The Leaflet



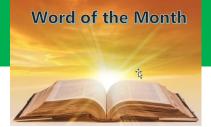
Sunday School for Adults, Youth, & Children

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

OCTOBER

Sunday

9:45 am



Music/Connectional



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: 743754044

9:45 am - Adult Sunday School
Roads to Faith Sunday School Zoom Link
https://us02web.zoom.us/j/508111743
Meeting ID: 508 111 743

9:45 - Children and Youth Sunday School Classes
All are welcome!

OCTOBER DATES AT A GLANCE

		•		
			11:00 am	Worship Service
			1:30 pm - 4 pm	Mision Cristiana Elim Internacional
	a)	3:30 pm - 5 pm	Love Revolution
	Monthly Calendar is		5:30 pm- 7:00 pm	Youth Group
	now on	Monday	8 am - 1 pm	Peaceful Gatherings Nature School
	back page!		7:30 pm	NANA
d			8:00 pm	Mision Cristiana Elim Internacional
			7:00 pm	Troop 91 Meeting
		Tuesday	8 am - 1 pm	Peaceful Gatherings Nature School
			7:30 pm	NANA
		Wednesday	8 am - 1 pm	Peaceful Gatherings Nature School
			5:45 pm	NAMI in Pavilion
			7:30 pm	NANA
		Thursday	8 am - 1 pm	Peaceful Gatherings Nature School
		Friday	6:45 am	Lanterns Men's Prayer Group
		_	8 am - 1 pm	Peaceful Gatherings Nature School
		Saturday	9:30 am - 11 pm	Cuban Feminine Project

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WORSHIP ASSISTANTS

OCTOBER 1

Communion Setup:

Sue Kesterson

Communion Serving List

Ron Kesterson, Shelagh Wirth, John Carter

NOVEMBER 5

Communion Setup:

Kitsie & Robert Miller

Communion Serving List

Hal Bowman. Sharon Watkins, Liz Harris

Counters

10/01 Liz Harris, Mary Johnson

10/08 Kathy Keane, Ron Kesterson

10/15 Banks & Polly Robinson

10/22 Judy Barnes, Guy San Fratello

10/29 Frank Sheppard, Mark Wishart

Ushers

First Sunday Mary Johnson

Second Sunday Ron Kesterson

Third Sunday Guy San Fratello

Fourth Sunday Fred Holbrook

Fifth Sunday Shelagh Wirth

Greeters

10/01 Robert & Kitsie Miller

10/08 Brenda Turner, Jeanne LeBoeuf

10/15 Carol Griffith, Stephanie Sampson

10/22 Ben & Dallene Smith

10/29 Shelagh Wirth, Melanie Mixon

Acolyte

10/01 No Acolyte/Communion

10/08 Ellis Robinson

10/15

10/22 Eli Bundrick

10/29 Usher (5th Sunday)

Time With Children

10/01 Elizabeth Turk

10/08 Rev. Bruce Hurley

10/15 Janice Holbrook

10/22 Julie Bussells

10/29 Mark Johnson

Children's Corner

10/01 Melanie Logan

10/08 Melanie Mixon

10/15 Mary Johnson

10/22 Julie Bussells

10/29 Marion Wishart



OCTOBER BIRTHDAY'S

Happy Birthday to the October born!



Rodger Givens	4
Gloria Kaiser	7
Ron Kesterson	8
Paula Giugliano	9
Myrna Gause	10
Daniel Perriero	14
Tara Whitfield	22
Jennifer Swearingen	23
Charlotte Swearingen	24





Dear Church Menlers for Continuing prayers as we September 14, 2023 Crane Stal Grinbley



DONATIONS NEEDED: Please help with items we need for the Fall Festival for the kid's. We need prizes, candy, monetary donations to buy hot dogs,

etc... Your help is greatly appreciated! Please contact **Kathy Keane** at 803-467-4224.

WHAT A FUN AND ENERGIZING RALLY DAY!!















AND THE FELLOWSHIP AND GAMES CONTINUE!











RALLY DAY 2023 WAS A SUCCESS!!









PRESBYTERIAN WOMEN INSTALLATION





We congratulate these
women as they take on their
roles for the Presbyterian
Women's group mission for
the 2023-2024 year!







JOIN US FOR THESE FUN EVENTS:

Sunday, October 1 - We will gather at SOPC for fun, food, fellowship, and learning, 5:30 - 7 pm! The theme tonight is World Communion Sunday. Please send a text to 803-530-4866 to let us know you will be there!

