



SALT Newsletter

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“WHEN I TASTE YOUR GOODNESS, I SHALL NOT WANT .”

-PSALM 23

One of my favorite songs is “Vienna” by Billy Joel, and my favorite line from that song is, “Slow down you crazy child, take the phone off the hook and disappear for awhile”. A similar invitation is presented to us by the Father, who unceasingly desires to draw us closer to Him so to experience His goodness. As challenging as it may seem, a genuine response to this invitation can take place only if we ‘slow down’ and allow our our own thoughts and expectations to be put on hold.

The first thing that came to mind after choosing this quote was the specific connotation connected with the word ‘taste’. Normally associated with our enjoyment of food, tasting involves a certain intentionality. It is always difficult for me to eat, say a piece of chocolate, slowly because I enjoy it so much. However, when I take the time to savor the whole experience that comes with eating chocolate, my enjoyment lasts longer and is actually more fulfilling. The same concept can be applied to any number of passing pleasures that we so easily pursue in place of the love of the Father. Contrary to what the limits of our human minds perceives as fulfillment, we will never be satisfied until we “taste and see that the Lord is good”.

Of course, accepting the invitation of the Father and surrendering our perceptions of fulfillment over to His care requires courage on our part. We must make a courageous commitment to trust Him and allow Him to speak truth towards the expectations that we have established for ourselves. God dares us to venture beyond our comfort zone so that we may see things in a proper light. Worldly pleasures will lose their luster and our desire will stretch farther to reach the higher goods, which can only be provided for by the Father. The call to holiness involves great sacrifice, but as the Bible reassures us, our trials are never endured in vain, and the patient endurance of our trials will be richly rewarded in heaven.

-Zoey Stapleton, Virtual SALT Missionary

PROGRAM UPDATES

Celebrate the
holidays with SALT!

- Help the residents get in the spirit by lending your hands to some Christmas crafting and fellowship with us!

INSIDE THIS ISSUE:

Missionary Reflection	1
Remote Crafting Party	2
Missionary Fellowship	3

SALT Does Christmas!

Help us bring holiday cheer to the residents of Mount Carmel in Lenox, MA! We are having a remote crafting party on November 14th at 3 PM EST.

Over the next few weeks, gather your supplies so that when we virtually gather on November 14th, Liz can teach everyone how to create the decorations. We're hoping to create enough for 70 residents.

There will be three types of door hanging décor to create and the supplies you will need:



- **Santa hats**
- **Artificial flowers in Christmas colors**
- **Floral foam**
- **Hot glue gun**
- **Ribbon (for hanging)**
- **Box wire wreath forms**
- **Yarn in Christmas colors**
- **Tapestry needle or crochet hook**
- **Scissors**
- **Colorful cardstock**
- **Foam board**
- **Ribbon**
- **Markers/Paints**
- **Scissors**

Missionary Fellowship

Months after the onset of COVID– 19, many of us are still spending the majority of our time in isolation if work or school are not happening in person. Looking for community?

SALT would like to invite our missionaries to come together once a month for reflection and socialization! The SALT team will announce the theme for the meeting and you all can bring a scripture, saint quote, or prayer that has helped you grow in that area.

Our service meetings are held once a month on Saturday afternoon, so we would like to schedule this for another day of the week. Please participate in the doodle poll linked [here](#) to let us know when would work best for you.

UPCOMING EVENTS

November 14

- Remote Crafting Party

December 20

- SALT Variety Show (Broadcasted to the Carmelite Homes)
 - More to information to come—A collection of pre-recorded talent acts will be compiled from the missionaries and their friends to be shared with the residents to create some cheer for the holidays