



The Window into the heart of

Mt. Lebanon United Methodist Church
Volume 5, Number 2, Spring/Summer 2019

Faith for Today 2019

Dear Members and Friends,

Faith for Today is officially a senior citizen but nowhere nearly ready for retirement!

Our research has shown that **Faith for Today** began on the first Sunday in July of 1955. Of course next year is the series 65th birthday, but this summer 2019 is the 65th season.

The 1965 publication, *History of the Mt. Lebanon Methodist Church*, states on pp. 23-24, "A new feature for the adult classes was introduced during the summer of 1955. This plan provided that all adult classes meet jointly in the sanctuary during the Sunday mornings of July and August. The series of talks have become known as the "Faith for Today" series, given by outstanding speakers from far and wide. Usually more than half of them have been outstanding laymen. This practice has continued to the present."

We hope you will join us this summer as we continue our legacy of inspirational programming.

Faith for Today

Sunday Summer Speaker Series

9:30 am June 9 - August 25 Asbury Center

June 9 *Barrels to Beethoven - Family Friendly*

This experience is part performance, part informational presentation, and includes plenty of time for all ages to try playing the steel drum. Come



learn about the unique culture, history, and people in Pittsburgh's steel drum community.

June 16 Rev. Jim Gilchrist *Why Pray?*



Rev. Jim
Gilchrist

A native of the area, Jim has a BA in philosophy and a Master of Divinity from Yale, a Master of Public and International Affairs from Pitt, and a PhD in history and policy from CMU. He has served as pastor in local churches, including Christ UMC and Westminster Presbyterian. Jim was the exec. director of The Wesley Institute and director of operations for national educational projects in the 1980s and 90s. He teaches part-time at CMU and Pittsburgh Seminary.

June 23 Sara Mercer, Dick DiBella & Jenna Keeling

The Gift of Organ Transplants, "One person can make a difference, and everyone should try." JOHN F. KENNEDY

Congregants Sara Mercer and Dick DiBella share their experiences as



Sara Mercer



Dick DiBella

a transplant recipient and donor respectively. Jenna Keeling, UPMC Director of Transplant Services, Cardiothoracic, will discuss the paths that organ donors and recipients must follow and answer questions and misconceptions about organ transplantation.

(*Faith for Today* continued page 3)

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From Pastor Tom Strandburg:

“The king was overjoyed and gave orders to lift Daniel out of the den. And when Daniel was lifted from the den, no wound was found on him, because he had trusted in his God.” DANIEL 6:23

I love the richness and the depth of the Old Testament, and the wonderful foundation that it provides for the development of our Christian faith. In my mind, it is more than worth whatever time that it might take for us to learn its ancient images and rhythms. The story of “Daniel in the Lions’ Den” is a wonderful case in point.

The events that are recorded in the Book of Daniel occurred during the period between the heyday of the Babylonian Empire (500 B.C.), and the rise of King Antiochus IV, of the Seleucid Empire, during the decline of ancient Greece (160’s B.C.). These four centuries of recorded history included many times of intense persecution for the Jewish people. Stories like “Daniel in the Lions’ Den” were intended to encourage God’s people, and to show them how to remain faithful in the midst of a foreign and sometimes hostile world. Throughout the entire Book of Daniel, God’s people are encouraged to take their place within society, to bear their witness to God, and to make a profound difference on an unbelieving world. Isn’t that a timely message for us in the midst of our world today?

As the story of “Daniel in the Lions’ Den” reaches its climax in Daniel 6, two men end up being saved – Daniel, and Darius the King. Daniel’s salvation is apparent for all to see – the messenger of God shuts the mouths of the lions, he survives the night in the lions’ den, and is lifted from what could have been his “tomb” in the morning. The deliverance of Daniel could be considered a prototype for the passion of Christ centuries later. In both cases, the stone is rolled away, and one who was thought to be dead turns out to be very much alive. The salvation of King Darius is much more subtle. Although he was not confined in a physical prison, as Daniel was, Darius is nevertheless held captive in a “prison” of his own making – the myth of the immutability of his own law. Although the King obviously held Daniel in very high regard throughout the story, he could not escape the consequences of his very rash prohibition of prayer. Once his decree was signed, and Daniel’s fate was sealed, he could see no alternative but to allow the terrible sentence to run its course.

