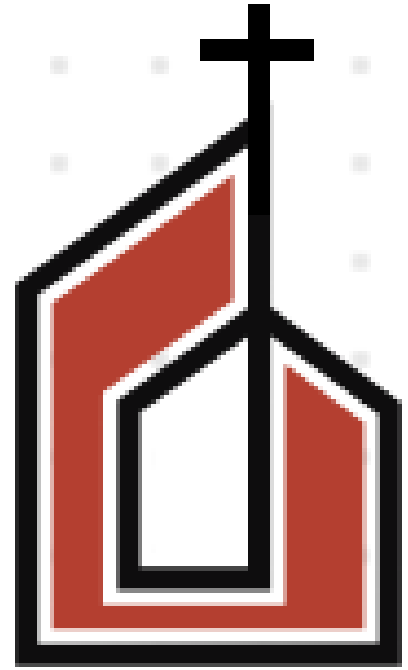


Church of the Saviour Magazine

Summer 2023



CHURCH OF THE SAVIOUR MAGAZINE: SUMMER 2023



Dear Church of the Saviour (COS) Family,

Greetings in the name of our Lord Jesus Christ! It is with great joy and gratitude that I write to express my heartfelt appreciation for your active participation in the recent dialogue sessions focused on our church's vision and culture, in other words, habitus. Your thoughtful insights, ideas, and unwavering commitment to God and this church community have truly been a blessing.

Your willingness to engage in open and honest conversations demonstrates your deep love for the church and your desire to see God's kingdom flourish in our midst. I am humbled by your dedication and grateful for the vibrant spirit of unity that prevails among us.

We began having these conversations because of a shared desire to be about our mission of "Making disciples of Jesus Christ to transform the church, community, and the world." This mission is in line with Jesus's "Great Commission," and it is prudent to regularly make sure that we are clear on what it looks like for us to be doing that. Otherwise, we might find ourselves busy doing good things while not engaging in those things we are called to. Hence, this process that began with your input.

Many are wondering what the next steps will be following the dialogue. Karen VanWagenen is leading the Servant Leadership Board (SLB) through the process of discerning how the vision and values of COS will continue to enable us to engage our mission.

I'd like to share a little of what took place in our first session to get a better picture of what the Lord has done, is doing, and will do at the church. We started by reviewing the history of COS from inception to the present day. That review gave us insight into some of the high points, low points, successes, patterns, and themes. If you are interested, here is a [link](#) to a history document that goes from 1957-2002 (anyone interested in updating this document to 2023, please [contact me](#)).

As an aside, one of the things I learned was that the Church of the Saviour in Washington DC (from which we got our name) was led by a pastor who truly helped his congregation embark on a journey of discipleship renewal that changed thousands of lives and inspired churches around the world — including ours. His name was Gordon Crosby, and his story is amazing!

Our review of the past led us to a conversation about what God is doing now. We used the SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis to facilitate this conversation. Suffice it to say, we came away from this conversation thankful because God has blessed us with so much that even our perceived weaknesses and threats are opportunities that are within reach.

For instance, one of the weaknesses was church member involvement. We have a lot of small groups, communities, ministries, etc., but we could do a better job of getting more people involved in them. This means finding or creating opportunities or doing a better job prioritizing getting people connected to existing opportunities. This way, when we celebrate what God did at COS, more people will have shared in the experience, and we can all rejoice because of the small part we played.

This is just a sample of what emerged from our meeting. The SLB will meet again at the end of June to continue the visioning work. Please pray that we would have "the eyes of our hearts enlightened, that we may know what is the hope to which he has called us, [and] the riches of his glorious inheritance in the saints, and the immeasurable greatness of his power toward us who believe, according to the working of his great might" (Ephesians 1:18-19). This prayer will help us look to the God who has formed us as a community and called us to work alongside him.

I encourage each one of you to remain engaged and actively involved in the life of our church. Your prayers, presence, and participation are invaluable as we embark on this exciting journey together. Let us continue to seek God's guidance, support one another in love, and persistently pursue the mission He has entrusted to us.

Once again, I thank you for your commitment and dedication. Together, let us eagerly look forward to the future, knowing that God is faithfully leading us into a season of renewed purpose and discipleship.

May God's abundant blessings be upon you all.

Peace and Goodness,

Meshach Kanyion
Pastor



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Children's Ministry

Our Children's Ministry has had stellar summer with our out-of-this world VBS that welcomed over 120 children, our weekly Pop-up Playdates where we got to meet & make new friends on the playground, and of course Summer Sunday school! This month we are also super-excited for our Cosmic Chill-Out Family Night with Drake Planetarium & Kona Ice onsite. And we are just getting started!

Our team has BIG plans this fall! Our ministry year kicks-off on Sunday, August 20 with the Blessing of the Backpacks in worship, and graduating kids into their new Sunday school classes. We're looking forward to Story Time with our preschool families starting in September and launching both our Pray for Me Campaign and our preteen ministry, 456, on September 10! We have so much to look forward to, and we hope to connect with your family along the way!



