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Salem English Lutheran Church

April 2020



## Leaning Into Abundance During a Global Pandemic

I don't know if you have noticed, but things have changed—and quickly. So quickly, that at times it has been hard to keep up. Just three weeks ago we were talking about a time, in the future, that we might not be able to come together to worship. Little did we know that we would not be able to safely worship in-person that very weekend. The world has been sent into chaos by Covid-19. And in the midst of all this chaos, **we are still called to be the church.**

I will admit that for about 2 1/2 days I was panicked. What would we do without worship? Without any meetings? How on earth could we continue to be church? Nobody taught us how to do this.

It would be our friendly first service musician extraordinaire, Kent, who would say something that would change my thinking. When I asked how he and his family were doing, he made a comment about “leaning into abundance”. While probably unknown to Kent, that was the precisely the 2x4 I needed to get me out of my head.

Leaning into our abundance? What do you mean? There is a global pandemic happening and life is changing by the hour, leaving us distant and afraid. Yes...AND...

- ◆ Salem is a tight-knit community that is connected in so many more ways than Sunday worship.
- ◆ Salem is small enough that most everyone knows each other and making contact is not difficult or strange.
- ◆ Salem has FANTASTIC leadership that is willing to adapt and get creative when called to.
- ◆ Salem has been through the wilderness before, this community is no stranger to difficulties and change, and has always come out the other side better, stronger, and more connected.
- ◆ Salem has a balanced budget, no debt, and INCREDIBLY generous members and friends.
- ◆ We live in an age of, and have access to, technology that allows us to “gather” even when we can't be together.

I could continue to add to the list, but think I might leave that up to you.

The reality is that one of the great challenges in our world, even in the best of times, is to lean into our abundance—to be

grateful. Turns out this has never been more true than during a pandemic. While ALL of us can lament the things we do not have today that we did 4 weeks ago, with a realization that some have been more severely affected than others, there is still a chance for all of us to look at what we can be grateful for and to lean into the abundance we find.

While we are staying home during this time of social distancing, I want to challenge us all to lean into our abundance, both as individuals and as a church. Inside these pages you will find a gratitude challenge to help you find the abundance that may seem far away during these days.

Then, I implore you to continue to be the church. I didn't realize how much I would grieve not seeing you all on a weekly basis. Then I discovered that when we “gather” via technology, we really do gather. The work we do as the church is not about where we meet. Even when we can't come to the building, in the midst of a stay at home order during a global pandemic, we are still the church.

And I don't know if you have noticed, but the church, God's people, have been at work in the world in these days! Kids getting fed, people stepping up to help small businesses, medical students stepping in to care for children of doctors and nurses, people sewing masks, and neighbors reaching out and helping neighbors just because they can. All of it—out of abundance.

We are the church, and as bad as the world seems to get at times, we are still called to be the church. I invite you, in these unprecedented times, to lean into abundance, be the church, wash your hands, and be well!

Blessings!

Pastor Rhonda

### Important Dates for your Calendar!

- ◆ Sunday Morning Worship each Sunday at 9:30 am via ZOOM.
- ◆ Wednesday April 1: Holden Prayer Around the Cross at 7 pm via ZOOM.
- ◆ Mondays at 4 pm AND Thursdays at 10:30 am: Kid's ZOOM Room
- ◆ Tuesdays at 10 am AND Thursdays at 2 pm: Congregational ZOOM Snack Time
- ◆ Thursday April 9: Maundy Thursday Upper Room Worship at 6:30 pm via ZOOM



# Salem News



## Palm Sunday

Palm Sunday this year will look a little different, but we will still worship together via ZOOM at 9:30 am. You will notice a palm just the right size for cutting out and waving in worship as an insert in this newsletter. Make sure to cut one out for Sunday April 5 so you are ready for worship!



## Good Friday



Traditionally on Good Friday we gather with a small number of Salem folks for scripture, prayer, and hymns. This year for Good Friday we will offer a series of scripture and written reflections that will be delivered in the same manner that you receive the newsletter. (Electronically for many and through the US mail for some) Watch your mailbox for this at-home reading and mediation for you to help mark Good Friday.

## Easter

Even if the church building is closed, the tomb will still be empty! Worship with us on Easter Sunday at 9:30 am via Zoom. We will continue to celebrate as a community from our own spaces.



