

March 2011

St. Paul's Episcopal Church

The Messenger

Reflections by The Rev. Lou Hays

Where We Are Headed in our 175th Year

This is our 175th anniversary. We are blessed to be part of an ancient tradition that is able to balance our heritage and history with the need to minister in ever changing times. We are very old, yet we are constantly renewing.

St. Paul's is a very large parish: in the top 5% of all Episcopal churches in terms of size, and either the biggest or second biggest parish in the Diocese depending on the measure. We are blessed with people of all ages, from infants to the elderly. We have the largest number of children and youth in the Diocese. Yet between 1999 and 2006 the size of our congregation declined by over 25%. Fortunately, our congregation has grown since 2006. But every parish needs newcomers just to stay even, since a number of people will die or move away each year or otherwise attend less frequently or not at all. Thus to increase the size of the congregation requires an even greater number of new members. And this is all in the context of declining church attendance in the Episcopal Church and all mainline denominations.

At its February retreat your Vestry developed new priorities for this year in the context of this background. We began by focusing on the positive, and identified the following as the major accomplishments during the past year:

- Refuge at St. Paul's
- Growth in the 8:45 service
- Canterbury Choir and Bryan Sable
- Youth programs and increase in total children and youth participation
- Outreach ministries

- Increased leadership in Diocese, including the Bishop search process
- Expanded support for the Seamen's Church Institute
- Blossoming of both coffee hours
- Special Needs ministry
- Balanced budget
- Blood pressure clinic
- Parishioner in discernment process for ordination
- Gender balance in Vestry and Executive Committee

We then moved to a conversation about our challenges and opportunities for this year. Each of us developed our own list of priorities for Vestry action. With the help of our facilitator, Dana Phillips, we were able to consolidate our individual issues into five clusters, and by the end of the day we had developed our Vestry priorities for this year, as follows:

1. Being a responsive Vestry, improving our communications with the congregation, hearing and answering the questions and concerns of the congregation, and providing prayerful leadership that puts Christ and mission at the center of all we do.
2. Doing even more to connect with newcomers and all members of the parish.
3. Continuing to improve the financial health and vitality of the parish, including forming a new Finance Committee to be chaired by Treasurer Bob Johnston.

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



Spotlight on Special Needs

Have you ever questioned the tremendous cost that goes into the education of children with mental health issues or those who have Special Needs? According to an article titled *Keeping Young Minds Healthy* by Jeffery Kluger in the November 1, 2010 addition of the *Time Health Magazine*, "...every dollar spent by Medicaid or other public health programs on prevention of mental illness among kids may be paid back as much as 28 times over the course of a lifetime in disability benefits never claimed, adult psychiatric care never needed and, in some cases, crimes never committed... Worse than the money lost to mental illness is the joy lost to it. Epidemiologists speak of what are known as disability adjusted life years (DALYs) – years compromised or diminished by ill health. Among Americans under 25, mental disorders account for 30 of all DALYs; in the 14-25 age range, it's 48%."

So very much suffering, by those who are so young! About one in five children in the U.S. suffers from some sort of emotional or behavioral condition. How can we as a church help our young people? First we can welcome them; listen to them, and love them. We need to look at each individual child as the unique and special child that God has created. We need to respect the dignity of each and every one; while providing the loving support and encouragement that the parents of these children so dearly need.

If you want to learn more, attend any of the Special Needs Ministry meetings/luncheons at 11:30 on the second Sunday of each month, or any of the Special Events that this ministry supports.

The Rev. Mabel Fanguy

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What you should know about Special Needs Wednesdays at St. Paul's during Lent

Beginning on Wednesday, March 16 at 7 p.m. (following our optional Wednesday night dinner) we will present a five-week series on issues faced by families who have members who have Special Needs. This series will include special guest speakers from three different local organizations that minister to those with special needs, as well as some personal testimonies from some of our parishioners about their experiences with family members who have special needs. This will be an uplifting and educational program for all who want to learn more about this important and timely issue. Please plan on joining us.

Wednesday, March 16

Series Introduction and Testimonials

Wednesday, March 23

*Nancy Cader, Program manager
InVision Human Services*

"Positive Approaches to Communications"

InVision Human Services provides customized support for people who have challenging disabilities. Because of the flexible nature of their services, they are able to accommodate virtually any kind or combination of disabilities, including:

- autism spectrum disorders
- cognitive disabilities
- developmental disabilities
- environmental disabilities
- intellectual disabilities
- neurological disorders
- physical disabilities
- psychiatric disorders

Wednesday, March 30

*Laura Gallagher
The Autism Centers of Pittsburgh*

The Autism Centers of Pittsburgh are operated by parents of children with autism to help other families through diagnosis to advocacy to helping obtain services.

