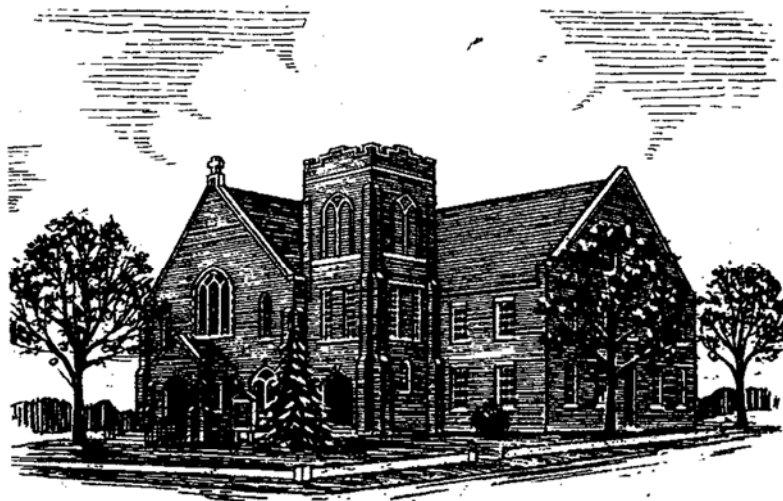


THE SALEMETTE



“Come Receive Grace, Go Share Faith”



October 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
M. Puffenbarger	Anessa Sink	friend		cancer
L. Grubb	Larry (Sonny) Heinbaugh	cousin		cancer
C. Wright	Susie	daughter	breast cancer came back	
B. Lambert	Revis Gillespie	friend		brain cancer

L. Grubb	Betty Lam	friend	cancer
H. Leach	Betty Van Lear	cousin	under Hospice care

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



WE dodged a bullet

As I write this, Hurricane Florence is inching ever closer to the North Carolina coast.

Warnings about this storm have inundated our radios, televisions, and Facebook pages for quite some time, and now it looks like landfall is nearly here. I heard one person comment that waiting on a hurricane is like being stalked by a turtle. We wait and watch as storm predictors change the path of destruction almost daily. At first, it looked like the hurricane would hit the NC coast, then move north through our neck of the woods. It was very concerning to see the potential rainfall map of 18 inches in our area. Because of this possibility, many sought out generators, sandbags, and stocked up on water.

But then, predictions of the path changed. Now it looked like the storm would make landfall and head due west. We would still receive some heavy rain here in the valley, but not even close to 18 inches. And then, the predicted course changed yet again. Now it would stall near the coast, and then move into South Carolina and Georgia. At this point, I heard many in our community remark that we had "Dodged a bullet". In a sense this was true, no longer were we going to be hit with damaging winds and eighteen inches of rain, but we could still be affected by flooding.

During times such as this it's important to remember who "WE" are. I'm reminded of Luke 10, when Jesus says, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And then a lawyer asks him, "And who is my neighbor?" Jesus then proceeds to tell the story of the Good Samaritan.

During times such as this, our neighbors are not just the people who live down the street, but those who need lifting up. **WE** did not dodge a bullet. **WE** have been hit with a very powerful storm. During times like this, our neighborhood expands. Together, **WE** pray for healing, for restoration, and hope in the months and years to come. Together, **WE** will lift up our neighbors, whoever and wherever they may be, and support them in whatever ways the Holy Spirit leads. May God be with us as we continue learning what it means to be the Body of Christ in this community we call Earth.

Peace,
Pastor Derek



Annual Meeting Part I Scheduled for October 21st

With all members present, Council President, Keith Robertson, opened September's meeting for business and Bill Converse provided opening devotions and prayer. Treasurer, Jared Mapstone, reported as of August 31, 2018, there was a balance in the General Treasury of \$23,238.40; \$11,871.66 in Special Health Needs Fund and \$35,554.83 in Special Projects.

Pastor's Report – Highlights for August's report included:

- An afternoon with Bishop Humphrey on August 19th in Salem's Imagine Center, fun with the Youth at "FARKLE", and participating in the Virginia Synod Vocations Conference.
- His selection to serve on the IMPACT 1980 board for National Lutheran Church Service (approves grant proposals for senior ministries in Virginia & Maryland).
- Funeral for Patricia Patterson
- Numerous visits (17) and meetings (13)
- Looking forward in September to partnering with Lutheran congregations for God's Work – Our Hands event and Rise Against Hunger, attending a suicide awareness class on September 29th and the Lutheran golf tournament on September 22nd.