Kid and parents/caregivers are invited Tuesday morning **Pop-up Playdates** over summer at the playground. Join us from 9:30a-10:30a. **In case of rain, Pop-up Playdates will not meet.*



Check out cool constellations and planets in our portable planetarium and chill out with Kona Ice at the playground at our **Cosmic Chill-Out!** Planetarium shows start at 6:15p and run every 30 minutes. Kona Ice is on site 6:30p-7:30p. Register at <https://www.cos-umc.org/events>.



September Story Time is all about apples! Join us on Saturday, September 7 at 9:30a for apple stories, apple songs, apple rhymes and an apple craft! Register at <https://www.cos-umc.org/events>



All 4th, 5th, & 6th graders are invited to be a part of **456** as we kick off the year with *Messy Game Night* on Sunday, September 10 at 4p. Friends welcome! Let us know you're coming [here](#).



We will celebrate *Move Up Sunday* on August 20. On this day, children bring their backpacks to church for a special *Blessing of the Backpacks*, and they will graduate into their new Sunday school classes!

Upcoming Children's Ministry Events:

July

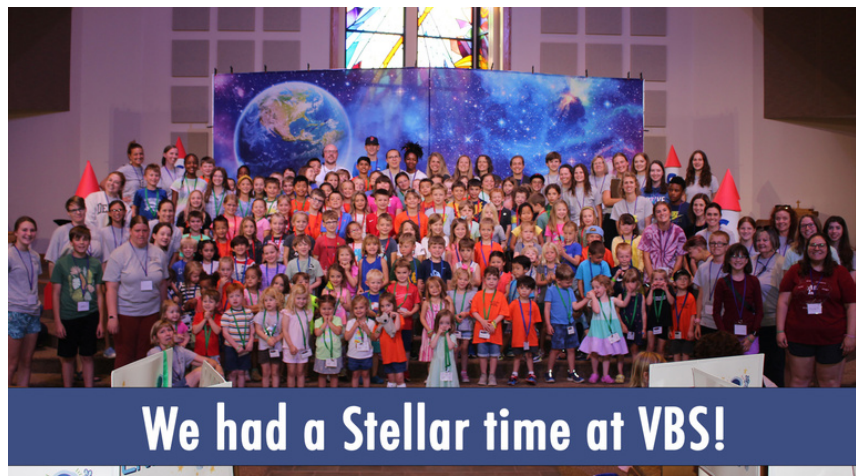
- 11 Pop-up Playdate, 9:30a
- 12 Cosmic Chill-out Family Night, 6p-8p
- 18 Pop-up Playdate, 9:30a
- 25 Pop-up Playdate, 9:30a

August

- 1 Pop-up Playdate, 9:30a
- 8 Pop-up Playdate, 9:30a
- 15 Pop-up Playdate, 9:30a
- 20 Move Up Sunday/Blessing of the Backpacks

September

- 9 Story Time, 9:30a
- 10 Pray for Me Kick-off
- 456 Messy Game Night, 4p
- 24 All-in Sunday



Youth Ministry

If you're between the grades of 7 and 12, set aside August 20, 2023 for the super-duper extravaganza bonanza explosion supreme youth kickoff! This year, by popular demand, we start the party off with a little game we call Body Hunt. The rules are simple: find Jon, Joe, and Dave. Easy, right? Wrong. JJD, as they're called in the underground circuit, aren't exactly on church property. Your mission, if you choose to accept it, is to follow the clues across the greater Montgomery area to find your loveable youth pastor, your nearly as loveable music director, and Dave.

You may be asking yourself, "But Jon, I can't find you along with Joe AND Dave all by myself!" I bring you tidings of great joy! You, along with your besties, will form teams of 3-5 in pursuit of glory. Your aforementioned besties can and should be friends who haven't been to church before. All are welcome in the hunt for eternal victory!

Which team will be the first to find JJD? Which adult leaders will be driving them? And...who will be the next sole survivor? Find out on August 20, 2023 from 4:00-8:00PM, starting and ending at the church. Looking forward to seeing you crazy kids there!

-Jon Yaney, Youth Director
-Joe Galyon, Music Director
-Dave Anderson, Choir Director



Summer Schedule:

- **July 16-23: Mission Trip (departing after 9:30 service, returning around 7:30PM)**
- **July 30: Mission Sunday (both services)**
- **August 5: Drive Through Nativity Building Prep Day (9:00AM-Noon)**
- **August 6: Canoe Day (departing after 9:30 service)**
- **August 16: Parent Meeting (6:00-7:00)**
- **August 20: Youth Kickoff (4:00-8:00)**

If you have any questions, please let Jon know at Jonathan.yaney@cos-umc.org



Forming the Church Today

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

When one thinks of congregational life, many perspectives come to mind: premier educational programming, stellar worship, fantastic fellowship gatherings, out-of-this-world outreach, tremendous service and mission options. The list goes on. Within those conversations, you often hear about the amazing children's and youth ministry and how those impact the future of the church. This is true until you get to the heart of the matter which is our children and youth are the church of today who will carry the Kingdom into tomorrow. Several years ago, youth music leaders at Church of the Saviour faced this challenging perspective at an event on forming teenagers through music and missions. From that experience, our approach to growing disciples through music builds on the reality that all of us are the church, and each individual has a role to play.

