



Jeff's Journal

Nature's Medicine

I feel like it was just a few days ago that Delaine and I packed up and put away our Christmas decorations and prepared for the new year, and now, suddenly, the first half of 2023 is behind us. Time is moving so quickly it sometimes seems frightening to us.

I remember my college Economics 101 professor stressing to us as freshmen students to live and appreciate every single day, and to enjoy our time in college as opposed to being so eager to graduate and begin our careers. He told us that as we aged, every year of our life would seem to go by faster and faster. I didn't appreciate the wisdom of his words then, but I sure do now.

Perhaps there is the reality that as we get older and have more sand at the bottom of our hourglass than at the top, time does seem to move more quickly. I also tend to believe that the way we structure our lives has an effect on how we perceive the passing of time. We tend to be an overly busy, calendar-packed, deadline-driven people, where everything is marked by a date and time that has to be met. It's still 365, 24-hour days that make up the year, but our perception of it is much shorter. It sometimes saddens me to think about how much of the beauty and wonder of life we miss in this brief time on this earth due to our busyness and distractions.

Recently I was visiting a friend's home and we were immersed in meaningful conversation on the back screened-in porch which overlooked the lake. The back of the property was a natural and wooded setting, and it had rained a little just prior to my arrival. As we talked and spent some time together I had an acute awareness of the beauty and wonder of nature and creation that was around us; birds eating from a feeder, squirrels feeding on the ground, a woodpecker making its presence known, and the sound of the raindrops dripping from the trees onto the ground. I realized that it would have been easy to have been inside in that moment, with a television or radio on, or gazing at a phone or laptop screen, and missing the immense beauty that was there.

How much of life, real life, do we miss every day? Astrophysicist Neil deGrasse Tyson said recently that the earth and all of its ecosystems are constantly moving and changing around us in ways that would wow us, but we miss it. He used the example of when one may walk along and glance up at a cloud, notice it, and then go about whatever he or she was doing. He insisted that if we would stop and take some time to watch the cloud formations, we would notice a roiling, expanding, constantly changing cloud of water vapor that was alive and powerfully beautiful.

Every day we have on this earth is a precious and unique gift given to us by God. Maybe a way we could honor God each day and give thanks for the gift, would be to turn off our televisions and technology gadgets for a little while, those things that distract us and waste so much time, and really look, observe, and appreciate the life-giving gift of nature. When I left my friend after our visit, I felt as if my soul had received a dose of good, healing medicine. Maybe that's a prescription we all need, nature's good medicine, to connect us to God and what it means to truly be alive.

Blessings for the journey!

Pastor Jeff



Salem UMC Children

Children's News

Upcoming Events:

July 11th – July 13th (6:00 – 7:30 P.M.)

ART CAMP

Learn about Symbols of Faith as we make a different one each night!

Registration Deadline: Sunday July 2, 2023

Cost: \$50

July 25th – July 27th (6:00 – 7:30 P.M.)

Cooking Camp

Come be a chef for the week! Learn new, fun recipes to teach your parents!

Registration Deadline: Sunday July 16, 2023

Cost: \$50

August 8th – 10th (6:00 – 7:30 P.M.)

MESS-TERY Camp

Come SEE what MESSES we will be getting into!
It's a Surprise for Everyone!

Registration Deadline: Sunday July 30, 2023

Cost: \$50

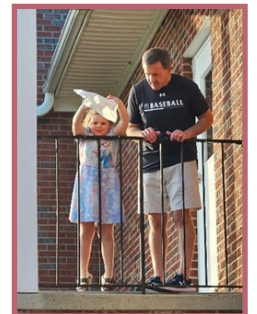
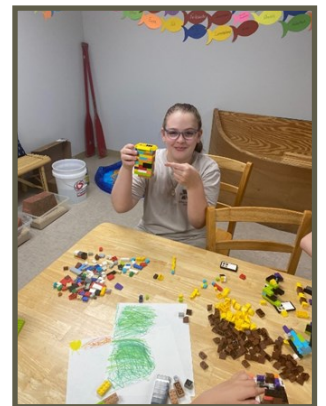
QR Code for Summer Camps

Registration:



August 6th – Saluda Shoals Park
12:00 PM – 2:00 PM

Come enjoy a day of fun in the sun
at Saluda Shoals Splash Pad. Chil-
dren and Youth Families bring a pic-
nic lunch to enjoy at the Covered
Shelter next to the splash pad!



STEM without the M Camp: We had a GREAT first week of Summer Camp. The kids used Science, Technology, and Engineering to learn about stories in the Bible and how to use their UNIQUE Gifts to make different science activities while working together!



Youth News

The Youth have had a very busy and fun start to the summer in the month of June. They have spent a lot of time helping get everything ready for Vacation Bible School with painting, prepping supplies and much more. There have been several that helped during the week in numerous areas. The youth also spent a morning volunteering for a few hours at Sharing God's Love. For all of this work, there has also been a good bit of fun. We had two groups successfully get out of Escape Rooms and have gone bowling and eaten great food at Mellow Mushroom and Groucho's.

