

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

July 2019



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

On Memorial Day weekend in 2015, I came to the parish of three churches – Faith, First and Immanuel. Ginny Richmond and I took turns leading worship, in the absence of a Pastor. It wasn't long before Larry Anderson retired, and the Bishop said he had a dream, as crazy as it sounded, to bring 5 churches together as a parish, by adding St Johns and St Peters to SALT. At this point, Pastor Mike accepted a one-year contract to guide these five churches through the process, with mine and Ginny's help. After successfully navigating the sometimes-uneven waters, Pastor Mike left us, and I was grateful to pick up where Pastor Mike left off. We have since merged Immanuel and Faith and became a parish of four churches, and grew together in our sometimes-strange surroundings, enjoying all four buildings

Where we are today as a parish, all started with a dream by our Bishop Tom Aiken, and a whole lot of members from the five churches to make this dream a success story. I'd like to share a story of a man who had a dream that in many ways is a reflection of the members of the SALT parish.

An eight-year-old boy approached an old man in front of a wishing well, looked up into his eyes and asked: "I understand you're a very wise man. I'd like to know the secret of life." The old man looked down at the youngster and replied: "I've thought a lot in my lifetime, and the secret can be summed up in four words. The first is "think." Think about the values you wish to live your life by. The second is "believe." Believe in yourself based on the thinking you've done about the values you're going to live by. The third is "dream." Dream about the things that can be, based on your belief in yourself and the values you're going to live by. The last word is "dare." Dare to make your dreams become reality, based on your belief in yourself and your values."

Believe, Dream, and Dare."

You may be wondering who this wise man was. It was none other than Walter E. Disney who created an empire through television, films, advertising, a theme park, as well as many other venues. He had a dream that he thought a lot about, he believed in his dream, and he dared to try.

This parish started as a dream. A lot of thought went into the logistics and leadership, and in the end, we believed in that dream and we dared to try. There are so many ministries within the church that start as a dream but would go nowhere if we don't dare to try. We put a lot of thought into our two missions of Christian education and the Mental health and addiction team. We believed, dared to try, and now have two new ministries that are making a difference. If you have a dream for a new ministry that can make a difference, let's talk about it. "Think, Believe, Dream, and Dare."

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
(location details on calendar)

First contact: 218-391-7951 (cell)

Secondary number: 218-348-9720

Email; dwerdmann@gmail.com

News of Interest...

For our congregations & surrounding communities...

~~S.A.L.T. PARISH MEETINGS~~

Next meeting: Wed July 3rd

6:30p at Faith

All are welcome!



July 19th (Fri) 8am
Country Corner, Hwy
2, Brookston
Men's Breakfast

Join SALT Parish for a
**Campfire Conversation on the
Stigma of Mental Illness**



Wednesday, July 17th
6:00 pm

Faith Lutheran Church, Culver

Hotdogs, Smores, Beverages

Bring a Chair, Bring a Friend

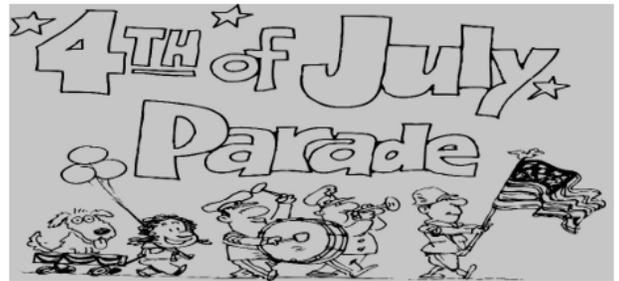
Speaker

Shannon Jorgenson

Certified Instructor

Mental Illness First Aid

Help Wanted: Robert H. is in need of some assistance with yard work after knee surgery. If anyone would like to help him out, please call 218-345-6639. Thank you! *****



BROOKSTON'S 4TH OF JULY PARADE

CALLING ALL ADULTS & KIDS!

Volunteers are needed to decorate the SALT Parish float, ride on the float and hand out candy during the parade.

Meet us in the Immanuel church parking lot at 10:30a to decorate.

The parade starts at noon with the picnic to follow
All are welcome!

SALT Parish Vacation Bible School



Monday, July 29th – Thursday, August 1st

9:00-12:00

Faith Lutheran Church

5697 Hwy 7, Culver

Contact Deb at 729-1062 for more information or the web site saltparish.org

Offering music, games, crafts, snacks, all centered around the Exodus story and God's Love for his people. Contact Deb to join as a student helper!! Registration forms can be found at all church locations or fill out form below and mail to Faith.

