THE JOURNEY INWARD

Last winter we began to talk about the three-fold journey for us as a parish – the Journey Inward, the Journey Outward and the Journey Together. I borrowed this framework from a colleague of mine who has used it to help describe the journeys of growth throughout the Christian life. The Journey Inward is our growth in learning about God, and our relationship to God through prayer, song, silence, conversation and contemplation. The Journey Outward is our journey in growing of love, care and service to others. The Journey Together is the growth in relationships with others and community. Each of these Journeys is deeply intertwined. Throughout the Christian life, we seek to balance growth in each of these journeys.

I find this framework helpful in thinking about the life of our parish community – how are we living out each of these Journeys? Is there balance between our growth in fellowship and community, service to the world and those in need, and in our faith and love of God?

Over the last few months, there has been much prayer and thought into how we grow deeper in our faith and relationship with God. This fall, there are three offerings I want to highlight which are meant to help us in this growth – Education for Ministry (or EfM); Introduction to Centering Prayer, co-sponsored by St. Paul's Episcopal
Church, Southminster Presbyterian Church, and Contemplative Outreach Pittsburgh; and the Spiritual Exercises of St. Ignatius, led by St. Paul’s community member, the Reverend Ted Babcock. Each of these is outlined in the August Messenger, and invites you to join in an experience outside of Sunday morning to strengthen your experience and love of God. Each explores this dimension of the Christian life in a different way.

How are you feeling called (or tugged) to grow in your spiritual life? What Journey do you feel you are progressing on? Which one are you struggling with? How are we doing on these journeys as a church or as a parish?

Blessings to you and your families in these final weeks of summer!

Peace,
The Reverend Noah H. Evans, Rector

**BEER & HYMNS**

**AUGUST FUN FOR CHILDREN & FAMILIES**

Children and Family Ministry August Messenger

**St. Paul's Summer Art Show-- going on ALL SUMMER!**

Do you have an artist in the family? Do your kids like to color and draw during worship? Do YOU like to color and draw during worship?? We will have “frames” available for kids of all ages to create art of all types during summer worship. Please include the artist’s name, age, and the date of creation on the space provided on the sheet, and present it to Noah, Garrett, or Kristen after the service. All art will be displayed in the undercroft, with prizes of all sorts at the end of the season!
“Flat Paul” at St. Paul’s-- going on ALL SUMMER!
Remember Flat Jesus from last year? Well, this year we are offering St. Paul who, along with his Book of Psalms, will want to go EVERYWHERE you go this summer! Take pictures and post on St. Paul’s webpage, using the hashtag #FlatPaul.

A Movie Under the Stars in St. Paul's Parking lot Saturday, August 4. Presented by St. Paul's Nursery School. The movie (Shrek) is free, but donations are appreciated! Visit the concession stand for popcorn, drinks, and more (cash only). Bring your own blanket and chairs. Gates open at 7:30, movie begins at dark. (In event of rain, the movie will be shown indoors.) Proceeds benefit the Nursery School!

August 5th, 10:45am: KONA ICE Sunday, followed by a Building Scavenger Hunt. Grab a Kona Ice and then join us in the undercroft to start your scavenger hunt of St. Paul’s nooks and crannies!

August 12th, 12-4pm: St. Paul’s Day at Old St. Luke’s. Have you ever been to Old St. Luke’s? If not, or if you have, join us on August 12th for a tour, and a demonstration of the 1823 historic organ!

August 19th, 3pm: Cookout in Mt. Lebanon Park. Come on out to St. Paul’s in the Park! Join us to celebrate summer with a good old cookout at the upper pavilion in Mt. Lebanon Park. We bring the entrées (hamburgers, hot dogs, chicken) and drinks, you bring a side dish or dessert to share! Games for the kids and sports events! $5.00 for each person, $20 for the family – all proceeds to go to Outreach projects. See you there!

August 26th, 9:45am: Blessing of the Backpacks. This will be our last combined worship for the summer. Our kids are going to start to go back to school and to remind them that God and their church family’s love goes with them, we will bless backpacks, knapsacks, cell phones, computers, or anything else that you’d like to bring to be blessed for the year ahead.
September 2nd, 8:45am-- regular worship

September 2nd, 9:45am: FINAL KONA ICE SUNDAY OF THE SEASON!!

September 2nd, 10:45am-- regular worship

Questions? Don’t hesitate to reach out and ask. My email is kmorgan@stpaulspgh.org

Blessings to all,
Kristen

Kristen Morgan
Director of Children and Family Ministry
kmorgan@stpaulspgh.org

**DO - MI - SOL MUCH EXCITING MUSIC FOR CHILDREN AND YOUTH!**

I am excited to announce that, beginning this September, in consultation with the Children and Youth Commission, we will be implementing changes that will enrich, challenge, and inspire our youth musicians. The most significant change will affect Canterbury Choir. In the past, Canterbury Choir has been open to singers from Kindergarten through 5th grade. Going forward, we will reorganize Canterbury Choir into two groups based on age level and ability. Our youngest singers will have the opportunity to sing occasionally throughout the program year as part of a “Cherub” Choir for ages 4 - 8. Singers ages 9-14 are welcome to join our Youth Choir, which will rehearse in the same time slot that Canterbury Choir previously occupied, from 10:30-11:15 on Sunday mornings. We believe this restructuring will address the following goals: first, to provide age-appropriate, meaningful musical experiences for all children and youth. Second, to provide a musical space for youth who have aged out of the children’s choir program but have not yet aged into the Praise Band or Chancel Choir. Our first rehearsals will begin in mid-September - all are welcome!

