



# The Scroll

CELEBRATING  
**134**  
YEARS  
1888-2022

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## SPEED TRAPS

Message from Pastor Linda

Can you recall an occasion or two when you've been lost in

thought, or ignoring the signs as you sped to the next destination, only to find yourself looking at flashing blue lights in your rearview mirror? Pulling over, you realize you've been caught in a speed trap. Busted. Ugh. Nothing feels good about getting slapped with a steep fine. If you're lucky, you pull away with only a warning and the embarrassment of passing motorists looking your way. And it all could have been avoided if one had been taking care and paying attention.

This summer, I realized I've been caught in a 'speed trap' of a different nature in recent months. No matter how fast I was moving to get things done, I never seemed to have enough time. The faster I went, the further I seemed to fall behind. It was costing me. Life seemed more like what one author called an 'Olympic everydayathon' – an endurance event. Racing to the finish line, I never seemed quite able to cross it. And I was very tired.

I am so grateful to my Salem family for allowing me to take a Leave of Absence in the month of July. I deeply appreciate the willingness of you, our congregation, to step out and try something new and unconventional. In fact, I know of no other church that has made a provision like this for their pastor.

It was during this time that I realized that unaware, I'd been caught in a "speed trap." For the first time in months, I saw with greater clarity how I had slowly been adding more and more to my plate over the year. It was evident that I had bought into our culture's mantra: *'I can do it all'* (vs. *'I can do it.'*); I was guilty of squeezing more and more into my day, stuffing every moment with some 'important' activity. I'd become a devoted follower of the idol of 'efficiency'. The more I got done the better, right? or so I thought. In reality, taking 'more' on was squeezing the life out

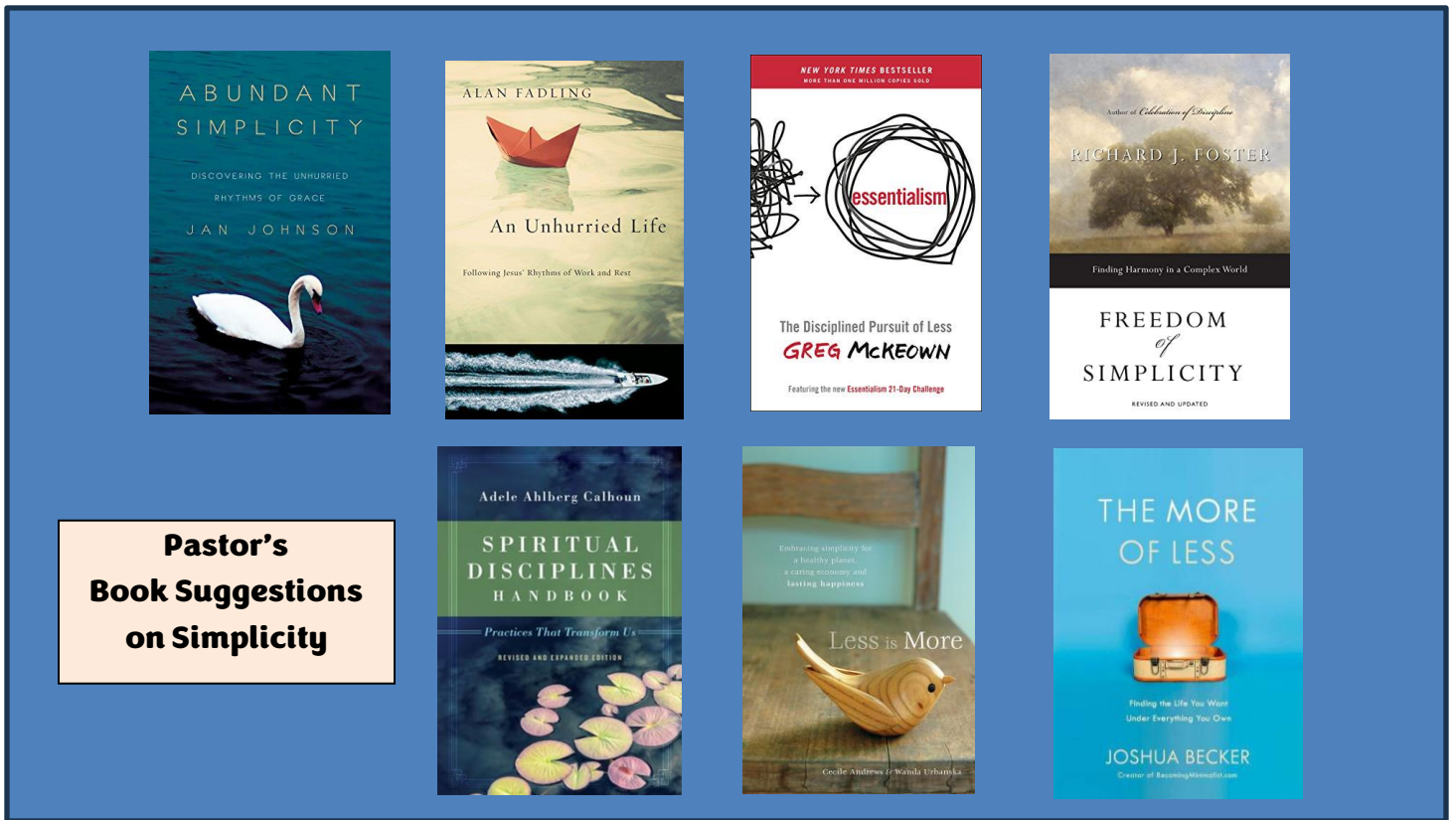
of me. Worst of all, it was costing me the steep price of time with that which is most precious to me: my family and friends.