Wednesday, April 6

*Kelly Fraasch
Director of Parent Resource Network*

PRN supports families of children born prematurely and those with resultant chronic illness and/or congenital disorders. PRN also provides a bereavement support group to parents who lose a young child or infant and a palliative support group to parents who receive a terminal diagnosis while pregnant.

Wednesday, April 13

How do we as a church respond?



Life! at St. Paul's

A new Sunday morning series during Lent and the Bishop's Visit

Please join us during Lent for this new Sunday morning series called *Life! at St. Paul's*, held in the back of the Parish Hall/Undercroft between 9:40 and 10:20 a.m. The program will be particularly helpful and informative for those who are relatively new to St. Paul's, but should be of interest to all. The program will also serve as preparation for adult confirmation or reception by Bishop Price when he visits us on the first Sunday of May.

Sunday, March 13: Why the Episcopal Church?

What draws us to St. Paul's and the Episcopal Church? Most of us were not born into the Episcopal Church. Learn more about how we compare with the tradition we were raised in, whether it was Roman Catholic, Presbyterian, Lutheran, Methodist, or some other denomination. What is the Via Media?

Sunday, March 20: Our Call to Social Justice, Outreach, and Mission

St. Paul's and the Episcopal Church have many opportunities for service and outreach, such as homeless ministries, Habitat for Humanity, and our annual youth domestic mission trip. Looking for something more exotic? How about a mission trip to the Dominican Republic or to the Blessed Mustard Seed Babies Home in Hoima, Uganda?

Sunday, March 27: Children Are Not the Future of the Church

Children **are** the Church. Learn more about the important role that children and youth play in the Episcopal Church and St. Paul's. (And opportunities to minister to children and youth.)

Sunday, April 3: What Am I Supposed to Believe?

What do we believe as Episcopalians and Anglicans? Are we a journey church or an answer church? How do we do theology, and what is the 3-legged stool of Anglicanism? What's in the Book of Common Prayer, and why every Episcopalian should own one.

Sunday, April 10: There's Even More!

What are the privileges and responsibilities of being part of the St. Paul's community? How can I get more involved? What are our mission and our ministries, and how is all of this made possible? Senior Warden Carl Kylander will join us for a discussion of Vestry priorities for 2011.

Sunday, May 1: Bishop Price Visits St. Paul's

Bishop and Mrs. Price will make their annual visit to St. Paul's. He will preach and celebrate at the 8:45 and 10:30 services, preside at the Sacrament of Confirmation at 10:30, and speak during coffee hour. If you participate in *Life! at St. Paul's*, you may be received or confirmed by the Bishop. For more information about confirmation or reception, please speak to Lou, Kris, or Mabel.

Reflections by The Rev. Lou Hays

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4. Responding to the Capital Campaign feasibility study and assuring that St. Paul's will be here for all generations.
5. Joyfully celebrating our 175th Anniversary.

The Vestry will be working throughout the year to refine and carry out these priorities. If you have questions or suggestions, please speak with me or with any officer or member of the Vestry: Carl Kylander, Carol Delfino, Bob Johnston, Pat Eagon Stafford, Paul Barker, Michele Baum, Jeff Dunbar, Frank Horrigan, Sandy Ludman, Millie Ryan, John Sweeney, Karen Viggiano, or Mark Vito.

As we approach Ash Wednesday and the beginning of Lent, I wish you a holy and spiritually fulfilling Lenten season.

In Christ's love, Lou+

Music Notes

Ὕμνος (Hymn Dialectic) - discussion in search of *Veritas*

Hymns are sacred texts revealing great spiritual depths and, when sung, go right to the heart. We do not often analyze why and how hymn texts linger more in our hearts than in our heads and that is a good thing. But what might be revealed about a hymn when we present a hymn text in Socratic Dialogue between us, the singer, and the author of an inspired hymn? - Perhaps a discovery of *Veritas* - truth and reality.

“Day by Day”

*Words attributed to Richard of Chichester,
Hymnal '82 no. 655*

Richard: Day by Day, dear Lord, of Thee three thing I pray;

Singer: Just what three things are so important to ask for in prayer? Is this like being granted three wishes?

Richard: To see Thee more clearly,

Singer: This is the first wish? What can sharpen our blurred and blinded sight?

Richard: Love Thee more dearly,

Singer: So Love empowers us to see more clearly! But what can assure us of being loved back by God?

