

April 2011

St. Paul's Episcopal Church

The Messenger

Reflections by The Rev. Lou Hays

Holy Week and Easter

We have arrived at the mid point of Lent. We have been blessed with many people worshipping with us this Lenten season, with unusually large attendance at our Ash Wednesday services and many people at our weekend services. And now we are in the home stretch, with Easter just around the corner. Wouldn't it be wonderful to go directly to the joyful celebration of Easter, and skip the rest?

When we are baptized, we receive the gift of new life by sharing in the resurrection of Jesus Christ. It seems we go directly to Easter. But in reality, there's a first step we go through in baptism. Our old self dies. We share in Christ's death before we can share in Christ's resurrection. As our baptismal liturgy proclaims, "In it (the water of baptism) we are buried with Christ in his death. By it we share in his resurrection. Through it we are reborn by the Holy Spirit." First death, then new life.

I am suggesting that, in order to appreciate and join fully in the celebration of the resurrection on Easter Day, we need to enter more fully into the passion and death of Jesus Christ. And we can do that by taking advantage of the many worship opportunities at St. Paul's during Holy Week, beginning with Palm Sunday. Might I entice you to participate in some or all of our services as we walk with Jesus through his last week on earth?

There are a few changes this year for Palm Sunday: there will not be an 8 a.m. service; the 8:45 service, while still family and child-friendly, will be somewhat more traditional than usual; and the 10:30 service will begin at 10:45 (as it will on Easter Day). Both of these services will feature a dramatic presentation of the

Passion Gospel by the youth of the parish, similar to last year. Weather permitting, we will have the Liturgy of the Palms outside in front of the church at the 8:45 service.

Thursday in Holy Week, called Maundy Thursday from the Latin word meaning commandment, is very special. This is the night that Jesus is betrayed and arrested. Knowing that he is about to die, he performs an act of loving sacrifice that foretells his death on the cross. He washes his disciples' feet, and invites (actually, commands) us to do the same. Each of us has the opportunity at the Maundy Thursday service to wash another's feet, and to have our feet washed. Those who are willing to make themselves vulnerable find this to be a powerful experience, whether shared with family members or strangers. The service concludes with the dramatic stripping of the altar in preparation for Good Friday. Join us at 7:30 p.m.

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After learning about the Eucharist, 2nd graders join clergy at the altar to observe the preparation of Holy Communion.



The most welcoming congregation in the South Hills for all generations.



Spotlight on Special Needs

There are a number of April activities for those who want to learn more about Special Needs.

Educational Program. We will be continuing our Wednesday night program on Special Needs on Wednesday, April 6, at 7:15 p.m. with Kelly Fraasch of the Parent Resource Network speaking to us about the challenges of families who have children who are born prematurely. Our series will conclude with a discussion session on “Special Needs – How do we as a Church Respond” on April 13.

Best Buddies Friendship Walk. The Best Buddies Pennsylvania (BBPA) is a non-profit organization dedicated to advocating for the social inclusion of people with intellectual and developmental disabilities. On Saturday, April 16, 2011 they will be having a fund raising walk at Southside Works & Three Rivers Heritage Trail beginning at 9 a.m. St. Paul’s will have a booth at this event to share information about St. Paul’s, “The most Welcoming Church in the South Hills.”

The Upper Saint Clair Library is offering a program titled “Autism: Be Unique, be You” by local author David George on Monday, April 18 between 7 to 8:30 p.m.

“**Discovering Genuine Relationships**” is a conference being offered by the PEAL Center at the Radisson Hotel in Green Tree on April 11 & 12, 2011. You can learn more about this program at www.pealcenter.org.

Monthly Lunch and Gathering. We will be having our regularly scheduled, second Sunday of the Month lunch and conversation at St. Paul’s on Sunday, April 10. following the 10:30 service.

Mark your Calendars for May 22 at 1 p.m. for our next “**Exploring our Worship**” service. The special topic for this service is MUSIC, so come and help us make a joyful noise!

