
The Bridge Builder

A Monthly Newsletter from Heritage Presbyterian Church

2262 Rochester Road

Pittsburgh, PA 15237

412-366-1338

heritagepcusa@verizon.net

www.heritagepcusa.org

Facebook: HeritageChurchpcusa

Youth webpage: heritagepcusayg.blogspot.com



POW-WOW WITH PASTOR BRIAN

As we continue to plunge into the New Year, and as I continue my studies (by the time you receive this I will be in the throws of my last two classes,) the transition that we have been working through as a church is well under way. The Session is busy praying about and contacting folks regarding service on one of our five teams. We hope that you will join us! February is going to be an exciting month. I know that sounds crazy as February is usually a time when we long for the beginning of Spring. My hope and vision for Heritage this month is that it will be a time of reawakening our imaginations as we seek to disclose to the people of our community what place a relationship with Jesus Christ has in their lives. Accomplishing this is not something which can be borne by the few but needs to be cheerful and gratefully taken up by the many.

In that spirit I want to thank you all for your generosity in continuing to minister to one another and to the community and to me as well. Your prayers for me and my family while they were here over Christmas were felt and welcomed. To those of you who donated air mattresses and pillows and all the rest, I can't begin to tell you how much they helped. I know from experience that generosity begets generosity. A year from now, if all goes according to plan, I will have received my Doctor of Ministry degree from Pittsburgh Theological Seminary. I simply would not have been able to even make it this far, without you. We began with fourteen students and I believe there are only six or seven of us left. Please keep us all in prayer this year. The best news to come from having engaged in this course of study is the work that we are doing here at Heritage, all of it is happening because of you. So many of the projects I have engaged in have been done in conjunction and with the participation of church members. The fruit this is bearing is made manifest in our monthly meal ministry, our engagement with single moms, and Body & Soul. I thank God for each of you and for these developments in our church's life which have occurred not because I am a tireless pastor or because you are a tireless congregation, but because *we rest in the sure hope of our Lord and Savior Jesus Christ.*

Please continue in the spirit of generosity in which you have been baptized and which continues to allow us to discern and imagine the things which God is calling us to do. Prophetic ministry is typically marked by two things, a robust use of the imagination, and a reliance on God to fulfill His promises through the work of the church. Be a prophet this month!

Blessings,

Pastor Brian

Wellness Ministry Update: Body & Soul Growing Strong



Photo Caption: Volunteering is hard at Body & Soul - Carolyn and Wendy being forced to relax with a hot lavender towel compress.

Heritage's Body & Soul continues to prosper. We could use your help to keep this ministry growing strong and all that God is calling it become! How?

- 1) Pray for Body & Soul, for the staff, the volunteers, and our members.
- 2) Stop by and say "hi" to our staff, volunteers, and members: get to know them and show them our famous Heritage Hospitality.
- 3) Consider joining Body & Soul and working out. If you overindulged during the holidays, this is a great way to get back in shape.
- 4) Volunteer....you don't have to be a gym member to volunteer. You just need a smile and a welcoming spirit. We'll train you on the rest.
- 5) Tell a girlfriend or neighbor about Heritage's Body & Soul ministry.
- 6) Try a class. If a weight training circuit isn't for you, the ministry offers exercise classes too. You do not need to be a member to participate in a class.

There is a flyer with exercise class times attached in this newsletter.

- 7) Give us your input. We'd love to know your thoughts on what to offer, convenient hours for you, etc. We'd also love to introduce you to your staff and volunteers at Body & Soul.

Thank you so much for your support. If you have any questions or suggestions, please see Wendy Cibula, Carolyn Briggs or Joanne Dunmyre.

Chocolate Extravaganza and Art Show

February is a month where we recognize and celebrate those we love. Start your Valentine Week off right by bringing your favorite person(s) to the Chocolate Extravaganza and Art Show at Heritage Presbyterian Church on Saturday, February 11th from 7-9 p.m. Stop by and browse art from talented artists and craftspeople. Relax and enjoy delectable treats, chocolate from local confectioners and our own wonderful bakers. Take your goodies for a dip in the chocolate fountain. Join us at Heritage (2262 Rochester Road, Pittsburgh, 15237) anytime from 7-9 p.m. Cost is just \$5 per person. Contact the church at 412-366-1338 to purchase or reserve your tickets.

