

# S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

April 2019



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



## MINISTER'S MESSAGE FROM DAVE'S DESK

Soon Easter will be upon us. It's a day of celebration for all who accept the gift of faith in the risen Lord Jesus Christ. It's why we are here as a community of all believers. Being that it is the most celebrated Sunday of the year, we put away our quiet Lenten hymns of Christ's challenges, agony and pain, and replace them with triumphant hymns of thanks and praise to our Redeemer.

The bible holds out the great and glorious hope of resurrection for us all, but what will the resurrected body be like? A theologian Harry Blamires offers his thoughts about that question and offers the helpful illustration of the butterfly. He writes, "As a caterpillar is to a butterfly, so our present body is to the resurrected body. There is continuity, but there is also a difference. Just as the caterpillar's body is suited to the realm of the ground, and the butterflies to flight through the air, so our present bodies may be suited to this world of sin, but our resurrected bodies will be suited to the life of the Spirit, in a world that is eternal and without limit. And just as it would be difficult for even an intelligent caterpillar to imagine what life would be like as a butterfly, so we struggle to imagine the resurrection life."

"Finally, it may be helpful to remember that when we think of the caterpillar, we think in terms of it's becoming a butterfly. We define its present existence by its future. So too, our present existence is defined by the future God has for us."

As the 40 days of Lent draw to a close, we identify with the Lord's disciples, first sharing in the last supper on Maundy Thursday. Jesus makes a new covenant of love with us, defined in the body and blood of his holy supper. We also identify with the Lord's suffering and death on a cross on Good Friday but anticipate our risen Savior on Easter morning. That's when the celebration begins as

are assured that through the gift of faith, that our resurrected bodies will be suited to the life of the Spirit, when our earthly days come to a close. In the anticipation of the Redeemer, may we all have a blessed and happy Easter.

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**

**April 3, Faith, Culver  
April 10, First, Meadowlands**

**News of Interest...**

**For our congregations & surrounding communities...**

<b>S.A.L.T. PARISH WORSHIP SCHEDULE</b>		
We will have 2 worship services each Sunday		
Please note the worship times at each church.		
Apr 7th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon
Apr 14th	8:45a: Faith, Culver (9:45a – 10:30a Sun. School)	10:30a: First, Mdlnds (9:30a – 10:15a Sun. School)
Apr 18th	6:30 pm St Peter's	Maundy Thursday
Apr 19th	6:30 pm St John's	Good Friday
Apr 21st	8:45a: Faith, Culver Easter Sunday	10:30a: First, Mdlnds
Apr 28th	8:30a: St. John's, Saginaw	10:30a: St. Peter's, Canyon

<b>S.A.L.T. BOX</b>	
(South Arrowhead Lutherans Together)	
Apr 3 <sup>rd</sup>	5:30p: Lenten Soup Supper/Service (Faith)
Apr 4th	6:30p: SALT Parish Meeting (First)
Apr 7 <sup>th</sup> :	SALT Sunday School 9:45a-10:30a: Faith, Culver 9:30a – 10:15a: First, Meadowlands
Apr 10 <sup>th</sup>	5:30p: Lenten Soup Supper/Service (First)
Apr 13 <sup>th</sup>	11am: Spring Fling Mdwlnds Community Cen
Apr 19 <sup>th</sup>	8a: Men's Breakfast (Country Corner, Hwy 2)
Apr 18 <sup>th</sup>	6:30p: Maundy Thursday Service (St Peter's)
Apr 19 <sup>th</sup>	6:30p: Good Friday Service (St John's)
Apr 27th	10:00a: Dave Abramson Visitation & Memorial Service (First) then Community Center

~S.A.L.T. PARISH MEETINGS~  
 Next meeting: Thursday April 4th  
 6:30p at First, Meadowlands  
 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

First is collecting "School Kits" to be delivered to the Summer Convention Gathering in Grand Rapids June 24<sup>th</sup>-26<sup>th</sup>. A list of items needed are on the ushers table in the church narthex.



