



The Scroll



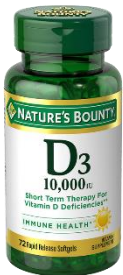
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SOAK IN THE SONSHINE

Message from Pastor Linda

OVER THE LAST FIVE WEEKS, as some

know, I was uncharacteristically physically fatigued. I'd come home after work, and Sunday morning services, and plop down on the couch, getting up only to eat or go to bed. I lacked motivation to do any of the typical activities I enjoyed: hiking, art, cooking. Certain TV series and movies became my go-to. Of course, I tried the usual fixes for fatigue: eat right, get adequate sleep, etc. But nothing changed. In fact, it seemed to grow worse despite my best efforts.



Eventually, acknowledging the need for more answers/help, I saw my PA. After a series of questions, and blood tests, it was determined I was lacking adequate Vitamin D. Who knew!?! Thankfully it was a simple fix, and within three days, I was back to my energetic self.

Something I learned (and perhaps most of you already know), is there is no natural source of Vitamin D in our food. None. Zero. If there is some in what we eat, it was added. (Interestingly, the supplemental vitamin only became available to the public in the early 1930's after a lengthy history of scientific research.) The only natural source of Vitamin D is the sun. Yup. That's it. The more sunshine we are exposed to, the better we feel and more energy we have.

This led me to pondering about a different kind of sunshine. We see, now and again, this play on the word: SONshine. With my recent experience, I couldn't just brush off this word as an oft-used cliché. Just as natural light is the only way to get the nutrient we need, so the SON is the only source of

true LIGHT and LIFE. He is the source of life's energy. There is no adequate supplement for Him. **We need SON.**

We can go about trying to muscle our way through life, trying to do without the SON and many, many do. But boy, it can be really exhausting! We do all sorts of things to fortify and energize ourselves but our efforts never quite cut it. Some find themselves resigned to do as I did: flop down and zone out. In truth, just as we are designed to need daily Vitamin D in order to thrive, our souls are designed to need a *daily* dose of SONshine.

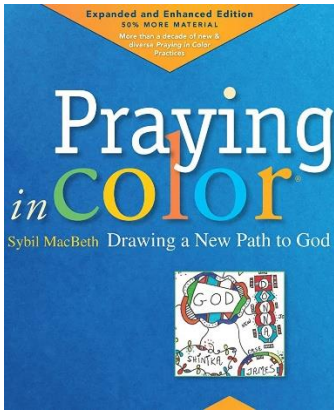
If we look to the SON... If we keep our faces turned toward Him and soak Him in – think sun-bathers on Miami beach! – what a difference He makes in our lives. We are able to do things we didn't imagine.



We have the motivation to love, to serve, to do for others. We can literally feel ourselves raised from those sedentary places and moving toward more meaningful engagement with the world – with others - around us.

As we 'expose' ourselves to the SON, through prayer, through Scripture, through worship and time with others who know Him, we become stronger and yes, brighter as we reflect the SON in our lives to others.

Next Sunday we will celebrate Jesus, the SON of God, rising from the dead to new life. We will tell the extraordinary story again of the most amazing SONrise. This Son always shines. **Happy Easter to all of you!**



PRAYING IN COLOR, By Christi Guptill

Last year, the Prayer Board was introduced into Sunday School. Each week, as part of their routine, the children post their prayers on the board and pray together. Over time, the children have become more comfortable sharing their praises and concerns. The Prayer Board helped introduce the children to what prayer is. It gave the children practice going to the Lord with their thankfulness and worries.

During the first Sunday in March, the children in Sunday School and Dive Deep were introduced to the book Praying in Color by Sybil MacBeth. In this book, strategies are presented to help children address prayer problems. Often children experience frustration with prayer-

- they feel antsy and fidgety,
- they fall asleep,
- they are tired of the same old prayers,
- they run out of words, but the prayer doesn't feel finished,
- they can't find the words to say what they think or feel,
- they wonder whether God is listening,
- they start to pray and realize they are thinking about tomorrow's soccer game.

The children were introduced to praying without words. Through doodles, pictures, and color, the children were shown and then they practiced how to prayer through drawings. The beauty to praying without words is there is no right way to do it. All the children were able to practice this way of praying and then shared their prayers with the group. We took turns complimenting each prayer picture by pointing out what we liked.

Parents, you may want to encourage this prayer without words at home. A special prayer journal, fancy-colored pencils or markers, and opportunities to draw are all ways to support.

AND ON THE TEEN FRONT....



Our tweens and teens face challenges that many of us have never had to learn to cope with: social media, vaping, cyber-bullying, active shooter drills. It can seem overwhelming. At Salem, we hope to provide them a little respite with a safe place to hang out and know they are loved by God and us. These are a few random pics from our time together.



