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Salem SCENE

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Walking with Jesus
A Lenten Journey



*"I have found a group
of women who, just like
me, were looking to
connect . . ."*

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Walking with Jesus by Pastor Mark Pattie

Walking with Jesus: a Lenten Journey is Salem's theme this spring leading up to Easter. Through our sermon series and weekly devotional guides, we will explore the first chapter of the Gospel of Mark and look to the path that Jesus walked, encouraging one another forward on our spiritual journey with him and each other.

Here's an example: the first thing we see Jesus do in the Gospel of Mark is be baptized. As he comes up out of the water, he receives the presence of the Holy Spirit descending upon him in the form of a dove and listens to his heavenly Father's voice speaking to him. It is notable that the first thing Jesus does is receive, listen, and be blessed. Could our primary need be the same? Might the first priority in nurturing a vibrant spiritual life be letting God offer us what he knows we need and he longs to give us? What might happen if we regularly practiced simply and humbly allowing God to love us, speak to us, bless us, teach us, shape us, and guide us?

This spring, join us in finding out. Through our weekly worship services and daily devotional practices, we will help one another nurture a vibrant spiritual life. At the heart of this is recognizing that God's invitation to such life is not so much a matter of us accomplishing God's good purpose in our lives, but of us opening ourselves to the grace of God that alone can accomplish the good in and through us that we and God long for.

Kristin Antil, sharing about her experience in a Salem small group this fall, says it well:

The thing I found most helpful was the overall spirit of the group. Growing up in my parent's church and experiencing others like it, I'm pretty sure the main message I internalized was, "God is slightly irritated with you, so you better be disciplined and obedient." Being that I was rather obedient by nature, I found that I could perform what was asked quite well. I got a lot of attention from being good at Christianity, but it didn't feel fulfilling. In the past few years, I'm beginning to see that God's main message to me is, "I love you, and I'm pleased that you exist." This changes everything! I'm also seeing that a vibrant spiritual life is not so much about MY discipline to do things I don't want to do, but an INVITATION into something beautiful. It's about things like LETTING GO of my expectations, insecurities, pride, or anything else that binds me and RECEIVING God's love. This small group displayed this so clearly. It wasn't, "Here are the things you should be doing to have a good spiritual life" (which causes me to further focus on myself) but rather "You are so loved, so come!!!! Here are some ways to guide you."

I'm also seeing that a vibrant spiritual life is not so much about MY discipline to do things I don't want to do, but an INVITATION into something beautiful.

This is what we are aiming for this spring. Join us as we head toward Easter in walking with Jesus through Mark 1 and encouraging one another forward on the path of life with him.

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Insider Insights

At Salem's Semiannual Meeting in January, the Strategic Planning Task Force shared the process they are following to help us discern the priorities and plans God would have us pursue to best accomplish our mission in the coming years. Thank you to everyone who attended and shared in our breakout groups to talk about what has blessed us and what we might build upon in reflecting on Salem's ministries. Everyone is encouraged to fill out a survey either online or by means of a paper copy at church during the week of February 22–March 1. Thank you for your input and please keep praying for the Task Force, the Leadership Team, and our entire congregation as we seek God's leading.



Yes, God has answered prayer!

submitted by Kristine Matson
St. Augusta, MN

In August, 2012 I was told I had weeks, not months, to live because of a medical treatment received in childhood which resulted in irreparable heart damage. I found a loving hospice house for myself near St. Cloud, close to family.

Meanwhile, my Salem friends, others, and I appealed to our Lord, and like Jonah, prayer was answered. "I prayed to you, and you heard my prayers in your Holy Temple." Jonah 2:7b (NCV)

With our Lord's guidance, I'll be leaving the hospice house and moving to an assisted living apartment this spring. Thanks for your prayers.

Praying the Psalms in Real Life

submitted by Kirk Livingston

The thing about freelance life: it's up. And it's down. Clients are not permanent—by definition—but that's what one signs up for. I've been a freelance copywriter for just over 17 years and from the very beginning, the work itself has directed me to walk very closely with the God of the Universe: trust + ask/seek/knock + pray. These are the tools of the believer/freelancer. Over time I've had a few off-years (very few), where projects and clients all tune out at the same time.

2014 was such a year—clients vanished.

Our "Praying the Psalms" group at Salem Covenant walked with Kris and I during this time. So I had the opportunity to exercise various creative pleas for help over the course of the group's life. The context was great, nearly every psalm we studied led me to new ways to cry out. It was an exercise in increasing honesty with God, which is a skill/attitude I've been honing for years. But more is better, as they say. And having the group watch with us for God to act, well, does it get any better than that?

We always want these stories to turn a corner and for everything to be ok again. And that's my story too: new, interesting clients have appeared and old clients have returned. But I'm reminded that, like the human condition itself, the only permanent thing is the crying out to the One in control: because we change and situations change.

The Prayer Ministry Team wants to hear your stories of how God has Answered Prayer in your life. Answers to prayer are vital to every one of us. Sharing of miracles, big and small, is an encouragement to our congregation and a testament to God's love for us. Submit your stories to Heather Brumbaugh (hbrumbaugh@salemcov.org) or in writing at the Welcome Center. We need to hear from you!

Seven Days of Prayer Journey with Jesus

Who has begun is half done.
Have the courage to be wise. Begin!
--Horace, Epistle

The hardest thing for me sometimes is just to get started. Getting dressed and out the door for one of my runs always feels like half the job. Once I can get the momentum going, it feels like I can ride that momentum and do the workout that my body needs. I think Lent is like that too.

