

# GREEN TREE TIMES

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## The Shortest Month of the Year Offers Fun Both Inside and Out



There's still plenty of time for winter fun!

I must admit that I like to believe certain things, even if it is only for fun. Take a fortune cookie, for example. Of course, I know that the little pre-typed message inside the, who knows how old, fortune cookie isn't my true fate. But none the less, I'm always so excited to open it and see what it says! Another thing I'm known for doing, by some friends and my family, is that I like to play, "The next song is going to describe our day" game. Basically, whenever you say that, the next song is your fortune. I could go on but I'll get to my point.

This month, most of us, will look to a groundhog to predict our future winter weather. I'll be one of them! Fingers crossed that Phil will take a peak and declare that spring is around the corner! We all know it's just a silly game, but is it? : )

Speaking of games, I've always been one to try to create fun themes, events and games for my kids' birthday parties when they were younger because I found it enjoyable, like a hobby. I also like to partake in such games but as an adult, they are few and far between.

Well, my awesome neighbor and Green Tree Times' number one fan, Carroll, gifted our family an Escape Room Experience to do right in our home. It was so much fun! A few nights later when we were all together with nothing much to do, I remembered that escape room experience and it prompted me to do an online search for another. I was so pleasantly surprised to see that there are many

impromptu fun things out there available to do without having to leave home.

Do-it- at-home escape rooms and scavenger hunts as well as date night and family game night were some of the things I discovered. I'm honestly not sure if these things are available as a result of the COVID-19 stay-at-home situation or not, but they definitely didn't get the attention they are getting now.

One site, [amazingco.me/us](http://amazingco.me/us), offers Family Date Night, Watch Party, Virtual Kids Party, Couples Quest Challenge, Murder Mystery Party, Virtual Escape Room, Online Trivia, and more! Some you schedule and do on your own time and others are via zoom with a host or party leader. You will get complete instructions as to ingredients you may need or items to have on hand, or how to dress for these fun experiences.



Two other sites I found are [playingwithmurder.com](http://playingwithmurder.com) and [red-her-ring-games.com](http://red-her-ring-games.com). I personally haven't tried those but could be worth checking out.

I also found that Etsy has many different games that are printable immediately. Just go to [etsy.com](http://etsy.com) and search Escape Room or Scavenger Hunt. We downloaded an Escape Room for \$11.00 and had a very fun time doing it with 6 people. Well worth it!

Magician, Dan White, took the virtual experience to an all new amazing "magical" level when he created a new, online experience called The Magician Online - specifically designed to be performed live - virtually - from the comfort of your own home. Some guests have included Ariana Grande, Kim Kardashian, Kendall Jenner, Chris Rock and more!

The Magician Online is a virtual experience, presented live via Zoom.

A few days before the show, you will receive a physical box by mail. You keep it CLOSED and sealed until show time. During the show, you will use the objects inside that box to actively participate in the show, from start to finish. This event is only available on Feb. 14, for Valentine's Day and the recommended dress code is cocktail attire, however, you won't get kicked out if you wear your pjs, but you will be seen. The tickets are \$136 for the entire household. This household may give it a go this year. Visit [magicianonline.com](http://magicianonline.com) and watch the videos of him on Jimmy Fallon to see what to expect. I'm excited!

Pittsburgh has amazing museums and art to see in person and I highly recommend doing so, but it's not always easy to hop a plane to New York or Paris to visit a museum there so Google Arts & Culture has teamed up with museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world.

You get to "go to the museum" and never get on a plane or leave your home, for that matter.

You can virtually visit the Solomon R. Guggenheim, the National Gallery of Art, in Washington, D.C., The Musee d'Orsay, Paris, a gallery house that has artwork from Monet, Cezanne, and Gauguin, and MOCA in Bangkok. There are too many to mention. Visit [artsandculture.google.com](http://artsandculture.google.com) and ex-

plore by museum name, art by medium, by artist or by time period. You could also click play and use your mouse to create a piece of pottery. I tried that and quickly failed. But it was fun!

The Smithsonian National Museum of Natural History offers an amazing virtual visit of several exhibits. Go to [naturalhistory.si.edu](http://naturalhistory.si.edu).

Even though The Frick Pittsburgh is right here in our backyard, they have a virtual visit that is really great! You can listen to numerous Curator talks, watch the Unofficial Gilded Age After Show, visit the virtual exhibits, enjoy the online database of the Frick collection. There are also some really great kids' activities on the site. Visit [thefrickpittsburgh.org](http://thefrickpittsburgh.org) for any of these experiences.