Trip to the Danbury Fair Mall; Hide N Seek, Soul Talk & Supper, Confirmation.



I heard someone say a few days ago, “See, that just goes to show you that you can raise your kids in church all you want to, but...” and it literally shattered my heart. All because that kid had made a mistake. All because that kid’s sin was brought to light.

Let me just tell you... we don't raise our kids in church so they can grow up perfect. We don't raise our kids in church because it magically makes them unable to sin or ‘holier than thou’.

We do, however, raise our kids in church so WHEN they mess up and WHEN they fall short, they know just who to run to.

So they know that their Lord and Savior will NEVER leave nor forsake them no matter how big or small their mess up might be.

So they know their heavenly Father will always leave the 99 if they are that ONE that needs saving.

So they will know that grace is like and give it out freely.

So they will know the unconditional love of their Father and love those around them just the same regardless of anything else.

So they know that there is absolutely nothing in this world they could do that our Savior’s blood hasn't already covered.

I will never apologize for raising my children in church. Because it's more than just a song and a sermon. It's more than just a memorized Bible verse and Sunday school. It's for when this cruel world we live in comes knocking on their door, they personally know the solid Rock on which they stand.

~Author unknown



COVENANT KIDS CONGO

Did you know that our church family has been spiritually, emotionally and financially, supporting over ten children and their community in the Congo for 10 years. Through the generous giving of individuals and our annual Easter offering, we have been able to support our Congolese friends with prayer, letters and cards, and funding for clean water, education, health care, microbusinesses and much more.

Several weeks ago during Acts of Love, our Salem youth created a short video wishing them all a very joyous and blessed Easter!



WOMEN'S INTEGRATIVE HEALTH SEMINAR

How appropriate that for Women's History month, Salem was able to host a Women's Integrative Health Seminar. This Saturday morning event drew together over 50 from within the church and the broader community.

Karen Wunderlich, of the New Milford Women's Health Center, presented an incredibly informative talk to help women improve and sustain their health: physically and emotionally. She covered sleep/rest, exercise, food/diet, and vitamins and supplements, backed by her 30 years' experience in the field of Women's Health, and up-to-date research. The participants raised very insightful, probing questions which Karen adeptly answered with grace and knowledge.

I enjoyed the way Karen broke things down in digestible ways for us. I learned so much.

~ Crissy Dowling



Many thanks to Kiersten Marich, Chair of Outreach and Mission who coordinated this event, and to Robin McHan and her crew for the wonderful (and healthy!) refreshments following it. If you would like an audio copy of Karen's presentation and her handouts, you may contact Deborah Griesbach, at office@saalemcovenantchurch.com and she will be happy to provide them to you.

I was impressed by the inquiry of the women in the room; they were inquisitive and looking for ways to take better care of themselves.

~ Diann Buro

Self-Care Options close to home:

Yoga - Tuesdays, 10:00 am and Wednesdays, 5:00 pm – Diann Buro, Instructor

Life Coaching (by appointment) – Pastor Linda, ICF Certified – Level 1

Boot Camp, Tuesdays and Thursdays, 5:45 am @ Riverwalk Pavilion – Deb Andrews, PT

SALEM KITCHEN PROJECT UPDATE, Michel Williams

March has been a quiet month in regard to the kitchen project. However, Robin has made a lot of progress in going through cupboards, clearing out old unneeded dishes and identifying those items that belong to others in the church. Hopefully you have gotten back all of your orphaned dishes and casserole containers.

We are still awaiting the arrival of our carpenter to begin cabinet removals and preparations for the new refrigerator and stove. Our refrigerator has been purchased and is awaiting delivery once the cabinet preparations are completed.

I have reached out a number of times to our carpenter who is clearly busy with other projects. I have no confirmed start date although I anticipate hearing from him soon to begin the cabinet modifications. Please refer to the March issue of the Scroll if you have questions about the project. You can also reach out to me and I would be glad to answer those questions for you.

Happy Spring!

NEW CHURCH DIRECTORY AVAILABLE!



UPDATE



Deborah Griesbach, our Office Administrator, has been hard at work updating our Church Directory. You should receive a copy of it in your email. However, if you would like a hard copy, please let Deborah know and she will have one printed for you.



PROPERTY UPDATE

Air Conditioning

In March, the Church Council called an Air Conditioning Information Meeting to talk about the possibility of installing air conditioning in our building. Taylor Cannavaro provided helpful information about what this project would entail. He also answered many of the questions people had about doing something of this scope.

