

MINISTERS MESSAGE FROM DAVE'S DESK- MARCH, 2021

As we journey through these 40 days of Lent, we are reminded of our repentance to Christ to receive his promised forgiveness in order that we receive salvation. There was a Pastor teaching a confirmation class a lesson in preparing for death and on repentance. A student asked, "when should one repent?" The Pastor responded to repent the day before your death. His students were confused and asked, "how can a man know the day of his death?" The Pastor responded, "He can't, and since he may die tomorrow, it is all the more necessary for him to repent today."

True repentance is both moral and ethical. When people asked John the Baptist what it meant he told them to share their goods with others, feed the hungry, be honest in business and be satisfied with our wages. (Luke 3:10) The key word in this passage is willingness. When a man says "I do" at the marriage altar, he doesn't know specifically what he is getting into, or all that it involves. But he is committing to it.

We cannot promise God that we will never use profanity, be unkind, tell lies etc. again, much less promise to live like Jesus Christ. But we can want it, and we can trust him to change us. In the book of Galatians it says, if we can make ourselves right with God by obeying the law and being good, then Christ died for nothing. What God asks for is willingness, not ability.

I pray that we are all willing to allow the Holy Spirit to work in us this Lenten season, that we may be willing to repent of our sins, change direction and receive forgiveness and salvation through Christ's death and resurrection.

In God's peace, invite a friend
Minister Dave

**Join us for Sunday
Morning Worship
10:00 am
Live streamed on
SALT Parish Facebook Page**

**Minister Dave will have
Drive thru Communion
Every Wednesday 1:00-3:00 pm
March 3 – First, Meadowlands
March 10 – St. John's, Saginaw
March 17 – St. Peter's, Canyon
March 24 – Faith, Culver
March 31 – First, Meadowlands**

Don't have a Facebook Account???
**Worship and Daily Devotions can be
watched by going to
<https://www.facebook.com/saltparish>**

Wednesday Night Lenten Series
will be livestreamed on SALT Parish
Facebook page at 6:30 pm
March 3, 10, 17, 24

"Were You There?"
A look at the "characters" involved in
Jesus' arrest, death, and resurrection.

The COVID-19 pandemic has been associated with mental health challenges related to the morbidity and mortality caused by the disease along with the impact of social distancing. This has caused a significant increase in those with pre-existing depression and anxiety, but has also lead to an influx of new clients that are struggling with their mental health, and there continues to be a lack of providers available to meet our communities current needs.

When one feels “stuck” and unable to find help, individuals will often turn to what they think will make them feel better. Often times this turns out to be drugs or alcohol. Alcohol, among other drugs such as heroin, Xanax, hydrocodone, etc., are all considered to be depressants. In short, this means that when someone drinks or does drugs for relief, they oftentimes will actually feel worse. Depressants affect the brain in a specific way, and the use of substances can activate what are called “neurons” in your brain. Although drugs do mimic the brain’s own chemicals, they don’t activate the neurons in the same way, which can lead to abnormal messages along the neural pathways. Drugs cause a greater surge in neurotransmitters, which is much larger than what is naturally produced, and can lead to addiction or dependence.

Drugs also affect other portions of the brain as well. For example, the prefrontal cortex is where you think, plan, solve problems, exert self-control over impulses, and make decisions. Additionally, the extended amygdala plays quite a significant role in stressful feelings such as irritability, anxiety, and uneasiness. When the substance is stopped, the individual will feel much worse, and think they need the substance to function.

While alcohol and substance use often feels like the only place to turn, the detriments to one’s physical, mental and emotional health are only worsened, often significantly, when substances are used. Even with the shortage of mental health clinicians, help is available. The SAMHSA National Helpline is available 24/7 for those that need to talk or are looking for help with their addiction. Additionally, anyone with thoughts of self harm or depression can contact the SAMHSA’s National Mental Health line. Both numbers are listed below for your reference.

Stay strong, continue to put up the good fight, and remember- you are not alone.

SAMHSA National Helpline1-800-662-4357

SAMHSA National Mental Health line1-800-273-TALK

Rachel M. Olivanti, LADC

Treatment Director

rachelo@arrowheadcenterinc.org

Please continue mailing your offerings to your respective church treasurers. Thank you!

The Treasurers are:

Faith – Cheryl Lamb

First – Stacy Stevens

St. John’s – Jennifer Johnson

St. Peter’s – Melody Larson

Minister Dave is always available for emergencies 218-391-7951