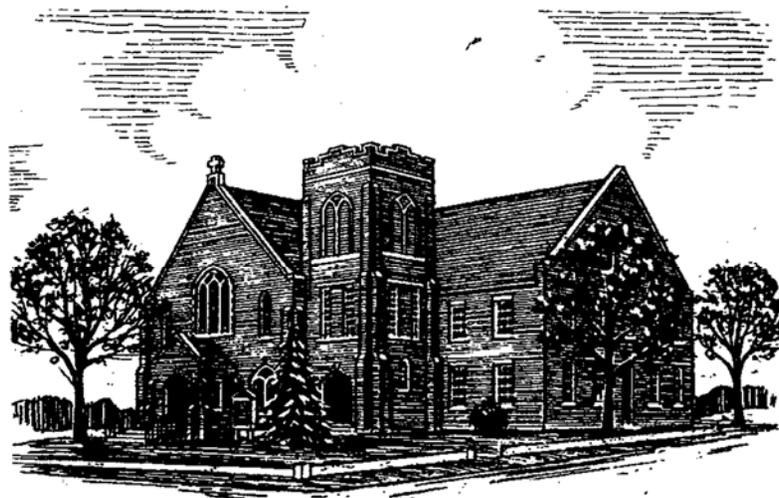


THE SALEMETTE



“Come Receive Grace, Go Share Faith”



September 2018

SALEM EVANGELICAL LUTHERAN CHURCH
MOUNT SIDNEY, VIRGINIA

A congregation in the Virginia Synod
of the Evangelical Lutheran Church in America

www.salemlutheranva.org

540-234-8161



Salem Lutheran Church Prayer List

Trust in the Lord, for the Lord God is an everlasting rock - Isaiah 26:4 Rejoice in your hope, be patient in tribulation, be constant in prayer -Romans 12:12

Please submit prayer requests by completing the Welcome Cards located in the pew racks and placing them in the offering plates, or by calling the church office. Please include your name, the person in need of prayer, and the reason we are praying for them. If your request is for a friend or relative, include their relationship to you.

Salem Lutheran Disciples who are shut-in or homebound

We pray for continued strength and the comfort of God’s abiding presence for: Audrey Alexander, Sharon Alexander, Scott Bryan, Ellen Fitzgerald, Janet Lee and Fred Gibson, Chuck and Lenna May Lambert, Don & Betty Myers, Mildred Smiley, and Phyllis Wine

Prayer List Prayers for the bulletin will be listed for 4 weeks, after that if you want to resubmit the names you can. They will stay in the newsletter for as long as you leave them. At the end of each year we will start the list over and if you want you can resubmit.

Disciples at Salem

<u>Disciples</u>	<u>Prayers</u>
<u>In Need of Prayer</u>	<u>Requested/ Thanksgivings</u>
Madeline Joiner	healing and strength Pray for Brooke too.
Tzariah Grubb	strength and healing
Janet Lee Gibson	strength and healing from stroke
Janice Converse	strength and healing
Hampton Foley	strength and healing
Patty Botkin	successful treatment for cancer
Jayden Raynes	emotional strength
Sara Fultz	strength and healing
Kevin Clemmer	eye surgery with no problems

Friends and Relatives of Salem Disciples

<u>Person</u>	<u>Person</u>	<u>In</u>	<u>Relationship</u>	<u>Request</u>
<u>Making</u>	<u>Request</u>	<u>Need</u>		
M. Smith	Amanda McCray	friend	stage 2 breast cancer	
A. Eubanks	Daniel Hamilton	step-father		Lymphoma
S. Ocheltree	Ronnie Via	friend		stroke
P. Derek	Jane Boggs	mother		stroke
M. Puffenbarger	Anessa Sink	friend		cancer
L. Grubb	Larry (Sonny) Heinbaugh	cousin		cancer
C. Wright	Susie	daughter	breast cancer came back	

Salem Lutheran Baptisms in the past year

We take the time to pray for those baptized at Salem in the past year:

Ryan Avery Joiner 6-3-18
Colson Allen Brown 7-8-2018

Serving in the Armed Services

Sarah Pulliam US Coast Guard
Andrew Davenport US Air Force deployed to Afghanistan
Chris Crosen US Army

Salem Lutheran Disciples granted Eternal Rest

Jesus said, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who believes in me will never die" – John 11:25-26a.

