

The Oak Leaves – September 2024

September 2024

FIRST UNITED CONTACT INFO

Pastor: Vern Gauthier

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Secretary: Elisabeth Gauthier

8:30-11:30am Office Hours

(717) 776-7525 - 1stupoffice@gmail.com

Clerk of Session: Jim Ellingsworth

(717) 609-3102 –

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Moderator of Deacons: Sally Ann McCrea

(717)385-4734 samccrea@gmail.com

New phone numbers/emails/ address

Please update the Church Office whenever
you have NEW information

Thanks

Elisabeth Gauthier

717-776-7525

1stupoffice@gmail.com

Happy September Birthday

- 1. Margie Fry
- 4. Brenda Kovanic
- 4. Pat Brown
- 6. Gladys Falk
- 7. Ann Cavanaugh
- 11. Catherine Bitner (95)
- 11. Martina White
- 15. Jill Davis
- 15. Lauryn Cunningham
- 20. Hale McCulloch

Happy September Anniversary

- 16. Denny & Nancy McCullough
- 25. Joe & Ginny English

SESSION 2024

JIM ELLINGSWORTH- CLERK

HALE MCCULLOCH

LYNETTE MCCULLOCH

APRIL MESSENGER

ELAINE FRY

MIKE FRY

SHERRI MAINS

PASTOR VERN MODERATOR

DEACONS 2024

SALLY ANN MCCREA

BOB KOVANIC

DONNA WEER

SARAH KEITER

RAY HECKMAN

DEE DENHARTOG

Thanks

I can't thank our church family enough for all the cards, phone calls & messages that I have received after my lung surgery. Your prayers are such a blessing to me as I continue to recover. I am so grateful for such a caring church family.

Brenda Kovanic

Dear Friends, Thank you for your payers and notes as I have been Prayer Person of the week this week. It is so good to be warmly welcomed by your congregation each Sunday. May God Bless you all.

Dorothy Drescher

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Highlights of Session Meeting held on August 15, 2024

- **APPROVED** the request of the Big Spring Senior Center to use the back corner of the Church parking lot on September 16, 17, 18, 2024 to park 10 to 15 cars during their trip to Cape May, New Jersey.
- **APPROVED** the request of the Big Spring Senior Center to use the kitchen and Rhoades Hall for their annual Thanksgiving Luncheon on Thursday November 14, 2024 from 8:00 am to 3:00 pm.
- **APPROVED** the request of the Big Spring Senior Center to use the kitchen and Rhoades Hall for their annual Christmas Luncheon on Thursday December 19, 2024 from 8:00 am to 3:00 pm.
- The SPY program was held at First United from Monday, July 8 to Friday August 2, 2024. The school district referred 26 students and 20 of them enrolled. Out of the 20 students, 17 attended at least 90% of the time. The other 3 attended but were not as consistent. Morning academic stations were held with 25 minutes at each station spent on reading, math, STEM and social emotional learning activities. Afternoon activities varied from Field Trips to the Library, the Big Spring Pool, the Whitaker Center and learning how to play the ukulele. The children received breakfast, lunch (seconds if they wanted) and an afternoon snack each day. Over the 4 weeks SPY provided 316 breakfasts and 500 lunches. Pre and post camp academic testing showed that 87.5% of the students improved their reading skills while at SPY and 76% of the students improved their math skills. They would have loved to have more students but this summer was definitely a success! None of this would have been possible without First United's support!! THANK YOU!!! SPY is committed to returning to Newville next summer and are hopeful for a continued partnership with First United. Their tentative dates would be Monday, June 16th through Friday, July 25th. With the success of this year SPY is hoping for 6 weeks next year instead of 4.
- **APPROVED** April Messenger and Tom Hefflefinger as the of 2 Elders to serve as Co-chairpersons for this year's Nominating Committee.
- The ending checking account balance as of 7-31-2024 was \$11,734.81. Income for July was \$27,720.16 and the year to date income is \$125,098.42. Expenses for July totaled \$23,668.69 and year to date expenses were \$122,491.91.
- The Presbytery meeting on September 7th will be held at First United in the morning.
- **APPROVED** Pastor Vern's Weeks 3 and 4 of vacation. September 23-29 with Debby Madden providing Pastoral Care and leading worship on 9/29 and December 26-31 with the details and pulpit supply to be determined
- The organ has finally been repaired at no cost to First United. The only thing that remains to be done is to re-voice it. Dan Dorty and Chris (who works for Matt Baldwin of Susquehanna Organ) are to do that sometime soon. Matt Baldwin believes that the extensive damage done to the circuitry of the organ suggests an electrical surge of some type is responsible. Since the organ has a surge protector, he believes the most likely means of this happening was through the wires to the organ speakers. His recommendation is to encase the wires in a grounded conduit. I informed Matt that we still have not received a new maintenance contract from Susquehanna Organ. As a precaution, he also recommends as a best practice of not running the recorded music from the laptop sound through the organ speakers as a means of assuring that no electrical surge can pass through the organ by that connection

Submitted by Jim Ellingsworth

– Clerk of Session

(DISCLAIMER - "Notes from unofficial minutes and subject to change.")

