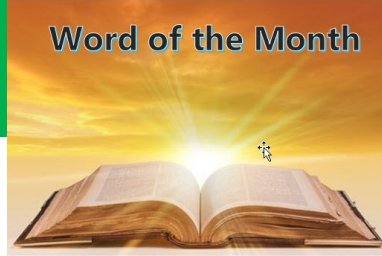




SEPTEMBER

Word of the Month

MUSIC/HYMNS



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?](https://zoom.us/j/743754044?pwd=bWIHWWJWOFR4UG1zQkZuRVRIaE41dz09)
[pwd=bWIHWWJWOFR4UG1zQkZuRVRIaE41dz09](https://zoom.us/j/743754044?pwd=bWIHWWJWOFR4UG1zQkZuRVRIaE41dz09)
Meeting ID: 743 754 044

9:30 am - Confirmation Class
9:45 am - Adult and Children Sunday School Classes
10:00 - Youth Sunday School
All are welcome!

Come join us and walk with God!!

SEPTEMBER DATES AT A GLANCE

September
Word of the Month:
Music/Hymns



Sunday	9:30 am	Confirmation Class
	9:45 am	Sunday School for Adults and Children
	10:00 am	Youth Sunday School
	11:00 am	Worship Service
	1:30 pm - 4 pm	Mision Cristiana Elim Internacional
	3:30 pm - 5 pm	Love Revolution
Monday	8 am - 1 pm	Peaceful Gatherings Nature School
	7:30 pm	NANA
	8:00 pm	Mision Cristiana Elim Internacional
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

SEPTEMBER IS THE BEST MONTH FOR BIRTHDAYS! **HAPPY BIRTHDAY**



ANNE	CROOK	9	5
JOE	GAUSE	9	5
BYRON	DICKSON	9	6
CHRIS	LAUGHTER	9	7
SHARON	WATKINS	9	7
JANET	JORDAN	9	16
CASSANDRA	MARSHALL	9	18
ERNIE	BUSSELLS	9	22

A Gift from You Will Always Make a Difference!



Leave your legacy of love today.

A gift to your church allows you to enhance its mission and change the lives of others. TPF can help you plan your gift that will impact generations to come and capitalize on available tax savings.

For more information contact us at 800.955.3155
or visit us online at www.tpf.org

A BITTERSWEET GOODBYE TO DR. LLOYD AND TINA PILKINGTON FROM STAFF





YOUTH MISSION TRIP! Come help us clean up the yard at Presbyterian Communities on Sunday, September 17, 700 Davega Drive. Bring gloves, a spade, water, and clippers! Let's help our elders bring beauty back to their gardens!

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!

Youth night Sunday October 8 - Join us for the Youth Westminster Painting Event!

Register by October 20





<p>Blythewood Park 126 Boney Road, Columbia Co-ed Ages 4-15</p>	<p>Fee: \$75.00 Monday-Friday 6:00 pm-9:00 pm Saturday 9:00 AM-3:00 PM</p>
--------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------

Our Youth Basketball league focuses on basic fundamentals and recreation-level play. The season will consist of one practice per week and six regular games. Practices will be Monday-Thursday, and games will be Friday Nights and Saturdays. Age groups 7+ will conclude the season with a single elimination playoff. Participants will receive a jersey and a trophy. Parents must provide black gym shorts.

Registration will be open August 1-October 20. For more information, contact Freddy Hoskins, Athletics Coordinator, at 803.587.3682. Register online at www.richlandcountyrecreation.com.



Reasons Teens Need a Youth Group

Teens begin to understand their true value.

Many teenagers are glued to their phones, craving attention or admiration through likes and views. They have created online personas that might not reflect who they are in real life. Their real version might be depressed, broken, or have a complicated family life. They may be bullied or be the bully. They may be masking struggles behind the scenes. We allow them to know they are loved for the real person they are. We give them face-to-face, meaningful opportunities to engage with others through service and see their true worth and value beyond likes and views on a screen.

Credit to Group Missions Trips

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: September 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.

If you are interested in making a contribution to help the people in Maui, Hawaii, please make checks out to SOPC and mark for disaster relief.

CAREGIVERS GROUP

Caregiving Facts

There are estimated to be 53 million unpaid family caregivers in the U.S.

1 in 5 Americans are providing unpaid care to an adult with health or functional needs, that's 19% of the population.

Approximately 61% of caregivers are women. These may be spouses, partners, siblings, children or neighbors.

Over 50% of the nation's caregivers are younger than 55 years old and 34% of caregivers are 56 years old and older.

61% of caregivers are employed in addition to providing care.

Nearly 26% are providing care to someone with dementia or Alzheimer's

About 24% of caregivers are caring for two or more people.