If you click [here](#), you will find an Information sheet which covers that which was discussed in the Information Meeting. You are encouraged to read it and also speak to Taylor or Pastor Linda if you have more questions. The Council will be setting a date in the near future to gather again and make a congregational decision of whether to proceed or not.

Spencer Guptill, Church Trustee, installed a new Door Closer on the rear exterior door in the Fellowship Hall.

APRIL – AUTISM AWARENESS MONTH

This month is Autism Awareness Month.. The CDC describes Autism Spectrum Disorder as

“Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. Some people with ASD have a known difference, such as a genetic condition. Other causes are not yet known. Scientists believe there are multiple causes of ASD that act together to change the most common ways people develop. We still have much to learn about these causes and how they impact people with ASD.

People with ASD may behave, communicate, interact, and learn in ways that are different from most other people. There is often nothing about how they look that sets them apart from other people. The abilities of people with ASD can vary significantly. For example, some people with ASD may have advanced conversation skills whereas others may be nonverbal. Some people with ASD need a lot of help in their daily lives; others can work and live with little to no support.

In keeping with our theme of celebrating diversity within the church and how these differences enrich the church family, Kevin Cassesse of Ädelbrook, will be visiting us for our Worship service on Sunday, April 23 and sharing about this amazing award-winning CT organization. Ädelbrook was formerly known as the Cromwell Children’s Home and was founded as an orphanage.



EASTER BAGS FOR SHUT-INS AND INFIRMED

At this special time of year, not everyone is able to come and celebrate the resurrection of Christ at Salem. Because of this, many have stepped forward to contribute towards Easter bags and/or deliver them to our shut-ins and infirmed. These will be delivered in the days just before Easter as a reminder to those unable to come due to health limitations, they are loved and remembered.

EARTH DAY, SATURDAY, APRIL 22

In Genesis 1:28 God gives humankind its first stewardship assignment. It says, “God blessed them: “Prosper! Reproduce! Fill Earth! Take charge! Be responsible for fish in the sea and birds in the air, for every living thing that moves on the face of Earth.” (The Message)

Join our children and youth for a community service afternoon, caring for our earth. We will be meeting at the church, **Saturday April 22 at 4:00 pm** to pick up trash on Baldwin Hill, between the church and Scofield Drive. All participants will get a t-shirt that was designed by Jane Light for the occasion. Plan on coming!



HOLY WEEK

HOLY WEEK READINGS

For those who appreciate reading Scripture telling of Jesus' final week during Holy Week and want to meditate on the events of each day, here is the narrative from the Gospel of Mark.



Readings for Holy Week

Sunday – Mark 11:1-11

Monday – Mark 11:12- 19

Tuesday- Mark 11:20 – 13:37

Wednesday - Mark 14:1- 11

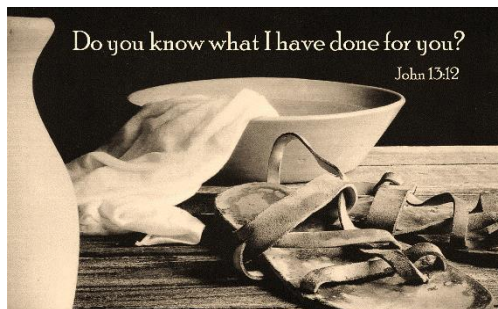
Thursday – Mark 14:12 - 72

Friday – Mark 15:1-41

Saturday – Mark 15:42- 47

Easter Sunday – Mark 16:1-8

HOLY WEEK SERVICES



MAUNDY THURSDAY, 5:30 PM

Worshippers will gather around the table for a sacred service commemorating Jesus' last Supper with his disciples. We will break bread together, sing, pray, and anoint with oil. A mix of Mediterranean finger food will be served.



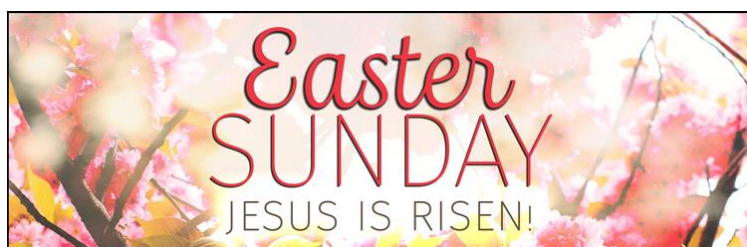
GOOD FRIDAY/TENEBRAE SERVICE, 7:00 PM

During this somber and poignant service, worshippers will listen to the riveting story of the Passion read aloud. This is a holy time of reflection, prayer and song.



