



Lamplighter

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

February 2015

Our Leadership Team

- Pastor**
the Rev. D. Kerry Slinkard
- Clerk of Session**
Bonnie Rhodes
- Deacons Moderator**
Teresa Verkamp
- Director of Music**
Peter Slauch
- 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



The Lenten season in the church calendar encompasses the forty days before Easter, not counting Sundays.

Beginning on Ash Wednesday, Lent has traditionally been a quiet time for reflection and devotions in preparation for the joyous celebration of Easter.

Oxford Presbyterian Church will once again offer a weekly fellowship lunch of soup and sandwiches, with members of the community briefly sharing their journey of faith and what it means to walk with God.

Presbyterian Women will be serving lunch in the Fellowship Hall each Wednesday from February 18th through March 25th. The meal begins at 12 NOON with the speaker finishing around 12:45. A \$5 donation will be appreciated.

Please join us for the first Lenten Lunch on Ash Wednesday, February 18th, when Rev. Faison of Lincoln University will be sharing his story of faith.

Amy Perkins from the Lighthouse Youth Center will be with us on February 25, and Bernice Norris will join us on March 4th.

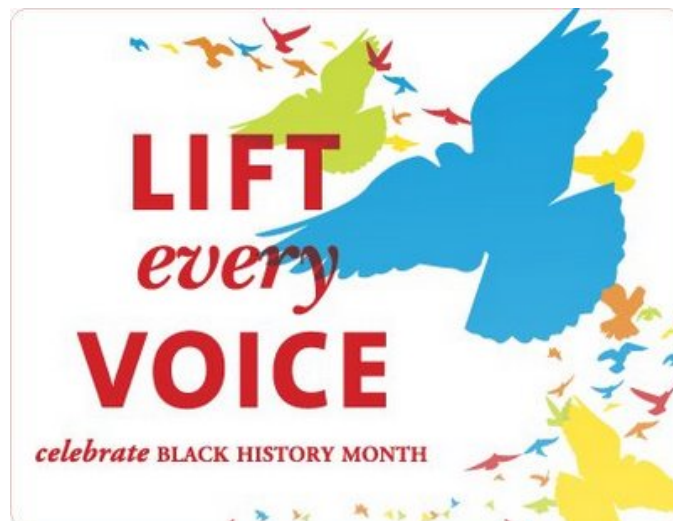
Please check back for speakers for March. 11, 18 and 25.

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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.



Pastor's Corner

Starting Afresh



Now that the Annual Meeting is behind us, it's time to look forward into the new year for our ministries. I am sensing a real feeling of energy around OPC these days and it is exciting. We have a number of newer members who have taken leadership positions as Elders and Deacons (as well as a new Children's Choir Director). This is a very good direction for our congregation!

I am trying to figure out our building usage (in square-foot hours). My suspicion is that the many organizations we host here use more of those units that we do ourselves. If my thoughts are correct, this is a beautiful testament to the decision 25 years ago to rebuild after the fire in our original location. Sure, it can get a little cramped for parking, etc., at times, but I think this is how a church facility should be put to use serving our community and sharing God's love.

Congratulations!!

Meanwhile, increasing activities of our own are making it clear that we need to do some things to continue to improve our building. We are just finishing a total repair of the flat roofs of the building. The Session is evaluating proposals to completely re-build our sound system, and we are considering new sanctuary lighting and video systems that would give us many more options for worship and other events. We also need some changes to make our education space more modern and fun for young and old.

At our officers' retreat later this month, we will explore whether we could benefit from a capital campaign to help some of these plans get done. Let any of our elders know your thoughts about this and keep OPC and our future in your prayers.

See you in church!

PEACE,

Pastor Kerry

SESSION NOTES

By Bonnie Rhodes, Clerk of Session

Because of two generous anonymous donations, we will begin 2015 with a Budget surplus. Many thanks for your generosity.

