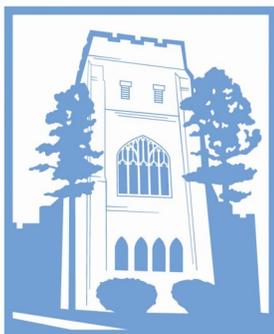


NEWS FROM THE CROSSROADS

Overbrook Presbyterian Church



Overbrook Presbyterian Church is a welcoming and diverse Christian community that seeks actively to love and serve God, each other, and the world.

—Mission Statement

Overbrook Church Staff

Rev. Dr. Adam Hearlson
Designated Pastor

Rev. David K. McMillan
Pastor Emeritus

Dr. Christopher Gage
Director of Music

Anthony Carrella
Director of Christian Education

Lisa Faso
Office Manager

Carol Rozmiarek
Financial Secretary

Leonard Robbins
Church Custodian

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Above me, cicadas are humming in the trees. Beside me, a bee lands softly on the lobelia. A few steps away, the chickens are clawing at the dirt. The sun is out but it is not a stiflingly hot day. My inbox is filling up and I have some calls to make, but for now, sitting in the shade is good for my soul.

Jesus encourages us to consider the lilies of the field and the birds of the air. He asks us to pay attention to the world around us, not that we might control it, but that we might learn from it. So that we might see the ways in which work and rest are in-built to the natural order. So that our souls might find some place for peace and rest even when there is work to do.

August is a time for rest. The specter of September and the program year is beginning to haunt our days, sure, but for now, August calls us to slow down. Reflection on the past is good for us, but reflection is work. Discerning our hopes and dreams for the future is necessary, but discernment is work. And truthfully, I don't think we need more work right now. My sense is that the world is exhausted.

Exhaustion is an invitation to rest. In the midst of a tired world, we need a moment where the demands of the past and the future are not permitted to colonize our imaginations. We need places where we can be satisfied by the present moment—the bee, the lobelia, the chicken. So take a break, friends. Take a moment to delight in the smile of a loved one. Give thanks for the velvet breeze of the evening. Slow down so that you don't miss the sacred magic of the natural world around you. Do a little soul tending. Read the book that has been calling to you. Watch the movie without distraction. Find a loved one to walk with who knows when to talk and when to be silent. Be slow and know that God is with you.

Grace + Peace
Adam



National Relaxation Day

Adam, indicated in his note on the previous page that the month of August is the time to rest. A time before the hustle and bustle of the fall, back to school and then the holidays. Now, I am not sure if he realized this or not, but August 15 is actually “National Relaxation Day”. There is an actual day dedicated to relaxation and funny enough that will be the first day of my family vacation in Captiva Island, Florida.

I found this article on the web at nationalcalendarday.com (Read below)

“NATIONAL RELAXATION DAY HISTORY”

Sean Moeller founded National Relaxation Day in 1985 as a fourth-grader. In an interview with Valerie Monson in The Des Moines Register Sean suggested people shouldn't do anything of real value. Cleaning and real work are not part of relaxation.

National Relaxation Day on August 15th encourages us to slow down and unwind. It's a day to focus on taking care of ourselves and take a moment to relax.

National Relaxation Day is an important day as we all need a break from the fast-paced and often hectic lifestyles we live. Taking time to recuperate and rejuvenate our tired minds and bodies may help prevent many health risks, too. Like the founder of this day suggested, too much work can make us sick, run-down, tired and that's just wrong.

But he was right! It has been proven that stress can be harmful to our health, both mentally and physically. Most doctors will agree that finding ways to relax and finding ways to reduce stress will improve overall health.

What is your favorite relaxation activity? Whatever it is take a deep breath, unwind while viewing your favorite TV show, or just find a quiet spot in a park and enjoy the summer breeze. “

As I mentioned last week in the weekly e-news I was taking the weekend to enjoy some R&R with my daughters down the shore, below are a few of the shots that my daughter took of the beach at night. Now what says relaxation better than these photos:



Worship & Music

It's really wonderful to be back in the sanctuary for Sunday worship. The gifts of the reading of the word, the sermon, the feel of the organ, the voices of our soloists, and sound of our own voices even when from behind masks, greeting each other, the presence of the Holy Spirit all are a joy to behold. If you have not been able to join us yet, please know we have missed you and look forward to the day when you can comfortably return to be with us.

Masks - Consistent with the City's recommendation that all people—even vaccinated people—wear masks indoors, OPC is recommending that all wear masks in the sanctuary. There has been an uptick in cases in all 50 states, and our young ones are not yet eligible for the vaccine. Out of love for each other, we wear our masks. If you have lost yours or forget to bring it, we will have them at the door.

Nursery - The nursery is open!! Carol, Connie, and Deja wait to greet your children.

