



**Special points of interest:**

- Blood Pressure Screening—July 17
- Pool Party—July 19
- Potluck Dinner—July 20

**Inside this issue:**

Linus Blankets	4
Crestfield Day Camp	5
New Members	5
Wellness Tip	12
Mission News	14

# The Forerunner

Volume 59, Issue 7

July 2011

## A Message From The Pastor

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

At the end of the Gospel of Matthew, Jesus speaks what is commonly known as the Great Commission: “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you” (28:18-19). As Christians, we know that Jesus calls us to reach out to the people around us and to help them become followers of Jesus.

Throughout the centuries, however, as Christians have sought to obey Jesus’ Great Commission, Christians have wrestled with figuring out the best way to do that. For instance, in the first century A.D., there was a huge debate over whether new Christians should be required to live according to the Jewish laws of the Old Testament – laws such as refraining from eating pork and other non-kosher food items, and the requirement for males to be circumcised. The thinking among some was that since Jesus was a Jew, and since all the original disciples were Jews, shouldn’t subsequent followers of Jesus follow the same Jewish law that Jesus and his disciples did? But after much struggle and debate, the Christian church determined that in order for someone to become a Christian, all that was necessary was for them to have faith in Jesus. They determined that it was wrong to impose any other barrier or requirement.

Centuries later another major debate arose over the issue of language. In particular, the question arose as to what language the Bible should be read in. For centuries the tradition had been that the Bible was read in Latin, which was at one time considered to be the universal language. But as time went by and fewer and fewer people knew Latin, there was a movement to have the Bible translated into the different languages that people actually spoke in their day-to-day lives. Eventually, then, the Bible was translated into English, German, and many other languages as a way to keep language from being a barrier to having people come to faith in Jesus.

Yet one more issue that arose in time was music. By the 1500s, Martin Luther and others realized that while the ancient chants and hymns appealed to many people, for others they were an obstacle to having people worship God. And so Martin Luther, the great German church reformer, used the tunes to popular secular songs as the basis for new hymns that he introduced. For instance, the hymn “A Mighty Fortress Is Our God” is set to the tune of a traditional German drinking song. By updating the music and introducing new songs from time to time, Luther and others sought to remove barriers that were keeping people from coming to faith in Jesus.

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A Message From the Pastor—continued....

This fall we are going to attempt a change in our church that we hope will make it possible for more people to come to faith in Jesus. We are going to introduce a service at 7:30 p.m. on Sunday evenings. We currently have about 30 young people who regularly participate in our PYC youth ministry on Sunday nights. Over the years we have encouraged and invited those youth – many of whom do not participate in any other church – to worship with us at our 11 a.m. Sunday services. For various reasons, that has not been very successful. It is our hope that by reaching out to the youth, their families, and others at a time when many of them are already coming to the church, that this will be an opportunity for more people to be able to worship God and come to faith in Jesus.

For those who participate in our Sunday morning worship services, there will be no change. We are simply trying to open the way to allowing more people to participate in the life of our church. There will be more information about this new service in the coming months. Please see the following “Questions And Answers” in this newsletter for more details about what we have in mind. May God guide us as we seek to share the good news of Jesus with those around us.

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.”

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### **Sunday Night Worship Service Questions and Answers**

1. What is being proposed?  
To offer a worship service Sunday evenings as a component of our PYC youth ministry.
2. Who would participate?  
Everyone would be welcome. But initially the service would be targeted toward the PYC members (grades 6-12) and their families.
3. Why is this being considered?  
By this fall we will probably be having 30-50 young people regularly participating in PYC. Many of them are not actively involved with any other church. Over the years we have attempted in many ways to invite and encourage youth and their families to worship with our congregation at our 11:00 a.m. service. That has had rather little success. It seems to make sense to offer the service at a time when a fairly large number of youth are going to come to the church, which is Sunday night for the PYC program.
4. What will the service be like?  
The service will include the basic elements of a Presbyterian worship service: singing, Bible reading, prayer, a message/sermon, an offering, and other appropriate elements. The session has authorized communion as a weekly component, such as we presently do for our Celebration Time at Youth Club. The service will be about 45 minutes in length. The intent would be to include creative and interactive elements in the service.

