

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

March 2020



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As we turn the calendar page to April, we look forward to hopes of spring. This means the melting of all that snow from winter, grass and trees turning green, flowers beginning to bloom, and we can't help but thinking the thoughts of summer, and all our planned activities and vacations.

April this year also brings us to the center of our Christian faith, the Easter resurrection of Jesus and the promise of salvation. After walking the 40-day Lenten journey with Jesus, it all culminates with holy week. We experience Maundy Thursday in the upper room with Jesus and his disciples sharing in the last supper. We then experience Good Friday and the crucifixion of Jesus. Saturday is the day we keep a vigil after Jesus body is placed in the tomb. And finally, on Easter Sunday we celebrate the glorious resurrection of our Savior, the empty tomb, and the promise of our salvation.

I share an illustration of a little boy who accidentally explains the promise and hope of Easter in prayer. A father knelt down beside his little boy's bed. It was time for prayers, hugs, kisses and tucking in. The little boy began the childhood prayer he had repeated so many times before: Now I lay me down to sleep; I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take.

This time the words got mixed up. Unwittingly, the child spoke words of the greatest wisdom. He prayed, "If I should wake before I die." Embarrassed, he stopped and said, "Oh Daddy, I got all mixed up." Wisely, his Dad responded tenderly, "Not at all Son, that's the first time the prayer was properly prayed. My deepest

longing for you is that you may wake before you die."

The child drifted to sleep, but the father turned the prophetic words about in his mind. "If I should wake before I die. That's it!" he exclaimed. "That's the promise of, and the hope of Easter. We can come alive and live forever!"

I look forward to our time together in the worship as we experience the passion story of our Lord and Savior Jesus Christ and celebrate the promise of hope and life everlasting on Easter Sunday. Please join us.

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: Mar 3rd,
6:30p at Faith
All are welcome!

UPCOMING EVENTS

****NO CONFIRMATION CLASSES IN MARCH****



Holy Week

**Palm Sunday, April 5, Faith, Culver 8:45
First, Meadowlands, 10:30**

**Maundy Thursday, April 9,
Faith, Culver 6:30 pm**

**Good Friday, April 10,
First Meadowlands, 6:30 pm**

**Easter Sunday, April 12
8:30 am, St. John's, Saginaw
10:30 am, St. Peter's, Canyon**



**First Communion will be on SALT SUNDAY,
March 29th at First in Meadowlands
10:00am**

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



Lenten Sermon Series "Marks of Discipleship"
March 4, St. Peters, 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 April issue: 3rd Sun of Month: Mar 15th

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



Recruiting for Boy Scouts!

**Meetings will be held at
Faith, in Culver**

Mondays at 6 pm.

**For more information call
or text Dakota**

@ 218-349-4517.



Men's Breakfast
March 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: Mar 10th at Faith. 1:30 pm

First WELCA:

Next Meeting: Mar 20th, 1p at Church

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

Next Meeting: Mar 11th 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
Mar 25th, 2020

**5577 Cromwell Park Dr
Cromwell, MN**
2nd Thursday of the Month
10:00 – 11:30 am
Mar 12th, 2020

**5007 Maple Grove Rd
Hermantown, MN**
2nd Tuesday of the Month
5:00 – 6:30 pm
Mar 10th, 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

Alborn History Day

Saturday, March 28, 2019

From 2:00 pm - 4:00 pm

At the Alborn Community Center

6388 Hwy 7

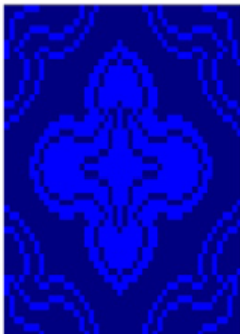
Alborn, MN 55702

Join us for an afternoon of community, conversation, and reminiscing as we sort and look through valuable papers from our Townships history.

Refreshments will be provided.

Daylight Savings Begins Spring Ahead 1 hour Before Bed on March 7th

The Season of Lent



WHAT IS LENT?

The word Lent refers to the forty days' fast preceding Easter. It has been used to mean the more significant Latin term *quadragesima* (Italian *quaresima*, Spanish *cuaresma*), meaning the "forty days", or more literally the "fortieth day".

NEWSLETTER STAFF

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

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

Is spring fever real?

Self-care tips for your mental health during the springtime

Spring time! Flowers are blooming, and the sun is starting to come out. For many people, spring is the time of year for new beginnings and renewed energy. However, if what you're feeling this spring isn't as positive, here is some advice on that as well.

Seasonal affective disorder

Recurrent major depressive disorder with seasonal patterns, or what people commonly call seasonal affective disorder (SAD), is a type of depressive disorder related to the changing seasons. People affected by SAD have symptoms of depression that start and end at the same time every year. For most people, symptoms start in the fall and continue through the winter months.

However, for others, SAD can affect them in the spring and summer instead. Symptoms typical of spring and summer SAD include loss of interest, trouble sleeping, changes in appetite, weight changes and agitation or anxiety.

The American Academy of Family Physicians states that 4 to 6 percent of the population may have SAD, and another 10 to 20 percent may experience milder symptoms.

Utilize the sunlight

Changing levels of sunlight can play a big role in changing moods. In the winter months, the lack of consistent sunlight can impact mood by throwing the body's biological clock out of sync. Lack of sunlight also reduces the body's production of serotonin and dopamine. These chemicals directly influence people's feelings of happiness and well-being. Do not underestimate the impact of simple changes. Sitting on the bench outside or even opening your blinds can greatly improve your mental health.

Get moving

Studies continuously show consistent exercise significantly improves feelings of depression. Weather tends to improve temperature-wise during spring, so people can use this to their advantage. Whether you use your lunch break to walk around the building or get out to enjoy the longer days at a park, any and all exercise will help.

Eat healthy

In addition to increasing physical health, a healthy and balanced diet encourages feelings of well-being. Studies have shown a positive correlation between quality diets and better mental health outcomes. Many fruits and vegetables come into season during the spring. It is easy to crave sugary foods and simple carbohydrates when you are feeling low. I encourage you to take time to explore ways to incorporate some of the seasonal fruits and vegetables into your diet.

Resource <https://vitalrecord.tamhsc.edu/is-spring-fever-real/>