

CHRIST LUTHERAN CHURCH  
917 EVERGREEN AVENUE  
PITTSBURGH, PA 15209

In the Neighborhood for GOOD

NON-PROFIT ORG.  
US POSTAGE PAID  
PERMIT NO. 355

ADDRESS SERVICE REQUESTED

## MAY 2020 NEWSLETTER

In the Year of Our Lord 2020 - Vol. 10, Issue 5

### *From Our Pastor's Desk*



#### **LETTING GO**

The opposite of faith is not doubt. The opposite of faith is control. -Richard Rohr

All of us develop what Thomas Keating calls "false programs for happiness." What is *false* about programs for happiness is that we think if we get more of **IT**, we will finally be happy or feel better.

**IT** is the desire for more safety and security.

**IT** is the desire for more affection and approval.

**IT** is the desire for more control.

**IT** is the desire to change the situation.

During this pandemic, it may be especially difficult to let go of persistent thoughts and feelings (our desires).

The Welcoming Prayer practice is a way of "letting" into the present moment in the ordinary routines of

*continued on next page >*



**"Behold, I make all things new."**



Revelation 21:5

#### **DO YOU NEED GROCERY GIFT CARDS?**

If you need groceries, visit Patty in the CLC office, 9:30-11:30am, every day except Wednesday. We are pleased to support you during this pandemic.

Please email your Online CLC Newsletter to your relatives, friends and neighbors! **Someone will be waiting to receive the good news that only Christ can give.** Your newsletter is attached in pdf format for easy forwarding.

If you know of someone who cannot access internet email, please let them know that they can call Patty in the Church Office at 412-821-4300 for a printed mailed copy.

**2020 In the Neighborhood for Good 2020**

COVER

**In the Year of Our Lord 2020  
Vol. 10, Issue 5, INSIDE:**

LETTING GO_____	Cover-P. 3
GROCERY GIFT CARDS_____	Cover
Share Your Newsletter_____	Cover
COME INVITE CREDO _____	P. 3
Social Media Information _____	P. 3
ZOOM CLC Council_____	P. 4
Stay Informed _____	P. 4
Can You Sew Masks?_____	P. 4
Naming Grief _____	P. 4
We are Grateful for Your Financial Support _____	P. 4
CLC Goals 2020_____	P. 5
Benevolent Owner_____	P. 5
Food for Thought _____	P. 5
Where to Get CLC News _____	P. 5
The Lord's Prayer _____	P. 6
Whit's Beginning _____	P. 6-7
Worship in Spirit _____	P. 7
CLC Contact Information, Officers_____	P. 7

**Attributions:**

Cover & P. 6, CLC Logo Design by Jason Mileto;  
Pastor Scott, private collection; religion-  
3452582\_1920\_Gerd Altmann\_Pixabay  
P. 3, Credo Design by Jason Mileto;  
P. 4, all-free-download.com  
P. 6, girl-3316429\_1920 PublicDomainPNG  
Pixabay  
P. 6, Worship, Gerd Altmann, Pixabay

**Follow us on Facebook  
and Instagram -  
#CLCMillvale**

**We must accept finite  
disappointment, but never  
lose infinite hope.**

- Martin Luther King Jr.

**Only in the darkness can you  
see the stars.**

- Martin Luther King Jr.



daily life. The Welcoming Prayer is used when your needs for security, affection, and control are frustrated or gratified and cause emotional reactions. It is a way of turning everything over to God by using these three simple movements:

- 1. Focus and sink into the bodily sensation. Do not resist it, simply experience the sensation.**
- 2. Welcome. Remain in the bodily sensation and gently say to the world *Welcome* silently, embracing the Holy Spirit in and through the bodily sensation.**
- 3. Let go. While continuing to experience and rest in the body sensation, repeat the letting go sentences as you open to the healing act of grace within:**

**"I let go of my desire for security."  
"I let go of my desire for affection."  
"I let go of my desire for control."  
"I let go of my desire to change the  
situation."**

Letting go means passing through the experience, not around it, not running away from it, or stuffing

*Continued on next page >*

Because if we didn't, we would be Whitless! (Ha! Ha!)

I now digress into Old English, the Norman Conquest, and Late Middle English. Pentecoste was celebrated in England and Ireland by Catechumens about to baptized and/or young girls on their way to service wearing hwitte, the liturgical color being red. English spelling has always been notorious, from the time of Anglo-Saxon Old English, melded with Norman French, confusion was not uncommon in Late Middle English when some letters were written as runes. Thus we have: Goode men and woymen, as ye knowen wele all, bys day ys called Whitsonday, for bycause þat þe Holy Gost as bys day brouyt wyt and wysdome ynto all Cristes dysciples. Written by a cleric around 1400.

