

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

June 2019



Faith, Culver



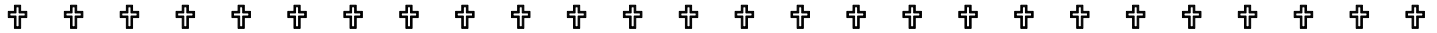
First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

We come out of a wonderful celebratory Easter season and now head into the busy summer months. It's a time that we plan vacations and times of relaxation during the warm summer. I pray you get some time away but don't forget about the need to regularly replenish your faith. Even when you may be out of town, take the time to explore another church in the area for worship, even if it may be a different protestant denomination. Use it not only for meaningful Christian worship, but also as an education to learn how our brothers and sisters in Christ conduct their worship experience. We also look forward to every Sunday that you are with us for worship in the parish. I also remind everyone of the stewardship obligations within our buildings during the summer and the need for worship participants, committee and council participants, building maintenance as well as our financial gifts to keep the lights on and our ministries rolling.

We will again conduct bi-weekly "Wednesday night sundaes services" on the 2nd and 4th Wednesdays of the month during June, July and August. We will have a shortened worship focusing on the "Gifts of the Spirit," followed by ice cream sundaes and fellowship. Invite someone to join you!

On June ninth we will have an extra SALT Sunday at St Peters, Canyon at 10:00am to celebrate 5 young men reaffirming their baptismal vows with a confirmation service, followed by a scrumptious pot luck. Please plan to attend this celebration.

On June 30th at 10:00am we will have our 3rd annual outdoor worship and summer picnic, with brats, burgers and all the trimmings as well as drawings for gift cards, at the Albarn community center. This will again be sponsored by Vince Jones and RBC wealth management. Just bring a lawn chair and a friend!

The 4th of July will bring our 3rd annual

participation in the Brookston parade and picnic. Plan to join in decorating and riding on the float, while handing out candy for the kids and invitations for VBS and summer worship.

July 17th will be our first mental health/addiction campfire conversation with hot dogs, smores and learning, led by a mental health consultant. More details to follow.

We finish July with VBS day camp from July 29 – Aug 1. It will be a bit different this year with the schedule running from 9:00am – 3pm with lunch provided. Kids 4 years old, up to kids who have completed 5th grade are welcome. The programing will be run by Voyagers bible camp counselors. Thursday night we will have a pot luck and program with the kids sharing in learnings and song. Plan to sign up your kids and have them bring a friend.

It's a busy summer but hope that you will join us in as many of these activities as you are able. Wishing you a fun, relaxing and safe summer.

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 calendar)

First contact: 218-391-7951 (cell)

Confirmation

Sunday, June 9th
10:00 am
(this will be a SALT
Sunday)
St. Peter's, Canyon



Cake & Coffee following Worship
(no Potluck)



Outdoor Worship & Church Picnic
Sunday, June 30th
10:00 am
Alborn Community Center
6388 Highway 7



SALT Vacation Bible School
July 29 – Aug. 1 (Mon. – Thurs.), 2019
9:00 am. – 3:00 pm.
Ages: 4 years – completion of Grade 5
Faith Lutheran Church
5697 Hwy.7, Culver, MN. 55779

Something New for SALT Parish VBS!

Instead of having a morning program, we will be offering a longer “Day Camp” for students age 4 to the completion of Grade 5. We are scheduled to have the Voyageurs Lutheran Ministry team from Cook, MN, lead us in fun activities focusing on “Weaving JOY (Jesus, Others, You)!”

Our four- day program at Faith Lutheran in Culver, will begin at 9:00 am. and dismiss at 3:00 pm. The beginning and ending dates will be July 29 – Aug. 1, 2019. The SALT Parish churches will be providing lunch for the students and staff. Registration forms will be available at the four SALT Parish churches and later in the July newsletter.

If you have any questions or would like to be involved in our upcoming adventure, feel free to contact Debbie Neuman (218-729-1062).



