
CONNECTION

Our Savior Lutheran Church

Mesquite, TX

June 2020

How Will It Look When We Are Back to In-Person Worship?

The date for our return to in-person worship has not been decided, but it could conceivably begin in June or July. The church council will meet early in June to consider the best course of action. In the meantime, we appreciate your feedback and continue to weigh the recommendations of our bishop and elected officials. It is never too early to prepare for that day, so here's an unofficial abbreviated check-list of how some things might happen.

1. We would ask you to “register” for one of the three services, so we would not exceed 25% capacity at any one service, and so we could practice proper social distancing. (You may call us at anytime to express your preference for one of the three services.)
2. We will not have ushers handing out bulletins, but we will have greeters standing 6 feet from the entrance doors to help us monitor our entrance into church with a welcome and encouragement to stand 6 feet apart. We may even have markings on the floor. For the first few meetings, there will be no coffee. All donuts will have to be turned in to Pastor Schelter for his discretionary use.
3. Certain pews will be marked off so no one is sitting—outside of their immediate family—closer than 8-10 feet apart. That distance is recommended because singing requires greater spacing. (Our singing may be somewhat restricted, much to Pastor Schelter's dismay!) This means that you may not get to sit in your favorite pew!
4. There will be no “contact” Greeting of Peace or passing of the offering plates. There will be a table with the offering plate for you to leave your offering as you enter or leave worship. Sharing of the Peace will be done by a gesture of affirmation.
5. Bulletins will be placed for pick-up on a table and will be discarded after worship. Hymnals will not be used at all.
6. Any fellowship before or after the service will maintain proper social distancing. That includes Pastor's greeting after the service concludes.
7. There will be multiple stations of hand sanitizer throughout the church.
8. Communion will not be handed out, but wafers will individually be placed from plastic sleeves and individual cups spaced generously on communion trays will allow each communicant to come forward and take the elements. (Wafers and communion cups will be sufficiently spaced so communicants need not touch other elements. Plastic communion cups will be used and disposed.) Communion servers will visibly and generously wash their hands, even though they are not touching the elements. Altar Guild members will prepare the wine using plastic gloves.
9. All worship participants should wear masks. The sign of the cross using baptismal water will be discouraged for the time being. (We will try to have disposable masks at church for those who forget.)
10. We will try to wipe down door handles and other “touch places” before and after each service. (Any volunteers to do this are welcome.) Some doors will be propped open to avoid constant touching. We will try to close all entrances except the main and handicap entrance. Washing hands will be encouraged for all worship participants.

These are only proposals and are subject to further consideration and change.

When in-person worship resumes, it is assumed that many will still prefer to worship at home via Facebook Live.

We respect your right to choose when and if you wish to resume in-person worship.

Above all, we acknowledge that we are all in different places of health vulnerability and respect each person's right to decide what is best for them.



REMEMBER THE EASTER DRIVE-THRU? IT'S TIME FOR THE PENTECOST PARADE!

We'll have a new drive-thru this Pentecost Sunday, May 31st, from 9-10am. We will again have several stations and practice strict social distancing between cars! We will also celebrate Holy Communion with the only contact being you and those in your car. Pastor Schelter will say the Words of Institution at the Communion station. Other stations will help us celebrate the Pentecost season—the second half of the Church year. This all depends upon good weather, of course, and your willingness to wait until we again start in-person worship. There will also be a station for you to drop off canned goods and/or an offering. Unlike fast food drive-thrus, there will be no charge—but you must wear red to be admitted! Get “red-dy” for our first ever Pentecost Parade! (You will never have to get out of your car. The drive-thru should take about 5 minutes. And don't forget to watch our 11am Pentecost Facebook Live service—March 31st.)

Nancy's Health Notes

The Covid-19 has separated our society from almost all of our normal situations. This is true for all age groups, i.e., children miss classmates and teachers; college students were sent home to study on-line; some adults are sent home to work on-line while others lose their jobs and the elderly become more isolated from friends and families. Separation causes an increase in stress that is demonstrated in very real terms of mental and physical health which can be detrimental to people. Stress causes the body to be alert and this state of alertness is the body's first line of defense. When this is short term, it is good. However, if the stress is on-going, it causes inflammation, which would lead to tissue breakdown and impairment of the immune system increasing susceptibility to conditions from heart disease to Alzheimer's. Loneliness can be seen as a threat, which causes the inflammatory response. The longer lonely isolated feelings persist, the individual perceives others as threats and changes behaviors resulting in more isolation.

Loneliness can attack our bodies and shorten our lives. People who are suffering from loneliness are more likely to die from heart disease and are more vulnerable to Alzheimer's, high blood pressure, suicide, and even the common cold. It is more dangerous than obesity and equal to smoking ½ pack of cigarettes daily.

