

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

August 2018



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

Last month I spent 4 days in continuing education at Luther seminary with two other members of our Mental Illness/Addiction team from our parish. We learned so much about many types of mental illness, both medically & being supportive through pastoral care. I thank the parish for supporting my continuing education, both financially & allowing me the time away from the parish.

These illnesses are a growing issue that the medical community is trying to get under control. The doctors are finding out that working together with clergy has brought some much-needed success. So many of our members are touched by this ugly illness, either personally or have a family member or friend that is affected. One of the first people that are turned to by people with these illnesses is their pastor, and most of these pastors are ill equipped. Luther seminary received a large grant to now fund REQUIRED mental illness education for all pastoral students. Hallelujah!!

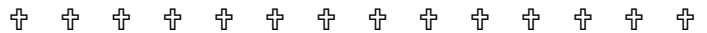
People who we never expect, & seem to be very happy people, often suffer from & hide these illnesses, due to the stigma of society that goes with it. One of the most common is some form of depression. There are people who made huge impacts on society who suffered terribly from depression such as: Martin Luther, Teddy Roosevelt, Ludwig von Beethoven, Edgar Allen Poe, Mark Twain and Abraham Lincoln.

Many of these men were brought together for a fundraising dinner for depression. They each spoke and described their battle with depression. I'd like to share Abraham Lincoln's short speech:

"I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on earth. Whether I shall ever be better, I cannot tell. I awfully forebode I shall not. To remain as I am is impossible. I must die or be better it appears to me." Lincoln's perseverance & his faith carried him through, even though he considered suicide. Years later he wrote this in a letter: "The year that is drawing to a close has been filled with the blessings of fruitful fields & healthful skies. These bounties are so constantly enjoyed that we are prone to forget the source from which they come." Relying on our faith in God in these situations is a necessity.

If anyone reading this feels they may be dealing with this type of illness, I urge you to seek medical help as well as persevering in your faith & the church. I would also invite anyone who has interest in our parish Mental Illness/Addiction team mission, of help in our communities, please join us on the 4th Thursday of the month at Faith Lutheran at 6:30pm. May God's will guide you.

In God's peace, invite a friend,
Minister Dave



~CLERGY SCHEDULE & CONTACT INFO~

Dave Erdmann, SAM (Synodically Authorized Minister), is our worship & faith life leader.

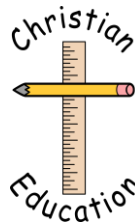
Days off: Mon & Sat. He works from home on Fri
He is *always* available for emergencies.

Office Hrs: Tues. & Thurs. 12-4p (details on p.5 calendar)

First contact: 218-391-7951 (cell)

Secondary contact: 218-727-0532 (Home/Office)

Email; dwardmann@gmail.com



CLASSES OFFERED

Confirmation Classes:

Offered to kids (6th grade & older),
on Weds, beginning Sept. 12th

First Communion Class:

For kids (age 10 & up) Sat, Sept. 29th

Details on pages 4.

News of Interest...

For our congregations & surrounding communities...

S.A.L.T. PARISH WORSHIP SCHEDULE

In addition to 2 worship services each Sunday, in Aug we will add 'Wed. Nite Sundae Service' on the 2nd & 4th Weds.

Minister Dave Erdmann presiding.

Please note the worship times at each church.

July 29 th	SALT SUNDAY WORSHIP & PARISH PICNIC	10A: Meadowlands Community Center
Aug. 5 th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Aug. 8 th	WED. NITE SUNDAE SERVICE	6:30p: Faith, Culver
Aug. 12 th	8:45a: Faith, Culver	10:30a: First, Meadowlands
Aug. 19 th	8:30a: St. John's, Saginaw	**10a: 'Worship in the Park' Meadowlands
Aug. 22 nd	WED. NITE SUNDAE SERVICE	6:30p: Faith, Culver
Aug. 26 th	8:45a: Faith, Culver	**10:30a: St. Peter's, Canyon

***** WORSHIP ROTATION CHANGE *****

Please note the worship rotation change above...

First, Meadowlands & St. Peter's, Canyon are trading Sundays due to the Meadowlands Fair.

Aug. 19th 10a: 'Worship in the Park', Meadowlands

Aug. 26th: Worship at St. Peter's, Canyon

We will return to our previous rotation schedule in Sept.

CHURCH CONTACT PEOPLE

Church	President	Phone
SALT Joint Council	Bob Larson	345-6470
Faith, Culver	Karen Witkowski	345-6962
First, Meadowlands	Chuck Prudhomme	427-2568
St. John's, Saginaw	Carolyn Collum	729-6008
St. Peter's, Canyon	Fred Zorn	482-5524

S.A.L.T. COUNCIL

President	Bob Larson
Vice President	Linda Anderson
Secretary	Ginny Richmond
Treasurer	Misty Cowell

S.A.L.T. BOX

(South Arrowhead Lutherans Together)

July 29th: SALT Sunday Worship & Parish Picnic, Mdlnds

Aug. 1st 6:30p: SALT Parish Mtg (First, Meadowlands)

Aug. 2nd: Ruby's Pantry (Arrowhead Hall, Hwy 2, Brkstn)

Aug. 8th & 22nd 6:30p: Wed. Nite Sundae Service (Faith, Culver)

Aug. 17th 8a: Men's Breakfast (Country Corner, Hwy 2)

Aug. 19th 10a: 'Worship in the Park' during the Mdlnds Fair
10:15a: Meet in front of the school to ride the float.

