

The image shows the cover of a magazine. On the left side, there is a dark silhouette of a church building against a clear blue sky. A large, simple cross is mounted on the roof of the church. The right side of the cover is mostly white space with text. The text 'Church of the Saviour Magazine' is in a small, black, sans-serif font. Below it, the word 'Winter' is written in a large, bold, black serif font. Underneath 'Winter', the year '2023' is written in the same large, bold, black serif font. The overall design is clean and minimalist.

Church of the Saviour Magazine

Winter 2023

CHURCH OF THE SAVIOUR MAGAZINE: WINTER 2023



W

elcome to the new Church
of the Saviour (COS)
Magazine!

In the past few months, we (the staff of COS) have been emphasizing stories. We believe that stories are one of the most powerful tools that lead to inspiration, encouragement, transformation. This is especially true within the Christian context. As it says in Revelation 12:11, when talking about how the people of God overcame the evil one, “they conquered him by the blood of the Lamb — [meaning, the saving work of Jesus] — and by the word of their testimony — [meaning, their stories of their experience of the saving work of Jesus].”

All this means that your experiences of God’s presence in your life have power over evil, and as we share them, we can expect people to be set free to live joyful and powerful lives in God’s kingdom. This isn’t just true of our individual stories — later on in this magazine, Jan Heller will share one of the ways we’ll be prioritizing the sharing of individual stories, as well as our corporate stories. God is at work amongst the Servant Leadership Board, the Children and Youth ministries, the Adventurers and Builders; he is at work in Yoga in the Light, and all of our other ministries. As such, what better thing to do than to tell how he is at work. That’s what we’ll do through this magazine.

In addition to telling stories, we will continue to present upcoming opportunities for you to attend to your faith through what we provide. Being a quarterly magazine, this will give you ample time to mark your calendars and prioritize your spiritual formation at church.

A few things I’m excited to share include our Lenten worship series. This Lent we will be focusing on the word ‘habitus.’ What is habitus? Habitus is essentially a way of being formed through knowledge and experience than runs through the body rather than the brain. In this series, we will look at how we are always, unconsciously, being pulled towards a worldly formation, and the importance of intentionally presenting ourselves to God to have our hearts recalibrated so that we can be formed in the likeness of Christ.

This series will lead us right into Holy Week, with our celebrations and observations of Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday. This is a week where we get to relive the story of Jesus, as he made his way to the cross to redeem humanity. Make plans to be at each service that week and at least one of the Sunday offerings.

I’m so thankful for Samantha Stanford, and her vision of creating this magazine. I pray that it blesses you tremendously. Please share it with others so they can also benefit from what God is doing at Church of the Saviour.



In Christ, your brother,

Pastor Meshach Kanyion
meshach.kanyion@cos-umc.org

COS Stories

God Stories

Some people believe that God stopped talking to us by the end of the New Testament. Not true. God speaks to every one of us every single day. Sometimes His message is to change our life, change our attitude, or direct us to help someone.

God has myriad ways of speaking to us, such as through scripture, memories that pop up at exactly the right time, conversations, experiences, gut feelings, and sometimes even visions. Scripture supports this. For example, God spoke to Mary through the vision of an angel. He spoke to Joseph in dreams. Furthermore, God grabbed Saul's attention with a bright, blinding light followed by a conversation with Jesus.

He might talk to you one way and to your friend in another. Maybe he has spoken to you in more ways than one. It depends on what he has to do to get your attention. Sometimes we might need something as obvious as a burning bush.

Everyone has at least one treasured God story.

The purpose of this column is to give us a space to share a God moment. Our spiritual stories can inspire others to pay attention to the ways God influences our lives. And every story will bring readers closer to God and even to one another.

You probably have a story in mind right now. So what's your story? How did God speak to you? What was the message you received? How did you respond? How did you feel after this experience?

As you consider which of your stories to share, please jot down your notes at stories@cos-umc.org. Be sure to leave your contact information and a writer will work with you to put it all together.

Our aim is to grow everyone's faith in our church community. And each person who shares a story becomes a part of that.

Won't you become one of our story tellers?



Servant Leadership Board

Greetings from the Servant Leadership Board,

"Grace and Peace to you from God our Father and from the Lord Jesus Christ, who gave himself for our sins to rescue us from the present evil age, according to the will of our God and Father, to whom be the glory for ever and ever." Galatians 1:3-5

We want to use this opportunity to tell you a bit about the Servant Leadership Board (SLB), to increase awareness and understanding of service opportunities that take place 'behind the scenes' to enable this vibrant and wonderful church community. The SLB is the governing board of Church of the Saviour and is responsible for the strategic direction and action plans to achieve the mission of the church. The SLB also has oversight responsibility for key administrative roles required by the United Methodist Book of Discipline.

Three other committees do the heavy-lifting of church administration – Trustees, Finance and Staff Parish Relations. They work with church staff Melissa Hagemeyer, Dorothy Stadelmann, Len Troy and the pastors to keep the facilities in good order, the bills paid, and the staff supported. These committee chairpersons (or a liaison) are members of the SLB, and major decisions are brought to SLB for approval.

Any church member can offer to serve on SLB, no prior experience or special knowledge required. Names are considered by the Lay Nominations Committee in the fall and recommendations made at the Charge Conference in November for commencement in January. We meet monthly and membership is a 3-year term.

The 2023 members are Nermine Banke (chair), Larry Brueshaber, Mark Combs, Sarah Davis, Allison Dubbs, Rick Huff, Kevin Josche, Katie Loew, Chris Philpott, Dave Shardelow and of course Pastor Meshach Kanyion.

