

The Opequon Spirit

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



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

June 2026

www.opequonchurch.org

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WORSHIP AT-A-GLANCE

**PLEASE NOTE:
Sunday Morning
Summer Worship
is at 10:00 AM only!**

June 7

† Galatians 5:1, 13-25;
Matthew 9:9-13
Sermon: "Time to Bloom!"
* Communion

June 14

† Matthew 9:35-10:8;
Psalm 100
Sermon: "Making Disciples"

1:30 PM Spring Arbor Worship

June 21—Father's Day

† Psalm 86:1-10;
Matthew 10:24-39
Sermon: "The Cost of Discipleship"
* Blood Pressure Checks

June 28

† Psalm 89:1-4;
Matthew 10:40-42
Sermon: "A True Apprentice"
* 4 Cents A Meal

6:00 PM WOW—Wonderful Outdoor Worship

(Pitcock Picnic Pavilion)
* Casual worship outdoors with
singing, meditation, & prayer
(preceded by the "Roots & Shoots
Picnic in the Garden"
at 4:00 PM)

WE'RE EXCITED! ARE YOU?

(From the Evangelism Team)

It will be so great to see many older and new friends come together as one for our June, July, and August services at 10:00 AM! This is an opportunity to reach out and put faces with names you may have heard somewhere. **So... that means—please wear your name tag to make it easy for us all.**

- ▶ Simply drop your name tag in one of the baskets after worship and our faithful volunteers will file it.
- ▶ If yours is missing, or you don't have one yet, please add your name to the "Name Tag Needed" list on the clipboard in the Gathering Area!



And remember these helpful hints that help our name tag filing volunteers:

PLEASE DO NOT...

- ✓ wrap strings around your name tag and file them
- ✓ put strings in front of your name
- ✓ file name tags yourself

We look forward to seeing you and knowing your name!

PARKING ON SUNDAYS THIS SUMMER

At some of our Sunday services during recent summers, the parking lot got crowded and filled. Of course, this is always good news, but an issue indeed as it may discourage some from attending. Last summer, we proactively invited those who don't mind parking in the field along the right side of Opequon Church Lane and walking up to the Sanctuary building to do so, allowing adequate and plentiful parking for others who may arrive later and/or need to park close to the building. And it went so well. People who could park farther away and walk were so gracious, and we are thankful. Once again, the church staff will set an example by proactively doing this beginning on June 7. We are grateful for your cooperation and assistance in working with us to make sure we are hospitable and welcoming to all.





NOTES FROM PASTOR DAVID:

"Time to Bloom!"

Dear Friends in Christ,

When Rebekah and I were in Pittsburgh in January for the annual Presbyterian Christian Education Conference, we ventured with a group to the Heinz History Center on the morning that the conference began. The two rivers that converge to form the third at the Point right in front of our hotel were filled with ice floes, and I had seen an ice breaking boat go down the river the evening before. It was snowing when we got off the bus and walked into the museum, a treasure trove of everything Pittsburgh and western Pennsylvania ("Can you say bridges? Can you say Heinz? Can you say Steelers? Can you say Mister Rogers?"). It was very much winter and a bit gloomy on the outside, but the inside was filled with life of all kinds, presented through the lens of people, events, artifacts, dreams, inventions, and innovations. Maybe it was the winter cold outside. Maybe it was the excitement of being in downtown Pittsburgh. Maybe it was the headline that caught my eye. But, I was intrigued by the sign that read:

IN BLOOM

The natural world has often inspired designers and manufacturers. But the process of blooming includes more than just plants and flowers – ideas bloom, yeast blooms, and relationships blossom. In what ways are these objects "blooming?"

The host of objects indeed reflected growth, blossoming, and expansion. They spoke loudly, though inaudibly, about the incredible witness to people, ideas, and experiences that have shaped us. From that moment on, I thought, "Our summer worship series this year should be "Time to Bloom!"

And so, it is! Our "Time to Bloom!" theme will focus on our blooming, our blossoming, our bearing fruit, and our expansion of mind and heart as children of God, as disciples of Jesus, as a community of faith. In Matthew's gospel, in the letters of Paul, we are called to grow as we walk and serve with Jesus and one another. We are challenged to bear the fruit of the Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. As Eugene Peterson's *The Message* emphasizes, "But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life,

serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely." (Galatians 5:22-23) Pastor Tracie and I look forward to wrestling through the scriptures with you, praising God, praying to God, interacting with one another. It will be our "time to bloom." I hope you will come along with us.

Together in Christ's Service,

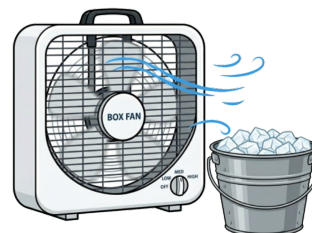
David

PASTOR TRACIE'S JUST THINKIN'...

