

# S.A.L.T. Parish

May 2022

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



## MINISTER'S MESSAGE FROM DAVE'S DESK

As I write this message on Maundy Thursday of Holy week, I can't help but notice the snowflakes in the air and the promise of more to come, along with colder temperatures and wind. It seemed that every Wednesday of Lent I was holding my breath that the weather would hold so that we could have a soup supper and worship. There's no doubt that Spring has been a challenge this year and Winter doesn't want to let go. I recently read an article by Rodney Buchanan that improved my optimism that Spring is indeed on its way as we look at some biblical comparisons.

He writes, "As spring arrives this year, I watch as the new growth explodes from the ground. I begin to think about trees that looked dead, but will now begin budding, bring blossoms, leaves and eventually fruit. I think about the flowers blooming and grass that will grow and grow. The ground has been holding life all Winter just waiting for the promised moment. I begin to think about how impossible it would be to hold back Spring. You could chop trees down, but their stumps would again sprout. You can dig up flowers, but their seeds would grow. The truth is that we cannot stop Spring."

The same was true with the resurrection of Jesus. Death could not keep a grip on him. He exploded from the grave full of life, and his life was life-giving. The life in Jesus that lifted him from the grave now lives in us who know him. Nothing can keep us in the ground. In 1 Corinthians 15 the Bible says, "Listen, I tell you a mystery: We will not all sleep, but we will all be changed in a flash, in the twinkling of an eye, at the last trumpet.

For the trumpet will sound, the dead will be raised imperishable, and we will be changed." We are also told in 1 Thessalonians 4, "For the Lord himself will come down from heaven with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so, we will be with the Lord forever."

I hope by the time you receive this message in the mail, we will be experiencing the warmer temperatures of Spring, the snow will be disappearing, and we will be looking forward again to summer activities. Just as we know that Spring will eventually come, so too are we promised in death that we will rise again like the flowers of Spring that lay dormant through the Winter. We give thanks to our crucified Lord and Savior who rose from the grave to give us life.

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: May 5th,  
6:30p at St Peter's  
All are welcome!

**April SALT Parish Council Meeting Summary**

Attendance at soup suppers was around 40 and reaching about 80 with the online services. Will be adding free will offerings to every soup supper in 2023. Health and Wellness team night of awareness on May 16<sup>th</sup> with free meal. Grades 5-12 gather at end of school day for a vaping presentation. Event beginning at 5:00 p.m. with breakout sessions covering social media, vaping, suicide, and bullying. 6:00 p.m. dinner, 6:30 p.m. Karl Warneke – Keynote speaker, resource tables, LE-takeback night, Amberwing, First Witness, FDLBH, United Way. Need promotion and posters. RUMMAGE SALE – June 3 (set up) and June 4 (sale on Saturday) at the Canyon Hall – indoors. Need items including household, tools, furnishings, canning, glassware, books. Volunteers needed. No electronics, No clothing. If you bring it and it doesn't sell, you bring it home. Funds to go to the SALT Parish General Fund. Lunch will be available and proceeds to go to the Women's Retreat.

**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.

**Old School Lives Community Meal  
Saturday, June 18<sup>th</sup> 4-7 pm**

Meal will include pulled pork, BBQ chicken, coleslaw, corn, watermelon, beverage, and dessert. Volunteers are needed!! Please (text or call) Linda at 218-428-3473 with questions or if you are able to volunteer.

SALT Sunday May 29<sup>th</sup>

Worship 10:00 am

First, Meadowlands

Brunch following worship



**Saturday, May 7<sup>th</sup> at St John's  
9am – 1pm  
No clothing or electronics**



Free!!

**“Pride in Ourselves & Our Community –  
An Evening of Wellness”  
Monday, May 16<sup>th</sup> 5-8 pm Dinner @ 6pm**

This is an evening filled with presentations on Mental Health & Wellness with break-out sessions on a variety of topics which affect youth & their families, a keynote speaker, and a free family spaghetti dinner. Little Panthers will be available for those that would like to participate but need to bring their small children.

~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: May 15th**  
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

2<sup>nd</sup> Thursday of the Month  
9:00 – 10:30 am (note new time)  
May 12th, 2022

5007 Maple Grove Rd  
Hermantown, MN

2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
May 10<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

**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

**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**

**May 20th, 8am**

**Country Corner, Hwy 2, Brookston**



*May 8th*



**Spring Cleaning???**

SALT Parish is having a Rummage Sale  
Saturday, June 4<sup>th</sup>

9:00-3:00

Northland Town Hall, Canyon  
(across from St. Peter's)

Bake Sale

Lunch \$5.00-Sloppy Joe, chips & cookie

Drop off and set up Friday, June 3, 9:00-12:00

All members of SALT Parish are welcome to help!

**NO** electronics or furniture

**ONLY** gently used baby and toddler clothing

**NEWSLETTERSTAFF**

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**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

### Vaping: The Risks Everyone Should Know

Vaping has grown in popularity especially among teens, perhaps because it was initially conceived as a *healthier* way to smoke. It is important to know the risks associated with vaping, since some may not realize its link to dependence on nicotine or marijuana (the two substances typically used in vaping devices). Vaping devices, also known as e-cigarettes, vape pens and e-hookahs, come in many shapes and sizes. Some even look like traditional cigarettes, cigars, or pipes. Vaping exposes the lungs to not only the chemicals and psychoactive properties associated with tobacco (nicotine) or Marijuana (THC) but also a variety of other chemical ingredients produced during the vaporizing process. Although, according to the National Library of Medicine, we've seen dramatic changes in smoking behavior over the past 50 years (cigarette smoking fell from 51.9 to 21.6% among men and 33.9 to 16.5% among women between 1965 and 2011) the surge in popularity of vaping is taking us a step backwards. Substantial marketing investment by tobacco companies in response to a decrease in combustible cigarette consumption in the last few years has led to an overall normalization of vaping tobacco and a change in perception that it is safe. Also, combustible cigarette smoke has become culturally stigmatized as evidenced by smoking bans in many communities. Vaping is a method by which people can consume tobacco products without being a part of a fringe and marginalized group. New laws aimed at reducing use among teens have been enacted because you now need to be 21 to buy any tobacco product and companies have had to change their marketing strategy as not to promote flavors geared toward youth like fruit and mint. Even with the passage of new legislation to curb use, it's important to be informed about the risks associated with vaping from the physical and mental health perspective. Some studies suggest nicotine vaping may be less harmful, but the ingredient smoked through the e-device is still a known addictive property. Here are some of the facts important to know about vaping:

- Lungs are not meant to deal with the constant challenge of non-air that takes place when puffing a vaping device.
- What you are ingesting including nicotine or marijuana is propylene glycol, vegetable glycerin and flavorants which are meant to be eaten, and not inhaled.
- When these chemicals are heated in the vaping device, components turn into even more dangerous chemicals.

According to the National Institute on Health, here are some tips to help you stop using nicotine.

- Set your quit date.
- Understand your triggers so you can manage them.
- Imagine your life without nicotine.
- Build a team of people who will support you.
- Get free help online at [smokefree.gov](http://smokefree.gov) at 1-800-QUIT-NOW (1-800-784-8669), or by texting QUIT to 47848

Remember, if you find that you are struggling with addiction, we're here to help!

Sources: [newsinhealth.nih.gov/2020/5](http://newsinhealth.nih.gov/2020/5) & National Library of Science "How Far we Have Come in the Last 50 Years in Smoking Attitudes and Actions", Burns. D.