The youth choir tour in 2023 marks the 20th anniversary of a powerful ministry that has affected many teenagers over the years. Frequently, churches that hear our youth musicians while on tour remark, "I wish we had something like that." The answer to that statement is "start somewhere." Just doing something is not the only motivation. Intentional planning, student interaction, and genuine care for students remains a key issue for truly forming youth in today's church.

Our youth musicians make their to Colorado this June and anticipate ten days of travel, community-building, worship concerts, mission work, and personal spiritual growth. Even though Colorado is an amazing destination for the trip, the formational impact is rooted in Psalm 121, "I lift up my eyes to the mountains.

My help comes from the Lord, the Maker of heaven and earth." Throughout the trip, students and adults engage in conversations and devotional moments that call of them to take attention from selfish motivation and personal problems and redirect focus to the mountain of the Lord who helps us overcome all situations. The worship concert unfolds in a series of sections with music and testimony that develop this theme. Those sections are "Lift Up Your Voice," "Lift Up Your Eyes," "Lift Up Your Soul," and "Lift Up Your Light." Powerful messages in lyrics of the music help shape the musicians and listeners. Consider these phrases sung by the choir:

- "some days we forget to look around us. Some days we can't see the joy that surrounds us. So caught up inside ourselves, we take when we should give."
- "He lifts me up when I have fallen. He lifts me up when I just call on Him. Sometimes the road is long, and I cannot find my way, but I have found that when I call His name, He hears me when I pray."
- "This little light of mine, I'm gonna let it shine."

The formational aspects of internalizing meaningful poetry and music for worship concerts, serving in mission capacities around the country, engaging in devotional study with one another, and building community create a rich environment where our students actively grow as disciples in the church today. The youth music program works like many other activities available to students but with a unique twist: students are always on the playing field because there is no bench for additional player. Everyone is in the game at every moment shaping who they are in Christ. Students in our world today need a place to belong, and the youth music program at Church of the Saviour provides that place.





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.

Pathways to the Lord

***"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more....Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit."* – John 15:1-2,4-5**



As Christians, you and I are on a spiritual journey. How do we seek out the Lord and draw closer to Him? I believe it begins in our own personal study, prayer, and service to the Kingdom. Church of the Saviour wants to make sure that you have all that you need to continue this journey with inspiration and accountability.

Discipleship therefore is less about keeping you busy and more about keeping you connected to Christ. Programs and events are amazing here at COS, but most Christians do not find themselves growing in the faith with a program as much as they do with a path to a relationship with the Lord.

What do I mean by this? Well, think of a grapevine. In order that you have the best grapes to create jellies, juices, or wines, pruning needs to happen. I know that pruning isn't fun, but it is important.

The same is true of our life in Christ. God is the gardener, Jesus is the vine, and you and I are the branches. We grow because God the gardener cares for us every day. We produce fruit because we are grafted to Jesus, the vine. We are at our best when we allow God to periodically prune our lives. When we are willing to let God have that control pruning, then we become all that God desires us to be.

And pruning isn't just important when there are unimportant or dead parts of our lives that need to be cut away so that the rest of the body, mind, and spirit can thrive. No, it is also important to allow God to prune away at the parts of us that are growing well, that in that pruning we will grow more fruit, better fruit.

What in your life is no longer fruitful and might need to be pruned? Are you willing to let God prune your life, making you into all that He desires you to be, beautiful, strong, and fruitful?

When I submit to God and lay my life at His feet, I am cared for intimately by Him, as He trims away the dead and spruces up my shape and character. When the pruning is complete, guess what? I find myself a better version of myself, a Child of God that looks more and more like Him!

Read John 15 this Lenten season. As you read, begin to imagine being fully grafted to Jesus, the Vine. Tell Him your inadequacies and let God begin to shape you into a better you, a beautiful you. He desires nothing more!

God bless you in your pruning!

-Pastor Karen

Classes, Discipleship Groups and Support Groups at COS

DISCIPLE I Bible Study is Starting Soon!

The Bible reminds us that the early followers of Jesus Christ were first called Christians as the apostles brought the testimony and witness of the faith to the city of Antioch ([Acts 11:25](#)). Though it initially was used as a term of derision, the followers of Christ soon embraced the designation “Christian” because it openly identified them with Christ. But before the title of Christian was widely accepted, what were the early followers of Christ called? They were simply called “disciples.” Disciple was the preferred reference for believers. But what is a disciple?