Richard: Follow Thee more nearly,

Singer: Well, I suppose the one who loves us wants us to follow. No, these are not three wishes but three blessings for which we pray. How often should we pray for these three things?

Richard: Day by Day.

Singer: Veritas!

Ubi Caritas,

*Ancient Eucharistic Hymn of the Christain Church.
Among others, set by Taize Composer, Jacques Berthier*

Monk (unknown author): Ubi caritas et amor.

Singer: What is the English translation?

Monk: Where charity and love are

Singer: Are not charity and love the same thing?

Monk: Deus ibi est.

Singer: Translation, please?

Monk: God is here.

Singer: So charity and love are the same when God is here. Just when is God among us?

Monk: Simul ergo cum in unum congregamur – as we are gathered into one body.

Singer: One body? How do we become One Body? Is that simply going to church? Is it the Eucharist?

Monk: Congregavit nos in unum Christi amor. Christ's love has gathered us into one.

Singer: Veritas!

“Jesus loves me”

*A 19th c. Sunday School Hymn,
Words by Anna B. Werner*

Anna: Jesus loves me! This I know!

Singer: I know this Children's Hymn! How does yet a child know of Jesus' love?

Anna: For the Bible tells me so. Little ones to Him belong.

Singer: Yes. The Bible is true. Given that, how can a child know more strongly, perhaps, understand that Jesus loves them? According to the Greeks, understanding is a deeper level of knowing that comes later in life, beyond our childhood.

Anna: They are weak, but He is strong.

Singer: So we are not just talking about children, are we?

Anna: Yes, Jesus loves me! Yes, Jesus loves me! Yes, Jesus loves me!

Singer: You say that three times. Does this signify the Trinity – the Father loves, made tangible by the gift of His Son Jesus and made to be understood by the Holy Spirit?

Anna: The Bible tells me so.

Singer: Veritas!

Try this Socratic exercise with our great hymns. Read a stanza or portion thereof and then ask the author to make that stanza explicit. It is amazing how often the next stanza or verse answers your question!

Doug Starr, Director of Music & Arts

St. Paul's Helps to Lead the Episcopal Diocese of Pittsburgh

Jon Delano, Diocesan Standing Committee

During the Annual Parish Meeting in late January, the Rev. Lou Hays noted the growing role of St. Paul's parishioners in the life of the Episcopal Diocese of Pittsburgh. He is absolutely right. But most of us do not really understand what that role is, or how we can get involved. I hope this brief report is helpful.

Our Diocese is comprised of 29 active parishes with a total membership of approximately 9,000 people. We also know that across southwestern Pennsylvania there are what we call "faithful remnants," those Episcopalians from parishes that no longer participate in the Diocese. One of the important missions in the decade ahead is to find ways to minister to those faithful Episcopalians while we also resolve our differences with those who have left the Episcopal Church.



Governance in the Episcopal Church is an unusual combination of democracy and hierarchy. The ecclesiastical leadership of the Diocese is vested in a Bishop. But bishops are not imposed upon us, as in the Roman Catholic church. We, clergy and lay people, choose our bishops when a vacancy occurs. And we also elect our Diocesan leaders, primarily through an annual **Diocesan Convention** held each Fall with clergy and lay representation from each parish.

Besides the canonically resident clergy, St. Paul's has eight lay deputies to Diocesan Convention, chosen for 3-year terms by the Vestry. Our current deputies are: **Mary Sweeney & Michele Baum** (whose terms expire this June 30); **John Adams, Jon Delano & Bob Johnston** (whose terms expire June 30, 2012); **Carl Kylander, Mary Rago & Del Rapp** (whose terms expire June 30, 2013). We also have alternates who can step in if a deputy is unable to attend convention. Those alternates are **Mara Barker, Mary Catherine Coleman, Ed Hanraty & Mark Vito**.

Like most representative bodies, the Diocesan Convention elects much of the Diocese's clergy and lay leadership. The most important ecclesiastical election is that of a bishop. After Bishop Duncan left the Episcopal Church in 2008, Bishop Ken Price was elected Provisional Bishop by convention in 2009 with the understanding that a permanent Bishop Diocesan would be elected by convention in the new decade. That election will take place on April 21, 2012.

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*Friends of Music Guild Concert
featuring
The Kenyon College Chamber Singers
Saturday, March 5 at 7:00 p.m.*

Please come to our final Friends of Music Guild Concert in this series, a concert by the Kenyon College Chamber Singers on Saturday, March 5 at 7:00 p.m. The Kenyon College Chamber Singers, under the direction of Dr. Benjamin Locke, is a select mixed choir consisting of fifty-five undergraduate musicians who regard singing as an integral part of a liberal arts education. The group rehearses daily in order to prepare programs of both a cappella and accompanied music for Kenyon concerts as well as their annual Spring Tour which will bring them to St. Paul's.

