

# The Oak Leaves – JUNE 2022

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*Church Family:- Thanks for all my cards and notes for prayer person and my recovery, along with your much needed prayers. I enjoyed reading each beautiful card as part of the healing process. I am on the mend. I appreciate the church support.*

*Thanks Deb Morrison*

### Happy Birthday

- 4. Caleb McCulloch
- 6. Marilyn Miller
- 9. Jesus Gomez
- 14. Joan Moyer
- 17. Barb Shenk
- 20. Lucy Madorsky
- 26. Matt Cunningham

### Happy Anniversary

- 3. Doris Mae & Lee Kennedy
- 6. Sally Winder & John McCrea
- 6. Jon & Courtney Archibald
- 6. Matt & Karyn Cunningham
- 14. Chip & April Messenger
- 22. Jim & Becky Ellingsworth
- 29. Karen & Brian Lehman

*We are all part of the Church Family and we all have different roles to play. Thank you to ALL who help in so many different ways to make the family we have work together.*

### Help Wanted

We are in need of a substitute for Gail Kunkleman, our Custodian. It entails 20 hours of work per year. This is a paid position of \$10 an hour. If anyone is interested in applying please contact Ann Cavanaugh (717-513-1185).

Meals on Wheels (MOW) is looking for someone to take the place of Margi Butts who is stepping down by September first of this year as Chairperson of MOW.

There is a Committee which mostly communicates by email. Besides Margi, it is currently comprised of Treasurer Barbara Rhoades, and the three schedulers: Joyce Finkenbinder, Rhonda Willis, and Peggy Raudabaugh.

The Chairperson position is at present a volunteer position which according to Margi takes 0 to 4 hours a week. It includes taking calls from clients and potential clients, deciding if a potential new client can be served by the ministry, and handling any issues that come up with current clients.

The Chairperson also coordinates with Green Ridge Village which provides the meals and submits reports to the Big Spring Inter-Church Council which is the umbrella organization for MOW. **Please speak with Pastor Vern if you would like to know more about the position.**

**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!**

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Greetings!

I have been asked by a few people lately, “Where is the Adaptive Change Process at right now?” If you are wondering the same thing, I would refer you to the May Oak Leaves which has a summary from the beginning of the process through the month of April.

What has happened since then is that on May 12<sup>th</sup> the Session and Adaptive Change Team met with representatives of the Committee on Ministry (COM) and Interim Presbytery Executive Cheryl Galan to discuss next steps. One result of the meeting is that Cheryl agreed to seek someone who is experienced with demographics as related to church ministry to help us properly interpret the demographic data that has been provided. She also agreed to help us find a Coach to help navigate the process as we seek to begin to implement some of what we have learned.

On June 9<sup>th</sup> Session is meeting with members of our Adaptive Change Team to try and finalize our Statement of Purpose, have a first go on our own of the demographic data with the intent of gaining a better understanding of it, and to try to organize an initial brainstorming list of 20 plus possible ministries moving forward. This should help prepare us for the work that comes next.

As I said in the May Oak Leaves, it might seem at times that this process has been longer than it should be, but the reality is that what we are doing takes time because it takes time to learn to think in new ways.

I am grateful for the continued faithfulness of the Session and Adaptive Change Team in this process. And covet your continued prayer as we try to discern which way God is leading.

*In Christ,  
Pastor Vern*

## 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.

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**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:**

**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 reported. Call 717-776-4478 to register.

**Senior Wellness Exercise Program:** Thursdays at 9 a.m. This class is held at First United Presbyterian Church, 111 W. Big Spring Avenue, Newville. The Senior Center. This program instructed by Ellie 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 1<sup>st</sup> at 9:30 a.m.

## **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 9 a.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 John Hess of Newville Church of the Brethren, Newville, will lead the study on the Life of Joseph – Genesis Chapters 37-50. Walk-ins are welcome.

**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.

**Nutrition Program: Normal Aging vs. Dementia:** Tuesday, June 7<sup>th</sup> at 11:30 am. Barbara Goll of Homeland at Home will present this topic at the Senior Center. Drop ins are welcome.

**Chronic Disease Self-Management Course:** Wednesdays from 9:00 a.m. to 11:30 a.m. starting June 14 through July classes will be presented by the Cumberland County Aging & Community Services. This is a free 6-week course and participants will receive a book that will be used both in class and for future reference. Participants will learn new skills on how to better manage your chronic health condition. Learn new ways to better deal with frustration, depression, fatigue, and pain that comes with living with a chronic condition. This is Not a boring lecture-type class but involves class participation and activities such as brain-storming, problem solving.

BSSC 717-776 -4478

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## SESSION SPEAKS

### Hale McCulloch

#### Up and Down

On Sunday, May the 22<sup>nd</sup>, Debbie Madden was talking about the Tower of Babel and the New Jerusalem and the contrast of ancient people wanting to go UP to God versus the Incarnate God coming DOWN to them. As Lynette and I were talking this week she thought of a book that she often used for staff meetings at her work written by Zig Ziglar entitled “Up, Up, Staying Up in a Down, Down World”.

One 5-minute read that stood out was “Movement vs Gravity”. It is short, but thought provoking. As the Active Change Team (ACT), session, and the congregation as a whole, try to discern God’s plan for the mission of FUPC, “Movement vs Gravity” seems relevant. The read starts out defining MOTIVATION as movement and NEGATIVE THINKING as gravity. Movement allows FUPC and each of us individually to grow towards God while Gravity holds us down or back from growth and change. Another way to look at it is, it is easier to let gravity take over; ie negative thinking takes less effort than new ideas, positive thinking, and planning.

Zig Ziglar continues to talk about a rocket launch into space and about how much more fuel it takes to get through the first fifty thousand feet (ie the start upward to get out of the negative crowd) vs the rest of the journey into space. Movement takes fuel to

get through the negative thinking. What is FUPC’s fuel?

