

SALEM UNITED METHODIST CHURCH
February 2013 Newsletter



To the Salem UM Church Family-

We are in the middle of winter, but the calendar tells us that Lent is coming soon. And with the season of Lent comes spring! The Lenten season is a time in which we prepare ourselves spiritually to celebrate Christ's Crucifixion and Resurrection. This year during Lent we will examine **The Spiritual Practice of Forgiveness**.

Forgiveness begins with three simple words, "I am sorry." Robert Fulghum in his book, *All I Really Need to Know I Learned in Kindergarten*, wrote that one of the things we teach young children is: "Say you're sorry when you hurt somebody." This is a lesson that all of us need to learn and relearn! But saying you're sorry is just part of **The Spiritual Practice of Forgiveness**. Asking for forgiveness, receiving it, and offering it to others are also part of this spiritual practice.

Forgiveness is an important part of every relationship. Marriages, families, friendships, communities, and even relationships between nations only survive if and when someone can say "I am sorry" and someone can say "You are forgiven." Jesus understood this about our humanity. He understood that for relationships to work, we have to admit when we have wronged another and ask for forgiveness. In fact for Jesus, forgiveness is foundational to our faith. He came to earth to show us that God can and will forgive us of all our wrongs, and sins. All we have to do is say, "I am sorry," and be willing to receive God's forgiveness.

Forgiveness for Jesus was so essential to his teachings that he intentionally included it in the Lord's Prayer. He taught us to pray, "Forgive us our trespasses as we forgive those who trespass against us." Forgiveness is essential to our relationship with God and others. God will forgive us when we say, "I am sorry." Because God forgives us, we are then called to forgive those

who have hurt us. Yet, we are willing to carry around so much hurt and pain because we either won't forgive another or we do not feel forgiven. Carrying grudges and feelings of resentment just use up our energy and deplete us. It's like "letting someone live rent-free in your head." But "letting go" of our resentments is a difficult process and a journey.

As we journey to the Cross and beyond this Lenten season yet again, Jesus journeys with us to show us The Way of Forgiveness and Grace. Forgiven and working at forgiving,
Rev. Sue

FEBRUARY'S WORSHIP SCHEDULE

Continued Sermon Series: "A New Year of Healing and Hope"

Feb 3 "Holding onto Faith, Hope, and Love"

Jeremiah 1: 4-10; Psalm 71: 1-6;

I Corinthians 13: 1-13; Luke 4: 21-30

Feb 10 Transfiguration Sunday

"Our Hope is in You, Lord"

Exodus 34: 29-35; Psalm 99;

2 Corinthians 3:12-4:2; Luke 9: 28-36

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**Combined Lenten Worship Services 7:30 pm**  
**Ashton, St. Paul/Mt. Carmel, and Salem UMCs**  
**Feb. 12 Ash Wednesday Worship at Ashton UMC**

17314 New Hampshire Ave.  
Ashton, Md 20861

**March 28 Holy Thursday at Salem**

**March 29 Good Friday at St. Paul UMC**

21720 Laytonsville Rd.

Laytonsville, Md. 20882

**Lenten Sermon Series**

## “Forgiving and Forgiven”

Feb. 17 “What is Forgiveness?” Luke 7: 36-50

Feb. 24 World Vision Compassion Sunday

March 3 “Getting Forgiveness” Matthew 5: 21-26

March 10 “Giving Forgiveness”

One Great Hour of Sharing Matthew 18: 15-22

March 17 “Receiving Forgiveness”

Luke 15: 1-3, 11b-32

March 24 Palm/Passion Sunday “Forgiving Judas”

Matthew 26: 14-25; 47-56; Matthew 27: 1-10

March 31 Resurrection Sunday

“The Ultimate Act of Forgiveness”

Acts 10: 34-43; Psalm 118: 1-2, 14-24; John 20: 1-18

## MINISTERING TO OUR CHILDREN



How solid is your foundation? That is the question that was foremost in the minds of the children as Rev. Sue had them build a building of blocks. Removing one of the foundation blocks did not destroy the house but removing two made the house fall down. The same with our lives, she expressed, if we leave God out of our lives our foundation is not strong and our lives are not strong. Once we give our hearts and lives to God we have that strong foundation to build our lives upon.