St. Paul's Helps - continued from page 5

The annual Diocesan Convention also elects deputies to the Episcopal Church's **General Convention** held every three years with the next one in Indianapolis in July, 2012. The Pittsburgh Diocese has four clergy and four lay deputies. One of those lay elected to represent Pittsburgh is **Andy Muhl**, who is also chair of the lay deputies. The Rev. **Lou Hays** is an alternate clergy deputy.

While the Diocese has many important commissions with wonderful volunteers, the three main governing bodies are the **Standing Committee, the Board of Trustees, and the Diocesan Council**.

The **Standing Committee** is comprised of four lay and four clergy elected at-large for a 4-year term by the Diocesan Convention. It is my great privilege to be one of those elected to the Standing Committee. The lay members include Mary Roehrich of St. Andrew's (Highland Park), Vera Quinn of Nativity (Crafton), **Jon Delano** of St. Paul's (Mt. Lebanon) and Annis Rogers of St. Mark's (Johnstown). The clergy members are the Rev. Jeff Murph of St. Thomas (Oakmont), the Very Rev. George Werner (Dean Emeritus of Trinity Cathedral), the Rev. Dr. Bruce Robison of St. Andrews (Highland Park), and the Rev. Leslie Reimer of Calvary (East Liberty).

This year, Jeff Murph is the president of Standing Committee and Mary Roehrich is secretary. By tradition, I will be secretary in 2013 when Bruce Robison is president.

If you don't have a clue what the Standing Committee is all about, you're not alone. After completing my first of four years on this body, I am only beginning to understand the importance of this Diocesan leadership body.

On one level, we are the Bishop's advisory council on all sorts of matters, and Bishop Price consults with us on just about every important matter in the Diocese. We advise and consent on many appointments, including that of Chancellor. This important position is held by **Andy Roman** of St. Paul's, who does a terrific job. On another level, we exercise responsibilities of our own like approving the decisions of other Dioceses when they elect a bishop. That role, coupled with sad duties like weighing disciplinary charges brought against clergy and, more enjoyably, approving new clergy for the Diocese and admitting new parishes, continues to amaze me.

Our most important responsibility lately has been to oversee the election of a new bishop. To help in that process, we appointed two committees to do the heavy lifting that will give the Diocesan Convention the choices so important to discerning a new bishop—and then facilitate the Diocese's ability to welcome and consecrate that choice.

After a great deal of discussion, the Standing Committee appointed thoughtful, hard-working people to both the **Nomination Committee** and the **Transition Committee**, including four from St. Paul's. The Rev. **Kris Opat** is on the Nomination Committee, and **John Adams, Millie Ryan, and Sue Vines** are on the Transition Committee.

The Nomination Committee is beginning the search process now and by early next year should have a slate of candidates. Other candidates can be offered through a petition process early next year as well. Then the Transition Committee will introduce all the candidates to the parishes so that convention deputies can make an informed choice. The Transition Committee will also arrange for a celebration of Bishop Price's ministry among us and, of course, the consecration of our new bishop in October 2012.

Besides the Standing Committee, another important leadership body is **Diocesan Council**. The Diocesan Council really controls the budget of the Diocese, allocating how money is spent on all the various missions of the Diocese. It also has oversight of some of the commissions of the Diocese.

Membership on the Council is not chosen at-large by the convention delegates but rather by the deputies meeting in the four districts of the Diocese. St. Paul's is one of seven parishes in District 3: St. Peter's, Brentwood; All Saints, Bridgeville; St. Thomas, Canonsburg; Nativity, Crafton; St. Stephen's, McKeesport, St. Paul's, Mt. Lebanon; All Souls, North Versailles. The deputies from these seven parishes elected **Jon Delano** as chair of District 3 and the Rev. **Kris Opat** as vice-chair.

More importantly, District 3 deputies elected three representatives to Diocesan Council, including two from St. Paul's: **Bob Johnston & Carl Kylander**. The current president of Diocesan Council is the Rev. Bill Geiger of Christ Church, Indiana.

Another key Diocesan leadership group is the **Board of Trustees**, responsible for the property in this Diocese, both real and personal, including investment assets. As you can imagine, during the contentious legal issues that resulted from some of the recent divisions in the Diocese, the Board of Trustees has been busy.

