



# Lamplighter

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

January 2013

### Our Leadership Team

- Pastor**  
the Rev. D. Kerry Slinkard
- Clerk of Session**  
Jane Trimble
- Deacons Moderator**  
Andrew Arthur
- Director of Music**  
Peter Schlauch
- Organist**  
Julie Allport
- Faith Community Nurse**  
June Hoffman
- Director of Christian Education**  
Stephen Doutrich
- Preschool Director**  
Nicole Hartman
- Secretary**  
Eryn Gallagher
- Secretary**  
Lorraine Holton
- Sexton**  
Clyde Prigg
- Treasurer**  
Beth Keefer

## Stewardship Campaign Progress Report

As 2013 begins, we are still looking for additional commitments to fill out our plans for the coming year.

- \* 127 Commitment cards returned.
- \* Total Commitments to date:  
\$262,000,

One of our concerns is that we have not heard from 37 families who returned commitments for 2012 totaling about \$57,000. Our ministries rely on all of our commitments. All of our staff, facility, and other expenses reflect who we are as a leader in Oxford. God has planted us here not for our own purposes, but for the sake of the Gospel of Jesus Christ. We can each pray, "Lord, how can I give back for your many blessings to me?"

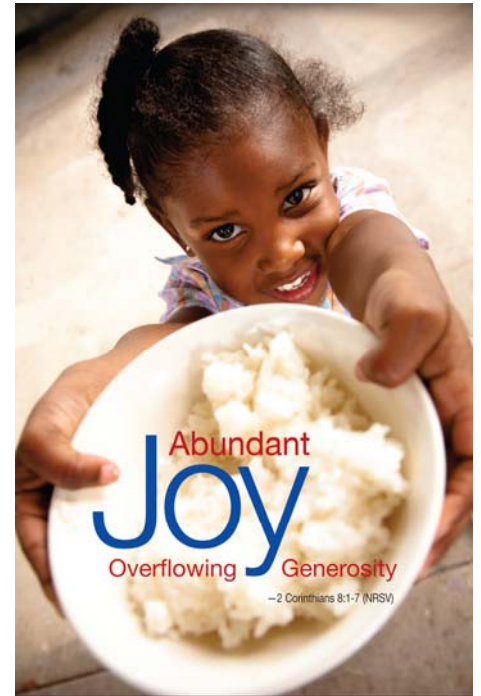
If you have not already returned your card to the office, please do so as soon as possible. We had a few difficulties with the Pony Express route this year, and if you have not been given Stewardship Campaign materials yet, please contact the office immediately. And if you are led to increase your support for the coming year, we will be happy to provide you with a new card!

Let each of us reflect our

**Abundant Joy**

through our

**Overflowing Generosity**



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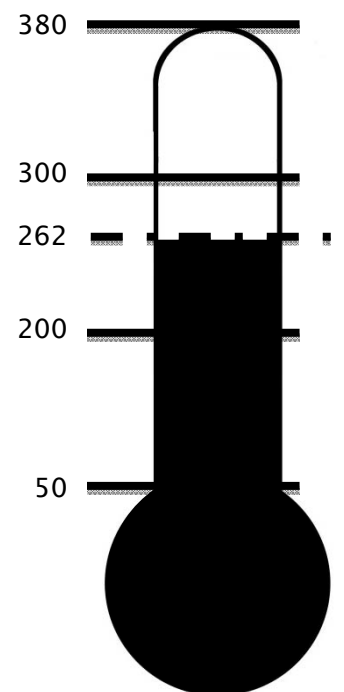
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### Our Vision

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

### Pledge x 1000





## What A Difference!

Last year at this time, I was in pain with each step, waiting for my knee replacement surgery. After almost the full year has gone past, my rehabilitation is almost complete (at least for the knee ☺). I really do feel invigorated as the year begins—not just physically, but spiritually as well.

What a difference!

I am confident that God is doing a new thing here at OPC. A new Session and Board of Deacons begin their work this month, enhanced by the addition of Tanner Smith as Youth Elder and Emma Spotts as Youth Deacon.

Steve Doutrich has transformed our Learning Ministry in so many ways. Adventure Club, Confirmation Class, the “Revolution” youth program, Sunday School classes are all reaching out and teaching the Good News.

What a difference!

See you in church!

PEACE, *Pastor Kerry*

We are participating in the Acts 16:5 Initiative of sharing life’s joys and concerns one-on-one in a spirit of love and caring. This has transformed our Session meetings and broadened the elders’ awareness of how God is moving in our congregation. I encourage all groups in the church, committees, Bible study groups, fellowship groups, etc., to join in this initiative. It will be a terrific way to truly walk with one another as a family, as we affirm in our vision statement.