I like popsicles. I like green popsicles, red popsicles, orange popsicles. I do not like the blue ones. The color stays on my mouth too long. When I was a child, a nickel could buy a double popsicle—one with two sticks! I could break it in two. I could even put one in the freezer for later. A 5-cent popsicle was more than a summer treat. It was a carefully made decision with huge consequences for the rest of the day. A red one could color the entire front of a shirt. Half a popsicle could entice a friend over to play all afternoon. If my sister or brother was aware that I had one in the freezer, it could disappear and cause a fight. As the oldest child, I was expected to share... sigh.



As an adult, I found the best use for a popsicle. I was serving Robinson Memorial Presbyterian Church in Syracuse, New York, during a hot, sizzling summer. Once again, the session refused to consider air conditioning for the Sanctuary. They had tons of reasons: it cost too much, we only needed it during the hottest weeks and open windows managed the rest, we were an older congregation, so there were not many weddings, and older people did not mind the heat. Their minds were made up. Air conditioning was a waste of money, and we might need those funds for something more important.



RMPC did not have a matriarch, but it did have a few clear influencers. I needed to change their minds before we all melted in the heat. Worship outside was not an option; there was too little shade.

Fans only pushed around the stifling air. I even tried old-fashioned swamp pots, but they were noisy and did not help.

I decided experience would work better than facts. I had already presented the facts to Session, and the retired General Electric engineers serving the church had dismissed every one of them. Their minds were like steel traps—firmly shut. Even their wives could not pry them open.

The temperature was 95 degrees. All the windows were open. The choir was sitting in the pews because the chancel was just too hot. Hand fans were available at every corner of the sanctuary. It was time for the prayer of confession. I stepped to the back of the sanctuary. I came back in with a large cooler. I stood in the aisle and talked briefly about how uncomfortable our sin made us. I did not mention Hell exactly, but the inference was obvious. We prayed our confession. Then, from the back of the church, I began to hand out popsicles. I talked about the ways God's forgiveness and grace could make our lives more comfortable. You should have heard the buzz as the cold treats were passed along the pews. I don't remember much more about that service, but one of the engineer-influencers tried to stare me down as he left at the end. "You made a point," he mumbled. His wife just laughed. The Sexton warned me that another occurrence would mean I had to clean up the spills myself. He grumbled for days. One wife told me that she left the red stain on her spouse's shirt until he changed his vote.

I wish I could say that the session soon approved needed air conditioning. It still took them a long time and a whole lot of discussion, but just before I retired, summer Sundays became worship bearable.

What's my point? I'm not sure I have a theological point to make, but telling a good story in June is fun...and if it takes frozen sugar water to move a bunch of Presbyterians toward obvious common sense, what must God have to do to keep the whole of us on track?

—Tracie

EXTENDING OUR EMPATHY AND CHRISTIAN LOVE TO...



- ✧ The Hess family upon the death of Betty Hanna Hess on May 1.
- ✧ Ryan and Krista DeCeault Strukoff, Cheryl and Dave DeCeault, and family upon the death of Ryan and Krista's son, Luke Strukoff, on May 5.

*"I am the resurrection and the life," says the Lord.
"Those who believe in me shall live,
even though they die, and whoever lives
and believes in me shall never die."*

—John 11:25-26

CELEBRATING NEW ARRIVALS



- ✧ Judith Ann Hartman, daughter of Carolyn and Jordan Hartman, granddaughter of Terry and Clayton Hartman, and great-granddaughter of Barbara and Carroll Youngblood, on May 12.
- ✧ Marla Merrion Picklap, first child of Olivia Merrion and John Picklap and fourth grandchild of Nancy Picklap, on May 13.

We rejoice in celebration of these precious gifts of new life and pray God's blessing upon Judith, Marla, and their families!

NEW OPEQUON MEMBERS WELCOMED IN MAY



- ❖ Rod Arrington, Re-Affirmation of Faith
- ❖ Bev & Bruce Leech, Transfer of Membership from First Presbyterian Church (Greer, SC)
- ❖ Ellen & Pat Mason, Transfer of Membership from First Presbyterian Church (Winchester, VA)
- ❖ Sarah Pelfrey, Transfer of Membership from Burke Presbyterian Church (Burke Center, VA)

MINISTRY TEAM NIGHT Tuesday, June 2

- 6:00 PM Hot Dogs & Burgers Cookout Meal
(provided by Congregational Care)
- 6:45 PM Devotions & Team Meetings

FATHER'S DAY Sunday, June 21

Give thanks for our faith community and come together as families for worship. Honor the men of Opequon. Renew your commitment as families. Glorify God!

SCHOLARSHIP AWARD RECIPIENT

On Sunday, May 17, when we honored all our OPC high school graduates, we also joyously presented the 2026 Rachel Bayliss Scholarship to **Alex Sardelis**, who graduated from Handley High School and will be attending James Madison University.

We are grateful to the Claytor and Bayliss families for establishing this scholarship fund more than thirty years ago in memory of their mother and grandmother, Rachel Bayliss. Contributions to the fund are always welcome. When an older adult of Opequon dies, then our Happy Days group makes a donation in their memory to the Rachel Bayliss Scholarship Fund.

"TIME TO BLOOM!" SUMMER WORSHIP SERIES BEGINS THIS MONTH

Beginning on Sunday, June 7, worship this summer will focus on the theme "Time to Bloom!"