Thanks to ALL our Church Ministries (Committees) for their dedicated work all year long: Worship, Finance, Property, Administration and Personnel, Learning (Christian Ed), Outreach, Stewardship, Membership, Nominating and Nurturing (Deacons). We are blessed.

Work has begun on replacing the leaking flat roof. Property is looking into two estimates received for replacing our Sanctuary sound system.

Your Session Elders and the Deacons will attend Donegal Presbytery's Leadership Development Day on February 8 to learn new ways to serve the Church.

Membership is working on updating our Church rolls.

Blessings abound! In Jesus' name we are grateful.



CONGRATULATIONS

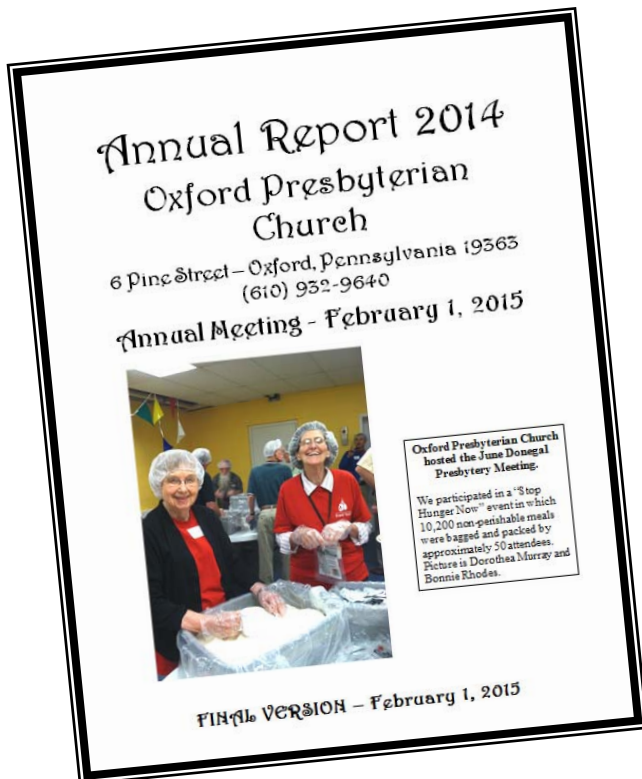
To Kasey Busko
Oxford Rotary Club
Senior of the Month
For December 2014!!
Way to go Kasey!

See the Daily Local News article on the Youth bulletin board (first floor hallway).

Discourse from the Director



Steve Doutrich



If you haven't picked up a copy of the 2014 Annual Report, the FINAL version is available in the office.

As I am savoring another bite of a piece of chocolate, I am enjoying the smooth consistency of the chocolate. Some of the chocolate pieces I'm enjoying have a firm outer shell of milk chocolate, with a silky, creamy middle. The consistency of the middle is more of a liquid compared to the outer shell of chocolate. I like the different consistency of the chocolate. In fact, I like that my chocolate has a regular consistency. It would be horrible to begin eating chocolate to find that halfway through the bar, the ingredients were not mixed properly and the chocolate becomes bitter because the sugar didn't get mixed in. YUCK!!

I find that we like consistency in many things. When I refereed soccer, the Referee Supervisor told us over and over again, be consistent with your calls. Don't call it one way for this team and another way for that team.

Consistency is a mark of a mature and responsible person. The Psalmist prays to God in 119:5, "Oh, that my actions would consistently reflect your decrees!" Let's make consistency a distinguishing mark in our life and that being in Sunday School and participating in the life of the church is one of those markers in our life! Our Sunday School teachers would appreciate your consistent attendance. About that bitter candy bar, it's in the trash!

Steve



The Atkinson Book Group

We will read and discuss *The Burgess Boys* by Elizabeth Strout on the last Monday in February and *Free Mail* by Jim Crothers for March. The meeting dates will be February 23 and tentatively March 30.



