

MINISTERS MESSAGE FROM DAVE'S DESK- June, 2021

Finally, the numbers of positive cases and death of the Covid-19 pandemic are going in the right direction. It's by no means time to forget all of the safe habits that we've gotten used to. We still aren't out of the woods with about 50% of the public vaccinated and still researching a vaccination for kids under 12, not to mention countries that are exploding with cases and death such as India.

We have come to the point of returning to our churches for corporate worship with safety guidelines in place. Last week in our first services at Faith and First, it was such a feeling of joy and gratitude that the Lord has guided us through the challenges of the pandemic. He has a plan! I heard words from parishioners of how good it felt to be in worship.

I'd like to share a story of gratitude to illustrate our need to trust in the Lord during such difficult times. There's a legend of a man who found the barn where Satan supposedly kept his seeds ready to be sown into the human heart. On finding these seeds of discouragement more numerous than the other seeds, he learned that those seeds could be made to grow almost anywhere. When Satan was questioned, he reluctantly admitted that there was one place in which he could never get the seeds of discouragement to grow. "Where is that" he was asked. Satan paused for a moment and replied sadly, "that would be in the heart of a grateful man!"

Colossians 3:17 says, "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus giving thanks to God the Father through him." Let us take time in thanks and gratitude that he has brought us this far in this earthly challenge and pray for peace for all who are mourning the loss of a family member, friend, relative and those we have not met.

In God's peace, invite a friend
Minister Dave

SALT Parish In Person Worship Schedule:

Faith (8:45) & First (10:30) 1st & 3rd Sundays

St. John's (8:30) & St. Peter's (10:30) 2nd & 4th Sundays

Livestream will be available at 10:30 am on the SALT Parish Facebook Page

If there are any updates in our return to worship guidelines, Minister Dave will communicate that information during Sunday Morning Announcements, Devotions, etc.

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

Insights from Arrowhead Center

If you are feeling nervous about returning to life as “normal” with the mask mandate being lifted and individuals returning to work, you are not alone. While a small amount of anxiety is normal, too much anxiety, however, can be disabling to some.

Anxiety about life post-pandemic is known as “reentry anxiety”, and there are two forms. The first form surrounds safety concerns. People are anxious about leaving their homes after spending so much time quarantining and social distancing, and have fears that they may still contract COVID. The second form concerns social interactions. People are nervous about socializing again after spending so much time isolating with close family. Having social interactions with others and engaging in “small talk” has been left at the wayside for necessary pick-up and delivery services.

A few strategies exist to help you work through these anxieties. First, be honest. Let friends and family know if you are still social distancing. Ask others to mask if you would like, continue to utilize hand sanitizer, etc. Even though we are interacting with others more, you can still take whatever precautions you feel are appropriate. Second, take it slow. If you are nervous about being in a crowded place full of people without masks, start meeting friends and family outdoors, where you can separate. We have beautiful summers in Minnesota; take advantage of it! Meeting at parks, lakes, biking trails etc. can all be done while still allowing you to distance yourself. If friends would like to meet for dinner, choose a restaurant that offers outdoor seating. When returning to work, take a dry run; it may make you feel more comfortable, and takes the pressure off of returning to the office for the first time. While we have been able to work from our cozy homes, the office seems a bit drab. Clean up your workspace, add a few more comforts of home, and bring whatever supplies (hand sanitizer, etc.) you feel comfortable with.

If your anxiety is more about having to interact with others, it is ok to take reintegration at your own pace; however, be sure you are not just allowing yourself to stay in old patterns. It is ok to push yourself a bit to interact, and it will begin to come naturally again the more you interact. Again, you can start slow; run into the gas station to pay instead of paying at the pump. Have coffee with a close friend out somewhere so you have to interact with others, but still have the comfort of a friend with you. Practice anxiety reducing techniques can be beneficial as well. Deep breathing exercises, guided imagery, biofeedback, etc. are all excellent ways to calm anxieties in the moment.

While it is a difficult change, and there will be an adjustment period, making the transition back to pre-pandemic life will be good for all of our mental health. That being said, if you feel your anxieties are overwhelming, contacting a mental health provider to help you adjust is an excellent option. Many therapists are continuing to offer hybrid services including tele-health, which can help you process your concerns.

Stay safe, stay healthy, and enjoy the weather!

Rachel M. Olivanti, LADC Mental Health Provider
Treatment Director

SALT Parish Council Meetings

Parish Council	June 2	6:30 pm @ St. John's
First Council	June 8	6:00 pm
Faith Council	June 9	10:30 am
St. John's Council	June 10	6:30 pm
St. Peter's Council	June 10	1:00 pm

Quarterly Hymn planning: June 19th at 9:30 at Faith

Minister Dave is always available for emergencies 218-391-7951

SALT Parish In Person Worship (Effective June 6, 2021)

A Preparedness Plan in response to COVID-19

- If you are sick, please stay home.
- To be a welcoming Parish and for the safety of our children, visitors and those who are unable to be vaccinated, masks are to be worn in the buildings at all times.
- Windows & doors will be opened to ensure proper ventilation.
- When entering an unreserved pew, please sit at the far end of the pew, not on the aisle so others don't have to step over you to be seated in the same pew maintaining social distancing.
- Please take a bulletin from the table in the narthex as you enter (ushers will not be handing bulletins out) and drop your offering in the offering plate as you enter.
- There will be no "sharing of the peace" at this time. If you wish to greet other members, please do so from your pew before worship.
- Congregational singing and responses to prayers are allowed with masks.
- Communion will be brought to you in the pews.
- Following the worship service, you will be dismissed by the ushers (back to front). Please remain seated until the usher dismisses your row. We ask that you please leave the building directly from the sanctuary. Weather permitting, Minister Dave will greet members outside following worship.
- Outdoor fellowship with coffee only is permitted at this time.
- Worship will be continued to be available on Facebook each Sunday at 10:30 am.

Worship will be at:

Faith (8:45) & First (10:30) 1st & 3rd Sundays

St. John's (8:30) & St. Peter's (10:30) 2nd & 4th Sundays

Special Services:

August 29th (5th Sunday) SALT Outdoor Worship & Picnic @ Faith 10:00 sponsored by St. John's

October 31st (5th Sunday) SALT Sunday @ St. Peter's @10:00

November 21st (Thanksgiving Service) St. John's (6:30 pm)

December 24th (Christmas Eve) First (4:00 pm) & Faith (9:00 pm)

December 26th St. John's (8:30) & St. Peter's (10:30)