

The Oak Leaves – JULY 2022

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Thank you for all the notes while I was prayer person of the week and I am sorry for being so late to thank you all.

Janice Glesner.

Happy Birthday

2. Joe English
2. Mary Jane Spencer
3. Winnie Webber
10. Sam Shenk
10. Bob Miller (Miller)
14. Karen Lehman
15. John McCrea
17. John Nimmon
19. Bill Winter
24. Mike Fry
27. Lee Kennedy
29. Gerard den Hartog

Happy Anniversary

1. Rick & Jody Kann
10. Bob & Kathy Miller
16. Bob & Rausa Roscinski
28. Dan & Sherri Mains

Flower Beds

Calling all Green Thumbs or any other colored thumbs too! It's time to sign up for a flower bed adoption. A sign up sheet with map of the *flower beds* available is on the tables outside of the church office. Please sign up for one or two areas to weed and care for through the spring and summer season. Maybe find a partner and make the chore go quicker. Any questions contact April Messenger or Hale McCulloch! THANK YOU!

Church Picnic

On Sunday August 14th after the 10:15 service, we will be having a Covered Dish Picnic in Rhoades Hall. Bring main dish or side dish and dessert and place setting. The Fellowship Committee will provide the beverages. Come and join us for a fellowship time together. Invite someone you know to join us.

Contact: Doris Mae Kennedy.

The DEW Committee Needs Your Help

Ecclesiastes 4:9-10 Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up.

Old proverb: Many hands make light work.

This is a not subtle way of asking for help for two projects. The first is helping to set up and clean *up after communion*. Of course this is only on the first Sunday of the month; with set up on Saturday morning, checking on the elements between services and cleaning up following the service. If enough of you good hearted people offer to help, responsibilities could be down to several times a year.

The *second is assisting us to serve lunch on Friday, July 22 to the kids attending Faith and Fun days at the Newville Park*. We have planned the menu to be hoagies, a bag of chips, applesauce and a drink and asking for about 2-3 hours of your time once this summer. We will be able to give you more details after we visit the June 24th Faith and Fun Day.

Please call us or email: [Lucy—
ljansema@live.com](mailto:Lucy@ljansema@live.com) or [Rausa—
rrosc4@embarqmail.com](mailto:Rausa@rrosc4@embarqmail.com).

Thanks.

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Greetings!

I am writing this article on Thursday evening just having ended a Session meeting and starting vacation in the morning. As I write it I am mindful of the need we all have to unplug from our everyday, day to day routine and to do something different, go somewhere different, just to get away.

As I prepare to go on vacation my mind is thinking of the Session (Rausa Roscinski, Lucy Jansema, Doris Mae Kennedy, Ann Cavanaugh, April Messenger, Hale McCulloch, Carol Burd and Jim Ellingsworth) I am grateful for their faithfulness and dedication not only to you but I also to their Lord Jesus Christ. They have been hard at work not only making sure that the church keeps operating in this challenging time but also working on our future through the Adaptive Change Initiative we have been working on the last several months. In the month of July they too will be taking a well-deserved break and only meeting if there is pressing business to take care of and/or if we are able to schedule a meeting with a consultant to lead us one through the demographic data we now possess. A consultant has been identified by Presbytery so hopefully soon we will be able to meet together and take the next step forward in the process.

One thing that was discussed at Session tonight is the openness of the Elders to hear from members with ideas that you may have about how best to move forward. Ideas on how to save money when it comes

to the building and property. This, especially in light of how we have already spent our yearly budgeted amount on oil and electricity. Ideas on any potential new ministries that we may get involved with in the community.

I hope you find a way to unplug and unwind this summer. I know it can be difficult in these times that are filled with so much turmoil, but because of how crazy the world has been maybe it is more important now to find those places of peace and tranquility that we can retreat to for at least a time.

Of course wherever we are, whatever situation we find ourselves in, God is with us, and it is this fact we can always find hope and peace.

*In Christ,
Pastor Vern*

FIRST UNITED CONTACT INFO

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Church, 111 W. Big Spring Avenue, Newville. the Senior Center. This program instructed by Ellie

See our website at

www.bigspringseniorcenter.weebly.com for more information.

