



WINTER 2020

# Beulah LIFE

Beulah Church – reaching out ... to welcome and serve others in the name of Jesus Christ!

## Coram Deo

Rev. Dr. Cynthia Reyes Fillmore

*In him we live and move and have our being—Acts 17:28*



Last December at one of the 8:30 services during a time of prayer, Worship Leader Kelly Miskis asked us to think about the reality of Jesus with us always. We were to imagine Jesus with us at that very moment and see the look on his face and know his love.

There is a very powerful Latin phrase that captures this idea – *coram Deo*. Theologian R.C. Sproul tells us it's meaning, "...it refers to something that takes place in the presence of, or before the face of, God. To live *coram Deo* is to live one's entire life in the presence of God, under the authority of God, to the glory of God."

We live our days oriented to the tasks at hand and the needs of the people around us. Our minds are preoccupied with "to-dos" and "what ifs." We spend so little time simply being aware of God's presence with us.

Down through the ages, Christians have written about "practicing the presence of Christ." This is a spiritual practice that can be life changing. As we learn to live with this awareness we find that this knowledge brings peace and a sense of wellbeing. This is truly what it means to obey the words of Jesus, "Abide in me."

We get so wrapped up in our busyness that we only allow brief moments for this life-giving practice. We wait until the worship experience on Sunday mornings to focus on the presence of the Lord; or we grab a quick few minutes in the morning before rushing off; or it is our last conscious thought before falling asleep at night. Most of us live thirsty in a spiritual desert because we don't allow ourselves to drink deeply from the Living Water that Jesus provides.

I have found in my own life that if I can take time throughout the day to simply sit quietly for a few moments and become aware of the presence of Christ, my soul and spirit can be renewed. It is not unlike taking frequent sips of water throughout the day to quench my thirst.

There are many other ways that living *coram Deo* will change us. R.C. Sproul lists a few:

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## January/February

### Double Issue

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The Church and Preschool will be closed New Year's Day, Wednesday, January 1, as well as Monday, January 20, for Martin Luther King, Jr. Day.

**CONTEMPORARY SERVICE - 8:30 AM • TRADITIONAL SERVICE - 11:00 AM**

A member of the prayer team is available for personal prayer immediately following both worship services.

**MINISTRY OF WORD AND SACRAMENT**

**Rev. Dr. Cynthia Reyes Fillmore is preaching,  
unless otherwise noted.**

**January 5**

**One Reach-Out Service, 11:00 only  
The Lord's Supper**

*My Grace Is Sufficient for You*  
2 Corinthians 12:1-10

**January 12**

**Ordination and Installation of Officers**

*Begin at the Beginning*  
Acts 8:26-39; 2 Timothy 3:13-15

**January 19**

*It's All Good*  
Genesis 1:1-2:4a

**January 26**

**Reach Out Worship 11:00 AM**

*Where Are You?*  
Genesis 3:1-24

**The Annual Meeting follows worship**

**February 2 - Communion**

*Choosing the Way of Cain*  
Genesis 4:1-16

**February 9**

*Noah's Faith and God's Grace*  
Genesis 6:5-22

**February 16 — Unity Sunday  
10:00 A.M.**

*God's Covenant with Noah*  
Genesis 9:1-17

**February 23**

*The Tower of Babel*  
Genesis 11:1-9

**February 26 - Ash Wednesday  
12:00 pm and 7:00 pm  
in the Chapel Sanctuary**



Watch our worship services live on  
our YouTube channel:

[www.youtube.com/user/beulahpresby/videos](http://www.youtube.com/user/beulahpresby/videos)

**Join Us in 2020 for a Fresh Look at  
the Bible from Creation to Christ's Return**

**We all like a good story, and good stories have two important elements:** engaging characters that are relatable and a resolution to the central problems of the story. These two elements are evident as we look at the whole of Scripture, starting with the Old Testament. The unity of the Bible is found in the revelation of the identity and character of God and God's saving plan for humanity in Christ.

**Beginning in January of 2020, we will embark on an exciting journey in our Sunday morning Discovery classes and sermons that will lead us through the whole of Scripture.** The title is "Casket Empty: God's Plan for Redemption through History." CASKET EMPTY points to the life, death, and resurrection of the Messiah as the center of the biblical story. The title is an acronym with each letter representing a key period in God's redemptive story. It is a mnemonic device to help us remember these key periods.

CASKET EMPTY also shows the downward slope of sin which leads to death (CASKET) which is reversed by Christ's resurrection (EMPTY). It is the story of the entire Bible simply explained with Jesus at its center.

<b>C</b> = Creation	<b>E</b> = Expectations
<b>A</b> = Abraham	<b>M</b> = Messiah
<b>S</b> = Sinai	<b>P</b> = Pentecost
<b>K</b> = Kings	<b>T</b> = Teaching
<b>E</b> = Exile	<b>Y</b> = Yet to Come
<b>T</b> = Temple	

Some of you may remember our experience with The Story some years ago. CASKET EMPTY differs from our experience with The Story in that the central theme is Jesus and the Discovery class material presented will not be the same as the sermon topics.