*Shake, Martellato, and Pluck!*
Handbell Choir is open to all St. Paul’s youth and adults who’d like to venture into the unique musical world of handbell ringing. Our handbell choir provides a wonderful variety of musical offerings for both the 8:45 and 10:45 services throughout the program year. We rehearse most Sundays at noon, following the 10:45 service. Please join us for our first rehearsal on September 9th. No experience is required, but a sense of humor is a must!

YOUTH ARE INVITED TO HANG OUT (AND SERVE)

YOUTH HAPPENINGS

For August/September 2018

Summer is rolling right along. I hope that our St. Paul families are getting a chance to get away and enjoy some fun time together. It was great seeing so many of you at the EYC Summer Fun Night. There are a lot of events and activities coming up in the next few months, so stay tuned!

Mission Work Day As part of my process to become a Deacon, I am working as an intern at Hot Metal Bridge Faith Community in the South Side. A big part of HMBFC is their Table ministry. They offer a free meal to all who come in. The Table is set up like a restaurant; folks sit at tables and enjoy conversation and a coffee station before being served dinner. Outside groups prepare and serve the meal much like Shepherd’s Heart downtown. I have signed us up help on Thursday evening, August 23 from 3:30-7. The menu will be simple and easy to prepare. The number of meals will be around 40. Youth and families are invited to join. This will be another great way to help our neighbors in need so contact Paul right away to help serve!

http://www.hotmetalbridge.com/

St. Paul’s Day at Old St. Luke’s is Sunday, August 12 from 1:30-4pm. I know some of you are into history so come by Old St. Luke’s historic church in Scott Twp., and learn more about our local history dating back to 1765. I’ll be in period dress leading tours of the building and burial ground. Our Asst. Music Director, Christin Cooper will be performing a short recital on the 1823 organ. Come join us!

EYC Kickoff Cookout! What better way to start off our youth program year than with fun, food and fellowship! Both middle and high school age youth, families and
friends are invited to hang out, play games eat burgers and dogs, and catch up with friends we might not have seen through the summer. We grill the meat and you bring the sides and desserts to share. Come join us, Wednesday evening, September 12 from 5-8.

**Youth Forum** begins September 16 in the comfortable youth room at 9:45am. We catch up, share the Gospel reading and then talk about moments in our lives when we feel Jesus or when we want to feel Him more. Youth 8th grade and older are invited to gather in this casual setting.

**Jr. EYC Nights** begin Tuesday, September 18 from 6-8. We share a meal, engage in a group activity and then enjoy each others company at free time in the comfortable youth room. All middle school age youth and friends are invited to join us most Tuesday nights throughout the year. We ask participating families to help provide a simple dinner (pizza, tacos, subs. A sign up sheet will circulate soon) once in the fall and spring. This a fun time to gather with others in a safe, friendly environment. Come join us!

**Sr. EYC Study Breaks** begin Wednesday, September 19 from 7-9pm. All high school age youth are invited to hang out in the comfortable youth room, enjoy munchies, play x-box, wii, foosball, Uno, or just chill. Take a break from your busy schedules and recharge with other cool youth. See you then!

I’m excited to be beginning another fantastic youth program year soon! Enjoy the second half of Summer!

Paul Barker  
Director of Youth Ministry, St. Paul's  
Operations Manager, Old St. Luke's

**JOIN A PARISH MUSIC ENSEMBLE**

For the most part, this August music article presents events that begin our program year and extends to you our annual invitation to join a parish music ensemble.

St. Paul’s Music Ministry offers a diverse and notable array of musical styles illustrating the breadth of our ministry in response to parish mission and vision for great worship music. In short, music that makes our worship “truly joyful!” We also offer a series of concerts through our Friends of Music Guild
Concert Series. Listed in next month’s Messenger article will be our concert offerings for the 2018-2019 program year. These concerts feature an abundance of St. Paul’s talent, guest artists and our wonderful organ in a resonant performance space.

Kicking off the Guild Concert Series will be our annual South Hills Organists Recital on Sunday September 23 at 4:00 pm. This year we feature in-house organists Christin Cooper, Alice Lee and me. Our guests are David Schaap, Organist and Choirmaster at Trinity Cathedral and Stephen Schall, free lance organist, conductor and bass soloist here in Pittsburgh. Each will play around ten minutes of music that you will truly enjoy.

In September the music ministry begins its rehearsal schedule and all are invited to join us. Our Music Ministers are a group of welcoming singers and instrumentalists at all levels of ability. The common denominator is our desire to make St. Paul’s worship truly joyful. Be a part of this dynamic community of musicians and join one of these ensembles, calling me with any questions at ext. 16.

There are some changes to anticipate this year as Christin and I, along with clergy, have proposed some innovations. With your support, we will sharpen our music ministry’s service to our community.

1. Music for Sunday at 8:45

We are combining Youth Praise Band and 8:45 ensemble to increase intergenerational music-making and to achieve more consistent participation on a weekly basis. To accomplish this, there will be twice-per-month rehearsals for 8:45 a.m. musicians and, in order to maximize youth participation, these rehearsals will be on Wednesday evenings to coincide with Senior EYC. We will post a list of these rehearsal times in the coming weeks. Sunday morning 8:15 am rehearsals prior to the liturgy will continue. Innovations include the following:

- We will periodically feature Praise Band youth only with some of their favorite tunes at the Offertory or Communion inviting youth to prepare their own selections.

- With this summer’s success of theme-based Masses; e.g. U2charist, Jazz Mass, Beatles Mass, we will continue to present a "theme" mass for each season: fall, spring, summer. Christin Cooper will coordinate these special events.