How often are we, like King Darius, held captive by the myth of the immutability of human law? Human history is littered with the regretful actions of people who said, *“That’s the way it is. It’s the law. There’s nothing we can do about it.”* Prior to 1965, many laws of segregation in this country were justified in this way. The status quo was only changed as more and more people became willing to throw off the shackles of these unjust laws, to stand up for their faith, and to urge the entire nation to do unto others, as you would have others do unto you (Matthew 7:12). The ultimate act of God in this story of “Daniel in the Lions’ Den” was not only Daniel’s deliverance from death, but the King’s deliverance to life. Darius began to join Daniel in singing the Lord’s song – *“For he is the living God and he endures forever; his kingdom will not be destroyed, his dominion will never end. He rescues and he saves; he performs signs and wonders in the heavens and on the earth. He has rescued Daniel from the power of the lions.”* (Daniel 6:26-27) God can rescue us, too!

Yours in Service,
Pastor Tom
Thomas Q. Strandburg, Pastor

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412-531-7131 www.mlumc.org

Monica Kao, Communications Coordinator

(continued)

Faith for Today 2019

Sunday Summer Speaker Series

9:30 am June 9 - Aug. 25 Asbury Center

June 30 Spencer Radnich *“Be Smart,” a Gun Safety Program to Protect Children*



“Be Smart” is a simple way developed by Moms Demand Action for Gun Sense in America for adults to protect children from being harmed by guns. Spencer Radnich and his wife Gayle

joined MLUMC last year following his retirement from a senior marketing position and the couple’s retirement from missionary work in Africa.

July 7 Karen Williams *Working with Refugees*



Karen Williams

Karen Williams is a local published author and life-long volunteer in places such as Malawi and Haiti. Ms. Williams lived and worked with people who would later become the inspiration for her books. This family friendly presentation will feature her experiences working with refugees in Pittsburgh and abroad.

July 14 Make a Joyful Noise *Hymn Sing*



Join us for a unique program highlighting the great hymns of the church. Various church members and friends, including harpist Julia Scott, will sing and perform favorite hymns and share hymn histories.

July 21 Christopher D. George *The 123rd Pennsylvania Volunteers—Born in the Basement of a Church*



Christopher D. George

Christopher D. George, teacher, author and avid genealogist, shares how he discovered the unique story of the 123rd Pennsylvania Volunteers while delving into the genealogy of his own family. This Civil War regiment, comprised almost entirely of young men from Allegheny County, was led into battle by a Presbyterian minister during some of the darkest days for the North.

Mr. George will bring the story of these “Christian soldiers” to life by sharing the journals they kept.

July 28 Tina Whitehead *Loving My Neighbor*



Tina Whitehead

For the past 13 years, Tina Whitehead has been living in Jerusalem between two worlds: Muslim and Christian. Her presentation highlights both and focuses on Jesus’ commandment to “love your neighbor as yourself.”

August 4 Family Friendly *Focus on African Missions*



All ages are invited to participate in this interactive experience with a focus on African Missions.

August 11 Dawn Hand *The State of the United*



Rev. Dawn Hand

Methodist Church It’s been a church year filled with many questions and some turmoil. Pittsburgh District Superintendent Dawn Hand will provide her perspective on where we have been and where we are headed in terms of our United Methodist Christian witness in Western Pennsylvania and around the world.

August 18 Rev. Ronald Hollein, Scott Miller, and David Seitz *A Pastor’s Call to Ministry*



MLUMC has helped 9 individuals as they discerned their calls to ministry. Rev. Ronald Hollein, Scott Miller and David Seitz are among those who have been called. They will share their personal journey and how this church influenced them. Rev. Hollein was raised in Brookline Church and is now retired from a pastorate at St. Paul’s UMC. Scott Miller and David Seitz are current congregation members.

August 25 MLUMC Youth *Mission Work in Virginia*



2018 Youth Mission Trip Participants

This year’s youth mission team will share their experiences at Project Crossroads in Marion, VA, providing home renovations for low income families.

Weekday Ministries Child Care Center

by Mettelise Ziegler, WDM Director

Weekday Ministries is open twelve months a year, but the school year will be wrapping up in May. Our teachers have planned enriching activities, going far beyond the expected.



The fifth annual Weekday Ministries Sunday will be held on May 19th. Plan to worship at the 10:45 service so you can watch our children sing and greet some of our families.