You can even watch Broadway shows now from your own home at [broadwayhd.com](http://broadwayhd.com).

Although Covid-19 has been a negative thing in all of our lives, it might have sparked some positive creative endeavors that would have otherwise never happened. These virtual activities have made it possible to enjoy culture, music, and art from other states and countries. It's pretty amazing!

These are things that can be a great distraction to Phil's prediction if it doesn't go our way and it would still be fun even it does! Stay warm and cross fingers for early daffodils!

In either case, enjoy the fun of winter while it's here. There are many skiing options 40 minutes-1.5 hours away. Ice skating is downtown, North Park and South Park. Sledding is wherever there's snow, a hill and a sled! Of course, snowman building, snowball throwing, and hot chocolate with marshmallows afterwards is a winter must.



What's it going to be Phil?

# MUSINGS...INSTEAD OF NEW YEAR'S RESOLUTIONS



*Editor's Note: Sharon Eakes is a personal and executive coach, who is a regular columnist for our paper as well as for the Huffington Post. She is the author of Fresh Views on Resilient Living. She may be reached by calling 412-741-1709 or email Sharon @bopellc.com.*

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**Cartoon Dog:** *What exactly is a New Years Resolution?*

**Cartoon Cat:** *It's a 'to do' list for the first week of January.*

~yourtango.com

Happy New Year!

I gave up New Year's Resolutions when most of mine were forgotten before February arrived.

For the past ten years or so, I've found a better way to focus each year is to choose a single word as my theme, my North Star for the year. I write the word on sticky notes and post them around my house for the first couple of months. With that reminder, the theme seems to get traction, gaining its own momentum and adding focus to my life.

My 2022 word was Connection.

## 2022 – Connection - Report

As pandemic isolation waned, I reconnected with old friends, got together with people both in person and on phone and Zoom. For the first half of 2022, my theme was Reconnection.

Then, in a serendipitous, Universe-directed, uncharacteristic move, I invited an acquaintance to rent my library for 3 months to finish writing a book.

George and I turn out to be kindred spirits. By year's end the word connection was redefined as a blessing of old age. Different from friendship or romance, this is a new kind of connection. We have been good to and for each other. He made great progress on his book. We learned from each other and shared what is sad, hard, funny, and joyful. George has moved on to other parts of his life now, but this connection is deep and will live on.

Yeah for 2022's theme of connection.

## 2023 – Essentialism

My theme for 2023 is Essentialism.

In his book Essentialism, Greg McKeown defines the word this way:

Essentialism is a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution toward the things that really matter.

In other words, essentialism is prioritizing what's important and letting go of the rest. I find John Maxwell's words useful here:

You cannot overestimate the unimportance of practically everything.

I look forward to learning more about what Essentialism means for me, but right now the priorities I know are:

- Health
- People I love
- People I can help
- Nature

The things I plan to decrease or slough are:

- Busyness
- News
- Social media
- "Shoulds"
- Buying stuff

I'll let you know next year how it goes. And You?

## COACHING QUESTIONS/TIPS:

1. What word will you choose to focus your 2023? Sit quietly with this question and see what bubbles up. (Choose wisely, since it really can shape your year.)
2. Write the word on 3 sticky notes and put them in spots you'll see, like your computer, the bathroom mirror, and your dresser.
3. Keep a journal reflecting at least once/month on how the year's theme shows up for you.
4. Let me know how it goes.

## GREEN TREE TIMES

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### Publisher/Editor

Shelly Davis, 412-956-9265

### Writers

Shelly Davis

Sharon Eakes

Sam Hall

Jayesh Gosai, M.D.

### Marketing

Shelly Davis, 412-956-9265

Dena Rose, 412-498-2872

[greentreetimesonline.com](http://greentreetimesonline.com)

## GREEN TREE TIMES

Pittsburgh, PA 15205

412-956-9265

[pittsburghjuniortimes@comcast.net](mailto:pittsburghjuniortimes@comcast.net)

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Dr. Frank C. Tinnemeyer, DMD

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# A Healthy Diet is Good for Your Heart and Your Waistline



Jayesh Gosai, M.D.