We'll consider the rich stories of scripture, Opequon Church, and our lives that invite our growth as God's children, God's people. How will we bear God's fruit through our lives? How will this blooming, this expansion, bless others?

We hope you will be present with us as much as you can with all you can to serve God and to share with one another during June, July, and August at 10:00 AM worship and at other summer events.



Dear OPiE,
I am new at OPC. One thing I have noticed is that the beginning of worship can be hard to figure out. Are there clues I am missing? — Newbie



Dear Newbie,

I have noticed that congregations tend to gather for worship in two ways. One group celebrates being reunited as the body of Christ. As they enter the Sanctuary, they greet one another, hug, and pick up conversations from the week before. They laugh, chat, and move about the Sanctuary. Yes, they are noisy. The other group enters more quietly and reverently. They take their seats, greet one another softly, and wait for the prelude to begin. As a purple church, it makes sense that we include people from both groups, each glad to be together in their own way. In the process, though, each group may overlook the other's needs before worship.

OPC is a welcoming church family. Everyone is warmly greeted in the Gathering Area. This greeting often continues in the Sanctuary. The tolling of the church bell, which was echoed by the organ, used to tell us that it was time to quiet our spirits in preparation for worship. Now, however, Garrett plays his prelude on the piano, so trying to run back to the organ to play chimes makes no sense. I did not even realize that we no longer had those chimes until you asked your question. Glad you asked.

I would suggest that Pastor David ring a bell to start worship, but it might sound like a dinner bell and make me hungry. Dimming the lights would not work at all in our very sun-lit Sanctuary. I'll bet we might come up with something else, however. Preparing our spirits for worship is important; we also need to reconnect. We are already good about silencing cell phones... at least most of the time. Maybe someone could pass out cookies before worship. It's easier to listen to a prelude when you are eating, and don't worry about the crumbs—I can manage those.

— Your friend, OPiE

TRAVEL WITH "FLAT JESUS" THIS SUMMER!

Every age and stage are invited to choose a "Flat Jesus" picture from the back of the Sanctuary, color, and cut it out. Wherever you go—pool, park, vacation, camp, beach, walk, work, practice, etc.—bring along "Flat Jesus!" Take a picture with "Flat Jesus" and send it to Rebekah Witt (rwitt@opequonchurch.org) so we can see all the wonderful things you are doing!

FLAG RETIREMENT OPPORTUNITY

Many of us have a US Flag or two that have outlived their pristine appearance. Yet, we still have them lovingly tucked away. Here is a solution to retire your well-loved Stars and Stripes with dignity...

Nick and Ben Jenkins are very active with Scouting America and, during their weeks at summer camp, the Scout Leaders hold a very specific and dignified US flag retirement ceremony as needed. Along with their parents, Austin and Amanda, they have agreed to transport your flags to camp for this ceremony, as a ONE-TIME service to our OPC family.

A designated tote will be available in the Gathering Area to receive flags ready for retirement—but **ONLY UNTIL FLAG DAY, SUNDAY, JUNE 14.**



"Blue Skies & Green Grass" SPRING CONCERT INVITATION

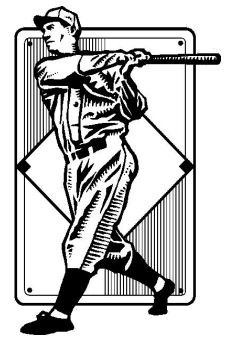
**Saturday, June 20
4:00 PM**

Windsong will be celebrating their 5th anniversary with a spring concert in the Opequon Sanctuary, followed by some light refreshments in the Gathering Area.

All are welcome to attend!

Free-will offerings appreciated.

THE MEN OF OPEQUON (MOO) SPONSORS A ROYALS BASEBALL OUTING FOR THE WHOLE CHURCH!



The Men of Opequon invite all women and men, girls and boys to the Winchester Royals game on Thursday, June 25, at Bridgeforth Stadium in Jim Barnett Park. The cost of entry this year is \$8.00 for adults, \$5.00 for seniors (60+), and \$3.00 for students. Just bring the price of the ticket and money for the 6:00 PM dinner through concessions at the park. Meet us at the picnic table for dinner, behind home plate. The first pitch is at 7:00 PM. This is the best buy in town! Take me out to the ballgame!

ROOTS & SHOOTS: "Picnic in the Garden"

We invite you to come to the Roots & Shoots Garden for a summer feast and fellowship on Sunday, June 28, at 4:00 PM! Bring a side or salad to share and your own chair or sit at a picnic table or bench in the garden. The Garden Team will provide grilled hot dogs, hamburgers, chips, and beverages. Dessert will be provided by the Fellowship Ministry.

WOW— Wonderful Outdoor Worship

At 6:00 PM, we will head over to the Picnic Shelter for a WOW—"Wonderful Outdoor Worship" service, where we will enjoy a relaxed outdoor worship experience with singing, meditation, and prayer.

Everyone is welcome to come and partake in all of the wonderful food, fellowship, and worship! We hope you will join us!





