



## Jeff's Journal

### Finding a Healthy Routine

As we now move into the fall season with school back in session and church life reawakening, many of us are likely in the process now of finding our routine, our daily regimens, or as we sometimes call it, finding our groove.

I must admit that I enjoy and appreciate the breaks from routine when they come as a time to recharge, rethink, and relax. And I also admit that there is something about finding that groove, that routine, that gives me a sense of purpose and feels productive.

I want to encourage us to be aware and intentional as we get into our grooves, of the pitfalls of falling into ruts, and also becoming overwhelmed by them. I was reminded recently while reading a blog written by Christine Sine, founder and facilitator for the popular contemplative blog, *Godspace*, that Jesus gives us a healthy model in developing life-giving rhythms of life. I'll summarize the four rhythms she has identified.

First, Jesus seemed to begin every aspect of life with prayer. We often see him, anytime he was facing a major decision, or moving to another place, or was heavy of heart, he spent time listening to God, seeking direction. Sometimes he would go away alone. Sometimes he would ask his friends to pray also. But living according to God's will seemed to be a priority with Jesus. Pausing for prayer throughout the day reconnects us to God and renews our spiritual energy.

Second, Jesus focused on engagement in community life. Think about how the gospel stories reflect Jesus entering communities and homes to connect with the people and their lives. So many stories happened around a table sharing a meal. In doing so, he engaged with every tribe and culture of people along the way, as way of bringing life together and giving joy to it. This is still a great model for us in our living out the commandment to love God, and love our neighbor. It's about making time for community life together.

Third, we see the rhythm of work. Jesus' work is not what we think about when we say that word. Jesus would focus on the work of God – reconciling work, encouraging a friend, restoring relationships, bringing healing and liberation to those who were bound and down; always offering hope. Whatever our vocational endeavors, this can also be our work in our everyday routine of life.

Lastly, we see in Jesus' rhythm the importance of rest. He said: "Come to me all you who are weary and burdened and I will give your rest." (Matthew 11:28) There is a healthy balance in how Jesus patterned his life. If Jesus came so that we may have life in abundance, then clearly, he did not intend for us to be stressed out or burned out by it. Building rest into our routine is both healthy, and necessary.

I pray we may all use this model to develop healthy routines in our life together, to be all that we are created to be.

Blessings for the journey!

Pastor Jeff

# Children's Church Volunteers



Salem UMC Children

We are looking for volunteers to help lead Children's Church during worship service. This is the time when our younger children, ages 3- 7 leave the Sanctuary following the Children's Moment and learn about the sermon of the day with a fun, interactive activity. We use Sermon4Kids for the Children's Sermon during Children's Church, and the lessons will be provided each week. If you would like to volunteer or have any questions, please reach out to P.J. Garrett at [garrett.patriciaj@gmail.com](mailto:garrett.patriciaj@gmail.com) or via phone at (803)743-5648.

## YOUTH NEWS



Sunday School and Youth group are Back!!!!!!  
Make plans to join each week. Sunday School at 9:30a.m.  
Youth Group Sunday Evenings at 5:00p.m.  
See what we are doing each week:



SALEM YOUTH

### Sunday School

**August 28:** Creation / Lou Holmes  
**September 4:** Rebellion / Jim Magann  
**September 11:** Flood / Smiths  
**September 18:** Promise / Jim Magann  
**September 25:** Jacob & Esau / Lou Holmes

### Youth group

"What's in a name?"  
What does it mean to "abide"?  
NO YOUTH GROUP DUE TO RETREAT  
Attention pt 1 - Death of a Conversation  
Attention pt 2 - Retreat? Never! Advance!

*Coming in October: We will be assisting in the Trunk or Treat on October 23 so make plans to help.*

### **YOUTH 2023 EVENT in Daytona Beach Florida**

All rising Sr High, make plans to be a part of the trip to Youth 2023 with Methodist Youth from all over the country. This event happens only every four years so the time to go is now. The dates are July 25-28. The cost will be \$900 and includes several meals. We will do some fundraising to assist in the cost of this trip to the Leadership Conference. However, if you want to be a part of this trip you must sign up with a \$100 deposit by Oct. 16. There will be several fundraisers to assist from there. We will have an Interest meeting on Sunday, September 25 at 6:00p.m. right after Youth Group to answer any questions and go over details and rules for the trip. Let me know if you would like to go!!!!