Eating healthy should be a year-round lifestyle commitment instead of a News Year's Resolution or a crash diet before summer vacation season. With February being American Heart Month, it is a good time to focus on the medical benefits of eating healthy and alleviate the pressure of losing weight. Small changes can help prevent heart disease, build your immune system, fight seasonal viruses and reduce your trips to the doctor's office.

Whether you want to reverse years of unhealthy eating or you simply want to fine-tune your diet, here are some healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

Control your portion size. How much you eat is just as important as what you eat. Overloading your plate, eating too quickly until you feel stuffed, can lead to eating more calories. Use a small plate or bowl to help control your portions. Eat more low-calorie, nutrient-rich foods, such as fruits and vegetables. Eat smaller amounts of high-calorie, high-sodium foods, such as refined, processed or fast foods. It's also important to keep track of the number of serving sizes you eat. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

Eat more vegetables and fruits. Vegetables and fruits are good sources of vitamins and minerals. They are also low in calories and rich in dietary fiber and contain substances that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you cut back on higher calorie foods, such as meat, cheese and snack foods. Adding vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredi-

ents, such as vegetable stir-fry or fresh fruit mixed into salads.

Choose whole grains. Whole grains are good sources of fiber and other nutrients that can help regulate blood pressure and improve heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventurous and try a new whole grain, such as whole-grain farro, quinoa or barley.

Limit unhealthy fats. Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in the arteries, called atherosclerosis, which can increase the risk of heart attack and stroke.

The American Heart Association offers these guidelines for how much fat to include in a heart-healthy diet: Saturated fat intake should be less than 6% of total daily calories. If you're eating 2,000 calories a day, that's about 11 to 13 grams. You should avoid trans fat as much as possible.

There are a few simple ways to cut back on saturated and trans fats: Trim fat off meat or choose lean meats with less than 10% fat. Use less butter, margarine and shortening when cooking and serving. Use low-fat substitutions and check the food labels. Cookies, cakes, frostings, crackers and chips are low in nutritional value, and some — even those labeled reduced fat — may contain trans fats. Trans-fats are no longer allowed to be added to foods, but older products may still contain them.

## Community News and Events

The members of the **Green Tree Garden Club** are busily preparing for another exciting year. On Thurs., Feb. 9 they will have lunch at 11am, followed by a presentation entitled, "Houseplant Care: The Basics," given by Chris Stewart and Danielle Trippoli of Dormont Florist. This will take place in the Carlisle Social Hall, Green Tree Fire Hall. Guests are welcome to attend the meeting at 12:15pm at no cost. Reservations are required for lunch. Interested in Membership? Contact Roni Conard, 717-747-6565 or Kevin Maurer at 412-922-8816. Info at [www.greentreeboro.com/gardenclub.php](http://www.greentreeboro.com/gardenclub.php).

The fabled children's play, **Cinderella**, will be presented by the **Carnegie Performing Arts Center** Sat., Feb. 25 at 7 pm, and Sun., Feb. 26 at 2 pm, at the Andrew Carnegie Music Hall, 300 Beechwood Avenue in Carnegie. Tickets are \$20/adults and \$18/children, students and seniors. Tickets at the box office or [carnegieperformingartscenter.com](http://carnegieperformingartscenter.com).

**Hawthorne Presbyterian Church**, 90 Hawthorne Ave., Crafton, is having a **Soup Sale** on Feb. 25, 11 a.m. - 2 p.m. Many different types of soup will be available for purchase.

**The Association of University People (AUP)** is inviting singles, age 50 and older, who are 4-year college graduates, to join them for fun and meet new people. They have monthly dinners, meet at various social spots, gatherings, concerts, picnics, and wine tastings. Interested individuals are welcome to attend any of their activities. February has a dinner on the 3rd at 5 p.m. (Dukes Rib House-South Hills), a Coffee and Conversation on the 7th at 10:30 a.m. (Mediterra Cafe-Mt. Lebanon) and a dinner on the 21st at 5 p.m. (Max's Allegheny Tavern-North side). If interested call 412-862-7861 or email [nl.hokaj@gmail.com](mailto:nl.hokaj@gmail.com).