Aug. 22nd 8-11a: Alborn Fire Dept. Pancake Bkfst

Aug. 23rd 6:30p: Mental Health & Addiction Team Mtg. at Faith, Culver



SALT PARISH PICTURE DIRECTORY

Directory pictures will be taken at the Parish picnic on July 29th in Meadowlands. Please fill out this form & bring it to the picnic.

Name: _____

Address: _____

Alternative address (& dates to use this address)

Phone: _____

Cell Phone: _____

Children's Names:

Email address: _____

Parish church: _____



**SALT SUNDAY
WORSHIP &
PARISH PICNIC
July 29th**

10a: Outdoor worship

at the Meadowlands Community Center

Parish picnic to follow with brats, burgers & door prizes!

Directory photos will be taken at the picnic. Please fill out the form on pg. 2 & bring it to the picnic.

The **ONLY** things you need to bring are: yourself, a friend, & a chair

Sponsored by: Vince Jones & RBC Wealth Management.

THANK YOU!

Wednesday Night Sundaes Service



Aug. 8th & 22nd

2nd Wed. evening

In Aug.

At Faith, Culver

6:30 p (fellowship to follow)



Men's Breakfast

Aug. 17th (Fri) 8a

Country Corner, Hwy 2, Brookston

All Men Welcome

~S.A.L.T. PARISH MEETINGS~

Next mtg: Aug. 1st 6:30p at First, Meadowlands

All are welcome!



"WORSHIP IN THE PARK"

Sun, Aug. 19th

10a

during the Meadowlands Fair

featuring Casey Arro

The SALT Parish will have a float in the Meadowlands parade. If you are interested riding on the float, please meet in front of the school at 10:15a.

~Ruby's Pantry~

**FOOD DISTRIBUTION
SHARING THE LOVE OF CHRIST
THROUGH FOOD**

Thursday, Aug. 2nd 9a – 10:30 a

Arrowhead Town Hall U.S. Hwy 2 – Brookston

*You will receive an abundance of grocery items.

* Everyone who gets hungry qualifies!

* \$20 cash donation at the door appreciated.

Bring your own boxes/baskets for food!

For more information, call 218-345-6334

www.rubyspantry.org

Please consider volunteering for the next distribution of food. No matter your age or ability we can use your help. We meet the first Thursday of each month at the Arrowhead Town Hall on Hwy 2. Arrive by 7:30a - 8a & you can to help with this worth while project. Everyone is welcome to give \$20.00 to get a huge share of food & household supplies, even the volunteers. The value of each share is \$75 & usually quite a bit more. Bring 2 large boxes or laundry baskets to get your items home.

Next Ruby's Pantry date is Sept. 6, 2018



**ALBORN FIRE DEPT
PANCAKE BREAKFAST**

Sat., Aug. 25th 8-11a

at the Alborn Community Center

~A VERSE TO REMEMBER~

"As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease."

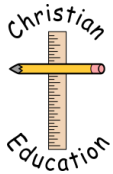
Genesis 8:22



WANTED:
Organist/pianist for 2
Sundays each month

First Lutheran Church, Meadowlands
10:30a service

Please contact Gail Prudhomme at 427-2568.



CONFIRMATION
CLASSES

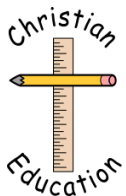
begin WED. SEPT. 12th

Classes will be held from 3p - 4:15p at Faith, Culver

South Ridge students: ride the bus & be dropped off at Faith after early release.

Cloquet schools dismiss 30 min. later, hence the later start time).

If you have a child 6th grade or older & are interested in participating, please contact Minister Dave at 218-391-7951 or email at dwerdmann@gmail.com



FIRST
COMMUNION

All youth interested in receiving
First Communion instruction

Class will be held:
Sat, Sept. 29th from 9:30a – 11:30a
(Faith Culver)

Students will celebrate their First Communion on Sept. 30th at our Salt Sunday service (St John's, Saginaw).

Youth, ages 10 and up, are welcome to participate. If interested, please contact Minister Dave at: 218-391-7951 or at dwerdmann@gmail.com

~WOMEN OF OUR S.A.L.T. PARISH~

FAITH WELCA:

At our next meeting, we will plan the Fall Bazaar (Oct. 6)

Next meeting: **Tues Aug 7, 2p.**



FIRST'S WELCA NEWS

Our next meeting will be Aug. 9th



ST. JOHN'S WELCA:

Meetings are on the 2nd Wed. of ea. mo.

Next mtg: **Aug. 8th at 6:30p.**



ST. PETER'S ESTHER CIRCLE

2018 Mission Focus: Adult & Teen Challenge

Mtgs: 2nd Thurs. of ea. month; Aug. 9th at 9:30 at St. Peter's.

~ADULT & TEEN CHALLENGE~

The Esther Circle at St. Peter's, Canyon is collecting the following items for Adult & Teen Challenge:

- | | | | |
|------------|---------|-------------|-----------|
| Deodorant | Shampoo | Conditioner | Razors |
| Floss | Lotion | Soap | Body Wash |
| Hard Candy | Towels | Wash Cloths | Socks |

PLEASE NO TOOTHBRUSHES OR TOOTHPASTE

~NEWSLETTER DEADLINE~

Deadline for the Sept. issue: 3rd Sun of the mo: Aug 19th

NEWSLETTER STAFF

Editor: Karen Witkowski (please direct errors to Karen... Thanks!)

Circulation / Mailing Coordinator: Christine Wolvin

Contact people:

Faith – Karen Witkowski

First – Gail Prudhomme

St. John's – Carolyn Collum

St. Peter's – Roxanne Larson

Thank you to last month's volunteer mailers!