We strive to draw upon our collective knowledge, skills, and talents when making decisions. Feel free to speak to any of us about church matters or to find out more about serving on SLB.



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Children's Ministry

The Children's Ministry strives to partner with families within the church and community so that they will know Jesus, understand their place in His story, and want to follow His example of a servant's life.

Deuteronomy 6 paints a beautiful picture of family and God's heart for discipleship at home. In the everyday moments of life, parents have an incredible opportunity to champion their faith in front of their kids, and our Children's Ministry wants to partner with families, so they find their place in the story that God is writing.

Knowing that parents are called to lead their children spiritually and practice discipleship in the home may not be new information but knowing where to start and what it looks like, can feel daunting. Why? That truth and living into that truth is challenging and maybe even overwhelming. With work, school, sports, extracurricular activities, appointments, etc. For many families, just finding time to be together is difficult enough, let alone trying to figure out how to squeeze in a Bible lesson or faith talk.

One of the ways that our ministry can partner with parents is to provide age-appropriate Christian education through programs such as Sunday school, Bible Basics, and VBS. Additionally, we can create opportunities for families to come together and experience worship and service together like when we have All-in Sundays or Family Night's In.

All of these programs, activities, and events are wonderful ways that our ministry supports the faith-building of our children and families while at church. However, how can our ministry partner with parents to be their child's faith teacher in the home?

One way is by helping parents think differently about this command. To help them realize that when the charge to "impress these things upon your children" was given

in Deuteronomy 6, is less about adding another thing to the calendar, and more about finding ways to invite Christ into what they are already doing? Instead of saying, "There's no time to do more", encouraging them to say, "We are going to let God do more with our time."

In the Deuteronomy 6 passage, there are four discipleship moments mentioned: Getting up in the morning, going to bed at night, sitting down at home, and leaving the home (along the road). Throughout the world, these things happen every. single. day. We all wake up, we all sleep, we all sit, we all go. These are the times that God said, "Talk to your kids about Me." The most ordinary moments of the day become extraordinary moments to disciple our kids in the faith by simply inviting Christ into our calendars, into each moment, into each activity.

It starts with just one comment, one reflection, one pause to turn our focus from the temporal to the eternal.

February

5th – All-in Sunday (families worship together; no Sunday school)
10th – Parent's Night Out (5:30p)
12th – Sunday school (9:30a and 11a)
19th – Sunday school (9:30a & 11a)
26th – Sunday school (9:30a & 11a)

March

5th – Sunday school (9:30a & 11a)
12th – Sunday school (9:30a & 11a)
19th – Sunday school (9:30a & 11a)
26th – Sunday school (9:30a & 11a)

April

1st – Easter Event
2nd – Sunday school (9:30a & 11a)
9th – EASTER (no Sunday school)
16th – Sunday school (9:30a & 11a)
23rd – All-in Sunday (families worship together; no Sunday school)



Discipleship at home isn't about doing more; it's about inviting Christ into what you are already doing. It's about impressing the heart of God into your children's hearts in the everyday moments so that being a Christian isn't about going to church or managing sin or even reading the Bible, but rather about living each moment with hearts turned to God and lives reflecting His love. It's about creating disciples.

"The commandments I give you today must be in your hearts. Make sure your children learn them. Talk about them when you are at home. Talk about them when you walk along the road. Speak about them when you go to bed. And speak about them when you get up. Write them down and tie them on your hands as a reminder. Also tie them on your foreheads. Write them on the doorframes of your houses. Also write them on your gates." Deuteronomy 6:6-9

- Michelle Shiparski, Children's Ministry Director
michelle.shiparski@cos-umc.org

Youth Ministry

"I got more out of tonight's youth group than I have ever gotten out of any youth group I've ever been to and I wanted to thank you for that." Those words were shared with me by one of our seniors after our final meeting of 2022 where the students packaged presents for kids whose families couldn't afford them. That piece alone made the night worthwhile from this Youth Director's perspective, but that's not what this student was referring to. No, this student was talking about a question and answer portion of the night where our 7th-12th graders got to ask questions about God. No limitations, no restrictions, just ask and see if Jon knows the answers, and boy howdy were the questions all over the place.

There were fun questions like if Elon Musk was an alien and, if he was, from what planet did I think he was from. There were thoughtful questions like why I, their designated Jesus person, believed in God. Most importantly, there were questions serious enough that I don't feel the liberty to share them publicly. After everything was said and done, and I had shed a few tears myself, I heard that wonderful quote from one of our wonderful seniors. Shockingly, pastoring is typically a somewhat thankless job. The people are great, but the growth is slow. However, every now and then, you get a sign you're doing something right and that was one of those signs.

The best news is my time here with Church of the Saviour is just getting started. I'm blessed to be accompanied by a genuinely terrific core of adult volunteers and, dare I say it, an equally terrific stock of teenagers willing to learn and lead in Christ. As we continue growing and learning together I hope that our spring semester is even more exciting and fun than our fall semester, and that our summer tops them both. I am VERY excited about what's to come and I'm looking forward to see what God does here in this place!