In short, a disciple is a student. A disciple is one who disciplines himself in the teachings and practices of another. The word “disciple,” like “discipline,” comes from the Latin word meaning “pupil” or “learner.” Consequently, to learn is to discipline oneself. So it was and is with the disciples of Christ. A disciple follows Jesus.

When Jesus called His first disciples, He spoke the simple words, “Follow me” ([Mark 1:17](#); [2:14](#); [John 1:43](#)). A disciple is a follower, one who trusts and believes in a teacher and follows that teacher’s words and example. Therefore, to be a disciple is to be in a relationship. It is having an instructive, imitative relationship with the teacher. Consequently, being a disciple of Jesus Christ is being in relationship with Jesus—it is seeking to be like Jesus. In other words, we follow Christ to be like Christ ([1 Cor. 11:1](#)), because as His disciples, we belong to Christ. The disciple of Jesus has certain traits that correspond with a relationship with Jesus. What are the qualities and traits of those who follow and are called disciples of Christ?

The disciple, the one who truly listens and learns, will put into practice what she learns. A disciple listens to Jesus, learns from Jesus and obeys Jesus

A DISCIPLE LISTENS TO JESUS – No one can say they are a disciple of a teacher unless he is ready to listen to that teacher. The world is awash in teachers vying for listeners and followers. Listening to Jesus is what a Christian disciple does. When Jesus speaks, the disciple listens. The disciple hangs on every word of the Master as if that word were bread for the hungry or water for the thirsty. When Jesus gathered with His disciples on the Mount of Transfiguration, God spoke from heaven with a clear command: “This is my Son, whom I love ... listen to him” ([Matt. 17:5](#)). You cannot be a Christian and not listen to Jesus.

A DISCIPLE LEARNS FROM JESUS – Listening to Jesus is not enough. A disciple does not listen and then turn away as if the teacher’s words have no impact. When Jesus calls His disciples, He calls them to learn as well as to listen. When they come, He says, “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls” (11:29). The disciple is a learner, and the words of Christ carry weight with her. Learning from Christ is the disciple’s greatest desire. It is the foundation of all that he believes. She joyfully receives the words of her Master. They are his daily bread. He meditates upon them day and night ([Psalm 1:2](#)).

A DISCIPLE OBEYS JESUS – No one can truly call himself a disciple of Jesus who is not willing to obey Him. The disciple, the one who truly listens and learns, will put into practice what she learns. For the disciple, obedience is not optional. Jesus has proven Himself worthy of all obedience. Those who know Him best are most aware of this. When the wedding at Cana ran out of wine, Mary (Jesus’ mother) told the servants of the house to find Jesus and “do whatever he tells you” ([John 2:5](#)). That was great advice. Putting the Master’s teachings into practice is the fruit of true discipleship. Jesus Himself declared that those who love Him evidence their love for Him by keeping His commandments (14:21, 23; 15:10).

Ministries: Small Groups, cont.

Some try to make a distinction between being a disciple and being a Christian. Yet, the Bible never makes such a distinction. Before they were called Christians, they were called disciples. Being a disciple of Christ is being a Christian, trusting, listening to and learning from Christ. Being a Christian is obeying Christ. Consequently, being a Christian is being a disciple. It was that way in the beginning. It continues to be that way today.

Starting Thursday, August 24th, at 6:30pm, a DISCIPLE I class will begin. We will meet in the Dining room off of the Fellowship Hall with a meal and our first study, entitled "The Biblical Word." This study will go 34 weeks, therefore, excluding Thursday holidays, we will be meeting together until May 2, with May 9 as a "Snow Day"! Don't let the 34 weeks intimidate you! DISCIPLE Bible study is one of the most well created Bible studies on the market. When you are done with DISCIPLE I, you will know more about the Bible as a whole than you ever imagined. Are you looking for a Bible study right now. If you have any questions about DISCIPLE I, let me know, I would love to show you what all of the hype is all about!

-Pastor Karen

Other Adult Education Opportunities for the Fall

Christian Education Retreat for all Small Group, Sunday School and Bible Study leaders – August 12, 9am-noon, in COS Fellowship Hall. Taught by Pastors Meshach and Karen, as well as Children's Director, Michelle and Youth Director, Jon. If you are a children's, youth or adult leader, please click on this link and let us know that you are coming!

<https://www.signupgenius.com/go/904094eaaab2ea1fc1-coschristian>

131 Christians Everyone Should Know is the new study for Dave Smith's class. If you are interested in this study, let Dave know, he would love to add you to the class.

The Chosen watch party, begins on August 23rd at 6pm in the Youth Room, and continues on Wednesday evening through the Fall. This watch party will be led by Pastor Meshach.

The Chosen Bible Study Class, taught by Mary Jane Sper, begins on Wednesday, August 30th at 10am, and will continue into the Fall. If you are interested in this Bible Study, please note that the watch party will be one week ahead. So, come see Episode 1 of The Chosen on August 23rd at 6pm, and then "chew" on it for a week and then discuss it on August 30th.

