

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

February 2022



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As we enter the 23rd month of various effects of the Covid virus, we may be asking how we go about practicing stewardship in our faith life. We are told not to be in crowds and to stay specific distances from others. And for some, they have made the decision not to come to in-person worship. Hopefully, you are still able to join us via livestream broadcasts on facebook.

This infectious virus has made many very ill and some 800,000 people in the U.S. have died. I am prayerful that we will start moving in a permanent positive direction. But, in the meantime, we are called to continue our stewardship in our faith life. That is use of our God given resources. It includes taking care of everything we are given in this world, including our time, our talents, and our personal resources.

Giving time seems to get harder and harder in our world that just seems to get faster and faster. Giving time to work on our relationship in Christ truly needs to be a priority, as well as our relationships with others. Our relationship in Christ is nurtured through worship, prayer and scripture. We need to carve out that time daily. Even though it's more difficult, we also need to carve out time for all our other relationships. If it's someone that doesn't live with you, take time to use the technology available to us including, phones and social media. We also seem to forget how to write and send a card or a letter. Cards and letters are proven to be read over and over. Please reach out and attend to your neighbor.

Using our talents can happen in so many ways, but first we must identify those talents. If you could take an inventory of all your interests, you may be surprised at all the talents you have if you just try. Then we need to point those talents to the glorification of God. As we seem to be spending more time overall at home, it's a perfect time to try something new in identifying those talents. I personally took an inventory of my interests through my church some 25 years ago. It told me that

my interests were best suited for "shepherding" meaning "Pastoral." Little did I know at that time that it would point me to the leading of the Salt parish.

Finally, the third meaning of stewardship is the use of our resources. We are reminded in Luke 6:38: "Give, and it will be given to you. A good measure pressed down, shaken together, and running over, will be poured in your lap. For with the measure you use, it will be measured to you." God gives us everything we need in this earthly life; we just must take care of it and share it. We currently have some issues to take care of in how we are using some of our natural resources. We also look at our personal resources that we sometimes are not willing to share with those in need. A writer with the last name of Nowery states, "The stewardship of resources is a serious business; and God's will is that we give it serious attention. This demands that we have the right perspective on our resources, and that is only possible if we have the right focus on our source."

Give thanks daily for all that we are given, and please give serious thought to what you might be able to give back to God and his church. I thank everyone for your faithful giving throughout this pandemic, many who mail their gifts when they can't be in worship. It's important in order to keep up our buildings and our ministries within the parish.



~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

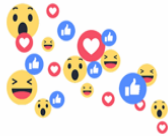
~S.A.L.T. PARISH MEETING~

Next meeting: Feb 3rd,
6:30p at St. John's
All are welcome!

Sunday Morning Livestream

SALT Parish Facebook Page

10:30 am



Bulletins will now be available for
The Livestream. The link will be posted on
the Parish Facebook page or the bulletin
can be accessed at saltparish.org/bulletins

December SALT Parish Council Meeting Summary

Beth Erdmann wanted to express a heartfelt thanks to all the church councils. Mission Report: Community Wellness progress. Southridge: new guidance counselor wants to reactivate the program for students. Progress has not been so good in the Parish. No December meeting scheduled but meeting in January. Linda Anderson notes that Old School put our cards out there for suicide prevention. 2022 S.A.L.T. Budget – Congregations Input and Vote – Each church will pay a share for Minister payroll & benefits. The churches will split this monthly as follows: First and St Johns will contribute \$1,820; St Peter's will contribute \$1,656; Faith will contribute \$1,984; for a total of \$7,280 monthly.

Volunteer for S.A.L.T. Council President Position – Sharon Zorn is asking for a new president to step forward. Prayers for that position are requested.

MANY PEOPLE REJECT JESUS
BECAUSE OF BAD EXPERIENCES WITH
RELIGIOUS PEOPLE.
BUT, HERE'S THE THING...
JESUS HAD BAD EXPERIENCES WITH
RELIGIOUS PEOPLE, TOO.
In fact, they killed him.
PEOPLE WILL LET YOU DOWN.
JESUS WON'T.