President's Report - Old Business:

1. Purchase of Defibrillator(s) – Linda Ellis reported that a gently used defibrillator will be available for Salem Church after January 1, 2019 at a cost of \$300.

2. Family Leave – Lynn Rogers gave an update on the status of a Family Leave policy. Council members discussed keeping the existing Parental Leave policy, adding the option for a 2 week benefit for Family Leave and changing the name of the policy to Parental/Family Leave.

3. MP3 Player System Replacement: Keith reported that he took a look at prices for used iPod Classics and found them rather outrageous especially since they are used & several years old.

9. Fire Alarm Monitoring: Keith continues to research the best solution for the church. He plans to have a discussion with Hawk Security and reach out to Doug Wrenn (Weyers Cave FD) and the Augusta County FD for recommendations. Jared Mapstone added that he would also make inquiries.

11. 2019 Spending Plan: Keith advised that he started working on next year's Spending Plan and is still collecting input from Committees and Groups. He will have a proposal for October 1st Council meeting.

New Business:

1. Youth Chairperson: The search begins for Youth Advisors to replace Marta & Ray Puffenbarger.

2. Red Cross Agreement:

- Has not yet been signed pending confirmation of liability coverage for Salem with its insurer, Church Mutual.

- Pastor Boggs advised he contacted Salem's Partner Congregation, St. Paul's Lutheran Church in Hampton, to affirm availability of resources if needed for any issues caused by the arrival of Hurricane Florence. Council members questioned whether Salem is able to provide shelter for both St. Paul's Congregation and if the Red Cross activated Salem as an emergency shelter. It was the consensus of Council members that Salem's Congregation would make it all work if needed.

3. Church Library: Lynn Rogers observed that there are lots of old Sunday School materials on the shelves the Library and suggested that the Library could use some work. Tim Behler previously volunteered to try to organize the Library.

5. Council Meeting Procedures: Pastor Boggs led a discussion about how to shorten the length of Council meetings. Council members agreed to try a couple of different procedures for Committee reports starting with the October 1st Council Meeting:

Committee Reports:

1. Cemetery Committee: Lynn Rogers reported that at September's meeting members will work on plans for the Memorial Garden. They hope to present a proposal for the Memorial Garden to the Congregation at the Annual meetings. Finally, Lynn reported that there have been 18 burials in the Cemetery.

2. Christian Education: Nelson Terry advised that Rally Day on August 26th was a success. He added that they still need a couple of substitute teachers for Sunday School classes and a couple of teachers still need to complete "background checks".

3. Finance Committee: Donna Alexander reported as of August 31, 2018, the balance due on the Building Fund Loan is \$510,433.56. Donna also reported that with the October 2018 payment, the balance on the Imagine Center loan **will go below \$500,000**...a reason to celebrate!!

4. Property Committee: Dianne Chafin advised that members of the Property Committee performed a walkthrough of Salem's facilities and

added many (many) jobs to the list of work needed. They are prioritizing the jobs that need to be done and noted that they will need to hire someone(s) to do some of the work. They still have about \$3,000 remaining in 2018 maintenance budget, but may need to request funds from Special Projects at this year's Annual Congregational meetings. They worked on the men's bathroom in the Social Hall and have plans to get the Social Hall carpet cleaned. They are also looking at a remedy for the scuz on the rock walls in the Social Hall and getting walls sealed. Committee members also cleaned a lot of junk from the Imagine Center.

13. Youth Committee: Noel Thomas reported that in thanks for faithful support from the Congregation, the Youth are serving a "Thank you Dinner" on September 16th.

Additional Issues:

- Pastor Boggs informed Council that the "task force" for the Committee Restructuring effort met and developed a plan to better communicate & coordinate ministry efforts at Salem. There will be a Ministry Meeting after worship on October 7th to go over the calendar for the upcoming year. Representatives from each committee or group are encouraged to be present.

- The next planning meeting for joint efforts with Pleasant View Lutheran will be at the Verona Community Center on September 18th.

