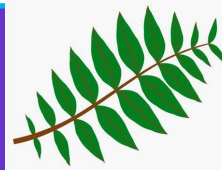


August 3, 2023

The Leaflet



530 St. Andrews Road
Columbia SC 29210
803 772 1761
Sopc@sopc.net

AUGUST

Word of the Month

COURAGE



Word of the month emails go out each Wednesday with a different explanation for the month's word. If you would like to discuss the explanation, please contact Ed Keelen or Pastor Jana.

Sunday events: Worship 11:00 am
Worship Link: <https://zoom.us/j/743754044?pwd=bWIHWWJWOFr4UG1zQkZuRVRIaE41dz09>
Meeting ID: 743 754 044

9:45 am - Adult SS Classes
Children & Youth Sunday School Classes - no summer classes

The Roads to Faith Sunday School Class will be meeting with the Fellowship Class this summer

The Class starts at 10:00 am with fellowship beginning at 9:30 am.
All are welcome!

Come join us and walk with God!!

AUGUST AT A GLANCE

August
Word of the Month:



Sunday	9:45 am	Sunday School for Adults
	11:00 am	Worship Service
	1:30 pm - 4 pm	Mision Cristiana Elim Internacional
	3:30 pm - 5 pm	Love Revolution
Monday	8 am - 4 pm	Peaceful Gatherings Nature School
	7:30 pm	NANA
	8:00 pm	Mision Cristiana Elim Internacional
Tuesday	8 am - 4 pm	Peaceful Gatherings Nature School
	7:30 pm	NANA
Wednesday	8 am - 4 pm	Peaceful Gatherings Nature School
	5:45 pm	NAMI in Pavilion
	7:30 pm	NANA
Thursday	8 am - 4 pm	Peaceful Gatherings Nature School
Friday	6:45 am	Lanterns Men's Prayer Group
	8 am - 4 pm	Peaceful Gatherings Nature School

SESSION NOTES

Approved inviting Rev. Bruce Hurley to help with Sunday Worship Services, liturgy, preaching, etc.

Approved Melanie Logan to serve as an adult Sunday School teacher.

Approved ongoing rental by Mision Christiana Elim Internacional to use the sanctuary, Crossroads classroom, nursery and Room of Acts weekly.

Approved Liz Harris to rent the Family Promise storage room.

Approved using Migrant Ministry offering to purchase toiletry items to be delivered with the Migrant Ministry Meal.

Approved donating Family Promise items to Ashland or to Lutheran Services for their Refugee Program.

Approved forming a search committee to determine our current and anticipated future needs in a Director of Music following Dr. Lloyd Pilkington's retirement. Persons to serve on this search committee: Janice Holbrook, Kathy Morganelli, Ben Smith and Sharon Watkins.

Approved rental to Peaceful Gathering Nature School on an ongoing basis to rent the pre-school classroom on the 1st floor of Building B, an adult co-working room on the 2nd floor of Building B, the Room of Acts (children's classroom), and another small classroom (both in Building A), the pavilion, both playgrounds, and all areas outside and around the SOPC property.

Approved the trial Session ReShape organization, utilizing an Adapting Group and an approval process involving the ministry chairs as the first reviewers and then approval by Session.

Approved Kathy Keane as Elder Commissioner to attend the Presbytery Meeting on August 26, 2023



October 21 (No home games for USC and Clemson) 10am-2pm

RAIN DATE Sunday October 22 1-4pm

4 components for community to take part in.

1. Rummage Sale (headed up by Loretta Demo). We need donations of anything you'd typically sell in a yard sale, delivered to the church by appointment or to the office during the work week. It is being stored and arranged in Building B downstairs!

2. Bizarre Sale- rent a table for 25\$ for a 6 foot table, \$35 for an 8 foot table OR share a table for a little pre-holiday shopping!

- Table proceeds go to support missions at SOPC

- Anyone who sells items at their table has the option to donate proceeds to SOPC should they wish.

