

(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

With a war raging in the Ukraine, we feel an uneasiness in life. We hear of massive numbers who have died in this war, both Ukrainian and Russian. We ask what the purpose of this unnecessary war is and when will there be peace. We all may have different opinions for this war or any other war, and what good can possibly come from it.

The truth is that peace is a rare thing in our world. We probably don't realize it, but less than 8 percent of the time since the beginning of recorded time has the world been entirely at peace. In a total of 3530 years, only 286 have been warless, while 8000 treaties have been broken in this time.

Peace from the absence of war is only one kind of peace. We also need peace in our hearts that can be attained through peace in Christ. This peace comes to us sometimes in ways we don't expect. Dr Bryant Kirkland was a Pastor in New York and was traveling by plane to the west coast to do a series of sermons at a conference he had been invited to. He decided that he needed to use the flight time to buckle down and let everyone near him feel the tension. His body language said, "Don't bother me, I'm a busy man."

A young woman and a baby slipped into the seat next to him. He knew it was going to be difficult to get anything done. After only 6 minutes in flight, this little boy began to fuss. "Man, man," the little one said over and over. The Pastor was frustrated and knew he would get nothing accomplished on the flight. After some thought,

Pastor Kirkland put his sermon in his briefcase and asked the mother if he could hold the child. In no time the Pastor found himself loving this child all the way across the country.

When they landed, the mother thanked the Pastor for doing that and explained that her and the child lost his father not long ago. She stated that he hasn't had a man in his life to show him love since. Dr Kirkland realized as he got off the plane, how much joy and peace that little boy brought to his heart when he was least prepared for it to happen. Sometimes a child can do that...get into a heart that has been locked up for years and bring peace.

We always need to be aware of how God is using us as individuals to answer prayers and bring peace to others. By doing so, we are also rewarded with peace in our hearts as well!

**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: July 7th,  
6:30p at Faith  
All are welcome!

**June SALT Parish Council Meeting Summary**

Discussion was had about the Wellness event that was held at South Ridge School. There was some feedback about the attendance being low this time of year (spring) and the time frame was a little tight with trying to eat a meal and listen to the speakers. Will try again to have something in the fall instead and possibly have a raffle for a great prize. More to come on this.

The Breakfast held First after worship was a huge success and the sausage that was such a hit is called Swaggerty's (in a box) that you can find at Sam's Club or at Super One in Pike Lake.

The SALT SALE is taking place on the 4<sup>th</sup> of June in Canyon, and there were loads of donations from work gloves to tools to bedding. Something for everyone. Every church gathered donations and brought them to Canyon to be set up. Will keep what is left for another sale if we have storage capability.

St. John's sale was held and was a little slower than in previous years but still overall a great success. The annual meeting will be held on August 14<sup>th</sup> after worship service.

SALT Sunday outdoor worship and picnic will be on July 31<sup>st</sup> and Bishop Amy Odgren will be there too.

**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.

**SALT SUNDAY OUTDOOR WORSHIP  
& PARISH PICNIC**



**SUNDAY, July 31st, 10:00 am**  
**Faith Lutheran Church, Culver**

Picnic to follow with brats, burgers  
& all the fixings!  
Door Prizes too!

The ONLY things you need to bring  
are:

yourself, a friend & lawn chairs.  
Bishop Amy Odgren will be joining  
us for worship and the picnic.  
Bishop Amy will be giving the  
message and presiding over  
communion!

Sponsored by: Vince Jones & RBC  
Wealth Management.  
Thank You!

~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 August issue: 3rd Sun of Month: July 17th**  
**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)  
July 14th, 2022

**5007 Maple Grove Rd  
Hermantown, MN**

2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
July 12<sup>th</sup>, 2022

Bring your own boxes/baskets for food. (\$25)  
cash donation at the door is  
Appreciated. Everyone is welcome!!!

For more information call  
651-674-0009 or visit  
[www.rubyspantry.org](http://www.rubyspantry.org)

**Men's Breakfast**

**July 15th, 8am**

**Country Corner, Hwy 2, Brookston**



**Declaration of Independence**

The Declaration of Independence was approved by the  
Continental Congress on July 4, 1776.

**Calendar of events for the 4<sup>th</sup> of July Celebration**

**Brookston**

**MN Small Town American 4<sup>th</sup> of July  
Races, Huge parade, food, and fireworks**

**Cloquet**

4<sup>th</sup> of July Parade 10:30 am Cloquet Ave, they also have  
some marathons that morning too

**Moose Lake** 4<sup>th</sup> of July celebration. All day activities with  
parade at 10am "Stars and Stripes Forever" theme, followed  
by activities in the park. Approximate time for fireworks is  
10pm

**City of Duluth Fourth Fest**

Bayfront Festival Park, free for all ages, gates open at  
4:30pm, music starts at 5:00pm, fireworks 10:10pm.  
Midwest's greatest Fourth of July celebration and fireworks  
extravaganza! Live music, delicious food, cold drinks, and a  
variety of craft vendors.

**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)

**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

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**Thank you to our volunteer mailers!!!**

## **HEALTH AND WELLNESS CORNER**

### **From Arrowhead Center**

We are all familiar with what anxiety and worry are and, many of us are well aware what a panic attack feels like. But do you know that there are methods that you can use in order to reduce anxiety or those feelings of panic? Below is a list of some things that you can do to reduce those feelings of worry or anxiety,

One is activating all of your senses. Here's a method for that:

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don't just think fleetingly about this place--really imagine it.

What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.

What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.

Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.

What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.

What scents are present? Are they strong or faint? What does the air smell like? Take some time to appreciate the scents.

And the other is deep breathing. Here's some info on that:

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

Those are two very simple ways to try to get yourself in a place that you can feel a bit better and think a bit clearer. Remember isn't never a bad idea to reach out for support as well if you need it!