

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

January 2019



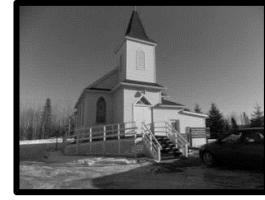
Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

With the holiday season now passed we look forward to a prosperous New Year. Many of us look to change habits through New Year's resolutions. Many of these changes involve taking better care of ourselves physically, but have we considered taking better care of ourselves spiritually?

There are 6 "Marks of Discipleship" that should be considered for a healthy faith life. They are as follows: 1) Daily prayer – We need those daily talks with our Father to maintain a strong relationship with him in addition to praying for others. Too often we wait to spend time in prayer until we are in an emergency such as illness. 2) Weekly worship – We live in very busy times & the logistics of going to different churches according to the worship schedule of the Parish can sometimes be a challenge. The Bible tells us the "Faith cometh by hearing the word of God." It involves doing our best to be in church as often as possible. 3) Daily Bible reading – Devotional time is so important, that we continue to learn more in God's word, that our faith may be strengthened. We talk to God in prayer, while he talks to us through his word. If you would like to investigate a Bible reading plan to possibly read the entire Bible in a year, take a look at the internet site 'biblestudytools.com' for some plans that might work for you. 4) Serving in & beyond the congregation – So many in our parish volunteer in many ways. If you are already spending your time volunteering – Thank You! If you are thinking of trying a new ministry or an additional ministry there's no time like the present. With choosing a ministry, consider your talents in prayer. If you have questions or may want to possibly start a new ministry, let's talk about it & consider what ministry might be a good fit for you to serve the Lord. 5) Nurturing Relationships – Relationships are so important to our spiritual & physical health. I love watching relationships being nurtured in our fellowship times, & this happens through weekly

worship. Also, taking time to call or visit someone is another way that helps you and them. Finally, 6) Committed giving - to the church & its ministries. This is considering what really is doable for us to commit to giving. Some are on fixed incomes, and that's understandable. This is merely looking regularly at our gifts & being committed to it, even if we happen to miss a week of worship.

I hope this helps a bit in establishing a New Year's resolution for your spiritual & physical life. I pray that each & every one of you experience a very prosperous New Year, both physically and spiritually, that you may grow in your faith.

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

~FIRST LUTHERAN TREASURER NEEDED~

The position of treasurer for First Church is immediately available. Our current treasurer is willing to advise & help in transitioning to the job.

If interested, contact Council Chairman Chuck Prudhomme at 427-2568 for more information.

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.		
Jan. 6 th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Jan. 13 th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Jan. 20 th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Jan. 27 th	8:45a: Faith, Culver Annual Mtg. to follow worship (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds Annual Mtg. to follow worship (9:30a – 10:15a Sun. School)

S.A.L.T. BOX	
(South Arrowhead Lutherans Together)	
Jan. 2 nd 6:30p:	SALT Parish Mtg ()
Jan. 13 th & 27 th :	SALT Sunday School
	9:45a-10:30a: Faith, Culver
	9:30a – 10:15a: First, Mdlnds
Jan. 18 th 8a:	Men's Breakfast (Country Corner, Hwy 2)
Jan. 27 th :	Annual Meetings following worship at Faith, Culver, & First, Meadowlands
Feb. 17 th :	Annual Meeting at St. Peter's, Canyon


~S.A.L.T. PARISH MEETINGS~
 Next mtg: Wed. Jan. 2nd
 6:30p at St. Peter's, Canyon
 All are welcome!

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



Men's Breakfast
Jan. 18th (Fri) 8a
Country Corner, Hwy 2,
Brookston





~RUBY'S PANTRY~

With a heavy heart, that we share the news that **Ruby's Pantry will no longer be offered at the Arrowhead Town Hall on Hwy 2, Brookston, MN.**

We no longer meet the min. # of shares.

~ANNUAL MEETING SCHEDULE~

With the new year comes annual meetings...
 Please plan on attending the meeting at your home church.

Faith, Culver: Jan. 27th,
following worship

First, Meadowlands: Jan. 27th,
following worship

St. Peter's, Canyon: Feb. 17th,
following worship

St. John's, Saginaw
will be scheduled in the spring



~~FIRST LUTHERAN ANNUAL MEETING~~

Jan. 27, 2019 at 11:30a.

All members are encouraged to attend!
We need membership input concerning the future of our church for 2019 & beyond.
The 2019 budget will be addressed & voted on.
A potluck lunch will follow the Annual Meeting.

~~CULVER QUILTERS~~

The Quilters made about 120 quilts in '18 (compared to about 100 in '17). Most were donated to non-profit organizations, church fundraisers, NEMN Synod quilt auction, benefits, fire victims, etc. Several were sold to raise funds to purchase supplies.

