



Mt. Lebanon
Christian Church

MLCC Newsletter – February 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

Groundhog Day! It's the day that we wait to hear what Punxsutawney Phil say about the weather.

Will we have six more weeks of winter, or will spring come early? Tradition says that Germans brought this tradition with them. Originally, a hedgehog or badger was used, but since there were few of these creatures, they opted for another hibernating animal, the groundhog. Most don't realize that "Groundhog Day is actually rooted in astronomy—and the movement of the Earth around the Sun. In the Northern Hemisphere, this date marks the midpoint between the winter solstice in December and the spring equinox in March. In fact, the holiday stems from an ancient Celtic celebration called Imbolc, which is something called a [cross-quarterday](#)....Of course, it's all in good humor. As the folks in Punxsutawney say, it's "A day to take everything a little less seriously, and break up the winter monotony... at least for a little while!" (almanac.com)

The Celts first "celebrated at the beginning of February, the day was called **Imbolc**—a term from Old Irish that is most often translated as "in the belly"—a reference to the soon-to-arrive lambs of spring. The celebration of Imbolc signaled that the Sun was halfway through its advance towards the spring equinox, and the season of new birth and light was on the horizon.

This day has also been called **St. Brigid's Day**, which stems from a mixing of figures and traditions from pagan and Christian beliefs. The Celtic goddess Brigantia is associated with dawn, light, and spring, which are qualities later associated with Brigid of Kildare, a Christian saint (and one of Ireland's patron saints).

Candlemas

Although it is distinct from Imbolc, the Christian festival of light **Candlemas** is also observed at this time of year (February2). The name refers to the candles lit that day in churches, which celebrate the presentation of the Christ Child in the temple of Jerusalem.

*If Candlemas be fair and bright,
Come, Winter, have another flight;
If Candlemas brings clouds and rain,
Go Winter, and come not again.* (almanac.com)

For me, Groundhog Day is a day to think about the triumph of light over darkness. It is a day to think about renewal and new life. Spring will come. New life will come. Light will triumph over darkness. Groundhog Day is a day that reminds us that there is hope!

In a world that often seems dark, let us continue to be people of hope and faith. May we be among those who carry the light of Christ to the world and share the hope that we find!

Blessings!

Cindy

Support MLCC

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

Or Give online at mtlebocc.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.

Friendship Lunch

When: Sunday Feb 16th at 12:30pm

Where: Olive Garden – Village Square

It's time for our yearly Friendship Lunch. Please plan on attending. There will be a sign-up sheet in the narthex so we can make sure how many people to setup for the reservations.

If you forget to sign-up, call Chuck Sargent so we have an accurate count.

February Outreach

This February: Share Love and Hope Through Outreach

This February, we invite you to make a meaningful impact by supporting two important causes: bringing comfort to seniors at Kane Senior Living and aiding those affected by the devastating California wildfires.

California Wildfires Relief:

The wildfires in California have caused unimaginable loss—taking lives, displacing over 200,000 people, and destroying more than 12,000 homes and buildings. Your generous donation to Week of Compassion will directly support those who have been left devastated by these fires. Together, we can extend God's love and provide tangible help to those who need it most.



Brightening the Day for Seniors:

For many residents at Kane Senior Living, winter can feel especially cold, hard, and lonely. This month, let's share God's warmth by sending uplifting cards to brighten their days. Whether you purchase a card or create one, your thoughtful words can make a world of difference. Simply sign your card with your name and Mt. Lebanon Christian Church Family and drop it in the card box on the outreach table by **February 23**. We'll ensure your messages of love and encouragement reach the residents by the end of the month.

Not sure what to write? Here are some ideas to inspire your message:

- Wishing you weeks worth of smiles!
- Warm wishes to brighten your day!
- You are wonderful!
- May your day be filled with bright, sunny things!
- Sending God's love and cheerful thoughts to brighten your day!
- Don't forget to smile today—you are amazing!
- Jesus loves you, and so do we!