Source: AARP Caregiving in the US 2020 Report

How Caregiving Affects You

Caregiving can take 10 YEARS OFF YOUR LIFE and often leads to chronic stress which can result in one or more of the following:
Depression and anxiety

Weakened immune system

Obesity or severe weight loss

Problems with short-term memory or paying attention

Higher risk for chronic diseases: Higher levels of stress, especially when combined with depression, can raise your risk for health problems, such as heart disease, cancer, diabetes, or arthritis.

Caregivers Need Care, too!

Reaching out for support is not a sign of weakness. It's a sign of courage, strength and hope. Here are a few ways that support can help you as a caregiver.

Educate yourself - Knowledge is empowering!

Find caregiving resources in your community to help you. Things like adult daycare services or respite care services give primary caregivers a break from their caregiving duties. Tip: Your local Area Agency on Aging is a great place to start.

Ask for and accept help

Join a support group for caregivers - See our virtual support group options!

Get organized! Make to-do lists, and set a daily routine.

Take time for yourself. Stay in touch with family and friends, and do things you enjoy with your loved ones.

Take care of your health. Make time to be physically active on most days of the week, choose healthy foods, get enough sleep, and see your doctor regularly.

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**

FALL FESTIVAL! JOIN US FOR THIS AWESOME EVENT!