If you were to ask me to tell you about one of the most significant highpoints of my ministry as a priest thus far, I would have to say it was sharing the Eucharist at the Exploring the Worship service on February 27. I will never forget the bright faces of our children as they gathered around the altar, listening intently as we shared that special moment with Jesus and one another. If you missed this event, you missed a true delight. St. Paul’s is blessed with some of the most wonderful children in the world. Mabel+

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April Worship Schedule

Saturday	6:00 p.m.	Holy Eucharist, Rite II <i>Chapel</i>
Sunday	8:00 a.m.	Holy Eucharist, Rite I <i>Chapel</i>
	8:45 a.m.	Holy Eucharist, Rite II <i>Church, family-friendly upbeat music and homily</i>
	10:30 a.m.	Holy Eucharist, Rite II <i>Church with traditional music, sermon, & healing prayers</i>
	6:00 p.m.	Refuge at St. Paul’s <i>Church, multi-sensory worship experience</i>
Wednesday	10:30 a.m.	Intercessory Prayer
	11:00 a.m.	Holy Eucharist, Rite I <i>Chapel with homily & healing prayers</i>

Giving Up for Lent

Growing up in the Roman Catholic Church, I remember being expected to “give something up for Lent” each year. To be honest, I don’t know if I can remember a single thing that I ever gave up. I don’t know if anyone really explained to me the reason for it, for fasting. All I remember is the feeling of obligation.

In more recent years I have found myself giving something up for Lent every year. The interesting thing is that I can’t remember the last time I planned to do it. Every year as Ash Wednesday approaches, people start asking if there is anything I am giving up for Lent and I say, “Probably not.” Yet year after year, by Ash Wednesday I have decided on something.

This year was no different. I had thought a little about something to give up, but nothing really felt right. Soon any thought of it got pushed to the back of my mind as Ash Wednesday and the first Sunday of the new Season of Denial at Refuge approached. Then I found myself driving to church for the early morning Ash Wednesday service with the radio turned off. This is a very unusual happening for me. I always have the radio on, either surfing through various pop stations or listening to the news on NPR. Something clicked and I decided to give up listening to the radio when I am in the car alone. I hadn’t given much thought to how much time I spend in the car by myself, but this gives me anywhere from 30 minutes to 2 hours a day of silence; something I don’t get enough (especially now that most of my evenings are spent with Shauna’s two wonderful little boys). It may seem like a silly thing, giving up radio in the car, but it has been both difficult and very rewarding.

I share this story because it illustrates an important issue in the church, the counter-productivity of guilt and obligation. In my experience I have found little in this world that turns people off as quickly as guilt and obligation and there is so much in the life of the church that people often feel “guilted into” or “obliged” to do. Whether it is going to services and other events, tithing, volunteering, or giving something up for Lent, there are many of us who do so because we feel we are supposed to do it. If this is you please stop. Right now.

Don’t get me wrong. There is no part of me who wants a single person to stop coming to church, or volunteering, or giving, but more than anything else, I pray this church community would be a place of joy and of life. Guilt and obligation crush joy and life faster than anything else. We do not worship a guilt-tripping God who is happy so long as we put in our time and money. We worship a God of life, joy, and abundance, a God who delights in us and in the things that we love, the things that we are passionate about.

Most of all, we worship a God of

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Reflections by The Rev. Lou Hays

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Following the Maundy Thursday service we maintain an all-night vigil in the church. We are called to follow in the disciples’ footsteps, responding to Jesus’ request in the garden of Gethsemane, “Could you not keep awake one hour?” Watch for a sign-up sheet with more information in the Parish Hall/Undercroft.

The Good Friday liturgy is celebrated starting at noon. There is an opportunity for those who wish to do so to write down one or more things for which we are sorry and nail the piece of paper to a cross. The papers are removed, kept confidential, and are burned in the kindling of the new fire at the Great Vigil of Easter the following evening. At approximately 1 p.m. there is the ancient practice of Stations of the Cross where we process to the stations along the side aisles of the church for short readings and prayers. The church stays open until 3 p.m. for prayer and meditation.

