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Chicken Salad With a Side of Grief

Min. Melody Malone Bogan

CONTENT WARNING: Grief Loss

Last month, I was grateful to expound on Pastor helping us deal with unprocessed grief. I praise God for his obedience in helping us talk about a topic that we tend to otherwise treat like a hot potato. When my Dad died in February 2024, all I could stomach was chicken salad. Anyone who has earnestly walked through grief knows that there are moments after the loss, be it months or even years later, when a scent or a memory can leave you reduced to a puddle. And on this day, my stomach was on the chicken salad setting.

But entering the restaurant and seeing the sad face of the lady at the cash register, she told me *"I don't want to be here."* Seeing how tender my heart was that day; I would have been justified to walk out. Yet, God used me to pause, let my eyes lock with hers, and then something shifted. She told me about her grief, and it was beyond heartbreaking. She's been through every parent's worst nightmare: the death of a child. I would not have wanted to return to work so quickly after a loss,

either. I ached for her and was suddenly keen that God had tuned to my grief and led me to her. A broken heart can be mended with God's tender care. Even broken hearts of grief can 'see' another just as devastated. Matthew 5:4 reminds us, "Blessed are those who mourn, for they will be comforted." If you find the strength in your grief to get out of bed, wash your face, or even stomach chicken salad, you're loved, and we believe God for you.

Prayer: LORD, thank you for never wasting a tear and helping us see the pain in another's eyes so, we can reach deep and encourage. **[In Jesus Name] Amen.**



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Food Pantry

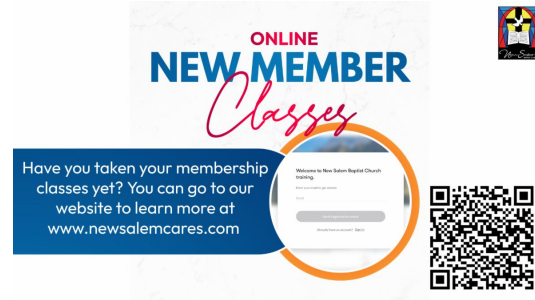
The Bread of Life Food Pantry needs you! Feeding families and living out Christ's directive to serve those in need is at the core of what we do. Volunteers are needed to serve on Wednesdays 4:30pm-6:45pm and Saturdays 9:30am-12:30pm (1st and 3rd Saturdays of each month). Click on the link below or just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

Sign Up Here



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Membership Update



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Membership Classes

Do you want to be a member with us? Or did you miss the last in person class? Well there is still room for you. You can simply join us online and take advantage of taking the classes through our website. Go to www.newsalemcare.com and register today!

Membership Classes



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Join YPE

Members of New Salem, it is time to review your information. If you've changed names, addresses, phone numbers, marital status, your children changed grades, you have a new email address, etc., please scan the QR code to update your information. We want to stay connected with you!

[Update Here](#)

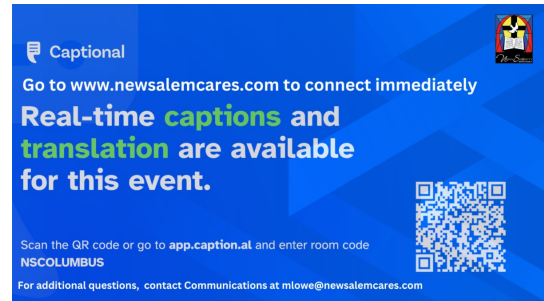


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Meet us at the WELL

This Sunday, **February 23rd** is the **WELL** for Youth grades 6-12! Please join New Salem's Life Development (LDV) team in the Chapel Hall at Corinthian at 10:00am. This interactive service helps youth to fellowship and worship in their own unique way. If you're a young person and would like to be involved in the planning or attend, email Kay Wilson at wwilson@newsalemcare.com.

Calling all youth grades 6-12 with a passion for lifting your voice in worship. We are looking for a group of committed singers to lead praise and worship at the Youth Service (The WELL) on 4th Sundays. This Youth Praise Ensemble (YPE) will rehearse **TONIGHT** at 6:30pm in the mini Fellowship Hall at New Salem. Please contact Rev. Dr. Merlyn Ruffin at 614-930-2221 or mruffin@salemcare.com to express your interest.



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Captional

The next time that you are in service, in person or online Captional is available for those who are hearing impaired, or hard of hearing, or speak a different language. Check it out through our website at www.newsalemcare.com, click on Captional and you will be able to read on your devices what's being said in the service.

Celebrate



Black History Month

Total Praise – Richard Smallwood

By Rev. Dr. Merlyn Ruffin, director of Magnification

Total Praise by Richard Smallwood has become a staple in the Christian music genre and is popular in churches all over the country and even the world. Most recognize the song once the introductory chords are played and the lyrics begin.

Lord I will lift mine eyes to the hills. Knowing my help, is coming from You
Your peace you give me, in time of the storm
You are the source of my strength. You are the strength of my life.
I lift my hands in total praise to you. Amen

While the melody and lyrics are familiar ones, what may not be as familiar is the circumstances that inspired Smallwood to pen them. Smallwood wrote this song while caring for his ill mother and Godbrother. His mother was suffering from dementia and his God brother was dying of cancer. He himself was and still battles depression. In Total Praise, Smallwood reflects on Psalm 121 a psalm of David that admonishes God as one who is our help. Smallwood admittedly wanted to write a song that was a pity party but instead wrote a song of praise, in fact Total Praise. Rather than focusing on the problems he faced, he focused on the God who promised to help, strengthen and give him peace. As we face the challenges of this life, let's take a similar posture and sing "I Lift my hands in total praise to you. Amen"

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

Worship Recap

February 16, 2025 | 10 AM

LIVING IN THE GOODNESS OF GOD

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Valleys
PART 2

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