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Sit-Down & Grab n Go Lunches: A hot and a frozen meal is provided to all those 60 and better when ordered and are distributed Monday through Friday between 11:30 a.m. – 12 noon. If you want to come into the Big Spring Senior Center to sit down the meal will be served at 11:30 a.m. All meals are a recommended donation of \$3. If you are 60 and better and want to request a meal (you must come to pick up), please call the senior center. Meals must be reserved one business day by 12 noon prior to pick up Zumba Gold: Every Monday at 9 a.m. at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Cost is \$3 per class for those 60-plus and \$5 per class for those 50-59. Zumba Gold is a low-intensity version of the Latin dance-inspired fitness class aimed at a mature audience. Research at Minot State University in North Dakota has indicated that Zumba not only influences physical fitness, but also on cognitive (mental) function. Just walk in.

T'ai Chi for Arthritis: Tuesdays at 10 a.m. This class is held at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Cost is currently \$1 plus donation until further notice. To register, call 717-776-4478. Movement with Mindfulness (evolved from Yoga): Wednesdays at 8:30a.m. (note change of time for July only) This class is held at First United Presbyterian Church, 111 W. Big Spring Ave., Newville. Yoga is a mind-body practice that combines stretching exercises, controlled breathing, and relaxation. Cost for a 10-week program is \$55 for members of the Big Spring Senior Center, and \$65 for non-members. Registration and payment are due before you start a class. Start dates will be prorated. Call 717-776-4478 to register. Class instructed by the YMCA – Carlisle.

Senior Wellness Exercise Program: Thursdays at 9 a.m. This class is held at First United Presbyterian Church, 111 W. Big Spring Avenue, Newville. the Senior Center. This program instructed by Cathy Graver, Director of the Big Spring Senior Center will concentrate on strength, balance, coordination, endurance, and flexibility. Keeping to basics exercise will take place standing, sitting and a little dance to music centered on the oldies of the 50's & 60's. Per class charge is \$3 for seniors and \$5 for those 50-59.

Walk with Ease: Are you looking for a walking group? Meet at the Newville Rails to Trails Trailhead, do some pre-walking stretches, walk for approximately 45 minutes to an hour, and end with

post-walking stretches. Join us at 8:30 a.m. Tuesdays and Fridays. Walking is at your own pace.

Bike Club: Begins Wednesdays at 8:00 a.m. Who is interested in a seniors' bicycle club? Meet at the Newville Rails to Trails Trailhead for a leisurely one-hour ride on this well-maintained trail. Those interested may contact the senior center at 717-776-4478.

More to Do: Watercolor Painting Opportunity: Mondays at 1:30 p.m. Do you have an interest in water coloring? It takes space, inspiration, and motivation, and we can help. Join our friendly group of painters with our instructor, Kathleen Schungel. The cost is \$5 per week to the instructor and \$1 to the Senior Center. During this time, we also offer Coloring for Adults (includes adult coloring books and coloring pencils)

Jewelry Making Class: September 10 and 25 at 1:00 p.m., Kathleen Schungel, professional art instructor (retired), will teach the techniques to create a variety of jewelry pieces. Cost is \$5.

Crafts: Tuesdays at 9 a.m. on Tuesdays. We could use your help, hands, and ideas. Come and make seasonal and everyday crafts, as well as new friends.

Bible Study: Every Wednesday at 1 p.m. Pastor Michael Faust of Centerville and Zion Lutheran Church will present the study. Drop-ins are welcome.

Game Day: Lots of opportunities to play cards and games can be found at the Big Spring Senior Center beginning at 9:30 a.m. through 3:30 p.m. Thursdays. Walk-ins are welcome.

Game Night: Monday, September 16 at 6:30 p.m. at the Senior Center. Snacks to share are always welcome.

