

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

April 2022



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As we come through the 40 days of Lent and the season of repentance, we are turning our attention Holy week, culminating into Christ's resurrection on Easter morning. We experience the death and resurrection of Christ once a year. Sometimes I can't help but wonder if we somewhat go through the motions of the Lent and Easter season. Do we really understand the suffering that Jesus went through to assure us of a right relationship with the Father, that we might attain a life in eternity?

In a book by Josh McDowell titled "Evidence that demands a verdict," the author describes the realistic sacrifice that was made for us, even though we don't deserve it. He states that Jesus' crucifixion began with a sleepless night with no food. He endured the mockery of two trials. He was slapped, mocked, spat upon, and ridiculed with a robe, a scepter, and a crown of thorns. He had his back lacerated with the cruel cat-o-nine tails whip that caused excessive tearing of flesh, bleeding, cramps, and dizziness; followed by tetanus. Many prisoners never lived through this lashing alone.

When Jesus arrived at Golgotha's hill, Jesus suffered the shame of the cross, reserved for only the cruelest of criminals. He was stripped naked; He suffered the long horror of anticipated death; the infection of untended wounds; the unnatural position of his body on the cross; lacerated veins and arteries; crushed tendons throbbing; gradual gangrene; arteries around the head and stomach becoming swollen filling with blood; and a raging thirst.

I share this graphic description of the crucifixion with the question in my mind, why, did Jesus do that? Why did

he allow himself to suffer in such a way? Why did he die? He didn't have to do any of this but did it willingly, because he loves each one of us that much. As Easter arrives once again, I can't help but be amazed. I urge each one of us to stand in awe of His great redeeming love.

I can't wait once again for the celebration that follows this ruthless crucifixion, on Easter morning. Let us visualize all that Jesus went through to assure us of the victory over death that he made possible. I hope all who are reading this might join us on Easter morning in worship to announce, "Jesus Christ is risen today!". Wishing you a Blessed Easter!

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: Apr 7th,
6:30p at First
All are welcome!

Palm Sunday April 10, 2022
Worship
8:30 St. John's Saginaw
10:30 St. Peter's Canyon

Easter Sunday
April 17, 2022
8:45 Faith, Culver
10:30 St. Peter's, Canyon



Maundy Thursday Service
Worship with Holy
Communion
April 14, 2022
6:30 pm
St. Peter's, Canyon



Mar SALT Parish Council Meeting Summary

Deb Neuman sent out part 1 of the youth Easter curriculum for members/non-members. There is a new family that joined First and a new member to St. John's. New batteries for EXIT signs were purchased at Faith so they work now. All churches should check their EXIT signs and fire extinguishers. Community Wellness: Adult/Teen challenge has needs we could meet for Men's dress clothes, socks, underwear. Organizing contact and dates with Southridge – will complete at next wellness meeting. Fundraising ideas were discussed to get community involvement again and to raise our general fund balance. Synod Assembly registration for Minister Dave was approved and the ad fee subscription to Voyageurs Press for \$360 was cancelled. Bishop Amy will attend the July 31st picnic.

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.

Good Friday April 15, 2022
A Service of Shadows and Stones
6:30 pm
St. John's, Saginaw



~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: Apr 17th**
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
9:00 – 10:30 am (**note new time**)
Apr 14th, 2022

**5007 Maple Grove Rd
Hermantown, MN**

2nd Tuesday of the Month
5:00 – 6:30 pm
Apr 12th, 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

**SALT Parish Lent Schedule
(Soup Supper at 5:30 pm)**

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)

April 6 “God’s Answer to the Stress of the Future” Faith, Culver

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	Ginny Richmond
Secretary	Jodi Messner
Treasurer	Misty Bergman

Men’s Breakfast

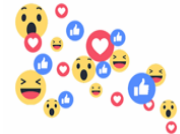
April 15th, 8am

Country Corner, Hwy 2, Brookston



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



Saturday, April 9th 11:00 am – 1:00 pm

Meadowlands Community Center

Baked Goods, Crafts, Lunch and Drawings.

Sponsored by First’s WELCA

NEWSLETTERSTAFF

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

Thank you to our volunteer mailers!!!

A Word from Arrowhead Center Daylight Saving Time

As we move into spring and summer (or fake spring), many who struggle with SAD, Seasonal Affective Disorder, begin to notice a lessening in symptoms as the days get longer and we have more sunlight. But what about the effects of daylight savings itself on mental health?

According to Health.com, 71% of Americans would like to end Daylight Savings Time (DST) in 2022. In fact, a study published in 2017 noted an 11% increase in depression related hospital visits that correlated to DST, making, depression, anxiety, and even suicidal thoughts become more commonplace. One reason this may occur is the disruption to our circadian rhythms. The circadian rhythm is a set of physical, behavioral, and mental changes that occur on a 24-hour cycle. The circadian rhythm responds most to light and dark, which is disrupted when our clocks move forward or backward an hour.

If you or a loved one is susceptible to these changes, there are a number of steps that can be taken. For instance, try to ease yourself into daylight savings. When waking the Sunday of, try to get up a half hour early/late, followed by the full transition come Monday morning. In fact, it is recommended to slowly start changing your sleep schedule on the Friday before, if possible, to ease the body into the change. With the warmer weather comes the ability to get outside more. Unlike when we lose an hour in the fall, having an additional hour of daylight offers the opportunity to be in the sun more along with being outside in general, which has many benefits of its own. Incorporating this time into a healthy activity such as walking, playing sports, etc. can be beneficial as well.

The link to the below article discusses these concerns further, if you are interested in learning about circadian rhythms and the effect of daylight savings time. As always, please reach out if you find yourself struggling. A wrong time to ask for help does not exist, and many services are available to help someone in need. A few of these services are listed below as well.

Here is to a beautiful 2022 spring and summer!

How Daylight-Saving Time Can Take a Toll on Your Mental Health—And What To Do To Boost Your Mood

<https://www.health.com/mind-body/dst-mental-health>

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National Suicide Hotline: 800-273-8255 (Talk)

Adult Mental Health Crisis Response: Northern St. Louis County: 218-288-2100

Southern St. Louis County: 844-772-4724

Rachel M. Olivanti, LADC, MHP
Treatment Director