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5. What will the music be like?  
We will work to assemble a simple praise band (guitar, keyboard, and drums). A variety of music could be included.
6. How often would this service be held?  
The service would be offered every week there is a PYC meeting. That schedule would be determined and announced months in advance.
7. Will this mean that we will essentially have two “congregations” in our church?  
Many churches offer multiple worship services. The challenge is to offer opportunities throughout the year for people from the different services to come together for fellowship, study, worship, and service. Although none of the current PYC participants are members of the church, many of them already actively support the work of our church, especially by assisting with Youth Club and Junior Youth Club.
8. Did our church not previously attempt a second worship service?  
In the 1990s our church did offer a second service, which was contemporary in nature. After several years, because of diminishing attendance, the service was ended. That service, for whatever reason, was not highly successful in reaching its planned target audience, namely unchurched people in the community and people who are not able to worship on Sunday mornings. With this proposed Sunday evening service, however, there is an established group (PYC) in place to serve as the initial corps of participants.
9. When would this service start?  
We would be working to begin it on September 11.
10. How would this worship service impact the overall PYC program?  
At present PYC already includes about 20-25 minutes of singing, Bible study, and prayer. The worship service would be an expansion of that part of the program. PYC would still have time for snacks, fellowship, games, and small group discussion.
11. What would be the cost?  
While we are currently working on the details, it appears that the cost should be somewhat minimal. Mark Gulden, our organist/choir director, is working to identify musicians who would play – he thinks some might play for free, or we may have a cost of up to \$20 per musician per week. We might need to buy a drum set, which Mark believes could be purchased for about \$300.
12. Will this second service take away from the attendance at the 11:00 a.m. service?  
It is unlikely that the second service would have any noticeable impact on Sunday morning attendance. The result, in all probability, would be a significant increase in our overall Sunday attendance.
13. Why should we consider doing this?  
Jesus calls the church to make disciples of all people. In different settings and in different situations, different approaches are required. We believe this service would provide an opportunity especially for youth and their families to worship God and grow in their faith. It would also perhaps provide an opportunity for people to publicly confess their faith and be baptized, which likely would not happen if their only option was to participate in the 11:00 a.m. service.

## 428 LINUS BLANKETS AND COUNTING



It's never quiet at the church between 10 a.m. and noon on Tuesdays. That's the time each week when ten to fifteen women gather in the conference room to knit (and talk and laugh and tell stories and eat). The diverse group, which includes ladies from our church and at least five other congregations, comes together each week to work on projects. Some started coming because they were already expert knitters and they wanted to share their skills. Others initially attended because they were beginners and wanted to learn. As time has gone by, the group members have worked not only on personal projects (hats, mittens, and scarves), but they have also devoted themselves to making projects for other people in need. For instance, on June 14 the group completed its 428<sup>th</sup> Linus Blanket. A Linus Blanket is a small colorful fleece blanket that is then provided to area hospitals, which in turn make the blankets available to young children to comfort them during their recovery.

Recently the knitting group received a card that said:

"Dear Ladies at Crafton U.P. Church,

Thank you so much for the "Project Linus" Steelers & duck-printed blankets that ultimately were given to my premature baby boy in the NICU [neo-natal intensive care unit] at Magee Women's Hospital. This was our first experience with having a baby born early and having to start life in the NICU. Seeing the blankets covering his isolette (incubator) was reassuring and comforting to us. And it really brightened up his hospital room! I just wanted you to know that your thoughts and generosity made a difference in our lives and our baby's life.

Sincerely,

Jen and Sean Stenson &  
Dylan and Kaitlyn and Baby Brayden"

For more information about the knitting group, see Liz Caine, Elaine Crist, Jacque Loftus, or Andi Sevacko. Or just stop by any Tuesday morning and join the group!

## SIXTH GRADE GRADUATION



For the fourth year in a row, our church had a role in the sixth grade graduation program at Crafton Elementary. Dr. Bowen and Marla Kemmler attended the event at the school on June 9. They presented a \$100 savings bond to Skyler Sevacko, granddaughter of Andi Sevacko, for the Community Service Award. Skyler was chosen because of her commitment to serve other people as demonstrated through her participation as a safety patrol, her help with being a leader at Junior Youth Club, her up-coming participation in the church's mission trip, her participation with the food pantry, her involvement with the Amazing Alternatives after-school service club, and her overall devotion to helping others. The principal, school board members, teachers, and parents expressed their appreciation for all that our church does for the school.

