTREACH

"I don't want to miss the story and games!"

One Tuesday, the Junior Youth Club was just finishing up snack and getting ready to go upstairs, when one of the kindergarteners got sick. One of our PYC sixth-grade helpers, right away went over to him as he had begun to throw-up. She stayed with him and got my attention to figure out what to do. I got everything cleaned up and called his mom; it was going to be 20 minutes before someone could pick him up. We got his backpack and sat down on the bench by the door. I asked him how he was feeling and he said, "I don't want to miss the story and

games." We sat there and talked for a while and the whole time I thought about how important Junior Youth Club was to this little boy. We decided to have him lay down in Marla's office where that same PYC helper volunteered to stay with him until someone came to pick him up. That made me think about how wonderful it was of her to want to help to take care of him, such a very unselfish act.

The youth programs are helping our children to be great Christians in so many ways, from having a sick child upset that he was missing out on "fellowship", to a 12 year old whose main focus was making sure he was ok. I'm

lucky to be able to help out with our youth; they make me proud. Watching them grow as children of Jesus is one of the greatest gifts anyone could ask for.

"Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father." John 14.12

Amanda



MORE THAN A PANTRY

The Youth Club kids hosted a Christmas celebration at the Crafton Towers. The youth played the chimes under the direction of Alicia Conboy, sang Christmas carols, served cookies, and visited with the residents. The residents were very impressed with the children as they mingled and visited with them. The Youth Club kids also blessed the residents with a bucket filled with soup, fruit cups, macaroni and cheese, and other snacks that were "extras" from the Food Pantry. The residents were so pleased with this gift, but the biggest gift was just to have the kids around!

As the new year is here, let us not forget to carry on that "Christmas spirit" of giving. There are many opportunities through our church to give: join the Visitor Program, assist in the Food Pantry, donate an item on a regular basis, help out with Jr. Youth and/or Youth Club, help with the Bible study at the Crafton Towers, join the choir or be involved with Sunday school or Bible study.

Be a part of the Good News of Jesus Christ—and see how you can help change this little town of Crafton.

Blessing to you, Cathy S.





MUSIC NOTES

from Mark Gulden, organist / choir director

Greetings and best wishes for a great new year! I offer special thanks to the members of the choir for their good work during the seasons of Advent and Christmas.

As always, we extend an open invitation to anyone who would like to sing with the choir. For the most part, I write choral arrangements that are quite accessible, so it is easy for you to participate. The only requirements are that you like to sing, and that you have a desire to serve the Lord in our music ministry. If interested, please check with me for weekly rehearsal day and time (during the winter months we are attempting to get together during daylight hours to make it easier for some of our members to get to rehearsals -- so our rehearsal day and time is subject to change).

In addition to our usual course of business during choir rehearsals, we will be taking time each week to talk about new ways in which we might serve the Lord. Again, all are invited to participate.

Other things on the horizon:

- I am planning to make some audio recordings of the choir (at first, the purpose will be for self-evaluation and improvement, and if we have some good results, we may make them available to others)
- I am hoping to arrange for a special spring choral performance (hopefully to include participation by some of the youth groups)
- I am considering offering piano lessons for beginning students (to be available to anyone in the community, ages 8 and up)

I will be introducing some of my original compositions for the choir and as prelude and postlude music

Finally, for those of you who have not yet attended the Sunday evening Crosswalk service, I urge to you join us for a wonderful contemporary worship experience. Our music team features vocalists Jamie and Karie Jarvis, who do a great job leading our contemporary music selections.

NEW MEMBER

On December 11, we welcomed Bill Blackwell as a member of our church. His address is: 49 S. Linwood Avenue, Pittsburgh, PA 15205.



JULIETS (Just Us Ladies Eating Together)

The JULIETs (Just Us Ladies Eating Together) will gather for lunch at a nearby restaurant on Sunday, January 15, after worship. Please RSVP to Mid Davis at 412-279-7064 if you would like to attend.

