



The Opequon Spirit

“Prayerfully Equipping Disciples of All Generations to be Christ’s Hands, Heart and Feet in the World”

JULY 2022

SUMMER WORSHIP IN JULY – 10:00 am ONLY each Sunday

Sunday, July 3rd

Pre-Service Patriotic Music by William Heavner
Genesis 15:1-6, Galatians 3:23-29
Sermon: “Heirs According to the Promise”
CCAP

Sunday, July 10th

Deuteronomy 6:4-9, Roams 12:9-21
Sermon: “Come Sing, O Church in Joy”
Communion, In Person & At Home
Special Music

Sunday, July 17th

Psalms 89:1-4, 19-26, Romans 16:1-16
Sermon: “Greet One Another”

Sunday, July 24th

Colossians 2:6-15, 16-19
Luke 11:1-13
Sermon: “Even Trees Have Circles”
Four Cents A Meal

WOW at the Shelter – 6:00 pm w/ “Lemonade on the Lanai”

Jonah 2:1-7, Luke 11:1-13
Meditation: “One Voice Through the Ages”

Sunday, July 31st

Hebrews 13:1-2, 15-16, Luke 14:1, 7-14
Sermon: “All Are Invited!”
Habitat for Humanity Paint Can Offering

STAFF SCHEDULES THIS MONTH:

David Witt..... July 13-26, Vacation
Carole Witt..... July 13-26, Vacation
If a pastoral concern arises during this time, please contact Associate Pastor Julia Burkley, (914) 523-6030, pastorjulia@opequonchurch.org, or Parish Associate Tracie Martin, (304) 856-2080, tracie-martin@juno.com.

PRE-SERVICE PATRIOTIC PIANO CONCERT

Sunday, July 3rd
9:45 am

Come to the 10:00 am service a little early and enjoy some patriotic music. Our organist, William Heavner, will present a short program of July 4th holiday music beginning at 9:45 am.



The Church Office is closed Monday, July 4th in observance of Independence Day. It will reopen on Tuesday, July 5th at 9:00 am.

NOTES FROM THE PASTOR:

"All Hands-On Deck"

Dear Friends in Christ,

When our kids were growing up and we had a big event approaching (like a family reunion, graduation party, church gathering), we would tell them, "It's all hands-on deck." Of course, if a situation requires **all hands-on deck**, it means everyone needs to work hard to achieve an aim or do a task. The origin of the term stems from when the call went out for all members of a ship's crew to come to the deck, usually in a time of crisis (because a "hand" is a member of a ship's crew.) By extension, this required everyone available to help with a problem, summoning those people to help.

Recently, when I had COVID and Carole needed to quarantine through the weekend, it was all hands-on deck! I called upon Pastor Tracie to lead a memorial service and WOW and Pastor Tracie and Pastor Phil to lead Sunday morning worship. Our daughter, Rebekah, preached the sermon I had written and our son, Joel, led that morning's GIFT Event for Carole. Rebekah, joking around with our other son, Ryan, sent him a text that said, "Your family needs you," actually just to let him know that we were fine and had things well in hand. I am so thankful for all who step up during these times, whether in our family or in our church. As the old saying goes, "The show must go on!"

Though we have just entered into summer, which is usually a slower time with less meetings but increased interactions at church, we are already planning for the coming fall, which is an **"all hands-on deck"** season. We need all members of the "church crew" to come to the deck, to be involved, to get back to the basics of worship, education, fellowship, and service. Our new Discipleship Team, along with our now long-standing Vision Team, has been focusing on the five pillars/priorities of Opequon, especially member engagement. We have been taking a deeper dive into our communication

and connections, including our information systems, the ways in which we interact, and the discernment and dedication of our gifts. We have been studying the scriptures, like Ephesians 4, which instructs us, "God handed out gifts above and below, filled heaven with his gifts, filled earth with his gifts. He handed out gifts of apostle, prophet, evangelist, and pastor-teacher to train Christ's followers in skilled servant work, working within Christ's body, the church, until we're all moving rhythmically and easily with each other, efficient and graceful in response to God's Son, fully mature adults, fully developed within and without, fully alive like Christ." *The Message*

