	<h1 style="text-align: center;">OAKNOTES</h1>	<p style="text-align: center;"><b>Oakmont Presbyterian Church</b></p>
		<p style="text-align: center;"><b>MAY 2019</b></p>

Brothers and Sisters in Christ,

A pastor I know planned for his retirement by developing a daily “rule”. In the Christian spiritual tradition “rule” means the practices that we establish to guide our Christian life. The now retired pastor developed three practices:

*Make something every day* – soup, a salad, a bookshelf or some other creative act

*Do something every day* - repair a closet door, mow grass, weed the garden

*Learn something every day* – reading is often his source for daily learning

Having a rule establishes goals for our lives. Borrowing from Ecclesiastes 3...there is a time for letting “way lead onto way” and a time for being intentional.

If we look at the pattern of our normal day I’m guessing we will discover something of a rule that has developed by default:

Read and responded to emails

Read 2 or 3 stories on the web or in the newspaper

Complete tasks that are due

Do what will reduce anxiety. For me that could be developing a sermon outline, catching up on pastoral visits, or writing a first draft of my monthly newsletter article.

Without intentionally setting goals we may fall into the tyranny of the urgent-but-not-important as Steven Covey has described the unimportant but pressing demands on our time.

With warmer spring temperatures and the awakening of nature I am daydreaming of enjoyable summer days. So, I have drafted a summer rule.

*Daily prayer* – talking/listening to God at least at the beginning and ending of each day.

*Enjoy some physical activity every day.* My older son tells me that there is no magical elixir for everything that ails us, but that physical activity is close to it. Walking, mowing the grass, visiting the gym, riding my bicycle and fishing with friends are some of the ways I intend to observe this daily rule.

*Reading that is not connected to my responsibilities at church.* I hope to read Dostoevsky’s

*The Brothers Karamazov*, stories by Flannery O’Connor, and the poetry of George Herbert.

*Weekly, enjoy time with family* including meals with my wife, picnics, dinners on the patio, fishing with my son and grandson, some day trips, and two weeklong vacations.

Because summer seems to pass quickly I plan to begin following my rule on May 1<sup>st</sup>. So that I remember what is most enjoyable and renewing, I plan to keep some brief notes and review them at the turn of each summer month.

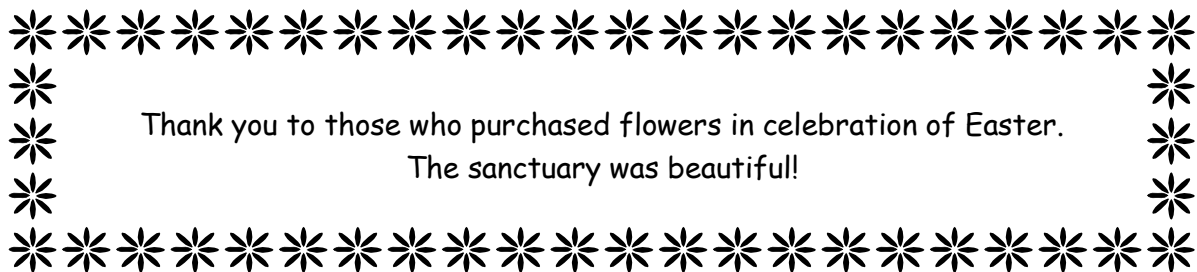
I look forward to hearing about your summer goals and practices. I hope that you and I are able to affirm throughout the summer, *This is the day that the Lord has made; we have rejoiced and been glad in it.* (Psalm 118:24 adapted).

Peace,

*Steve*



	GREETERS	FLOWERS	USHERS
May 5	Bill Kern Kevin Rock, Mary Ann Rupert	OPEN	Jim Welsh, Head Usher;
May 12	Bay Flanery Ellen Jubeck, Marjorie King	OPEN	Ron and Amy Burkert, Bill Coates, Debbie Hays,
May 19	Nancy Farren Jack Kells, Jane Park	Marilyn Alexander	LuAnne Welsh and Marilyn Wetmore
May 26	Marilyn Alexander Nancy and Jeff Kline	Kathy Samson	



**Parking in the Oak Ridge Condominium Lots** – We have developed a lease agreement with the Oak Ridge Condominium to park in their parking lots.



