

# The Opequon Spirit

"Prayerfully Equipping Disciples of All Generations to be Christ's Hands, Heart and Feet in the World"



## July 2018

### WORSHIP IN JULY—10:00 am

#### Sunday, July 1<sup>st</sup>

Patriotic Concert – 9:40 am  
Leviticus 24:1-9, 1 Corinthians 11:17-34  
Sermon: "Sunday Dinner"  
Commissioning of Baja Mission Team  
Communion, CCAP

#### Sunday, July 8<sup>th</sup>

Genesis: 4:1-19, 2 Timothy 3:14-17  
Sermon: "Cain's Wife"

#### Sunday, July 15<sup>th</sup>

Psalms 90, Romans 8:35-39  
Sermon: "Karma Can Be Tough"

#### Sunday, July 22<sup>nd</sup>

Psalms 127, Acts 4:32-35  
Sermon: "We are the Church Together"  
Four Cents A Meal, Fair Trade Coffee  
"Lemonade in the Lobby" – 11:15 am

#### Sunday, July 29<sup>th</sup>

Isaiah 52:13-53:12, Matthew 27: 32-56  
Sermon: "Jesus Decided to Die"  
Habitat for Humanity Paint Can Offering  
Mission Sunday – Free Community Car Wash –  
12:00 Noon

### CHURCH OFFICE IS CLOSED

Wednesday, July 4<sup>th</sup>

We will reopen on Thursday, the 5<sup>th</sup> at 8:30 am

### COLLECTING FOR CCAP



**School Supplies**

### STAFF SCHEDULES THIS MONTH

Carole Witt----- July 5-19  
Vacation

David Witt----- July 3-19  
Vacation



### PATRIOTIC CONCERT

Sunday, July 1<sup>st</sup>

Join us for a mini-patriotic concert  
9:40 am Sanctuary

*God of Our Fathers  
Fanfare*

*God and the Nation  
A Trilogy*

*This Is My Country* (Piano Improvisation)

*The Star-Spangled Banner* (Violin Solo)

*God Bless America* (Vocal Duet)

*Stars and Stripes Forever* (Finale)

William Heavner----- Organ/Piano

Will Schwantes ----- Violin

Susan Homan & Jennie Wright ----- Vocal



### SAVE THE DATE

August 18, 2018

*A Midsummer Night Dream*

Celebrate WATTS 10<sup>th</sup> Anniversary!

Tickets go on sale in July at [Eventbrite.com](http://Eventbrite.com)

## NOTES FROM THE PASTOR

### "Getting To Know You..."

"Getting to know you, getting to know all about you.

Getting to like you, getting to hope you like me.

Getting to know you, putting it my way but nicely.

You are precisely, my cup of tea.

Getting to know you, getting to feel free and easy.

When I'm with you, getting to know what to say.

Haven't you noticed, suddenly I'm bright and breezy,

Because of all the beautiful and new things I'm

learning about you day by day."

(from *The King and I*, Rodgers and Hammerstein, 1951)

Dear Friends in Christ,

As I reflect on some meaningful experiences at Opequon as people across the generations meet to talk, study, fellowship, worship, and serve, I think of the words from the above song. Anna, the governess, shares these special thoughts with her schoolchildren in this wonderful musical production; and, these lyrics speak to me suddenly out of the blue as I think about how the church gathers God's people together, as we get to know God and one another, as we are then sent out to be God's people in the world, spreading God's good news. At a recent gathering, I asked the question, "How do you really know someone?", as we thought about relationships in life and the amazing Gift of God in the flesh, Jesus Christ. Thinking out loud, we remarked, "Do you ever really know someone?"; "It takes work!"; "You spend time together."; "You interact." I guess this last statement most grabs my attention. Yes, we must interact to get to know one another. We must give and receive time and energy. We must be open to learning and growth. What a privilege it is to really get to know someone, to be honest with them, to be silly with them, to be human with them. I have often cited that one of the great contributions of the Church is to draw people together and to put a "human face" on life in an increasingly distant and highly technical world. The Church can offer the personal

nature of life, as it proclaims the intimacy and majesty of our creating, redeeming, and sustaining personal God. To be able to interact with one another in study, fellowship, worship, service, and outreach is indeed a gift.