Accessibility - The Lancaster Avenue door will be unlocked and attended by an usher to assist those who more easily enter the building via the Lancaster Avenue ramp. There will also be an usher to assist at the inside ramp leading to the sanctuary.

Communion - August 1 is Communion Sunday. We will observe the sacrament of the Lord's Supper using individual pre-packaged servings of the bread (a wafer) and wine (grape juice) in order that the elements will not be exposed to any airborne germs. There will also be a pre-packaged gluten free option for anyone that needs it.

Fellowship Hour - Count on it! There will always be Fellowship Hour at Overbrook! Artia has made it her mission to make sure we all get a little something to eat and drink and that we can do so safely.

Finally, if worship at Overbrook is an important part of your week, please consider being a part of it. See below for volunteering opportunities. All the little things that make Overbrook important to you are done by volunteers. We need your help, too.

-Eileen Wiggins

V O L U N T E E R

All that's missing is U !



We are looking for volunteers to help run the live-stream! Are you interested? Contact Chris Gage at music@overbrookpresb.org for more information. No prior experience required, and training is included



Can you smile and hand the bulletin to people who walk through the door? Are you big enough to open those heavy doors and hold them while people walk in? Are you able to help those who need assistance get up the steps at the portico entrance or get through the heavy doors on

Lancaster Avenue and City Avenue? If you answered "yes" to any of these questions and if you are a youth or an adult, you have what it takes to be an usher. Our ushers now have more responsibilities than they have had in the past, and we need more ushers to serve each week. Please contact Max Mason at 610-246-8527 or Bob Harden at 215-776-1727.

"I was the first one in the gym in the morning and the last one to leave"

Muhammad Ali

Are you like Muhammad Ali, the first one to arrive and last one to leave? If so, we have the opportunity for you, we are in need of openers/closers for Sunday Morning. The requirements for this opportunity is to arrive before service on Sunday, unlock and open all the doors, start coffee and then after

Fellowship Hour make sure all doors/windows are locked and shut and all lights are turned off. This is a rotating schedule and volunteers need not be available every Sunday. If you are interested or would like to know more, please email Lisa at office@overbrookpresb.org



Just a reminder we need hosts for Fellowship Hour starting August 8th going forward. We are using individually pre packaged food and cold drinks for about 100 people. Any questions email Artia at newlife5125@aol.com

To sign up to host, set up or clean up follow the attached link: [Fellowship Hour Sign Up](#)



Introducing: *Creator's Corner*

We're excited to launch a new section of our newsletter where children, youth, and parents are invited to share the creations they are proud of or working on! Send images, visual art, poems, links to musical performances, etc. to anthony@overbrookpresb.org to be featured. This month, we are grateful to share Blake Davis' poem, *My pledge*.

My pledge

Blake Davis

I am someone who dreams of becoming a pilot
Soaring the the blue sky with the white clouds
Wind running through my face as I go
For years I have dreamed about becoming a pilot

Just wanting to surf the skys in a plane
Having the freedom of flight

I want to dance with the clouds in the sky
When I will grow up I will be pilot and help people out

I want to be the plane
Soaring down the sins airline
picking up passengers
Flying them to their destination

I want to be able to control my plane just like how I can
control my body

I want my plane to be able to flap its wings like a bird "in
the sky"

My pledge is to be a pilot
My pledge has always been to be a pilot.



Vacation Bible School: This year's VBS program was a blast! Our program was called Compassion Camp: Changing the World With Lovingkindness. Throughout the week, children learned why we should JUMP! into compassionate actions, and how we might ease the hurt we see and feel in the world.

Many thanks to our amazing volunteers, parent leaders, and staff who worked around the clock to make this program a reality! See our favorite shots of the camp by heading to: <https://tinyurl.com/opc-compassionvideo>

Youth Mission Moment:

Helping Our Neighbors in Kensington

Middle and High School Youth are invited to gather at OPC this Sunday, August 1 at 9:30 am to pack meals for those in most dire need. Becky Lazo has been following a group called The Kensington Project which delivers food, clothing, hygiene products, and more every Sunday. You can help the KP by contributing to those efforts on August 1! Registration is open now: <https://tinyurl.com/opc-ce-servesKP>

Learn about the Kensington Project: <https://tinyurl.com/ce-learn-KP>



Wednesday Summer Rotating Playground Fellowship

Monkey bars. Ice pops. Summer fun with friends. What could be better?

All are invited to join children, youth, and families for rotating

playground fun this Summer! Together, we'll gather at playgrounds chosen by OPC families on Wednesday afternoons. The Christian Education team will provide bottled water, ice pops, and a first aid kit at each site. Individuals and families should bring anything that will keep their crew comfortable, such as snacks, meals, sunscreen, picnic blankets, etc. Come when you can, and leave whenever you'd like.