In summary, we invite all Contemporary Music Ensemble musicians to continue to provide contemporary worship music enjoyed by people of all ages. We need musicians who play piano, guitars, bass, wind and stringed instruments, & percussion, and even brass.
2. Music for Sunday at 10:45 – Chancel Choir Rehearsals begin Thursday, September 6th

This is a traditional service of Holy Eucharist, Rite II, featuring the great hymns and historic music of the Church sung by the Chancel Choir, soloists, and supported by our magnificent pipe organ and other instrumentalists. Our Chancel Choir of high school age and adult singers offer wonderful choral anthems, descants, and leads our singing of Psalms and Chant. We rehearse each Thursday night at 7:30 pm until @ 8:45 p.m. and again on Sunday morning at 9:45 am in preparation for the 10:45 liturgy. We invite you to join us on September 6.

3. Canterbury Choir and Handbell choir under the direction of Christin Cooper

Christin has wonderful news about our youth choirs and announcements about handbells. Please see her article.

Our 9:45 am summer worship continues through August. I will be away until the 26th but you can still contact me via email. The pipe organ is being cleaned for the first time! Since 1998 dust/etc. has accumulated in the pipe work and this cleaning will take place August 13-August 26. Accordingly, we offer a Beatles Mass on August 19 and we will be creative for the 26th! Have a great summer’s end!

**Pittsburgh Beer & Hymns!** Wednesday, August 15, 5pm-7pm, Caliente Pizza & Drafthouse, 329 Castle Shannon Blvd. Sponsored by St. Paul’s and the Episcopal Diocese of Pittsburgh. There is a grand tradition within the Christian church of bringing together hymn-singing and pub culture. Join us for this modern-day celebration of community, hymns, beer, and fun!

**CELEBRATE AUGUST TOGETHER**

**St. Paul’s Day at Old St. Luke’s.** August 12th, 12-4pm: Have you ever been to Old St. Luke’s? If not, or if you have, join us on August 12th for a tour, and a demonstration of the 1823 historic organ!

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you bring a side dish or dessert to share! Games for the kids and sports events! $5.00 for each person, $20 for the family – all proceeds to go to Outreach projects. See you there!

St. Paul’s at the Pirates RESCHEDULED: Friday, September 7, 7:05. Are you interested in going to the Pirates’ game (vs. the Marlins) with St. Paul's? It'll be a great way to enjoy PNC Park while getting to know other families/parishioners from the church. Tickets are $23. It's also Clemente t-shirt night! Email Garrett at garrett@stpaulspgh.org for tickets, or if you have questions.


Geodes Potluck Geodes will be taking a vacation break in August and will resume on September 13. See you then!

Pickwick Boys - Thursday, August 16, Scoglio Greentree, noon. Join a group of (mostly) retired St. Paul's men for friendship and lunch! To RSVP, or if you have any questions, contact your host, John Lenkey, at 412-471-1212.

Dickens Dames – Thursday, August 23, 12:30, Olive Garden. Join a group of (mostly) retired St. Paul's women for friendship and lunch! To RSVP, or if you have any questions, contact your host, Elaine Key, at (412) 343-5881.

CARING WITH OUR COMMUNITY

Toiletry & Cosmetic Samples - Did you collect sample-sized shampoo, conditioner, soap etc. samples while traveling this summer? Do you have UNOPENED, UNUSED samples (or even full-size) fragrances, nail polishes, or cosmetics? Bring them to St. Paul’s! We will be collecting toiletries and cosmetics through the end of August. Toiletries and cosmetics will be distributed to Trinity Walk-In Ministry, and Women’s Center & Shelter of Greater Pittsburgh.
Food Pantry Weekend is August 4 & 5, and September 1 & 2. Please remember to bring your non-perishable food contributions to the service you attend this weekend. Canned, boxed, and jarred (plastic) items are needed as well as paper products. Please avoid bringing any items that are marked with expired expiration dates. Personal items such as toothbrushes, toothpaste, shampoo, etc. are also very much appreciated. As always, your contributions are received with gratitude.

Bring in a Pack of Diapers for our New Refugee Neighbors – Show a little “Luv” for some of the new refugee families in our community. The Refugee Committee will be collecting packs of disposable diapers during the month of August and will donate them to NAMS Center, the agency which helps with the resettlement of many new refugees and with whom many members of St. Paul’s Refugee Committee work. Diapers of all sizes are badly needed, and this is a great way to welcome our new neighbors by relieving them of an extra household expense. Just drop your donations in the box marked “Diapers” in the church undercroft any time in August. Thanks for helping!

Mt. Lebanon 11-17 Diversity & Inclusion group Monday, August 13, 7:00pm - 8:30pm, at the Mt. Lebanon Municipal Building. You can play an important role in sharing information about Mt. Lebanon’s anti-discrimination ordinance! We are a big kickoff the weekend of November 17 to celebrate the one-year anniversary of the ordinance’s enactment! Make sure to mark your calendar for that weekend. We are going to start planning this event right away. Please share the news, and bring a friend.

Mission Work Day As part of Paul Barker’s process to become a Deacon, he is working as an intern at Hot Metal Bridge Faith Community in the South Side. A big part of HMBFC is their Table ministry. They offer a free meal to all who come in. The Table is set up like a restaurant; folks sit at tables and enjoy conversation and a coffee station before being served dinner. Outside groups prepare and serve the meal much like Shepherd’s Heart downtown. St. Paul’s Youth are signed us up help on Thursday evening, August 23 from 3:30-7. The menu will be simple and easy to prepare. The number of meals will be around 40. Youth and families are invited to join. This will be another great way to help our neighbors in need so contact Paul right away to help serve! http://www.hotmetalbridge.com/

SIGN UP YOUR FAMILY TODAY!

