



The Window into the heart of

Mt. Lebanon United Methodist Church
Volume 2, Number 3, Fall 2016

The Family Fall Festival **A Church & Community Celebration**

MLUMC's second annual Family Fall Festival is coming to our church on Saturday, October 1, from 4 to 7 pm. There will be activities for adults and kids, including a bounce house in the parking lot. All are invited to fun, fellowship and a freewill offering dinner. Watch church communications for more information on how you can participate in this community and church family event.

Last year's Family Fall Festival.



Opportunity to Help with Community Outreach

On August 8th, the MLUMC Church Council approved formation of the "Community Events and Outreach Committee." This committee will take responsibility for the following events (each of which successfully debuted during the past 12 months) – Family Fall Festival, Neighborhood Christmas Caroling, Good Friday Fish Fry, and Summer Community Barbecue. Each of these events provided food at no cost, fun in a variety

of ways and fellowship, immediate and long-reaching, to all who participated. It is the Committee's hope that these events can be built upon to further our Church's outreach to our neighbors, members, and friends. The Committee's "charter" members are Kim Rhoton, Don Langston, Liz DiPetro, Karen Manning, and Rob Spicher (chair). Anyone wishing to join or help the Committee with these events, as well as other initiatives that the Committee may pursue, should contact Rob at 412-720-4589.

Church Events

Sun. Sept. 4 10:45 am
worship returns to Sanctuary

Thurs. Sept. 8 rehearsals resume
Promise Bells 6:30 pm
Chancel Choir 7:30 pm

Sun. Sept. 11
Flight 93 Memorial trip

Mon. Sept. 12 7 pm
Chapel Bells rehearsal resumes

Tues. Sept. 13 6 pm
UMW Meeting

Sun. Sept. 18
Sunday School resumes
Youth Group Kick-Off 5 pm

Tues. Sept. 20 6 pm
Terrific Tuesday resumes

Sun. Sept. 25 both services
Blessing of the backpacks

Sat. Oct. 1 4 pm
Family Fall Festival

Sun. Oct. 2 **Youth Choir** 4:30 pm
Youth Group 5 pm

Sun. Oct. 9 3 pm
Pittsburgh Sewing Party for TNC

Thurs. Oct. 13 11 am
UMW Meeting

Save the Date

Sat. Nov. 5 9 am
Fall Rummage Sale

Sat. Nov. 12 10 am
UMW Holiday Gift Bazaar

From Pastor Tom Strandburg:

Reaching, Nurturing and Growing

From [Christ] the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. EPHESIANS 4:16 (NIV)

As a pastor, I am sometimes asked to identify my favorite passage in the Bible. This is a difficult question for me to answer, since I have many favorite passages. When it comes to the subject of the church, however, Ephesians 4:16 is my favorite. I love it so, because it employs the oft-used biblical image of the church as a body. For me, “the body” is a fitting image for the church. Like a body, the church is composed of many members, all of which must work together in order for the body to remain healthy and strong. Like a body, the movement of the church is governed by the head, which is Jesus Christ. Being a healthy body requires reaching outward, looking inward, and growing together.

Let’s consider ourselves, and our own lives. Every day we spend a considerable amount of time **reaching outward**, for that is what a healthy person does. We go to work, and to school. We spend time with family and friends. We also participate in the ministries of our church, which calls us to extend Christ’s ministry of self-giving love to our community and our world. Reaching outward is essential for the life of a healthy person, and it is essential for the life of a healthy church.

Every day we also spend a considerable amount of time **nurturing inward**. Introspection and self-care is essential to the growth of a healthy person. No matter how busy our lives may be, we ignore things like proper exercise, nutrition, and rest at our own peril. The traditional spiritual disciplines of prayer, study, and worship are essential to our growth as Christians. In order to be healthy and strong, we simply must attend to the needs within.

The result of reaching outward and nurturing inward is **growing together** as a body. The Apostle Paul is right when he says that the body grows and builds itself up in love, as each part does its work. This fall, our Church Council is working to revise our vision statement according to these three expressions of bodily movement and growth. It seems to us that everything that we do as a church can be seen as reaching outward, nurturing inward, or growing together. You will hear more about this vision as we move into the excitement of another fall season. I’ll see you in church!