*To park in the upper lot, from Pennsylvania Avenue enter Elm Way. The lot is on the right.*

*To park in the lower lot, enter via 5<sup>th</sup> Street and park only on the Pennsylvania Avenue end beyond the flags. The Condominium Association has reserved some spaces in the lower lot for use by their residents and guests.*

#### GREETERS

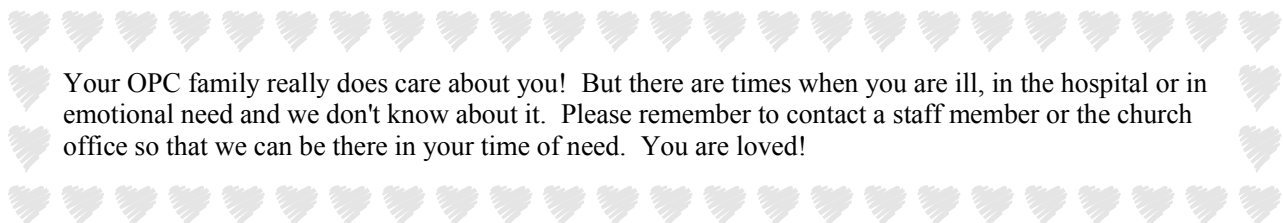
If you are unable to be a Greeter on your assigned date, please contact another Greeter to take your station. **If you are interested in becoming a Greeter**, please contact Pat Zanella (724-733-1338).

#### FLOWERS

Please sign up on the Flower Calendar in the Fifth Street vestibule or contact Carla Lowman at 412-826-5914.

#### USHERING

**Interested in Ushering?** Please contact Jim Welsh at 412-915-4513.





**Tuesday, MAY 7 — BREAKFAST—ALL ARE WELCOME!**

**Time:** 8:30 am **Place:** Dining Room

**Join us for a hearty breakfast!**



We are fortunate to again have the very talented **Riverview High School (RHS) choral group Grace Notes** perform. The a cappella choral group is a select group picked from the larger high school chorus and is directed by Nathan Hart, RHS vocal music and dance teacher.

Bring a friend and enjoy breakfast,  
conversation and this group of talented singers.

**Call the church office to RSVP at 412-828-5770.**



The PW Bible Circle will meet on Wednesday, May 1 at 1:30 in the Lona McCrea room. We will be continuing our study entitled God's Promise ; I Am With You. In order to finish our study in time we will be doing 2 lesson this time. The first lesson to be presented is "God With Us as Emmanuel ". The focus is The promise shifts from the "God with us" promise to the "God with us" person of Jesus Christ. The second lesson is " God With Us as the Holy Spirit". It will focus on God who was incarnate in Jesus Christ is now present as the Holy Spirit. With 2 lesson there is sure to be lively discussion. We invite you to join us for the discussion and our fellowship with some tasty refreshments.

### OPC FILM SERIES SCREENINGS

You are invited to join us for the Oakmont Film Discussion Series every other Friday evening at **7:00 pm in the Multi-Purpose Room, lower level.** Everyone is welcome: family, friends, and any one who needs a hug, or come for Christian fellowship! Admission is FREE and we supply the popcorn! Don't forget to stay after the film for a wonderful and inspiring discussion.

**May 10 - The First Man**

**May 24 - Indivisible**

**Jun 7 - God Bless the Broken Road**

*Movies may be borrowed for 2 weeks, please contact Jody Dickinson (412-828-3644)  
or Clare Oskin (412-828-3579)*





### GENTLE YOGA FOR WOMEN

Gentle Yoga classes for women will continue Monday evenings, 6:30 - 7:30 pm in Friendship Hall on each Monday throughout May and June, but **no yoga May 27**. All women are welcome!

This gentle practice has been helpful to a number of women in our congregation as well as from the community, with 12-20 women attending each week.

The benefits of yoga are many, and here are a few you may not have heard...

A study from Duke University Medical Center suggested that yoga practiced in a group setting, such as a yoga class, stimulates the production of oxytocin, the love and bonding hormone. In addition the results state that "Breathing practice, known as pranayama, is an essential part of yoga, and such exercises have been shown to help ease the symptoms of asthma,"

2. Brain health may be strengthened...by reducing mental stress and physical tension through yoga, we are able to recall easier and have more organized thoughts. Improved cognitive function happens when we are able to clear our minds and refresh.

3. The best thing about yoga is everyone can do it! It doesn't matter if you are in your twenties or your seventies, age means nothing when it comes to yoga. It is not a competitive practice. You work at your own pace within your comfort zone.

Thus, there is much to be gained by practicing yoga. Come join us. We are a welcoming and safe group! You won't regret it!

If you are curious, talk with someone who attends or contact Dot Shreve, 412-215-1440 or Sherry Geis, 412-719-1582.



