



The Opequon Spirit

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

AUGUST 2020

WORSHIP IN AUGUST

9:00 am Livestreamed Worship
11:00 am Morning Worship (Reservations Required-Restrictions Apply)
6:30 pm Outdoor Worship (WOW) (August 9 and 23 – Restrictions Apply)

PLEASE NOTE:

Our re-entry plan is all part of a trial period and experience – the Session, under the advisement of the Church Staff, Worship, Safety, and Health Teams may change the schedule, the details, or the restrictions at any time. **We would strongly encourage those who are most compromised and those who are not able to adhere to the restrictions to stay home, stay safe, and worship with us through livestream.**

Sunday, August 2nd

Special Music Precedes Worship
Genesis 32:22-31, Matthew 14:13-21
Sermon: "Out of Chaos, Hope"
CCAP Offering
Communion at Home – 9:00 am
Communion Kits – 11:00 am

Sunday, August 9th

Genesis 37:1-4, 12-28, Matthew 14:22-33
Sermon: "In the Face of Trials"

Outdoor Worship at 6:30 pm

Sunday, August 16th

Genesis 45:1-15, Matthew 15:10-28
Sermon: "God at Work"

Sunday, August 23rd

Exodus 1:8-2:10, Matthew 16:13-20
Sermon: "Mediators & Deliverers"
Four Cents a Meal

Outdoor Worship at 6:30 pm "Blessing of the Backpacks & Devices"

Sunday, August 30th

Exodus 3:1-15, Matthew 16:21-28
Sermon: "Sacred Moments, Sacred Space, Sacred Work"
Habitat for Humanity Paint Can Offering

COLLECTING FOR CCAP



Canned or Dried Beans

STAFF SCHEDULES THIS MONTH

Cathy Richard ----- August 14 & 17
Vacation
Carole, David & Rebekah Witt ----- August 1-3
Vacation

BLESSING OF THE BACKPACKS AND DEVICES

Sunday, August 23rd
6:30 pm Worship

All ages are invited to bring backpacks, tote bags, and digital devices outside to worship to receive a special blessing as a new and unique school year begins. We encourage students, teachers, and administrators of all ages to be present as we include you all in a distanced circle of blessing.

NOTES FROM THE PASTOR:

Dear Friends in Christ,

"Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good."

Romans 8:26-28, *The Message*

Dear Friends in Christ,

As you all know, Carole and I have off on Fridays, so, along with regrouping and renewing with some sabbath moments, that is the day we often schedule appointments. Last fall, I had an early morning dental appointment at 7:30 am. I rolled out of bed, still groggy, quickly jumped in the shower, pulled some clothes out of the chest of drawers, and then got dressed in the semi-darkness. Hmmm. Did I have myself completely together? Something did not feel right, but I was not aware enough to know what.

I arrived at the dental office, checked in with the receptionist and barely read a page in a magazine, when I was called back. The hygienist warmly greeted me and did what she had to do to clean and check on my teeth. The dentist stopped by, we exchanged pleasantries and caught up on mutual family news, he reviewed my status, and I was free to go. Something still did not feel right, but again, I was not aware enough to know what. When I arrived home, Carole took one look at me and said, "You have your shirt on backwards! Didn't you notice it? Didn't you feel it?" Whoa, I knew something was awry, but I just couldn't determine what it was.

In this season, you and I know something is awry in many ways. We are struggling as

individuals, as families, as a church, as a nation. So much is backwards and doesn't feel right to us. We are experiencing a variety of emotions, from loneliness and disappointment, to anxiety, fear, and maybe even anger. Sometimes we are fully in touch with what's happening within and beyond us and can readily express it; at other times, we can't even begin to describe the inner and outer turmoil. We just know that we are not completely together. What should we do?

In a devotional shared by Kirsta Weber at our last session meeting, we were called to remember, "Fun has not been canceled. Love has not been canceled. Being good to other people has not been canceled...God's goodness has not been canceled. Remember who God is. God is a protector: God is protecting you from something you can't see. God is a provider: God is providing something if only you'll look for it; just because God's provision is different doesn't mean it's not good. God is present: even when others are absent, God does incredible things in the unseen. God is faithful: place your life in God's hands."

