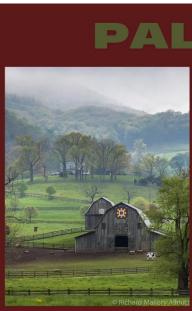


"Hope Over Hate"

The Roanoke Jewish Federation has invited us to a discussion at The Grandin between a man affiliated with the Sikh religion whose father was shot and killed by a white supremacist, and a man who helped found that very same white supremacist organization. Their story is one of understanding, hope and friendship between individuals who once harbored hate. The program is May 9 at 7:00 PM and is free, but advance tickets are required: grandintheatre.com or 540-345-6377.





field trip

CRAIG COUNTY FARM VISIT AND BARN QUILT TOUR

TUESDAY, MAY 21 10:15 AM

RSVP TO JAN MINTON IF YOU WOULD LIKE TO SIGN UP. janminton@gmail.com or 540-467-3110

a note from Chris

Well friends, as the expression goes for many folks the month of May feels like, "Maycember," so called because though not quite as busy as December, it sure can come close! There are high school proms, end of the semester sports games, graduations, and maybe even summer travels on the horizon. There are plenty of things happening this May at the church as well, so make sure to read on in the newsletter!

For my part, I wanted to look a little further into the summer to share some exciting news which will be here before we know it! I am delighted to say on June 19 at 7:00 PM our church is hosting an evening with David LaMotte who is a songwriter, speaker, and author based out of Black Mountain, North Carolina. If you have been around Montreat for any number of conferences, odds are good you may have bumped into David. If you have not, David's bio is so long it is hard to cover in one small article, but here is a little more about him if his name is new to you!

David in his music career has performed over 3,500 concerts, has thirteen CDs primarily of original music, and has toured in all fifty states and much of the world. The Boston Globe has described his music as, "pushing the envelope with challenging lyrics and unusual tunings, while paying homage to the folk tradition." Recently BBC Radio Belfast spoke of his concerts being a combination of "charm, stories, humor, insightful songs, sweet voice and dazzling guitar ability." That is not a bad bio right there, but there is a good bit more!

As a speaker, he has presented at the PCUSA Mission to the United Nations, keynoted peace conferences in India, Australia, Germany, the Scottish Parliament, and recently gave a Ted Talk on how music informs peacemaking, which you can find online. As an author he has published three books and two children's books. His most recent book "You Are Changing the World Whether You Like It Or Not," was published in 2023 which was based on one of his earlier books, "Worldchanging

101: Challenging the Myth of Powerlessness" which is a foundational book for peacemaking. It is used in Bible studies and classrooms alike, the literal textbook on peacemaking many college programs use.

In 2004, David and his wife Deanna founded PEG, a non-profit organization that supports mentoring, education, and artistic expression in Guatemala. He is also a consultant on Peace and Justice for the North Carolina Council of Churches, and served as clerk for the Nobel Peace Prize Nominating Task Group. As a result of his work with schools in Guatemala, LaMotte was recently named a "Mission World Changer" by James Madison University.

Whew! There is actually a good deal more, but instead of continuing to quote his online bio, I encourage you if you are in town on June 19 to come meet David and hear his concert for yourself. This is a free concert at the church, so feel free to spread the word to anyone who enjoys guitar music, folk music, peacemaking, and storytelling. I've heard David play a few times, and every occasion, when the show is over I leave far more empowered in my faith and witness than when I arrived. That essentially will sum up the evening and you don't want to miss it!

We have an exciting summer coming up, and as always it is a joy to do ministry together!

Happy May!

Chris



Nursery Care Every Sunday

Nursery care is available in Room 103 for infants and young children during worship. No reservations are necessary.



Sanctuary Flowers

Each Sunday, flowers are placed at the front of the sanctuary in honor or memory of loved ones. If you would like to provide flowers for a worship service in 2024, please sign up on the calendar in the Church Office.



Join us for lemonade or coffee and fellowship after church each Sunday. If you would like to help make this happen, we need volunteers each week. Keeping it simple with lemonade or coffee and a very light snack is our goal. It is nice to have it outside depending on the weather.



Let Us Pray...