HOSTS NEEDED FOR COMMUNITY MEALS

Sign up for Community Meal – We need individuals or organizations at OPC or the local area to sign up to host a month in May through December 2015. So far the meal planning has been generously shared by many, with oversight by licensed food handlers. See sign-up sheet on wall in the downstairs main corridor. Any questions, see Teresa Verkamp. You will have all the support and help you need!!! NOTE: Outreach pays the bill for the meal you prepare. Just turn in receipts to Teresa Verkamp OR get food gift certificates from

the office for local grocery stores so that the OPC Youth Group benefits from money spent.

Our next Community Meal is February 22nd, hosted by the Women's Sunday School Class.

Anti-Human Trafficking (ACE) is the fastest growing enterprise in the world. Monthly meetings are held at Oxford Senior Center at 9 A.M. on the first Saturday of each month. OPC sells Fair Trade Coffee, and guest speakers are scheduled. Meetings are run by Peggy Ann Russell, 610 932 0337. Next meeting will be held on February 7th.

Save these dates:

- **February 22: Outreach meeting** at NOON to plan allocation of miscellaneous local mission funds. **New members and congregation welcome.**
- **March 1: Fair Trade Coffee will be on sale** after both services. Help support growers in Central America by giving them a market for products and a fair wage.
- **March 6: World Day of Prayer** This year's commemoration of World Day of Prayer, an annual event in which women across the globe observe a day of prayer on the first Friday in March, focuses on the "loaves and fishes" passage from Mark 6:30-44, in which Jesus feeds 5,000 persons.
- **APRIL 17-20: Advocacy Training Weekend 2015 – "Breaking the Chains: Mass Incarceration and Systems of Exploitation."** Make a New Year's Resolution to take a stand against human rights violations. Join us, **April 17-20, 2015** for Advocacy Training Weekend, as we explore the problems and solutions facing society today. www.pcusa/washington for more information
- **Compassion Peace and Justice Training Day**
Date: Friday, April 17, 2015
Time: 8:30 A.M. to 4:00 P.M.
Location: New York Avenue Presbyterian Church (1313 New York Ave. NW)
Cost: \$65 (CPJ Day, not attending EAD), \$45 (CPJ Day, also attending EAD), \$20 (CPJ Day, students/youth under 30) (Prices will go up \$10 after February 1, 2015)



Empty Bowls Luncheon

February 21

Union Fire Company Memorial Hall

315 Market Street
Oxford, PA

11 - 2 P.M.

Tickets are \$20 for
luncheon
Fundraiser for
Neighborhood Services
Center

purchase tickets online at
OxfordArt.org

Limited number of hand
painted ceramic bowls -
disposable bowls available
to all attendees.



Community Meal
February 22
5:30-7:00 P.M.
Community Meal
It is free and open
to everyone.

Collecting Children's
Shoes and Boys Jeans for
the Neighborhood Thrift
Shop

Sizes 1 thru 9
New or Gently used

ALSO NEEDED
BOYS JEANS
Sizes 4 thru 16

DROP BOX BY
CHURCH OFFICE



Outreach Committee Disbursements

From Miscellaneous Local Mission Line in the budget the following are planned giving this year:

- \$500 Relay for Life
- \$750 Varaso Family Mission
- \$500 Wayfarer's House, Meeting Ground, MD
- \$750 Presbyterian Children's Village (now called *theVillage*)
- \$300 Oxford Fire Department (\$150 each in honor of OPC's Mothers and OPC's Fathers)
- \$1,000 Lighthouse Ministry Building Fund
- \$2,000 Disaster Relief
- \$500 South African Mission

We are thankful for a generous congregation.

"Least of These"

We have a basket in the Narthex where canned goods, non-perishable items, cleaning and toiletry supplies may be donated. Neighborhood Services Center needs our support to meet the growing needs of the community.

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



If you have not been in Sunday School recently – YOU ARE MISSING OUT!!

Come to Sunday School and find out what so MANY people know!



Children's Classes 9:30 A.M.

