



The First United
Presbyterian Church
of Crafton Heights

The Runner

David B. Carver, Pastor
www.chup.org
June 2023

I've spent most of my free time in May tending to the garden – pulling up debris that has overwintered, clearing away invasive weeds that will take over the place if I give them half a chance, mixing in the compost I've spent the last year “making”, and planting the seeds that I hope will be this year's beets, lettuce, onions, and more.

Gardening is a discipline that helps me attend to the inner part of myself. As I clear and cultivate, prune and sow, I am reminded that it's not just the property surrounding my home that needs these efforts. I need to be attentive to similar things in my own heart and soul. As we leave Spring behind and enter into Summer, I hope that your outside garden is all set – and I wonder how you are tending to the growth of your own spirit? I came across this work by a medical professional named Kerry Fantelli, and it spoke to me. I hope and pray it will offer you space to reflect as well.



Garden of Your Mind

What are you growing
in the garden of your mind –
what do you water
nourish, feed?
Do you plant seeds of forgiveness,
of love,
or do you fertilize weeds of anger
resentment, fear?
What are you growing
in the garden of your heart?
Do you allow sunshine to reach dark pain
in the corners of your heart –
Do you allow tears to wash it clean
and nourish it –
Or do you put up fences
to keep out the feelings?
Get on your knees
grow your own food
decide what it is you want in your soil.
Know what you are cultivating
what you are growing –
a lot can grow in the garden of your body
if you let it seed
nourish it
allow it
watch it grow.

One of the best parts of gardening is spending time with other people who share your passion – trading seeds, learning recipes, cultivating wonder. I encourage you to enter into spiritual places this summer that will allow you to do the same with the garden of your heart and mind: spend time in worship, fellowship, and encouragement with God's people. Point to where you've grown and celebrate the same in others.

I'll look for you in worship this month!

Pastor Dave

Fellowship Opportunities

Youth Mission Trip: The youth group is planning for their annual Mission Trip to the Seneca Nation of Indians in Western New York state in early August. More information will be available soon.

Church Fellowship: As we fall into the warmer and sunnier days here, we are invited to join in a bible study, led by Elder Steve Imler. The bible study is focused on the Gospel of John, and it will be meeting on Tuesday evenings, in the conference room. We hope to see you there, for a time of dedicated focus on God's Word.

New Faces in New Places: The Open Door welcomes Hannah Ostlund and Julia Imler to new positions of leadership in a time of transition! When our former Executive Director left to pursue other opportunities, the Open Door Steering Committee moved quickly to ensure that our current programming, as well as the Cross Trainers Summer Camp, would be available to the community. We were delighted when our own Hannah Ostlund, for the past two years a seminary student intern at CHUP, agreed to come on board as our part-time Interim Executive Director. Beginning on April 1, Hannah has worked to organize volunteers, track communication, and reach out to partners in preparation for the summer camp. Hannah will stay at The Open Door through at least June as she anticipates beginning her new call in Indianapolis later in the summer. She will be joined on May 1 by Julia Imler, who will serve as the Site Coordinator for Cross Trainers in 2023. Julia has been on staff several years and has some unique insights and key relationships that make her a valuable addition to the staff this summer. These women may be asking you to help in some way – contribute a meal, or volunteer for a program, or share your ideas. We hope that you'll encourage them as they lead us in this important work!



Open Door

Friday Night Recreation: Friday Night Recreation has ended with a bang! We enjoyed games, crafts, a bunch of pizza and ice cream thanks to Adam Simcox! The kids were sad to see it end, but are excited to take part in Cross Trainers this summer!

Chess Club: The chess club, along with a rep from the Queen's Gambit Chess Institute picked back up on January 25th, and will continue to meet the last Wednesday of every month until May of 2023. We have been blessed to have a 14 year old international chess champion come and teach neighborhood youth how to play chess the right way. There are also opportunities for the youth to try their chess skills in chess tournaments around the city. If you are interested in a night of chess with youth, be on the lookout on our Facebook page and other communications for announcements to sign up on the website.