### **Ecuador Mission Trip --- Summer 2023**

This coming summer, 2023, Salem UMC will be returning to Ecuador for a church wide mission trip. This will be open to everyone high school age through adult that are interested. The trip is going to be focused on working with a school that the Youth assisted with a few years ago in the mountains of Ecuador. We are also inviting teachers from Irmo Elementary to join us on this trip as well. They have expressed interest in a partnership under the umbrella of UVMIM.

If you would like to be a part of this trip, please contact John Goodale at [jgoodale2@gmail.com](mailto:jgoodale2@gmail.com) or let Jim Magann know and he will get information to John ([jimmagann@gmail.com](mailto:jimmagann@gmail.com)).

### **Assisting in Worship this Month**

**Trustee:** Sandra Durst  
**Ushers:** Randy Hilliard, Lead  
Jim Lewis  
**Acolytes:** Thomas Brewton (4<sup>th</sup>)  
Clare Anderson (11<sup>th</sup>)  
Rachel Rhodes (18<sup>th</sup>)  
Sandra Sills (25<sup>th</sup>)  
**Nursery:** Martina Thomas, Rachel McCrary (4<sup>th</sup>)  
Millie Fore, Maggie Brewton (12<sup>th</sup>)  
Ashley Anderson, Kenzie Griner (28<sup>th</sup>)  
Sheri Hood (25<sup>th</sup>)

## Women's Fall Bible Study

We will begin studying the book, **Simon Peter** by **Adam Hamilton** on **September 1, 2022**. The Study begins at 6:00 PM on Thursday nights and will last for 6 weeks. If you are interested in participating or have any questions please contact Heather Magann at 843-446-7280 or [hmagann@gmail.com](mailto:hmagann@gmail.com).

## OASIS

Our OASIS ministry will kick off their year of events on **Tuesday, September 20 at 11:30** with a catered Italian meal. We will meet in the Fellowship Hall, enjoy a time of meet and greet and then discuss our plans for the coming year. Watch the bulletin for more details in the coming weeks on menu and RSVP details!



## Flower Calendar

The 2022 Flower Calendar has been placed in the Welcome Center. Cost is \$95 for two arrangements and is a thoughtful way to honor or memorialize someone special. The arrangements are yours to take following the service. If you would like to donate the flowers, they will be arranged into several different vases to be delivered to shut-ins and the sick. *Please help support the church in this meaningful manner.*

## Assisting with Communion

Communion is a sacred sacrament of the United Methodist Church and the distribution of the elements is one of several discipleship opportunities Salem would like to extend to its members. Communion is offered the first Sunday of each month. If you are interested in assisting Pastor Jeff with the sacrament of holy communion, we encourage your participation and ask you to place your name on the **sign-up sheet located in the Welcome Center**. Pastor Jeff will contact you prior to your participation to ensure you are adequately prepared.



*Ladies' Lunch Bunch*  
*Ladies' if you'd like to get together for fellowship time over lunch, meet us on Sept 26<sup>th</sup> at 11:30 at Doza Rizen, 140 Amick's Ferry Road, Chapin.*

GIVE BLOOD



SAVE LIFE

## Blood Drive

We will be partnering with the American Red Cross to host a blood drive on **Tuesday, September 13<sup>th</sup>** from 12-4 p.m. in the Fellowship Hall.

Please mark your calendar and register online to be a much-needed donor during this historic time. For questions, contact Jennifer Hodges @ 865.437.7950.

Thanks to ...

*Faith Circle*

*Some of the arrangements delivered in August*



## Sharing God's Love

**13th Annual Golf Tournament**

**Monday, Sept 12, 2022 – 9am**

**Captain's Choice – Shotgun Start**

100% of the net proceeds will benefit your neighbors in need in the Dutch Fork, Irmo, St. Andrews and Ballentine communities. Support this worthy effort by making a SPONSORSHIP contribution!

Sharing God's Love is a 501(c)(3) charitable organization and a portion of your tournament fee and all of your contributions are tax deductible.

**Fee includes:** 18 holes of golf, cart, goodie bag, drinks, plus food services if possible. **PRIZES:** For the first, second and third place teams, closest-to-the-pin, longest drive, spectacular prize for a hole-in-one in keeping with past tournaments, plus door prizes.

## Self Defense Class

Community Outreach will host a Self Defense Class immediately following worship on **Sunday, September 25<sup>th</sup>** from 12:15-2:30 in the Fellowship Hall. The cost of the class is \$10 and includes a boxed lunch. Call the office to RSVP and bring a friend!



