

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

January 2020



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

We just went through the Christmas season when for some reason people seem to be able to go out of their way to do special things for other people. Yet, what happens when it's not the Christmas season? It seems that "Peace goodwill toward men" suddenly turns into "Each man for himself." We get so wrapped up in ourselves and "what's in it for me." I'd like to share a humbling story with you that illustrates my point.

A number of years back, a young and very successful executive was traveling down a suburban street in his brand-new black jaguar. Suddenly a brick was thrown from the sidewalk, thumping into the side of the car. Brakes slammed, gears ground into reverse, and tires madly spun the jaguar back to the spot where the brick had been thrown. The driver jumped out, grabbed the kid who threw the brick and pushed him against a parked car. "What was that all about?" he screamed. "That's my new jag, and that brick you threw is gonna cost you a lot of money!"

"Please mister, I'm sorry! I didn't know what else to do!" pleaded the youngster. "I threw the brick because no one else would stop." Tears ran down the boy's face as he pointed around the parked car. "It's my brother, mister. He rolled off the curb and fell out of his wheelchair and I can't lift him up." Sobbing the boy asked, "Would you please help me get him back into his wheel chair? He's hurt and he's too heavy for me."

When the young executive realized what had occurred, he lifted the young man back into his wheelchair and took out a handkerchief and wiped the scrapes and cuts. He then watched the younger brother push him down the street toward home.

The young executive never did fix the dented jaguar. He kept the dent to remind him not to go through life so fast that someone has to throw a brick at him to get his attention.

Let's not wait until Christmas next year to get our attention. We should have the attitude of Christmas every day, both in celebrating the gift of the Messiah, as well as keeping our Christmas attitude of good will toward men 365 days a year. Take time to visit a shut in, open a door for someone, say please and thank you. Or maybe even pay for the guys food behind you when you're at the drive thru at McDonalds. These small gestures may be no big deal for you, but you don't know what that person your helping is dealing with in life. Your small gesture of kindness may bring hope.

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: Jan 8th
6:30p at St. Peter's
All are welcome!



Free Community Chili Supper

February 19th, 6:00 PM

at Faith, Culver

**Followed by a certified Narcan
administration training (narcotic overdose
reversal) and an interactive discussion
with professionals from Arrowhead Center
located in Virginia, MN**



**Annual Congregational Meeting of First
Lutheran Church, Meadowlands will be held
January 19, 2020 following the worship service
with a potluck meal after the meeting. All voting
congregational members are encouraged to
attend.**

Reports from 2019 should be given to Kathy
Matvey as soon as possible.

~~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!

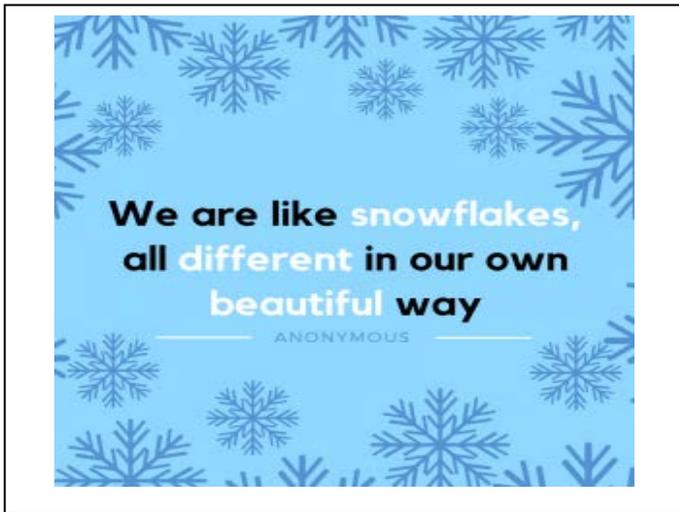
Culver Quilter's Meet Mondays at Faith 10:30am



~NEWSLETTER DEADLINE~ Deadline for the February issue: 3rd Sun of Month: Jan 19th
To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: Bergman.misty22@gmail.com

❄️ How to Fight Holiday Blues ❄️

<p>SPIRITUAL 👤</p> <ul style="list-style-type: none"> Attend worship services, if religious Take part in a volunteer effort or help a local charity 	<p>SOCIAL 👥</p> <ul style="list-style-type: none"> Attend local events and activities Spend time with family and friends (in person or over the phone)
<p>PHYSICAL 🏃</p> <ul style="list-style-type: none"> Find a good workout routine Take walks around a local park or trail 	<p>MENTAL 🧠</p> <ul style="list-style-type: none"> Try out new hobbies or crafts Develop a reading list for books or a watching list of movies



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.

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



While the Holiday season is a beloved time of year for many, it can also be a lonely and difficult time for others. Whether it is coping with the loss of a loved one, the anniversary of a difficult event, or a job loss, many continue to deal with trying times during the holidays. Below are some tips for dealing with the holidays effectively.

Work to make yourself a priority during the holidays. As we spend time hosting, shopping, cooking, cleaning, etc., self-care often takes a back seat. Your health needs to come first, which means maintain as much of a routine as possible during this busy season. Try to not put too much pressure on yourself and allow feelings of guilt, either. Pleasing everyone is unrealistic, and it is ok if you are unable to attend every holiday event from start to finish. While it is ok to say no and important to set limits and healthy boundaries, make sure you are staying connected with loved ones. You may be tempted to isolate yourself, but this will make you feel worse. If you aren't in the holiday mood, consider spending time with one friend or calling a person who cares about you.

Another important tip is to make sure you are tuning into your feelings and being honest with yourself. It is ok for you to plan time for yourself when a stressful situation arises and have a strategic "retreat" on hand when faced with these situations. This can be taking the dog for a walk, listening to music, going to church, etc. Do whatever you need in order to meet your needs this holiday season. Most importantly, reach out to others. There are people in your community that care about you and are willing to support you. Remember, you are not alone.

Rachel M. Olivanti, LADC, Mental Health Professional, treatment Director Arrowhead Center