Nursery (birth-36 months)- Room 204

Tricia Barlow, Nursery Supervisor

Pre K & K – Room 103

Chris Arthur, Emma Spotts – teachers

Grades 1-2-3 – Room 102

Donna Krauss, Kim Smith – teachers

Grades 4-5-6 – Room 105

Andy Orechovesky, Bob Hudler, Mitch Perry

Youth (Grades 7-12) – Room 202

Steve Doutrich

Adult Classes

Sunday School Discussion Class –

Brides Parlor (2nd level)

Adult Bible Study Class – Library/Conference Room (1st floor)

Women's Bible Study Class – Side Parlor (2nd level)

Adult Bible Study Class – Thursday Nights, 6:30 P.M., Brides Parlor (2nd level)



Sunday Nights @ 5:30 P.M.



Calling EVERYONE interested in Missions!!

July 12-18, 2015 — Conway, SC

Repairing houses for those who cannot afford repairs

FIRST MEETING – Sunday, February 15 5:30 P.M. — Fellowship Hall

Get an application from Steve! If you have an application, please bring your completed application to the meeting.

MARK YOUR CALENDAR!

Pasta Bingo – March 14 6:00 P.M.

If you would like to donate some prizes, please see Steve.



Looking for Silent Auction Donations!



Silent Auction

The annual women's retreat is fast approaching. As in years past, we will be having a silent auction fundraiser during the retreat. If you have something that you would like to donate to the silent auction, please contact Lisa Koza by March 9th to make arrangements. She can be reached at 610-932-6330 or at lkoza6330@yahoo.com. Some examples of items donated in the past include local artwork and crafts, gift baskets, home decor items, services, gift cards, and some very creative items such as free babysitting! It is a great opportunity to market your business and talents for a great cause! Thanks!



A note from Jackie Slauch: "If you have not read the annual report for PW, I urge to do so. Get a copy from the church office. It thoroughly details what we women are, what we stand for and what we do."

You will understand that we are not a social group – although we provide many social events. We are not caterers although we provide food for many occasions and maintain the kitchen. We have two circles for Bible study – we provide the materials. Then – what are we? We are a Mission Society – plain and simple and have been a part of OPC for many years."

Two important events are upcoming:

March 8 – Gifts of Women Sunday

May 10 – The Birthday Offering (also Mother's Day)



Diabetes

Overview:

Diabetes mellitus is a very common and chronic medical condition that affects 25.8 million children and adults in the United States. Diabetes is characterized by the body's failure to properly use insulin, a hormone secreted by the pancreas. It is considered a metabolic disease and can affect other organs in the body; such as the eyes, kidneys, nerves, and can lead to amputations due to gangrene.

Symptoms of Diabetes:

Initial symptoms can be subtle, so a person may not seek medical attention or confuse the symptoms with another medical condition. **The classic symptoms are: "3 Polys":** Polyuria—which is excessive urination, Polydipsia—which is increased thirst, and Polyphagia—which is extreme hunger. Additionally symptoms can include: hyperglycemia known as elevated blood sugar, glycosuria known as glucose in the urine, and ketonuria known as ketones in the urine. Other symptoms of diabetes include: unusual weight loss, increased fatigue, irritability, blurred vision, postural hypotension (low blood pressure), paresthesias (numbness and tingling in the lower extremities).

Screening and Diagnosis:

Usually screening for diabetes begins with an assessment of the 3 Polys by a healthcare professional. A physician orders laboratory testing for elevated fasting blood glucose and a urine screen for glycosuria and ketonuria. Normal range for fasting blood glucose is less than 100 mg/dl per American Diabetic

Association. So a fasting blood glucose level of 126mg/dl or above is criteria for diagnosis of Diabetes.

Treatment and Lifestyle Management:

Once a diagnosis of Diabetes is determined an individual is given a treatment plan. Please consider each physician is different in how they manage and diagnosis diabetes as each individual case is different.

