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## *Eat to live!*

Salem has worked on implementing a clear discipleship pathway that begins with Connecting Point and continues with a feast of opportunities.

We are each responsible for our own discipleship. There are several ways for you to get connected for your own spiritual nourishment and at the level of commitment with which you are comfortable.

You are encouraged to participate in as many as you like, however, a good goal is to eat from each of these discipleship menu “courses” each year (this list is not all-inclusive and changes at various times during the year to provide more options).

*a good goal is to eat from  
each of these discipleship menu  
courses each year*



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## *Dessert*

*the sweet course eaten at the end of the meal,  
everyone can participate just for enjoyment.  
(Exodus 16:4)*

§ Trunk or Treat – Bring the family to this community outreach event October 28



*need help?*

contact the church office  
(319) 362-6178  
[office@salemchurchcr.com](mailto:office@salemchurchcr.com)



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## *Discipleship Menu*

# **Salem Discipleship Pathway**



*Nourishment for Life*

*Fall 2017*

## Amuse-bouche

*a single, bite-sized hors d'oeuvre  
preselected by the chef  
and offered free of charge  
to all present at the table;  
an entry into spiritual life and growth,  
whetting the appetite,  
giving a taste,  
wanting more.  
(Matthew 5:6)*

- § Worship – Weekly opportunity to hear the proclamation of the Word of God (9 and 11 AM)
- § Holy Communion – Receive God's grace at the Table at least twice a month in worship
- § Trunk or Treat – Serve for this community outreach event on October 28
- § Connecting Point – Learn how to connect with Salem on September 24, November 26, or December 31 from 10:10 – 10:50 AM in the Parlor



## Soup and Salad

*a more substantial, healthy course  
but not the meat;  
usually a 4-8 week commitment  
with a spiritual focus,  
diving deeper, challenging.  
(1 Peter 2:2)*



- § Sunday School – At 9 AM (Adult Lectionary reading the day's scriptures) and 10:10 AM (Children and Adult [Adults — current events from a biblical perspective]) Lower Level Rooms 2-6
- § Walk to Emmaus – 3 day spiritual renewal for Men (Oct. 19-22) and Women (Nov. 9-12)
- § CONNECT – 4 week small group in October as a follow-up to Connecting Point; learn the basics of Salem, the UMC, and Grace
- § Hospital Care Team – Visit Salem members in the hospital; contact Deb Black (d.black@salemchurchcr.com)
- § Choir – Sing at 11 AM on Sundays; rehearsals Wednesdays at 7 PM; contact the director, Linda Curson (l.curson@salemchurchcr.com)
- § Bell Choir – Rehearsals Thursdays at 7 PM in October, ringing during worship October 29; contact the director, Julia Titus (j.titus@salemchurchcr.com)
- § Youth Group – Wednesday nights 6:15-7:30 PM for spiritual growth of teens (grades 7-12); contact Pastor John (319-362-6178) johnlouk@salemchurchcr.com

## Entrée

*the main course of a meal,  
diving deeply  
in spiritual life and growth  
(Hebrews 5:14)*

- § Baptism – Initiation into Christ's holy body; contact Pastor John (johnlouk@salemchurchcr.com)
- § Tuesday Night Bible Study – 6:30 PM in the Parlor; contact Judy and Charlie Thomas (319-390-6574) *note: starting later this Fall*
- § Wednesday Morning Bible Study – Reading through the New Testament (10 – 11:30 AM LL Rm 5); contact Roger Lindo (319-366-6102)
- § Salem Son Seekers (*Emmaus Reunion Group*) – 2nd and 4th Sundays at 5 PM in the Parlor; contact Ron Andreasen (319-325-6303)
- § Sign up at the Welcome Center for a new weekly small group for women led by Julie Lefebure (319 350-9074) j.lefebure@salemchurchcr.com – day/time TBD
- § Small Group – Or sign up to be in a small group once a week or every other week to share life together and pray for one another; groups organized by Pastor John

