TODAY
At Fox Chapel Presbyterian Church
Rev. Roger Owens
"Like Carrying a Weight"
Exodus 17:1-7 | John 4:1-42

<table>
<thead>
<tr>
<th>Time</th>
<th>Service</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:15 AM</td>
<td>Cup &amp; Loaf Worship Service</td>
<td>Chapel</td>
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<tr>
<td>9:30 AM</td>
<td>Contemporary Worship Service</td>
<td>Fellowship Hall</td>
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<td>Children’s Activities</td>
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<td></td>
<td>Nursery Care</td>
<td>Room 109</td>
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<td>Comfort Space</td>
<td>Room 107</td>
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<td>11:00 AM</td>
<td>Traditional Worship Service</td>
<td>Sanctuary</td>
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<td>Kid’s Church</td>
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<td>Comfort Space</td>
<td>Room 107</td>
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<td>12:00 PM</td>
<td>Confirmation</td>
<td>Youth Lounge</td>
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<td>2:00 PM</td>
<td>Middle School Youth Group</td>
<td>Youth Lounge</td>
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<td>4:00 PM</td>
<td>High School Youth Group</td>
<td>Youth Lounge</td>
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<tr>
<td>7:00 PM</td>
<td>Henri Nouwen Lenten Study</td>
<td>Lounge</td>
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Welcome, Guests!
We are so glad you are here to worship with us today.
Learn more about FCPC at www.fcpc.us

Join Pastors Ginger and Roger for a Lenten small group experience
Henri Nouwen’s Making All Things New: An Invitation to the Spiritual Life
Order now or pick up some at church!

Holy Week Services
Palm Sunday
April 2nd | 8:15 AM, 9:30 AM, 11:00 AM

Maundy Thursday Service with Holy Communion
April 6th | 7:00 PM
Childcare provided

Good Friday Service of Tenebrae
April 7th | 7:00 PM
Childcare provided

Easter Sunday
With West Virginia Brass Quintet and Timpani
Traditional Services | Sanctuary | 8:15 AM & 11:00 AM
Contemporary Service | Fellowship Hall | 9:30 AM

As a community of Christ’s disciples, we joyfully participate in Christ’s mission of love and peace, transformation and hope.
Dear friends,

As the parent of teens and a pastor and friend to many families with teens, I am keenly aware that our young people in large part are not having high school and middle school experiences filled with happy, carefree days like in my growing up experience. There is more likely than ever depression and anxiety underneath the smiles of their selfies posted on social media. The CDC’s Youth Risk Behavior Surveillance System revealed that in the ten years leading up to the pandemic, persistent sadness, feelings of hopelessness, and suicidal thoughts and behaviors increased by about 40% in young people.

In a fall 2022 research study conducted by the Pew Research Center, 40% of parents of teens surveyed said they were extremely or very worried about their children struggling with anxiety and/or depression. These and other research findings caused the U.S. surgeon general to declare a mental health crisis a year ago for American young people. And parents like Roger and me are finding that our own teens and teens’ friends are not going untouched by this crisis.

A parent sent me an email this week linked to a local news story featuring the Positive Painting Project. The Positive Painting Project grew out of the loss of Fox Chapel student Katie Whysong to depression in March 2021. Katie’s parents, Todd and Alisa, have been at work ever since to make a reality Katie’s dream of depressed teens being encouraged by visual, artful reminders that they are not alone and don’t need to be afraid to ask for help. One of our church’s young members was featured in the news story, sharing about how participating with the Positive Painting Project brings her both comfort in honoring her friend Katie and hope in helping others who suffer.

In this season of Lent, as we reflect on Jesus in the loneliness of the wilderness, I invite you to consider the silent, hidden suffering of those in our families, church, and community who feel alone, depressed, anxious, and hopeless—our young people in particular. I invite you to consider ways that we can be present with and for those who suffer in a way that brings light, hope, love, and gentle acceptance, and I pray if you feel you are in the wilderness yourself, that you will consider reaching out for help.

“The Lord is near the brokenhearted and saves the crushed in spirit” (Psalm 34:18). Or in the words of the Positive Painting Project’s messages that you may find out in the community: You are not alone. You matter. No feeling is final.

May we be a community that journeys with those who struggle, holds onto hope for those who feel hope is out of reach, and loves with the tender, tenacious, restorative love of God.

Your pastor and friend,
Ginger
### CHILDREN’S SUNDAY PROGRAMS

**8:15 AM Worship** No children’s programing though all are welcome to attend worship with their loved ones.

**9:30 AM Contemporary Service.** All children are invited to stay in worship and engage in activities with Pastor Lori at the back of Fellowship Hall.

**9:30 AM & 11 AM Nursery Care** Room 109, for ages (0-3) in room 109. Staffed by two adult professionals.

**9:30 AM & 11 AM Comfort Space** Room 107. A place to comfort or feed a child and watch the worship service.

**10:15-10:55 Children’s Choir** Choir Room. For age 5 to 5th grade. Directed by Miss Hannah Roux.

**11:00 AM Kids Church** For age 3 to 5th grade. Children are signed in prior to worship and begin the service with loved ones. Following the Children’s Message, children are led to the lower level Kids’ Space. Parents/guardians can pick up their children in the lower level unless otherwise indicated.

Questions/Concerns? Contact our Director of Children and Family Ministry, Pastor Lori: call/text 412-737-1412 or email lori@fcpc.us.