- Youth will have a bake sale table

3. Food Truck- we will be developing a plan for some free foods for our community, stay tuned.

4. Fall Festival- A Kids and community paradise! Games, Face Painting, Costumes, Prizes, A CAKE WALK, Scriptures and FUN in the courtyard

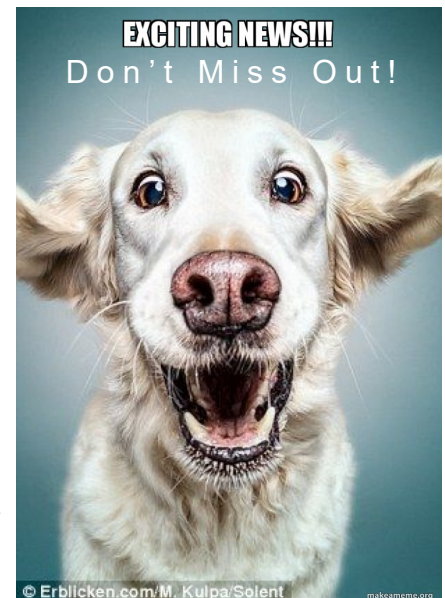


Youth Sunday School begins on Rally Day, September 10th, 10-10:30 am in the Youth SS room (near Fellowship Hall)! Our Sunday School curriculum is Faith Questions, led by a rotating staff of teachers to get a wide variety of perspectives on life in faith. You don't want to miss the fellowship, snacks, conversation and fun!

If you have been or are willing to be a prayer buddy for our children and youth, please let Mary Dempster know. If you are willing to be a mentor to one of our confirmands, please contact Julie Bussells or Jana Creighton. Prayer buddies and mentors will last through May of 2024. Every child needs 5 people in their life to show them how to do this thing called faith. You can and will make a difference! Some ideas for mentoring include: Being present Sunday mornings and youth groups, going on outings and experiences to grow together (child safety laws still apply), job shadowing or 'church shadowing' in activities that you naturally are a part of at SOPC. Encouraging leadership roles in worship and in session, sending cards, and praying for big tests, jobs or adventures, the list goes on!

Youth BOAT Trip! September 23, Meet at the park on the Irmo side of the Dam where we will board our vessels, from 1 pm-5 pm. Wear a bathing suit, bring a towel, a drink and a snack to share, sunscreen, and life jacket (if you have one), and a sense of adventure!

Youth nights begin September 24th at Seven Oaks Park, 5:30-7 pm. Bring a friend, tennis shoes, a water bottle, pizza is served and be ready to play and grow together to kick off the new year!



Confirmation curriculum is the Alpha Series where we explore our faith, ask deep questions and grow together as young adults with God! This series utilizes video clips to get to the heart of the matters of faith in a timely and poignant way while creating a space for them to delve deeper into their thoughts and share opinions in a friendly and safe environment. We will also supplement with the curriculum: Big God Big Questions which is focused on preparing youth to authentically answer the questions they are asked when they join the church: • Trusting in the gracious mercy of God, do you turn from the ways of sin and renounce evil and its power in the world? • Who is your Lord and Savior? • Will you be Christ's faithful disciple obeying his word and showing his love? • Will you devote yourself to the church's teaching and fellowship, to the breaking of bread and the prayers? Big God Big Questions equips confirmands to study scripture, tradition of the Christian tradition, and your congregation, to tell their own story.

Confirmation will last through May of 2024. We will learn and grow together in the faith and in community.

MISSIONS

Cuban Feminine Project

We are making progress slowly but surely with our pads and storage bags. We would love to have more folks involved. If you can sew a straight line, you could make an easy pleasure storage bag. If you need some instruction on making these reusable pads or just need more supplies, Kitsie will be in the Fellowship Hall between 9 am and 11:30 am on Saturday mornings on the following dates: July 22, August 19, September 2, 9, 16, 23, 30, and October 7, 14, 28, and November 4, 11, 18, and 25. If another day suits you better, please call Kitsie at 803-463-6958. We love sharing the good vibes we feel when working on this incredible project. Thank you.

CAREGIVERS GROUP

Leeza's Care Connection

CAREGIVERS NEED CARE, TOO!

