



Tower Talk

July 2023

WORSHIP

GROW

SERVE

SUMMER at SPC

TAKE ME OUT TO THE

Ball Game



FRIDAY, JULY 14

Meet in the Salem Civic Center Parking Lot at 6:30 PM.
Tickets are \$13 (includes \$3 towards food/merchandise)
Sign up outside Gresham Hall for this special group rate.

HIGH SCHOOL MINI MISSIONS

Five youth and three adults had a great week serving at Straight Street, The Giving Garden, the Community Solutions Food Pantry, and more!



MIDDLE SCHOOL MINI MISSIONS

Our Youth served at Brandon Oaks Nursing Home, The Giving Garden, Habitat ReStore, the Rescue Mission, and Christian Soldiers Food Pantry!



a note from *Chris*



From my experience, the month of July in most churches takes on a different pace. A lot of the various “programs” such as Wednesday nights and choir practice are on pause. Committees often take the month of July off due to folk’s travels and just to take a breather and rest. Even Session is not meeting this month as a way to refresh, and finish out the rest of the year strong. As I’ve heard it said, “On the eighth month, Session rested.” Sounds almost Biblical, does it not?

There are, however, plenty of learning, growing, and fellowship opportunities around the church during these long summer days, so make sure to take a look at the rest of the newsletter! From Vacation Bible School to a church-wide baseball game together, July will have some fun in the sun, and August looks to be the same.

One thing I am particularly looking forward to is happening on Sunday, July 16, during our 10:00 AM worship service. While the choir is on their well-deserved summer break, Sunday, July 16, we are having a “Bluegrass Sunday.” Like the name suggests, this Sunday’s music will be done in the style of Bluegrass and “Old Time” music. Believe it or not, there is a difference.

Some of these songs like “I’ll Fly Away” and “This Train is Bound for Glory” are Bluegrass gospel favorites, and others, such as a Sarah Jarosz cover of a song called “Come On Up To the House” might be new, but if you like the style of music featured in films like “Oh Brother Where Art Thou,” you’ll be right at home. The folks who will be leading our music for this Sunday are the founding members of the “Roanoke Old Time and American Jam” a group which has been meeting and playing Old Time and Bluegrass music in Roanoke for over 30 years.

The service in many ways will look very similar to any other Sunday service, with the exception of a little more music and a few

more scripture readings. Think of this type of service almost like a bluegrass Lessons and Carols, where scripture is read and then there is a sung song in response, sometimes a hymn or sometimes a specific anthem offered by the band. As Psalm 150 says from the Message translation, “Praise God with banjo and flute...praise God with fiddles and mandolins! Let every living, breathing creature praise God!” We’ll have more than a few of those folk instruments on July 16, and I hope you can join us as we sing God’s praises and worship in a different way!

Happy July from this guy!

Chris

Bluegrass Sunday!

Sunday, July 16th, we'll be worshipping in the style of Bluegrass! Join us at 10:00 a.m.

WORSHIP

Worship Time Change For the Summer!

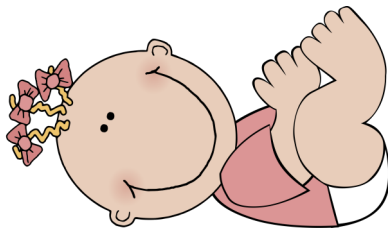
Sunday School 9:00 AM
Worship 10:00 AM

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, please sign up on the calendar in the Church Office.

Nursery Care Every Sunday

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



Hymn Sing Saturday

Join Reed Carter, Director of Music on Facebook every Saturday morning at 10:00 AM for live hymns. Request your favorite and sing along every week!



Let Us Pray...

