

## Tower Talk

March 2024

WORSHIP

GROW

SERVE

at Salem Presbyterian Church March 24 **Palm Sunday Worship** 11:00 AM March 25-27 Stations of the Cross Art Walk 10:00 AM-2:00 PM 5:00-7:00 PM (Wed. only) March 28 **Dinner and Maundy Thursday Service** 6:00 PM **Good Friday Tenebrae Service** March 29 7:00 PM March 31 **Easter Sunday** Columbarium Service and Flower Cross 8:30 AM 9:00 AM Breakfast and Activities for all 11:00 AM Worship



Hello, Beloved Church! It's just a touch early to be saying as my mother says this time of year, "Happy Easter, happy Spring, happy happy everything!" But we sure are getting close as Easter falls this year on March 31. With that in mind, I wanted to share a few details about what to expect the last week of March during Holy Week as we follow along with Jesus to Easter morning.

Our Holy Week activities start on March 24 with Palm Sunday Worship at 11:00 AM. We will be having a Sanctuary Art Walk Monday, Tuesday, and Wednesday from 10:00 AM—2:00 PM. We will have one additional evening time on Wednesday from 5:00-7:00 PM for anyone who cannot make the morning times. Last year, the Art Walk in the sanctuary focused on Twelve Stations of the Cross by liturgical artist Scott Erickson. This year, to focus on a fresh aspect of Holy Week the images are different, yet from an equally profound visual series of Ericksons called, "The Seven Last Sayings of Jesus on the Cross." Each image provides a phrase for contemplation from Jesus' last words, and we will have several interactive prayer stations for further reflection as we consider what these seven last words of Jesus mean for our lives and faith.

Moving further into the week, the Maundy Thursday Service will be in Gresham Hall at 6:00 PM. While we are far away from the upper room where Jesus gathered with his disciples for his final meal, the focus of this service will be experiential as if we were to gather in an "upper room" around tables. The meal will be in a Mediterranean style like one might eat in Jesus' time, and we will celebrate communion together as we think about Jesus' mandate of which the word "Maundy" derives. That Maundy "mandate" we will hear is "to love one another as I have loved you." We will embody that scripture together sharing a meal and serving one another communion.

Our Good Friday service this year will be at 7:00 PM in the sanctuary, and in somber fashion, this will be a Tenebrae service which means, "darkness" or "service of shadows." If you have never been to a

Good Friday Tenebrae, this type of worship more than any other in the year tries to feel the depth of Jesus' suffering and the cruelty of the empire that killed him.

As the light of the evening slowly fades outside the sanctuary, we will be hearing the crucifixion story and extinguishing light inside the sanctuary representing the Light of the World dying on a cross. Connecting to the Art Walk earlier in the week, this service will also focus on the seven last words of Jesus and crucifixion story in John's telling. The worship service will conclude around 8:00 PM, but the story will not conclude until Easter morning.

For our Easter morning, we will have two services, as is our tradition. As the first Easter account happened among tombs and graves, we will begin our Easter in the columbarium with a short acoustic worship service at 8:30 AM, which will leave the columbarium and conclude by decorating a flower cross in the front of the church. The church will have some flowers to decorate the cross, but you are very much encouraged to bring flowers from the store, or your own yard, to help make the cross abundant in color! The Easter Sunday service at 11:00 AM will be as much triumphant praise as we can raise, asking Paul's question "Where is your victory O grave?" I can hear the brass already!

But...that is enough for now. As to not get the cart before the liturgical donkey, we still have many days of Lent. The road is long and Lent still gives us plenty of time to pay attention to the world around us and those who are in it. Even so, "Jesus has set his face to Jerusalem" and we travel with him so that as he is lifted up on Friday, we might be lifted up on Easter morning with praise and song.

Peace to All,

Chris



### **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!



### **Scholarships**

Through the generosity of members and friends of SPC, we have several scholarships available to assist with college expenses. There are 4 scholarships: Jerry W. Barnett Memorial Scholarship, John T. Bowman Living Award, Harvey Bredlow Scholarship, and Iris Peterson Scholarship. Scholarships are *not* limited to college freshman, so returning students and graduate students are encouraged to apply as well. Applications may be picked up from the church office, found on the church website, or requested in electronic form from Janet Chisom (janet.chisom@salempres.org) after March 1. Completed applications are due at the church by April 1.