Yours in service,
Thomas Q. Strandburg
Pastor

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Monica Kao
Communications Coordinator

United Methodist Women **UMW kicks off season of local and global outreach to women, children and youth.**

Join members of the United Methodist Women as they begin their new season of support to women, children and youth locally in Pittsburgh and throughout the world. Come to one event or attend them all — our goal is to offer information about local and global organizations that are making a positive difference in people's lives. Our hope is that you will find a place in the UMW group that's supportive, fulfilling and helps you give back to others.

Tuesday, September 13, 6 pm Asbury Center



Ward Home Join us for a delicious salad supper (please bring a salad to share)

followed by a speaker from the Ward Home organization. Serving Pittsburgh's most at-risk youth for over 111 years, Ward Home's Supervised Independent Living program (SIL) is a community-based, residential program serving young adults ages 16-21 in apartment-style housing under 24-hour supervision. These homes are more than just temporary housing; they are safe, nurturing, home environments where young adults are encouraged to reach their individual goals and grow into successful, independent members of their communities.

In the SIL program, emphasis is placed on developing social and life skills, obtaining and maintaining employment and/or volunteer work, completing an education plan, staying safe and having healthy relationships, and identifying secure and affordable housing.

Tuesday, October 13, 11 am Wesley Hall



Pennsylvania Women Work Join us for lunch and learn more about Pennsylvania Women Work, a

statewide 501(c)3 nonprofit organization dedicated to empowering women in transition through job readiness, emotional growth, education, training and employment. Pennsylvania Women Work provides free services to thousands of women each year.

The organization's primary emphasis is to provide comprehensive education, job training and job placement services to single parents, displaced homemakers, low-income heads of households and women in transition through its New Choices program. Additionally, Pennsylvania Women Work provides other services in the form of transportation assistance and job placement assistance.

Thank you from the UMW

In early June, United Methodist Women (UMW) members disbursed approximately \$10,000 that the group earned, thanks in large part to your support of fundraisers, including the Christmas cookie sale, British tea room and Spring Gift Market.

Half of that money was paid as the group's pledge to the larger UMW body of 800,000 members who advocate on behalf of women, children and youth around the world. The rest was given specifically to the following women, children and youth via organizations local and global, including:

Angels' Place in Pittsburgh — \$100
Bethlehem Haven in Pittsburgh — \$100
Book 'Em in Pittsburgh — \$200
Compassion International (*support of a child*) — \$456
Family Promise in Pittsburgh — \$500
Foundation of Hope in Pittsburgh — \$500
Grace Killian (*for seminary at Harvard*) — \$500
Hearing Impaired Organization in Zimbabwe — \$100
Julia Michael (*FORGE mission work in Colorado*) — \$500
MLUMC Food Pantry — \$500
Red Bird Mission in Kentucky — \$500
Rukmini Foundation in Nepal — \$100
Ruth M. Smith Center in Sheffield, Pa. — \$500

If you would like to learn more about the UMW organization, including our local group, events, and membership, please contact Kathy Michael at 412.344.6937 or Sandy Waters at 412.833.3702. All women are invited and encouraged to attend the monthly UMW events.

Weekday Ministries

by Mettelise Ziegler, WDM Director



Back-to-school! That means back to the basics. Back to building upon a solid foundation. Back to following plans that are backed by God!

When I was a child, there were bumper stickers announcing "God is my co-pilot." That makes it sound like the driver is the boss and God is helping out. The bumper stickers should have read, "God is my pilot while I am enjoying the ride from the back seat!"

Jesus says: *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.* (Matthew 15:5) While some religions emphasize following rules, Christianity encourages us to follow a person. Jesus takes us to a cross, an empty tomb, and eternal life! Our Child Care Center is so much more than a place to learn about school! It is a place to learn about Jesus Christ!

