



Mt. Lebanon
Christian Church

MLCC Newsletter – January 2025



Worship with Us

In-Person or Facebook Live

Traditional Worship: Sunday at 11:00 AM
CAYA Contemporary Worship: Sunday at 6:00 PM

Mt. Lebanon Christian Church
367 Cedar Blvd
Pittsburgh, PA 15220

<http://www.mtlebocc.org>

Dr. Cindy McClung: minister367@mtlebocc.org
Assistant Minister: The Reverend John McCarty: john.mccarty@mtlebocc.org

Our Mission:
Serving Christ!
Living and Sharing Faith, Hope and Love



Minister's Message

Ringing Out the Old and Ringing in the New: Embracing Change and Renewal

The transition from one year to the next is a time-honored tradition marked by reflection, celebration and the hopeful anticipation of what lies ahead. "Ringing out the old and ringing in the new" encapsulates the essence of this transition, symbolizing the closure of one chapter and the beginning of another. This concept, deeply rooted in cultural practices and personal rituals, offers a unique opportunity to reflect on the past and embrace the future with renewed vigor.

The Significance of Reflection

Ringing out the old is an invitation to reflect on the year that has passed. It is a time to look back on experiences, achievements, and challenges. Reflection allows individuals to:

- **Celebrate Successes:** Acknowledge and take pride in accomplishments, big and small. Recognizing these moments fosters a sense of gratitude and encourages a positive outlook.
- **Learn from Challenges:** Difficulties and setbacks are part of life's journey. Reflecting on these moments provides valuable lessons and insights that can guide future decisions.
- **Release Regrets:** Holding onto regrets can weigh heavily on one's spirit. Ringing out the old encourages the release of these burdens, fostering emotional healing and growth.

Embracing Change

Ringing in the new is a powerful act of embracing change and new beginnings. It involves setting intentions and goals for the upcoming year, creating a roadmap for personal and collective growth. This process often includes:

- **Setting Goals:** Establishing clear, achievable goals provides direction and motivation. Whether related to personal development, career aspirations, or health and wellness, setting goals is a proactive step toward positive change.
- **Adopting New Habits:** The new year offers a fresh start to adopt healthier and more productive habits. This might include changes in diet, exercise routines, or daily practices that contribute to overall well-being.
- **Cultivating a Positive Mindset:** Embracing a positive outlook can transform one's approach to life. Practicing gratitude, mindfulness, and optimism can significantly impact mental and emotional health.

The Power of Renewal

The concept of renewal is central to the idea of ringing out the old and ringing in the new. It is a reminder that life is a continuous cycle of growth, change, and transformation. Embracing this cycle with an open heart and mind allows individuals to:

- **Renew Relationships:** The new year is an opportunity to strengthen and renew relationships with family, friends, and colleagues. Acts of reconciliation and expressions of appreciation can deepen bonds and foster a sense of community.
- **Renew Purpose:** Reflecting on one's purpose and passions can lead to a renewed sense of direction and fulfillment. Aligning goals and actions with personal values and aspirations enhances the sense of meaning in life.
- **Renew Self:** Self-renewal involves taking steps to nurture and care for oneself. This might include pursuing new interests, seeking personal growth opportunities, or simply taking time for rest and relaxation. Renewing ourselves embraces the chance to renew not only our bodies and minds, but our spirits as well.

Conclusion

Ringling out the old and ringing in the new is a powerful tradition that encapsulates the essence of reflection, change, and renewal. It is a time to honor the past, celebrate the present and look forward to the future with hope and determination. By embracing this cycle, individuals can cultivate a life of continual growth, enriched by the experiences of the past and energized by the possibilities of the future.

As we stand on the threshold of a new year, let us embrace the opportunity to reflect, renew, and rejoice, ringing in the promise of new beginnings.

I encourage you to ponder the opportunities before you in this new year. Through our faith community, there will be ways to renew ourselves in body, mind, and spirit. Let us look forward to a new year that brings transformation and renewed purpose.

Blessings!

Cindy

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Support MLCC

Mail Checks to: Mt. Lebanon Christian Church - 367 Cedar Blvd. - Pittsburgh, PA 15228

Or Give online at mleboecc.org

Or **Online Giving** available through our Givelify by clicking on <https://giv.li/rwhcas> or clicking on the QR code below



Your gift of time, talent or treasure enables MLCC to serve Christ by living and sharing faith, hope and love.

It's simple to donate once or set up reoccurring donations using the Give link. Options for giving include helping with Building Maintenance projects and Community Outreach programs.

There are plenty of ways to get involved. Volunteer opportunities include:

AV Tech - Contemporary Worship Musicians - Social Media - Child Care Nursery - Small Group Leader - Landscaping - Greeter - Community Service - Event Planning
For more information about volunteering contact John McCarty.