Respectfully Submitted,

Louise Harris, Congregational Secretary



FINANCIAL REPORTS

Don't forget Noisy Offering Sunday, October 7, 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.

September - Noisy Offering \$211.00

WELCA Happenings

Quarterly Meeting - Please note that the October Quarterly Meeting for WELCA has been changed to Monday Night, October 8, at 7 p.m. At this meeting we will have our annual Thank Offering program; so, bring your thank offering money. Also, nominations for officers for 2018-19 will be presented, and we will have prayer partner gift exchange and new prayer partners will be drawn for the coming year. Please plan to attend this important meeting.

October 21 – Fall Gathering at Spaders St. Jacobs. Registration is at 2:00 p.m., and the program begins at 2:30. The speakers are policemen representing the Drug Task Force, and the program will evolve around "Women and Opioids." Salem will handle registration, and Spaders St. Jacobs will host and provide refreshments. I hope that many of you can attend.

Visitation teams for October are:

Margie Metzger and Donna Alexander (Staunton area); Nancy Woody and Kitty Noordzy (Mt. Sidney area); and Brenda Todd and Dianne Chafin (Bridgewater area).

Looking ahead: November 3 at 2:30 p.m. Esther Circle will visit King's Daughters' Health and Rehab taking a program, refreshments, and birthday gifts for the residents who have birthdays in October and November.

November 10, the WELCA retreat will be the "LIFT" event at Sangersville – Towers Ruritan Club Hall (36 Emmanuel Church Rd., Mt. Solon). A light breakfast and lunch will be served. PLEASE LOOK FOR MORE DETAILS IN THE BULLETIN.

As I went to write again today I just couldn't slow myself and my mind down long enough to gather my thoughts. My life with three babies is go, go, go and I just prayed lead me to the words I need. I was thinking about this sign I saw that said.. *All I need to today is a little coffee and Jesus.* As I thought about that sign Jesus answered my prayer and led me to this article. It just so happens to be about slowing down, finding that time in the day to just be in His presence and maybe even having a cup of coffee with Him. So today I share that article with you: enjoy this read by Mandy Hale. Find your moment, your place, your coffee :) and meet Jesus there....



As 2013 was drawing to a close, God had begun to shake my spiritual foundations to the core. I suspect so He could put down new ones.

I had my one goal in place for the upcoming year and was attending a new Bible study that had revolutionized my relationship with Jesus. One night a wonderful lady stood up and gave her testimony about her quiet time with the Lord, and her words left me speechless. When she enters into her quiet time, she sits in her favorite place and visualizes she's there with Jesus, simply having a conversation with Him. Her place is her front-porch swing, but you can really pick any place that represents peace and calm and openness to you. (You can actually do this wherever you are, even if you are on the other side of the world from your special place. Just close your eyes and picture yourself there! That's the beauty of meditation.)

Why had I never thought of this before? Why had I just always talked *at* Him and not *to* Him?

In case the concept of spending quiet time with God is unfamiliar to you (as it was to me for a long time), it's basically taking time either within

your normal prayer time or throughout the day to get silent before God and listen for His voice. The Bible tells us in [John 16:13](#):

But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.

The Holy Spirit wants to talk to us. But He is a gentleman. He will not attempt to compete with the noise around us, or shout to be heard over Netflix, or force us to listen at all, if we are determined not to.

Think about it. If you had a friend who was always talking, talking, talking but never stopped to take a breath and listen to what you had to say, would the friendship last very long? Our relationship with God is much the same way. It can be either as shallow as we settle for or as deep as we are willing to go.

Well, I decided I was tired of the kiddie pool. I wanted to go deeper with Him. I wanted to know Him more.

I wanted to know Him all I could.

The place where I began to visualize myself talking to Jesus was in front of my fireplace with a cup of coffee. And that is where my quiet time is spent to this day. Warmth to me fosters communion and closeness and conversation. I sit by my little fireplace with my cup of coffee and picture Him there with me and invite Him to join me in my quiet time and tell me anything He wants me to know. Most days don't start until I've had my fireside chat with Jesus. My prayer time has never been so rich or so sweet. We don't hurry, Jesus and me. We take our time. Sometimes I talk first; sometimes I simply wait. It's becoming easier and easier to close my eyes and see Him sitting there beside me, coffee mug in hand.