No registration is required, but let us know you're coming by heading to: <https://tinyurl.com/opc-park>

Dates and Locations of Gatherings:

- Weds 8/4: 5:00 - 7:30 PM: Narberth Park, 80 Windsor Ave Narberth PA 19072
- Weds 8/18: 5:00 - 7:30 PM: Clem Macrone Park, 810 Conestoga Road, Bryn Mawr, 19010
- Weds 9/1: 5:00 - 7:30 PM: Freedom Playground, 9000 Parkview Dr, Haverford, PA 19041

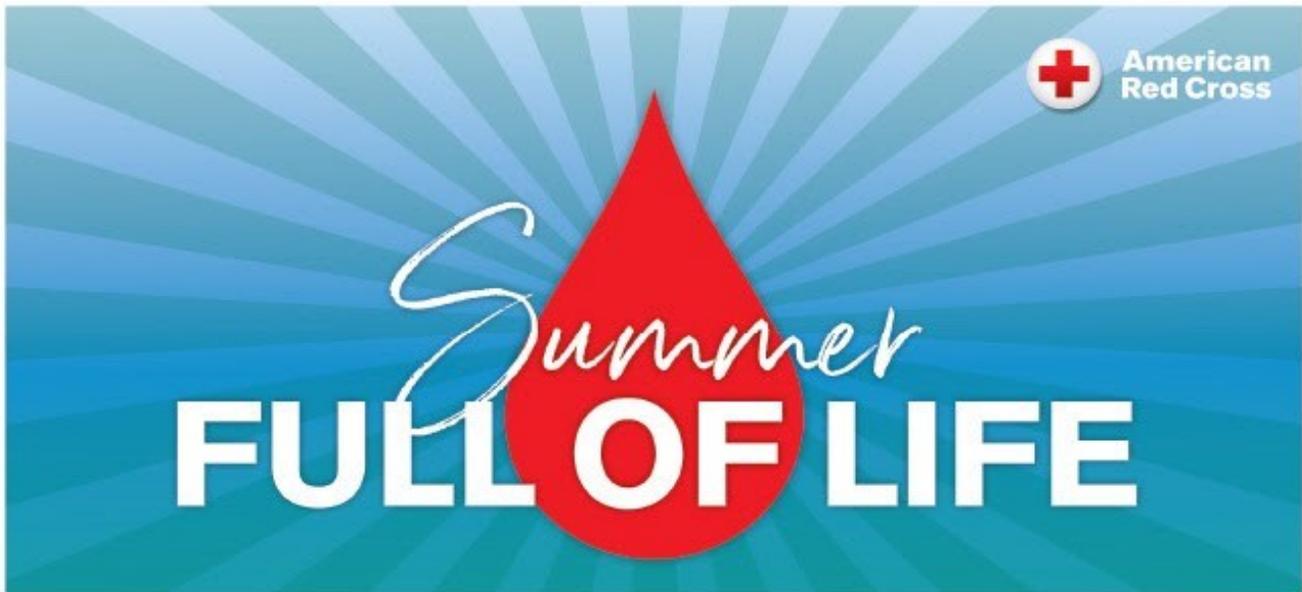
Communications Updates

Families with children and youth should bookmark our new Link Tree! Head to <https://linktr.ee/opcce> for a complete listing of CE links and resources for parents.



Youth over 13 years old are invited to join Remind, our SMS communications platform. Join by heading to:

remind.com/join/opcce



Blood Drive
Overbrook Presbyterian Church

Wistar Morris Room
6376 City Avenue
Philadelphia, PA 19151

Friday, September 3, 2021
12:00 p.m. to 5:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Overbrook Presbyterian Church to schedule an appointment.



Cheers to you! Come to give Sept 3-7 for a NEW 16 oz. Red Cross campfire mug, while supplies last!

Share the vibe. Give blood to help save lives.

Download the Blood Donor App | RedCrossBlood.org | Call 1-800-RED CROSS

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The Return of the OPC Summer Prayer Breakfast!

On August 21, from 9:30-11:00 AM, all are invited to share a morning of fine food, spirited fellowship, and shared prayer. The somewhat rusty, yet still vigorous, Great Chefs of OPC will be whipping up our favorite breakfast/brunch treats. Since August 21 is also the anniversary of Hawaii's statehood, please expect to experience some tropical flair and to enjoy the pineapple bread pudding. Tropical shirts, ukuleles, and guests of all ages are warmly welcomed. In response to covid guidelines, all seating will be well-distanced, with a variety of table sizes available. Masks will be encouraged when participants are not eating. Our team of buffet servers will be glad to accommodate your food selections.