Church Members

- Carol Clapp
- Spencer and Joy Frantz
- Nancy Gattoni
- Carlos Hart
- Skip and Faye Hastings
- Lawrence Koontz
- Ginger Miller
- Horst and Anna Oedel
- Carol and Carl Rydell
- Hank Sullivan
- Ralph Williams

Family and Friends

- Marty Hildebrand Sherwood (John and Tootie Hildebrand's daughter being treated for breast cancer)
- For an end to hatred and gun violence
- Ukraine, Russia, Sudan, and peace in the world

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

KEEP YOUR COOL

Preventing Heat-Related Illness

Summer has arrived and the heat is on! Some like it hot, but even the most seasoned sun worshippers may succumb to heat-related illness if precautions are not taken to stay cool.

Here Comes the Sun

Heat-related illnesses, such as heat cramps, heat exhaustion and heatstroke, occur when your body is unable to regulate temperature. As the thermometer rises, your body responds by perspiring and attempting to cool itself through the evaporation of sweat. However, on very hot, humid days, the increased moisture in the air slows this evaporation process. If perspiring can't sufficiently cool you, your body temperature rises, and you may become ill.

Risky Business

Some people are at greater risk than others and require close monitoring due to an immature or decreased capability to adequately perspire. These include:

- *Infants and young children up to age 4*
- *Persons aged 65 and older*
- *Those on medication-* some drugs may reduce your ability to handle the heat.
- *People who are chronically ill*, especially with diabetes, heart disease or high blood pressure.
- *Anyone who doesn't stay hydrated by drinking enough water*

Hot Stuff

In very warm weather, *stay indoors* and, if possible, in air-conditioned areas. Don't have air conditioning? Run fans in the rooms you occupy most, such as the living area and bedroom. Keep drapes drawn and blinds closed. If you must go outside, be cautious:

- Limit outdoor activities such as playing sports, exercising, planting/weeding, or mowing the lawn, to morning and evening hours- before 10:00 AM and after 6:00 PM.
- Drink plenty of fluids, preferably water, throughout the day- don't wait until you're thirsty. (Note: please consult your doctor if you are on a fluid restricted diet.)
- Avoid beverages containing alcohol or caffeine- these cause the loss of more body fluid. On extremely hot days, consider replacing electrolytes with caffeine-free sports drinks.

- Protect yourself from the sun by applying sunscreen of SPF 30 or higher, wear a wide-brimmed hat, and don't forget sunglasses!
- Wear lightweight, light-colored, loose-fitting clothing.
- Take frequent breaks in the shade.
- Don't forget Rover and Fluffy! Bring animals indoors and supply extra water.
- NEVER leave anyone, including pets, in a closed, parked car.

If you suspect that someone is experiencing heat-related illness, call 911 and initiate the following first aid immediately. Move the person to an air-conditioned room or a shady spot. Try to get the core body temperature down by removing excess clothing, wetting the skin and fanning vigorously, and applying ice packs to armpits, neck, groin and back. A cool shower or soak in a tub of cool water may also be beneficial until help arrives.

With a little care and planning, people of all ages can beat the heat and enjoy the warmth and beauty of this season.

Psalm 113: 3

"From the rising of the sun to the place where it sets, the name of the Lord is to be praised."

Shalom,
Kitty

Know the Signs of Heat-Related Illness:

- *Fainting (often the 1st sign)
- *Headache
- *Dizziness
- *Muscle weakness or cramps
- *Nausea and vomiting

Serious Symptoms:

- * Confusion or loss of consciousness
- *Temperature of 105 degrees or higher
- *Hot, dry skin (no sweat)
- *Rapid pulse, shortness of breath
- *Continued vomiting
- *Seizures

COVID-19 Booster Update

Adults 65 or older may now get an additional bivalent booster dose at least four months after their last dose. Adults with immunocompromising conditions may get their additional booster dose at least two months after their last dose. Deaths are on the rise for those who have been vaccinated but not fully boosted. Check with your healthcare provider if you're unsure about when to receive this booster.