The final service of the week provides a hinge between Holy Week and Easter. Considered the liturgical highlight of the entire church year, the Great Vigil of Easter is an ancient liturgy that completes the transition from death to life. It is dramatic, beginning with the kindling of the new fire, processing into a darkened church with everyone holding a lighted candle, and chanting the ancient retelling of salvation history called the *Exsultet*. After several scripture readings and hymns, we proclaim the arrival of Easter, the altar candles are lit, the house lights are brought up, and we greet the resurrection with the ringing of bells and the singing of the Gloria. Join us at 7:30 p.m. and be sure to bring bells to ring! There is a festive “agape” reception following the service.

I pray that you are enjoying a spiritually rewarding Lenten journey and are anticipating walking with Jesus through Holy Week as we prepare to celebrate the Feast of the Resurrection.

In Christ’s love, Lou+

Music Notes

Many thanks to all who helped make the Kenyon College Chamber Singers Concert such a great success and fitting end to this season's Friends of Music Guild Concert Series: to Ginnie Schaap for administering the concerts and leading both fundraising and advertising efforts; to Leslie Marino who fed over sixty hungry college students the afternoon before the concert; and, to the many kind parishioners who opened their home to those well-fed but tired students, getting them to the church in the ice and snow at 7:30 a.m. the following morning! —And to all those who attended this final concert (there were over 100 in the audience) and many of the five concerts in the Series, we give fondest gratitude!



Kenyon College Chamber Singers



The series began with award-winning baritone Daniel Teadt

A word about Friends of Music Guild Concert Series—

Although most Guild concerts request a suggested donation at the door, you do not need to be a financial contributor to Friends of Music to attend a Guild Concert.

The mission for this concert series is shaped by St. Paul's Music Ministry's commitment to musical outreach. We have such wonderful music space, defined by our excellent acoustics and first class pipe organ, and a wealth of in-house music talent. This year's series demonstrated encouraging trends.

The last two concerts in the series (Katy Williams Vocal recital and the Kenyon College Chamber Choir concert) drew audiences at and above 100.

Our audiences are primarily non-parishioners and that meets our audience development goals and these last two concerts drew a larger percentage of parishioners.



Katy Williams, our own vocal artist-in-residence

Next year's series will be our third. The seed has been planted and we are seeing fruits. Larger audiences produce income over expenses. The quality of music is always high so increased audience response meets artistic goals. Ginnie Schaap, Friends of Music Guild Administrator, is greatly responsible for these successes. Her hard work in program development and advertising has put our series on Pittsburgh's artistic map, measured by the number of performing artist inquires that I have received just this year—solicitations by those artists and their representatives to perform on our series. Make of point of attending next year's series and let's continue these positive trends.



The 8:45 ensemble leads a contemporary setting of the Kyrie Eleison

Music in Lent and Holy Week—

Lent offers changes to our Sunday liturgies. At the 10:30 Eucharist, the First Sunday in Lent, we sang The Great Litany with choir and cantors in procession concluding with the *Kyrie Eleison* (Lord have mercy). Other changes at the 10:30 include singing the *Sursam Corda* leading to the Eucharistic Prayer and the *Agnus Dei* leading to the distribution of Communion. At the 8:45 liturgy, our opening hymn is a contemporary setting of the *Kyrie Eleison*. The prayers of the people and the Lord's Prayer are also sung.

In late April we conclude Lent and begin the season of Easter. The musical mood swing will be remarkable as we light the Easter Fire with joyous music assisted by brass, timpani, and our great choir and instrumentalists! Make ready this Lenten season for the joy of Easter.

Doug Starr, Director of Music & Arts

Stewardship Commission

John Sweeney and Frank Horrigan, Stewardship commission

The primary goal of the Stewardship commission in 2011 is to make Stewardship an ongoing activity, not an isolated annual campaign. You can look forward to monthly updates in *The Messenger*, and periodical "Why I Love St. Paul's" testimonials during worship services.