The LENTEN SUPPERS of 2019 are now just a pleasant memory but there are many kind folks to thank for making them possible. A huge thank you to Dan and Linda McCurdy, owners of Oakmont Deli for donating the soup each week, to Debbie Hays, Debbie Malandra and Paulette Rock for setting the tables and to Dale Remai for running the dishwasher. Additional thanks to Joan Remai, Maria Hancock, Ellen Jubeck, Debbie Hays, Terri Kedzierski, Marge Kuhn, Esther Gass, Bob Gass, Grace McGhee, Nancy Kline, Jeff Kline, Luann Welsh, Bev Taylor, Marsha Cuckler, Jim Welsh, Dot Shreve, Steve Shreve, Beth Michael, Frank Hancock, Barbara Bolls, Nina Bridenbaugh, Frank Roach, Diane Shields, Sherry Geis, Pat Zanella, Kim Dinnin, Judy Murray, Barbara Price, Steve Wilson and Kathie Shoop for volunteering for serve and clean-up duty. It takes a congregation...

### The Membership Committee Invites You To Our First "Second Sunday Coffee", May 12

Fresh brewed coffee will be available in Friendship Hall before and after the 11:00 service. Join us from 10:30-11:00 or 12:00-12:30 or both! We hope you will meet a new friend or find an old friend and enjoy the fellowship before and after church. This would be a great Sunday to invite a friend or neighbor to come visit OPC with you. See you there!



**Mark your calendar—the next Second Sunday Coffees on May 12<sup>th</sup>**



**DEACONS CORNER**Request for Assistance, Join the Light Bearers

“Thy word is a lamp unto my feet, and light onto my path.” Psalm 119:105.

Several weeks ago during worship we circulated an insert inviting you to become a Light Bearer. This sheet featured a light representing the light of Christ. Since Christ has not yet returned in physical form, it is incumbent upon us to carry His light to the world. Light Bearers shine the light on others by providing assistance to those in need.

Many members of our congregation are surrounded by darkness. This darkness may take the form of illness, grief, fear, conflict or a thousand other forms. You and I too have seen darkness in some form in our own lives and know how painful it is to experience and how powerful the light of Christ is in burning away that darkness.

When you agree to become a Light Bearer, you are saying that you agree to be made aware of the need of others; and that you will commit to carry out one act during the next year to bring Christ's light to someone in need.

Forty-three Light Bearers have been carrying the light of Christ to others for a year now in a variety of ways that include, making phone calls to or visiting folks whose world's are restricted, sending cards to those in need of connection, providing transportation and/or meals for those who need it, helping to clean up a spring yard, painting a handicap ramp with non-skid paint, walking a dog. The list could go on, the needs are great and varied.

If you are interested in becoming a Light Bearer or have any questions, please reach out to David Geis at [davidsgeis@gmail.com](mailto:davidsgeis@gmail.com) or 724-443-5447.

Meet the Deacons: Carol Heimerich

This is our continuing effort to introduce you to a current deacon at OPC by sharing some general information/fun facts about this person. We do so as a way to introduce ourselves and hope that it sparks some conversation and fellowship. This month's profile features... Carol Heimerich.

Carol's hometown is Churchill borough, she lives today in the same house that she grew up in.

Member of OPC Since: 2011

Hobbies and Interests: Jigsaw puzzles, Sudoku, Quiddler, very amateur photography, listening to music

Favorite Vacation: A cruise to anywhere in the world.

Favorite Bible Verse: Micah 6:8, "O people, the Lord has already told you what is good, and this is what he requires: to do what is right, to love mercy, and to walk humbly with your God." These verses are a beautiful choral anthem which is my favorite anthem.

You Would be Surprised to Know: I have ridden a camel in Morocco and two camels in Egypt, and I rode an elephant in Thailand.

Why I Like Being a Deacon: I love being a deacon because it gives me an opportunity to make a difference in someone's life.



**NEW MEMBER RECEPTION, MAY 12**

Please join us in Friendship Hall following the 11:00 service to welcome our New Members to our OPC family. We will also celebrate Casey Riker's time with us and all the Mothers on their special day. Cake and refreshments will be served. We look forward to seeing you there! If you are willing to help serve, please call Christine Little 412-721-5955.

**2019 LEMONADE STAND**

The Membership Committee will be hosting the Summer Lemonade Stand June 2 through August 25. Serving lemonade is a fun way to see and meet many of our members. If you or your family are willing to volunteer one Sunday, please call Christine Little 412-721-5955 and we will add you to the schedule. We would love to have your help. Summer is just around the corner!

**SAVE THE DATE—HOMECOMING PICNIC**

Our annual Homecoming Picnic will be held at Riverside Park on September 8. Many details will follow, but mark your calendar for this special event. It's not too early to pray for sun.

**ONE STORY AT A TIME...did you save the date?...May 15**

We had a very successful One Story At A Time series in the fall, with a break over the winter and Lenten season. We have a one time event coming up and we hope you have seen the signs to save the date...May 15....because One Story is back!

We welcome Emiola "Jay" Oriola for this event, which will be an introduction to Interfaith Dialogue.