REMINDER:

**SUMMER WORSHIP
@ 10:00 AM ONLY**

begins Sunday, June 7,
and continues through
Sunday, August 30!

Come and worship as we
become a garden for the Holy
Spirit— blooming
and bearing fruit.

FELLOWSHIP TIMES FOLLOWING WORSHIP THIS SUMMER

Summer is a special season when the rhythm of life changes. This happens at church, too, especially with one worship service at 10:00 AM for the next three months.

Since we have discovered that people often remain to visit and interact following worship during these summer months, we thought it would be nice to have some drinks and snacks available each week. If you and your family, team, group, or several friends are willing to provide simple drinks and snacks, please sign up for a Sunday on the poster in the Gathering Area marked, "SUMMER SOCIALS."

Now, obviously, some Sundays are already spoken for, dedicated already to events and happenings sponsored by teams and groups, but a whole host of Sundays within the next three months are available. Please lend a hand to bless us during this "time to bloom."

ABUG TRAINING THIS MONTH

Are you A BUG now?

Would you like to be A BUG?

Training for everyone who fulfills the role of Acolyte, Beadle, Usher, and Greeter (ABUG) will be on **Sunday, June 7 @ 11:15 AM** in the **Sanctuary**.

If you are interested in learning more about serving in one of these roles, you are cordially invited to join us! Training will be led by the Worship Ministry Team and Pastor David.

GENEROSITY / STEWARDSHIP MOMENT

(From Pastor Tracie Martin & the Generosity Team)

The year is half over and summer is here. We transition to one combined worship service at 10:00 AM. The Sanctuary will be full; as will the parking lots. We will all be happy for a summer break. I love sleeping in that little bit when worship is at 10:00 AM. I like the feeling of walking into a cool Sanctuary when the outside is all too hot. Much as I enjoy Choir, the special music of summer is a lovely change. It is always good to have those who attend each service back together again. I understand that we will also be having fellowship times after several of our summer worship services. It will be a good season.

Thank you for continuing to support the everyday expenses of OPC while also working toward our addition. Your continuing support is what makes OPC a thriving, well-functioning congregation. This is not simple rhetoric—it is a hard truth.

Our congregation runs with a sense of abundance. This is unusual for many Christian churches. All too many congregations hold on to a sense of scarcity. They concentrate on what they do not have rather than on what God has given them. This attitude makes worship and faith both more than a little bit harder. While it is easier to hold an attitude of abundance when a congregation is large and growing, I have also worked with small churches who managed just that as well. It seems to be a choice. Abundant churches have people who choose to be joyful about what they can do and be with God's help. They celebrate God's good gifts and use them to make a difference in God's world. This choice of joy and service is important. It glorifies God and helps God's people—the givers as well as those who receive.

Thank you, God!

A decorative flourish at the bottom of the page, featuring green and purple floral motifs and scrollwork.



VacATION BIBLE SCHOOL

VACATION BIBLE SCHOOL: June 14—17

With Summer comes Vacation Bible School! The time is here. There is still time to register through June 7 for the fun VBS nights, June 14-17, 5:00—7:30 PM. The theme is so relevant and practical—"EVERY LIVING THING," with the focus on how every living thing needs Food, Shelter, Water, Air, and Community. We have some real GOATS coming for one night of VBS! Vacation Bible School is open to 4-year-olds through 8th grade with an adult class as well. Registration is available online and at the VBS hut in the Gathering Area. **Register by June 7.** Invite friends to come along with you. Share the registration information with them too. Kick off your summer in a great way, come play each VBS day.

Online VBS Children & Youth Registration:

<https://forms.gle/SjMUNVAnDkrJKRWK8>

Online VBS Adult Class Registration:

<https://forms.gle/k9HFYAUZS9HHEZxx6>

VACATION BIBLE SCHOOL: Staff Orientation

All VBS Staff are asked and encouraged to attend the VBS Staff Orientation on Monday, June 1, at 6:30 PM in the Fellowship Hall. You will learn all the details for VBS week as much information is provided to you while we have some fun mixed in too. We appreciate the VBS staff and volunteers so much and look forward to being together for this experience.

VACATION BIBLE SCHOOL: Outreach Project

The outreach component for Vacation Bible School this year relates well to our theme of "All Living Things." We will be collecting items for FAMILY PROMISE to help those settling into a new home and we will be collecting items for the SPCA to benefit those animals. The congregation is invited to contribute items along with the VBS families and staff. These are the items we are collecting:

For FAMILY PROMISE—Paper Towels, Toilet Paper, Laundry Detergent, Dish Soap, All-purpose Cleaner, and Small household trashcans.

For the SPCA—Pet toys, small pet beds, dry and wet pet food, washcloths, large dog harnesses, and collars.

Items will be collected through June 17. There will be a bin in the Gathering Area for items. If you feel led to donate any of these items, it is greatly appreciated.

