

THE CROSSROADS

October 16, 2019

CELEBRATING THROUGH WORSHIP AS A COMMUNITY



Wow! What an amazing celebration at this year's Worship in the Park event! On Sunday, September 29, Salem and The Connection celebrated our three-year anniversary of coming together as one church. The celebration took place in St. Louis' beloved World's Fair Pavilion built in 1909. The historic setting highlighted our vision of "Connecting All People with God's Extravagant Love." What better place to reach out into the community than this beautiful park which thousands of people enjoy each day.

The morning began with music by the Salem worship band featuring members from both sites leading the crowd in uplifting worship music. The celebration continued with worship at 10:30 am featuring live music by BeBe Winans and Korean Soul, a message by Rev. Terri Swan and BeBe Winans, Holy Communion, and prayer. Following worship we enjoyed a special surprise visit from the Stanley Cup. Families and friends enjoyed the opportunity to get photos taken with the Stanley Cup. It was an experience our congregation will never forget! The congregation also enjoyed boxed lunches, balloon artists, Juggling Jeff, Bubble Bus, a rock climbing wall, popcorn, cotton candy, fun lawn games, and fellowship.

In addition to worship we collected new and gently used books for children in the St. Louis Public Schools. We received over 425 books and collected \$7,680. The books will be distributed through the St. Louis Public Schools at Lyon Academy at Blow Elementary School and Walbridge STEAM Academy. The donations received will be used to purchase new books and audio books to start a lending library at Lyon Academy. What an amazing way to share God's extravagant love with children in our community!

It was a special day as people who have never met and old friends enjoyed time together in worship and fellowship. God's love surrounded the celebration and all who participated felt His presence with us as we joined together to honor all that He has done to make a difference in our community.

Thank you to all our volunteers and staff for all your planning and hard work! You helped make this one of our most successful events.

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RUNNING ON FUMES

by Rev. Terri Swan

When was the last time you took a day off, uninterrupted by work?

In my weekly reading, I found some interesting facts: "True rest seems to be elusive for most Americans. Only one in seven adults (14 percent) set aside a day a week for rest. And on that one day a week, what do they do? Mostly, they work. Only one in five (19 percent) of this small group say they don't do any work at all. Even fewer Americans commit to daily time alone (16 percent) or with God (21 percent) or to activities that recharge them (12 percent). Only 12 percent of American adults say that they intentionally set aside a time of day when they don't use electronic devices." (*Preaching Today*, Andy Crouch, *The Tech-Wise Family* (Baker Books, 2017), page 104)

We are currently going through a sermon series called "Running on Fumes," which addresses the pace of our culture. Society today seems to be going full-speed 24/7. With the advancements in technology, e-mail, voice-mail, text messages, and social media are at our fingertips as long as we have a strong internet or cell signal. Work can find us no matter where we are. It is no wonder that some are calling millennials the "burn out" generation. This generation has struggled to find a balance of work and rest in the midst of constant communication.

Barbara Brown Taylor writes, "Some of us have made an idol of exhaustion. The only time we know we have done enough is when we're running on empty and when the ones we love most are the ones we see the least. When we lie down to sleep at night, we offer our full appointment calendars to God in lieu of prayer, believing that God—who is as busy as we are—will surely understand."

How did we get here?

When I was a little girl, Sundays were a day

for church and family. Stores were closed, and sport's teams did not practice or play games. Blue Laws, also known as Sunday Laws, were in place to promote a day of worship or rest. Missouri, along with many other states, repealed this law in 1984. I can remember at the time, I was excited that I could go to the grocery store or go shopping on a Sunday, however I had no idea at the time what one decision could do to society. The Sabbath no longer was held in reverence, and our culture took a shift away from God's commandment of rest. As Albert Schweitzer once said, "If your soul has no Sunday, it becomes an orphan."

No working on the Sabbath; keep it holy just as God, your God, commanded you. Work six days, doing everything you have to do, but the seventh day is a Sabbath, a Rest Day—no work... Don't ever forget that you were slaves in Egypt and God, your God, got you out of there in a powerful show of strength. That's why God, your God, commands you to observe the day of Sabbath rest. ~ Deuteronomy 5:12-15 *The Message*

The Old Testament law reminds us that the people of God were slaves in Egypt long ago. God delivered us and set us free. Jesus came to show us this freedom in spirit and truth, as He taught the real meaning of the Sabbath.