We may be tired waiting for justice and righteousness to prevail. We may be tired waiting to get beyond a virus. Our sighing and groaning may be numerous, deep down in our souls, as we pray and work for a better community, nation, and world, as we are protective and vigilant in caring for others. In this time of feeling strange, knowing that things aren't right, struggling in the semi-darkness, let us hold fast to faith in our living God, who is protector and provider while being present with us always.

Together in Christ's Service,

David

Remember
OPC
in
Your Will

JUST THINKIN'

August was the harvest month in my family. Once the corn came in, we would begin planning to freeze vegetables for the winter. Getting ready included getting out the big pots, making sure we had the required bags and containers, and sharpening all the knives. This was serious business, as we ate the produce from Dad's garden from November until the next garden began to feed us.

The first thing we froze was green beans. Green beans were picked in baskets and taken to my grandmother's porch where we all snapped them. Then they were taken to the kitchen to be blanched, cooled, and packaged. We often did as many as 50 packages of beans.

Sitting on the porch at grandma's, overlooking the river and the greenhouse gave me a sense of peace I have seldom found anywhere else. The floor of the porch was strewn with containers for the stems, bad beans, and anything else we might find. We would have great talks about anything and everything. Sometimes my grandfather would sit with us and try out an upcoming speech.

Next came beet greens and chard. This had to be soaked, washed, blanched, and very well drained. The taste was excellent, but it looked like a mess. I used to try to fold the greens, but it all looked the same when frozen.

Zucchini and yellow squash were ongoing processes. There was always enough squash. We froze zucchini in tomato sauce. I have little idea why or how we did the yellow squash. Never did like that stuff.

When the corn came in, we really went to work. Freezing corn involved the whole family. Dad and my brother picked the corn and shucked it. They brought it into the kitchen where we brushed the silk, blanched the corn, and put it into ice water. Then we either cut the kernels off the cob or froze the corn on the cob. My mother had a mandolin that could take the kernels off in a slice. Of course, the blade

that made that so easy also sliced thumbs. "BE CAREFUL," Mom would admonish, making me jump and – you guessed it – cut myself. We sealed any thumb slices with scotch tape because band-aids could get sliced again and fall into the produce. Scotch tape stopped any bleeding and stayed put. We measured the amount using serving dishes, one for each person.

Mom worked for years to find a way to freeze corn on the cob. She read about it and tried every method she could find. The taste was generally horrid, and the texture was mush. Finally, she learned that her problem was not how she froze the corn. It was how she cooked the frozen ears. When she boiled them, they were barely good for the chickens. When she tried baking them, however, the results were amazing! Our favorite supper quickly became meatloaf and corn because it took the same amount of time to bake both the meatloaf and the corn.

The frozen ears were wrapped individually and frozen within 30 minutes of picking. They were baked at 350 for about an hour, no thawing required. The smell from the runoff corn water was just breath taking but not in a good way. At first, we just put the ears in the oven. Soon we began putting a cookie sheet under them to keep the water from burning. When we added the meatloaf to the oven the yummy scent of onion helped. The baked, frozen corn tasted just like parched, campfire corn. It was crisp, sweet, and wonderful. Imagine, if you will, Christmas Dinner with corn that tastes like it just came off the fire. We all looked forward to it immensely.

As a child I had a sense of connection between the land and how well our family lived. That sense has diminished a bit, but not completely. When I plant my salsa garden and harvest peppers and tomatoes, when I stop by the farm stand and purchase fresh corn and green beans, when I have a box of fresh peaches to process, I think back and can still smell Grandpa's cigar smoke and the fresh breezes

from the river. I no longer freeze our own vegetables; commercially frozen is now much better...all except the corn. Bird's Eye can never beat having corn in the freezer within 30 minutes of picking. Nothing tastes as good as fresh.

A race

FAITH FORMATION CLASS VIA ZOOM!

Join the Spiritual Growth Faith Formation Class each Sunday at 10:30 am. This class, facilitated by Dave Richards, uses the *Feasting on the Word* curriculum, which explores the weekly scripture readings from worship. Anyone may join the class, not simply those who have been a part of it before. Learn and grow and fellowship together! For the ZOOM link, simply contact Catherine Richard in the church office. Plan ahead for this uplifting time each Sunday.