Look for new information displays in the hallways and even a new and improved website for our church.

What a difference!

My real dream for 2013 is to be able, at year’s end, to look back at transformation in all areas of our life and ministry. I am eager to hear your ideas about worship, or learning, or fellowship, or any other aspect of OPC. I want every member of OPC to feel the dawning of a new spirit here. I want us all to say:

What a difference!

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## A THANK YOU FROM GALINA

Galina Semkiv has asked us to print a letter from her. Due to her limited English, she asked a friend, a professor of Russian, to translate it for us. Her letter follows:

To all my friends at the Church and community,

I do not have enough words to express my appreciation for your care and support. I’m a total stranger, and yet you embraced me as one of your own. It’s a real blessing, and I want you to know you all are in my prayers, I owe my life to you.

*Eternally grateful, Galina Semkiv*

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## CROP WALK UPDATE

The final cash/checks have been sent to Church World Service for the 2012 Walk. The grand total is \$15,350 (needs to be confirmed by CWS in case they have more on-line donations). Many thanks again to Don MacMillan and Andrew Atkinson, OPC Recruiters, and to all the walkers and sponsors for supporting this commitment to help with hunger locally and worldwide. Final report will be coming.

*Peace and love, Connie Winchester, Treasurer*

# Discourse from the Director

*Steve Doutrich – Director of Christian Education*



As we begin a new year here at OPC, I am grateful for the wonderful privilege of serving as your Christian Education Director. I have found that OPC is blessed to have a wonderful Learning Ministry staff. They are Tricia Barlow in Nursery, Chris Arthur and Emma Spotts in Preschool, Donna Krauss and Brooke Gundrum in 1st and 2nd grade, Bruce VanKleeck and Tanner Smith in 3rd and 4th grade, Jackie Montgomery and Judy Kamp in 5th and 6th grade. Jen Semple coordinates and teaches Children's Church. There are other people who help with Junior Church and nursery. The adult staff on Wednesday night include Lisa Koza, Sharon Brooks and Whitney Bradford. Please pray for these folks as they seek to instill in the students a biblical knowledge that leads to a dynamic relationship with Jesus Christ. When you see these folks, give them a hearty thanks for volunteering their time to disciple students. I am also VERY grateful for the kitchen staff who cook delicious meals for us on Wednesday nights at Adventure Club. The outstanding kitchen staff include Teresa Verkamp, Ila Barlow, Amy Jones, Laura King and our dishwasher, Andy Arthur.

I am also very grateful for Woody Hartgrove who heads up the Adult Discussion Group and Janet Hudler who oversees the Women's discussion group. Thank You!!!!

We are starting to plan for Vacation Bible School in the summer. The dates are June 3-5 for Preschool and June 9-13 (Sunday - Thursday) for K through grade 6. Please mark down these dates and plan on helping with this outreach into our community. We will need lots of helpers from musicians, set builders, craft helpers, snack helpers, game helpers, teachers and helpers.

This is a church-wide outreach into the community to share the Gospel of Jesus Christ with our community. So it is my prayer that many in the church will be part of this exciting outreach to make a difference in our community.



## RING THOSE BELLS!

**By Jackie Slauch**

I hope you all got a chance to hear our bell choirs this Christmas. They were all just great. The Bells of Praise participated in the town's First Friday Celebration of Christmas - the first time they have travelled in several years. They set up in the Coatesville Bank and played for an hour for any who dropped in.

Christmas is a time for wishing, and I would like to see our Bells of Praise complete the 5th octave with the addition of four bass bells. They are expensive, but it doesn't hurt to dream. The present set of bells was given as two memorial gifts - the first three octaves in memory of her parents by Betty Blake and the fourth octave by Dottie Philips in memory of her husband, Paul.

# Outreach

## Missions We Support



### Local

Neighborhood Services Center  
Oxford Senior Center  
Domestic Violence Center  
of Chester County  
Lighthouse Ministry  
Miscellaneous Local Mission  
Peacemaking Offering (25%)  
Christmas Food Boxes  
Community Meal

### Beyond our Area

Onesimus Ministries  
Good News for India

### Missions with the Larger Church

Per Capita (sent to Presbytery)  
Basic Mission Support/to Presbytery  
Theological Education Fund/to  
Presbytery  
Meeting Ground  
One Great Hour of Sharing  
Pentecost Offering  
Peacemaking Offering (75%)  
Christmas Joy Offering

## Mission Highlight

Christmas Food Boxes were delivered to 141 families in the Oxford Community, thanks to your help collecting, sorting, and delivering. Special thanks to a great committee. Our ministry is possible because we have a generous church and many volunteers who helped make it all possible.