OPIE'S PLAYHOUSE

Did you hear? Opie's Playhouse is moving to SUMMER hours!! That means we get to play outside! You will find us out on the playground and basketball court on Sunday, June 7, 11:15 AM—12:00 PM. Join in the fun as we play with bubbles, chalk, hula hoops, and more! It's a time of pure summer fun and fellowship. Opie's Playhouse is for all families with young children. Big siblings are welcome too! Stop by on the way to the car... you might make a new friend. In the event of rain, we will meet in the Memorial Sanctuary. Hope to see you there!



THE LATEST IN LOGOS

Do you know what Logos is? Maybe you have heard it spoken of but really are not sure what Logos is. Logos is a midweek ministry for Pre-K through High School age young people held on Wednesdays (4:30—7:15 PM) from September through March. The young people experience Recreation time, Worship Arts time, Bible class time, and Dinner time. The focus of Logos is loving God and loving one another. It takes a great staff of adults to help make this all happen! Last year we had a staff of 60 adults. A Logos Leadership Team meets regularly to oversee this vibrant educational ministry.

An important Logos date has been set; September 23, 2026, will be our first Logos night of the new Logos year. This will be our 29th year of Logos at Opequon! The leadership team will be choosing a theme for the year, planning special events, calling staff, discussing schedules, and working on goals for another great year of Logos here. There will be a lot of excitement for our 29th year! As the leadership team meets regularly during this time, we truly hold all our young people and congregation members in our hearts as we work to provide the best Logos experience possible. Keep watching for more news about the next Logos year.

YOUTH: GRADES 6-12

June 14-17: VBS

July 1: Massanutten Water Park Trip

YOUNG ADULTS: AGES 18-35

June 27: Frisbee Golf & Ice Cream

MEN OF OPEQUON THIS MONTH

The monthly MOO gathering will be held on Monday, June 8, beginning with dinner at Chick-fil-A at 6:00 PM. We will then travel to the church for our meeting at 7:00 PM, which, weather permitting, will begin in the large church cemetery to the left of Opequon Church Lane. The local Colonel James Wood, II Chapter of the Sons of the American Revolution will be our guests and will provide a presentation of the colors; a review of the Revolutionary Soldiers buried in the Opequon Cemeteries; a 3-volley black powder salute; and an American Flag Folding Ceremony. Refreshments will be provided in the Fellowship Hall for all in attendance. In the event of inclement weather, the ceremony will be moved indoors to the Fellowship Hall.

Everyone, men, women, young, and old, are invited to join us in the cemetery for this special presentation.

GLOW: 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. Last month, Opequon women went out to dinner at Italian Delight.

This month women will enjoy an ICE CREAM SUNDAE night on June 9 at 6:00 PM. Ice Cream and drinks are provided. Women are invited to bring their favorite ice cream topping to share with others. We will play some ICE CREAM BINGO games, with PRIZES of course! We will share some devotions and enjoy each other's company over our ice cream sundaes. We look forward to welcoming Opequon women for a delightful evening together. All Opequon women are invited.

LIFE GOES ON

Life Goes On will gather in the Bageant Room on Monday, June 15, at noon. The main dish will be a surprise! Please plan to bring a dish to pass or chip in a buck or two towards expenses. See you then.

FELLOWSHIP BOOK CLUB

Fellowship Book Club will take a break from meeting this month. The July book selection will be shared in the next newsletter.

OLDER ADULT HAPPENINGS

We will welcome SUMMER this month. Reminisce back to your summer childhood days and think of all the things you loved about summer! Maybe you still love some of those same things.

This month begins with the Older Adult Planning team meeting on Monday, June 1, at 9:30 AM in the Bageant Room. This meeting is for discussing and planning programs for Happy Days and other special events. The meeting is open to any older adult who would like to attend. You are welcome to come join in. Some morning goodies and coffee are provided.

The monthly older adult fellowship time known as 'Happy Days' will be held on Wednesday, June 10, at 12:00 noon in the **PICNIC SHELTER for Strawberry Day**. We will enjoy the beautiful setting of the great outdoors! **BRING YOUR OWN BAG LUNCH**. Chilled water AND Strawberry Shortcake Dessert will be provided. We will be playing some STRAWBERRY BINGO and enjoy some Strawberry Jokes. All older adults are welcome. Come enjoy the friendships, joy around the tables and this pleasant atmosphere.

MISSION MINISTRY HIGHLIGHTS



Senior Outreach

Senior Outreach Ministry will gather on Sunday, June 14, at 12:15 PM, by the church office door to load up the totes for the Shenandoah Senior Apartments in Winchester. Donations of paper towels or bath tissue are always welcome.

CCAP Fundraising Events

CCAP has some special fundraising events this summer!

An Evening of Enchantment Cherity Gala—June 18, 2026 (5:30—10:00 PM), at the George Washington Hotel. Join the group for an evening of magic, dinner and drinks. Enjoy captivating performances by Magician VIC and emcee Janet Michael. Silent auction items will also be available. Tickets are \$100/person. Register here: <https://evening-enchantment.replit.app/>

6th Annual Benefit Bike Tour 2026—Saturday, August 2 (8:00 AM) at Valley Health Wellness Center. For more information, visit ccapwinchester.org or you may register to participate or donate here: www.bikereg.com/6th-annual-ccap-benefit-bike-tour

Collections for CCAP

Throughout the month of June, we will be collecting oatmeal for CCAP in the Dell Room.

