



Lamplighter

Thy Word is a lamp unto my feet and a light unto my path

Our Leadership Team

Pastor
the Rev. D. Kerry Slinkard
Seminary Intern
Rev. Tyrone Carter
Clerk of Session
Jane Trimble
Deacons Moderator
Robert Hudler
Director of Music
Peter Slauch
Organist
Julie Allport
Parish Nurse
June Hoffman
Preschool Director
Nicole Hartman
Secretaries
Eryn Tierney
Joyce Ray
Sexton
Clyde Prigg
Treasurer
Beth Keefer

Join Us for Our Celebration!

<u>Lenten Lunch</u>	Every Wednesday at Noon
<u>Palm Sunday</u>	Sunday, April 5th, 8:15 & 11:00 am
<u>Maundy Thursday</u>	Thursday, April 9th 7:00 pm
<u>Good Friday</u> Second Presbyterian	Friday, April 10th 7:00 pm
<u>Easter Sunday</u>	Sunday, April 12th
Sunrise Service	7:00 am
Early Easter Service	8:15 am
Deacons Breakfast	7:30—10:30 am
Easter Service of our Lord	11:00 am



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Fifty-Day Season of Easter!

Your house is littered with the separated hemispheres of colorful plastic eggs. Flowery new dresses are crumpled in the laundry hamper. Foil chocolate wrappers are crumpled in the garbage. There's half a ham and a partially eaten container of potato salad in the refrigerator. But Easter isn't over. Easter has just begun.

One day out of 365 is hardly sufficient to celebrate the great mystery of our faith—that Christ is risen from the dead. Accordingly, the season of Easter last-seven weeks, spanning the fifty days from the Sunday of the Resurrection to Pentecost Sunday.

Seven Weeks is roughly one seventh of a year (52 weeks); just as the seventh day of the week is holy to God, one seventh of the year is set apart as a holy season. The number fifty also has symbolic significance, since Leviticus 25 designates every fiftieth year as a time of jubilee, when captives are to be released and debts are to be forgiven.

Easter isn't a day, but a season, intended to be an extended time of joy and celebration in the Church.

Our Vision

Oxford Presbyterian Church is a family of Christians dedicated to sharing the unconditional love of Jesus Christ with the local and world communities



Lenten Reflections

As you read this little piece, we are well and truly in the season of Lent. In the course of the church year, there are two seasons focused on penitence: Advent and Lent, the “purple seasons.” The problem with Advent and penitence is that we are preparing for the birth of a baby in a manger, under a shining star, surrounded by lambs and such. We become totally focused on that idyllic scene, plus the family preparations, food, family, singing carols, preparing gifts, etc. There’s not much room for self-reflection and penitence with all that going on. Some denominations have even begun to use royal blue rather than purple for Advent to emphasize the coming of the King of Kings. It’s one of the reasons why everyone gets upset when we try to stick to the “Advent hymns” during December, even though those hymns are designed to encourage that reflection in worship.

But enough of my commercial for liturgical accuracy....

Lent, on the other hand, is preparing us not for a birth, but for a death—the death of Jesus Christ on the cross. That terrible event is contained within the time of Lent, so we even have to relive our complicity in his death every year. It is small wonder that Lent is much more effective at encouraging and enhancing our awareness of our need for a Savior like Jesus, and for a God who is gracious enough and merciful enough to allow Jesus’ righteousness to wash over us.

So, may your Lenten reflections, devotions and worship be blessed, and may your heart be opened in new ways to receive the life-giving love of Jesus Christ.

See you in church!

PEACE,

Pastor Kerry

Please join us for Lenten Lunch!

A Soup and Sandwich Lunch will be served at Noon.

No reservations are needed and it will only cost you \$4.00 each.

For more information contact our church office at 610-932-9640.