Grab n Go Lunches: A hot and a frozen meal is provided to all those 60 and better. They are distributed Mondays, Wednesdays, and Fridays between noon and 12:30 p.m. If you want to come into the Big Spring Senior Center to sit down, you are welcome to join the staff. All meals are a recommended donation of \$2. If you are 60 and better and want to request a meal (you must come to pick up), please call the senior center. Meals must be reserved one business day prior to pick up.

Sit-Down Lunch: Our sit-down lunches are back for those 60 and better and are on Tuesdays and Thursdays at 11:30 a.m. at the Big Spring Senior Center. Meals must be reserved one business day prior to pick up. All meals are a recommended donation of \$2.

Live Exercise Classes (If you are new to our exercise classes please contact the Senior Center prior to attending class)

Zumba Gold: Every Monday at 9 a.m. at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Cost is \$3 per class for those 60-plus and \$5 per class for those 50-59. Zumba Gold is a low-intensity version of the Latin dance-inspired fitness class aimed at a mature audience. Research at Minot State University in North Dakota has indicated that Zumba not only influences physical fitness, but also on cognitive (mental) function. Just walk in.

T'ai Chi for Arthritis: Tuesdays at 10 a.m. This class is held at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Cost is currently *free* until further notice. To register, call 717-776-4478.

Yoga: Wednesdays at 8:30 a.m. This class is held at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Yoga is a mind-body practice that combines stretching exercises, controlled breathing, and relaxation. Cost for a 10-week program is \$55 for members of the Big Spring Senior Center, and \$65 for non-members. Registration and payment are due before you start a class. Start dates will be pro-rated. Call 717-776-4478 to register.

Senior Wellness Exercise Program: Thursdays at 9 a.m. This class is held at First United Presbyterian

Stambaugh of the Carlisle YMCA will concentrate on strength, balance, coordination, endurance, and flexibility. Keeping to basics exercise will take place standing, sitting and a little dance to music centered on the oldies of the 50's & 60's. Per class charge is \$3 for seniors and \$5 for those 50-59.

Walk with Ease Group Walking Program: Are you looking for a walking group? Well, here it is. We meet at the Newville Trailhead, do some pre-walking stretches, walk for approximately 45 minutes to an hour and end with post-walking stretches. Walk at your own pace on Tuesday and Friday beginning Friday, April 1st at 9:30 a.m.

Virtual Exercise Class: Contact the Big Spring Senior Center for more information. Currently we provide virtual classes for T'ai Chi for Arthritis.

More to Do:

Watercolor Painting Opportunity: Mondays at 1:30 p.m. Do you have an interest in water coloring? It takes space, inspiration, and motivation, and we can help. Join our friendly group of painters with our instructor, Kathleen Schungel. The cost is \$5 per week to the instructor and \$1 to the Senior Center.

Jewelry Making Class: First Tuesdays at 1 p.m., Kathleen Schungel, professional art instructor (retired), will teach the techniques to create a variety of jewelry pieces. Cost is \$5.

Crafts: Tuesdays at 9 a.m. excluding the first Tuesday. We could use your help, hands, and ideas. Come and make seasonal and everyday crafts, as well as new friends.

Bible Study: Every Wednesday at 1 p.m. Pastor Vernon Gauthier of the First United Presbyterian Church, Newville, will lead the study.

Game Day: Lots of opportunities to play cards and games can be found at the Big Spring Senior Center beginning at 9:30 a.m. through 3:30 p.m. Thursdays. Walk-ins are welcome.

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STAY IN PLACE, PASSING OF THE PEACE

The Session agreed in its May meeting to reinstate the Passing of the Peace as part of our normative Sunday worship beginning May 29. Due the continued presence of COVID it will differ from how it was done in the past:

- You are asked to stay in your pew during the passing of the peace.
- You may pass the peace with a handshake, hug, or in other ways that seem appropriate to you with family members in your pew.
- For those not in your pew, a wave, making the peace sign, hand over the heart while making eye contact them is appropriate.
- For those on Facebook or YouTube you might take the opportunity to message a word of peace.