### **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.



### Let Us Pray....

### **Church Members**

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

### 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)
- Joseph (17-year-old great-nephew of Teresa Auldridge recovering from heart surgery)
- Israel, Ukraine, Russia, Sudan, and peace in the world

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

### To the Church Triumphant

**Amy Sullivan**, a member of Salem Presbyterian Church since 1978, passed away on February 3. A Service of Witness to the Resurrection was held on February 10.

We give thanks for Amy's life and pray for her family and friends.



### **SUNDAY SCHOOL Sundays at 9:30 AM**

We offer Sunday School classes for every age student and you are encouraged to find the one that fits you! The classes are structured to reach different audiences and engage people in different ways. All of the classes are from 9:30-10:30 AM, followed by a fellowship time in Gresham Hall before 11:00 worship. Find your class . . . and invite someone to join you!

#### **Adults**

**Kingdom Living**—"Illuminating Lent," part of the "Being Reformed" series will lead learners through an exploration of the Lord's Prayer and what it means in practical ways during Lent.

**Journey On**—"Love Does" by Bob Goff challenges us to embrace a life of love in action. Love is not just a feeling but something we actively do.

**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** (6<sup>th</sup>-12<sup>th</sup> 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 Kindergarten-5<sup>th</sup> grade)—Active lessons about Bible stories (Sparkhouse Lectionary)

Nursery—Bible stories, play time, and activities



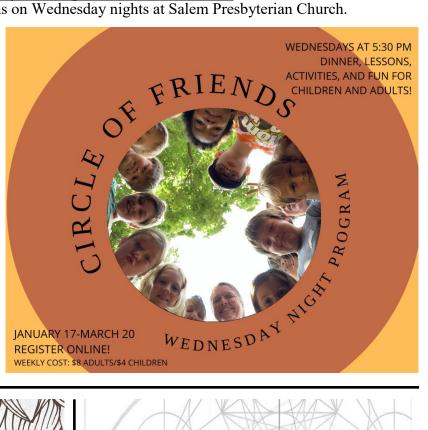
The **Youth Group** (6<sup>th</sup>-12<sup>th</sup> graders) will meet every Sunday night in March (not on Easter). The March schedule is available at the church (in print), on the website, and is emailed to each family with youth in 6-12<sup>th</sup> grade.

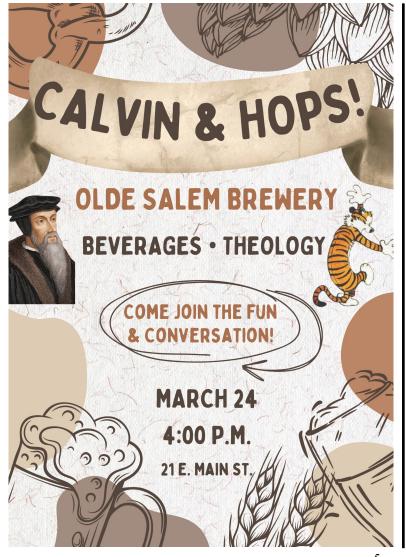
Sun. Mar. 3	6:00-7:30 PM	<b>Underground Church.</b> Dinner, then our favorite game! We may have youth from Covenant Presbyterian joining us.
Sun. Mar. 10	6:00-7:30 PM	Youth Group. Dinner then youth groupy stuff.
Sun. Mar. 17	11:00 AM	Worship with Confirmation. Some of the youth are joining the church. Let's show up and support them!
	4:00–6:00 PM	<b>Bowling at Lee-Hi Lanes.</b> \$4.75 per game (we'll have time for 2 games). Free shoes (but wear socks!).
Fri. Mar. 22	7:00 PM	Lock-In with Covenant Presbyterian Church at Covenant.
Sun. Mar. 24	6:00-7:30 PM	<b>Preparations for Easter.</b> We'll have dinner then stuff Easter eggs and prepare for games with children on Easter.
Sun. Mar. 31	9:00 AM 11:00 AM	Easter Breakfast and activities for the children Easter Worship. No evening Youth Group. Happy Easter!