You are invited to join the Stewardship Commission. The time commitment is minimal, but we need input and ideas from everybody at St. Paul's. If you are interested in serving, please contact John Sweeney at 412-341-0698, or at sweeneyjohnp@aol.com.

"Everyone must give according to what he has inwardly decided; not sadly, not grudgingly, for God loves a cheerful giver."
2 Corinthians 9:6-8

St. Paul's Episcopal Church				
Statement of Operations				
February	2011	February	Year-to- Date	Annual Budget
<u>Revenues</u>				
Stewardship		\$52,017	\$108,925	\$650,500
Worship		624	1,541	34,325
Property		2,857	4,896	22,950
Interest /Misc.		0	3,573	12,500
Total		\$55,498	\$118,935	\$720,275
<u>Expenses</u>				
Stewardship		\$0	\$0	\$2,000
Spiritual Growth		0	0	1,000
Worship		180	439	13,900
Assessment		6,962	13,923	82,529
Fellowship		(50)	(116)	1,000
Pastoral		0	0	1,000
Communications		308	308	2,000
Property		8,535	16,105	94,500
Personnel		38,119	80,993	472,265
Executive		1,346	7,763	36,117
Total		\$55,400	\$119,415	\$706,311
Net Income / (Loss)		\$98	(\$480)	\$13,964
less: debt principal payment		(1,530)	(3,041)	(13,155)
Surplus/(Deficit)		(\$1,432)	(\$3,521)	\$809



Saturday, April 30

Spring Clean-Up

8:00 a.m. to 12:00 noon

**Please come for any
amount of time!**

**Bring a pair of work gloves
if you have them!**

**Thank you for your efforts to
keep St. Paul's looking GOOD!**





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freedom, a God who calls us to cast off our burdens and lay them at the foot of the cross.

You are free to do as you desire. That is what is offered in the person of Jesus and in worship of God, complete freedom. The message of the church is “you are forgiven in the name of the Father, the Son, and the Holy Spirit...now go live your life.”

I hope the time you spend here at St. Paul’s inspires and encourages you. I pray that St. Paul’s is for you a home away from home, a safe place where you can feel comfortable no matter how loud your kids are or how you like to dress or what your beliefs and opinions are.

When I was growing up, I felt obligated to give something up for Lent, I rebelled and never did it. As an adult I have been given the opportunity to give up the radio and I take it. Every second of silence and time in prayer that I get because of it is a treasure that I don’t want to take for granted. Do I still turn it on occasionally on Sundays or from 3:00 – 7:00 p.m. to listen to the news once in a while? Yes. Do I feel guilty about it? No. Why? Because it is not an obligation. It is something I want to do, for me and for my communion with God.

In the few years I have been with you at St. Paul’s I have known more than a couple very involved parishioners who have simply disappeared. One day they are worshipping regularly and volunteering constantly and the next they are gone without a word. I cannot know for sure what their reasons were, but I would bet that it was because they felt underappreciated and burned out. If you know anyone that fits that description, would you please tell them we miss them, we love them, and hope they will come back when they are ready.

To those of you who are feeling stretched to the brink and those who are frustrated, I pray that you would feel free to let go and take a break. Take some time to remember why you got involved in the first place and let the love and freedom of God wash over you. Maybe for you, Lent will be a season to give up an obligation as opposed to an indulgence. If you are up for it, try coming to a Refuge service. Sit in the back, relax, and enjoy the peace of the service. And if you are feeling under-appreciated, please know that we are so thankful for you, for worshipping with us, for giving, for serving. You are what makes St. Paul’s what it is...the beautiful church of God.

Kris+

Lent

A time to Fast...

A time to Feast...