Sorting out canned goods on the tables.



The Eighth Grade Class from Bethany Christian Academy, Nottingham, PA, comes every year to help sort canned goods.



Some of our Saturday Crew.



Giving out 1,450 pounds of FREE turkeys: Steve Smith, Tom Zundel, and Woody Hartgrove.

# Ministry

**Community Meal** in January is hosted by Oxford Community Preschool. For great food and fellowship come out on January 27 from 5:30-7 P.M.

We would love to have music of any kind during our meals. Anyone interested, contact Teresa Verkamp, our Community Meal Coordinator.



Vivian Brown shopping in Gift Shop.

- ◆ This year the **Ten Thousand Villages** Gift Shop took in over \$6,800.00. That included \$4,460 for Ten Thousand Villages, \$1,444 for Coffee, Tea, Olive oil, \$618 for Palestinian Olivewood Products, \$130 for Threads of Hope (Honduras), \$68 for Alternative Gifts Card sets, and \$95 for Church Cookbooks.
- ◆ We delivered 4 HUGE BOXES of **socks, underwear, toys and clothes** to Neighborhood Services Center from our tree sponsored by Adventure Club and Outreach.

**Christmas is TRULY A TIME OF GIVING AND SHARING WITH OTHERS...**

## We wish for PEACE in the New Year!!

*Submitted by Bev Hartgrove*

### "Least of These"

Please continue to support our oldest mission. In the Church Narthex you will see a basket (and a wagon downstairs) where canned goods, non-perishable items, and cleaning and toiletry supplies may be donated. Neighborhood Services Center continues to meet the growing needs of the Oxford community.

If every family brought in one bag of groceries each week, we would fill up the basket!! **Let's collect 3,000 pounds of food in 2013! We did it last year!**

*Jesus said, "Whenever you did this for one of the least of these, my brothers, you did it for me."*

### Martin Luther King Service

will be held on January 20 (7:00 P.M.) at the Nazarene Church in Oxford. It is sponsored by the Ministerium. Vivian Brown started the first Martin Luther King Service in Oxford.

Please attend to honor the battles that were fought for us to live peaceably with our neighbors and continue to this day.

History is our teacher. *Blessed are the peacemakers for they shall be called children of God. -Matthew 5:9*

# What's Happening

## Philadelphia Flower Show Bus Trip

Tuesday March 5, 2013

\$48 per person

Leaving Oxford Presbyterian  
Church 12:30 P.M.

Returning around 8 P.M.

47 seats available,

first come first served

To register: 610-932-9640 or sign up in the church  
office

Sponsored by

The Memory Garden

Committee of Oxford Presbyterian Church



## You are cordially invited to the *Spirit of Giving Luncheon*

Monday, January 21<sup>st</sup>

12 Noon

Penn's Grove Middle School Cafeteria  
(301 South Fifth Street in Oxford)



Please join us for the "Spirit of Giving" luncheon now celebrated on the Martin Luther King Jr. National Holiday in support of one of our community's most important service agencies. This year's luncheon will be held at the Penn's Grove Middle School Cafeteria, South Fifth Street in Oxford.

As in past tradition, please be our guest for lunch. But in the "Spirit of Giving," each guest is asked to make a donation of \$35.00 to the Neighborhood Services Center. In the true meaning of this national holiday, one which stresses Dr. King's life of community service and helping your fellow man, all funds raised will be used right here in our community for heating oil, electricity, gas, prescriptions or food needs for those who are in need of help. The spirit of your gift lives on through the cold winter season to brighten the lives of the less fortunate.

We look forward to seeing you on the 21<sup>st</sup>. Please RSVP to NSC at (610)-932-8557. Checks should be made payable to Neighborhood Services Center, and can be mailed to 35 North Third Street, Oxford, PA 19363. Feel free to contact Jim McLeod (jdmcleod51@hotmail.com) or Mary Fasick (fasick@zoominternet.net) if you have any questions.

Blessings to you and your families,

Spirit of Giving Committee: Mary Fasick, Dr. Raymond Fischer,  
Cheryl McConnell, Jim and Mary McLeod



## Epiphany—Word Jumble

Unscramble the letters using the words from the word bank below.