Contrary to what culture demands of us, the way of Jesus invites you and me to make space in our schedules, our homes, our finances, our hearts for what really matters. God doesn't want us worn out, fragmented, racing or striving. As Thomas Kelly writes, God "never guides us into an intolerable scramble of panting feverishness." Jesus, fully human, never rushed. He lived an unhurried life. Despite the huge mission before him, Jesus had time for solitude, for rest, for play, for creativity. It was only possible for him because Jesus knew the art of gracefully saying NO to anything that was unessential no matter how great an opportunity it seemed.



After my LOA, I didn't bring back any souvenir t-shirts for you, dear church. Instead, I returned bearing the good news of the gift of simplicity Jesus has for all of us – a life in which less is more. Looking to the coming year of ministry, the question isn't: what more can we do? But rather how does our vision align with God's will? Are we spreading ourselves too thin? Are we serving from places of joy, or are we acting with a grin-and-bear-it attitude of 'if I don't do it, nobody will' place? What will look like for our church to practice simplicity? My guess is we'll be less tired, and more tuned into God and better able to love one another.

In order to live a life of simplicity, to guard ourselves from those speed traps, we will need to slow down, pause, pray, listen, reflect. We will need both God's grace and discipline from within. In doing so, I believe our church will be able to live more fully into our calling to love and serve God, each other, our neighbors and ourselves. For much, much more about a living a life of simplicity, here is a list of the books I've found helpful this summer. In addition, you may listen to the recent sermon series on Simplicity, through this [link](#).



## HELPFUL BOOKS ON SIMPLICITY

- **Abundant Simplicity**, Jan Johnson
- **An Unhurried Life: Following Jesus' Rhythms of Work and Rest**, Alan Fadling
- **Essentialism: The Disciplined Pursuit of Less**, Greg McKeown (His book contains very practical, concrete counsel.)
- **Freedom of Simplicity: Finding Harmony in a Complex World**, Richard Foster (Foster goes much more deeply into the biblical foundation for the life of simplicity and "living simply that others may simply live.")
- **Less is More: Embracing Simplicity for a Healthy Planet, A Caring Economy and Lasting Happiness**
  - Cecile Andrews & Wanda Urbanska (This is an anthology of essays by authors/professors.)
- **Spiritual Disciplines Handbook**, "Simplicity", pp.84-87, Adele Ahlberg Calhoun (Her chapter includes reflection questions, and commentary.)
- **The More of Less**, Joshua Becker (Another book with very helpful habits for living simply.)

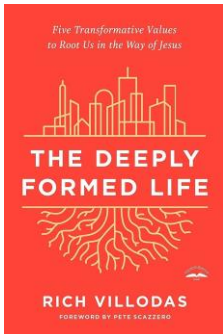


### **THE DOUBLE BLESSING OF SIMPLIFYING**, By Carol Allison

Years ago, Steve and I found ourselves stretched too thin, with four kids, fulltime jobs, and being over-committed at our church. After talking and praying, we decided that one thing we could simplify was relinquishing teaching Children's Church every 2<sup>nd</sup> Sunday of the month. We felt some guilt, and yet relief too.

