

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

February 2020



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

It seems that it was just a week or so ago, that we were joined in worship to celebrate Christmas and the arrival of the Christ child, the Messiah. But by the time you receive this newsletter, it will be February and we turn our attention to the season of Lent. So, why do we celebrate Lent? It's actually a time of preparation to celebrate the death and resurrection of Christ, as we walk that 40-day path of Christ to Jerusalem and Mount Calvary. It doesn't feel like a celebration until Easter Sunday, but rather a time of solemn examination of ourselves and our faith life. One author states, during Lent, if we were knives, it's a time to sharpen our edge. If we were a car, it's time for a tune up, and if we were a garden, it would be the time to pull the weeds and fertilize.

Many of our Christian brothers and sisters will give something up during Lent. Some will give up chocolate or pop while others will honor the Catholic tradition of giving up meat on Friday's or giving up food all together for a period of time during Lent known as fasting. I read an article by Craig Gates on "What to give up for Lent", and here's his thoughts, on what to possibly give up for Lent.

- 1- Give up grumbling! Instead, "In everything give thanks"
- 2- Give up 10-15 minutes in bed and use the daily time for prayer and devotion
- 3- Give up looking at people's weak points and concentrate on the positive
- 4- Give up speaking unkindly, instead let your speech be generous and understanding
- 5- Give up hatred, instead learn the discipline of love

- 6- Give up worries and anxiety, instead trust God and put them in his hands
- 7- Give up buying except for essentials and give the difference to glorify God
- 8- Give up TV for one night a week and visit someone who is lonely or sick

These are just a few ideas to think about, but I look forward to our time together for soup suppers and worship. This is also a wonderful time to invite someone to join us. The sermon series for Lent will focus on the "Marks of discipleship." I pray that it will be a rewarding time of wonderful fellowship, as well as a time of self-examination and repentance, as we contemplate the crucifixion, and look forward to the celebration of the resurrection of Christ.

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: Feb 5th
6:30p at St. John's
All are welcome!



Free Community Chili Supper

February 19th, 6:00 PM
Faith, Culver

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



**Annual Congregational Meeting of Faith
Lutheran Church, Culver will be held February
2nd, 2020 following the worship service. All
voting congregational members are encouraged
to attend.**

SALT Parish Lent 2020
Soup Supper 5:30 pm
Worship 6:30 pm

Wednesday February 26, Ash Wednesday, St. John's, Saginaw
Worship with distribution of Ashes and Holy Communion



Lenten Sermon Series "Marks of Discipleship"
March 4, St. Peter's, Canyon – Prayer
March 11, Faith, Culver – Service
March 18, First Meadowlands – Generosity
March 25, St. John's, Saginaw – Reading the Bible
April 1, St. Peter's, Canyon – Weekly Worship

~~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 March issue: 3rd Sun of Month: Feb 16th

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

SPECIAL THANKS

Thank you to everyone who contributed to Heartfelt Hugs this past Christmas. W.E.L.C.A. Of Faith Church donated the money to buy the gifts. The women of St. Johns Church donated as well as some individuals. The money will go toward Christmas 2020. Thank you to all who helped with purchasing the gifts and organizing this event. Everything helps! The people at South Ridge as usual played a very vital part in making it a success. Thank you to them as well.

We received a thank you from a recipient who said she was grateful for the help from Heartfelt Hugs. It warmed our hearts to hear how much it meant to her. If anyone would like to help or donate for the next Christmas, please contact Susan Smith at 453-1157. This is a community-based organization to help families with children in the South Ridge School who need a little extra help especially during Christmas. Christmas gifts are distributed through the South Ridge School.

There will be information in the October newsletter for next Christmas.



Men's Breakfast
February 21st @ 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: Mar 10th at Faith. 1:30 pm

First WELCA:

Next Meeting: Feb 13th, 1p at Church

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

Next Meeting: Feb 12th 6:30 PM at church

St. Peter's Esther Circle: No meetings Scheduled thru March 2020.

**Our Mission Focus for 2020 will be decided
Donations are 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

Feb 26th, 2020

5577 Cromwell Park Dr

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

Feb 13th, 2020

5007 Maple Grove Rd

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Feb 11th, 2020

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 Communion will be on March 29th at First in Meadowlands.

A word of Thanks to our Sunday service Church greeters, you help start our days with smiles and to the coffee hostesses who always make sure there is plenty for all. All that you do is much appreciated!

NEWSLETTER STAFF

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

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

What Does Cupid Do to Your Mental Wellness?

So it's Valentine's Day, and though its intention may be to establish time to celebrate love, maybe you're not feeling the love for this holiday. Billboards, magazines, and commercials depicting beautiful happy people sharing and extravagant dinner and exchanging gifts can create stress and anxiety. People who are in relationships question what to get each other: *Will it be good enough? Am I spending enough money?* And, those who don't have a partner can sometimes feel sad or alone at a time when love is the theme of the day –thus, the common vernacular of “Singles Awareness Day.”

If Valentine's Day is leaving you feeling anything less than excited, here is a list of strategies that may help lift your spirit:

Valentine's Day is an opportunity to celebrate all your relationships

You don't need a special someone to celebrate Valentine's Day. Your parents, grandparents, siblings, teachers, mentors, friends and colleagues all play a special role in your life. Today is a perfect opportunity to show them how much they really mean to you.

Your love is not equal to gifts and money

It's important to remember that your love for someone is not measured by the gift or the amount of money that you spend. A simple “I love you” or a handmade card can mean just as much (if not more) than anything you can buy in a store. And remember if you receive a gift, it truly is the thought that matters.

Show yourself how much you love YOU

This is the essence of My Mental Health Day and Valentine's Day is a perfect time to pamper yourself. Go to the spa, soak in the tub, sleep in a little later—whatever it is that makes you feel a little less stressed and a bit more relaxed. This day is an opportunity to love yourself and appreciate your needs as much as it is a day to recognize the other important people in your life.