# Memorials



*In Loving Memory of John Joseph  
Brooks, Sr.*

**Building Fund**  
Ted & Pete Hornsby

*In Loving Memory of Bob Deese*

**Cemetery Fund**  
Larry & June Salters

*In Loving Memory of Jerry Durst*

**Building Fund**  
Rod & Lois Sheldon  
Ashleigh & Sarah Brown  
Carey & Michele Page  
Melinda Hydrick

**Columbarium Fund**  
Larry & June Salters

**General Fund**  
Blair Y. Lord

**Missions Fund**  
Rick & Cheryl Denton  
David & Martina Thomas

*In Loving Memory of Voncille Meetze*

**Building Fund**  
Roswell & Sadie Meetze

*In Loving Memory of Elizabeth Paxton*

**Cemetery Fund**  
Dan & Carla Jennings

*In Loving Memory of Ed Thomas*

**Building Fund**  
Salem OASIS  
Don & Miriam Lovett

**Cemetery Fund**  
Dan & Carla Jennings  
Larry & June Salters

**General Fund**  
Jim & Marie Lewis

*In Loving Memory of Norman Thomas*

**General Fund**  
Jim & Marie Lewis

## *Attention!! United Women in Faith Members*

*The Columbia District United Women in Faith is collecting needed items for Transitions. Transition's mission is to engage and equip homeless adults of the Midland's to transition into stability and permanent housing. It is the only center to provide homeless adults both day services with a place to spend the day and residential services. Men, women and children are all accepted. For more information on this mission, visit Transitions website at [transitionssc.org](http://transitionssc.org). Below is a list of needed items. If you would like to help with this project, please bring your items to our September Circle meetings. All items collected will be taken to the district Meeting in September. Thank you in advance for your contributions.*

### **Wish List**    Sample or travel size

Shampoo  
Conditioner  
Soap/ body wash  
Lotion

Disposable razors and shaving cream packets  
Individually wrapped toothbrushes and travel size toothpaste

Small first aid kits  
Small sewing kits  
Deodorant  
Individual packages of facial tissue

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00 LMA	2	3	
4	5 Holiday	6	7 Joy, Love, Cavin Circle Meeting @ 10:30	8	9	10
11 Out Reach Zoom Mtg 6:00 Nominations Mtg 4:00	12 Girl Scouts 6:00 Faith Circle 6:30	13 Blood Drive 12-5	14 10:30 Staff Meeting	15 Newsletter Deadline	16	17 Nurses Honor Guard 10-12 Fellowship Hall
18 Nominations Mtg 4:00	19	20 OASIS 11:30 Fellowship Hall	21	22	23	24
25 Last Church on the Lake Service Nominations Mtg 4:00 Self Defense Class 12:15-2:30	26 11:30 Ladies' Lunch Bunch @ Doza Rizen	27 Finance Meeting 7:00	28	29	30	

## Notes:

### Sundays

**8:30** Church on the Lake  
**9:30** Sunday School  
**10:30** Worship Service  
**4:00** Quest Children  
**5:00** Youth

### Weekdays

**7:00 AM** Wednesday  
**7:00 PM** Wednesday  
**7:00 PM** Tuesday, Thursday, Saturday  
**6:00 PM** Thursday

**AA**  
**Choir Practice**  
**AA**  
**Women's Bible Study**



**salem**  
United Methodist Church

**1321 Salem Church Road  
Irmo, SC 29063**

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**Church Office Hours**

Monday - Thursday  
8:30-12:00 1:00-3:30  
803-781-1626  
E-mail: smethodist@aol.com  
website: salemumcsc.com  
CCLI #1562077

**Worship Hours**

Sunday School: 9:30 am  
Sunday Morning  
Worship: 10:30 am

**Newsletter Information**

If you would like to receive this newsletter by e-mail, or if you have questions, comments, or articles for the newsletter, please send an e-mail or call the church.

Anyone who would like to submit an article or item for the **October** newsletter should do so by **September 15<sup>th</sup>**.

**E-Giving**

Please prayerfully consider giving to Salem United Methodist Church through our e-Giving program. Scan the QR code below to be taken to Salem's donation page to present you offering.



You can also visit the link:

<https://giving.ncsservices.org/App/Giving/ncs-2365>



**OUR MINISTRY TEAM**



- Jeff Childress — Pastor
- William Byrd — Pianist
- P. J. Garrett — Director of Children's Ministries
- Sarah E. High — Director of Music
- Angie Lain — Business/Finance Manager
- Miriam Y. Lovett — Organist
- Jim Magann — Youth/Outreach Ministries
- Tina Overton — Director of Creative Ministries
- Marie Wicker — Administrative Assistant