1. ICAMHSRST \_\_\_\_\_
2. SGILBNES \_\_\_\_\_
3. AIGM \_\_\_\_\_
4. ANRUJYA \_\_\_\_\_
5. YVTNATII \_\_\_\_\_
6. USOHE \_\_\_\_\_
7. BMTASPI \_\_\_\_\_
8. ICRHST \_\_\_\_\_
9. EINADRROJVR \_\_\_\_\_
10. NAPCEARPEA \_\_\_\_\_
11. FOONODGS \_\_\_\_\_
12. HYETOAHPN \_\_\_\_\_

January  
appearance  
Christ  
baptism

Jordan River  
Son of God  
Magi  
Theophany

nativity  
blessing  
house  
Christmas

# Healthy Living

## Top 10 Reasons to Strength Train: Why Pumping Iron is Good for You, Inside and Out

By Jennipher Walters, Certified Personal Trainer and Fitness Instructor

Lifting weights. Resistance training. Pumping iron. No matter what you call it, strength training is important for boosting the overall health and well-being of people of all ages and fitness levels. While strength training can seem a bit intimidating at first, the health benefits far outweigh any qualms you might have about picking up those weights for the first time.

Not convinced that you should give resistance training a go? Here are ten reasons to get lifting for your next workout!

**1. You'll be better at, well, *everything*.** No, we're not overexaggerating the benefits. The physical act of lifting weights (or other forms of resistance) helps your body to increase its muscle mass, which makes lifting anything—not just dumbbells—easier. So carrying those groceries in? Picking your kids up? Cleaning the house? Walking up stairs? All easier when you lift weights! In addition, regularly lifting weights helps to improve your flexibility, balance and coordination. In fact, strength training has been shown to reduce the risk of falling by 40%, so this type of exercise is good for people of all ages.

**2. You'll burn more calories.** You probably already know that the physical act of lifting weights burns calories (especially if you do circuit training, which gives you some cardio benefits, too!), but did you know that strength training can help you to burn more calories even when you're *not* working out? It all goes back to building muscle. It takes more energy (calories) for your body to use and maintain muscle cells than it does fat cells. So by simply lifting weights to add more muscle mass, you're boosting your metabolism and turning your body into a more efficient calorie-burning machine.

**3. You'll improve your mood and handle stress better.** Ever heard of “runner's high?” Well, it doesn't just apply to running. All forms of exercise, including strength training, have been shown to release endorphins, which make you feel good. In addition, strength training has been shown to decrease tension and anxiety, thereby also making it a great de-stressor. Research shows that fit people have lower levels of stress hormones than sedentary individuals do. Still not convinced? There's even some evidence that weight-bearing exercise can help beat depression. Resistance training is truly good for the body *and* the mind!

**4. You'll help your heart.** Strength training is so good for the heart that the American Heart Association recommends it as a top way to keep your heart healthy. Studies show that strength training can help prevent heart disease and can even help reduce risks and problems in individuals who already have heart disease. Furthermore, several studies have found that lifting weights at a moderate intensity can lower bad cholesterol levels and raise good cholesterol levels, boosting heart health. Additionally, research conducted in the College of Health Sciences' Department of Health, Leisure and Exercise Science at Appalachian State University has shown that resistance training can lower blood pressure by as much as 20%. Researchers say that the healthy heart benefits come from the increased blood flow to the muscles, heart and body.

**5. You'll build stronger bones.** We may not think of them as such, but bones actually comprise living tissue that get stronger with exercise. With regular strength training and other forms of weight-bearing exercise like walking and running, you actually improve the health and strength of your bones by improving or maintaining (depending on your age) your bone density. Lifting weights has even been shown to reduce the risk of osteoporosis and related fractures.

**6. You'll reduce your risk of diabetes (and improve your quality of life if you have diabetes).** Regular strength training at a



moderate intensity helps prevent diabetes in a number of ways. First and foremost, lifting weights helps improve the way the body processes sugar. Researchers have also found that weight lifting helps to improve insulin sensitivity and blood glucose control.

Additionally, as stated above, resistance training improves heart health by controlling cholesterol and blood pressure, both of which play a role in diabetes management. Researchers have also found that when people with diabetes lift weights, it can improve their quality of life, too. If you have diabetes, check out SparkPeople's Diabetes Workout Plan.

### **7. You'll lose more weight and look slimmer.**

Besides burning more calories and boosting your metabolism, lifting weights will also help you to lose more body fat. A study from Penn State University found that, on average, people who lift weights lose six more pounds of fat than those who don't pump iron. Again, it all comes down to muscle. When you cut calories and start exercising, your body has to pull energy to fuel your body from somewhere. When you're just focusing on dieting, the body uses fat for energy, but it also breaks down muscles for fuel (which is not a good thing). When you combine weight training with a reduced-calorie diet, however, you are actually helping to build and maintain muscle mass while you're losing weight. As a result, your body pulls more energy from your fat stores to keep you going, so you lose more fat while preserving muscle--a win-win!