Scripture: Matthew 23:13-15

January SALT Parish Council Meeting Summary

Federal mileage rate increase from .56 to .59 cents per mile. **Blue Christmas Service:** Dave reported 20 people – wonderful conversation, one person expressed it was just what they needed. 80 people watched online. Next time – looking forward to involving a choir. Covenant of Synodically Authorized Ministers: This agreement calls for three goals/concerns to be added. 1. Focus on youth education/ministries – only confirmation currently. 2. Continue livestreaming – reaching out to visitors who click “like” or “comment”. Dave and Misty to further discuss online donations process. 3. Focus on stewardship – Incorporate this in messages. Tithing, temple talks and congregation challenge incorporating not just money but time and talent. Annual meeting dates – listed in newsletter. Ginny suggested Dave invite Bishop for July 31, 2022 or October 30, 2022 SALT Sunday. February discuss soup suppers for March and Ash Wednesday is March 2nd.

~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 Mar issue: 3rd Sun of Month: Feb 20th

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:

5577 Cromwell Park Dr
Cromwell, MN

2nd Thursday of the Month
10:00 – 11:30 am
Feb 10th, 2022

5007 Maple Grove Rd
Hermantown, MN

2nd Tuesday of the Month
5:00 – 6:30 pm
Feb 8th, 2022

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

Men's Breakfast
February 18th, 8am
Country Corner, Hwy 2, Brookston



ANNUAL MEETINGS (immediately following worship):

Faith will be 2/6/22,

St Peters will be 2/13/22.

March 2nd, 2022



A Message from the SALT Parish Church Treasurer's

When visiting other Churches for Worship and giving an offering to your own church, they ask that you save it, to give at your home Church. Less confusion for the treasurer.

Reminder to anyone who has Thrivent Choice Dollars to designate, please consider your Church as a recipient.

Thank you for your generosity and understanding.

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	

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

Thank you to our volunteer mailers!!!

As winter is really starting to show how harsh it can get, it's generally a good time to talk about Seasonal Affective Disorder. Although not super common globally, it is very common for those that live in the Midwest. The sun gives us solid doses of vitamin D but, when you are seeing less sun and staying warm indoors, it can take a toll. Other factors that can make susceptibility to SAD increase are the changes in your circadian rhythms during the months when it's darker earlier, when there's more darkness your brain produces more melatonin but, it may mean that your brain produces less serotonin, which can mean a change in your mood or overall feeling of wellness.

How do you know if you have seasonal affective? Here's some questions to ask yourself courtesy of healthguide.

Do I feel like sleeping all the time, or I'm having trouble sleeping?

Am I so tired it's tough to carry out daily tasks?

Has my appetite changed, particularly more cravings for sugary and starchy foods?

Am I gaining weight?

Do I feel sad, guilty, and down on myself?

Do I feel hopeless?

Am I irritable?

Am I avoiding people or activities I used to enjoy?

Do I feel tense and stressed?

Do I feel like I've lost interest in sex and other physical contact?

The signs of SAD are very similar to those of Major Depressive Disorder. So, you may see things like sad mood, low self-esteem, appetite or weight changes, anger, unexplained pain, sleep issues, difficulty concentrating, use of alcohol for comfort, fatigue, and many others that may be specific to you. If you have a depressive disorder, it's especially important to monitor for an increase in symptoms.

There are things that you can do in order to help out how you are feeling!

Some suggestions from healthguide (and a few other sources) include:

Get as much sun as you can. Even if you are inside, try sitting in front of a window that has sunlight coming in.

Try to exercise, it's pretty effective!

Reach out to family and friends. And the important part.... Actually, let them help out!

Try to limit carbohydrates because it can cause you to crash afterwards.

Stay ahead of stress as much as you can.

Try out a sun lamp or a natural light alarm clock.

Try out a vitamin D supplement.

And, of course, talking with your counselor or doctor if things are feeling a bit difficult.

The further away from the equator you are, the tougher winter can be on your well-being. So, be sure to take care of yourself, keep your body and mind busy, make healthy choices, and reach out for help as needed.

Article Courtesy from Dani at Arrowhead Center