Hailing from Nigeria, Emiola Jay Oriola is a child of God, itinerant minister, educator, philanthropist, traveling spoken word artist and poet. He currently is employed by the University of Pittsburgh as the Program Manager for the Office of Interfaith Dialogue and Engagement.

After acquiring his BS in Psychology from the University of Pittsburgh and his master's degree from Pittsburgh Theological Seminary, he now pursues his Doctorate in Education from Pitt and has focused his efforts toward impacting the city and its people on multiple levels and platforms. He believes true transformation first begins internally and then permeates its way out. His leadership of the Urban League of Pittsburgh's Black Male Leadership Program Institute is well recognized. "I believe that service is the rent we pay for the privilege of living on earth; so I am making sure I pay and give what needs to be given," he says.

Jay has received numerous recognitions, among them, 2016 *Pittsburgh Magazine* featured Jay in its 40-under-40 list of people making a difference through community service and professional achievement and in 2017 *The New Pittsburgh Courier* recognized him with its 2017 Men of Excellence Award.

Jay is inspiring and engaging and this evening with him proves to be informative, challenging and enjoyable as we hear some of his story and begin to understand what Interfaith Dialogue is and how we might begin our own engagement in it.

**DETAILS...May 15, 7:00-8:30 pm; doors open at 6:30 pm**

**Friendship Hall**

Desserts and beverages will be served, of course!

Invite your friends!



OAKMONT PRESBYTERIAN CHURCH

Corner of Fifth Street & Pennsylvania Avenue

**Jubilant Praise Concert**  
**Sunday, May 26th ~ 4:00 pm**

**3:50 pm—Gathering music begins**

*With OPC Ensembles*

JuBELLation Ringers and Chancel Choir

*Guest Ensemble*

Carnegie Brass Quintet

*Theme —*

***Something Old, Something New:  
Something Red, White and Blue***

*featuring an afternoon of patriotic music*

**Honoring the Armed Forces**

**Free Will Offering Received**

**Handicapped Ramp/Elevator**

**Childcare available**

**All are welcome!**

412.828.5770

[www.oakmontpresbyterianchurch.org](http://www.oakmontpresbyterianchurch.org)



**OPC SAFETY COMMITTEE**

Keeping safe is an important but not often talked about topic. Last year, a group was convened by Dr. Wilson to look at the safety of our building and ways to ensure that those who gather in our church are safe. As with many committees, there were a couple of meetings, then there were none. Re-energized through the efforts of few people, we now have an active and engaged Safety Committee led by Les Leasure, who has a great deal of experience in and knowledge about helping to keep people safe having worked many years in this field.

The Safety Committee developed a Safety Policy for OPC that was passed by Session, and we have taken some actions. You may have noticed numbers in the windows from the outside as well as the inside...these would help first responders find a particular room in the church if an emergency occurs.

A Safety walkthrough to identify potential hazards was done, and a number of hazards have been removed, thanks to our group and work of the Trustees.

Trustees tested and had fire alarms upgraded

An evacuation plan has been developed and shared with Christian Education committee and a drill is planned for this coming fall during Sunday School time

A Safety Team is being identified whose members will be trained to help in emergency situations such as an evacuation

We have been advised by Oakmont Police to have a limited number of doors open rather than all doors, so we have had numerous conversations about how best to accomplish this.

We are re-instating and upgrading a system to lock/unlock two doors from the office. The system originally existed on the lower PA Ave door and will be upgraded for that door and installed for the handicapped entrance. Both audio and video connection will be a part of that upgrade and installation.

Additionally, we have on-going discussion about ways to ensure doors are locked after meetings/gatherings, as we work to keep our church secure. The Safety Committee asks that if you unlock a door, you make sure that door is locked when you leave, or you communicate with someone who is still in the building to ensure that s/he will lock the door upon leaving.

Keep mindful of safety in our building.

Safety Committee members...Les Leasure, Nick Kokales, Rick Jeroski, Robin Gourley, and Sherry Geis along with Dr. Don Ewing.

**Our Director of Mission**, Rev. Laura Bentley, is excited to announce that she and her husband, Ed, are expecting their second baby in September! Laura plans to continue working her regular hours at OPC during her pregnancy, and is grateful for the support of staff, Session, Mission Team, and the whole OPC family.

**West Virginia Adult Mission Trip is postponed** until the next program year. Thanks to all who are interested. Information will be available in months to come on the next event.

**Christian Education**, in preparation for Vacation Bible School, is requesting large (refrigerator, washer, etc.) size boxes for "Community Build", the theme this year. Please notify Dr. Ewing, Jeff Kline or Jane Knter if you can provide some.

**VBS is June 10, 11 & 12.**



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Childcare available

All are welcome!