

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

November 2019



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As I write this newsletter article, the weather forecast calls for cooler temperatures, frost and maybe even a taste of our first snow of the season. Along with this forecast, we turn the calendar to November and the season of Thanksgiving. A time when we count all of our blessings that we are so abundantly blessed with. It is a season that we get closer to family and a season of gratitude.

I'd like to share a true story of gratitude in this article that may hit home with some that don't necessarily feel blessed in this season of thanks.

A young Australian woman named Hailey Bartholomew found she wasn't enjoying life. She described herself as feeling lost and stuck on a treadmill. She was married to a man she loved and had two beautiful children who held her heart. So why was she feeling so down about her life? She sought the counsel of a nun, who advised her to spend time each day reflecting on something for which she was grateful. Hailey began a project called "365 grateful." Every day she took a photograph of something for which she was grateful.

It changed her life and allowed her to see things she had never noticed. Hailey always thought her husband was unromantic. One day she took a picture of him serving dinner, the thing she was grateful for that day. She noticed for the first time that the largest piece of pie was placed on her plate. She realized that the largest portion was always placed on her plate and this was one small way that her husband showed his care for her. Hailey had found mothering to be a "boring job," but as she took photos of her

kids holding out their hands to her, playing and exploring, she discovered how much joy and wonder there was in her world. Through the art of gratitude, Hailey found herself lifted out of her rut and celebrating life.

If you find yourself overwhelmed as the holidays approach, reach out for help and once again enjoy and give thanks for all God's abundant blessings. On behalf of myself and my family, we give thanks for each and every blessing bestowed on us by God and all the members of the SALT parish. It's an honor to serve you, and we wish you all a Happy Thanksgiving !

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: Nov 6th

6:30p at Faith

All are welcome!

Budget Planning Meeting at 5pm before
Parish Meeting

Join us for

"Just an Ordinary Day"

A Thanksgiving Service

Sunday, November 24th

7:00 pm

**Pie and Coffee Fellowship Following
St. John's Lutheran Church, Saginaw**



~~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



At Faith Lutheran Church

5697 Hwy 7 in Culver

Friday, November 15th

11:00 am – 6:00 pm

Saturday, November 16th

9:00am – 5:00 pm

Many craft and vendor items available to get that
Holiday shopping list of yours completed!!

Clothing (new & used) knitted & crocheted items,
wood workings, white elephant items, rubber stamps
& accessories, plastic canvas crafts, quilts, food and
so much more!!

If you would like to reserve a space contact Linda at
218-393-8505, deadline is November 8th. Space for
both days is \$20, \$15 for one day. See you there!!

** November 17th **

Special Congregational Meeting
of First Lutheran Church
in Meadowlands

meeting to follow Sunday morning
Church service.

All voting members of First are
encouraged to attend this meeting to
discuss the sale of the parsonage.

~NEWSLETTER DEADLINE~

Deadline for the December issue: 3rd Sun of Month: Nov 17th

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
 November 15th @ 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: Nov 12th at Faith. 1:30 pm

✦ ✦

First WELCA:

Next Meeting: Nov 14th, 11am at First

✦ ✦

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

Next Meeting: Nov 13th 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

Nov 27th, 2019

5577 Cromwell Park Dr

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

Nov 14th, 2019

5007 Maple Grove Rd

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Nov 12th, 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

18th Annual Women's Retreat at Camp Vermilion
Sponsored by St. John's & St. Peter's

Was held on October 3rd-6th this year and what a wonderful time it was. Please mark your calendar for Next **October 1st-4th** so that you can get away to be spiritually renewed. All women are welcome to attend and enjoy the cozy home feeling of the Bakk House with a campfire, sauna, the beautiful view of Lake Vermillion, home cooked meals, quiet reflection time, bible study, a spa day, shopping, friendships and games. Tied flannel blankets were made this year with funds received from Thrivent Financial to purchase material. Some were donated to veterans at the Eagle's Healing Nest. Center yourself in God's will and the fellowship of others by joining us next October. You will leave the retreat with renewed strength, friendships, faith and a vision for the future. Thank you sponsors for putting on such a wonderful event.

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!!!



Ways to Express Gratitude this Thanksgiving

What are you most thankful for in life? Perhaps, it's food on the table. Or, a bed to sleep in at night. With Thanksgiving around the corner, there's no better time to practice appreciation and thankfulness than the present.

1. Have a conversation with the people you love.

The simplest way to express gratitude more fully in your life is to verbalize your appreciation for others.

As you sit down to enjoy Thanksgiving dinner, have each person go around and say something for which they're grateful. If you're feeling particularly grateful for another person in your life, tell them. This can open the door to meaningful and memorable conversation.

But before diving in, make sure there are no distractions. Put your phone away if possible. This is a simple way to show admiration for the people you love.

2. Write letters to close friends and family members.

Sometimes we forget to thank the people who make our lives better just by being in it. A creative way to express gratitude this Thanksgiving is to write out your appreciation. Share a specific example of something they did for you and how it made a difference in your life.

To start, make a list of people you'd like to thank. This may include: Family members, friends, neighbors, caregivers, coaches, coworkers, mentors, patients, volunteers, teachers. Writing a handwritten letter is an easy way to make others aware of your gratitude. Plus, it can brighten someone's day.

3. Donate unused goods to a local shelter.

A creative way to express gratitude for what you have is to share with others. Do you have old clothes or other belongings taking up space around the house? If the answer is yes, consider donating these items to a local homeless shelter or donation center. Before donating, be sure to ask the shelter what they need. In MN, the temperatures drop as the holiday season approaches. Donating hats, gloves, scarves and coats could make a difference in someone's life.

4. Volunteer in your community.

This Thanksgiving, demonstrate gratitude by volunteering your time to a meaningful cause. Food pantries are always in need of volunteers around the holidays, as hungry individuals and families gather for a warm meal. Invite friends and family to serve a meal with you. If possible, collect money to donate canned foods and cleaning supplies. Or, stop by a local nursing home or hospital. During the holidays, many patients are alone, so offering to play cards or read books can brighten their spirits. No matter where you choose to volunteer, take time to reflect on your experience. After all, there's always something to be grateful for in life.