- Youth Director, Jon Yaney, jon.yaney@cos-umc.org



February:

- 5: What is Biblical Marriage with Pastor Meshach
- 12: Super Bowl Party
- 19: Marriage Panel
- 26: Care Packages for Graduates

March:

- 5: How to give a 2 Minute Testimony
- 12: How to give a 5 Minute Testimony
- 19: Spring Break (No Youth!)
- 26: How to give a 15 Minute Testimony

April:

- 2: Philippians Chapter 1 with Pastor Karen
- 9: Easter (No Youth!)
- 16: Philippians Chapter 2 with Board Chair Nermin
- 23: Philippians Chapter 3
- 29: Confirmation Rehearsal Dinner
- 30: Confirmation Sunday
- 30: Philippians Chapter 4



Notes for Life: Music and Worship

Joe Galyon, Director of Worship and Arts
joe.galyon@cos-umc.org

Church of the Saviour places a high appreciation on music and its ability to shape and mold the spiritual lives of participants and worshipers. Music is a unifying tool that crosses barriers of age, culture, gender, and ability. The music ministry is of utmost importance in our faith community. Musicians and leaders continually strive to usher worshipers into the transforming presence of God. While doing so, the musicians themselves grow and connect with each other and the Creator.

When the Spirit of God infuses the work of our musicians, the Kingdom takes hold of our earthly environment and lifts us from our ordinary lives. God anointed one such moment on a youth choir tour where the singers received a written message from someone at the concert. It read,

I was at your concert on Friday. I came feeling life was hopeless and feeling more than a little suicidal. Somehow during your concert, I felt hope creeping in again. Hope for me and for a better world. Just a little hope but enough for now. Thank you.

Suddenly, the willingness to join a music group, sacrifice time to attend all the extra practices, and give up a week to travel on tour elevates the awareness of God's divine calling and purpose with music ministry. The potential for this brush with heaven presents itself daily if we make ourselves open to Kingdom possibilities.

The word liturgy finds its place in religious contexts as spoken or sung acts during a worship service. Its derivative means "work for the people." In his book *Desiring the Kingdom: Worship, Worldview, and Cultural Formation*, James K. A. Smith writes:

Our experience is a series of liturgies that form us to be people of the world. We are formed by our participation in liturgies at the football field, shopping mall, gym, workplace, grocery store, restaurant, and so forth. While we are called to be God's people, worship on the Lord's Day usually lasts ninety minutes on average, and "this is not much time to enact counter-measures to the secular liturgies in which we are immersed the rest of the week!"

Work for the people in music ministry is also a form of liturgy outside the hour of worship. Involvement at any age becomes formational through the building of community relationships, the experience of scripture associated with music, and the exercise of commitment to offer our best to God. Fulfilling its highest calling, the music ministry at Church of the Saviour offers all people the opportunity to work together with varied gifts to draw our community to the throne of God through vibrant worship.





Join a kids choir today!

Kids Music

The Kids Music Program is comprised of six ensembles representing grades pre-K through six. Groups are divided into age-appropriate ranges and are directed by eight talented and caring volunteer staff members. We currently have over 50 kids involved on a weekly basis!

Groups rehearse every week on Wednesday evenings and are involved in leading worship a few times every year. Along with performing during worship, the kids choirs put together a musical for Christmas Eve and one in late April. The musicals include songs, speaking parts, and choreography! The kids ringers learn ringing techniques, music literacy, along with other musical skills.

We are always looking for volunteers to help fill in or assist the directors. If you are looking to get involved, please email me, David Anderson, Director of Children's Music, at david.anderson@cos-umc.org.

Discipleship Through Small Groups

For where two or three are gathered in my name, I am there among them.” – Matthew 18:20

At the beginning of Jesus' ministry on earth, He selected a small group of twelve men to sit at His (Rabbi's) feet to learn and become His disciples (students). He mentored and trained them over three years and after He ascended into Heaven, left them in charge of building up the church. And do you know how these 12 men grew the church? You guessed it, through Discipling small groups!

In the book of Acts, it is well documented how they started out as small groups meeting in homes & out-of-doors, and then moved into building churches and gathering on a much larger scale. If it weren't for that first discipling small group of 12 rag-tag men, you and I would not be a part of this church that we love so much!

Through their discipling small group, the Disciples found fellowship, accountability, spiritual growth and Christ-centered community, which our own congregation continues today. So, what is discipleship? It is the process by which people meet Jesus, grow in their relationship with Him, as well as their knowledge of God's Word. Church of the Saviour offers many Discipling Small Groups which help us to be nurtured into Kingdom ministers as we seek to carry out the Great Commission and work to "make disciples of Jesus Christ for the transformation of the world."

You might wonder which discipling small group might be best for you? I will be honest that I cannot answer that question for you, only you can discern this. But, as your new Associate Pastor, I am here to help you in the process of finding a group or two that will help you to grow in your faith, to deepen your relationship with the Lord, and to embolden you and focus your work in this world.

Know that I am here to help. If you want to make an appointment to meet with me to talk through what your current needs are, I would love to meet with you. And then, with the help of the Holy Spirit, we can find you a group who will help you to take your own faith journey to the next level.

-Pastor Karen Crawford
karen.crawford@cos-umc.org



Peace House

Those of you who started attending Church of the Saviour post-2020 may not know that the house on the west side of the parking lot used to be one of two parsonages. In 2020 the house was renovated to accommodate Peace House Ministries, our church's answer to a calling to serve and love members of the local community facing mental health concerns and illness. In fact, the mission of Peace House is to model Christ by cultivating and bringing a brave community to promote healing, wellness and purpose for all people.

What is happening at Peace House these days:

Even before the creation of Peace House, our church developed a relationship with organizations such as NAMI and Al-Anon who continue to meet at our church, but now they are able to use this new collaborative space. While maintaining these relationships is important, Peace House Ministries felt called to do more to connect with the community.