## POOL PARTIES



Come to Crafton Pool for two great evenings of swimming and hanging out with friends! We'll have pool parties from 8-10 p.m. on Tuesday, July 19, and from 7-9 p.m. on Sunday, August 14. Please bring a drink or snack to share.

## CARLYNTON BACCALAUREATE

Church member Jessica Black was one of two students who spoke during the Baccalaureate service at Carlynton High School on June 7. Jessie spoke about the role her faith has played in her life, especially when her mother was dealing with cancer. Dr. Bowen and members from the Carnegie Ministerium participated in the leadership of the service.

## POTLUCK AT CRAFTON PARK

Join us for food and fellowship in the park! We will provide the meat and drink – you bring a side dish or dessert to share! An evening of board games and kids' activities will follow dinner.

Join us for potluck dinners in the park this summer from 6 p.m.-8 p.m.:

Wednesday, July 20

Wednesday, August 3

## IMAGINE YOUR ELDERLY MOTHER OR FATHER GOING HUNGRY....

Without volunteers, Meals on Wheels could not feed the elderly residents of our community who can not prepare meals for themselves. Often, the only hot meal their clients eat is the one prepared and delivered by **The Meals on Wheels of Crafton/WES.** They feed elderly and disabled residents of Crafton, Crafton Heights, Elliott, Esplen, Ingram, Oakwood, Pennsbury, Ridgemont, Robinson Twp, Sheraden, Thornburg, West End and Westwood. Their volunteers serve two meals a day to more than 80 people every weekday – including a hot meal for noon and a sandwich for the evening. With more people to serve, the need for volunteers is great. **They are in desperate need of drivers and runners to deliver meals.** If you can spare a few hours in the morning once a week, they could sure use your help. Please call **412-922-0909** to discuss volunteering. Or just stop by between the hours of 9:30 and 10:30 any weekday. Help fight hunger and support independent living of our seniors. You will make a difference in your life and the lives of the many people who depend on us. Ask for Bob McKeag or Sylvia Wyatt. They are located at 48 Division Street on the lower level-rear of Craftonian Hall, in Crafton. Visit <http://www.lsswpa.org/location/crafton-meals-wheels> for more information.



## TIME TO REGISTER FOR 2011-2012 PRE-SCHOOL

Registrations are now being accepted for the 2011-2012 year at the Crafton United Presbyterian Church Pre-school. 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.

## CRESTFIELD DAY CAMP AT CRAFTON U.P. CHURCH

Our church is partnering with the Crestfield Camp & Conference Center for an incredible week of fun, crafts and learning about our mysterious and wonderful God! It will be 9:00 a.m.-12:30 p.m. from July 25-28 at our church for those who have completed kindergarten through fifth grade. Can you wait? We can't! Registration forms are available at the church. Please make a reservation by Wednesday, July 20.

*"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."*

## NEW MEMBERS

On June 12 we welcomed Bob and Kathy Hillen as members of our church. Their address is: 1429 Westfield Street, Pittsburgh 15216. We welcome them to the church!

## 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.

## 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.

## GREETERS

Would you like to take a turn greeting people on Sunday morning as they arrive for worship? In the past, our deacons have served as greeters. Beginning in June, we are opening up that opportunity to everyone in the church.

Here is what is involved:

1. Arrive at the church at least 20 minutes before the worship service.
2. Greet people and distribute bulletins.
3. If there are visitors with young children, point out where the nursery is.
4. There is a sign-up sheet posted on the bulletin board near the church office. For each worship service, we need two greeters—one for the front door and one for the door from the parking lot.

Please consider serving the church in this important way!

## 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 at Twitter.com for updates and reminders about church and community events.

## VAN

We have a van that is available each Sunday to bring people for Sunday school, worship, and lunch. If you need a ride, or if you know anyone who needs a ride, please call the church office at 412-921-2293 by Thursday (if possible) to make arrangements to be picked up. The van was used to deliver 14 sets of food to elderly food pantry participants who do not have transportation to come to the church to pick up their food. The van was used to bring our Bhutanese friends to worship on Sundays.