You can sign up your family for all of your favorite St. Paul’s activities at www.stpaulspgh.org/kids! This is where you will register for Sunday School, Youth Forum, Junior EYC, and Senior EYC, and also where you can sign up for acolyting, praise band, Canterbury Choir, Faith5, and other special events.
EMBOLDEN YOUR FAITH THROUGH STUDY: EFM

Originating from the School of Theology at Sewanee, a prominent Episcopal seminary, Education for Ministry, or EfM, seeks to inspire and embolden participant’s faith through study, communal worship, and intentional theological conversations. The group, which consists of somewhere between 8-12 people, meets for 2 hrs. during the week from September to May. Often times people ask if they need any kind of theological or biblical knowledge before joining, and the answer to this is No; your curiosity and willingness to grow is enough! EfM is adaptable and able to nurture the growth of the lifelong Christian and also the new believer. Our time together usually includes a devotional/prayer, a reflection upon our weekly readings, some snacking, and what EfM calls “theological reflections,” which is simply a guided conversation on a timely issue, and closing worship. One of the things I most enjoy about EfM is its great emphasis upon “living your faith.” Sometimes we have conversations that we think were really important and engaging, and yet wonder how it changes anything about our lives. With this in mind, EfM’s driving question is less “what do you think?” and more “how does what you think take shape in your daily life?”. If you’ve read this far in this post, my bet is that you’re interested, and that maybe God is tugging on you to consider this further. Contact Garrett, either on Sunday morning, or via email (garrett@stpaulspgh.org) with any questions.

THE SPIRITUAL EXERCISES OF ST. IGNATIUS: DEVELOPING A DEEPER RELATIONSHIP WITH GOD

St. Paul’s is offering a 12 step journey that is designed to strengthen your relationship with Jesus. It is based upon the Ignatian 28 day retreat, and builds on ancient principles that have led tens of thousands of men and women into a deeper understanding of themselves, God, and their relationship with Jesus.

The Rev. Ted Babcock will lead the journey supported by Sister Carole Riley. Ted is the retired Canon to the Ordinary the Diocese of Central Pennsylvania; retired, Diocesan Administrator, and Canon for Congregational Support for the Diocese of
Pittsburgh. Previously he served as a parish priest in the Diocese of Pittsburgh, Central PA and Connecticut. He is an associate at Holy Cross Monastery. Sister Carole Riley is the Executive Director of the West Virginia Institute for Spirituality. She is a member of the Sisters of Divine Providence, and has taught spiritual direction worldwide. She is an accomplished pianist, having chaired the music department at Duquesne University and performed throughout the world. Her work in spiritual formation has been recognized by the National Conference of Religious Formation.

This retreat is based on St. Ignatius’ Spiritual Exercises and uses scripture, prayer, reflection, journaling based on your prayer life, and an examination of your journey with Jesus during the day to guide your journey. Each day requires daily scripture reading(s), prayer time, journaling and time at the end of the day to examine day. It should take about an hour each day.

The structure of the program is below -

Our first meeting will be on Saturday, September 29th from 8-9am. It is followed by an Initial Retreat, Friday, October 5th late afternoon (5pm) and will run through Saturday the 6th in the afternoon (3pm) at the West Virginia Institute of Spirituality. This initial session will be led by Sister Carole and Ted.

Following that Initial Retreat, we will meet Saturday mornings at St. Paul’s from 8am until 9am in the lower Undercroft. As you feel comfortable, you will be asked to share your spiritual journey based on your own journalling from during the prior week. The community will journey with you through the process, and will be a small group no more than 10-12 people, who are committed to this ancient and sacred process. It is from our work, individually and together, through sharing and group spiritual direction that our new community will emerge. The community is anchored in the unity found in Christ that we will discover as we journey individually and together through the Ignatian Exercises.

Our last session will be a final retreat to the West Virginia Institute of Spirituality. Again it will begin Friday February 15th at 5pm until Saturday the 16th at about 3pm.

Our dates are as follows -
Initial Retreat
Friday, October 5 6pm - Sunday, October 6 3pm: Initial Retreat at the West Virginia Institute for Spirituality.

Saturday Mornings at St. Paul's from 8-9am

10/13 - Week 1
10/20 - Week 2
11/3 - Week 3
11/10 - Week 4
11/17 - Week 5
12/1 - Week 6
12/8 - Week 7
12/15 - Week 8
1/5 - Week 9
1/12 - Week 10
1/19 - Week 11
1/26-2/15 Week 12 (Done as a group in Ted's absence. Time to fly solo.)

Concluding Retreat
Friday, February 15 6pm - Saturday, February 16 at 3pm at the West Virginia Institute for Spirituality.

Review of the journey. The last 4 weeks - going solo with community support, prayer life, journalling, examen, exercise in self organization, comment on the process as you received it, things to keep, drop and improve, and next steps. We will also discuss holding a full 28 day retreating using the 19th Annotation.

There is flexibility in the process for those who have prescheduled conflicts or last minute emergencies. It is important that we journey as a community together as best as we can. There is a make up process for those who miss a session. The Retreats are mandatory.

The cost for the retreats at WVIS is $100 or $125 if you wish to have Spiritual Direction with Sister Carole. The cost for the Exercises is $0. The materials required
are “Finding Christian the World” by Josepb A Tetlow, SJ $32.95, and a journal for your own use (note: Father Ted uses his commuter/iPad and print only what he needs - others may purchase a journal and keep it in a hand written hard copy form).

For those who need financial assistance please speak to Ted, or Noah, our Rector.

If you are interested please call Ted at 717-360-7662. If he does not pick up, please leave a message with your phone number and he will return your call as soon as he can.

ARE YOU CALLED TO TEACH SUNDAY SCHOOL?

Did you know that St. Paul's doesn't need volunteers?

I read an article that said this the other day. Here’s what I learned. And some of this is right from the article.....it was that good.

I often think about the work of the worship team, the children's ministry team, and musicians, not to mention greeters, ushers, bulletin-hander-outers, and coffee makers. I think of the youth group out there hiding eggs for the little kids. There are so many more people behind-the-scenes who I haven't mentioned. I thought "it really takes a lot of volunteers to make all of this happen".