**Proverbs 10:25** *As the whirlwind passeth, so is the wicked no more: but the righteous is an everlasting foundation.*

## SALEM UMC ACOLYTE SCHEDULE

### February

**Feb. 3: Amy Roberts**

Page 2

**Feb. 10: Brianna Groves**

**Feb. 17: Andrew Sterling**

**Feb. 24: Melody McWilliams**

## THE GATHERING



Supplies for Sandy Survivors

Sunday night, January 20<sup>th</sup>, members of the congregation gathered in Salem’s Community Hall to celebrate The Gathering. We came bearing gifts, food for a “pot luck supper” which turned out to be an Italian theme (unplanned), and items needed by the schools on Tangier Island and the town of Manasquan, New Jersey which were hit very hard by Hurricane Sandy. I must add that no one went home hungry!

Since the day was Martin Luther King, Jr.’s birthday, and it had been declared a day of service, we decided that helping these two “depressed” communities would be our service to the Lord.

We celebrated Rev. King’s birthday by singing some of the songs he might have sung in his own church, and then we talked about what it means to serve others. Are we doing it for us or are we doing it for the glory to God?

Rev. Sue talked a bit about Manasquan and the church there. Our own Marsha Thorpe’s niece is pastor of the United Methodist Church there. Rev. Reggie Albert reported that the church had been feeding up to and sometimes over 200 people daily. She recently said that the food service has been cut back to Saturdays and Sundays now. As Rev. Sue talked and read an email from the Pastor, Brandon Savage flashed pictures of the town on the screen and, through the Greater New Jersey UMC conference website, we were able to hear two residents tell their stories. Most of them lost everything, just “stuff,” but that stuff included family pictures, school yearbooks (from years

Salem News, February 2013

gone by) and other important things that can never be replaced.

Brandon then showed pictures of the Tangier Island. It is a small island off the Virginia coast in the Chesapeake Bay. These folks make their living from the Bay. Because of diminishing numbers of fish, crabs, and oysters in the Bay along with fishing regulations the economy of this community is depressed. Their schools have been hit the hardest and the teachers have to supply the pencils for their own classes. They are in need of a lot of things and these are some of the things we brought to The Gathering.



And then the fun began: An old fashion Cake Walk. I had heard of them but had never participated, but it was fun. The music played as we walked around a path of numbers. When the music stopped, the controller of the music called out a number and that person walked away with a cake. Just about everyone went away with a cake. We thank Barbara Achstetter for baking and donating the cakes for such a fun night. We raised \$75.00 to help offset other needs that the two communities might need. Monetary gifts are still being accepted if you rather give money instead of things. Our own Brandon Savage will be flying these contributions to the two communities in February, so we are extending the time until February 10<sup>th</sup> for anyone who wishes to contribute to the need. Listed below are items needed:

Tangier Island: Hand sanitizers, tissues, liquid glue, and dry erase markers.

Manasquan UMC: paper towels, contractor bags, cleansers with or without bleach, window cleaner, toilet paper, sponges and brushes (no straight bleach or ammonia).

There will be boxes in the Church hallway for these items.

By: Velma Durant

## COMMUNICATIONS

Communications Meeting 1/20/2013

### Communications Currently in Place:

#### Print

-bulletin/announcements/flyers – reformat to highlight timely and events newly added to the “announcements.” Keep the weekly list. Consider how to present the prayer list.

-newsletter – add a “month-at-a-glance” calendar.  
-marquee – keep updated, consider “posters” that could be slipped into marquee instead of using the standard lettering.

-banners/signage – continue using, considered successful.

-bulletin board – add a cork strip along the long church hallway to eliminate taping to the walls.

-Gazette – send contact/procedure info to all Salem activity leaders.

#### Electronic

-new website – up and working

-Mailchimp broadcast - working

-voicemail – working (add address to message??)

-email – working

-We send Salem info to the Town of Brookeville newsletter – add Olney Mill and Cherrywood

#### Action List

1. Reformat the bulletin to bring more awareness to both new and timely events
2. Develop and implement a communication procedure to contact members with “emergency” and “urgent” church-related information. Options might include text message, email/broadcast and auto-calling. Each member will determine the method through which they want to be contacted.
3. Develop a procedure for Salem leaders on how best to communicate events both internally and to the community.
4. Update new member packet regarding communications.

### The Salem Tech Team Needs Your Help!

We are looking for a few additional people to help with recording the weekly church service, and to help with a/v presentations during service. **No experience necessary.** Just basic computer Windows knowledge is all you need to get started.

We will provide the training. Our recording ministry makes the weekly Salem worship experience available to those who are unable to attend. For more information contact Bob Brown at [rmia@gmail.com](mailto:rmia@gmail.com) or 301-774-1080 or Joyce Dean at [jdean58@gmail.com](mailto:jdean58@gmail.com) or 301-943-1718.

