

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

December 2019



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As you receive this newsletter, we flip our calendar page to December, and we begin a new church year with the season of Advent. For many, this is panic time with so much to do in preparation of the Christmas season. There's shopping, decorating, baking, visiting, parties and the list goes on. But what does Advent really mean? For many it is simply the birth of the Christ child. While it is a time of preparation for the Christ child, it is also about Jesus return at the second coming. That may sound like I'm throwing a wet towel on the season of Christmas, but let's face it, without the Christ child and the second coming, we wouldn't have Jesus death, resurrection, and the hope and promise of eternal life that is the center of our Christian faith.

Other practices of Advent include an Advent calendar counting down the days to Christmas with daily thoughts and prayers for each day, or some calendars have little doors that open with daily treats such as chocolate hidden behind each date. There are also traditions such as daily devotionals and prayer, while some denominations even call for fasting 3-5 days a week. Then there's the decorating such as decorating a Christmas tree and the weekly lighting of candles on an Advent wreath or a Yule log. A Yule log is simply a 10-15" log that's flat on the bottom with five holes drilled in it and candles placed in the holes that usually get lit at mealtime followed by a daily Advent devotion. One candle is lit for each week of Advent. The fifth candle is the Christ candle, lit on Christmas day in celebration of the birth of the Christ child. I encourage you to try this. My family has had a yule log that my kids made many years ago. Along with the devotions it makes our family time around the dinner table even more special.

Our Advent wreaths in our churches traditionally have four blue candles in a circle with one white candle in the middle signifying the Christ candle. The first candle lit during the first Sunday of Advent is the candle of hope, the hope of Christ's second coming for our Salvation. The second candle signifies "peace" on earth as we prepare for the messiah who is the light of the world. The third candle is the "Joy" candle

that strengthens our hearts and faith for the coming of the Lord. The fourth candle is the candle of "Love" that shows us the light of Christ that saved us from the power of sin, then finally the Christ candle is lit on Christmas day celebrating the birth of our Savior and Redeemer.

I urge you to set aside time for these daily devotionals and candle lighting. Help yourself to understand the significance of Advent and why we in the church do what we do. I have one more challenge for you during the Advent season. The Gospel of Luke has 24 chapters and I encourage you to read one chapter per day, reading the final chapter on Christmas Eve. You will not only read the story of Jesus birth as well as his death and resurrection but will read and refresh your understanding of Jesus ministry while here on earth. Who will take me up on my challenge?

I'll close by wishing you and your families all God's blessings for a very Merry Christmas and a prosperous New Year, from my family to yours.

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

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

Next meeting: Dec 4th

6:30p at First

All are welcome!

Budget Planning Meeting at 5:30pm before
Parish Meeting



Children's Christmas Program

December 11th

6:30 PM at Faith

All Children are invited to Participate

There will be practice Saturday December 7th

~~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



St. John's WELCA

Christmas Party

Sunday, December 8th

At Andrea Anderson's Home

All women are invited to attend. Potluck lunch so bring a dish to share. Bring a wrapped \$5 gift for the gift exchange and some wrapped items for the dice game. Dice game items can be used or new. Call 879-6153 for any questions or directions.



The Holiday season is hard for those whose hearts are hurting. You are not alone.

Blue Christmas

is a gentle, contemplative service for those who are carrying pain or loss during this season of celebration.



Blue Christmas Service

December 18th at Faith

6:30 PM

~NEWSLETTER DEADLINE~

Deadline for the January issue: 3rd Sun of Month: Dec 15th

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



Mark your calendars!!!

**December 12th
Women's Christmas Luncheon
12:00 PM at the
Meadowlands Community Center**

Sponsored by: First's WELCA.

**Entertainment will be provided by:
Adult & Teen Challenge.**

All women are cordially invited to attend.



**Men's Breakfast
December 20th @ 8am
Country Corner,
Hwy 2, Brookston**

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

~WOMEN OF OUR SALT PARISH~

Faith WELCA 2nd Tuesday of Odd months:

Next Meeting: Jan 14th at Faith. 1:30 pm

✦ ✦

First WELCA:

Next Meeting: Jan 9th, 1p at Bernice's

✦ ✦

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

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

✦ ✦

St. Peter's Esther Circle:

Our Mission Focus for 2019 is CHUM

Donations are being accepted all year long.

~RUBY'S PANTRY~

Locations nearest you:

801 MN Hwy 33

Cloquet, MN

4th Wednesday of the Month

10:00 – 11:30 am

Dec 11th, 2019

5577 Cromwell Park Dr

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

Dec 12th, 2019

5007 Maple Grove Rd

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Dec 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



First at 4:00 PM

Faith at 9:00 PM



DONATIONS ARE NEEDED AT SAFE HAVEN SHELTER & RESOURCE CENTER

They are in need of quilts, blankets, warm socks and undergarments of all sizes. Please bring donations to any of our church locations. Thank you in advance.

NEWSLETTER STAFF

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

Thank you to last month's volunteer mailers!!!



Christmas: as good a time as any to talk about mental illness

Christmas is meant to be a time of joy and celebration, but the stress and anxiety of the festive season can intensify mental illnesses. Media images of smiling friends and family can also increase the feeling of being lonely, which can have a serious impact on mental health. According to one study, there is a 40% rise in the number of suicides just after Christmas. One of the most prolific problems at Christmas is a feeling of intense loneliness. In fact, in a recent survey carried out by Populus on behalf of Mind we found that 17% of adults feel lonelier at Christmas, and 8% will be spending Christmas alone. Whether that's because you physically are alone, or because you feel unable to connect with others due to a mental health problem such as depression, it can be especially hard on the big day. Work nights out and big Christmas feasts can feel problematic. Don't be afraid to let close friends or family know that you're nervous about these things, as opening up can take away some of the anxiety you might be feeling. Joining a peer support group can be really helpful and remind you that you're not on your own in feeling this way. Don't forget that a friend or loved one may be experiencing some of these feelings and pressures. So, if your friend keeps cancelling on you don't be upset or angry. They might be feeling low or anxious so asking them how they are and if they'd rather do something low key could make a big difference to them. Nobody can have the 'perfect' Christmas but if we all pull together, we can make it that little bit better.