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## Lenten Fish Fry Fridays

### Presto VFD

5228 Thoms Run Road, Presto, PA 15142  
Ash Wed. and March 3, 17, & 31  
3:30 - 7 p.m., Take-out only  
[prestovfd.org](http://prestovfd.org)

### St. Philip Parish (Ascension Church)

Conner Hall  
114 Berry St., Ingram  
Ash Wednesday, and Fridays during Lent, 4-7 p.m.  
Dine in or Take-out only  
[www.saintphilipchurch.org](http://www.saintphilipchurch.org)

### St. Raphael the Archangel Parish (St. Elizabeth Ann Seton Church)

330 3rd Ave., Carnegie  
412-857-5318  
Fridays in Lent, 4-7 p.m.  
(not Good Friday)  
Dine in & take-out only; phone orders 3-6:30 p.m.  
[straphaelcgs.org](http://straphaelcgs.org)

### St. Raphael the Archangel Parish (SS Simon & Jude Church)

1607 Greentree Road, Scott  
Fridays during Lent, except Good Fri., 4:30-7 p.m.  
Dine in and Take out,  
Order online avail at  
[www.ssjsfishfry.com](http://www.ssjsfishfry.com)

### Resurrection Parish (two locations)

St. John Capistran Church  
1610 McMillan Road, Upper St. Clair  
**St. Thomas More Church**  
126 Fort Couch Road, Bethel Park  
Fridays in Lent, except Good Friday, 4:30-7 p.m.  
Dine in and curbside take out.  
[www.resurrectionpgh.org](http://www.resurrectionpgh.org)

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# The Fishin' Hole



Sam Hall

Less than 60 days remain until the opening day of trout fishing in Pennsylvania for the 2023 season.

I find great comfort in that sentence. I hope you do as well!

February is the shortest month of the year but for some reason it seems to last the longest amount of time every year. I think that is the psychology of being so close to March.

That leads me to my topic of the month, the psychology of fishing. Before I get into this, let me offer this disclaimer. I am not a doctor of any kind, nor do I play one on television. I have little doubt there were any questions about that but clarity is important.

The psychological aspect of fishing, in my very humble opinion, is great and varying. I believe that a person's psychological base might lead them towards a lifetime of angling, even if they were not born into the sport. Fishing and the love of fishing, I think, starts with a love of adventure. Fishing is filled with mystery and adventure. If you are predisposed to loving those things, you will be predisposed to loving fishing.

The mystery of fishing is incredible! If you are a regular angler, you likely have had the experience of fishing all day and not catching anything only to catch a monster just as the day was ending. What was the difference? What happened on cast 1000 that had not happened on the previous 999? It is that mystery, that brings us back.

Wading along a bank or in a stream that you are familiar with is one thing, but going around a bend you've never gone beyond before, is completely another. A new body of water or a new spot on a familiar body of water bring about a tremendous sense of adventure. That thirst for adventure will bring us back. So embrace your love of fishing. It means you also love mystery and adventure.

There is another aspect of the psychology of fishing that I believe to be so very true, but often overlooked. I think that your psychological state can directly impact the success that you have on a given day of fishing. I know this may sound a little farfetched, but I think if you believe you are going to catch fish, you will catch more fish. This is not a magical, mystical belief. I think believing that you will catch fish changes the way you fish. Believing you are about to catch a fish will make you fish more deliberately and make you more prepared for the fish that bite. Have you ever missed a hook-set because you

weren't ready for the bite? Of course you have. Everyone has! It is because a little piece of you just didn't believe there was going to be a bite on that particular cast. You got "psyched out!"

So, do all that you can to stop that from happening again (it will no matter what you do), Believe, in yourself, in your body of water and most importantly in the fish. They are there and they will eat. Believe, and become a better, more successful angler.

This therapy lesson was free of charge. Send your pictures and stories to [samdhall@comcast.net](mailto:samdhall@comcast.net), and keep that line tight.



He **believed** he would catch these beauties, so he did! Easy, right?!



YOU'RE INVITED!

## OPEN HOUSE

THURSDAY,  
MARCH 23  
5:00 to 7:00 pm

REGISTER



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ask a  
librarian

Most libraries throughout the area are offering daily activities for all ages. Some activities are in person and some are still remote. Check with the library near you for the details.

