



**Congratulations to our Pastor, Dr. Keith A. Troy and Min.
Brenda Troy on their honor from
CEA (Columbus Education Association).**

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Congratulations to our Pastor, Dr. Keith A. Troy and Min. Brenda Troy on their honor from CEA (Columbus Education Association).

The Columbus Education Association (CEA) named our pastor, Rev. Dr. Keith A. Troy and Minister Brenda F. Troy as this year's Dr. Martin Luther King, Jr. Humanitarian award winners. They will be honored at the 43rd Annual CEA Dr. Martin Luther King, Jr. Awards Dinner, set for Thursday, Jan. 11, 2024 at 6pm, in the Battelle South Ballroom at the Columbus Convention Center (400 N. High St.). The Dr. Martin Luther King, Jr. Humanitarian Award is given for distinguished service in the community in the areas of education, social justice, or human and civil rights. If you would like to attend, tickets are \$40 individually or tables of eight are \$320. For reservations, call CEA at (614) 253-4731 only. *(Note: Tickets are NOT available at the Church)*

[View the Article Here](#)

Editor's Note: Happy New Year! I am excited to introduce two new sections to our Newsletter. The first is our Health & Wellness Corner which will focus on our physical, spiritual and emotional health with contributing author Dr. Chris Brown. Our second column is the Ministry Moments column which will cover, sermons by our Pastor, Dr. Keith A. Troy and various devotions and prayers written by Min. Melody Bogan. Thank you for your continued support and subscriptions for the 2024 enewsletter.

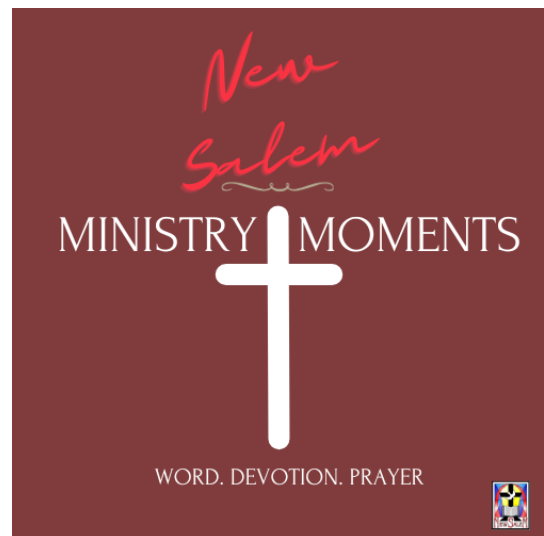


Health & Wellness Corner

By Dr. Chris Brown
Stay Healthy This Winter

Part One

Winter is here and Spring is still a few months away. While we are thankful that we no longer have the COVID-19 pandemic to contend with, we still have the many variants of this virus along with a return of our seasonal viruses and another new virus that thankfully is not manifesting as severe a disease as was projected. Viruses such as rhinovirus, influenza and RSV have



Ministry Moments

By Minister Melody Bogan

Reflection on Pastor Troy's Sermon
"Overcoming Doubt," Psalm 77:1-9
TEV

"My voice rises to God, and I will cry aloud; My voice rises to God, and He will hear me," (Psalm 77:1). This year has most certainly provided some "Why is this happening to me?" moments and despite our prayer life and church attendance, we have yet been subjected to wave after wave of

become common again. This two-part article will provide information about seasonal viruses as well as how to manage and prevent them. We will discuss the different viruses and ways to stay healthy and safe from viruses this winter.

What are winter viruses, and how do they spread? Humans can get infected by various viruses, including the winter seasonal viruses known to most people, such as influenza (the flu), coronaviruses, rhinoviruses (the common cold), RSV and the new but now well-known SARS-CoV-2 virus responsible for COVID-19.

Many viruses can spread through aerosols produced by activities such as coughing, sneezing, or even speaking. They can also be transmitted through contact with contaminated surfaces. In order to reduce the spread of these viruses, it is essential to maintain physical distance, wash hands frequently, and refrain from touching your eyes, nose, and mouth with unwashed hands. It's also important to cover your coughs or sneezes and wear a mask if you have any symptoms.

These viruses have similar general symptoms, but some, such as COVID-19 and influenza, can be pretty severe and require hospitalization. Although RSV is usually mild in healthy adults, it can cause severe respiratory distress in both young people and older adults. While clinicians might distinguish between these viruses through medical history and physical examinations, accurate differentiation often requires the use of tests. Stay tuned for Part 2.

trials. We may try to maintain an appearance of having it all together. Yet at night, when sleep doesn't come easy, we lay awake asking God "Why me?" Why the divorce; why did they die; why the overlooked promotion; why did my friend betray me? Doubt grabs hold and won't let us loose. So, we isolate ashamed to share our hearts with others who Pastor reminds us may be a part of an 'Alumni Chapter' of that issue that troubles us who may provide prayerful insight to help us.