Consequently, Peace House Ministries has begun the endeavor of building a speaker series in connection with the needs of our community. For example, in November 2022 we hosted a presentation titled "The Wonderful Awful World of Youth Sports" prepared by Dr. Andy Sweeney and Emily Sweeney. It was a strong start, and we have learned a lot about how we can move forward to make other presentations meaningful and successful.

We have exciting plans for April 2023: We are working to bring Scott Erickson (also known as Scott the Painter) and his "Say Yes: A liturgy of not giving up on yourself" to COS. "Say Yes" is a spoken word presentation that Scott describes as "a church service about suicide." Scott was here in January of 2020, drawing a very large crowd to the sanctuary of Church of the Saviour. We hope to recreate this interest level again with people from all around Cincinnati and the tri-state area as he has a significant following due to his unique perspective on God, mental health, and personal connection. Check out Scott @scottthepainter on Instagram to see some of Scott's work and commentary.

The Peace House team continues to explore opportunities:

While church staff are frequently asked when individual therapy will be offered at Peace House, our team continues to partner with Basset Psychological Services to explore what therapeutic services can be provided within the restrictions put in place by the City of Montgomery. These restrictions were not anticipated during Peace House planning. The Servant Leadership Board and the Peace House team will continue to update you about this process. One particularly successful way Basset has partnered with COS is by providing the children and families of Montgomery Nursery School with PATHS, a social and emotional learning program that is empirically-supported. Basset staff have worked to align weekly Social and Emotional Learnings (SEL) lessons with the Fruits of the Spirit discussed during monthly Chapel Chats with nursery school students. The Peace House team and COS staff believe there are other unique ways we can develop an outward-focused presence in the community.

One way we plan to keep members of the congregation and the general community informed about what is happening at Peace House is through a podcast that is currently being developed under the leadership of Pastor Meshach. Stay tuned for more information about this podcast.

Interest and Involvement:

Currently, our Peace House Ministries team includes Pastor Meshach Kanyion, Nermine Banke, Cindy Coggins, Dan Conners, Mary Hoover, Logan Jones, Andy Sweeney, and Carole Wood.

We know that mental health affects so many of us (as 1 in 5 adults and countless adolescents in our community each year manage these effects), so we welcome your ideas. As a group of His servants, we are excited by the potential of Peace House to extend Christ's love to this community, and to deepen our own discipleship journey as individuals and as a church body. Please contact Nermine Banke at nb.banke@gmail.com if you are interested in learning more about how you can be involved with Peace House.



Haiti



Church of the Saviour Ministry Partners in Haiti

This morning at a funeral service, I heard the following lyrics of the song, "He's Always Been Faithful" by Runyan, Groves and Chilsholm.

*Morning by morning, I wake up to find
The power and comfort of God's hand in mine
Season by season, I watch Him, amazed
In awe of the mystery of His perfect ways
All I have need of, His hand will provide
He's always been faithful to me*

The field of mission work provides unlimited opportunities to witness God's steadfast faithfulness. Mission work in the impoverished and now violent country of Haiti reveals an even greater need to Let Go and Let God (do His work). His faithfulness and provision for the needs of our Servants In Fellowship co-workers, Junior Cineas and Fanfan Janvier, and our dear 20 girls of the H.O.P.E. Center for Orphaned Girls, has never been so evident to me.

Servants In Fellowship has weathered the storm of having to withdraw our missionary family, the Brubakers, due to the changes in Haiti and needs of their children. As a result of an on-going inability to send US teams to do work in Haiti, the organization faced the challenge of re-visioning its purpose. We still supported Junior in his work to provide for spiritual and physical needs of our Haitian brothers and sisters. He continues to conduct Bible classes and disciples younger students. In addition, Junior has developed and implemented an inexpensive water filtration system for families, in order to combat the cholera outbreak by providing clean drinking water. Faith Academy, run by Fanfan, has been supported by SIF for over 15 years. But what else can we do? God revealed and answer, of course. SIF was presented with an opportunity at the exact moment of need to partner with the new NGO, Raising Hope Ministry (RHM), founded and run by Tim and Toby Banks. The Banks are former SIF missionaries who parented the 20 orphaned girls. SIF was the organization which established HOPE Center 17 years ago. In Toby's words:

"Hope is the expectation of things to come. What better way to prepare for the future than through education? Raising Hope Ministries and Servants In Fellowship are working together to support the young ladies from The H.O.P.E. Center for Orphaned Girls. The girls are building on the foundation provided at HOPE to pursue higher education online or abroad. Eight (now ten) of the 20 'sisters' live together in Port-au-Prince attending English-speaking, American-system high schools preparing for the opportunities to come. Tim and Toby Banks, who raised the girls in person from 2005 until 2013, and then from afar, started Raising Hope Ministries. RHM provides for students in Haiti that have the skills and motivation to attend a US university but lack the resources to make that dream a reality. The pilot program at RHM starts with the girls from HOPE and plans to grow to other students as God leads. A partnership between RHM and SIF makes sense. SIF was started years ago with the girls from HOPE as a cornerstone purpose and is honoring this relationship by supporting these girls as they prepare to answer God's call on their lives."

This Spring, the Banks will come to Church of the Saviour to talk about Raising Hope Ministries and where the girls are in their journeys. It will be a blessed time of sharing and an opportunity to get acquainted and re-acquainted with our friends, Tim and Toby. Watch the EFlash and Sunday bulletin for details of time and date. In the meantime, please pray for the ministries, the Girls, Junior, Fanfan and everyone in Haiti. Pray for their safety and "All they have need of, His hand will provide."