Some members to the Trustees are elected at-large at the convention, but each District also gets to choose one representative. Currently, St. Paul's has one member on this board, elected at-large: **John Adams**. The current president of the Board of Trustees is Russell Ayres of Calvary.

The Committee on Constitution & Canons is another body in the Diocese elected by convention. This group of volunteers reviews and recommends updates to documents that govern

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Voice of the Pew: Monto Ho, M.D. and Carol Ho



Monto and Carol Ho

This world is very small when astronauts look at it from outer space. For some of us who are stay-at-home Pittsburghers the world is immense, until we begin to experience travel “out there” and the world seems to be small. Two parishioners of St. Paul’s might agree that this is a small world. Dr. Monto and Carol Ho indeed are world travelers.

Monto Ho was born in Yiyang, Hunan Province, China, in 1927, the son of Feng-Shan and Hu Gin-lien. Feng-Shan and Monto, respectively, were born in the hospital of the Norwegian Lutheran Mission in Yiyang. Carol Tsu Ho was born in Beijing, China, in 1929. Carol’s father, Bishop Y. Y. Tsu, was

known as “the Bishop of the Burma Road” in the Anglican Church in China. Monto’s father’s career for 40 years would be as a diplomat representing China.

Monto’s mother died from tuberculosis when he was 5 years old, the same time his father was in Germany completing his PhD degree. He would become one of the few PhD’s in the Chinese Province. Feng-Shan next married Grace Lee, a Eurasian of Chinese and German-American parentage, he met in Germany.

Monto’s world travels continued when Fen-Shan was sent by the diplomatic service to Ankara, Turkey, and soon followed his assignment to Vienna, Austria. At age 7 Monto began to learn English and he was at first home-schooled by his father, and then in a German school. Monto learned German and has retained it to this day. In 1937 Monto watched the first steps of war Hitler waged against the Jewish population. Feng-Shan was able to issue over 1000 visas to Jews to enable them to escape out of Austria.

In 1940 Monto came to New York City where he entered the eighth grade of the Brooklyn Technical High School, only to return to China in 1941 with his father, but not his step-mother, who chose to remain in New York. Monto went to Hong Kong and he decided to remain there and enroll in a boarding school for Chinese students. During the Sino-Japanese War occupation of Hong Kong by the Japanese, Monto and other students banded together and escaped by walking into the free China countryside. After classes at the Nankai Middle School, he went to the Tsinghua University where he chose chemistry and philosophy as majors. His father was then Chinese Ambassador to Egypt. He later would be the Ambassador to Mexico. Monto applied to Harvard in 1947, and he was accepted into the junior class, to study the Philosophy of Government out of respect for the future of China. He graduated in 1949 Magna Cum Laude.

Monto met Carol when she was a student at Dana Hall, at Wellesley, MA. In 1949 she went to Scripps College, Claremont, CA. Monto enrolled also in 1949 at Stanford University for Political Science. One day Carol asked him what he intended to do with his degree in political science. After reflection, he saw that medicine was a better opportunity for him to impact human life, so in 1950 he transferred to the Stanford School of Medicine.

In 1952 Monto and Carol were married in New York City. They have two children, Bettie Pei-wen Ho Carlson, and John Chia-wen Ho.

Monto returned to Harvard in 1952 and he enrolled as a junior in the Medical School. Upon graduation in 1954 he interned in Boston’s Children Hospital, where he became a research fellow. Then in 1959 he came to Pittsburgh where first he served as assistant professor at the University of Pittsburgh. Monto became tenured Professor of Medicine, Pathology, and Microbiology, as Chair of Infectious Diseases and Microbiology, and as Chief of the Division of Infectious Diseases in the School of Medicine. In 1979 he was elected to Academia Sincia, Taiwen. Monto participated in the research on interferon under John Enders, which led to Dr. Jonas Salk’s polio vaccine, and he conducted research



*Wedding of Monto and Carol Ho,
June 1952*

Youth Happenings

The season of Lent was not something I knew about when I was growing up. Not until third grade, when my family joined the local Lutheran church, did I first hear of Lent. Before that, every Sunday we would travel down to the little “unincorporated community” of Winona, Ohio, where my mother grew up. After driving for what seemed like forever (in reality it was about 50 minutes) we would arrive at church. We would quietly take our seats. In the front of the church, 5-10 people sat facing us, the rest of the congregation sat quietly in the pews. This practice, in my narrow experience as a 5 year old, seemed to be a form of punishment. Everyone would just sit, silently. Any noise I made would immediately get a stern look from mom or dad. I endured by completing activities in the most recent “Highlights” magazine. Occasionally someone would stand and break the silence, reciting a verse from the bible or sharing a thought. After 10 or 15 minutes, all the children would gathered and go downstairs for Sunday School. The parents who weren’t teaching Sunday School remained in worship, still and silent. I remember learning about all the Old Testament prophets, and Jesus, and almost every class ended with us playing outside. Once a month there was a service that we ALWAYS had to attend and it was 3 hours long. I didn’t enjoy most services, let alone one that was so long. I was bored mind. This was my experience of worship, as a child growing up in the Quaker church. There was no baptism using the Trinitarian formula, nor was there communion; there was just a lot of self-reflecting and meditation on the word of God.