This journey will help us keep the perspective that the Bible is a grand story, from God's creation to Christ's return. It will bring us back again and again to the central questions of God's love, human sin, and God's great plan of redemption. Join us for the best story that has ever been told.

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## REVOLUTION WORSHIP

Contemporary Service, 8:30 a.m.

Kelly Miskis,  
Worship Leader




The New Year is a great time of year to take inventory of our lives. I am no stranger to the very positive and upbeat look at the grandeur of a new workout routine, budget plan, or intermittent fasting goals that the New Year can bring. It's revitalizing to feel in control of those things once again, isn't it?

Timely as it is, McCrady Road has been studying the book [I Declare War](#), by Levi Lusko. The author encourages us to push past our own limitations and inner critics and live into the call God has put on our lives. With the use of bold language like "declaring war" on the things in our lives that keep us stagnant, this study is revealing to us the many layers of "self" that God is still destroying and creating in us. In order to be effective and endurance-filled worship leaders, our cups overflow, not with an optimistic ho-hum of a cup half-full, but with a cup that is **overflowing**, ready each week to spill out onto a congregation gathering, hungry to meet their Savior face to face. We eagerly message back and forth each week about awaiting Sunday to bring these sounds to our God and to you.



**We hope to see some shift in the atmosphere and some signals that you are indeed connecting with your loving God, who is more anxious than any of us to be with you, to be in communion with you.** As the New Year rings and as we set out on another calendar journey of ups and downs and round and rounds, we ask that you will join us each Sunday, anxious and expecting to be moved deeper and closer to the Lord our God who reigns above all.

## MINISTRY OF MUSIC

Traditional Service, 11:00 a.m.

Bill Larson  
Choir Director/Organist




Recently behind us is the wonderful Story of Christmas in Word and Song (Lessons and Carols) service of December 8. I am very grateful for the cheerful participation of many music-makers: McCrady Road, the Sanctuary Choir, the Exceptional Friends bell choir, Mary Kapral, Kelly Miskis, and Matt Maners. The Chancel Bells and Embellishments have also contributed some beautiful music on December 15. The Exceptional Friends ministered musically outside our walls by providing a performance of several Christmas pieces at the Gifts of Hope Fair Trade Shopping Event in East Liberty on December 7. A brief video is posted on our [News and Events page](#).



Debby Carberry was along for this event as our accompanist.

I wish to thank all our musical volunteers for their hard work, patience, and commitment this past year. What they do is so important for all of

us—music is truly a gift, and it helps us experience the Christmas story in an immediate and powerful way. Our musicians deserve our gratitude and admiration.

Looking past the Christmas season into 2020, we see that [Ash Wednesday falls on February 26](#) this year. We will again be hearing from the Embellishments bell choir, and all our ensembles will be presenting profound, moving selections through Lent, culminating in the joy of Easter. Please consider offering your musical talents in service by joining one of our friendly ensembles!

### Bell and Vocal Choir Rehearsal Times

**Chancel Bells/Embellishments** rehearsals resume Wed., January 8, 2020, at 7:30 p.m. in Room 109A.

**Sanctuary Choir** rehearsals resume Thurs., January 9, 2020, at 7:30 p.m. in Room 109A.

## Discipleship Ministry

Carolyn Leah  
Director of Christian Disci-

*Carolyn*



### New Adult Discovery Classes in 2020



*There are no Discovery Classes on December 29 and January 5. Classes for all ages, including children and youth, resume on Sunday, January 12.*

#### C.A.S.K.E.T. E.M.P.T.Y.

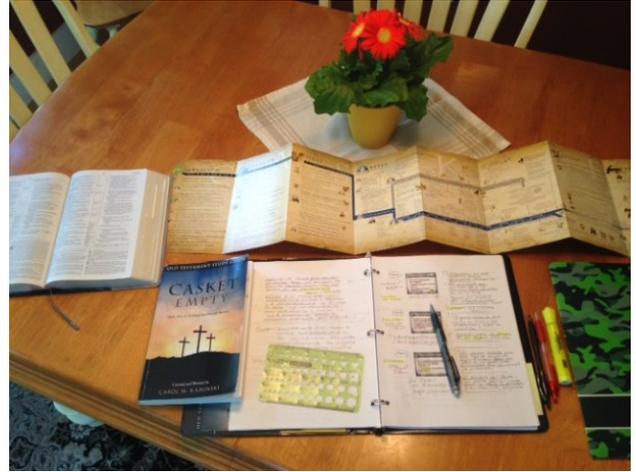
#### 9:45 A.M. Adult Discovery Classes

Our Beulah Discipleship Team is excited to kick off the new year with a very enlightening study taking us through the Old Testament and then the New Testament in coordination with Pastor Cynthia's sermon series. (See the article on page 2.) We will be working through the Bible in segments and each letter of C.A.S.K.E.T. E.M.P.T.Y. represents a different segment. We will be forming three small classes which will be able to receive the benefit of seven different teaching leaders over the course of the study. These leaders will be studying and preparing with Pastor Cynthia to bring you new insights to the scriptures for each week. The classes will tackle material that will **NOT** be covered in the sermons that Cynthia will be preaching on each week. The leaders will be looking at language and word studies, culture, theological themes and intriguing questions about the scripture texts.