However, the summer is still going and there is a lot coming up. We have several service activities in July and August coming along with more fun. Please mark your calendars for all we have coming:

July 18 – Feeding workers at Union UMC/Lake Murray Salkehatchie (10:00 – 1:00) followed by tubing at Palmetto Outdoors. Cost is \$20 and we should return to the church by 7:00pm. Pack swimsuit, water shoes and a towel for the day after serving lunch.

July 24-28 – Youth Leadership Conference in Florida

August 3 – Dinner and Art Fun with Aldersgate Special Needs House. 5:00 – 7:00pm. Come join for a night where you will partner with a resident of an Aldersgate Special Needs home for an art project, followed by dinner and ice cream bar.

August 6 – Picnic and Tubing at Saluda Shoals. Meet at Saluda Shoals right after church for a picnic lunch and tubing down the river. Wear swimsuits, water shoes and bring towels. Cost \$15.

August 20 – Kickoff for the Year. Details to come!!!



Salem United Methodist Church Sesquicentennial Celebration

Salem UMC was formed on March 30, 1873. Over the next 150 years, Salem has grown in both building size and membership reaching this momentous occasion that we are celebrating throughout the year.

The theme for our celebration is Yesterday, Today, and Tomorrow!

BBQ Luncheon

Join us as we bridge the gap from "Yesterday" to "Today" on **Sunday, July 9th** with a special BBQ luncheon and musical guests. We will continue to celebrate Salem's 150 years by focusing our discussions around **Salem of today!** We will enjoy a luncheon after the 10:30 worship service in the Fellowship Hall. Church on the Lake attendees: run errands and return for lunch!

Our menu will consist of Barbecue, mac and cheese, cole slaw, rolls and cobblers! If you are interested in preparing a cobbler for this event, we'd love to hear from you. Please call or email the church office to **RSVP no later than July 5** to let us know if you'll be able to join us on this special occasion.

Ordered T Shirts can be picked up from the church office on Thursday, July 6th. If not picked up at that time, they will be on hand at the luncheon.

Pictures from the last **OASIS** event at Woodmen of the World site.
Watch for information to come for our next event in September!



Church on the Lake

Our Church on the Lake service will **run through September 3rd**. We are thankful to offer this 8:30 am service each Summer in addition to our 10:30 regular worship opportunity. The service will be at the Woodmen of the World location at 2000 Johnson Marina Rd., in Ballentine.

There will be a drop-off container for Sharing God's Love at the Church on the Lake site.

If you would be interested in helping set up and break down each week or want to help in other areas, please contact Phillip Fore at 920-9657.

Consider joining us for this casual alternative worship hour. We look forward to seeing you this Summer!





Memorials

Building Fund

In Loving Memory of Bill Oswald by
Charles M. Potok

In Loving Memory of Barbara Thomas by
Don & Miriam Lovett

Cemetery Fund

In Loving Memory of Barbara Thomas by
Warren & Johnnie Metts

General Fund

In Loving Memory of Barbara Thomas by
Martha Gibbons

Music Fund

In Loving Memory of Barbara Thomas by
David & Martina Thomas

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.

It's important for us to remember, with freedom comes great responsibility. As Paul the Apostle so eloquently put it: "You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature." What is true for the church is true for the nation: Liberty demands civility. Freedom requires righteous behavior.

Happy Independence Day!

Thanks to ... *Faith Circle*

for the arrangements delivered in June



Ladies' Lunch Bunch

Ladies' if you'd like to get together for fellowship time over lunch, meet us on Monday, July 24th at 12:00 at El Charro Mexican Restaurant at 1100 Dutch Fork Road (near the Ballentine Walmart).



*We would like to wish
Jimmy & Brenda Dye
a happy 62nd Wedding Anniversary
on July 16th.*



JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Office closed for the holiday	4  Office closed	5	6 LMA 6:30	7	8
9 150 th Barbecue	10	11	12	13	14	15
		Kid's Camp 6-7:30				
16	17 Newsletter Deadline	18	19	20	21	22
23	24 Ladies' Lunch Bunch 11:30 @ El Charro Mexican	25	26	27	28	29
		Kid's Camp 6-7:30				
30	31					

Notes:



Sundays

8:30 Church on the Lake
9:30 Sunday School
10:30 Worship Service

Weekdays

7:00 AM Wednesday AA
7:00 PM Tuesday, Thursday, Saturday AA



salem

United Methodist Church

1321 Salem Church Road
Irmo, SC 29063

Worship Hours

Church on the Lake: 8:30 am
Sunday School: 9:30 am
Worship: 10:30 am

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

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 — Coordinator of Children/Youth Ministries
Tina Overton — Director of Creative Ministries
Dustin Tanner — Audio/Visual/Communications Director
Marie Wicker — Administrative Assistant

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.

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 **August** newsletter should do so by **July 17th**.

Ushers Needed

This is an important ministry in our church and volunteers are needed. Ushers play a vital role in the life of Salem United Methodist Church by welcoming members and newcomers, as well as performing their important part in the worship service. You will enjoy this gratifying ministry experience, usually one to two months each year. There will be a sign-up sheet in the Welcome Center if you are interested in serving as an usher, or contact the church office at 803-781-1626.

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 your offering.



You can also visit the link:

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



2023 Flower Calendar

The 2023 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.***