

**[Mention the name of the sender]**

**[Mention the address of the sender]**

**[Mention the contact details]**

**[Mention the email address]**

**[Mention the date]**

**[Mention the name of the recipient]**

**[Mention the address of the recipient]**

**[Mention the contact information]**

**Dear [Mention the name of the recipient]**

I frequently encounter this salutation in letters, emails, and messages. But what does that even mean? What happens if we're not?

Of course, we intend to say that we hope (Mention the disease) hasn't affected you, but we also mean that we hope you're in good mental, emotional, and spiritual health. The well-being, sometimes called shalom, is the complete tranquility of God. If you haven't experienced (disease name), you probably know someone who has by now.

How can we find serenity in the midst of this extremely frightening period and as the first lockdown is approaching its one-year anniversary? Don't get me wrong; I've experienced physical symptoms of anxiety like inner trembling, lack of sleep, racing heart, diminished capacity, and mental confusion.

I've also experienced low points, been annoyed, worn out, and lonely at times, and I've had to pray and ask for hope and other things because I've needed them so badly. But there are some spiritual activities that I'm finding to be really beneficial and that might help you as well.

Some of us now have additional positions and duties. Last week at the staff meeting, we prayed for the young families in our congregation, many of whom are working

and homeschooling, as well as the grandparents who are now raising their grandchildren.

**Thanks for your time.**

**[Mention the name]**

**[Mention the profession]**

**[Mention the contact details].**