



Click image to enlarge it and view in more detail.

Calling All New Members!

Sunday, January 28th is New Member Sunday! Join us in celebration of our new members. New Members can still sign up to serve in the choir.

[Sign Up Here](#)





Health & Wellness Corner

By Dr. Chris Brown

While viruses are spreading this season there are ways to prevent serious illness that might require hospitalization.

Tips to Fight Seasonal Viruses and Recover Faster

The prevention of seasonal viruses includes annual vaccination for influenza, a new vaccine for RSV and a COVID-19 booster as recommended by CDC.

Viral illnesses do not respond to antibiotic medications; instead, they require targeted antiviral treatments tailored to the particular virus. There is no specific medication for rhinovirus or coronaviruses. Moderate physical activity such as walking and cycling is an efficient way to prevent severe disease from viral infection since it increases the circulation of white blood cells responsible for fighting infection and there are other protective changes that occur from regular exercise.

In addition, sun exposure (vitamin D), proper nutrition, good quality sleep and stress

management will also enhance your immune system and these tactics are associated with decreased chances of severe illness in some studies. Other efficient ways to prevent viral infections are natural therapies, including zinc supplements, as well as vitamins C and D. During

2024 Martin Luther King Jr. Day events and Service Opportunities

City of Columbus MLK Day March & Program – January 15

The City of Columbus' annual MLK Day March and Program to celebrate and honor the legacy of the Reverend Dr. Martin Luther King Jr. will be held at the Lincoln Theater on Monday, January 15th. The event is free and open to the public. This year, you'll hear from Columbus Mayor Andrew J. Ginther, city leaders and our MLK Oratorical Contest winners. More details to come! We hope you can join us. Please RSVP here:

<https://www.columbus.gov/mlk2024/>

MLK Jr. Day Celebration at Ohio History Center

Monday, January 15, 2024 • 10 a.m. - 5 p.m.

Ohio History Center, Columbus
Details about the event will be announced soon.

Seeds of Caring MLK Day of Service January 15, 2024 at 12 pm, 1 pm, and 2 pm

Celebrate MLK Day as a “day on, not a day off” through 5 different service stations as part of the larger MLK Day Open House Celebration. Program is for ages 2-12; adults must accompany children. Siblings of participants outside this age range are welcome.
[Learn more and register here.](#)

Dr. Martin Luther King, Jr. Birthday Breakfast

January 15, 2024 from 7 a.m. – 10 a.m.

“Honoring the Man, Sustaining His Legacy, Preserving His Dream”

The City of Columbus takes great pride in its observance of the life and legacy of Dr. Martin Luther King, Jr. Tickets are \$50 and are limited. See more details and [purchase tickets here.](#)

MLK Day of Learning at Capital

illness home remedies such as , chicken soup can provide comfort and symptomatic treatments with cough syrup and fever-reducing medication such as acetaminophen can provide relief while one's body fights off the invading pathogen. If you are unfortunate to get infected during winter, use these tips to recover faster and keep yourself safe from viruses and as always contact your primary clinician for medical advice specific to your situation.



THE CLOTHING BOUTIQUE is in need of new and gently used coats, hats, gloves and socks for men, women and children. In celebration of our commitment to the service legacy of Dr. Martin Luther King Jr. please support our Community Clothing Drive.

What: Community Clothing Drive
When: Sunday, January 21st, 2024
Contact: For more information Contact Minister Brenda Troy at btroy@newsalemcares.com

Thank you for your generosity and providing for those in need. We appreciate YOU!

University

January 15, 2024 from 10 am – 3:30 pm

All are welcome to participate in the annual Martin Luther King, Jr. Day of Learning at Capital University. The theme of this event is “Courage in Community.” [See full list of activities and register online.](#)

Westerville MLK Jr Celebration

January 15, 2024 at 8 am. Leadership Westerville Martin Luther King Jr. Legacy Project hosts the Annual Westerville Martin Luther King Jr. Celebration. The theme for the 2024 program is:

DR. KING'S LEGACY TODAY: A DISCUSSION WITH NYT BESTSELLING AUTHOR, NIC STONE
Tickets are available for \$30-\$35; [register online.](#) Villa Milano Banquet & Conference Center, 1630 Schrock Road Columbus, OH 43229

Columbus State

Annual MLK Celebration

January 22-26, 2024

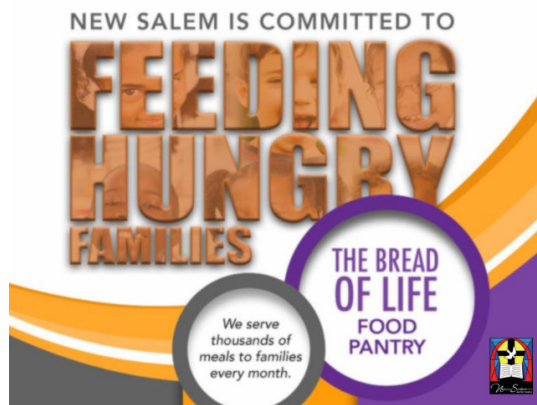
Columbus State Community College celebrates the legacy of Dr. Martin Luther King Jr. at its annual Martin Luther King Jr. Day of Celebration. The keynote address will be given by Hasan Kwame Jeffries, Alumni Associate Professor at The Ohio State University. [See the full list of activities for the week on the website.](#)



Join Missions Department for Vision Planning Session

Attention all volunteers for the Bread of Life Food Pantry, Farmers Market, Linden Fresh Market and New Salem Gardens, you are invited to attend the 2024 Vision and Planning session regarding future plans, collaborations, and new opportunities. This will be led by Brother Adam Troy, Director of Missions, on **Saturday January 20th at 9:30am**. Light refreshments will be served. Please contact Adam Troy at atroy@newsalemcare.com for more information and to **Register Here**.

[Sign Up Here](#)



Click image to enlarge it and view in more detail.

The Bread of Life Food Pantry (1880 Agler Road) needs 15 people to serve on Wednesdays from 4:30pm-6:45pm. Also, for the months of January and February the Bread of Life will be closed on Saturday's. Please use the link below to sign up to serve. Hope to



Human Trafficking Awareness Month

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January is National Human Trafficking Prevention Month. This month is dedicated to bring awareness about human trafficking and to educate the public about how to identify and prevent this crime. For more information about New Salem's Anti-Human Trafficking ministry, please email Min. Brenda Troy at btroy@newsalemcare.com



Dancers of New Salem

Calling all dancers of New Salem. Please plan to join our Dance Ministry for rehearsal and preparation for ministry on Easter Sunday, March 31. Rehearsals will begin Wednesday, February 7 at 6:30pm. Register by using the link below.

[Sign Up Here](#)

see you there!

[Sign Up Here](#)



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Debut of International Choir

New Salem is blessed to be a diverse congregation coming from different backgrounds and experiences. During our upcoming celebration of Black History Month we are pleased to announce that we are planning to debut a choir composed of our international members on Sunday, February 25th. If you are interested, please complete the link below and we will contact you with more details.

[Sign Up Here](#)



Marketing Team Members Needed

Join the Communications Ministry as Marketing liaisons to our ministry teams. We need 10 people with marketing experience in any area. Contact Bro. Eric Troy at etroy@callingallconnectors.org by January 31st to participate.

Worship Recap

January 3, 2024 | 11 AM

“From Stressed To Blessed”

Taken from Psalm 23

Rev. Dr. Keith A Troy

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eNewsletter Editor/Designer Dr. Monica J. Lowe and Kara Brooks

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New Salem Missionary Baptist Church | 2956 Cleveland Avenue, Columbus, OH 43224

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