

MINISTERS MESSAGE FROM DAVE'S DESK- FEBRUARY 2021

As I look at the calendar, I notice we are less than 5 weeks from Ash Wednesday and the beginning of Lent. It seems that we just celebrated the birth of the Christ child in a manger. Our perception of time seems to be out of whack in these uncertain times

On Ash Wednesday, many across the country attend worship in their local churches to have ashes placed on their foreheads as a sign of repentance. Ash Wednesday marks the beginning of Lent, a 40 day period that many sacrifice or give up something in preparation for the coming of Easter.

In the French quarter and other parts of New Orleans, Ash Wednesday starts at 12am, Wednesday morning when police mounted on horseback, drive the revelers and partiers from the streets after a week of feasting and celebration. This partying culminates with "Mardi Gras" the night before, and is celebrated with parades in a growing number of US cities and with parades and parties in many parts of Europe and South America.

As we think about the week leading up to Ash Wednesday and as we think about Easter on it's way, and as we think about Jesus and his disciples, the question begs to be asked, Is this what it means to be a Christian? Is feasting before fasting, parades and parties, and ashes on foreheads what it means to be a disciple of Jesus Christ? Would Jesus even recognize many of the things we do in His name and many who profess to be his followers today? What does a Christian look like? Being a Christian can at times be easy, but at other times it can be very confusing and difficult.

We plan on Ash Wednesday in the parish, to have a live stream service at 6:30pm, but during that day I plan to schedule an hour or so in each church for drive-in communion along with the imposition of ashes for those who desire it. There is a schedule in this letter to let everyone know what church I will be at and at what time. I hope to see lots of you. Let us enter into the Lenten season in reverence and repentance. Then on Easter Sunday we will celebrate Jesus victory over death. I pray that this letter finds everyone both healthy and safe!

In God's peace, invite a friend

Minister Dave

**Join us for Sunday
Morning Worship
10:00 am
Live streamed on
SALT Parish Facebook Page**

Don't have a Facebook Account???
**Worship and Daily Devotions can be
watched by going to
<https://www.facebook.com/saltparish>**

With a New Year many have resolutions regarding self care and ensuring your needs are properly met. Whether that is a lifestyle change, addressing mental health, or learning to reduce stress in general, mindfulness is a great practice to integrate into your holistic health!

Our previous two articles discussed mindfulness and the benefits it can bring to an individual throughout their day. Another great mindfulness technique that can be used for both relaxation and sleep is progressive muscle relaxation. This is a technique where you either lead yourself through tensing and relaxing each muscle of the body, or through a recording. This technique is great to assist with anxiety and panic attacks, but also proves to be incredibly useful for those with sleep issues as well.

A great Youtube channel for guided progressive muscle relaxation is The Honest Guys. To gain the greatest results for a technique such as this for sleep, it is important to be in your bed, lights off, and in a comfortable position before starting the video. A variety are available from 5 minutes to 30 minutes, and run through a process of relaxing your entire body and mind.

This concludes our series on mindfulness! I have sent a link to Minister Dave as well regarding a free stress management course that can be incredibly beneficial! If anyone is interested in participating, please reach out to Minister Dave!

All the Best,

Rachel M. Olivanti, LADC, Mental Health Practitioner
Treatment Director

ANNOUNCEMENTS FROM THE SALT PARISH

**Minister Dave will have
Drive thru Communion
Every Wednesday
1:00-3:00 pm**

**February 3 – First, Meadowlands
February 10 – St. John’s, Saginaw
February 17 – Ash Wednesday
February 24 – Faith, Culver**

Wednesday Night Lenten Series
will be livestreamed on SALT Parish
Facebook page at 6:30 pm
February 24, March 3, 10, 17, 24

“Were You There?”

A look at the “characters” involved in
Jesus’ arrest, death and resurrection

**Ash Wednesday, February 17, 2021
Dispensation of Ashes & Holy
Communion**

Minister Dave will be at **ALL** Churches
on Ash Wednesday for the
dispensation of Ashes and Holy
Communion

10:00-11:00 First, Meadowlands
12:00-1:00 St. Peter’s, Canyon
2:00-3:00 Faith, Culver
4:00-5:00 St. John’s, Saginaw

Ash Wednesday Worship will be
livestreamed on SALT Parish Facebook
page at 6:30 pm