

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

December 2018



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

By the time you read this, thanksgiving will have passed, & we will be looking forward to advent & the forthcoming of the Christ child. Time flies... I thought it was just Labor Day; now we are looking forward to the holidays. There's so much to be thankful for as I think of Thanksgiving. On behalf of me & my family, I'd like to thank each & every member of our parish for all you do. This career change has been so rewarding as I serve you as your faith leader. It's hard to believe that I've spent two years serving both you & our Lord.

As I give thanks for the blessings that the Lord bestows on us, I'd like to share an article that made a deep impression on me. A medical doctor named Paul Brand who pioneered work on the treatment of leprosy writes as follows: I grew up in India where my parents were missionaries. At age 9, I was sent to boarding school in England. Five years later I received a telegram informing me that my father had died of blackwater fever. I cherish fond memories of my father, who had a great love of people & for the natural world around him.

A short time after his father's death, Paul Brand received a letter from his father, sent before his death, but took some time to reach Brand by ship. Paul's father describes the hills around their home & finishes the letter with these words: "God means us to delight in his world. It isn't necessary to know botany or biology in order to enjoy the manifold life of nature. Just observe, remember & compare. And be always looking to God with thankfulness & worship for having placed you in such a delightful corner of the universe as the planet earth."

Let us always give thanks for all the blessings we are given, that are evident in the beauty of nature. I look forward to a new church year for the Parish & the coming of Advent & the Christ child, our Messiah!

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 number: 218-348-9720

Email: dwerdmann@gmail.com

~UPCOMING STAFF CHANGES

in the NEWSLETTER ~

As you know, Jan. 2019 will be my last newsletter...

My sincere thanks to Misty Bergman for stepping up to take over the position of editor.

I offer my sincere thanks to you, the readers, & ask that you extend the same kindness & patience to Misty that you showed me. I'm excited to see what changes Misty makes as she 'makes it her own'!

God Bless You,

Karen Witkowski

A NOTE re: the JANUARY NEWSLETTER

Due to the busy-ness of Christmas & New Year's, the January issue will not likely be in your mailbox by Jan. 1. We'll do our best to get it to you during the first week of the new year.

Thanks for understanding!

News of Interest...

For our congregations & surrounding communities...

S.A.L.T. PARISH WORSHIP SCHEDULE		
We will have 2 worship services each Sunday		
Please note the worship times at each church.		
Dec. 2nd	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Dec. 9th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Wed. Dec. 12th	6:30p: Jesus' B-day Celebration & Dramatization	Faith, Culver
Dec. 16th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Wed. Dec. 19th	Blue Christmas Service	6:30p: Faith, Culver
Dec. 23rd	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Dec. 24th	Christmas Eve	4p: St. Peter's, Canyon 9p: St. John's, Saginaw
Dec. 30th	SALT SHAKER SUNDAY	(One joint worship service & Potluck) 10a: St. Peter's, Canyon

CHURCH CONTACT PEOPLE

Church	President	Phone
SALT Joint Council	Bob Larson	345-6470
Faith, Culver	Kathie Larson	345-6470
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 Bergman

S.A.L.T. BOX

(South Arrowhead Lutherans Together)

- Dec. 5th 5:30p: Faith WELCA Christmas Party
- Dec. 6th: Ruby's Pantry (Arrowhead Hall, Hwy 2, Brkstn)
6:30p: SALT Parish Mtg (First, Mdlnds)
- Dec. 9th : SALT Sunday School
9:45a-10:30a: Faith, Culver
9:30a – 10:15a: First, Mdlnds
- Dec. 12th 6:30p: Jesus' B-day Celebration & Dramatization
(Faith, Culver)
- Dec. 13th 12p: First's Women's Christmas Luncheon
(Meadowlands Community Center)
- Dec. 19th 6:30p: Blue Christmas Service (Faith, Culver)
- Dec. 21st 8a: Men's Breakfast (Country Corner, Hwy 2)
- Dec. 24th: Christmas Eve (See calendar for worship times/places)
- Dec. 30th 10a: SALT Shaker Sunday
Joint Worship & Potluck (St. Peter's, Canyon)



FAITH WELCA CHRISTMAS PARTY

Dec. 5th 5:30p

We will beg... followed by 'Reindeer Games' & Christmas carols.

~Ruby's Pantry~

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

Thursday, Dec. 6th 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 Jan 3, 2019

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

Next mtg: **Thurs. Dec. 6th**
6:30p at First, Meadowlands
All are welcome!