March 4th—Greg Bruce

Former Pastor Oxford Baptist Church

March 11th—Kathy McCabe

Sacred Heart Church

March 18th—Marsha Spencer

Owner and Operator of Curves

March 25th—Jessica Hammond

Oxford Presbyterian Church




March 8th

**Daylight
Savings
Time**



The term “global food crisis” describes a complex problem with many roots but one bitter fruit: in many countries, local agriculture no longer produces enough affordable food to feed its people. Preventing and confronting the sufferings this crisis causes is a central ministry for One Great Hour of Sharing. (OGHS).

As scores of former colonies declared their independence after World War II, one of the concerns many had for new nations was the possibility of widespread food shortages, even famine. At the time, American agriculture seemed to offer the promise that could help these countries stave off such disasters. More recently, though, it seems that our efforts to lead developing nations down the same path have often done more harm than good. In-

creasingly, those countries have abandoned what was disparaging referred to as subsistence agriculture-growing food for local consumption-and begun growing commodities for the world market. After converging to this single-crop agriculture, those countries have found themselves exhausting their land and their farmers to grow crops for which they receive less and less money, while imported food prices keep increasing, especially with high oil prices. Thus, hunger and poverty continue to increase around the world.

Among the ministries of the church most engaged in justice and compassion, the three OGHS programs have long been a part of a dialogue with our brothers and sisters around the world and implement the kinds of agriculture that can help the world’s people to feed themselves. The following are among the basic priorities of the “Another Food System is Possible” movement:

1. Stabilize process for farmers and consumers globally;
2. Rebalance power within the food system so that large corporations do not dictate policy;
3. Make agriculture environmentally sustainable; and
4. Guarantee the right to healthy food by building local and regional food systems and fostering Social ecological, and economic justice.

The theme of this year’s offering is “Where is your Treasure?” When Jesus raises the question in the Sermon on the Mount, he warns against investing ourselves too heavily in financial treasure. Although it was certainly not intended as a blueprint for agricultural planning, I think in a way it works: Don’t let yourself get tied up in the profit-and-loss world of growing commodities for the market. Among your treasures are this abundant creation, your own community, and your ability to love one another. By turning the fruits of this creation to feeding one another, you stay centered in all three.

But the question is really aimed at all of us. The treasure of maintaining a vital connection with God’s love is at the heart of it. Like the abundant creation that can support all God’s People, it reaches out to us whether we attend to it or not. Yet only when we turn ourselves to sharing it with others does it full richness fill our lives. By giving to One Great Hour of Sharing, we help communities develop and strengthen their own local food systems so that all may have enough to eat.

By sharing our resources through OGHS, we can change lives. Is there a great treasure?



**FOOD &
SHELTER**
ONE GREAT HOUR OF SHARING

Matthew 6:21

**For where your treasure is,
there your heart will be also.**

One Great Hour of Sharing
offering
Accepted Palm Sunday, April 5th

March is Women's History Month as designated by an act the U. S. Congress in 1987. The Presbyterian Church (USA) takes time to celebrate the gifts of women within the church throughout the world. Women have and continue to influence and impact their communities, families, churches, workplace, the economy and movements for peace and justice.

Women's History Month is about highlighting the extraordinary achievements of women throughout our history, while recognizing the equally significant obstacles they had to overcome along the road to success. It is also about the millions of unsung women whose contributions have made life better for their families and their communities.

As we honor the past and celebrate the present, we must also focus on the future. Our choices today will have an enormous impact on the destiny of our daughters and grand-daughters, our sons and grandsons.

We must rededicate ourselves to forging a society in which gender no longer predetermines a person's opportunities or station in life.

In 1911 in Europe, March 8 was first celebrated as International Women's Day.

Interest in International Women's Day was pretty low until the 1960's, when the women's movement caused women to wonder why they weren't included in the history books!

In 1978, a California school district started Women's History Week to promote the teaching of women's history. It was so popular that in 1981, Congress passed a resolution making the week a celebration for the entire country!

In 1987, a group of women campaigned with representatives from museums, schools and libraries to expand the celebration, and congress responded by declaring the entire month of March National Women's History Month that very same year!