While summer can be a relaxing time of sabbath moments, traveling, enjoying a pause from some activities while fully engaged with others that can only occur in this season, it can also be a formative time, as we think about our involvement and engagement while moving forward. As we all emerge from the depths of the pandemic, we are invited to seize the new rhythm, to recommit and re-engage, and to join our hands, hearts, and feet with others. So, I challenge you to consider both your presence and your participation, the blessings you have received and the blessings you will give. And join me and our church staff and leadership, as we welcome our associate pastor, Julia Burkley, and we get to know her, and she gets to know us, walking and working alongside each other. As the familiar hymn says, "We will work with each other. We will work side-by-side...and they'll know we are Christians by our love, by our love. Yes, they'll know that we are Christians by our love."

Together in Christ's Service,



JUST THINKN'

The month of July has taken on a new meaning for me since Bill and I moved to Opequon. July used to be the month of picnics and flags, slow

days at my grandparents' cottage by the river. Bon fires and marshmallows every evening. Then, as I grew and matured, July was the one month not overshadowed by school. In New York, school breaks for the months of July and August. August is riddled with back-to-school advertisements and anxieties. July is clear as a sunny day. When I was young, it meant running across the back field to Grandma's, riding my bike wherever I wanted...often to Mom's dismay, and gathering with friends somewhere along the streets of our neighborhood.

Later it meant earning money at my job at Vint's Dry Goods store in the center of town. I loved that job. I supplemented my salary with babysitting the two Vint children. I was sure I was the luckiest, most mature girl in my age group. Probably I was the most fortunate. Mature? Well. I might have had some growing to do. Maybe even a lot.....

Retirement, surprisingly, has reintroduced a similar pattern. July now is hotter than anything I have ever experienced, which makes me thank God for air conditioning each day. The school schedule is different down here. July, however, remains the take-a-break month at OPC.

In July we suspend most meetings, David and Carole get away for a week or so. Before Julia's arrival, I spent many days at the church, covering the things that need to be done so David could relax. Of course, David being David, most everything is already handled. This means that I spend this time visiting, catching up, and handling pastoral emergencies, of which there are generally few. I have liked being the go-to person in July...even when it has been busy. This year, with Julia, our new Associate Pastor, on board, I look forward to fun sharing OPC with her from my perspective. Julia is pretty darn good at dealing with 74-year-olds, so I expect we will enjoy our time together. I wonder if that is likely to make David relax more? We can't cause too much chaos in a week or two...can we? Hummmmmmm? Relax, Rev. Witt, really! No spiders in your office this time...probably. I think the most important aspect of this year's July is that we all need to reach out during

Julia's first weeks here. As you get to know her, I have no doubt you will appreciate her sense of humor. It is enough like mine that I find her great fun. I also find her energy contagious. I sometimes find my energy flagging a bit recently. None of that when Julia is around! I also look forward to learning from her. I graduated from seminary in 1994. A lot has been learned and taught since then, especially in Biblical archeology. I want to see what she has learned about integrating all of that with what we knew 30 years ago. I also just want to spend time with someone her age. We older folks can gain so much by increasing our network to include adults her age. Julia is younger than I am, but she is not a Junior anything. If anything, she is more prepared and up to date than I ever can be.

Julia is new. Let's gain all we can from her newness as we integrate her into our church family and church life. The APNC and Fellowship have planned time following the July 3, 17, and 24th Sunday worship services to give you time to greet her and get to know her a bit, but it will be up to you to keep greeting and communicating with her over the next few months. She is not shy. She is easy to approach, and extroverted enough that she will be reaching out, as well. Let's have fun with all of this.

A grace

JULY USHERS

JULY 3rd

10:00 AM – Graham Taylor, Steve Bock, Fran & Mike Jeffries, Mike Nutry, Vicki Crites

JULY 10th 10:00 AM – Mike & Wendy Wygant, Bill Robinson, Kyle Homan

JULY 17th 10:00 AM – Jim Youngblood, Heide Mohler, Mike Nutry, Joel Witt

JULY 24th 10:00 AM – Betty Chicklo, June Malone, Ann Marie Matthews, Vicki Crites