Even he confused hwitte or whit with wyt or wytte (meaning understanding) making it sound more dignified. Dignity aside, it was then time to party for the next week, Whitsuntide, a spring festival just like the old days. There would be parades, fairs, lots of ale, and Morris Dancing. The holiday still lives on in England and Ireland now known as the Spring Bank Holiday minus the Morris Dancing! **We are now at Whit's end!**



**Inviting your friends, neighbors, and acquaintances to visit CLC 9:30AM Sunday Worship Online at Facebook is a wonderful way to introduce people to church. In our world, people are hungering for a word of hope, a community of caring people, and a place to grow spiritually and relationally. You can be the friendly face that invites someone to find their way to their spiritual home. (<https://www.facebook.com/clcmillvale>)**



**917 Evergreen Avenue  
Millvale, PA 15209**

**Phone 412-821-4300 ~**

**Fax 412-693-9742 ~**

**www.clcmillvale.com ~**

**christlutheran917@gmail.com**

**The Reverend Scott Olbert  
Pastor**

**The Reverend Thomas R. Stennett  
Pastor Emeritus**

**Steve Slepecki, Seminarian**

**Ed Kapsha  
Director of Music and Liturgy**

**Paul Bell  
Director of Organizational  
Development**

**Beth Rios  
Council President**

**Ray Lardin, Treasurer**

**Pat Bauer  
Children's Choir Director**

**Deb Olbert, Director CLC Kids**

**Patty Ellison and Rheba Salac  
Administrative Assistants**

**Jade Lane, Minister for Youth**

**Maureen Herbster  
Pastoral Liaison**

**Sherrie Lane and Michelle Hilliard  
Sextons**

**Pam Farbacher  
Food Ministry Coordinator**



Lord, remember us in your kingdom and teach us to pray:

## THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name, Thy kingdom come,

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.



## Whits' Beginning

Joseph Imhoff

May 31, 2020 is the birthday of the Church, a celebration that goes by a name coined from the word for fifty in an ancient language. Pentecost is Greek for fiftieth and the name given to the Jewish festival of Shavuot (Festival of Weeks or Harvest Festival). So, how do we have a significant Christian event celebrated on a Jewish festival with a Greek name?

Curious you should ask?

I direct attention to the Christian and Hebrew calendars which this year coincide within a day, this year Passover began at sundown on Wednesday April 8th with the Seder meal. The next day, Thursday the 9th, the Christian Church except for the Orthodox celebrate Maundy Thursday, the night when Jesus held a Seder and instituted the sacrament of Holy Communion. According to the Hebrew tradition seven weeks plus one day ( $7 \times 7 = 49 + 1 = 50$ ) after Passover the first fruits harvest was celebrated. The grain planted around the time of Passover was now fully grown and ripe for harvesting. Later commemorations also including the giving of The Law to Moses on Mount Sinai.

It should not seem surprising that this would be the time for The Holy Spirit to make a dramatic appearance to those gathered together as tongues of fire and giving speech in languages those present understood. The seed having died and been planted by Christ in the disciples was now mature enough for the Holy Spirit to harvest as the beginning of the Church. These would be the ones to go out into the world for the planting of new seed and amore abundant harvest of believers. This brings me to the answer for a question that was asked during one 10AM Bible study. What's Whitsunday? Answer: Pentecost! Why call it Whitsunday?

*continued on next page >*

it back into the unconscious.

You may also want to use The Welcoming Prayer. It may seem paradoxical, but by welcoming unwanted thoughts and feelings you will find it easier to let them go.

### THE WELCOMING PRAYER

**Welcome, welcome, welcome.**

**I welcome everything that comes to me today because I know that it is for my healing.**

**I welcome all thoughts, feelings, emotions, persons, situations, and conditions.**

**I let go of my desire for power and control.**

**I let go of my desire for affection, esteem,**

**approval and pleasure,**

**I let go of my desire for survival and security.**

**I let go of my desire to change any situation, condition, person or myself.**

**I open to the love and presence of God and God's action within.**

**Amen.**

God's Peace,

*Pastor Scott*

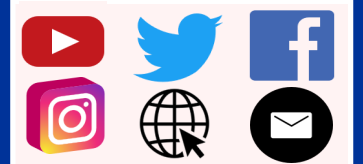
Scott M. Olbert, Pastor, CLC



"Grant that I may not pray alone with the mouth; help me that I may pray from the depths of my heart." Martin Luther