Two years ago, the first ever national women's history museum opened in Dallas, Texas. "The Women's Museum: An Institute for the Future" pays tribute to women of the past and present, and runs Girlstart, a program that encourages young women to consider working in math, science and computer technology.



Rachel Henderlite (1905-1991)
Theologian, college professor, and ecumenical leader, was born to Rev. James H. and Nelle (Crow) Henderlite on December 30, 1905, in Henderson, North Carolina.

She grew up in Gastonia, North Carolina, where she graduated from high school in 1922. She studied for two years at Mary Baldwin College in Virginia, then pursued a B.A. in English at Agnes Scott College, Decatur, Georgia. After taking a break to recover from tuberculosis, she finished college in 1928. That year, she began teaching high school English in Belmont, North Carolina, near her hometown. The following year, while resting and assisting her father in his ministry, she decided to pursue a career in biblical education. In 1931 she moved to New York to study at the Biblical Seminary and New York at the Biblical Seminary and New York University, from which she received an M.A. in Christian education in 1936.

In 1944 Henderlite began a sixteen-year professorship in applied Christianity and Christian nurture at the Presbyterian School of Christian Education, a graduate program especially for women, who were not ordained by the Presbyterian Church. She received her Ph.D. in Christian Ethics from Yale University in 1947.

Having become involved in social-change efforts, she benefited directly when the Presbyterian Church of the United States ordained her in 1965 at her Richmond church, making her the first woman of her denomination to receive ordination.

Until her health declined in 1990, Henderlite traveled and read widely. She died of a heart attack in Austin on November 6, 1991.

Please Join Us.

Celebrate the Gifts of Women

Sunday, March 8th 11:00 am



Presbyterian Women

submitted by Jackie Slauch

We will celebrate the Gifts of Women. We will honor those who have contributed their talents to our own congregation, to the Presbytery, to the Synod and to the General Assembly.

Our celebration coincides with the worldwide Celebration of International Woman's Day.

In addition we will celebrate the 500th birthday of John Calvin, Protestant reformer and the fore-parent of the Presbyterian Church.

Rumor has it that Dr. Calvin will be present to help us celebrate (at least his spirit will be there)

You are invited to enjoy a piece of cake and some punch on this auspicious occasion.



John Calvin 1506-1564

The world was created so that Man-kind might get to know Him.

Calvin believed that Man was sinful and could only approach God through faith in Christ—not through Mass and pilgrimages.

Calvin believed that the New Testament and baptism and the Eucharist had been created to provide Man

with continual divine guidance when seeking faith.

In Calvin's view, Man, who is corrupt, is confronted by the (omnipotent) all powerful and (omnipresent) present everywhere God who before the world began predestined some for eternal salvation (the Elect) while the others would suffer everlasting damnation (the Reprobates).

The chosen few were saved by the operation of divine grace which cannot be challenged and cannot be earned by Man's merits. You might have lead what you might consider a perfectly good life that was true to God but if you were a reprobate you remained one because for all your qualities you were inherently corrupt and God would know this even if you did not.

However, a reprobate by behaving decently could achieve an inner conviction of salvation. An Elect could never fall from grace.

However, God remained the judge and lawgiver of men.

Predestination remained a vital belief in Calvinism.

God Will Do WONDERS Among You

July 11—15, 2009

Churchwide Gathering of Presbyterian Women
Louisville, Kentucky

Register by May 15th

An Invitation

The prophet Joshua promised "God will do Wonders Among You!" You are invited to join thousands of women (and a few men) at the 2009 Churchwide Gathering of Presbyterian Women to see how this promise is ours today.

The Gathering allows us to nurture our faith and to be in community with Christian women from across the country and around the world. It offers time to learn about mission opportunities and justice and peace issues; to participate in Bible Study; and to learn leadership skills. We can worship together, share our faith in song and prayer, explore Louisville, Kentucky, the home of the Presbyterian Church (USA) national offices, and have fun!