Lent is a spiritual workout season followers of Jesus lean into spiritual disciplines with an intensity that helps reshape their Easter experience and the whole year. Salem began a practice last year of starting Lent with Seven Days of Prayer. The Chapel was prepared with special prayer stations and people signed up for hour time slots to pray. The results of that time carried many people into their Lenten season.

One participant said, "I just fell so grateful for this space and for this hour. I felt speechless the moment I walked in...What a beautiful God we serve."

Another commented, "The sweetest hour of my year. Thanks to God for meeting me with power and with comfort."

A family that signed up for the time together was so grateful for the opportunity to pray together.

Comment after comment reported that the hour passed way too quickly and that this made people hungry to spend more time in prayer. One person stated, "This was a good reminder of how we can feel God's presence when we take time to be still and listen to him."

This year the Seven Days of Prayer will be from Sunday, February 22 through Saturday, February 28. The prayer chapel will be prepared with prayer stations and prompts to help each prayer get moving in their Lenten practice. Don't miss this opportunity. Have the courage to be wise this Lent and begin by praying.

—submitted by Pastor Jonna



Children's Ministry

Alice Johnson
Children and Family/Executive Pastor
ajohnson@salemcov.org

Sledding Party Friday, March 13 6:00-8:00 p.m.

Join other families for hot cocoa, popcorn, games, and sledding! Meet in Salem's backyard. If the weather does not cooperate, we will move our activities to the Gym.

Summer at Salem



Vacation Bible School at Salem
June 22-26
9:00 a.m. to noon
Children entering Grades K-5
Cost: \$10/child

Summer Camps
Covenant Pines Bible Camp
(more details on page 11)

Kids Camp (Grades 2-3)—June 29-July 1
Pathfinders (Grades 3-4)—June 12-14
Trailblazers (Grades 4-5)—July 6-11

Drama Camp at Salem
July 13-16

Children entering Grades 2-5

Watch for the summer brochure for registration information.

Youth Ministry

Ben Pease
Youth and Ministry Deployment Pastor
bpease@salemcov.org

CHIC CORNER

Salem has 40 students registered to attend this summer's event!

CHIC (Covenant High in Christ) is a triennial event sponsored by the Evangelical Covenant Church. CHIC will take place the week of July 12-17 at the University of Tennessee in Knoxville. The purpose of CHIC is to act as a catalyst in students' lives, helping them see the big pictures of God's Kingdom, and inspiring them to dive deeper in their faith. Through dynamic speakers, relevant messages, small groups, Base Camps, and worship, CHIC inspires students to live transformed lives—even giving of their time and resources to impact local communities and the world.



CHIC Auction and Lunch on Sunday, March 8

How can you help?

- Mark your calendars, join us for lunch, and help support our youth.
- Consider donating items for the baskets at the Silent Auction or an item to be auctioned off during the Live Auction. Donations may be dropped off at Salem by the end of February.
- Continue to pray for our youth as they raise funds and journey to Tennessee this summer.

Life is a highway, SHIFT into Christ gear.

On behalf of the parents of students attending CHIC—thank you. Your past generosity makes it possible for Salem to offer scholarships to students that make saying “yes” to CHIC easier. This is a once in a lifetime opportunity for most of our students and we hope and pray it is also life-transforming for them. We invite you to join us on March 8 as we re-live a 50's Diner for our lunch and auction. Enjoy the fun and help us continue the legacy of generosity for future CHIC participants.

With gratitude,
The 2015 CHIC Auction Committee

Parent Discussion Group

submitted by Dan Mortenson

The Parent Discussion Group on Sunday mornings has been a wonderful resource of information and a great place to connect with other parents at Salem. The content has been both interesting and pertinent in the life of our family. The Spiritual Parenting classes earlier this year provided a broad perspective on the goals of raising a family, as well as a context with which to support the Sunday School curriculum. Past parenting units have provided similarly illuminating strategies to build a foundation of faith in our children.

The current sessions on mindfulness have provided us with a framework for working through difficulties and increasing understanding and awareness in raising our children, as well as dealing with frustration in other social contexts.

But, the real benefit is spending quality time getting to know other parents in Salem through the opportunity to share in small discussion groups, and in hearing stories shared with the larger group that illuminate the joys and challenges of parenting in a context of Christian fellowship.

Parent Seminar

Wednesdays, March 4, 11, 18, and 25 from 7:00-8:00 p.m.

Game Ready. Life Ready.

Chances are you experience several sporting events each year. It may be in attending your child or grandchild's games, watching high school or college sport competitions, or rallying behind a professional or hometown team. Sports are a part of our entertainment and culture. Did you ever consider that you have an effect on the sporting environment you are at? This four-part sports seminar series offers strategies for creating better sporting environments, especially for youth.

Have you noticed patterns such as:

- a win-at-all-costs mentality
- early dropout rates because of burnout or being told they're “not good enough”
- sport specializing
- poor treatment of referees

For three weeks, Shelli Streeper, director of Next Level Sports, will address some prevailing attitudes in youth sports and how we can be of influence. The series will culminate with a coaching panel, comprised of representatives from recreational to collegiate levels, who will offer perspective on each stage of competition. Whether you are an athlete, parent, spectator, or coach, you will realize the full potential that sport participation offers.

