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Grounded in Christ *Growing Anew!*

March 4, 2025

Lenten Book Study

Dear Friends,

Our diocesan-wide Epiphany prayer course has concluded, and I now invite you to join me for an online book study during Lent. Since my heart continues to nudge me toward prayer, I invite you to read with me *How to Pray: A Simple Guide for Normal People* by English author and pastor, Pete Greig.

This book study will take place online via Zoom on **Sunday afternoons at 4 p.m. The group will meet virtually for 1-hour sessions beginning Sunday, March 16 and ending Sunday, April 6.**



One can [register here](#) or via the link below. If you sign up, please purchase a copy of the book as soon as possible and read the first 47 pages in advance of the March 16 session.

I hope you will join me in this continued effort to delve further into the art of learning and practicing the spiritual discipline of prayer.

Faithfully,

Register Now!

How to Pray: A Simple Guide for Normal People by Pete Greig is available at:

Bookshop.org: <https://bookshop.org/p/books/how-to-pray-a-simple-guide-for-normal-people-pete-greig/16623325>

Barnes & Noble: <https://www.barnesandnoble.com/w/how-to-pray-pete-greig/1130803572>



Ash Wednesday Prayer Vigil

Dear Friends,

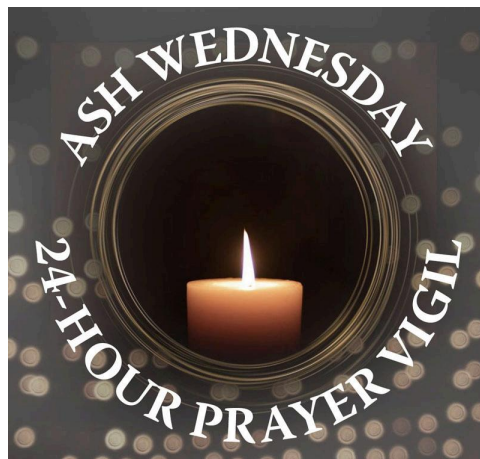
Ash Wednesday and our Lenten season begins tomorrow! And there's time to [register](#) and join our 24-hour Diocesan-wide Virtual Prayer Vigil!

This virtual vigil on Zoom starts at 7 a.m. tomorrow, March 5 (Ash Wednesday), and ends at 7 a.m. on Thursday. And so, there are lots of hourly opportunities to pray.

The time to register is upon us. You can do so through the link included below. Our aim is to have small groups praying during each hour of these 24 hours. Guidance on how to pray, as well as suggested topics to pray about, will be sent to those who register.

I cannot stress enough the urgent need for us to pray in earnest about all sorts of things. There is so much for us to pray about. While prayer is at the heart of our ethos of worship, specific and dedicated times of prayer are effective in allowing for a greater release of God's power in the world. Hence, this well-known admonition to Pray without ceasing from the apostle Paul (1 Thess. 5:17) emphasizes the value of being persistent in reaching out to God in prayer.

Faithfully,



[Click here to Register](#)

Please note: After registering, you should almost immediately receive a Zoom link. The link will say the gathering will start at 7 a.m., which is correct, but it does not state that it will last for 24 hours. Please feel free to join us at any hour at your convenience.



EAST END PARISHES
2025 LENTEN
PREACHING SERIES



Be Doers of the Word: The Gospel in Action

6 p.m. Dinner | 7 p.m. Holy Eucharist and Sermon

Tuesday, March 11

Preacher: The Rev. Guy Brown
[Curate at St. Thomas, Oakmont]

at Calvary – 315 Shady Ave., East Liberty

Tuesday, March 18

Preacher: The Rev. Canon Kim Karashin
[Canon to the Ordinary, Episcopal Diocese of Pittsburgh]

at St. Matthew's – 336 E 10th Ave., Homestead

Tuesday, March 25

Preacher: The Rev. Deanna Briody
[Curate at Calvary, East Liberty]

at Redeemer – 5700 Forbes Ave., Squirrel Hill

Tuesday, April 1

Preacher: The Rev. Jean Chess
[Retired Deacon in the Episcopal Diocese of Pittsburgh]

at St. Stephen's – 600 Pitt Street, Wilkinsburg

Tuesday, April 8

Preacher: The Rev. Dr. Asa Lee
[President of Pittsburgh Theological Seminary]

at St. Andrew's – 5801 Hampton St., Highland Park



**Invitation to Join a Newly-Forming
Diocesan Fellowship Team**

We need your help and ideas in exploring this question:
What can we do to foster partnerships and fellowship between congregations, clergy and our communities?



It is with renewed energy and a commitment for follow-up on Bishop Ketlen's vision to focus on Growth, Communication and Fellowship, that we invite you to join a newly-forming Diocesan Fellowship Team led by Kathy Baird. This team will meet by Zoom to explore ideas on how we can encourage, create, and nurture opportunities for fellowship in our midst.

