

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

DECEMBER 2021



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

With the first measurable snow fall last weekend and nighttime temperatures going well below freezing, Winter seems to be upon us to stay. Hopefully everyone has prepared for it with various tasks like raking leaves, cleaning gutters, putting away lawn furniture and bringing indoors anything that we can't allow to freeze. How have you prepared for winter? Are you ready? If we haven't done it by now, we may be a bit frantic.

We are in a time of preparation for winter but are also in a time of preparation for Advent and the coming of the Christ child. Are we ready? I don't mean completion of shopping, menus for parties, putting up a Christmas tree, or decorating and wrapping presents. I mean preparing for the Christ child. Are we witnessing the Christmas story of Jesus birth?

There's a story of a schoolteacher in England that supervised the construction of a manger scene in a corner of her classroom. Her kids were excited to set up the model barn and cover the floor with real straw and then arrange the figures of Mary, Joseph, the shepherds, the wise men, and the animals, all facing a little crib in which a tiny doll represented the infant Jesus.

One boy simply couldn't tear himself away from it. Each time he returned to it, he stood there completely engrossed and wearing a puzzled expression on his face. The teacher finally asked him, is anything bothering you? Do you have a question to ask? With his eyes still glued to the manger scene, the boy said slowly, "What I'd like to know is, where does God fit in?"

Let us not forget why we are celebrating Christmas! Now is a time for preparation. The presents, the decorations, the parties, and food are fine, but let us remember where God fits in. I encourage everyone to come closer to the church and prepare for the Christ child. Let us be a witness to the Gospel

and invite a friend to worship. If you're looking for the perfect gift for someone, give them the best gift possible, the free gift of faith by grace.

I'd like to personally wish each and every one of you a Merry Christmas. It's been another wonderful year for me in leading this parish. We've no doubt had our challenges, but we will be stronger together as a parish than we are individually because of the challenges. On behalf of myself and my family, we thank you for everything you do for us. Merry Christmas!

In Christ'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

Thank you ♥

Thank you to all the members of SALT Parish for the special "Beth Day" on October 31st. I am truly blessed to have all of you as a part of my family. Thank you again, Beth Erdmann

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

Next meeting: Dec 2nd,
6:30p at First
All are welcome!



Blue Christmas Worship Service

Tuesday, December 21, 2021

6:30 pm

Faith Lutheran Church, Culver

A service where we remember those for whom the holidays may not be joyful. They may be lonely, in mourning, feeling alienated or set apart from family, experiencing depression or sadness. We refocus on the true meaning of Christmas and the coming of the Christ Child.

Trimming the Tree
Choir Members and Anyone Else
Sing Carols and Decorate the Tree
Wednesday, December 1
3:00 – 5:00
Faith Lutheran Church, Culver



UPCOMING EVENTS



Ladies Christmas Luncheon

12:00pm December 9th, 2021

Meadowlands Community Center

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



Christmas Eve Worship December 24th

Lessons & Carols with Holy Communion 4:00 pm
First, Meadowlands 9:00 pm Faith, Culver

Live stream on the SALT Parish Facebook Page at
4:00 pm

~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 Jan issue: 3rd Sun of Month: Dec 19th

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:

Armory, Cloquet, MN

They will no longer be offering Ruby's Pantry

5577 Cromwell Park Dr
Cromwell, MN

2nd Thursday of the Month
10:00 – 11:30 am
Dec 9th, 2021

5007 Maple Grove Rd
Hermantown, MN

2nd Tuesday of the Month
5:00 – 6:30 pm
Dec 14th, 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

Christmas Dinner grace for Children

Jesus Christ was born this day,
A Baby in a manger lay.
Angels did announce His birth,
sweetly singing "Peace on Earth."
Shepherds came around to see
the very special family.
Wise men brought rich gifts of three,
I will bring a gift of me.

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
December 17th, 8am
Country Corner, Hwy 2, Brookston**



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.

I said a Christmas Prayer for you
because the season's near ..
I didn't ask for riches but
for gifts so much more dear.
I asked for joyful gatherings
with your family all round ..
And for carols to inspire you
with their old familiar sound.
I asked for quiet moments
in your heart on Christmas morn ..
For a special time to celebrate
the Savior who was born.
I asked for friends to send their best
that you might know they care ..
I asked for peace and love and hope
and I know God heard my prayer.
all-greatquotes.com



NEWSLETTERSTAFF

Editor: Misty Bergman Website: Beth 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!!!

Message from Arrowhead Center

As many are aware, the Last Place On Earth, which was located in Duluth, carried synthetic drugs such as spice and kratom. While this facility has been closed for a number of years, there are plenty of headshops in Duluth and on the Iron Range that have products such as this available. While spice is still a problem in our area, Delta-8 has become the biggest threat to our youth.

Delta-8, which is often referred to as “marijuana lite” or “diet weed”, is a product that can be found in most smoke shops. While the chemistry of it can be a bit confusing, Delta-9 is the psychoactive drug in THC that makes one “high”. Delta-8 is a step below Delta-9; both produce a euphoric, fuzzy feeling, but Delta-8 causes a milder high. Consumers are purchasing Delta-8 believing that they will be able to get high legally, since this product is sold in stores.

The hard truth of Delta-8 is that it is not legal. Delta-8 is considered to be a Schedule I drug, because it is known to cause psychoactive impairment for the user. According to the DEA, there is no gray area surrounding Delta-8; they consider it to be an illegal substance, yet this product continues to flood the marketplace.

This product can also put consumers at risk. Unsuspecting consumers are being offered Delta-8 “shots” in their morning coffee at their local coffee shop while on their way to work, with no warning about the potential for impairment or how it might impact the ability to drive. Delta-8 gummies and vape cartridges are being sold in incredibly high doses to teenagers in vape shops and gas stations as if they are harmless hemp products that do not get you high. Not only are the consumers of these products being put at risk, so are the unwitting business owners that are carrying these products, without an understanding of their own liability for selling them.

Additionally, because Delta-8 is not federally regulated, no one is monitoring the production of these products or their quality; therefore, as a consumer, one does not know what they are putting in their system. According to those producing Delta-8, the product should contain less than .3 % THC. However, individuals that utilize Delta-8 can test positive for THC.

Delta-8 is currently everywhere, and it is important to educate oneself and our youth on the dangers of the substance.

Rachel M. Olivanti, LADC, Mental Health Practitioner
Treatment Director
rachelo@arrowheadcenterinc.org



Tips for avoiding the Holiday Blues



Stick to normal routines as much as possible.

Get enough sleep.



Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.



Eat and drink in moderation. Don't drink alcohol if you are feeling down.



Get exercise—even if it's only taking a short walk.



Make a to-do list. Keep things simple.



Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.



Set a budget for holiday activities. Don't overextend yourself financially in buying presents.



Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.