Of course, this "interaction" most assuredly applies to our daily time with God. How can we ever expect to get to know God if we don't spend time with our Lord? How can we ever be strengthened by his love and renewed by his hope if we don't nourish and refresh ourselves? Opportunities to interact with God abound...daily prayer and study; personal and community worship; communion; focused conversations with people of faith; Christian music and literature; evangelism, service, and mission endeavors; sharing gifts and reaching out; commitment to interaction with the community and world...all may serve as a means of communicating God's grace to us.

My prayer is that we will take seriously and approach faithfully the "getting to know you" possibilities presented to us, through the church and through our daily walk with the Lord, especially during these summer months as we have unique opportunities. How blessed we will be by this continuing interaction. How strong "our serve" will become as we give ourselves to the Lord, one another, and the good creation God passionately loves.

Together in Christ's Service,

*David*





### JUST THINKIN'

I find that settling in down here in West Virginia requires that I re-evaluate many of the things I have taken for granted from childhood. Having been raised in a farming community, I heard the same sayings and truths over and over. They became certainties – at least until we moved here. Coming south has changed things rather a lot. The weather and the seasons are different. People are more like I remember from the farm, but the apple trees? They take some getting used to.

On the farm, when we had a long stretch of rain like the one we are experiencing now, it was generally in May. "A cool, wet May means a barn full of hay," my grandfather would say. What are we to say here and now? "A cool, wet June makes ya' feel like a prune?" It just does not work. How about, "You can plant peas the first week you can sleep outdoors in your long johns without catching pneumonia?" As a young child, my Uncle Alvin ran the farm. He always sniffled through the early spring. I was convinced this was because he was testing to see if the peas could be planted. Probably he just had allergies. Down here, we have weeks of warm followed by snow and freezing. How does one decide when to plant peas?

One thing that has not changed is listening to the plants grow. Uncle Alvin grew field corn. I used to sit in the middle of the field and listen to the corn grow. I spoke of this recently with Jack Treece and he remembered the same experience. Listening to the corn is a lot like meditation. You quiet yourself, breathe gently, and as the sun sets,

the crackling and whispering begins. Often there is a quick breeze through the field that begins the night's growing. Then the corn seems to stretch with a sound that feels not unlike the way a cat looks as it stretches to wake up and get moving. The crackles continue, and the whispers are added. They sounded to me like the sighs of the Onondaga Tribe that lived and died on our farm. It was ghostly, but not frightening.

Later, in the movie, "Children of the Corn," that sound of growing was used quite effectively as the sign that something bad was about to happen to the characters. It almost ruined the sound for me – almost, but not quite. Once one has experienced the peace of God growing God's world, the peace cannot be sabotaged.

There are no corn fields close enough for me to listen here in Yellow Spring. My hearing is not as acute as it once was, so I might not be able to catch the sounds, anyway. Still, I can sit in the dark on our porch. If I quiet myself and allow my spirit to rest, I am aware of the pines on the ridge murmuring. This is much nicer, of course, since the pollen season has ended. I hear birds calling and answering, night creatures scuffling across the lawn, and I swear – if it is not raining – I can hear the grass grow. It sounds very much like corn, only quieter. Is this real or is it my childhood resurfacing? I don't pretend to know, but I do know one thing. The sounds of God growing God's world helps me pray.

In Christ,

*A race*

Remember  
OPC  
in  
Your Will

## **SESSION HIGHLIGHTS**

### **June 19, 2018 Stated Meeting**

- The Pastor reported that seven people have completed the most recent Newcomers Class and will meet with the Session early in August.
- Tracie Martin is leading training for Lay Eucharistic Ministers. One session has already been held and another is planned.
- Mission Ministry reported that Opequon is sending 11 on the Baja Mission Trip.
- WATTS is considering changes for the future that will expand and enhance its services.
- At least 140 families have been photographed for the new Directory. An additional day of photos is scheduled for June 26.
- The Playground/Recreational Area Work Group, appointed a month ago, presented its report and recommendations, which were approved by the Session. Hopefully, the work can be completed so that the area will be usable before the end of the summer.
- The Technology and Communications Team is working to improve and enhance the church web site, particularly to make it friendlier for those who access it on their phones.
- Worship Ministry reported that ABUG (Acolyte, Beadle, Usher, and Greeter) training went well. Worship is pleased that there are a number of new BUGS.
- Christian Education is sponsoring a FREE car wash at First Bank (Valley Ave. at Jubal Early) on July 29.
- 38% of the VBS attendees were new to Opequon.
- Elder Bill Burslem reported that Winchester is ready to receive a refugee family whenever one becomes available.
- Session discussed next steps following the Second Officers' Retreat.