But the word "Volunteers" isn't the right word. It's like a parent saying that he or she is babysitting for their own child. It's just not the right word. The word for that is "Parenting".

People in the past have been asked to serve, or called to serve. Whatever the job is, it's considered a service. A ministry. Volunteering is something you do at a place that's important to you-- but not something that belongs to you.

That's the important distinction. You cannot "volunteer" at your own church in the same way you cannot babysit for your own child. The church belongs to you in the same way that your family does. It's your place, and it's your own people. So of COURSE you take care of it. Of course you do yard work, and make coffee, and sing in the choir, and teach the kids because that church is home, and that home is yours.
I wonder if any of you have felt this way lately. That St. Paul's is truly home. That's how I feel. SO, I am inviting you to be a part of an important part of the family-- the family that does Children's Ministry. We need people to love and teach and nurture our children.

Right now we have needs with the pre-k and kindergarteners. First graders. Fourth graders. Fifth graders. And sixth graders. Whatever age brings you joy, they need you. And I bet you'll find that they have as much to show you as you have to show them.

Please email me, or call me, if you are interested. You don't have to "know" something specific, or have a Master's in Divinity.

You just have to want to be part of the family.

Kristen Morgan, Director of Children's Ministry
kmorgan@stpaulspgh.org, 412.531.7153 x36

GODLY PLAY HAS COME TO ST. PAUL'S!

Children have an innate sense of God's presence. Starting this fall, St. Paul's is going to start using the Godly Play approach with our youngest children in the pre-K Sunday School class.

What does Godly Play mean? This approach helps children to explore and learn about their faith through story-- it is based on Montessori principles. Children involved will gain religious language and learn to use it to describe their faith-- all through the use of "wondering", and play. We have been using this technique in the Children's Homily since last fall, and have used it this week in our Vacation Bible Camp-- the children are incredibly tuned in to the stories, and can figure out where they are in each story.

We are excited to announce that to kick off, we are hosting a three-day Godly Play training right here at St. Paul's. Anyone interested in attending should register at the below website-- please contact Kristen Morgan to get a discount code (which all parishioners and teachers are eligible for as we are the host for the event).

Our schedule is as follows:
Thursday, October 18, 2:00p-9:00p

Friday, October 19, 8:30a-5:30p

Saturday, October 20, 8:30a-5:30p

Dinner on Thursday, and lunch on Friday and Saturday, are included in your registration.

Here is the link to registration:


If you have any questions, or for the discount code, please contact Kristen Morgan at 412-531-7153 extension 36, or via email at kmorgan@stpaulspgh.org

Blessings to Everyone,

Kristen
Kristen Morgan
Director of Children and Family Ministry
St. Paul's Episcopal Church
kmorgan@stpaulspgh.org

CENTERING PRAYER INTRODUCTORY PROGRAM

Saturday, September 29, at St. Paul's.
Registration 8:30am, Workshop 9am - 12pm

Sponsored by St. Paul's Episcopal Church, Southminster Presbyterian Church, and Contemplative Outreach Pittsburgh.

Centering Prayer is a way of cultivating a deeper relationship with God. It is a resting in God beyond thoughts, words and emotions.

Four key topics will be covered in the workshop:

- Prayer as relationship with God.
• The method of centering prayer.
• Thoughts and use of the sacred word.
• Deepening our relationship with God.

You are also invited to participate in four Continuing Sessions:
* Saturdays, 9 - 10:30am
* October 6 & 13 - at St. Paul's
* October 20 & 27 - at Southminster Presbyterian Church, 799 Washington Road, Mt. Lebanon

Suggested donation $25, scholarships are available.
The donation includes the workshop, the book Open Mind, Open Heart, and the continuing sessions.

For registration, questions, and scholarship information, contact Erin Morey at emorey@stpaulspgh or 412-531-7153.

Download a registration form here.

Online registration available here.

**PITTSBURGH PIRATES ST. PAUL'S DAY**

St. Paul's at the Pirates RESCHEDULED:
Friday September 7, 7:05. Are you interested in going to the Pirates' game (vs. the Marlins) with St. Paul's? It'll be a great way to enjoy PNC Park while getting to know other families/parishioners from the church. Tickets are $23. It's also Clemente t-shirt night! Email Garrett at garrett@stpaulspgh.org for tickets, or if you have questions.

**ST. PAUL'S PILGRIMAGE TO THE HOLY LAND**

The St. Paul's pilgrimage to the Holy Land dates will be February 7th through the 19th, 2019. We will leave Pittsburgh on February 7th and we will leave Tel Aviv on Tuesday Feb 19th for our trip back home. As of now, the cost of the trip is estimated at $3,600 for people sleeping two per room and $4,150 for single occupancy rooms. This includes the tours, lodging, meals while there, tip to tour agency, airfare and
travel insurance. We will be staying at hotels in Jerusalem and Nazareth during this pilgrimage. If you are interested in going, please contact Dave Sharbaugh (david.sharbaugh@gmail.com) or Noah Evans (noah@stpaulspgh.org)

CELEBRATING MATT'S MAKER SPACE AT ST. PAUL’S NURSERY SCHOOL

Matt’s Maker Space was founded by the Conover family to honor the memory of their son, Matt, Mt. Lebanon resident and former student of St. Paul's Episcopal Nursery School. Matt Conover died in 2002 at the age of 12 after a nine-month battle with non-Hodgkin’s Lymphoma. Since then, the Conover family has worked to give back to the community that supported and comforted them in their loss. During Matt's illness, his youngest sister Anna was attending St. Paul's Nursery School and the school staff as well as the St. Paul's community walked alongside the Conovers during the very sad and difficult season.

Matt like many young children loved to create and when given the materials, space and opportunity made some rather spectacular creations. We are honored and excited about the addition of Matt's Maker Space to the nursery school this fall.

