



LAST COFFEE IN THE PARK
SATURDAY: SEPTEMBER 28TH
8:30AM-10:30AM

JOIN US FOR THIS SPECIAL COFFEE IN THE PARK AT THE PARK AT EASTON, 4066 WORTH AVE. COLUMBUS, OH 43219, (NEXT TO CRIMSON COFFEE HOUSE & PARIS BAGUETTE BAKERY CAFE) COME OUT AND VISIT OUR NEW PARTNER PARIS BAGUETTE BAKERY CAFE AND RECEIVE 10% OFF PURCHASE OF PASTRIES AND BEVERAGES*
MUST USE **CODE: NEW SALEM** VALID ON 9/28 THROUGH 9/29 ONLY

LOOK FORWARD TO YOU JOINING US FOR CONVERSATION, COLLABORATION AND COMMUNITY

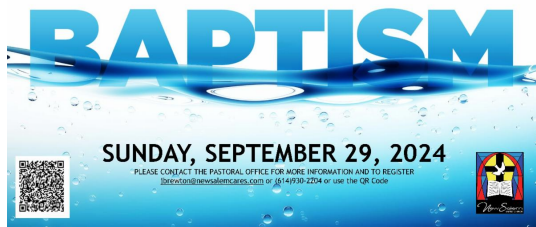
CONTACT BRO. ADAM TROY, DIR. OF MISSIONS AT ATROY@NEWSALEMCARES.COM OR ELDER JAMI JONES ERVIN, DIR. OF MINISTRY AT JERVIN@NEWSALEMCARES.COM

Connect to Ministry Scan Code

Click image to enlarge it and view in more detail.

Coffee in the Park

This is it y'all. The **last Coffee in the Park for 2024!** This special Coffee in the Park is **Saturday, September 28th** from 8:30am-10:30am at the Park at Easton. Come join us for collaboration, conversations and community. What's special about this one is that we have a new partner, Paris Baguette Bakery Café who will provide a 10% off pastries and beverages using code **NEW SALEM**. This discount will be available **September 28th through September 29th ONLY**. Check out their website <https://parisbaguette.com/> to see the delicious pastries and more. Now most importantly, you get to connect to ministry interests by clicking on the QR code. For more information contact director of ministry, Elder Jami Jones Ervin at jervin@newsalemcares.com or director of Missions Bro. Adam Troy at atroy@newsalemcares.com.

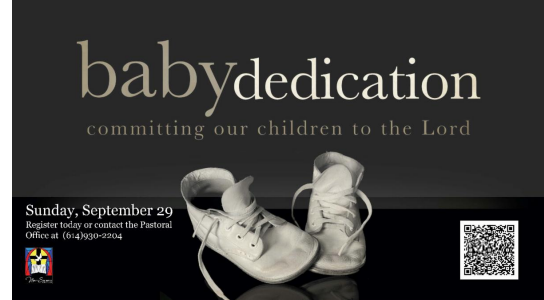


Click image to enlarge it and view in more detail.

Register for Baptism

Baptism will take place during worship service on Sunday, September 29th. If you would like to be baptized, please contact the Pastoral Office at (614) 930-2204, email Joy Brewton at jbrewton@newsalemcares.com, scan the QR Code provided on the screens, check out the E-Newsletter and on the website to register.

[Register Here](#)



Click image to enlarge it and view in more detail.

Baby Dedications

Baby Dedications will also take place on Sunday, September 29th immediately following the 10:00 a.m. Worship Service in the F.C. Chapel. All babies should be 1 year and under. For more information and to register your baby by Thursday, September 26th, please contact Joy Brewton at (614)930-2204 or jbrewton@newsalemcares.com.

[Register Here](#)



Click image to enlarge it and view in more detail.

Join the Men's Day Choir!

Calling all men 18 and older! Please plan to join the Men's Day Choir that will minister on Men's Day, October 20th. Come one, come all! Rehearsals are Wednesdays, October 9th and October 16th at 6pm in the main



Click image to enlarge it and view in more detail.