Fast from Criticism

Feast on Praise

Fast from Self-Pity

Feast on Joy

Fast from Ill-Temper

Feast on Peace

Fast from Resentment

Feast on Contentment

Fast from Jealousy

Feast on Love

Fast from Pride

Feast on Humility

Fast from Selfishness

Feast on Service

Fast from Fear

Feast on Faith

Fast from Discontent

Feast on Gratitude

Fast from Anger

Feast on Patience

Fast from Pessimism

Feast on Optimism

Fast from Worry

Feast on Divine Order

Fast from Complaining

Feast on Appreciation

Fast from Negatives

Feast on Affirmatives

Fast from Bitterness

Feast on Forgiveness

Fast from Self-Concern

Feast on Compassion

Fast from Suspicion

Feast on Truth

Fast from Lethargy

Feast on Enthusiasm

Fast from Discouragement *Feast on Hope*

Source: Unknown



Karen Schneider

Voice from the Pew: Karen Schneider

When you give a child a box of Lego construction blocks, the pieces are in disarray. But when the child catches a vision of what can be built and the pieces are joined together, the vision slowly comes into reality. This is a representation of how Karen Schneider might describe the way her life has been gradually built.

Karen was born in Pittsburgh, the youngest of three children raised by her parents Henry and Jean Schneider. She was baptized in Zion Lutheran Church, Penn Hills, where her father, now 87,

still sings in the church choir. Her parents modeled Christian responsibility and service and during her childhood, her family served as a foster family for children waiting for adoption.

Karen graduated from Penn Hills High School in 1972, and from Slippery Rock University in 1976 with a degree in Elementary Education. She was employed in Greensburg, and then in Ft. Lauderdale, Florida. She and John Sozansky we married in 1984 in Zion Lutheran Church.

During their time living in Florida, John and Karen became acquainted with the Episcopal Church as friends were married and had children baptized at St. Mary Magdalene Episcopal Church, Coral Springs, Florida. In 1986, Karen gave birth to Michael, who was born weighing only two pounds. In the weeks of Michael's hospitalization, the evening Director of Nursing who was also an ordained Deacon at St. Mary Magdalene's became a source of strength and comfort. With John, who was raised in the byzantine Catholic Church, and Karen raised a Lutheran they had not been able to determine the appropriate church home. It became providential through the compassion of that Deacon that the Episcopal Church became their family's church home.

Lara was born in 1989 in Florida. In 1992, the family returned to Pittsburgh, where Karen worked for the Heinz History Center as their Human Resources Manager. As Karen's mother, a registered nurse, became ill, Karen quit work to be part of the family support providing her care. Then in 2002, when Karen was offered a position as the Human Resources Director for The Children's Home of Pittsburgh it was a moment of decision. The Children's Home has a Pediatric Specialty Hospital, which, at that time served primarily premature infants, as well as an Adoption Program, and a Day Care for medically fragile children. Her mother was increasingly ill and yet all the experiences of her life prepared her for this organization. She saw her life to have had the building blocks for this challenge. In her faith, she asked if this move would be "signed by God." She accepted the position and currently serves as Chief Operating Officer.

She and John have made St. Paul's congregation their church home. She still frequently returns to Zion Lutheran to take her father to choir practice. Her faith has been a celebratory journey with John, and with God whom she works to trust in every day. She is thankful to the Episcopal Church for the beauty of liturgy which she and John acceptably share. She relishes that St. Paul's gives the freedom to have differing points of view, in a fellowship where spiritual growth, sharing and learning can be built piece by piece, day by day.

The Rev. Richard Davies

Parish Updates

Baptism Announcements **Dane Paul Wintermantel**

*Son of parishioners Regis & Hope Wintermantel
Baptized Sunday, March 6, 2011*

Grant Jameson Petrie

*Son of parishioners Todd & Jennifer Petrie
Grandson of parishioner Mary Lou Procacina
Baptized Sunday, March 6, 2011*

Death Announcements

Nancy Zellner

*Mother of Wendy Creehan and
mother-in-law of parishioner Rich Creehan
February 2011*

Carol Johnston

*Mother-in-Law of former parishioner
Holly Clister Johnston
Wednesday, February 23, 2011*

