

# S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

March 2022



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



## MINISTER'S MESSAGE FROM DAVE'S DESK

As I write this article for our monthly newsletter, much of my attention begins to shift to our upcoming Lenten season. By the time you receive this letter, Ash Wednesday will be upon us. As you look forward in the newsletter, you will see our schedule and theme for Lenten services, along with soup suppers. This Lenten fellowship is something we've been yearning for since we haven't been able to do it the last two years because of covid. But I pose the question, what does this 40-day journey of Lent mean to you. Is it just another Lenten season culminating with Easter Sunday?

In two weeks, many across our country and others, will go to their local churches to have ashes placed on their foreheads as a sign of repentance. Ash Wednesday marks the beginning of lent, a 40-day period that many "give-up" something in preparation for the coming of Easter.

I'd like to share some insight from Gene Gregory on the season of Lent. "In the French Quarter and other parts of New Orleans, Ash Wednesday starts at 12am, Wednesday morning when police, mounted on horseback, drive the revelers and partiers from the streets after a week of feasting and celebrations. This partying culminates in Fat Tuesday, or in French 'Mardi Gras.' Fat Tuesday is celebrated with parades and parties in a growing number of cities in the U.S., and with parades and parties in many parts of Europe and South America.

As we think about Ash Wednesday and Lent, as well as Easter on its way, and as we think about Jesus and his disciples, the question begs to be asked, 'Is this what it means to be a Christian? Is feasting, parades and parties, and ashes on our foreheads what it means to be a

disciple of Jesus Christ? Would Jesus even recognize many of the things we do in His name and many of the people who profess to be his followers today? What does a Christian look like? Let me tell you, being a Christian is both easy and hard."

I pray that all who are reading this will join us in the Salt churches for our 40-day journey of Lent, coming in repentance and saving the celebration for Easter morning when we sing "Jesus Christ is risen today." May the Holy Spirit walk beside you as we anticipate the death, the resurrection and Christ's victory over sin and death. May God bless your journey!

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](mailto:dwerdmann@gmail.com)**

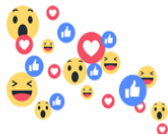
~S.A.L.T. PARISH MEETING~

Next meeting: Mar 3rd,  
6:30p at Faith  
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](http://saltparish.org/bulletins)

**February SALT Parish Council Meeting Summary**

SAM-Bishop Amy was invited to join us at the July Picnic and has accepted. Deb has ordered Youth Curriculum Lent through Easter. First has their annual meeting with all council positions filled. St. John's Women's Retreat is scheduled for Sep 29<sup>th</sup> -Oct 2, 2022. Community Wellness meetings will now be held in odd months. Continuing to work with Arrowhead Center, starting to work with South Ridge school again on drug/addiction/vaping & other issues. Talking with Teen & Adult Challenge about attending or filling in on a Sunday Service with music, singing and testimonials. Synod assembly Conference dates are April 29<sup>th</sup> -May 1<sup>st</sup>. Options to attend in person at Cragun's Resort in Brainerd or live stream. Lenten Soup supper sign up sheets are now in church.

**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.

**Lent 2022 ~ Psalm 23**

The 23rd Psalm is one of the best-known pieces of scripture by Christians all over the world. It is a text that is quick to the lips in hospital rooms, at funerals, and in daily moments of need. The ancient words of this song have a way of sticking with us, nestling into our bones, and singing us home. During the season of Lent, we will return to this text day in and day out. We will pray it regularly, allowing it to enter our daily vocabulary at home, work, school, or community. And by reciting these words together, we will encounter a God who shepherds all of us and discover in ourselves a need for the love of a shepherd to tend our needs.

**SALT Parish Lent Schedule**

**(Soup Supper at 5:30 (except for Ash Wednesday, there will be no Soup Supper)  
Worship at 6:30 (All Lenten Services will be Live Streamed at 6:30 pm and the bulletin will be uploaded on the SALT Parish Website ([saltparish.org/bulletins](http://saltparish.org/bulletins)))**

March 2, Ash Wednesday "God's Answer to Worry" St. Peter's, Canyon  
Worship with Imposition of Ashes and Holy Communion  
March 9 "God's Answer to Busyness" St. John's, Saginaw  
March 16 "God's Answer to Disturbed Emotions" Faith, Culver  
March 23 "God's Answer to the Stress of Dark Valleys" First, Meadowlands  
March 30 "God's Answer to Our Hurts" St. Peter's, Canyon  
April 6 "God's Answer to the Stress of the Future" Faith, Culver

~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 Apr issue: 3rd Sun of Month: Mar 20th**

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

~~RUBY'S PANTRY~~

Locations nearest you:

5577 Cromwell Park Dr  
Cromwell, MN

2<sup>nd</sup> Thursday of the Month  
9:00 – 10:30 am (note new time)  
Mar 10th, 2022

5007 Maple Grove Rd  
Hermantown, MN

2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
Mar 8<sup>th</sup>, 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

March 18th, 8am

Country Corner, Hwy 2, Brookston



March 2nd, 2022 @ St. Peter's



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	

NEWSLETTERSTAFF

Editor: Misty Bergman Website: Beth Erdmann  
[Bergman.misty22@gmail.com](mailto: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!!!

A Word from Arrowhead Center  
“I Don’t Have Any Friends”

I hear more often than ever the statement of "I don't have any friends". That can be due to moving, career changes, being an introvert, losing former friendships for whatever reason, or one of hundreds of other reasons.

But how do you make friends as an adult? As a kid, it's as simple as asking someone in your class to eat lunch with you. In college you are surrounded by people. But now we are living much more separate than we are used to so, facilitating existing friendships is difficult, let alone making new ones.

Here's some tips for creating those new relationships:

Don't be afraid to make the first move. Take the initiative to make the first move. Spark a conversation, ask them to lunch or an event. Someone has to take the risk for a friendship to develop.

Get involved in the community or find someplace to volunteer. There are so many places that can use help! Animal shelters need dog walkers, the salvation army needs help with mealtimes, check with local churches, food shelves, etc. Volunteering creates a bit of a "feel good" situation for yourself and is a great place to meet new people. There are other ways to get involved in the community as well. There are community education groups, community sports leagues, boards that you can place yourself on, etc.

Have an open mind. Try not to judge anyone in the first few minutes that you meet them! Many people aren't themselves until they are comfortable. Give them a chance!

Work on your self-esteem. Confidence is a good thing when you are looking to form new relationships. Being okay with being yourself will help to find relationships that are genuine.

Don't forget that friendships are two-way streets. You can't depend on the other person to make all the plans and make the calls. You need to pick up the phone, suggest ideas, make plans, check in on them as well.

Make the time for the friendship. You need to make sure that you will give time to foster the friendship. They do not grow overnight. They start small and then they grow into meaningful friendships. However, you need to have the time, or be willing to give the time, to invest in the relationship.

Look to the people that you already know. What better place to find friends than in the people that you already know? Sometimes those acquaintances are worth building on!

Embrace the web. Join Facebook groups, look for zoom meet ups that have topics that interest you, find support groups that have something you could use help with and utilize those to find friends that could use the same support you could be helped with. If you feel you aren't spending enough time with your friends, try out a zoom dinner or happy hour where everyone can get together.