SUMMER SUNDAY SCHOOL Sundays at 9:00 AM

We believe that Christian Education is important. Ideally, it happens both at home and at the church during class time. Although our summer schedule of classes is modified, we still offer educational enrichment for all ages throughout the summer.

- **Elementary students** will focus on a different Bible story each week and explore that story through craft, discussion, recreation, and prayer.
- **Adults and Youth** will take part in short lesson series that last for 1-4 weeks on various topics.
 - ◊ **July 2**—Chris Vogado will continue a discussion about the book *“Neighborhood Church: Transforming Your Congregation into a Powerhouse for Mission.”*
 - ◊ **July 9**—Karen McNally, executive director of the Presbyterian Community Center, will share with us about how the PCC addresses homelessness and poverty of underserved families in southeast Roanoke, and about their plans for a new Center.
 - ◊ **July 16**—“End of Life—Living and Planning.” Kitty Beehner will lead a discussion about “Five Wishes,” a tool for advance planning for your life which includes personal, spiritual, medical and legal wishes all in one document.
 - ◊ **July 23**—“End of Life—Legacy and Stewardship.” Ginny Savage will lead a discussion about financial concerns and planning.
 - ◊ **July 30 and August 6**—Fred and Sally Baker will share pictures and stories from their recent trip to the Holy Lands.

MIDDLE AND HIGH SCHOOL YOUTH GROUP

The **Youth Group** (6th-12th graders) typically does not meet together on Sunday nights during the summer. Instead, we have some week-long events together. This summer have already had Middle and High School Mini-Missions. There was a lot of serving, learning, laughter and fun! We would love to have youth help out with VBS for the elementary children (July 10-14). There are other pop-up plans in the works, too, for mini-golf or baseball, hikes or ice cream. Stay tuned!

BRICK BIBLE vacation bible school

JULY 10-14
9:00 AM-12:00 PM
SALEM PRESBYTERIAN CHURCH

REGISTER BY JULY 3
WWW.SALEMPRES.ORG

Vacation Bible School—For elementary children (rising K-rising 5th grade). At **Brick Bible VBS**, campers will see, hear, and build a different Bible story each day. There is no registration fee. Registration forms are available at the church and online and should be turned in by July 3.



Family Promise

The Family Promise committee want to thank all the members of the congregation who made the past week with the families such a success. Much gratitude to the following members who provided meals, supplies, helped to set up and take down the bedrooms, and were dinner and overnight hosts. Several of the people listed provided a combination of needs for the families: Kim Murray, Roberta Hipp, Wanda Ziegler, Mike Wenzel, Susan Burnett, Kathy Highsmith, Karen Conner,

Sarah Eller, Barbara Young, Sandi Hawthorne, Anna Kennedy, Evon Glasgow, Sandra Cothran, Teresa Auldridge, Nathan Auldridge, Norman Ferguson, Jay Crumpacker, Felecia Parsell, Laura and Greg Hart, Hunter and Carolyn Greene, Don and Susan Taylor. Also, special thanks to Greg and Laura Hart who towed the trailer with the cots from Our Lady of Nazareth to our church parking lot. The week with the families went well with the strong support of Restoration Church.

Habitat for Humanity Apostle's Build



The Apostle's Build home is going up quickly! The exterior structures are almost complete. After the electrical wiring and preliminary HVAC are put in, the walls will be covered by wall board, plaster, and paint. Aubrey, the homeowner works on the house once a week with the other volunteers. She is very interested in every aspect of the process and will speak to anyone and everyone about her gratitude for the blessing of this home. Some of her extended family members are also coming out regularly and working on the home. Now that the build is looking like a house, her 12-year-old son can "see" what the finished product will be like and he is also getting very excited.

Giving Garden

There will be work days/mornings for the Giving Garden on the first Saturday of each month from 9:00 AM-12:00 PM. They work days are July 1, Aug 5, Sept 2, and Oct 7. All dates and times are subject to change depending on the weather.