## SALEM WELCOMES NEW MEMBER



Patti Shafer

Patricia (Patti) Shafer comes to us from Ashton, MD where she lives with her husband of 40 years. They have three daughters, Nichole, Linsey and Kristina. She loves all kinds of outdoors activities, reading and crocheting. Her favorite hymns are: Amazing Grace and How Great Thou Art. Favorite Bible verse: 1 Corinthians 13:4. "Love is patient, love is kind. It does not envy, it does not boast, it is not proud." We are glad you choose Salem as your church home and we welcome you.

**Psalm 8:1 (NIV) "Lord, our Lord, how majestic is your name in all the earth!"**

## PEOPLE HELPING PEOPLE

A Thank You Note:

From the Mental Health Association:

January 17, 2013

Dear Reverend Shorb-Sterling,

On behalf of the **Bridges to Pals Program** of the Mental Health Association of Montgomery County, I want to thank you and Elizabeth Wright for supporting the Bridges to Pals program with gift donations for our annual Holiday Party. This year over 120 people attended the party including Big and Little Pals, family members and party volunteers. The holiday party is always the favorite event of the year – and of course kids are excited to see their gifts! It's also a fun event because many of the youth get dressed up in their holiday best and it's a festive environment with music, food, crafts, and free books. This was, once again, a year that was particularly difficult for many families who are challenged at the best of times, so the gifts you provided were especially meaningful. More than one parent confided that they would not be able to provide additional gifts for their child, so they were grateful for this event. I received countless hugs this year from happy parents and youth and am delighted to pass this gratitude on to you.

Again, please extend my thanks to all who contributed to make the evening such a memorable one for the kids and their families.

I would also like to include a few words from our new CEO, Scot Marken: "I am proud to have recently joined MHA as the new Chief Executive Officer and I look forward to working with you to achieve our shared mission and vision. Thank you so much for choosing to support MHA and the clients we serve. Together we can make a meaningful difference in people's lives."

Most Sincerely,

Jessica Rosenthal

Program Director

Bridges to Pals

**John 3:17-18 (NIV) "For God did not send His Son into the world to condemn the world, but to save the world through Him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God's one and only Son"**

## SHARING OUR FAITH

### A FAITH JOURNEY BEGINS

By Buck Bartley

#### WITH AND WITHOUT GOD

All of us whether we know it or not are on a faith journey, each one different, but all ending in the same place – in God’s eternal kingdom. Along the way, we hope for an intimate relationship with God here and now; that place of perfect peace here on earth. Our January newsletter came with a challenge from Reverend Sue to let our light shine by sharing our faith stories. In sharing, at least two important things happen. We get to know each other better, enabling us to become, as a congregation, a closer-knit family. And secondly, once you have shared your story the first time, it becomes so much easier to share with others outside our church family. That’s evangelism. That’s what Jesus asked us to do in Matthew 28:19: “Go therefore and make disciples of all nations...”

During a recent Disciple 4 study session, someone characterized me as being always optimistic, which is true, to which Reverend Sue asked about the source of my optimism. My quick response was that I was born that way, a blessing to be sure, but upon later reflection I realized the real answer is deeper than that, and has to do with my faith journey and is rooted in an early childhood experience with the living God. My first “aha” moment.

That moment happened when I was 9 or 10 years old while I was exploring the woods across the road from our house in Northwest Washington. (Yes there were woods in Washington in those days.) In that setting, immersed in God’s lovely creation, a wondrous sense of peace invaded my soul, and I knew it was God and I knew it was good. That moment of God’s presence deep within my soul confirmed for me what we had learned in Sunday school, that God is love and God is good. In school we read scriptures and memorized the 23rd and 100<sup>th</sup> Psalms, which I can recite to this day and remain the foundation of my faith. Having felt the God’s intimate presence in that moment in the woods is one thing, but knowing what to do

with it was another, and ultimately I believe it set the stage for a real conflict within me.

My problem was that we did not attend church regularly and my feelings about God were not routinely nourished. I had wonderful loving and devoted parents, who were not really big on organized religion. The ideals most revered in my household were American democracy, and rugged American independence. The American Constitution was sacred scripture. We were taught the Christian ideals of compassion, tolerance, forgiveness, caring for the less fortunate, and living by the Golden Rule. But we were also expected to be independent, self supporting, and “able to pull ourselves up by our boot straps” without reliance on God or anyone. And as the oldest child, I tried hard to model this ideal. Hard as I tried, however, that wasn’t always working for me, and at times I lacked confidence and felt inadequate, due in large part to my dyslexia and our many moves during my adolescent and teen years, which affected my social and scholastic life.