Location: 76 East McMicken Ave
Cincinnati, OH 45202
Phone: (513) 721-6204
Website: wcmcotr.org



Wesley Chapel Mission Center provides free, educational, after-school programs to 300+ Pre-K- 12th grade students in the Northeast quadrant of Over-the-Rhine (a high-crime area of Cincinnati). Our vision is to be a guiding light and trusted haven that empowers children and families to practice Christ-like actions that will transform the community.



Wesley Chapel Mission Center is an extension ministry of the United Methodist Church, created from the assets, resources, and love of the former Wesley Chapel United Methodist Church. In 2003, Wesley Chapel Mission Center was established as a non-profit 501(c)(3) to provide an after-school program for the children in the neighborhood of Over-the-Rhine.



Wesley Chapel offers a positive and loving alternative for children who experience many barriers in their lives. Each day, children receive a healthy snack, homework help, age-appropriate Bible lessons, and guidance toward academic, spiritual and social development. Our ministry has grown to include a job-training program for teens, summer camp, technology club, Saturday morning tutoring, gardening club, family reading program, and monthly discovery trips outside of Over-the-Rhine. To learn more about our programs, visit wcmcotr.org.



With the support of our community, our goal is to equip children in our neighborhood to develop a sense of purpose and the skills necessary for a prosperous future.



Who Are the Stephen Ministers?

Previous articles described the Stephen Ministry at COS, in general terms of what they do. Stephen Ministers are compassionate individuals who are trained to help us when we encounter loss, grief, relationship challenges, and a myriad of things that can throw our lives into a tailspin. These Stephen Ministers are trained but are not professional counselors. They simply provide love, care, and support when we need it most. A Stephen Minister is a caring individual who can help us navigate our present situation.

We asked Jackie Nelson one of our Stephen Ministers to describe her experience as a Stephen Minister at COS.

Did you have concerns or expectations when you chose to become a Stephen Minister?

Jackie: I was concerned about being qualified. I had not been to any discipleship classes before but kept getting letters encouraging me to become a Stephen Minister.

What did you think was useful or valuable to you from your Stephen Minister training?

Jackie: To me the most valuable part of training were lessons on prayer, to make it part of every encounter.

Why is being a Stephen Minister important to you?

Jackie: Being a Stephen Minister is important to me because of the ability to aid someone going through a rough time. We are the care giver God is the curer.

What talents or spiritual gifts do you think are important for a Stephen Minister?

Jackie: Qualities needed for a Stephen Minister are compassion, patience, ability to listen, not being an advice giver but to guide the care receiver to discover answers and being nonjudgmental.

If you know of someone, or you personally feel that you might benefit from a Stephen Minister, please contact Pastor Karen Crawford (karen.crawford@cos-umc.org) or Mary Hoover (513-702-5642).



Stephen Ministry: Post-Holiday Blues

For most of us, Christmas and New Years is a time for family and fun. Colorful decorations around the house, Christmas presents under the tree, the holidays are a time to relax, enjoy ourselves and celebrate the birth of our Lord. Most of us look forward to these times, but for some, this can be the hardest time of the year.

For those who are lonely, those who have lost loved ones, those struggling on their own to support a family, those who are looking for work, those who are feeling the effects of increasing age and/or lingering illnesses, the holidays can be a very difficult time indeed. Seeing others preparing to celebrate, to spend time with family is a very painful reminder to them of things that may be missing in their lives.

If you know someone who is in this situation, please be sensitive to what they may be experiencing. Understand that it may be hard for them to find the joy that you find in this coming season. Take a little extra time to be sensitive to their needs and their emotions. If you are concerned about how much they may be struggling and think that they need some extra help, please talk to a member of the Stephen Ministry team. We have a number of resources, from printed materials possibility even one-on-one interaction.

If you know of someone, or you personally feel that you might benefit from a Stephen Minister, please contact Rev Karen Crawford (karen.crawford@cos-umc.org) or Mary Hoover (513-702-5642).

Justice

"He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness. Micah 6:8

Did you know that Methodists have a long history on social and justice ministry? John Wesley made ministry to the poor and vulnerable a priority in the early Methodist movement. This has carried forward to the church today. Most of us are probably not aware that The Book of Discipline for the United Methodist Church contains Social Principles to guide our response to societal issues. These principles cover a range of topics such as Human & Criminal Rights, Environment justice, Economic issues, Health & Wellness and Women & Children issues. As one reads the Social Principles, you may agree or disagree with some of the principles, but these principles can be a starting point for dialogue, prayer, and action towards our mission as disciples.

In 2020, Pastor Vicki Robinson restarted the Social Justice Committee in Church of the Saviour with a small group of members who had passion for social justice issues. The goal was to increase our awareness and action on Social Justice issues. Initial efforts focused on the principle of Human Rights with education programs aligned with the United Methodist Church initiative on Dismantling Racism. Five programs were held in 2020-21 primarily on Zoom during the Covid restrictions. We joined with other churches in the West Ohio conference in many of the programs.

During the past year, we participated in the Martin Luther King celebration and helped with voter registration. We also are helping to form a Justice Network Team with other churches in the Ohio River Valley District to find opportunities where we can collaborate on education and action. As we enter the New Year, we plan to add a focus on Affordable Housing & Homelessness. New programs and events in 2023 will be announced in the Worship Bulletin and News Flash.