Jesus gave us the pattern for rest and worship. In the Gospels, multiple times Jesus goes to a quiet place by himself away from the crowds to pray and rest. He said to the apostles, "Come by yourselves to a secluded place and rest for a while." ~ Mark 6:31

When he was scolded by the Pharisees for working on the Sabbath, Jesus said to them, "The Sabbath was made for man, not man for the Sabbath." In other words, the Sabbath does not rule you; the Sabbath edifies you. It was made for you, for your benefit and blessing. The Sabbath was commanded as

a day to keep Holy, dedicated to God, and a day gifted by God for rest from our work.

Are you weary? Are you running on fumes? Do you find yourself at a crossroads looking for change in your life? God's Word is filled with nourishment for our souls.

The Lord proclaims: Stop at the crossroads and look around; ask for the ancient paths. Where is the good way? Then walk in it and find a resting place for yourselves. ~Jeremiah 6:16

Jesus said, "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves." ~ Matthew 11:28-29

God's Word calls us to rest and provides the resources we need to be still before Him. Let's come together in seeking God's peace where we may find it.

May you find rest.
Pastor Terri

If you would like to read more on rest for your body, mind, and soul there are several good books I can recommend.

Sacred Rest by Sandra Dalton-Smith MD which includes several other resources that might be helpful. Visit ichoosemybestlife.com/resources.

[Running on Empty](#) by Fil Anderson
[Rest Assured](#) by Vicki Courtney
[Breaking Busy](#) by Alli Worthington



Salem Methodist Preschool Open House // Sunday, November 3 // 12:00-2:00 pm // Mid-County

You're invited to tour Salem Methodist Preschool on November 3, from Noon-2:00 pm. Talk to teachers and staff, tour our classrooms, and start the enrollment process. Stop by to find out all of the wonderful ways we foster a love of learning from an early age. All are welcome! The Salem Methodist Preschool is open to children 2 1/2 years through five years old. Classes are 2, 3, and 5 day mornings with extended day options. For more details on how you can enroll your child(ren) call Mary Fava at (314) 991-8601 or email mary@salemstlouispreschool.com today.

OUTREACH

In the World // Costa Rica Mission Trips // Teams from Salem serve with Costa Rica Mission Projects on a variety of projects such as construction, painting, cleaning, building, and interaction with children. 2020 Trips: Adult trip: February 15-22 (18+ years or youth traveling with a parent) & Student trip: June 22-29 (high school students). Approximate cost is \$700 + airfare. For more information contact Sean McIntyre at sean@salemstlouis.com.

In the Church // Mid-County & South-City // There are many ways to get involved at Salem. We have a variety of teams and ministries that will help you find a place to serve and use your skills and passions. We think you'll find that the time and energy you invest will offer returns in new friendships, spiritual growth, and personal satisfaction through seeing the impact you can make to our community. Visit salemstlouis.com/outreach for info or contact Mercedes Martinez at mercedes@salemstlouis.com.

In the Community // We offer many ways to serve in St. Louis such as: Haven Street Meal Ministry, Rock-a-Baby at LifeWise Day Care, Epworth Drop-In Center Lunch Ministry, and St. Louis Public School Tutoring. Sign up to make difference in our community! Visit salemstlouis.com/outreach.

JOIN A GROUP

Connect Groups // Times may vary // Are you looking to get connected and grow in your faith? Consider a connection group. These small groups are diverse in leadership, meeting times, and locations. Visit www.salemstlouis.com to find a group that fits your schedule. Contact Rev. Tim Power (tim@salemstlouis.com) if you have questions.

COMMUNITY

WALTER BRUEGGEMANN



Justice Ministry Book of the Month

Each month Salem's Social Justice Ministry presents a featured book of the month. One copy of each book will be available in the Salem library. The October book selection is *The Prophetic Imagination* by Walter Brueggemann.

Friendship Club: An Older Adult Ministry

Friendship Club starts again on Thursday, November 7. Salem's older members meet for an educational or entertaining program and lunch every first Thursday of the month. Gathering time at 10:30, and program starts at 10:45. Lunch is \$10 and follows the program. Our November presentation is presented by Rev. Amy Bertschusen, Executive Director of Care & Counseling in St. Louis, *What to Say when You Don't Know What to Say*. All are welcome. Reserve your spot by calling the church office at (314) 991-0546.