Finally, the 2009 Churchwide Gathering is a time to celebrate— to celebrate Presbyterian Women's 20 years as part of the long tradition of women's organizations in the Presbyterian Church; to celebrate our connection with clergywomen meets concurrently with us and to celebrate the wonders of God among us!

The Gathering is a time to Celebrate the wonders of God!



**Then Joshua said to the people,
"Sanctify yourselves;
For Tomorrow the LORD will
Do wonders among you.**

Joshua 3:5

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1 2 3 4 5 6 7

Communion
 Lect Bible Study
 Lenten Lunch
 Noon
 Bible Study 5:30 pm
 Bible Study 7 am
 Bible Study 7 am

8 9 10 11 12 13 14

Celebrate the Gifts of Women
 Lect. Bible Study
 WIC
 Lenten Lunch
 Noon
 Bible Study 5:30 pm
 Bible Study 7 am
 Census Testing
 10 & 2
 Laserdome!
 5:00 pm

15 16 17 18 19 20 21

Lect Bible Study
 Lect Bible Study
 Lenten Lunch
 Noon
 Bible Study 5:30 pm
 Bible Study 7 am
 Shalom Circle
 1:30 pm
 NOMADS

22 23 24 25 26 27 28

Blood Pressures
 Lect Bible Study
 WIC
 Lenten Lunch
 Noon
 Bible Study 5:30 pm
 Bible Study 7 am
 Mariawald Retreat
 Mariawald Retreat

29 30 31

Mariawald Retreat
 Lect. Bible Study



Camp Donegal •1958-2008

50 Years of Changing Lives

Make Our Sacred Space Yours

Camps and retreats have long been defining experiences designed to encourage persons to hear, respond, and develop as spiritual leaders called to inspire and lead others in lives of love. Camps and retreats have as part of their purpose the responsibility to assist persons in connecting the learning and transformation at camp or on a retreat with new ways of being and living in the world when they return. According to The Presbyterian Panel, the most common setting for a singular spiritual growth experience is a camp. The second most common is a retreat.

Our Biblical and Church roots affirm the values of occasional retreats for spiritual renewal and relationships. There were three annual worship/renewal pilgrimages expected of God's people; Passover in the Spring, The Feast of Weeks (Pentecost) in the summer, and The Festival of Booths in the Fall. On the American Frontier, week-long camp meetings became the primary annual spiritual pilgrimage. Gradually these were replaced by annual revival services and church camp programs. God has often chosen to use retreats, revivals, pilgrimages, and even the "wilderness" to inspire, call, instruct, and/or renew people for service.

The General Assembly of the Presbyterian Church (U.S.A.) along with The Presbyterian Church Camp and Conference Association, invites your congregation to rejoice, remember, pray for, and visit one of your camps or conference centers. As Presbyterians, and people of the Reformed Faith, we are called to participate in active ministry and nurture that calling.

Camp Donegal, Donegal Presbytery's camp, served over 2,700 people last year, nearly 300 of them during the summer program. To learn more about Camp Donegal, pick up a summer brochure, available in the church office or visit the camp online at www.campdonegal.org.

CROP Walk 2008!!!!

We are so excited to share the results of the 25th Annual Oxford Area CROP Walk, 2008. Over \$17,000 has been raised through the generosity and commitment of dozens and dozens of walkers, sponsors and volunteers. 25% will be returned to Neighborhood Services Center for local hunger needs.

Our own 22 walkers from OPC raised over \$4000!!

Many, many thanks to all who walked, sponsored walkers, served as recruiters, helped with registration and refreshments, traveled the route to assist walkers, and who served on the steering committee. Special thanks to the Oxford Ministerium who sponsored the walk.

It is hoped that all CROP Walk participants have experienced an increased awareness of and compassion for our brothers and sisters around the world who have to walk miles to secure their food each day.

An effort and commitment of this type is an indication of a loving and sharing community of faith.