Church Members

- Carol Clapp
- Spencer and Joy Frantz
- Nancy Gattoni (recovering from kidney transplant)
- Carlos Hart
- Skip and Faye Hastings
- John Hildebrand
- Lawrence Koontz
- Horst and Anna Oedel
- Carol and Carl Rydell
- Janet Yost

Family and Friends

- Judith Conn (Anna Kennedy's sister-in-law)
- Harry Fitch (16-year-old friend of Anna Kennedy who received a heart transplant
- Jack and Kathy Mills (Diane Holdridge's sister)
- John Rybacki (Wendy Rotanz's nephew with cancer)
- Scott Sagester (former member battling ALS)
- Israel, Ukraine, Russia, Sudan, and peace in the world

Have updates or changes for the prayer list? Let us know: churchadmin@salempres.org.

Audio Visual Upgrades at SPC!

The February 2024 Tower Talk announced the receipt of a very generous bequest from long-time member Walter (Buddy) Lipes, who set up a Charitable Remainder Trust in 1997. Salem Presbyterian Church received this gift in 2023 and allocated 25% to a newly established "Lipes Endowment Fund" for unrestricted use subject to Session approval. Thanks to the blessing of this financial gift, we have been able to add much needed audio/visual capacity throughout our building. The upgrades will provide streaming and whiteboard capabilities as well as enhanced audio and Zoom usage. Training on how use the system to its fullest capacity will begin soon.

SUNDAY SCHOOL Sundays at 9:30 AM

We have had a wonderful year of Sunday School classes and we will finish up with our studies on May 19. We are so appreciative of all of our dedicated teachers and leaders: Fran Ferguson for leading Journey On, Kathy Highsmith (as coordinator for the Disciple class), Ginny Savage and Reid McClure as coordinators of the Kingdom Living class, Kevin Stovall and Janet Chisom as facilitators of the Youth class, and Kathy Bowen and Sandy Sower as teachers of the elementary children.

So we do not miss a Sunday, we will begin our summer Sunday School classes on May 26 at our summer time of 9:00-9:45 AM. Children will be engaging in Morning Mystery Missions—being actively involved in serving others. Each week the children will be serving in a different way (in the garden, making cookies for first responders, making cards, visiting with elderly folks). Adults will have short lesson series that last for 1-4 weeks on various topics. We hope you will join us!

Adults

- **Kingdom Living**—"Church History Those Who Shaped the Christian Faith" part of the "Being Reformed" series, will help students explore the history of the Christian church through a panoramic view of major figures and theological beliefs. Both women and men are represented, and attention is given to subjects important to the shaping of the Reformed tradition.
- Journey On—"Sermon on the Mount" by Amy-Jill Levine will be the final study of the year for this class. Through videos with Dr. Amy-Jill Levine, and discussion, students in this class will be introduced to the major topics in the Sermon on the Mount, learn about historical and theological contexts, and gain understanding for how the words of Jesus echo his Jewish tradition and speak forward to reach hearts and minds today.
- **Disciple**—"Christian Believer: Knowing God with Heart and Mind" will help students to understand the scriptures more deeply and live out God's Word in their lives. There are daily readings and many participants in this class volunteer to teach several sessions.
- **Youth** (6th-12th grade)—Connections with the Scriptures. Each week, four scriptures are suggested for worship. This class will explore the relationships between the scriptures and what they are saying for us today.

Children (Preschool and Kinder garten-5th grade)—Active lessons about Bible stories (Sparkhouse Lectionary)