Each year we collect donations to provide turkeys for Thanksgiving to St. Louis families. Turkeys are \$20. Just mark turkeys on your donation. Volunteers are also needed to pickup and deliver frozen turkeys the week of November 18. To donate or volunteer online visit salemstlouis.com or call (314) 991-0546. Donated turkeys will be given to families through LifeWise, previously Kingdom House, and The Connection, our South-City Site.

STUDENTS: 6-12TH GRADE

MDWK // Tuesdays, 6:30-8:00 pm // 6-12th Grade // Mid-County
Students gather in a large group setting for worship, small group time, fellowship and fun.

Connect Groups // Sundays, 7:00-9:00 pm // Mid-County
Join us as we gather for student-led discussion and snacks. The last Sunday of the month enjoy a fun activity together. Contact Nick Savage to find a group for you.

Student Ministry Fall Retreat // November 15-17 // Mid-County
Join Salem 6th-12th grade students and their leaders on the BEST weekend of your fall semester. We will go to Lake Williamson which provides us with an indoor basketball gym with all kinds of games, racquetball courts, glow in the dark dodgeball, outdoor activities, ropes course, campfire and more. Cost is \$130 per person and includes transportation, meals, lodging, activities, and t-shirt. Sign up now. Friends are welcome!

The Connection Youth Group // 1st Thursday, 6:00-7:30 pm // South-City
Join us for a fun night of dinner, games & prizes, and a meaningful lesson every 1st Thursday of the month.

The Connection Youth Group Bonfire Night // October 26, 6:00-10:00 pm // Eckert's Millstadt Farm // Enjoy fun activities such as: pig races, 12-acre Stanley Cup corn maze, haunted hay ride, bonfire with s'mores, and more! Event is free. Sign up at theconnectionstlouis.com. Transportation provided.

NEED MORE INFO ABOUT STUDENT MINISTRY

Mid-County Site
Nick Savage
nick@salemstlouis.com

South-City Site
Reggie Moore
reggie@salemstlouis.com

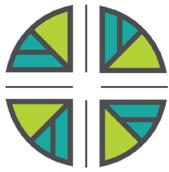
VOLUNTEER FOR THE Block Party

SIGN UP AT WWW.SALEMSTLOUIS.COM OR CALL (314) 991-0546



THE CONNECTION
A SALEM UNITED METHODIST CHURCH

SATURDAY | OCTOBER 19, 1:00-3:00 PM



SALEM

UNITED METHODIST CHURCH

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October 16, 2019

ONE CHURCH - TWO LOCATIONS

MID-COUNTY

1200 S. Lindbergh Blvd.
St. Louis, MO 63131
(314) 991-0546
salemstlouis.com

SOUTH-CITY

6701 Virginia Avenue
St. Louis, MO 63111
(314) 256-0545
theconnectionstlouis.com

SUNDAY WORSHIP

8:30 am Chapel
9:30 am Modern
10:45 am Traditional

SUNDAY WORSHIP

10:30 am Celebration

9:30 am Classes for adults & children (2 years-6th grade)

10:30 am Kids Connection for children & Nursery for infants

8:30 - 11:45 am Nursery for infants & toddlers

WEDNESDAY PRAYER SERVICE

6:00 - 6:30 pm Chapel

SAVE THE DATE

October 19: Block Party (South-City), pg. 3
October 26: Youth Group Bonfire Night (South-City), pg. 3
October 27: Preschool Trunk or Treat (Mid-County)
November 15-17: Student Ministry Retreat (Mid-County), pg.3
November 28: Thanksgiving Day - Office Closed
November 29: Office Closed
December 14: Home for Christmas Concert (Mid-County)
December 19: Lessons and Carols Worship (Mid-County)
December 24: Christmas Eve Worship

DOWNLOAD OUR APP

- > Listen to Messages
- > Find a Group
- > Calendar & Sign-Ups
- > Volunteer
- > Read the Bible
- > Social Media
- > Give
- > Connect Card

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Salem Church - St. Louis