.January Outreach

This January,

Mt. Lebanon Christian Church is Helping Neighbors through SHIM. What a great way to start the New Year with love and service.



More than 6,000 families are turning to SHIM for food this year.

Can you help us stock the three food pantries that serve families across the South Hills?

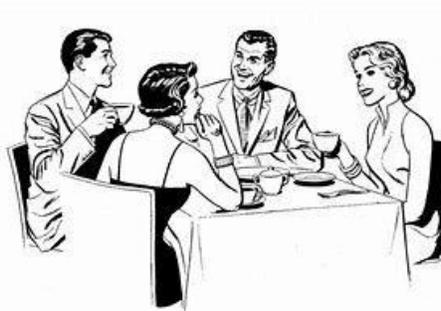
Mt. Lebanon Christian Church is collecting food and supplies for thousands of families and individuals who rely on SHIM monthly.

Most-needed items:

- Dried beans, lentils, rice
- Pasta sauce in jars
- Cooking oil
- Flour
- Sugar
- Cereal and oatmeal
- Soup (especially low sodium)
- Spices and seasonings
 - (salt, pepper, garlic, ginger, chili powder, turmeric, etc.)
- Adult diapers (L and XL)
- Baby Diapers (sizes 3-6)
- Baby food
- Personal care
 - shampoo, toothbrushes, toothpaste, deodorant, feminine hygiene, etc.)
- Dog food

Please drop off your donations at the church outreach table by January 26

Dining Disciples



Join us for Dining Disciples!

Dining Disciples are groups that meet once a month for lunch or for dinner to get to know others, talk about faith and find ways to live out our faith in our everyday lives. Dining disciples is a great way to connect with others, grow in your faith and find ways to serve the Lord in God's Kingdom here on earth. Check the calendar for dates.

BIBLE STUDY

Don't miss this great opportunity! Have you ever wondered about Paul's missionary journeys?

This winter during Bible study you will be able to both see pictures and learn about the places that the Apostle Paul traveled. During my recent trip to Greece and Ephesus (in Turkey) I traveled to some of the cities where Paul traveled and started churches. We will travel city by city each week. Each study will consist of pictures of the area and archaeological sites and an overview of what Paul wrote to the people in those churches. This is a wonderful chance to explore some of the world from the comfort of your home and gain a deeper understanding of Paul and his endeavors to bring the good news to the world. I hope you will join us on Zoom on Wednesday evenings beginning, Wednesday, January 22 at 7 PM. It would be helpful for background, to read Acts 13 – 20. Dr. Cindy McClung will lead this study.

Upcoming Events – Save the Dates

Thursday, January 2 – Dining Disciples at Noon at Bravo

Saturday, January 4 – Discernment Team at 6 PM

Monday, January 13 – Elders Meeting at 7 PM on Zoom

Monday, January 20 – Trustees Meeting at 7 PM on Zoom

Tuesday, January 21 – Board Meeting at 7 PM on Zoom

Wednesday January 22 – Bible Study at 7 PM on Zoom

Friday – January 24 – Dining Disciples at 6:30 (location to be announced)



Transformation of body, mind, and spirit is a theme not only for the new year but also for the Christian life. We will spend time in the coming year talking about and working on transformation. Many people make resolutions at the new year, only to abandon them in days or weeks. Transformation is not a fad but a process of change. It is much more than a resolution, it is a change in lifestyle and perspective. Scripture talks about the body as a temple. One of the ways we care for this temple is by being mindful of what we put into the temple.

Beginning in February, MLCC will begin a challenge to transform our eating habits and care for the temple in which the spirit of God dwells in each of us. During January, take some time to study up on clean eating. The information that follows is a helpful guide to what clean eating entails. Think and pray about what will be the most beneficial to you. We will support each other in this process. More details to come. Let's make our dwelling places for the Spirit a healthy place!

Clean Eating: A Guide to Nourishing Your Body

Clean eating is more than just a dietary trend; it is a lifestyle choice that emphasizes the consumption of whole, unprocessed foods in their most natural state. This approach to eating is rooted in the belief that by choosing foods that are minimally processed and free from artificial additives, we can improve our overall health, boost energy levels, and promote a sense of well-being. Here, we explore the principles of clean eating and offer practical tips for incorporating this approach into your daily life.