Our Pre-K program runs from September through May. Classes for 3, 4 and 5 year olds prepare children for kindergarten while encouraging them to listen to the Lord. Not all children are in daycare. We have some with at-home parents. Beth Brack and Carol Flaherty have been teaching with excellence for many years. Bernice Merchant will be back to teach music. These rich experiences are part of a firm foundation that will build children who are healthy and eager to learn at school. Our daycare center is full! The first spot we have for a new baby is October – 2017.

Let us work together to build upon our tradition of early childhood education within an atmosphere of faith, hope and love!

Christian Education

Dates to Remember:

September 18 First day of Sunday School

September 25 Blessing of the backpacks, both services

New Confirmation Class

A new confirmation class is forming for students who are in 8th grade or older who have not yet been confirmed. For more information, contact Kim Rhoton at krhoton@mlumc.org.

Youth Group Events

September 18th Jr. High and Sr. High Sunday School will resume at 9:30 am. This year Sunday School will begin with 10-15 minutes of singing to build a collection of fun and easy worship songs for the youth to know and love.

Youth Group will also start the season on Sunday, September 18th at 5 pm with a Kick Off Event. There will be hamburgers, hot dogs, fun and games, and information about the 2016/2017 Youth Group calendar. Come with your family and invite your friends.

October 2nd Youth Choir will begin that Sunday at 4:30 pm. Come for choir and stay for dinner and Youth Group which begins at 5 pm.

School Kits for UMCOR

The Hands and Hearts in Mission sewing group is currently making bags for UMCOR school kits and plans to pack them in September. Please help by donating school supplies and placing them in the drop-off container outside the church's main office. Remember to watch for back-to-school sales to take advantage of discounts! Each bag needs the following items:

- 1 pair blunt scissors (rounded tip, no plastic)
- 3 pads 8 1/2 x 11 ruled paper (150 sheets of loose leaf paper may be substituted)
- One 30-centimeter ruler
- 1 handheld pencil sharpener (at least 1 inch long)
- One 2 inch or larger eraser
- 6 unsharpened pencils
- 1 box 24 crayons (boxes of 24 only)

Questions? Call Joanne Dempe at 412-980-5046.

Terrific Tuesday Begins September 20th

6 pm - Dinner in Asbury Center
6:30 pm - Activity for all ages
Children's Choir, Youth Discussion
Groups, Adult Study and Discussion

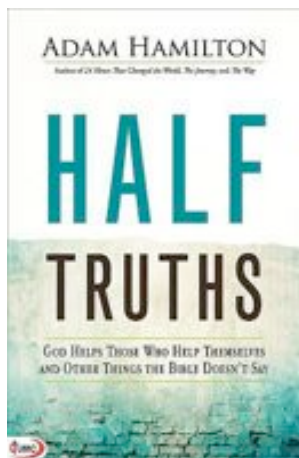
Church family and community members of all ages are invited to Terrific Tuesday, from 6 to 7:30 pm on Tuesdays in Asbury Center. Participants share dinner, then children and youth depart for activities while adults engage in discussion. There's no cost, though freewill donations are accepted.

This Terrific Tuesday session begins September 20th and continues through December 6th. There will be no Terrific Tuesday on November 8th because of the election or November 22nd during Thanksgiving week.

Pastor Tom to lead Terrific Tuesday DVD and book discussion.

One of our favorite Terrific Tuesday presenters, Rev. Adam Hamilton, is out with a new book entitled *Half Truths: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say*.

Are the following statements true or false?:



1. Everything happens for a reason.
2. God helps those who help themselves.
3. God won't give you more than you can handle.
4. God said it, I believe it, that settles it.
5. Love the sinner, hate the sin.

All true? Not so fast. We've heard these phrases all of our lives, but in Adam Hamilton's new book, *Half Truths*, you'll learn that although they capture some element of truth, when compared to the wisdom found in Scripture, they're really just popular sayings.

You won't want to miss this enlightening adult study. Join us on Terrific Tuesdays to learn more. Come for dinner at 6 pm, then children/youth activities and this adult study and discussion beginning at 6:30.

