

3 Simple Rules

#BeUMC honors the core values that connect the people of The United Methodist Church. No matter the challenges we face, God is with us, and we continue to have opportunities to make disciples of Jesus Christ for the transformation of the world.

This new sermon series campaign calls us to embrace our Wesleyan heritage and envision a promising future. Every day offers a chance to live into our mission and strive to #BeUMC---to be the church our communities so desperately need.

In our new sermon series, #BeUMC, we are looking at the three simple rules of Methodism as we navigate difficult conversations around human sexuality. In his book, Three Simple Rules: A Wesleyan Way of Living, the late lowa Bishop Reuben P. Job uses John Wesley's three general rules to give Christians a guide for living a faithful life. Those rules from Wesley, the founder of the Wesleyan movement are simple: 1) Do no harm, 2) Do good, 3) Stay in love with God. I believe those 3 simple rules can guide us as we discern not only our beliefs around human sexuality, but how we communicate those beliefs to others in face to face conversations and on social media.

Rule #1: Do No Harm. Job writes, "To do no harm means that I will be on guard so that all my actions and even my silence will not add injury to another of God's children or to any part of God's creation." In other words, doing no harm means respecting the culture and beliefs of those in whom we minister.

Rule #2: Do Good. Job writes, "My desire to do good is in response to God's invitation to follow Jesus, and it is in my control. I can determine to extend hospitality and goodness to all I meet." Doing all the good we can means to engage others proactively in a way that nourishes goodness and strengthens community.

Rule #3: Stay in Love with God. Job writes that as we stay in love with God, we "find our moral direction, our wisdom, our courage, and our strength to live faithfully from the One who authored us, called us, sustains us, and sends us into the world as witnesses who daily practice the way of living with Jesus." What stories can you tell online to help others stay in love with God? How does social media help you stay in love with God? How can you contribute to these conversations in a face to face situation that helps others stay in love with God?

Join us for worship as we celebrate who we are as United Methodists!

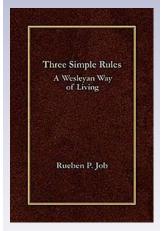
- 1. The People of God Who Do No Harm--- Proverbs 3:29-30---July 24
- 2. The People of God Who Do Good---Romans 12:9-21—July 31
- 3. The People of God Who Stay In Love With God---1 John 5:1-4 August 7
- 4. The People of God For Whom the Word is Our Parish--- Isaiah 2:2-4---August 14

Be Bold, Be Strong,

Rev. Matt German

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Come and Worship!

Sundays

9 AM—Modern

Online & In-person

11 AM—Traditional

Online & In-person

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12 PM Recreation for Seniors	9:30 AM Prayer Room	3 9 AM Circuit Pastor's Meeting 6:30 PM Praise Team Rehearsal	4 11 Options of Linn Co. 11:30 PM GriefShare 12 PM Recreation for Seniors 3:45 PM Salem Servants Serve at Green Square Meals	5	6 8 UM Men's Breakfast
7 9 AM Worship (Modern) 10 AM Fellowship Time 11 AM Worship (Traditional)	8 12 PM Recreation for Seniors	9	10 12 PM Golden Links 6:30 PM Praise Team Rehearsal	9:30 AM UMW Sarah Circle Meeting 11 Options of Linn Co. 11:30 PM GriefShare 12 PM Recreation for Seniors	12 1 PM UMW Rachel Circle Meeting Matt and Nicole's Wedding Rehearsal	13 Matt and Nicole's Wedding
14 Food Bank Sunday 9 AM Worship (Modern) 10 AM Fellowship Time 11 AM Worship (Traditional) 12:30 PM Women's Care Group	15 Forecaster articles due to Church Office 12 PM Recreation for Seniors 6 PM Soul Sisters	16 9:30 AM Prayer Room 5:30 PM Leadership Board Meeting	17 6:30 PM Praise Team Rehearsal	18 11 Options of Linn Co. 11:30 PM GriefShare 12 PM Recreation for Seniors	19	20
9 AM Worship (Modern) 10 AM Fellowship Time 11 AM Worship (Traditional)	22 12 PM Recreation for Seniors	23 10:00 AM Staff Meeting 12:30 PM Cards and Fellowship	24 6:30 PM Praise Team Rehearsal	9:30 AM Dignity for Girls Workshop 11 Options of Linn Co. 11:30 PM GriefShare 12 PM Recreation for Seniors 3:45 PM Salem Servants Serve at Green Square Meals	26	27
28 9 AM Worship (Modern) 10 AM Fellowship Time 11 AM Worship (Traditional)	29 12 PM Recreation for Seniors	30	31 10 AM Wednesday Morning Bible Study 5 PM Church In Our Backyard 6:30 PM Praise Team Rehearsal			Salem Office hours: Monday—Thursday 9 AM to 4 PM (closed holidays)