Harry Howard Ellis 4-1-2018
Ralph Joseph Mezzoni 7-11-2018



God's Work – Our Hands 2018

Each year, usually at the beginning of September, ELCA congregations around the country join together to serve others through an event called God's Work – Our Hands.

Obviously we are called to serve more than one day out of the year, but this is an opportunity for ALL ELCA congregations to be in service together in many and various ways at the same time. It's an occasion to stop and ponder the many skills and gifts we have been given. It's an occasion to then use those skills and gifts for the glory of God and to help others in need. Across the country, ELCA folks will be involved with feeding the hungry, helping schools, picking up litter, giving blood, packing hygiene kits, and distributing care packages.

Last year, Salem partnered with area Lutheran congregations at the EXPO in Fishersville where we packaged 15,000 dehydrated meals to be sent around the world. Since last year was so successful, we're doing it again this year.

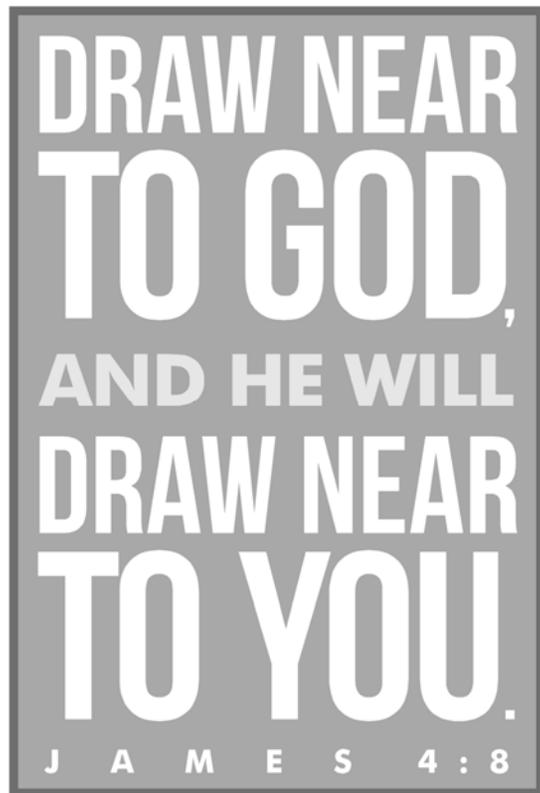
When: September 8th from 10 am – 12:30 pm

Where: Kate Collins Middle School in Waynesboro

What: We will develop an assembly line and package meals. We will be working with Rise Against Hunger, an agency that helps to educate and feed millions of people throughout the world. One in three people worldwide are adversely affected by vitamin and mineral deficiencies. Rise Against Hunger meals, packaged by volunteers, are designed to provide a comprehensive array of micronutrients. Rise Against Hunger meals include enriched rice, soy protein, dried vegetables and 23 essential vitamins and nutrients.

Please consider joining us this year as we faithfully gather to make a difference in the world.

Pastor Derek





Sunday School Begins in September!!!

President, Keith Robertson, opened August's Council meeting for business and Pastor Boggs began the meeting with prayer. Treasurer, Jared Mapstone, reported as of July 31, 2018, there was a balance in the General Treasury of \$29,100.87; \$11,870.00 in Special Health Needs Fund and \$35,349.88 in Special Projects. Jared advised that SELC spent less in July than was received.

Pastor's Report – Pastor Boggs report for July highlighted:

- Details of Salem's Mission work at Camp Caroline Furnace.
- Worship in the Imagine Center on July 22nd where several Youth spoke who attended the National Youth Gathering in Houston.
- Funeral for Ralph Mezzoni and the Baptism of Colson Whitesel.
- Numerous visits (23) and meetings (6)
- Looking forward in August to the beginning of schools in the local area celebrated with "Blessing of the Backpacks" on August 5th; hosting the Southern Valley Conference gathering in the Imagine Center with Bishop Bob Humphrey on August 19th; and Rally Day on August 26th.

President's Report - Council President, Keith Robertson advised – **Purchase of Defibrillator:** There is as yet no update on the possibility of purchasing a defibrillator for SELC.

- **Family Leave** – Lynn Rogers distributed a draft of the latest Family Leave policy. In discussion, Council members suggested several "tweaks".

- **Fireproof Storage Cabinet:** Pastor Boggs advised that the filing cabinet donated by Noel Thomas is in place in the library. Barbara Lambert and Sandy Switzer will help Pastor Boggs with a review of existing records.

- **MP3 Player System Replacement:** Pastor Boggs suggested that down the road, Salem may need a working group to evaluate replacing the church's MP3 player system.