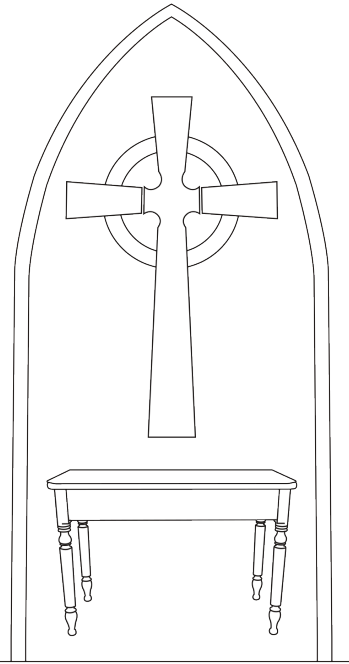
Ongoing food donation needs include: canned fruits and vegetables, soup, canned meats, pasta, cereals, crackers, cookies, peanut butter, apple sauce, baby food, meats, and shelf-stable dairy products.

CCAP also has an ongoing need for many non-food items including: diapers, children's pull-ups, shoes and boots, new underwear, socks, blankets, towels, and toilet paper.

Items and non-perishable food donations may be placed in the CCAP donation bin located in OPC's Dell Room. Donations may also be dropped off directly at the CCAP building at 112 S. Kent Street in Winchester. Thank you for your contributions and supporting our community!

Friends for Health in Hati

We were blessed and inspired by the presentation on May 3 by Dr. Katie Wolf about Friends for Health in Haiti. Because some attendees have asked, if you wish to support Dr. Katie Wolf's medical mission in Haiti (FHH), checks should be sent to: Friends for Health in Haiti, PO Box 653, Cedarburg, WI 53012.



A Place at the Table

NEW BUILDING UPDATE GATHERING FOR THE WHOLE CONGREGATION

The Session invites you to a Congregational Gathering to get the latest updates on our proposed building expansion.

This informational gathering will be on Sunday, June 14, at 11:00 AM in the Sanctuary, immediately following our 10:00 AM worship service.

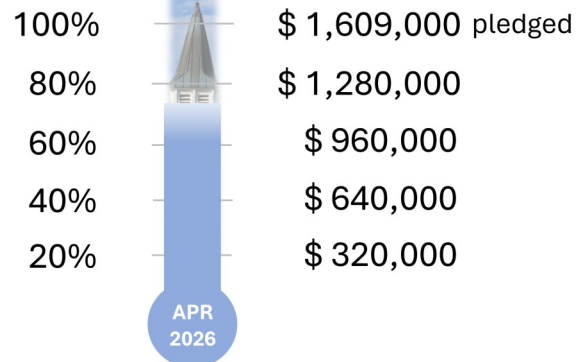
We look forward to sharing a timeline called, "Steps to Putting a Shovel in the Ground." This gathering will also be available via Zoom and the link will be shared in the Tuesday/Friday emails the week prior, as well as through the church office upon request.

Please join us as we together take steps forward in this unfolding vision.

BUILDING CAMPAIGN RECEIPTS

Building campaign receipts now total \$1,205k through April 2026, which is 75% of the total amount pledged. Note that some pledged gifts have been received in full and will not be evenly spread over the 3-year giving period. The total also includes gifts that were not pledged.

We are so grateful for everyone's continued generosity and prayers as we continue to move our building campaign forward. Because of your faithful giving, we are growing together and creating "A Place at the Table" for our ministries, fellowship, and future generations. Thank you for being such an important part of what God is doing in our church family!



COOKBOOK NEWS

If it's one thing you can always count on, Opequon loves sharing food! We are still collecting recipes for Opequon's "A Place at the Table Cookbook!"



Check out the table in the Gathering Area for info about the cookbook! Do you have a recipe that you want to be included in the cookbook? Handwritten or typed recipes may be placed in Marj Praml's mailbox near the church office or you can email your recipes to Cindy Sousa (casousa260@gmail.com).

BULLETIN DELIVERIES

During the months of June, July and August, Congregational Care will not be delivering the weekly bulletins on Thursdays and they will be mailed instead. We will resume the deliveries again in September.

ONE GREAT HOUR OF SHARING THIS YEAR

Thank you for your contributions to this historic and life-changing offering that supports hunger programs, disaster relief, and development ministries. This offering has grown from its humble beginnings in 1949 within a Presbyterian Church in Pittsburgh. The total given in this 77th year by Opequon Church was \$3,116, surpassing last years total by three hundred dollars. Thank you for your generosity.

Please give generously.

If we all do a little, it adds up to a lot!



