

PARISH UPDATE

A Monthly Newsletter for Friends and Members of Church of Our Saviour Parish
2405 Clearview Drive • Glenshaw, PA. 15116 • 412-486-5171 • 412-487-4520

NEWS & NOTES

July Birthdays

- 6 Pauline Loria
- 7 Valerie Mastren
- 14 David Ernst
- 22 Kevin Jay
- 23 Walter Perry

Anniversaries

- 16 Shawn & Heidi Fay

Congratulations: to Michael Lawther on his graduation from Shaler Area High School. He plans to attend Community College in the fall.

Marge Hergenreder's new address is: 5784 Deauville Circle, Apt #B305, Naples, Florida 34112.

Thank you to everyone: who has worked so hard in cleaning the kitchen, painting the walls and waxing the floor in the undercroft and beautifying the church grounds.

Save this date! Walk for Life - The Pregnancy Care Center (one of the recipients of our outreach tithes) is conducting a Walk for Life on September 25, 2004 from 9:00 – 11:00 a.m. at North Park. Save this date and plan to participate or support someone who is. The PCC is moving its Wexford facility in order to expand to be a medical facility as well as a counseling facility for women with unplanned pregnancies. With this expansion, they are also expanding their crisis hotline services. If you can help them by answering calls at your home (or if you can help with the move of their offices), please contact them at 724-935-6411.

Upcoming Youth Events:

- Senior High Summer Trip (St. Louis) July 10-17
- Junior High Summer Trip (Surf City-Michigan) August 1-6

Call Brenda (412) 321-8512 or (412) 606-8446 for more info.

Expanded Website - Check out the new features on our website:

www.churchworthfinding.org

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From the Rector

Gratitude: The Great Motivator

Dear Church Family,

Do you remember your childhood family vacations? I remember loading up the Ford station wagon and traveling down the highway with Dad driving and mom half reading a book and half talking and the three of us kids wiggling with the excitement of getting to our fun-filled destination. Excited, at least, until we had been on the road for about an hour and started asking, "How much longer?"



One of my favorite parts was checking into a motel at the end of the day and swimming in the pool and then at bed time piling in the double beds and putting a quarter in the little machine that made the bed vibrate. What great memories.

Recently I've been struck with an exceptional sense of gratitude for the freedoms and privileges that we Americans have enjoyed for the last 50 years. *Continued on Next Page*

ALPHA Is Coming Back!

Did you miss the chance to attend the ALPHA sessions last fall? Perhaps you missed some of the videos or the retreat and were hoping for another opportunity to get in on the fun? Well, good news! We will be offering ALPHA on Thursday evenings in the fall being on September 23, 2004.

Come and bring a friend (or two or three or more). If you attended ALPHA last fall or are planning to attend this fall, we need your help as well. There are plenty of opportunities to serve people in Jesus' name during ALPHA. We need

group leaders, helpers, people to serve meals, task force (set-up, clean-up and anything else in between) and help with coordinating the retreat.

Training for Alpha group leaders and helpers will commence in late August or early September. So, be praying about what role God may want you to play on the Alpha team and which of your friends, relatives, and neighbors you can invite to come and see for themselves what the Christian faith is really all about. It is not too early to start praying for this important outreach project. See you at ALPHA!

Cancer Relay for Life Finishes Strong!

On Saturday, June 26, 2004 members of the Church of Our Saviour participated in the Cancer Relay for Life. Our team – The Church Worth Finding Team – raised over \$800, contributing toward the event's total take of approximately \$45,000. The funds will be used for cancer research and support local victims in need of financial assistance.

We had a wonderful time face painting, selling bottled water, passing our sunscreen, and educating others about sun safety. The Church Worth Finding Team consisted of: the Ernst family, the Martin family, the rest of the Grundler family, the Jay family, Kelly Fitzpatrick, Kathy Walzer (and her cancer surviving bunny Lailah), and Jeri Ruby.



Thanks to these dedicated participants and thanks also to the many people who made monetary donations and offered prayers as well. Special thanks, honor and glory to Our Father for health and a beautiful day.

— Barb and Brenda Grundler



Calendar of Events

WEEKLY ACTIVITIES

- Sunday** 8:00 a.m. Holy Eucharist Rite I
10:00 a.m. Family Service *and Children's Ministries*
5:30 p.m. Jr. High Youth Group
7:15 p.m. Sr. High Youth Group
- Tuesday** 7:00 p.m. Intercessory Prayer time
- Wednesdays** 12:00 noon Healing Service and Lunch
- Saturday** No Men's Group this month

SCHEDULE FOR JULY

- Sunday, July 4 Fr. Jack Gabig will be the celebrant & preacher
- Monday, July 12 No Vestry meeting this month
- Sunday, July 11 Fr. Jack will be with us.

Please pray for the all the parishioners in the bulletin.

The Church of Our Saviour

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For More Information:

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Rector (Continued)

As I write this letter the Martin family is recuperating at the beach from our traditional, 18 hour, nonstop drive to Florida to visit my family for the Fourth of July. I'm ready to celebrate.

I'm also motivated out of gratitude to talk up this great country and remind people of the lighthouse of freedom we have been to countless people throughout the world. No amount of coercion could propel such self sacrifice & generosity from people.