### THIS WEEK’S CALENDAR

**Monday, March 13, 2023**
- 8:00 AM-2:30 PM: Preschool (Fellowship Hall)
- 8:00 AM-12:30 PM: Preschool (Rms.107&109)
- 10:30 AM-11:45 AM: Henri Nouwen Book Study (Lounge)
- 2:00-3:00 PM: Knitting Group (Library)
- 7:00-8:00 PM: Fellowship Team Mtg. (Lounge)
- 7:30-9:00 PM: Building & Grounds Comm. Mtg. (Chapel)

**Tuesday, March 14, 2023**
- 8:00-9:15 AM: Men’s Prayer Fellowship (Lounge)
- 8:00 AM-2:30 PM: Preschool (Fellowship Hall)
- 8:00 AM-12:30 PM: Preschool (Rms.107&109)
- 9:30-10:30 AM: Staff Mtg (Lounge)
- 7:00-8:15 PM: Henri Nouwen Book Study (Zoom)

**Wednesday, March 15, 2023**
- 8:00 AM-2:30 PM: Preschool (Fellowship Hall)
- 8:00 AM-12:30 PM: Preschool (Rms.107&109)
- 9:00-10:30 AM: Community Bible Study (LL310)
- 6:00-8:00 PM: Wednesday Night Live (Fellowship Hall, LL)

**Thursday, March 16, 2023**
- 8:00 AM-2:30 PM: Preschool (Fellowship Hall)
- 8:00 AM-12:30 PM: Preschool (Rms.107&109)
- 2:00 PM-3:00 PM: Henri Nouwen Book Study (Longwood)
- 6:30-7:30 PM: Bell Choir Rehearsal (Sanctuary)
- 7:30-9:30 PM: Chancel Choir Rehearsal (Sanctuary)

**Friday, March 17, 2023**
- 8:00 AM-2:30 PM: Preschool (Fellowship Hall)
- 8:00 AM-12:30 PM: Preschool (Rms.107&109)
- 9:30-10:30 AM: Friday Book Group (Zoom)

**Saturday, March 18, 2023**
- 9:30 AM-11:00 AM: Tunes for Tots (Lounge)
- 1:00 PM: Blyth Steere Memorial Service (Sanctuary)

**Sunday, March 19, 2023**
- 8:15 AM: Cup & Loaf Worship Service (Chapel)
- 9:30AM: Contemporary Worship Service (Fellowship Hall)
- 10:15-10:55 AM: Children’s Choir (Choir Room)
- 11:00 AM: Traditional Worship Service (Sanctuary)
- 12:00 PM-1:00 PM: Confirmation (Youth Lounge)
- 2:00-3:30 PM: MS Youth Group (Youth Lounge)
- 4:00-5:30 PM: HS Youth Group (Youth Lounge)
- 7:00-8:15 PM: Henri Nouwen Book Study (Lounge)
**CURRENT/RECENT ILLNESS OR HOSPITALIZATION:**
Astrid Bitzer, June White, Joan Sieber, Mary Lou Mielecki, Joe Stephenson, Sarah Crittendon, David Fowler, Matt Scott

**Prayer Concerns:**
Lili Rosenthal and her family, Charlotte Bradham, Bob (friend of Brian Baxter), Nick Radoycis (friend of Bob Heister)

**Sympathy:**
Prayers for Holly Sphar and family on the death of his wife, Susan, on 2/17/23.

**KEEP US INFORMED**
Please let us know about illness, hospitalization, prayer concerns or other needs for pastoral care by calling the church office (412-963-8243) or emailing penny@fcpc.us

**CONTACT INFO UPDATES**
Have you recently moved, changed your phone number or changed your email?
So that you receive FCPC information, we want to keep your contact information up-to-date. Please contact Penny in the church office with any changes.

**HEARING DEVICES**
Hearing devices are available in the FCPC sanctuary! Ask an usher for a hearing device, or if you have a hearing aid that has the T-Coil activated, you can ask for a T-Coil neckloop receiver.

**WORSHIP SERVICE RECORDINGS**
For your convenience, the worship services are available on the FCPC YouTube channel: www.youtube.com/@FoxChapelPresby/streams

Scan with your phone to give online:

**BIRTHDAYS THIS WEEK**
March 12: Brian Miller, Burt Doerfler, Ken Finn
March 13: Erin Frolich, Sara Horsman, Bill Tippins, Jessie Thiessen, Owen Delany
March 14: Dorcas Ann Evans-Miller, Josh Sutton
March 15: Christine Bennett, Becky Eynon, Sue Follansbee, George Grune, David Garzarelli
March 16: Virginia Hill, Alex Lawson, Karen Tippins
March 17: Meghan Lucas, Bill Gilbert, Brooke Barbour
March 18: Andrew Donovan, Becca Garbisch, Dottie Sherrard, Isabel Tuttle, Michael Braham

**FRIDAY BOOK GROUP**
The FCPC Friday Book Group’s choice for their Lenten/Easter series is *Pastrix: The Cranky, Beautiful Faith of a Sinner & Saint*, by Lutheran Pastor, Nadia Bolz-Weber.

The group will meet by Zoom for interactive discussion every Friday (except on Good Friday). We welcome new members! For more information, call Dorothy Hill at 412-828-7285.

“I’ve given away a dozen copies of PASTRIX over the years. I adore Bolz-Weber’s spiritual brilliance and tender human heart.”
— Anne Lamott

**CHANCEL FLOWERS**
There are dates available for 2023 to provide flowers for the chancel. Your order of flowers beautifies the sanctuary and is a wonderful opportunity to honor or remember someone special. Arrangements are $55, and orders can be placed by contacting sarah@fcpc.us or 412-963-8243.

*Submissions for “HIGHLIGHTS” are due to Sarah, at sarah@fcpc.us by 5:00 PM on Monday.*