Principles of Clean Eating

1. **Whole Foods:** The cornerstone of clean eating is the focus on whole foods. These are foods that are as close to their natural form as possible. Examples include fresh fruits and vegetables, whole grains, nuts, seeds, and lean proteins. Whole foods are rich in essential nutrients and free from the additives and preservatives often found in processed foods.
2. **Minimal Processing:** Clean eating advocates for minimizing the intake of processed foods. Processed foods often contain added sugars, unhealthy fats, and artificial ingredients that can negatively impact health. By choosing minimally processed foods, you can reduce your intake of these potentially harmful substances.
3. **Balanced Diet:** A clean eating approach emphasizes a balanced diet that includes a variety of nutrients. This means consuming a mix of carbohydrates, proteins, and healthy fats, as well as a wide range of vitamins and minerals from different food sources.
4. **Healthy Fats:** Incorporating healthy fats into your diet is an essential aspect of clean eating. Healthy fats, such as those found in avocados, nuts, seeds, and olive oil, support brain function, heart health, and overall well-being.

5. **Natural Sweeteners:** Clean eating encourages the use of natural sweeteners, such as honey, maple syrup, and fruit, instead of refined sugars. These alternatives provide sweetness without the negative health effects associated with excessive sugar consumption.
6. **Hydration:** Staying hydrated is crucial for overall health. Clean eating promotes the consumption of water and herbal teas while avoiding sugary drinks and artificial beverages.

Benefits of Clean Eating

Adopting a clean eating lifestyle offers numerous health benefits:

1. **Improved Digestion:** Whole foods are rich in fiber, which aids digestion and promotes a healthy gut.
2. **Increased Energy Levels:** By avoiding processed foods and their associated sugar crashes, clean eating can help maintain steady energy levels throughout the day.
3. **Weight Management:** Clean eating naturally supports weight management by focusing on nutrient-dense foods that keep you feeling full and satisfied.
4. **Enhanced Immune Function:** A diet rich in vitamins, minerals, and antioxidants from whole foods strengthens the immune system and helps protect against illness.
5. **Better Mental Health:** Nutrient-rich foods support brain health and can contribute to improved mood and cognitive function.

Practical Tips for Clean Eating

1. **Plan Your Meals:** Planning your meals in advance can help you make healthier choices and avoid the temptation of processed foods.
2. **Read Labels:** When buying packaged foods, read labels carefully to avoid products with added sugars, unhealthy fats, and artificial ingredients.
3. **Cook at Home:** Preparing meals at home allows you to control the ingredients and ensure that your food is as clean as possible.
4. **Shop the Perimeter:** In grocery stores, the perimeter aisles typically contain fresh produce, meats, and dairy, while the inner aisles are often filled with processed foods. Focus your shopping on the perimeter.
5. **Stay Informed:** Educate yourself about clean eating principles and continually seek out new recipes and meal ideas to keep your diet varied and interesting.

Conclusion

Clean eating is a sustainable and healthful approach to nutrition that prioritizes whole, unprocessed foods. By embracing clean eating, you can nourish your body, improve your health, and enjoy a greater sense of well-being. It is not about strict dietary rules but about making mindful choices that honor your body and support your overall health. Whether you are new to clean eating or looking to deepen your commitment, these principles and tips can help you on your journey to a healthier, more vibrant life.



January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Years Day	2 Noon Dining Disciples at Bravo	3	4 6:00 pm Discernment Team
5 11:00 am Worship Service	6	7 7:00 pm Women's Prayer Group	8	9	10	11
12 11:00 am Worship Service	13 7:00 pm Elders Meeting on Zoom	14 7:00 pm Women's Prayer Group	15	16	17	18
19 11:00 am Worship Service	20 7:00 pm Trustees Meeting on Zoom	21 7:00 pm Women's Prayer Group 7:00 pm Board Meeting on Zoom	22 7:00 pm Bible Study on Zoom	23	24 6:30 pm Dining Disciples (location to be announced)	25
26 11:00 am Worship Service	27	28 7:00 pm Women's Prayer Group	29 7:00 pm Bible Study on Zoom	30	31	

January Worship Leaders & Elders

5 - Chuck Sargent 5 - Kathy Spray
 12 - Verna McGinley 12 - John Crist
 19 - Dan Wahl 19 - Jeff Hawn
 26 - Jeff Hawn 26 - Jane McCarty

January Birthdays

1st – Chris Wagner 5th – Duane Wolff
 9th – Deborah Sykes 10th – Ed Persinger
 16th – Lisa Schmidetter 20th – Horst Riddler
 20th – Mary Jane Webb 20th – John Crist
 24th – Alyson Campbell 29th – Walter Ozanick

Prayer List

Dolinger family – death of baby Amara – great-great niece of Rev. Cindy
Peace and civility in our nation
Ron Brown – healing
Horst & Doris Riddler
Ray Dubiel
Maggie Goodwin - healing
Sam Levine – 17 year old - inoperable brain tumor
Giles McCarty - healing
Bill Samples
Bill Green
Duane Ready
Ann Peden – friend of Rev. Cindy
Carla – health issues
Ron Abels – Friend of Wahls
All those with Covid, RSV and the Flu
War in Ukraine
War in Israel
Individuals Impacted by Hurricanes Helene & Milton
Travelers