LEARN MORE ABOUT THE FAITH

Several years ago the Presbyterian Church (USA) published a Study Catechism. The purpose of the Catechism is to provide a brief summary of some of the central beliefs that we have. A catechism covers the subjects in a question and answer format. Here is a portion of the Catechism:

Question 84. What do you mean when you speak of “the resurrection of the body”? Because Christ lives, we will live also. The resurrection of the body celebrates our eternal value to God as living persons, each one with a unique and distinctive identity. Indeed, the living Savior who goes before us was once heard, seen, and touched in person, after the discovery of his empty tomb. The resurrection of the body means hope for the whole person, because it is in the unity of body and soul, not in soul alone, that I belong in life and in death to my faithful Savior Jesus Christ.

Question 85. What is the nature of resurrection hope? Resurrection hope is a hope for the transformation of this world, not a hope for escape from it. It is the hope that evil in all its forms will be utterly eradicated, that past history will be redeemed, and that all the things that ever were will be made new. It is the hope of a new creation, a new heaven, and a new earth, in which God is really honored as God, human beings are truly loving, and peace and justice reign on earth.

Question 86. Does resurrection hope mean that we don’t have to take action to relieve the suffering of this world? No. When the great hope is truly alive, small hopes arise even now for alleviating the sufferings of the present time. Reconciliation – with God, with one another, and with oneself – is the great hope God has given to the world. While we commit to God the needs of the whole world in our prayers, we also know that we are commissioned to be instruments of God’s peace. When hostility, injustice, and suffering are overcome here and now, we anticipate the end of all things – the life that God brings out of death, which is the meaning of resurrection hope.

*“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.**”*

CRESTFIELD CAPITAL CONTINUES

As of December 18, we have contributed \$8,690 toward our pledge of \$10,000 for Crestfield’s Capital Campaign. Crestfield is our presbytery’s 224-acre camp and conference center near Slippery Rock. They recently launched a \$3 million fundraising drive to substantially improve and add to their facilities. There are three main projects: adding six cottages for summer camp and year-round retreat use; transforming the current Recreation Hall into a Conference Meeting Facility, and constructing a new Recreation Hall.



Crestfield has played a significant role in the life of our church - from youth taking part in summer camp and weekend retreats, to adults participating in events at Crestfield, to people of all ages from the church enjoying Harvest Day.

Please give generously to this effort. You may make a donation by marking “Crestfield” on your check or envelope. Together, let’s reach that goal of \$10,000!

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.

BLOOD PRESSURE SCREENING



Our community nurse, Barb Miller, will be available during the fellowship lunch following worship on January 22 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, January 8. If you would like to assist in any way, please contact Kathy Dold.

HEALTH MINISTRY NEWS by Community Nurse Barb Miller

Blue Christmas



Thanks to the Health Ministry Team that organized and presented the Blue Christmas program, Amanda Williams who organized the dinner, Marla, for working with the student volunteers and Alicia Conboy and Mark Gulden for the beautiful music. Special thanks to the wonderful student volunteers and the volunteers for the Church for their help with the dinner. The program was attended by 23 community members. Our hope is that this program helped those that attended to have a blessed Christmas.

2011 Happenings

As part of the job as the Community Nurse, goals were set for the year. The Health Ministry Team meets once a month and assesses needs of the community and individuals. The following are the activities of the Health Ministry Team and the Community Nurse. The activities of the Team really make a difference in the community.

1. Expand Vial of Life program to distribute 300 vials

Offer the program to Noble Towers- they already have a similar program

Place an advertisement in the local news paper on August 5– received several requests by phone for vials

Offer it to St Philips – Barb shared the information with them and they will start their own

Crafton's Fourth of July Celebration – distributed 220 vial,

Meals on Wheels – 3/10/2011 – 90 and 9/15/2011-25 (total – 115)

60 vials were donated to Trinity Church, North Side

Total to date in 2011 is 390 vials

2. Present 4 Health Education Programs per year

May 16 and 23 - Mr. Yuk program to Crafton and Carnegie Elementary Schools to grades K-3. Barb ordered 250 sticker pages. Andi borrowed a related book from the local library. Barb contacted the principal to set up the program. Health Ministry team members went to the school, read the book and distributed the Mr. Yuk sticker pages and coloring page. 198 students attended.

March 7 – C.A.M.P. - Program offering information on Medical Alert Bracelets and Life Line

March 21 & 24 – Hand washing program presented to the Church Pre-school. 16 students.