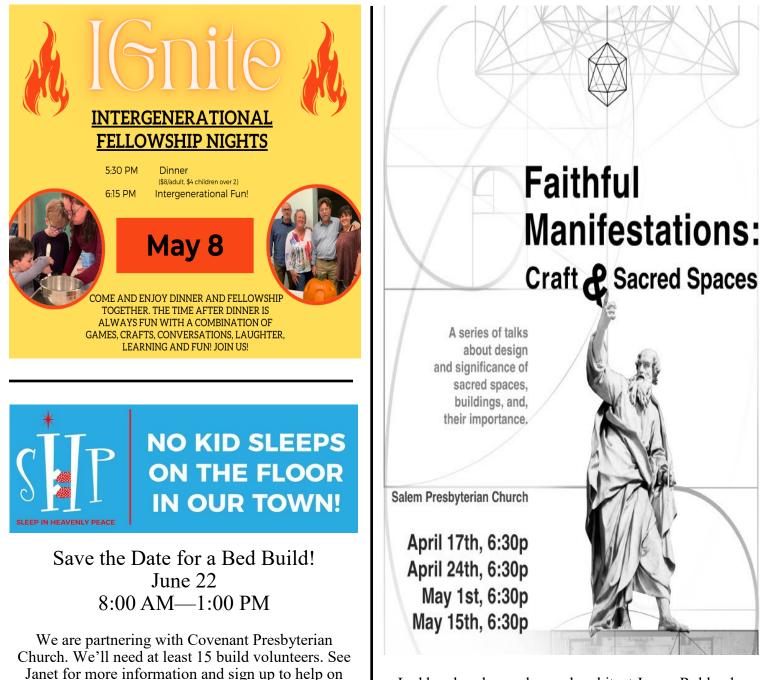
Nursery-Bible stories, play time, and activities





Story Time at Salem Presbyterian

Our story time Tuesdays from 10:30-11:00 AM are a lot of fun! We meet for stories, songs, activities, and movement. Please help spread the word that all children (age 0-5) and their caregivers are welcome!



Led by church member and architect James Ruhland.

the sign up sheet outside Gresham Hall.

BAD TO THE BONE Cracking Down on Osteoporosis

Remember the old expression, "I feel it in my bones?" Grandma may not have known it, but she was onto something! Medical science tells us that our bones are *alive*. Bones are made up of living, growing tissue, constantly changing, and affected for good or bad by the lifestyle choices we make, including diet and exercise. **May is National Osteoporosis Awareness and Prevention Month**, which makes this the perfect time to "bone up" on bone health!

What Is Osteoporosis?

the

Osteoporosis, literally "porous bone," is a progressive disease that afflicts over 53 million Americans and is characterized by the deterioration of bone tissue resulting in a loss of bone strength and density. Simply put, osteoporosis causes bones to become brittle and weak. This weakness makes a person much more susceptible to bone fractures, especially of the hip, spine, and wrist. Often referred to as a "silent" disease because of the lack of symptoms in its early stages, osteoporosis is *not* an inevitable part of aging. We now know that it can be prevented, diagnosed, and treated.

Not Just an "Old Lady's" Disease

While it is true that mature women are twice as likely to develop the condition, that doesn't get men off the hook. In fact, after age fifty, *one in three women* and *one in five men* will have an osteoporosis-related fracture. It also affects younger women- those in early menopause or who have an eating disorder are at increased risk.

Unfortunately, there are some risk factors you cannot control; age, gender, family history of the disease, being of European or Asian descent, being short in stature or possessing a small body frame (weighing less than 127 lbs.). However, it is possible to decrease your risk by making some healthy changes.

Get Strong & Stay Strong

- Eat a well-balanced diet including fruits, vegetables, especially the dark green leafy variety, as well as high-quality proteins. Strive to consume equal amounts of animal protein (lean meat, fish and seafood, eggs, and dairy) and plant-based proteins (whole grains, beans, seeds, and nuts).
- Get moving! *Weight-bearing exercises* like walking, dancing, and lifting weights build bone mass, increase muscle strength, *improve balance*, and help prevent falls. Aim for thirty minutes of exercise on most days.
- DO NOT SMOKE!

- Limit alcohol and caffeine consumption.
- Talk to your health care provider about a bone mineral density (BMD) test. DXA (Dual-Energy X-ray Absorptiometry) scan is the method of choice. Also, inquire about medications used to prevent or slow bone loss. If it is determined that you have low bone density, your doctor will help you decide the treatment right for you.
- Current guidelines suggest we get enough calcium (1,000-1,200 mg/day) plus vitamin D3 (600-800 IU/day) through foods and supplements. However, there is growing evidence that a healthy and diverse diet affords all we need. If you choose to supplement, stick to the recommended guidelines, and don't take higher doses. Check with your doctor about what supplementation is right for you, especially if you've had kidney stones or colon polyps.

Use It or Lose It

After the age of forty, both muscle and bone mass decrease at an alarming rate. When we lose muscle, our balance becomes compromised. When we lose our balance, we are more likely to fall. And when we fall (you see where this is going), we are at greater risk of sustaining a fracture. As noted above, the best way to avoid this outcome is through regular intentional weight-bearing exercise. This will go a long way to increase bone mass, build stronger muscle, and keep us healthier for years to come.