Sunday October 8 - Youth Westminster Painting Event!

Sunday, October 15 - Fall Break

Saturday, October 21 - Fall Festival

Saturday, October 22 - Deceased Farms

Sunday, October 29 - Westminster Fall Festival



Presbyterian College is offering a 'Youth Day' on **November 18th** for all middle and high school young adults. There will

be the opportunity to learn about God, experience campus life (food), attend a game and join with fellow youth from Trinity Presbytery for a day. Please look at your calendars and let the office know if you would like to take this journey together! Similarly, January 21st we are asked to join together with youth from across the Presbytery at Cherokee Presbyterian Church (near Gilbert) for a day of fun together. Please also look at your calendars for availability.

This Sunday, **October 1st** we will gather at SOPC for fun, food, fellowship and learning, **5:30 - 7 pm**. Our theme for the night will be learning about World Communion Sunday. Dinner is served! Remember there is church luncheon after church as well, so plan accordingly! Please send a text to let us know you can be here Sunday night to **803-530-4866**.

Blessings, Pastor Jana



A huge shout out and thank you to Hadessah Wright who will be playing her baritone this Sunday, October 1 during worship! We appreciate you sharing your musical talents with our congregation!

Reasons Teens Need a Youth Group/Mission Trips

Teens learn compassion for others.

One of the best parts of these trips is seeing young people grow in compassion and understanding for others from the beginning to the end of the week. These days, the world is full of different opinions and not much understanding for each other. Through the service they perform, teens see the compassion Christ taught and demonstrated in the Bible. Not just for those he was serving, but for his friends, family, and those around him. When Jesus saw Lazarus' friends weeping, he wept alongside them (John 11:33-35). He knew he would conquer death and bring Lazarus back to life, but he still wept with his friends. Jesus commanded us to "Love one another as I have loved you" (John 13:34), and he continuously demonstrated it. One of his most significant acts of compassion was at the cross, when he asked for the crowd to be forgiven. We want participants to grow spiritually and experience Jesus in ways they haven't before through our mission trips. Opening their eyes to others' struggles or learning to forgive themselves for things they didn't want to let go of is part of growing in their faith in Christ.

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: 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

Understanding Which Types of Respite Care is Right for You

The constant demands of caregiving can quickly lead to burnout if you're not careful. **Scheduling time for breaks is essential for maintaining your well-being over the long haul.** Remember, it's a marathon, not a spring. **'Respite care' means short-term relief for primary caregivers. It can be arranged for just an afternoon or for several days or weeks.**

Care can be provided at home, in a healthcare facility, or at an adult day care center.

Respite care is a natural progression when your loved ones requires assistance with certain tasks and you are no longer able to leave them alone. Choosing between assisted living and in-home care can be a difficult decision when your parent or spouse needs assistance in their daily life, but it can be a lifeline for those providing care.

Choosing between assisted living and home care involves many factors, both personal and financial. It's a complex decision and the answer depends on your older adult's specific situation. When getting care, there are three essential factors to consider: how much help they need, key differences between assisted living vs home care, and their financial situation.

1.) Figure out how much help they need.

Before making any decisions, it's necessary to find out how much help your older adult needs and compare that with how much help is already available. Make a list of everything your older adult needs help with on a daily, weekly, and monthly basis. Being able to see the whole picture helps you choose the correct level of care. Next, be realistic about how much help you, family, or friends and neighbors will provide. It's important to think about this in terms of long-term, ongoing help – a few weeks or months isn't going to be enough. In some cases, looking at this list makes it obvious that in home care will work best. In other cases, assisted living might be the clear choice.

2.) Understand key differences between in home care, home health, and assisted living.

Before you can choose between in home care and assisted living, it's important to understand how they work. Here are the basics and key pros and cons for each.

Home Care

With in-home care, you typically hire a caregiver to come into the home to interact with your loved one or assist him/her with activities of daily living. This enables your older adult to continue living safely at home. The specific help provided depends on the older adult's needs and could include meal preparation, getting around the house, light housekeeping, transportation, bathing, dressing, using the toilet, companionship, running errands, etc.

You can hire someone you know or go through a professional company - the choice is yours. The main advantage of using someone you know is a reduced cost. However, benefits of hiring a company is liability coverage in case of an accident, background checks, drug screenings, and training. Consider your situation and what is best for you and your loved one. Keep in mind that Medicare does not pay for home care. Home care options include private pay, Medicaid, long-term care insturance, or veteran's benefits. Rates can vary from \$15 - 35 per hour.

