

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

November 2020



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

It feels good to be able to sit down and compose an article for our SALT newsletter. I pray this finds everyone reading this, to be safe and healthy. Thank you to all who have been following the parish through drive-in worship, as well as online worship and daily devotions.

We are already looking at Christmas and all the hustle and bustle of the shopping season, with Christmas only 10 weeks away. It promises to be odd circumstances this year with the threat of covid and flu viruses complicating it. I'd like to share a story from Lucinda Norman who shares a Christmas shopping experience. She writes: "I was Christmas shopping at the mall with people pushing and shoving and cutting in front of me all day. During a 10 minute extra 10% off special, one woman grabbed a lace tablecloth from my hands. I looked her in the eye and said 'mine'. She yanked it back and won. By 4pm my mood was belligerent. I met some friends at a mall restaurant and flagged down a server. I barked, 'I need tea now!' The waitress snapped back, 'I'm not your server, wait your turn.' I responded, 'Lady, I've been waiting my turn all day, bring me some tea.' But the server ignored me. A few moments later, a friendly young man came to our table and said, "I'm Rob, your waiter.' After he took our order, I watched Rob as he helped the rude server with her tray. He greeted the other customers and staff with a smile on his face. In the midst of all the hurried customers and chaos of the season, he had a polite and unhurried atmosphere of calm. When he refilled my tea, I noticed a silver ring on his hand made of connected letters spelling Jesus. From that moment on, my attitude changed.

This young man's example had reminded me of the peace that Christ came to bring. For the rest of the day, I enjoyed shopping, opened doors for others and let others in front of me in the checkout line, all in an atmosphere of peace."

In a recent national poll, the question was asked, "If you had one non-materialistic wish, what would it be?" More than 80% responded that their wish was for peace! This is normally a time of stress and even more complicated this year. Let us all set the example of Christ of bringing peace. Let's all open that door or allow someone in front of us in the checkout. Most of all, don't forget to say thank you to all the retail employees you associate with. If we all work together, we will be stronger at making a difference, than we are as individuals. May God bless your shopping adventures and the upcoming Christmas season!

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 <i>always</i> 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: Nov 4th,
6:30p at Faith
All are welcome!

UPCOMING EVENTS

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

Please check website for updates

Heartfelt Hugs

Is an organization to help siblings of critical illness by providing fun, free events needs your help. Please contact Faith for information on how you can help or email Minister Dave to get you the contact information.

Email: dwerdmann@gmail.com

~~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

Not only do they make beautiful quilts, but they have been making cloth masks too. Many of their quilts are donated to those in need and for fundraisers. Thank you for all of your hard work!



Thanksgiving Worship Service
Sunday, November 22, 2020
Live streamed on SALT Parish's
Facebook Page
at 10:00 am

CHUM: WELCA AND ESTHER'S CIRCLE MISSION FOCUS FOR 2020

CHUM is a 501(c)(3) nonprofit human services agency in Duluth, MN sponsored and governed by an interfaith coalition of 40 faith communities. CHUM was founded in 1973 when 10 churches located in Duluth's Central Hillside neighborhood pooled their resources to meet the needs of the neighborhood's many low-income residents more effectively. CHUM now offers emergency food, shelter, advocacy, support, and outreach throughout Duluth.

CHUM is Duluth's primary safety-net organization where people who are homeless or who have very low incomes can come for assistance and a welcoming, safe community. CHUM operates Duluth's largest food shelf and provides emergency shelter and supportive services for homeless individuals and families. We help people find housing and employment, access public benefits, and receive basic medical care. At CHUM's Drop-In Center (day shelter) people can pick up mail (both physical and e-mail), do their laundry, have a hot meal, socialize over games or conversations, and perhaps most importantly, find a warm and welcoming community where they can be safe, heard, and respected.

~NEWSLETTER DEADLINE~

Deadline for the Dec issue: 3rd Sun of Month: Nov 15th

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

Men's Breakfast
 Nov 20th @ 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
 Nov 25th, 2020

**5577 Cromwell Park Dr
 Cromwell, MN**

2nd Thursday of the Month
 10:00 – 11:30 am
 Nov 12th, 2020

**5007 Maple Grove Rd
 Hermantown, MN**

2nd Tuesday of the Month
 5:00 – 6:30 pm
 Nov 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

~~WOMEN OF OUR SALT PARISH~~

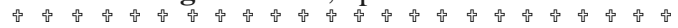
Faith WELCA 2nd Tuesday of Odd months:

Next Meeting: Nov 10th at Faith. 1:30 pm



First WELCA:

Next Meeting: Nov 12th, 1pm ?



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

Next Meeting: Nov 11th 6:30 PM



St. Peter's Esther Circle:



Name Your Burden

What makes you feel sad, anxious, powerless, or trapped? Breathe into this question as you discern what's weighing you down.

Ask for Strength

Write your burden on a strip of cloth, wrap it around your hand, and pray for God's help to let it go.

Leave It Behind

When you're ready, unbind the cloth, tie it to the frame provided, and leave your burden behind — a symbol of your faith in God's grace to help you live unbound.

A Prayer of Release

*Lord, you are a God who makes all things new. Strengthen me; unbind me from the messages that try to control me. Walk with me; help me to live whole and to care for your gifts of body, mind, and spirit.
 Amen.*

Read (John 11:1-44)

CHURCH CONTACT PEOPLE

Church	President	Phone
Faith, Culver	Stan Lamb	345-6470
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St. John's – Marilyn Raether **St. Peter's** – Sharon Zorn

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

Practicing Self-Care

As we continue to struggle as a society with uncertainty surrounding our future as a whole, it is important to practice self-care. This can be accomplished in a number of ways but utilizing mindfulness as a tool for self-care can be incredibly beneficial; a recent survey found that those practicing mindfulness felt less anxiety as a whole and reported a decrease in depression as well. Additionally, mindfulness has been attributed to a reduction in stress, can lower blood pressure, reduce chronic pain, assist with gastrointestinal issues and improve sleep.

Mindfulness is the simple concept of remaining in and appreciating the moment.

Mindfulness is comprised of three founding principles- intention, attention, and attitude.

Translated, your intention is what you hope to gain from practicing mindfulness, attention is a reminder to pay attention to what is happening around you, and attitude reminds us to acknowledge what we are putting out into the world.

Several ways exist to incorporate mindfulness into your daily routine. It is suggested to begin a mindful activity first thing in the morning to start your day. One way in which this can be accomplished is through meditation. Starting your morning with a 15-minute guided meditation is known to bring focus and can make an individual feel more prepared for the day. The “Honest Guys” is a great YouTube channel for guided meditations that vary in length from 5 minutes to hours.

Over the course of the next few months we will continue to learn different mindful activities that you can utilize. This month's focus is on breathing and finding a “cue” that reminds you to practice mindfulness. The prompt can be any number of things, from the sound of a text message or alert on your phone, to being mindful every time you get a cup of coffee. By associating a prompt with mindfulness, you can begin to incorporate it throughout your day. Each activity doesn't need to occupy a lot of your time, either. For example, every time you get a text message, remind yourself to focus on what is important right now, slow your breathing, relax your shoulders, etc.

Four-Squared Breathing is a wonderful technique to slow your breathing and heart rate, consequently reducing stress and anxiety. This technique consists of four main parts: inhale, hold, exhale, hold. Repeat each of these steps, to the count of four, and repeat at least 4 times to begin to receive the full benefit of intentional breathing.

Significant research has concluded that mindfulness can be an important weapon in your arsenal against anxiety, depression, and mental fatigue. The more you are able to utilize these techniques, the greater the benefit to your emotional and physical health.

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