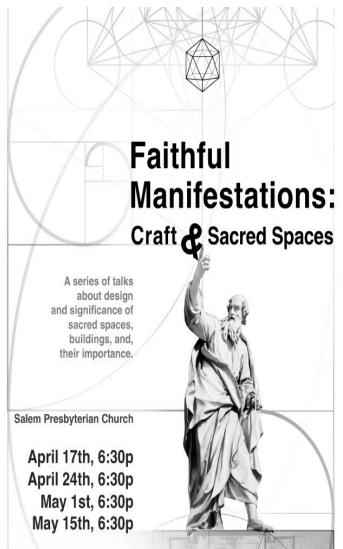
## Wednesday Nights at SPC There are two different programs on Wednesday nights at Salem Presbyterian Church.

Everyone is welcome to join us for Circle of Friends on Wednesday nights this winter!! Dinner will be served at 5:30 PM, with programming for children and adults to follow. Children will be answering the question, "Who is Jesus?" During Lent, Adults are studying "Lent in Plain Sight" by Rev. Dr. Jill Duffield, led by Rev. Vogado. Circle of Friends will run through March 20.

IGnite, meets on the second Wednesday of each month. Mark your calendars for, March 13, April 10, and May 8. These evenings are a great time of food and fellowship, friends and learning, fun and games. Join us at 5:30 PM for dinner (\$8 for adults, \$4 for children 2-4 years) and the program from 6:15-7:15 PM.









### **RUSH HOUR**

### **Early Treatment of Stroke is Essential**

Like a bolt of lightning, stroke was once believed to be an unpredictable and random event. Into the twentieth century, doctors and laypeople alike used the word *apoplexy*, derived from the Greek meaning, "to be thunderstruck," in referring to a stroke. Formerly considered an "accident" (thus the term *cerebrovascular accident* or CVA), stroke is now known to be treatable, and in many cases, preventable.

### What Is a Brain Attack?

Stroke, also known as "brain attack," is quite common in the United States. It is the leading cause of serious long-term disability and ranks third in cause of death, preceded only by heart disease and cancer. Stroke, or brain attack, occurs when:

- A blood vessel in the brain becomes blocked, either due to a build-up of plaque in the arteries because of arteriosclerosis, or a traveling blood clot that lodges in the brain, causing an *ischemic stroke*.
- A fragile blood vessel suddenly ruptures, often attributable to high blood pressure, causing blood to leak into the brain. This is known as a *hemorrhagic stroke*.

Both types of stroke deprive brain cells of necessary oxygen. Without oxygen, brain cells die. As a result, the part of the body controlled by these cells cease to function and may lead to permanent damage and disability. Every minute counts! Recovery is directly influenced by accurate and immediate medical attention. The importance of receiving treatment within 3 hours of the onset of symptoms cannot be stressed enough. Measures can be taken at this time to restore proper blood flow through drug therapy or surgical intervention.

#### **Symptoms of Stroke**

The onset of stroke symptoms is usually SUDDEN and ABRUPT. If you or a companion experiences any of these symptoms, do not hesitate - call **911** right away!

- Numbness, muscle weakness or paralysis of the face, arm, or leg, especially on one side of the body.
- Vision problems such as blurred or decreased sight in one or both eyes.
- Confusion or loss of memory.
- Difficulty speaking, understanding speech or trouble reading/writing.

- Loss of balance or coordination, dizziness, trouble walking, unexplained falling.
- Difficulty swallowing or increased drooling.
- Severe, unexplainable, and unusual headache, often with vomiting & then loss of consciousness.

#### 48 Hours

Often, people ignore the above signs because they may last only a few minutes, indicating a *transient is-chemic attack* (TIA). But a TIA, or "mini-stroke," can precede a full-blown stroke in as little as 2 days prior, so it is important to heed these warning signs and get medical help immediately. In doing so, you may head off a major cerebral event.