JULY 31st 10:00 AM – Linda Butler, Mike Nutry, Jason Hathaway, Verne Gamble

JULY DOOR GREETERS

JULY 3rd

10:00 AM – Cora Helen Anderson, Bonnie Pitzer

JULY 10th 10:00 AM – Alyce Callahan, Nancy

Grubb

JULY 17th 10:00 AM – Jeannie Wright, Carole Fox

JULY 24th 10:00 AM – Cora Helen Anderson, Bonnie Pitzer

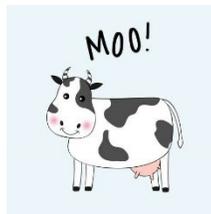
JULY 31st 10:00 AM – Carole Fox, Cora Helen Anderson



**"CIRCLES OF FAITH"
SUMMER WORSHIP SERIES
CONTINUES**

Our summer series, "Circles of Faith," is based on Hebrews

12:1, "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us." Share in this engaging time as we celebrate our ever-widening circle of faith in our living God with a few surprises. We invite you to be present as much as you can with all you can to serve God and to share with one another.



**MEN OF OPEQUON PICNIC
THIS MONTH**

The Men of Opequon (MOO) will have a picnic **on Monday, July 11th** at the Pitcock Memorial Shelter at 6:00 pm.

Hamburgers and hot dogs will be provided, along with the rolls, potato chips, condiments, and drinks. Please bring a side dish, salad, or a dessert to share. Let's enjoy summer-time fun together. Following the picnic, we will travel over to the Kernstown Battlefield to tour and hear one of their docents. All men are invited!



**CHURCH NOMINATING
COMMITTEE**

Opequon's Nominating Committee – David Schwantes and Marj Praml, co-chairs; Mike Birchenough, Heather Burton, Vicki Crites, Becky Proctor – will be meeting soon. They will begin a season of prayer and discernment as they look to nominate four individuals to serve as ruling

elders on session, three individuals to serve as deacons, and one individual to serve as trustee. If you have any names to suggest to them for consideration, please contact any of these members, put a note in the drop box at the church, or write down names on one of the sheets in the Gathering



NEWCOMERS' CLASS

Are you new to Opequon Church or our community? Would you like to know more about the heritage, mission, and vision of Opequon Church? Do you have some questions about what, where, when, why, and how we do things within this faith community? Would you like to become a member of Opequon? If you said "yes!" to any of these questions, you are cordially invited and encouraged to attend our upcoming Newcomers' Class LATER THIS SUMMER. We will gather two times, on Sunday, July 31st and Sunday, August 7th at 5:30 pm. We'll meet each time in the Fellowship Hall until 7:00 pm. If you have questions, please contact Pastor David Witt (662-1843 or pastor@opequonchurch.org), who will be facilitating this time of sharing; to help prepare the appropriate resources, please also let him know you would like to attend.

BLOOD PRESSURE CHECKS



We will be taking blood pressures on Sunday, July 17th



HAVE YOU NOTICED THIS IS A BAD SEASON FOR TICS! Having a new puppy, Jeff and I have been exposed to ticks and have been bitten multiple times. My puppy takes a pill monthly which causes the tic to die as soon as it bites the dog, therefore preventing Lyme disease. Why isn't there a pill for humans?

The following information has been provided by the Mayo Clinic, Patient Care & Health Information – Diseases & Conditions.

Lyme disease is caused by bacteria. Lyme disease is transmitted by the bite of an infected black-legged tick, commonly known as a deer tick. The signs and symptoms of Lyme disease vary. They usually appear in stages, but the stages can overlap.

Early signs and symptoms

A small, red bump, similar to the bump of a mosquito bite, often appears at the site of a tick bite or tick removal and resolves over a few days. This normal occurrence doesn't indicate Lyme disease.