Mission News

Because of *your* volunteering and work last year, MLUMC's Mission Committee was able to distribute over \$18,000 in pursuit of our mission to:

- Make disciples of Jesus Christ
- Strengthen, develop and renew Christian congregations and communities
- Alleviate human suffering, and
- Seek justice, freedom and peace.

Specific areas of the world you impacted include:

- Africa - the Nyadire Connection
- Haiti - The Thomas Food Project
- Europe - Refugees in Zwickau, Germany, Lithuania and Kazla Ruda congregations
- Marion, Virginia - Youth Mission Trip
- Colorado - support for Forge ministry
- Pittsburgh - Northside Lunch Program, Manchester Elementary Reading Program, Family Promise and Washington Mission

Already this year, we have sent funds to flood victims in West Virginia through the Western PA United Methodist Conference. Pending all rummage sale results, we plan to again serve mission goals around the world. So mark your calendars NOW for the Fall Rummage Sale on Saturday, November 5th, 2016! Our success is dependent upon your participation. Deliver your rummage to Asbury Center after October 1st or call Francie for interim storage.

Questions, comments or desire to join the Mission Committee? Call Louanne Baily at 412/571-1784.

The Nyadire Connection (TNC)

The Nyadire Connection (TNC) is the Pittsburgh-based non-profit that supports the Methodist mission in Nyadire, Zimbabwe. The mission includes a school, teacher's college, hospital, farm, and orphanage.

Saturday, September 24 - Rotary Chicken BBQ
11 am - 7 pm Westminster Presbyterian Church

Proceeds from the dinner benefit area non-profits, including TNC. Contact Kim Rhoton for a \$10 advance ticket for a 1/2 BBQ chicken, sides, dessert, and a drink. krhoton@mlumc.org.

Sunday, October 9 - Pittsburgh Sewing Party
3 - 6 pm Asbury Center

Assemble kits for helping girls in Zimbabwe make their own reusable sanitary napkins (Girl Empowerment Pads.) Bring scissors, a friend and a pair of underwear - girls size 12/14 or 16, women's size 5, 6 or 7 (optional.) No sewing experience necessary. RSVP Bonnie Lawson at bonnielawson58@comcast.net or 412-343-3498.

Four Principles of Biblical Stewardship

Every faculty you have, your power of thinking or of moving your limbs from moment to moment, is given you by God. If you devoted every moment of your whole life exclusively to His service, you could not give Him anything that was not in a sense His own already.

C. S. Lewis, Mere Christianity

What does stewardship look like in our lives today? Unfortunately many Christians only associate the idea of stewardship with sermons they have heard about church budgets and building programs. But for me, the idea of biblical stewardship is about something much more expansive. I believe it is where the concepts of faith, work and economics intersect. Consider the following four important principles about biblical stewardship:

1. The principle of ownership.

The psalmist begins the Psalm 24 with, *"The earth is the LORD's, and everything in it, the world, and all who live in it."* In the beginning of Genesis, God creates everything and puts Adam in the Garden to work it and to take care of it. It is clear that human beings were created to work and that work is the stewardship of all of the creation that God has given. This is the fundamental principle of biblical stewardship. God owns everything, we are simply managers or administrators acting on God's behalf. Therefore, stewardship expresses our obedience regarding the administration of everything God has placed under our control, which is all encompassing. Stewardship is the commitment of one's self and possessions to God's service, recognizing that we do not have the right of control over our property or ourselves. Echoing Deuteronomy 8:17, we might say: *"My power and the strength of my hands have produced this wealth for me."* But Deuteronomy 8:18 counsels us to think otherwise: *"Remember the LORD your God, for it is he who gives you the ability to produce wealth."*

2. The principle of responsibility.

Although God gives us "all things richly to enjoy," nothing is ours. Nothing really belongs to us. God owns everything; we're responsible for how we treat it and what we do with it. While we complain about our rights here on earth, the Bible constantly asks, "What about your responsibilities? Owners have rights; stewards have responsibilities." We are called as God's stewards to manage that which belongs to God. While God has graciously entrusted us with the care, development, and enjoyment of everything he owns as his stewards, we are responsible to manage his holdings well and according to his desires and purposes.