## Joining Worship by Phone!

You can access Sunday worship via phone! If you don't use a computer, call this number to join the online Salem community for worship: 1-312-626-6799, then enter meeting ID 165 400 256. Contact Pastor Rhonda if you have questions.

## Maundy Thursday Upper Room Experience

Plans change, especially during a global pandemic. The Lenten wilderness we are journeying through will culminate during Holy Week, even if we are not physically able to gather together at the church building.



***But that does not mean that we will not be able to gather as the church!***

Plans change—we will not be able to cater a meal in the south sanctuary this year and gather for dinner and worship there. We will however, gather for dinner and worship through the miracle of technology in order to make Maundy Thursday as the holy day that it is.

So—the invitation has not changed—you are ALL invited! This year on Maundy Thursday we will gather once again for a meaningful worship experience.

Thursday April 9 at 6:30 pm via ZOOM (A link will arrive via email the day before the event.)

Join us from your dinner table—bring everyone you are sheltering in place with. We will gather in our ZOOM worship room and have conversation over our meal and transition into worship, prayer, scripture, and communion with each other.

It may not be exactly what Jesus and his disciples did that night so long ago, but in the fellowship, song, and prayer, we will find the holiness to be just the same. Im betting Jesus would find our technology to be an amazing way to share the love of God in our world!

Don't miss out on this great worship.

## Narrative Lectionary Readings

- ◆ March 29: End of the Age - Mark 13:1-8, 24-37
- ◆ April 5: Palm Sunday - Triumphal Entry - Mark 11:1-11
- ◆ April 12: Easter - Resurrection - Mark 16:1-8
- ◆ April 19: You Shall Be My Witnesses—Acts 1:1-14
- ◆ April 26: Peter Heals in Jerusalem—Acts 3:1-10
- ◆ May 3; Church at Thessalonica—Acts 17:1-9

## More News

### ZOOM Snack Time

Join us for good fellowship through conversation and catching up each week during ZOOM snack time.

(Pastor Rhonda doesn't like coffee—yes, they still ordained her in the Lutheran church—but who doesn't like a snack?)

So grab your snack—and coffee if you like—and join in these congregational check-ins! Tuesdays we will gather at 10 am and Thursdays we will gather at 2 pm.

Thursdays at 2 pm. (Beginning March 26)

Via Computer/Smartphone: <https://zoom.us/j/612087900>

Via Phone (landline or cellphone): Dial +1 312 626 6799  
 Enter Meeting ID: 612 087 900

Tuesdays at 10 am (Beginning March 31)

Via Computer/Smartphone: <https://zoom.us/j/904514648>

Via Phone (landline or cellphone): Dial +1 312 626 6799  
 Enter Meeting ID: 904 514 648

\*Links that take you directly to these events can be found in all of our e-blast communications.



### Seasons of Giving



As we lean into abundance, we need to be mindful that a global pandemic will only make the work that ELCA World Hunger does even more important. This means that the offerings we can make are even more critical.

As you are staying home and hopefully staying well, you are continued to join in the ELCA World Hunger's 40 Days of Giving.

Go to <https://community.elca.org/40Days> to learn more about the people and places that are touched by the work they are doing and the difference you help to make. There are several videos to watch and pieces to read that will help you experience the transformative work ELCA World Hunger is doing around the world.

Lent is a time of reflection and repentance, of sacrifice and self-examination. But Lent is also a season of hope – hope in the work God is doing in the world, even in the most challenging times.

From Zimbabwe to California and South Carolina to Kenya, ELCA World Hunger is changing lives. Through our support we help make change!

How to give:

- ◆ Make checks payable to Salem and write "40 Days of Giving" on the memo line.
- ◆ Use the **Coin Jar Wrapper** handed out in worship and available in the sanctuary to collect change for the duration of Lent and bring them to worship when we are able to gather in person once more.
- ◆ ONLINE Give online with a credit card at [ELCA.org/40Days](https://ELCA.org/40Days)

### Stewardship Stuff

Leaning into our abundance takes on a new meaning during a global pandemic. But one thing is for sure, Salem is grateful for the abundance we share as a community!

We are so blessed by the incredibly generous members and friends of Salem who regularly give so faithfully—both those who give electronically and those who are making the extra effort to mail their offering in during this unprecedented time in the church. We are grateful!