### Is Stroke Prevention Possible?

While there are risk factors that cannot be changed such as increasing age, being male, or having a family or personal history of stroke, the following tips can greatly lower your risk:

- Treat high blood pressure. Keeping blood pressure under control is the most effective way to prevent a stroke
- Quit smoking and limit alcohol.
- Manage heart and artery disease with attention to the treatment of *high cholesterol, arteriosclerosis, and atrial fibrillation* a rhythm disorder that contributes to blood clot formation.
- Control diabetes.
- Recognize and seek help for TIA's.
- Eat a healthy diet and reduce salt intake.
- Exercise 30 minutes/day on most days.
- Lose excess weight.

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 2

Shalom, *Kitty* 

#1 Cause of Strokes - uncontrolled high blood pressure!



### YoungLife

Salem Presbyterian Church supports our local YoungLife. YL's mission is to introduce adolescents to Jesus Christ and help them grow in their faith. This is primarily done through "contact work" which is going to where kids are and building personal relationships with them and earning the right to share the good news of Jesus Christ.

The local YL, through a network of staff and volunteers, lead groups at Salem High and Andrew Lewis Middle, Northside High and Middle, Glenvar High and Middle Schools, Roanoke College, and Capernaum supports youth with intellectual and developmental disabilities.

In order to support a large program, there are many volunteer opportunities. You can become a leader, serve on a committee that supports a particular group, or participate in fundraising opportunities. The next fundraiser is a golf tournament at Hidden Valley Country Club on May 13. You can learn more about our local YL opportunities and groups at: <a href="https://salemnorthroanoke.younglife.org/">https://salemnorthroanoke.younglife.org/</a>. You can also reach out to Jay Crumpacker (540-589-4305 call or text) who can also put you in contact with Jeff Lakin, the Area Director.



YL works alongside the local Church and believes that church involvement is essential for following Christ throughout one's lifetime. YL is reliant on the support of the local Church and community to accomplish their mission.

## Souper Bowl Of Caring!

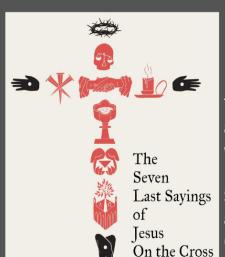
And the winner of the SOUPer Bowl of Caring . . . The Salem/Roanoke County Food Pantry! But we all won as we ate delicious soup, sandwiches and desserts and enjoyed fellowship together. We successfully "predicted" the winners of the Super Bowl, as the Kansas City Chiefs basket had more money and cans than the San Francisco 49ers. We delivered \$371.13 and 132 canned goods to the Food Pantry. Thank you all for your generosity!





### Seven Last Sayings of Jesus Sanctuary Art Walk

March 25-27, 2024



Monday 10:00 a.m. - 2:00 p.m. Tuesday 10:00 a.m. - 2:00 p.m. Wednesday 10:00 a.m. - 2:00 p.m. 5:00 p.m. - 7:00 p.m.

This free self guided sanctuary art walk features the moving work of liturgical artist, Scott Erickson, with "The Seven Last Sayings of Jesus On the Cross" and interactive prayer stations. Come for prayer, reflection and quiet during Holy Week.

Salem Presbyterian Church | 41 E. Main Street Salem, VA | Salempres.org



### **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 through Presbyterian Disaster Assistance (PDA) and Housing Development Alliance (HDA) in Hazard, KY. The two organizations are working together both for new construction in an impoverished area, and also for flood relief from the summer 2022 floods. We will know more specifically closer to the time of the trip the types of jobs we will be doing, but likely we will be putting in subflooring, installing windows and doors, putting up insulation and sheetrock, painting, and landscaping. The mission trip is open to students entering ninth grade to adults.



We will be staying at First Presbyterian Church of Hazard. We will need to provide our own sleeping bags or linens, and we will cook our own meals. 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.