Junior Pre-K class will be hosting a breakfast for their parents in honor of Mother's Day. Later in the month, they will be enjoying their first prom! Three-year-olds will be dressing up, sporting boutonnieres, corsages and dancing shoes.

Senior Pre-K class will be hosting a carnival for both preschool rooms. A graduation ceremony will take place in Sanner Chapel on the 23rd at 5:00 PM. The event marks the end of preschool for fifteen children and the commencement of elementary education.

Summertime will be a more relaxed learning environment as children enjoy water play in the courtyard, gardening on the patio, trips to the park and walks in the neighborhood.



Our hearts and our rooms are completely full! New infants may not be enrolled until April – 2020. Spread the word!

Save the Date



MLUMC's VBS

July 29–August 2, 2019

9:30 a.m. – 11:30 a.m.

Volunteers needed!

Contact Kim Rhoton

krhoton@mlumc.org

Youth Group News

The youth have been busy this spring fundraising and preparing for the summer mission trip to Marion, VA. Thank you to all for your support in this annual outreach and service opportunity. We will be taking 10 youth and 6 adults, which includes 8 first-time attendees. Upcoming opportunities to continue to support this mission include being present at the team commissioning on July 7 at the 8:30 service, signing up to be a prayer partner, and coming to hear about the experience at **Faith for Today** in August.

June 2nd will be a special outing for all 5th through 12th graders. Bring friends for an evening of fun! Stay tuned for other summer activities.

Calling All Graduates

Graduation Sunday is June 9. If you are graduating, or if you know of anyone graduating from high school, college or a post-grad program, please contact Kim Rhoton at krhoton@mlumc.org.



United Methodist Women
UMW June Meeting:
Operation Safety Net
Tuesday, June 11 6 pm Asbury Center

On Tuesday, June 11 at 6 pm, you're invited to join UMW members for their annual salad supper. The speaker will be the director of Pittsburgh Mercy's Operation Safety Net, the innovative, award-winning medical and social service outreach program for persons who are experiencing homelessness in Allegheny County.

Please bring a salad to share; we'll provide drinks and dessert. Women of all ages are welcome and encouraged to attend this informative event!

Do No Harm

A new education and discussion group, *Do No Harm*, is meeting twice a month on Sunday evenings in Mt. Lebanon United Methodist Church. *Do No Harm* is a group of church members and friends who have questions and concerns regarding the General Conference's recent ban on marriage and ordination for LGBTQIA people in the UM Church. The group discusses the ramifications of the decision on the denomination and the local church, and on those who are members of the LGBTQIA community and the people who have loving and caring relationships with them.

If you have questions, would like to contribute to the conversation, or just desire to listen, consider attending the next meeting. Your opinion and presence are important. The door is open. Come with your open heart and open mind.

For information about when and where the group meets, check the weekly announcements, the calendar on the church website (www.mlumc.org) or contact Monica Kao 412-531-7131.



A pavilion at nearby South Park

SAVE THE DATE

All-American Cookout
with German Zwickau Partners
All Ages Welcome Details to Follow

Who, What ,Where, Why:

Our German Zwickau church partners are coming in October. We are planning an all-church, all-American cookout at South Park. Meet some of our partners as well as local church friends you may not know.

When:

Sunday, October 20th after church/mid-afternoon

We will reserve a pavilion near The Oliver Miller Homestead (tour arrangement for anyone wishing to attend) hopefully near a playground area for our younger members. And, what's more American than hamburgers & hot dogs & good old Methodist potluck sides and desserts, an energetic softball game, net set-up for volleyball and/or badminton, anyone for horseshoes?

Our Zwickau group includes teens, twenties, and 40+. They are excited about meeting their American church partners, so save the date now and plan to join us!

Wanted: Handbell Ringers

The MLUMC Handbell Ministry has openings in Promise Bells and Chapel Bells.

If you are experienced you might want to give Chapel Bells a try. We meet Mondays at 7 pm. If you have never rung a bell or perhaps feel your skills are really rusty, Promise Bells is the place for you - Thursdays 6:30-7:30. If you are just "thinking" about ringing and aren't sure you could do it, a summer Bell Boot Camp can be arranged. Same for polishing rusty Ringers!

For more information contact Nancy Lutz, anytime, at lutzbelz@aol.com or call or text her at 412-334-7987.



Honoring Membership Vows

Beginning in January 2019, Mt. Lebanon United Methodist Church has been emphasizing a different church membership vow each month.