A few weeks later, we were some of the last leaving church, feeling tired and hungry for lunch. Another family was belatedly walking out to the parking lot too, but they didn't seem tired or hungry at all. Rather they were smiling and bubbling over. Curious, I asked about their obvious joy. Their response? "We just had the best morning! We got to lead Children's Church for the first time!"

On our way home, it dawned on me: this was the 2<sup>nd</sup> Sunday of the month. By relinquishing what we thought was filling a need for the Lord, we actually opened space for others to have the Blessed Joy of serving the Lord!



### FALL SERMON SERIES & SUNDAY ADULT STUDY

We will conclude our current sermon series, [\*Simplicity: The Freedom in Keeping Life Simple\*](#) on September 10. Then beginning September 17, we will begin a Fall series, using Rich Villodas' award-winning book, *The Deeply Formed Life*. Our Sunday morning Adult Study, led by Author/Pastor Amy Julia Becker, will also be using the book to guide in-depth discussions about living fully into the life Christ has invited us to, and in turn being a signpost of hope and grace to those who have not yet come to know the Lord and His love for them.

#### Here is what Penguin Random House had to say about the book:

“Most believers live in the state of “being a Christian” without ever being deeply formed by Christ. Our pace is too frenetic to be in union with God, and we don’t know how to quiet our hearts and minds to be present. Our emotions are unhealthy and compartmentalized. We feel unable to love well or live differently from the rest of the world – to live as people of the good news.

New York pastor Rich Villodas says we must restore balance, focus and meaning for our souls. *The Deeply Formed Life* lays out a fresh vision for spiritual breakthrough following five key values: Contemplative Rhythms, Racial Justice, Interior Examination, Sexual Wholeness and Missional Presence.

*The Deeply Formed Life* is a roadmap to live in the richly rooted place we all yearn for: a place of communion with God, a place where we find our purpose.”

### CRESCENDO GROUP FOR FALL

It is estimated that by 2035, the US will have more people ages 65 and older than under 18. The Covenant believes the church today is called to invite boomers and beyond to engage in purposeful living. The Later years of life can be a fulfilling and productive season for advancing Christ’s mission of love.

Beginning September 21, @10:30 am, Carol Allison will be leading a small group for individuals who fall between 55-100 years young. Over six weeks they will explore dimensions of our lives or what has been creatively dubbed as S.P.I.C.E.S.: spiritual, physical, intellectual, community, emotional and service. This will be tech-free time of learning, sharing and growing together and finding fulfillment in this season of life. Light refreshments will be provided. If you are interested in learning more, and/or want to come, please contact Carol at 203.417.2126

### OPPORTUNITIES TO GROW AND CONNECT



This Fall, Salem has a robust number of opportunities for people of all ages to grow in their faith and to nurture friendships and connection. In addition to the list included below, we have other special events planned including our 10<sup>th</sup> annual Women’s Gathering (November 4), our annual Christmas Concert, (December), and our Seniors’ Christmas Brunch. The Spiritual Formation Team and the Church Council are also devoting time to prayer and brainstorming ideas in how to best support and encourage the men in our congregation.



## Sundays

- *Nursery Care*, 9:25-11:45 am, Children, Infant-4 yrs, Stephanie Shaw, Teaching, 203.917.9036, [s\\_steph24@yahoo.com](mailto:s_steph24@yahoo.com)
- *Confirmation Class*, Grades 7-8, 9:15-10:15 am, Meets every Sunday but the last Sunday of the month, Pastor Linda teaching, 603.686.6675, [pastor@salemcovenantchurch.com](mailto:pastor@salemcovenantchurch.com)
- *Children's Church*, Grades K-3, during Worship Christi Guptill, Coordinator, 203.770.6856, [guptillchristi@gmail.com](mailto:guptillchristi@gmail.com),
- *Dive Deep*, Grades 4-6, meets during Worship Christi Guptill, Coordinator
- *Adult Bible Study*, 9:30-10:25, Lydia Room Amy Julia Becker, Teaching, 860.868.7439, [amyjuliabecker@gmail.com](mailto:amyjuliabecker@gmail.com)
- *Choir* – 9:30 -10:15 am, Sanctuary Susan Anthony-Klein, Directing, 203.241.5368, [kandsklein@att.net](mailto:kandsklein@att.net)

## Mondays

- *Hangout Haven*, Grades 6-12, 2:45-5:15 pm Youth are invited to relax and chill with Friends: Refreshments, Ping Pong, Foosball, Arcade, Video Games, Tutorial Assistance, and more, in a safe, supervised and supportive atmosphere. Suzanne Drapeau, Christi Guptill, Stephanie Shaw, Diane Swanson, and Pastor Linda supervising.