May we continue to find ways to improve our health and well being, strengthen our bodies, and share God's good news with others!

Proverbs 15: 30 "...good news gives health to the bones."

Shalom, *Kitty*

The Facts

*Men over fifty are more likely to break a bone due to osteoporosis than they are to get prostate cancer!

*20% of hip fracture patients die within a year.



Giving Garden Work Days



Join us for work days in the Giving Garden on the first Saturday of each month 9:00 AM-12:00 PM. You do not need to know how to garden, just be willing to work. Feel free to bring your own gloves and tools if you'd like. Note: The May work day will be Sunday, May 5 at 1:30 PM following the Cinco de Mayo lunch at the church.

Family Promise

Salem Presbyterian Church will be hosting our second Family Promise week for 2024 June 9-16. At the present time, we still have no other church to help co-host. We are so thankful that our members continue to support this rewarding mission.

The sign-up board will be ready on May 12 for volunteers to sign up as dinner and overnight hosts, to prepare meals, to provide supplies, and to set up and take down the bedrooms. It will be at the entrance of the church each Sunday and at the Clay St. entrance during the week and prior to Sunday School. We will also continue taking monetary donations and donations of Kroger cards to be used by the Family Promise leadership to help the families. These donations can be given to Emily in the Church Office or Carolyn Greene or Laura Hart, the Family Promise cochairs.

The support of this congregation for the homeless families in the Family Promise program is amazing. Thank you for your past and continued support. If you have any questions, please contact Carolyn (mrsclmg@gmail.com) or Laura (Lhartpa@verizon.net).



"...Truly I tell you, just as you did to one of the least of these who are members Promise of my family, you did for me..." —Matthew 25:40



We hope you will join us on June 22nd for an Evening at the Carnival! During the event we will auction off balloons with tickets inside for prizes. We need your help to make this Balloon Pop Auction a big top sized success! We need themed basket donations. This is a wonderful project for a church group, family or

business. Use one of the ideas below or make up your own unique creation!

Baskets can be dropped off between now and June 1st at our new Family Center at 631 Abney Road in Northwest Roanoke. Let us know that your group will be donating by emailing Cassidy at cparks@familvpromiseroanoke.org

Themed Basket Ideas

- * BBQ or Grilling Basket
- * Movie Night Popcorn Bucket
- * Ultimate Fan Basket (pick your favorite team)
- * Spa Day Box
- * Golf Lover Filled Cooler
- * Picnic Date Basket
- * Hair Care Basket
- * Locals Only Basket that only includes items from local businesses
- * What's For Dinner Basket with everything to cook a meal
- * Day at the Beach Tote or Cooler
- * Coffee or Tea Lovers Basket
- * Rainy Day Game Tote * Gardener Basket
- * Pet Lovers Basket
- * Date Night Basket
- * Car Wash Bucket



Mini-Missions for Middle School and High School Youth

A week of **Mini-Missions** is something that our youth look forward to each summer. Each day begins with a Bible study about a way that Jesus served others and then we go on a field trip into the community and put that lesson into practice. There will be a team of adults working with the youth during the week, leading the study, transporting them to the agencies, working alongside the youth, and processing the experiences of the day. There are no registration costs, friends are invited to register, but pre-registration is necessary. High School Mini-Missions for rising 9th graders through graduated seniors are June 10-14, 9 AM-1 PM. (Registrations are due by June 3.) Middle School Mini-Missions for rising 6th through rising 8th graders are June 24-28, 9 AM-1 PM. Registrations are due by June 17.) Registration forms are available at the church and on the website.



We join with College Lutheran Church and other friends to serve in various ways around the Valley. Each day we have time for games, a Bible study, serving, and reflection. We have some new agencies to learn about and help this year. Friends are welcome. Registration forms should be returned to the church.

