

# S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

AUGUST 2021



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



## MINISTER'S MESSAGE FROM DAVE'S DESK

Last Sunday we came together in worship for the first time with relaxed covid guidelines including not wearing masks. While we have been back in worship since mid-May, something was different. Worshipers I think felt a sense of normalcy return. While we should remain vigilant that covid strains are still with us, I watched so many enjoying one another's company that was missing during much of the pandemic. Many didn't seem to want to leave the sanctuary, talking with others and catching up. Then the coffee fellowship started in the church basement and smiles seemed to be on everyone's face.

My question is...have we all stopped to give thanks in prayer that we are where we are? God challenges us often with bumps in the road of life to draw us closer to him, but this was a doozy. I pray that we don't put this pandemic out of mind but give thanks for what God has done. Too often, once the dusts settles, we push these memories out of mind such as the Great recession or 911. Let's remember that too many died, and we give thanks that the parish was affected minimally, although it touched the lives of so many. One death is one to many.

I'd like to share a story about a Polish railway worker named Jan Grzebski who was hit by a train back in 1988. He lived...but only barely. For the next 19 years (until 2007), Grzebski was in a coma. He awoke in 2007 to a whole new world. 19 years earlier, Poland was a communist state. Grzebski noted that back then meat was rationed and there were huge lines at nearly every

gas station. And, "there was only tea and vinegar in shops."

But 19 years later, he awoke to a free nation where he said there were "people on the streets with cell phones and there are so many goods in the shops it makes my head spin." But something puzzled him. "What amazes me is all these people who walk around with their mobile phones and yet they never stop moaning."

These people had freedom, and food and wealth greater than Poland had for decades...and yet, Grzebski woke from his coma to find that all they seemed to want to do was grumble! If you don't get into the habit of thanking God for what you DO have, you'll soon become ungrateful because of what you don't have.

I pray that we all give thanks to God, not only the big things that he promises to watch over us, but also for the simple things we are given day to day. Give thanks for the day because tomorrow is not promised! God's got a plan for each one of us...He's got this!

In God's peace, invite a friend

Minister Dave



### SALT Parish Worship Schedule:

Faith (8:45) & First (10:30) 1<sup>st</sup> & 3<sup>rd</sup> Sundays  
St. John's (8:30) & St. Peter's (10:30) 2<sup>nd</sup> & 4<sup>th</sup> Sundays  
Livestream will be at 10:30 am on the SALT Parish Facebook Page

~S.A.L.T. PARISH MEETING~

Next meeting: Aug 4th,  
6:30p at First  
All are welcome!

UPCOMING EVENTS

A special Hello to Ruth who has been waiting for the  
Newsletter to be back!!

~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**



*Memorial Service for*

*Vicki Schwartz*

*Saturday, August 21*

*Visitation 10:00 am*

*Service 11:00 am*

*Faith Lutheran Church,  
Culver*

CONFIRMATION CLASSES BEGIN SEPTEMBER 8<sup>TH</sup>

*Confirmation  
Class*



WE WILL HOLD CONFIRMATION  
INSTRUCTION AT FAITH LUTHERAN IN  
CULVER

WE WILL PLAN CLASSES FROM  
6:15PM TO APPROX. 7:30PM. IF YOU  
HAVE A CHILD 6<sup>TH</sup> GRADE OR OLDER

INTERESTED IN PARTICIPATION, PLEASE CONTACT MINISTER DAVE AT 218-391-  
7951 OR EMAIL AT dwerdmann@gmail.com.



SALT SUNDAY OUTDOOR WORSHIP  
& PARISH PICNIC

Sunday, August 29<sup>th</sup>

Faith Lutheran Church, Culver

10:00 am Outdoor Worship

Picnic to follow with brats, burgers & all the fixings!

Door Prizes too!

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

Picnic offerings: 80% to Luther Seminary Scholarship fund,  
20% to purchase fabric for tie blankets made during the Women's  
Retreat and distributed to the needy.

Sponsored by: Vince Jones & RBC Wealth Management.