COMMUNITY EASTER SUNRISE SERVICE, 6:15 AM

@ the Stone Church Green, New Preston Hill, New Preston. Clergy from our local congregations will lead this early service outdoors for the surrounding community. New Preston Congregational Church is hosting a small reception at the their church on Church St. following the service.



EASTER SERVICE, 10:30 AM

We will gather in our Sanctuary to celebrate the good news of our Risen Savior! We will also have our traditional Children's Easter Egg Hunt.

BASEBALL SEASON HAS ARRIVED



Baseball – the All-American sport – is in full swing now (Pun intended!) Kiersten Marich, Chair of Outreach and Missions, is coordinating a one-time donation for balls and bats for the under-resourced Wallace Middle School baseball team in Waterbury. If you would like to and can help, please drop the balls and/or bats off at the church between now and April 10. For more information, please contact, Kiersten: kmarich14@gmail.com

Thank You

Dear Salem Family,

There are not enough words to thank you for your love and care shown as I was recuperating this past month. There was so much generosity of time and wonderful meals for Ron and for my family who came to help. My brother and sister were amazed at the expressions of love and care and I told them that 'this is what Salem does for friends and family'. So again, thank you for the prayers, cards, visits, calls and delicious meals. Salem lives and loves in the words of 1 John 4-11 " Beloved, since God loved us so much we ought also to love one another...if we love one another, God lives in us".

Fondly, Lillian & Ron Ames

To our Salem Family,

We really appreciate all the prayers, cards and gifts from everyone. All the support was wonderful! And a special thank you to Pastor Linda for all her kindness.

Iona and Adam Douskey

Dear Salem Church Family,

Thank you for thinking of me when my sister, Kathy, passed away. I appreciate the hummingbird wind chime you gave me. I sure enjoy wind chimes very much.

Thank you all for being here for me. We have a wonderful church family here at Salem. Thanks again.

God Bless,

Mary Ann Lundberg

APRIL CALENDAR

April 1 – Holy Saturday

April 2 – Palm Sunday Service, 10:30 am

April 3 – Hangout Haven, 2:45 pm

April 6 – Maundy Thursday, 5:30 pm

April 7 – Loaves and Fishes, 3:30 pm

- Good Friday/Tenebrae Service, 7:00 pm

April 9 – Community Easter Sunrise Service, 6:15 am, the Stone Church, New Preston Hill

Followed with coffee and refreshments at New Preston Congregational Church

- **Easter Service. 10:30 am**

o Children's Annual Easter Egg Hunt

o Nursery Care provided

April 12 – Council Meeting, 7:00 pm

April 15 – Saturday Soul Talk & Supper, 5:30 pm – Grades 6-12

April 22 – Earth Day Clean-up, 4:00 pm

April 23 – Congregational Care Team meeting, following Worship

April 27 – 4th Wed Evening Prayer, 7:00 pm

April 29 – Soul Talk & Supper, 5:30 pm – Grades 6-

12



Amy Julia Becker	2
Mandy (Partelow) Reale	5
Suzanne Drapeau	8
Steve Haas	14
Mary Ann Lundberg	16
Emily Anderson	17
Jaxon Butts	19
Sara Taylor	19
Holly Haas	22
Dawn Belanger	29
Rowan Cannavaro	29
Gavin Dowling	29

SALEM COVENANT'S CORE VALUES

We, the members and friends of Salem Covenant Church, are committed

... to loving God through *worship and praise*,
... opening ourselves to *His Word*, and
... visiting God in *prayer*.

We are SALEM.

Showing compassion to those in need as God gives us grace and ability. (Matthew 9:46)

Accepting one another in grace and love as Christ has accepted us. (Romans 15:7)

Lending a hand to those around through acts of service in Christ's name. (Matthew 20:28; Romans 15:1-2)

Engaging in life together. (Acts 2:42-47)

Moving in one accord. (Romans 12:4-5; Ephesians 4:2-6)

IN REMEMBRANCE...

April 11, 2011	Pete Locke	Member- Diane Locke's husband
April 15, 2008	Rick Rowe	Member – Sue Rowe's husband
April 15, 2022	David Gewanter	Suzanne Drapeau's husband
April 16, 2017	Paul Babiyan	Elaine Babiyan's husband
April 19, 2018	Allen Butler	Robin McHan's brother
April 19, 2003	Ernest Swanson	Diane Swanson's father
April 27, 2020	Charlotte Fleet	Member - Jeff Fleet's mother
April 27, 2021	Roger Bringhurst	Dawn Belanger's father
April 28, 2017	Frank Totten	Alma Fleet's brother
April 29, 2012	Danny Straub	Sarah Straub's husband
April 29, 2020	David Purcell	Heather Rowe's husband