Janice Rice

*Parishioner
Wife of parishioner Phil Rice
and mother of parishioner Paul Rice,
Wednesday, March 2, 2011*

Virginia Persson

*Long-time parishioner
Wife of parishioner Norman Persson
Saturday, March 5, 2011*

Paul Gilfoyle

*Uncle of parishioner Kelly Johnson
Sunday, March 6, 2011*

Avis McIlwain Sweeney

*Parishioner
Thursday, March 10, 2011*

Bruce Florist

*Son of the former church secretary of St. Paul's,
the late Helen Williams
Thursday, March 10, 2011*

Youth Happenings

This month the youth focus on reaching inward, towards St. Paul's to see how they can help their home church. There are two big events in which youth will invest a lot of time and energy will this month. On Friday, April 8, the youth will be helping with the fish fry: serving the food, taking orders, busing tables, and entertaining younger kids in the back of the parish hall.

On Sunday, April 17 at both the 8:45 and the 10:30 service, the youth will be performing the Passion Narrative according to the gospel of Matthew. The last two years this performance has been particularly moving and powerful, and this year will be no different. I encourage you to come see it for yourself!

Weekly EYC gatherings continue until Holy Week, and will resume in May. New youth are always welcome, so don't hesitate to come for the first time or to bring a friend! Jr. EYC (6th-8th grade) meets on Mondays from 6 to 8 p.m. The Sr. EYC (9th-12th grade) meets on Wednesdays from 7 to 9 p.m. The excitement and fun never stops at EYC, so swing by if you haven't done so already and see what all the buzz is about!

Steven Hill

Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. 1 Timothy 4:12



Mark your calendars for this year's

Vacation Bible School

Christmas in July

Monday June 27 to Friday, July 1
in the afternoons



Children & Youth Events

April

1 - Friday, 7: Meet @ StP for PYI Lock-In at Calvary

3 - Sunday: Pajama Day!

9:30 am Sunday School

4 - Monday, 6 - 8 pm: JR EYC Study break

6 - Wednesday, 7 - 9 pm: SR EYC Study break

8 - Friday, 4 - 8 pm: Fish Fry helpers needed!

10 - Sunday

9:30 am Sunday School

11:30 am Mission Trip Meeting

11 - Monday, 6 - 8 pm: JR EYC Study break

13 - Wednesday, 7 - 9 pm: SR EYC Study break

17 - Palm Sunday

8:45 Service: Passion Narrative

9:30 am NO Regular Sunday School -

Decorate Cookies in the Parish Hall

10:45 Service: Passion Narrative

18 - Monday: NO JR EYC

20 - Wednesday: NO SR EYC

24 - Easter Day

9:45 am Easter Egg Hunt

25 - Monday: NO JR EYC

27 - Wednesday: NO SR EYC

29 - Friday: 7th Grade Confirmation Retreat @ Jumonville

May

1 - Sunday: Bishop Visit & Confirmation

8:45 Service: Acolyte Recognition

9:30 am Sunday School

10:30 Service: Confirmation

Education for Ministry

Bernard Lonergan, A Pioneer in Theological Reflection



“Be attentive, be intelligent, be responsible, be loving and, if necessary, change.” *Method in Theology*, p. 231

Bernard Lonergan, (1904-1984) a Jesuit priest, was a Canadian theologian and economist, whose groundbreaking works, *Insight* and *Method in Theology*, laid the foundation for the development of the Education for Ministry program in the Episcopal Church. Father Lonergan articulated a way to explore theology through an examination of **experience, understanding, judgment and decision**. The developers of EFM distilled the ideas of Father Lonergan into the theological method used in EFM. In EFM, participants:

- explore how God works in our day-to-day lives (**experience**),
- seek to relate those experiences to knowledge we have gained through reading the Old Testament, New Testament, church history and theology (**understanding**),
- determine how and why the experiences are meaningful in our lives (**judgment**), and
- decide how these insights can be used to shape our ministries (**decision**).