If you have interest in becoming more involved in areas of Social Justice, please contact me, Russ Naber (naberrb@gmail.com)

Social Justice Team:

Allison Dubbs, Linda Wulff, Karen VanWagenen, Euphazine Reid Kendall, Lora Swedberg, Russ Naber (Chairperson)





United Women in Faith

Who We Are:

We're a **sisterhood** acting in faith to tackle the **hard work** of the **world** without hesitation.

Driven by God's love and united in sisterhood, we work to improve the lives of women, children and youth. Every day, we show up. We take action. We get it done. And we invite you to join us.



OUR VISION

We are a powerful, fearless force driven by God's love and united in sisterhood. With a focus on women, children, and youth, we act for justice and transform communities.



Our Co-Presidents and the UWF Small Group Leaders

Missions: United Women in Faith, Continued

What We Do

Empowered by faith in God, Church of the Saviour United Women in Faith inspires all people to join together to serve the needs of the church, the community, and the world.

Small Groups

SATURDAY/SUNDAY—Mothers and Daughters (usually meets the 4th weekend of the month). Focuses on “growing” young Christian women as we complete activities, have fellowship, share stories, and participate in service projects. **Leader: Pam Senefeld (513-314-5042)**



TUESDAY—Tuesday Morning Hannah (3rd Tuesday of the month—10:00 am) for community service projects and fellowship. **Co-leaders: Euphazine Reid-Kendall (678-857-8362) and Dorothy Stadelmann (513-800-8365)**



TUESDAY—Susanna Wesley Women in Mission (usually meets the 2nd Tuesday of the month—7:00 pm). The group is made up of women of all ages who find evening a convenient time to meet. They coordinate mission projects at their meetings and throughout the year. **Leader: Sandy King (513-791-2141)**



WEDNESDAY—Lydia Needlecrafters (1st and 3rd Wednesdays of the month—5:30-7:00 pm). This group is for knitters, quilters, and crocheters, experienced or brand new. Make baby blankets, prayer shawls, and prayer squares for those in need of a loving touch. **Leader: Donna Steinmetz (513-563-7144)**



We believe **love** in action can change the **world**.

Find out how to JOIN US!

CONTACT Leah Hondorf (513-304-5224) for membership information or to join a small group. You can also join as a member-at-large or volunteer to help with one of our mission projects.

You can subscribe to the UWF Monthly Newsletter by contacting Mary Jane Sper (mjsper@gmail.com).



WEDNESDAY—Bible Study (1st and 3rd Wednesdays of the month—7:00 pm). Join others in a quest for spiritual growth. **Leader: Teri Ballard (513-489-4474)**

You CAN Help

Did You Know That You CAN Help With Youth Mission and Choir Trips?

Jesus said, "You are the light of the world... [L]et your light shine before others, that they may see your good deeds and glorify your Father in heaven" (from Matthew 5:14-16). In order for Church of the Saviour's youth to let their light shine outside the church walls on the summer youth choir tours and youth mission trips, they prepare their hearts, minds, and souls in worship

and in youth group and youth choir activities; and the trip costs are covered by youth/family funds, directed gifts, and various fund-raising events. All year long, a walk through the church's halls means walking by one of these fund-raisers.



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The You CAN Help recycling fund-raiser is an ongoing event with no deadlines, no volunteer shifts, no event costs (100% of the recycling proceeds go to the youth trips), and no requests for cash! You CAN Help has been turning trash into mission treasure since 2004, when one youth choir family recycled \$6 worth of cans and wondered "what if lots of people from church gave their empty cans for recycling and the money helped pay the choir tour costs?" Fast-forward to 2023: You CAN Help has resulted in recycling more than 12,930 pounds (nearly 6½ tons!) of aluminum beverage cans and raising more than \$6,875 to support Church of the Saviour's youth as they serve as the hands and feet of Christ through summer youth trips! The simple ask is for empty aluminum beverage cans—anywhere from one at a time up to large bags full!—to be placed in or near one of the 4 collection bins at the church. (One bin is next to the soda machine, which also generates funds for the youth summer trips!)

What if every beverage can emptied at a church meeting or activity went into a You CAN Help bin and all the beverage cans emptied in homes were gathered and brought to a You CAN Help bin, then all of those cans got recycled to benefit Church of the Saviour's youth choir tours and youth mission trips? Just wondering.

For more information about You CAN Help, contact Angie Philpott (churchangiecp@gmail.com).

Children's Closet

Children's Closet has been a mission of the United Women of Faith for many years. It is located in the brightly colored closet across from the church office. We collect things for two months at a time for one of our mission groups. They include: Wesley Chapel Mission Center, Wesley Education Center, Jack's Closet, Bethany House Center, and other areas missions as they arise. We try to see what the needs are for each group and collect those. Some examples are: school supplies, diapers and wipes, children's clothing and coats, paper products and personal items for women.

Currently, we are collecting school supplies for Wesley Chapel Mission Center as they need more supplies. The Wesley Chapel Mission Center is located in Over the Rhine and is an extension of the United Methodist Church. They provide after school programs for children and families in the area. We appreciate how generous our church has always been with donations for our missions.

*The United Women of Faith thank you. Any questions can be directed to Jean Feldmeyer (Children's Closet Coordinator).
jean.feldmeyer@yahoo.com*

BUILDERS

Don't miss out on the fun!

Builders

The Builders are a group of adults who enjoy doing life together. Most Builders are in their 30s-50s, but everyone is welcome. Every month we organize a men's fellowship outing (Bro-Union), a ladies fellowship outing, and a co-ed/family outing. We have a women's Bible study that meets on Wednesdays at 6:00 pm in the church dining room, and we have a co-ed Sunday School class that meets on Sunday mornings at 11:00 am in the church parlor.