Prayer - In January, two small groups met to study prayer. Many church attendees took part in special prayer time on Sundays, during and after the services.

Presence - February saw approximately 80 people answering a call to honor their membership vow of presence. They pledged to attend church as often as possible during the Lenten season. Worship attendance increased during most Sundays in February, March and April, as compared to the previous year.

Gifts - Throughout March, the congregation was asked to consider making financial gifts for several projects when the Fifth Sunday Offering was taken on March 31. The response was most generous:

\$3,210	Scout Project for Building Improvement
\$ 260	Native American Initiative
\$1,674	UMCOR
\$ 739	Conference Apportionment
\$5,833	Total



In January, church attendees took prayer walks throughout the church following services. Here, a group is lifting up people and ministries who meet in Asbury Center.

Also, the congregation's regular giving made it possible to pay all bills in a timely manner, including a \$10,000 payment on the Conference Apportionment. It has been several years since MLUMC has been able to make such a large contribution this early in the year.

Finally, five families included the church in their wills. Jane and Andy Smith left a generous gift in a bequest to the congregation, soon to be announced.

Service - In April, church volunteers completed two major service projects. The Good Friday Fish Fry was hugely successful with over 500 dinners served. Many needy people dined on a Fish Fry free dinner. On April 28, approximately 80 church members of all ages helped to assemble 1,000 hygiene kits that will be sent to disaster victims. This is the largest project of its kind for any church in the Conference to undertake.



Free or free will offering Fish Fry



The confirmation class at Jumonville Camp assembling hygiene kits

Witness - During May worship services, the congregation heard from several church members who offered their faith testimonies. On Weekday Ministries Sunday, church members and friends provided a witness to the families of Weekday Ministries by being welcoming hosts.

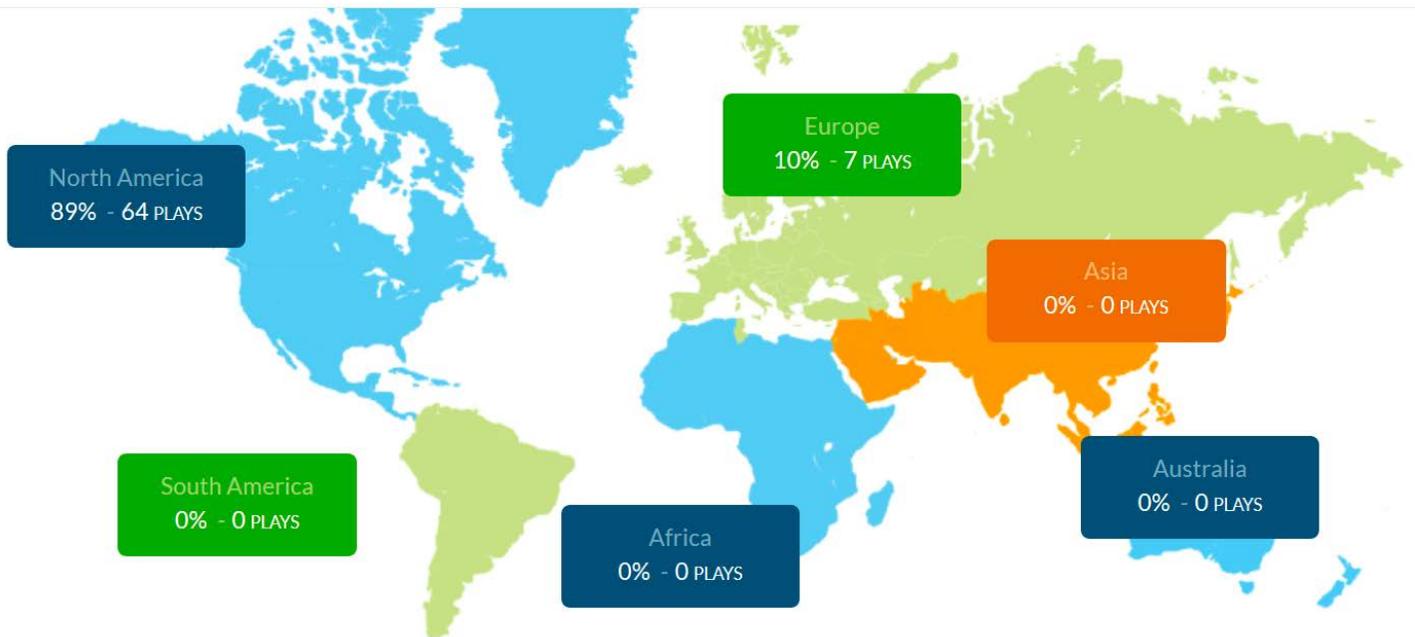
This summer's Faith for Today series will include topics that accentuate the vows of membership. When we, the congregation, church members and friends, honor the church membership vows, we are advancing God's Kingdom.