- Weight loss is an ongoing goal.
- Nutritional therapy is an ongoing goal.
- American Diabetes Association (ADA) gives these guidelines:
 - ◆ Total Carbohydrates should be 40-60% if the total calorie intake each day.
 - ◆ Fiber is non-digestible form of a carbohydrate, so ADA recommends 20-35 grams a day. Think whole grains, legumes, fruits, and veggies.
 - ◆ Proteins intake is 15-20% of total calorie intake for each day.
 - ◆ Fats in small doses to provide essential nutrients.
- Exercise is an ongoing goal.
- Stress management is an ongoing goal. Think yoga, progressive relaxation techniques, deep breathing, journaling, reading, outdoor activities, and spiritual/religious activities.
- Monitoring blood glucose levels as the physician orders.
- Medications which include: antidiabetic medications and insulin injections.

This is a brief overview of Diabetes and is not intended to replace medical care by a Registered Diabetes Nurse and Physician. Please if you have any symptoms of Diabetes follow up with your Primary Care Doctor to discuss your symptoms.

References: American Diabetic Association and Nursing.EliteCME.com

Written By: Tanya M. Walsh, RN, MS



Family Movie Night

February 28 at 7:00 P.M.

We will be showing **Dolphin Tale** (rated PG). Snacks will be provided.

While swimming free in the ocean, a young dolphin gets caught in a trap and severely damages her tail. Though she is rescued and transported to Clearwater Marine Hospital, her tail cannot be saved, and the prognosis is dire. What the dolphin, now named Winter, needs is a miracle. She gets that miracle in the form of a marine biologist (Harry Connick, Jr.), a prosthetics designer (Morgan Freeman), and a devoted boy (Nathan Gamble), who find a way to help Winter swim again.



Prayer Shawl Ministry



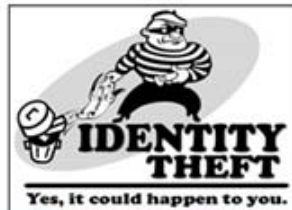
February is *Learn To Knit Month* in the Prayer Shawl Workshop! We have needles and yarn. Just join us from NOON until 2:00 on Tuesday to learn to knit prayer squares or shawls.



Tis the Season for Identity Theft! Holiday shopping is over and you've flashed your credit cards all over town so come find out how to know if you have been a victim of ID Theft and how to prevent it from happening to you!!

Wednesday, February 18th
@ 7PM
Oxford Senior Center
12 East Locust Street
Oxford, PA 19363

To RSVP for this FREE Program
Call the Senior Center at 610-932-5244 or email
oxsctr@zoominternet.net



Live, Learn, Grow Workshop

Presented by Barry Heasley from Harvard Risk Management Consultants

- What is Identity Theft?
Facts and Figures about Identity Theft
Signs you are a victim of Identity Theft
7 Types of Identity Theft
1. Credit Card, Bank and Retirement Accounts
 2. Social Security Number
 3. Driver's License
 4. Medical
 5. Criminal
 6. Juvenile
 7. Synthetic

How do they get (steal) your information?
How to prevent Identity Theft
What to do when your Identity gets stolen
Names and numbers to help

Inclement Weather

If the Oxford Area School District is delayed or closed due to weather, call the senior center to see if the workshop has been cancelled.

Discover the Benefits of Reflexology

A Senior Wellness Program



Reflexology: A caring touch that reduces stress and enhances quality of life.

Looking for an easy and effective holistic treatment to reduce stress and improve your health? Reflexology helps to release stress, which helps the body heal and regenerate itself.

Elaine Pinno, certified Reflexologist with Judy Hastings Styling Salon, will explain how reflexology is used for stress reduction and relaxation, pain relief, immune system strengthening, as well as digestion and circulation improvement. She will demonstrate simple techniques you can use to help ease pain associated with common health issues such as arthritis and tension headaches.