3. The principle of accountability.

A steward is one who manages the possessions of another. We are all stewards of the resources, abilities and opportunities that God has entrusted to our care, and one day each one of us will be called to give an account for how we have managed what the Master has given us. This is the maxim taught by the Parable of the Talents. God has entrusted authority over the creation to us and we are not allowed to rule over it as we see fit. We are called to exercise our dominion under the watchful eye of the Creator managing his creation in accord with the principles he has established. Like the servants in the Parable of the Talents, we will be called to give an account of how we have administered everything we have been given, including our time, money, abilities, information, wisdom, relationships, and authority. We will all give account to the rightful owner as to how well we managed the things he has entrusted to us.

4. The principle of reward.

In Colossians 3:23-24 Paul writes: *"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."* The Bible shows us in the parables of the Kingdom that faithful stewards who do the master's will with the master's resources can expect to be rewarded incompletely in this life, but fully in the next. We all should long to hear the master say what he exclaims in Matthew 25:21: *"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!"* As Christians in the 21st century, we need to embrace this larger biblical view of stewardship, which goes beyond church budgets or building projects, though important; it connects everything we do with what God is doing in the world. We need to be faithful stewards of all God has given us within the opportunities presented through his providence to glorify him, serve the common good and further God's Kingdom.

Stewardship Discovery Coming to MLUMC

This fall, our Church will be working with Horizons Stewardship on a Stewardship Discovery program. This program, which is designed to do an in-depth analysis of the stewardship messaging, practices, and protocols used by our Church, will hopefully result in our congregation having a better understanding of the spiritual work that is done through regular, special, and legacy giving. A representative from Horizons Stewardship will be working with the Finance Committee on this endeavor. Opportunities will exist for members of our congregation not only to provide input into the program but also to grow in the knowledge of how financial gifts made to our Church are used. A more detailed description of the program and its goals will be provided to all members and friends of our Church shortly. The Finance Committee is excited about what this program will bring to our Church – hopefully you will be too!

Casting a Wider Net

Our theme for the 2015-2016 church year was Casting a Wider Net. Just a portion of our many successful activities during the church year demonstrate that we truly expanded our ministries:

Four first time community outreach activities took place. Our first Fall Festival attracted many new families to the various activities in our building and parking lot on a September afternoon. We walked through the nearby Dormont neighborhood singing Christmas carols and were well received by the community. Our first ever Good Friday Fish Fry attracted hundreds of people and raised significant funds for our food pantry. Our first ever June Barbecue attracted many community members and this event also raised funds for our food pantry. We know the June event resulted in at least one family attending worship for the first time.

A new young adult Sunday School Class began in the spring with 14 members. Four members are new to the church.

A new pictorial directory will help us get to know one another, especially our new members.

Our conference apportionment was fully paid for 2015, and thousands of additional funds were donated to a wide variety of mission projects.

The newly expanded Food Lift program is supplying many pounds of food for the needy. Several new people joined this program during the past year.



MLUMC's youth traveled to Marion, VA on mission to help low income families with home repairs and renovations.

The youth mission trip to Marion, Virginia was extremely successful, and it marked the 47th consecutive year that the youth have represented our church in the mission field.

A committee was formed to plan as many interesting topics as possible for Faith For Today. Overall attendance for this summer series has increased.

Our building was enhanced through the successful completion of our Capital Campaign. The parsonage received much needed upgrades and the sanctuary electrical system was improved, to name just a few of many projects completed in our beautiful facility.

From the Trustees Words of Thanksgiving

Throughout the last year and a half we made great strides in improving our building thanks to your faithful support. At the end of July 2016 we collected 98% of the pledged support to the Capital Campaign and many more gifts above and beyond the original pledge. Thanks to your financial support and on going encouragement we continue to maintain this facility to open the doors, hearts, and minds of our neighbors and friends to the love of Christ.