A maker space is a term that grew popular about 10 years ago. It is a hands-on place where students can use materials and simple tools to make crafts or to solve problems and apply STEAM — science, technology, engineering, arts, and mathematics. "Making", sometimes called "tinkering" is a natural fit for a play-based program such as St. Paul's Nursery School. It supports the school's "hands-on" approach to learning and will provide a dedicated creative space, filled with interesting new materials and tools, allowing the nursery school children an opportunity to create, invent and of course learn.

Young children are natural "makers" and St. Paul's teachers have been providing opportunities to create, engineer and fabricate long before it was officially labeled "making". Our school encourages child-led projects that are open-ended making the experience more meaningful to children and fostering depth in their learning.
The maker space will be similar to those in the seven Mt. Lebanon elementary schools and the Mt. Lebanon Public Library. In addition to the one at the nursery school there are two more Matt's Maker Space rooms set to open this year; one at Our Clubhouse in Pittsburgh's Strip District and another at Children's Hospital of Pittsburgh.

We are both honored and thrilled to be working with the Conover family and The Children's Museum of Pittsburgh to create Matt's Maker Space at St. Paul's Nursery School. The Conovers will join us on Sunday, September 23rd as we bless this project and they will share a bit more about their journey during Adult Forum.

Eileen Sharbaugh

Director, St. Paul's Episcopal Nursery School

POWER DRAWN FROM THE WITNESS

A reflection by Lisa Brown, Parishioner, and Deputy to General Convention

(General Convention is the governing body of The Episcopal Church. It meets every three years, and is made up of deputies and bishops from each diocese, who consider important matters facing the Church.)

And so begins my second week of General Convention of the Episcopal Church at which I am honored and humbled to serve as a deputy. Fun fact – I’m a “deputy, meaning I vote my conscience, not a “delegate” who is called to represent the will of the people. That being said, the people of St. Paul's and the Diocese of Pittsburgh are always very much in my heart, prayers, and advocacy during this experience.

So far it's been a roller coaster of emotions. Joy at seeing so many people from across the church who I dearly love. Angst at hearing the stories of immigrants and refugees, and victims of gun violence, shared in legislative hearings and in the Bishops Against Gun Violence public gathering. Rejuvenation thanks to an Episcopal chaplain's therapy dog who gave me a big sloppy dog kiss. Power drawn from the witness of over 1000 Episcopalians protesting in the hot, hot Texas sun outside of a detention facility holding immigrant women who were separated at the border from their children. Entertainment at the #gc79pigeon and
#gc79andthreequarters hashtags on Twitter that reflect the unique wit and snarky sense of Episcopal humor. Pride at seeing friend and diocesan priest Eric MacIntosh on the big screen, whose work in reestablishing St. James as a parish in Penn Hills was featured in a video shown to 2500 bishops, deputies, media, and guests. Intellectual engagement at the thoughtful, informed and well-formed arguments in support or opposition to any of the 400+ resolutions we are considering as a legislative body. Exhaustion at 14-hour days followed by a mere 5 hours of sleep. A little homesickness at dot representing Calvary Camp on the Episcopal Camp & Conference Center map, thinking of my daughter who is on staff there right now.

I admit it, I’m hooked. I’m a policy wonk by training – I double-majored and earned an MBA in Public Policy. The polity and the process intrigue me. I’m ready to sign on for another triennium, God and the diocese willing. I love that our denomination has room for humor, intellectualism, messy debate and disagreement. But most of all, I have a profound sense of the movement of the Holy Spirit, working through all of us here, and working through so many Episcopalians across 16 countries. We are the Episcopal branch of the Jesus Movement, and I truly believe we have a role to play in transforming our world and bringing about the kingdom of God.

To find more information about General Convention from the Episcopal News Service, click here.
IN AWE OF THE MYSTERIES WE UNLOCK

A reflection (and farewell!) from Mia Benjamin,
Summer Pastoral Assistant

Dear friends,

As my brief internship at St. Paul’s comes to a close, I wanted to take a moment to sincerely thank you for all that you have done for me in the past eight weeks. In such a short time, you have taught me so much! I learned how to weave a pony-bead cross necklace, pack sandwiches for veterans, and rig up an amplification system. You’ve fed me with doughnuts and coffee and pulled pork—and fed my faith with your precious, sacred stories. Thank you for inviting me into your homes and meaningful moments in your lives. And thank you, as well, for shaping the Christian and priest I am becoming.

It’s impossible to summarize everything I’ll be taking away from my time here at St. Paul’s, but I thought I’d highlight three of the most poignant lessons I’ll be carrying with me:

1. Curiosity and wonder doesn’t stop with the end of childhood!

It was an absolute joy to explore Bible stories with your children at the Vacation Bible Camp. Godly Play’s open-ended format allowed us to imagine together—what happened before this story? What might come next? What part of the story is about us? Most memorable, however, was getting to tell my favorite Godly Play parable, The Parable of the Great Pearl, to children as a Sunday children’s homily and then again to the adults in my Sacred Stories class a few days later. It was fun to watch the children get caught up in the suspense and mystery of the parable; it was profound to witness adults doing the same. Both groups dove deep into one small sentence Jesus spoke and I was amazed at how challenging it was for the adults to reach for the conclusions the children jumped to with ease. Jesus couldn’t have possibly meant for us to give away everything for the Kingdom of God, could he? I am deeply grateful to my Sacred Story class for wholeheartedly participating in somewhat-less-than-orthodox ways of being curious about the connection between story-telling and the Christian faith. We pictured ourselves smelling and tasting a Gospel story, we drew with crayons, and we looked for ourselves in modern art. I found myself in awe of the mysteries we unlock when we give ourselves permission to get creative and feel ownership of the stories of both the Old and New Testaments.