If you are interested in joining the Fellowship Team, please contact Kathy Baird by March 18 at kathy950@gmail.com so that we may begin our joyful work!

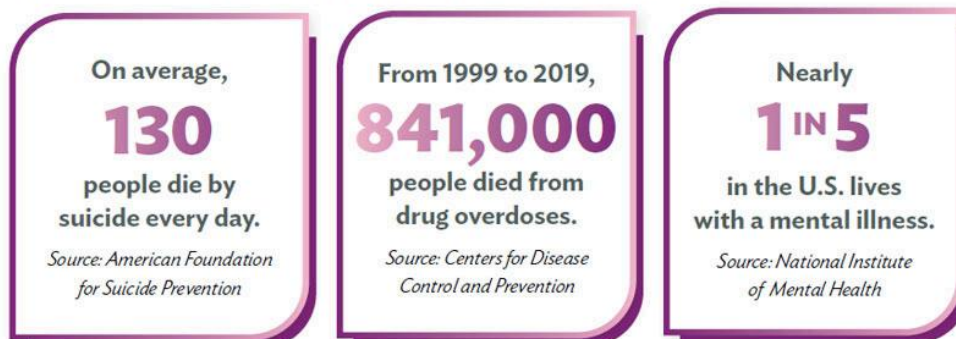


Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.



Identify. Understand. Respond.

Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges.

St. Thomas, Oakmont is hosting a daylong workshop on **Saturday, March 15, 2025, 9:30 a.m.-4 p.m.** (lunch provided) in the Parish Hall.

Format: 2 hours individual pre-work plus seven hour workshop together

Cost: \$25 to cover materials payable at the door

Day and Time: Saturday, March 15, 9:30 a.m. - 4 p.m. with a simple lunch provided

Location: St. Thomas Episcopal Church, 378 Delaware Ave. Oakmont, PA.

Registration: Send an email to the Rev. Carter Hawley at chawley@trinitycathedral.org



**7:00pm
March 21
St. Paul's, Mt. Lebanon**

**Join us for a Book Talk and a
live recording of the podcast
"And Also With You"!**

1066 Washington Road,
Pittsburgh, PA 15228



Come to St. Paul's, Mt. Lebanon, on Friday March 22st as the Rev. Lizzie McManus-Dail shares about her new book, "God Didn't Make Us to Hate Us". This book is a first-of-its-kind devotional for the disenchanted, disillusioned, and deconstructed.

We will also have a live event for the podcast "And Also With You" which will feature Q&A, games, and more. [Register here.](#)

Refining to Shine: A Lenten Morning Retreat

*What can you let God refine so that
you can shine?*

Led by the Rev. Laura Di Panfilo
and the Rev. Lizzie McManus-Dail

**Saturday
March 22
9am-12pm**

1066 Washington Road,
Pittsburgh, PA 15228



Lent is a season of penitence and reflecting on our mortality — but that doesn't mean it is a time to think less of ourselves or beat ourselves up for falling short. Instead, it is an opportunity to deliberately invite God to transform our hearts, to embolden us to tell and be transformed by the truth, to ask God to help us in a new start, to ask God to give us courage to be loving, kind, justice-seeking, and bridge-building. As the great hymn "How Firm a Foundation" goes, it is a time for God to consume our dross (old-timey word for rubbish) and to refine our gold. Lent is a time we ask God to make us shine!

So in that spirit, come spend a morning reflecting on what you need to lay down so that God can polish you up and shine. We will sing some hymns, hear a short teaching from Rev. Lizzie expanding on themes of forgiveness, freedom, and mercy as found in her new book, *God Didn't Make Us to Hate Us*, and spend the lion's share of time in creative reflection, art-making prayer, and contemplation.

[Register here.](#)





The Lenten Fish Fry season starts very soon at
St. Paul's Episcopal Church, 1066 Washington Road • Mt. Lebanon, PA 15228

[Online orders](#) end at 4pm, Thursday before the Fish Fry; make sure to click "Edit" when you're at the checkout screen and select a time! Walk-in orders welcome!



Jazz at Emmanuel

Where the spirited and the spiritual join in a new kind
of celebration as only Jazz at Emmanuel can.

March 9 – *Treasures*

April 13 – *Triumph*

May 11 – *Tales as Old as Time*

Always on the 2nd Sunday, September through May
5 p.m. in the Sanctuary

[Emmanuel Episcopal Church](#) 957 W. North Avenue
Pittsburgh, PA 15233





The Social Justice and Outreach Committee Needs You!

If you care about matters of justice and would like an opportunity to fulfill your baptismal vow to work for peace and justice, please consider joining the Social Justice and Outreach Committee of the diocese. They meet the first Thursday of each month via Zoom.

Contact Marianne Novy at 412-328-5540 or mnovy@pitt.edu for more information.