## SYMPATHY

We express our sympathy of the family of Doris Lowry, who passed away on June 19.

## HAPPY BIRTHDAY TO YOU

Wishing a very Happy Birthday to:

Ruth Mechling	July 3
Alan Dorfield	July 8
Brendan Schulz	July 15
Chris Todd	July 17

Jordan Todd	July 21
Mary Novak	July 22
John Ferguson	July 29
Kathy Dold	July 31



## HAPPY ANNIVERSARY

Pam and Chris Dilanni July 3

Sandy and Fred Taylor July 11

## PRAYER CONCERNS

Here are the names and addresses of a few of our members 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

Mildred Ridgeway  
Independence Court Rm 207  
1537 Washington Road  
Pittsburgh, PA 15228

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

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**WHERE PEOPLE GROW AS DISCIPLES OF JESUS** and minister to  
those in need.”*

## SUMMER CAMP

We already have 35 young people signed up for summer camp at Crestfield! Our church’s week at camp will be July 24-29. Everyone in grades 3-12 should plan to take part in all the great fun of canoeing, clay pits, swamp ball, cookouts, music, crafts, Bible study, archery, swimming, and much more! A special discounted price of only \$100 per camper is available for all young people who take part in Youth Club, PYC, and/or Sunday worship. See Marla or Ed for more information or to sign up.

## FLOP SPOT

On Thursdays, from 3:00-4:30 p.m., all youth entering grades 7-8 are invited to Flop Spot! Flop Spot will be a gathering time at the church for games, hanging out with friends, and of course, snacks! If you have any questions, please call Marla at 412-921-2293. Everyone entering grades 7-8 is welcome.

## JR. FLOP SPOT

On Thursdays, from 4:30-6 p.m., all youth entering grades 4-6 are invited to Jr. Flop Spot! Jr. Flop Spot will be a gathering time of games, hanging out with friends, and of course, snacks! If you have any questions, please call Marla at 412-921-2293. Everyone entering grades 4-6 is welcome.

## SUNDAY SCHOOL

During the summer, the adult and children’s Sunday school class will be taking a break. Classes will resume in September.

## KIDS CONNECTION

Each Sunday after the Children’s Message, kids from age 4 through grade 3 are invited upstairs for Kids Connection. We are learning about many of the great stories that Jesus told.

## A DIFFERENCE FOR ME

From my past mission trip experience everyone had a wonderful time learning more about God and meeting new people. We all truly had experiences that no one will forget. We all liked riding the rides at Cedar Point. The best part was working with the team at FOCUS, helping homeless people get into housing. We painted houses that people would live in free of charge. Not to forget, breaking the record at the food bank of packing boxes, which was 1200 - we broke it at 1550! This was one of the best trips I’ve ever experienced and I plan on going to many more in the future with this church. These are memories we never will forget. I am eagerly waiting to go on this year’s mission trip to Maxwelton, West Virginia, to create even more memories.

Ethan Kemmler, Grade 7

## A MOMENT WITH MARLA

Many of us take for granted the family dinner table. Believe it or not, the act of sitting down together as a family for dinner every night at the same time is slowly becoming a thing of the past.

I have noticed this trend in my own family life. When my boys were younger, dinner time was always at 6 p.m. We would sit around the table and share a meal together, sharing what had happened in our day with each other. Even if we were in “missing man formation” ( which is when someone had to be somewhere else) without fail we would sit down to eat at 6 p.m.

Like many families the Kemmlers have lost sight of this tradition. It seems like we all have places to be and people to see at 6 p.m. every night. It is a rare treat when we all gather for dinner.

I recently discovered the simple act of eating together makes families stronger, kids become more likely not to do drugs, and it teaches the art of conversation. One simple thing that could change the lives of so many families!

Then I realized family dinners come in many shapes and sizes. The food or the time of the meal doesn't really matter. You don't have to be related to the people around the table. It really is about the friendship created around the table. There are many examples of the importance of meals throughout the Bible. So many that I couldn't choose just one passage to share.

I wonder how strong our Crafton UP family would become if we all sat down for a meal together just once a week. The good news is we can find out. There are many opportunities for you to share a meal with your Crafton UP family: Sunday mornings after worship, Pot Lucks in the Park, pool parties, CAMP, Youth Club, and PYC.