*Come  
Worship  
with us!*

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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

~NEWSLETTER DEADLINE~

**Deadline for the Sep issue: 3rd Sun of Month: Aug 15<sup>th</sup>**

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

Men's Breakfast  
 Friday, August 20th, 8:00 am  
 Country Corner, Brookston



August Council Meetings  
 August 4 Parish Council at First,  
 Meadowlands 6:30 pm  
 August 10 First, Meadowlands 6:00 pm  
 August 11 Faith, Culver 10:30 am  
 August 12 St. John's, Saginaw 6:30 pm  
 No council meeting for St. Peter's, Canyon



~~RUBY'S PANTRY~~

Locations nearest you:

**801 MN Hwy 33  
 Cloquet, MN**

4<sup>th</sup> Wednesday of the Month  
 10:00 – 11:30 am  
 Aug 25th, 2021

**5577 Cromwell Park Dr  
 Cromwell, MN**

2<sup>nd</sup> Thursday of the Month  
 10:00 – 11:30 am  
 Aug 12th, 2021

**5007 Maple Grove Rd  
 Hermantown, MN**

2<sup>nd</sup> Tuesday of the Month  
 5:00 – 6:30 pm  
 Aug 10<sup>th</sup>, 2021

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](http://www.rubyspantry.org)

**Church News**

**Annual Meetings**

**First, Meadowlands  
 Sunday, August 15<sup>th</sup> following worship**  
**St. John's, Saginaw  
 Sunday, August 22<sup>nd</sup> following worship**



**Annual  
 Congregational  
 Meeting**

*Celebration of Life*

***A Celebration of Life service will be held for Sally Meinke on August 14<sup>th</sup>, at the Cremation Society of MN, 4100 Grand Ave, Duluth. Visitation begins at 9:00 am with Memorial service at 10:00am. There will be a lunch following the service.***

**CHURCH CONTACT PEOPLE**

Church	President	Phone
Faith, Culver	Stan Lamb	310-0857
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	Irene DiMucci
Treasurer	Misty Bergman

**NEWSLETTER STAFF**

**Editor:** Misty Bergman Website: Karen Witkowski  
[Bergman.misty22@gmail.com](mailto:Bergman.misty22@gmail.com), 507-829-4053

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**Contact people:**

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

**Thank you to our volunteer mailers!!!**



Please join us at the Bakk House, located at Camp Vermillion Voyageurs Lutheran Ministry, **September 30<sup>th</sup> – October 3<sup>rd</sup>**. You can join all four days or come for the weekend. There will be Bible study, quiet time, walks, campfires, food, pampering, shopping, mission work making fleece blankets for donating, games, and great friendship making. Contact Sharon Zorn or Andrea Anderson for registration information. Limited space is available, save your spot early.

### Suicide Information

Suicide is the 10<sup>th</sup> leading cause of death in the United States claiming the lives of over 48,500 people per year. On average 130 per day die from suicide, or approximately one person every eleven minutes. Suicide affects both males and females however male suicide rates are 4x's higher than female rates with males accounting for 79% of all suicides in the U.S. The statistics on suicide paint a very real and dark picture of this problem that plagues the United States but with proper education on signs to watch for and resources for suicide prevention there is hope.

There is no single cause for suicide, suicide most often occurs when stressors and health issues (both physical and mental) converge to create a sense of hopelessness and despair. Depression is the most common condition associated with suicide and often goes undiagnosed until it is too late. Some risk factors for suicide are substance use issues, mental health disorders such as bipolar disorder, schizophrenia, anxiety disorders, traumatic brain injuries, or serious physical health conditions such as chronic pain. Some warning signs to watch for before an attempted suicide would be a person talking about killing themselves, saying they have no reason to live or feel like a burden to friends or family. Behaviors such as increased use of alcohol or drugs, withdrawing from activities or isolating from family and friends, visiting, or calling people to tell them goodbye, or giving away their prized possessions.

At the time when at their lowest point a person may believe suicide is their only option but really it is a permanent solution to a temporary problem. For immediate assistance with suicidal thoughts people could call the National Suicide Prevention Lifeline (800-273-8255) or in Minnesota text MN to 741741. Other, less immediate resources would be to look for your local Adult Mental Health Crisis Response Team information or reaching out to suicide prevention organizations such as the American Association of Suicidology or the American Foundation for Suicide. You can also have a counseling session with a licensed crisis counselor, psychologist, or even just a trusted family member, friend, religious figure, or any trusted individual to get the conversation going in the direction of getting help.

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