2. Music does make community.

3. "And the Lord said, ‘Let us make human beings in our image, after our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, and over all the creatures that move along the ground, and over all the creatures that creep on it.” Genesis 1:26 (NRSV)
I did go to a workshop entitled, Music Makes Community, so I would hope that I would have gotten to this point. But I’ve also been discovering this lesson in all sorts of moments here at St. Paul’s. I felt it in the enchanting tones of a handbell choir. I glimpsed it in the idiosyncratic pantomine of a five-year-old as she belted out the song she learned about her own empowerment. It was there in the room when our staff stood and sang together before our weekly meeting and at the brewery when the small group of all sorts of Christians were willing to make fools of themselves in public through sacred song.

I saw how musical boldness brings people together, and how it brings people to church. At the U2charist this summer, the sanctuary was not just filled with strong voices and beloved songs, it was also filled with people experiencing their faith in a whole new, yet lovingly familiar way. I am sad that I will not be able to join you for the Beer & Hymns event at Caliente’s Pizza and Draffthouse on August 15, but I have high hopes that moment can do the same for many others.

3. Pastoral care is done by all the people of God.

One of the primary reasons I came to St. Paul’s was to learn more about how pastoral care happens at larger, thriving parishes. I hoped to get a chance to get what it is like to provide pastoral care as a clergyperson and I’m deeply grateful to Garrett and Noah for inviting me into their ways of being pastoral leaders. The more significant lesson I’ll take away is that authentic and effective pastoral care is best done by all the people of God, together. For the first time, I got to see lay Stephen Ministers in action. I learned about how the parish comes together around a couple in crisis, how the altar guild quietly and faithfully sends flowers to those who need a little bit more cheer, and the dedication of lay eucharistic visitors month after month. Most of all, I was struck by the everyday caring I saw between people of different generations and backgrounds.

Together with the Pastoral Care Commission, I was invited to imagine the even greater potential of the pastoral care ministries here at St. Paul’s. I’m excited and encouraged by how much this parishes cares for its people, and the investment you are willing to put into being there for each other in times of deep need.

Thank you to everyone who already took time to say goodbye to me and for those who’ll be praying for me as I take my marital vows on Saturday, July 28 and return to Berkeley for my final year at seminary. I wish this parish all the best with all the incredible things God is already doing with your life together!

With gratitude,
Mia

“FLAT PAUL” AT ST. PAUL’S!

Remember Flat Jesus from last year?

Well, this year we are offering not one BUT two versions of St. Paul who, along with his Book of Psalms to celebrate our Psalms of Summer, will want to go
EVERYWHERE you go this summer!

As a special bonus, we also have a special "Flat Paul" celebrating our Director of Youth Ministry, and Manager of Operations at Old St. Luke's, Paul Barker!

Take pictures and post on St. Paul's facebook group, using the hashtag #FlatPaul.

Pick up your Flat Paul or (Pauls) at Church, or download him below!

Flat Paul - created by Youth artist Jack Melvin

Flat Paul - created by Youth artist Topher Futrel

Flat Paul Barker - created by Youth artist Topher Futrel
Take a photo of #flatPaul wherever you find yourself this summer, from your backyard barbecue to Timbuktu.

Then, share it with us on Facebook, email it to emorey@stpaulspgh.org, or send us a paper copy for our bulletin board in the Undercroft.

SUMMER OF PSALMS

They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; everything they do shall prosper. (1:3)

In the morning, LORD, you hear my voice (5:3)

The LORD is my shepherd; I shall not be in want. (23:1)

Deliver me from death, O God, and my tongue shall sing of your righteousness, O God of my salvation. (51:15)

I lift up my eyes to the hills; from where is my help to come? (121:1)

LORD, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar. (139:1)
The Book of Psalms was Jesus' Prayer Book – these poems and prayers shaped Jesus' prayer during his life and ministry along with his own understanding of God. This collection of poems in our scriptures capture the essence of what it means to be human, including the entire full breath of human experience - from rejoicing over God's goodness, to the sorrow of sin, despairing over the evil in the world to feelings of personal suffering, to hearing God speak to us in the still places of our soul or gazing at a mountaintop. The psalms, you might say, are as human as it gets. At the same time, they are centered upon the one and only living God, who desire relationship with God’s people.

This Summer, we are all invited to read the book of Psalms together. In total there are 150 Psalms – some are short, some or long. Reading each day from Memorial Day to Labor Day means reading 1-3 Psalms per day. This is something that can be done where ever you are – on vacation, sitting on the beach, at your desk at work or waiting for your kids on a bench at Kennywood. It’s a spiritual practice we can all share together as a community – wherever we may be. We have developed a schedule and resources to guide our daily prayers. It can be picked at St. Paul’s, or download it from our website, viewed online here, or ask us to mail it to you. You can use a bible or a Book of Common Prayer or an online resource to read the Psalms. We also have a free "trade paperback" version of the Book of Common Prayer you can pickup at church to use. Each Sunday there will be a gathering, led by various members of our clergy and staff, to discuss what we are reading and praying. Our first gathering will be led by our Bishop, Dorsey McConnell on Sunday, June 3rd.

This summer we will continue our summer combined worship schedule with services at 6PM, 8AM and 9:45AM. This will give us an opportunity to come together as one community, connect inter-generationally and worship and play together. There is a special event after church almost every week, so please see the summer calendar for more details. Many Sunday also will have special musical offerings and allow us to try different things in worship. We also are blessed to have two interns with us this Summer, Mia Benjamin and Jack Brownfield, and I am so grateful that their voices will be added to our common life.

Blessing and peace as we celebrate and serve together this summer!