So waves of anxiety dogged me through my teen years into college, where I became even more confused trying to select a career path. Finally, in what I now recognize was a state of depression, I quit school, and entered the Army to complete my service obligation. There in the Army’s structured environment, having someone else tell me what to do every day, my anxiety dissipated, and, as they said in those days, “I found myself.” After the Army, I finished college, got married, entered the work world, had children, bought a house in Garrett Park, and was living the American dream.

But through it all that first “aha” moment stayed with me and I knew something was still missing. Simone Weil said: “God creates the vacuum that God alone can fill.” So when Audrey, my 4-year old daughter, said to me, “Daddy, I want to go to Sunday School,” I knew I had received the call to go listen and learn about the Lord as my shepherd, and I responded, “Yes we’ll go to church, and we’re going to go every Sunday.” We went to St. Paul’s UMC in Kensington, and with Rev. Charles Kirkley, and others of that great congregation as Christian mentors, I finally found where I belonged. I found my way into the word with a family of believers,

with my faith being reinforced and strengthened constantly, and knowing I am a participating member of the resurrected body of Christ, and comfortable in God's lovely creation where we all depend on each other. I shed the notion that personal independence and being strong in all instances was a virtue. I learned to receive God's love and grace in my life.

So from that first "aha" moment, coupled with the study and nurture provided in my church families, until this point in time of my life, I have come to know that God is in control, and that "Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever" (Ps 23:6). While there is much I will never understand, what I know is that God is good, God is in control, and God's love for us is the most powerful force in the world. That is the source of my optimism.

## FROM THE CONGREGATION

**"Sharing My Thoughts With You"**

*from Charlyne Lewis*



*(a favorite repeat from years past)*

February, as we all are aware, is the "LOVE" month. We can express and show our LOVE in numerous ways during this fun month!

Valentines, special gifts to our 'special someone' in our lives, all kinds of neat things to be happy about. (Do you remember as a child – 'way back when' – giving and receiving those cute penny Valentines? – and what about those little heart-shaped candies with cute 'sayings' on each one, which are still around today?) - I always LOVED that period in my life as a child, didn't you folks?

Well, our Heavenly Father has also given to each of us His abiding LOVE which is mentioned often in His Holy Word. We are so blessed to know that we can go to Him *anytime* and receive from Him an abundance of LOVE overflowing to us every day, and not just at '*special*' times of the year.

**God Bless!!**

*Charlyne*

1 Corinthians 1-13 (the LOVE chapter)



## YOUTH GROUP

**All meeting times are 6:30-8:00 pm**

**(unless otherwise noted)**

**February 3: Souper Bowl of Caring during the morning worship services. Shopping for the food pantries right after the 10:00 service. No evening youth group meeting. More info on p. 8**

February 10: Youth group.

February 17: The Gathering.

February 22-23: 30-Hour Famine **Anyone who would like to help please contact Rev. Janet.**

February 24: Famine Sunday. Youth group leads the worship services. No evening youth group meeting.

### A Special Thank You:

USAID from the American People/ Afghanistan  
December 5, 2012

Mr. Jacob Weinberger

c/o Reverend Janet Craswell

Dear Jacob (and other awesome members of the Salem Methodist Church Youth Group):

On behalf of our U. S. Army Chief of Staff and all of us from USAID/Afghanistan, thank you very much for your very nice card to those of us working and serving the United States in Afghanistan! We love to receive and read your cards and letters.

And thank you, too, for the delicious cookies and brownies that you send us!

Jacob, please do well in Rosa Park Middle School!

Happy Holidays!

Sincerely,

James Stein, Deputy Mission Director

## ROCK 2013

**Theme: Transformed From The Inside Out**

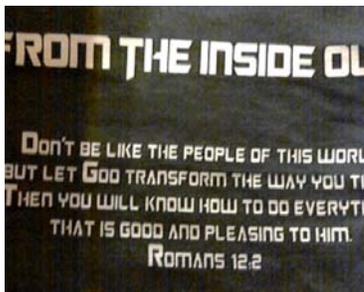
ROCK this year has been nothing but fun times and worship. Surprisingly, we learned more than how to hold down all that candy and keep from

going absolutely insane on a sugar rush. It gave us a chance to really connect with God and the Bible. It helped us realize how important God is in our lives.

My sweatshirt I got from ROCK



Front (above)



Back(below)

The speaker this year was Reggie Dabbs. He was not just hilarious and talented at playing the soprano saxophone, but he also had some really wise points. One thing he preached that stood out to me was the wheelbarrow story. In the story a man named Charles Blondin tightropes across Niagara Falls. He did many daring things on the rope such as biking, walking on stilts, and walking in the dark. One day, he pushed a wheelbarrow blindfolded. When he reached the other side, he asked: “Do you think I could carry a person in the wheelbarrow across with me on the tightrope?” “YES! YES!” Everyone screamed and hollered. “Alright, then get in the wheelbarrow,” Blondin replied. Nobody volunteered.