Walk to Emmaus

If you are ready to re-ignite your Christian faith, we invite you to consider participating in one of our weekends away. You'll be embraced in a community of people who will care for you, pray for you, feed you, and lead you through a program of worship, discussion, devotion and renewal. Our weekends are an ecumenical Christian ministry appropriate for members of all denominations as well as independent Christian churches.

What to expect:

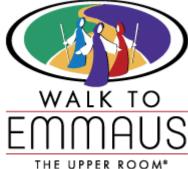
- Expect to listen, discuss, sing, pray, interact and think. You'll be with others who are also taking steps forward on their journeys of faith.
- Expect to have a lot of "together" time and some private time for your own reflection.
- Expect to make some new friends.
- Expect to be taken care of. A team of servants will be working behind the scenes to see that you are fed well and comfortably housed. They will take into consideration the health requirements and restrictions noted on your registration form.
- Expect to have enough time for a full night's sleep.
- Expect to surrender a bit of control over your life. A disciple surrenders to Christ and a Pilgrim surrenders to the weekend. As a Pilgrim on the Walk to Emmaus, we'll ask you to give God your attention for 72 hours. Please leave your phone, watch, and other electronic devices at home.
- Our weekend programs are short courses in Christian understanding presented through 15 talks and discussions in a small group setting. You will be an active participant.

This three-day weekend experience will take you away from the distractions of life and allow you to refocus on your faith. You'll be immersed in a Christian community. The activities and discussions will instill in you a new sense of purpose, and encourage you to live out your faith in new ways. You'll be amply fed, comfortably housed, and you'll have plenty of time for a good night's sleep. Scheduled break times allow opportunities for private meditation, social interaction, and fresh air.

This is the Walk to Emmaus. People often ask, "How far do we have to walk?". The answer: you don't really have to walk anywhere. The "walk" is symbolic, not an actual physical challenge. Facilities and activities are fully accessible to people of all abilities. The name *Walk to Emmaus* refers to Luke 24:13-35 where Jesus walks with two travelers who do not, at first, recognize him. In this weekend, you'll learn to recognize Christ in the world around you, and will be inspired to be an instrument of His love. Join us at camp Io-Dis-E-Ca (Solon, IA) for this life changing experience.

Men's Walk: October 13-16

Women's Walk: October 27-30



August Birthdays and Anniversaries

Birthdays:

- 2 Troy Bergmann
- 2 Kali Sanborn
- 3 Tim King
- 4 Jackie Sweet
- 4 Cyrus Mudanya
- 8 Alyssa Hague
- 8 DeAnn King
- 9 Sharon Busch
- 9 Marilyn Sheets
- 10 Carver Hague
- 12 Wendy Cox
- 12 Pam Wheeler
- 12 Natalia Schmitt
- 24 Pat Conrad
- 24 Linsey Thomas
- 24 Camryn Meyer
- 25 Kyle Cross
- 29 Jim Caviness
- 29 Morley Monter
- 31 Olivia Fayram



Anniversaries:

- 2 Christine & Ryan Rand
- 5 Donna & Lee Borntrager
- 8 Bill & Julie Lefebure
- 9 Allan & Jan Johnson
- 10 Matt & Courtney Templeton
- 16 Marlene & Ronald Primrose
- 25 Jeremy & Alyssa Hague
- 29 Bob & Barb Walker
- 30 Ahban & Ausha Ayers
- 31 Ed & Diane Foss