However, these signs and symptoms can occur within a month after you've been infected:

- **Rash.** From three to 30 days after an infected tick bite, an expanding red area might appear that sometimes clears in the center, forming a bull's-eye pattern. The rash (erythema migrans) expands slowly over days and can spread to 12 inches (30 centimeters) across. It's typically not itchy or painful but might feel warm to the touch.
- Erythema migrans is one of the hallmarks of Lyme disease, although not everyone with Lyme disease develops the rash. Some people develop this rash at more than one place on their bodies.
- **Other symptoms.** Fever, chills, fatigue, body aches, headache, neck stiffness and swollen lymph nodes can accompany the rash.
- **Later signs and symptoms**
- If untreated, new signs and symptoms of Lyme infection might appear in the following weeks to months. These include:
 - **Erythema migrans.** The rash may appear on other areas of your body.
 - **Joint pain.** Bouts of severe joint pain and swelling are especially likely to affect your knees, but the pain can shift from one joint to another.
 - **Neurological problems.** Weeks, months or even years after infection, you might develop inflammation of the

membranes surrounding your brain (meningitis), temporary paralysis of one side of your face (Bell's palsy), numbness or weakness in your limbs, and impaired muscle movement.

- **Less common signs and symptoms**
Several weeks after infection, some people develop:
 - Heart problems, such as an irregular heartbeat
 - Eye inflammation
 - Liver inflammation (hepatitis)
 - Severe fatigue
- Antibiotics are used to treat Lyme disease. In general, recovery will be quicker and more complete the sooner treatment begins. **Oral antibiotics** are the standard treatment for early-stage Lyme disease. These usually include doxycycline for adults and children older than 8, or amoxicillin or cefuroxime for adults, younger children, and pregnant or breast-feeding women. A 14- to 21-day course of antibiotics is usually recommended, but some studies suggest that courses lasting 10 to 14 days are equally effective.

The best way to prevent Lyme disease is to avoid areas where deer ticks live, especially wooded, bushy areas with long grass. You can decrease your risk of getting Lyme disease with some simple precautions:

- **Cover up.** When in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat and gloves. Try to stick to trails and avoid walking through low bushes and long grass. Keep your dog on a leash.
- **Use insect repellents.** Apply insect repellent with a 20% or higher concentration of DEET to your skin. Parents should apply repellent to their children, avoiding their hands, eyes and mouth.
- Keep in mind that chemical repellents can be toxic, so follow directions carefully. Apply products with permethrin to clothing or buy pretreated clothing.
- <https://www.mayoclinic.org/diseases-conditions/lyme-disease/symptoms-causes/syc-20374651#:~:text=In%20the%20United%20States%2C%20Lyme,deer%20tick%20must%20bite%20you.>



SENIOR OUTREACH MINISTRY

Join us in spreading kindness to our neighbors who live in low-income housing on July 17 at 11:15am. Let Rebekah Witt know if you'd like to participate or make a hot

food item that we can provide. Donations welcome: Canned soup, paper towels, toilet paper, dish soap & sponges, canned vegetables, pudding cups, fruit cups, and 2-in-1 shampoo & conditioner.

YOUTH GROUP GRADES 6-12



July 17-Senior Outreach Ministry
11:15am

YOUNG ADULTS AGES 18-35

FEAST Group & Games-
July 8 at 6:45pm



OLDER ADULT HAPPENINGS



Happy July! Let's savor the garden, beautiful corn fields, watching lightning bugs, the smell of food being grilled out, and plenty of reasons to eat ice cream! As we

enjoy this month, the Older Adult Planning Team will meet on Monday, July 11, at 9:30am in the Bageant Room to plan for Happy Days gatherings and other older adult events. (note: this meeting is one week later than usual due to

the July 4th holiday) This meeting is open to any older adult who would like to come. A refreshing summer treat will be served. A few days later, Happy Days (the older adult fellowship group) will meet on Wednesday, July 13 at NOON in the Fellowship Hall. The time will begin with the well-liked covered dish lunch. Rotisserie Chicken and drinks will be provided. Bring a favorite covered dish item to add to the array of delicious food. The program will be a SCAVENGER HUNT in the Fellowship Hall and nearby rooms. Great summer fun for all. Come enjoy this monthly social gathering. **July 17-Pool Party, 4:00pm-7:00pm**



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 we enjoyed dinner, devotion and summer games at Carole Witt's home. GLOW will meet this month **Tuesday, July 12 at 6:00pm at the Picnic Shelter** for "The all-time favorite game **BUNCO**". Bring your own dinner to enjoy before the rounds of BUNCO begin. Of course, there will be prizes for various winners! BUNCO is easy, no skill needed and a very relaxing game. We do lots of laughing and talking while playing. Give yourself the treat of an evening with the ladies. All women are invited.