DISCIPLE I begins on Thursday, August 24th at 6:30pm in the Dining Room off of the Fellowship Hall. If you are serious about taking a comprehensive study of the Bible, this is the study for you. This study lasts 34 weeks, which means we will wrap-up the study the beginning of May, 2024. This study walks through every book of the Bible, using charts, maps, video and a workbook. This class will be taught by Pastor Karen.

Finishing Well as a Disciple is a three-session study about making sure you have everything that you need to finish life well (will, power of attorney, pre-planned funeral, etc.) This class will be taught by Mark Combs and Cindy Coggins, and the date is TBD. Watch for a bulletin announcement and a blurb on the church website about when this study begins.

Serving From the Heart is a 6-week study on finding one's gifts and talents for service to God. Margaret Butler will be teaching this class in the fall, date TBD. Watch for a bulletin announcement and a blurb on the church website about when this study begins.

There has been discussion about beginning a GriefShare class as well as a DivorceCare class. If you have any interest in either one of these studies, would you please email Pastor Karen at karen.crawford@cos-umc.org and let her know. If you do not see a study that suits you, but you have one in mind, please let Pastor Karen know. She would love to offer a study that is needed here at COS. Her email is: karen.crawford@cosumc.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.

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

Turn On the Taps!

40 year old Junior Cineas is the Evangelism and Community Outreach Coordinator for Servants In Fellowship (SIF). Due to on-going gang violence, no American SIF missionaries are currently in Haiti and no teams have been able to travel there since 2020, leaving Junior a one-man show. However, God has equipped him uniquely to discern and meet the spiritual and physical needs of his Haitian brothers and sisters. Junior is well-educated, by any country's standards. He graduated from seminary in Cap Hatien, Haiti and completed many courses of Indiana Wesleyan University's Masters of Divinity program in Muncie, Indiana. Junior has been associated with SIF missionaries for over 20 years and has been employed by SIF for nearly 5 years.

He is well-known and loved by many COS mission team members who appreciate his humble and God-led personality, as well as his can-do attitude when facing problems. Junior conducts Bible classes for Haitians who received a SIF-built home and disciples groups of young adults and youth groups. He coordinates the distribution of emergency food supplies when needed and leads a team of Haitians continuing to build SIF type houses. During COVID, Junior and former missionaries, Travis and Erin Brubaker, set up hand washing stations in the communities where SIF had worked. He has a mechanical aptitude that serves him well in this land of few resources. Two examples of Junior's recent projects involve clean drinking water.

The first project is his design of a water filtration system that can provide clean water to a single family. Using a \$25 filter purchased from Amazon and 2 five gallon buckets, he can quickly assemble a system that filters dirty water from one bucket to yield drinkable water in the post-filter bucket. This meets a huge need for the families who've received one, because many can no longer afford to purchase clean water or walk to a well pump due to increasing street violence. The COS Endowment Committee recently awarded Junior a \$2500 grant...enough to build 100 filter systems!

The second water project that Junior tackled was replacing the water well pump motor at Village of Grace, outside of Port au Prince. This is a community where SIF replaced roughly 200 families' tents and tarp homes with the 10'x12' homes made of tin and plywood. Village of Grace is a self-governing community, with a council that oversees the school and church, also built by SIF. The 300 feet deep water well is a critical asset for the residents' health and well-being. Junior replaced the broken pump with a new one and installed new solar panels to power it. Please watch the attached video to see the joy on the residents' faces as they receive the blessing of clean, running water.

Thank you for your support of Servants In Fellowship over the past 10 years! Please visit the website www.sifministries.org or ask Barb Daniel (barb_daniel@yahoo.com) for further information.





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 Rebekah Travis one of our new 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?

Anytime I find myself called to a ministry there are concerns and expectations which I pray over for discernment and guidance from God. My expectation is to be equipped and grow in my ability to care for the hurting, lost, lonely, and struggling. My concerns are about using health boundaries to build relationships and support a Care Receiver journey toward healing, understanding and faith. I pray I will hear God's prompting and be faithful to the Ministry Mission – of providing Christian care by listening, praying, supporting, and encouraging.

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

Time spent sharing our faith journey which brought us to this ministry, the areas of our life we have been gifted to serve and practicing together healthy conversations.

Why is being a Stephen Minister important to you?

So many people have deeply hidden hurts and feel invisible or not valued. God has a plan and purpose for everyone and created them out of love to know him and his purpose for them. I want to help people to see how uniquely created they are and why God loves them so much.

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

Wisdom, Discernment, Helping, and Prayer

If you know of someone, or you personally feel that you might benefit from a Stephen Minister, please contact Pastor Karen Crawford (791-3142 Ex 26) or Mary Hoover (513-702-5642).



What is Stephen Ministry?