Sometimes He speaks to my spirit. Sometimes we sit silently. I tell Him funny things. I tell Him serious things. I ask Him questions. Sometimes He answers. Sometimes He doesn't. Sometimes I picture us toasting our coffee mugs together in celebration when something really good happens.

But whatever we do, it's beautiful. It's beautiful and uncertain and even a little vulnerable, inviting Jesus to join me in the midst of whatever mess I've created this week.

It's all about patience and childlike faith and a willingness to wait.

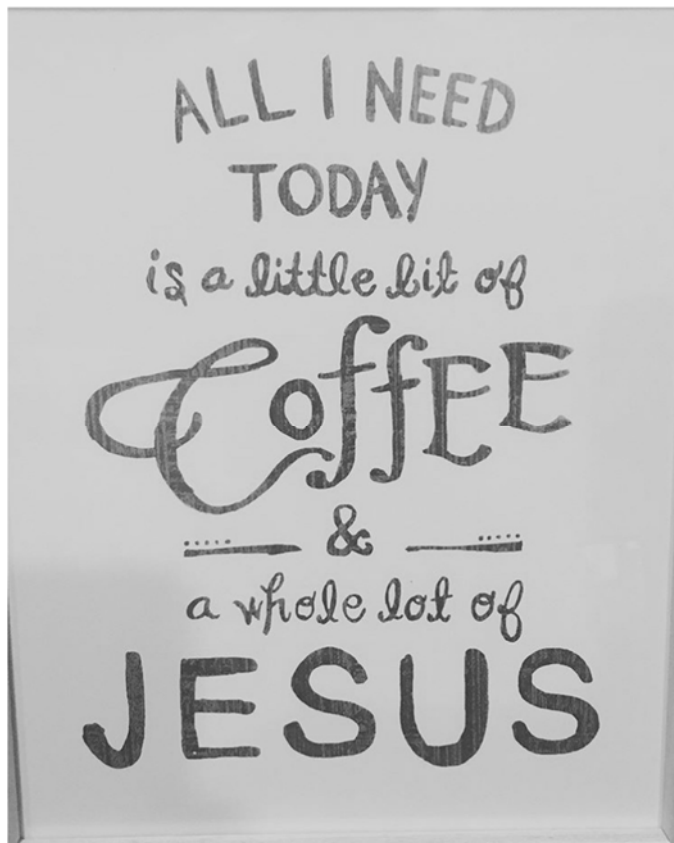
As are most worthwhile endeavors in life.

I'm learning God wants to speak to us, and we have to offer Him the beautiful silence to do so. When I quiet my heart and my thoughts and just draw close to Him, I begin to hear His still, small voice in my spirit. Today I urge you to stop talking and stop asking and stop begging and stop requesting and just get silent in His presence and listen. Who knows? His still, small voice might just blow your mind.

God, thank You for the sweetness of Your presence. Show me how to not just talk at You but to listen to You. Remove any distraction that would keep me from hearing Your still, small voice.

Excerpted with permission from *Beautiful Uncertainty: Singleness, Surrender, and Stepping Out on Faith* by Mandy Hale, copyright Amanda Hale.

* * * JR



Men's Prayer breakfast

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 October 28, 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 October meeting;

Betty Blatz	Gail Foley	Samantha Malott
Jake Boggs	Jake Good	Donnie Miller
Caden Cramer	Louise Harris	Terry Perotti
Patsy Cruz	Lise Keiter	Lynn Rogers
Bryce Dennison	Kendal Lambert	Jacob Sorrells

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.



September was an exciting month for our youth. We had our first official youth meeting. The youth enjoyed dinner together while discussing their highs and lows from the week. They then had a lesson on what fear is and how they can overcome it. Great discussion was had by all. They youth also had the opportunity to add personal touches to the youth room, refresh the children's activity bags and play a round of games.

During September the youth also hosted a "Thank You Dinner" for the congregation to thank them for all their love and support provided over the last three years. The youth group could not survive without our church family.

Upcoming Events-
October 20th-Bike Rest Stop
October 27th- Kids Halloween Party-6:15 pm/ Trunk or Treat- 7:00pm
Sincerely, Salem Youth Leaders



Items to donate for North Carolina hurricane victims.