Reggie told us how this ties in with God. Do we really *believe* in HIM? Do we trust if we get in a wheelbarrow HE’s pushing across Niagara Falls on a tightrope, we’ll make it to the other side ok? It’s a test of belief. Would we really trust God with our lives? Give all we had to HIM? Think about that.

While we were there we bonded as a Youth Group as well. (There was really no choice, we were stuck together for a 6-hour car ride total.) And even though some did not shower or change the whole weekend, we grew closer. I think the importance of that was worth mentioning because we came together, kids who all had the same faith, and became good friends. Through all the games of Killer Bunnies and keeping each other calm during sugar rushes, we became a family. There was so much laughter and fun in this weekend that I will never forget, and I am definitely coming back to ROCK next year. Not only did it bring me closer to God, but it also brought me closer to Rev. Janet and my Youth Group.

Submitted by: Amy Roberts

**HAPPENINGS**

**Addresses Needed:** In a message received from our Membership Chairman she states: We need addresses for the following people to update our membership files: Megan Achstetter, Donna Benoit, Ronald Benson, Jeannette Bloom, Stephen Bloom, Joyce & Scott Burton, Brendan & Karen Byrne, Adriana Cecil, Kevin Crabtree, Janet & Kelly Ensor, Russell Flemming, Jeff Friedrich, Ronald Friedrich, Larry Ganbin Jr., Pamela Grant, Abby, Emily & Rebecca Hammer, Erin Innes, Ashleigh Jackson, Bonnie Jackson, Vernon Monday, Jeremy Patten, Megan Patten, Stanley Sutton, Todd Twigg, Caraline, Doug & Heda Waldrep, Mary Beth Wheless.

Address can be emailed to Carole Roberts at [mom2aba@comcast.net](mailto:mom2aba@comcast.net) , mailed to the church, or put in the Membership mailbox.

If you have any information on any of these listed above please contact Carole.

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Salem Hosting Alcoholics Anonymous Meetings:

Beginning with the New Year, Salem is honored to be hosting two different AA meetings. A larger group meeting will be held each Wednesday evening from 8:00 to 9:30 pm in our Community Room (Salem Community Hall). A smaller meeting will be held every Thursday

evening from 8:00 to 9:00 pm in the Choir Room. Since this is an anonymous meeting we ask that everyone respect these spaces during their meetings. If you know of anyone who would like to participate in this recovery program, please share this information to them.

UPCOMING EVENTS

VBS Planning Meeting

Saturday, 2/2, 10:00 am

There will be a planning meeting for Vacation Bible School this Saturday, February 2, at 10 am in the community hall. Everyone is invited. This is a meeting to decide on the dates for VBS, choose the curriculum, and make some plans for publicity. If you are interested in helping in any way, whether you can teach during the week of VBS or not, please come to the meeting. For more information, call Rev. Janet (cell) 240-472-0763.

Souper Bowl of Caring

Salem Youth Are Collecting For Two Food Pantries This Sunday, Feb 3

Get ready for the Souper Bowl of Caring!

This Sunday, February 3, during both morning worship services the Salem Youth will be collecting non-perishable food items and cash \$\$ for Olney Help and the United Methodist food pantry in Wheaton. Bring food items or cash \$\$ and we will do the shopping for you!

Book Group Discussion: Meet at 7:30 pm

Upstairs Classroom in Community Hall

Thursday, Feb. 7 **The Boy Who Harnessed the Wind: Creating Currents of Electricity and Hope** by William Kamkwamba – Non-fiction

Thursday, March 7 **The Last Report of the Miracles at Little No Horse** by Louise Erdrich – Fiction. Spanning nearly a century, Erdrich weaves the strange and compelling story of Father Damien Modeste, a beloved reservation priest who has hidden his true identity as a woman beneath his cassock.

Shrove Tuesday Pancake Supper:

Salem will be having a Shrove Tuesday Pancake Supper on Tuesday, Feb. 12, 5:00-6:30 pm in the Community Hall. Pancakes, sausage, and creamed chipped beef will be served. Free. Freewill donations accepted. If you can help set-up, cook, serve, and/or clean up, contact Buck Bartley at buck@bartleycorp.com

The Gathering:

“Playing with God and Others”
Sunday, February 17; 6:00 pot luck dinner
6:30 to 8 pm worship and fun

We will worship through play and play games. Bring your favorite board game and come join us for fun and spiritual refreshments only God can provide.