- **Needs of Social Hall:** Keith advised he hasn't yet obtained quotes for tasks on the "to-do" list previously developed. Linda Ellis is getting quotes for carpet cleaning and deodorizing to try to help with smells in the Social Hall.

- **Rally Day/Playground Dedication:** Charles Dennison advised that Thrivent Funds are available to help with the cost of food for Rally Day Picnic. The new playground equipment and improvements will be dedicated on Rally Day.

New Business:

1. **Pulpit Microphone:** The stationary microphone on the pulpit needs replacing. Dianne Chafin advised that an estimated cost for a new one is about \$250. Council members agreed that the purchase is necessary.
2. **2019 Spending Plan:** Keith Robertson advised members that 2019 Spending Plan input is due to him not later than September 16th for Council to consider at the monthly meeting on October 1st.

Committee Reports:

1. **Christian Education:** Nelson Terry advised that new Fall literature for this year's Sunday School curriculum is here and being evaluated by teachers. He also mentioned the need for a few more volunteers to teach Sunday School that begins in September.
2. **Finance Committee:** Donna Alexander reported as of July 31, 2018, the balance due on the Building Fund Loan is \$510,433.56. The interest rate will reset in 2019 at the end of the initial 7 year loan period.
3. **Memorial Committee:** Charles Dennison advised that several donations were received in memory of Ralph Mezzoni.
4. **Nominating Committee:** Ruthanne Logue reported that Committee members will soon begin their search for volunteers for 2019 Council positions and Nominating Committee.
5. **Youth Committee:** Noel Thomas reported that FARKLE is still coming. Youth Leaders are searching for additional adult leaders.

Respectfully Submitted,

Louise Harris, Congregational Secretary.



FINANCIAL REPORTS

Don't forget Noisy Offering Sunday, September 2, 2018!

Salem with their Noisy Offering has sent \$1,500.00 to Pastor Gerong (serving the congregation in Soi of PNG District) to help send his children to school.

Thank you, to all of Salem's congregation for their continued support.
August Noisy Offering \$225.00

Offering for July 2018

DATE	BUDGET	OFFERING	DIFF.
7/1/2018	\$4,985.13	\$3,441.00	(\$1,544.13)
7/8/2018	\$4,985.13	\$4,534.00	(\$451.13)
7/15/2018	\$4,985.13	\$4,033.00	(\$952.13)
7/22/2018	\$4,985.13	\$4,669.00	(\$316.13)
7/29/2018	\$4,985.13	\$3,514.60	(\$1,470.53)
Amount (short) or over for month			(\$4,734.05)

Spending Plan for 2018	149,553.90
Offering for year to date	<u>(132,097.63)</u>
(Short) or Over year to date	(17,456.27)



Music Notes for September

Looking toward plans for Fall, members of Worship & Music Committee met on August 8th. After taking part of the Summer off, the Adult Choir & Bell Choir resumed practicing in the month of August. As always, choir members are needed for both the Adult Choir and for the Bell Choir. Bell ringers only need to be able to count to 4 (or maybe 5) and singers must only want to make a joyful noise!!! Please join!!!

Beginning the first Sunday in September, a new setting will be used for Morning Worship. It is an alternative Setting 10 and much of it will be familiar to most worshipers. Morning Worship on September 30th is planned for the Imagine Center and will be in a similar format to previous services held in the Imagine Center on 5th Sundays of 2018. Plans are also being considered for Reformation Sunday, October 28th. This year's Community Thanksgiving Service will be at Mount Sidney United Methodist Church on November 18th.

Advent begins December 2nd. Again this year, Pastor Boggs will lead a Bible Study in the Imagine Center on the 3 Tuesdays in Advent (Dec 4, 11 & 18). The study will be based on the Gospel of Luke. This year's Christmas Program is scheduled for December 16th. Worship & Music Committee members discussed possibilities for a program and for someone to lead this activity. Anyone interested in helping with this adventure, please contact a member of the Worship & Music Committee.

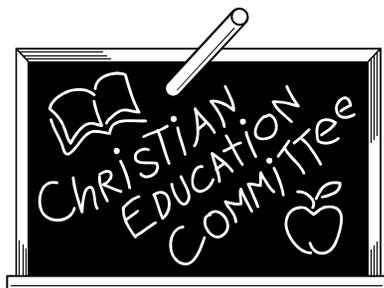
Pastor Boggs plans to speak with leaders at the Valley Mission about visiting the Mission again this Christmas Season to perform the Nativity Story with "actors" from Salem's children & from Valley Mission children. This program was well received last Christmas and

well attended by both Valley Mission worshipers and by those who attended from Salem.