Why Worship?

A seasoned preacher once told a class of graduating seminarians: *"Always remember that about half the people in front of you on any given Sunday morning almost decided not to come!"*

Why do *you* go to worship? Why get up on a beautiful Sunday morning – when there are lots of good possibilities to fill your day—and head out to a service of worship? I need to ask myself this question these days as a retired preacher—as one no longer actively preaching or leading worship!

Let me suggest some reasons why you might decide to be there.

You might be there because you want to be part of an ancient/future community. Someone has written, *"At church, I do not want to be entertained. I do not want to be the target of someone's marketing. I want to be asked to participate in the life of an ancient/future community."* Ours is a culture of immediacy—of the "right now." In corporate worship, we find ties with the ancient past and the promised future. Worship is one place we connect with something larger than self.

You might be there to become reacquainted with our sacred story. Today it is so easy to become disconnected: sports, technology, weekend getaways, frenetic busyness. Plus: we live in a time of growing biblical illiteracy. One analyst suggests that In America 75% of those under age 30 have no Christian memory! Bill Wilson (founder of AA) tells of a transformed friend: *"He was much more inwardly reorganized. He was on a different footing, new soil, in a new place."* We need worship to put us on a different footing, in new soil, in a new place.

You might be there to join with like minded others. Be with those who love God and who are trying to be followers of Jesus—even in the midst of doubts, chaos, confusion, and great uncertainty. Be with others who want to believe but cannot—yet! Be with others who want to hold on to an incredible hope. Be with others who want to try to walk with Jesus.

You might be there to receive some life guidance for the week. The church is a sending place. It is a reminding time for what it means to be a follower of Jesus. I have always loved the exterior church sign which reads, *"This church lives in the world, hopes in Jesus Christ, and meets in this building."*

You might be there to participate in a great joy—from the opening hymn to the closing chorus. Psalm 100 reads, *"Enter his gates with thanksgiving and his courts with praise."* Or Psalm 122:1 (the first Bible verse I ever remember learning), *"I was glad when they said unto me, 'Let us go up to the house of the Lord.'"*

So if you are gathered in worship with others because you want to be part of an ancient/future community, because you want to re-hear and reinforce the sacred story, because you want to be with those who are on the same journey, because you want to be reminded of what it means to live faithfully in the world, and because you want some deep soul-stretching celebration, you have come to the right place. And in the right spirit. And for the right reasons.

Brian Bauknight





Faith for Today and a Farewell

Our church was honored last month to host Bishop Thomas J. Bickerton's final speaking engagement in our conference before moving to his new assignment in New York. He was the "Faith for Today" speaker, sharing insights from his 35 years as a United Methodist clergy person including his 12 years as the Western PA conference bishop. He told teaching stories and anecdotes from his life and from his newly published book, *What Are We Fighting For? Coming Together Around What Matters Most*.

During the worship service that followed, Pastor Tom Strandburg delivered a message based on Nehemiah that struck a similar chord. Like Bishop Bickerton's challenge to come together around what matters, Pastor Strandburg invited church members to step out and act on what breaks one's heart.

Thank You

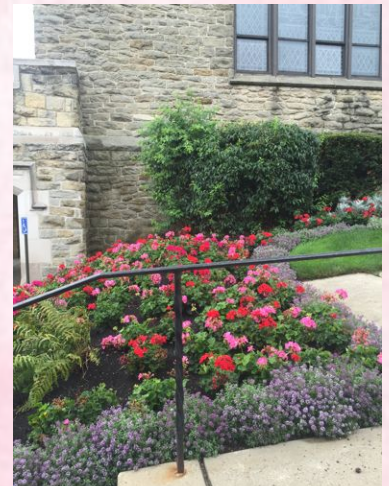
Thanks to the following people who helped in the preparation of the flower beds, mulching, planting and the watering of the flowers around the church: Scott Bowes, The Boy Scouts and leaders from Troop 23, Alan and Donna Chesleigh, Jacob and Rachel Dale, Caryl Drabick, Linda and Jim Hoover, Pat and Kathy Michael, Jon and Jan Rutter, Beth Santore, Eric Schmidt, Pastor Tom Strandburg and Lee Anne Van Sickle.