# Reaching Out to Each Other and Beyond...

## Gratitude Challenge

As we social distance and stay home to keep ourselves and our neighbors healthy, I encourage you to lean into abundance.



We have visited gratitude challenges before, but in light of Covid-19 and all the changes to our daily living it has mandated, I am inviting you to revisit this practice as a way to stay focused on abundance rather than scarcity.

So –as you stay home and weather this wilderness–here is your a gratitude challenge.

First, write down 3 things you're grateful for. Give yourself a moment to really focus on each thing, lean into them. Nothing is too big or too small. For example: 1. Had chocolate today 2. Have a house to shelter in 3. Great talk with my teenager.

Then, do it again tomorrow. \*Note: You can't list your family members over and over. You have to write different things-- this is how you learn to flex your gratitude muscle.

Every day, review the list from the day before. And at the end of the week, read them all. How does that make you think and feel? Then repeat.

Counting blessings, being intentionally grateful for big and small things in life, helps us to see abundance and in turn live into that abundance.

Be grateful. Be blessed.

## Be Not Afraid

by Emma Schmidtke

Mark 4:35-41

*Be not afraid.* As a person of faith during the current global pandemic, you may have heard this imperative often recently. Perhaps you might have heard Jesus' questions for the disciples, "Why are you afraid? Have you still no faith?", after he calms the sea of Galilee during a storm (Mark 4:40). These words at this specific time may make us feel disappointed in ourselves. We may be told not to be afraid, to place our faith in God always, but then we see news about self-isolation, panic buying, scarcity of tests, scarcity of ventilators, and our fear grows again. And we may become disappointed in ourselves because though we understand the simple commandment to not be afraid, in our lives right now it is so, so hard.

At this moment, I try not to think of faith as a set of rules that, once given, we will follow for the rest of our lives. Instead, I think of faith as a practice which we take on every day to try to better love our God and our neighbors than we did the day before. The story of the Gospel is not one where the disciples accept the call to follow Jesus and then live in perfect holiness for the rest of their lives. The disciples' story is a journey where they often doubt and struggle to understand that greater meaning of Jesus' teaching in their broken world. Our faith is a similar journey, and like the disciples, we find the calm in the midst of the storm of our world through living daily in the power of Jesus's love.

So I invite you, during these times when we are often overcome with fear, to find comfort in practice. Often, we hold our anxious thoughts inside ourselves, polishing them like worry stones by revisiting them over and over again. Practice saying your worries aloud, just like we say our prayers aloud in worship. Follow your worries by saying, *Be not afraid*, not as a commandment but a reminder. Call your loved ones and say your worries to them and listen to their worries. Practice releasing yourself from the shame of fear and practice finding calm in Jesus's power in the midst of the storm. Remember that this is an episode in our faith journey, not the full story, and though we may be afraid, we are still beloved by God.

## SpringHouse News

### From the Building Coordinator

Did you know that the SpringHouse calendar is online? This is a great communication tool even when we are not gathering at the building. Meetings held electronically via Zoom or other methods will be listed on the SpringHouse calendar so you can find opportunities to stay in touch with our community.


Find it at this link: <https://calendar.churchchart.com/calendar/73956030>

If you have questions or would like an event listed, please contact Deb Murphy at [SHcoordinator@fccmpls.org](mailto:SHcoordinator@fccmpls.org).

# Reaching Out to Each Other and Beyond...

## ZOOM Basics

Are you new to ZOOM?  
 Here are some Zoom basics!



Zoom is mostly used for video conference calls among co-workers, but is being used by many for worship now around the globe. Unlike streaming video, Zoom offers the possibility of collaboration and interaction as we worship together. ***ZOOM meetings can be accessed by computer, smartphone, tablet but can also be accessed, without video, by any phone.***

Joining A Zoom Gathering:

- ◆ The link, meeting ID and call in number for each gathering are unique. Be sure you use the one we provide for each separate gathering.
- ◆ If you are joining by computer, tablet, or smartphone, click on the unique link provided. If you've never used Zoom before, you may need to download it and give it permission to use your camera. If you don't have a camera on your computer, that's OK. We won't be able to see you, but you should be able to see us!
- ◆ If you are joining via regular phone, use the phone number and meeting ID provided. You will miss seeing the gathered group and any presentation we might be showing, but we would love to hear you voice and you will be able to hear us.