5 Volunteers Needed for the Wise Study @Heritage Church



We have a new ministry opportunity to invite an exercise group into our church for a three year study called the WISE Study - Working to Increase Stability through Exercise (See flyer in this newsletter). Five Volunteers are needed to lead an exercise class at Heritage Church. The one hour class will take place in Fellowship Hall 3x a week. No classes during Christmas and Easter breaks or University of Pittsburgh Holidays. The time is yet to be determined but we were thinking at 10 or 11 am. One volunteer is needed per class (the five volunteers will decide how to rotate leading the class). There will be a mandatory training at Heritage Church for volunteers so you don't need to know anything ahead of time. You just need to have the desire to be friendly, welcoming, and willing to learn. They will teach us how to lead the class, the exercises, etc. This is a great way to minister to a population of older folks who have had hip replacement surgery and make a positive impact on future treatment options for other seniors. Both men and women over age of 25 are welcome to sign up to volunteer. Please see Wendy Cibula if you have any questions. If you are interested in volunteering, there is a sign up sheet in Fellowship Hall.

Ash Wednesday

It's time to prepare for the time of preparation...Lent, that is. Ash Wednesday is March 1, 2017. It will start the 40 days of preparation for the commemoration of Christ's crucifixion and death on Good Friday, culminating in the joyous celebration of His resurrection on Easter morning.

This year Heritage will observe Ash Wednesday with a worship service at 7:30 pm on March 1. There will be the imposition of ashes at this service to remind us of what we really are without God. Please join us in worship on Ash Wednesday and throughout Lent.

In Memoriam

The following donations were made in memory of friends and or loved ones. Gifts placed in the Memorial Fund will be used appropriately at the discretion of the Session.

Art Barton

- George Hancher

Faith Crosser

- Ken Andrews
- Bill & Donna Johnston
- Mr & Mrs Robert Peles
- Nancy Pettengill
- Pittsburgh Pastoral Institute
- August Tuccillo / Maria Scholler
- Mr. & Mrs. Donald Schuessler

Nursery

The volunteers for the nursery have been doing a great job, but we are always in need of more help. **Men — let's step up to the Pastor's challenge.** Any members of the congregation and high school students who are interested in helping out in the nursery, please email Karen Hayworth. Her email is khaywort@yahoo.ca

Light of Life Mission

*3rd Monday of each month,
February 20, 2017*

Volunteers are needed for hands-on outreach at the Light of Life. Sign up in Fellowship Hall.

*4:45 - 6:00 pm - Volunteers serve meals and clean tables.

*6:30 pm - Chapel Service - Volunteers needed.

If your gifts include preaching, teaching and sharing the Gospel with others (either in word or song), consider volunteering.

2017 Continuation of Giving

The Session approved continuing the 2016 level of giving into the first 4 months of 2017 until the new Stewardship season begins.

All members & friends of Heritage are requested to continue to give no less than the level of giving you committed for 2016. Honor God in this way.

“Give to others, and God will give to you. Indeed, you will receive a full measure, a generous helping, poured into your hands—all that you can hold. The measure you use for others is the one that God will use for you.”. Luke 6:38

Things Spinning Well at ReCharge Wednesday Nights. 2nd & 4th Wednesday of Each Month 6:30-8:00pm

Thank you for your continued support of Spin at ReCharge. Our focus on partnering with Anchorpoint Counseling Ministry to minister to single parent families is going so well. As we have gotten to know these moms and children, we have learned better how to serve them. If you haven't been involved yet, we'd love to have you join us. Drop by for dinner and see what we are doing. How can you help? Great question. Pray first for these families whose wounds are not all visible and that we at Heritage would be a welcoming oasis for them on Wednesday nights. We will be occasionally circulating a list of some of their needs via email. Check it out and when you can help, that would be great. We could also use your help some SPIN evenings. It's just one to two hours twice a month. We have a kitchen crew that would love your help preparing meals and cleaning up. Or, perhaps, you could bake a dessert. Yum! We also have a child care crew that will spend time with the children while the moms attend their support group. We currently have a teen group, an elementary group, and a preschool group. Sign up sheets are available in Fellowship Hall. There are only about ten Wednesday nights left and we have a very dedicated core group serving. Julie Halayma is compiling a master schedule and she would love to pencil you in to help as well. If you have any questions on ReCharge/Spin please see a member of the ReCharge Team: Denton Bond, Sonny Jani, Julie Halyama, Carolyn Briggs or Wendy Cibula.

Bellevue Community Meal Ministry

What's the secret ingredient that makes the ministry work? YOU!

