

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

AUGUST 2020



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

It's been quite a while since I wrote an article for the newsletter, I believe it was April. Most activities in the parish have either been suspended or limited due to the coronavirus, but the parish council feels it's time to re-connect through the newsletter.

Since my last article, a lot has happened. Obviously, we know I'm referring to the virus and racial protesting. These are uncertain times, but I keep saying, "God's got this" and he has a plan. The virus has challenged us as Pastor's to be imaginative in new ways to carry out our commission of spreading the Gospel and making disciples. Through technology, we started live streaming worship on the SALT parish page on Facebook on Sunday mornings at 10:00am and continue to do so. Shortly after that, I started a short morning devotion live streaming it on the same Facebook site, Monday – Friday. As the weather turned nicer, we began drive-in worship in the parking lot at Faith each Sunday at 10:00am, and we live stream it as well at the usual time. If for some reason we have inclement weather, we will post on the face book site that we will just live stream only, from my office at home.

I always say, out of something bad comes something good. These new ways of spreading the Gospel has opened my eyes to alternate ways to minister. Our Sunday parking lot worship is receiving 40-50 in attendance with 125 – almost 200 views weekly on the live stream. We are touching people by live stream that we don't normally see in our sanctuary's. I've received so many kind words from members as well as visitors that I haven't met. I pray that maybe some of these visitors will join us in our sanctuary's when we re-open. We are also planning our outdoor worship and picnic on August 30 at Faith at 10:00am since the community centers are currently not open. We will observe all necessary rules to enjoy the picnic as safely as possible. Bring a lawn chair and your appetites for brats, burgers and all the trimmings, as well as drawings for door prizes. This is once again sponsored by Vince Jones and RBC wealth management.

Many ask, "when will we re-open our sanctuary's?" I wish I had that magical date, but my answer would be, "when

it's safe." We are being advised through the ELCA and our synod that we are to follow the facts from the medical people who know, in the CDC and Minn. Dept. of health. The guideline right now says that we need a declining number of cases of covid-19 for 14 straight days. As you know, the number of cases is increasing in 40 out of 50 states. St Louis county and Minnesota were holding steady in number of positive cases, but now are on the rise with the opening of businesses of large gathering, such as bars and restaurants among other venues.

Please believe me when I say, nobody wants to be back in our sanctuary's more than me. We will keep you posted as new direction is given. Until then, join me in drive-up worship and devotions, and keep "The church," our parish, and all those infected by the virus in your prayers. As our Bishop tells us, "As a church, we need to set the example of safe practices and following the rules."

We are also facing unrest and racial indifference. There has been needless death as well as needless destruction to innocent people and property through this protesting. At the same time, we have so many gathering peacefully, trying to be heard. Black lives do matter...or better yet, in Christ's eyes, all lives matter! Again, I ask for your prayers that all in our communities and our legislatures can work together to resolve these issues of equal rights.

Like I said in the beginning of this article, "A lot has happened!" I pray every day for the health and safety of all in the parish and continue to make phone calls to keep in contact and check on your health and safety. Please call me if you have any needs. Please continue to have patience and understanding through this pandemic. Sooner or later we will get answers, because "Gods got this!"

In God's peace, invite a friend

Minister Dave



~~S.A.L.T. PARISH MEETINGS~~

Next meeting: AUG 5th,
6:30p at First
All are welcome!

UPCOMING EVENTS

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

Please check website for updates

~~CLERGY SCHEDULE & CONTACT INFO~~

Dave Erdmann, SAM (Synodically Authorized Minister), is our worship & faith life leader.

Days off: Mon & Sat.

He is *always* available for emergencies.

First contact: 218-391-7951 (cell)

Secondary number: 218-348-9720

Email: dwerdmann@gmail.com



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~~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

ST. JOHN'S LUTHERAN CHURCH THRIFTY
FINDS RUMMAGE SALE!

AUGUST 6TH, 7TH AND 8TH 2020

THURSDAY, 4pm – 7pm

FRIDAY, 9am – 2pm

SATURDAY, 9am- 1pm

MASK RECOMMENDED

4893 INDEPENDENCE RD. SAGINAW, MN



SALT SUNDAY OUTDOOR
WORSHIP & PARISH PICNIC

Sunday, August 30th

Faith Lutheran Church, Culver

10:00 am Outdoor Worship

Picnic to follow with brats, burgers & all the fixings which for
safety purposes will be pre-packaged in "to go" boxes!

Door Prizes too!

The ONLY things you need to bring are:
yourself, a friend & lawn chairs.

Sponsored by: Vince Jones & RBC Wealth Management.

Thank You!

~NEWSLETTER DEADLINE~

Deadline for the Sep issue: 3rd Sun of Month: Aug 16th

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

COVID and PTSD

COVID-19 has affected all of us in many ways. From not being able to be with friends and family to wearing masks and remaining 6 feet apart, we have all had to make sacrifices. Those diagnosed with PTSD, or Post Traumatic Stress Disorder, are particularly vulnerable. PTSD is a disorder in which an individual has difficulty recovering from a traumatic event; this could be witnessing or experiencing the event. PTSD can last months or years, and triggers can bring back memories of the trauma along with a physical response such as panic attacks. Other symptoms can include nightmares, hypervigilance, anxiety, depression, etc.

Those currently suffering with PTSD often experience anxiety, and the current threat of illness, social isolation, and death is difficult for those with anxiety to process. This fact, coinciding with possible cancelled therapy/change in service delivery can make those with existing PTSD have difficulty in managing their symptoms. It is important to remind those struggling with PTSD and the threats that it brings to focus on what they can control in their life. Focusing on what we are able to control can oftentimes help to alleviate anxieties. Washing hands, wearing a mask, social distancing, etc., are all things that we are in control of. Focusing on what we have control over can bring some stabilization during this storm.

Additionally, healthcare workers who have close contact with COVID patients are exposed not only to the virus on a regular basis, but they are also witnessing a significant increase in deaths, family trauma from not being able to be with their loved ones, supply shortages, and exhaustion. This constant exposure to these difficult situations increases the risk of developing PTSD. In addition, those working in the healthcare field may be forced to isolate from their families and may lack the social support they need to process their thoughts due to self-quarantine.

It is important to continue to support those suffering with mental illness during this unusual time. When it goes untreated, PTSD can last for decades. People with PTSD cannot “just get over it” and in some cases, PTSD can be pernicious and insidious and can actually get worse rather than better over time. PTSD can be associated with substantial distress and disruption of social and occupational functioning, causing major problems in relationships and jobs. If you or someone you love is affected by PTSD, it is important to know that effective treatments for PTSD exist. These include psychiatric medications (including SSRI antidepressants and prazosin for nightmares), and forms of cognitive-behavioral psychotherapy involving “emotional processing” of the trauma. Some particular therapies are prolonged exposure therapy, eye-movement desensitization and reprogramming (EMDR), and trauma-focused CBT.

Rachel M. Olivanti, LADC, Mental Health Practitioner
Treatment Director