Summer Mission Trip

Mission trips are a week of hard work, lots of fun, good friends and an opportunity to do something that makes a difference in the life of another person or family. This summer we will be working with the Housing Development Alliance (HDA) in Hazard, KY. We will stay at First Presbyterian Church of Hazard, KY. Each day we will be doing some type of construction job that will help make homes safer and more habitable for the people in the area. HDA has a team of experienced workers to teach us how to do things, so what is needed most is a spirit willing to learn and

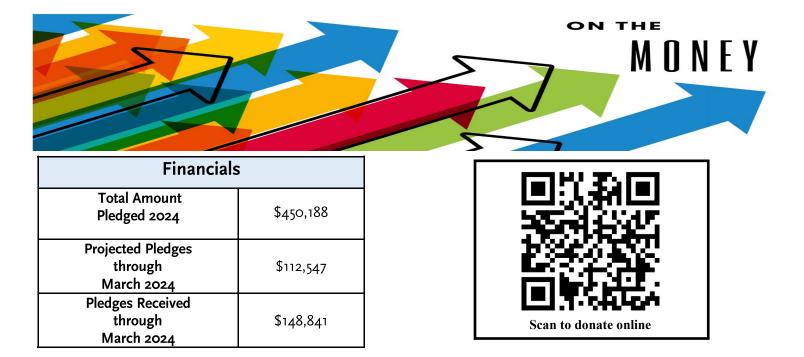


HAZARD, KY JULY 28-AUGUST 3 help others. So far we have a team of 2 youth and 10 adults. We are asking each person to pay \$100, which will help to cover costs of food, transportation, and supplies. Please speak with Janet Chisom if you have questions, need more information, or wish to sign up to be part of the team. The registration form is on the church website.

Kroger Community Rewards

Salem Presbyterian Church in now enrolled in the Kroger Community Rewards program. By linking your Kroger Plus card to our church, each time you use your Kroger Plus Card, the church begins to earn a rebate of up to \$300 per family quarterly. You can connect your Kroger Plus Card online or through the app.





Psalm 24: The earth is the Lord's and everything in it, the world, and all who live in it. Our traditional season of stewardship is usually in the fall. We talk a lot about treasure, budgets, and pledges. But Spring is a perfect time to stretch our concept of stewardship. Genesis teaches us the fundamental principle of biblical stewardship: God owns everything and we are simply managers or administrators acting on His behalf. With the vibrant new growth and beauty of Spring all around us, let us remember we were created to take care of our air and our water and the precious resources of our planet. Challenge yourself to be a better steward.

Graduate Recognition

If you're graduating from high school or college, please contact Janet Chisom at janet.chisom@salempres.org or 540-389-3881, providing your name, the school from which you're graduating, and your future plans. We will be recognizing graduates on May 26 at the 10:00 AM Worship Service.

The Best Staycation Ever!!

A hardworking team of leaders from Salem Presbyterian Church and College Lutheran Church have been planning for four evenings of neighborhood fun in July! Save the date and plan to join us for what will come to be known as The Best Staycation Ever! Vacation Bible School is branching out to include classes and activities for children, youth, *and* adults. We will start with dinner together, then break into groups for age-appropriate lessons and activities. Mark your calendar, look for the registration form, and plan to join us!



May Birthdays

May 2	Ted Lawrence
2	Carson Lutz
	Rick Williams
	Steve Yost
May 4	Emily Gard
May 5	Jackie Lackey
May 9	Kerrie Carroll
	Pat Lester
May 10	Marty Deardorff
May 11	Jamie Fulcher
May 12	Tom McClung
	Patricia Walton
May13	Garret Burks
	Kaidan Garst
May 14	Dottie Cook
May 16	Parker Donahue
May 17	Carrie Chittum
May 18	Gretchen Boise
	Chris Conner
	Bill Metzler
May 19	Anne Gale
May 21	Marie Oracko
	Carolyn Walter
May 22	Elizabeth Lutz
	Rachel Murray
May 23	Megan Coulston
	Jane Lewis
May 24	Chris Fischer
May 25	Tootie Hildebrand
May 26	Cathy Fischer
May 27	Katie Johnson
May 29	Debbie Hayes
May 30	Louise Ratliff
	Phillip Short

SAVE THE DATE

May 5	Cinco de Mayo Taste and See	
May 9	"Hope Over Hate" - A discussion at The Grandin.	
May 26	Graduate Recognition Sunday	
June 10-14	High School Mini Missions	
June 22	Sleep in Heavenly Peace Work Day	
June 24-28	Middle School Mini Missions	
July 7-13	Montreat Youth Conference for High School youth	
July 21-24	Vacation Bible School for ALL AGES!	
July 28-August 3	Mission Trip to Hazard, KY	

9:00AM

10:00 AM

TIME CHANGE FOR SUMMER...





