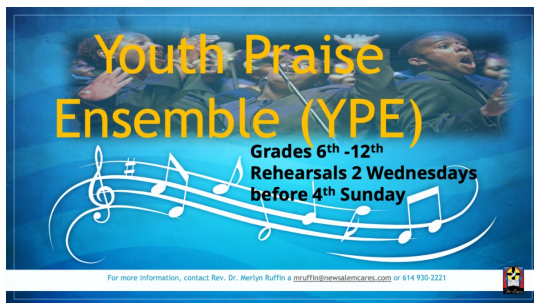




## Graduation Sunday

Click image to enlarge it and view in more detail.

Graduation Sunday is slated for Sunday June 9<sup>th</sup> as we celebrate New Salem students graduating from high school to college. Join us in person to encourage our graduates.



## Youth Praise Ensemble (YPE)

Click image to enlarge it and view in more detail.



## FCC Male Chorus

Click image to enlarge it and view in more detail.

Are you a youth grades 6-12 and love

to sing? And interested in using your gift to praise the Lord? The Youth Praise Ensemble is looking for you. The Youth Praise Ensemble (aka YPE) rehearses on the two Wednesdays before 4th Sunday from 6:30-7:30pm in room E209. YPE ministers on 4th Sunday in the WELL (the Youth worship service). The next WELL is scheduled in May.

The FCC Male Chorus will minister on June 16th (Father's Day) for the 10 am service. Rehearsal will be Wednesday, June 12th from 6-8pm. This ministry opportunity is open to all men 18 and older. Please register using the link below to receive the music and let's lift up the name of the Lord together!

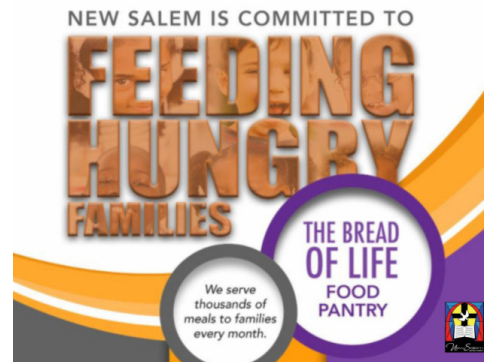
[Register Here](#)



## 115th Church Anniversary

Click image to enlarge it and view in more detail.

Mark your calendars for our upcoming 115th Church Anniversary Weekend, June 22nd-23rd. You do not want to miss this celebration. The weekend will kick off with the Church Cookout on Saturday from 12-4pm at Fort Hayes High School and then we continue the celebration at our 10am worship service on Sunday, June 23<sup>rd</sup> where Dr. Howard John Wesley, senior pastor of Alfred Street Baptist Church of Alexandria Virginia will be our guest preacher. Please join us in person on that Sunday. Check out the newsletter for more details in the coming weeks.



Click image to enlarge it and view in more detail.

## Volunteer for the Pantry

The Bread of Life Food Pantry needs you! Feeding families and living out Christ's directive to serve those in need is at the core of what we do. Volunteers are needed to serve on Wednesdays: 4:30pm-6:45pm and the first and third Saturdays 9:30am-12:30pm in March. Please see the Enewsletter for the sign-up link or just come to 1880 Agler Rd and we'll meet you there!

[Register Here](#)





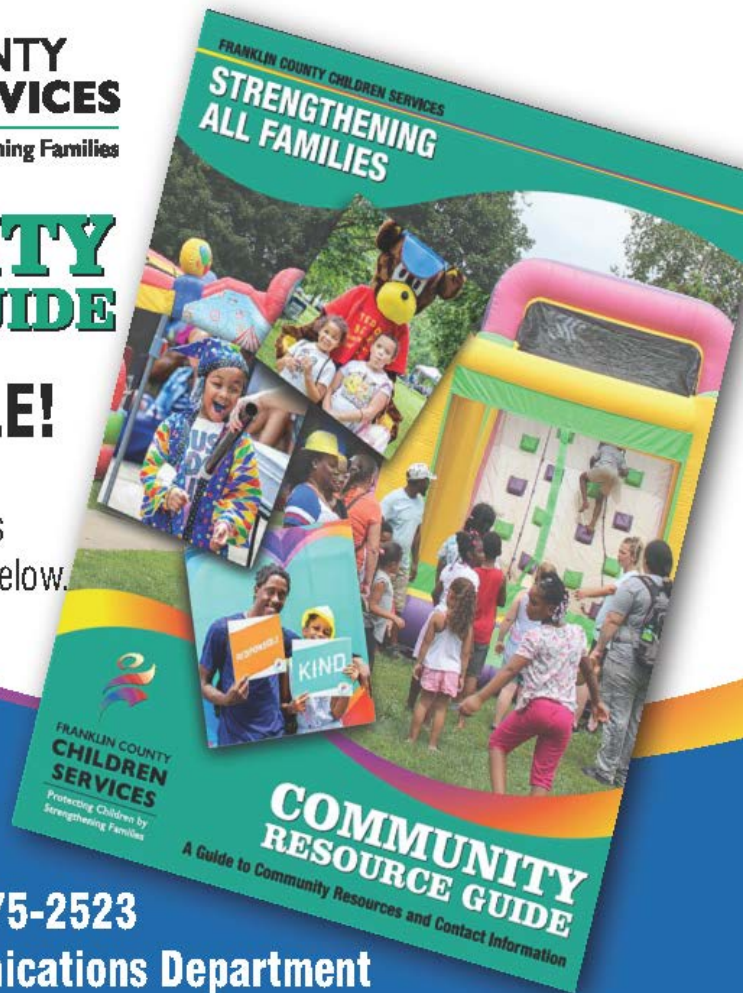
# COMMUNITY RESOURCE GUIDE

**NOW AVAILABLE!**

Scan the QR Code below or  
contact the Communications  
Department at the number below.