Next Level Sports is a sport coaching and training company that specializes in the development of youth in sports. NLS Director, Shelli Streeper, has 12 years of professional coaching experience spanning all ages, gender, and levels (recreational, competitive traveling, Olympic Development Program). Through her years of experience, license and diploma acquisitions, and passion for creating positive sports environments, she specializes in creating age-appropriate, inclusive, and engaging opportunities for youth.

Family Ministry

Alice Johnson
Children and Family/Executive Pastor
ajohnson@salemcov.org

Serving the People

submitted by Joel Johnson

When I heard that Salem was having a night for families to come and help serve at the Homeless Shelter at First Covenant—Minneapolis, I knew this was something I wanted to be a part of. We've tried to make helping others a part of what we do as a family and this was a great opportunity to continue doing that. I wanted both Isaac and I to have a chance to see and remember that there are people, some very close to us, that don't have things that we tend to take for granted. Before heading down to the shelter, Isaac and I talked about what it might be like and I tried to encourage him to just be a helper with whatever happens.



When we arrived, there were several other families from Salem there, along with lots of kids so Isaac had some friends to keep busy with. I really enjoyed being able to help prepare the meal (spaghetti and meatballs that night), but I enjoyed even more seeing Isaac helping serve the meals to those that came. He and the other kids did a great job handing out plates of food and drinks, and even had a cookie cart at the end. Those that came that night seemed to really appreciate the kids that were helping.

When I asked Isaac later what his favorite part was he said, “serving the people.” I'm thankful that Salem made this night possible, for First Covenant and the shelter they are running, and for God and how He can work in simple things like serving spaghetti.

Next Family Event:
Serving a meal at the
First Covenant Homeless Shelter
Thursday, April 9

Adult Ministry

Jonna Fantz
Outreach and Community Life Pastor
jfantz@saalemcov.org

Adult Sunday School: Minding Our Faith

February 22, March 1, 15, 22, and 29
Visual Expressions of Faith Over the
Centuries
Wayne Roosa

The Christian faith is wonderfully concrete within this world even though it points us to realms we cannot see and that are mysterious. Therefore, the history of the Church has involved strong visual expressions on faith's meanings. Over the centuries the artist's challenge has been to find visual expression for the central reality of faith. Although the meaning has remained constant, the style, the visual look of how to express the faith has changed. This series will present key artworks from five eras of art—Early Christian, Medieval, Renaissance, Baroque, and Modern—in order to trace the significance of how and why style has changed.

April 12 and 19
Be a Friend, Share Your Faith
Rick Mattson

If you're new to the idea of sharing your faith with friends and neighbors—or just need a refresher—this course is for you. You'll learn a game plan of “prayer/care/share” that will be practical and usable with folks in your life who don't yet know the love of Jesus.

May 3, 10, and 17
Taking Charge of Emotions
Linda Solie

Everyone experiences emotional challenges now and then. It's just life. Psychologist Linda Solie, author of *Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger*, will teach practical psychological skills that incorporate the Christian faith to prepare attendees to independently and successfully manage their moods.

Men's Ministry

Contact: Dan Gatto (djesgatto@mac.com or 612-750-7294)

At the kickoff breakfast, the mission and core values of this ministry were shared. This ministry seeks to provide a forum for men to grow in faith in Jesus Christ above all else, by uniting together individually and corporately, through prayer, Bible study, outreach, and service to the church, the community, and the world. We invite you to join us at our next event!

Men's BBQ
with Ken Larson (CEO at Slumberland)
Tuesday, May 19, 6:30 p.m.

Women Ministries

Contact: Judy Sonstegard (612-788-9072)

Thursday, March 12, 9:15 a.m.
Out to Lunch Bunch

We will visit the Raptor Center at the University of Minnesota for a program and short tour, followed by lunch at an area restaurant. Meet at Salem for devotions and car pooling. Sign up at Salem.

Sunday, March 15
Women Ministries Sunday

Women will serve as greeters, Scripture readers, and ushers. Opportunities for ministry, fellowship, and serving for women will be highlighted during the service. Sweet breads and beverages will be served after all services. A door offering will be taken for the Covenant Pines Capital Fund. Sign up at Salem if you would like to bring quick breads for the fellowship time.

March 27-28
2015 Renewal Conference
at Hope Covenant Church in St. Cloud
The Aroma of Christ

Speaker: Meagan Gillan, Director of Women Ministries ECC
Cost: \$30 (Saturday only, lunch included) For information about the entire conference and to register, pick up a brochure from the sign up bulletin board at Salem.

Saturday, May 2, 9:30-11:30 a.m.

Women Ministries Spring Event at Salem Covenant Church

All women and their friends are invited to our spring event featuring a program by Salem's own Donna Erickson. Donna is a local and national bestselling author, host of the national TV series *Donna's Day*, *Pioneer Press* columnist, and presenter on KSTP's *Twin Cities Live*. Donna's presentation will be Creative Living with Donna. Cost for the catered lunch is \$14, payable in advance. Sign up at the table on Sundays, March 22-April 26.



More than Just a Silent Auction

submitted by Lydia Meyer, MOPS Steering Team

If you are at Salem on the second or fourth Friday mornings of the month, you'll probably witness many Mothers of Preschoolers with their hands full of children, food, and items to set up for our morning meeting. It is true organized chaos as we hand our children into the loving arms of amazing volunteers who give us two hours of uninterrupted time that includes Christ-centered fellowship, learning, food, fun, and authentic friendships.