Fortify Mind, Body & Spirit

The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or you're in over your head. **If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout.** When you're burned out, it's tough to do anything, let alone look after someone else. That's why **maintaining a balance of the mind, body, and soul isn't just a luxury — it is a necessity to live a happy and fulfilled life.**



The three are interconnected and a weakness or imbalance in one of these aspects is crippling to the others. For example, the severe emotional stress of caregiving on the mind can cause high blood pressure and other illnesses in an otherwise healthy body. By the same token, a physical illness or injury can cause depression in a usually healthy mind. **One of the easiest ways to maintain physical health as a caregiver is through proper nutrition and regular exercise.** Caregivers who are able to make healthy diet and exercise choices tend to sleep better and overall have more physical and mental energy.

The soul is the third part of balance for caregivers. **The soul has a great effect on happiness and how people tend to view the world around them.** Many people acquire a balanced soul through religious practices and participation in religious services. Spiritual happiness can also come from secular sources, like meditation. There are many parts to keeping a balanced mind, body, and soul. Fortunately, there are resources and tools to guide us in the quest for that balance. Check out our Self-Care Youtube Videos to get started!

Columbia, SC Center
201 St. Andrews Rd.
Columbia, SC 29210
(803) 888-7525

Credit of this article goes to the link listed here, please read more online at [Self-Care :: Leeza's Care Connection \(leezascareconnection.org\)](http://Self-Care :: Leeza's Care Connection (leezascareconnection.org))

Leeza's Care Connection is a signature program of the Leeza Gibbon's Memory Foundation, a 501(c)(3) nonprofit organization. All donations are tax deductible.

NEW LITTLE FACES ON OUR CHURCH CAMPUS!



Please welcome our new renters on our church campus! They will be utilizing several classrooms some that have not been used for years, the pavilion, and the woods behind the church. They have already started this week coming in and getting those rooms ready for the students who will start the day after labor day. They are a child-led, nature-based program that offers an outdoor, bilingual education. They will be here Monday - Friday between 8 am - 4 pm. We are so excited that they are bringing their program here to our church!! So if you are at the church and see some unfamiliar faces, please make them feel welcomed and say "Hello". We feel this will be a wonderful relationship with our church and the children and parents of Peaceful Gatherings Nature School.



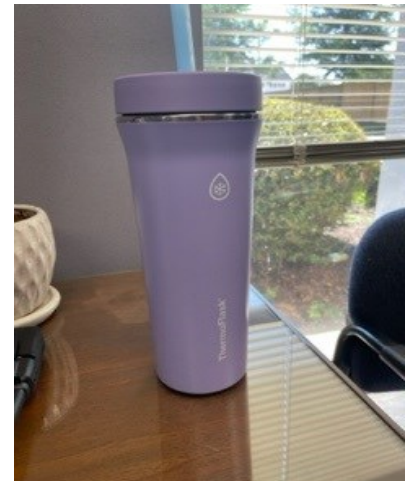
LOST and FOUND

Below are items that were found in the Fellowship Hall after VBS. If you are the owner you can pick them up in the church office.

Thank you!



Carolina Panthers Jacket



RESHAPE UPDATE



We have been reviewing each of the five ReShape Themes in the Ministry Guide to see what's the latest. This week, we review theme 3. "Growth in Mission and Service." This is an area of substantial resource and financial commitment for SOPC. Last year, we gave 13% of our revenue to missions-related efforts. The Ministry Guide lists the following activities:
Specific Examples:

- a. Shepherd Program
 1. Recruit and support intentionally a small group for shepherds
- b. Caretaker/Caregiver Support
 1. Create a Caretaker Support program OR work with Westminster in theirs
- c. Write cards
 1. Work with other PW and older adults to methodically send out cards/greetings
- d. Maintain mission program/strive for 10%
 1. Focus on missions to local activities
 2. Focus and financially support what God is doing NOW
 - *Love Revolution/clothing closet/Blessing Box
 3. Expanding our ministry through service in use of the property
 4. Joint "hands-on" missions projects. Identify a local home that needs repairs and partner with Habitat or HomeWorks to repair instead of going out of town for Habitat project
 5. (Internally) Create a schedule of volunteer opportunities that members can choose and publicize
- e. Team building
 1. Engage consultant/program to train team building to staff, leadership, and members
 2. Strengthen the pastor's group on St. Andrews by meeting in person again

Hopefully, you are well aware of all of the specific missions programs we are doing. They are covered elsewhere in this newsletter and often highlighted in Jana's introductory remarks at the beginning of the worship service. There is plenty of opportunity for you to be personally involved. We should all be pleased with our Mission-focus at Seven Oaks and all that we do for the community and those who need help.