Stay tuned for more details on all upcoming activities.

Your Worship & Music Committee

	Acolyte	Crucifer
August-12-18	Skylar Grubb	Alivia O'Gorek
8-19-18	Lea Grubb	Lucy Smith
September-2-18	Donna Alexander	Madeline & Brooke Joiner
9-9-18	Meredith Boggs	Riley Kent
9-16-18	Skylar Grubb	Wrenn Mapstone
9-23-18	Vickie Crawford	Tim Behler
9-30-18	Sandy Switzer	Doris Grant
October-7-18	Skylar Grubb	Lea Grubb
10-14-18	Jane Sheets	Brenda Todd
10-21-18	Conner Campbell	Dana Rhodenizer
10-28-18	Linda Ellis	Tim Behler
November-4-18	Meredith Boggs	Wrenn Mapstone
11-11-18	Sandy Switzer	Lizzie Blatz
11-18-18	Brenda Todd	Riley Kent
11-25-18	Linda Ellis	Madeline & Brooke Joiner
December-2-18	Donna Alexander	Cooper Blatz
12-9-18	Meredith Boggs	Harrison Mapstone
12-16-18	Paige Chafin	Lizzie Blatz
12-23-18	Matthew Gardner	Paige Chafin
12-24-18 (candlelight)	Riley Kent	Harrison Mapstone
12-30-18	Skylar Grubb	Christine Cruz
January-6-2019	Conner Campbell	Abby Campbell
1-13-19	Judy Craun	Tim Behler
1-20-19	Cielo Cruz	Mary Reeves
1-27-19	Kitty Cook	Jane Sheets
February-3-19	Matthew Gardner	Tim Behler
2-10-19	Alivia O'Gorek	Riley Kent
2-17-19	Bo Cramer	Madeline & Brooke Joiner
2-24-19	Matthew Gardner	



Sunday School classes and teachers
2018-2019

Sunday School classes and teachers 2018-2019

Nursery: Jenna Rose Mapstone, Brenda Todd

Pre K – K – teachers: Mary Reeves, Annabelle Craun
Allison Ullrich, substitute occasionally

Grades 1-3: Meredith Boggs, Theresa Thomas, Kitty Cook
Megan O’Gorek

Grades 4 – 7: Janice Converse, Bill Converse

Confirmation Class: Pastor Derek

Holy Communion Instruction Class; Pastor Derek

Junior/Senior High Class 8th – 12 grades

Dianne Chafin, Meta Barer

Theos Class: Lou Noordzy, Charles Leach, Hugh Landes

Joy Class: Lucy Dennison, Bill Munsey, Louise Harris

Table Talk Class: Pastor Derek

Sunday School Superintendent: C. W. Switzer

Assistant Sunday School Superintendent: Douglas Ocheltree

Vacation Bible School leaders: Meredith Boggs, Bev Wise,
Dauria Huffman

Substitute teachers: Bev Robertson

Women of the **EVANGELICAL LUTHERAN CHURCH IN AMERICA** 

School is in and fall is headed our way. With each season change comes in many forms. You might like the cooler temperatures as fall eases its way into the Valley and you may be one that is always longing for those hot summer days. The seasons are a good example of how change comes and goes in our lives. Sometimes it's for the good and sometimes it's just hard to bear but either way it is inevitable. Just as the seasons are with all their highs and lows, sun and rain, snow and heat...so is life! Today I was cleaning and thinking of a few people in my life who seem to be in a valley and can't get out of it to the reach the mountain they are trying to climb. As I thought about them I thought about how my mere human words just don't do justice to the pain or struggle that they are feeling. So sometimes I have to just talk to them through music. Music where the words are for and about The Father. The one "constant" we have in life! The One that goes through each season of change with us! The one who says...pick your feet up when you can't take another step and let Me carry you! So today I'm going to use another's words. I am going to use some powerful songs and I will pray that as you read these words the spirit is in them and they speak to you and your season of life. Maybe you're on a high and want to sing His praises and maybe you need to be carried. Either was He is constant. He is there.

Reckless Love by Cory Asbury

Before I spoke a word You were singing over me.

You have been so so good to me.

Before I took a breath you breathed Your life in me.