You may be thinking: I can't just show up for these meals. **Well, the truth is you can just show up at these meals because you're family!**

With joy, Marla



## OUTREACH



In the early 1990's Bhutan's three major ethnic groups were forced to leave. 105,000 Bhutanese have been living in refugee camps in Nepal set up by the United Nations. In 2008 a resettlement process has moved thousands of Bhutanese people to the United States to resettle.

Could you imagine being forced to leave your home and having to live in a refugee camp, leaving everything behind? Then finally you have hope, you are going to move to a country known for all of its freedoms. The Bhutanese refugees have had to face many ups and downs on their journey. They have been moved around a lot and forced to live in very poor conditions. Our church has been given the opportunity to help them establish their roots here in the United States.

I have had the pleasure to talk to the Bhutanese that attend our church on Sundays. They are some of the most thankful people that I have ever met. The smallest thing, like giving them a half gallon of milk or a simple scarf, puts the biggest smile on their faces. The Bhutanese are wonderful people that we, Christian Americans, can learn a lot from. We can never fully understand what they have gone through but we can still help. Start by saying hello on Sundays and engage in a conversation. Even a simple smile in their direction can help them feel more comfortable in their new home. Our church has helped the Bhutanese by donating furniture, clothing, transportation to services and a place to worship. More Bhutanese families will be moving to our area very soon. Find out what you can do to help.

“Let each of you look not only to his own interests, but also to the interests of others” –Philippians 2:4

-Amanda



## MUSIC NOTES

from Mark Gulden, organist /  
choir director

As we are now in our summer break, it is my hope that all members of the choir enjoy their well deserved time off.

Once again, thank you to the choir members for their excellent efforts this past season. I also want to thank the praise band musicians (Jared Gulden on guitar, Derek Martin on electric bass, and Jonathan Gulden on drums) who accompanied the youth club singers on Sunday, May 15. I am also especially grateful to the choir of Emanuel Methodist Church, their director, Sharon Wallace, and their accompanist, Ron Bernhardt, for allowing us to join with them in singing the Easter Cantata "You Are The Christ!" on Sunday, May 22.

As a final wrap-up to our previous choral season, I offer a brief synopsis of the work accomplished by our choir during the 2010-2011 season. We were able to perform an anthem every Sunday, beginning September 12, 2010 and ending May 29, 2011. Of the pieces performed, 21 were from our existing music library (many of them had not been performed for quite some time), and 20 were new arrangements created especially for our choir by me (two of which were original compositions). While almost half of the pieces were new to the choir, the arrangements were tailored to suit the vocal ranges and abilities in an effort to maximize the talents that exist in our choir. Once again, each member did an excellent job and should be commended.

My task during the summer months is to inventory our existing music library and create a searchable spreadsheet that will enable more effective use of our existing library, plan next year's music, write new arrangements and purchase some new pieces.

If you like to sing, I urge you to consider joining the choir next season. It is a wonderful and fun way to serve the congregation, and a great way to serve the Lord!

## BIBLE STUDY

The Wednesday morning Bible study is meeting each week from 11:00 a.m. until noon. We are currently doing a study of the book of Exodus. After Bible study, those who are able go out to lunch together. Everyone is welcome.

## CHOIR

During July, the choir is taking a summer break. Choir practice will resume in August.

## PYC

During July, PYC (for grades 6 and up) will be meeting from 6-8 p.m. on July 17 and July 31 for snacks, games, music, Bible study, discussion, and more. We won't meet on July 3 (holiday weekend), July 10 (group is away on the mission trip), and July 24 (group is away at Crestfield for summer camp).

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## MORE THAN A PANTRY

The Food Pantry has become a very important part of the weekly routine of Sandy LeGrand's or as I refer to her as "Volunteer Sandy". Sandy comes rain, snow, or when the sun is shining. She has taken it upon herself to make sure there is always toilet paper and soap packed, the plastic and paper bags are put together, and she helps keep the Pantry in order. Sandy often finds bags tied to her door at the Crafton Plaza for her to take and use at the Pantry. Friends at the Plaza call her the "bag lady". Some have even asked if they could take her "job"! Crafton Church has become another family for Sandy and I am glad she is a part of it!