Our Annual MOPS Silent Auction is Friday, April 10, 9:30-11:30 a.m. in the Fellowship Hall.
This event is open to everyone and we would be thrilled if you would join us!

Your donations and attendance helps us to provide speakers and supplies to encourage and support the moms in our program. For example, some of the funds are used to give gifts to new moms and babies in our group and scholarships for membership for those in need. We also participate in service projects like food drives for Ralph Reeder Food Shelf in New Brighton, Operation Christmas Child, and Feed My Starving Children. Your support helps us to raise the needed funds to continue with these valuable projects and keep our costs low for our mothers and their families. If you are unable to give financially to our group, would you please consider praying for our ministry? We would be eternally grateful.

Your support truly makes a life-long impact in the lives of our mothers, children, and families as we encourage each other in our most important God-given role of motherhood. MOPS stands for Mothers of Preschoolers but it could also stand for Mothers Offering Prayer and Service to fellow moms, children, friends, family and our community because that is what we strive to do through our MOPS program.

Here are some heartfelt testimonies of how God has really worked through our group to bless our mothers:

“I have been SO blessed by MOPS! Within a month of coming to my first MOPS meeting, my brother died. All of a sudden I had women that I had just met offering to bring me meals. My kids even noticed and asked me why my new friends were bringing us food. I just can't put my thoughts into words. I get choked up even thinking about this situation and how blessed I was to join when I did. God knew I would need all these wonderful women for support.”
—Lynda Brandt

“I joined MOPS shortly after I left my corporate job to be a stay-at-home mom. I was extremely lonely and depressed, with no social outlet for my daughter and myself. I spent a lot of time in those first few months crying and wondering if I made a mistake staying home. A friend invited me to MOPS and I would have never guessed how that invitation would change my life. Seven years later, I have found a group of women who, just like me, were looking to connect and go through the journey of motherhood together! I have found lifelong friends and I am so thankful God brought them in to my life and in to this ministry. I've been serving on the MOPS steering team for the last 6 years and am passionate to reach other moms that are in that same lonely place. I'm so thankful to Salem Covenant Church for their support of this ministry; I'm a better mom because of it!” —Haley Belongia



“Because of MOPS I have found friends and a community. I am no longer alone in my journey as a mom. I have received a scholarship to go to Hearts at Home conference. Because of that I am a MUCH better mother and wife.”
—Liz Gardner

“I joined MOPS when my oldest daughter attended Salem Preschool about 4 years ago. I had a newborn baby boy and felt discouraged and worn out. But the moment I sat down at my table I felt like I belonged and I could see that these other moms were in the same stage of life as me and had similar struggles. I have met some of my best friends at MOPS and we are creating supportive friendships that equip us for navigating through this adventure of mommy hood. Our speakers and topics of conversation lead me to be a more Christ-centered mom, wife, and friend. I truly am overcome with joy when I think about the impact that MOPS has had on my life.”
—Nicole Korus

“MOPS was my lifeline when my kids were small. I met great women to support me in my faith walk. Bible studies, friendships, and lifelong learning—that's what I took away from MOPS.”
—Kari Tholkes

Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7

Senior Fellowship

Contact: Edna Harelstad (612-789-3685)

Fellowship is “where we gather together to ask the Lord’s blessing and enjoy visiting with friends.” Of course, in this ministry it also entails some sort of food and a variety of entertainment. This group is called “senior,” but it certainly is not limited to just those who are retired! Regardless of your age, if you are interested and have not attended, please think about it and then act positively toward it.

Hopefully, one these upcoming events will intrigue you.

March 20

Regular Potluck Lunch with music by Amy and Adams with songs from the 1920’s to the present.

April 24

Catered Luncheon—a MUST sign up and pay in advance event; cost is \$15 per person. This will be followed by Mike Roberts speaking to us about the Split Rock Lighthouse. He and his family were the last people to live there, as well as maintain and operate this Great Landmark.

May 15

Salad Potluck Lunch followed by the First Four Quartet from the First Lutheran Church in Columbia Heights singing the good old gospel songs, as well as other hymns.

Stop by the kiosk at Salem and pick up a brochure. Then, mark your calendars; also watch for information in upcoming bulletins.

Over the past months, we have received comments of how much people enjoy the “fellowship” as well as the food and programs; we appreciate hearing this so let us know your experience whether it be good or bad. We cannot correct the bad if we do not hear about it. On a positive note, I just recently heard someone state, “Gee, that movie was fun and the popcorn was delicious—what a great afternoon.”

So again, we thank all of you who are supporting this ministry and hoping that many more of you will come and see for yourselves just how much fun we have. God Bless Each of You!



Eat, Move, and Live Well Designed for adults age 60+

Classes will be held at
Salem Covenant Church
(West Fellowship Hall)

WEDNESDAYS, March 11 through June 3
11:15 a.m. to 12:15 p.m.

Cost: \$30 for individual/\$50 for 2 if registering with a friend or family member. Financial assistance is also available up to 100% of the remaining cost of the program.

Provides all you need to make healthy lifestyle choices that will improve your life! Expect to...

- Enjoy a supportive environment where you will work together in a small group (8-14 people) with the guidance of a Nationally Certified Personal Trainer or YMCA Lifestyle Coach
- Be educated and empowered to make small lifestyle changes that over time will have big impacts on your future health & well-being.
- Dive into weekly topics to help you and your peers live for a STRONGER tomorrow.

Limited spaces available. Registration deadline is March 3. Flyers explaining the program and registration forms are located at:

- The kiosk in the Narthex at Salem Covenant Church.
- Salem’s website (salemcov.org).
- Emma B Howe YMCA or contact the YMCA to have a registration form mailed to you.

Contact Beth Anderson, Salem’s Faith Community Nurse, with any questions.



2nd Sunday Lunch sponsored by the Missions Ministry Team Sunday, April 12

Proceeds from the lunch will be used to provide financial assistance to Salem members going on short-term missions trips. The Mission Team’s Vision Statement is “That every Salem member will become personally and actively engaged in mission ministry.” One goal is to “Promote and support short-term mission trips.”

Several Salem members will be going on a short-term mission trip to the Czech Republic in July. There is still room for additional people to join the group. Contact Mark Nygaard if you are interested or have questions. Also, the Salem website will have a donation link posted this spring.

Another opportunity for short-term mission trips for individuals, families, or groups, is offered through Covenant Merge Ministries, a ministry of Covenant World Missions, which empowers multicultural relationships and committed partnerships in one to four week opportunities. For more information about Merge trips in North, Central and South America, the Caribbean or Asia, visit coverage.org. These trips are fully planned by Merge and are available throughout the year.

Salem members maybe involved with other mission trips also. Please let the Missions Team know about those.

Ministry Deployment

Ben Pease
Youth and Ministry Deployment Pastor
bpease@salemcov.org

Congo Clinic Initiative

The Congo Clinic project is underway. Salem will join Rochester Covenant and Salem Road Covenant of Rochester in supporting one of the clinics for a five year period. As of mid-January, 80 of the 108 Congo clinics have sponsoring churches in the United States.

We thank the Salem congregation for the generous support at the **Christmas Eve offering which raised \$16,925.** We will soon be receiving information on the clinic that we are supporting.



As we look forward to spring we all anticipate the new life that this season brings. We feel invigorated and energized. Preschool is always a busy place. By this time of year our students are comfortable with the school environment. They have made friends with others in their class and they know their teachers well enough to tease them and give them hugs. It's the best time of year.

In **March**, we begin to track the weather, marking the daily changes on our calendar. Our monthly record usually shows all the possibilities; snow, rain, sun, clouds, wind, storms. As we approach Easter, we will look for new life in our outside world. Finding green grass, dandelions, tulips, buds on the trees, and weeds in the Preschool Garden are signs of hope and life. Pastor Pattie comes during Passion Week to tell us the Easter story which promises us a new life on earth and in heaven.



Although it is still chilly in **April**, we will begin planting flower and vegetable seeds indoors, planning to relocate them in our garden this May. It is a beautiful miracle to watch the tiny seeds sprout and grow. In April, we also learn about Minnesota. There are so many interesting things to learn about our state. Its topography and weather are full of variety. There are many native animals and plants that we learn to identify. Some of them can be found around our church property. Have you seen the deer that live in the wooded area behind Salem? They visit our garden on occasion when we aren't looking! The pond to our south is full of life. Birds nest and feed in the trees. We study them all in April. Spring also brings the start of the Twins baseball season. We cheer them on with our homemade Homer Hankies and Twins banners. As I mentioned earlier, this is a season full of life!



May brings us opportunities to learn about our community. We invite the New Brighton police and fire departments to visit us with their equipment, vehicles, and safety rules. To add to our spring safety theme we invite an educator from Hennepin County Medical Center to speak to us about the importance of wearing our seat belts whenever we are riding in a car. We also go out into the community on field trips. Our three-year-old classes visit Como Park Zoo. Our four-year-old classes spend a day at Silverwood Park learning about the plants and animals in our neighborhood parks.

This brings an end to our school year program. It's hard to say good-bye to our students and families. However, we will see many of them again in our

Summer Program
June 9 through July 16
 (Tuesdays, Wednesdays, and Thursdays)
 9:00-11:30 a.m.

Three-, four-, and five-year-olds are welcome to enroll. Three-year-olds must have turned three before September 1, 2014. For more information visit our website (saalemcovpreschool.com) or email Pam Carlson (pam@saalemcovpreschool.com). Flyers will be available in the kiosk in the Narthex.



Summer 2015 Theme: Rooted
 "And I pray that you, being rooted and established in love, would have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ."
 Ephesians 3:17-18

Learn what it means to be Rooted this summer at Covenant Pines Bible Camp. This summer we are looking forward to diving into God's word with our campers. We were created to be Rooted in God's love. His love is the only true source of our strength. Our hope is for each camper to ask "am I rooted in Christ's love?" Our staff will guide campers through bible study, worship, and engaging Bible messages at Chapel.

Put on your flannel, bring your axes and chainsaws. "Rooted" is a Lumberjack theme. We're going to have a lot of fun with this. The skits, games, and decorations will all be centered around lumberjacks. Perhaps Paul Bunyan and his big blue ox, Babe, will stop by for a visit.

Covenant Pines Bible Camp welcomes students entering grades 2 through 12 to attend our youth camp sessions. Each youth camp is different and each brings new activities and privileges. Trailblazers participate in more things than Pathfinders. High Schoolers enjoy more free time than they did in Junior High. As you grow up, camp grows up with you. This is also true of the spiritual depth of each youth camp. For example, Junior High campers will participate in breakout sessions called "God Time" every day. Senior High students will be challenged to look critically at their own lives and ask what God's purpose is for their life. Tell your neighbors, invite your friends and register now! We look forward to seeing you at one of our youth camps this summer!

Brochures are available at Salem and on Covenant Pines' website, coveantpines.org.



Retreats

Trailblazer Retreat: February 27- March 1
 Quilt & Craft Retreat: March 19-22
 Father Child Retreat: April 17-19
 Homeschool Retreat: September 14-16
 Women's Retreat: September 25-27
 Retired Adults Retreat: September 29-October 1
 Junior High MEA: October 14-16
 Senior High MEA: October 16-18
 Quilter's Retreat: November 5-8
 Men's Retreat: November 20-21
 Christmas SWEATers Retreat: December 11-13

Summer Youth Camps

Kids Kamp (entering grades 2-3)
 June 29 – July 1

Pathfinders (entering grades 3-4)
 June 12-14

Trailblazers (entering grades 4-6)
 Open Session: Jun 15-20
 Group 1: July 6-11
 Group 2: July 20-25

Junior High (entering grades 7-9)
 Open Session: Jun 15-20
 Group 1: July 13-18
 Group 2: July 27-August 1

Senior High (entering grades 9-12)
 Senior High 1: June 22-27
 Senior High 2: August 3-8

Day Camp (entering grades 1-6)
 McGregor: Jun 8-11

Leadership In Training (entering grades 10-12)
 Open Session: June 15-20,
 LIT 1 Week 1: July 6-11, or July 13-18,
 LIT 2 Week 1: July 20-25, or July 27-August 1,

SWEAT Team (entering grades 9-12)
 SWEAT 1: June 15-20,
 SWEAT 2: June 22-27,
 SWEAT 3: June 6-11,
 SWEAT 4: July 13-18,
 SWEAT 5: July 20-25,
 SWEAT 6: July 27 – August 1,
 SWEAT 7: August 3-8,
 Super SWEAT: June 29 – July 4,

Family Camps

Memorial Day Work and Worship Weekend: May 22-25
 July Family Camp: July 2-5
 August Family Camp: August 13-16

Community Life & Outreach

Jonna Fantz
Outreach and Community Life Pastor
jfantz@saalemcov.org

Salem Family Camp—May 1-3

Need a weekend away from the hustle and bustle of life? Spend the first weekend of May up at beautiful Covenant Pines Bible Camp in McGregor, MN. Come enjoy some family time, make new friends, worship, paddle a canoe, and recharge. Pick up a brochure from the kiosk at Salem for more details and registration information.



Family Missions Trip



Last summer, I went to Duluth/Superior with my mom (Joanna) and my brothers (Brenner and Emery). We went on a family mission trip with an organization called Youth Works. We spent two days doing service projects

like pulling weeds, visiting residents of a nursing home, and getting a community rose garden ready. We stayed at a church in Superior and met families from all over Minnesota. We worked together to make our meals and we had devotions with our family every morning and group time with everyone in the evening. It was so fun and it felt great to help other people! I am so excited to go again this summer! This time, we are going to Madison, WI.
—submitted by Aubree Klein (4th grade)

Youth Works and Sticky Faith

have partnered to provide age-appropriate service opportunities, and an environment to help parents talk with their kids about faith, service and Jesus. We invite your family to join us this summer as we head to Madison, WI for four days, July 30-August 2. It is my prayer for our family (and yours!) that as we serve together, we will grow in faith together and we will see our kids' faith stick with them into adulthood. The trip costs just \$129 per person.



Visit the Sticky Faith Family Mission Trip website (www.youthworks.com/trip-info/trip-types/family/) or contact Joanna Klein (651-484-4508, joannaklein22@gmail.com) for more information.



Thank you, Salem!

Living Hope Ministries would like to say thank you for Salem's generous gift of Cub gift cards for families in need in Northeast Minneapolis. We were able to mail them to each of the families involved in our programs with a handwritten note. Many of these families really needed that extra gift and encouragement this Christmas and are grateful. It means a lot to us to have the opportunity to be a conduit of God's grace to them—made possible because God has made you a conduit of His grace toward us! "Thanks be to God for his inexpressible gift!" (2 Corinthians 9:13).

Thank you Salem for the bountiful poinsettia I received before Christmas. Salem has been my church home for 92+ years. I appreciate your kindness.

Marilyn Holm Goolsbee

Heartfelt THANKS to my Salem family for the beautiful poinsettia delivered by Chaplain Anderson. I am enjoying the plant every day and it brightens my apartment. God has blest me all these years and I am so grateful for family and friends who are with me on my journey.

Love,
Lorraine Johnson

Thank you for the beautiful poinsettia. Your thoughtfulness in remembering us is so appreciated. Your kindness brightened our holidays!

Thank you,
Richard and Marilyn Carlson

Thank you so much for your contribution to the Bel Air holiday share program! Your generosity is a huge blessing!

Scott and I want to thank Salem Covenant for being so supportive during our engagement. We are so excited to start our family life together. Join us for a wedding reception that Salem is hosting on April 19 from 2:30-5:00 p.m. in the Fellowship Hall. Thank you for wanting to celebrate this exciting new beginning with us.

Rev. Jonna Fantz

"Jesus sent them out to preach the kingdom of God and to heal the sick."

Luke 9:2b

Dear Friends at Salem,

The last three months have flown by! When I joined the Health Ministry Team at Salem Covenant Church as the Faith Community Nurse, I was amazed at the number of people who came alongside of me. People offered to share their expertise, dreams for programs, and resources while others opened their hearts and allowed me to share their journeys, including rejoicing and thanking God in the good times and leaning on each other as we grieve the difficult times together. Thank you to each and every one of you—may God continue to bless and keep you!