You have been so so kind to me.

Oh the overwhelming, never ending reckless love of God.

Oh it chases me down, fights till I am found, leaves the ninety-nine.

I couldn't earn it, I don't deserve it, still You give Yourself away.

Oh the overwhelming, never ending reckless love of God.

When I was your foe, still Your love fought for me.

You have been so so good to me.

When I felt no worth, You paid it all for me.

You have been so so good to me.

There's no shadow You won't light up.

Mountain you won't climb. Coming after me.

There is no wall You won't kick down.

Lie you won't tear down. Coming after me.

Oceans (Where Feet May Fall) by: Hillsong United

You call me out upon the waters, the great unknown, where feet may fail.
And there I find you in the mystery, in oceans deep, my faith will stand.
And I will call upon Your name, and keep me eyes above the waves.
When oceans rise, my soul will rest in Your embrace, For I am Yours,
You are mine.

Your grace abounds in deepest water;

Your sovereign hand will be my guide.

Where feet may fail and fear surrounds me,

You never failed and You won't start now.

So I will call upon Your name, and keep my eyes above the waves.

Spirit lead me where my trust is without borders,

let me walk upon the waters wherever you would call me.

Take me deeper than me feet could ever wonder,

and my faith would be made stronger in the presence of my Savior.

You say by Lauren Daigle

I keep fighting voices in my mind that say I am not enough.

Every single lie that tells me that I will never measure up.

Am I more than just a sum of every high and every low?

Remind me once again just who I am cause I need to know.

You say I am loved when I can't feel a thing. You say I am strong when I think I am weak. You say I am held when I am falling short and when I don't belong you say I am Yours. Oh I believe. What you say of me, I believe.

The only thing that matter now is everything You think of me.

And you define worth and I find my identity.

You say I am loved when I can't feel a thing. You say I am strong when I think I am weak. You say I am held when I am falling short and when I don't belong you say I am Yours. Oh I believe. What you say of me, I believe.

Taking all I have and now I am laying it at Your feet.

You have every failure God, You have every victory.

You say I am loved when I can't feel a thing. You say I am strong when I think I am weak. You say I am held when I am falling short and when I don't belong you say I am Yours. Oh I believe. What you say of me, I believe.

Challenge for September. Look these songs up on Youtube and lift Your hearts to God no matter what season of life you are in. Enjoy these three and also look for: Still Rolling Stones by Lauren Daigle and Fear is a liar By Zach Williams.

Amen. JR



MEN'S GROUP OF
SALEM CHURCH

The Men's Group of Salem Church would like to invite all of the men of Salem Lutheran Church to our Prayer Breakfast on September 30, 2018, starting at 8:30 AM. Why not give us a try, we have interesting programs, we spend some time praying for members of the congregation, we provide and enjoy good food, and good fellowship.

The following is a list of members we will be praying for at our September meeting;

Donna Alexander	Jason Eubanks	Caitlin Jahnke
Tim Blosser	Ruth Flick	Mike King
Donna Bryan	Elaine Fogleman	Harrison Mapstone
Abby Campbell	Deana Griffin	Leah Owens
Alec Christian	Sydney Hodge	Leon Sheets

This is the beginning of our tenth trip thru the congregational membership list praying for each one of you as we go. If you have any thoughts on how we could improve this ministry, please let one of us know. If there are any special requests, please contact Hank Kowalla, Charles Leach or Loo Noordzy.

A morning prayer

At the start of a day, who can tell what a day may bring forth?
Cause me therefore, gracious God, to live every day as if it were to be my last, for I know not but that it may be such. Cause me to live now as I shall wish I had done when I come to die. O grant that I may not die with any guilt on my conscience, or any known sin unrepented of, but that I may be found in Christ, who is my only Savior and Redeemer.

—Thomas à Kempis



September 2018

Salem Evangelical Lutheran Church, 417 Salem Church Road
P.O. Box 38, Mount Sidney, VA 24467 Phone: 540-234-8161
Pastor Derek Boggs

