

(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

We are currently living in a time of much adversity in our country and around the world. So much so that some are even questioning if we are facing "The end of times." We can't help but wonder what our God is up to with war going on, not only in the Ukraine, but around the world. There's also financial adversity with inflation driving prices higher on just about everything along with watching our investments regressing. Some are absolutely terrified, but God assures us not to be terrified by adversity.

I'd like to share a story of the Trapp family who's most treasured pieces in the Trapp Family Lodge in Stowe, Vermont, is a rug bearing the Latin inscription "Nec Aspera Terrent" (Be Not Terrified by Adversity). It has always had a special meaning for Baroness Maria von Trapp and her children, the famous Trapp family singers featured in the movie "Sound of music," because the rug, a gift from a friend, was received a day after a fire razed the famous lodge, killing a guest and injuring seven others.

It took 3 years and \$7 million to rebuild the lodge, but the Trapp's never had doubts about rebuilding. To battle adversity was nothing new to them. When work on their first Vermont lodge was nearing completion, the structure was destroyed by a storm, so they started over with a second lodge, the one that burned in 1980.

On December 18, 1983, the day the successor to the burned down lodge opened, Johannes von Trapp recalled that, when the rug arrived right after the fire, he decided it would be prominently placed in the lobby of the new hotel.

Adversity is a fact of life. It can't be controlled, but what we can control is how we react to it. For all of us who have the gift of faith, we know we can hand it over to God because he's got a plan, he's got this! He promises to take care of us and sends the Holy Spirit to walk beside us to reassure us. So, the next time adversity strikes...take it to the Lord in prayer!

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: Aug 4th,
6:30p at First
All are welcome!

“Fill The Cart”

Floodwood Food Shelf



Area food shelves are struggling and as a Parish we can help!

Beginning Sunday, July 31st (SALT Parish Picnic Day) through August 31st, we as a Parish will be working to “Fill the Cart” (or two). At the end of August all items collected will be divided between CHUM, Duluth, and the Floodwood Food Shelf. Donation boxes will also be available at all the churches.

Items most needed at this time:

pears, fruit cocktail, pineapple, mandarin oranges, peanut butter, spam, chili, stew, cold cereal, dish soap, toilet paper, paper towels, bar soap
Cash donations will also be accepted!



National Night Out

Tuesday, August 2nd
5:00pm – 8:00 pm

At the Alborn Town Community Center
Free Hamburgers and Hot Dogs will be served!



Save the date for Faith Lutheran's Bazaar

Sat. Oct. 8, 2022

10:00 - 2:00 pm.

5697 Hwy 7, Culver, MN 55779

Handmade Quilt drawing and other prizes

\$1.00 tickets available from Faith members

Lunch (soup, chili, and pie) will be available

~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: Aug 21st
To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: Bergman.misty22@gmail.com

~~RUBY'S PANTRY~~

5577 Cromwell Park Dr
Cromwell, MN
2nd Thursday of the Month
9:00 – 10:30 am
Aug 11th, 2022

5007 Maple Grove Rd
Hermantown, MN
2nd Tuesday of the Month
5:00 – 6:30 pm
Aug 9th, 2022

2300 E Skyline Blvd
(Copper Top Church) Duluth, MN
3rd Thursday of the Month
4:30 – 6:00 pm
Aug 18th, 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

Men's Breakfast
Aug 19th, 8am
Country Corner, Hwy 2, Brookston



SALT Parish Sunday School
1st and 3rd Sundays, 9:45 am.,
starting Sept. 18
Faith Lutheran Church in Culver

Sunday School will be offered after Faith's 8:45 am services on the 1st and 3rd Sundays of each month starting Sept. 18. If your child is 3 yrs. or older, call or text Debbie Neuman, (218) 591-9860.

We also need teachers and helpers. If you are interested, give us a call. We will have an organization meeting on Wed. Aug. 17, 6:30 pm at Faith in Culver.



NEWSLETTERSTAFF

Editor: Misty Bergman Website: Beth Erdmann
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Circulation / Mailing Coordinator: Christine Wolvin

Thank you to our volunteer mailers!!!

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

HEALTH AND WELLNESS CORNER
From Arrowhead Center

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

WORD OF THANKS

Passing along a word of thanks to all our parish quilters and those who donate the materials to make the quilts. Their work is nothing short of amazing and beautiful. These quilts help so many when they are needed most. They are donated to families in crises, to Arrowhead Center given to each graduate of their addiction program, new members in the community, raffles to raise funds and so many other recipients. Thank you for all you do! Your ministry does not go unnoticed!