

# 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

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 than 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...**

<b>S.A.L.T. PARISH WORSHIP SCHEDULE</b>		
We will have <b>2 worship services each Sunday</b>		
Please note the worship times at each church.		
<b>Feb 3rd</b>	<b>8:30a:</b> St. John's, Saginaw	<b>10:30a:</b> St. Peter's, Canyon
<b>Feb 10th</b>	<b>8:45a: Faith, Culver</b> (9:45a – 10:30a Sun. School)	<b>10:30a: First, Mdlnds</b> (9:30a – 10:15a Sun. School)
<b>Feb 17th</b>	<b>8:30a: St. John's, Saginaw</b>	<b>10:30a: St. Peter's, Canyon</b>
<b>Feb 24th</b>	<b>8:45a: Faith, Culver</b> (9:45a – 10:30a Sun. School)	<b>10:30a: First, Mdlnds</b> (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 10<sup>th</sup> & 24<sup>th</sup>: SALT Sunday School**  
9:45a-10:30a: Faith, Culver  
9:30a – 10:15a: First, Meadowlands

**Feb 15<sup>th</sup> 8am: Men's Breakfast** (Country Corner, Hwy 2)

**Feb. 17<sup>th</sup>: Annual Meeting at St. Peter's, Canyon**



**Men's Breakfast**  
**Feb. 15<sup>th</sup> Friday 8am**  
**Country Corner, Hwy 2,**  
**Brookston**

**CHURCH CONTACT PEOPLE**

<b>Church</b>	<b>President</b>	<b>Phone</b>
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**  
4<sup>th</sup> Wednesday of the Month  
10:00 – 11:30 am  
February 27<sup>th</sup>, 2019

**Cromwell, MN**  
2<sup>nd</sup> Thursday of the Month  
10:00 – 11:30 am  
February 14<sup>th</sup>, 2019

**Hermantown, MN**  
2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
February 12<sup>th</sup>, 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](http://www.rubyspantry.org)



~~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

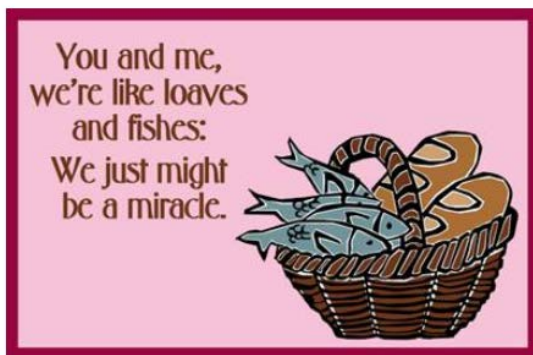
If we speak like celestial angels  
From heaven up above,  
All our words mean nothing  
If we don't have Christian love

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.