### **A ROUND OF APPLAUSE FOR OUR GROUNDS CREW**

Have you noticed how great the grounds at church look this year as we enter into summer? Everything is incredible, between the lawns, the flowers, the bushes, and the mulched beds!!! This would not be possible without the faithful and humble efforts of willing workers. Chip Blake has been supplementing our lawn service for years by mowing the church field and all around the manse/Opequon House. Thank you, Chip! He has been joined in that effort this year by Paul Clark. Thank you, Paul! The ad-hoc Landscaping Group swung into action earlier in the spring under the direction of Carolyn Rutherford and her team of Stella Strickler and Phil Hunter. They have been doing a beautiful job, every week, sometimes several days a week sprucing up, keeping up, planting, weeding. We are so grateful, Carolyn, Stella, and Phil.

In addition, Opequon's Memorial Garden has experienced a beautiful blooming season. The iris patch was gorgeous, joined by poppies and other assorted flowering bushes. We are grateful for Alan and Terry McKay leading the way in making sure this work gets done. Thank you, Alan and Terry. They have benefitted from the able assistance of Phil Hunter, Bill Robinson, and Hazel Spriggs, who have provided loving care.

Any of these efforts and teams may be joined at any time by willing workers. Just let Chip, Carolyn, or Alan & Terry know that you would like to be a part of the grounds crew!

## VACATION BIBLE SCHOOL WAS TREMENDOUS!

The story of JONAH was the foundation for our 2018 VBS during mid-June. It was enlightening to consider all the emotions Jonah felt as he went through a traumatic chain of events which transformed him, enabling him to start fresh right where he was! What a week we were blessed with at OPC. You may find the following tidbits about the week enlightening yourself-

- We welcomed 61 young people for VBS week, 18 of those being youth age (5th-8th grade).
- 21 adults participated in an Adult VBS class.
- 38% of the children/youth participants were from outside our own church families. We made many NEW FRIENDS!
- A staff of 60 (adults and high school youth) facilitated all the 'doings' of the week!
- Well over 100 people were served dinner each night of VBS.
- Generous donations from the congregation of cookies, ice cream, watermelon, grapes, peaches, brownies, bugles, Ranch dip, pretzel rods, sponges, buckets, car wash soap, car rags, paper towel rolls, milk jugs helped to make the week very successful! THANK YOU!
- A closing celebration program was held on Thursday night in the Memorial Sanctuary which included the GREAT JONAH SKIT, a Slide Show and Snip-its from our VBS youth.
- We are blessed by this kick-off week to summer and all the life that filled Opequon Presbyterian Church during VBS!



## IN HONOR OF ALL FATHERS AND MEN OF OPEQUON

The Christian Education Ministry Team honors all men and fathers of Opequon Church with the gift of new Corn Hole Boards! We are so appreciative of **Bill Hopeck** sharing his great talent to handcraft these boards himself and help us make this gift possible. Thank you, Bill! The Christian Education Team is sure this gift will offer many years of good times as all ages share in recreation and friendly competition.

## THE LATEST IN LOGOS

A few weeks ago, on June 19, the LOGOS Leadership Team was together for a planning meeting. Unexpectedly, Pastor David said, "LOGOS STARTS 3 MONTHS FROM TODAY"! It was about 5:30 pm at the time and all the leaders around the table thought, "WOW, this church will be a bustling place in 3 months!" (September 19) The team is planning, calling staff, creating new themes, scheduling special events, and focusing on goals set for our upcoming 21<sup>st</sup> year of LOGOS! Two main goals the leadership team has set are 1) Refurbish and rejuvenate the Youth component of LOGOS and 2) Continue to educate, communicate, and share the purpose of LOGOS, extending open invitations for young people to participate. When some past LOGOS participants were asked what they would tell someone else about LOGOS, they said:

- ONLY ONE THING- It will be a Blast!
- LOGOS is the Best- Kids are missing out by not being at LOGOS.
- Bring a friend and try LOGOS, it is so much fun!

The NEW LOGOS year begins on September 19. The overall theme for our 21<sup>st</sup> year is "Come Along with Jesus". On our first night, we will kick off with GREEK Night! All registration information will be shared next month. We look forward to showing young people that they REALLY DO MATTER!