CONFIRMATION INFORMATION

With the beginning of a new school year yet upon us, so many things begin anew at OPC. One of these beginnings is a new Confirmation Class that embarks on a journey through nine months of class sessions as well as additional enriching experiences. Confirmation is typically for 8th graders and runs September through May. **The invitation to participate in the confirmation experience is open to any 8th grader or OLDER YOUTH. Parents and prospective students are invited to a Confirmation Orientation on Sunday, August 23, 10:30 am in the Fellowship Hall.** We will be safely distanced from each other in this room. Please wear a mask for this gathering. Highlights of the confirmation experience and beneficial information will be outlined for you. Leaders of the confirmation class this year are Carole Witt, Joel Witt, and Beth Barr along with mentors of the students.

We look forward to meeting with parents and students at Confirmation Orientation.



THE LATEST IN LOGOS

In last month's newsletter, the big questions were "Are we going to have LOGOS beginning in September? How can we do that and what will it be like?" This fall will mark the beginning of our 23rd year of LOGOS at OPC! We are so thankful for this great ministry that has had a long life here at OPC. The LOGOS Leadership Team has wrestled with these questions. We have come to a consensus that we DO WANT TO OFFER some form of IN PERSON LOGOS, hoping to begin this fall. Our approach will likely be alternating age groups from week to week, with one age group attending in person one week and the other age group attending the next week. We plan to use LARGE spaces in our building where children/youth can be more spread out and everyone will remain in their particular locations throughout the evening with various leaders coming to them. The LOGOS evening time frame would be shorter because we will not have in-person dinner when we begin. We will send home a theme-related blessing, family time game and on occasions something special prepared in the kitchen for young people to take home to their family. Plans will continue to become clearer and more specific as we move through the rest of the summer. We will share the plans with you as soon as possible. We are hoping to begin the new format of LOGOS this fall, with the theme "Start Your Engines." We will make the most and best out of the year ahead. Watch for more information about our upcoming year!



GREETINGS FROM THE FELLOWSHIP MINISTRY TEAM

We wanted you to know that we miss you all so much. "Lemonade in the Lobby" is one of our favorite gatherings in the summer. While we have been saddened by having to cancel so many of our planned Fellowship events, we look forward to one big event when we all get back together. Remember, when life gives you lemons, make lemonade!

MOO!



MEN OF OPEQUON PICNIC AGAIN THIS MONTH

The Men of Opequon (MOO) will meet on **Monday, August 10th** at the Pitcock Memorial Shelter at 6:00 pm, practicing social distancing. Please bring your own dinner from Chick-fil-A, home, or elsewhere. Let's enjoy seeing each other in person and sharing conversation while eating our own meal. All men are invited!



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. We will come back together **this MONTH on Tuesday, August 11 at 6:00 pm. Please note the earlier time.** Weather permitting, we will meet in the picnic shelter. Bring a bag

dinner. COLD DRINKS WILL BE PROVIDED. We will have devotions and look at a 'Women's Group Idea List' to share our thoughts. If you feel it is too hot, you can dip your feet into the cool wading pools available. All ages of women are invited. The time spent at GLOW is sure to lift your spirits and put a smile on your face.

OLDER ADULT HAPPENINGS

Here we are—it's the "Dog Days of Summer!" August holds some important dates that are worth sharing. On August 1, 1790 the first U.S. Census was completed. On August 5, 1924, the comic strip "Little Orphan Annie" debuted. Several August dates are known for very important reasons: August 3 is National Watermelon Day, August 7 is the date of the National Scrabble Competition, August 15 is National Relaxation Day and August 24 is National Waffle Day! August is a month full of rich history and celebrations.

Our Happy Days event this month was meant to be led by our own Heather Burton who was to share a program about Sign Language. We will certainly be trying to get Heather back on our schedule for a time when we can come together. Meanwhile, if you watch Live Stream worship this month, we will be sharing the Peace of Christ through sign language. You can learn how to do it too!