Sing to the Lord a New Song – The Psalms

In the writings of the Bible, there are histories, prophecies, stories, biologies, genealogies, letters, and tracts on wisdom. All these are given to us under the inspiration of God to teach us about who God is and how God has related to this Creation in which we find ourselves. The Psalms are different. They represent us, the people of God, speaking back to God. There are Psalms of praise, of lament (some individual, some communal), of thanksgiving, of petition and supplication, of penitence, and of “ascent” or pilgrimage. They provide for us a glimpse at how fully the ancient people of faith incorporated God in their life, and give us the permission to bring the full range of our feelings to God — from anger to love, and from dance-filled joy to mournful sorrow. The Psalms are a testament to the fullness of God’s love for us, in God’s willingness to hear us, no matter what is going on in our lives at any given moment.

The Psalms have been an integral part of the worship life of the people of Yahweh almost from the beginning. According to many scholars, the oldest phrases in all of the Bible text is a song of praise from Miriam, Moses’ sister, after the Israelites were saved from Pharaoh’s army at the Red Sea.

‘Sing to the Lord, for he has triumphed gloriously;
horse and rider he has thrown into the sea.’ [Exodus 15:21]

While this little verse is not technically, a Psalm, it is the prototype upon which all the Psalms of praise were built. It highlights the particular use of the Psalms in the life of Israel — they were intended to be sung, particularly in worship. They were part of the worship experience whenever there was a

gathering at the Temple or the synagogue. Over the course of the early centuries of the Christian church, the worship activities were almost entirely carried out by the priests while the people only watched and listened. The lyrical voice of the Psalms was silenced in the people.

When Luther and Calvin began their re-formations of the church, they included the worship experience in their alterations. They both re-instituted the singing of the Psalms (for Calvin they were the ONLY singing allowed in worship). They were set to a variety of tunes and rhythms, and once again allowed the people’s voice to be heard.

Here are some interesting Psalm factoids:

- 1) The first book printed in the New World was the Bay Psalter, printed in Cambridge, Massachusetts in 1640.
- 2) The numbering of the Psalms is not the same in every Bible. In the Douay-Rheims version (the official Bible of the Roman Catholics) what we know as the 23rd Psalm is the 22nd Psalm. This comes from the difference between the Greek numbering in the Septuagint (from about 250 B.C. and used for the Latin Vulgate of Jerome) and the Hebrew numbering in the Masoretic texts (8th C. A.D. and used by the Reformers for Protestant Bibles).
- 3) While our Bibles have 150 Psalms, the Dead Sea Scrolls Book of the Psalms has 151.
- 4) The longest Psalm is 119 with 176 verses in 22 paragraphs, each of which begins with the consecutive letters of the Hebrew alphabet.
- 5) The shortest Psalm is 117 with just 2 verses.



Youth News

submitted by Jessica Hammond

ALL YOUTH ARE INVITED!

No more worrying about which night is your night. All youth are invited to attend Sunday night meetings.

JR and SR High will be running simultaneously on Sunday nights from 7—8:30 pm.

Come join us!

(Please note that if there is a Friday night or a Saturday activity there will be no youth group that Sunday)



March 14th at 5:00 pm

Sign up info available
at Youth group meeting.



Meet at the Church at 4 pm-return 8:30 pm
Pizza and Drink are included it is \$10 a person
By you must RSVP by March 11th
Adult Driver and Chaperones needed.

Notes from the Organist

submitted by Julie Allport

It's hard to believe that *The Smithson Family Organ* has been with us for a year!

I hope that it has helped enhance your worship experience. I am certainly continuing to enjoy the challenge of learning about the many aspects of this instrument. In a few more years, I might actually know what I am doing!

As this issue goes to publication, our Oxford Arts Series Committee is working on scheduling an anniversary organ concert sometime this spring.

Look for details in next month's Lamplighter!