Blessings, Cathy



## 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 60.** Aren't people without faith sometimes wiser than those who have faith? Yes. The important question for the church is not so much where an insight may come from as the norm by which to test it. Truth is where one finds it, whether inside or outside the church, and whether supporting or contradicting one's own most cherished opinions. Our faithful discernment of what is true, however, depends finally on God's Word as conveyed in Holy Scripture. The church is therefore reformed and always being reformed according to the Word of God.

**Question 61.** Doesn't modern critical scholarship undermine your belief that Holy Scripture is a form of God's Word? No. The methods of modern scholarship are a good servant but a bad master. They are neither to be accepted nor rejected uncritically. Properly used they help us rightly and richly interpret Scripture; improperly used they can usurp the place of faith (or establish an alternative faith). Wise interpreters use these methods in the service of faithful witness and understanding. The methods of modern scholarship remain a useful tool, while Holy Scripture remains reliable in all essential matters of faith and practice.

*"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 CAMPAIGN CONTINUES



As of June 19, we have contributed \$3,725 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!

## MISSION TRIP 2011

The mission trip is full! We have 21 people who have signed up. Our mission trip will be to Maxwelton, West Virginia, in the southeastern part of the state! The mission trip will be from July 10-16.

## BLOOD PRESSURE SCREENING

Our community nurse, Barb Miller, will be available during the fellowship lunch following worship on July 17 to offer free blood pressure checks and to consult about other health questions.

## HEALTH MINISTRY NEWS by Community Nurse Barbara Miller

**Walking Group:** We have traveled 1,263 miles. We need your help to finish the goal! Turn in your time for walking, exercising, doing yard work, or any activity you do!

**Eyeglass Collection:** We collected 74 pairs of eyeglasses! We joined Dr. John Young, an optometrist in the Crafton-Ingram Shopping Center, in collecting used glasses during the month of May. These glasses will benefit the poor locally and in third world countries. We are partnering in this program with the International Lion's Club in Hickory.

**Prayer Shawl Ministry:** The Health Ministry Team is sponsoring new ministry opportunity. Simply put, a Prayer Shawl is a soft, warm shawl that is knitted or crocheted, which is given to persons who are ill, have suffered a loss or are in the midst of a crisis. As the shawl is being made, the person making the shawl prays for the one who is to receive it.

You can help in several ways: knit or crochet a shawl, share a name of someone in need, or donate yarn or money to buy yarn. Before a shawl is delivered, it is prayed over by the Health Ministry Team. The shawl is then taken to the person prayed for with a special prayer attached. Anyone can make a Prayer Shawl and give it to the Health Ministry Team to be distributed. You can also come and join the Tuesday Knitting Group and make the shawls while enjoying the company of others. Information booklets are in the Care Note Rack in the church hallway. Prayer Shawls were given to John Szuhay and Carl Erickson.

## MISSION TRIP PARTICIPANTS

Please pray for the following individuals as they take time away from their daily routine to help those in need and grow in their faith:

John Ferguson	Franki Brown	David Crane
Ed Bowen	Deaira Bassett	Nick Zeronis
Marla Kemmler	Kamron Passtore	Daniel Zeronis
Sean Black	Skyler Sevacko	Mason Herlihy
Zoey Winterhalter	Alyssa Medina	Cody Herlihy
Alicia Winterhalter	Dee Posten	Halla Amer
Ethan Kemmler	Ryan Sevacko	Bre Brown

## SUMMER CAMP PARTICIPANTS

The following participants will be attending summer camp at Camp Crestfield the week of July 24-29. Please pray for them.

Autumn Bulebush-Clouse 4th grade	Zoey Winterhalter 8th grade	Blair Finlay 6th grade
Breanna Jameson 7th grade	Gabe Amer 7th grade	Nick Zeronis 11th grade
Skyler Mechling 4th grade	Dee Posten 8th grade	Daniel Zeronis 12th grade
William Howells III 6th grade	Carly Wuenstel 7th grade	Shawna Prah 6th grade
Isabel Irwin 5th grade	Natalie Wuenstel 7th grade	Shayna Prah 6th grade
Brendan Schulz 6th grade	Dominick Marks 4th grade	Savannah Sevacko 4th grade
Cody Herlihy 8th grade	Heaven Brown 11th grade	Skyler Sevacko 7th grade
Haley Williams 4th grade	Kamron Passtore 7th grade	Ashliegh Medina 5th grade
Ethan Kemmler 7th grade	Kallie Hill 8th grade	Alyssa Medina 6th grade
Angel Smith 5th grade	Jaelyn Melko 4th grade	Ryan Sevacko 8th grade
Cory McClure 7th grade	Zach Miller 6th grade	Ryan Easterling 8th grade
Alicia Winterhalter 8th grade	Bailey Thompson 5th grade	