Needless to say, joining a Lutheran church when I was in 3rd grade was such a joyful and welcome change. In Lutheran worship, we were allowed to talk and sing. It was engaging. The main part of the service was not based on silence. We had a bulletin to follow through the service. Many weeks I would check off the various parts as we finished them. It was music to my ears to discover the “long” service was only an hour and a half, with most services lasting only an hour. I never knew such good news even existed!

It was also a new part of our Lutheran experience that my family began the practice of giving something up for Lent. I always gave up something like chocolate or snacks: something that seemed very do-able and reasonable (My parents would never let me give up homework, I don’t know why). I always just thought Lent was about sacrificing something in your life, and giving up something that you love as a sign of your commitment to Christ. Now I have a different idea of what should happen during Lent. Now I see Lent not only as a time to give something up for the Lord (this year I’m taking the tough route of giving up anything sweet), but also Lent is a time to escape the secular world and welcome Christ into our lives. Attend services more often. Take time on your own for personal prayer and devotion. Study scripture. Lent does not always have to be about surrendering something from your life. It can be about adding habits too.

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)

Children & Youth Events

March

2 - **Wednesday, 7 - 9 pm:** SR EYC Study break

6 - Sunday

Calvary Camp Celebration!

No regular Sunday School

7 - **Monday:** NO JR EYC

8 - **Tuesday, 5:30 - 7 pm:** Shrove Tuesday Pancake Supper

9 - **Ash Wednesday:** NO SR EYC

13 - Sunday

9:30 am Sunday School

14 - **Monday, 6 - 8 pm:** JR EYC Study break

16 - **Wednesday, 7 - 9 pm:** SR EYC Study break

20 - Sunday

9:30 am Sunday School

21 - **Monday, 6 - 8 pm:** JR EYC Study break

23 - **Wednesday, 7 - 9 pm:** SR EYC Study break

26 - **Saturday, 9 am:** Help with Rummage Sale

27 - Sunday

9:30 am Sunday School

6:00 pm Youth Worship at Refuge

28 - **Monday, 6 - 8 pm:** JR EYC Study break

30 - **Wednesday, 7 - 9 pm:** SR EYC Study break

April

1 - **Friday evening - Saturday am:** PYI lock-in at Calvary

3 - Sunday

9:30 am Sunday School PAJAMA DAY

St. Paul's Helps - continued from page 6

how we operate as a Diocese, our Constitution and canons (by-laws). Two members of St. Paul's are elected to this important committee: the Rev. **Lou Hays & Lionel Deimel**.

One body elected by convention that hopefully never meets is the **Array**, a quasi-judicial court soon to be known as the **Disciplinary Board**. If charges are ever brought against a clergy member by the Standing Committee, it is this body that adjudicates. Two members of the Array are from St. Paul's: the Rev. **Kris Opat & Jacqui Och**.

Another elected body in the Diocese is the **Growth Fund Committee**, comprised of two individuals elected at convention, two chosen by Diocesan Council, and two chosen by the Board of Trustees. The Growth Fund reviews applications for loans and grants to individual parishes for building and maintenance projects, with any award of money subject to the approval of the Board of Trustees. St. Paul's has two members of the Growth Fund: **Nancy Fincke & Bob Johnston**.

Besides all these elective positions within the Diocese, there are numerous appointed positions. For example, the Rev. **Lou Hays** was appointed by the Bishop to chair the Commission on Ministry, which guides lay people into the ordained ministries of the church. The Rev. **Kris Opat** is also a member. **Lou Hays** also co-chairs Fresh Start, an effort to provide assistance to clergy and parishes in times of transition. **Kris Opat** co-chairs the

Pittsburgh Youth Initiative, and **Steve Hill** is on this committee, too. **Kris** is also on a Standing Committee initiative to examine ways to collaborate with neighboring dioceses. **Deb Wiles** is treasurer of the Episcopal Church Women of the Diocese and Province 3. **Jonathan Milton** serves on the Commission on Racism. **Lisa Brown** works on the Diocesan Christian Education initiative. **Andy Muhl** is editor of the Diocesan website and newsletter.