In this season of Lent, consider a commitment to enlarge your understanding of God and the development of your personal ministry by joining EFM. A new class will form in September 2011. For more information, contact, David Fanguy, dlfanguy@gmail.com; 724-825-9037; or Paula Hopkins, ph@paulahopkins.com; 412-343-0462.



Old St. Luke's
Historical Chapel & Burial Ground
Easter Sunrise Service
Easter Day,
April 24 at 6:30 a.m.

April Announcements

Saturday Worship — Remember, the Saturday 6 p.m. service is in the Chapel here at St. Paul's.

Sunday, April 3 Sunday School Pajama Day



We know that one of the biggest challenges on Sunday morning is getting the kids up and dressed! So, on Sunday, April 3, all Sunday School kids are allowed to be 'April Fools' and come to church and Sunday School in their pajamas!

Food Pantry Weekend is April 2-3. Everyone is asked to bring to the altar, after the offering, an additional food offering for the South Hills Food Pantry. Non-perishable food items as well as soap, tooth paste and paper products are needed and welcome. The South Hills Food Pantry has expressed their appreciation and thanks for the many donations that come from St. Paul's.

Lydia Circle will meet Thursday, April 7 at 10 a.m. in the lounge. Margaret Trebell will tell of her fascinating experiences in China. All are welcome and invited.

Claudia Circle: On Thursday, April 7, Claudia Circle will be entertained by the amazing Charlie Apple. Charlie has hosted the Fall Pizza Dance parties but now is going to meet and perform for Claudia Circle at 1:00 p.m. in the lounge on April 7. He brings talent, a great repertoire, and a love of people to all his programs. The circle welcomes all women of the church to join us for this fun afternoon.

Book Club meets Friday, April 8 at 1:00 p.m. in the Lounge. The book is selection is *Out Stealing Horses* by Per Petterson.

Blood Pressure Clinic continues Sunday, April 10 between the 8:45 and 10:30 service and following the 10:30 service. Freya Dickson-LaPrade and Mica Van Fossen take blood pressure readings on the second Sunday of every month. There have been numerous parish members who have benefited from this informal, yet highly important screening ministry. Monitoring your blood pressure on a regular basis is a good way to take charge of your health!

**A Visit with the Presiding Bishop,
The Most Rev. Dr. Katharine Jefferts Schori:
Trinity Cathedral
Tuesday, April 19**

7:00 to 9:00 p.m.
Open to all. Additional details to come.

Pickwick Boys' Lunch is Thursday, April 21 at Atria's on Rt. 19. Keith Worme is the host.



Lenten Friday Fish Fry April 8 5 - 7 p.m.



The Dickens' Dames Lunch is Thursday, April 28 at Peter's Place. Betty Duckstein is hosting. Please call her at 412-489-5277 to RSVP.

Yoga Class—Parishioner Aimee Lamendola teaches Yoga class every Wednesday morning from 9:30 to 11:00 a.m. in the back of the Parish Hall/Undercroft. Cost is \$10 per class. Walk-ins are welcome. Any questions, please call Aimee at 412-496-5638.

The Assistant Rector's Bible Study meets Wednesdays at 9:30 a.m. in the Conference Room. We will be studying the story of Joseph from the *Book of Genesis* (Chapters 37-50). Don't miss out. Contact the Rev. Kris Opat for more information (412-531-7153 ext. 35 or kris@stpaulspgh.org). Please note: The Bible Study group will not meet on Wednesday, April 6 but will resume on Wednesday, April 13.

Bulletin/Email Reminder—The Bulletin/Email Announcement Deadline is Tuesday at 9:00 a.m. If you have an announcement please contact Dorothy at dconway@stpaulspgh.org or 412-531-7153, ext. 10.

Operation Donut is seeking weekly sponsors. The sponsor donation is \$40 and helps to defray the costs of donuts, cream cheese, bagels, etc. If you need more information or are willing to be a sponsor please contact Karen Viggiano at 412-563-3937 or viggiano5@verizon.net. The proceeds have been used to purchase new tables, chairs and mugs for use in the Parish Hall/Undercroft, and future projects will benefit. Thanks to all who have donated in the past. Your support is greatly appreciated.