**Sunday, January 12, we start on our journey together as Pastor Cynthia will be leading us in one class in how to go about studying a particular scripture.** We'll meet in MGB Fellowship Hall. She will give us insights that will help us as we tackle understanding scripture better and as we look forward to reading the passages for the first C.A.S.K.E.T. E.M.P.T.Y. sessions.

C is for Creation and we will begin at the beginning. Sundays, January 19 through February 23, will let us look at Genesis stories. We will look at both Creation accounts, the Noah stories and more. Each small group will be visited by the three different teams so you will be introduced to a variety of teaching methods and different voices as leaders.

We ask that you sign up for Group A, B or C on the sheets on the table in the Narthex outside of the sanctuary on Sundays or during the week on the bulletin board near restrooms by Fellowship Hall.



There is a study book with more information, although it is not necessary to buy the book to attend the study. We also will be using a clever time line tool that may be purchased as well. Samples will be available at the group sign-ups table. You may purchase on your own or put your name on our list and we can make a bulk purchase.

We hope you will join in this adventure with us. It promises to take us deeper into scripture and uncover some interesting thoughts and details that you may not otherwise know.

See Becky McGhee or Carolyn Leah or other Discipleship Team members if you have any questions.

### Children's Discovery Classes

Our children's Discovery classes will continue on January 12 with our Deep Blue curriculum series.



Pre-K and K meet with their wonderful

teaching team in room 108 and 1st - 6th grade meets in room 109B. Children 3 and under have a learning experience with Miss Teresa and Miss Debbie in room 207. As adults begin the C.A.S.K.E.T. E.M.P.T.Y. Discovery classes, we encourage parents to come and get into these studies with us, and bring your children so that they can be a part of their unique lessons too.

## “Created By God” Study for Tweens

Children's Ministry would like to offer our highly respected “Created by God” study once again this winter. **The study helps parents and tweens begin the communication about how our faith guides us in the appreciation and responsibility of caring for our bodies.** The study begins on a Thursday evening with an intro for parents. Children also participate on Friday night, Saturday and Sunday. The potential dates are Thursday evening, March 5, through Sunday afternoon March 8, 2020.

If you or someone you know has a 10- to 12-year-old who is interested in participating, please contact Carolyn. The cost is \$25 and includes their Created by God book and a parent guide.

### Be on The Lookout for News of Our 2020 Summer Camp Program Dates June 15 - August 7

#### Full Day Camps for Eight Weeks

**Sunshine Day Camp:**  
9 AM – 4 PM daily,  
completed Kindergarten - 2nd grade.

**Bridge Camp:**  
9 AM – 4 PM daily,  
completed 3rd - 5th grade.

**Camp-Jr-High:**  
9 AM - 4 PM daily,  
completed 6th - 8th grade.

**Before and after care is available for the  
Sunshine, Bridge and Camp-Jr-High camps.**

**Summer's Best 2 Weeks:**  
July 13 - 24  
9 AM – 4 PM, Mon-Fri,  
completed kindergarten - 6th grade.

**Summer's Exceptional 2 Weeks:**  
August 3 - 14  
9 AM – 4 PM, Mon-Fri,  
Age 14 to 40 with special needs.

**Application for financial assistance  
is available.**

## Exceptional Friends

Our Exceptional Friends bell choir was honored to play at the Fair Trades Craft Show at the East End Cooperative Ministries in East Liberty last month! We played six different Advent hymns and some Christmas carols too.



**The Exceptional Friends group for teens and adults (ages 14-45) with special needs will resume on Tuesday, February 18.** We gather for fellowship, bell practice, dinner and faith building for a 10-week term mid-February to mid-April. Our group is getting large and we are looking for ways to offer another music/ instrumental option for some of our members.

An average of about 25 friends plus aides and volunteers brings us to nearly 40 folks each Tuesday evening! Because of our growing group we have moved upstairs to MGB Fellowship Hall for our time together.

Sometimes our Friends bring items to contribute to dinner and volunteers can help us put the items together and serve dinner and clean up. Sometimes volunteers cook, and anything others prepare for us is always well-received! Having volunteers frees up Carolyn Leah and Phyllis Rinsma to concentrate on the relationship building, bells and faith lesson.