**(614) 275-2523**  
**Communications Department**



Click image to enlarge it and view in more detail.

## FCCS Community Resource Guide

Franklin Children Services Resource Guide It links to this page:<https://fccs.us/resource-guide>.

# DANCING WITH COLUMBUS BLACK STARS

JULY 20, 2024

Join us for this incredible night of fun, music, and dance with community leaders representing **Black excellence in Columbus.**

This event promises to be magical and for two great causes: **Black Arts & Black Mental Health**

Join celebrity hosts, judges, and our special guest performers for this incredible night!!



Al Edmondson



Chief Elaine Bryant



Christina Crump



Congresswoman  
Joyce Beatty



Pastor  
Rick Jones



Tracy  
Maxwell-Heard



First Lady Brenda Troy



Gayle Sanders



Jerry Saunders



City Newwss



Luke Fedlam



Elon Simms

**VIP ADMISSION: 6:00PM - 7:30PM**

**GENERAL ADMISSION: 7:30 PM - 10:0PM**

**Where: Lincoln Theatre**

**This event will sell out: Purchase tickets today: [columbusblackstars.org](https://columbusblackstars.org)**



**Ohio Black Dance**  
CREATING CREATIVITY AND CELEBRATING OUR CULTURE

Click image to enlarge it and view in more detail.

## Dancing With Columbus Black Stars

### First Lady, Min. Brenda Troy, other New Salem members guests with Dancing with Columbus Black Stars: A Night Celebrating Black Arts and Mental Health

New Salem mark your calendars and buy your tickets to support our own Min. Brenda Troy, first lady of our church and New Salem members *Al Edmondson* and *Elon Simms* on July 20<sup>th</sup> at the Lincoln Theatre, supporting Black Arts and Black Mental Health. Tickets are available now and can be purchased at: <https://columbusblackstars.org/>. See below more information about this incredible event.

The Columbus community is proud to announce the inaugural "Dancing with Columbus Black Stars," a dazzling evening of dance, music, and community spirit to raise awareness and support for Black Arts and Mental Health. This momentous event will be held on July 20 at the historic Lincoln Theatre. "Dancing with Columbus Black Stars" will feature a lineup of esteemed local Black community leaders who will take to the dance floor in a show of solidarity and celebration of Black cultural heritage. This event is not only a dance competition but a powerful statement of the vibrancy and resilience of the Black community in Columbus. Proceeds from the event will directly benefit local initiatives and programs dedicated to the promotion of mental health and the arts within the Black



community. "This event is a unique opportunity to shine a light on the immense contributions of Black artists and the importance of mental health support in our community," said Samara Tillman, Event Coordinator.

Guests will enjoy an evening filled with energetic performances, inspirational stories, and a community united by a shared commitment to a vital cause. In addition to the dance competition, the night will feature guest speakers, a silent auction, and an array of local culinary delights. Join us in celebrating and supporting the vital intersection of Black arts and mental health at "Dancing with Columbus Black Stars." Your presence will underscore the power of arts as a vehicle for change and healing in our community.

**Event Details:** Date: Thursday, July 20

- Time: 7:00 PM to 11:00 PM
- Location: Lincoln Theatre, 769 E Long St, Columbus, OH
- Dress Code: Semi-formal

Tickets are limited, and early booking is encouraged to ensure participation in this unforgettable evening. For more information, to purchase tickets, or to become a sponsor, please visit our website or contact Lakisha Adams at (614) 604-9597 or via email at [info@danceelitecolumbus.com](mailto:info@danceelitecolumbus.com).



## Health Corner

### Kidneys in Trouble: Understanding Chronic Kidney Disease

Christopher Brown, MD, MPH

[www.thedocbrown.com](http://www.thedocbrown.com)

Your kidneys are amazing organs with multiple roles in the body. But like other organs sometimes the kidneys can get damaged and not be able to do their job properly.

When this occurs it is called chronic kidney disease or CKD.

What causes CKD? While there are many causes of CKD, the two main culprits are: diabetes and high blood pressure. Both can damage the kidney tissue and hurt the ability of the kidney to do it's job. Other risk factors for CKD include family history, obesity and being African American.

How do you know if you have CKD? The tricky thing about CKD is that it can be without symptoms until the function is almost gone. The best way to know if you have CKD is to ask your clinician to screen for the disease especially if you have risk factors. Clinicians will use blood and urine tests to help with the diagnosis of CKD.

Living with CKD: There's no cure for most cases of CKD, but there are ways to manage it and slow down its progression. This might involve:

Medications: to manage blood pressure and control diabetes.

Healthy diet: low in salt to help with blood pressure control

Regular exercise: to stay healthy and manage weight.

Limiting smoking: as it is associated with kidney, heart and lung damage

Remember: CKD is a serious condition, but with proper management and healthy lifestyle choices, you can live a long and fulfilling life.

Most importantly, talk to your doctor if you have any concerns about your kidney health. Early detection and management are key to keeping your kidneys happy and healthy!

Disclaimer for health articles

The information provided is for educational purposes only and should not be interpreted as medical advice. Please consult your healthcare provider for any medical concerns.

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## Worship Recap

May 19, 2024 | 10 AM



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

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