## WELLNESS TIP OF THE MONTH

### FOOD BORNE DISEASES

#### **“The Lord will hear when I call unto Him.” (Psalms 4:3)**

With the recent hepatitis A outbreak in Pennsylvania, I am sure we are all giving more thought to what we put in our mouths. The questions as we prepare to eat, should always be- “Who prepared this food? Were they washing their hands carefully while preparing the food? What was the source of the food?” This should be constantly going through our minds especially as we are making choices to eat raw vegetables, chicken, ground beef, shellfish, and foods containing dairy products. The only time we can be absolutely sure of any food is when we prepare it ourselves; however, we can be cautious and maintain some minimal standards, when it comes to food we ingest into our body that we did not prepare. Simple guidelines with regard to eating and drinking include:

- Avoid eating raw vegetables outside of your home unless you trust your host.
- Always order well-done meats and chicken. If you notice any red in the meat, stop eating it and return it to the kitchen.
- Avoid uncooked shellfish.
- Avoid any foods that have dairy in them and might have been stored improperly.

**By far the most important aspect to safe food handling is hand washing and care in the kitchen when cooking with meats and poultry that might be contaminated with bacteria (which a large portion are).**

Never drink water or ice in any developing country, including Mexico.

Hepatitis A is transmitted almost exclusively by the oral-fecal route, which in simple English means stool contaminating our food or water. It is a viral infection and in developing countries, infection and subsequent immunity are almost universal. In developed countries, the disease is almost unheard of and hence there exists a large number of susceptible adults. Therefore, as the Pittsburgh experience has taught us, the disease can not only be serious but even deadly, especially in adults. This is an illness that varies in presentation from mild stomach flu symptoms to symptoms of liver failure and even death! The outbreak is quickly fading from our minds as the media pays attention to other health news such as the flu virus. Hopefully this is a wake up call to all of us. Watch what you eat and drink, especially if you are immune-compromised or have a chronic illness.

**“Father, help me to glorify you in my body. Guide me and show me if I need to adjust my diet and not eat or drink foods that cause harm to me. In Jesus Christ’s name, AMEN.”**

A Health Note from Dr. Catherine Udekwu, M.D.  
Parish Nurse and Health Ministry Team

### 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 90 families in the month of May. Suggested items to donate are listed below:

- |                   |               |
|-------------------|---------------|
| Baked Beans       | Pasta         |
| Rice              | Soup          |
| Cleaning Supplies | Peanut Butter |
| Fruit             | Crackers      |

**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**

Do you buy groceries, clothes, books, or cleaning products? Are you planning any home or yard improvements this summer? You should be purchasing those gift cards through the Scrip Program! There are gift cards such as Giant Eagle, WalMart, Lowes, Home Depot, Target, and many more to choose from! Did you know you can purchase the Giant Eagle cards and then purchase other gifts cards at their store with them? It is just like using cash or your debit card! If you have any questions about this program, please call Cathy at the church office. This ongoing fundraiser does not cost you anymore than what you are already spending!

Church Humor

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign...."Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

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**YOUR GIVING IS IMPORTANT**

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

General Fund Donations:	\$51,187	Building Fund Donations:	\$ 8,655
General Fund Expenses:	\$62,760	Building Fund Expenses:	\$15,804

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

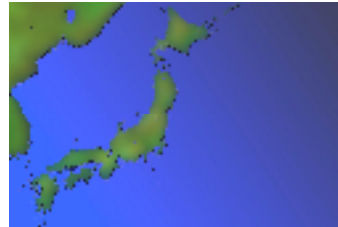
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Chancel Flowers:	<u>Date</u>	<u>Given By</u>	<u>Distributed By</u>
	July 3	Alan and Karen Dorfield	Sean Black
	July 10	Wes Barron	Donna Criswell
	July 17	Jean Gebauer	Kerry Schmitt
	July 24	Cathy Nelson	Sean Black
	July 31	Available	Tim Prael