Thanks to Lynne Young and family for keeping the perennial flower bed looking great.

And thanks to all those who pull weeds and help in the upkeep of the flowers all summer and fall.

Tom Michael



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2016

1

8:30 AM N Side Lunch
9:30 Hands & Hearts
12 Noon TNT

2

3

10 AM Food Pantry

4

**SANCTUARY
WORSHIP RESUMES**

8:30 AM Worship
Sanner
9:30 AM Faith for Today
10:45 AM Worship
Sanctuary

5

**LABOR DAY
OFFICE CLOSED**

6

7 PM BSA #23
7 PM BSA Parents

7

6 PM Homebuilders'
Picnic

8



9:30 AM UMW Exec Bld
6:30 PM Promise Bells
6:30 Webelos I Scouts
7:30 PM Choir Rehearsal

9

9:30 AM Women's Bible
Study
1:30 PM Memoirs Group
6:30 Cub Scouts Bear
Den

10

11

8:30 AM Worship
Sanner
9:30 AM Faith for Today
10:45 AM Worship
12 PM Teachers' Mtg
1 PM Flight 93 Memorial

12

7 PM Chapel Bells
Rehearsal Fall Start Up

13

6 PM UMW
7 PM BSA #23
7 PM BSA Reviews
7 PM Cub Scout
Planning

14

6 PM Homebuilders'
Picnic
6:30 PM Wolf Cub Scout
7:30 Finance

15

9:30 AM UMW Faith
Circle
6:30 PM Promise Bells
7 PM Cub Scout
7:30 PM Choir Rehearsal

16

9:30 AM Women's Bible
Study

17

9 AM UMW District
10 AM Food Pantry

18

**SUNDAY
SCHOOL RESUMES**

8:30 AM Worship Sanner
9:30 AM Sunday School
10:45 AM Worship
Sanctuary
5 PM Youth Group Kick
Off
6:30 PM BSA Eagle Bld

19

7 PM Chapel Bells
Rehearsal

20

6 PM Terrific Tues
7 PM BSA #23
7 PM Trustees

21

6 PM Homebuilders'
Picnic
7 PM Christian Ed
7 Koinonia UMW Circle

22

9:30 AM Hands & Heart
6:30 PM Webelos
6:30 PM Promise Bells
7:30 PM Choir Rehearsal

23

9:30 AM Women's Bible
Study
6:30 PM Cub Scout Bear
Den

24

25

Blessing
of backpacks
8:30 AM Worship Sanner
9:30 AM Sunday School
10:45 AM Worship
Sanctuary
7 PM BSA Leaders

26

7 PM Chapel Bells
Rehearsal

27

6 PM Terrific Tues
7 PM BSA #23
7 PM BSA Bld Reviews

28

6 PM Homebuilders'
Picnic
6:30 PM Wolf Cub

29

6:30 PM Promise Bells
7:30 PM Choir Rehearsal

30

9:30 AM Women's Bible
Study

1

HUM A MERRY TUNE

The MLUMC choirs start up in September. Thinking about joining? Call Gretchen at 412-531-7131 ext. 116. The Chancel Choir begins September 8th at 7:30 pm.

SAVE THE DATE

Sunday, September 25th at 4 pm, Seraphic Singers, our Director of Music's professional female ensemble, will perform at the Westminster Presbyterian Church, 2040 Washington Rd., Upper St. Clair. Admission is by freewill offering. The group is fabulous. Check it out at www.seraphicsingers.com.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2016

1

10 AM Food Pantry
4 PM Family Fall Festival

2 

8:30 AM Worship Sanner
9:30 AM Sunday School
10:45 AM Worship
Sanctuary
4:30 PM Youth Choir
5 PM Youth Group