**SEVEN OAKS
PRESBYTERIAN CHURCH**

530 ST. ANDREWS RD, COLUMBIA

**FALL
FESTIVAL**

SAT. OCT. 21, 2023 | 10 AM - 2 PM

**FOOD & DRINK AVAILABLE FOR PURCHASE AT THE
FOOD TRUCK**



**CHURCH
RUMMAGE
SALE**

DONATIONS ACCEPTED



**ARTS, CRAFTS & VENDOR
BAZAAR**

Call Tracey @ 803-920-3509

**EMAIL
SOPC@SOPC.NET**

**CHILDREN EVENTS
HAY RIDES
CRAFTS
GAMES**

INCLUDES A FREE HOT DOG LUNCH

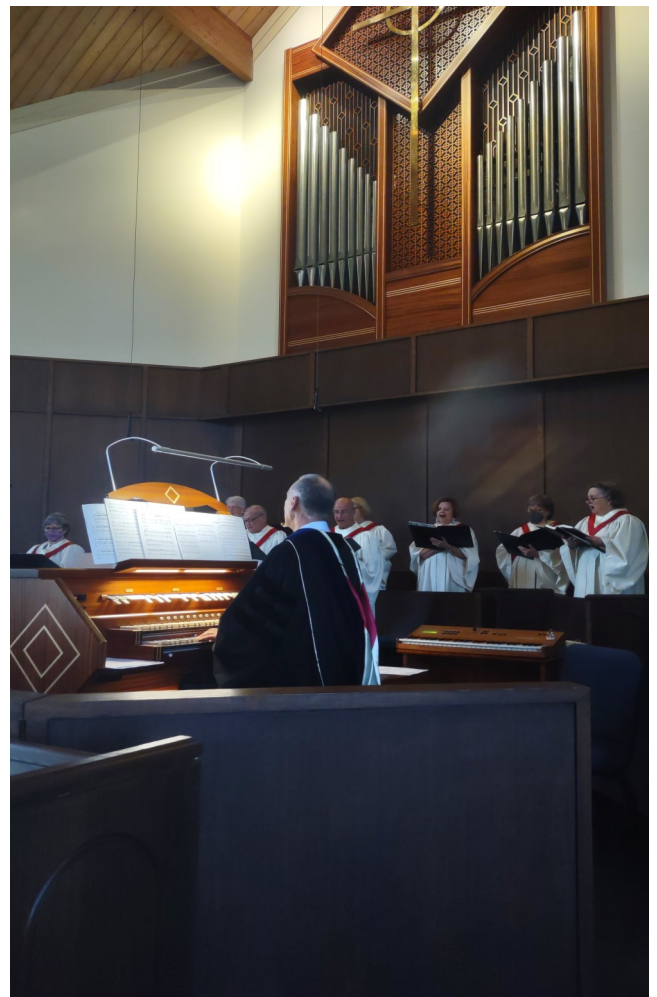
RAIN DATE: CHILDREN EVENTS ONLY

SUN. 10/22 @ 1 - 4PM

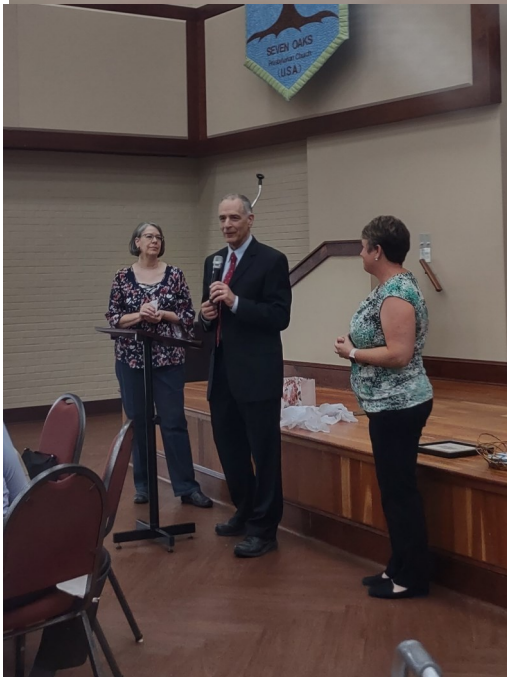


DR. LLOYD R. PILKINGTON'S LAST SUNDAY AT SOPC

I guess all good things must come to an end but this was a very hard goodbye to our Music Ministry Director....We wish Lloyd and Tina the best going forward but we will certainly miss his leadership, organ playing, and all of his musical talents that we have had the honor to enjoy for so many years. This is not goodbye but til we see you again! Many blessings to both of you! Please enjoy these pictures of Lloyd's last day and reception in his honor.







SESSION NOTES

At the last stated Session Meeting on August 21, 2023 the Session:
Approved list of teachers/advisors for the 2023-2024 school year.
Approved the sanctuary projection system.

ADMINISTRATION MINISTRY

From the Administration Ministry: Thank you for keeping your pledge up to date, as this helps us plan and fulfill the programs of the church! Last month's offering and the year-to-date information are shown below:

	Giving	Budgeted	Difference
August	\$ 21,051	\$ 23,500	(\$ 2,449)
YTD 2023	\$182,952	\$188,000	(\$ 5,048)

Total revenue for the first 8 months of 2023 (including other income, such as rent, in addition to offerings) and total expenses are shown below.

Total Revenue through August	\$197,324
Total Expenses through August	<u>\$200,616</u>
Expenses in excess of Revenues	(\$ 3,292)

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**.

RESHAPE UPDATE



This is the last installment of our review of the ReShape Ministry Guide's "Themes" As you recall, there are five themes:

- We desire to grow in Christ.
- We desire to grow in fellowship and hospitality.
- We desire to grow in mission and service with an emphasis on the least, the last and the lost.
- We desire to grow our community impact.
- We desire to grow in our stewardship of our resources

The points in the Guide about the fifth theme are:

Action Items:

- a. Balance the budget
- b. Rent or sell property to appropriate purchasers
- c. Restructure session ministries
- d. Common meeting times, projects
Improve use of technology (Podcasts, social media)

Specific Examples:

- a. Live within our means
- b. Rent or sell property
- c. Restructure session ministries
 1. Consider changing session to: Operate functions of the church through groups per function- things that have worked well like this include:
 - a. PW
 - b. Regathering
 - c. CMT
 - d. Youth
 - e. Have a separate Building & Grounds, Trustees group and a separate TPF group
 - f. Reorganize session to reflect the Reshape ministry goals
 - g. Reduce the size and function of session
- d. Common meeting times, projects
- e. Technology
 1. Facebook streaming alongside you tube
 2. Direct links on our website to YouTube
 3. Images/words on YouTube/zoom screen
 4. Consider a projector in sanctuary for announcements/images with music
 5. Dedicated person to run online ministries (on Sunday and during the week)
 6. Special online prayer services

We are being diligent in not only following the original guidance of the Ministry Guide, but adding items as they occur to make sure that we are staying relevant to today's trends. If you have a thought about how we might improve that is not listed, please see Ed Keelen, Chair, Adapting Group.

Reshape Update:

We are so excited to report that an anonymous donor will help fund the new projection system that will be installed later in September. This is one of the changes that was on the "wish" lists that were created from YOUR participation in the Reshape discussion groups. You will be receiving information in a letter from the Worship committee soon.

Thank you for your attendance and participation on Rally Day! Another great "revelation" that came from your discussions in Reshape groups was the desire for our church to present more intergenerational activities for all ages to enjoy together. This was a great success on Rally Day, thanks to "many hands" and Kathy Keane, chair of Christian Ed. committee, organizing a fun activity during our Rally Day Sunday School gathering. Great job, and enjoyed by many!

These events and improvements in our church life are not creations of the Reshape group, but are items that you brought forth in your Reshape meetings, and that we all prayed would come to fruition. Our hard-working Session and Committee chairs are the hands and feet that are making these exciting things happen, as YOU are also! The Reshape team looks forward to reporting more good news as we continue to "reform" and seek God's will.