## MISSION NEWS

Our denomination's web site ([www.pcusa.org](http://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 Japan:



Tim and Juji Boyle were first appointed to serve in Japan in 1982 by the Presbyterian Church (U.S.A.) in a joint appointment with the United Methodist Church. Since October, 2007, they have been in the Osaka-Kobe area, where Tim is assigned to the Buraku Liberation Center in Osaka and Juji to the Shin'ai Home in Kobe.

The ministry of the Buraku Liberation Center involves human rights and discrimination issues, focusing on a kind of caste-like discrimination within Japanese society that has marginalized and victimized a group of people based entirely on their lineage from those who were considered outcasts in feudal Japan. Tim's ministry is to communicate the plight of these people to the international community and facilitate cooperation with ministries in other countries dealing with similar issues.

On first arriving in Japan in 1982, Tim served as the pastor of a small rural church on the northern island of Hokkaido. In 1986, the Boyles moved to their next assignment in Tsukuba Science City, just north of Tokyo.

They worked in Tsukuba for 21 years through the Tsukuba Christian Center, a community center run by the United Church of Christ in Japan with which both PC(USA) and the UMC (and several others) cooperate.

Another important part of Tim's work has been to bring together the worlds of Christian faith and modern science. Tim works closely with a ministry in the United States founded by the Christian astronomer, Dr. Hugh Ross, which tries to advance the gospel by presenting the overwhelming evidence of divine design in the universe. Ross's ministry, which is called "Reasons To Believe," is headquartered in Pasadena, California. It is dedicated to answering the doubts of skeptics while strengthening the faith of believers through the world of science.

Another project Tim has helped get off the ground is the Japanese branch of the Make-A-Wish Foundation, an organization dedicated to giving children with life-threatening diseases and their families a ray of hope and happiness by granting them a wish. Tim serves on the board of directors and handles communications with the international organization.

The Boyles feel called to work with Japanese Christians to help them share their witness Christ with their own people. They do this in a variety of ways, including giving sermons and occasional seminars in local churches. As Juji has had to spend so much time in the hospital with her own health problems, she has also developed an important hospital ministry, often counseling other patients and giving them the kind of understanding and support that only a fellow patient can. Her new work at the Shin'ai Home in Kobe will focus on counseling patients and their families, and she expects to develop similar ministries in other hospital settings as well.

## 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 July 10 and July 24.

### 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 July 18. Activities include cards, crafts, games, and more. A lunch is provided for \$4. All adults in the area ages 55 and older are welcome. The following month C.A.M.P. will meet on August 1 and August 15.

## 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 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.

**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.

**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.

**Church Officers:**

The Session: Dr. Edward Bowen (moderator), Cathy Nelson (clerk), Beth Beglinger, Donna Bernhardt, Karen Black, Mid Davis, Kathy Dold, John Ferguson, Liz Hull, Bruce Moore, Gretchen Moore, Sandy Taylor, and RJ Wiegand.

The Board of Deacons: Kerry Schmitt (Moderator), Donna Criswell (Vice Moderator), Giselle Cormack (Secretary), Sean Black, Karen Black, Tim Prah, 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: Lauren Barthelemy  
 Assistant Preschool Teacher: Treva Rousseau

Church Address: 80 Bradford Avenue  
 Pittsburgh, PA 15205  
 Telephone: 412-921-2293  
 Fax: 412-921-0348  
 Email: CraftonUP@yahoo.com  
 Website: CraftonUP.com

July Greeters:

- July 3 Hope Wiland and Elaine Crist
- July 10 Andi Sevacko
- July 17 Jacque Loftus and Ann Buzza
- July 24 Available
- July 31 Camryn K. and Andrea Jones

July Counters: Donna Bernhardt & Nancy Conboy

Deaths: John Szuhay, May 20, 2011  
 Doris Lowry, June 19, 2011

Church Attendance:

<u>Date</u>	<u>Worship</u>
May 22	90
May 29	68
June 5	82
June 12	62
June 19	74