Benefits of home care:

- **♥** YOU GET A BREAK!
- ♥SENIOR GETS ONE-ON-ONE CARE TAILORED TO THEIR NEEDS AND PREFERENCES
- **VSENIOR CAN STAY IN THEIR HOME** OR A RELATIVE'S HOME AS THEY AGE
- ♥COSTS CAN BE LOWER DEPENDING ON HOURS OF CARE NEEDED AND CAREGIVER SKILL LEVEL
- ♥FLEXIBILITY IN CARE ARRANGEMENTS: DIFFERENT TYPES OF CARE COULD BE COMBINED TO LOWER COSTS
- **♥**INCREASE **SOCIAL INTERACTION**

Article Credit to Leezas Care Connection

Caregivers Group Meets the **fourth Monday** of every month at 1 pm. Please contact **Pastor Jana** for more information at 803-530-4866



SESSION NOTES

At the last stated Session Meeting on September 18, 2023 the Session:

Approved Annie Moffatt as a teacher and to be able to work with the youth.

Received the following as information:

We have five folks signed up to go on the Cuba Mission trip in December.

Missions will be collecting a special offering for Peace and Global Witness on Sunday, October 1.



MUSIC MINISTRY

During the months of **September** and **October**, even though our worship service music will be a little different, we still need a strong choir to lead the congregation in hymns and responses. Anyone who wants to share their voice in joyful song should come to the **Choir Room** at **10:45** am each **Sunday morning**.





Do you have a musical talent that you would like to share with the church? Please sign up on the following link:

https://docs.google.com/document/d/1Ao9x5dstP1emW7YrhyVkpalFH7hbrFD25-vNNwMjXiU/edit. For more information or help, you can contact Sharon Watkins @ 803-622-0743 or call Denise in the Church Office 803-772-1761.

UPCOMING EVENTS - DON'T MISS OUT!



DON'T MISS THIS
SUNDAY'S FIRST
SUNDAY FELLOWSHIP
LUNCHEON! We will
have fried chicken,
green beans, squash/

onion casserole, bread, salad, and dessert. Elizabeth Turk will be here to tell us about her and Dan's adventures!
Bring a friend for this fun and yummy Sunday!

MORE Justice is beginning the Listening

Process. This focuses on stories shared in House Meetings. SOPC is taking a different approach this year. We will have one big House Meeting at the church in the Fellowship Hall on October 3rd at 6:30 PM. If you are a committed member, please mark your calendars and invite your friends, neighbors and fellow church members to join you. Looking forward to a great meeting and seeing all of you together!



The Providence Home Gala is on Thursday, October 5 at Seawell's Restaurant across from the fairgrounds at 1125 Rosewood Drive, Columbia, SC 29201 from 6

pm to 8 pm. There will be dinner and a play. The dress is work casual. You have to register online at PHCOLA.org under "Check Out Our Events". **Polly Robinson** is hosting the table so please ask to be seated at her table.



Ladies Luncheon will be at Backstreets Grill on October 18 at noon. If interested in attending please contact Margaret Royals 803-957-0430 or 803-608-1434 email mroyals052@gmail.com.





October 1, 12 pm - First Sunday Fellowship Luncheon

October 3, 6:30-7:30 pm - MORE Justice House Mtg

October 8, 2 - 4 pm - Fall Ladies Drop In

October 21, 10-2 pm - Fall Festival

October 22, 1-4 pm - Fall Festival Rain Date for Kids Activities

October 27 - Lifeline Screening

November 5 - First Sunday Fellowship Luncheon

SOPC CONNECTION! JOIN US!

OTHER WAYS TO CONNECT AT SOPC



Presbyterian Women

Enjoy fun, fellowship, mission projects, devotion/ bible study, Hannah and Rachel Circles (information below) with the Presbyterian Women. Moderator is Mary Johnson and you can contact her at 803-446-6270.





Rachel Circle meets in the Fellowship classroom and is a group of Presbyterian Women. They meet the second Tuesday of every month at 2:00 pm starting September 12 in the Fellowship Classroom. Contact Carol Griffith at 803-749-9734.



Hannah Circle meets monthly on the second Thursday of the month starting September 14 at 6:30 pm. Contacts are Marion Wishart at 803-467-1730 or Sue Kesterson at 803-727-8165.