## SUMMER ADULT SUNDAY MORNING CLASS

A Sunday morning adult class continues this month in studying II Samuel and King David's reign. The class meets in the Bageant Room at 8:45 am and is being facilitated by Gary Strickler. This class is open to all adults. Come join the class whenever you like. God is not packed away for the summer; God is ever present each day. Discover what God wants you to learn!



### "SEVEN WONDERS OF OPEQUON"

In traveling, you may have visited some of the Seven Wonders of the World. They are fascinating places to see and learn about. During the May annual Older Adult Luncheon with the theme, 'Ageless Wonders', our older adults considered what they thought to be "7 Wonders of Opequon". Their thoughts are certainly worth sharing. You will notice the list to be 3 x 7 Wonders!

- \*Community Outreach
- \*Music and Worship
- \*Good food abounds
- \*Super Acoustics
- \*God's presence and Spiritual life
- \*LOGOS Ministry
- \*Rich History
- \*Happy Days Fellowship Time
- \*Mission Opportunities
- \*Continuous Worship Since 1732
- \*Intergenerational Aspects
- \*Clear windows in Sanctuary
- \*Old Communion Table
- \*Cooperative Spirit of Staff and Congregation
- \*Spirit of Hospitality
- \*Live Streaming
- \*Youth Programs
- \*Building Design
- \*The People & Leaders
- \*Memorial Garden
- \*Community Garden

## GET YOUR HANDS WET AND MAKE SOMEONE'S DAY

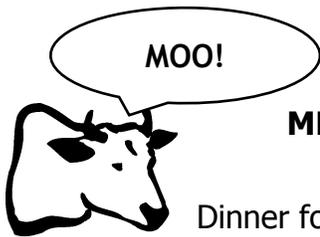
JULY 29

COME HELP OUT at A CAR WASH IN THE  
COMMUNITY!

The Christian Education Ministry Team is committed to sponsoring an intergenerational service/mission-oriented project on the 5<sup>th</sup> Sundays in months when that occurs. The first of these type events was held back on April 29 when the parking lot curbing got repainted by a team of 20 helpers! It just so happens that our next intergenerational service project will occur 3 months after the first one—July 29 is the day! We have all the supplies ready! YOU are the most important part of this- we need all ages to come help as we offer to wash cars for anyone in the community for FREE. This event is taking place at FIRST BANK at the corner of Valley Avenue and Jubal Early Drive, 12:00-2:00 pm. Please be sure to wear 'close-toed' shoes as a helper. Let's share Opequon's spirit of caring out beyond our church building and make others smile.



Nadine DeHaven and Mena were two of many who braved the monsoons we had in June to attend the "Blessing of the Pets." Pastor Tracie and Pastor David donned rain gear and umbrellas to bless the 15 dogs and 1 turtle who came out. People and pet treats were enjoyed by all.



**MEN OF OPEQUON  
THIS MONTH**

Dinner for MOO begins Monday, July 9<sup>th</sup> at 6:00 pm at the Chick-fil-A on Pleasant Valley Road. We'll do something different this month and stay right there for our monthly meeting. No need to move back to church.

*Coming in August:* annual picnic at the shelter!



**God-Loving Opequon  
Women**

GLOW is Opequon's multi-aged women's group that meets monthly to build friendships and enjoy heart-warming activities together. The time together brings much laughter and we leave feeling lighter! This month, Opequon women will be enjoying an evening of "Making our Own Ice Cream Sundaes" on Tuesday, July 11 in the Fellowship Hall at Opequon. Ice Cream and drinks will be provided; PLEASE bring your FAVORITE TOPPING. All ages of women are invited. The time spent at GLOW is sure to lift your spirits and put a smile on your face. Treat yourself to a cool summer treat on this evening.

**OLDER ADULT HAPPENINGS**

Begin and end each day with a grateful heart. This can lift your spirits and offers a daily dose of happiness. The Older Adult Ministry Team will meet on Monday, July 2, 9:30 am in the Bageant Room for their monthly time of planning and fellowship. The meeting is open to any older adults who would like to come. The conversation is always great fun, and treats are provided, as the team makes plans for the Older Adult Ministry at Opequon.

The Happy Days gathering is Wednesday, July 11, beginning at noon in the

Fellowship Hall. Bring your favorite covered dish item to add to all the others for a delicious pot luck lunch. Following lunch together, the annual WHITE ELEPHANT Game will take place. Each person who is participating is asked to bring a wrapped gift (something older or newer of around \$10 value) that will be up for grabs and stealing in this game of wild swapping. In this game, STEALING is allowed and encouraged!

