

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

September 2019



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

I can't tell you how often I hear, "I don't bother watching the news anymore. There's so much crime, division and unrest in the world, it's depressing." I acknowledge the same feelings at times by what I see on the news. It's hard not to feel depressed, helpless, and feel like there's nothing you can do as one individual to bring peace to our nation and the world. I read a story that I'd like to share with you that gave me some perspective as to what I can do, being only one person.

"Tell me the weight of a snowflake," a mouse asked a dove. "Nothing more than nothing," was the answer. "In that case, I must tell you a story," the mouse said.

"I sat on the branch of a fir, close to it's trunk, when it began to snow- not heavily, not in a raging blizzard- no, just like a dream, without a sound and without any violence. Since I did not have anything better to do, I counted the snowflakes settling on the twigs and needles of my branch. Their number was exactly 3,741,952. When the 3,741,953rd snowflake dropped on the branch, nothing more than nothing, as you say- the branch broke off." Having said that, the mouse ran away.

The dove, since Noah's time an authority on the matter, thought about the story for a while, and finally said to herself, "Perhaps there is only one person's voice lacking for peace to come to this world." (Kurt Kauter - author)

While it's true that it's nearly impossible for one person to bring peace, when we join hands as a family, as a neighborhood and as a church, we start seeing that we can make a difference in our own corner of the world. We may recognize some as adversaries in this cause, but also need to treat those adversaries with love if we expect to see change. The Lord promises to walk with us in these uncertain times, and that gives us hope for the future, and hope for lasting peace.

In the book of Luke, it says, "Meanwhile, these three remain, faith, hope and love, but the greatest of these is love."

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 Sep 4th
6:30p at St. Peter's
All are welcome!



Faith WELCA Craft Day
Thursday September 5th 1-5 pm

All are welcome to bring their own crafts or help with other crafts that will be sold at the **October Fall Bazaar on October 5th**.



Mark Your Calendars for September 29th
Celebrating 100 Years of Ministry
at St. John's Lutheran Church.
Service starts at 10:00 am
Luncheon to follow at Industrial Town Hall

18th Annual Women's Retreat at Camp Vermilion
Sponsored by St. John's & St. Peter's
October 3rd -6th

Please come join us!! The cost of the camp is \$995. The individual fee is dependent of the number of people attending. For more information, please contact:
Andrea @ 218-269-6192 or
Sharon @ 218591-0978
Before September 16th

Sunday School Begins
Sunday, September 15th
Faith Lutheran Church
(no Sunday School at First)
1st and 3rd Sundays
9:45 am



Confirmation Classes will be starting on Wednesday, September 4th at Faith. Please reach out to Minister Dave to sign up or to receive more information.

~~WOMEN OF OUR SALT PARISH~~

Faith WELCA 2nd Tuesday of Odd months:

Next Meeting: Sep 10th at Faith. 1:30 pm

First WELCA:

Next Meeting: Sep 5th, 1pm at First

St. John's WELCA: 2nd Wed of the month 6:30P

Next Meeting: Sep 11th 6:30 PM at church

St. Peter's Esther Circle: Fall Sale at the Canyon

Fire from 9 am – 3 pm. September 7th

Our Mission Focus for 2019 is CHUM

Donations are being accepted all year long.



Sep 20th (Fri) 8am
Country Corner, Hwy
2, Brookston
Men's Breakfast



Esther Circles Fall Sale
September 7th 9am – 3pm
Canyon Fire Hall

New items, rummage sale items, bake sale
Raffle Tickets available to purchase before
and day of sale from Circle Members

Need not be present to win

- 1st Prize – Handmade Quilt
- 2nd Prize - \$50 Super One Gift Card
- 3rd Prize - \$50 Speedway Gift Card
- 4th Prize - \$25 Walmart Gift Card
- 5th Prize - \$25 Kwik Trip Gift Card

Sloppy Joe Lunch will be available



NEWSLETTER STAFF

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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 Sep issue: 3rd Sun of month:
Sep 15th**

To mail information to Misty:
1236 County Rd 4 Wrenshall MN 55797
Or email to: Bergman.misty22@gmail.com

~~RUBY'S PANTRY~~

Locations nearest you:

Cloquet, MN

4th Wednesday of the Month
10:00 – 11:30 am
Sep 25th, 2019

Cromwell, MN

2nd Thursday of the Month
10:00 – 11:30 am
Sep 12th, 2019

Hermantown, MN

2nd Tuesday of the Month
5:00 – 6:30 pm
Sep 10th, 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

~~CULVER QUILTERS~~

If you would like to support our quilt ministry,
Our 'supply needs list' includes:

- Cotton Fabric (any sized pieces)
 - Thread, Batting, Flat sheets (Dbl., Q or K size)
 - Cash donations can be given to Faith's WELCA
- Thank you!

Culver Quilter's Meet Mondays at Faith 10:30am

CHURCH CONTACT PEOPLE

Church	President	Phone
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

S.A.L.T. COUNCIL

President	Sharon Zorn
Vice President	Linda Anderson
Secretary	Ginny Richmond
Treasurer	Misty Bergman

National Suicide Prevention Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

This is a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. Use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Here are a few **warning signs** of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal *behaviors* are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

If your friend or family member struggles with suicidal ideation day-to-day, let them know that they can talk with you about what they’re going through. Make sure that you adopt an open and compassionate mindset when they’re talking. Instead of “arguing” or trying to disprove any negative statements they make (“Your life isn’t that bad!”), try active listening techniques such as reflecting their feelings and summarizing their thoughts. This can help your loved one feel heard and validated.

Let them know that mental health professionals are trained to help people understand their feelings and improve mental wellness and resiliency. Suicide is not the answer. There is **HOPE!**



S.A.L.T. Parish VBS 2019

This year’s VBS week, July 29 – Aug.1 was again held at Faith Lutheran in Culver. We had fun with Bible stories, crafts, and games all centered around the safari theme, **ROAR !. Life is wild, God is good !** We registered 21 students, ages 4 thru 6th grade, and had the help of 14 adults and older youth.

I would like to thank all our parish members who donated funds and their time during the week to help with Bible stories, crafts, games, music, snacks, registration, and clean-up. Our talented quilters once again made a quilt that all the students and helpers signed for the drawing at Thursday’s (Aug. 1) Celebration Luncheon.

On Thursday, after our last session, families and friends were invited to our Celebration Luncheon. Gretchen Berglund led the students in performing the week’s VBS songs. They sang and added movement while using their self-made rain sticks and drums. Also, a student drawing was held for the VBS quilt, **ROAR !** posters, and new school supplies. Kaleb Lamb won the quilt. But every student went home with a prize of their choice.

After the presentation, all were welcome to enjoy the special safari sub sandwich prepared in the shape of a large snake. Thanks to our ladies in the snack station, this was a huge success!

I would like to thank all the families that made our VBS week at Faith Lutheran (Culver) a priority in their summer’s schedule. It was an honor to be able to share God’s love through Bible stories and the week’s fun activities to your children. Watch the newsletter for upcoming Sunday School times and other youth activities.

Debbie Neuman