UPCOMING EVENTS - DON'T MISS OUT!



Cuba - Ever wanted to go to Cuba? Want to learn the culture and meet our sister church, Nueva Paz (New Peace)? Want to be blessed by the generosity

that exists in this beautiful place? There is a trip being planned for **December 8-December 15!** We need to begin Cuban passport work within the month. If you are interested please contact **Ben Smith, Robert Miller** or **Pastor Jana** as soon as possible!



The August 21st Ladies Luncheon will be held at **12 pm, Poogan's Southern Kitchen**, 4605 Forest Dr, Columbia, SC. If attending, please notify **Margaret Royals** 803-957-0430 or 803-608-1434 email



Please join us as we celebrate and honor our devoted organist and choir director, Dr. Lloyd Pilkington, as he retires from SOPC on August 27. We will have a reception for him immediately after Worship.

Please be on the look out for more information on our Men's Prayer Event - Becoming Kings: Feast and Film on Saturday, September 30, 6:30-9:30 pm.



Sunday, August 6 - Back to School Sunday (Blessing of the Backpacks)
Thursday, August 10 - Happy Birthday to Pastor Jana!
Saturday, August 19, 9:30 am - Cuban Feminine Project
Sunday, August 27 - Lloyd Pilkington's Retirement Reception
Sunday, September 10 - Rally Day
Saturday, September 30, 6:30 pm - Men's Prayer Event
Saturday, October 21, 1 - 4 pm - October Fall Festival

Community Updates

The Love Revolution

Every Sunday from 3:30 - 5:00 pm The Love Revolution is proving to be a blessing to our community. Food, love and hope are being provided weekly to those in need around us. This event is open to everyone.

Bring a dish and/or a smile to share God's love.

Community partners in this effort are:

Ashland United Methodist Church - First Sunday of the month
Palmetto Thrift with financial aid
KJ's Market supports us with food and paper supplies



Help Us Bless Our Community! Donations for the clothing closet are always welcome! Drop off clothing items in the black baskets in the narthex/lobby or bring by the church office during office hours.

The Clothes Closet is in need of wire hangars, pant hangars and children's small plastic hangars (with indentions to hold tank tops). We are, also, in great need of combs, disposable razors, brushes, travel size mini toiletries, deodorant, and any hygiene items would be greatly appreciated.

SOPC Blessing Box

Non-perishable food donations for the Blessing Box can be placed inside the box at any time. If you place items, please be sure they are securely wrapped as ants get into the food. If the box is full, please bring your items to the office. SOPC thanks KJ's Grocery Store for donations they provide for our Blessing Box.

There is an increase in needs such as crackers, breakfast bars, snacks, and Capri Suns.



Contact information for
Pastor Jana Light Creighton:
803 530 4866
Email: jana@sopc.net

For church business call:
803-772-1761
or email: sopc@sopc.net

Office Hours:
Monday - Thursday
10 am - 3 pm

If you use the church facilities for any reason please remember to turn off lights, turn the air off, make sure no water is running (toilets or sinks) and lock the doors. Please also let Karl know when you leave by calling or texting 803-237-4519 so we can keep the facilities clean and sanitized. Thank you!



If you have information to be included in the weekly bulletin or newsletter, please have your information to the church office (sopc@sopc.net) no later than 10:00 am Tuesday the week of publication. Thank you!

Ways to Give to Seven Oaks

To give via text:

Step 1

Enter 732-56
After to

Step 2

Type Sevenoaks as
your message and hit
send

Step 3

Enter 732-56

To Give via mail:

530 St. Andrews Rd.
Columbia, SC 29210

To give via our website:

Step 1

go to sopc.net

Step 2

Click on "Give" at the top
right. A window will open that
will guide you through the
process.