We can use willing folks in almost any capacity — helping with music, cooking, or just assisting with set-up and clean-up and loving our Friends. If you are able to serve in any way on any Tuesday from February 18 through April 22, please speak to Phyllis Rinsma or Carolyn Leah.



## Youth and Missional Outreach

Alex Ruzanic  
Director of Youth & Missional Outreach

### What's Happening with Youth?

We are continuing our work with the LAMENT PROJECT. This has truly been a blessing for us all. I wanted to share a little of what we have been learning. We have seen our youth cry out and renew their relationships with God. We want to help our youth find safe places to express their emotions and feelings, and I mean the whole gamut, in a God-centered and biblical way. Seeing our youth begin to do this is truly amazing. Why are we doing this still? We discovered that our youth in our community feel this:

*I'm so alone, so I don't feel anymore.*

Clearly, they are not living in the God-given life Jesus wants for them. Therefore, we describe it as a false narrative. We desire our youth to have a Jesus-centered narrative:

*In Jesus, I am fully known and STILL loved!*

Theologically, we know that Jesus loves everyone no matter what we are, do, say, or act like. God's grace through Jesus Christ is all-consuming and therefore we can experience God's love!!! Young people need to know that they are loved and accepted fully even if they struggle with this. We desire to communicate that through the act of Jesus' love for us we can be fully known (all warts and ugly stuff included) and STILL (no matter what) be loved. Based upon this conclusion there is an imperative to create and nurture a hopeful and safe space where youth can experience being surrounded, and accepted as they are. NO EXCEPTIONS!!!

A practice that helps bridge the false narrative to the Jesus-centered narrative is LAMENT. We want to continue to allow our youth the practice of Lament, help them to discover and live within the Jesus-centered narrative, and support their quest for identity through the hope of the Jesus-centered narrative. This will bring them FREEDOM through Christ by allowing them to feel again and be honest with Jesus and it will happen in the context of their



faith community.

The youth will actively engage in this practice weekly and discover lament for themselves. It needs to be personal ; this practice will open our young people to Lament in a healthy and powerful way. They will learn about all these Lament opportunities and then begin to develop their own lament, using various artistic or technical ways of developing their lament.

We will also allow students to work together with mentoring adults to help shape each other's laments. We will need to create physical space that can house a mini studio, art spaces, and a technologically-based space so youth can learn and create and experience Lament in a culturally relevant way. We will be participating using LAMENT in yoga, painting, writing our own new Laments, writing worship songs, and creating rap songs based upon the Psalms of Lament.

Our HOPE is that space is created, and our youth will learn to openly share how God loves them no matter what they are or think. The walls in their relationship with Jesus will come tumbling down. I want to highlight that local painter and artist Tim Engelhardt will be working with us for three weeks in a short art residency to allow our youth to participate in the work of Artistic Lament.

The desired outcome is:

*"The fact that Jesus fully knows them and they experience that fact and are STILL loved!"*

**February 16, 2020**

**Middle and High School Students and Leaders**



On February 16th you're invited to bring your middle and high school age students (and leaders) to the Event 3.0. Building on the last two years' events that we held at Beulah and the Pittsburgh Project respectively, we hope to bring together youth from across our region for an evening of worship, fun, growth, and fellowship. The model for the evening will be like the "club time" at a retreat, mission trip or summer camp and feature games, contests, music, and a keynote speaker.

**We will be gathering at Fox Chapel Presbyterian Church.** Doors will open at 5:30 and we will officially start at 6:00 pm. It is truly a wonderful time. Please call Alex with any questions. Remember, "Because Youth Group is better together"!

## East End Youth Ministry & Group Calendar for January and February 2020

### January 2019

- 3-5 Great January Getaway... such a wonderful time for all ages!
- 5 No Discovery Hour
- 12 Discovery Hour for all youth and Confirmation Class participants. Meets in Room 102 from 9:45 -10:45 am. Hot chocolate provided.
- 19 Sunday Discovery Hour 9:45 a.m.
- 22 EBYM\* Leaders meeting 6-7pm Dinner Following
- 24 EBYG\* fun Friday Night Event and Game Night 5-10pm more details coming
- 26 Sunday Discovery Hour 9:45 a.m.
- 29 EBYG Winter Kick Off  
5-6pm Dinner, 6-7:30 pm Youth Group

### February 2019

- 2 Discovery Hour
- 5 EBYG
- 9 Sunday Discovery Hour 9:45 a.m.
- 12 EBYG
- 16 Sunday Discovery Hour 9:45 a.m.
- 16 The EVENT 3.0 meet at Beulah at 5 pm return around 8:30 pm
- 19 EBYG
- 23 Sunday Discovery Hour 9:45 a.m.
- 26 EBYG

**East End Youth Ministry (EBYM):** Beulah has taken the lead in the east suburbs in reaching out to youth by forming partnerships with other congregations in serving youth and families in our neighborhood. Our partners are Monroeville Baptist Church, Chuck Cooper Foundation, Edgewood Presbyterian Church, and Hillcrest Presbyterian Church. We have received grant funding from several sources and our board is working to discern God's direction as we branch out into new areas where we believe we have the capacity to make a difference.

