



ST. STEPHEN'S SPIRIT

The Newsletter of St. Stephen's Episcopal Church Wilkinsburg PA

July 2019

Dr. Joseph Vitale, author of *The Miracle: Six Steps to Enlightenment* has summarized a few of his reflections on belief. I do extensive research on lived experience in the realm of belief, especially as it distinguishes itself from thoughts or feelings. I would add my own premise to this reflection that we may rightly seek to align our beliefs with those of the official teachings of the Church, but we need to know the belief we have NOW in our daily life. It might be a variation or a composite of aspects that we have learned or adopted that are beyond what is taught; nevertheless it's having a big impact on our life in how we choose to engage in the world around us.

Vitale suggests that "behind every behavior is a belief." I've adjusted and combined some of his reflections with my own to provide a set of principles to frame a spiritual self-awareness process that might be helpful in seeing your faith-based actions (and, I would argue, we are called by the Gospel of Jesus Christ to make all our actions "faith-inspired"), applying them well to the choices, attitudes and interactions with others, so that you are endeavoring to give your most authentic Christian witness in the world.

Whenever you are confused about why you did something, look for a "belief" that you hold on to that is motivating it. Once you know what belief you're operating from, you might be able to guide the behavior to more effectively and authentically demonstrate your beliefs, or even adjust your choice entirely setting aside the type of belief you have if it doesn't accurately apply to what you're doing.

Beliefs – unacknowledged or not recognized with in you – have the power to compel you to do what you might otherwise think is wrong or inconsistent with your values. I'd like to think that much of the evil in the world is mistakes that people make. Their motives are sometimes right on target, but their choice to respond to their motives is not going to be advantageous or spiritually authentic. (Dr. Vitale calls such behavior "stupid," but I'd like to see it with less harshness or judgement, although, sometimes we need to allow ourselves to be corrected by the tenants of our faith.)

*If God for-
gives us,
we must
forgive
ourselves*
CS Lewis

In This Issue

- Mission of the month
- Food of the month
- Upcoming Events

Read All About It!

Every member of St. Stephen's is also a member of the Episcopal Diocese of Pittsburgh. It's helpful to keep up with news from the diocese, and the way to do that is to sign up for Grace Happens, the diocese's electronic newsletter. It comes out a few times each month and is full of short articles about our fellow Episcopalians. Some years ago the diocese mailed a printed publication to every member of St. Stephen's, but that is no longer the case. Now the newsletter is only delivered by e-mail, and you have to sign up to receive it. If you do not have access to e-mail, perhaps another member of the parish could print a copy for you.

In order to sign up for Grace Happens, please follow these steps:

1. Go to the diocesan website at www.episcopalpgh.org.
2. Find the tab for Resources and click on Grace Happens in the dropdown menu.
3. Follow the instructions to subscribe.

The diocese is making a special effort this year to improve its communication with all of its parishes and their members. Let's do our part by staying informed of the latest



The Thomas Merton Center Honors
Wasi Mohamed
as its
2019 New Person of the Year

WHEN
Tuesday, June 25th, 2019 6PM - 9PM

WHERE
National Association of Letter Carriers Hall
841 California Ave, Pittsburgh, PA 15212

Ticket Information at (Case Sensitive) [Bit.ly/NPOYA](https://bit.ly/NPOYA)

\$30 in advance /\$25 for members
\$40 at the door

Wasi Mohamed is the Pittsburgh
Director of Community Entrepreneurship
for Forward Cities.

This event is 100% halal and alcohol-free. Child care and accessibility accommodations available to attendees upon request.

Food of the Month: Canned Fruit

All items will be donated
will be food pantry run by
the Wilkinsburg Communi-
ty Ministry.

PLEASE GIVE GENEROUS-

The Family Room

News and happenings of our Church Family

Rector's Discretionary Fund

Help support the Rector's Discretionary Fund!

Every first Sunday of the month the loose offering is directed to the Rector's Discretionary Fund.

This enables us to offer assistance to address community and individual needs. It is a real blessing to others.

*The steadfast love of the
Lord never ceases; his mer-
cies never come to an end.*

Lamentations 3:22

COFFEE HOUR

There is a new sign up sheet for coffee hour on the office door. It covers the weeks through July. Please sign up ASAP. This is such an important part of the fellowship time here at St Stephen's

Wilkinsburg Thursday Farmers Market

JOIN US AT THE MARKET!
THE 2019 SEASON BEGINS ON
THURSDAY, JUNE 13th AND RUNS
THROUGH NOVEMBER 14th EVERY
THURSDAY FROM 3-6:30 P.M. IN
THE LIFCARE HOSPITALS PARKING
LOT AT THE CORNER OF PENN
AVE AND SOUTH TRENTON.

St. Stephen's Spotlight

Monthly Prayer Meeting

Join us the second Friday of every month at 10:00AM in the Church Library, as we pray for St. Stephen's and the world.



ST. STEPHEN'S SPIRIT IS PUBLISHED ON THE LAST SUNDAY OF EVERY MONTH. SUBMISSIONS FOR THE NEWSLETTER MUST BE RECEIVED BY THE 20TH OF THE MONTH IN ORDER TO BE INCLUDED.

Contact Us

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Sunday Worship 8AM & 10:30AM

Wednesday Morning Prayer 10:30AM

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The Rev. Natalie Hall, Missionary Assoc.

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Gerry Dalton, Financial Administrator

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Neighborhood Youth

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