Lanterns Men's Prayer Group meets every Friday at 6:45 am for fellowship and prayer in the Fellowship Hall. Please contact Ed Keelen for more information at 803-760-4704.





Caregivers Group meets the fourth Monday of the month at Caregiver 1 pm. This group is to support one another in the challenges in caring for our loved ones. Please contact Pastor Jana for more information at 803-530-4866.



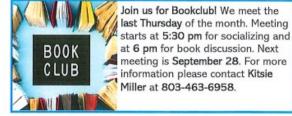
Love Revolution meets every Sunday at SOPC which takes place from 3:30 - 5:00 pm in the Pavilion. We provide a place for the community to gather for warm food and fellowship.



Providence Men's Home Meals -We provide meals to the Men's Home the second Tuesday of every month. Please contact Kitsie or Robert Miller for more information at 803-807-7380.



Ladies Luncheon - This group meets the third Monday of the month. They meet at a different restaurant each month. Margaret Royals is the contact for this group. Her number is 803-957-0430 or 803--608-1434 or email: mroyals052@gmail.com.



meeting is September 28. For more information please contact Kitsie Miller at 803-463-6958. During the months of September and



Making sandwiches for Oliver Gospel Mission. Contact Greg Mixon at 803-781-6490 for more information.



October, even though our worship service music will be a little different, we still need a strong choir to lead the congregation in hymns and responses. Anyone who wants to

share their voice in joyful song should come to the Choir Room at 10:45 am each Sunday morning. Please see Sharon Watkins for more information at 803--622-0743.

We are looking for musicians to showcase their talent during our worship service! If you are interested please go to this google line and fill in the information - https://docs.google.com/document/ d/1Ao9x5dstP1emW7YrhyVkpalFH7hbrFD25-vNNwMjXiU/edit.

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, and snacks.





Take a step toward staying

Healthy & Active

Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup

Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plague buildup.

That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors.¹

Adults age 50+ and those 40 and older with one or more risk factors for cardiovascular disease should be screened.

¹Key Risk Factors include: *High blood pressure, high cholesterol, diabetes, obesity, smoking, family history.

We are coming to your neighborhood.

Where: Columbia - Seven Oaks Presbyterian Church

When: Friday, October 27, 2023

To register for your appointment and to receive the special discount, please call **1-800-640-6307** or visit **LLSA.SOCIAL/HC**

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 - 4 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 WEDNESDAY the week of publication. Thank you!

Ways to Give to Seven Oaks

To give via text:

Step 1 Step 2 Step 3

Enter 732-56 Type Sevenoaks as After to your message and hit

send

Enter 732-56

To Give via mail:

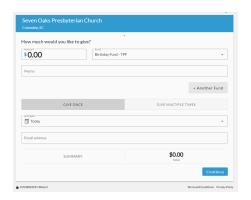
530 St. Andrews Rd. Columbia, SC 29210

To give via our website:

