



April 27 through May 3, 2025

Beloved,

Be still and know... Be still... It's something I'm not very good at. I'm always bouncing a foot or fidgeting with my hands. And even if my body appears to be still, my mind often is not. I'm not very good at just "being."

No, really - the first time in my adult life that I practiced individual, silent meditation, I had a panic attack. The ticking of the clock and the requirement to sit still and let my thoughts slip away down the river of ideas was far too much for my fidgety, constantly observing, ADHD mind. Of course, I didn't know I was neurodivergent back then, I just thought something was wrong with me because I couldn't sit and meditate and pray like a "normal" person.

Turns out, there are many ways to "be still" even if it doesn't appear to be still to others. One of the ways I've found to do this is by Praying in Color or by practicing Zentangle. These activities calm my mind, heart, and body. I am still doing something, but I'm no longer worried about finding the right words, or the right position, or the right thought to focus on. It works in such a way that allows for my inability to stay in one spot for long and encourages the wandering rabbit trail of thoughts to simply "be" as they are.

And it turns out, that when we ignore the innate need for us to be still and know God is God, focusing too much on all the other things going on around us, we become much less likely to turn toward God and less likely to act charitably with one another. I have been guilty of this on several occasions.

But that is why faith is practiced, not only employed in the hard moments. Finding faithful ways to connect with God and the Word of God, even if they don't look "still" from the outside, finding practices that allow us to rest in the arms of God (even if it looks more like a swing dance competition to others!) is crucial to our faith.

For our Good Friday service, I shared a little about Praying in Color as we used it for our time of reflection and meditation on the Words from the Cross. I have gotten away from this practice, even though it is one I find to be healing - I simply get distracted by the rest of the day and then it's time for bed. Yet I lean toward the creative things for reconnecting and finding ways to still my heart and mind so that I might remember that the Lord, my God, is the one true God, the I Am, the Ground of All Being. I need to remember to find those moments through music, art, and more that bring me peace - those things that make me whole.

How do you find moments to pause and be still and know that God is God? Does it look like stillness? Does the water ripple when you pause? Or is it as smooth as the stone that makes the best skipping stone? Whatever way you find to connect with God and the Word, I pray it brings you wholeness, nourishment, and sustains you in the moments when you need it most.

Grace & Peace,
Pastor Kalyn



Worship

- We gather for worship Sundays at 10am
- 190 in church on Easter Sunday
- Children's Sunday School meets during worship following Children's Chat
- Communion on May 11

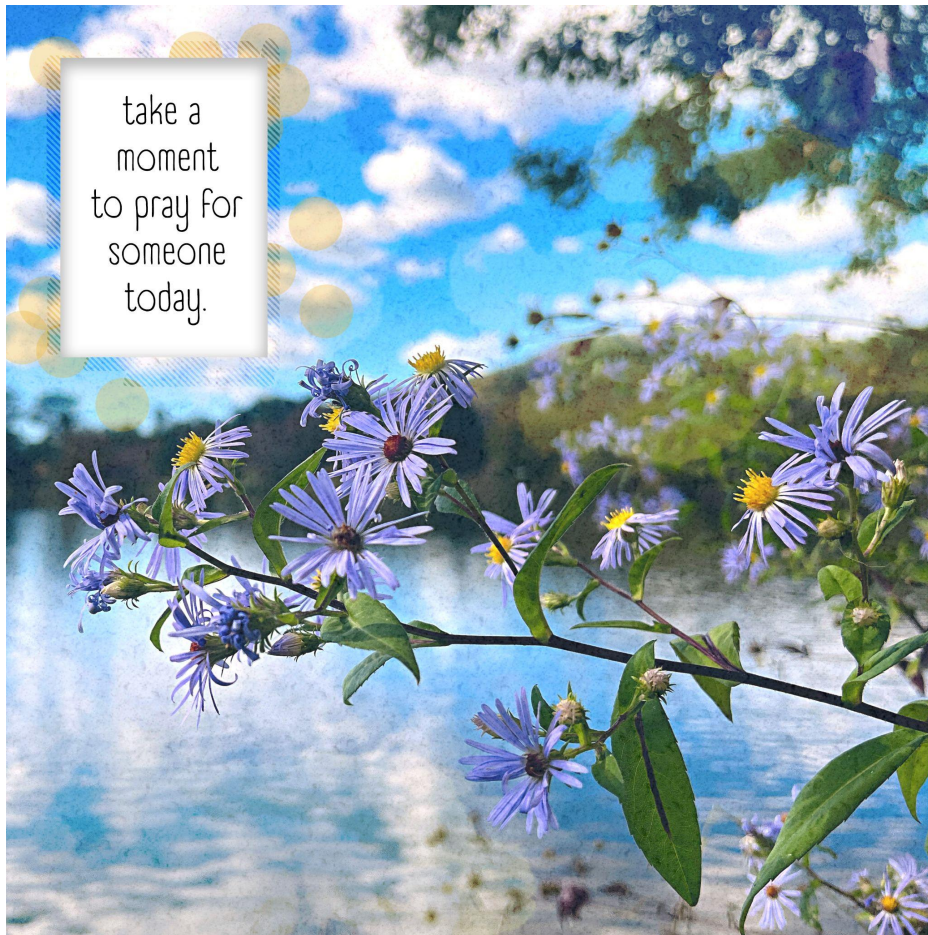
Congregational Care

- Story Time will meet April 30, 2025 at 9:30 or 10:30 am
- Women's Association Meeting is on Tuesday, May 6 at 6:30 pm
- **SAVE THE DATE: VBS IS GOING TO BE JUNE 9 - JUNE 13!!**
- **Mark your calendars for the church picnic on August 17**