Next Meal: February 27 (4th Monday of the Month)



After a month off in December, we are back in action with our community meal ministry. Please pray about getting involved. This is a multi-generational ministry so whether you are 8 or 80, we can use your support. There are three main ways that you can help. 1) Donate some of the food items we need to create the meal; 2) Help to cook the meal and clean up the kitchen; 3) Travel to Bellevue to help serve the meal and fellowship with diners. It's just once a month on a Monday night for a couple of hours but this ministry of love will make a big impact on you and those you are serving. We typically make a pasta dinner featuring Melanie Thomson's famous pasta sauce, but we cook other meals sometimes too. Refer to the sign up sheet in Fellowship Hall for this month's food and volunteer needs. Please see Melanie Thomson or Wendy Cibula if you have any questions.



Mission, Service & Outreach
Prayer Ministry



...Please pray for those we know who are ill or have concerns:

Rick Berg - member

Barbara Berger - classmate of Donna Johnston

Betty Jane Burke - cousin of Wayne Dillner

Annette Curtis - neighbor of the Johnston's

Evan Dillner - grandson of the Dillner's

Linda Felkar - member

Joyce & Pete King - Donna Johnston's sister & brother-in-law

Louise & Jim Martin - Terry Martin's mother-in-law & father-in-law

Eric McAleer - member

Mike McAleer - member

Tim McAleer - member

Cammy Nichols - daughter of Donna & Bill Johnston

Alan Pettengill - Nancy Pettengill's brother

Chrissy Mills uncle

Alta Pettengill - Nancy Pettengill's mother

Chrissy Mills grandmother

Ginny & Hal Trunick - members

Elaine & Ed Wilson - members

Caroline Wise - member

If you would like prayer or know someone who should be added to this list, please contact Terry Martin in the church office at 412-366-1338 or heritagepcusa@verizon.net.

Also, if you are willing to prepare and deliver a meal, drive to doctor appointments or grocery shopping, or can babysit, the Deacons have an "at need" individual that they can pair up with you.

PRAYER CHAIN

If you wish to put something on the Prayer Chain, first contact Terry Martin in the office between 8:30 am and 2:30 pm, Monday through Friday 412-366-1338 or at heritagepcusa@verizon.net. If your request is other than the church hours, please contact Donna Johnston at 412-364-3340 or dmj5393@verizon.net. Thank you.



FEBRUARY BIRTHDAYS	
Hank Cibula	2/3
Tammy George	2/3
Lex Felkar	2/6
Colleen Brown	2/9
Hank Lawhead	2/14
Katy Joseph	2/18
Margie Barton	2/19
Bob George	2/21
Ben King	2/23
Bobbie Berg	2/24
Tilly Joseph	2/28



FEBRUARY ANNIVERSARIES	
Sue & Hank Cibula	2/9

Worship Volunteers for February

Date	Worship Leader	Sound System/ Projection	Coffee Setup/ Cleanup	Nursery (Worship)	Ushers
2/5	Mike McAleer	Winn Dunmyre Grace Cibula	Barbara White Joanne Dunmyre	Dolores Boeh Nancy Wise (B) Erika Jani	Bob Nestor Quentin Halyama
2/12	Rick Berg	Alex Dunmyre Morgan Halyama	Betty Olson Bobbie Berg	Karen Hayworth Connie Vitale (B) Joanne Dunmyre	Melanie Thomson Maggie Nestor
2/19	Reed Harvey	Bill Johnston Quentin Halyama	Lisa King Dolores Boeh	Erika Jani Melanie Thomson (B) Karen Hayworth	Sonny Jani Matt Joseph
2/26	Steve Paulson	Marilyn Bond Dave Briggs	Lisa King Cyndi McAleer	Grace Cibula Joanne Dunmyre (B) Carolyn Briggs	Lex Felkar Rick Weber

B = Backup for Nursery

Please consider joining our volunteers, contact the following:

Coffee Setup/Cleanup, call Reed Harvey 724-774-4895
 Nursery Worker, call Karen Hayworth Wildfong 412-259-8056
 A/V Sound System, call Jim Cummins 412-364-3172
 Usher, call Bob Nestor 412-369-9278

Projection Crew Phone Numbers

Rick Berg 724-709-8601
 Dave Briggs 412-364-6225
 Grace Cibula 412-364-7885
 Pam Dierker 412-812-3599
 Morgan Halyama 412-548-3270
 Quentin Halyama 412-548-3270

Sound Team Phone Numbers

Marilyn Bond 724-625-2537
 Jim Cummins 412-364-3172
 Alex Dunmyre 412-367-4771
 Winn Dunmyre 412-367-4771
 Bill Johnston 412-364-3340

Thank you for taking the time to serve!