## Presbyterian Women Spring Gathering

Mission—Education—Service—
Fellowship
April 27, 2024
Raleigh Court Presbyterian Church,
Roanoke
Registration: 9:30 a.m.
Gathering: 10 a.m. – 12:30 p.m.

The U.S.A. Border Region – There is so much to share. Hear it all from our Mission Speaker, Adrienne Knight, Synod Rep to Churchwide PW Board of Directors and participant in the 2023 PW U.S.A. Mission Experience to Arizona and the Border Region. Celebrate the lives of those women who passed away in 2023. Watch for more information, including the Hands-on Mission Project to be announced closer to the event.

### **Confirmation Class**

Chris Vogado has been leading a confirmation preparation class since January for five students: Grace Breedlove, Emma Carter, Ryan Coble, Julia Crumpacker, and George Lugar. The students are learning about the Trinity, the Bible, the Presbyterian Church, and what trust in God looks like today. The students are preparing to make their own statement of faith and join the church as full members on **March 17**. We will be giving them a Bible, and we want to personalize them by sharing with them our favorite Bible stories and most meaningful verses. The Bibles will be in Gresham Hall through March 3 for you to sign and share the verses meaningful to you. This is a gift that will give them a starting point as they continue to study the Word of God.



Financials				
Total Amount Pledged 2024	\$450,188			
Projected Pledges through January 2024	\$37,516			
Pledges Received through January 2024	\$75,322			





Tuesdays at Salem Presbyterian Church—41 East Main Street
10:30-11:00 AM

## Story Time at Salem Presbyterian

Our story time Tuesdays are building in energy. We've met several times for stories, songs, activities, and movement. We have enjoyed being together with a broad range of ages, so our story time will be 10:30-11:00. Please help spread the word that all children (age 0-5) and their caregivers are welcome!

### **Piecemakers Project**

Soon after forming, the PieceMakers group asked for necktie donations to be used in a future quilting project. It took a while, but the future is Now! We are again asking for necktie donations with the goal of representing as many SPC folks as possible. The design (see picture) is known as Tree of Life. Each "leaf" on the tree is taken from a necktie. Just imagine a tree full of SPC connections!

Thanks to everyone who donated a tie earlier! If you have not already made a donation, please participate in this project! There will be a pick-up/drop off box near the Clay Street entrance. Pick up a donation bag. Fill out the card that comes with the bag, add your tie, and drop it off in the same box. You may donate your own tie or a tie from someone important in your life.

If possible, we would like to have your ties by Easter Sunday. Contact Jan Minton at 540-467-3110 or janminton@gmail.com if you have questions. Blest be the tie that binds our hearts in Christian love!



### March Birthdays

Mar 1	Kitty Beehner
Mar 2	Jessica Crumpacker
Mar 3	Mark Deardorff
	Marc Barber
Mar 5	Ashley Donahue
	M Johnson
	Mikayla Stovall
Mar 7	Rob Gard
Mar 9	Tom Dunkenberger
Mar 12	Dave Beehner
Mar 13	Alex Hart
	Claire Hart
	Martha McDearmon
	Peggy Williams
Mar 14	Alison Cole Fisher
Mar 15	Gail McClung
Mar 17	Winston Conner
	Megan Dishaw
Mar 22	Sandra Cothran
Mar 24	Spencer Frantz
Mar 25	Suzanne Williams
Mar 26	Erma Stovall
Mar 30	Kemper Darby
Mar 31	Ellen Breedlove
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SAV	THE DATE		
March 10-17	Family Promise Host Week		
March 24	Palm Sunday		
March 25-27	Art Walk		
March 28	Dinner and Maundy Thursday Service		
March 29	Good Friday Tenebrae Service		
March 31	Easter Sunday—Services at 8:30 and 11:00 AM		
June 10-14	High School Mini Missions		
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		

FROM THE

## SESSION

### Session met on February 27, 2024. Please note:

- The Nominating Work Group presented the slate of officers for election at the March 10 Congregational Meeting.
- Session approved funds for upgrading the video/ technology systems in Gresham Hall and in Rooms 117 and 210.
- High School and Middle School Mini Missions as

well as Vacation Bible School are scheduled for June and July. There will also be a late July Mission Trip t Hazard, KY.