When: Wednesday February 11th

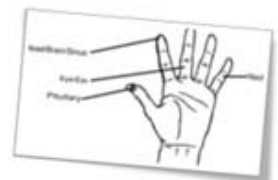
Half-Hour Sessions beginning at 11AM

Cost: \$20 for a half-hour session

RSVP: Space is limited...reserve your seat today.
Call 610-932-5244 or email:
oxsctr@zoominternet.net



Reflexology is an ancient healing art that uses the manipulation of points on the feet, hands and ears to treat pain and stress throughout the body.



The Oxford Area Senior Center, 12 East Locust St, Oxford, PA

February Birthdays

2 Carley Stoltzfus	7 Doris Groseclose	18 John Abel
2 Kirsten McAllister Norris	7 Cindy Hager	19 Kaitlyn Somers
2 Roy Caudill	8 Whitney Bradford	20 Lillie Spotts
3 Brooke Stoltzfus	10 Ethel Backenstose	20 Dorothea Murray
3 Janet Hudler	11 Logan Quigley	22 Colten Whiteman
3 Bob Hudler	11 Jean McCauley	23 Jonathon Love
3 Ryan Hudler	11 Sara Tierney	24 Lily Stapleton
4 Liz Abel	14 Heather Vacca	24 Don MacMillan
4 Kimberly Carter	14 Edie Flessner	26 Mackenzie Staller
5 Reese Hudler	14 Brenda Sherman	27 Emma Gingerich
5 Beth Baity	15 Jamie Sarver	27 Judi Jefferis
6 Karen Hopkins	16 Rachel Sarver	28 Elsie Ringler
7 David Arthur	18 Bryan Van Kleeck	

*If your 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.*

Oxford Presbyterian Church

December 2014 Financial Review (Year End)

Congregational Giving

	October	November	December	YTD Income	YTD Budget
Members' Giving	28,610	19,119	34,825	285,671	350,000
Loose Offering	1,796	1,731	3,678	18,372	22,000
				33,987	
Other Income*	4,933	6,203	97,610	196,825	95,473
TOTAL INCOME	35,339	29,598	136,113	534,855	467,473

Ministry Expenses

	October	November	December	YTD Income	YTD Budget
Worship	30	445	1,367	3,750	3,925
Learning	939	1,935	1,181	15,370	18,925
Nurturing	819	20	970	6,154	7,775
Outreach	1,727	30	15,676	57,862	61,028
Serving	40	681	134	1,678	2,700
Supporting	31,566	28,785	34,432	384,352	391,728
TOTAL EXPENSES	35,121		53,760	469,166	486,081

NET INCOME (65,689)

*Other income is comprised of committee offerings, building use fees and non-living gifts.

Recurring Meetings/Events at Oxford Presbyterian Church (summer schedule may differ)