THE LATEST IN LOGOS

Our 25th YEAR OF LOGOS is coming soon! The



new LOGOS year will begin on Wednesday, September 14 and we are preparing enthusiastically for that date! You might remember the theme for the 25th LOGOS year: **"Running the Race of Faith: 25 Years and Going!"** We will be sharing with you 25 REASONS that we LOVE LOGOS! The first reason is that "LOGOS is a 'heck of a deal!" The benefits, the joy, the friendships, THE

EVERYTHING you get out of it totally surpasses the minimal fee that is required. Registration with our early bird discount will be available beginning August 1. You can be sure that some tremendous things will happen during our 25th year as we celebrate this great milestone! Stay tuned for continual updates and current news about LOGOS.



OBJECT LESSON FOR KIDS THIS MONTH

This month's children's lesson is titled "TWISTER-All Tied Up".

It is a great lesson with some ideas of ways to begin each day with a positive focus so we can avoid feeling like we are in a tangled mess. You will learn some history of the popular TWISTER game too! If you you're your own TWISTER game at home, you are encouraged to get it out and play as you relate this lesson to it. Older preschool and elementary-age children will receive this lesson in the mail. Look for it to arrive in your mailbox very soon. Enjoy!



VACATION BIBLE SCHOOL REVIEW- One of our greatest Summer Events!

Vacation Bible School week was a sight to behold! Opequon Church was bursting with the sounds and activities of 40 children and youth along with over 50 staff as we learned the story of JOSHUA together through storytelling, games, craft projects, a building station and SURPRISES every night! We are very thankful to our staff and to the families for sharing their young people with us. The week opened with a picnic for VBS young people and their families. The children shared their TRIBE CHEERS and the youth lead us in blessing before dinner each night. We got to know JOSHUA and RAHAB as our own characters shared their stories. The young people did some 'curb painting' to spruce up the yellow curbing around the parking lot and they

built a WALL of donated items that will go to local food pantries and our own Blessing Box. We have learned how JOSHUA made the choice that HE WOULD SERVE THE LORD! Hopefully we can all say that "As for me and my house, we will serve the Lord." Thank you for your support of our Vacation Bible School ministry through prayers, being part of VBS as staff, and for the many food donations for dinner meals that nourished us all week.



SCHOLARSHIP & AWARDS

On Sunday, June 5, when we honored our high school graduates, we also joyously presented this year's scholarship awards. Six students will each receive \$1,000 from the Rachel Bayliss Scholarship Fund...

- ❖ **Elise Buonocore**, a graduate of Sherando High School, will attend Emory & Henry College (Emory, VA).
- ❖ **Cheyenne Burton**, a graduate of Musselman High School, will attend Webber International University (Babson Park, FL).
- ❖ **Sydney Burton**, a graduate of Musselman High School, will attend St. Vincent College (Latrobe, PA).
- ❖ **Kat Kibler**, a graduate of Millbrook High School, will attend Laurel Ridge Community College.
- ❖ **Jonathan Lightcap**, a graduate of Sherando High School, will attend Shenandoah University.
- ❖ **Taylor Roark**, a graduate of John Handley High School, will attend James Madison University.

We are grateful to the Claytor and Bayliss families for establishing this scholarship fund more than twenty-five years ago in memory of their mother and grandmother, Rachel Bayliss. Contributions to the fund are always welcome. Questions may be directed to George Schember, Bayliss Scholarship Fund chair.

Kat Kibler also was awarded the second Lois G. Chamblings Scholarship, by Mike Birchenough, on behalf of his family and in memory of his aunt, Lois Chamblings, who taught and nurtured young people for many years as a public-school educator. The scholarship was in the amount of \$3,000. We appreciate Mike and Sara Birchenough's generosity as they continue the legacy of Mike's aunt.



July 10, 2022

WE'RE GOING TO CELEBRATE!

July marks a quarter of a century that Pastor David and his family have been at Opequon! You won't want to miss all that's being planned in their honor to mark the 25 years they've shared their lives and faith with us as we serve God together! Celebration Worship – 10:00 AM, Fellowship Dinner – 11:30 AM.