	Communion Preparation	Communion Servers	February Counters
February 5	Julie Halyama	Wendy & John Cibula Joanne Dunmyre	Reed Harvey Connie Vitale
February 19	Carolyn Briggs	Carolyn & Sara Briggs Nancy Pettengill	



Communion Dates

DAY	DATE
Sunday	March 5, 2017
Sunday	March 19, 2017
Sunday	April 2, 2017
Thursday, (Maundy Thursday)	April 13, 2017
Sunday (Easter)	April 16, 2017
Sunday	May 7, 2017
Sunday	May 21, 2017
Sunday (Pentecost)	June 4, 2017
Sunday	June 18, 2017

February CHILDREN'S SERMON SCHEDULE	
DATE	TEACHER
February 5, 2017	Ted Griffin
February 12, 2017	Pastor Brian
February 19, 2017	Cyndi McAleer
February 26, 2017	Bobbie Berg

Heritage Calendar of Dates February, 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 7:00 am Men's Breakfast at King's	4
5 10:00 am Worship Service Communion 11:15 am Sunday School Adult Bible Study 6:00-7:30 pm Youth Group	6	7	8 6:30-8:00 pm ReCharge/ Anchorpoint	9 7:00 pm Worship Team Meeting	10 7:00 am Men's Breakfast at King's	11 7:00-9:00 pm Chocolate Extravaganza & Art Exhibit
12 10:00 am Worship Service 11:15 am Sunday School Adult Bible Study 6:00-7:30 pm Youth Group	13	14	15 7:15 pm SAF Team Meeting	16	17 7:00 am Men's Breakfast at King's	18
19 10:00 am Worship Service Communion 11:15 am Sunday School Adult Bible Study 6:00-7:30 pm Youth Group	20 4:45-6:00 pm Light of Life	21	22 6:30-8:00 pm ReCharge/ Anchorpoint	23 7:00 pm Session	24 7:00 am Men's Breakfast at King's	25
26 10:00 am Worship Service 11:15 am Sunday School Adult Bible Study 6:00-7:30 pm Youth Group	27 5:30 pm Bellevue Meal Ministry	28				

CE=Christian Education
M&E=Mission & Evangelism
MFC=Membership, Fellowship & Care
SAF=Stewardship, Administration, Finance
FH=Fellowship Hall

Chocolate Extravaganza & Art Show

& Art Show



Join us for a delicious evening of cakes, cookies, a chocolate fountain & other delights. Take in the talents of very local artists. Music, Fun and fellowship too.

Saturday, February 11 • 7pm to 9pm



Heritage Church Fellowship Hall
2262 Rochester Road • Franklin Park
heritagepcusa.org • 412-366-1338

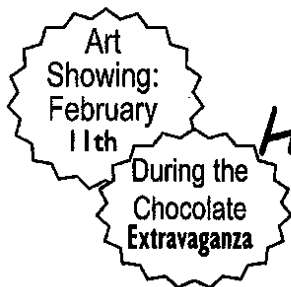
\$5.00 per person/\$10.00 per family.

To purchase tickets see a member of the MFC Team or call the church office.

To Enter the Baking Contest or Display Your Artwork?

Stop by the church for a registration form or call to have one emailed to you.





Calling All Artists!

Heritage Church Friends & Family Art Show Submission Form

Do you have an artistic talent to share? We're looking for Heritage members and friends to display artwork during the Chocolate and Art Extravaganza on Saturday, February 11. To participate, fill out and return this form along with your artwork to Heritage Church by **February 5th**.

confirms your compliance with these conditions.

We look forward to receiving your submission. If you have any questions, please see Cyndi McAleer, Wendy Cibula or Joanne Dunmyre. You may also call Heritage Church at 412-366-1338 or email Wendy at wendy@franklininn.net

We look forward to receiving and displaying your artwork at the Chocolate and Art Extravaganza.

Your Signature & Date

- All art mediums are welcome in keeping with the values of Heritage Church.

- There is a limit of three pieces per artist. Please use a separate form for each piece of art.

- * Please submit your piece with display stand or a proper hanger and hanging wire. The church has a limited supply of resources for this. If we are unable to securely and properly display your piece, it may not be included in the show.