If you would like to support our quilt ministry,
Our 'needs list' of supplies includes:

- Cotton Fabric (any sized pieces)
- Thread
- Batting
- Flat sheets (double, queen or king-size)
- Cash donations can be given to Faith's WELCA

Thank you!

~~WOMEN OF OUR SALT PARISH~~

Faith WELCA:

Next Mtg: Jan 8th 1:30p at Faith, we will designate annual donations.



First WELCA: Our "Women's Christmas Luncheon" was a grand success! 77 were in attendance including the 26 choir members and staff of Adult and Teen Challenge. A sincere "thank you" to Owen Gaul from the Trailside Lounge & Grill for catering the event, Bonnie Johnson for the beautiful decorations & Adult and Teen Challenge for their outstanding & enjoyable presentation.

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 meetings at this time.



St. Peter's Esther Circle:

No meeting in 2019 until Apr. 11, at 2 p.m. - our new meeting time.

Our Mission Focus for 2019 is CHUM. Donation items requested by them will be posted in the Feb. newsletter.

A "THANK YOU" FROM SAFE HAVEN

Our SALT Churches received a letter of thanks from Susan Utech, Executive Director of *Safe Haven, Shelter and Resource Center* for donations received from our Parish. They were extremely grateful for the beautiful & needed quilts, clothing, food items as well as monetary gifts. The conclusion of the letter stated: "Safe Haven is so grateful for having been adopted by the SALT Parish. Your support of these gifts & in prayer means a great deal to us. Thank you for your support of our mission of advocacy, healing and empowerment."

~~NEWSLETTER DEADLINE~~

Deadline for the Feb. issue: 3rd Sun of the mo: Jan. 20th

NEWSLETTER STAFF

Incoming editor: Misty Bergman

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

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!

~~QUOTABLE QUOTES~~

The best & most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.

Helen Keller

~~CHRISTIAN HUMOR~~

RICH MAN

There was once a rich man who was near death. He was very grieved because he had worked so hard for his money, and he wanted to be able to take it with him to heaven. So, he began to pray that he might be able to take some of his wealth with him.

An angel hears his plea and appears to him, "Sorry, but you can't take your wealth with you."

The man implores the angel to speak to God to see if He might bend the rules.

The man continued to pray that his wealth could follow him. The angel reappears and informs the man that God has decided to allow him to take one suitcase with him. Overjoyed, the man gathers his largest suitcase and fills it with pure gold bars and places it beside his bed.

Soon afterward, the man dies and shows up at the Gates of Heaven to greet St. Peter. Seeing the suitcase, Peter says, "Hold on, you can't bring that in here!"

But the man explains to him that he has permission and asks him to verify his story with the Lord. Sure enough, St. Peter checks and comes back saying, "You're right. You are allowed one carry-on bag, but I'm supposed to check its contents before letting it through."

Peter opens the suitcase to inspect the worldly items that the man found too precious to leave behind and exclaims, "You brought pavement?!!!"

- Author Unknown -

~~A VERSE TO REMEMBER~~

Arise, shine, for your light has come,
and the glory of the LORD has risen upon you.

Isaiah 60:1

~~COPING WITH THE HOLIDAYS~~

The Holiday season is a beloved time of year for many; it can also be a lonely, difficult time for others. Whether it is coping with the loss of a loved one, the anniversary of a difficult event, or a job loss, many continue to deal with trying times during the holidays.

Below are some tips for dealing with the holidays effectively...

Work to make yourself a priority during the holidays. As we spend time hosting, shopping, cooking, cleaning, etc., self care often takes a back seat. Your health needs to come first, which means maintain as much of a routine as possible during this busy season. Try to not put too much pressure on yourself don't allow feelings of guilt, either. Pleasing everyone is unrealistic, & it is okay if you are unable to attend every holiday event from start to finish. While it is okay to say no & important to set limits & healthy boundaries, make sure you are staying connected with loved ones. You may be tempted to isolate yourself, but this will make you feel worse.

If you aren't in the holiday mood, consider spending time with one friend or calling a person who cares about you.

Another important tip is to make sure you are tuning into your feelings & being honest with yourself. It is okay for you to plan time for yourself when a stressful situation arises & have a strategic "retreat" on hand when faced with these situations. This can be taking the dog for a walk, listening to music, going to church, etc. Do whatever you need in order to meet your needs this holiday season. Most importantly, reach out to others. There are people in your community that care about you and are willing to support you. Remember, you are not alone.

Rachel M. Olivanti, LADC, Mental Health
Professional
Treatment Director

Arrowhead Center, Inc.