Central PA Hearing Aid Solutions: Wednesday, September 15, from 10 a.m. to 11 a.m. A representative of Central PA Hearing Aid Solutions will be at the Senior Center to offer complementary hearing-aid cleaning service and tests. Other services offered are hearing health and hearing-aid education, tinnitus education, dome changes, sports-lock changes, wax-guard changes, and a free set of batteries. Any brand can be cleaned, serviced, and tested no matter where they were purchased.

Contact 717-776 4478. BS Senior Center.....

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Greetings,

Due to the responses I received from my sermon on Anger and Forgiveness on 8/25, I decided to reprise the sermon here in this month's newsletter.

In Psalm 103:8-14 we hear that God is "*slow to anger and abounding in love.*" The Hebrew word used to indicate this literally means that God is slow to "*flare his nostrils.*" We further learn that God does not treat us as our sins deserve or repay us according to our iniquities but that

- God's love for us is "*as high as the heavens are above the earth.*"
- God has removed our sin "*as far as the east is from the west.*"

This is because God knows how we are formed; "*he remembers that we are dust.*" In other words, God as our Creator understands our limitations, and frailties, and our prone towards sinfulness (i.e. living in ways contrary to the abundant life God intends for us).

We know that our unrighteous living angers God, but we are shown in scripture that we have a God who response in his anger with forgiveness and works for reconciling us to himself. This then serves as a model for how we who are created in the image of God, and are to conform to the image of Christ, are to deal with our own anger.

Responding vs. Reacting

Proverbs 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Proverbs 15:18 A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel. (Also see Proverbs 16:32)

The Hebrew word for "*patient*" in these verses is the same "*slow to flare your nostrils*" as it was in Psalm 103 for God being slow to anger. By being patient Proverbs recognizes that "*counting to 10*" when angry or other ways that give us time to respond rather than react in our anger is but one strategy we can use, another is suggested by Proverbs 15:1 is not to return fight fire with fire but to defuse the situation when we can. It reads, "*A gentle answer turns away wrath, but a harsh word stirs up anger.*" After all it does take 2 to tangle/tango.

Choosing to Forgive

Proverbs 24:29 Do not say, 'I'll do to them as they have done to me; I'll pay them back for what they did.'

Colossians 3:13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Anger itself is not a sin but how we deal with it can be (Ephesians 4:26-27). We learn in Proverbs and elsewhere that forgiveness is first and foremost a decision. We choose to forgive others who have angered us because God has forgiven us. This is perhaps most clearly seen when God tells us that we should forgive and love our enemies (see Proverbs 25:21-22). Certainly, God does not expect us to feel all warm and gushy towards our enemies but God does expect us to choose to do right by them in spite of how we feel (this is the essence of agape love as used in the Bible). And if we can do this with our enemies, we can certainly do this with our family, friends, and others in our lives as well with whom we become angry.

Working for Reconciliation

Proverbs 17:9 Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends. (i.e. don't go to others and try to get them to take your side).

Luke 6:27-28 Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. (i.e. praying for the wellbeing of your enemies and not seeking to get even).

Finally, Ephesians 4:26-27 tells us that we alone are responsible for what we do with our anger, and if we do not take action, it often leads to bitterness. In Christ,

Pastor Vern

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Community Life Committee

Hello all. As our church is a big supporter of the Neighbors in Christ (NIC) ministry that meets at our church weekly, the Community Life committee has identified a need that the ministry has. In the past, NIC has provided a children's Activity pack to each child (up through age 12 approximately) that comes into NIC with their parents to be interviewed. These Activity packs have been gifted to the children and they've been overjoyed with them, using them as they wait with their parents. Would you consider donating items to place into these packets? Our goal is to provide 25 packets to NIC for distribution. These are the items that we are looking to include in the packs:

Crayons, Markers, Pens, Construction paper, small notebooks, Stickers, Elmer's glue, Scotch tape, Children's scissors, Matchbox cars, Small keychains (dolls), Gummies

We will be collecting items until the last Sunday of September. A box will be placed in the Hallway, under the Hallway table to collect these items. If you would like to contribute cash instead of the items, please give to Sherri Webber-Mains, Elaine Fry, Rausa Roscinski, or Doris Mae Kennedy. Thank you.

SAVE THE DATE:

September 15 Movie Matinee following the 10:15 Worship Service. We will supply hot dogs, barbecue, drink. Attendees bring desserts.

October Pumpkin Bash before the Halloween Parade.

November 17 Invite Friends to Worship Sunday.

A small meal of soup, bread, dessert, and drinks will be provided.

December 1 Decorate the church after 10:15 Worship.

December 7 Combine Family Fun Night, singing Christmas Carols and Truck Stop Cookie Ministry packing.

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