Opportunity to Serve!

The CROP Hunger Walk is partnering with the Community Solutions Center (CSC), an arm of Feeding Southwest Virginia. There are several days that the CROP community is invited to volunteer at CSC to learn more about this ministry. Contact Janet Chisom janet.chisom@salempres.org, 540-389-3881 to sign up to volunteer. July 13, 10:00 AM-12:00 PM for Children's Feeding Kitchen.





GIVING AT SPC

"The earth is the Lord's and all that is in it, the world and those who live in it."
—Psalm 24

On July 9, Karen McNally, Executive Director of the Presbyterian Community Center will join us for Sunday school and Worship. Karen will tell us of the wonderful programs that the PCC has in SE Roanoke. That organization, which we support financially and in various other ways when needed, is really the hands and feet of Christ, ministering to children, families, and the homeless in that underserved area of our valley. Please come learn how the PCC has helped countless families and individuals in the 56 years it has been serving Southeast Roanoke and Vinton, and hear about big plans for the future.

In addition to our normal financial support, last year SPC gave a one-time gift of \$25,000 to the PCC as part of a three-to-one matching opportunity for their new building fund. That turned our \$25,000 into \$100,000 – a very good use of our funds.

Stewardship and Finance Work Group has wonderful news to share! Our church has received a remarkable bequest by the Grace of God and through the generosity of the late Buddy Lipes (on a recommendation from his daughter Judy Garst....many thanks to Judy). Close to \$295,000, this money is part of the remains of a Charitable Remainder Unitrust set up by Mr. Lipes in 1997.

We are so grateful for the forethought of Mr. Lipes to designate the remainder funds of the Trust in this way! Come hear more about this wonderful gift and learn about estate planning and legacy giving in Sunday School on July 23.



Financials	
Total Amount Pledged 2023	\$426,000
Projected Pledges through May 2023	\$177,500
Pledges Received through May 2023	\$205,521



Salem Presbyterian Church is 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.

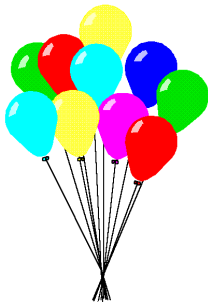


The Gresham Hall Art Show will be growing over the summer. You are invited to share the photos you take this summer that capture the essence of "Live, Laugh, Love." Please email pictures to Janet Chisom at janet.chisom@salempres.org and tag each one whether it is "Live," "Laugh," or "Love." These will be printed off and added to the collage in Gresham Hall.

JULY Birthdays

JUL 2	Kyle Fauber Richard McDearmon
JUL 3	Diane Tuttle
JUL 4	Carol Rydell
JUL 5	Donna King Jackie Smith
JUL 7	Wendy Rotanz
JUL 8	Jeff Howard
JUL 10	Katie Elmore Caroline Fauber
JUL 12	Austin Smith Susan Taylor
JUL 13	Reed Carter Deena Lugar Sandy Richenaker
JUL 15	Sam Carter
JUL 16	Justin Lutz
JUL 17	Mike Murray
JUL 18	Jim Bowen Wilson Weaver
JUL 19	Shelly Raymond
JUL 20	Henry Lugar
JUL 24	Michelle Conner Jim Francisco
JUL 26	Kinsley Fischer James Ruhland Jenny Sease
JUL 28	Grace Breedlove
JUL 29	Peggy Akers
JUL 30	Finnan Donahue
JUL 31	Sawyer Carter

*Is your birthday on
our calendar? If not,
please call the church
so we can add it.
Thank you!*



SAVE THE DATE

July 10-14	Vacation Bible School (rising K-5th grade)
July 14	Salem Red Sox Game
July 15	20/30 Somethings Group—Jazz Concert at Longwood Park
July 16	Bluegrass Sunday
July 24	Youth Mini Mission at the church
August 18	Music on the Lawn