Salem Lutheran Church and Finders Keepers in Harrisonburg are still collecting much needed supplies to send to Atlantic Beach, Beaufort, Harker’s Island and surrounding communities in North Carolina. Contact Mary Reeves or Allison Ullrich, or drop off at Salem Church or Finders Keepers. We will be taking things down soon. We will let you know exactly when later. Thank you for your help.

THINGS NEEDED

- FOOD – NON-PERISHABLE
 - FIRE ANT KILLER
 - CLEANING SUPPLIES (BLEACH, MOPS, PAPER TOWELS ETC.)
 - REPLACEMENT CHAIN SAW BLADES
 - CLOTHES PINS
 - D BATTERIES
 - TOILETRIES (MEN, WOMEN, CHILDREN AND BABIES)
 - STURDY YARD TOOLS (RAKES, SHOVELS)
 - or anything you might think they could use.
- STORAGE TOTES
 - STRONG TRASH BAGS
 - (BLEACH, MOPS, PAPER TOWELS ETC.)
 - CHAINSAW OIL
 - CLOTHES LINE
 - BLANKETS
- GAS CANS
 - BUG SPRAY
 - DAMP RID
 - TARPS

Knitters - Crocheters - Get your needles out, gather some yarn and start working. We need to have shawls ready - the emergency room at Augusta Health is always in need of them plus those friends in our community that we know of. Thanks, Carolyn Bouknight, Prayer-Shaw Ministry

Ministry Meeting

On October 7th there will be a meeting after worship in the Imagine Center to go over the calendar for the upcoming year. This is an opportunity to better communicate and coordinate our ministry efforts here at Salem. We encourage a representative from each committee or group at Salem to be present for this meeting and to bring with you a schedule of your planned events.



Operation Christmas Child

It’s Samaritan Purse Shoebox Gift Time and the Congregation is Invited

Social Ministry and Thrivent YOU invite you to **BREAKFAST and Samaritan Shoebox Gifts Launch Day**. Join us on Sunday, October 14 in the Imagine Center during the Sunday School Hour (Breakfast ready at 9:30 A.M.) We will see videos of children receiving shoe box gifts and hear from older ones who remember their boxes. Amy Hawps, our custodian, will be present to tell of her experience at the Processing Center. Then, in assembly-line fashion, participants can label and pack boxes to begin this year’s collection. A Thrivent Action Team Project grant was used to offer the breakfast, shop for the contents of the boxes and pay some of the shipping and handling cost of the boxes. Boxes and labels will be available at the breakfast and in various locations throughout the church so you can begin packing individual or family boxes. Last year’s total was 88 boxes. Perhaps, you will pack one more box this year or encourage a friend, relative or neighbor to become involved in this project. Final collection date here at Salem will be Sunday, November 11. Boxes. If you have questions about the packing of these boxes, see Dana.

Christian Music Concert Sunday, October 14 at 6 PM

Each fall the Middle River Council of Weekday Religious Education sponsors a Christian music concert. Again this year the concert will be held in the sanctuary at Verona United Methodist Church. The gospel group **Faithful Men** will begin the concert at 6 pm. The members of the group are donating their time for the benefit of the Middle River WRE program.

There will be refreshments served after the concert.

Please make an effort to attend this program to show your support for the WRE program in this community. It will also be an opportunity to fellowship with members from other churches in our community.

A freewill offering will be taken during the concert with all proceeds going toward the operation of the Middle River WRE program. This is one of only two fund raisers that Middle River WRE has each year. Everyone’s support is greatly needed and appreciated.



The next Food Pantry date is Tuesday, October 16 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 Salem, Wednesday, October 17 – 12:30pm

All seniors are invited to come and enjoy the fellowship, food catered by Linda Ellis. Cost is \$8.00. Program by Greg Owen – Early 1900's. Signup sheet in hallway. Deadline Wednesday October 10.



KIDS COSTUME PARTY



**Saturday October 27 at 6:15pm
Light dinner will be provided.
Come and enjoy the food and games.**

Want to see Kids Smile? On Saturday, October 27 fill your car or truck with treats and park in the Salem parking lot. At 7:00pm the Trunk or Treat will start. Hope to see you there and ready for those smiles!



There is a Trunk or Treat sign-up sheet on Bulletin board.

Men's Group Breakfast has been set for 8:30am -Sunday, October 28, 2018

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



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.

