S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

February 2019









Faith, Culver

First, Meadowlands

St. John's, Saginaw

St. Peter's, Canyon

MINISTER'S MESSAGE FROM DAVE'S DESK

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As I ponder some words, hopefully of wisdom, and Lent just around the corner, I am reminded of all the trials that Jesus went through in his short 3-year ministry. Events such as spending 40 days in the wilderness, being rejected by his own hometown, nearly being thrown off of a cliff, nobody believing he was the Messiah, despite all the miracles, to name a few. It all culminates with his torture and crucifixion on a cross, when even his own disciples abandoned him.

We too have those trials of life when we may have lost a loved one, lost a job, dealing with illness, financial issues and the list goes on. At times it even shakes our faith, asking why God would allow such things to happen.

I'll share a story that illustrates my thoughts. A missionary couple once brought some African pastors to the United States for a big meeting. During their free time, these pastors wanted to go shopping. Even though they were in a small town, the missionary knew there was a chance one of them might have some difficulty finding their way around or get lost. So, the missionary gave each pastor his cell phone number in case of emergency. In less than an hour the missionary's phone rang and one of the pastors said, "I am lost."

The missionary replied, "lay the phone down, go to the street corner, find out the names of the two streets, and come back to tell me." In a few minutes the African pastor returned and reported," I am at the corner of 'Walk' and 'Don't walk."

The trials of life sometimes make us feel lost and unstable. We can feel directionless and don't know which way to turn. Sometimes it even seems that there are no good options.

Saying that God will not give us more then we can handle is not always true. But God often allows trials in our life so that we will be drawn to him, lean on him and experience stability through his strength.

"But he knows what I am doing, and when he tests me, I will be pure as gold"

Job 23:10

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 Hours: 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. 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.

Feb 3rd	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Feb 10th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Feb 17th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Feb 24th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)

S.A.L.T. BOX

(South Arrowhead Lutherans Together)

Feb 6th 6:30pm: SALT Parish Meeting (St John's)

Feb 10th & 24th: SALT Sunday School

9:45a-10:30a: Faith, Culver 9:30a – 10:15a: First, Meadowlands

Feb 15th 8am: Men's Breakfast (Country Corner, Hwy 2)

Feb. 17th: Annual Meeting at St. Peter's, Canyon



Men's Breakfast Feb. 15th Friday 8am Country Corner, Hwy 2, Brookston

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. PARISH MEETINGS~~

Next meeting: Wed. Feb 6th 6:30p at St. John's, Saginaw All are welcome!

~~RUBY'S PANTRY~~

Ruby's Pantry at the Arrowhead Town Hall on Hwy 2, Brookston, MN has been discontinued.

Other Locations nearest you:

Cloquet, MN

4th Wednesday of the Month 10:00 – 11:30 am February 27th, 2019

Cromwell, MN

2nd Thursday of the Month 10:00 – 11:30 am February 14th, 2019

Hermantown, MN

 2^{nd} Tuesday of the Month 5:00 - 6:30 pm February 12^{th} , 2019

Bring your own boxes/baskets for food. Twenty Dollar (\$20) cash donation at the door is Appreciated. Everyone is welcome!!!

For more information call
651-674-0009 or visit
www.rubyspantry.org

~~WOMEN OF OUR SALT PARISH~~

Faith WELCA:

Next Meeting: Mar 12^{th} 1:00p at Faith 00 at 00 at Faith 00 a

First WELCA:

Next meeting: Feb 14th, 1p at Kathy K.

St. John's WELCA:

Meetings are on the 2nd Wed. of each month

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. CHUM is people of faith working together to provide basic necessities, foster stable lives and organize for a just and compassionate community. CHUM operates Duluth's largest food shelf and provides emergency shelter and supportive services for homeless individuals and families. They help people find housing, employment, access public benefits and receive basic medical care.

Donation item suggestions:

Travel Size Personal Hygiene Products Including:

Shampoo

Conditioner

Lotion

Soap

Toothbrushes

Toothpaste

Chapstick

Gently used items also in need:

Socks (men's and women's)
Bath Towels
Bath Wash cloths
Heavy Winter Boots in any adult size

~~NEWSLETTER DEADLINE~~

Deadline for the Mar issue: 3rd Sun of Feb: Feb 17th

~~CULVER QUILTERS~~

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!

Milk Moola Cap Collection will end February 28th

A big thank you to all who participated in the collecting of the Milk Moola Caps Fundraiser form Kwik Trip over the years. We have received word that this program is coming to an end. St John's started collecting caps in 2016 and to date have collected 12,766 milk caps. The monies collected from these caps have been given back to our local community as donations. I would like to thank everyone who helped with this wonderful fundraiser over the years. Every little bit helps those around us. Caps will be collected until February 28th, 2019 and the collection box at St John's will be mailed in. Thank you again, Andrea A



In loving Memory
David Abrahamson
5-15-1936 to 1-14-2019
Child of God, devoted by

Child of God, devoted husband and father and cherished friend of many.

NEWSLETTER STAFF

New Editor: Misty Bergman Bergman.misty22@gmail.com

Outgoing Editor: Karen Witkowski

Circulation / Mailing Coordinator: Christine Wolvin

Contact people:

Faith – Misty Bergman/Karen Witkowski

First – Gail Prudhomme

St. John's – Marilyn Raether

St. Peter's – Sharon Zorn

Thank you to last month's volunteer mailers!

~~BIBLE VALENTINE~~

Valentine's Day is a day of love For showing that we care And if we read the Bible God describes love there

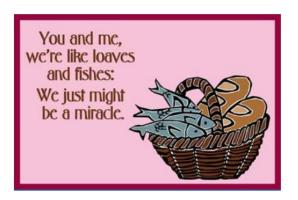
If we speak like celestial angels From heaven up above, All our words mean nothing If we don't have Christian love

Love is patient, love is kind It doesn't brag or boast Love conquers pride and envy It is never self-engrossed

Love is not rude or angry Forgiveness counters wrong Love stays away from evil It sings a truthful song

Love is full of trust and hope It always perseveres Love never fails; It's faithful To the Bible its Sincere

And if you give this kind of love
To your special Valentine
You'll be loving right in harmony
With God's own sweet design
Author: Joanna Fuchs



~~A VERSE TO REMEMBER~~

We love because he first loved US.

1 John 4:19

Thoughts on Mental Illness and Addiction

Do you feel like you have less energy, find yourself wanting to sleep more, or get the "winter blahs" as we come into our coldest time of year? Seasonal Affective Disorder or SAD is a very real problem for those of us that live in Northern Minnesota. SAD is a type of depression that relates to the seasons, normally from fall until spring. Experts are still unsure why this happens exactly but it could be due to changes in serotonin, melatonin, vitamin D, or circadian rhythms.

Symptoms can include feelings of depression, low energy, sleep trouble, changes in appetite, loss of interest in activities, feeling sluggish, and in more severe cases, thoughts of suicide or death. The good news is that there are ways that we can naturally fight off seasonal affective disorder, or the winter blues. If you tend to feel more "down" during the darker winter months, simply increasing the light in your home can be a mood booster! You can purchase light boxes that are made to mimic natural sunlight, exercise has been known to help, and spending more time near windows during the day. If depressive symptoms persist, it's always best to reach out to a medical doctor or a mental health professional. Natural sunlight is always best so if you can't get away for a vacation to the south, bundle up and hit the slopes, snowshoe, ice fish, or make a snowman! Remember to invite those that may not be able to get out often in the winter months as they can be at high risk for seasonal affective symptoms. Spring is just a couple short months away!

Dani Spolarich Arrowhead Center

Arrowhead Center, Inc.