**GREEN TREE PUBLIC LIBRARY**

10 Manilla Ave., Pittsburgh, 15220  
[greentreepubliclibrary.org](http://greentreepubliclibrary.org), 412-921-9292

**SCOTT TOWNSHIP PUBLIC LIBRARY**

301 Lindsay Rd., Scott Twp., 15106  
[scottlibrary.org](http://scottlibrary.org), 412-429-5380

**CARNEGIE LIBRARY OF PITTSBURGH  
MAIN - OAKLAND**

4400 Forbes Ave., Pittsburgh, 15213  
[carnegielibrary.org](http://carnegielibrary.org), 412-622-3114

**CARNEGIE LIBRARY OF PITTSBURGH  
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315 Grandview Ave., Pittsburgh, 15211  
[carnegielibrary.org](http://carnegielibrary.org), 412-381-3380

**CRAFTON PUBLIC LIBRARY**

140 Bradford Ave., Pittsburgh, 15205  
[craftonpubliclibrary.com](http://craftonpubliclibrary.com), 412-922-6877

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**THE ANDREW CARNEGIE FREE LIBRARY  
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[carnegielibrary.org](http://carnegielibrary.org), 412-276-3456

**CARNEGIE LIBRARY OF PITTSBURGH  
SHERADEN**

720 Sherwood Ave., Pittsburgh, 15204  
[carnegielibrary.org](http://carnegielibrary.org), 412-331-1135



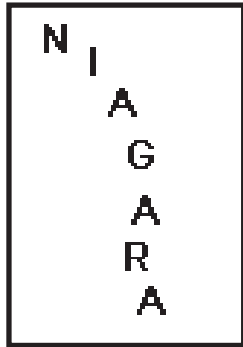
# Fun and Games for Kids

(Answers on back page)



Solve the Rebus Puzzles

Find the 10 differences between the pictures below.



## Fun Valentine's Day Riddles

- What did the bat say to his valentine?
- What did the farmer give his wife for Valentine's Day?
- What did the octopus say to his valentine?
- What did the lightbulb say to his valentine?



## We need your shoes!

As a member of the Chartiers Valley National Honor Society, Samantha Kozel has chosen to do her required ten hours of community service with funds2org. She is doing a gently used shoe drive that will benefit people in areas like Haiti and the Dominican Republic. This program offers a bonus of weighing the donated shoes and paying ten cents per pound to an organization of her choice. Samantha's choice is [childrenwithhairloss.org](http://childrenwithhairloss.org).

Also, for every shoe you take to the salon (see below), you will be entered into a drawing for a prize valued at over \$200.

## Cleaning Out Your Closet?

We need your shoes!

Group Name:

Salon laomo Shoe Drive

Drop-Off Location:

1016 Greentree RD Suite 100

Dates:

January 10 - March 11

Contact:

412-428-0121



Help us raise funds just by donating gently worn, used and new shoes! Be sure to ask, friends, family, neighbors and co-workers to donate too!

Collected shoes not only help support us, but they will be reused and given a second life by those in need through #microenterprise. It's a WIN-WIN!



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## BASEBALL/SOFTBALL 2023 Registration

10 a.m. - 2 p.m.

January 28 • February 4 • February 18

## Registration fees:

Ages 3-6 Boys & Girls: \$30

Ages 7-18 Boys & Girls: \$70

## Age Breakdown:

- 3-4 Boys • 7-8 Boys • 11-12 Boys • 15-16 Boys
- 3-4 Girls • 7-8 Girls • 11-12 Girls • 16-18 Girls
- 5-6 Boys • 9-10 Boys • 13-14 Boys • 17-18 Boys
- 5-6 Girls • 9-10 Girls • 13-15 Girls

All girls age as of January 1, 2023. All boys age as of April 30, 2023.

- Sign-ups will be held at Upper Candy Stand
- Family discount for 3 or more
- \$30 late fee applies after 2/28/23

Questions? Email [eweaa1963@gmail.com](mailto:eweaa1963@gmail.com) or call 412-928-8854

Coaches & Volunteers are needed for ALL age groups!

Elliott West End Athletic Association

More fun at [greentreetimesonline.com](http://greentreetimesonline.com)

# Church Directory

## Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220  
Off Greentree Road in Scott Twp.  
[ststephenpittsburgh.org](http://ststephenpittsburgh.org)  
412-279-5868  
Pastor Maurice C. Frontz III, STS  
[Facebook.com/ststephenpittsburgh](https://facebook.com/ststephenpittsburgh)

## All Saints Polish National Catholic Church

500 Fifth Street, Carnegie  
412-276-2462 Fax: 412-276-9677  
[www.allsaintspnccpa.org](http://www.allsaintspnccpa.org)  
The Rev. John Dinello  
Independent - Catholic - Sacramental  
Contact regarding services.