The first program we have initiated is **East End Youth Group (EBYG)**, which is now in its second year. Youth and leaders from partner churches meet Wednesdays for dinner at 5 pm, then for a faith- and friendship-building time at 6 pm.

## Beulah Christian Preschool and Child Care Ministry

Tracy Belmonte, Director



[www.facebook.com/beulahpreschool](http://www.facebook.com/beulahpreschool)

*Tracy*



It is another NEW YEAR! Happy 2020 to all! We are excited to see what God brings our way this year and we look forward to continuing to spread the Good News of Christmas!

# January

Coming up in January and February, our Knowing Place stories

will be *Jesus in the Wilderness* and *Jesus and the Storm*. We will also spend time talking about God's gift of winter and all the interesting things that happen in this special season! We do hope that there will be SNOW in which to play (but NOT on the streets). Snow activities – both outside and inside our classrooms – provide LOTS of learning experiences! We'll learn about animals in winter, Valentine's Day (along with healthy hearts) and how long our winter



season may last, pending the "opinion" of Punxsutawney Phil! Additional activities designed to strengthen developmental skills for all ages will be many, varied and fun as our teachers always look to provide learning experiences based in play! Teachers will conduct family conferences to share about each child's progress and we will look forward to registering students for the NEXT school year!

### **REGISTRATION for 2020-2021 School Year**

Part-day Preschool class registration for church members and current families will take place in March. Families brand new to our Program may register beginning in April 2020. More information will be posted on our website, Facebook page and in the Sunday NOCA as we get closer to March. However, if you have any questions about enrolling your child, grandchild or a friend, please do not hesitate to call the Preschool and Child Care office at 412-242-4424.

If you are interested in our Full Day Child Care classes, please call the office for information on availability and process.

## Thank You for your Commitments to the 2020 Budget!!

At the time of this printing we have received about **\$455,700 of the estimated \$565,000 we will need for 2020.** We are truly blessed by your loving, generous and prayerful support! It will enable us to continue to move forward as God is leading as we reach out in mission and ministry to our community and other parts of the globe!

If you have not yet returned a Commitment Card, they are available at the church and to [download from our website](#). Generosity in giving comes from a heart of gratitude for God's grace and blessings in our lives. Let us live and give boldly for the advancement of the Kingdom of our Lord in the world.

## December 7th Christmas Homecoming

Oh, how wonderful the homecoming was for early Sunday School attendees in the Chapel Social Room. They loved meeting old friends and sharing many memories. Twenty-seven people who remembered attending Sunday school and Youth Club in the basement of the chapel came to reminisce. Notable attendees were Ray McBride and his wife (a descendant of the Rev. John D. McBride who served Beulah from 1926 to 1928), Christine Turnock Schmidt (sister of Ann) who flew in from Florida, Dale Harrison (fifth generation Beulah member), Jim Behrenberg, Richard Crawford, and Jim Miller who have been members for many years.

Everyone enjoyed looking at pictures of their Sunday School classes and the wall displays of the newly renovated Social Room.



## ANNUAL MEETING Potluck Luncheon



**Sunday, January 26, 2020**

**Following the 11:00 A.M. Reach Out Service**

**The annual meeting is for the purpose of receiving the annual reports and voting on the pastor's compensation package for 2020.**

It is time, again, for the Beulah Annual meeting so that we can review what God has done in 2019 and look ahead to a new year of Worship, Discipleship and Ministry, while we partake of some great food and fellowship! Once again we will be hosting a potluck luncheon before the meeting.

**If your last name starts with A-M**, please bring an entree or main dish. **If your last name starts with N-Z**, please bring a side dish or salad. The Event Hospitality committee will be providing desserts and beverages.

**Set-up Help Appreciated:** If you are able, please join us on Saturday, January 25, at 10:00 a.m. to set up for this church wide event. We will be putting up the tables and chairs and getting ready for the luncheon and Annual Meeting on Sunday. If you are unable to help on Saturday perhaps you can help with cleaning up the room and taking down the tables following the luncheon as we prepare the fellowship hall for other weekly ministries!

*"We ought therefore to show hospitality to such people so that we may work together for the truth." (III John:8)*

## New Combined Service Schedule for 2020



In November the Session approved the recommendations of a Task Group on Combined Worship Services. The members of the Task Group were Jason Beck, Debby Carberry, Jill Daly, Kay George, Dan Keibler, Libby Keibler, Gary

Toth, and Eric Waterhouse. Pastor Cynthia charged the group to bring a proposal regarding the number, dates and times of the Combined Worship Services in 2020. The two worship leadership teams and staff members Cynthia Fillmore, Bill Larson, Carolyn Leah, Kelly Miskis, and Alex Ruzanic gave input. The key elements to the approved proposal are as follows:

Guided by a desire to be purposeful and biblical in scheduling combined services, we are called to see these services as a celebration of unity.