FROM THE **SESSION**

Session met on June 27, 2023. Please note:

- Session approved the following vacation time off for Janet- August 11-15
- Chris will be away 7/21 - 7/23 Janet will preach on 7/23 (he will be key-noting at the Mid Atlantic Synod's Men's retreat at Massanetta.)
- Chris will be on vacation 7/31 - 8/7, Janet will preach on 8/6
- Chris will be away doing continuing education 9/12 - 9/19
- The Stewardship/ Finance Committee reported that it s working on distribution and Investing the proceeds of a most generous donation of funds from the Lipes trust.
- CE reported that scholarships have

been awarded to:

Kemper Darby at Radford
Ryland Darby at VA Western
Chloe Weaver at UVA, Wise
Katelyn Crumpacker at VA Tech
Emma Johnson at Roanoke College
Felecia Parnell at Regent University
Exciting musical events ahead for SPC:

On July 16 our Sunday worship will be a Bluegrass Musical Service
On Sunday September 10 we will present a Jazz Concert “ on the lawn” outside the church ,at 7 PM

Submitted by Sydney Nordt

CHECK THE ADDRESS!

SPC's mailing address is:
PO Box 536
Salem, VA 24153

In the past, as a courtesy, the USPS would forward all mail that was addressed to our physical address to the PO Box. They will not continue doing this for all PO Box users. Please make sure that when you send mail to the church you are using the PO Box and not the physical address.

July 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 10:00 AM Hymn Sing Saturday (via Facebook Live)
2 9:00 AM Sunday School 10:00 AM Worship with communion in-person and live streamed	3 7:30 PM NA	4 Church Office Closed	5 11:00 AM Women's Bible Study	6 7:30 PM NA	7 12:00 PM Piecemakers Lunch	8 10:00 AM Hymn Sing Saturday (via Facebook Live)
9 TWO CENTS-A-MEAL 9:00 AM Sunday School 10:00 AM Worship in person and livestreamed 1:00 PM VBS Leader Orientation	10 9:00 AM VBS 7:30 PM NA	11 9:00 AM VBS 10:00 AM Staff Meeting	12 9:00 AM VBS 11:00 AM Women's Bible Study 1:00 PM WNF Planning Meeting	13 9:00 AM VBS 7:30 PM NA	14 9:00 AM VBS 6:30 PM Red Sox Game	15 10:00 AM Hymn Sing Saturday (via Facebook Live) 6:30 PM 20/30 Somethings Jazz Concert at Longwood Park
16 BLUEGRASS SUNDAY 9:00 AM Sunday School 10:00 AM Worship in person and livestreamed	17 7:30 PM NA	18 10:00 AM Staff Meeting 7:00 PM Christian Education Committee	19 9:45 AM Finance Committee 11:00 AM Women's Bible Study	20 7:30 PM NA	21	22 10:00 AM Hymn Sing Saturday (via Facebook Live)
23 9:00 AM Sunday School 10:00 AM Worship in person and live streamed	24 1:00 PM Youth Mini Mission 7:30 PM NA	25 10:00 AM Staff Meeting	26 11:00 AM Women's Bible Study	27 7:30 PM NA	28	29 10:00 AM Hymn Sing Saturday (via Facebook Live)
30 9:00 AM Sunday School 10:00 AM Worship in person and live streamed	31 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 Tom Burns
Assistant Treasurer..... Jim Bowen

Class of 2024

Susan Burnett
Norman Ferguson
Kathy Highsmith
Karen Nelson
Sydney Nordt
Jenny Sease

Class of 2025

Jim Cochane
Sarah Eller
Reid McClure
Kim Murray
Ginny Savage
Hank Sullivan

Class of 2026

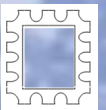
Teresa Auldrdige
Lee Cole
Ken Cook
Anna Kennedy
Becky Ring
Don Taylor
Andrew Crumpacker,
(Youth Elder)



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