Happy Days participants have been so good in donating rolls of paper towels that are offered to people in the community through our Motel Ministry. We have been asked to change our donation to ROLLS of TOILET PAPER. Thank you for cooperating with this switch as this is a much-needed item. Come on out and enjoy the great fellowship of Happy Days!



**LIFE GOES ON**

"Life Goes On" is a small support group of people whose lives are undergoing change as the result of the death of a spouse. For some it is a recent loss, for others more time has passed, but for all it is a major change in our lives. We invite you to join us at Firefly Cafe at 1:00 pm on Friday, July 27<sup>th</sup>. Come and share conversation and lunch. Contact Martha Fulton, 540-542-6161 or [fultonmartha@gmail.com](mailto:fultonmartha@gmail.com) with questions.

**COLLEGE GRADUATES**

We congratulate our recent college graduates and advanced degree graduates upon reaching such a significant milestone in their lives:

- Joshua Blake
- Rensselaer Polytechnic Institute
- Madison Clark
- Hagerstown Community College
- Rachel Hawkins ----- Radford University
- Blaine Homan----- Virginia Tech
- Madison Sherman
- James Madison University (December)

Cassidy Veach----- Virginia Tech  
 Parker Weiss -----Lynchburg College  
 Joe Winn -----James Madison University  
 Ryan Witt  
 ----- University of Virginia School of Law

**SERVICE OPPORTUNITY**

Are you a Telephone Person? The Winchester Refugee Resettlement initiative needs someone (or a team of someones) to accept requests for transport for our not-yet-arrived refugee family and then coordinate with our set of driver volunteers. You don't have to drive. You don't have to recruit drivers. You don't have to speak a foreign language. You just have to use your phone to connect driver volunteers with driving opportunities. Contact Dave Richards (540-858-2889 or ruthanddave.richards@gmail.com) if you'd like more information.

**COMMUNITY GARDEN**

The community garden picnic was a success and there was so much delicious food. We all had a great time. Huge thanks to all who attended and helped us out on that day. All of the vegetables are growing and currently we are harvesting broccoli and radishes. So far we've sent about 15 pounds of fresh vegetables to the food pantry but we are just getting started. Later this month, we'll have some 4<sup>th</sup> and 5<sup>th</sup> graders from Braddock Street United Methodist Church visiting and helping us at the garden. They are learning about how God cares for us by providing from the earth and how it is then our responsibility to return that care back to the earth. Then next month, some high school students from the Youth Theology Institute (affiliated with Shenandoah University) will visit for a few hours and donate their time to helping us water and pull weeds. They are interested in getting their hands dirty and are learning about how gardening relates to their faith and to the good of the world. If you know of an organization or company that

would be interested in volunteering, please let us know. We are always in need of folks to sign-up to water the garden. If you'd like to partner up with someone instead of taking on the full week, we can help you with that too. You can easily sign up by going to the church website. Look for the sign-up genius icon located on the front page of the site. It goes without saying that we couldn't do any of this without your support. Whether you've donated your time or contributed monetarily, we sincerely appreciate all of your help.

**WELCOME NEW MEMBERS**

Recently, we welcomed into the membership of Opequon Church:

**Larry & Melissa McGunnigle** upon Reaffirmation of Faith. They have three children, Logan, Aubrey and Sierra. Their address is  
 114 Mackenzie Lane  
 Stephenson VA 22656  
 540-504-7910



We express our Christian love and sympathy to...

**Pat Burslem** upon the death of her brother, Tommy Morton, on Thursday, May 24<sup>th</sup>.

**Judy McKay** upon the death of her brother-in-law Phil Clem on Saturday, May 26<sup>th</sup>

*"I am the resurrection and the life," says the Lord. "Those who believe in me shall live, even though they die; and those who live and believe in me shall never die."*  
 John 11:24-25