~~RUBY'S PANTRY~~

Locations nearest you:

Cloquet, MN
 4th Wednesday of the Month
 10:00 – 11:30 am
 July 24th, 2019

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

Hermantown, MN
 2nd Tuesday of the Month
 5:00 – 6:30 pm
 July 9th, 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

VBS Registration:

Child's name: _____

Gender: _____ **Child's age:** _____

Date of Birth: _____

Last grade completed: _____

Allergies/Medical conditions:

Parent(s) _____

Address: _____

Phone: _____

Emergency Contact: _____

Emergency Phone: _____

~~WOMEN OF OUR SALT PARISH~~

Faith WELCA 2nd Tuesday of Odd months:
Next Meeting: July 9th at Faith.

First WELCA:
Next Meeting: July 11th, 1pm at First

St. John's WELCA:
 Meetings are on the 2nd Wed. of each month
Next Meeting: No meetings currently.

St. Peter's Esther Circle:

Our Mission Focus for 2019 is CHUM
Donations are being accepted all year long.

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	345-6470
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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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 Aug issue: 3rd Sun of month: July 21st
To mail information to Misty:
 1236 County Rd 4 Wrenshall MN 55797

What to know about Overdose

Over the span of a week's time this June, there has been over 175 reported drug overdoses in the state of Minnesota, with approximately 12 fatalities. This recent influx of overdoses may be due to what authorities are referring to as a "bad batch" of drugs that have been laced with fentanyl.

Fentanyl is a powerful synthetic opioid that is similar to morphine, a prescription medication used for pain management. Fentanyl, however, is 50-100 times more potent than morphine, and has been known to be mixed with heroin, methamphetamines, cocaine, and most recently, marijuana. The incorporation of fentanyl with street drugs results in a more powerful high at a lesser cost to those selling drugs, resulting in a higher profit margin. The high potency of fentanyl, however, greatly increases the risk of overdose, especially if the individual consuming the drug is unaware of the presence of this synthetic opioid. Fentanyl works by binding to the body's opioid receptor, which can be found in the area of the brain that controls pain and emotions. The effects of fentanyl are euphoria, drowsiness, nausea, respiratory depression and/or arrest, unconsciousness, coma, and potentially death.

If an individual does overdose on an opioid such as fentanyl, Narcan, also known as naloxone, can be utilized to effectively reverse the overdose. Narcan is an opioid antagonist which works by binding to the opioid receptor in the brain in place of the opioid drug. When an opioid such as fentanyl is prevented from binding to a receptor, the brain does not flood with dopamine, and restores normal breathing in an individual experiencing an overdose. Narcan can be administered in three ways: via IV, intramuscularly, or via nasal spray, and takes approximately 2-5 minutes to take effect. If a person is suspected of overdose but does not resume breathing, and additional dose can be dispensed. Rescue breathing should be administered while one waits for Narcan to take effect. If Narcan is given to an individual who is not experiencing an overdose, side effects are minimal. Narcan essentially throws the individual who has overdosed into immediate withdrawal, which can be very uncomfortable, but is not fatal. The effects of Narcan can last anywhere from 30 minutes to 1 hour and should not be used in place of emergency care; it should essentially be used to provide treatment until emergency services can be accessed.

Most emergency service departments carry Narcan, but an individual can also find access to Narcan at their local pharmacy, or through RAAN, the Rural Aids Action Network, located in Duluth, MN. Additionally, RAAN comes to the

Arrowhead Center in Virginia twice a month and offers a clean needle exchange and free Narcan to those in need.

If you or anyone you know is struggling with opioid addiction, help is available. An individual can contact SAMHSA, the Substance Abuse and Mental Health Service Administration at 1-800-662-HELP to find a treatment facility and options near you, or the Arrowhead Center, at 218-749-2877. We at the Arrowhead Center are here to listen and support you and your family in any way we can; from providing treatment services, referrals, and a safe place to land.

Rachel M. Olivanti, LADC
Treatment Director, Mental Health Practitioner

BE A FRIEND

Be a friend. You don't need money;
Just a disposition sunny;
Just the wish to help another
Get along some, way or other;
Just a kindly hand extended
Out to one who's unbefriended;
Just the will to give or lend,
This will make you someone's friend.
Be a friend. You don't need glory.
Friendship is a simple story.
Pass by trifling errors blindly,
Gaze on honest effort kindly,
Cheer the youth who's bravely trying,
Pity him who's sadly sighing;
Just a little labor spend
On the duties of a friend.
Be a friend. The pay is bigger
(Though not written by a figure)
Than is earned by people clever
In what's merely self-endeavor.
You'll have friends instead of neighbors
For the profits of your labors;
You'll be richer in the end
Than a prince, if you're a friend.