Hundreds of St. Paul's youngsters have experienced the Diocese's camp, Sheldon Calvary Camp, which has close ties to St. Paul's, none closer than its director emeritus the Rev. **John Thomas**. Also on the camp's board of directors are **Ken Argentieri** (chancellor), **Amy Ludman**, **Anne Muhl** (administrative director), **David Sharbaugh** (treasurer), and **John Strong** (governance committee chair).

As you can see, parishioners at St. Paul's have important leadership roles in this Diocese. I want to encourage every member of St. Paul's to consider volunteering time and talent. Please talk to any of us who have had the rewarding experience of assisting the Diocese. Over the next few years, with the election of a new bishop, the Diocese needs your special skills.

St. Paul's is an extraordinary resource because it has so many talented people. I hope you will consider lending that talent to this wonderful Episcopal Diocese of Pittsburgh.

Voice of the Pew -Continued from page 7

on the role of infections and organ rejection in Dr. Thomas Starzl's transplant surgery program. Dr. Monto Ho retired in 1997.

Monto and Carol selected Calvary Church, East End when they first arrived in Pittsburgh. When they moved to Mt. Lebanon, they chose to worship at St. Paul's Church. Carol's outreach ministries included being a medical librarian at St. Clair Hospital for over 20 years. Monto's interest as a scientist in religion is supported by reflection and reading and he accepts science and religion as vital companions, not enemies, in life. While both seek to understand the mysteries in life, he faithfully worships God who reveals the mysteries of love.

Yiyang, Ankara, Vienna, Brooklyn, Hong Kong, Chungking, Beijing, Cambridge, Palo Alto, Boston, Canberra and Pittsburgh – major places where Monto Ho has studied and served in God's world, for which his peers gave him the compliment of being cosmopolitan, a world citizen. How fitting, therefore, for Monto to title his updated biography *Several Worlds, Reminiscences and Reflections of a Chinese-American Physician* (World Scientific Publishing Co., Singapore. 334 pages. 2005. ISBN 981-256-409-8) Monto and Carol might agree that we all live in a small world.

The Rev. Richard Davies

March Announcements

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

Episcopal Relief and Development Donation Day: On the weekend of March 5-6, we will celebrate ERD. This will be a donation day and Lenten Devotion books will be available as a gift from ERD as you prepare for Ash Wednesday on March 9.

Food Pantry Weekend is March 5-6. 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 and paper products are needed and most welcome. In addition, there will be Girl Scout cookies on sale during coffee hour specifically to be donated to the Food Pantry. Missy Gorski's troop has a goal to donate 48 boxes, so buy a box to help them reach it! (And if you need a box for yourself, that's ok, too).

Lydia Circle will meet Thursday, March 3 at 10 a.m. in the lounge. Canon Davies will talk about Discovery Using a Computer and a Dowsing Rod at Old St. Luke's.

Claudia Circle will meet on Thursday, March 3, in the lounge at 1:00 p.m. After a light lunch and short business meeting work will begin on the cleaning and repairing of donated jewelry for the rummage sale. All women of the church are invited to attend.

Shrove Tuesday Pancake Supper, March 8 from 5:30 - 7 p.m. Sponsored by the 7th grade Confirmation Class. Everyone is invited! Adults/Teens are \$6; Kids 3-12 are \$3; Kids 2 and under are free. \$20 for the whole family.



Blood Pressure Clinic continues Sunday, March 13 between the 8:45 and 10:30 service and following the 10:30 service. Please welcome Freya Dickson-LaPrade, to the Blood Pressure Clinic. She will be working with Mica Van Fossen taking 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!

Book Club meets Friday, March 11 at 1:00 p.m. in the Lounge. The book is selection is *Still Alice* by Lisa Genova.

Pickwick Boys' Lunch is Thursday, March 17 at Al's Café. Al Plantz is the host.



**Lenten Friday Fish Fry
March 18 and April 8
5:30 - 7 p.m.**

The Dickens' Dames Lunch is Thursday, March 24 at Mitchell's Seafood. Joan Kubancek is hosting. Please call her at 412-257-8787 to RSVP.

CLAUDIA CIRCLE RUMMAGE SALE SATURDAY, MARCH 26

The annual Rummage Sale will be March 26 from 9 a.m. to 3 p.m. at the church. Please gather all your donations, and bring them to the church the week of March 20. We invite all to come and help us set up for the sale on Friday, March 25 from 9 a.m. until 3p.m. A free lunch will be provided. If you have any questions, call Ellen Goss at 412-833-9326 or Dorris Hardy at 412-833-0236. We thank you in advance for your help, and donations of furniture, clothing, toys, CD's, books, accessories, jewelry and house wares.