Sunday School: 9:45am

Worship Service: 11:00am

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

 <p>Sept 15 Oct 15</p>						1
<p>2 Noisy Offering</p>	<p>3</p> 	<p>4 SIO 7pm Mt. Sidney Ruritan Board</p>	5	6 SIO	7 Pastor's Day Off	8 10am pack food at Kate Collins School
<p>9 First day of Sunday School</p>  <p>"Grand" parents Day Dennison Reunion Mutual Ministry after worship 6pm Youth Mtg.</p>	<p>10 2pm Esther Circle 7pm Council Mtg.</p>	<p>11 SIO 6:30pm Ruritan Mtg.</p>  <p>9/11 REMEMBRANCE</p>	<p>12 6:45pm Worship/Music Mtg. 7:30pm Choir</p>	13 SIO	14 Pastor's Day Off	15 Charlie & Lucy Dennison Reserve Imagine Center
<p>16 Youth Thank You Dinner after church Lydia Circle meet after church at Valley Pike</p>	<p>17 7pm Eve Circle</p>	<p>18 SIO 12pm WELCA Serving Bridgewater Comm. Meal 4pm Verona Food Pantry Volunteers 7pm Salem – Pleasant View meet at Verona CC</p> 	<p>19 12:30pm XYZer's lunch at Lebanon 7:30pm Choir</p>	<p>20 SIO 12:00pm Eleanor Circle</p>	21 Pastor's Day Off	<p>22</p>  <p>First Day of Autumn Golf Tournament at Ingleside</p>
23	24	25 SIO	26 7:30pm Choir	27 SIO	28 Pastor's Day Off	29
30 8:30am Men's Group Breakfast						

SEPTEMBER

5th Jack Riggs
 6th Christine Cruz
 7th Alvin Wine
 8th Morgan Thomas
 9th Kevin Delawder
 Larry Sorrells
 11th Benny Cook*
 13th Bryce Dennison
 Juliet Elbin
 15th Blake Rhodenizer
 Charlie Dennison
 18th Lucy Dennison
 Chuck Lambert
 Jesse Smallwood
 19th Rebecca Munse
 20th Crystal Lambert
 21st Lucas Burns
 Sarah Pullian
 Keith Robertson
 Jackson O’Gorek
 22nd Jim Lind
 Leon Sheets
 23rd Jodie Brubaker
 24th Lena Robertson
 25th Lisa Letchworth
 Henry Todd
 26th Spencer Arey
 29th Margie Metzger

BAPTISM

9-27-1981 Megan O’Gorek
 5-30-1993 Nicole Ocheltree
 9-8-2002 Maggie Sorrells
 9-18-2004 Emma Maxwell
 Robert Maxwell
 9-27-1992 Ryan Lambert
 9-2-2012 Sadie Todd
 9-8-2013 Jared Mapstone
 Harrison Mapstone
 9-12-2010 Wesley Miller



9-17-1961 Robert Watkins
 9-30-1955 Nancy Watkins

SEPTEMBER HELPERS

Ushers-Doug Ocheltree
 Captain- Brenda Todd
 Keith Robertson
 Grant Richardson
 Teresa Richardson
 Alternate: Leigh Anne Sorrells

Greeters-Sherry Ocheltree
 2nd Cathy and Nelson Terry
 9th Jim and Brenda Todd
 16th Meredith Boggs
 23rd Doug and Sherry Ocheltree
 30th Allison and Albert Ullrich

Acolytes- Donna Alexander
 2nd Donna Alexander
 9th Meredith Boggs
 16th Skylar Grubb
 23rd Vickie Crawford
 30th Sandy Switzer

Readers- Dana Rhodenizer
 2nd Jessica Arey
 9th Debbie Mongold
 16th Emma Sorrells
 23rd Tim Behler
 30th Kris Stern

Assisting Ministers-
 Dana Rhodenizer
 2nd Dana Rhodenizer
 9th Lynn Rogers
 16th Sherry Pebworth
 23rd Doris Grant
 30th Deana Griffin

Sound: Bill Chafin
Bread: Cathy Terry
Communion Preparers: Nelson and Cathy Terry

Server: Dianne Chafin
Alternate: Lynn Rogers –Tim Behler

Altar Flowers
 2nd Linda Ellis 9th
 23rd CW & Sandy Switzer

Crucifer – Donna Alexander
 2nd Madeline & Brooke Joiner
 9th Riley Kent
 16th Wrenn Mapstone
 23rd Tim Behler
 30th Doris Grant

Nursery-Jenna Rose Mapstone
 2nd Kitty Cook & Lucy Smith
 9th Nicole & Sherry Ocheltree
 16th JennaRose Mapstone
 23rd Cheryl Burns & Jess Arey
 30th Dana Rhodenizer &
 Annabelle Craun

Communion Attendants-
 Theresa Thomas
 2nd Donna Alexander
 9th Meredith Boggs
 16th Lucy Dennison
 23rd William Munsey
 30th Theresa Thomas

Flowers: Brenda Todd
Linens: Beverley Wise

Warren and Beverley Wise
Assistant: Donna Alexander

16th CW & Sandy Switzer
 30th



What a wonderful month getting back into the school routine for all of our youth! We are excited for each and every one as they begin a new year and grade. During August we kicked off the year with the FARKLE event! It was a wonderful event by all who attended. It was a great bonding experience for the youth and

leaders! Thank you to Martha Landes Jackson and Hugh and Normal Landes for all the support and doing such a wonderful event for our youth!