**JESUS' BIRTHDAY
CELEBRATION AND
DRAMATIZATION**

Dec. 12th 6:30p
Faith, Culver

**Rehearsal for all kids on
Dec. 8th at 9:30a**

Come join the birthday celebration as our youth
re-enact the Christmas story.

There will be a time of fellowship after the service.



BLUE CHRISTMAS SERVICE

Wed. Dec. 19th 6:30p
Faith, Culver

Come join us as we gather together for a time of worship,
to remember those who have passed as well as those who
are encountering challenging situations in life. These
challenges for some may leave them feeling a little blue
during the holidays. We will spend time in prayer,
scripture & song as we stand alongside & support all who
may be struggling during this celebration time of year



Men's Breakfast
Dec. 21st (Fri) 8a
Country Corner, Hwy 2,
Brookston



**WOMEN'S CHRISTMAS
LUNCHEON**
Dec. 13th 12p (Thurs.)
Meadowlands Comm. Center

1p: Program featuring...
Adult & Teen Challenge Choir

All Ladies Welcome!

Sponsored by First Lutheran Church WELCA of
Meadowlands, MN



SALT SHAKER SUNDAY

Dec. 30th 10a
St. Peter's, Canyon

We will worship jointly once again, on Dec. 30th at
St. Peter's in Canyon followed by a potluck meal.
All are welcome!



St. John's WELCA
Christmas party
Dec 16, 11a (Sun.)

Our Christmas party will be held at
Andrea A's home.
We will have a potluck lunch, a \$5 gift exchange &
we'll play the dice game. Please bring a wrapped
'white elephant' item for the dice game.

All women are invited to attend.

~WOMEN OF OUR SALT PARISH~

Faith WELCA:

Women's Christmas Party: Dec. 5th 5:30p at Faith.

At our Jan. mtg, we will designate annual donations.

Next Mtg: Jan 8th 1:30p at Faith.



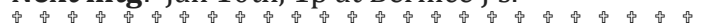
First WELCA:

Women's Christmas Luncheon: Dec. 13th 12p

At the Meadowlands Community Center

No mtg in Dec.

Next mtg: Jan 10th, 1p at Bernice J's.



St. John's WELCA:

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

Next mtg: NO mtg in Dec.



St. Peter's Esther Circle:

2018 Mission Focus: Adult & Teen Challenge

Mtgs: 2nd Thurs. of ea. mo at 2p: Dec. 13th at St.

Peter's

***No meetings Jan. - Mar.**

~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 Dec. issue: 3rd Sun of the mo: Dec. 16th

NEWSLETTER STAFF

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

Incoming editor: Misty Bergman

Circulation / Mailing Coordinator: Christine Wolvin

Contact people:

Faith – Karen Witkowski (thru Dec)

First – Gail Prudhomme

St. John's – Marilyn Raether

St. Peter's – Sharon Zorn

Thank you to last month's volunteer mailers!



**THOUGHTS on
MENTAL ILLNESS & ADDICTION**

Two of the "hot topics" in our country right now are addiction & mental illness. When tragedy strikes, such as this year's shooting in Las Vegas, we hear more about mental illness than we are accustomed to. There are many questions in a time of crisis & we begin to seek out answers.

Was he depressed? Schizophrenic? Delusional? What could make a person act in the way that they did & how could we have prevented it? Addiction related issues have also been in the forefront with the impact of the opioid crisis. With prescription opiates, heroin, methadone, fentanyl, & other drug use on the rise, we need to ask the same questions of how did we get here, how did they get addicted, how could we have prevented it, what went wrong?

Although the question has been asked regarding if addiction or mental illness comes first or one leads to the other, I'm not sure we'll ever know the answer. According to the National Alliance for Mental Health, in 2014, 7.9 million people in the U.S. Experience both a mental health disorder & a substance use disorder simultaneously. At the Arrowhead Center Inc. in Virginia, MN, we have chosen to treat both substance use disorders & mental health disorders concurrently, hoping to provide effective treatment for those that have been dually diagnosed.

People often inquire about what they can do to help. I once had a college instructor say to me that 'there are as many ways to get sober as there are to get high' & I've gone back to that statement more times than I can count. There are also as many ways that you can help. The most important thing we can do is check on each other, give someone a call, ask how they are doing, let people know that you are there if they need you. From there, helping can be sharing a meal, coffee, giving a ride to a meeting, assisting someone with getting to an appointment, or even a smile can change a person's day.

~A VERSE TO REMEMBER~

'Glory to God in the highest, and on earth peace to men
On whom his favor rests.'

Luke 2:14