**Beginning in February 2020**, there will be a combined service on the third Sunday of each month, called "Unity Sunday." The monthly pattern is considered the most regular and helpful for people to remember. It does not conflict with Communion practices in the two services, and gives the service a sense of specialness, not pushed to the end of a month.

The time for the combined services will be **10:00 a.m.** With the focus on "unity" this shows that we are not selecting one time over another.

There will be a "Unity Sunday" banner covering the brick sign outside the entire week before the "Unity Sunday" service as a reminder to all of a single 10:00 a.m. service that week.

The Unity Sunday services will remain a collaborative effort by staff and worship leadership teams.

Discipleship and Hospitality committees are aware of the changes and will work to create opportunities to underscore the emphasis on unity.

We will try out this new schedule for 2020 and evaluate in the fall to make decisions for 2021 and beyond.

You will quite likely see some changes to the dates of regularly scheduled events, such as the fall congregational meeting. It will be held on the third Sunday of the month, instead of the first. The date of the 2020 Story of Christmas service may change.

Remember, the new schedule does not begin until February 2020. The services for January remain as they were previously approved:

1/5/2020 – one combined service at 11:00 (this is the weekend of The Great January Getaway).

1/12 and 1/19 – two as usual, 8:30 and 11:00.

1/26 – one combined service at 11:00, followed by the Annual Meeting and lunch.

No matter when we gather for worship or what kinds of instruments accompany us as we sing, worship first and foremost "gives all glory and honor, praise and thanksgiving to the holy, triune God. We are gathered in worship to glorify the God who is present and active among us..." (Book of Order, W-1.0101). May all that we say and do bring honor and glory to His name!

## New Ministry Area

One of Beulah Church's exceptional gifts has been our hospitality ministries. Beginning in 2020, we have reorganized this into a new ministry area: **Hospitality, Evangelism and Service**, chaired by Cindy and Jan Harris. There are three components:

**Hospitality** – refreshments for Sunday mornings and special events. It also includes what we are calling "Guest Connections." This involves working with the two worship leadership teams in how we welcome guests, such as the guest bags or other gifts or sponsoring events to welcome newcomers.

**Evangelism** – Working with Adult Discipleship to establish small groups for those who are spiritually searching and explore opportunities for outreach to new Christians.

**Service** – Working with the custodial staff and Buildings and Grounds, to provide volunteer assistance in preparing the space for large events, such as the pancake breakfast or worship services during Advent and Lent. The current policy that states individual committees and groups are responsible for their own set-up and take-down still is in place.

It is important that members and guests alike experience the love of God as we welcome and assist one another throughout the life of our congregation.

## Beulah Participates in the Third Annual Amen to Action Event - by Tim Bosse

On "Black Friday," November 29, 2019, while many were out shopping, 22 Beulah members and a friend travelled to the David L. Lawrence Convention Center in Pittsburgh to volunteer to package meals for Meals of Hope at the Amen to Action gathering.



Photo source Pittsburgh Post Gazette

You can read about this year's event by searching in the Post Gazette, or, if reading this online, [click here](#) for the article.

Amen to Action got its start a few years ago when a group of Pittsburgh's faith community leaders devised a vision for a major city-wide event celebrating local reconciliation and unity in the body of Christ. Their goal was to connect people of all faiths, creating a platform of harmony and amassing spiritual capital.

**Based on the experience of those who participated in the event this year, that goal was achieved! Beulah joined more than 4,000 other volunteers at the convention center (including Steelers quarterback Ben Roethlisberger) in packaging more than 1.3 million meals which will be distributed to various regional food banks.** Trainers Lynn Kolas and Tim and Ramona Bosse arrived at 7:30 to learn how to train other volunteers in packaging the food. Volunteers reporting from 9-12:30 included: Mike and Ruth Ann Adams; Bob and Linda Andrews; Jason, Jennifer, Andy and Owen Beck; Diane Falk; Jeff and Gina Gelpi; Skip and Cathy Gillis; Rick and Debbie Morgan; Jeanne Siciliano and friend; Ann Turnock; Eric Waterhouse and Mary Kapral.

In addition to packaging meals, there was a time of worship, prayer and praise. Volunteers included school age children through senior citizens gathered around tables in groups of 11 in order to measure ingredients, weigh and seal meals and then package and label meals and put them into boxes to be placed on pallets for shipping. **There was a great deal of camaraderie, including dancing to upbeat music while working, and clapping and cheering when boxes were filled.**

We look forward to continuing to participate in this event in the future and hope you can join us!