Let's come together to be the hands and feet of Christ this February. Whether through donations to wildfire victims or a heartfelt card for our senior neighbors, we can show them they are loved and never alone.

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? Paul wrote 1/2 of the New Testament and was a major part of the spread of the Gospel.

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 at 7 PM. It would be helpful for background, to read Acts 13 – 20. Dr. Cindy McClung will lead this study. Invite your friends to join us as well.

Upcoming Events – Save the Dates

Monday, February 10 – Elder's Meeting at 7 PM on Zoom

Thursday, February 13 - Dining Disciples at Noon at Bravo

Sunday, February 16 - Friendship Lunch at 12:30 PM - Olive Garden, Village Square

Friday, February 21 - Dining Disciples at 6:30 PM (location to be announced)

Elder's Corner



JUST A LITTLE MORE PLEASE

The other day I went to make a sandwich, but as I was walking into the kitchen my husband said, “if you’re going in there for bread there is none.” I decided to pout and threw up my arms, thinking to myself; [we never seem to have food in this house]. But then I saw the bread bag laying on the counter. I opened it up and found one regular slice of bread and the heel. I stood there while weighing my options. I must confess there have been many times the heel has gone to the birds or trash. I was so happy to be able to make a sandwich that I decided to be thankful for the heel. It was ...**enough**.

Enough. This word has a lot of meaning in our culture. We always want more. Someone is always trying to sell us more and so “enough” gets us further and further away from what we really need. We think we need the latest technological gadgets to make life easier or better. We need a little more money to be comfortable. We just need two good pieces of bread to make a sandwich.

I can remember that God said “enough” when the Israelites were hungry. He provided them with bread from heaven. God promised that would be “enough.” Yet some of the Israelites tried to take more manna than they needed to keep for the next morning. You may remember the manna rotted, and the worms ate it. God stated not to take more than is needed each day. They thanked God for providing them with “enough.”

Read: Exodus 16: 1-31

*“I am going to rain bread from heaven for you and each day the people shall go out and gather **enough** for that day”.*

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Elders Monthly Meetings

Reminder - the Elders monthly meetings will be held at 7:00 pm on Zoom on the second Monday of each month in 2025.

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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 March, 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. In the season of Lent, you are invited to join a book group that will study “The Daniel Plan.: It is a 40-day plan for a healthier life.

The book is the core resource of the Daniel Plan and a life changing guide to total health by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman. It’s about abundance, not deprivation, and this is why the plan is both transformational and sustainable. Think and pray about what will be the most beneficial to you. We will support each other in this process. Let’s make our dwelling places for the Spirit a healthy place! Please sign up in the narthex if you are interested. John McCarty will lead this study.

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.



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
11:00 am Worship Service		7:00 Women's Prayer Group	7:00 pm Bible Study on Zoom			
9	10	11	12	13	14	15
11:00 am Worship Service	7:00 pm Elders Meeting on Zoom	7:00 Women's Prayer Group	7:00 pm Bible Study on Zoom	Dining Disciples Noon at Brave	Valentine's Day	
16	17	18	19	20	21	22
11:00 am Worship Service 12:30 pm Friendship Luncheon – Olive Garden, Village Square	Presidents' Day	7:00 Women's Prayer Group	7:00 pm Bible Study on Zoom		6:30 pm Dining Disciples (location to be determined)	
23	24	25	26	27	28	
11:00 am Worship Service		7:00 Women's Prayer Group	7:00 pm Bible Study on Zoom			

February Worship Leaders & Elders

2 - Chuck Sargent 2 – Verna McGinley
 9 - Verna McGinley 9 – Brad Montgomery
 16 - Dan Wahl 16 - Jeff Hawn
 23 - Jeff Hawn 23 – John Crist

February Birthdays

2nd – Verna McGinley
 26th – Jeff Hawn
 27th – Christina Aiken
 27th – Kayla Wolff

Prayer List

Family of Barb Scott - comfort and peace

Family of Ron Brown – comfort and peace

Those impacted by the California Wildfires

Dolinger Family - death of baby Amara

Peace and civility in our nation

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