September Dates to Remember:

9th- Youth Meeting 6-8 pm **The youth will be redoing the Children's bags in the back of the Sanctuary on Sept 9th.** If you would be able to bring in supplies to help stuff the bags by Sept 9th at 12:00, that would be wonderful help! Supplies could be crayons, coloring books, etc. Thanks so much for the help!

16th- Thank you Dinner

Greetings, Allison, Albert, Jess and Spencer

*Thank
you*

Everyone is invited to a "Thank You" Dinner on September 16th. Please come enjoy a meal served by our youth as a thank you for all the love and support we have received over the last few years preparing for Houston. See you on the 16th, right after church!



The THEOS Adult S.S. Class invites you to join us in the library, starting September 2 we continue with the Augsburg Adult Bible Studies. Emphasis this quarter – “God’s World and God’s People.” Scripture - Genesis



The next Food Pantry date is Tuesday, September 19 from 4:00-6:30pm.

We could use more volunteers if you want to help. If you can't help all the time-part of the time would be appreciated!

XYZer's Lunch at Lebanon CoB Wednesday, September 19 – 12:30pm

All seniors are invited to come and enjoy the fellowship, food catered by Beth Michael. Cost is \$8.00. Signup sheet in hallway. Deadline Wednesday September 12.



Men's Group Breakfast has been set for 8:30am -Sunday, September 30, 2018

Bring food to share. All men are invited to come and enjoy the fellowship, food and Prayer Ministry led by Loo Noordzy.

Men's Prayer breakfast

**Mt. Tabor Lutheran Church Annual Harvest Sale & Supper
Saturday, September 8, 2018 at 4:00pm
Meal will be served Buffet style**

Menu includes: Country Ham, Turkey, Dressing, Mashed Potatoes, Gravy, Lima Beans, Tomatoes, Pickles, Homemade Rolls, Apple & Cherry Pie, Tea and Coffee

Adults: \$15.00 Children under 10:\$5.00





God's work. Our hands

Rise Against Hunger 2018

On September 8th at 10am we'll be gathering together for the Rise Against Hunger event at Kate Collins Middle School in Waynesboro. Eight congregations are participating with financial donations, to make possible our putting together over 15,000 meals for hungry children and adults around the world. Up to twelve groups - Lutheran and Roman Catholic churches, and residents of the Legacy at North Augusta retirement community will be participating in the event as well by sending volunteers.

Instructions for getting to Kate Collins Middle School:

If you're coming from Staunton or parts North: Take the I-81 exit 225 which is the 262 Bypass, and turn onto 262 AWAY from Staunton, towards Waynesboro. Drive approximately 10 1/2 miles into Waynesboro, and you will see Kate Collins Middle School on the left. Turn left into the parking lot where the "Rise Against Hunger" sign is, and there will be personnel guiding you to where the event is.

Alternate directions: Take I-81 exit 222, U.S. 250, and take U.S. 250 east toward Waynesboro. Drive approximately 7-1/2 miles. Turn left on Hopeman Parkway (Waynesboro Garden Center is the landmark). Go for 0.9 mile, then turn right on Ivy Street. Go 0.2 mile, and turn left into the parking lot where the "Rise Against Hunger" sign is, and there will be personnel guiding you to where the event is.

Last year was a great event, and we look forward to seeing you in September! Please let Pastor Derek know if you plan to participate.



Lutheran Golf Tournament

On Saturday, September 22, Pleasant View Lutheran is hosting a golf tournament for area Lutheran congregations at Ingleside Golf Course. The cost is \$30 per player for green and cart fee. The format will be Captain's Choice with a shotgun start at 9 a.m.

An 8:00am Breakfast will be served at Pleasant View and a free will offering accepted. Please let Pastor

Derek know if you plan to participate so we can give Pleasant View a number coming from Salem.