Peace, Noah
The Reverend Noah H. Evans, Rector

PASTORAL NEWS AUGUST 2018

Deaths
Mary Ellen Leigh  
*Former, long-time parishioner*  
Died on Wednesday, June 27, 2018

**Next Baptism:** any Sunday throughout the summer. If you have an infant, child, or adult who is not yet baptized, please contact Noah (noah@stpaulspgh.org, 412.531.7153).

**The Blood Pressure Clinic** is Sunday, August 12. Jean Steiner will be available after the 9:45 service. Jean is a registered nurse and member of St. Paul's. This clinic provides parishioners with blood pressure issues an opportunity to have them checked on a regular basis.

**St. Paul's Intercessory Prayer Chain**
There are members in our community who love to pray for you! Each week, the members of the St. Paul's Prayer Chain pray with each one of the St. Paul's prayer requests. Prayer requests are received through the pew cards, the St. Paul's Prayer List voicemail, the Parish Office and through the clergy. Please know it is a gift for us to be able to pray for you. If you are interested in joining the Prayer Chain, the commitment is to agree to spend time each week on your own, or in the 10:30AM Wednesday Intercessory Prayer service in the Chapel, praying with each St. Paul's prayer request. Prayers are delivered to members each week via email. For more information, please contact Elaine Mycoff (412.343.3239, mycoffr_e@verizon.net) or the Reverend Noah H. Evans (412.531.7153 x11, noah@stpaulspgh.org).

**Pastoral Care Emergency Number**
Pastoral care ministries make the love of God visible for parishioners. Clergy are available on a daily basis to talk to those wishing guidance, and visit parishioners in hospitals and at home if needed. The pastoral care hotline (412) 440-8123 answers 24 hours a day to respond to emergencies such as accidents or to provide ministration to the dying.

**Altar Flower Delivery** - Almost every Sunday, volunteers deliver flowers to parishioners in celebration of births and baptisms, and to offer condolence after the passing of loved ones. Flowers have also been delivered to hospitals, and to cheer parishioners who cannot make it to church on a regular basis. If you would like to deliver flowers, or know someone who would like a flower visit, please contact Garrett at garrett@stpaulspgh.org.
Our Clergy are Here For You!
Garrett and Noah want to be a part of your life – helping to mark important moments and milestones, as well as give support and counsel along the way. Our clergy would love to bless your home when you move, visit you in the hospital when a baby is born, or sit with you when you are experiencing pain, tragedy. Or if you feel it is a time of growth or despair in your relationship with God. Please let them know what is going on, and reach out to them to be companions on this journey of life. Contact the Reverend Noah Evans (412.531.7153 x11, noah@stpaulspgh.org).

New Baby?
If you are expecting a baby, please notify Dorothy (412.531.7153 x10, dconway@stpaulspgh.org) in the Church Office when your baby is born, and tell her whether the baby is a boy or girl. She will then notify the ladies of Claudia Circle who will make a basket for your baby and deliver it to your home. Please make sure the church has your current home address and phone number.

Lydia Circle
Since 1983, Lydia Circle, with the help of many church women, have been providing (if the family wishes) a reception following funeral and memorial services at the church. If you would like to be a part of this ministry, please call Mary Sweeney (412-561-5933).

Stephen Ministers
St. Paul’s has a team of Stephen’s Ministers who are available to spiritually walk with others during difficult times. Please contact the clergy if you, or someone you know or love, might benefit from the presence of a Stephen’s Minister.

What is a Stephen Minister?

One way to put it is that Stephen Ministers are the "After People."

Stephen Ministers are there…

- after the phone call you hoped you’d never get.
- after the divorce papers are served and the bottom falls out of your life.
- after the funeral, when everyone has left and the emotions you’ve held at bay come crashing in on you.
- after the doctor says, “I’m sorry, but there’s nothing more we can do.”
- after the nursing home director shakes your hand and says, “Welcome to your new home.”
- after the last child honks the horn, waves, and drives away – and the house suddenly seems empty.
after the gavel goes down, the handcuffs go on, and your loved one is led away
after the baby arrives, demanding more of you than you ever dreamed possible.
after you find a pink slip in your final paycheck.
after your family and friends have heard your story one too many times, but you still need to talk it out.

They are ready to come along side you – or your friends, neighbors, coworkers, or relatives – and provide comfort and support for as long after as needed.

**Lay Eucharistic Visitors**
St. Paul's has a team of Lay Eucharistic Visitors who are available to bring communion to people who are not otherwise able to get to church due to being homebound, hospitalized or living in a care facility. If you are interested in serving as a LEV, or if you, or you know someone, who would benefit from visits please let the Reverend Noah Evans know (412.531.7153 x11, noah@stpaulspgh.org).

**Good Samaritan Ministry**
St. Paul's has a ministry called Good Samaritan Ministry. We provide rides, and meals for people, as needed. This ministry is coordinated by Ellen Goss. If you are interested in helping with this ministry, please give Ellen a call at 412/833-9326, and she will be happy to explain to you how it works. Thank you.

**JOIN THE ST. PAUL'S CONVERSATION ON FACEBOOK!**

On St. Paul's Facebook Group, members of the St. Paul's community can engage in conversations among themselves. This is different than the St. Paul's facebook page, which broadcasts news and events from St. Paul's.

Like our page, AND then join the group!

facebook page: https://www.facebook.com/stpaulsepiscopalpgh/

facebook group: https://www.facebook.com/groups/1868048746741957/

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St. Paul's can receive 0.5% of the purchase price each time you shop online! **Each time you make a purchase on Amazon, first visit** https://smile.amazon.com/ch/25-1062674 or go to smile.amazon.com and search for St. Paul's Episcopal Church. Then, when you make a purchase, St. Paul's will receive a donation from the Amazon Smile Foundation. It's an easy way to support our church! For questions, contact Erin Morey (emorey@stpaulspgh.org).

Click here to view all of the articles on our website!