**WE'VE MOVED!**

Andrew, Jessica &  
 Grayson Eaton  
 1313 Agnew Road  
 Starr SC 29684



- 2 Ben Newhouse
- 3 Lauren Armstrong, Kylie Vess, Dave Yost
- 4 Rebekah DesMarais, Amy Gray,  
Mackenzie Groah, David Richards,  
John Winn
- 5 Anna Diem, Lisa Kochel, Brian Wubbe
- 6 Cullen Frye
- 8 Kaley Bender, Brady Noll, Danielle Stevens
- 9 Natalie Kochel, Amy Reid, Patience Sydnor,  
Lance Weeks
- 11 Carol Horne, Ronald Walker
- 12 Pat Burslem, John Stevens Jr
- 13 Cheryl Burton, Rachel Burton
- 14 Judy Gaines
- 15 Aubrey Astorino
- 16 Barbara Gaul, Warren Sardelis, Christy Usa
- 17 CoraHelen Anderson, Carole Fox,  
Meghan Groah, Jason Hathaway,  
Mark Walter
- 18 Mitchell Skowbo
- 19 Gary Strickler
- 20 Karen Jones, Carrie Rockwell
- 21 Joseph Ganoë, Bobby Smith, Robert Walker
- 22 Carole Witt
- 24 Wanda Royston, Fiona Schieve
- 27 Harrison Bayliss
- 29 Jeff Ganoë, Reagan Newhouse,  
John Stevens
- 31 Erin Bender Deptula



- 1 Ross & Lauren Metheny
- 2 Doug & Bobbie Joyner
- 5 Lance & Vicky Astorino,  
Bill & Tracie Martin

- 6 Jeff & Kitty Kraemer
- 7 Steve & Heather Burton
- 9 Dom & Joelle Cafaro
- 11 Jeff & Wendy Ganoë,  
John & Jackie Hott
- 12 Steve & Linda Bock,  
Andrew & Jessica Eaton,  
Nick & Warren Sardelis
- 13 AJ & Amy Mockaitis
- 14 Travis & Casey Carr
- 16 Clifton & Melissa Ambers,  
Bill & Jodi Deck,  
Chris & Courtney Frye
- 17 Mark & Stacy Walter
- 18 Bobby & Harriet Smith
- 20 Bob Gaines & Judy Gaines
- 28 Darrell & Joyce Griffiths
- 30 Steve & Carrie Rockwell

**NOTES OF GRATITUDE**

Dear Rachel Bayliss Scholarship Committee,  
I am writing to show my appreciation for awarding me the Rachel Bayliss Scholarship. I am very grateful for the scholarship money, and I look forward to using it to further my education at The University of Virginia. Thank you again for this opportunity.

Sincerely,  
Kristin Blake

Dear Church Family,  
I was one of the recipients of the Rachel Bayliss Scholarship. I sincerely thank you for this scholarship. The funds I received will help me continue my education in hopes of becoming a doctor. I really appreciate all the men and women who work endlessly and give to make the scholarship possible. I am so grateful I was chosen. Thank you again!

Rachel Burton

## SERVANTS IN MINISTRY

### Acolytes

1 Sam Sherman  
8 Payton Hughes  
15 Lucas Brown  
22 Brayden Rockwell  
29 Audrey Saunders

### Bell Ringers

Kristin Blake, Bailey Cooper, AnnMarie Kelly

### Hospitality

1 Brenda Hawkins, Kirsta Weber  
8 Martha Fulton, Betty Gano  
15 Debi Hodgson, Annemarie Matthews  
22 Marj Praml, Brenda Hawkins  
29 Mary Himelright, Vicky Astorino

### Liturgists

1, 29 Bill Bayliss  
8, 15, 22 CoraHelen Anderson

### Nametags

Week 1 Pat deButts  
Week 2 Dulcie Reed  
Week 3 Martha Fulton  
Week 4 Kail Barbe  
Week 5 Dulcie Reed

### Ushers (Head Usher in **Bold**)

1 Jim Butler, Annemarie Matthews, Allison,  
Melanie & **Travis Morgan**  
8 Hannah Burton, Paige Clark,  
Jason Hathaway, Kyle Homan,  
Payton Hughes, **Bill Robinson**  
15 Jason & Lucas Brown, Noah Cutrona,  
**Andy Homan**, Joel Witt  
22 Adelyn & Aubrey Astorino, Curt Budny,  
**Bill Hopeck**, Brayden Rockwell,  
Joe Seaton  
29 **Vern Gamble**, Jack Hathaway,  
Nick Sardelis, Audrey &  
Camden Saunders, Chris Seaton