**8. You'll stand taller.** If you are following a full-body strength training plan, don't be surprised if you start noticing yourself standing with better posture. Lifting weights can help to improve your range of motion, coordination, and the strength of the muscles that help keep your body upright. So just a few weeks of strength training can help you to stand taller, with your shoulders back and your chin up, which makes you appear more confident and look even slimmer!

**9. You'll have better focus.** Strength training has also been shown to boost brain health. According to an article in the *Archives of Internal Medicine*, older women who did an hour or two of weight lifting each week improved their cognitive function, and better

planned and executed a variety of tasks. So the next time your boss wants you to stay late and miss your regular evening workout, tell her your brain has work to do--at the gym!

**10. You'll sleep better.** Sometimes, exercising too close to bedtime can make it hard for you to fall asleep. But performing strength training (at least two hours before bedtime) has been shown to help prevent sleep apnea and help with insomnia. Not to mention that after a good weight-lifting session, it just feels good to hit the hay!

### *Sources*

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Yahoo! Health. "[Lose Your Fear of Lifting](#)," accessed December 2011. <http://health.yahoo.net>.

[http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=1736](http://www.sparkpeople.com/resource/fitness_articles.asp?id=1736), retrieved 12/7/12.

# January Birthdays

2	Chuck Deaver, Jr.	14	Lawrie Drennen	24	Cindy Pugh
2	Christine Vanella	16	Abbi Keefer	24	John Duppel
2	Carolyn Guzzo	18	Clare Slinkard	24	Donna Doutrich
3	Woody Hartgrove	20	Brooke Dillard	27	Sally Tipton
5	Evan Adams	20	Louis Neyman	28	Patrick Workman
6	Walt Osborne	20	Loretta Rhodewalt	28	Ann Nelson
7	Lucille Liggitt	20	Warren Vosburg	28	Ashley Talley
7	Keith Walsh	20	Richard Jones	28	Elena Olivieri
10	Daniel Pugh	20	Patty McComsey	29	Robert Hook
10	Justin Hogg	20	Clyde Prigg	29	Ginny Lorah
11	Philip Atkinson	21	Carol Brown	29	David Meyers
12	Gage Cave	22	Jacob Crawford	30	Richard Forcey
13	Marilyn Deaver	22	Wesley Robison	30	Helen Ribauda
13	Teressa Verkamp	23	Stephen Albrecht	31	Jackie Montgomery
14	Ronald Brooks	24	Mark Gundrum		

*If yours or a loved one's birthday does not appear in our lists, please contact the office. We'd love to include you in our well wishes.*

**Dear Ladies and Gentlemen of Oxford Presbyterian Church,**

Just a note of deep thanks for the wonderful meal, fellowship and carol singing on December 11, 2012;. I came as a guest with Cynthia Gartman of Mt. Vernon Mennonite and was truly touched by the outpouring of fun, love and good will. I've never experienced that in the North Eastern or Central section where I live. I think I was the sole Lutheran in attendance, but I had a grand time. Your choir director was so much fun—I'm sure she has given a few pastors grey hairs!

God bless you all and thank you again.

*Merry Christmas,  
Diann R.*

## Can Tabs

Please bring your can tabs to the church office. They are being collected to donate to Alfred I. duPont Hospital for Children in Wilmington, DE.







## The Lamplighter

Volume 26, Issue 1

6 Pine Street  
Oxford, PA 19363

### OXFORD PRESBYTERIAN CHURCH

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opc@oxfordpresbyterian.org

*Our Web Page:*

*http://  
www.oxfordpresbyterian.org*

### Our Session

The Session meets the second Sunday of each month at 7:00 P.M.

Class of 2012	Class of 2013	Class of 2014
Chris Arthur	Whitney Bradford	Joe Bauer
Vivian Brown	Kay Atkinson	Bill Gundrum
Eryn Gallagher	[vacant]	Don MacMillan
Bev Hartgrove	Rich Lombardi	Bruce VanKleeck
Barb Hill	Dotty Philips	Hal Walls
Jim McLeod	Mark Verbanas	Charlie Wichhart

### Our Deacons

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

Class of 2012	Class of 2013	Class of 2014
Victoria King	Andy Arthur	Lisa Claypoole
Ann Terry	Lisa Slinkard	Alberta Gehron
Gene Turns	Neeley Spotts	Charlie Stoltzfus
Jamie Workman	Judy Walls	Teressa Verkamp



Return Service Requested

Oxford Presbyterian Church

6 Pine Street

Oxford, PA 19363