



FROM THE PASTOR

School is almost over for most of our children and youth and then summer begins in earnest. It is a general thought that Sunday school and worship attendance goes down in the summer due to Vacations,



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sports and general good weather. Sometimes people say they just need a break! As a pastor, it's hard for me to imagine that God ever takes a break.



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That doesn't mean we should never take vacations. What it does mean as Bishop Jones put so succinctly when he was here last month, "When my people told me they wouldn't be here next Sunday because they would be on vacation, I told them to bring me the bulletin from the church they attended while they were gone!"



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There is an expectation that membership vows be taken seriously by people who consider themselves serious Christians. When someone joins the United Methodist church the same vows are given- "Will you be loyal to the United Methodist Church and uphold it (support it) by your prayers, your presence,



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your gifts, your service and your witness?" The hoped-for answer is YES! I hope that when you do vacate Newton that you will attend another church in the place you are having a family reunion or visiting a water or theme park, or watching the bears and elk at Yellowstone (that's for you boy scouts), or lounging on a cruise ship,



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or camping at the lake. Make it a point to find a church or chapel that holds Saturday night or Sunday services. You can still have fun and worship God! And by the way, do bring me a bulletin-I love to get new ideas. Here's hoping for a fun and restful summer, filled with plenty of sunshine and enough rain to keep the



ponds, rivers and streams
filled. May God continue to
bless all your days whether you
are here or somewhere else.
Just remember, we miss you
when you are gone.

Blessings, grace and peace,

Pastor Nancy

Article from the Health and Wellness Team

The Health and Wellness team met recently and decided to promote holistic health and wellness at Salem-that is, health in every part of our being-mind, soul, body and spirit, as well as in the

Created world God has entrusted us with. Therefore, as a team we would like to promote the following ideas:

1. Recycling. Right now recycling is mandatory for household and we would like to carry that over to the church. We are requesting that Salem recycle all paper, plastic, glass, and aluminum and tin cans in containers we will place around

the church. In light of the fact that our landfills are rapidly growing larger and that Styrofoam will not break down, we are asking Sunday school classes and other church groups get rid of all Styrofoam cups and promote the use of cups and mugs brought from home. We would like for all church meals

served at Salem to include the use of regular dishes and have people bring their own table service 2. Exercise. We would like to encourage healthy lifestyles by offering opportunities for regular exercise here at Salem. We would like to have a dedicated exercise room and would ask for those who have exercise

equipment in good working order that they don't use to donate it to Salem for church member use. We would like to offer a walking program in the FLC as well as exercise to videos. Wii games are also a fun way to exercise and competitions of all kinds would be available .

3. Nutrition. We are encouraging

members of Salem to adopt healthy eating habits and encourage healthy dishes when we have potlucks and church suppers, including meatless meals, when possible. We also encourage the worship committee to consider giving the children a treat other than candy at children's time.

4. Seminars. We believe in dreaming big and we would like to have regular seminars here at Salem that would meet the needs of our congregation. The seminars we are proposing include proper use of medication, death and dying, hospice care, estate planning and wills, a visit to a funeral home, and a dietician.

5. Spiritual renewal movements and retreats. This would include information about the Walk to Emmaus, Marriage Encounter and other retreats available.

6. Physical Health. Monthly blood pressure checks. Information about tobacco and alcopops that are becoming popular with our youth.

The Health and Wellness team will be presenting these ideas to the Administrative Council for their final approval. We hope that if you have other ideas you will let one of those currently on this team know. The team consists of Helen Scott, Gene Eshelman, Karla Stauffer, Lynette Redington and Pastor Nancy.