CHANGE OF ADDRESS

Scott Shifflett, Jr.



The Real Deal on Electronic Cigarettes

Krystal D. Moyers, M.Ed., CHES

National Healthy Lung Month is observed each October. Lung Cancer is the leading cause of cancer deaths in the United States, and the majority of lung cancers are directly linked to smoking. One of the newest and most controversial topics in regards to lung health and lung cancer is electronic cigarettes.

Electronic cigarettes are known by a variety of names including e-cigarettes, e-cigs, e-hookahs, vape pens and electronic nicotine delivery systems (ENDS). Using an e-cigarette is often referred to as 'vaping'. E-cigarettes come in a multitude of shapes and sizes and most contain a battery, heating element, and container to hold a liquid. Some resemble regular cigarettes or cigars, or even everyday items such as pens. In addition to nicotine, e-cigarettes can be used for marijuana and other drugs.

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other harmful chemicals. Users inhale the aerosol into their lungs. The harmful chemicals in the liquid could include ultrafine particles that can be inhaled deep into the lungs, flavorings such as diacetyl (a chemical linked to lung disease), volatile organic compounds, heavy metals such as nickel, tin and lead, and other cancer-causing chemicals. However it is difficult to know specifically what an e-cigarette contains. Some e-cigarettes marketed as 'zero percent nicotine' have been found to contain nicotine.

Since e-cigarettes are relatively new, medical experts are still determining the long-term health effects. Here is what scientists have determined so far:

- Most e-cigarettes contain nicotine, which has known health risks, especially for pregnant women and children.
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body and cause cancer.
- E-cigarettes can cause unintended injuries from defective battery fires and explosions or toxic acute nicotine exposure from swallowing the e-cigarette liquid.

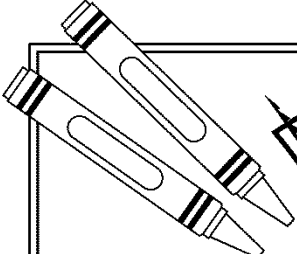
E-cigarettes are less harmful than regular cigarettes, but that does not mean they are safe. The aerosol from e-cigarettes contains fewer toxic chemicals than the mix of chemicals in regular cigarette smoke. However, e-cigarette aerosol contains many harmful substances and cancer-causing agents.

Just like regular cigarettes, e-cigarettes have an increased risk for youth, young adults and pregnant women because of the effects of nicotine exposure on brain development. Use of e-cigarettes by youth is associated with an increased use of other tobacco products. Currently youth in the United States are more likely to use e-cigarettes than adults, and e-cigs are the most commonly used tobacco product among youth. In 2016, 11.3% of high school students used e-cigarettes. Among e-cigarette users aged 18-24 years of age, 40% had never been regular cigarette smokers.

The U.S. Food and Drug Administration have not approved e-cigarettes as a quit smoking aid. The U.S. Preventative Services Task Force has determined that there is insufficient evidence to recommend e-cigarettes for smoking cessation in adults. The potential for adult smokers who are not pregnant to benefit from e-cigarettes as a complete substitute from other tobacco products is still being investigated.

So what is the bottom line for lung health? If you have never smoked or used other tobacco products or e-cigarettes, don't start!

Source: Office on Smoking and Health, Centers for Disease Control and Prevention













PUZZLE

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

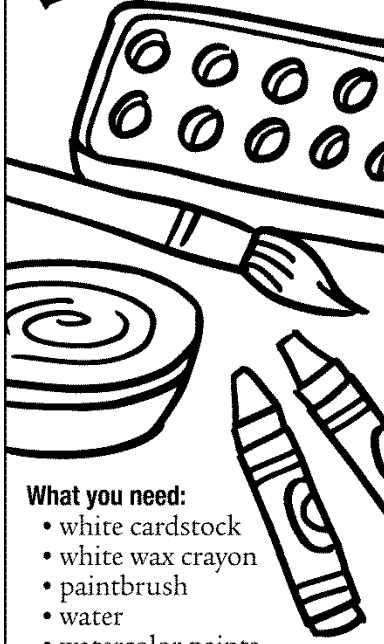
The _____ receive _____, the / _____, those
 who have _____ are _____, the _____
 _____, the _____ are _____ ...

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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Good News For: