

Dear Sisters and Brothers in Christ,

Recently, I wrote to you about the topic of self-care. One aspect of this, is encouraging you to seek out ways to stay healthy. Eating a variety of vitamin and antioxidant rich foods is a starting point. Maintaining healthy portion sizes for the proteins, carbohydrates, and other nutrients that you eat is important, too.

If you are like me, you have found that eating alone has its drawbacks, especially when you eat the same thing for multiple meals. I have moved to freezing food, so as to have single-serving portions available for another day. This helps to relieve meal boredom (that comes from eating the same thing 2-3 days in a row) and since I don't mark the freezer packages, it can lead to an element of surprise (a mystery meal)!

Another element of self-care is getting vaccinated for the flu and the Coronavirus. I hope that many of you got your flu shots last fall, but if not, you can still get one. Getting a shot even now, can help prevent you from getting the flu.

We have heard that those 65 years of age and older in Wisconsin, are, or soon will be, able to get Coronavirus vaccinations. I encourage you all to do so. Please do not hesitate to get your shot when you are eligible. This is so important for the welfare of each individual, as well as for all of us! The sooner that a vast majority of us have had the 2 Coronavirus vaccinations, the sooner we can potentially return to inside, in-person worship.

While some persons may think that getting the vaccinations are an intrusion on personal freedoms, as Christians, God asks us to look beyond ourselves and our own needs. Wearing a mask, washing our hands often, social distancing, and getting our Coronavirus vaccinations when we are able to do so, are things that we do for the sake of ourselves and our neighbors. Let us join together to demonstrate self-care and care for one another.

Peace,

Pastor Cathy