Pre-School Story-time:

10:00 am, 4th Wednesday every month



February 27:

Teddy Bears and Real Bears

Church Council:

Thursday, February 21 at 7:15 pm
In Community Hall

Lord's Table:

February 23, 1:00 to 5:00 pm,
St. Martin's Catholic Church, Gaithersburg
Come and serve those who have less.

Blood Drive:

There will be no blood drive at Salem in February.

Greater Olney Interfaith Ministerium

Three Religious Traditions in Conversation: **“A Jewish, Christian, and Muslim Dialogue”**

The Institute for Christian and Jewish Studies and the Greater Olney Interfaith Ministerium are co-sponsoring a four-week adult education interfaith initiative this spring at B'nai Shalom of Olney on Laytonsville Rd. (Rt. 108).

Dates: Tuesdays, April 16, 23, 30, and May 7

Time: 7:30 to 9: 15 am. Cost \$40

For more information see Revs. Sue or Janet.

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**“Fun, Faith, Friends”-UMC Summer Camp**

Camp is for anyone entering second grade through adults. There is family camping as well as grandparent camps. The Camps are Manidokan, West River, and Camp Joy. Brochures are on the table in the church or visit at [www.funfriendsfaith.com](http://www.funfriendsfaith.com)

**ASP**

On January 5th, ASP sponsored the annual Epiphany Auction & Chili Cook-Off. The fun began a little before 6 pm when everyone began arriving with their entry into the Chili Cook-off.



And the challenge was on – try this one, too hot, try that one. From “Moo and Oink” to “Everything but the Kitchen Sink,” the battle for the chili queen/king was on.



While everyone was enjoying the chili and the fellowship, the items for auction were out for review and the silent auction was on. At 7:00 pm, Rev. Janet took the microphone and began the auction. Everything from strobe shoestrings to multicolored light filled with water was auctioned. With the final count in, the winners of the Chili cook-off were announced.



From right to left in photo:

- Rev. Janet Craswell, auctioneer extraordinaire!
  - 3<sup>rd</sup> Place Winner: Anne Ennis
  - 2<sup>nd</sup> place Winner: Joey Pustis
  - 1<sup>st</sup> place Winner: Buck Bartley
- with the “Red River Riot Chili”(Recipe Below)

We are very pleased to announce that over \$1200 was made for the ASP’s next adventure.

**Red River Riot Chili: (The Winning Recipe)**

- 2 lb stew beef (or 3 lb if no sausage)
- 1 lb pork sausage
- 1 lg yellow onion, chopped
- 3 lg cloves garlic, minced
- 15 oz can Fire roasted or Zesty chili tomatoes
- 15 oz can white northern beans, drain and wash
- 15oz can black or Aduzi Beans, drain and wash
- 3 cups beef broth
- ½ cup flour
- 1/3 cup chili powder
- 2 Tbs cumin
- 1 Tbs Italian seasoning
- 2 Tbs Canola oil
- Salt to taste

Prepare a day in advance. Flour beef. In large pot brown beef in oil for 10-15 min. Fry sausage in separate pan until done, drain grease and add beef. Add chopped onion and garlic, and continue to cook until onions are translucent. Add balance of ingredients, except beans to be added later. Bring everything to a boil. Cover pot and place in oven at 225 -250 degrees for 3 hours or so, until beef is tender. Stir occasionally. Add beans. Set chili aside, allow to cool, and refrigerate. Reheat and serve the next day. (If a soupier mix is wanted, add another can of tomatoes, or a can of beer.)

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AND THE WINNERS ARE:

ASP Breakfast:

On January 27th, ASP members prepared breakfast during “Coffee Hour” as a fund raiser for their yearly activities. After expenses, they raised a total of \$525.00 on this effort. ASP would like to thank the Salem Women for their generous donation of \$200.00. Many thanks to everyone who contributed in any way! The next breakfast will be March 3rd. They hope to see you there!

COFFEE HOUR HOSTESSES

Hostesses for the February Sundays are:

2/3 Steve C. & Darlene
2/10 Velma D. & Michelle
2/17 Churchill G. & Nancy M.
2/24 Suzanne F.

BIRTHDAYS AND ANNIVERSARIES

If your name isn't on one of these lists, please add it to the list on the bulletin board. We don't want to leave you out. Thank you.

Our February Birthdays are:

Friedrich, Jeff	02/07
Whaley, Janet	02/07
Roberts, John	02/08
Sterling, Sarah	02/12
Roberts, Austin	02/15
Lyon, Anna	02/17
Blaine, Ed	02/23
Pustis, Amanda	02/25

Our February Anniversaries: None listed!