UPDATE FROM KINSHASA

Our missionay in Kinshasha, Jose Lamont Jones, has been at post for almost two months

after surviving several close calls with COVID and successfully navigating numerous layers of bureacrecy. He is still learning his way around the capital and reminds us that it is about one third the size of Texas. Currently, he is working with about fifteen churches to educate them about various ways to conserve energy and protect the environment. Pollution is a major problem for Kinshasha as many families still cook their meals over open wood burning fires. Smoke fills the air and, at the same time forests are being descimated by wood cutting. Jose reports that one method to reduce the pollution is by creating cleaner burning methane by combining scrap food with abundant dung in a home made contraption that resembles a tube. One days worth of material can produce enough methane for two hours of burning which is enough to prepare a day's meals. This is one of several techniques Jose is sharing with Congolese to protect their environment. He sends his thanks for our support and asks us to keep his efforts in our prayers.

PATRIOTIC CLOTHESPIN WREATHS



Crafters are: June, Becky, Gail, Dana, Peggy, Jeannie, and Gloria.

THE FAIR TRADE EQUAL EXCHANGE

Coffee, Tea and Chocolate needs a table attendant for the fourth Sunday of the month. The table will be set up ahead of time. The attendant will not need to exchange money or make change. All supplies with instructions will be available. IT'S EASY PEASY, LEMON SQUEEZY! Call Marj at 540-327-2667 if interested.



LIFE GOES ON

Life Goes On will not meet in July. We will resume meeting on August 15 at Noon, in the Fellowship Hall.



Please continue to remember Katherine Newhouse and family, upon the death of her mother, Martha Lawson, on April 25th.

Please keep Jeff and Sherry Schryver and family in your prayers. Jeff's dad, Larry Schryver died on May 28th.

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



To Opequon Presbyterian Church-goers. Dave, Dana, James & AnneMarie Kelly sends thanks for the outpouring of love and comforting thoughts and cards that were received during the time of loss of their dad & grandpa.

Fenni White sends thanks with affection and gratitude for allowing her to use the OPC acilities for her students' piano recital.

Linda Bock says thank you for the cards and lovely dinners. It was deeply appreciated. Love to all.

A big thank you to Tim & Regina at Counter Top Solutions located at 2625 Valley Avenue, Winchester for the donation of the granite windowsill in Associate Pastor Julia Burkley's office. The granite looks amazing.

Many thanks to William Burford from Leesburg, VA for the donation of the wall bookcases/desk unit located in the church

office. It is a true blessing to receive such a gift.

Thank you OPC Members for all the cards. Thank you for the wishes and prayers, lunches and great dinners. It's great to be home! Peace be with y ou. Ellen Neff

"IN DEPENDENCE" DAY!

Always live "in dependence" on God.

Directions: Use the vowel code to complete Psalm 16:8, NIV.

A=	E=	I=	O=	U=

I _ k _ _ p my _ y _ s
 I w _ y s _ n th _ L _ RD.
 W th h _ m _ t my
 r _ ght h _ nd,
 w _ ll n _ t b _ sh _ k _ n.
 Ps _ lm 16:8, N _ V

Answer: I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Psalm 16:8, NIV

Opequon Presbyterian Church
Financial Summary for the period ended
May 31, 2022

	Annual Budget (2021)	Current Month Actual	Year to Date Actual	Annual Budget Remaining	% of Annual Budget Used
Income					
410000 Offering Income	763,270	54,312	299,564	463,705	39.2%
420000 Other Income	700	183	706	(6)	100.9%
Total 400000 Income	763,970	54,495	300,271	463,699	39.3%
Expenses					
500000 Personnel Costs					
510000 Installed Pastors	189,664	11,075	56,882	132,782	30.0%
520000 Other Ministerial Staff	125,975	10,867	52,715	73,260	41.8%
530000 Administrative Staff	129,220	10,451	51,245	77,975	39.7%
Total 500000 Personnel Costs	444,859	32,393	160,841	284,018	36.2%
600000 Other Ministries					
610000 Christian Education	13,500	1,149	4,357	9,143	32.3%
620000 Congregational Care	2,000	277	371	1,629	18.6%
630000 Evangelism	2,900	600	600	2,300	20.7%
640000 Fellowship	3,580	40	177	3,403	5.0%
650000 Mission	65,750	7,042	30,440	35,310	46.3%
660000 Worship	7,000	259	1,374	5,626	19.6%
Total 600000 Other Ministries	94,730	9,367	37,319	57,411	39.4%
Total 700000 Church Administration	119,144	17,661	71,545	47,599	60.0%
Total Expenses	658,733	59,421	269,706	389,027	40.9%
Net Operating Income (Expense)	105,237	(4,926)	30,565	74,672	29.0%
920000 Other Income	15,540	1,319	7,078	8,462	45.5%
930000 Other Expenses	117,717	9,687	69,167	48,550	58.8%
Net Other Income (Expense)	(102,177)	(8,368)	(62,090)	(40,087)	60.8%
Income Greater Than (Less Than) Expenses	\$3,060	(\$13,294)	(\$31,524)	\$34,584	-1030.3%