The **Coin Jar** (an outreach project of Happy Days) has been lonely here at OPC waiting for us to return to our gatherings. If you have any coins lying around at home and want to get them out of the way, feel free to put them in a Ziploc bag and drop them in the Coin Jar container. It sits outside by the church entrance doors during office hours. The jar is emptied at the end of each day and added to our previous collection. This will help our coin collection grow a little while we are not physically able to gather. Thank you!



GROUP (Grades 6-12)

We will gather on Mondays, August 10 & 24, 4:00 pm-5:30 pm, outside at church/in the Pitcock Memorial Shelter for physically-distanced games and activities. Check your email for more information. If you would like to be added to the text reminder group, please let Rebekah Witt know.

YOUNG ADULTS (Ages 18-35)

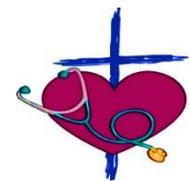
Bible Study will meet on Zoom every other week. Check your email for the link and other details.



ICE CREAM DRIVE THRU SUNDAY, AUGUST 16TH

You deserve a COOL TREAT so come on by the **ICE CREAM DRIVE THRU** on August 16, 6:30-7:30 pm. Menu choices feature Clown Cones, Ice Cream Pie, Chocolate Sundae, Root Beer Float, or simply a couple dips of ice cream in a cup. Whatever your pleasure, drive up to the first 'window' to place your order. Then drive around to the 'back window' and receive your order. It will all be freshly prepared and frozen for you! You get to stay in your cool car and then enjoy your refreshing treat. There is no charge for any ice cream treats; donations accepted if you desire to do so.

HEALTH MINISTRY NEWS



How to Decode a Sunscreen Label

Sunscreen helps prevent skin cancer (and wrinkles), so use it! But what else do you need to know when shopping for

sunscreen? Many of sunscreen's active ingredients are absorbed through the skin. Are they safe? The Food and Drug Administration wants to see more research. The FDA has asked companies for more safety data for 12 active ingredients, because they may be absorbed.

Two active ingredients—zinc oxide and titanium dioxide—are not absorbed. But Consumer Reports says that most sunscreens with those active ingredients do not provide as much sun protection, according to the publication's tests. You can see their recommendations for all types of sunscreens on its website.

Here's a guide to sunscreen labels.

Expiration Date

Sunscreens degrade over time. See no expiration date? That means the company has proven that the sunscreen is stable for at least three years.

Broad Spectrum

Look for broad spectrum to block both UVB and some UVA rays (though there's no SPF rating for UVA, so you don't know how much is being blocked). The FDA wants all SPF 15-or-higher sunscreens to block some UVA rays and wants higher SPFs to block more.

SPF

The sun protection factor tells you how well a sunscreen blocks UVB rays. The FDA has proposed that labels do not exceed SPF 60+ because higher SPFs don't offer much more protection. Even SPF 30 blocks 97 percent of UVB rays.

Reef Safe

Reef safe usually means no oxybenzone or octinoxate, which can harm coral reefs. But the claim is unregulated, and no sunscreen has been proven safe for all marine life.

Water Resistant

Swimming or sweating? Look for water resistant sunscreen, which retains its SPF value for either 40 or 80 minutes.

PABA Free

Ignore PABA claims. The compound can cause allergic reactions, but it's rarely used in sunscreens anymore.

Oxybenzone Free

Oxybenzone is readily absorbed and has been detected in human blood, urine, and breast milk. It's a hormone disruptor in animal studies.

<https://www.nutritionaction.com/daily/aging/how-to-decode-a-sunscreen-label>. The information in this post first appeared in the September 2019 issue of *Nutrition Action Healthletter*.



FAIR TRADE COFFEE EXCHANGE This Month's Featured Item- *Rooibos Tea*

Found growing wild on the slopes of the Cedarberg Mountains near Capetown, South Africa, Rooibos tea when brewed has a reddish/brown coloring. Its name comes from the Dutch word,

Rooibosch, meaning red bush. For centuries this decaffeinated tea has been used for medicinal purposes. According to Marika Sboros in the August 2014 article, "Seven Reasons You Should Drink Six Cups Per Day," this tea, from the legume family, is not only full bodied with a sweet, nutty taste when brewed, but is full of minerals that our bodies need to function optimally.