UPCOMING EVENTS - DON'T MISS OUT!

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 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!



Ladies Luncheon will be at **Miyo's** on **September 18**. If interested in attending please contact **Margaret Royals** 803-957-0430 or 803-608-1434 email mroyals052@gmail.com.



ATTENTION ALL MEN: There is an event just for you on Saturday evening **September 30** at our church. We expect to see 100 men of all denominations gathered together starting at **6:30** for a food truck style dinner, followed by an inspirational movie called, "A Story Worth Living". Please bring your own camp chairs or blankets to sit on our church lawn. For more information and to sign up, click on this QR code, or see **Ed Keelen**.




The ladies of SOPC, whether you are a member or a visitor, are invited to come to the **Fall Ladies' Drop In** on **Sunday, October 8, 2 pm - 4 pm**.

Hostess - **Julie Bussells, 19 Sunrise Point, Irmo 29063**.



for your invitation in the mail!



BOOKCLUB Meeting. Book for the month of September is: *Lucy by the Sea*, by Elizabeth Stout. We will meet **September 28 at 5:30 pm**. Come join us for fellowship, food, and book discussion.



- September 17, 5 pm** - Youth Mission Event - Presbyterian Communities
- September 23, 1-5 pm** - Youth Boat Trip - Irmo Side of Dam
- September 24** - Hymn Sing
- September 24, 5:30 pm** - Youth Night Joint **Kick Off**
- September 28, 5:30 pm** - Bookclub
- September 30, 6:30-9:30 pm** - Men's Prayer Event
- 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

SOPC CONNECTION! JOIN US!



OTHER WAYS TO CONNECT AT SOPC



PRESBYTERIAN
WOMEN

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

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 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.



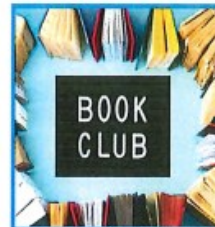
Love Revolution meets every Sunday at SOPC which takes place from 3:30 - 5:00 pm in the Pavilion. We provide a place for the community to gather for warm food and fellowship.



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.



Join us for Bookclub! We meet the **last Thursday** of the month. Meeting starts at 5:30 pm for socializing and at 6 pm for book discussion. Next meeting is September 28. For more information please contact Kitsie Miller at 803-463-6958.



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. 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 link and fill in the information - <https://docs.google.com/document/d/1Ao9x5dstP1emW7YrhyVkpalfH7hbrFD25-vNNwMjXiU/edit>.



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

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.



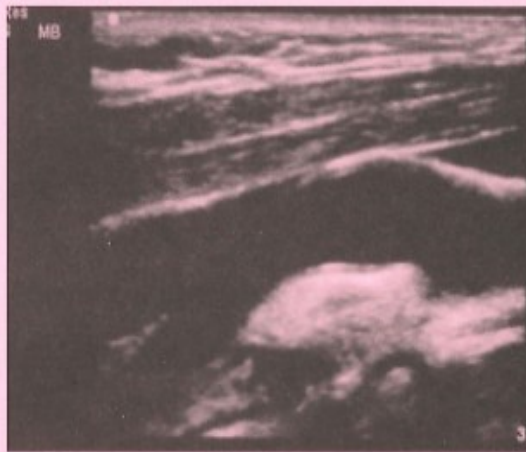
Take a step toward staying

Healthy & Active

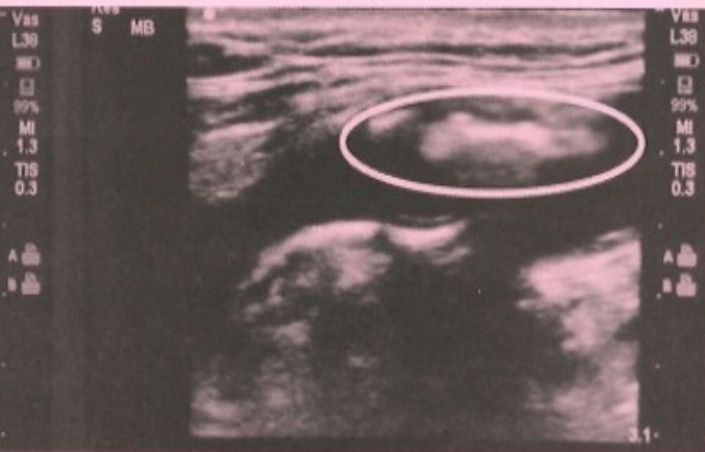
Life Line Screening goes beyond regular checkups to provide a more thorough look at your health.

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup



Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque 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 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.