Total Includes a \$20k
mortgage prepayment

	<u>5/31/22</u>
Cash	<u>\$145,277</u>
Sanctuary Mortgage Principal Balance	<u>\$627,717</u>



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

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

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

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

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

Silent Health Crisis

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

Dr. David Gremillion
Men's Health Network

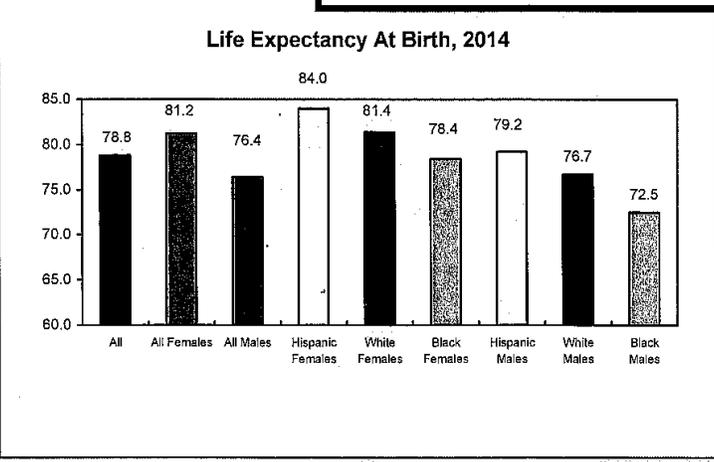


Men as Victims of Homicide
The chance of being a homicide victim places African-American men at unusually high risk.
Chance of being a Homicide Victim*
1 in 30 for black males 1 in 179 for white males
1 in 132 for black females 1 in 495 for white females
*BJS DATA REPORT, 1989

Who is the Weaker Sex?

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

Depression and Suicide¹
Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.
◆ Among ages 15 to 19, boys were 3.1 x as likely as girls to commit suicide.
◆ Among ages 20 to 24, males were 4.6 x as likely to commit suicide as females
◆ The suicide rate for persons age 65 and above: men...31.5 – women...5.



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

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

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 Phone: 540-662-1843
www.opequonchurch.org

Newsletter deadline is the Wednesday after the Stated Session Meeting.

Sunday Worship at 8:30 am and 11:00 am
 Faith Formation at 9:45 am
 Office Hours are 9:00 am to 2:00 pm Monday thru Thursday & 8:30 am to 12:30 pm Friday

David Witt..... Pastor
 Julia Burkley..... Associate Pastor
 Tracie Martin..... Parish Associate
 Carole Witt..... Director of Christian Education
 Rebekah Witt..... Director of Youth & Young Adults
 William Heavner..... Organist
 Susan Homan..... Director of Music
 Linda Kessinger..... Office Administrator
 Ken Smiy..... Financial Administrator
 Robert Sydnor..... Sexton
 Laurie Carver..... Nursery Supervisor
 Patty Klinefelter, Bill Martin,
 Mike Nutry, Pat Williams..... Faith Community Nurses

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- SAVE THESE AUGUST DATES:**
- ✓ Sunday, August 7 – August Communion & Annual Blessing of the Backpacks – 10:00 am
 - ✓ Sunday, August 14 – Ordination/Installation Service for Associate Pastor, Julia Hughes Burkley – 4:00 pm
 - ✓ Sunday, August 21 – Mission Fair – 9:30 am (8:30 & 11:00 am Worship Returns)
 - ✓ Sunday, August 28 – Rally Day – 9:45 am