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Mind Matters: Honoring Mental Health in Our Community

By: Christopher Brown, MD, MPH, FACP

Mental health refers to our emotional, psychological, and social well-being. It influences how we think, feel, and act, and it plays a vital role in how we handle stress, relate to

others, and make choices. Just as we care for our physical health, our mental health deserves attention and care. In the African American community, mental health challenges such as depression, anxiety, and post-traumatic stress disorder (PTSD) are common and impactful. These conditions can affect every aspect of life, including relationships, work, and spiritual well-being. Untreated mental illness can isolate individuals and strain families. There is hope and healing. Primary care providers often serve as the first point of contact for recognizing symptoms. Psychiatrists help manage medical treatment, while counselors and therapists provide guidance and support through life's difficulties. Each professional contributes to restoring balance and wellness. Yet, stigma continues to prevent many from seeking help. Cultural myths, fear of judgment, and lack of awareness keep people suffering in silence. We must normalize conversations about mental health and support one another in seeking help—without shame. The Bible reminds us of the importance of mental well-being. Philippians 4:6-7 says, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"*

Let's commit to nurturing both body and mind—in faith and in community.

www.pressureMD.com

Disclaimer: This article is for informational purposes only and is not intended as medical advice. Always consult a healthcare professional for personalized guidance and treatment.

Graduation Sunday



Click image to enlarge it and view in more detail.

The end of the academic year is coming, and you know what that means - Graduation Sunday at New Salem on June 8! If you are graduating from high school, college, graduate school or earning a professional licensure, **register by May 30** to be included in our celebration and festivities.

[Click Here to Register](#)

Church Cookout Saturday, June 21st



Click image to enlarge it and view in more detail.

Church Family - Our annual church cookout is coming Saturday, June 21 from 11am - 4pm. We'll be back at Fort Hayes Metropolitan Education Center where we have been the last few years. The cookout is free to attend, all we ask is that you please register! Additionally - we

need 50 volunteers to make the day amazing. Sign up to take a shift of fun. Click on the link or scan the QR Code.

[Register Here](#)

Bible Sampler Next Classes to Register



Click image to enlarge it and view in more detail.

The next two classes running for three weeks are the Falsehood of Social Media (online only) on Monday, June 23rd from 6pm-7pm and Declaring God's Word over your Life (in person only) starting Sunday, June 29th from 8:00am-9:15am at Corinthian Baptist Church in the Chapel. Limited in person seating so register today. **Deadline to register for both classes is June 15th.** Classes are offered for 3 weeks in June and July. Register by clicking on the link or scanning the QR code.

For additional questions, please reach out to Rev. Dr. Monica Lowe at mlowe@newsalemcare.com.

[Register Here](#)

Music Ministry Rehearsals for May



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You are invited to participate in music ministry at New Salem as follows: Rehearsals for Young Adult Choir, Praise & Worship, and Youth Praise Ensemble held in the Mini-Fellowship Hall area at New Salem. For more information contact Rev. Merlyn Ruffin at mruffin@newsalemcare.com or call her at 614 930-2221.



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Volunteer for the Pantry

The Bread of Life Food Pantry is looking for volunteers to serve on Wednesdays from 4:30pm-6:45 pm and 1st and 3rd Saturdays from 9:30am-12:30pm. Gather your caregroup, friends and family to sign up via the enewsletter or just come to 1880 Agler Rd and we'll welcome you there! If you have any questions, please email Adam Troy at atroy@newsalemcare.com

Food Pantry Delivery June 9th

Just a quick reminder that our monthly Food Pantry delivery is scheduled for **Monday, June 9th, 2025 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. Appreciate the consideration and hope to see you serving with us tomorrow. For more information, please contact Adam Troy at atroy@newsalemcare.com

Food is Medicine



Click image to enlarge it and view in more detail.

Attention teens! We are excited to announce... "Food is Medicine" – a powerful, hands-on summer experience designed for youth ages 14–18! This dynamic program starting

Volunteer Education Coordinators



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Do you like to organize and coordinate events, activities. Do you love education or aspects of learning? Then

June 9th at the Linden Fresh Market will empower our young people to dive into the life-changing connection between nutrition, health, and community well-being. For more information or to register now, please contact our Director of Missions and Community Engagement, Brother Adam Troy, at ATroy@newsalemmares.com.

the Maturity department needs you. We have 3 volunteer opportunities for Education Coordinators. Contact Rev. Dr. Monica Lowe at m Lowe@newsalemmares.com or call her at 614 930-2242 to serve.

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

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**](mailto: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**](mailto:crt@newsalemmares.com).

Call

Email

Worship Recap

May 25, 2025 | 10 AM



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

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New Salem Missionary Baptist Church | 2956 Cleveland Avenue | Columbus, OH 43224 US

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