Step 1 Step 2

go to sopc.net

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









Saturday	7 9:30am Cuban Feminine Project	14 9:30am Cuban Feminine Project 10:00am Miston Cristiana Elim Int'l 9:00pm Mary Kay	21 Kairos Prison Ministry 10:00am Fall Festival	28 9:00am Troop 91 9:30am Cuban Feminine Project 10:00am American Federation of Human Rights	4 9:30am Cuban Feminine Project 6:00pm Private Event
Friday	6 OFFICE CLOSED 6:45am Men's Lanterns Prayer Group 8:00am Peaceful Gathering Nature School 7:30pm Mision Cristiana Elim Int'l	13 OFFICE CLOSED 6:45am Men's Lanterns Prayer Group 8:00am Peaceful Gathering Nature School 7:30pm Mision Cristiana Elim Int'l	Kairos Prison Ministry OFFICE CLOSED Setup for Fall Festival Gram Men's Lantems Prayer Group Peaceful Gathering Nature School 7:30pm Mision Cristiana Elim Int'l	OFFICE CLOSED 9:90 OFFICE CLOSED 9:04 Group School Peaceful Gathering Nature H 8:30am Lifeline 7:30pm Mision Cristiana Elim Int'l	3 OFFICE CLOSED 6:45am Men's Lanterns Prayer Group 8:00am Peaceful Gathering Nature School 7:30pm Mision Cristiana Elim Int'l
Thursday	5 8:00am Peaceful Gathering Nature School 5:00pm Christian Ed Ministry Meeting	12 8:00am Peaceful Gathering Nature School 6:30pm Hannah Circle	19 Kairos Prison Ministry 8:00am Peaceful Gathering Nature School	26 8:00am Peaceful Gatherin; Nature School 5:30pm Bookclub Meeting	2 8:00am Peaceful Gathering Nature School 5:00pm Christian Ed Ministry Meeting
Wednesday	4 8:00am Peaceful Gathering Nature School 12:00pm Presbyterian Community Luncheon 5:30pm Children's Ministry Meeting 5:45pm NAMI 7:30pm NANA	11 8:00am Peaceful Gathering Nature School 5:45pm NAMI 7:30pm NANA	18 Kairos Prison Ministry 8:00am Peaceful Gathering Nature School 5:45pm NAMI 7:30pm NANA	25 8:00am Peaceful Gathering Nature School 5:45pm NAMI 7:30pm NANA	All Saints Day 8:00am Peaceful Gathering Nature School 12:00pm Presbyterian Community Luncheon 5:30pm Children's Ministry Meeting 5:45pm NAMI 7:30pm NANA
Tuesday	38:00am Peaceful Gathering Nature School 10:00am Staff Meeting 51:30pm Reshape Adapting Meeting 61:30pm MORE Justice House Meeting 7:00pm Yoga 7:30pm NANA	10 8:00am Peaceful Gathering Nature School 10:00am Staff Meeting 2:00pm Rachel Circle 7:00pm Yoga 7:30pm NANA	17 8:00am Peaceful Gathering Nature School 10:00am Staff Meeting 7:00pm Yoga 7:30pm NANA	24 8:00am Peaceful Gathering Nature School 10:00am Staff Meeting 6:30pm Missions Ministry 7:30pm Yoga 7:30pm NANA	31 Reformation Day Reformation Day 8:00am Peaceful Gathering Nature School 6:30pm Missions Ministry Meeting 7:30pm Yoga 7:30pm NANA
Monday	2 8:00am Peaceful Gathering Nature School 5:30pm Admin Ministry Meeting 7:30pm Fellowship Ministry Meeting 7:30pm Troop 91 Meeting 7:30pm MNA 8:00pm Mision Cristiana	Olumbus Day Indigenous Peoples' Day 8: 00am Peaceful Gathering Nature School 6:30pm Chairs Meeting 7: 00pm Troop 91 7: 30pm NANA 8: 00pm Mision Cristiana Elim Int'l	16 8:00am Peaceful Gathering Nature School 12:00pm Ladies Luncheon 6:30pm Session Meeting 7:30pm Troop 91 Meeting 7:30pm NANA 8:00pm Mision Cristiana Elim Int'l	23 8:00am Peaceful Gathering Nature School 1:00pm Care Givers Group 6:30pm Missions Ministry 7:30pm Troop 91 7:30pm NANA 8:00pm Mision Cristiana Elim Int'l	30 8: Odam Peaceful Gathering Nature School 6: 30pm Worship Ministry 7: 30pm NANA 8: 00pm Mision Cristiana Elim Int'l
Sunday	World Communion Sunday 9:45am Sunday School for Children, Youth, and Adults 11:00am Worship 11:00pm First Sunday Fellowship Luncheon 11:30pm Mision Cristiana Elim Int'l 3:30pm Love Revolution 5:30pm Youth Group Respective Churches	8 9:45am Sunday School for Children, Youth, and Adults 11:00am Worship 11:30pm Mision Cristiana Elim Int'l 2:00pm SOPC Ladies Drop-in Event 3:30pm Love Revolution 5:30pm Youth Group - Westminster Painting Event	Family Promise Week 9:45am Sunday School for Children, Youth, and Adults 11:00am Worship 11:30pm Mision Cristiana Elim Int'l 3:30pm Love Revolution 5:30pm Youth Group - Fall Break	Kairos Prison Ministry 9:45am Sunday School for Children, Youth, and Adults 11:00am Worship 11:00pm Fall Festival Rain Date for Kids 11:30pm Mision Cristiana Elim Int'l 3:30pm Love Revolution 5:30pm Youth Group Deceased Farms	Reformation Sunday 9:45am Sunday 5chool for Children, Youth, and 9:45am Worship 11:00am Worship 11:30pm Mision Cristiana Elim Int'l 3:30pm Love Revolution 5:30pm Youth Group - Fall Festival Westminster