Vow of Presence Via the Podcast

For some friends and members of Mt. Lebanon United Methodist Church, one way of honoring the membership vow of presence is to listen to the Scripture reading and the pastor's sermon. But these faithful listeners are not sitting in the pews, they are tuned in to the podcast. The podcast routinely has listeners from all over the US and world. During the last five weeks, 20 to 25 people a week from 10 states and 3 countries listened to the podcast.

When you can't attend a Sunday service, listen to Pastor Strandburg's or another's message on the podcast. Sermons can be found at <http://mlumc.buzzsprout.com> or navigate to the site from the link on our webpage, www.mlumc.org. Sermons also will be posted to iTunes. Full recordings of the service are available upon request.

Top 10 Cities (of 21 total)



Vow of Service Saturday, June 1 Rummage Sale

It's not too late. **May 29-31 and June 1** are days that the Rummage Sale staff is asking you to volunteer to help prepare for the sale, and/or work the sale and shop. (Honor your vow of service, too!) And don't forget the rummage sale needs a whole new crew of people to help with cleanup starting at 2 pm on Saturday. This is a win-win-win situation - excellent prices on goods, fellowship in volunteering and, **ALL PROCEEDS BENEFIT THE CHURCH'S MISSION.**

Church Financial Information

by Rob Spicher, Finance Committee Chair

One of the recommendations in early 2017 from our Church stewardship consultant, Scott McKenzie, was more transparency regarding financial matters. The Finance Committee implemented this recommendation in early 2018, and began to share quarterly financial information in *The Window*. To continue this information sharing, summarized below are the Church's 2018 actual financial results, 2019 budget, and 2019 first quarter actual financial results.

As the figures below indicate, 2019 first quarter revenues were not sufficient to cover expenses. Such is not unusual, given the impacts of winter weather each year on worship attendance and stewardship and the lateness of Easter on the 2019 religious calendar. Although the first quarter figures show only a nominal contribution towards our Connectional Apportionment, contributions approximating \$10,000 were sent to the Conference in early April. The Finance Committee was able to set aside the unrestricted endowment interest the Church receives quarterly to pay most the aforementioned amount, and hopes to do so again in coming quarters.

It has been some time since the Church finances were put through an internal review, let alone an external audit. Both will occur in 2019. The Finance Committee, with the help of a Conference resource, put together a work set for an internal financial review which is currently in process. Once this review is completed and recommendations from such are addressed, an external audit will take place. Although the financial systems, controls, and procedures in place appear to have the appropriate checks and balances, recent newspaper reports about a financial scandal at an area church have underscored the need for our Church's finances to be put through a rigorous review.

Any questions regarding the actual and budget information shown below should be directed to Rob Spicher (Finance Committee Chair) or Virginia Katinsky (Business Administrator and Treasurer). Both can be reached by calling the Church office (412-531-7131).

	2018	% of	2019	% of	2019	% of
	<u>Actuals</u>	<u>Expenses</u>	<u>Budget</u>	<u>Expenses</u>	<u>1st Q Actuals</u>	<u>Expenses</u>
Church Budget						
Revenue:	\$691,714	94.3%	\$705,490	89.4%	\$175,600	87.2%
Expenses:						
Personnel	\$389,985	53.2%	\$418,619	53.1%	\$109,099	54.2%
Programs & Facilities	160,067	21.8%	162,785	20.6%	45,128	22.4%
Utilities & Taxes	95,650	13.0%	98,223	12.5%	34,562	17.2%
Insurance	34,382	4.7%	36,953	4.7%	11,869	5.9%
Connectional Contribution to WPA UM Conference*	53,519	7.3%	72,157	9.1%	615	.3%
Total Expenses	\$733,603	100%	\$788,737	100%	\$201,273	100%
Total Net Income (Loss)	(\$41,889)		(\$83,247)		(\$25,673)	

* \$75,296 requested in 2018; did not pay \$21,777

Net losses are covered by cash on hand, special gifts received, and reserves.