Youth Choir News

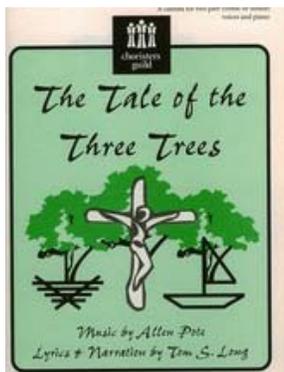
submitted by Julie Allport

A small, but faithful group of choir members ages 4 through grade 8 meets weekly to rehearse bell and singing choir music.

We are preparing music to sing and play about once a month at the 11:00 worship services.

We would like to invite all children ages 4 through Grade 8 to join us for the remainder of the choir season and to participate with us as we prepare for the Easter season and to present the musical.

Youth Choirs meet on Wednesday between 4:30 and 6:00. Feel free to contact Julie Allport, Dave Keefer or Beth Keefer if you have questions about participating in youth choirs.



We'll never forget the first time we heard this deeply moving story. Based on an American folktale, it captures the message of Jesus in a way that is both fresh and timeless.

It is the privilege of the youth choirs of OPC to present the musical : The Tale of the Three Trees at an 11:00 worship service in May.

More info to follow in the next Lamplighter.

"But on Sunday Morning, when the sun rose and the earth trembled with joy beneath her, the third tree knew that God's love had changed everything. It had made the third tree strong. And every time people thought of the third tree, they would think of God."

Nutritional
Opportunities
Meeting
At
Different
Sites

Join the gang for fun, food and fellowship with other members of your OPC family.

RSVP's: All those who have signed up for NOMADS will receive a call or email to determine if you are available on March 21st. Please let Joyce Ray know if you're planning to attend so that you can be scheduled for this dinner. Never Signed up? Not to worry—it's never too late. Just give Joyce a call.

HOSTING: We're looking for hosts, so please contact Joyce to volunteer. You provide the main course and your guests bring the rest. What could be simpler?

WEATHER NOTE: If the weather is inclement on the scheduled dinner date, please call your host to determine if the dinner will be held.

If you have questions, would like to sign up, are volunteering to host, or just need a ride, call Joyce at the church at 610-932-9640 or email her at

joyceopc@oxfordpresbyterian.org or photogjoyce@zoominternet.net.

Celebrating 60 years or more....
A Member Since...

Polly Ireson	05-08-1931
Ann Harlan	04-29-1932
Jackie Slauch	05-01-1938
Leon Slauch	08-05-1938
Nancy Thompson	04-05-1939
Sally Bush	05-05-1939
Doris Groseclose	01-31-1941
Claire Herr	01-31-1941
T. Clyde Williams	05-04-1941
Harvey Hansen	05-04-1941
Faye Doyle	02-01-1942
Liz Miller	05-01-1942
Eleanor Ross	05-02-1943
Lawrie Drennen	05-02-1943
Bill Ringler	05-02-1943
Louise Neyman	08-06-1944
Bob Ross	11-05-1944
Dotty Rhodes	05-04-1945
Dotty Philips	02-03-1948
Trudy Orcutt	11-03-1946
Vernon Ringler	05-02-1948

March Birthdays

03/02	Alberta Gehron
03/03	Herman Wharton
	Russell Hager
03/05	Dennis Clark
	Darlene Gray
03/07	Christina Arthur
	Christi Hahn
03/09	Zachary Wharton
03/10	Carol Gates
	Steve Hill
	Amanda Bauguess
03/11	Peter Waldrop
03/12	Ruth Smith
03/15	John Lauer
	Shawn McCummings
03/19	Nancy Thompson
	Ginny Wharton
03/20	Sarah Carter
	Margo Kraybill
03/21	Kerry Gerich
03/23	Robin Perry
03/27	Heather Terry
03/28	Spencer Beimfohr
03/30	Kathy Lechette



GET FIT – BE FIT !

submitted by June Hoffman

In previous Parish Nurse articles relating to health, diseases, and/or conditions, one of the most common factors is the importance of exercise, movement, and activity.