Check out this list:

- Fights cancer according to studies done at Stellenbosch University, April 2014
- Cardio protectant—Antioxidants to fight radical free agents
- Minerals: magnesium, calcium, manganese, zinc, iron
- Less tannins than regular black teas, helping body to absorb iron
- Helpful for Type 2 diabetes
- Protects liver

- Digestive aid
- Helps with brain health

Don't forget to put this on your list for the next order to Fair Trade Coffee Exchange. Orders are placed by the 15th of each month (best to have orders over \$75 to get free shipping) so your product will arrive by the 4th Sunday of the month. Any questions or concerns, please email: teachandwritemp@gmail.com OR text Marj Praml at 340-247-2667.



COMMUNITY GARDEN

So far this year, just over **150 pounds** have been harvested from the garden and donated to the Highland and Sherando Food Pantries. Thank you to all volunteers who have helped in the garden so far! The SignUpGenius page can be found on the church's website if you would like to help water or deliver produce in the future.

FAMILY DRIVE-IN MOVIE NIGHT

FRIDAY, AUGUST 28 AT
8:00 PM

PICNIC SHELTER FIELD

MOVIE DETAILS TO
FOLLOW

OUTREACH THROUGH COMMUNITY PARTNERSHIPS

Opequon's engagement in mission is strong! Your food, in-kind, and financial donations are appreciated and may be brought to the church during weekly office hours. Bins are located outside. We are especially supporting...

- Our Motel Ministry—There is a need for donations such as dish sponges, dish soap, laundry detergent pods, dryer sheets, tooth brushes, toothpaste, razors, shaving cream, cracker packs, granola bars, oatmeal packs, boxes of easy mac & cheese, and ramen noodle packs.
- Highland Food Pantry (non-perishables)
- Sherando Food Pantry (canned chicken, canned chili with meat, canned spaghetti & meatballs, canned fruit & vegetables, soup, dry cereal)
- Bright Futures, feeding the children of Winchester and Frederick County (e.g. 100% Juice Boxes, granola bars, cup of soups, cracker packs, boxes of oatmeal packets)

21-DAY RACIAL JUSTICE CHALLENGE

This challenge invites us to do something every day to raise awareness about the destructiveness of racism and encourage action in response to that awareness. The PC(USA) has joined several nonprofits, organizations, and school systems in adapting the challenge for our use. Go to this link to participate...<https://www.presbyterianmission.org/ministries/Matthew-25/racism/>

ADOPT A COLLEGE-AGE STUDENT

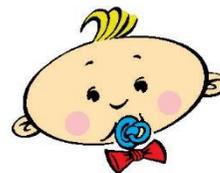
Do you like to send cards or are interested in sending care packages to an Opequon College-Age student? Rebekah Witt is looking for people to pair with our young people who are about to head off to school or work. Contact her at 540-686-0752 or wittrc@dukes.jmu.edu for more information.

EGG CARTON BIN NOW OUTSIDE

A bin for egg cartons for Highland Food Pantry is now outside of the office entrance, available for drop-off each day during office hours. The pantry still needs the egg cartons for weekly distribution.

ZOOM SUPPORT

Visit ZOOM.com to learn more about how to use the ZOOM video conferencing and meeting program. There is a support page in the upper right corner where you can watch helpful videos.



WELCOME A NEW BABY

We rejoice with **Lauren and Ross Metheny** on the birth of Jaxson Blaine Metheny, born on Monday, July 6 in Atlanta, GA. Jaxson weighed 8 pounds, 2 ounces and is 21 inches long. Lynn and Jerry Metheny are the proud grandparents and Carole Metheny is the proud great-grandmother. Congratulations to the Metheny family!



Gerri Bayliss
Spring Arbor
2093 Northwestern Pike
Apt 126
Winchester VA 22603-3970

NOTES OF GRATITUDE

Hi!