## What Is Your Per Capita?

**Per capita is the annual amount that Presbyterian churches pay for each member** to fund the ecclesiastical expenses of the Presbytery, the Synod, and the General Assembly. The 2020 per capita rate is \$34.79 per member, which comes to \$12,315.66. There is a 3% discount for paying quarterly.

**Ideally, each member pays his or her own per capita**, but the money actually received from members falls far short, and the remainder must be made up from the general fund. In 2019, Beulah owed per capita of \$11,946. Members contributed \$4,786, only approximately 35% of the total. This shortfall occurs annually and varies from year to year. The remainder must be covered from general operating funds, negatively impacting our ability to fund vital programs we believe God wants us to continue in order to fulfill our mission.

The per capita is based on the prior year's membership numbers. We still must pay the per capita for members who we know are attending another church because of distance or family connections but who want to remain on our rolls. Sometimes, members join another congregation by affirmation of faith instead of letter of transfer and we do not learn of it for months. Word of mouth isn't sufficient; the member or new church must contact us directly. In this case, both churches are then paying the per capita for that individual.

If you receive numbered offering envelopes from us, there is a special blue envelope for the per capita contribution that provides the designation. If you have no blue envelope, you must designate your offering specifically for this purpose on the check or general offering envelope, or it can't be flagged for per capita.

Please think about providing this denominational obligation for your household, including you, your spouse and your children who have been confirmed. You might also provide the per capita on behalf of a home-bound member or make a general contribution to the fund by designating your offering specifically on check or envelope for that purpose.

Please contact Debra Perry, business administrator, at 412-242-4570, extension 16, or treasurer Tori Zido, at 412-417-1378, if you have questions.



## Alzheimer's Caregivers Support

January 13 and February 10  
at 7:30 p.m.

The Alzheimer's Caregivers Support group meets on the second Monday evening from 7:30 pm to 9:00 pm each month in room 206.

We share experiences and insights about relating to loved ones with any of the types of dementia, and we affiliate with the Alzheimer's Association. We welcome you to join us on January 13 and February 10 if you are in that situation. For information Contact Ruth McKean at 412-271-1399 or email her at [rmckean2@verizon.net](mailto:rmckean2@verizon.net).



There are study groups meeting throughout the week. Call us to find out which group might be the best fit for you! Most groups meet in the Fireside Room.

**Wednesday Bible Study—12:30 p.m.** Meets weekly. Resumes on January 8.

**Thursday Women's Bible Study—9:00 a.m.** Meets weekly. Resumes on January 9.

**Ruth Circle Women's Bible Study— 7:00 p.m.** Meets monthly, on the second Monday. Resumes January 13.

**Rehab Bible Study - 11:15 a.m. meets at Panera in Penn Center,** twice a month on second and fourth Tuesdays. This study is named "rehab" because the group had dissolved for a time and has now renewed its meeting schedule. All women welcome! Resumes Tuesday, January 14.

## Attention all Men!

Men's Small Group will begin meeting again on January 22<sup>nd</sup> at 7:30 pm.

Come on out and enjoy the fellowship, learning, and fun!!! Contact Alex Ruzanic if you would like more information. [aruzanic@beulahpresby.org](mailto:aruzanic@beulahpresby.org).

## A Season of Change for Beulah Staff

After more than nine years of service to Beulah, Office and Communications Supervisor Lucinda Wiebe is retiring as of the end of January 2020. For the month of January, she will cut back to 20 hours a week.

Sunday, January 19<sup>th</sup>, after each worship service, Lucinda will be with us so that we can thank her properly and let her know how much we have been blessed by her ministry. If you would like to thank Lucinda with the donation of a love offering, please make checks payable to "Beulah Presbyterian Church and indicate "Lucinda's gift."

We are happy to report that we have hired Lucinda's successor!

### Welcome Tina Ondish!

Tina will begin training with Lucinda on December 30<sup>th</sup>. We asked Tina to tell us about herself, her family, and their interests. Here is that introduction in her own words:



*My family and I live in Mamont, a small town between Murrysville and Apollo. My husband Jason and I have 7 children that keep us very busy.*

*Angeles is my oldest and she is a senior, attending Seton Hill in the fall for Music Education. Gavin is 16 and in 10<sup>th</sup> grade. Isabella is 14 and in 8<sup>th</sup> grade. The last four are boys! Sawyer is 11, Kemper is 9, Walker is 7, and Dixon is 2.*

*We have been attending Poke Run Presbyterian church since shortly after we moved to this area 12 years ago.*

*We really enjoy anything and everything we can do as a family. Jason works for Verizon and really enjoys what he does. He works long and unpredictable hours so much of the time it is me and the kids. I like to have them all together as much as I can since I know that soon that won't be possible as their own lives get busier.*

*I really enjoy reading and I love to run with my daughter, Isabella, who is a cross country runner. I can't keep up with her but she keeps me motivated. □*

("Coram Deo", continued from page 1)

1 - We come "to understand that whatever we are doing and wherever we are doing it, we are acting under the gaze of God."