From The Community Events and Outreach Committee

Suicide Awareness and Prevention

3-Session Series Focusing on At-Risk Populations

The Community Events and Outreach Committee is hosting a 3-session series dealing with suicide awareness and prevention during the summer and fall of 2019. Each session will include a dinner and a program focusing on an “at risk” population and will feature an outside speaker.

The Suicide Awareness and Prevention programs are: (1) LGBTQIA Youth - July (2) Military Veterans – September (3) Those Dealing with Depression – November. Specific dates have not yet been determined.

Church members and the community at large are invited to attend. The Committee feels that educating all as to the challenges that these “at risk” populations face will hopefully promote understanding, empathy, and a desire to do something to help. Look for more information in the coming months on the series and its sessions.



2019 Lenten Fish Fries Feed Body, Mind & Spirit

Over 900 meals were served during the church’s Fish Fries on March 8th, the first Friday in Lent, and April 19th, Good Friday. Sponsored by the Community Events and Outreach Committee, these Fish Fries were provided at no cost to those who attended. Donations received from free will offerings enabled the Committee to cover the expenses of both events. It truly was a case of those able to donate providing for those who were unable.

This year’s Fish Fries included deliveries of meals to Food Pantry clients and shut-ins. Approximately 40 meals were delivered on Good Friday. The tasty food and face-to-face interactions made a memorable experience for all involved.



The Food Lift Free Market was once again present at both Fish Fries, providing many take home items of vegetables, breads, fruits and desserts for those in need. The Good Friday menu also included “the body and blood” of Christ, as Pastor Tom offered Communion to those who requested it.



As the volunteers can attest, those who came to the Fish Fries enjoyed not just the food, but also the hospitality and warmth. For many of our guests, these Fish Fries were a “big night out” where they could share a meal that they otherwise could not afford. They shared it with others in Christian fellowship, instead of eating alone. Truly a nourishment of body, mind, and spirit for all.

Community Events & Outreach 2019 Calendar (Updated)

The Community Events and Outreach Committee has planned a number of 2019 events. Plan to attend, and if you wish, volunteer for as many events as you can. To learn more about the Community Events and Outreach Committee or to volunteer for an event, contact Rob Spicher, Chair at robert.spicher@pnc.com or 412-720-4589.

*EECM = East End Cooperative Ministries

February – *EECM Dinner (2/24)

March – Community Fish Fry (3/8)

April – Community Fish Fry (4/19)
*EECM Dinner (4/28)

June – *EECM Dinner (6/23)
Community Barbecue (6/29)

July – Suicide Awareness & Prevention (LGBTQIA - date TBD)

August – *EECM Dinner (8/25)

Sept. – Suicide Awareness & Prevention (Military Vets - date TBD)

Oct. – Community Fall Festival (10/19)
*EECM Dinner (10/27)

Nov. – Suicide Awareness & Prevention (Depression - date TBD)
Thanksgiving Meal

December – Christmas Caroling
*EECM Dinner (12/22)
Christmas Meal (12/25)

*EECM dinners are served on site at their East Liberty location, across the street from the Home Depot; the Christmas Dinner is served on-site at Castle Shannon Presbyterian Church; all other events originate on site at MLUMC.



Flower Planting Time

Friday, May 24 6-8 pm and

Saturday, May 25 9 am-12 pm

Be a part of helping plant the spring flowers at Mt. Lebanon United Methodist Church. All the flowers will be there, just bring a hand shovel, gloves and knee pads. Planting will take place on Friday night, May 24th from 6 pm - 8 pm and Saturday morning, May 25th from 9 am to 12 noon. After the flowers we can enjoy them all summer through fall. Any questions contact Tom Michael at trilobitesix@aol.com or (412) 389-9411. Thanks!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2019						
19 8:30 AM Worship Sanner 9:30 AM Sunday School 10:45 AM Worship Sanctuary 5 PM Youth Group 6:30 PM BSA Brd Review	20 7:30 PM Community Events & Outreach	21 7 PM BSA #23	22 7 PM Bear, Tiger, Wolf Den Meeting	23 5 PM Weekday Ministries Pre-K Graduation Sanner	24 6 PM volunteer flower planting	25 8 AM volunteer flower planting
HOSTING FAMILY PROMISE SUN. MAY 19 THRU SUN. MAY 26			FAMILY PROMISE SUN. MAY 19 THRU SUN. MAY 26			
26 8:30 AM Worship Sanner 10:45 AM Worship Sanctuary 12 PM Youth Project 7 PM BSA #23 Leadership	27 MEMORIAL DAY office closed	28 7 PM BSA #23 7 PM BSA Brd Reviews	29	30	31	1
		RUMMAGE SALE SET-UP		RUMMAGE SALE SET-UP		

June Save-the-Dates

June 9 - Pentecost, Confirmation and Graduation Sunday, and the first Sunday of the Summer Speaker Series, *Faith for Today*, 9:30 - 10:30 am, meeting in air conditioned Asbury Center.