I am sending this note to all staff members that allow Opequon "the engine that turns the wheels and keeps all the gears well oiled." I know you each have specific duties but you are so fortunate to have each other. You are team members. We have and continue to experience an overwhelming challenge. It has become part of our daily routine to wonder about our own anxiety. It is you...those wonderful, individual, people who do the valuable, precious daily tasks that continue to give this congregation the constant rhythm and harmony within this adventure. You are sincerely appreciated---and the weekly meals have become an amazing bonus!

Fondly,
Bobbie Cropp

Dear Opequon Church,
Thank you all so much for thinking of me for your lovely meals on every Tuesday of the month. It is a special church that remembers all the older members of the church. I also enjoyed the pamphlets that came with the meal. It's very nice to read church news and being able to follow along with the Sunday service.

Sincerely,
Norma Horsburgh

Dear Opequon Church Deacons,
Thank you so much for the gifts of food, paper goods and utensils, that you sent upon the death of our mother, Jackie. It was good to enjoy this "love in action" as we go through this time of grief and consolation. Many thanks and may God continue to bless your ministry.
Love, the Family of Jackie Boyd

The RALLY DAY 'GIFT' EVENT via ZOOM

A favorite day in the life of the church is often RALLY DAY.

Join in & see for yourself why this is true!

Sunday, August 30, 10:15 am when we celebrate with the theme-

God Celebrates Each of You! Based on Psalm 139.

Children, youth, adults will be sharing in one fantastic time-

***Each of you are wonderfully made by God!**

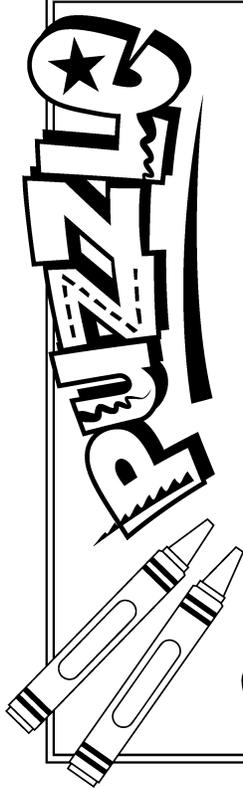
It will be like ONE BIG BIRTHDAY PARTY!



Frequently Asked Questions Regarding Worship

- What is the difference between live stream worship, in-person worship, and outdoor worship?
 - Live stream worship occurs every Sunday at 9:00 am and can be accessed through YouTube or the Church website at that time or any time after
 - This is a full worship service as you would have experienced prior to COVID-19
 - In-person worship occurs every Sunday at 11:00 am and is shortened to 45 minutes with parts of worship omitted
 - Restrictions apply to this service and you must register in advance
 - Outdoor worship occurs on Sunday evenings at 6:30 pm in the field by the picnic shelter on August 9, & August 23 with physically-distanced restrictions and no singing or responsive reading, no restrooms available
 - Volunteers will show you where to park and you may sit in front of your vehicle in your own lawn chairs, or you may sit in the shelter
- How do I register for in-person worship?
 - Call Rebekah Witt on Monday or Tuesday of each week at 540-686-0752
 - Use the Sign Up Genius link that will be emailed out on Tuesday afternoons
- Is there a deadline for registration?
 - You need to register by Thursday at 5:00 pm each week
- Can I register in advance for every week?
 - No, you need to register again each week for the coming Sunday
- Who do I ask if I have questions about registering?
 - Call Rebekah Witt at 540-686-0752
- What do I do if I registered, but can no longer attend?
 - If you registered online, you could visit the Sign Up Genius link to remove your name
 - If you registered by phone or need assistance online, then let Rebekah Witt know
- What if I can't wear a mask due to asthma or other health concerns?
 - Please stay home to protect yourself and others
- Will restrooms be available for in-person worship?
 - Yes, one person at a time may use the restroom
 - Doors to the restrooms are propped open and privacy barriers have been hung
- Should I stay home if I am feeling sick?
 - Yes, please do not come to church if you feel sick
- What happens if I am diagnosed with COVID-19 and I have recently been to church?
 - Please let the Church Office know so those who have come in contact with you can be informed
- What makes in-person worship shortened to 45 minutes?
 - No hymn singing, responsive reading, or special music
 - No children's time
- What will in-person worship be like?
 - The traditional format of worship will be followed
 - Pastor Witt will lead worship and Bill Heavner will play the organ/piano
 - Pastor Witt will be the only person singing 1-2 verses of songs/hymns
- What are the restrictions for in-person worship?
 - Wear a face-covering at all times
 - 6 feet physical distancing
 - No hymn singing or choir
 - No responsive reading