Cross Trainers: Pre-registration for Cross Trainers will be live on our website on Friday, May 26th! We will be accepting pre-registrations through this link: <https://secure.theopendoorpgh.com/np/clients/theopendoorpgh/event.jsp?forwardedFromSecureDomain=1&event=716>



This summer, Cross Trainers camp will begin June 26th and end August 4th. The summer camp offered by the Open Door takes place Monday through Friday. Activities include: Bible study, art class, recreation, and field trips to places like the Pittsburgh Zoo and the Children's Museum. Cross Trainers is for ages K-5th grade and breakfast and lunch will be served daily for campers. Pre-registration is available on the website at www.theopendoorpgh.com, there is a \$35 application fee that should be returned with the registration packet. We will accept these materials any time to our office located in the church building. The last day for registration is in person at The Open Door, Saturday, June 3rd, from 10AM-1PM.



Throughout Cross Trainers, we hope you will consider providing meals for our hardworking staff. We appreciate everyone's generosity and support, you can sign up to provide a meal for our 12 staff members at this link: <https://www.mealtrain.com/trains/2nw79m>.

Kids of Steel: Congratulations to the young people who represented the Open Door in the "Kids of Steel" program operated in conjunction with the Pittsburgh Marathon early in May. We had 13 kids who were able to compete on May 6 and there were others who took part in the program but were unavailable on race day. Thanks to coaches Jessica Simcox, Rachel Salinetto, and Karren Sites for helping our youth prepare.



Preschool



Each year in preschool, May is full of friendships, confidence, excitement and lively activities, as the children live into the benefits of attending our preschool program. Throughout the year the children had opportunities each day of school to play with friends, expressing their ideas, needs and thoughts with each other. The engaging activities that coordinate with our themes help the children express themselves through creative art, fun sensory play, and hands-on building with magnatiles, legos, blocks, and tracks, all of which help prepare each child for their next level of education, whether they are returning to our pre-k class or going on to kindergarten. We are proud of the work we did, helping each child learn and grow as they develop a love of school, and are eager to learn new things. Thank you to all who have supported us this year through prayer, donations, art show and vacation tickets and our volunteers. We are grateful for all the love and support preschool has received and look forward to a new school year to begin in September. If you would like to see our photo recap of the year, reach out to Cheri, and she'll send you the link.





Mark your calendar for October 3, 2023
Join us for a tasty, fun, benefit dinner.

Dinner Ticket Includes:

MAD MEX BUILD YOUR OWN FAJITA PARTY

Buffet includes:

Mad Mex chips, fresh salsa and guacamole. Casa Salad

Mad Mex Fajitas with your choice of grilled steak, margarita chicken, Ready to roll with grilled onions and peppers, Mexican rice, sour cream, guacamole, pico de gallo, Monterey jack cheese, and warm flour tortillas.

Includes: one 16oz Dos Equis draft or a 16oz House Margarita per person (must be 21 or older) soft drinks, and a dessert table featuring Mexican Chocolate Brownies with toppings of hot fudge, honey, and powdered sugar.

Gratuity Included

Reserve your tickets now! Space is Limited to 50 People
Ticket costs \$60 per person. Proceeds benefit Crafton Heights Community Pre-school Talk to Cheri Mack to reserve your spot or for more details.
Location: MAD MEX in Robinson, Time to be announced, (in the evening)

Prayer Concerns

Members: Florence Hall, Marge Freeman, Eleanor Arlet, Megan Salinetto Yelley's brother in law, Karren Sites, Tina Nagy

Friends & Relatives: Sue Whitaker, Than and Ruthina Veltman, Pastor Michael Weller, Wayne Arlet, Jr., Lisa Myers, Teresa Stacy (niece of Mary Stacy), Helen Barto (Kitty Kistler's mother).