2 - We recognize "that there is no higher goal than offering honor to God. Our lives are to be living sacrifices, oblations offered in a spirit of adoration and gratitude."

3 - We are able to live with integrity. "Integrity is found where men and women live their lives in a pattern of consistency. It is a pattern that functions the same basic way in church and out of church. It is a life that is open before God. It is a life in which all that is done is done as to the Lord. It is a life lived by principle, not expediency, by humility before God, not defiance. It is a life lived under the tutelage of conscience that is held captive by the Word of God."

New Year's resolutions never seem to last much beyond the first quarter of the year. However, what does last is when we exchange old habits with new godly ones. We do this by the daily discipline of incorporating new spiritual practices into our lives.

Will you join me in 2020 in living *coram Deo*? Together let's see what God does in our individual lives and in our church.

In Christ,  
  
Pastor Cynthia

### Becoming a Beulah Member



Interested in finding out about becoming a Beulah Member? Our membership program is one of individualized mentoring relationships.

Contact Carolyn Leah if you are interested in taking the next step and having her match you up with a mentoring partner or pair. Email her at [cleah@beulahpresby.org](mailto:cleah@beulahpresby.org).

### Make a Habit of Prayer

Morning prayer continues at 6:30 A.M., weekday mornings in the Fireside Room. Come and pray for the church, the world and your personal concerns.

**Third Tuesdays:** Congregational prayer is offered in the sanctuary monthly on the third Tuesday evening. Anyone wishing to pray for others or receive prayer is encouraged to gather from 5:45 - 6:45 pm.

### Weather Emergency Procedures



If programs or worship services need to be cancelled due to extreme weather conditions, there is a chain of command for making that decision involving the pastor, officers, and staff. An e-mail blast will be sent to the congregation when a decision to close the building has been made, and local news outlets will be notified.

**Location:** [2500 McCrady Road, Pittsburgh, PA 15235](#)      **Office:** [412.242.4570](tel:412.242.4570)      **Website:** [www.BeulahPresby.org](http://www.BeulahPresby.org)

Contact Beulah staff during office hours - 9:00 am to 5:00 pm, Monday through Thursday. A pastor is on call after office hours every day of the week. To reach a pastor in an emergency, call the church (412-242-4570), and press 9 for the phone number of the pastor on call. For building closures due to weather concerns please check your local news networks. Live-stream our worship services on YouTube at [www.youtube.com/user/beulahpresby/videos](http://www.youtube.com/user/beulahpresby/videos).

#### Church Staff 412.242.4570

##### Pastor/Head of Staff

Rev. Dr. Cynthia Reyes Fillmore (ext 12)  
[cfillmore@beulahpresby.org](mailto:cfillmore@beulahpresby.org)

##### Director of Christian Discipleship

Carolyn Leah (ext 17)  
[cleah@beulahpresby.org](mailto:cleah@beulahpresby.org)

##### Director of Youth & Missional Outreach

Alex Ruzanic (ext 14)  
[aruzanic@beulahpresby.org](mailto:aruzanic@beulahpresby.org)

##### Choir Director/Organist

Bill Larson (ext 13)  
[blarson@beulahpresby.org](mailto:blarson@beulahpresby.org)

##### Revolution Worship Leader

Kelly Miskis  
[kmiskis@beulahpresby.org](mailto:kmiskis@beulahpresby.org)

##### Business Administrator

Debra Perry (ext 16)  
[dperry@beulahpresby.org](mailto:dperry@beulahpresby.org)

##### Office & Communications Supervisor

Lucinda Wiebe (ext 10)  
[lwiebe@beulahpresby.org](mailto:lwiebe@beulahpresby.org)

##### Audio/Visual Technician

Jeremy Bosse  
[jbosse@beulahpresby.org](mailto:jbosse@beulahpresby.org)

##### Congregational Care Assistant

Ann Turnock 412-727-7251  
[aturnock@beulahpresby.org](mailto:aturnock@beulahpresby.org)

##### Head Custodian

Ken Conner (ext 11)  
412-999-2489 (cell - work hours only)  
[kconner@beulahpresby.org](mailto:kconner@beulahpresby.org)

##### Evening Custodian

Kayla Davis

##### Sunday Nursery Caregivers

Teresa Mason  
Debbie Wilson

##### Director of Worship and Music Emeritus

Rev. Dr. J. Richard Szeremany

#### Beulah Christian Preschool and Childcare Staff 412-242-4424

##### Director

Tracy Belmonte (ext 28)  
[tbelmonte@beulahpresby.org](mailto:tbelmonte@beulahpresby.org)

##### Assistant Administrative Director

Cindy Mathieu (ext 27)  
[cmathieu@beulahpresby.org](mailto:cmathieu@beulahpresby.org)