There is evidence that loneliness is increased when people become more socially disconnected. A person who lives alone may be happy in the environment while another who lives in a close family may feel disconnected. Physical and mental health issues can increase the risk of loneliness and isolation. Regardless of being healthy or not, individuals who are socially connected live longer.

Loneliness increases self-centeredness and makes people irritable and defensive. The lonely are seeking core values and shared life experiences. Survival depends on our collective well-being, not just individual strength. Volunteering is a good example that helping others helps the individual.

Loneliness causes pain that is real. Research has shown changes in the area of the brain that control pain when an individual has been rejected—lonely. There are also changes in blood cells from the inflammation. Participants in the study were given a Tylenol before the exercises were begun and result showed the brain was not affected. Those without a Tylenol showed the change. The hope is that short term use will break the loop of lonely and pain and stop the mind from seeing threats everywhere. Stopping smoking campaign had good results and maybe there will be success in stopping loneliness.

Alone is just a word.

A word you have heard

Until you are alone -M.B.

Nancy Wilson, R.N., F.C.N



From Plague to Pandemic: Zoom in with Martin Luther



How did Martin Luther handle a pandemic... before they even called them pandemics? In a letter that Luther wrote in the summer of 1527, we'll find out how he dealt with it through faith to learn how our faith might work for us during our pandemic. This will be our first Zoom meeting, and it is scheduled for Wednesday, June 10th at 7pm (it will also include bible study). If you would like to join the meeting, there are 3 ways to make sure you are a part of it: 1) Call/email and let us know you'd like an invite sent to your email, 2) visit our website for the link and details, or 3) visit our Facebook page for the link and details.



Dr. Frankenstein ...

Will You Please Come and Get Your Monster?

The Monsters are on the loose ...

Who would dare create them ... or enable them ... or even tolerate them?

Dr. Frankenstein, of course. Frankenstein is always in his lab trying to catch lightning in a bottle—a bottle labelled Abby Normal.

His laboratory might be in Wuhan, China,

Or in Washington D.C., or in a Nazi Concentration Camp, or in the Garden of Eden,

Or even in your heart or mine.

But the monsters are out there ... and they are real.

You know the monsters. They have stared us in the face ... the invisible enemy ... who stalks us while we are wearing masks for protection ... yet they see through our masks with their own masks of disease and death.

You know the monsters. They have slipped into our hearts ... as stealthily as a snake in a garden ... a snake who tells us we are gods. These are monsters of rebellion and selfish pride ... of racism and fear, demons that encourage us to demonize the other while the demon is in us.

You know the monsters. They have whispered in our ears. Lies. Constant lies. Outrageous lies ... about the virus, or opponents, or conspiracy theories, or accomplishments that never happened.

The monsters cannot be allowed to run free ... to run roughshod ... as they did in Nazi Germany, when the lie was repeated so often that the people became numb and the lie became normal ... when racism was so rampant that it became tolerated and even ignored.

It finally became too late for Dr. Frankenstein to reel in his monster... so God sent his Son.

Of course, Dr. Frankenstein is not the monster. The monster is the people who allow the lie and tolerate the racism, and enable the dysfunction ... until it becomes the norm.

Maybe we can go to our room, where the wild things are, with Max—when we get so frustrated and so furious. Maybe we can act out those feelings that allow lies, that rationalize racism, that mask the malaise that lets the monsters run free. But, somehow, someday, we dare never let the monsters out or even tolerate them in the house again. Maybe Some One will have to die for us—on a cross—to get rid of the monsters, by taking them into himself... if we cannot summon up the courage to do it ourselves.

BIRTHDAYS

Date	Name
1	Laurie George
3	Thane Katz
	Kel Schultz
6	Kyle Furr
9	Larry Bolding
10	David Williams
12	Chip Cannon
	Sonja Conoly
14	Bill Hutchinson
	Brenda Skyles
15	Paula Hutchinson
	Carson Williams
16	Chuck Philbrick
	Clinton Turner
17	Barbara Kratus
18	Jeanne Krause
21	Pat Mangham
	Mike Phares
22	Joshua Davis
23	Jim Davis
25	Peggy Nessman
27	Jamie Nivens
29	Anthony Valasquez

JUNE



WEDDING ANNIVERSARIES

Date		Years
15	Gordon & Bonnie Johnston	57
16	Christopher & Beth Drews	13
16	Todd & Kara Ranta	18
17	Neil & Brenda Gerold	48
30	John & Veronica Ernst	24

BAPTISMS

Date	Name
1	Marshall Hocker
	Mary Stovall
	Tino Williams
2	Catherine Lubben
4	Logan Jacobs
5	Lisa White
	Becky Williams
6	Jill Furr
7	Betsy Brockmann
10	Paula Hutchinson
15	Paul Cross
	Bonnie Folkmann
16	Mike Phares
	Rachel Phares
21	Xander Nivens
22	Debbie Zimmermann
23	Thane Katz
28	Larry Bolding