Stephen Ministry offers a proven and effective way to organize, equip, and supervise a team of congregation members—called Stephen Ministers—to provide high-quality, one-to-one, Christ-centered care to people in the congregation and the community experiencing life difficulties. The Stephen Ministry has been active at COS for more than 20 years. Over the past twenty years, 53 individuals have served as Stephen Ministers, and 39 have retired, moved, or otherwise no longer remain active.

In addition to one-on-one care, Stephen Ministers also offer situation-appropriate books to their care receivers. These books, written and researched by the Stephen Ministry professionals, are provided to our care receivers as an additional source of support.

Stephen Ministry Book Resources

Here are several examples of the book resources that are available to Stephen Ministers and their care receivers.

Journeying through Grief

A set of four short books to send to a grieving person at four crucial times during the first year after a loved one dies. Each book focuses on what the person is likely experiencing at that point in grief—offering understanding, empathy, compassion, and hope.

The Gift of Empathy: Helping Others Feel Valued, Cared for, and Understood

Empathy is a skill virtually anyone can learn or improve, and The Gift of Empathy empowers readers to do just that. This book takes an in-depth look at how empathy can strengthen relationships and enhance communication, equipping readers with practical insights they can use in all areas of life.

Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering

For anyone who has ever felt unsure how to address another person's suffering, Don't Sing Songs to a Heavy Heart offers practical guidance and common-sense suggestions for how to care and relate in ways that hurting people welcome—while avoiding the pitfalls that can add to their pain.

Cancer—Now What? Taking Action, Finding Hope, and Navigating the Journey Ahead

Cancer—Now What? is a book to give to those with cancer and their loved ones, helping them navigate the medical, emotional, relational, and spiritual challenges that cancer brings. This caring, how-to resource, written in a warm, conversational style, provides helpful information, practical ideas, and hope-filled encouragement.

Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering

For anyone who has ever felt unsure how to address another person's suffering, Don't Sing Songs to a Heavy Heart offers practical guidance and common-sense suggestions for how to care and relate in ways that hurting people welcome—while avoiding the pitfalls that can add to their pain.

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

Jesus says we are to love God, and love our neighbor as ourselves. Okay... how do we love our neighbor?

The most basic of human needs involves food, clothing and shelter. Without these, there can be no higher level concerns such as health, education, or planning for the future.

With that in mind, a focus of the COS Justice Committee this year is affordable housing. People must have a stable place to live if they are to hold a job, feed themselves and their children, and thrive in society.

Yet many people in Cincinnati, and in our own local communities, don't have stable housing. They may be a "family who is living outside" (homeless) or they may be "homeless at home", with a roof over their head but no furnishings or food inside. You may know someone like this and not realize it.

The Cincinnati Enquirer ran an article on 3/1 which showcased a story about twenty tenants who were given 30 days to move out of their homes or be evicted. These are people who are paying their rent. But their homes have been taken over by a receiver who says they must vacate. If evicted, these people will find it very hard to rent somewhere else, and would be disqualified for public housing. Would any of us be able to pack up everything, find a new place to live, and move in 30 days?

The Justice Committee hosted an event on March 25 at COS featuring Margaret Fox, Executive Director of the Metropolitan Area Religious Coalition of Cincinnati to teach us more about this pressing issue. Being aware of the realities is the first step toward doing something. Please be alert to further information and more topics of import, and what you can do to help.

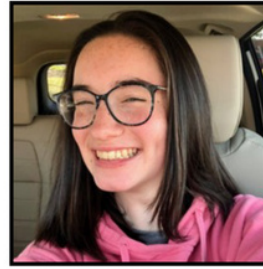
"We support the basic rights of all persons to equal access to housing..." quoted from the United Methodist Social Principles, The Social Community.

(The Social Principles are a prayerful and thoughtful effort of the General Conference to speak to the issues in the contemporary world from a sound biblical and theological foundation).





United Women in Faith



Submitted by Abby Motley, a senior at Emory University who enjoys salsa dancing, practicing sign language, and singing in a local Atlanta choir. History for the article was provided by Pam Senefeld. Abby is a former member of the UWF Mother & Daughter Group.

The United Women in Faith has hosted a mother-daughter small group for almost two decades.

The group was founded by Susie Taylor, one of Church of the Saviour's former children's discipleship directors, who saw the value in having mothers and daughters come together in faith-based activities. The members include mothers and daughters of all ages, and even grandmothers. Many of the members have attended regularly for years and have made long-lasting friendships as a result. Some of the participants, who entered the program as elementary-aged girls, are now in college or are graduating from high school soon.

Over the years, the group has participated in a wide variety of service projects. They have held bake sales to raise funds for Heifer International, volunteered at and collected donations for second-hand organizations such as New Life Furniture and Jack's closet, donated school supplies to Wesley Chapel Mission Center, and participated in hands-on mission work. Additionally, the group has enjoyed a wide variety of recreational and educational endeavors over time, from fun crafts to dairy and goat farm visits. A favorite tradition is making

gingerbread houses every December, and the gingerbread houses they make often are used as decorations during the UWF Christmas party.