In the same way, those who have experienced the freedom from sin provided by the blood of Christ have been motivated throughout history by gratitude to share the good news with others. No amount of arm twisting could motivate normal people

to such extravagant sacrifice and passionate concern for others. The apostle Paul tells us that Christ's love compels us to share the gospel. It's a natural response from people full of gratitude for what they have experienced but sometimes it grows cold.

We have a lot of plans and strategies developing as a result of our swot sessions but nothing works like genuine gratitude. May we all be struck by the Holy Spirit with a renewed sense of gratitude for the freedom from sin and the "innumerable benefits" we have experienced through the blood of Christ; and may we be motivated to share the good news with others. Have a great summer and may God continue to bless your life.

Gratefully, Joseph

Youth Group: Rain Turned into Radiance

Earlier this month a handful of adventurous members embarked on a camping trip to Ohiopyle. With the stormy weather that Friday people probably thought we were all a little crazy to still go tenting, but we went anyway. Although my mother and I spent over four hours trying to find the campground (when it should have only taken an hour and forty-five minutes) our spirits were not dampened like the campsites. It was truly a test of spirits and



By Brenda Grundler
patience and I think we all "passed with flying colors." Trusting and hoping that Saturday would be better we went to bed, and awoke to pure radiance. Saturday was spent in the creeks and simply viewing God's beautiful creations like the Cucumber Waterfalls and the natural waterslides. From this weekend I learned that a day of gloom and dreariness can really help you gain the right perspective & appreciate the wonderful gift of a gorgeous sunny and dry day!

Pastoral Visitors: A Very Special Ministry

By Dorothy Saladiak

If you've sometimes thought about visiting a shut-in and becoming a Pastoral Visitor, but changed your mind, please keep reading.

I admit that some prerequisites of visiting can be a pain. You have to check with the person to make sure that they would like a visitor. Then you have to confirm the date and time. Sometimes, even after you've done all that, the person could be having a bad day and cannot tolerate your company. Maybe it's a struggle for them to get to the door to let you in or perhaps they are reluctant to have you sloshing in with your snowy boots.

Let's suppose that the preliminaries go well; then ideally you can encourage the individual to talk about how they feel and discuss tasks that are difficult for them. The visitor has to be careful and not get too assertive because many shut-ins feel that their illness has already stolen their independence.

Pastoral visitors can help with many issues. Sometimes it involves passing on the information to someone equipped to help. A patient might need help in going through the process of requesting Meals on Wheels. If the shut-in does not have a pharmacy that provides free delivery, help may be needed. Recently, a member of our congregation, after returning home from the hospital discovered that the pharmacy had provided the wrong medication. Fortunately, one of our pastoral visitors was able to help by returning the medication.

Shut-ins share many typical problems. In addition to the pain and frustration of the illness, shut-ins have been cut off from various groups they used to meet with, especially at church. Becoming a shut-in brings about a total change in the psychological identity of the person. Prior to the illness the person felt an essential part of the church; most members knew the person, knew the history and unique history of the individual now separated from the church community. A special gift was to carry on conversation, maybe at the coffee hour, with church friends who shared values and beliefs. Those were helpful times in unburdening problems and expressing compassion for other people.

For some shut-ins, several days can go by with no conversation with anyone at all. Some shut-ins develop a croaky, raspy voice because they haven't spoken aloud for days. If our instincts are intact, we will know when someone wants to talk. A related and frustrating issue is physical therapists, et. al., often

speak loudly as if the patient is both deaf and a bit dense. So it's a treat to have a conversation with someone who knows us in our previous identity.

I cannot overemphasize the mind-body connection in regard to pastoral visits. In most cases, patients who experience comfort from friends, who feel connected with their church community, who feel loved, who feel connected with God, heal more effectively than lonely, abandoned souls. Jesus taught us a great deal about healing. He demonstrated the vital role played by the patient's faith, indeed the patient's whole mental attitude, in the process of healing.

It is no exaggeration to say that the shut-in is possibly facing ultimate issues; issues of continued suffering and approaching death. At this crucial and fearful time in the person's life, often the patient has no access to the sacraments. Of course, shut-ins welcome the rector. But if such a visit cannot be scheduled, then a Eucharistic Minister can bring the supreme gift. In addition to the benefits of receiving the body and blood of our Lord, in that blessed sacrament, the patient is once again unified with the community of The Church of Our Saviour.

I have been on both sides of these life experiences. I've been an on-again off-again shut-in, particularly shut in during months of snowy weather. It has been a humbling experience. Sometimes, I could not have visitors other than nurses and therapists. But I will always be grateful for the Pastoral Visitors from my church. It was tremendously therapeutic. This is a good time to say thank you to those special angels.

I confess I would sooner be a visitor. But you know being a visitor also humbled me. It is a privilege to be allowed to spend some time with someone who is vulnerable, who might very well be closer to God than many of us are at this moment. A friend took me to visit Kitty in her Nursing Home. I will never forget her eyes lighting up and her giggling with delight to have with her two friends who knew a great deal about her history. That was a special grace to all three of us. By the way, the first thing Kitty asked us was: "What is going on at church?" For Kitty that visit was a way of reclaiming her identity.

If you've sometimes thought about visiting a shut-in, please join the Pastoral Care Committee. Remember that while a patient benefits from a visit, the Pastoral Visitor also benefits.

