

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

SEPTEMBER 2021



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

Over the last year and a half of Covid outbreak, our patience has been tested. We want things the way they were. We want our normal life back. It put's our patience to the test. The bible tells us to not only to have patience but to be thankful while we wait. It says, "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. Allow me to illustrate.

"A lady named Grace had a large garden. She showed me how to cut seed potatoes so that each piece had at least one eye, and we planted them. The waiting was agony. At first there was no progress, but Grace encouraged me to be patient. When the first green leaves started showing, I was ready to start digging. If there are leaves, then there must be potatoes, right?

Grace dug one potato just to show me it was too early. As the potatoes began to form, she gently brushed back the dirt and showed me the potatoes were there, but they weren't ready yet...A few new potatoes were good to eat, but if we were to have enough, we needed to let them grow to maturity. The process was so long that I gave up checking the potatoes. It wasn't exciting anymore. It simply took too long.

One day Grace announced the harvest. We dug up sacks of potatoes. Every mound was a new discovery. And I found more than potatoes that day. The lesson I learned has served me well. The harvest was worth the wait, but without the wait, there would be no harvest."

Let's try to remember this story the next time we wait at a stop light or at the grocery store checkout and especially when your patience is tested with someone you don't agree with.

If you feel your patience tested, let us be reminded of God's patience that he returns to us with mercy and grace. This is all about our growing in our spiritual patience of loving our neighbor and bringing others to faith. Spiritual faith means planting and waiting. Don't get discouraged. Be thankful while you are waiting.

In God's peace, invite a friend

Minister Dave



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.

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

Next meeting: Sep 1st,
6:30p at St. Peter's
All are welcome!

~CLERGY SCHEDULE & CONTACT INFO~

Dave Erdmann, SAM (Synodically Authorized Minister), is our worship & faith life leader.

Days off: Mon & Sat.

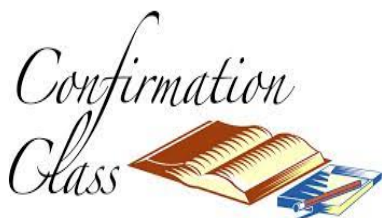
He is *always* available for emergencies.

First contact: 218-391-7951 (cell)

Secondary number: 218-348-9720

Email: dwerdmann@gmail.com

CONFIRMATION CLASSES BEGIN SEPTEMBER 8TH



WE WILL HOLD CONFIRMATION
INSTRUCTION AT FAITH LUTHERAN I
CULVER

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

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



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

UPCOMING EVENTS



St. Peter's Lutheran – Esther Circle Fall Sale

September 18th, 2021

9:00 am – 3:00 pm

**At Northland Fire Hall
in Canyon, MN**

Crafts, knives, baked goods, greeting cards
and some slightly used items.

Handmade Quilt will be raffled.
Lunch will be available.

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 Sep issue: 3rd Sun of Month: Sep 19th

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

**MAY THE
SCHOOL YEAR**
BE FILLED WITH A LOVE FOR
LEARNING PACKED WITH CREATIVITY,
GROWTH AND FRIENDSHIP.

~~RUBY'S PANTRY~~

Locations nearest you:

801 MN Hwy 33

Cloquet, MN

4th Wednesday of the Month

10:00 – 11:30 am

Sep 22nd, 2021

5577 Cromwell Park Dr

Cromwell, MN

2nd Thursday of the Month

10:00 – 11:30 am

Sep 9th, 2021

5007 Maple Grove Rd

Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Sep 14th, 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

September 17th, 8am
Country Corner, Hwy 2, Brookston



Church News



St. John's and St. Peter's
20th Annual Women's Fall Retreat
Bakk House – Camp Vermilion, Cook, MN
September 30th—October 3rd, 2021

Please Register on or before September 12th, 2021

By contacting:

Andrea Anderson, 1406 16th St. Cloquet, MN 55720

Call (218) 879-6153 or (218) 269-6192

Sharon Zorn, 8672 Evergreen Lane, Cotton, MN 55724

Call (218) 591-0978

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, 507-829-4053

Circulation / Mailing Coordinator: Christine Wolvin

Contact people:

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

Thank you to our volunteer mailers!!!

Suicide Information

Suicide is the 10th 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