Zoom Tips & Etiquette:

- ◆ You will have a menu of icons towards the top or bottom of your screen include Mute, Stop Video, and Chat (sometimes listed under "More").
- ◆ In large groups, the host may automatically "mute" you to avoid cacophony. In other meetings, you can "mute" and "unmute" yourself to avoid lots of background noise using the icon is shaped like a microphone; it will have a line across it when you are muted.


- ◆ If you will be speaking to the group, it may be helpful to wear headphones (any old pair that will plug into or link to your device).
- ◆ **Stop Video:** If for any reason you don't want folks seeing into your home, you can click on "stop video" icon shaped like a video camera. You will still be on the call.
- ◆ **Chat:** Since it is impractical to talk all at once on Zoom, the chat function offers another opportunity to ask questions, give feedback, or submit prayer requests. The Chat icon is shaped like a cartoon speech bubble. When you click on it, a chat screen will open up on the right side of your video. The space to type is towards the bottom and all you need to do is type what you want to say to the group and it will appear for everyone to read.

Thanks for your patience – we know many of you are learning something new and those leading worship are learning what will work as well! Feel free to send feedback via email afterwards about what did or didn't work for you.

If you need help to access ZOOM–please contact Pastor Rhonda (763-229-4459) or any of the Salem council members to get the help you need!

## Simpson Shelter

Simpson Shelter is temporarily suspending work by volunteers for meals and in the shelter, but their needs continue! For more information about how you can help with donations of goods or money, please visit <https://www.simpsonhousing.org/ways-to-help/give-supplies/> or call 612-455-0849.




# Sunday School and Children's Ministry



## Kids' ZOOM Room

Each week there are two opportunities for our youngest members to hang out with Pastor Rhonda in their own Kid's ZOOM room!

What's a Kids' ZOOM Room? It is a time for kids to hang out with Pastor Rhonda, catch up with their friends from church, hear stories,

and have some conversation.

On Mondays the Kids' ZOOM Room will be open at 4 pm.

On Thursdays the Kids' ZOOM Room will be open at 10:30 am.

Parents of Salem kids will be sent an email with an invite to each Kid's ZOOM session we have. If you would like more information or an invite for a child in your life, contact Pastor Rhonda at [revrhonda@discoversalem.org](mailto:revrhonda@discoversalem.org).

## ..It's Time for Peeps Dioramas!

Although we can't be together for Palm Sunday, you can still make a diorama out of Peeps or whatever else you have at home! Send a picture of your creation to the church office

([office@discoversalem.org](mailto:office@discoversalem.org)) and we'll share these in our next issue and in our other communications. Stay creative! Suggested themes are a favorite parable or Bible story,



## Save the Date for 2020 Day Camp: WATER is LIFE!

South Minneapolis day camp is a progressive ecumenical summer day camp experience offering faith formation in a fun, safe, Christ-centered and relational setting. Our theme this year is "WATER is LIFE!" We will explore water justice, creation care, baptism, water protectors, and water stewardship as we play, pray, do art, sing and learn together!

**Dates:** June 15-19, from 9 am-4 pm each day

**Ages:** Entering K - Entering 8<sup>th</sup> grade (High Schoolers can apply to be youth leaders too!)

**Where:** Bethel Lutheran, 4120 17<sup>th</sup> Ave S, Minneapolis

More information about registering for camp will be coming soon.



## Youth News

From Youth Minister Lara:

Hello all,

In this new reality, we will be meeting via Zoom! Our first meet-up was very productive with seven participants. We were able to figure out the ins and outs of Zoom and have a great conversation about what is happening in our lives. On Sunday, March 29, we will meet during breakfast and play accessible games via Zoom. I would love for more to join us in fellowship.

April 12: Easter Breakfast is on hold! I have no idea how Springhouse and our restrictions will pan out but this will be a waiting game with updates to come.

Youth Sundays are coming closer than we think! Late March and April will be all about preparation for these services. No matter what, I think it would be incredible to lead over Zoom if we cannot in person.

Salem - April 26, First Christian - May 3, Lyndale - May 10

Pssst! Did you know you can still order Girl scout Cookies online from Moxie? Follow the link to help support the Girl scouts and Moxie.