Church-Wide Garage Sale September 29 & 30



Salem's Church - Wide Garage Sale, an annual event sponsored by the UMW, will be held Thursday, September 29, 8 AM - 6 PM, and Friday, September 30, 8 AM - Noon, in the Fellowship Hall. Friday is \$5 BAG DAY - all items that fit in a large kitchen garbage bag are \$5. Proceeds go to United Methodist Women missions projects.

Donations of gently used items may be dropped off in Fellowship Hall Tuesday, September 27 from 9 AM - 6 PM and Wednesday September 28, 9 AM - Noon. If you have items to donate but are unable to get them to the church during these hours, please call Doris Holst at (319) 396-6329 to make arrangements for pick up.

Items **NOT** accepted are baby cribs or car seats (recall issues), adult clothes, children's clothes or furniture. We will accept small furniture items, such as end tables, book shelfs, etc. Check around your home and garage for all those treasures that you no longer need or use.

For additional questions or to volunteer to work during the set up or sale times, please contact Sharon Busch at (319) 396-1643 or Doris Holst at (319) 396-6329.

Thank you in advance for your generosity and support.

Finance Update

Salem Finance Update as of June 30, 2022						
Operating Income (Annual Giving):						
Offering Income	\$ 130,919					
Operating Expenses						
Expenses to date	\$152,280					
Net Amount of Income over/(under) Expenses	\$(21,361)					
Building Fund						
Offering Income	\$ 22,030					
2022 Mortgage payments to date	\$ 32,232					
Net Amount Income over/(under) Expenses	\$(10,202)					
Building Fund Balance held in Reserve (2.54 months)	\$ 13,642					

4 Ways to Give at Salem



There are four ways to give your offering •mail an offering to the church office •give electronically at our website salemchurchcr.com/donate •use the mobile app Vanco Mobile •send a text to (855) 917-1810 with the dollar sign and the amount you are giving (e.g. \$25) and the text code, if applicable (e.g. \$25 EC). Need help? Go to salemchurch.life.

Mission Focus: Ecumenical Center

Ecumenical Center, located at 601 Second Avenue SE, makes today better and tomorrow brighter for neighbors in need through 3 ministries: Helping Hands Ministry (HHM) provides financial and other assistance for basic needs. Qualified individuals are assisted with rent, utilities and gas cards for autos. CompuPlace provides lifelong learning services to people with disabilities. These individuals are taught how to use computers. The ECC Agency Housing provides low price office and storage space to other nonprofit agencies.

The Ecumenical Center welcomes volunteers to help with teaching computer classes, data entry or other office duties. If you are interested, contact Joni Salazar at (319) 573-3943.

If giving by text, code is EC.









Joni Salazar

Sunday School Teachers Needed



We hope to try a slightly different way to teach Sunday School in September, but it all depends on you.

Do you feel the call to share the teachings of the Bible with the youngest generations of Salem? Do you enjoy leading children or youth? Do you know within you that earnest need to direct others to the Lord God? This opportunity could be for you.

This commitment is for 3 months. Each segment of 3 months will need 2 teachers per classroom. If we have 3 classes the need will be 18 teachers for the Sunday School year, which is September 2022 through May 2023.

Contact Evelyn Prasil at (319) 389-0946 to learn more and to volunteer.

Church in Our Backyard

Everyone is invited to come to Salem's last backyard of the summer on August 31 for a great time of fellowship, food, singing and devotions. Come to the church around 5 PM and we'll try to eat between 6 - 6:30 PM. All you need to do is bring a lawn chair, something you'd like to cook on our grill, and a dish to share. We'll supply drinks, plates and utensils. Salem's "Grillmasters" will even do the grilling for you! We eat in the Youth Room which is easily accessed using the church elevators--no need to hike down to the lower level.



