

PRESIDENT’S MESSAGE

Cheryl Punzalan, Council President

This time of year, many experience problems with depression, especially Seasonal Affective Disorder (a form of depression that appears to be triggered by the shorter days of winter). The course of treatment for this biochemical imbalance is bright light...in particular sunlight...every day. If one has this disorder, one must schedule time to be out of doors in the sun or exposed to very bright lights every day. My daughter used to call it being “solar-powered people.” They just do better with regular exposure to the strong light from the sun. What about our need for regular exposure to the strong light from the Son?

When our lives are busy and we are running here and there without stopping for prayer and devotional readings, we can suffer from a similar lack of exposure to the guiding and empowering light of Christ. We can become lethargic, easily fatigued and edgy, both physically and spiritually. We need regular, intentional, daily exposure to the Son’s light that comes to us through the God’s Holy Bible, and the teachings and writings of his apostles, disciples and messengers.

Many of us made time during Advent to do the activities as suggested in the devotionals we received each week. We read our “One-Minute Advent-ures” and even discussed them as a family. What a rewarding time this was! Now, as we enter the post-Christmas season of Epiphany, with its emphasis on light, we need to remember to continue with this special time – to keep that light burning. If you need devotional guidance, there are booklets available on the kiosk, such as “Christ in Our Home” and “Portals of Prayer.” I can guarantee that a Son-powered life can change one’s attitude, and give one strength and support for the path of service that we are called to walk each day.

Shalom, Cheryl



In Loving Memory of

Johannes Borhaug

April 14, 1920 – December 13, 2003

A gift to the
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of Salem Lutheran Church

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Signed (Donor)