Outreach Committee is researching charities to consider supporting with monetary contributions in 2024.

Submitted by Ginny Savage



The Gresham Hall Art Show has on display a show called "Colors of the Season." The paintings, needlework, photographs, and charcuterie board are all wonderful interpretations of different seasons and the colors that come to mind. Stop by Gresham Hall and soak in the art, and read the descriptions.

Be thinking about the next theme "Let There Be Light: Genesis 1:2." Ponder those words from the beginning of the Bible, from the creation story. What does that light look like? How does light make you feel? What impact does light (or darkness) have on the world? How will light be impacted by the solar eclipse on April 8? We welcome all art submissions—poetry, paintings, photographs, textile arts—from all ages. You do not need to be a professional. Submissions will be due April 7.

# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 10:00 AM Giving Garden Work Day 10:00 AM Hymn Sing Saturday (via Facebook Live)
3 9:30 AM Sunday School 11:00 AM Worship with communion inperson and live streamed 12:15 PM Committee Brainstorming Meeting 6:00 PM Youth Group	7:00 PM Bell Choir 7:30 PM NA	9:30 AM Staff Meeting 10:30 AM Storytime 10:30 AM Morning Circle 7:00 PM Salem Choral Society	9:00 AM Piecemakers Group 11:00 AM Women's Bible Study 5:30 PM Circle of Friends 7:30 PM Choir	7 7:30 PM NA	8	9 10:00 AM Hymn Sing Saturday (via Facebook Live)
TWO CENTS-A-MEAL 9:30 AM Sunday School 11:00 AM Worship in person and livestreamed 12:00 PM Congregational Meeting 6:00 PM Youth Group	7:00 PM Out- reach 7:00 PM Bell Choir 7:30 PM NA	9:30 AM Staff Meeting 10:30 AM Storytime 7:00 PM Evening Circle 7:00 PM Salem Choral Society	13 11:00 AM Women's Bible Study 5:30 PM Ignite 7:30 PM Choir	14 7:30 PM NA	15	16 10:00 AM Hymn Sing Saturday (via Facebook Live)
17 CONFIRMATION SUNDAY 9:30 AM Session 9:30 AM Sunday School 11:00 AM Worship in person and livestreamed 12:15 PM Worship and Music Committee 4:00 PM Youth Group Bowling	7:00 PM Bell Choir 7:30 PM NA	9:30 AM Staff Meeting 10:30 AM Storytime 11:30 AM PAL 7:00 PM Christian Education Committee 7:00 PM Salem Choral Society	2O 9:45 AM Stewardship and Finance Work Group 10:00 AM Garden Club 11:00 AM Women's Bible Study 5:30 PM Circle of Friends 7:30 PM Choir	7:00 PM Joy Circle 7:30 PM NA	7:00 PM Youth Lock In at Covenant	10:00 AM Hymn Sing Saturday (via Facebook Live)
24 Palm Sunday 9:30 AM Sunday School 11:00 AM Worship in person and live streamed 4:00 PM Calvin and Hops at Olde Salem 6:00 PM Youth Group	25 10:00 AM Stations of the Cross Art Walk 7:00 PM Bell Choir 7:30 PM NA	9:30 AM Staff Meeting 10:00 AM Stations of the Cross Art Walk 10:30 AM Storytime	27 10:00 AM Stations of the Cross Art Walk 11:00 AM Women's Bible Study 5:00 PM Stations of the Cross Art Walk 7:30 PM Choir	6:00 PM Maundy Thursday Dinner and Service 7:30 PM NA	7:00 PM Good Friday Service	3O 10:00 AM Hymn Sing Saturday (via Facebook Live)
31 Easter Sunday 8:30 AM Columbarium Service and Flower Cross 9:00 AM Breakfast and Activities in Gresham Hall 11:00 AM Worship in person and live streamed						

**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
	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 Cochrane Sarah Eller Reid McClure Kim Murray Ginny Savage

#### Class of 2026

Teresa Auldridge
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