Don't Miss out Men – There is still room for you on the Retreat

Men of New Salem there is still room for you! Invite a brother to join us on for our annual **Men's Retreat Oct. 17-19th** in **Indianapolis, Indiana**. Our theme Purpose, Healing, and Success will carry us through the weekend, culminating back at New Salem on Sunday Morning for Men's Day. We hope you will join us and invite another brother to come with you. *Registration is just \$200* and includes all conference sessions, materials, giveaways, and lunch on Friday. The retreat will be at the Drury Plaza Hotel in Indianapolis. For more information, contact Rev. Landon J.

sanctuary. For more information, please call Reverend Dr. Merlyn Ruffin at 614-930-2221 or mruffin@newsalemcare.com.

Adams, ladams@newsalemcare.com.

[Register Here](#)



Click image to enlarge it and view in more detail.

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Harvest Party 2024

Mark your calendars because it's almost time for our Annual Harvest Party! Get ready for an incredible evening of fun and excitement on **October 25, 2024**, from **6:00pm to 8:15pm** here at New Salem Baptist Church. This year's Harvest Party is going to be the biggest and best one yet, with awesome new additions that you won't want to miss! Most of all, it's free and open to all children from **infants to 5th grade!** We've got tons of activities planned to make this year's Harvest Party absolutely unforgettable. To sign up your kids and volunteer for our 2024 Harvest Party, scan the QR Code, use the links below or go to our website at www.newsalemcare.com. If you have any questions, feel free to reach out to Min. Brenda Troy via email at btroy@newsalemcare.com. Get ready to make some amazing memories at the Harvest Party - we can't wait to see you there!

Harvest Party Candy Donation

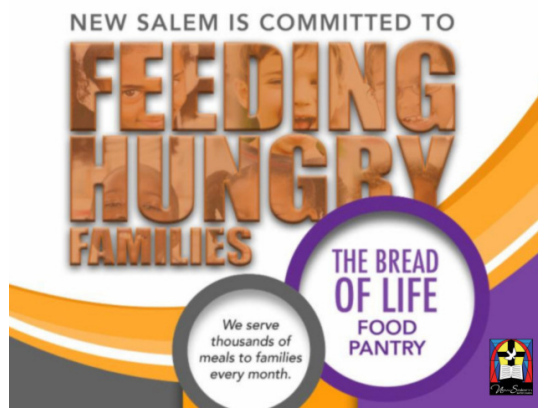
To make our trunk or treat a huge success, we need your help with Candy Donations. Donations can be dropped off at New Salem Baptist Church during business hours on Tuesday-Friday from 8am to 4pm, as well as on Sunday mornings before and after the worship service. To sign up your kids and volunteer for our 2024 Harvest Party, simply scan the QR Code or head over to www.newsalemcare.com. If you have any questions, feel free to reach out to Min. Brenda Troy via email at btroy@newsalemcare.com.

[Register Here](#)

[Sign Up to Volunteer](#)

[Email Min. Brenda Troy](mailto:btroy@newsalemcare.com)





Click image to enlarge it and view in more detail.

Food Pantry

The Bread of Life Food Pantry! Needs you! Feeding families and living out Christ's directive to serve our those in need is at the core of what we do. Volunteers are needed to serve on, Wednesdays: 4:30pm-6:45 pm and Saturdays 9:30am-12:30pm (1st and 3rd Saturdays of each month). Please use the link below to sign up to serve or just come to 1880 Agler Rd and we'll meet you there! If you have any questions, please email Adam Troy at atroy@newsalemcare.com.

[Register Here](#)



Click image to enlarge it and view in more detail.

Plan to Attend the Church Meeting

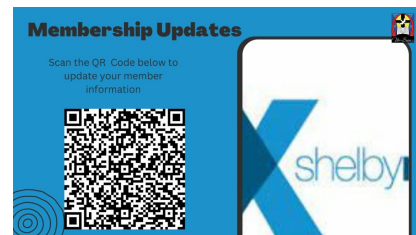
We want to encourage all members including all leadership and ministry teams to attend our upcoming Church Meeting on **Wednesday, October 2nd at 6:30pm.**

Click image to enlarge it and view in more detail.