Association for Episcopal Deacons Triennial Conference

The Association for Episcopal Deacons (AED) triennial event is being held **June 5-8, 2025** in **San Antonio, Texas** and welcome all deacons and deacon supporters from across The Episcopal Church and other denominations to "Ignite Change," the theme of the event.

The Rev. Carter Hawley, Executive Director of AED and Deacon at Trinity Cathedral in Pittsburgh, said: "We encourage deacons to make plans to attend this exciting triennial event, and for bishops, dioceses, and archdeacons to support and help their deacons to be able to attend." Hawley notes that at this particular time of great change in Church history, the order of deacons is uniquely poised to help guide and support that change.

Learn more [here](#) and at episcopaldeacons.org.



ASSOCIATION FOR
EPISCOPAL DEACONS
ENGAGING THE DIAKONIA OF ALL BELIEVERS



Flea Market in Carnegie

The [Church of the Atonement](#), 618 Washington Ave., Carnegie, PA 15106 scheduled a **Flea Market for Fri., & Sat., March 14 & 15** from 9 a.m.-2 p.m. NOTE that we close on Sat. the 15th from NOON to 1:00 and reopen at 1:00 for the bag sale.

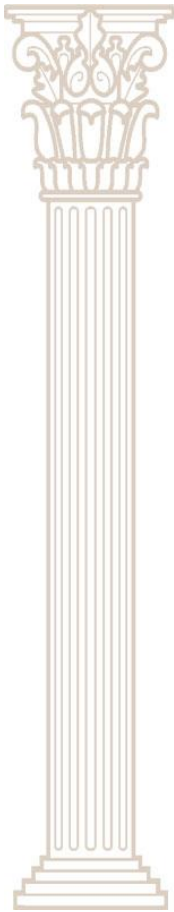
Here's a short list of what's for sale: kitchen items, bedding, linens, clothing, headboard, sewing machine, mixer with many attachments, kerosene heater decorations, luggage, etc.

Donations accepted March 9, 10 or 11 by calling Joyce Corkery at 412-276-0366.



Cantate Usquam Pilgrim Singers

Sing Anywhere!



Bring the Cantate Usquam Pilgrim Singers to Sing With You on a Sunday

Cantate Usquam literally means “sing anywhere,” and we are a volunteer choir based in Pittsburgh that charges nothing!

The mission of the Cantate Usquam Pilgrim Singers is to bring music to churches that don’t have choirs or the resources to sing at their regular services.

The Cantate Usquam Pilgrim Singers:

- want to sing **WITH** you and share the joy that music brings to worship
- are led by musicians who have experience leading congregations and choirs in singing
- are non-denominational
- work with you to sing hymns and music from your tradition
- will sing choir pieces for a prelude, offertory, and/or communion
- love to sing a capella but can also use available instruments
- are available for dates beginning in January 2025 (except Holy Week or Easter services)
- wear no robes and sing from within your congregation, not up front

Does your congregation have an interest in this?

Contact: Michael Salmon at oriolefish@gmail.com or 904-718-7622 or Penny Anderson at penny_anderson@fastmail.fm or 412-310-9167) for more information

Supported by Lutheran Campus Ministries and Calvary Episcopal Church

You can hear the Cantate Usquam Pilgrim Singers on these upcoming dates:

- Saturday, March 15, 5 p.m. at St. Bartholomew/Trinity in Scottdale
- Tuesday, March 18, 7 p.m. at St. Matthew's, Homestead, East End Lenten series

- Sunday, March 30, 9 a.m. at St. Barnabas in Brackenridge



Around the Diocese



Bishop Ketlen's Schedule:

March 5: Trinity Cathedral (Ash Wednesday)

March 9: All Saints, Brighton Heights

March 16: St. Thomas, Canonsburg

March 23: *House of Bishop's Meeting*

March 30: St. Thomas, Oakmont

Parish leadership is reminded to complete a form, available in [PDF](#) or [Word](#), at least two weeks in advance of their visitation.

To schedule time with Bishop Ketlen, contact Andrea Rath at 412-721-0853, ext. 251, or arath@episcopalpgh.org.



Parting Shots

A Celebration in Blairsville

The Rev. Joseph Baird and the congregation of St. Peter's, Blairsville welcomed Bishop Ketlen on Sunday, February 2, for her annual visitation. Two highlights of the day: the Cantate Usquam Pilgrim Singers, led by Michael Salmon provided much of the music and Andrew and Karin Miller celebrated their 50th Wedding Anniversary by renewing their vows.





St. David's, Peters Township, welcomed Bishop Ketlen

The Rev. Kris Opat and the parishioners at St. David's, Peters Township welcomed Bishop Ketlen on Sunday, March 2, for her annual visitation.



A Day of Service in the South Hills

On Wednesday, February 26, youth from St. Peter's, Brentwood; St. David's, Peters Township; and St. Paul's, Mt. Lebanon, met at the Crossroads Chapter of Meals on Wheels in McMurray to assemble blizzard bags. Thanks to everyone who came out for the service project!