June Birthdays

1st Tracy Eagan
 2nd Evan Walker
 7th Jimmy Fuhs
 8th Virginia Czopek
 11th Sharon Carver
 12th John Fullwood
 15th Charmaine Kososki
 19th Vivian Ciechanowski
 21st Jason Dix
 22nd Dave Carver
 Amiya Dreyer
 25th Richard Yelley
 27th Linda Piper
 28th Carl Martelli
 30th Judah Claassen
 Don Prevost

Worship Opportunities

In-Person Worship: Services are Sundays at 10:00 am, starting in June. Please read our updated safety guidelines before attending in person worship: <https://files.constantcontact.com/7a16d75f001/80d3381d-f76d-4188-8553-c263835f868e.pdf>

Online Worship: Each Sunday at 10:00 am, our worship service livestreams on our Facebook page: <https://www.facebook.com/CraftonHeightsChurch/> And then later on YouTube: https://www.youtube.com/playlist?list=PLU5XsLRABddh2dgu38_W9bbRu9wYaOB4

Electronic Giving

Go to <https://chup.org/giving/> to find easy options for sending your donation electronically. Feel free to contact the office chup@chup.org to find out more about how you can designate where you would like your donation to go: the Church, the Preschool, the Open Door, the Food Pantry... the list goes on! Thank you for supporting our many ministries and enabling us to spread God's love in our community and throughout the world.

CHUP Online

Did you know that you can view the Runner in full color on our website? Back issues, too! Our website is mobile friendly and easier to navigate than ever. <https://chup.org/>

Blood Drive

Many thanks to everyone that donated at the CHUP Blood Drive on Feb 26th. We collected **18 units** of blood which is amazing. What is even more amazing is that **54 patients** will benefit from your generosity. That is huge! Please mark your calendar for the next blood drive scheduled for **Sunday, June 4th**. We hope to see you there!

Need Help?

Do you need help of one kind or another? If you are in need of food, or someone to run an errand for you, or a friendly voice with whom to speak, or prayer... please let us know!

Email dave@chup.org and we will marshal the resources to help you face the challenges of your day. You are not alone!





Mark your calendars, because you are invited to the
CHUP All Church Retreat
 September 8-10 at Crestfield Camp and Conference
 Center 195 Taggart Road, Slippery Rock, PA 16057

Leadership will be provided by CHUP Church Members.

There will be no childcare or separate sessions for kids. We plan to enjoy one another's company with games and activities throughout the weekend, with a few times of devotions and singing.

Accommodations

Scott Lodge has hotel-like rooms with private baths. Linens and towels are provided.

All meals are included (breakfast only Sunday)

A deposit of \$50 is required to reserve your room.

Checks are made payable to the First U.P. Church of Crafton Heights.

Because we want to encourage families of all sizes to participate, there is a \$300 maximum per family, and additional financial help is available. For more information, contact Erlina Mae Adler at 412-215-9711 or erlinamae.adler@puccs.org

Please detach the bottom portion and return with payment to Erlina Mae Adler by August 20th. You may keep the top portion as a reminder!

All Church Retreat Reservation Form (return with payment to Erlina Mae Adler by August 20)

Name _____

Phone _____

Email _____

Lodging	# People	Price per person	Totals
Scott Lodge Adult Single Occupancy		\$215	
Scott Lodge Adult Double Occupancy		\$140	
Scott Lodge Adult Triple Occupancy		\$125	
Scott Lodge Child 6-13 years		\$50	
Scott Lodge Child 0-5 years		free	
Additional Cot/ Mattress without bedding		\$10	
Additional Cot/ Mattress with bedding		\$15	
Day Use (come for the day only)		\$50	
Total			
Deposit		\$50	
Balance Due			

First United Presbyterian Church
of Crafton Heights
50 Stratmore Street
Pittsburgh, PA 15205

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PITTSBURGH, PA
PERMIT NO. 862

RETURN SERVICE REQUESTED