Missions

Operations

Year to date expenses \$57,823
Year to date collections \$48,495
Property Workday is on Saturday, May 3 at 9 am.
Property Meeting is on Monday, May 5 at 6:30 pm



- Jen Davis–Joy that her brother, Jeff, had his 3 year follow-up appointment from heart transplant. All is wonderful and risk of rejection is greatly diminished at 3 years
- Taffy Kapton–Sister is on ventilator and has a fractured back from fire. Niece and boyfriend lost their lives. Prayers of comfort for the families
- Diane Gennaro–Brother Bernie went to Cleveland Clinic on Monday for consult for Parkinson's
- Casey Honess– Well collection was \$3572!!
- Kathy Lee Tolfa–prayers and praise to be in church. Prayers for cousin Jamie.



<u>Anniversaries</u>	<u>Birthdays</u>	<u>Birthdays</u>	<u>Birthdays</u>
Michael & Crystal Saxon 4/13	Holly Diccico 4/1	Evelyn Lawson 4/9	James Williams 4/20
John & Bonnie Martin 4/14	Ivonne Holsinger 4/1	Doug Murdoch 4/11	Jason Arzberger 4/21
Denise & Chris Mathias 4/25	Jeff Davis 4/2	Denise Mathias 4/16	Nathan Burak 4/24
Kenneth & Patti Strominger 4/30	Jason Cagnon 4/9	Donna Olexick 4/18	Paul Magee 4/27
	Logan Palochak 4/9	Hannah Lanctot 4/20	

Highlights from April 8th Session Meeting

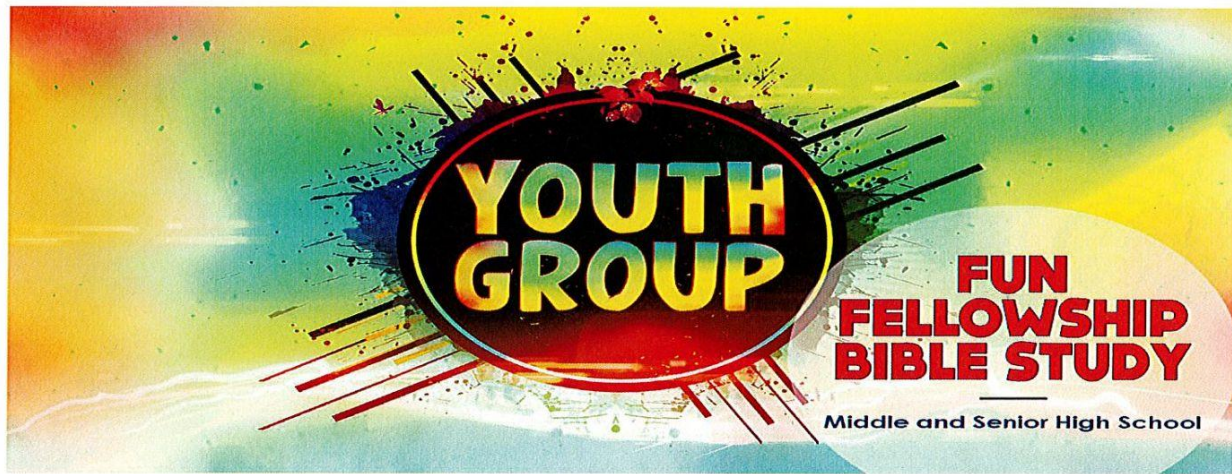
- The Girl Scouts have selected Saturday, July 12th, 2025 to have their Craft Fair here at the church.
- The death of member Irene Gartley (93yrs) occurred on 3-11-2025.
- John Martin and Joe Glatz will attend the Session Records Review on May 6th at the New Bethlehem PC.
- Old Union Church, Mars is inviting church members in our presbytery to join them on a mission trip to western North Carolina, Sun Aug 10 - Sat Aug 16. Contact Peter de Vries at 724-538-8672 or oldunionchurch@gmail.com

Actions by Session

*A motion for the Personnel Committee to present the updated Worship Leader/Pianist job description to Session by email for approval. Passed.

*A motion to loan Pastor Kalyn money to be paid back out of her paycheck so that the sale of her Illinois house can be closed out. Motion carried. (This loan amount is \$2,316.68 and will be repaid over the course of ten paychecks).

Joe Glatz, Clerk of Session



Youth Group is on **SUNDAYS**

April 6 – Youth Group 7:00-8:30

April 13 – Youth Group 7:00-8:30

April 17 – 21 Spring Break – no school

April 21 – Movie Minecraft 11:00 Monaca

April 27 – Youth Group 7:00-8:30

May 4 – Youth Group 7:00-8:30

**May 9 - Elevate Trampoline Park
Cranberry – Fridays Teen Night 7-10**

May 18 – Youth Group 7:00-8:30

Last Day of School May 29



VBS 2025 - Our theme this year is ROADTRIP – On the Go with God

It is that time of the year VBS! I am looking for the following to help decorate the church for our VBS week, June 9-13. If you have any of the following to give or loan me, please let me know. Contact Christina @ 724-622-5882

- Old license plates
- Old/new road maps
- Toy cars, area rugs with roads
- Old vacuum hoses or other “gas pump” style hoses
- Traffic Cones
- Coolers, picnic basket
- Car Wash Supplies (empty containers)
- Empty, recycled bottles of car maintenance supplies (windshield wiper fluid, oil, etc.) for safety, make sure no chemicals are present.

