

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

APRIL 2020



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

I would first like to wish a blessed Easter to all who are reading my message, in the name of the crucified and risen Lord and Savior, Jesus Christ

I believe everyone has heard the saying. "I have good news, and I have bad news." Here's a bit of a twist to that saying, "I have Bad news! Good news! and the "Best news."

The bad news is that we are dying every day. Scientists tell us that every day, to some extent, each of us is dying. The cells and atoms of our bodies are dying. In fact, every atom and every cell that is now in our bodies will die off within the next seven years. In essence, we are experiencing a daily dying of our physical being.

The good news is that you are being restored! Just as the cells and atoms of our bodies are dying, likewise new ones are being created to take their place. According to what I've read, it's my understanding that this process makes a complete transition every seven years. In one way, every seven years, you completely become a different person biologically. So, when someone tells you, you're not the same person you used to be, there is a whole lot of truth in it. This idea of our bodies continuously dying and being restored is a rather refreshing thought. But, even with this good news... we all will eventually taste physical death, the bad news.

The best news! You don't have to wait seven years to be made a new person. And the best news this time, the new person will live forever. The Bible says if anyone be IN CHRIST, he is a NEW creature; old things are passed away; all things become new.

Yet, we must die to self and all of our self-interests and be raised with Christ. So, when making decisions, we will make decisions based on faith in Christ and not based on our own self-interest.

I look forward to our time together in Lent, Holy week and finally on Easter Sunday, as we celebrate the best news... the resurrection of our Lord and Savior, Jesus Christ. He is risen, He is risen indeed! Alleluia!

In God's peace, invite a friend

Minister Dave

**DUE TO THE CURRENT COVID-19 ISSUE
PLEASE CHECK SALT PARISH WEBSITE
FOR UP TO DATE INFORMATION OR
CHANGES TO CALENDAR EVENTS!**



~~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: Apr 7th,
6:30p at First
All are welcome!

UPCOMING EVENTS

****NOTE SOME EVENTS MAY CHANGE****

Please check website for updates



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

SALT Parish Lent 2020

Soup Supper 5:30 pm

Worship 6:30 pm



April 1, St. Peter's Canyon – Weekly Worship



SALT PARISH SPAGHETTI SUPPER & QUILT RAFFLE

Saturday, April 25th, 5:00 - 7:00 PM

Northland Fire Hall

7271 Highway 53

Canyon, MN 55717

Adults - \$10, Ages 6-12 \$5

5 and under are FREE

Presale tickets are available

~~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 May issue: 3rd Sun of Month: Apr 19th

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 on Mondays at 6 pm.

For more information call or text Dakota @ 218-349-4517.

~~WOMEN OF OUR SALT PARISH~~

Faith WELCA 2nd Tuesday of Odd months:

Next Meeting: May 12th at Faith. 1:30 pm

First WELCA:

Next Meeting: Apr 9th, 1p at Marjorie's

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

Next Meeting: Apr 8th 6:30 PM at church ??

St. Peter's Esther Circle: No meetings Scheduled at this time.

**Our Mission Focus for 2020 will be decided
Donations are accepted all year long.**



Men's Breakfast
April 17th @ 8am
Country Corner,
Hwy 2, Brookston

~~RUBY'S PANTRY~~

Locations nearest you:

801 MN Hwy 33

Cloquet, MN

4th Wednesday of the Month

10:00 – 11:30 am

Apr 22nd, 2020

5577 Cromwell Park Dr

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

Apr 9th, 2020

5007 Maple Grove Rd

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Apr 14th, 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



Our Easter celebrations may be different this year so stay strong in your Faith that we will all make it through this together. Christ is Risen. Let him Easter in us, be a dayspring to the dimness.

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

Faith Lutheran Church
Cheryl Lamb
8128 Lamb Rd.
Culver, MN 55779

First Lutheran Church
Stacy Stevens
10386 Hwy. 133
Meadowlands, MN 55765

St. John's Lutheran Church
Jennifer Johnson
5616 Bennett Rd.
Culver, MN 55779

St. Peter's Lutheran Church
Melody Larson
7493 Harris Rd.
Canyon, MN 55717

NEWSLETTER STAFF

Editor: Misty Bergman Website: Karen Witkowski
Bergman.misty22@gmail.com, 507-829-4053

Circulation / Mailing Coordinator: Christine Wolvin
Contact people:

Faith – Karen Witkowski **First** – Gail Prudhomme
St. John's – Marilyn Raether **St. Peter's** – Sharon Zorn

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

Acetaminophen

Acetaminophen is one of the most commonly used drugs in the United States. It is used for everyday treatment of common aches and pains and is the active ingredient in Tylenol. The over-the-counter accessibility of this drug makes it a prime candidate for self-medication. When used as directed, acetaminophen is safe and unlikely to cause adverse side effects. However, when misused or overused, acetaminophen toxicity can cause severe liver damage. Package labels warn people not to exceed the recommended dose. Safe dosages for adults include no more than 1000 mg taken at one time or no more than 4000 mg taken within a 24-hour period. The recommended therapeutic dose of acetaminophen ranges from 325 mg to 625 mg, depending on the person and condition being treated. Any amounts greater than these can cause serious side effects.

Acetaminophen overdose causes about 56,000 ER visits, 2,600 hospitalizations and an estimated 458 deaths per year due to acute liver failure. There seems to be several reasons why people misuse and overuse acetaminophen: People don't read labels carefully, and they assume that OTC drugs are pretty safe. Someone with a really bad headache wants quick and sure relief so there is a tendency to take more than the recommended dosage. Acetaminophen is included in many OTC cold medications such as Robitussin, Sudafed, TheraFlu, Vick's Nyquil and Dayquil. Many people may not realize that if they take pain pills in addition to cold medicine they are exceeding the recommended daily dose. Acetaminophen is also included in many opioid prescription pain pills such as Percocet, Vicodin, Oxycodone and Lortab. The abuse of these opioid pain pills has increased in recent years causing serious medical complications to the liver. In addition, Chronic alcohol use combined with acetaminophen use can increase the risk of liver damage and stomach bleeding. People who chronically consume large amounts of alcohol should be particularly careful when taking acetaminophen and should consult their doctor prior to taking acetaminophen compounds. The FDA currently recommends that anyone taking medications that contain acetaminophen should not drink alcoholic beverages.

Ramona Friday, LADC intern