

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

January 2022



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

By the time this article goes to print, Christmas will have come and gone. I pray that the arrival of the Christ child has not only been a celebration of Christmas parties, but the peace and promise we receive with the birth of Jesus in a manger. Let us continue to celebrate his coming not just at Christmas, but every day.

As we turn the calendar page to January, we celebrate the baptism of our Lord, by John the Baptist. This can be a confusing story since many ask, "Why did Jesus get in line at the Jordan river with all the sinners who are repenting when he was sinless himself and had no need to repent. The easiest answer that I can give is that it's all a part of god's plan for Jesus coming.

Baptism seems like such a small thing. Some water and a few words. Yet it's a big thing because it unites us to Christ and makes his story our story. It's truly a big deal. That's why families travel long distances to see a baby being baptized. That's why Pastors sometimes hurry to the hospital to baptize a baby who may not survive. I even know of a young man who was baptized in a swimming pool because he and his family thought Baptism was a big deal. Your Baptism is a big deal. Through your Baptism, the story of Christ is your story.

In his Baptism, Jesus comes to us in the flesh through this Holy sacrament. He comes to earth to live among us. He shares in our sorrows and celebrates with us his victory over death. Jesus came to take our place on that cross at Calvary. God looks at us not as our self but rather, who we are in Christ Jesus. We can't do anything to earn our Baptism. God just accepts us as we are.

The voice of God the Father spoke at Jesus Baptism saying, "You are my Son whom I love; with you I am well pleased." He not only said that to Jesus but says it to every

member of his church when we celebrate the sacrament of Holy Baptism.

If anyone reading this message is not Baptized, adult or child, and would be like to make that commitment as a child of God, please come and discuss it with me. It will be the best decision you ever made in your faith life.

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

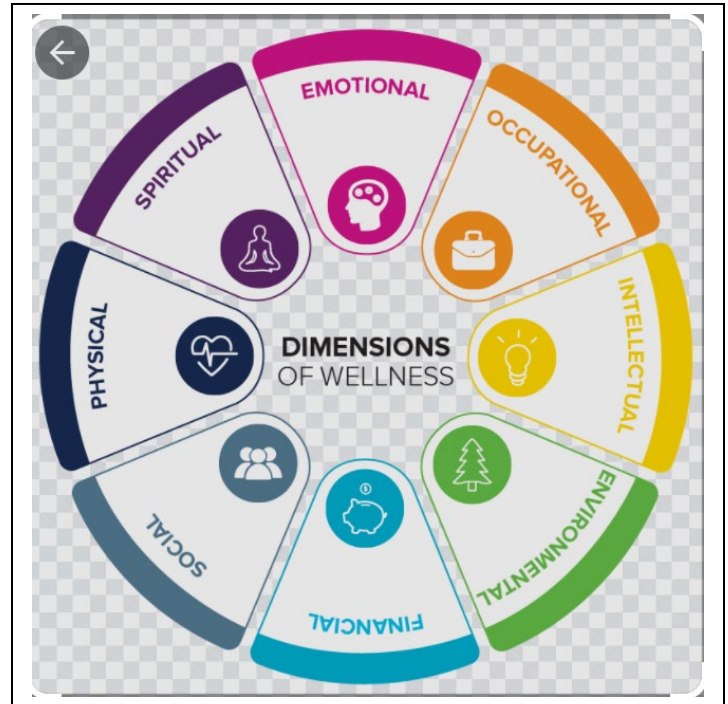
Email: dwerdmann@gmail.com



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

Next meeting: Jan 6th,
6:30p at St. Peter's
All are welcome!

UPCOMING EVENTS



The diagram is a circular infographic with 'WELLNESS' in the center. It is surrounded by eight icons: Physical (person running), Mental (lightbulb), Emotional (heart), Spiritual (flower), Social (group of people), Environmental (mountain), and two others (person walking and person sleeping).

- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.

Come join us on January 27th, 2022, 6:30pm at Faith Lutheran Church in Culver to learn more about Health and Wellness and what we can do to improve the Health and Wellness of ourselves and our Community. All are welcome to come with ideas to share.

~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 Feb issue: 3rd Sun of Month: Jan 16th
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

Jan 13, 2021

5007 Maple Grove Rd
Hermantown, MN

2nd Tuesday of the Month

5:00 – 6:30 pm

Jan 11th, 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



Men's Breakfast

January 21st, 8am

Country Corner, Hwy 2, Brookston



ANNUAL MEETINGS

(immediately following worship):

First will be on 1/16/22,

Faith will be 2/6/22,

St Peters will be 2/13/22.

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

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

Thank you to our volunteer mailers!!!

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://www.nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).