**I sing, you sing, we all sing... then ice cream!**

**DATE:** August 5

**TIME:** 6:30 p.m.

**PLACE:** Memorial Sanctuary and Front Lawn

SUMMARY FINANCIAL STATEMENT  
May 2018

<b>EXPENSES</b>	2018 Budget	Net Expenses Current Month	Net Expenses Year to Date	Budget Balance Remaining
Administrative Ministry	405,427	36,288	177,755	227,673
Christian Education Ministry	13,550	156	1,137	12,413
Congregational Care Ministry	1,400	424	515	885
Evangelism Ministry	2,250	27	488	1,762
Fellowship Ministry	3,500	234	1,012	2,488
Mission Ministry	50,200	2,930	17,850	32,350
Worship Ministry	7,700	321	3,953	3,747
Capital Expenses	115,000	9,584	47,919	67,081
<b>Total Budget</b>	<b>599,027</b>	<b>49,964</b>	<b>250,629</b>	<b>348,398</b>

<b>INCOME</b>	Current Month	Year to Date
Envelope Offerings	35,858	218,593
Loose	669	2,405
<b>Total Operating Income from Offerings</b>	<b>36,527</b>	<b>220,998</b>
<b>Adjustments to Income</b>		
Checking Account Interest	7	37
Room/Facility Usage	150	650
Wedding Fees	0	0
Manse Rental Income (Net)	1,125	3,804
Unplanned Facilities Maintenance (EXP)	0	-12,304
<b>Operating Income After Adjustments</b>	<b>37,809</b>	<b>213,185</b>
<b>Operating Expenses</b>	<b>49,964</b>	<b>250,629</b>
<b>2018 Operating Balance as of May 31</b>	<b>-12,156</b>	<b>-37,444</b>

# Lemonade in the Lobby!



**Sunday, July 22**  
following the  
Church Service

**Stop by for some fresh lemonade and  
homemade lemon desserts.**

**Wear Yellow That Sunday!**

Opequon Presbyterian Church  
 217 Opequon Church Lane  
 Winchester, VA 22602-2421

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 US POSTAGE  
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 PERMIT 85

**RETURN SERVICE REQUESTED**

“The Opequon Spirit” is the monthly newsletter of:  
 Opequon Presbyterian Church  
 217 Opequon Church Lane  
 Winchester, VA 22602-2421  
 Phone: 540-662-1843  
[www.opequonchurch.org](http://www.opequonchurch.org)



Newsletter deadline is the Wednesday after the Stated Session Meeting.  
 Sunday Worship at 8:30 and 11:00 am  
 Faith Formation Educational Hour at 9:45 am

David Witt ----- Pastor  
 Tracie Martin ----- Parish Associate  
 Laurie Carver ----- Nursery Supervisor  
 William Heavner ----- Organist  
 Susan Homan ----- Director of Music  
 Patty Klinefelter ----- Faith Community Nurse  
 Catherine Richard ----- Office Administrator  
 Robert Sydnor ----- Sexton  
 Carole Witt ----- Director of Christian Education  
 Rebekah Witt ----- Director of Youth & Young Adults

**Inside This Issue**

Anniversaries.....p. 9  
 Birthdays.....p. 9  
 Calendar .....Insert  
 Christian Education .....p. 5  
 Congregational Care .....Insert  
 Fellowship.....p. 7, 11  
 Just Thinkin’.....p. 3  
 Mission Ministry.....p. 8  
 Pastor’s Notes .....p. 2  
 Servants in Ministry .....p. 9  
 Session Highlights.....p. 4  
 Stewardship/Finance.....p. 11  
 Worship .....p. 1



**Summer Worship Series**

“Dear Pastor: Just Askin’”  
 What We Wonder About

**July Worship – Sundays, 10:00 am**  
**August Worship – Sundays, 8:30 & 11:00 am**

**SAVE THESE AUGUST DATES:**

- ✓ Sunday, August 5<sup>th</sup> – Annual Blessing of the Backpacks – 8:30 & 11:00 am
- ✓ Sunday, August 5<sup>th</sup> – Hymn Sing/Ice Cream Social – 6:30/7:30 pm
- ✓ Sunday, August 12<sup>th</sup> – Church Picnic/Open Door Worship Outdoors – 5:30/6:30 pm
- ✓ Saturday, August 18<sup>th</sup> – 10<sup>th</sup> Anniversary of WATTS – Cloverdale Barn – 7-10 pm
- ✓ Sunday, August 26<sup>th</sup> – Rally Day – “Breakfast with Jesus” – 9:45 am

