

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

NOVEMBER 2021



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As I look out the window seeing yet another wet and dreary day, I can't help but wonder how many more days or hopefully weeks before this moisture will start coming in the form of snow. First, we turn the clocks back and start the thoughts of the coming holidays, the first being Thanksgiving. All the details begin with a big turkey dinner, football on TV and most importantly, the coming together of family. I think sometimes we forget where all the daily gifts we receive come from.

I'd like to share with you about a man named Dan and his family's Thanksgiving together. "Dan was in the construction supply business and business was quite good. In response to hearing about how well things were going, Dan's daughter said, 'We sure have a lot to be thankful for!' But instead of agreeing, Dan snapped back 'I worked hard for everything I have.'

Dan was a regular in church, a good moral person, not sure if he classified himself a Christian but he believed in the existence of God. But he didn't realize, or perhaps he had forgotten to the fact that everything he had, everything he could do and all that he accomplished was from God. He had been placed in history with all the right factors and the right gifts and abilities to make his success possible. Even so, at any time God could say 'no more.' He worked hard, but where did he get his work ethic? He worked hard but millions, probably billions of people around the globe work harder than Dan and have much less."

I encourage everyone this Thanksgiving to re-evaluate what is really important and identify what are all of our earthly gifts that God gives us, as well as our Spiritual gifts. We sometimes take too much credit for what we have and forget where those gifts truly come from.

There's already talk in the news that supply chains for merchandise to the stores and online entities may run short this holiday season. Maybe God is trying to re-direct us to take a look at what is really important. If we don't have as many gifts under the Christmas tree, does it truly matter. We give thanks for all the gifts we have, namely our faith, family, and friends. Let us all give thanks during the upcoming holidays for what we have including things like ability and work ethic that God supplies, rather than complaining that we didn't get everything we hoped for under the tree. I wish everyone a wonderful Thanksgiving in preparation of the upcoming holidays.

Please mark your calendars to join the SALT parish Thanksgiving worship on Sunday evening November 21 at 6:30pm at St John's Lutheran church on Independence Road in Saginaw. The service will also be live streamed on the salt parish page of Facebook.

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: dwerdmann@gmail.com

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

Next meeting: Nov 4th,
6:30p at Faith
All are welcome!

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.

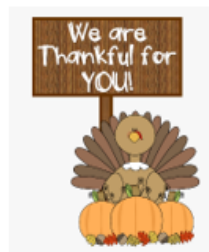
Handmade Quilt drawing and other prizes
\$1.00 tickets available from Faith members
(also sold at the sale on Nov. 6)

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

Thanksgiving Service

Sunday, November 21

6:30 pm at St. John's, Saginaw



UPCOMING EVENTS



Ladies Christmas Luncheon

12:00pm December 9th, 2021

Meadowlands Community Center

1:00pm Program by Duluth Adult & Teen Challenge



All Saints Sunday

November 7, 2021

Faith Lutheran Church, Culver 8:45 am

First Lutheran Church, Meadowlands 10:30 am

All members and friends attending worship will be invited to come forward to light a candle in memory of a loved one who has passed.

~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 Dec issue: 3rd Sun of Month: Nov 21st

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

~~RUBY'S PANTRY~~

Locations nearest you:

801 MN Hwy 33
Cloquet, MN

4th Wednesday of the Month
10:00 – 11:30 am
Nov 24th, 2021

5577 Cromwell Park Dr
Cromwell, MN

2nd Thursday of the Month
10:00 – 11:30 am
Nov 11th, 2021

5007 Maple Grove Rd
Hermantown, MN

2nd Tuesday of the Month
5:00 – 6:30 pm
Nov 9th, 2021

Bring your own boxes/baskets for food. (\$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	Jodi Messner
Treasurer	Misty Bergman

**Men's Breakfast
November 19th, 8am
Country Corner, Hwy 2, Brookston**



Church News



If anyone would like to donate to Heartfelt Hugs, please send your donation to Faith Lutheran Church marked Heartfelt Hugs. If anyone in **South Ridge School** is in need of help with Christmas gifts for their children, please contact Brackin Miggins at South Ridge School at 345-6789 to request a form. Thank you.

SALT Parish Mental Health Team Meeting

November 21st, 6:30p at Faith Lutheran Church.

The focus of the Mental Health Team is to raise awareness and plan events to help those within our communities who may be struggling with Mental Health issues. **Prayerfully consider** joining us as we brainstorm ideas on how SALT Parish can continue this important ministry within our communities. All are welcome!!

NEWSLETTERSTAFF

Editor: Misty Bergman Website: Dave Erdmann
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!!!

Mental Wellbeing Message

During the Fall we experience a series of significant changes as the weather grows colder. The amount of sunlight decreases, then we set the clocks back by returning to central standard time. Changes such as these can impact the routines that support self-care to maintain physical and mental health. Being steadfast and establishing routines can have positive effects during the long wait for the return of longer days and warmer weather.

A routine is a tool that can help us immensely. A routine is more than a schedule. It is a commitment that we make with ourselves to maintain our health. Routines need to provide sufficient time to complete work and other obligations but also to have time to rejuvenate and rest. We need to be sure we are eating healthy and that we are giving time for spiritual growth. All these activities contribute to our wellbeing and require effort and appropriate prioritization.

An important part of a routine is to establish an individual plan that will work for you! Although we can copy a routine from another person, each of us has many unique needs that require us to tailor our plan to ourselves. By planning routines that meet your needs you can help generate commitment and follow through which can benefit you to the greatest extent possible.

Sleep is important; however, far too often sleep hygiene is neglected! Do you thrive on 7 hours; or do you need 10 to be ready to face the day? Establishing the number of hours and then incorporating these into your routine is a critical first step.

Taking time to plan for meals can help to be sure your body has the energy it will need to tackle the day. Planning meals allows you to prepare healthy foods and be sure that you have the energy you need when needed!

Be sure to exercise! Fall and winter provide opportunities for exercise in a myriad of ways both outdoors and indoors. Although it may be more challenging, exercise is critical to maintaining physical and mental health. Always be sure to work with your physician to be sure that your exercise plans are appropriate for you. Finding exercise activities that you enjoy is always beneficial and can give you something fun to do rather than a chore.

Work and other obligations need to have an appropriate amount of time dedicated. Set the time into the schedule but strive to maintain a healthy work life balance. Our employers and other pursuits such as volunteer activities and education are important. By setting aside the right amount of time we can be sure they do not take over but fit in our daily life.

Finally, be sure to establish time for spiritual growth! Far too often we forgot to prioritize this important component. Reading the bible, prayer, meditation, and other spiritual disciplines are important to spiritual growth which restores and prepares us for the challenges that we will face daily.

Tim Killian
Arrowhead Center, Inc.
timk@arrowheadcenterinc.org