## Wednesdays

- *4<sup>th</sup> Wednesday Evening Prayer*, 7:00 pm Gather with others for prayer for individuals, our church, our community, our nation and our world.

## Thursdays

- *Crescendo*, 10:30 am A 6-week “encouragement” and study group for individuals between the ages of 55-100 to explore dimensions of our lives including spiritual, physical, intellectual, community, emotional and service. Carol Allison leading, 203.417.2126

## Fridays

- *Salem Coffee House*, (1-2x/month) Friday nights, 7:00 – 9:30 pm, Adults 18 and over are invited to drop by and enjoy refreshments, conversation, ping pong, movies, games and puzzles. See calendar for dates.

## Saturdays

- *Soul Talk & Supper*, 1<sup>st</sup> and 3<sup>rd</sup> week of each month, 5:00-6:30 pm, Youth, Grades 6-12, See calendar for dates. There may be outings off church grounds as well. John Spear is back helping again this fall!



### OPPORTUNITIES TO SERVE

Each year we ask our volunteers in the many areas of Salem's ministries if they believe God is calling them to another year of serving Salem in this capacity. For many, the answer is 'yes', and for others, the answer is 'no' as personal circumstances have changed or the Lord is leading to places elsewhere. And each year, our committee Chairs or ministry Leaders are looking for men and women who may be experiencing the nudge of the Holy Spirit to share their gifts. Below is a list of these different ministries, a very brief description of what they do, and the person to contact.

**Congregational Care** – This team keeps their pulse on the well-being of our congregants, especially for special needs (surgery, illness), compelling events (deaths) and celebrations (births, milestones). These individuals provide a birthcard ministry, visitation, phone calls, and the serving of Communion. This committee meets once every two months.

**Contact:** Susan Swanson, [shswanson1218@sbcglobal.net](mailto:shswanson1218@sbcglobal.net); Pastor Linda [pastor@salemcovenantchurch.com](mailto:pastor@salemcovenantchurch.com)

**Children and Youth** – This band of volunteers help to teach or supervise our different age groups in various settings including Sunday Children’s Church (K-3) and Dive Deep, (4-6), Monday Hangout Haven (6-12) and Saturday Soul Talk and Supper, (6-12). This group works on a rotation schedule.

**Contact:** Christi Guptill, [guptillchristi@gmail.com](mailto:guptillchristi@gmail.com) or Pastor Linda, [pastor@saalemcovenantchurch.com](mailto:pastor@saalemcovenantchurch.com)

**Spiritual Formation Team** – This team oversees and provides opportunities to help all ages to grow in faith.

This team meets 1x/month

**Contact:** Deb Houldin, [debandrews@me.com](mailto:debandrews@me.com) or Pastor Linda [pastor@saalemcovenantchurch.com](mailto:pastor@saalemcovenantchurch.com)

**Property** – This team works together, caring for and maintaining our buildings (both Church and Parsonage) and outdoor property (excluding mowing and snow removal). Sometimes the work involves repairs or helping to move furniture. This team currently meets as needed.

**Contact:** Spencer Guptill,

**Memorial Gardens** – This group of people tends to our various gardens located around the church, planting, weeding, watering.

**Contact:** Pastor Linda, [pastor@saalemcovenantchurch.com](mailto:pastor@saalemcovenantchurch.com)

**Music Ministry/Choir** – Those who are gifted musically, either voice or instrument, or simply love singing, lead our worship through song. This area of ministry also presents special concerts for high holy seasons, and other significant events. Choir meets every Thursday evening, 6:00 pm, and Sunday mornings, 9:30 am. It doesn’t meet in the summer.