- Separate entrances & exits
- No physical interaction or fellowship inside the building
- Will the in-person worship service be live streamed?
 - No, the only service that will be live streamed is at 9:00 am
- Will there still be livestream worship?
 - Yes, a full worship service will be live streamed at 9:00 am and will be available any time after that
- How many people are allowed to attend in-person worship?
 - 75 seats are available
- Where do I enter and exit the building?
 - Please follow the signs that designate where to enter and exit
 - Greeters outside will show you where to enter the building
 - You will not have to walk any further than you normally would
 - The accessible entrances will continue to be available
- What if there are no more seats available for in-person worship?
 - You will need to wait until the following week to sign up for in-person worship
- Will I get to choose where I sit in the Sanctuary?
 - No, you will be ushered to a seat upon arrival so that physical distancing can be followed
- Are in-person Faith Formation Classes meeting?
 - No, one adult Faith Formation Class is meeting at 10:30am through Zoom
- Why can't we sing during in-person worship?
 - Studies show that singing projects a large number of droplets into the air, which can transmit from one person to another
- What do I do if the registration link isn't working for me?
 - Call Rebekah Witt at 540-686-0752
- What will happen if I refuse to wear a face mask?
 - You will be given a face mask at the door if you do not have one
 - Upon refusal, you will be informed to go home and watch livestream worship
 - Masks are for the protection of our whole community
- Can I take my face mask off once I sit in a pew?
 - No, please keep your face mask on for the entire time you are in the church building
- Can I visit with other members before worship begins?
 - No social interaction is allowed inside the church building
 - You may interact with others outside in the parking lot
- What happens if I don't register, but want to come on Sunday?
 - You need to register ahead of time by Thursday of each week
 - If you have not registered, please watch live stream worship at home
- What happens if a guest comes on a Sunday?
 - We have set aside seats that will be available if guests arrive
- Will there be childcare during worship?
 - There will be no childcare provided
 - If your child is unable to wear a mask, then please keep them at home



Compete for the crown

 The apostle Paul compares the Christian life to running a race for an imperishable crown. 

Directions: From the starting line through the finish line, circle every third letter. Then place the circled letters in order in the blanks below to complete 1 Corinthians 9:24-25, NIV.

START
 c t r e j a s u c p h e l n p o m r x k i b v z t a e j a r g i u s o n y c c w
 i t e g r b u a n p i c d n o f i h m n e y g j o c s x r d p o e t w k i n
FINISH

“Do you not know that in a ___ all the runners run, but only one gets the ___? ___ in such a way as to get the prize. Everyone who ___ in the ___ goes into strict _____. They do it to get a crown that will not last, but we do it to get a _____ that will last forever.”

1 CORINTHIANS 9:24-25, NIV

Answer: race, prize, run, competes, games, training, crown



“We’re short a couple players. Mind if we use Holy Ghost runners?”

SUMMARY FINANCIAL STATEMENT
June 2020

EXPENSES	2020 Budget	Net Expenses Current Month	Net Expenses Year to Date	Budget Balance Remaining
Administrative Ministry	491,600	49,591	243,778	247,822
Christian Education Ministry	13,550	862	4,612	8,938
Congregational Care Ministry	1,400	796	718	682
Evangelism Ministry	2,350	0	737	1,613
Fellowship Ministry	3,500	(1,255)	(236)	3,736
Mission Ministry	60,750	5,079	25,269	35,481
Worship Ministry	7,250	1,077	1,402	5,848
Capital Expenses	114,250	0	28,751	85,499
	694,650	56,151	305,031	389,619

INCOME	2020 Budget	Current Month	Year to Date	Budget Balance Remaining
Envelope Offerings	683,000	69,160	347,667	335,333
Loose	5,300	55	1,101	4,199
Other (PPP Loan Proceeds)	0	0	46,700	0.00 %
Online Giving Processing Fees	0	0	0	(0)
Total Operating Income from Offerings	688,300	69,215	395,468	339,532