Sundae Services in June



Old School Lives, Saturday June 8th
5:00 – 6:30 pm, Free (donations accepted)
Hosted by: S.A.L.T. Parish

~RUBY'S PANTRY~

Locations nearest you:

Cloquet, MN
4th Wednesday of the Month
10:00 – 11:30 am
June 26th, 2019

Cromwell, MN
2nd Thursday of the Month
10:00 – 11:30 am
June 13th, 2019

Hermantown, MN
2nd Tuesday of the Month
5:00 – 6:30 pm
June 11th, 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.rubvspantry.org

Next meeting: Wed. June 5th

6:30p at St. John's, Saginaw

All are welcome!

Monday's 10:30am at Faith

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!

Faith WELCA 2nd Tuesday of odd months:

Next Meeting: July 9th at Faith

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First WELCA:

Next meeting: .

+

St. John's WELCA:

Meetings are on the 2nd Wed. of each month

Next meeting: June 19th

+

St. Peter's Esther Circle:

Our Mission Focus for 2019 is CHUM.

Donation item suggestions:

Travel Size Personal Hygiene Products Including:

Shampoo, Conditioner, Lotion, Soap

Toothbrushes, Toothpaste

Chapstick

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World No Tobacco Day

May 31st, 2019 is World No Tobacco Day. This day was started by the World Health Organization to raise awareness of the dangers of tobacco use, from cancer to respiratory diseases, and to serve as a call to action to advocate for the fight of tobacco control. A common theme from people that are receiving treatment services from our agency is that they simply cannot quit smoking or chewing tobacco. They can conquer an addiction to methamphetamines, alcohol, heroin, and many more but, tobacco is the one thing that they struggle to let go. Just this week a person with over 30 years sober said to me "I don't miss the valium or the booze but, after all this time I still crave a Marlboro Red".

Nicotine is a highly addictive substance and despite knowing the dangers of use, new people start using it every day. Although people that are addicted to tobacco products wouldn't categorize themselves with someone that is addicted to a more serious drug, they will go through many of the same struggles when trying to quit.

Minnesota has a great program offered to all state residents called Quit Plan, which will provide you with the tools you need to quit, such as lozenges or gum, as well as support over the phone, through text, or email. They can be reached by calling 1-888-354-PLAN (7526) or going to their website www.quitplan.com. We know smoking is a difficult thing to give up. The health benefits of doing so are significant! According to quit plan's research, giving up a pack a day habit can add five days to your life after just one month of non-smoking! The financial benefits are also amazing, with the average cost of cigarettes in Minnesota, after five years a pack a day smoker would save \$15,330!

Quitting any habit is hard. Help is available! Quit Plan is available and has a very easy sign up process, Essentia Health has smoking cessation programs, and the American Lung Association has their Freedom from Smoking program as well. If you are ready to look at no longer using tobacco products, speaking with your doctor is also a great place to start!

Dani Spolarich LPC, LADC

A Word Of Thanks

I would like to say "Thank You" to everyone for the thoughts, prayers, letters, notes, cards, calls and visits during and after my surgery. A very special Thank-You to Bob and Kathy Larson for all their help with Ruby's Panty and taking me to my Doctor appointments and hospital. It really meant a lot to Cheryl and Me. A very Special Thank-You to Minister Dave and Beth, you's are special.

Thank you,

Stan

SALT Ministry Objectives

And Ongoing Goals

Mental Health and Addiction Ministry

Youth and Christian Education Ministry

Please join us June 27th, 6:30pm at Faith to Learn More

CHURCH CONTACT PEOPLE

S.A.L.T. COUNCIL

President	Bob Larson
Vice President	Linda Anderson
Secretary	Ginny Richmond
Treasurer	Misty Bergman

Church President	Phone
SALT Joint Council: Bob Larson	345-6470
Faith, Culver: Stan Lamb	345-6334
First, Meadowlands: Ginny Richmond	742-1724
St. John's, Saginaw: Carolyn Collum	729-6008
St. Peter's, Canyon: Fred Zorn	482-5524

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St. John's - Marilyn Raether **St. Peter's** - Sharon Zorn

Thank you to last month's volunteer mailers