Our bodies have been “fearfully and wonderfully” made by God and They were made to be mobile and active! Scientific studies have shown that even small amounts of activity, as long as it’s consistent, provide benefits for good health and help you feel better and live longer.

So I will focus on some of the benefits of exercise in this article and in future articles more specifics about the types, time, training of exercise will be discussed.

What Exercise Can Do For You

Reduce your chances of getting heart disease. If you already have heart disease, reduce risks of it being fatal.

Cardiovascular disease (heart disease) includes heart attack, stroke, hypertension (high blood pressure), coronary artery disease (build up of fat deposits on inside of arteries), and congestive heart failure.

High blood pressure, the culprit in many cardiovascular diseases, can be significantly reduced by physical activity.

Exercise helps prevent the build-up of fatty deposits (plaque) in artery walls. A part of that plaque is the “bad” cholesterol, LDL; and we all know just how bad that can be. But, exercise also helps in increasing the “good” cholesterol, HDL which takes the fatty stuff away to the liver where it belongs to be processed and prevents it from collecting on artery walls.

Exercise and Cancer:

Colorectal cancer has been the most studied type of cancer in relation to exercise. The Harvard Nurses Health Study (I am a participant in this life-long study) ___ found that women who did about 4 hours of moderate activity or 3 hours of intense activity each week decreased their risk of colon cancer by 50%.

Women who have been treated for breast cancer in another study (3,000 participants) showed brisk walking or other moderate activities for 3-5 hours a week, reduced recurrence rates and breast cancer deaths by about 50%.

Anxiety and Depression

Exercise can also alleviate anxiety, which is characterized as worry and fear. The recommended program for anxiety is aerobic activity for 10 – 15 weeks. Consistent, moderate amounts of exercise can ward off depression and improve mood in people with mild to moderate depression.

Exercise and Weight Management

One of the greatest benefits of exercise is that it helps you to lose excess weight! The Wellness Council provides at least two opportunities for exercise and weight management. Tuesday mornings (weather permitting) the Walking Club takes off on a brisk walk through the streets of Oxford and Ware Village, and back to the Church. We enjoy each others’ company while getting physically fit. (Anyone is welcomed to join uscall the office for start time). The Living Healthy, Living Well weight management program is offered by a community agency meeting in our Church. Your Parish Nurse looked at this program and found it to be one of the best. It is not a diet, but practical education on healthy eating and choosing the right balance of the right foods for your individual optimal health. A Tuesday morning class and Tuesday afternoon class are available (call office for times).

If these programs do not fit into your schedule, seriously give some thought to what activities better fit your lifestyle, constraints, and physical condition. The important thing is to fit exercise and activity into your daily schedule to “GET FIT – BE FIT”.

Peace, Your Parish Nurse

Source: Harvard Medical School Special Report on Exercise. 2007



The Lamplighter

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OXFORD PRESBYTERIAN CHURCH

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Our Web Page:

***[http://
www.oxfordpresbyterian.org](http://www.oxfordpresbyterian.org)***

Our Session

The Session meets the second Sunday of each month at 7:00 pm

Class of 2009	Class of 2010	Class of 2011
Nancy Andress	Richard Forcey	Jackie Caleb
Peter King	Andrea Evans	Warren Vosburg
Vaun Newill	Beverly Hartgrove	Carol Carter
Bill Stullken	Don MacMillan	Jim McLeod
Eryn Tierney	Susan Sizoo	Eileen Loeliger
Jane Trimble	Wendell Higgins	Don Drennen

Our Deacons

The Deacons meet the third Sunday of the month after the 11:00 service

Class of 2009	Class of 2010	Class of 2011
Dianne Hammond	Andrew Ralston	Dennis Tierney
Bob Hudler	Jessica Hammond	Jackie Montgomery
Jean McCauley	Patty McComsey	Cindy Hager
Raymond Vanover	Mark Verbanas	Herman Wharton

Oxford Presbyterian Church

6 Pine Street
Oxford, PA 19363

Return Service Requested

Place
Postage
Here