Jennifer Woeste, mother and one of the leaders of the mother-daughter group, says this about how the program has benefited her and her daughter, Natalie:

"Natalie and I enjoy the one-on-one mother/daughter time, and we enjoy the fellowship with other mothers and daughters. This year we were grateful to spend time sorting kids' clothes at Jack's Closet and bed linens at New Life Furniture. Natalie and a few of her 3rd grade friends then had an opportunity to do a school project highlighting New Life Furniture. Learning about these organizations has given us an opportunity to discuss all the things we have to be thankful for and how we can help share what we have with others."

Though the Covid pandemic greatly limited the ability for United Women in Faith to host mother-daughter meetings, the group adapted to these undesirable circumstances by meeting on Zoom and organizing outdoor ventures, like getting ice cream at Summit Park. Despite the challenges, the group has remained united in their faith and their commitment to supporting each other and their community. Now, the mother-daughter program has returned to its

original rhythm of providing a multitude of service and educational opportunities that both serve the community and support the spiritual growth and fellowship among UWF members.

Ultimately, the United Women in Faith Mother-Daughter Group is a testament to the power of faith and community.

Over the years, the group has provided a space for mothers and daughters to come together, support each other, and participate in a wide range of faith-based activities. Their commitment to Christian fellowship and to their community has remained strong since the program's founding and has allowed the program to grow into the success it is today.

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

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.

Here's What Love in Action looks like at Church of the Saviour UM

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).

Contact Pam Senefeld (513-314-5042) if you want to know more about the Mothers and Daughters group.



Therefore welcome one another as Christ has welcomed you, for the glory of God.

– Romans 15:7, ESV

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.



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.

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

We are presently collecting diapers for Jack's Closet and Sweet Cheeks Diaper Bank. Jack's Closet is a ministry of the Clough UMC which provides free clothing and diapers for children in foster and/or kinship care. Sweet Cheeks provides diapers to social service organizations and government agencies (ie. schools) that are helping families in need through comprehensive programs and services.

Diapers are NOT covered by food stamps and are very expensive. Since so many are needed, children sometimes do not get changed as often as they should. We hope to provide diapers to help with this great need.

We will also accept any other donations for children to the Children's Closet.

Children's Closet has been a mission of the COS United Women of Faith for many years. It is located in the brightly colored closet across the hall 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; Sweet Cheeks Diaper Bank; and other areas of need as they arise.

We try to discern what the needs are for each group and collect things accordingly through the year. Some examples: School supplies; household items; cleaning supplies; diapers; clothing for children; etc.

The C.O.S. United Women of Faith thanks you for your support of this vital ministry. Questions can be directed to Jean Feldmeyer (Children's Closet Coordinator) jean.feldmeyer@yahoo.com.



Matthew 25 Ministries is an international humanitarian aid and disaster relief organization located in our neighborhood.

by rescuing and reusing products from major corporations and manufacturers, Matthew 25 provides basic necessities, educational materials, nutrition, and disaster relief across the United States and worldwide. Volunteers from COS spend 2 hours each time sorting clothing, hygiene products, medical supplies and more. These items are then sent off to provide much needed relief.

Please join Church of the Savior in volunteering at Matthew 25 Ministries (11060 Kenwood Rd 45242). As a rule, our COS volunteers meet at Matthew 25 on the 2nd Friday of each month at 9:00am. If you would like to join our ministry, or find out more about this amazing opportunity, please call Leslie Bricker at 513-410-2267, or e-mail me at: mobricker@msn.com Our group is looking for dedicated volunteers just like you!



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 builderscos@gmail.com if you would like to be added to our contacts. We would love for you to join us!



Adventurers

Church of the Saviour Fellowship Group

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.

Our next activities coming up are The Native American Cultural Museum and lunch in Mariemont in March, a trip to the Cardboard Museum and lunch at the Greyhound Tavern in April, dinner and a program on using an external defibrillator in May, a picnic and concert in June, and a Motorcoach trip to Savannah and Charleston in October. Watch the Newsflash email, or the Adventurers Newsletter for details.

This was from our trip to the Smokies last fall:



Yoga

Yoga for the Mind, Body, and Soul

Who is invited to Yoga in the Light?

Everyone. Whether you are an experienced Yogi or just want to see what a yoga class is like, you're invited. At Yoga in the Light, we ask the Holy Spirit to join us on our yoga mats. God created our physical bodies, yes, but also our minds and our soul. These three parts are yoked together by design and cannot be separated. During our classes, 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 9:30 am in the sanctuary. All are welcome, no previous experience is necessary, and there is no cost. Please contact Emily Stapleton (stapletonemily@hotmail.com) with specific questions. Or scan the QR Code to join our mailing list. We can't wait to see you in class.

Yoga in the Light



Wednesdays // 9:30 a.m.

Church of the Saviour United Methodist
8005 Pfeiffer Rd, Montgomery, OH

FREE!

Bring a mat or a friend.
Bring your kids for free childcare.
Or just bring yourself.