Zig reiterates “that it takes focus and effort to break away from the way it has always been done (contentedness); but once you do, you are able to increase your speed, even as you get older. That’s exciting.” As speaker Joe Sabah wisely observed, “You don’t have to be great to start, but you have to start to be great.”

What fuel or energy does FUPC have that will assist our congregation to launch through the changes of the world and specifically Newville that will provide for increased movement/momentum to provide a positive impact in our community?

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## FIRST UNITED CONTACT INFO

**Pastor:** Vern Gauthier

(717) 385-9526 - [1stuppastor@gmail.com](mailto:1stuppastor@gmail.com)

**Secretary:** Elisabeth Gauthier

Office Hours: Monday-Friday 8:30am-11:30am

(717) 776-7525 - [1stupoffice@gmail.com](mailto:1stupoffice@gmail.com)

**Organist** – Ted Krocheski

(717) 486-5556 - [tkrocheski@hotmail.com](mailto:tkrocheski@hotmail.com)

**Clerk of Session:** Jim Ellingsworth

(717) 609-3102 - [jrell@kuhncom.net](mailto:jrell@kuhncom.net)

**Moderator of Deacons:** Jill Davis

(717) 440-1037 [jilldavisteach@yahoo.com](mailto:jilldavisteach@yahoo.com)

## June 2022 DEW Actions

At the recent Session meeting, we agreed to support the Newville community's Summer Faith and Fun Days, spearheaded by Pastor Chris Faylor of the Big Spring Heights First Church of God. It is a Bible school for elementary aged children that runs every Friday at the Newville playground from 10 a.m. to 12 noon starting June 17 to August 12, 2022. Pastor Faylor expects about 65 children and they are going to learn to be God's Force Agents (GFAs) while they investigate the BE attitudes. Sounds like fun! The kids also need to be fed. That's where we need your help. Our church will provide the meal on a date yet to be determined. Please think about helping to plan, prepare and serve the meal (money has been set aside for purchasing). More information will be in July's newsletter. Thanks.

## CHURCH OFFICERS FOR 2022

### SESSION

Jim Ellingsworth (Clerk)	609-3102 <a href="mailto:jrell@kuhncom.net">jrell@kuhncom.net</a>
Rausa Roscinski	776-9142 <a href="mailto:rosc4@embarqmail.com">rosc4@embarqmail.com</a>
Lucy Jansema	385-7437 <a href="mailto:ljansema@live.com">ljansema@live.com</a>
Doris Mae Kennedy	776-6923 <a href="mailto:dmaenonnanlkel@embarqmail.com">dmaenonnanlkel@embarqmail.com</a>
Vern Gauthier	385-9526 <a href="mailto:1stuppastor@gmail.com">1stuppastor@gmail.com</a>
April Messenger	776-4461 <a href="mailto:chipril@kuhncom.net">chipril@kuhncom.net</a>
Carol Burd	814-335-9599 <a href="mailto:cburd4@gmail.com">cburd4@gmail.com</a>
Hale McCulloch	580-3663
Ann Cavanaugh	512-1185 <a href="mailto:anncav1944@gmail.com">anncav1944@gmail.com</a>

### DEACONS

Jill Davis Pres.	440-1037 <a href="mailto:jilldavisteach@yahoo.com">jilldavisteach@yahoo.com</a>
Pete Falk	776-8417 <a href="mailto:plfalk@pa.net">plfalk@pa.net</a>
Nancy Dunsmore	776-5080
Sally Ann McCrea	385-4734
Ray Heckman	422-7951 <a href="mailto:thornburyfarm@aol.com">thornburyfarm@aol.com</a>
Margie Fry	448-4404 <a href="mailto:sweetmargimae@gmail.com">sweetmargimae@gmail.com</a>

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## Highlights of Session Meetings held on May 19, 2022

- **APPROVED** the transfer of membership for Bobbi Van Scyoc from First United Presbyterian Church of Newville to rejoin the Korean Congregation at Market Square Presbyterian in Harrisburg, PA.
- **APPROVED** the request of the Big Spring Senior Center to use the Rhoades Fellowship Hall and the kitchen for their annual holiday dinners on Thursday, November 17, 2022 (Thanksgiving Dinner) and Thursday, December 15, 2022 (Christmas Dinner) from 7:00 am to 3:00 pm each day.
- **APPROVED** the request from the Borough of Newville to permit the High School Band to use our parking lot on Friday, May 27 for their participation in the “Music in the Park.”
- **APPROVED** the 40% of the Pentecost Offering be given to the BSICC to support their Paw-Pack ministry.
- **APPROVED** to Re institute the Passing of the Peace in worship:
  - a. Handshakes and hugs for people in your Family/Pew Group
  - b. Peace Sign or waving for others you greet from your seat.
  - c. Virtual folks leave a greeting on FB or YouTube
- On June 5th at the 10:15 service we will be honoring our College graduate

- Lauryn Cunningham. Pastor Vern will be giving a card from the church to Lauryn. She will say a few words about her future plans after Nursing School
- **The ending checking account balance as of 4-30 -2022 was \$4,975.67. Income for April was \$17,102.40 and year to date income was \$65,578.87. Expenses for April totaled \$18,487.45 and year to date expenses were \$79,816.52**
- Meals on Wheels is still looking for someone to replace Margie Butts who serves as its Moderator/President until September 1.
- Pastor Vern has been appointed the Commission on Ministry (COM) Liaison for the congregations of Faith-Immanuel and Hope Presbyterian Churches.

Submitted by Jim Ellingsworth – Clerk of the Session

(DISCLAIMER - "Notes from unofficial minutes and subject to change.")