LEBANON CHURCH OF THE BRETHREN

Is sponsoring a
"Harvest Hootenanny"
September 22 from 4:00-7:00pm

There will be children's activities, special music, hot dogs, popcorn, drinks, pumpkins and a Farmers market tent. This special fundraising event is for Sam Hill, from Fort Defiance High School.



NOTICE LADIES OF SALEM: Mark your calendars for November 10, 2018. The retreat this year will be with "LIFT" at Sangerville--Towers Ruritan Club Hall (38 Emmanuel Church Rd, Mount Solon 22843) a light breakfast and lunch will be served. More Information to come. All the ladies and your friends are invited to enjoy the day with friends and neighbors. Ask anyone who attended last year and you will hear about that wonderful day.



Portable sound system

Because of the generosity of some donors at Salem, we now have a Fender portable sound system that we can use whenever we have outdoor worship services or other special events. **Thank you!**

Never thought a 90th birthday could be so much fun, but I felt blessed and really enjoyed every minute. Thank everybody who helped me celebrate and/or sent a card. Praise be to God for my loving family and such a caring church family.

Bless our church as we come and receive grace and go share faith.

Ellen Huffman

CHANGE OF ADDRESS

(Contact the church office for details)

Chuck and Lenna may Lambert

Nicole and Marquel Ocheltree



Fun Family Fitness

Stephanie Mims PT, DPT, MBA

The American College of Sports Medicine recommends adults get at least 150 minutes of moderate-intensity exercise per week, which is equal to 30 minutes of activity five days per week. Broken down, it is much more achievable. Children are recommended to get 60 minutes of daily exercise. Being physically active for 30 minutes together as a family will allow you to meet your goal and your children will have a head start meeting their target.

It used to be the exception for both parents in a household to work fulltime, but it has now become the norm. With hectic schedules, it can be difficult for adults to keep both themselves and their children physically active. Going for a nature hike, a family bike ride, or swimming on a hot summer day are great ways for families to stay active. On days when free time is short, here are few tips to sneak in physical activity:

- **Park in the parking spot that is furthest from the entrance.**

This is a good way for both you and your children to incorporate some more physical activity into an errand that you must already do. Talk about multitasking!

- **Track your steps**

Many people have electronic fitness tracking devices these days, but even a simple pedometer will do the trick. Set daily, weekly, or monthly step goals as a fun family competition. It helps you to hold each other accountable and if the winner picks a fun family activity at the end of the day, week, or month it makes it much more enjoyable.

- **Take the steps instead of the elevator whenever you can.**

This gives you a chance to get your heart rate up a little bit throughout the day while helping save electricity.

- **Have an outdoor family game night.**

Instead of playing board games that require you to be sedentary play all the outdoor games you played as a child. Freeze tag, Red Light Green Light, "Mother/Father May I", and Duck Duck Goose are fun examples. Not only will you fit physical activity into your schedule, it will allow you act like a kid again!

What specific activity you choose to do with your family isn't what is important. What is important is to teach your children that staying physically active is important for the whole family throughout life. Make it a priority and not a chore. Keep it fun!



IT'S A MIRACLE!

Jesus performed many amazing miracles during his earthly ministry.

Directions: Match the words and pictures of different healings, from one column to the other. Then fit the word pairs in the blanks below to complete Matthew 11:5, NIV.



blind



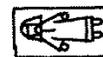
hear



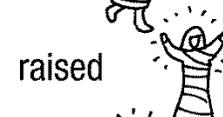
leprosy



walk



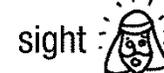
lame



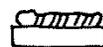
raised



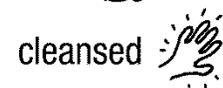
deaf



sight



dead



cleansed

The _____ receive _____, the / _____, those
 who have _____ are _____, the _____
 _____, the _____ are _____ ...

MATTHEW 11:5, NIV

Answer: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised ... Matthew 11:5, NIV

Miracles happen!

Create this colorful reminder of God's wondrous works.



What you need:

- white cardstock
- white wax crayon
- paintbrush
- water
- watercolor paints

What you do:

1. Across the paper horizontally, write with the white crayon "Miracles happen!" (or a Bible verse such as Job 5:9; Psalm 77:14; Jeremiah 32:27; or Matthew 19:26).
2. Wet the paintbrush and paint over the words with different colors.
3. Let dry and then hang up.

Salem Evangelical Lutheran Church
417 Salem Church Road
PO Box 38
Mount Sidney, VA 24467

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