Chik-fil-A Spirit Night Wednesday, March 23 from 5 to 8 p.m.

Eat dinner at the Chick-fil-A on Rt. 19 for the St. Paul's Youth Mission Trip Spirit Night. If you mention St. Paul's Mission Trip to the cashier, 20% of your sale goes toward the Mission Trip.



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 continues most Wednesdays, at 9:30 a.m. in the Conference Room. We are studying the *Gospel of Mark*. Don't miss out. Contact the Rev. Kris Opat for more information at 412-531-7153 ext. 35 or kris@stpaulspgh.org.

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

Sick of snow?—The Missioners of the 2011 Mission Trip are still available to shovel. We will shovel snow from your driveway or sidewalk. All you have to do is call or email to Steve at 412-531-7153 x18 and he will send 2-3 missioners to shovel. All donations benefit the 2011 Mission Trip.

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!



...find **Refuge**

A multi-sensory
worship experience

Sundays at 6pm

A Season of Denial

When the leadership team was discussing possible themes for Lent we laughed initially when someone mentioned “Denial.” It seemed so ominous and too heavy, but it didn’t take long for us to revisit such a provocative theme for the season of Lent. We are hard at work to create a worship environment and experience that does justice to such a powerful theme.

Denial works for Refuge on a number of levels. It brings to mind thoughts of giving something up for Lent, the common practice of forgoing a small pleasure that we might focus on God more clearly.

Digging a little deeper into the practice we are reminded that our small “denial” is a reminder that we are called to deny ourselves for the sake of our Lord and for others. In many ways the call of the Christian can be understood in terms of denial.

Personally, the theme of “denial” conjures images of Peter’s denial of Jesus after he was arrested. It is so easy to identify with Peter in his moment of weakness as I am also one who too often chooses my own safety, security, and well-being over the call to proclaim Christ boldly.

Perhaps most importantly, the idea of “denial” will remind us in this Lenten season that we are active participants, not innocent bystanders, in Jesus’ crucifixion. We are among those who deny him by our thoughts, words, and deeds as we proclaim every time we say the confession together. It is this denial that lies at the heart of the Good Friday liturgy when as the crowd we cry, “Crucify him! Crucify him!” during the Passion narrative.

The theme of denial reaches to the very heart of the Lenten season and Refuge will provide a place both to wrestle with the difficulty of denying ourselves and to be comforted by the message of the gospel and Jesus’ ultimate sacrifice for us on the cross. I hope you will join us as we explore this season of denial together.

The Rev. Kris Opat

Important Dates for April

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

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

Palm Sunday

Thursday, April 21

Maundy Thursday

Friday, April 22

Good Friday—Stations of the Cross

Saturday, April 23

Easter Vigil

Sunday, April 24

Easter, April 25

Friday, April 29

7th Grade Confirmation Retreat

Parish Updates

Death Announcements

Virginia “Ginny” Robinson

Long-time parishioner
Tuesday, February 1, 2011

Vivian Hathaway

Mother of parishioner Kelly Vayansky
(Spouse of parishioner Nickolas Vayansky)
Grandmother of parishioner Emma Hull
Friday, February 11, 2011

Alice Johnson

Mother of parishioner Clay Johnson
(Spouse of parishioner Shannon Johnson)
Grandmother of parishioners Lucy, Tyler and Evelyn Johnson
Died Sunday, February 13, 2011

ST. PAUL'S EPISCOPAL CHURCH

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March 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>
Tuesday	11:00 a.m.	Holy Eucharist, Rite II <i>Friendship Village</i>
Wednesday	10:30 a.m.	Intercessory Prayer
	11:00 a.m.	Holy Eucharist, Rite I <i>Chapel with homily & healing prayers</i>

*Ash Wednesday Service with Holy Eucharist and Imposition of Ashes will be on
Wednesday, March 9 at 7:30 a.m., 11:00 a.m., and 7:30 p.m.*

Important Dates

Saturday, March 5
Friends of Music Concert

Sunday, March 6
ERD Donation Day
Calvary Camp Celebration

Tuesday, March 8
Pancake Supper

Wednesday, March 9
Ash Wednesday

Friday, March 18
Fish Fry

Wednesday, March 23
Mission Trip Chick-fil-A
Fundraiser

Saturday, March 26
Claudia Circle
Rummage Sale

Sunday, March 27
2nd Grade
Eucharistic Celebration