Social Justice Ministry - New Salem's Civic Engagement Campaign

Anyone interested in serving to do voter registration, canvassing or phone bank, click on the link below. Engagement begins on Wednesday, September 18th and every Wednesday through Oct. 7th.

[Sign Up Here](#)



Click image to enlarge it and view in more detail.

New Salem Members its that time...

Members we still need your updated information. As a church we want to connect with you as a member. In order to help us do that, please notify us if you have changed anything in your life within the past year. This includes your name, address, phone numbers, emails, graduated from school, added to your family with kids or marriage, or changed jobs including

retirement. Scan the QR code below and update your information. Thank you in advance for your cooperation.

[Update Here](#)



The poster for the HUSH event features the ARKBUILDERS logo at the top. Below it, the word "HUSH" is written in large, serif, brown letters. Underneath, the event details are listed: "Saturday, September 28 at 10:00 a.m. | First Church of God, 3380 Refugee Road, Columbus 43232". A central photograph shows a man and a woman looking thoughtfully at each other. Below the photo, the word "HUSH" is repeated in a smaller font. Further down, it says "Saturday, September 28 at 10:00 a.m. | First Church of God Admission is Free | [Click here](#) to Register." A short description follows: "Don't miss this groundbreaking documentary on the origins of generational trauma and access to mental health care resources in Black communities." At the bottom, it states "Hosted by ArkBuilders, in partnership with NAMI Franklin County and the Ohio Department of Health." and includes logos for ARKBUILDERS, NAMI Franklin County, and the Ohio Department of Health.

Click image to enlarge it and view in more detail.

HUSH is a groundbreaking documentary about the origins of generational trauma and access to mental health resources within Black communities. ArkBuilders is proud to present the local screening of this important documentary, followed by a panel discussion featuring producer and filmmaker Antwan Lindsey. Hosted in partnership with NAMI Franklin County and the Ohio Department of Health.

[Register Here](#)

New Salem Hospitalization & Bereavement Line

To report a hospitalization or death in the family, contact the church, at **614 554-6417** or email us at crt@newsalemmares.com

This is an important reminder to all New Salem Members. If you need to report a hospitalization or death to the church, please call **614 554-6417** or email [**crt@newsalemmares.com**](mailto:crt@newsalemmares.com).



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

Healthy Aging: A Blessing for Mind, Body, and Spirit **By Dr. Chris Brown Christopher Brown, MD, MPH, FACP**

September is Healthy Aging Month, a time to celebrate the wisdom and experience that come with age. As we journey through life, it's important to nurture our health so we can continue to enjoy the blessings God has given us. Healthy aging isn't just about living longer; it's about living well. When we take care of our physical, mental, and social well-being, we can stay active, engaged, and connected to our loved ones and community.

Staying Strong in Body and Mind

Get Moving: Regular exercise, even a short walk each day, can help keep our bodies strong and our minds sharp. **Eat Right:** Choose plenty of fruits, vegetables, and whole grains. Limit sugary drinks and processed foods.

Stay Connected: Spending time with friends and family helps us feel happy and supported.

Nurture Your Mind: Read, learn new things, and keep your brain active.

Regular Check-ups: See your doctor for routine exams and screenings.

Resources for a Healthy Journey

- Check out our church bulletin for upcoming activities and get involved.
- Visit your local library or senior center for helpful resources and programs.
- Talk to your doctor or a healthcare professional for personalized advice.

Remember, every step you take towards healthy aging is a step towards a more fulfilling and joyful life. Let's support one another on this journey and celebrate the gift of each new day.

Disclaimer

The articles written by Dr. Brown are intended for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Readers are advised to consult their own doctor or healthcare provider for any personal medical concerns. The information provided is based on Dr. Brown's expertise and research but may not apply to every individual's unique circumstances. These articles do not represent the views or endorsement of Dr. Brown's employer or any other affiliated organizations.

**Read Dr. Brown's Article in the
Dispatch**

Worship Recap

September 22, 2024 | 10 AM



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

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