It is felt that passing the peace in this way by no means increases the COVID risk among us and takes into account the different comfort levels that are among us when it comes to interacting with others during this current time.

The return of the passing of the peace is important as it is something more than just sharing a greeting. Passing the Peace is a symbol of the unity we have in Jesus Christ through the bond of the Spirit. It is a way of acknowledging that what we have in common in Jesus Christ outweighs any differences we may have. It is a reminder that worship is not just an individual act but an act of the community faith gathered. Besides, it is an act that most find a bit of joy in doing. The peace of our Lord Jesus Christ be with you all.

A **Memorial Service for Steve Fosburg** will be held at Prospect Hill Cemetery on Saturday, July 2nd at 11:00 a.m. In the advent of bad weather the service will be held in the First United sanctuary. The family invites church members to attend.

Summer Faith and Fun Days

Fridays 10 a.m. to Noon

June 17 – August 12th

Newville Community Park

Join the GFA (Good Force Agents) as they explore the Beatitudes, sing songs, play games, and enjoy crafts.

Pre-school through elementary age.

Parents are encouraged to stay.

Free lunch each week.

A fall fundraising banquet is being held by the *Carlisle Truck Stop Ministry* on Saturday, October 1 at New Fairview Church of the Brethren in York, PA.

Please see the flyer posted on the bulletin board for more information on how to purchase tickets, or go to carlisletruckstopministry.org or email Ctsm851@gmail.com. There will NOT be tickets sales at the door! Contact Kathy Miller for more information: justmiller@mac.com. Carpooling may be possible!

Thanks -
Kathy Miller

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Highlights of Session Meetings held on June 16, 2022

- **APPROVED** the request of the Big Spring Senior Center to use the Fellowship Hall and restrooms on Friday September 30, 2022 from 8:00 am to 3:00 pm. The use would be an alternate location in the case of inclement weather to host a picnic with games, music and exercise as part of Cumberland County Active Aging Week.
 - **APPROVED** to hire Ann Philbrick as a Consultant/Coach to assist with the Demographic/Insite consultation at \$300 and four additional coaching sessions at \$600 (\$150 each). The \$900 cost for these services will be paid from the Kelso New Ministry Fund.
 - **APPROVED** the balance of the 40% of the Pentecost Offering kept by the Church be used to support the Faith and Fun Days (Bible School) lunch the DEW Committee agreed to provide on Friday, July 22, 2022. The balance of the 40% equals \$148.00
 - The Church picnic will be on Sunday August 14th after the 10:15 service, we will be having a Covered Dish Picnic in Rhoades Hall. Bring Main Dish or Side Dish and Dessert and Place Setting. The Fellowship Committee will provide the beverages.
 - **The ending checking account balance as of 5-31-2022 was \$14,815.38 Income for May was \$24,240.64 and year to date income was \$89,819.51. Expenses for May**
- **totalled \$14,364.18 and year to date expenses were \$94,180.70.**
 - The checking account balance looks higher than usual because Mission and Per Capita for May was not paid. Both amounts for May and June will be paid in June.
 - A Memorial Service for Steve Fosburg will take place on July 2, at 11:00 a.m. at Prospect Hill Cemetery. In the event of bad weather, the service will take place at First United Presbyterian.
 - Based on the 3 criteria listed below the Session **APPROVED** to remove 72 individuals from the In-Active Roll of the Church that have been on the In-active Roll since 2010.
 1. Recently placed on the Inactive Roll by Session during the recent review of member rolls.
 2. Anyone who has recently requested to be placed on the inactive roll.
 3. Anyone who has recently been active in worship or the life of the church.
 - **APPROVED** that Barry Miller be moved from the Inactive to the Active Roll. Barry had been placed on the Inactive Roll in 2010, but has been faithfully attending the 8:00/8:30 a.m. service for a number of years.
Submitted by *Jim Ellingsworth* – Clerk of the Session
- (DISCLAIMER - "Notes from unofficial minutes and subject to change.")

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