

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

OCTOBER 2021



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

In taking a look over the last year, including the covid virus, our worship routine has been adjusted a number of times such as livestreaming, parking lot worship and then finally coming back to our sanctuaries with guidelines. So, we may not be in our usual routine of worship both in our buildings and live stream. I think we are getting back on track, but how has all this affected our Christian faith life, especially worship. Are we in a state of contentment or commitment? Are we truly committed, or do we find ourselves going through the motions? It's been very easy to stray in our faith life over the last year and a half. Some of us got very comfortable watching the live stream in our pajamas and a cup of coffee in hand. That's OK, but I encourage corporate worship standing in a community of believers to be strengthened in your faith.

I'd like to share a story that questions our faith and weather we are just content or committed. Four masked men came into a church with assault rifles, screaming at the Pastor and members during a worship service. They said that anyone who would deny their faith could leave safely, but the Pastor had to stay and face the outcome.

Silence filled the church, and finally, one after another, people began to rise from their seats and move to the exit. The church was now less than half full. The gunman checked one last time to see if anyone wanted to leave. Some people were sobbing, some praying, and some looking steadfastly at the cross with eyes filled with tears. They were ready for what was to come.

The men slowly lowered their rifles. The leader who gave the instructions gave one last command. He said, "preach on preacher! Here are your real members." The men left quickly without anyone knowing who they

were. The stunned people looked at each other and all of those empty seats.

Hopefully, we never face such a situation. But hypothetically, in that same situation, what would we do. Are we content in our faith or are we committed in our faith? Would we deny our faith out of fear or stand up in faith as Jesus did for us on the cross, honoring his Fathers will? I pray that we would all stand up in faith for what we believe with courage and conviction! Thanks be to God!

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 is always available for emergencies.

First contact: 218-391-7951 (cell)

Secondary number: 218-348-9720

Email: dwardmann@gmail.com

Draw near to God, and he will draw near to you. James (4:8)

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

Next meeting: Oct 7th,
6:30p at St. John's
All are welcome!

UPCOMING EVENTS

**OCTOBERFEST
BAKE & CRAFT SALE**

**October 16th, 2021
11:00 am – 1:00 pm**

At Meadowlands Community Center

Sponsored by: First Lutheran Church of
Meadowlands, MN.

**In-House Drawings
Lunch will be available.**

Faith Lutheran's Bazaar

5697 Hwy 7, Culver, MN 55779

**Saturday, November 6th, 2021
10:00am – 2:00pm**

**Fall /Holiday decorations, quilts, handmade
items**

**Garden, canned, and baked goods
Slightly used household and other white
elephant items.**

**Handmade Quilt drawing and other prizes
\$1.00 tickets available from Faith members
(also sold at the sale on Nov. 6)**

**Lunch (soup, stews, chili, and pie) will be
available**

Ladies Christmas Luncheon

12:00pm December 9th, 2021

Meadowlands Community Center

**1:00pm Program by Duluth Adult & Teen
Challenge**



CRAFT BAZAAR
ST. JOHN'S LUTHERAN CHURCH
4893 INDEPENDENCE RD. SAGINAW, MN.
SATURDAY, OCTOBER 16th 2021
9:00am - 1:00pm
RAFFLE
CRAFTS
HARVEST
PLANTS
BAKE SALE
CHILI LUNCH WILL BE AVAILABLE
WHITE ELEPHANT TABLE

~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 Oct issue: 3rd Sun of Month: Oct 17th

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

Rejoice always, pray continually,
 give thanks in all circumstances;
 for this is God's will for you in Christ Jesus.
1 Thessalonians 5:16-18



~~RUBY'S PANTRY~~

Locations nearest you:

801 MN Hwy 33

Cloquet, MN

4th Wednesday of the Month

10:00 – 11:30 am

Oct 27th, 2021

5577 Cromwell Park Dr

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

Oct 14th, 2021

5007 Maple Grove Rd

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Oct 12th, 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

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	Ir [REDACTED]
Treasurer	Misty Bergman

Men's Breakfast

October 15th, 8am

Country Corner, Hwy 2, Brookston



Church News



SALT Parish Worship Schedule:

Faith (8:45) & First (10:30) 1st & 3rd Sundays

St. John's (8:30) & St. Peter's (10:30) 2nd & 4th Sundays

Livestream will be at 10:30 am on the SALT Parish Facebook Page



SALT Parish Council is looking for a secretary to take minutes at the meetings and have them ready for the following meeting. Please prayerfully consider helping in this ministry. Contact Minister Dave or Sharon Zorn for more details

NEWSLETTER STAFF

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Faith – Karen Witkowski **First** – Ginny Richmond

St. John's – Marilyn Raether **St. Peter's** – Sharon Zorn

Thank you to our volunteer mailers!!!

Mental Illness

Mental illness continues to be treated with a stigma due to its repeated negative portrayal in television and the movies. Oftentimes, individuals feel ashamed to admit when they are struggling with symptoms of mental illness, whether that be depression and anxiety or more significant signs such as paranoia or delusions. These symptoms can go unaddressed clinically, which can lead to self-medicating with drugs and alcohol. The use of drugs and alcohol can worsen symptoms, which leads to additional self-medication and again the worsening of symptoms, creating a vicious cycle.

One such illness is Seasonal Affective Disorder, more commonly known as SAD. SAD is a mental health condition that is related to the change in seasons and begins and ends around the same time each year. Symptoms most commonly begin in the fall and extend through the winter months, with individuals beginning to feel relief through the spring and summer. Symptoms include low energy, feeling moody or depressed most days, throughout the day, sleep difficulties, losing interest in activities you once enjoyed, and feeling hopeless.

The cause of SAD continues to remain unknown, but there are three factors that may play a role in the severity of SAD. The reduced level of sunlight can disrupt one's internal clock, leading to feelings of depression. Second, reduced light can cause a drop in serotonin levels, which is a brain chemical that affects your mood. Lastly, the seasonal changes can disrupt the level of melatonin in the body, which plays an important role in both mood and sleep patterns. Risk factors for SAD can include a family history of SAD or other forms of depression, living far from the equator due to decreased sunlight in the winter months, and having a pre-existing diagnosis of depression or bipolar disorder.

While it is normal to have days where you feel down, feeling low for days at a time and having little to no motivation to do things you once enjoyed can be a sign of a much bigger issue. It is especially important if you have noticed a change in your appetite and sleep patterns, or if you notice yourself turning to substances to help self-medicate to schedule an appointment with your doctor. Fortunately, as with many mental health conditions, SAD can be treated. Phototherapy, or the use of light therapy has been found to be beneficial to those who suffer with SAD. Additional treatments that have proven to be beneficial include medication management with an anti-depressant to address serotonin levels, along with talk therapy.

Rachel M. Olivanti, LADC Mental Health Practitioner
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