The first 3 words of this Credo help us to fulfill the 4th, and in Serving, we fill our hearts with Christ and His Great Commission to spread His teachings to humanity. What a Mission! When you Welcome, let another see Christ in your eyes, your smile, your handshake or hug, and your help. Matthew 28:16-20



Please visit us at the CLC Website:  
<https://www.clcmillvale.com/> ;  
Youtube: [clcmillvale](#) ;  
Twitter: [ChristMillvale](#) ;  
Facebook and  
Instagram: [#CLCMillvale](#).  
You can also email to:  
[ChristLutheran917@gmail.com](mailto:ChristLutheran917@gmail.com).



## ZOOM

With the pandemic, your Congregational Council met via Zoom on April 20. In experiencing this positive way to meet via the internet, we are now able to hold future meetings via Zoom.



E-mail!

## STAY INFORMED ARE YOU CONNECTED?

As a supplement to our newsletter, you could receive reminders and special announcements - about updates and news.

We don't share your e-mail address. Just e-mail your address and/or changes to information: [ChristLutheran917@gmail.com](mailto:ChristLutheran917@gmail.com)



## CAN YOU SEW MASKS?



We have a need for masks in Millvale; not only for residents, but for older adults living in one of the senior towers. If you are able and willing to sew masks, contact Deb Olbert: 309-838-1885 or [deboraholbert465@msn.com](mailto:deboraholbert465@msn.com).

## NAMING GRIEF

David Kessler, author of *Finding Meaning: The Sixth Stage of Grief*, says that many people are experiencing a number of kinds of grief during the pandemic. Anticipatory grief imagines the worst about the future; focusing on present realities is the antidote. People are grieving over loss of normalcy, connections, and economic security. Collective grief is in the air. Think about how you can let go of things you can't control and stock up on compassion for others.

## WE ARE GRATEFUL FOR YOUR FINANCIAL SUPPORT

Behind the scenes, CLC is hard at work: producing online worship, feeding the poor and hungry, meeting on Zoom about everything from the planned playground to new food ministries. Grants are being written and connections are being made with people who will join us in ministry.

Your donations and offerings make ministry happen! We are grateful for all who continue to be faithful in their financial support. Donate through the mail or on our website: [clcmillvale.com](http://clcmillvale.com).



## CLC GOALS FOR 2020

At their Leaders' Retreat, the staff, Admin Team and Congregational Council looked at the key traits of healthy and growing congregations. Working together, they chose to focus on six goals for 2020:

1. **We work to create a safe, caring faith community.** We withhold judgment, greet one another in friendship, build harmonious relationships, speak the truth in love, and warmly welcome those new to us.
2. **Children's ministry that kids don't want to leave.** Imagine kids being in an environment that allows them to understand God's love for them while being invested in by caring adults who partner with parents to disciple them.
3. **Genuine heart for the lost and the desire to embrace the mess.** Growing churches aren't just conscious of the lost, they pursue them and are ready to take on the messes of life they may bring.
4. **Clear outward focus.** Their members intentionally know non-believers, with budget spent to start new ministries and expand services.
5. **We have a strong core group, but also equip and invite others to serve.** Long-term members open the door for new members to serve, equipping the next generation to lead the church into the future.
6. **Shareable Church Communication that Inspires and Informs.** A church that is healthy communicates constantly.

## BENEVOLENT OWNER

During the Great Depression, Milton Hershey, founder of the Hershey Chocolate Company, kept his workers employed despite declining sales. The developer of the town, Hershey, Pennsylvania, he even kept the building projects going, which employed 600 construction workers at the time.

"If I don't provide work for them, I'll have to feed them," Hershey said. "And since building materials are now at their lowest levels, I'm going to build and give them jobs."

## FOOD FOR THOUGHT

There is no silver lining here, but there is a lesson. It is not the kind of lesson that anyone can merely teach someone else, as if it were a matter of having the right information. No, this is a lesson that must be absorbed.

The lesson is that life, in the end, is about loss, and suffering itself is the teacher.

--Leonard DeLorenzo, theology professor at Notre Dame, writing to students about upending their academic life.

## Where to Get CLC News? [CLCmillvale.com](http://CLCmillvale.com)

*Check out our website.  
Sermons, hot news,  
share with friends!*

Beautifully designed  
by Shareen Jordan,  
the CLC Website offers  
a quality experience  
for members and non-  
members.