During the last few months, I've spent some time reflecting on how God prepared me for this role. After receiving my Bachelor of Science Degree from the UW-Eau Claire, I worked in a variety of healthcare settings including long term care, assisted living, and an acute care setting. In time, I found my niche and have spent over twenty years working in the area of public health nursing. Public Health Nursing allowed me to work with persons across the life span, providing direct care, health education/health promotion, addressing issues of infection control/immunizations, determining program eligibility and identifying the appropriate services to meet the health and safety needs of individuals in the community. About fifteen years ago, I returned to school at St. Catherine University, where I received a Master of Arts Organizational Leadership degree. After completing my degree, I worked as the Healthy Communities Supervisor in Goodhue County, which is located in southeastern Minnesota.

How may we help you:

- If you have a health concern or would like spiritual support during your illness or hospitalization, please call the Church Office and request that a member of the Pastoral Staff or the Faith Community Nurse follow up with you.
- Due to changes in the Federal laws, health institutions are prohibited from notifying faith communities without your written consent. It is often easier if you or your family notify us. This allows the pastors and/or faith community nurse to come along side you to offer prayer and support during a difficult time or rejoice with you and give thanks to God.
- Also, please know that your privacy will be respected. Your pastors or Faith Community Nurse can visit and no one else needs to know.

Health Ministry

Beth Anderson, R.N.
Faith Community Nurse
banderson@saalemcov.org

My interest in Faith Community Nursing began in 2004. Ten years after God had planted that seed in my heart, He provided me with a time in my life when I could make becoming a Faith Community Nurse a reality. It's been interesting to watch God reveal how he melded together my personal and professional experiences and academic pursuits to prepare me to come alongside the parishioners at Salem Covenant Church to promote wellness of body, mind, and spirit.

As the Faith Community Nurse at Salem, my 20-hour work week is flexible. Due to the nature of my responsibilities, I'm frequently out of the office or away from my desk. If you would like to know my schedule for any given week, please call the Church Office.

After joining the Salem's Health Ministry Team, I have frequently been asked "What does a Faith Community Nurse do...?"

Faith Community Nursing History—The term Parish Nurse came about in the 1980s when this practice was first started by a Chicago Lutheran Chaplain, Granger Westberg. Granger envisioned parish nursing as a partnership between health care systems and congregations. He believed having a nurse on a congregation's staff provides a unique forum for health promotion and disease prevention, and provides congregation members the opportunity to discuss a health concern with a nurse before it develops into a chronic or serious condition. Recently, the American Nursing Association wrote a revised Scope and Standards for this nursing specialty. The ANA needed a term to describe this specialty which would be universal—hence Faith Community Nursing.

Faith Community Nursing is a ministry of the church that developed as a response to Christ's command to continue a healing and caring ministry in the world. Christ's ministry was always holistic. He treated the whole person; physically, emotionally, and spiritually. Faith Community Nursing is a blend of nursing and faith. The Faith Community Nurse uses both health education and spiritual knowledge to promote wellness of body, mind, and spirit.

A Faith Community Nurse is a licensed, registered nurse who is committed to the healing mission of the Church. He/she promotes wellness and wholeness of spirit, body, and mind to individuals, families, and the

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April is National Autism Awareness month. Autism Spectrum Disorder (ASD) is one of the most prevalent behavioral disorders in the United States. It affects over 3 million individuals in the U.S. and tens of millions worldwide. Government autism statistics suggest that prevalence rates have increased 10 to 17 percent annually in recent years. Although there is no established explanation for this continuing increase, improved diagnosis, awareness, and environmental influences are reasons often considered.

What is Autism Spectrum Disorder?

Autism Spectrum Disorder (ASD) is a range of complex neurodevelopment disorders, characterized by social impairments, communication difficulties, and restricted, repetitive, and stereotyped patterns of behavior. Although each individual with autism is unique, many of those on the autism spectrum have exceptional abilities in visual skills, music, math, and art. About 40 percent of persons with ASD have average to above average intellectual abilities. While many persons on the spectrum take deserved pride in their distinctive abilities and “atypical” ways of viewing the world, others with autism have significant disability and are unable to live independently.

The hallmark feature of ASD is impaired social interaction. As early as infancy, a baby with ASD may be unresponsive to people or focus intently on one item to the exclusion of others for long periods of time. A child with ASD may appear to develop normally and then withdraw and become indifferent to social engagement.

Children with an ASD may fail to respond to their names and often avoid eye contact with other people. They have difficulty interpreting what others are thinking or feeling because they can’t understand social cues, such as tone of

voice or facial expressions, and don’t watch other people’s faces for clues about appropriate behavior.

Many children with an ASD engage in repetitive movements such as rocking and twirling, or in self-abusive behavior such as biting or head-banging. They also tend to start speaking later than other children and may refer to themselves by name instead of “I” or “me.” Children with an ASD don’t know how to play interactively with other children. Some speak in a sing-song voice about a narrow range of favorite topics, with little regard for the interests of the person to whom they are speaking.

How is autism diagnosed?