<https://appabcsmartcookies.com/#/shopify-landing/d9663be2-13b7-4603-ab21-dd25b9f5df0f>

For more information about joining our meetings on Zoom, please contact Lara at 763-777-0194 (cell)

# Calendar

## Week of March 29

Sun	3/29	9:30 am	Salem Worship via Zoom
Mon	3/30	4:00 pm	Kids' Zoom Room
Tue	3/31	8:15 am	Lectionary Bible Study via Zoom
	3/31	10:00 am	Salem Snack Time Zoom Chat
Wed	4/1	7:00 pm	Holden Prayer Around the Cross via Zoom
Thu	4/2	10:30 am	Kids' Zoom Room
	4/2	2:00 pm	Salem Snack Time Zoom Chat

## Week of April 5

Sun	4/5	Palm/Passion Sunday
	4/5	9:30 am Salem Worship via Zoom
Mon	4/6	4:00 pm Kids' Zoom Room
Tue	4/7	8:15 am Lectionary Bible Study via Zoom
	4/7	10:00 am Salem Snack Time Zoom Chat
Thu	4/9	10:30 am Kids' Zoom Room
	4/9	2:00 pm Salem Snack Time Zoom Chat
Thu	4/9	6:30 pm Maundy Thursday Upper Room via Zoom
Fri	4/10	Good Friday – Watch for home devotions!

## Week of April 12

Sun	4/12	Easter
	4/12	9:30 am Salem Worship via Zoom
Mon	4/13	4:00 pm Kids' Zoom Room
Tue	4/14	8:15 am Lectionary Bible Study via Zoom
	4/14	10:00 am Salem Snack Time Zoom Chat
Wed	4/15	6:30 pm Salem Council via Zoom
Thu	4/16	10:30 am Kids' Zoom Room
	4/16	2:00 pm Salem Snack Time Zoom Chat

## April Birthdays

Wish these Salem members and friends a happy birthday! If you're new to Salem and would like your birthday listed, please contact Laurie in the office.

Elaine Reed – 4/18

Peder Hagen – 4/21

Luke Pena – 4/21

Joel Stjernholm – 4/25



## Week of April 19

Sun	4/19	9:30 am	Salem Worship via Zoom
Mon	4/20	4:00 pm	Kids' Zoom Room
Tue	4/21	8:15 am	Lectionary Bible Study via Zoom
	4/21	10:00 am	Salem Snack Time Zoom Chat
Thu	4/23	10:30 am	Kids' Zoom Room
	4/23	2:00 pm	Salem Snack Time Zoom Chat

## Week of April 26

Sun	4/26	9:30 am	Salem Worship via Zoom
Mon	4/27	4:00 pm	Kids' Zoom Room
Tue	4/28	8:15 am	Lectionary Bible Study via Zoom
	4/28	10:00 am	Salem Snack Time Zoom Chat
Thu	4/30	10:30 am	Kids' Zoom Room
	4/30	2:00 pm	Salem Snack Time Zoom Chat

## Prayer of the People

This prayer is for the huggers who are missing their hugs, the introverts who are stuck in their house with their family, for the extroverts who are stuck in their house with only their family, for the singletons who are alone, for the immunocompromised or disabled who everyone dismisses, for the family of the immunocompromised or disabled who are trying to keep them safe, for the children who are bored and lonely and only sort of understand. For those who are worried about their parents, and those who are worried about their children, because that is what family is for. This prayer is for the doctors and nurses who are battling every day, for the grocery store workers, the custodial staff, the garbage collectors, the truckers who are keeping things running. It's for all those people who don't have health insurance, it's for all those people who are out of work, laid off, or short of hours. This prayer is for those who live daily with anxiety or depression, those who deal with mental illness, those who live with addiction—all those people for whom this weight is heavier because they already deal with so much. This is a prayer for the sick who can't get tests or treatment, because of the risk of infection. And finally for the sick, and the families of the sick. For those who are dying and those who have lost family and friends. This is a prayer for everyone, because we all need it.

*From Katy and the Word, 3/22/20. See more from this author at <https://katyandtheword.wordpress.com/>*





610 West 28th Street  
Minneapolis, MN 55408

**Salem English Lutheran Church**  
*is a Reconciling in Christ*  
*(R.I.C.) Congregation*  
We are a Spirit-led, welcoming, and bold  
Christian community rooted in the neighborhood,  
striving to live faithfully in God's world.

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