Event information will be shared through COS Newsflashes, church bulletins, GroupMe messaging, and Google calendar invites. Please contact Carrie Feldmeyer at (865)335-7235 or benfeldmeyer@yahoo.com if you would like to be added to our contacts. We would love for you to join us!



Adventurers

Church of the Saviour Ministry Partners in Haiti

If you are in for some fun this group is for you. The purpose of this group is adult Christian fellowship. We have no membership dues and no requirements. It's a great way to get to know other members of the church. We have no age requirements, but our activities are geared to the 55 + age group. You are invited to join us for any or all of our activities.

Every month we have a fun event or excursion. Watch the COS Newsflash for our latest activities or sign up for our Adventurer's email by emailing Jane Kieninger at jkieninger@aol.com with your preferred email address.

Some of our next activities coming up are Annie, the Broadway Musical, in February, The Native American Cultural Museum and lunch in Mariemont in March and a Motorcoach trip to Savannah and Charleston in October.

Yoga

Yoga for the Mind, Body, and Soul

What is Yoga?

The literal meaning of yoga is "to yoke", to join together, or to integrate. Yoga practitioners take that to mean a joining of the mind, body, and soul. Practiced for thousands of years in many different cultures, yoga can take on different forms. In our current culture, we often think mostly of the physical side of yoga, the poses. We may equate yoga with other types of physical exercise meant to strengthen our bodies and to lead to better physical health. Yoga can definitely do those things, but can it do more?

Why is Yoga gaining popularity?

According to thegoodbody.com, the number of Americans practicing yoga grew by 63.8% in the last 12 years. It's estimated that 34.4 million people practice yoga in America. Why are so many people turning to yoga? We live in a broken world full of stress and unrest. People seek yoga (as well as other forms of physical and mental exercise) to cope with the challenges of our world.

How is Yoga in the Light different?

At Yoga in the Light, we invite the Holy Spirit to join us on our yoga mat. Missing from the secular practice of yoga is the acceptance and proclamation that God is our creator. God created our physical bodies, yes, but also our mind and our soul. These three parts are yoked together by design and cannot be separated. During a Yoga in the Light class we share scripture and prayer while we move our bodies and ease our minds.

How can you experience Yoga in the Light?

We meet regularly on Wednesday mornings at 9:15am in the sanctuary. All are welcome, no previous experience is necessary, and there is no cost. Won't you join us? Yoga in the Light can also be scheduled for special events or small groups. Please contact Emily Stapleton (stapletonemily@hotmail.com) for more details.



Board of Trustees Report

The Trustees would like to give everyone a snapshot of 2022 highlights and a view of what we have targeted for 2023. This is high level, so please feel free to ask a Trustee for more information if you desire.

2022 Highlights: Completed wiring/cabling to enable improved video and broadcasting of Church services. Significant repairs and maintenance of the electrical and heating systems. Leasing of new copy machine resulting in significant cost savings. Replaced antiquated phone system with internet phone system. Peace House maintenance, including installation of a sprinkler systems to keep the extensive plantings healthy. Security lights installed/improved at all entrances. Landscaping programs including seasonal flower plantings and removal of dead trees.

2023 Upcoming: We are executing a whole-building upgrade of the wifi system. This will make using the COS wifi more reliable and enable all areas of the church (and MNS) to improve virtual meetings and utilization of web-based content. Several upgrades in the kitchen area including new fire suppression and replacing the dishwasher. New ceilings, lighting, and ventilation in Rooms 105 and 106. Replacement of the main entry door to improve security, reliability, and handicap accessibility. Ongoing care and maintenance of COS physical property including large items such as the parking lot and roof.

Board of Trustees

Senior Pastor	KANYION, Meshach
Chair	SIZE, Mike (23)
2023	HUFF, Rick (SLB;Finance)
2023	CONSTAND, Rich
2023	HENDRIXSON, Lee
2024	TRAVIS, Troy
2024	KELLY, Tom
2024	COBB, Dan
2024	FLAVIN, Mike
2025	BERRY, John
2025	DIETRICH, Beth
2025	RISK, Barbara



2022 Year End Financial Update

We certainly live in interesting times. Covid winding down and major staff changes have not deterred the important work that we all believe is important in Kingdom Building. Church of the Saviour is alive and well as we start an new year.

As you will note from the chart, we ended 2022 with a income over expense surplus of about \$65,000. From January of last year through the end of this January, we have paid down \$400,000 in loan debt, which totally retires our debt. We have accrued over \$210,000 for roof replacement in approximately 2 years. We need to put some additional away towards an expected \$300,000 total cost. It is the goal of leadership to continue to accrue for major repairs so they do not create a financial crises.

The year ahead will not be without its challenges. We had a very good pledge campaign last Fall. The pledges and anticipated giving from members should make up 83% of our expected expenditures. We have always been blessed by “second mile” giving and new member giving which makes up the difference. We know that with inflation and now, a full staff, we will spend more in 23 than we spent in 2022. It is important that everyone continue to support and give more when possible, so that we fully fund our budget needs in 2023.

Thanks to everyone who supports the ministries here at Church of the Saviour. Feel free to reach out to our treasurer, Len Troy, with questions you may have about our finances. Also remember that the 8-member finance committee is made up of individuals with a diverse background in business and finance and meet monthly to review and advise. Flynn and Co. does a full audit of our books every year.