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6	7
9:40am Patriotic Concert 10am Worship, Commissioning Baja Mission Team, Communion, CCAP	9:30am Older Adult Ministry Team 5:30pm LOGOS Leadership 6pm Sing! Shenandoah	David Witt Vacation	Church Office Closed	Carole Witt Vacation	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒ Baja Mission Trip
8	9	10	11	12	13	14
David & Carole Vacation ⇒⇒⇒⇒⇒ 10am Worship 3:30pm PS150 Rehearsal	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒ 6pm Men of Opequon 6pm Sing! Shenandoah	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒ 6pm GLOW	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒ 12 Noon Happy Days	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒	⇒⇒⇒⇒⇒ ⇒⇒⇒⇒⇒	⇒⇒⇒⇒⇒
15	16	17	18 Newsletter Deadline	19	20	21
David & Carole Vacation 10am Worship	⇒⇒⇒⇒⇒ GA Floors Waxed 6pm Sing! Shenandoah 7pm WATTS Board Meeting	⇒⇒⇒⇒⇒ GA Floors Waxed	⇒⇒⇒⇒⇒ 9:30 Staff Meeting	⇒⇒⇒⇒⇒	20	21
22	23	24	25	26	27	28
10am Worship, 4 Cents a Meal Offering, Fair Trade Coffee Lemonade in the Lobby 11:30am Motel Ministry	6pm Sing! Shenandoah	10:30am Hands & Hearts 5:30pm Highland Food Pantry	Noon TVOR Lunch	26	1pm Life Goes On	28
29	30	31				
10am Worship, Habitat Paint Can Offering Noon-2pm Car Wash First Bank	6pm Sing! Shenandoah	31				



**INFO FROM  
 PATTY KLINEFELTER,  
 FAITH COMMUNITY NURSE**

**Health Facts:**

Men die at higher rates than women from 9 of the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

**Silent Health Crisis**

There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."

Dr. David Gremillion  
 Men's Health Network

**Prevention:**  
 Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Cause & Rate <sup>1</sup>	Men	Women
Heart Disease	210.9	131.8
Cancer	192.9	138.1
Injuries	54.7	27.3
Stroke	36.9	35.6
Suicide	20.7	5.8
HIV/AIDS	3.0	1.1



**Men as Victims of Homicide**

The chance of being a homicide victim places African-American men at unusually high risk.

Chance of being a Homicide Victim\*

1 in 30 for black males      1 in 179 for white males  
 1 in 132 for black females      1 in 495 for white females

\*BJS DATA REPORT, 1989

**Who is the Weaker Sex?**

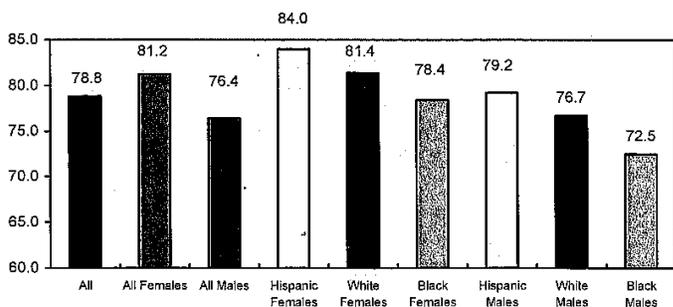
- ◆ 115 males are conceived for every 100 females.
- ◆ The male fetus is at greater risk of miscarriage and stillbirth.
- ◆ 25% more newborn males die than females.
- ◆ 3/5 of SIDS victims are boys.
- ◆ Men suffer hearing loss at 2x the rate of women.
- ◆ Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- ◆ Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- ◆ By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

**Depression and Suicide<sup>1</sup>**

Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.

- ◆ Among ages 15 to 19, boys were 3.1 x as likely as girls to commit suicide.
- ◆ Among ages 20 to 24, males were 4.6 x as likely to commit suicide as females
- ◆ The suicide rate for persons age 65 and above: men...31.5 – women...5.

**Life Expectancy At Birth, 2014**



**To learn more, contact:**

Men's Health Network  
 P.O. Box 75972  
 Washington D.C. 20013  
 202.543.MHN.1 (6461) x 101  
 info@menshealthnetwork.org  
 www.MensHealthNetwork.org

1 Centers for Disease Control and Prevention and the National Center for Health Statistics, Health, United States 2015. Retrieved June 3, 2016  
 2 Life Expectancy data are from CDC/NCHS, Health, United States, 2015