Important Dates for May

Mark your calendars! Watch your bulletin and all-parish email for more details

Sunday, May 1: Bishop Visits

Confirmation & Acolyte Recognition

Friday, May 6

Outreach Fundraising Dinner

Saturday, May 7

Joyful People Diocesan Event
Nursery School Mayfair Carnival

Sunday, May 8

Mother's Day

Friday, May 20 - Sunday, May 22

PYI Retreat

Sunday, May 22

Sunday School Recognition
Exploring Our Worship: Music!

Sunday, May 29

UTO Ingathering

Monday, May 30

Memorial Day—Church Offices closed

Easter Remembrances 2011

The Altar Guild of St. Paul's will decorate the church for the glorious services of the Easter Vigil and Easter Day, April 23 and 24, with seasonal plants and flowers.

The names of those remembered and honored, and the donors, will be printed in the Easter bulletin. On the form below list the full name(s) of those you would like to have included and your name as you wish it to be acknowledged in the bulletin. Should you prefer no acknowledgment, please make that indication. Return this form to the church by Wednesday, April 13, to ensure inclusion in the worship bulletin. A contribution of \$15 for each name is requested with checks payable to St. Paul's Altar Guild.

The plants and flowers will be delivered to those we want to reach out to and especially remember at this time of the year. If you would like to personally deliver a plant, or have a special request of delivery, please so indicate on the form. Plants may be picked up after the 10:45 service on Easter Day, April 24.

EASTER 2011

To the Glory of God

In Loving Memory of

1. _____

2. _____

3. _____

4. _____

5. _____

In Thanksgiving for

1. _____

2. _____

3. _____

4. _____

5. _____

Name of Donor (as to be printed) _____

I will personally deliver a plant to _____

Make checks payable to **St. Paul's Altar Guild.**

Please return this form by **Wednesday April 13** to St. Paul's Episcopal Church, 1066 Washington Rd., Pittsburgh, PA 15228 attn: Altar Guild by mail, or directly to the church office.



Holy Week Worship Schedule

Palm Sunday, April 17

No 8 a.m. service

6 p.m. Saturday

8:45 a.m.

10:45 a.m.

6 p.m.

Holy Eucharist, Chapel

Holy Eucharist, Church, Liturgy of Palms, Passion Gospel

Holy Eucharist, Church, traditional music, Liturgy of Palms, Passion Gospel

Refuge at St. Paul's Church, multi-sensory worship

Wednesday, April 20

11:00 a.m.

Holy Eucharist with Healing Prayer, Chapel

Maundy Thursday, April 21

7:30 p.m.

Holy Eucharist, Church, with Foot Washing, Stripping of the Altar, All-Night Prayer Vigil

Good Friday, April 22

12:00 Noon

Good Friday Liturgy followed by Stations of the Cross
Church open for prayer and meditation until 3 p.m.

Holy Saturday, April 23

No 6 p.m. service

7:30 p.m.

The Great Vigil of Easter, Church, Agape Reception
immediately following the Easter Vigil Service.

Easter Day, April 24

No 8 a.m. service

8:45 a.m. & 10:45 a.m. Festival Eucharists, Church with choir and brass

9:45 a.m.

Easter Egg hunt in St. Margaret's Garden

No 6 p.m. Refuge

Easter Monday, April 25

Church offices closed

Important Dates

Friday, April 1

PYI Youth Lock-in at
Calvary Church

Sunday, April 3

Sunday School Pajama Day

Friday, April 8

Fish Fry

Sunday, April 17

Newcomer's Luncheon

April 19

Presiding Bishop Visit

Friday, April 29

7th Grade Confirmation
Retreat

Saturday, April 30

Spring Clean Up Day
8th Grade Confirmation
Rehearsal

Sunday, May 1

Confirmation
Acolyte Recognition
Bishop's Visit