**ONE GREAT
HOUR OF SHARING**

Opequon Presbyterian Church Financial Summary for the period ended April 30, 2026

	Annual Budget 2026	Current Month Actual	Year to Date Actual	Annual Budget Remaining	% of Annual Budget Used
Income					
410000 Offering Income	961,041	92,703	348,505	612,536	36.3%
420000 Other Income	2,100	194	1,089	1,011	51.9%
Total 400000 Income	963,141	92,898	349,594	613,547	36.3%
Expenses					
500000 Personnel Costs					
510000 Installed Pastors	160,114	12,853	51,813	108,301	32.4%
520000 Other Ministerial Staff	259,866	18,353	70,591	189,275	27.2%
530000 Administrative Staff	167,195	14,041	54,225	112,970	32.4%
Total 500000 Personnel Costs	587,175	45,247	176,629	410,546	30.1%
600000 Other Ministries					
610000 Christian Education	15,650	761	4,148	11,502	26.5%
620000 Congregational Care	2,800	588	1,360	1,440	48.6%
630000 Evangelism	6,050	275	588	5,462	9.7%
640000 Fellowship	4,250	69	1,295	2,955	30.5%
650000 Mission	79,219	3,162	28,898	50,321	36.5%
660000 Worship	8,000	685	3,016	4,984	37.7%
Total 600000 Other Ministries	115,969	5,539	39,305	76,664	33.9%
Total 700000 Church Administration	160,200	8,379	51,022	109,178	31.8%
Total Expenses	863,344	59,165	266,956	596,388	30.9%
Net Operating Income (Expense)	99,797	33,733	82,638	17,159	82.8%
920000 Other Income	18,650	1,654	7,677	10,973	41.2%
930000 Other Expenses	118,447	10,502	40,236	78,211	34.0%
Net Other Income (Expense)	(99,797)	(8,848)	(32,559)	(67,238)	32.6%
Income Greater Than (Less Than) Expenses	0	24,885	50,079		

	<u>4/30/26</u>
Cash	<u>\$ 145,615</u>
Sanctuary Mortgage Principal Balance	<u>\$ 246,409</u>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
9:30am - Older Adult Planning 5:30pm - Windsong @ Sanctuary 6:30pm - VBS Staff Orientation @	5pm - Tech Team Meeting @ 6pm - Ministry Team Night @	9:30am - Staff Meeting @ Bageant 6pm - Choir Potluck & CAT @	10:30am - Tai Chi @ Memorial 6:30pm - Sherando Food Pantry @ 7pm - ART Team Meeting @	David away		
7	8	9	10	11	12	13
Communion 10am - Worship & Live Stream 11:15am - ABUG Training @ 11:15am - Fellowship Time @ 11:15am - Opie's Playhouse @	5:30pm - Windsong @ Sanctuary 6pm - MOO Meal @ Chick-fil-A 7pm - MOO Gathering @ Cemetery	9:30am - Tuesday Morning Mission 6pm - GLOW @ Fellowship Hall 7pm - Vision Team @ Bageant	Memorial Sanctuary Decorated for VBS 12pm - Happy Days @ Picnic	10:30am - Tai Chi @ Picnic		
14	15	16	17	18	19	20
Memorial Sanctuary Decorated for VBS 10am - Worship & Live Stream 11am - Congregational Building 12:15pm - Senior Outreach 1:30pm - Spring Arbor Worship @ 5pm - VBS	NEWSLETTER DEADLINE 12pm - Life Goes On @ Bageant 5pm - VBS	5pm - VBS	9:30am - Staff Meeting 5pm - VBS	10:30am - Tai Chi @ Picnic 6pm - Small Feast Group @ Picnic 6pm - Youth Mission Trip Meeting 6:30pm - Sherando Food Pantry	Juneteenth	11am - Memorial Service - Jean 12pm - Reception - Jean Steidel @ 4pm - Windsong Concert &
21	22	23	24	25	26	27
Memorial Sanctuary Decorated for Blood Pressure Checks Father's Day 10am - Worship & Live Stream 11:15am - Fellowship Time @	Church Van in Use (Paddy Run) 5:30pm - Windsong Potluck @ 6pm - Personnel Meeting @ Doug 7pm - Astronomy Club @ Assembly	12pm - TVOR Lunch 5:30pm - Highland Food Pantry @ 6:30pm - Session Meeting @	10:30am - Tai Chi @ Memorial 10:30am - WANC Lunch @ 6pm - Fellowship Book Club @			6pm - Young Adults-Frisbee Golf &
28	29	30	1	2	3	4
4 Cents a Meal Offering 10am - Worship & Live Stream 11:15am - Fellowship Time @ 4pm - Roots & Shoots Garden 6pm - WOW (Wonderful Outdoor	Kitchen Closed (deep cleaning) Youth Water Park Trip (Church Van) 9:30am - Staff Meeting @ Bageant		10:30am - Tai Chi @ Memorial 2:30pm - Planning Meeting for 6:30pm - Sherando Food Pantry @ 7pm - ART Team Meeting @	Church Office Closed Independence Day (substitute)	Independence Day	

NURSE NOTES



American Heart Association.

HOME BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

Before You Measure

- No smoking, caffeinated beverages, alcohol or exercise 30 minutes prior.
- Use a validated device with the correct cuff size. (Visit [Validate BP](#) to find a device you can trust.)
- Empty your bladder.
- Sit quietly for more than 5 minutes and do not talk.