Thank you for your continued support

COS Finance Team:

Larry Brueshaber, Chair; Rick Huff, Trustee Rep; Dave Evans; Nora Moushey; Mark Quarry; Ed Daniel; Scott Lindsay; Angie Philpott; Len Troy, Treasurer

Church of the Saviour Financial Report for December 2022

Income vs, Expense	December 2022		2022 Year to Date		
	Actual	Budget	Actual	Budget	% of Budget
Income					
Tithes & Offerings	129,003.62	121,041.87	\$ 1,366,496.95	\$ 1,452,502.44	
Other Income	1,279.56	207.50	14,285.25	2,490.00	94.08%
Total Income	130,283.18	121,249.37	\$ 1,380,782.20	\$ 1,454,992.44	94.90%
Total Expenses	110,843.67	121,033.57	\$ 1,315,505.50	\$ 1,452,803.84	90.55%
Net Operating Surplus	19,439.51	215.80	65,276.70	1,972.80	

The Push of a Button

We live in a digital age now, one ruled by electricity and mechanical processes that are based in mountains of logic and purpose. With the world being so rigid it can be hard to think conceptually, to think of the broad strokes of life. I cannot tell you what buttons will protect the world, what buttons will destroy them, but I can tell you that despite what a button does physically, what matters more is what it does conceptually. The push of a button allows for us to send stories across the world, bring light to the darkness, and move the world along.

Our lives are guided by stories, stories of triumph, failure, perseverance. These stories provide us with the means to navigate social situations and life situations helping us succeed in our day to day lives. With all of that said, in the digital age, I can send someone a story that may not pertain to their exact situation but that does contain messages and themes that will give them assistance in pushing through to the end of the goal. I can send them that story with a single click, or a push of a button.

When it is late at night and you walk into the kitchen for a midnight snack you probably turn on the light, right? This is something that you probably do so much that you don't even think about it anymore, unless you're yelling at the kids to turn the light off, which, fair. What I want you to think about is how a stadium can go from complete darkness to showered in bright lights with the flip of a breaker. This is part of what a button does, it can bring others out of darkness and into the light of purpose and community.

The last point I will touch on here is arguably the most important, the world runs on button presses and lever flips. Trains go from platform to platform because the operators push the right buttons to get the train moving. Now most cars are push to start, with most switching to fully electric. Overall the world gets moved along because there are humans like you and me pushing the right buttons. As a creative it's important to think about those responsible for moving what you love along.

Overall, I hope that you start to think more conceptually about the world and specifically pressing a button. I would also encourage you to reach out to me if you are interested in joining our audio visual team here at Church of the Saviour as we are always looking for enthusiastic individuals that want to spread the message of Jesus Christ. I would like to leave you with the reminder that the push of a button allows for us to send stories across the world, bring light to the darkness, and move the world along.



Special Sundays for the United Methodist Church

Special Sundays are designated Sundays throughout the year that provide opportunities for giving. These special offerings are earmarked and support designated ministries. On these Sundays, congregations are empowered to give toward causes and organizations that promote sustainable life change.



UMCOR Sunday



Easter: Servants in Fellowship



Native American Awareness



Peace with Justice



World Communion Sunday



UM Student Day

Intercessory Prayer

Why does God want us to pray for others? Because intercessory prayer reflects God's own character of outgoing love and mercy. God wants us to think like He does and praying for others helps us to think beyond ourselves and to grow in compassion for others.

We have a very dedicated prayer team at Church of the Saviour who receive and sincerely uplift the requests of our church family. Along with our pastors, we pray for others, knowing that God has all the power and loves the people we are praying for.

If you have a special concern or praise to submit, please fill out the yellow attendance sheet or online attendance during worship, email to prayers@cos-umc.org, or call the church office.

"We always thank God for all of you and continually mention you in our prayers." 1 Thessalonians 1:2

FYI: You are invited to join our prayer community. Praying confidentially for others and the world is rewarding and a ministry to the body of Christ. If you are interested, please contact Mary Hoover (hooverme99@gmail.com).



Ash Wednesday Worship
February 22, 2023 | 7:00 pm

fin.

Church of the Saviour Staff

If you have any questions or need any assistance, please do not hesitate to contact a member of the Church of the Saviour Staff! The office is open Monday - Thursday, 9:00 am - 4:00 pm.

Senior Pastor: Rev. Meshach Kanyion, meshach.kanyion@cos-umc.org

Associate Pastor: Rev. Dr. Karen Crawford, karen.crawford@cos-umc.org

Director of Worship and Arts: Dr. Joe Galyon, joe.galyon@cos-umc.org

Children's Music Director: David Anderson, david.anderson@cos-umc.org

Contemporary Music Director: Christian Cunningham, christian.cunningham@cos-umc.org

Office Administrator: Melissa Hagemeyer, melissa.hagemeyer@cos-umc.org

Children's Discipleship Director: Michelle Shiparski, michelle.shiparski@cos-umc.org

Building Administrator: Dorothy Stadelmann, dorothea.stadelmann@cos-umc.org

Treasurer: Len Troy, len.troy@cos-umc.org

Worship Technology Coordinator: Peyton Voline, peyton.voline@cos-umc.org

Director of Montgomery Nursery School: Jill Waldon, jill.waldon@cos-umc.org

Youth Director: Jon Yaney, jonathan.yaney@cos-umc.org

Director of Communications: Samantha Zeisler, samantha.stanford@cos-umc.org

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Church of the
 SAVIOUR
UNITED METHODIST

8005 Pfeiffer Rd.

Cincinnati, OH 45242

www.cos-umc.org

513-791-3142

Sunday Worship Times:

9:30 am - Contemporary

11:00 am - Traditional

Online Always Available