

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

March 2019



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, we as a parish will be heading into the season of Lent, beginning with Ash Wednesday on March 6th. I would like to take a moment to invite everyone reading this message to join us on Wednesday evenings for fellowship and soup supper beginning at 5:30pm followed by worship at 6:30pm. There is a schedule of the dates and locations further ahead in the newsletter.

Easter Sunday is my favorite Sunday of the church year, celebrating the resurrection of our Lord and Savior Jesus Christ. The resurrection, and the promise of eternity, is the core of our Christian belief. But before we can celebrate this resurrection on Easter morning, we must first experience and understand Jesus journey to the cross. It starts with his trip to Jerusalem and the five weeks of Lent. From there we move into Palm Sunday and Holy Week including the last supper of Jesus and his disciples on Maundy Thursday, followed by his torture and crucifixion on the cross on Good Friday.

This journey is summed up in what some call, "the gospel in a nutshell," in John 3:16, "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." This one simple bible verse outlines the entire season of Lent and Easter.

During Lent we will be focusing and studying the affirmation of faith that we recite weekly in worship known as the Apostle's Creed. We will study it as Martin Luther designed in the Small Catechism. Not only studying the individual petitions, but "what does this mean" to me. Some of you may remember studying this creed in your confirmation days, but maybe haven't given it much thought since.

Once again, I look forward to our Lent and Easter journey together, that will culminate with a glorious celebration of the resurrection on Easter morning.

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



The Apostle's Creed
Soup Supper at 5:30 pm
Lenten Worship at 6:30 pm

March 6, Ash Wednesday, Faith, Culver
March 13, First, Meadowlands
March 20, St. Peter's, Canyon
March 27, St. John's, Saginaw
April 3, Faith, Culver
April 10, First, Meadowlands

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.		
Mar 3rd	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Mar 10th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Mar 17th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Mar 24th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Fifth Sunday Service Mar 31st	10:00 am St Peter's, Canyon	Potluck to follow

S.A.L.T. BOX
(South Arrowhead Lutherans Together)
Mar 6th 5:30p: Lenten Soup Supper/Service (Faith)
Mar 7th 6:30p: SALT Parish Meeting (Faith)
Mar 10th & 24th: SALT Sunday School 9:45a-10:30a: Faith, Culver 9:30a – 10:15a: First, Meadowlands
Mar 13th 5:30p: Lenten Soup Supper/Service (First)
Mar 15th 8a: Men's Breakfast (Country Corner, Hwy 2)
Mar 20th 5:30p: Lenten Soup Supper/Service (St Peter's)
Mar 27th 5:30p: Lenten Soup Supper/Service (St John's)
Mar 31st 10:00a: Fifth Sunday Service (St Peter's)


~~S.A.L.T. PARISH MEETINGS~~
Next meeting: Thursday March 7th
6:30p at Faith, Culver
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



The Alborn Fire Department Relief Association is having a Pancake Breakfast on Saturday, March 9th, 8:00 - 11:00 a.m. at the Alborn Community Center.



March 15th (Fri) 8am
Country Corner, Hwy 2,
Brookston
Men's Breakfast

~~WOMEN OF OUR SALT PARISH~~

Faith WELCA:

Next Meeting: Mar 12th at Faith.

First WELCA:

Next Meeting: Mar 14th, 1p at Marjorie J's.

St. John's WELCA:

Meetings are on the 2nd Wed. of each month

Next Meeting: No meetings at this time.

St. Peter's Esther Circle:

No meetings until Apr. 11th, at 2 p.m.

Our Mission Focus for 2019 is CHUM

****New Church Directory****

The church directory has been sent to be printed. The suggested donation for the directory to cover printing costs is \$5.00. Thanks to those who helped: Beth Erdmann, Sharon Zorn, Helen Abramson, Joyce Greer, Carolyn Collum, Karen Witkowski, Marilyn Raether and everyone who took the time to help edit.

Christine Wolvin

~~Alborn History Day~~

Saturday, March 16, 2019

From 2:00 pm – 4:00 pm

At the Alborn Community Center

6388 Hwy 7

Alborn, MN 55702

Join us for an afternoon of community, conversation, and reminiscing as we sort and look through valuable papers from our Townships history.

Refreshments will be provided

~~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

March 27th, 2019

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

March 14th, 2019

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

March 12th, 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

**Daylight Savings Begins
Spring Ahead 1 hour
Before Bed on March 9th**

~~NEWSLETTER DEADLINE~~

Deadline for the April issue: 3rd Sun of month: April 21st

NEWSLETTER STAFF

Editor: Misty Bergman

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Circulation / Mailing Coordinator: Christine Wolvin

Contact people:

Faith – Karen Witkowski

First – Gail Prudhomme

St. John's – Marilyn Raether

St. Peter's – Sharon Zorn

Thank you to last month's volunteer mailers!

****NO CONFIRMATION CLASSES IN MARCH****

~~South Ridge School~~

Take Back Night

Monday, March 18 6:00-8:00 P.M. Turn in your unused or expired medications

The community is invited to a free showing of a locally produced documentary, *Change the Outcome*, which tells the true story of a family tragically affected by substance abuse.

A panel of experts will be on hand after the film to answer questions.

Snacks and refreshments will be served. ***Free and open to the public!***

Bring in your unused/expired medications for safe disposal.



~~Anti Depression Kit~~

An eraser, so you can make all your mistakes disappear

A penny, so that you never have to say "I am broke"

A marble in case someone says you "lost" all of yours.

A rubber band, to stretch yourself beyond your limits

String to tie the things together when everything falls apart.... and....

Hugs and Kisses, to remind you that someone cares.

The Season of Lent



WHAT IS LENT?

The word Lent refers to the forty days' fast preceding Easter. It has been used to mean the more significant Latin term *quadagesima* (Italian *quaresima*, Spanish *cuaresma*), meaning the "forty days", or more literally the "fortieth day".

~~When do you need to worry about your Worry~~

When do you need to worry about your worry? People often wonder if their anxiety is normal or if they are suffering from an anxiety disorder. Worry is good! Anxiety and worry are natural responses to our environment and they keep us safe. The idea of driving 120mph makes you nervous because your brain knows that there could be serious consequences if things go wrong. But for some people anxiety and worry become overwhelming and can lead to panic. If your worry keeps you from feeling like you are living a "normal" life, it may be time to seek out some assistance. Counseling and medication can certainly be of assistance but, there are things that you can try first to help you feel more grounded.

Cutting back on caffeine and getting exercise can help for those that have anxiety. Simple activities such as coloring, reading a magazine with pictures for visual distraction, or watching your favorite comedy can all have relaxing benefits. But, what if you are having an anxiety attack? Breathing can feel difficult, you can feel dizzy, hot, and your heart may be racing. There are a couple of techniques you can try that are often successful. The "5,4,3,2,1" asks us to sit, look around the room, and find 5 things that you can see, 4 things that you can touch, 3 things that you can hear, 2 things that you can smell, and 1 thing that you can taste. The idea that you can center yourself in your surroundings rather than being worried about what is outside of your control. With younger people, they can try lying on their back, place a stuffed animal on their stomach, and breathe slowly so the stuffed animal is able to move up and down comfortably. Not only is this a visual activity but, slowing breathing down can help anxious feelings go away.

As always, if you feel like symptoms are not manageable, please call for help!

Dani Spolarich LPC, LADC

Executive Director

Arrowhead Center, Inc.