HEALTH NEWS FROM THE PARISH NURSE

1. Flu season is officially here! The following information is from the web site www.flu.gov

Flu symptoms generally include a fever, body aches, tiredness, and cough. (And, I've also noticed in people I've treated that the flu comes on quickly - in a matter of hours, you begin feeling very tired and achy all over. All you want to do is climb into bed and sleep!)

Flu symptoms include:

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat

- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

Do I have the flu or a cold?

The flu and the common cold have similar symptoms. It can be difficult to tell the difference between them. Your health care provider can give you a test within the first few days of your illness to determine whether or not you have the flu.

In general, **the flu is worse than the common cold**. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. People with colds are more likely to have a runny or stuffy nose.

When should I seek emergency medical attention?

Seek medical attention immediately if you experience any of the following:

- Difficulty breathing or shortness of breath
- Purple or blue discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve but then return with fever and worse cough

Treatment

If you have been diagnosed with the flu, you should **stay home** and follow your health care provider's recommendations. Talk to your health care provider or pharmacist about over-the-counter and prescription medications to ease flu symptoms and help you feel better faster.

- You can treat flu symptoms with and without medication.
- Over-the-counter medications may relieve some [flu symptoms](#) but will not make you less contagious.
- Your health care provider may prescribe antiviral medications to make your illness milder and prevent serious complications.
- Your health care provider may prescribe antibiotics if your flu has progressed to a bacterial infection.

Are there ways to treat the flu or its symptoms without medication?

You can treat [flu symptoms](#) without medication by:

- Getting plenty of rest
- Drinking clear fluids like water, broth, sports drinks, or electrolyte beverages to prevent becoming dehydrated
- Placing a cool, damp washcloth on your forehead, arms, and legs to reduce discomfort associated with a fever
- Putting a humidifier in your room to make breathing easier
- Gargling salt water (1:1 ratio warm water to salt) to soothe a sore throat
- Covering up with a warm blanket to calm chills

2. Blood drive:

Although there was a discussion about the possibility of Salem hosting a blood drive next month, this plan has been shelved for now as Sandy Spring Bank will continue to sponsor the drive. We'll let everyone know all the details as they become available.

Blood Pressure Checks:

Due to equipment malfunction, BP checks will begin in February. Sorry for the delay!

IN OUR COMMUNITY

Sandy Spring Lions Club:

Monday, February 25; 7:00 pm; Community Hall

Eyeglass Collection:

Salem will continue to collect used eyeglasses, cell phones and hearing aids to donate to Lions Club. Please leave them in the Community Hall.

Manna Food Center: www.mannafood.org/

9311 Gaither Road, Gaithersburg, MD 20877
To volunteer call 301-424-1130.

Olney Help: P.O. Box 430, Olney, MD 20832

To volunteer call 301-774-6829.

Needs: dried peas/beans (small bags), sloppy Joe sauce, crackers, cookies, granola bars, canned chili, pancake syrup, pasta side dishes, frosting, and canned meats. Please place items in the box in church hallway. No glass jars.

CHECK IT OUT!

Prayer Shawl Ministry:

Know anyone who needs a prayer and God's warm embrace? Give them a Prayer Shawl. See Carole Roberts or Rev. Sue for a shawl.

SPECIAL THANK YOU

Dear Janet,

11-14-2012

Thanks so very much for the beautiful prayer shawl. Your timing could not have been better. It arrived yesterday & I took it to my chemo treatment this morning & used it all day. Please be sure to share my thanks for the upholding warmth, comfort, healing and peace contained in the Salem Prayer Shawl. What a delightful surprise. It brought tears to my eyes.

God bless & keep you & yours - & give them hugs for us.

With love, Vicky & Ken (Janet's very dear friends)

Blankets for the Homeless:

In January's edition of the Salem Newsletter, there was a request from Steve and Darlene Currier who were trying to fulfill the dying wishes of one of Darlene's patients. In memory of Brandon Fletcher we donated twenty blankets to the Central Union Mission to help the homeless. Steve and Darlene thank everyone contributed. The following is the family's reply:

Salem United Methodist Church Family.

Our family would like to thank you for all of your kind words, donations, and support that you have given our family! Brandon not only made an impact on our lives but so many others as well! We will continue w/all of Brandon's wishes & projects and keep his legacy alive. We are currently working on a toy drive and "Never give up" bags for the bone marrow transplant children @ Children's National Medical Center.

We spent 3-years of our life there and that has been our second home. These children have always been on Brandon's mind, even on his sickest days. We will continue to try to make them smile through Brandon's story.