**Contact:** Susan Anthony-Klein, [kandsklein@att.net](mailto:kandsklein@att.net)

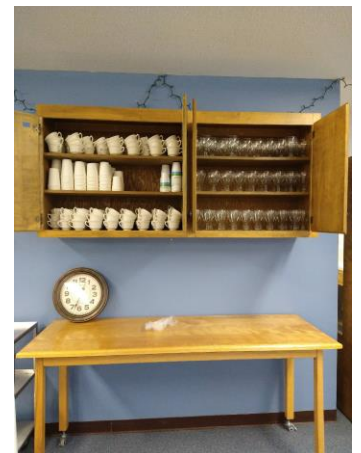
## KITCHEN UPGRADE UPDATE



Work on transforming the church’s kitchen into a commercially licensed kitchen continues to take small steps towards its completion. In August, Michel Williams extracted lower cupboards to make space for the coming commercial stove. He was able to retrofit them into new locations in the kitchen rather than losing this valuable storage space. In addition some of the upper cupboards had to be moved in order to make space for a Fire Suppression System required by the State. With the help of Roger Cannavaro, these cupboards are now in the Fellowship Room with our glasses and cups housed in them. As we await the next phase of the upgrade, a temporary residential gas range/oven was installed and a propane tank has been installed and connected

Meanwhile, there are 11 people, some from Salem and some from the broader community who are taking an online Food Handlers Certification course. The State requires someone who holds a Certification in this course to always be on site when the kitchen is being used for commercial purposes, or in our situation, an Emergency Evacuation Point.

We are still awaiting some final drawings for the Kitchen upgrade to be submitted by our two vendors. Once we have these in hand, we will be able to present our full application and documents to the Town of Washington for our Building Permit.



## PROPERTY UPDATE

- Carpets Cleaned in the Fellowship Hall, Classrooms, Narthex, Hallway and Lydia room
- Kiosk sign repaired
- Playground weeded and new mulch put down (thank you, Jim Appleyard!)
- Children’s Classroom and Nursery purged, organized and newly decorated (Thank you Stephanie Shaw and Christi Guptill!)

- Water tested
- Septics at the church and the parsonage were both serviced
- Fire Alarm system tested
- An outdated Fire Extinguisher was replaced



**THANK YOU, SALEM!**

Dear Salem Church Family,

Thank you all so very much for your prayers, cards, and generous offers to help while I recupe from Covid. I am so blessed to be part of this church family. Thank you and God bless!

Love, Diane Locke (cousin of the church)

Dear Salem Church,

Thank you for the Graduation Blanket and blessings.  
From, Cade Sivick

Dear Salem,

Thank you very much for the donation of \$457.48 from the Missions Board at Salem Covenant Church. Your contribution is helping survivors of sexual and domestic violence who come to Susan B. Anthony Project for help. Recently a survivor who received services here a few years ago contacted us to say that she was continuously grateful for all the support she had received in what were “my darkest days.” Because of you, we are here and ready to support women, men and children who need us .

Your donation will also help us to raise awareness of the sexual assault and domestic violence that occres every day in our community. With greater awareness, victims will know services are available to them, free of charge, 23-7-365. By your support, YOU create hope as you lift those who seek safety healing and growth. We appreciate your continuing support.

Sincerely yours,

Jeanne S. Fusco, Executive Director

*PS So many thanks once more for the gracious gifts for victims and survivors seeking safety. J.*

### SEPTEMBER CALENDAR

**September 3** – Community Worship & Communion Service, 10:30, @ Riverwalk Pavilion

**September 4** – Labor Day, Church Office Closed

**September 9** – 9/11 Memorial Service, Washington Fire Station

**September 10** – Children’s Church, Dive Deep resumes

- Special Business Meeting, following Worship, to discuss and vote on plans for Air Conditioning

**September 16/30** – Soul Talk & Supper, 5:00 pm, For Youth, Grades 6-12

**September 17** – Sunday programs kick-off, Family & Fellowship following Worship  
- Congregational Care Team meets

**September 18/25** – Hangout Haven begins, 2:45 pm, for Youth, Grade 6-12

**September 26** – 4<sup>th</sup> Wednesday Evening Prayer, 7:00 pm

## **SEPTEMBER BIRTHDAYS**

Edith Johnson	2
Brianna Rutz	3
James Dowling Ukers	6
Ted White	7
Crissy Dowling	8
Janet Smith	8
Anthony Alexson	14
Elliott Fisher	16
Doug McHan	16
Kaylee Alexson	20
Jennifer Anthony-Bogue	20
Nathan Fisher	23
Kathy Williamson	28
Pam Quist	30

## **IN REMEMBRANCE...**

Sept. 3, 2021 - Andrew Meeker (Chip and Cindy Meeker's Son)

Sept. 19, 2016 - Joan Peterson (John Peterson's wife / Todd and Scott Peterson's mother)

Sept. 27, 2021 - Hilda Garrancho (Maria Pettibone's sister)

September 29, 1993 - Don Lundberg (Mary Ann Lundberg's husband)