- **Do you have additional fixtures that we can borrow for other pieces?** Any help in this area would enhance the showing and be much appreciated.

- Clearly label your artwork and any display fixtures that you lend us.

- Return this form along with your art piece to Heritage Church by Sunday, February 5th. **Sooner is always appreciated. It helps us in planning.**

- Please collect your artwork at the conclusion of the show Saturday night or Sunday, February 12, following Heritage Church's worship service.

- Every reasonable care will be exercised in the handling and storage of works submitted to the show, but neither Heritage Church nor its members or agents will be responsible for any loss and damage, no matter how it may occur, and will accept no liability whatsoever, in any form, resulting from the entry, acceptance, or rejection of exhibits or from any other matter connected to the show. Artists may insure their own works if they wish.

The submission of works to the show shall be understood to imply an agreement on the part of the submitter with the conditions set forth above. Your signature on this document

<p>Name of Piece:</p>	<p>Description:</p>	<p>Artist:</p>	<p>Is this piece for sale? <input type="radio"/> No. Submitted for viewing pleasure only <input type="radio"/> No. But, I am happy to commission another piece <input type="radio"/> Yes. Inquire with artist</p>
			<p>If your piece is for sale or you are commissionable, how may interested parties contact you:</p>

♥ Body & Soul

A Heritage Church Wellness Ministry for Women

Strength training, Cardio, & Stretching in a circle of support with compassionate friendly encouragement from women who care about you. Work all of your muscle groups in an efficient workout designed to fit your hectic schedule. Our lead staff, with over 25 years of combined experience, will help you with your wellness goals regardless of your fitness level.

***First time users must make an appointment for training. Stop in during our business hours below to schedule an appointment or us at call 412-366-1356.*

All Women Welcome

- Monthly Fee: \$34 • \$5 per day (Guest)
- Senior Discounts & Sliding Scale Available.

January Specials: Annual & Snow Bird Prepay Discounts. Ask for details.

Winter Hours

Monday thru Thursday:

7 am to 1 pm & 3:30 pm to 6:30 pm

Friday: 7 am to 1 pm & 3:30 pm to 5:30 pm

Saturday: 8 am to Noon

Last circuit workout must begin a half hour before closing.

Closed Sundays & Major Holidays.

Special Classes/Speakers are occasionally offered. Check the Events Board in the fitness center or our Face Book Page for updates.

Group Fitness Classes

- **Walk 15**
Tuesday & Thursday: 12 - 12:30pm
Wednesday: 7:30 am - 8 am
Thursday: 6:30 pm - 7 pm
- **Praise Moves**
Wednesday: 1 - 2pm
Friday: 1 - 2pm
- **Zumba**
Saturday: 9:30 am - 10:30 am
- **FXP Hoop:**
Saturday 11am - 12pm (once a month)



Sign up for classes at Body & Soul. Most classes are \$5 per hour session. Discount cards available. A class will run when at least four participants are registered.

**Thank you for supporting this ministry.
We Look forward to seeing You at Body & Soul!**



Body & Soul Wellness Ministry Contact:

412-366-1356 • hpcbodyandsoul@gmail.com
2262 Rochester Road, Pgh PA 15237 (Franklin Park/McCandless Area)
[facebook.com/HeritageChurchpcusa](https://www.facebook.com/HeritageChurchpcusa) • heritagepcusa@verizon.net
412-366-1338 • Join us for Worship Sunday Mornings at 10 am

UNIVERSITY OF PITTSBURGH RESEARCH STUDY

Are you 25 years or older and would like to lead exercise sessions for seniors?

VOLUNTEERS NEEDED for a research study on the effect of a coached exercise program for older adults that have had a fall-related fracture. This class would be held at Heritage Church.

VOLUNTEERS WILL

- meet with University of Pittsburgh staff, and speak by phone twelve additional times over the three year study.
- be willing to lead and participate in a strength and balance exercise program.
- create and encourage a fun and social atmosphere

Participants will receive up to \$150 for study participation.

FOR MORE INFORMATION

412-864-3193

wisepgh@pitt.edu



University of Pittsburgh



**SUNDAY WORSHIP SERVICE
AT
HERITAGE**

10:00 am Worship Service

**11:15-11:50 am Sunday School
Adult Bible Study**

FEBRUARY, 2017 NEWSLETTER FROM

Heritage Presbyterian Church

2262 Rochester Road

Pittsburgh, PA 15237-1518

***Proclaiming the good News of Jesus Christ
to our community and the world!***