April 18 – C.A.M.P. Program on fall prevention

Bathroom Ministry – A poster containing information about getting help if someone is in an unhealthy relationship was distributed to the Library, Fire Hall, McDonalds, Pharmacies, Giant Eagle and in the Church bathrooms.

Collection of used eyeglasses – 74 pair of glasses were collected

April 4 – May 23 Walking program for spring – “Spring Ahead”. Monday at 6:30 p.m. Find spiritual reading relating to caring for one’s self.

May 2- C.A.M.P. – Nutritionist from the Greater Pittsburgh Food Bank spoke on meal portion size.

May 15 – Baby Bottle Campaign – collect money for the Women’s Choice Network. Collection concluded on June 12. Collected \$336.82

August 1 – C.A.M.P.- Pharmacist and Program Director from the Hometown Pharmacy answered questions about medications, expiration dates, etc.

September 19 – C.A.M.P. – Dietician from St. Clair Hospital – “Guidelines for Better Eating”

November 16 & 17 - Hand washing program presented to the Church Preschool program – 3 & 4 year olds

CPR class – November 20, attendance 7, and December 6, attendance 6.

December 6– Blue Christmas, attendance – 7 Health Ministry team members, 4 adult volunteers, 4 student volunteers, and 23 community members – total 38

3. Distribute 300 Care Notes in the Church and the Community

Offer at Blood Screenings at Crafton Towers and Crafton Plaza

Meals on Wheels – check for ones appropriate for them

Marla gave 20 to Bradley House

Distributing them to two Funeral Homes- 40

Available at Blue Christmas program

4. Involve 20 volunteers in Health Ministry related programs

Involve volunteer in the Vial of Life program at Crafton Celebrates -6

Offered involvement in Project Linus to the Knitting/Crochet group. 10 ladies participate

Involved two residents of Crafton Plaza in Project Linus

4 students and 5 adult volunteers helped with the Blue Christmas program on December 6.

5. Outreach

Cards sent by Elaine to members of the Church for Birthdays.

Monthly, Barb supplies Meals on Wheels with health related information. 80 copies/month

Grief Support Group - Barb met with Anne Louise Dailey from St. Philip Church and they extended an invitation to anyone from our Church to attend on the 3rd Thursday of every month.

Friendly Visitor Program – Started in August – 9 visits have been made

CPR CLASS



On November 20 and December 6, EMT Gene, from Robinson EMS presented the CPR training to 13 members of the Church community and Church staff. They are now certified by the American Heart Association in Cardio- Pulmonary Resuscitation.

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.

FRIENDLY VISITOR PROGRAM

Members of the Church have volunteered to make home visits or phone call visits to members of the Congregation and shut-ins 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

We find ourselves in mid-January. It is a long winter.

This is the season with dark, short days, which may cause you to notice mood swings and a low spirit.

Are you tired, depressed, and generally sad at this time of year?

The official name for the happening is Seasonal Affective Disorder (SAD). SAD appears to be related to the amount of sunlight that reaches the brain. The brain responds to light or the lack of light by secreting or not secreting a variety of hormones that control mood. If you find yourself dreaming of a bright sunny beach, it may be your brain writing you a note to give it more light. You can brighten your mood by increasing your exposure to light. Get up early, walk outdoors, or just sit by a sunny window. Replace your current lighting with full-spectrum fluorescent light bulbs. The idea is to feed your brain more light.

Mood swings can be put to rest.

Used by permission from "Wellness Tip of The Week" written by JoAnn C. Kauss, RN, MSN, St. Malachy Church, 2003.



FOOD PANTRY NEEDS

Thank you for your support and donations. The Food Pantry served 107 families, a total of 234 individuals, in the month of November. Suggested items to donate are listed below:

Tissues	Raviolis	Rice
Mac & Cheese	Soup	Fruit
Tuna/Hamb. Helper		

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 November, year-to-date donations were:

General Fund Donations:	\$102,931
General Fund Expenses:	\$134,341

Building Fund Donations:	\$ 16,801
Building Fund Expenses:	\$ 36,011

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

MISSION NEWS

Our denomination's web site (www.pcusa.org) has a lot of information about Presbyterian mission workers throughout the world. Here is some information about one of our missionaries in Malawi:



Kay Day was appointed as a PC(USA) mission co-worker in July 2009 and serves in Malawi at the invitation of the Blantyre Synod of the Church of Central Africa Presbyterian (CCAP).