CHURCH IN OUR BACKYARD will end around 8 PM. Contact Tim King at (319) 396-4857 for more information.

New Members



Congratulations and welcome to our new members Larry and Betty Vondracek! We are thrilled you are a part of this Salem family!

Hospital Care Team

On Sunday, July 10, we commissioned and anointed our Hospital Care Team. This team makes daily phone calls to St. Luke's Hospital and Mercy Medical Center. Please ensure when you are admitted or during your stay at the hospital, that you have Salem United Methodist Church in Cedar Rapids listed as your faith community. That assures when the HCT places the call, you will be listed as a patient from Salem, as we are happy to visit and pray with you during your stay.



Pictured from left to right: Susan Lillard, Sandy Andreasen, Gerry Wheeler, Deb Black, Heidi Pankey, Trudy Marovets. Missing: Kathy Simonsen, Momodu Kamara and Dave Higdon.

Cards and Fellowship

Looking for a fun afternoon enjoying a friendly game of UNO or Kings in the Corner? Come join us on Tuesday, August 23 at 12:30 PM in Fellowship Hall. Bring a snack to share and join in the fun! Hope to see you then! If interested contact Judy Cowan at (319) 396-3996 or Chatty Lullmann at (641) 414-1776.



All Golden Agers Welcome!



Golden Links will be meeting on Wednesday, August 10 at 12 PM at 16th Avenue Grill (3130 16th Ave SW). Everyone is welcome! Call Josie Lanz at (319) 362-3859 for more information.

Thank You

A big thank you to Roger Newhard for supplying Dilly Bars on the last day of Shueyville/Salem combined Vacation Bible School. The 75 children and volunteers enjoyed this generous treat!

A sweet blessing indeed.

Evelyn Prasil



Report of the Leadership Board

The monthly Board meeting opened at 5:30 PM. Those attending were Amy Schilling, Donna Sanders, *Richard Pankey, Jan Graham, Jan Johnson, and Pastor Matt.

*Virtual Attendees

5:36 PM – Pre-Meeting called to order

Loving – Shared a Joy.

Learning - Living as God would want us to with love and acceptance in our hearts.

Leading - Being Good Stewards and Leading by example.

6:00 PM - Opening Prayer

Stewardship - Giving for June was \$16,223.50, expenses were \$23,041.15, leaving a deficit of \$6,817.65. Our year to date on the operating budget is -\$21,361. We are down to 2.54 months reserve in Building Fund, we like to have a full 6 months.

Budget Task Force - Have reviewed budget and expenses, next meeting they will begin to put together a contingency plan to cover short falls.

AV Task Force – Due to the budget constraints it has been decided to table this item at this time.

SPRC - Nursery position filled and will be using volunteers as the second person. Still need a few for the 2nd service.

Trustees – Sanctuary Lights – Awaiting the supplies to arrive at which time Novak will begin to fix/replace burnt out bulbs. Expectation is early August.

The vandalized air conditioning units have been repaired. A claim was filed with the insurance company.

Mark Minger will look to re-paint the yellow lines in parking lot this fall.

Meeting adjourned with prayer at 7:45 PM.

Next Meetings:

June 21, 2022 at 5:30 PM July 19, 2022 at 5:30 PM







August 2022 Forecaster

3715 33rd Avenue SW Cedar Rapids, Iowa 52404

319-362-6178 office@salemchurchcr.com www.facebook.com/salem.cr salemchurch.life

RETURN SERVICE REQUESTED

11:00 AM

Salem's mission is to make disciples of Jesus Christ for the transformation of the world.

"connecting people, building community, transforming lives through Jesus"

Salem's Sunday Morning Schedule

Online Worship

www.facebook.com/salem.cr

http://youtube.com/channel/UCnWq4K2wc3F0nmk8h9y8Xjw www.salemchurch.life

9:00 AM Modern Worship Sanctuary
10:00 AM Fellowship Time Fellowship Hall

Children's Sunday School on Summer Break

Traditional Worship Sanctuary

Nursery for infants through 4-year-olds is available on the Lower Level during worship services and Sunday School.

