

MINISTERS MESSAGE FROM DAVE'S DESK- APRIL, 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 Live streamed on
SALT Parish Facebook Page at 10:00 am**

Don't have a Facebook Account???

*Worship and Daily Devotions can be watched by going to
<https://www.facebook.com/saltparish>*

**Minister Dave will have Drive thru Communion
Every Wednesday 1:00-3:00 pm**

April 7 – St. Peter's, Canyon

April 14 – Faith, Culver

April 21 – First, Meadowlands

April 28 – St. John's, Saginaw

NO Drive Thru Communion at First, Meadowlands on Wednesday, March 31st. See the Maundy Thursday schedule for Holy Communion.

Maundy Thursday Holy Communion, April 1, 2021

Minister Dave will be at **ALL** Churches on Maundy Thursday for Holy Communion:

10:00-11:00 First, Meadowlands

12:00-1:00 St. Peter's, Canyon

2:00-3:00 Faith, Culver

4:00-5:00 St. John's, Saginaw

Maundy Thursday & Good Friday Worship Services will be livestreamed on
SALT Parish Facebook page at 6:30 pm

Mental Illness vs Social Media

The first thing many people do when they wake up in the morning is check their phone and their notifications. We are going to look into and talk about the effects Social Media has on people who have mental health issues such as anxiety and depression. Social Media plays a big part in today's world, the people using these websites come from all different ages and use it for many different ways. An article on google states that "Social Media creates a perceived distance for bullying" and that "people may post hurtful words or pictures more easily using social media than in face-to-face confrontations. The resultant ease of attacks has undoubtedly contributed to anxiety and depression for the targets of bullies." With that being said more younger people who are new to social media may be at risk for being bullied or harassed on these sites, which may cause them anxiety and feeling depressed. I believe that over the years things such as bullying and harassing others have gotten better on social media sites but in some cases they still may be at large for a problem depending on the situation. If you log onto social media and see nothing but depressing posts, that may give you the effect of feeling down and the same way others are feeling. Many people stay on social media to stay in the loop of things but since each social media has a tendency of over sharing things at many times this could also cause someone to feel anxious with all of the information they are taking in.

I do not believe social media is always bad for people though. In many situations social media has a good and positive side of things, such as getting to stay in contact with friends and family and sharing your life successes and adventures with people who you may not get to see everyday. It gives you the access and opportunity to stay in the loop with people you may live across the country from and it is a quick and easy way to be able to communicate with people. Social media does not always have to be labeled as causing mental health and anxiety effects on people. The positive side of social media is the acknowledgement you may get from sharing your exciting news on your page and getting nothing but good words and messages sent to you.

Many people will look at social media and believe it is no good for you and believe that it does indeed cause mental health and anxiety issues. As well as many people will look at it more on a positive side and find it helpful and useful. The truth is it depends how you utilize these social media sites, and if you decide to use it in a positive or a negative way. I believe the more you use it as a positive thing it will encourage others to see the good in it as well. It does not have to be labeled as causing mental health and anxiety issues.

Megan Ruzic-
Intern at Arrowhead Center

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

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