

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

May 2019



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

So, Easter is over, now what? Does Easter Sunday just mean we have 254 days until Christmas? For many, Easter and Christmas are the only 2 days of the church year that are noticed or observed. Truth is, without Christmas and the birth of the Christ child, there would be no Easter. With the birth of the Jesus comes the death and resurrection of Jesus, and with the death and resurrection of Jesus, comes hope for all who believe and accept the gift of faith.

I'd like to share a story of hope, about a seminary student named Bernard. Bernard was playing basketball with some friends, on a court at a nearby school. Every week they played, the friendly old janitor would wait patiently until they finished their game before locking up. One day Bernard noticed the janitor reading the book of Revelation in the bible, while waiting for them to finish their game.

Jesus did win on that first Easter Sunday, and that gives all believers hope. Because of the death and resurrection, we have hope of forgiveness for all our sins. We have hope of being loved by the almighty God. He loved us so much that he gave his son to die for our sins. And because those sins are now forgiven, we have hope of eternal life. Because he lives, we too will live.

Easter is over, but we live Easter every day, knowing that we are loved, forgiven believers in Christ, that are promised our eternal reward in heaven. Celebrate the gift of Easter every day, knowing that by faith, we always have hope in Christ Jesus.

In God's peace, invite a friend

Minister Dave



SALT Ministry Objectives With Ongoing Goals

**Mental Health and Addiction Ministry
Youth and Christian Education Ministry**
Please join us May 23rd, 6:30pm at Faith to Learn More

May is **Mental Health Awareness Month**

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB

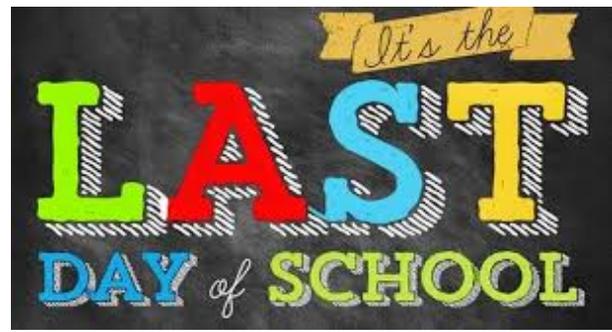
~~CLERGY SCHEDULE & CONTACT INFO~~

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 pg.5 calendar)

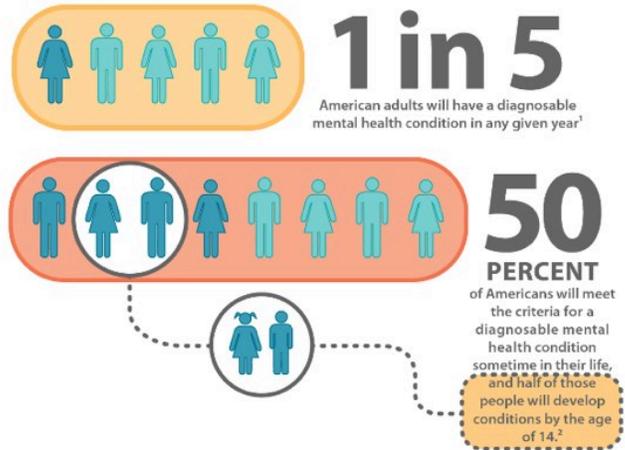
First contact: 218-391-7951 (cell)
Secondary number: 218-348-9720
Email: dwerdmann@gmail.com



South Ridge May 30th

RUMMAGE & BAKE SALE
 Saturday May 11th, St. John's
 8:00 am - 2:00 pm
 SAGINAW

Mental Health Matters For Everyone



Fishing Opener May 9th -12th

~~RUBY'S PANTRY~~

Locations nearest you:

Cloquet, MN
 4th Wednesday of the Month
 10:00 – 11:30 am
 May 22nd, 2019

Cromwell, MN
 2nd Thursday of the Month
 10:00 – 11:30 am
 May 9th, 2019

Hermantown, MN
 2nd Tuesday of the Month
 5:00 – 6:30 pm
 May 14th, 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

5 Warning Signs of Mental Health Risk

- A Change in Personality. If someone is acting like a very different person, or not acting or feeling like them self, this is a warning sign.
- Uncharacteristic Anxiety, Anger, or Moodiness. ...
- Social Withdrawal and Isolation. ...
- Lack of Self-Care or Risky Behaviors. ...
- A Sense of Hopelessness or Feeling Overwhelmed

NEWSLETTER STAFF

Editor: Misty Bergman Website: Karen Witkowski
Bergman.misty22@gmail.com, 507-829-4053

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

~~NEWSLETTER DEADLINE~~

Deadline for the June issue: 3rd Sun of month: May 19th



May is Mental Health Awareness Month

Mental Health...

involves effective functioning in daily activities resulting in

- Productive activities (work, school, caregiving)
- Healthy relationships
- Ability to adapt to change and cope with adversity

○ Mental Illness...

refers collectively to all diagnosable mental disorders — health conditions involving

- Significant changes in thinking, emotion and/or behavior
- Distress and/or problems functioning in social, work or family activities

- Mental health is the foundation for emotions, thinking, communication, learning, resilience and self-esteem. Mental health is also key to relationships, personal and emotional well-being and contributing to community or society.

Many people who have a mental illness do not want to talk about it. But mental illness is nothing to be ashamed of! It is a medical condition, just like heart disease or diabetes. And mental health conditions are treatable. We are continually expanding our understanding of how the human brain works, and treatments are available to help people successfully manage mental health condition

Mental illness does not discriminate; it can affect anyone regardless of your age, gender, geography, income, social status, race/ethnicity, religion/spirituality, sexual orientation, background or other aspect of cultural identity.

While mental illness can occur at any age, three-fourths of all mental illness begins by age 24.

Mental illnesses take many forms. Some are mild and only interfere in limited ways with daily life, such as certain phobias (abnormal fears). Other mental health conditions are so severe that a person may need care in a hospital.

Mental illness is nothing to be ashamed of. It is a medical problem, just like heart disease or diabetes.

Resource: <https://www.psychiatry.org/patients-families/what-is-mental-illness>

~~What is Problem Drinking??~~

How much is too much is a question that people have very different answers to. We see people that are concerned about their own drinking, concerned about a loved one, or not at all worried about a level of drinking that they should be! What's normal for one person is not normal for another. A person does not need a major consequence or to be an alcoholic for drinking to become an issue.

So how do you identify problem drinking? There are things to look for such as missing important functions in order to drink, avoiding people that are not supportive of drinking behaviors, feeling depressed or angry when under the influence, disruptions in your relationships, or making unsafe decisions such as driving when under the influence.

If you are worried about your drinking, what is next? Having the conversation with someone you trust is always a good starting point. Alcoholics Anonymous is a great place to start exploring the idea of changing these behaviors. Some areas even have informational beginner's meetings. There is even an online intergroup for those that would like to explore these ideas completely anonymously at

<https://aa-intergroup.org/>. Any local treatment center can always help with an assessment and addressing areas of concern as well.

If you are worried about someone else's drinking, Al-Anon is a fabulous resource. You are also always welcome to contact any of our staff at the Arrowhead Center at 218-749-2877.

Dani Spolarich LPC, LADC