Thank you so much.

The Fletchers

AND THE ANSWER IS -

I am truly sorry there was no Mystery Guest for January. Everyone I asked has some reason they did not want to participate. It is entirely your choice to participate or not; but your help is vital to continue this section. IF you are interested in being one of our Mystery Guests, please send me a picture of you as a child, a picture of you now and a short write-up on what you would like to tell your friends and fellow SUM Members about yourself. I can be reached at 240-328-4810 or via e-mail at velma_durant@yahoo.com (there is a _ between velma and Durant as velma_durant.) or velmadurant6@gmail.com ` For every entry I receive I will scan the picture (or you can scan it and send me the scanned file) and return it to you. If I receive a lot they will be used one at a time as I determine. Thank you, one and all, for your cooperation and help.

We have a Mystery Guest this month. Any guesses?

OUR NEXT CHALLENGE IS:

DO YOU KNOW WHO THIS IS?



I hope you are enjoying these flashes from our past. Remember, if you know who this is, e-mail me at velma_durant@yahoo.com or stop me in Church and let me know.

Salem United Methodist Church

February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Souper Bowl of Caring 8:15am Worship 9:15am Adult Sunday School 10:00am Worship 10:30 Youth Sunday Sch. No Youth Group	4 9:00am ROMEOs at Dempsey's in Ashton 7:30pm Music Fundamental for Christians, Choir Room	5 10:00am Prayer Partners at Joanne Keisters'	6 9:00am Upper Room Bible Discussion (Choir Room) 7:00pm Disciple 1-Hall, upstairs 7:00pm Disciple 4-Hall, upstairs 8:00pm AA-Hall, main room	7 7:30 pm Book Discussion, Hall, upstairs 8:00pm AA-Choir room	8	9
10 Transfiguration Sunday 8:15am Worship 9:15am Adult Sunday School 10:00am Worship 10:30 Youth Sunday Sch. 6:30 pm Youth Group	11 9:00am ROMEOs at Dempsey's in Ashton 7:30pm Music Fundamental for Christians, Choir Room	12 10:00am Prayer Partners at Joanne Keisters' 5:00-6:30pm Shrove Tuesday Pancake Supper, Hall	13 9:00am Upper Room Bible Discussion (Choir Room) 7:00pm Disciple 1-Hall, upstairs 7:00pm Disciple 4-Hall, upstairs 7:30pm Ash Wednesday Service at Ashton UMC 8:00pm AA-Hall, main room	14 8:00pm AA-Choir room	15	16 7:30am United Methodist Men

<p style="text-align: right;">17</p> <p>Lenten Sermon Series: Forgiving and Forgiven: "What is Forgiveness" 8:15am Worship 9:15am Adult Sunday School 10:00am Worship 10:30 Youth Sunday Sch. 6:00 pm The Gathering, Hall</p>	<p style="text-align: right;">18</p> <p>7:30pm Music Fundamental for Christians, Choir Room</p>	<p style="text-align: right;">19</p> <p>10:00am Prayer Partners at Joanne Keisters'</p>	<p style="text-align: right;">20</p> <p>9:00am Upper Room Bible Discussion (Choir Room) 7:00pm Disciple 1- Hall, upstairs 7:00pm Disciple 4- Hall, upstairs 8:00pm AA-Hall, main room</p>	<p style="text-align: right;">21</p> <p>8:00pm AA-Choir room</p>	<p style="text-align: right;">22</p> <p>30-Hour Famine, Hall</p>	<p style="text-align: right;">23</p> <p>1:00-5:00pm Lord's Table at St. Martin's 30-Hour Famine, Hall</p>
<p style="text-align: right;">24</p> <p>Famine Sunday/World Vision Compassion Sunday 8:15am Worship 9:15am Adult Sunday School 10:00am Worship 10:30 Youth Sunday Sch. No Youth Group</p>	<p style="text-align: right;">25</p> <p>9:00am ROMEOs at Dempsey's in Ashton 7:00pm Sandy Spring Lion's Club, Hall 7:30pm Music Fundamental for Christians, Choir Room</p>	<p style="text-align: right;">26</p> <p>10:00am Prayer Partners at Joanne Keisters'</p>	<p style="text-align: right;">27</p> <p>9:00am Upper Room Bible Discussion (Choir Room) 10:00 Pre-School Story Time-Hall 7:00pm Disciple 1- Hall, upstairs 7:00pm Disciple 4- Hall, upstairs 8:00pm AA-Hall, main room</p>	<p style="text-align: right;">28</p> <p>7:15pm Church Council, Community Hall 8:00pm AA-Choir room</p>		