June 16 - The 10:45 am worship service moves from the Sanctuary to Asbury Center for the summer.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2019

1 9 AM
RUMMAGE SALE

2 8:30 AM Worship Sanner
10:45 AM Worship Sanctuary
12 PM Blood Pressure
5 PM Youth Group
7 PM Do No Harm

3 7 PM Church Council

4 7 PM BSA #23

5 7:30 AM N.Side Lunch Preps
6 PM Homebuilders' Potluck

6 8:30 AM N.Side Lunch Preps
9AM Hands & Heart
Noon TNT Asbury Hghts

7

8 8AM It's A Guy Thing
10 AM Food Pantry
Food Lift Free Mkt

9 PENTECOST, CONFIRMATION and GRADUATION SUNDAY
8:30 AM Worship Sanner
9:30 AM Faith for Today Asbury Center
10:45 AM Worship Sanctuary
5 PM Youth Group

10

11 10 AM Weekday Min. Chapel
6 PM UMW
7 PM BSA #23
7 PM BSA Brd Reviews
7 PM Cub Scout Planning

12 6 PM Homebuilders' Potluck
6 PM Finance Picnic
7 PM Bear, Tiger, Wolf, Lion, Webelos

13 7 PM Education Committee

14 1:30 PM Memoirs Group
7 PM Arrow of Light

15 10 AM Food Pantry
Food Lift Free Mkt

16 8:30 AM Worship Sanner
9:30 Faith for Today Asbury
10:45 AM Worship Asbury
5 PM Youth Group
6:30 BSA Brd Reviews
7 PM Do No Harm

17 7:30 PM Community Events & Outreach

18 7 PM BSA #23

19 6 PM Homebuilders' Potluck
7PM Cub Scout
7PM Trustees

20

21

22

23 8:30 AM Worship Sanner
9:30 Faith for Today Asbury
10:45 AM Worship Asbury
5 PM Youth Group

24

25 7 PM BSA #23
7 PM BSA Reviews

26 6 PM Homebuilders' Potluck
7 PM Bear, Tiger, Wolf

27

28

29 4 PM Community BBQ

30 8:30 AM Worship Sanner
9:30 Faith for Today Asbury
10:45 AM Worship Asbury
7 PM BSA #23 Leadership
7 PM Do No Harm

1

2

3

4

May

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Mt. Lebanon United Methodist Church

3319 West Liberty Avenue • Pittsburgh, PA 15216
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MLUMC'S Wholistic Health Outreach Ministry on Happiness

Not everybody has to be happy all the time. That's not mental health. While it's pretty safe to assume that you want to be happy, actually making that happen can be a bit elusive. Here are 12 incredible smart tips from mental health experts on how to be happier.

1. Happiness doesn't mean having everything you want and being problem-free all the time. Sometimes we cannot control what happens but we can control our response.
2. Cut "shoulda, woulda, coulda" from your vocabulary. It guarantees whatever you think "shoulda, woulda, coulda" happen - won't.
3. Remember that your negative thoughts aren't true. They're just thoughts.
4. Start your day by reminding yourself one positive thing about your life.
5. Don't think about your outside issues (work) at home or take home issues outside. Focus on the moment.
6. Stop checking your phone randomly. Give yourself specific time to catch up on social media and email.
7. Keep up your friendships. They are a vital key to happiness with enormous mental health benefits.
8. Plan short term pleasures and short and long term goals. This can make your life what you want it to be.
9. Treat yourself with compassion and lots of love.
10. Don't forget that your physical health impacts your mental health. Incorporate play into your life.
11. Several times a day, take a deep breath and tell yourself that everything is ok. Repetition will make this a calming experience.
12. Make a conscious effort to take care of your mental health as you would your physical health. *You are so worth it!*