## Carnegie Presbyterian Church

219 Ewing Road, Carnegie  
412-279-3223  
Virtual Worship Service: 10:30 a.m.  
Rev. Dr. Colleen F. Molinaro  
[www.carnegiepresby.org](http://www.carnegiepresby.org)  
Go to website for virtual worship.

## St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave.  
412-921-1125  
Pastoral Office Hrs. by Appointment  
Rev. Douglas Kinsey, Pastor  
Rev. Shawn Markarkey, Pastor

## First Christian Church at Carnegie

Teaching From God's Word  
Anthony and Lydia Streets, Carnegie, PA  
Minister Robert W. Hale,  
412-279-5030  
[carnegiechristianchurch@gmail.com](mailto:carnegiechristianchurch@gmail.com)

## 1<sup>st</sup> United Presbyterian Church of Crafton Heights

50 Stratmore Avenue  
412-921-6153  
Sunday School: 9:30 a.m.  
Live and in person Worship  
on Sundays at 11 a.m. and on  
[Facebook.com/Dave.Carver](https://facebook.com/Dave.Carver)  
All are welcome!  
Pastor: Dave Carver

## Mt. Pisgah Presbyterian Church

2350 Noblestown Rd.  
Noblestown Shopping Center, Pgh, 15205  
412-921-8444  
Sunday Live Stream Worship at 9:45 am  
Go to: [mtpisgahgreentree.com](http://mtpisgahgreentree.com)  
Rev. Tom Ribar, Pastor

## Church of the Nativity (Episcopal)

33 Alice Street, Crafton  
412-921-4103  
[www.nativitychurch.org](http://www.nativitychurch.org)  
The Rev. Shawn Malarkey

## Saint Philip Parish

St. Philip Church, 50 W. Crafton Ave.  
Pittsburgh, PA 15205  
Ascension Church, 114 Berry St.  
Pittsburgh, PA 15205  
412-922-6300  
Rev. James R. Torquato, Pastor

## Bible Baptist Church

412 Old Washington Pike  
Carnegie, PA 15106  
412-276-7717  
[bbcpittsburgh.com](http://bbcpittsburgh.com)  
Sunday Services:  
Live stream at 11 a.m. on  
[Facebook.com/bbcpittsburgh](https://facebook.com/bbcpittsburgh)  
Rev. Phil Golden Jr., Pastor

## Unity Presbyterian Church

"Serving God, Loving All."  
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Phone: 412-561-2431 Fax: 412-561-0696  
[www.unitypresbyterianchurch.org](http://www.unitypresbyterianchurch.org)  
[facebook.com/unitypresbyterianchurch](https://facebook.com/unitypresbyterianchurch)  
Sundays 10:30 a.m. - Live and Streaming  
Rev. Dr. Karen Claassen

## Crafton United Presbyterian Church

80 Bradford Avenue  
412-921-2293 Fax: 412-921-0348  
Sunday Worship - 11 a.m.  
[www.CraftonUP.com](http://www.CraftonUP.com)  
Office: 9-1 p.m., T, Th, Fri

## United Presbyterian Church in Ingram

30 West Prospect Avenue  
412-921-2323  
Website: [ingramupchurch.org](http://ingramupchurch.org)  
Rev. Wayne D. Meyer

## The Parish of St. Raphael the Archangel

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[straphaelcgs.org](http://straphaelcgs.org)  
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Deacons: Kevin Lander, Paul Lim, and Jim Mackin

## Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie, PA  
412-279-1944  
The Rev. Ben Wright  
[www.atonementcarnegie.org](http://www.atonementcarnegie.org)  
[www.facebook.com/atonementcarnegie](https://facebook.com/atonementcarnegie)

## Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106  
(Corner of Fountain St. & Dow Ave.)  
412-563-4484  
Daniel Pastorius, Pastor

## Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,  
Crafton, PA 15205, 412-921-2504  
Handicapped Accessible  
Sunday Worship - 10:30 a.m.  
Bible Study - 9:30 a.m.  
Sunday School - 10:30 a.m.  
Pastor Paul Nigra  
[www.hawthornechurch.org](http://www.hawthornechurch.org)

## Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington  
412-431-8396  
[mtwashingtonbaptistchurch.org](http://mtwashingtonbaptistchurch.org)  
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summary  
center of gravity  
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