- Sundays:** Worship every Sunday at 8:15 and 11:00 A.M. in the Sanctuary. Communion the first Sunday of every month. Coffee Fellowship follows each service in the Parlor.
 Sunday School for All Ages every Sunday at 9:30 A.M.
 Kids of the Kingdom Choir Practice every Sunday at 10:30 A.M. in Fellowship Hall.
 Revolution Youth Group meets every Sunday at 5:30 P.M.
- Mondays:** Girl Scout Troop 4644—First and Third Mondays of every month from 6:30 to 7:30 P.M. in Fellowship Hall.
 Girl Scout Troop 451—Second and Fourth Mondays of every month from 6:30 to 8 P.M. in Fellowship Hall.
- Tuesdays:** PW Coordinating Team—Second Tuesday of every month at 10:30 A.M. in the Library/Conference Room.
 Parents of Military Support (POMS)—First Tuesday of every month at 7:00 P.M. in the Parlor.
 Living Healthy/Living Well—Every Tuesday at 4:15 P.M. in the Parlor.
 Prayer Shawl Ministry Workshop—Every Tuesday from 12:00 P.M to 2:00 P.M. in the Bride’s Parlor.
 Family Literacy Program—Every Tuesday from 10:00 A.M. to 1:00 P.M. in the Parlor and Room 201.
 Women, Infants and Children—The second, third and fourth Tuesdays of every month from 8:30 A.M. to 4:00 P.M. in the Fellowship Hall. (Room may vary throughout the year.)
- Wednesdays:** Office Staff Meeting—Every Wednesday at 10:30 A.M. in the Pastor’s Study.
 Adventure Club—First, Third, and Fifth Wednesday at 6:00 P.M. in the Fellowship Hall. (October-April)
 Bells of Praise Practice from 6:30 to 7:30 P.M. in the Sanctuary.
 Chancel Choir Practice at 7:30 P.M. in the Sanctuary.
- Thursdays:** Family Literacy Program—Every Thursday from 10:00 A.M. to 1:00 P.M. in the Parlor and Room 201.
 Cub Scout Pack 213—Thursdays at 7:00 P.M. in the Fellowship Hall.
 Bible Study with Steve Doutrich—every Thursday at 6:30 P.M. in the Bride’s Parlor.
 Shalom Circle—First Thursday of every month at 7:00 P.M. in the Library.
- Fridays:** Family Literacy Program—Every other Friday from 10:00 A.M. to 1:00 P.M. in the Parlor and Room 201.
 The Friendship Circle—Third Friday of every month at 2:00 P.M. in the Ware Mansion.
 NA Clean and Serene—Every Friday at 7:00 P.M. in the Sonshine Room.

Special Events/Meetings in the Oxford Presbyterian Church

2/1 – 4th SUNDAY AFTER EPIPHANY		
2/3	Presbytery Meeting (rescheduled)	Covenant Presbyterian Church
2/4	12p Oxford Ministerium Meeting	Neighborhood Services Center
2/6	Preschool Dance	Fellowship Hall
2/7	NOMADS Dinners	Various Homes
2/8 – 5th SUNDAY AFTER EPIPHANY		
	2-5p Officer Training Workshop	Highland Presbyterian Church
2/10	7p Christian Education Committee	Library/Conference Room
2/15 – TRANSFIGURATION OF THE LORD		
	5:30p Summer Mission Trip Team Meeting	Fellowship Hall
2/16	All Day OFFICE CLOSED—PRESIDENT’S DAY	
2/18	12p First Lenten Lunch	Fellowship Hall
	6:30p Ash Wednesday Service	Sanctuary
2/19	6-8p Battleground	Sonshine Room
2/21	9a-3p Officers Retreat	Parlor
2/22 – 1st SUNDAY IN LENT		
	12p Outreach Committee Meeting	Library/Conference Room
	5:30p Community Meal	Fellowship Hall
2/25	12p Second Lenten Lunch	Fellowship Hall
2/28	9a-3p Cub Scout Pack 213 Pinewood Derby	Fellowship Hall
	7p Family Movie Night (rescheduled)	Fellowship Hall



The Lamplighter

Volume 28, Issue 2

6 Pine Street
Oxford, PA 19363

OXFORD PRESBYTERIAN CHURCH

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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 2015	Class of 2016	Class of 2017
Barbara Hill	Andrew Atkinson	Karen Olivieri
Peter King	Janet Hudler	Andy Orechovesky
Bonnie Rhodes (Clerk)	Dave Keefer	Bob Shaffer
David Sauer	Ediene Ringler	Ali Verbanas
Rebecca Zundel	Kay Skinner	Amanda Woolston
Hayley Allport (Youth)		

Our Deacons

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

Class of 2015	Class of 2016	Class of 2017
Lisa Koza	Laura King	Roy Caudill
Cristina Tackett	Sue Sizoo	Jenna Hammond
Herman Wharton	Teressa Verkamp	Bob Hudler
Ethel Backenstose	Debbie Waltman	Lara Orechovesky
Carley Stoltzfus (Youth)		



Oxford, PA 19363

6 Pine Street

Oxford Presbyterian Church

Return Service Requested