Beginning May 26!

FROM THE SESSION

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Session met on April 23, 2024. Please note:

- Session approved funds subsidizing the participant cost of the mission trip to Hazard, Kentucky scheduled for July 28 to August 3.
- Upgrading the audio/visual equipment for Sunday School classroom 211 was approved.
- Summer worship hours will return this year between Memorial Day and Labor Day. Sunday School will be at 9:00 AM and worship at 10:00 AM. Submitted by Becky Ring

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:00 AM Piecemakers Group 11:00 AM Women's Bible Study	2	3	4 9:00 AM Presbytery
			6:30 PM Faithful Manifestations 7:30 PM Choir	7:30 PM NA		
5 9:30 AM Sunday School 11:00 AM Worship with communion in- person and live streamed 12:15 PM Cinco de Mayo Taste and See 1:30 PM Giving Garden Work Day 6:00 PM Youth Group	б 7:30 РМ NA	7 9:30 AM Staff Meeting 10:30 AM Morning Circle 10:30 AM Storytime 7:00 PM Salem Choral Society 7:30 PM Evening Circle	8 11:00 AM Women's Bible Study 5:30 PM IGnite 7:30 PM Choir	9 7:00 PM Hope over Hate at Grandin Theatre 7:30 PM NA	10	11
12 TWO CENTS-A-MEAL 9:30 AM Sunday School 11:00 AM Worship in person and livestreamed	13 7:00 PM Out- reach 7:30 PM NA	14 9:30 AM Staff Meeting 10:30 AM Storytime 7:00 PM Salem Choral Society	15 9:45 AM Stewardship and Finance Work Group 11:00 AM Women's Bible Study 6:30 PM Faithful Manifestations 7:30 PM Choir	16 7:00 PM Joy Circle 7:30 PM NA	17	18
19 9:30 AM Sunday School 11:00 AM Worship in person and livestreamed 12:15 PM Worship and Music Commit- tee 4:00 PM Youth Mini Golf	20 7:30 PM NA	21 9:30 AM Staff Meeting 10:30 AM Storytime 10:15 AM PAL field trip 7:00 PM Christian Education Committee 7:00 PM Salem Choral Society	22 11:00 AM Women's Bible Study 7:30 PM Choir	23 7:30 PM NA	24	25
26 9:30 AM Sunday School 11:00 AM Worship in person and live streamed	27 Church Office Closed	28 9:30 AM Staff Meeting 7:00 PM Salem Choral Society	29 11:00 AM Women's Bible Study	30	31	
4:00 PM Calvin and Hops at Olde Salem	7:30 PM NA	7:00 PM Session	7:30 PM Choir	7:00 PM SPC Book Club 7:30 PM NA		

PLEASE NOTE: Please be sure to read all church communications and announcements shared on website, through emails, and on Facebook. If you are not receiving emails, contact Emily at churchadmin@salempres.org. Sunday worship will continue to be livestreamed on our YouTube channel and bulletins will be posted in the Friday Teaser and on our church webpage.

SESSION

Moderator	Rev. Chris Vogado
Clerk	Kim Murray
Assistant Clerk	Sarah Eller
Treasurer	
Assistant Treasurer	Jim Bowen

Class of 2025

Jim Cochrane Sarah Eller Reid McClure Kim Murray Ginny Savage Marge Sielinski Class of 2026 Teresa Auldridge Lee Cole Ken Cook Anna Kennedy Becky Ring Don Taylor

Class of 2027

Kevin Hayes Steve Lemons Felecia Parsell Paul Nordt James Ruhland Becky Williams

Salem Presbyterian Church 41 East Main Street P.O. Box 536 Salem, Virginia 24153

Tower Talk

Return Service Requested

Our mission, inspired by God through the Holy Spirit, is to be a visible sign of God's love for all people by sharing the Gospel of Jesus Christ in word and deed, so that all people may know Him as Lord and Savior.



Like us on Facebook: Salem Presbyterian Church salempres.org