Adjustments to Income

Checking Account Interest (Regular Checking Only)	43	241		
Room/Facility Usage	0	0		
Wedding Fees	0	0		
Amazon Smile Program	0	20		
Manse Rental Income, net	783	5,683		
Operating Income After Adjustments		70,042	401,413	

Operating Expenses

**Cash Receipts in Excess of (Less than)
Cash Disbursements**

56,151	305,031
13,891	96,381

First Bank Operating Checking	
General Funds in Operating Checking	108,764
Restricted Funds in Operating Checking	99,565
LOGOS Funds in Operating Checking	7,295
Balance in First Bank Operating Checking	215,624
Balance in First Bank 2020 Vision Fund	8,778
Total Cash in First bank	224,403

Sanctuary Mortgage Principal Balance **804,713**

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Witt Family Out of Town
2 CCAP Offering Witt Family Out of Town 9am Livestreamed Worship, Communion at Home 9:30am Spiritual Growth Class via ZOOM 11am Worship	3 Witt Family Out of Town	4 10am Staff Meeting 11am Planos Tuned 6:30pm Ministry Team Night via ZOOM	5	6 1pm Tai Chi	7	8 11am Steve Bock Memorial Service (Family Only)
9 9am Livestreamed Worship 9:30am Spiritual Growth Class via ZOOM 11am Worship 6:30pm Wonderful Outdoor Worship	10 6pm MOO @ Pitcock Shelter	11 6pm GLOW @ Pitcock Shelter	12	13 1pm Tai Chi 6:30pm Sherando Food Pantry 7:15pm Young Adult Bible Study	14	15
16 9am Livestreamed Worship 9:30am Spiritual Growth Class via ZOOM 11am Worship 6:30pm Drive Through Ice Cream	17	18 10am Staff Meeting 7pm Session Meeting	19 Newsletter Deadline	20 Tracie Martin Out of Town 1pm Tai Chi	21 ⇒⇒⇒⇒⇒	22 ⇒⇒⇒⇒⇒ 9:30am Sherandoah Presbytery via ZOOM
23 4 Cents a Meal Offering Tracie Martin Out of Town 9am Livestreamed Worship 9:30am Spiritual Growth Class via ZOOM 11am Worship 12:15pm Motel Ministry 6:30pm Wonderful Outdoor Worship	24 ⇒⇒⇒⇒⇒	25 5:30pm Highland Food Pantry	26 11:30am Staff Lunch TBD	27 1pm Tai Chi 6:30pm Sherando Food Pantry 7:15pm Young Adult Bible Study	28 8pm Family Drive-In Movie	29 10am Jubilee Kitchen
30 Habitat Paint Can Offering 9am Livestreamed Worship 9:30am Spiritual Growth Class via ZOOM 10am Rally Day 11am Worship	31					

Opequon Presbyterian Church
 217 Opequon Church Lane
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"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



Newsletter deadline is the Wednesday after the Stated Session Meeting.
 Livestreamed Worship at 9:00 am, Sunday Worship at 11:00 am
 Spiritual Growth Class at 10:30 am

David Witt----- Pastor
 Tracie Martin ----- Parish Associate
 Laurie Carver ----- Nursery Supervisor
 William Heavner----- Organist
 Susan Homan----- Director of Music
 Patty Klinefelter, Bill Martin ----- Faith Community Nurses
 Catherine Richard----- Office Administrator
 Lisa Sorrentino-Miller----- Finance Administrator
 Robert Sydnor----- Sexton
 Carole Witt----- Director of Christian Education
 Rebekah Witt----- Director of Youth & Young Adults/IT Support

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oh! The
 Places We've Gone!
 and The Places We'll Go!

ZOOMING WITH BECKY

Please join our zoom meeting on Friday, August 14, at 1:00 pm, as we share our favorite vacation places and what's on our travel bucket list. Please contact Becky Proctor if you have questions.

The meeting information will be sent via e-mail the week of August 10.