The morning's schedule will be as follows:

- 9:30-10:30 AM: Breakfast and table fellowship
- 10:30-11:00 AM: Shared Prayer...prayer requests will be lifted and affirmed by all who gather

To assure that our chefs are well-prepared to serve you, RSVPs are encouraged. Please respond to Sharon@overbrookpresb.org, or call me at 610-742-8415. (...and do you hear the island breezes calling you to help cook or set tables? All assistance is welcomed...please call or email me.)

Prayer breakfasts are part of our OPC parish care ministry...there is no charge to participate. For those who wish to contribute, a free-will offering plate will be available.



Deacons

Happy August Birthdays

8/4	Todd Kupstas	8/21	Evan Wilson
8/5	Rachel Carnahan	8/22	Will Schick
8/7	Claire Rodgers	8/23	Peter Seidel
8/10	Nathan Lazo	8/26	Rayna Mason
	Will Schick, Jr.	8/27	Edelene Carroll
8/12	Larry McGhee	8/28	Lori Mason
8/14	Susy Brandt	8/31	Hugh Cole
8/15	John May		
8/17	Mary Lou Ryce		
8/18	Pat Dillon		

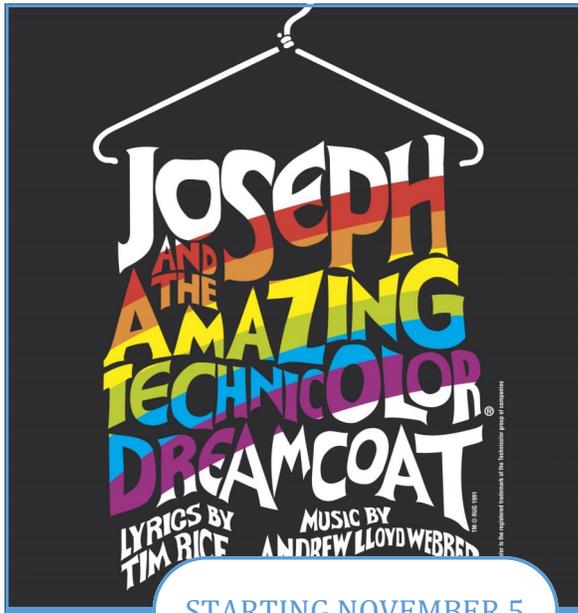
If you or a family member's birthday are not listed and you wish to be included on the monthly birthday list please email Lisa at office@overbrookpresb.org



Prayer List

- Prayers for healing and comfort for Ted Dillon as he recovers from spinal surgery.
- Prayers for healing and comfort for Jeremy Blatchley as he recovers from spinal surgery.
- Prayers of joy for George and Bernadette Schick on the recent birth of their son, Charles Edward Schick.
- Prayers for Theresa De Cesare and her family, the extended family of Jill Van Rawley.
- Prayers for Mary Pat, friend of Ginny Leagans, as she undergoes chemotherapy.
- Prayers for healing and comfort for Keith Young who is diagnosed with pancreatic cancer.
- Prayers for restoration of health for Anna, daughter of Rev. Lisa Farrell, Pastor of Penn Wynne Presbyterian Church.
- Prayers for restoration of health and comfort for Estalene Ferrillo.
- Prayers for restoration of health and comfort for Wendy Fraser, sister of Jeremy Blatchley, as she continues treatment for cancer.
- Prayers of hope and comfort for families experiencing poverty, domestic strife, and uncertainty.
- Prayers for restoration of health and comfort for Aqueelah Folwell.
- Prayers for restoration of health and comfort for Caroline Skinner.
- Prayers for those who face on-going health challenges, especially Susan Leach, Judy Swartz, Ed Harvey, Ellen Burr, Marina Patino-Treat, and Theresa Carter.
- Prayers for Stephanie Morris and her family.
- Prayers for restoration of health and comfort for Bill Long, Eric Long's father, as he faces cancer treatment.

Please contact Terri Hunter (teresahunter42@gmail.com) or Sharon Parker (sharon@overbrookpresb.org) to add names to the prayer list.



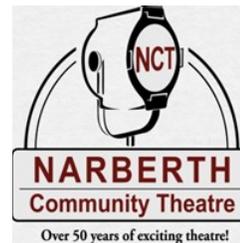
Narberth Community Theater is back and their first production will be "*Joseph and the Amazing Technicolor Dreamcoat*" directed by Linda Hunt.

Narberth Community Theater will be hosting auditions at OPC on Sunday August 1 and Monday, August 2. If anyone is interested or knows any that may be interested in trying out, please follow the link to : [NCT Audition Link](#)

All auditions are by appointment only, the above link will have all the information on how to sign up for an audition and the pertinent dates and times of the shows and rehearsal.

For more information on Narberth Community Theater, visit their website at

<https://narberthcommunitytheatre.org/>



To keep up to date with the latest news and information on OPC—
visit our Facebook, Website and Realm

