



## Prayer List from Sunday, February 3, 2019

### Shut-ins & Long Term Recovery

|                         |                         |                |
|-------------------------|-------------------------|----------------|
| Weston Barnette         | Willis & Jeanette Britt | Ann Deerman    |
| Jack & Joan Gibson      | Ed Hooten               | Warren Kirkus  |
| Harry & Cornelia Melton | Earline Seale           | Shirley Thomas |
| Ethelene Thompson       | Ola Vaughn              |                |

### Church Family

|                    |                      |                  |
|--------------------|----------------------|------------------|
| Doris Compton      | James Gardner        | Jerry Garner     |
| Rita Hadaway       | Dave & Betty Kincaid | Louise McGiboney |
| Sara Ann Meadows   | Joe Paschal          | Andy Peabody     |
| Pat & John Solomon | Don & Bev Stewart    | Fred Vick        |
| Jerry Williamson   |                      |                  |

### Family & Friends

|                         |                |                 |
|-------------------------|----------------|-----------------|
| Nikki Crowell           | Fran Enyart    | Sammy Fudge     |
| Tabitha Height & family | Mack Hill      | Stefanie Houser |
| Joe Jackson             | Tonya McIntosh | Billy Ragsdale  |
| Barbara Schafer         | Ryan Schafer   | Marge Shearer   |
| Jason Tames             | Tracey Waller  |                 |

### Other

|                        |                    |             |
|------------------------|--------------------|-------------|
| All Teachers           | Bridge Service     | Shut-ins    |
| Salem UMC & Staff      | Military Personnel | Our Country |
| Karate Kids for Christ |                    |             |

**FLOWERS** are placed in the Sanctuary this morning for the glory of God and in loving memory of J. D. Huff by Peggy Huff and family.

**2019 FLOWER CALENDAR** is now available. You can sign up by calling or emailing the church office or sign up on the website [www.salemumc.org](http://www.salemumc.org). Dates open are **Feb. 17 & 24; March 3, 10, 17, 24 & 31** as well as other months. We still have a lot of open dates. We have a standing order with a florist and the cost is \$38.00 each week. Be sure to sign up today and get your favorite Sunday!

**NO WEDNESDAY NIGHT SUPPER & BIBLE STUDY** this week.

**FEBRUARY IS “LOVE YOUR NEIGHBOR MONTH”** and the Mission Committee would like for everyone to bring items for the food barrels. February 17 we would like everyone to bring Cans of Pasta with Meat (ravioli, spaghetti, spaghettios and mac & cheese). There will be a table set up in the Sanctuary and one in the FLC to place your food.

### **Meals for the Peabody's**

Calendar dates available Feb. 6- March 6<sup>th</sup> Wednesday and Saturday delivery

**House:** Irwin Place Subdivision 1272 Jimson Circle, SE, Conyers, GA.

We would love to receive food items packaged in a manner that makes storing leftovers and/or reheating easy. Please be sure to let Anita know if you deliver in a container that needs to be returned to you.

### **Where to leave meal:**

Someone should be home to answer the front doorbell from 5-6pm., but if not, please leave meals in a closed container inside the blue cooler by the garage (around the corner to the left as you face the house). If we miss seeing you, please forgive us!

Sign up by contacting Anita Anderson by email ([anitawanderson@comcast.net](mailto:anitawanderson@comcast.net)) phone or text message (770-316-0166) and she will get you signed up on the CaringBridge Calendar. If you want to prepare a meal but cannot deliver, please let Anita know and arrangements will be made.

Andy is able to eat most cooked foods at this point - i.e. only very hard/crunchy foods and uncooked vegetables like raw cauliflower or broccoli are still definitely out - and is doing his best to consume a balanced mix of vegetables, fruits, and proteins every day. Some of his favorite veggies include butter beans, baby lima beans, sweet peas, black-eyed peas, crowder peas, field peas, green beans, broccoli, carrots, succotash, corn, zucchini, yellow squash, white onions, collards and turnip greens. His favorite fruits are canned pears, peaches, or mixed fruits (in natural juices) or fresh pineapple. He eats chicken, pork, beef, fish, and other seafood. He is a big fan of dishes with tomato/marinara sauce and is not afraid of spicy foods! He likes cheeses, including sharp cheddar, colby jack, monterey jack, and pepper jack in particular. His favorite seasonings include ginger, basil, lemon pepper and roasted red peppers to name a few. NOTE: The doctors want him to consume a low-sodium and low-carbohydrate diet, so we are trying to avoid eating vegetables that have been preserved through canning. Any way we can minimize added salt is helpful. THANKS!

**UPDATE:** Subsequent to starting chemotherapy, Andy has developed a sensitivity to cold, a not uncommon side effect of Oxaliplatin treatment. Some patients experience this acute type of neuropathy called pharyngolaryngeal dysesthesia which makes eating cold food or drinking cold liquids very uncomfortable. For the moment it isn't too bad, but we wanted you to be aware we are still going to avoid cold stuff as much as possible.

### **Salem Valentine Dinner**

**When: Saturday, February 16**

**Time: 6:00 p.m.**

**Where: Family Life Center**

*Come and join us for an informal evening of fun and fellowship.*

*This will be a catered meal by Master's Table. The cost of the meal is \$10.00 per person and the menu is:*

*Parmesan Chicken, Beef Tips-Green Beans, New Red Potatoes-Squash Casserole & Rice  
Layered Salad & Fresh Fruit Salad-Desserts-Chocolate Delight & Banana Pudding  
Rolls & Drinks*

*Please fill out the enclosed reservation form and put in the offering plate with your check. Deadline in February 13.*

