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Same Church, Same Word, Different Location...

New Salem, we are excited to begin worship THIS Sunday, Dec. 8th, 10:00am at our temporary worship site, **Corinthian Missionary Baptist Church**, located at 3161 East Fifth Ave. Columbus, OH 43219, join us in person, ride share with family members, friends and celebrate with us together. Stay tuned for more details.



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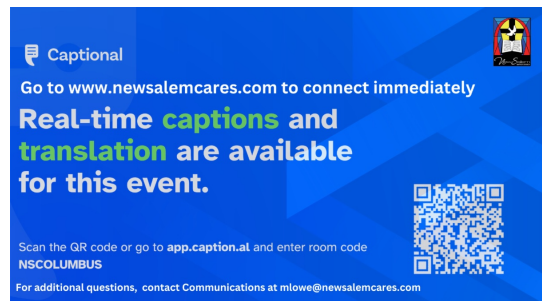
Food Pantry Delivery Schedule

Just a quick reminder that our December Bread of Life Food Pantry delivery is scheduled for **Monday, December 9, 2024** at 8:00 am. As you may know many of our Linden area families depend heavily on our resources. Our team needs your heart and hands to join us in community service as we continue putting feet on prayers. Parking is available on the church main lot. We appreciate the consideration and hope to see you serving with us. For more information, please contact Adam Troy at atroy@newsalemmares.com.



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Magnification Choir and



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Captional Connecting to

Worship Team Rehearsal Schedule

Effective this month rehearsals will be held in Room E209 for the Young Adult choir, Praise & Worship team, Jean Bell Children's choir and Voices of New Salem for the month of December— see flier for detailed schedule. Contact Rev. Dr. Merlyn Ruffin at mruffin@newsalemmares.com or at 614-930-2221 with any questions.

the Word of God

New Salem **Captional** is working well for our congregants. We have received a few testimonies from our congregation on how they are able to engage more with the worship service, now that they can read what is being spoken in the worship through the sermon, scripture and prayer. To connect to Captional on Sundays, please connect through our website at newsalemmares.com, go to the main page and click on the Captional button. Captional is available to those who are hearing impaired or speak a different language. Captional fosters connection and community by allowing our audience to fully engage and participate during in-person and online worship services by reading what they're missing. If you have additional questions, contact Rev. Dr. Monica Lowe, director of communications at mloew@newsalemmares.com or call/text at 614-930-2242.



Prayer Watch Column coming in January 2025

In January, the New Salem e-newsletter will launch its newest column, Prayer Watch. Prayer Watch will be a column written by members of the New Salem Prayer Ministry that will focus on various types of prayers, praying the scripture and tools to increase our prayer life. Stay tuned for the exciting ways that we pray to our



Shining Light on Seasonal Affective Disorder (SAD)

By Dr. Christopher Brown, MD, MPH, FACP

As winter approaches, some of us may feel a change in our mood. This could be Seasonal Affective Disorder (SAD), a type of depression that comes and goes with the seasons. SAD usually starts in late fall or early winter when days get shorter.

Understanding SAD is important for our mental health. It can affect how we feel, think, and go about our daily lives. People with SAD might feel sad, tired, or lose interest in things they usually enjoy. Doctors diagnose SAD by looking at symptoms that happen at the same time each year. These can include feeling down, having low energy, sleeping too much, and craving carbohydrates. To be diagnosed with SAD, these symptoms must occur for at least two years in a row during the same season.

If you think you might have SAD, talk to your doctor. They may refer you to a mental health specialist like a psychologist or psychiatrist. These experts can help figure out if you have SAD and how to treat it.

There are several ways to manage SAD:

1. Light therapy using special bright lamps
2. Regular exercise, especially outdoors
3. Eating a healthy diet
4. Talking to a therapist
5. In some cases, medication prescribed by a doctor

In Ohio, SAD is more common than you might think. Our state ranks 11th in the nation for states most impacted by seasonal depression rates. This means many of our neighbors might be dealing with SAD too.

If you need help, reach out. You can find information and support at the National Alliance on Mental Illness (NAMI) or talk to your doctor about local mental health services. Remember, you're not alone in this. With understanding and the right help, we can brighten even the darkest winter days.

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.

A graphic with a background of green leaves and white flowers. The text "New Salem Hospitalization & Bereavement Line" is written in a large, black, serif font. To the right of the text is a vertical medical symbol (Rod of Asclepius). Below the text, it says "To report a hospitalization or death in the family, contact the church, at 614 554-6417 or email us at crt@newsalemmares.com". In the bottom right corner of the graphic is a small logo for New Salem.

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**

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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**.

Call

Email



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

To invite others to subscribe, email mloew@newsalemcare.com.

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