Because Autism Spectrum Disorder varies widely in severity and symptoms, it may go unrecognized, especially in mildly affected children or when it is masked by more debilitating handicaps. However, the most obvious signs of autism and symptoms of autism tend to emerge between 2 and 3 years of age. Currently, a diagnosis of autism is given when social development/interaction, communication and repetitious behaviors and restricted interests are affected (Neal, 2009, p. 39; “What is Autism” – Son-Rise Program, para. 2)

Ongoing research of Autism Spectrum Disorders continues today. According to Wolff (2004), early intervention can make a significant improvement to the behavioral adjustment of children diagnosed with autism. Currently, symptoms of autism can manifest themselves as early as 18 months of age. However, the average age of diagnosis is three years of age. It is at this point that significant delays in speech development, attention problems, developmental deficiencies in non-verbal communication, isolative tendencies, and repetitive behavioral traits manifest themselves as ongoing behavior for the child (NICHD, 2005).

Is there a treatment for Autism?

While there is no “cure” for autism at this time, there are many steps that can be taken to minimize the behavioral symptoms of autism and provide the best quality of life possible for the child up to and including full integration into society as an independent adult. Therapies and behavioral interventions are designed to remedy specific symptoms and can bring about substantial improvement. The ideal treatment plan coordinates therapies and interventions that meet the specific needs of individual children. Most healthcare professionals agree that the earlier the intervention, the better.

Currently, behavior management therapy is the most effective tool for successfully reinforcing “wanted behaviors and reducing unwanted behaviors” (NICHD, 2005, p. 8). A vital part of autism behavior management therapy is implementing methods to promote positive social responsiveness in the child. A recent study conducted by Finnigan and Starr (2010) indicated that music therapy promoted positive social response behaviors. Additionally, art therapy has also been very effective in promoting positive behaviors. Utilization of occupational therapists can assist caretakers and parents in areas such as “regulation of emotional and behavioral responses, processing of sensory information, development of social abilities, interpersonal skills and peer relationships, and self-management skills” (The American Occupational Therapy Association [AOTA], 2010, Autism Fact Sheet). Furthermore, speech-language and physical therapists can also assist individuals with autism in developing necessary speech and language skills including non-verbal communication skills and improve motor skills and spatial issues (NICHD, 2005). Effective treatment programs often combine multiple approaches to fully realize the maximum learning potential of the child.

It is important to realize that autism is a life-long prognosis. There are no “fixes” to this condition and families and caretakers dealing with autism will experience unique stresses and challenges on a daily basis. However, as stated previously, early intervention is critical to developing the most positive behaviors possible and it is through the ongoing “power of parent organizations and the destigmatization of disabilities” that individuals with autism can reach their full potential (Wolff, 2008).

References for this article and more information/resources for those living with Autism and the ones who love them is located on the Salem website (salemcov.org) under the Ministries tab on the left sidebar and then go to the Health Ministries Tab.

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Body of Christ. The Faith Community Nurse works in partnership with pastoral care, medical care, community health nursing, and social agencies. He/she combines ministry and nursing to meet the individual needs of the whole person. He/she meets the needs of persons across the lifespan. In addition, he/she has attended an endorsed Faith Community Nurse preparation course.

The Faith Community Nurse serves the faith community as a...

Health Educator

- Promotes a healthy lifestyle through
- Health screenings
- Educational and wellness programs
- Newsletters
- Resource identification

Personal Health Counselor

- Visits parishioners within their home, church, or healthcare setting
- Discusses health concerns
- Encourages healthy daily living through exercise, nutrition, and spiritual growth

Facilitator

- Coordinates volunteers
- Facilitates wellness activities
- Assists in development of support groups

Community Health Liaison

- Promotes health and wellness
- Serves as a referral source to other health and social agencies in the community

Interpreter of the Faith/Health Relationship

- Defines aspects of faith and health, how they relate to each other and impact one’s well-being
- Provides prayerful presence and comfort during times of need

The Faith Community Nurse is not . . .

- A provider of “hands on” care and does not replace any healthcare services
- A substitute for pastoral care, medical care, community health nursing, or social agencies, but rather works in partnership with these services

“People’s faith has a very strong influence over their well-being, their willingness to fight disease and their ability to get well. Until recently, the medical community too often overlooked faith’s role in health” (John Templeton, Jr. MD, Christianity Today).

In Christ,
Beth Anderson, RN FCN



1st Sunday in Lent
Preparing the Way
Mark 1:1-13

2nd Sunday in Lent
Living on Purpose
Mark 1:14-15

3rd Sunday in Lent
Companions for the Journey
Mark 1:16-20

4th Sunday in Lent
Sharing the Joy
Mark 1:21-34

5th Sunday in Lent
The Pathway of Prayer
Mark 1:35

Palm/Passion Sunday
Moving on in Obedience
Mark 1:36-45

Easter
Discovering the Spring of Life

Holy Week at Salem

- March 29** **Palm/Passion Sunday**
Regular worship schedule
- April 2** **Maundy Thursday**
7:00 p.m. Holy Communion Service
- April 3** **Good Friday**
7:00 p.m. Tenebrae Service
- April 5** **Easter Sunday**
8:15, 9:30, 11:00 a.m. Traditional Services
10:30 a.m. Contemporary Service

Salem 101

Wednesdays, February 25-March 18

6:00-8:00 p.m.

East Fellowship Halls

This four-week class is for those interested in learning more about Salem and/or in becoming a member. Get to know Salem, explore Salem's beliefs, history, and vision for the future, and become better acquainted with the pastors and others in the class. Children are welcome to join our Children's Ministry and Music Ministry programming during this time. Contact: Pastor Jonna Fantz.