3

6:30 PM Tiger Cub
Scouts
7 PM Chapel Bells
Rehearsal

4

6 PM Terrific Tues
7 PM BSA #23
7 PM BSA Parents

5

6:30 AM N Side Lunch
Prep

6

8:30 AM N Side Lunch
Prep
9:30 Hands & Hearts
12 Noon TNT
6:30 PM Promise Bells
7:30 PM Choir Rehearsal

7

9:30 AM Women's Bible
Study

8

9 AM District Lay
Leadership Classes

9

8:30 AM Worship Sanner
9:30 AM Sunday School
10:45 AM Worship
Sanctuary
3 PM Nyadine Project
Sewing Party
4:30 PM Youth Choir

10

7 PM Chapel Bells
Rehearsal

11

6 PM Terrific Tues
7 PM BSA #23
7 PM BSA Reviews
7 PM Cub Scout
Planning

12

6:30 PM Wolf Cub
Scouts
7:30 PM Finance

13

9:30 AM UMW Exec Bld
11 AM UMW
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7:30 PM Choir Rehearsal

14

9:30 AM Women's Bible
Study
1:30 PM Memoirs Group
6:30 Cub Scouts Bear
Den

15

9 AM District Lay
Leadership Classes
10 AM Food Pantry



YOUTH CHOIR Calling all youth from 6th-12th grade! Youth choir will begin Sunday, October 2 from 4:30-5 pm, just in time to enjoy the 5:00 youth group supper. Hope to see you. - Gretchen

FALL RUMMAGE SALE SATURDAY, NOVEMBER 5

Mark your calendar - November 5, 9 am - 2 pm - this year's fall rummage sale. Start bringing your stuff to Asbury Center October 1. The more you donate, volunteer and shop, the more our church can financially support its mission goals.



UMW HOLIDAY GIFT BAZAAR

Saturday, November 12 10 am to 2 pm Asbury Center

Jump-start your holiday shopping in a friendly and festive atmosphere. The bazaar features up to 40 vendors selling everything from handmade pottery and fragrant soap to beautiful jewelry, purses and scarves — plus a pick-a-prize raffle and bake sale. All proceeds will be donated to UMW projects and missions that benefit women, children and youth. For more information about renting vendor space, contact **Hillary Carvender** at 412.279.2943 or **Patty Siegert** at 412.531.7243.



Mt. Lebanon United Methodist Church

3319 West Liberty Avenue • Pittsburgh, PA 15216
(412) 531-7131 • fax (412) 531-7155 • www.mlumc.org

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MLUMC'S Wholistic Health Outreach Ministry on Gender Differences in Medical Treatment

"There are different kinds of service, but we serve the same Lord.

God works in different ways, but it is the same God who does the work in all of us." I Corinthians 12:5,6 NLT

When diagnosed with the same illness, historically men and women were given the same prescriptions and procedures. Does that make sense? You know you are different and now, so do researchers, pharmaceutical companies, and physicians. In the last decade, they have begun to look at genetic differences between men and women and how those differences impact treatments and procedures. They have discovered that levels of estrogen and testosterone as well as differences in risk-taking behavior impact the tendency for certain illnesses, levels of severity, and treatment of choice.

Genetics cause differences in weight, size, and body fat which impact how medications are processed, dosage, and effectiveness. Because of physical differences, women tend to require smaller doses than men. The level of sex hormones in men and women can impact a medication's effectiveness as well as the size of the liver or kidney that processes the medication. In both situations dosage adjustments may be required. For example some antibiotics tend to be more effective in women while anesthesia tends to be longer lasting in men. These differences can cause challenges for physicians looking for the right therapeutic dose.

Previous research was conducted on men while newer studies are concentrating on women's health, risk factors, and treatment options. Results show that women have more headaches than men, delayed cardiac problems, higher risk for diabetes from smoking, and greater difficulty with breaking the smoking habit. The good news is that women tend to seek health care before men, especially for mental illness.

Studies on the treatment of health issues in women continue. If you have a health concern, ask your physician about new options and recommendations for women. Examining female tendencies and risk factors may you help find your solution. (Source: Society for Women's Health Research www.womenshealthresearch.org/)