**Bake and Craft Sale, Saturday April 13<sup>th</sup>**  
 11:00 AM – 1:00 PM  
**Meadowlands Community Center**  
**In-House Raffle**  
**Lunch Available**  
 Sponsored by: WELCA and First Lutheran Church

	<p><b>April 19th (Fri) 8am</b>  <b>Country Corner, Hwy 2,</b>  <b>Brookston</b>  <b>Men's Breakfast</b></p>
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~WOMEN OF OUR SALT PARISH~

**Faith WELCA 2<sup>nd</sup> Tuesday of Odd months:**

**Next Meeting:** May 8<sup>th</sup> at Faith.

**First WELCA:**

**Next Meeting:** .Craft & Bake Sale April 13th

**St. John's WELCA:**

Meetings are on the 2<sup>nd</sup> 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**

~Maundy Thursday Service~

April 18<sup>th</sup>,

6:30 PM St Peter's, Canyon

**Maundy Thursday**

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."  
- John 13:34-35



**Services at Faith 8:45 AM  
and First 10:30 AM**



**Good Friday Service**

April 19<sup>th</sup>,

6:30 PM St John's, Saginaw

**Good  
Friday  
Service**



**EASTER SUNDAY SERVICES**

**8:45 AM at Faith Lutheran, Culver**

**10:30 AM at First Lutheran, Meadowlands**



~NEWSLETTER DEADLINE~

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

**NEWSLETTER STAFF**

**Editor:** Misty Bergman Website: Karen Witkowski

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**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!**

**\*\*\*Confirmation classes resume on April 24<sup>th</sup>\*\*\***

**\*\*\*\*New Church Directory\*\*\*\***

Now available at your location. The suggested donation price to cover printing costs is \$5.00. Thanks to all who have helped with this, it looks great!!!!

**Very warm and sincere thanks to all my friends for the lovely cards and beautiful, meaningful words describing my wonderful David. It showed me that all knew him for the great person he was and will miss him and his work for God, friends and community. My love and thanks to all who continue to help me through this difficult time learning to live without the love of my life. His memorial service will be held on April 27th at First Lutheran Church, with visitation at 10 a.m. and the service at 11 a.m. followed by a lunch and gathering of friends at the Meadowlands Community Center.**

**Helen Abramson**

**~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  
April 24<sup>th</sup>, 2019

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

**Hermantown, MN**  
2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
April 9<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)

**~How do I know if I am depressed, or if it is just sadness??~**

How do I know if I'm depressed, or if it is just sadness? If I am depressed, how should I treat it? Medication? Talk therapy? These are common question individuals often ask counselors. Depression is a common but serious mood disorder that causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. Symptoms of depression can include depressed mood, sleep difficulties, loss of interest or pleasure, fatigue nearly every day, significant weight change, feelings of worthlessness, diminished concentration, and recurring thoughts of death, and must persist for at least 2 weeks. Those at risk for depression oftentimes have a family history of depression, live in social isolation, or have regular drug or alcohol use.

Several options exist for the treatment of depression. The main two treatments, however, are using medication and talk therapy. When using medication to treat symptoms of depression, a Selective Serotonin, Re-uptake Inhibitor (SSRI) is prescribed to increase the amount of serotonin in the brain. Studies suggest that SSRI's are most effective in treating severe depression, but one should plan to notice a difference in how she is feeling after approximately 2 weeks. Psychotherapy can be beneficial to those suffering from depression as well. When utilizing this form of treatment, a therapist uses cognitive behavioral therapy (CBT) to help the individual change self-defeating thoughts and behaviors. CBT has been found to be equally if not more effective than medications in some cases. The most effective treatment for depression, however, is a combination of CBT and medication assistance.

If you feel you or a loved one may be suffering from depression, there is help available. Talk to your friends and family. See your primary care physician and be honest about how you are feeling. Seek out counseling. One place you can begin is on the [depression.org](http://depression.org) website. This site offers self-assessments that can help you determine if you are suffering with depression. You don't need to deal with this on your own; take the first step to a better you.

<https://depression.org.nz/is-it-depression-anxiety/self-test/>

Rachel M. Olivanti, LADC Treatment Director