She is the synod chaplain, a companion and minister to fellow ministers who each serve (due to a severe clergy shortage) an average of four congregations. She also prepares continuing education opportunities for ministers in the synod. In addition, Kay is the administrator of the Chigodi Women's Centre and serves as facilitator for the Blantyre Synod partnership with the PC(USA)'s Pittsburgh Presbytery.

With roots in the Church of Scotland, the Free Church of Scotland and the Dutch Reformed Church of South Africa, the CCAP was formed in the late 1940s. Presbyterian work there began in the 1950s and has been strengthened through the years by the work of many mission personnel. Blantyre Synod, one of the five synods of the CCAP, is in the southern part of Malawi. Blantyre, the largest city in the country, was founded by Church of Scotland missionaries in 1876 and is named for the birthplace of David Livingstone.

Reflecting on her experience of teaching in Malawi, Kay writes, "I was deeply committed to prayer before I left the United States and thought that I understood the position and place of prayer in a Christian's life, but I have experienced prayer in a deeper and far more personal way in Malawi than in the States. There is a palpable presence of the Holy Spirit that has radically changed my experience of God's power in prayer. The understanding that all of life is in God's control is something that we *talk* about here in the United States but it's something my brothers and sisters in the faith *live* in Malawi."

Kay has been involved with Malawi since 1995. She started as a host for visitors from Malawi in Pittsburgh, then became the chair of the partnership committee with Malawi and made three short-term mission trips there. In 2007 Kay spent a year in Malawi, teaching at Zomba Theological College where she was able to model pastoral care for the seminary students. She also served as a facilitator for visitors to Malawi from Canada and the United States.

Kay served as pastor at Mount Pisgah Presbyterian Church in Pittsburgh, Pennsylvania, from 2001. She was active there in supporting two local food pantries as well as a shelter for homeless men. She also served as the volunteer chaplain for the local fire department and the city council. Prior to that, she served as chaplain at Presbyterian Senior Care, with responsibilities for leading worship in three facilities and serving as a counselor to more than 500 residents and staff members. Before being ordained as a minister of Word and Sacrament, Kay spent 10 years as head of the English Department and a school administrator at both the high school and college levels.

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 January 8 and January 29. 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, January 16. 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 February 6 and February 20.

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.

Need to be Reimbursed?

If you need to be reimbursed for items you buy for the church, there is a simple form you are asked to complete. The forms are available in the church office.

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.

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.

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.



Gluten-free Bread

Gluten-free bread is available on communion Sundays. Some of our worshipers have a health problem that makes it impossible for them to eat regular wheat-based bread. So when we distribute communion on trays, some pieces of gluten-free bread are placed alongside the regular cubes of shortbread. And when we celebrate communion by means of intinction (when worshipers come forward), there are some pieces of gluten-free bread in the basket alongside the other pieces of bread.

AED

Our church has an AED (automatic external defibrillator). The AED is located in a storage box on the wall as you enter the conference room. An AED is used in situations where a person is having a heart attack.

Church Officers (as of January 15):

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: Kerry Schmitt, Donna Criswell, 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

Website: CraftonUP.com

January Greeters:

January 1	Available
January 8	Available
January 15	Available
January 22	Available
January 29	Available

January Counters:

Connie Deichler and Donna Criswell

Church Attendance:	<u>Date</u>	<u>Worship</u>	<u>CrossWalk Worship</u>
	November 20	85	33
	November 27	75	28
	December 4	68	22
	December 6-Blue Christmas	34	
	December 11	141	21
	December 18	66	29

Chancel Flowers:	<u>Date</u>	<u>Given By</u>	<u>Distributed By</u>
	January 1	Available	Donna Criswell
	January 8	Available	Sean Black
	January 15	Available	Kerry Schmitt
	January 22	Available	Jacquelyn Todd
	January 29	Available	Tim Prah



**WATCH FOR UPCOMING
INFORMATION ABOUT 2012 SUMMER
CAMP AT CRESTFIELD!**