Questions? stapletonemily@hotmail.com



Scan me!

Board of Trustees Report

On behalf of the Trustees, I want to update the congregation on several exciting upgrades and new items at COS. For the past 2 years we have been working on significant improvements to the church's physical IT infrastructure. The initial phase was important in enabling COS to livestream our services on YouTube. This included cabling, switches and connections through the building and Sanctuary. The 'video mixing room' on the left side of the Sanctuary and can be seen on Sundays producing our services for those watching on the internet.

The final piece of this IT project was to greatly improve the wi-fi coverage through the entire building. This is now complete, and the nearby wi-fi signal strength map illustrates the coverage that is now functioning. Beyond convenience for all of our smart phone data, the improved wi-fi is enabling small groups to better use online content for their meetings and lessons. It is also a significant help in connectivity for MNS. It is only appropriate to recognize that Montgomery Nursery School made a very large financial contribution to this project from state grant funding they have received.

There are also some exciting changes to the exterior of COS. Several dead trees by the sidewalk had to be removed, plus another by the circle drive. We used this as an opportunity to tidy the landscaping and put in new sod. This is the second year of having the automated sprinkler system to maintain the incredible landscaping down the west driveway and in front of the Peace House.

The most notable exterior change is the low-voltage lighting that illuminates the building at night. The old lighting gave out a while ago, and the dark building was something that needed to be addressed. Neighboring churches have already called to ask, "who did your lights?". It looks great!

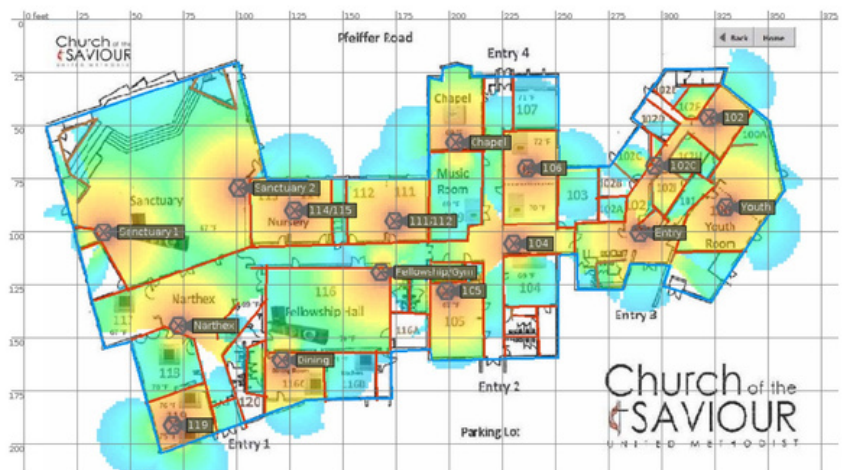
In the kitchen we have installed a new commercial dishwasher and warming oven. Both units finally died and needed to be replaced. The kitchen sees a lot of activity at COS and the Trustees try to stay on top of things to make sure it functions well for everyone.

The lights and 'sound panels' in the Narthex, and the ceiling lights in the Sanctuary, are a constant source of maintenance. We have recently taken a new "fix" to keep the sound panels from falling and have completely gone through the building to replace all the malfunctioning lights. The Trustees are currently talking with electrical contractors to solicit ideas to replace/modernize the lighting in the Sanctuary, Narthex and Fellowship Hall. Stay tuned for more information!!

Mike Size – Trustee Chair

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 |



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.



Peace with Justice



World Communion Sunday



UM Student Day



UMCOR Sunday



Servants in Fellowship



Native American Awareness

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).



Welcome New Members

It is a special time in the church when new members are added to our midst. Church of the Saviour welcomed 19 new members, both through profession and transfer. Please welcome them and their families as you see them in worship.



David and Linda Pike join us through confession of faith. David is a retired principal in the Lakota district. He enjoys bike riding and is a huge sports fan. Linda is a retired speech pathologist who also has a professional background in fundraising. She enjoys entertaining, creating tablescapes and flower arranging.



Austin Sanders joins us through confession of faith. He is a retired assistant principal in the Fairfield district. He is married to Rhea and they have one son. Austin enjoys gardening and music.



David Moerdyke and Samantha Simmons join us through confession of faith. David enjoys working out and outdoor activities. They enjoy spending time with their kids and family.



Bob Moerdyke joins us through confession of faith. Bob enjoys golf and spending time with his family.



Jeannie Donnell joins us as a transfer from Epiphany United Methodist. She retired in 2019 and has an adult son who lives in Oregon. Jeannie enjoys traveling, dining out and being with her rescue dog.



Jennifer Reid joins us through confession of faith. She is married to Dion and they have a son who is in high school. Jennifer teaches part time at the University of Dayton and enjoys spending time with family, her dog and riding her horse.

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

Executive Director: Melissa Hagemeyer, melissa.hagemeyer@cos-umc.org

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

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

IT Specialist: 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

fin.

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