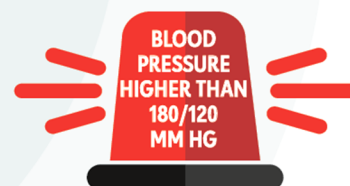
Proper Positioning

- Sit upright with back supported, feet on floor and legs uncrossed.
- Rest your arm comfortably on a flat surface at heart level.
- Wrap the cuff on your bare skin above the bend of the elbow, not over clothing.



During Measurement

- Stay relaxed and do not talk.
- Take at least two readings, 1 minute apart.
- Record all results once measurement is completed and share them with your health care professional to help confirm your office blood pressure category.



MAY BE A HYPERTENSIVE EMERGENCY*

American Heart Association recommended office blood pressure categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)		DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120–129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130–139	or	80–89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120

*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking

* Wait a few minutes and take blood pressure again.

* If your blood pressure is still high and there are no other signs or symptoms, contact your health care professional.

* If you are experiencing signs of possible organ damage, such as chest pain, shortness of breath, back pain, numbness, weakness, change in vision or difficulty speaking, call 911.

Learn more at heart.org/BP

SUMMER HELPERS NEEDED!

The Property Team would appreciate your help! If you are willing and able to assist with either of the roles listed below—whether occasionally or on an ongoing basis—please reach out to Robert Sydnor or contact the church office.

Plant Waterer

Basil Clark, who has faithfully done this for years, will not be able to water the outdoor plants around the church building for several weeks. The hose easily reaches everywhere needed so no hauling buckets of water. The plants typically need to be watered a couple times a week, depending on the weather.

Picnic Shelter

When we use the picnic shelter for special events (such as the Wonderful Outdoor Worship Service), it usually needs to be power washed first. With some extra hands to help move the tables and benches and/or giving them a quick wipe, Robert can accomplish this in about an hour (a lot quicker than doing it all by himself). Are you willing to be added to the "call upon as needed" list when these events come up on the calendar throughout the summer?



WORSHIP REMINDER:

**Summer Worship @ 10:00 AM
Starts on Sunday, June 7!**

(June / July / August)

Dear Friends of Opequon,

Many thanks for all the cards and visits during my recent rehab stay at Lynn Care in Front Royal.

Also thank you for all the meals that you have dropped off to me since I have been home. Your thoughtfulness is greatly appreciated! I am so fortunate to be a member of such a caring congregation!

—Bonnie Pitzer

Dear Pastor Dave & the Opequon Congregation,

Thank you very much for allowing me and my piano studio to hold our Spring Recital at your church. The Boston piano is a gem!

Many thanks!

Warmly, Susan Ticknor



LOOKING INTO JULY

- ✓ Summer Worship @ 10:00 AM each Sunday
- ✓ Youth Water Park Trip—Wednesday, July 1
- ✓ 250th Remembrances & July Communion—Sunday, July 5
- ✓ Opie's Playhouse—Sunday, July 5 (11:15 AM)
- ✓ Youth Mission Trip—July 5-10
- ✓ Middle School Conference—July 14-17
- ✓ "Lemonade on the Lawn"—Sunday, July 26

SAVE THE DATE: "GENERATIONS SUNDAY"

Sunday, August 23

Celebrating the
Pillars, Generations,
& Families of Opequon

Sunday, August 23

10:00 AM Worship & Fellowship



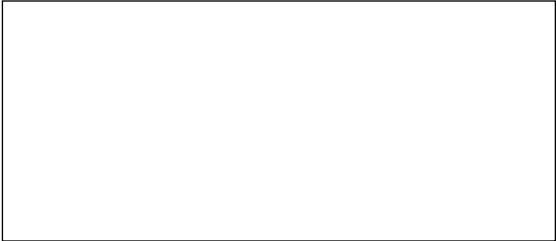
**** The deadline to send newsletter submissions to the church office the 15th of each month. ****

OPEQUON PRESBYTERIAN CHURCH

217 Opequon Church Lane
Winchester, VA 22602-2421
www.opequonchurch.org

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OPEQUON PRESBYTERIAN CHURCH
 217 Opequon Church Lane
 Winchester, VA 22602-2421

Website:
www.opequonchurch.org

Phone:
 540-662-1843

Office:
office@opequonchurch.org

Church Office Hours:
 Monday—Thursday
 9:00 AM—2:00 PM

Friday
 9:00 AM—12:00 PM

 **SUMMER WORSHIP:**
Sundays at 10:00 AM
 June—August
(in-person & livestreamed)

CHURCH STAFF

Pastor.....	David R. Witt
Parish Associate	Tracie Martin
Church Office Administrator	Rachel Lesink
Church Finance Administrator	Ken Smiy
Director of Christian Education	Carole Witt
Director of Youth & Young Adults	Rebekah Witt
Director of Music	Susan Homan
Organist/Pianist.....	Garrett Jones
Facilities Coordinator.....	Robert Sydnor
Nursery Supervisor.....	Laurie Carver
Faith Community Nurses ...	Bill Martin, Mike Nutry, Pat Williams