Pastor Troy also reminded us that "Doubt can drive us to God." When the psalmist opened with his despair, even still he knew God who would 'hear him.' We too can take our "doubt" to God. The silence we feel is not abandonment, but rather this faith trek to trust Him when all else has failed. And how do

we do that? The Psalmist reminds us to 'recall' what God has done for us. Recall. Yes, God has in fact brought us through "that." And if He delivered us, saved us, brought us through "that," we can then trust Him in "this." I know we might be hurting something fierce right now, but what has God carried us where our 'memory can be a friend to our faith' as Pastor reminds us.

Prayer: LORD, we cry to you. And you, listen. You care and even in the silence, the weight of the sadness, doubt, and confusion, we chase after you, knowing what you've done for others by the word of their testimony, by demonstration of what you have done for us before, we chose once more to trust you in this. In Jesus' name, AMEN.



**New Salem
Worship Line**

Dial 605-313-4100
Access code
3886898

at 11:00am and listen to service
on your phone
(standard phone carrier charges apply)



LIFE DEVELOPMENT DEPARTMENT (LDV) INVITES YOU TO:
PARENT ENGAGEMENT SESSION
STRONGER TOGETHER
Growing in Christ before there is Crisis

Wednesday
January 10, 2024
6:30pm-7:30pm (hybrid)

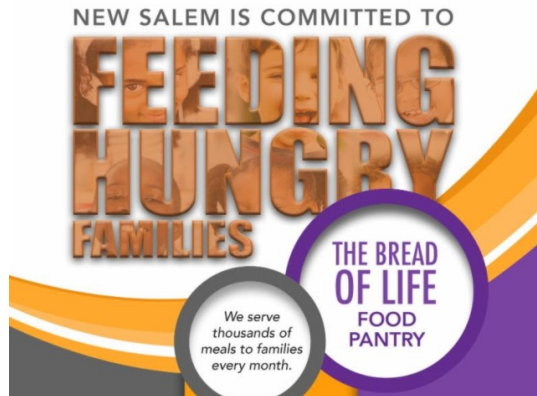
- Learn more about how LDV is supporting youth grades 6-12
- Learn upcoming scheduled events for 2024
- Share ways LDV could be a stronger partner

To register or for more information
CONTACT:
Kay Wilson | wwilson@newsalemcare.com | ☎ 614-930-2201

New Salem Worship Line

Click image to enlarge it and view in more detail.

One of the new initiatives for 2024 is the **New Salem Worship Line**, debuting January 7th. If you don't have access to a computer to stream our worship services, but have access to a phone. Call in at 11:00am to the line and listen to our worship services live. Stay Connected!



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Volunteer at the Food Pantry

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 see you there!

**Sign Up
Here**



Calling all New Members!

Click image to enlarge it and view in more detail.

Parent Engagement

Click image to enlarge it and view in more detail.

Life Development (LDV) department wants to help our young leaders grades 6-12 experience a life-changing relationship with Jesus Christ! Join us for a **PARENT ENGAGEMENT SESSION**: Supporting connection and caring in your child's success. Learn more about what is coming up in the Life Development Department in 2024. Hear about our parenting resources and tools; share your thoughts about how LDV can be a partner in your child's growth on Wednesday January 10th 6:30pm-7:30pm (in person and virtual). For more information or to register-email Kay Wilson wwilson@newsalemcare.com

**Email Kay
Wilson**



LDV Lock-In

Life Development (grades 6th-12th) LDV's Youth Lock-In on Friday January 12th (Drop off @8pm)- Saturday January 13th (Pick Up 7am). The Youth Lock-in will be at the Boys & Girls Clubs of Central Ohio 1000 Cleveland Ave Columbus, Ohio 43201. Please use the link below to register for the Lock-In. For more information or to volunteer please contact Kay Wilson at wwilson@newsalemcare.com

**Sign Up for the Lock-
In**

Join us for New Members Sunday on
January 28th.

[Sign Up
Here](#)

Upcoming events for 2024



[Click image to enlarge it and view in more detail.](#)

New Salem Mark your calendar for the upcoming events in 2024.

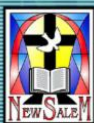
Worship Recap

December 31, 2023 | 11 AM



December 31, 2023 | Watch Night 10 PM





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

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