



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

I write this message recognizing a growing problem in our communities of mental illness. The problem is getting worse due to the stress of day-to-day issues that we are facing. Covid and many other issues have taken a toll on all of us, and for some, they decided to attend to those fears with alcohol, drugs and even suicide. The National association of mental illness has declared the month of October to be mental illness awareness month.

In our parish, we started our health and wellness team to lift up all who are dealing with mental illness about 4 years ago. We work with Southridge high school and Arrowhead center in Virginia to try to raise awareness as well as helping with various donations.

I'd like to share a few statistics of mental illness and addiction:

1 of every 8 Americans has a significant problem with alcohol or drugs, with 40% of this group having a dual diagnosis of a mental/nervous disorder.

Approximately 27 million Americans use illicit drugs or are heavy drinkers.

16 million are estimated to need immediate treatment.

By age 18, almost 12% of all young people under 18 are illicit drug users

Untreated alcoholics have medical costs approx. 300% higher than non-alcoholics/

The estimated annual cost to our society resulting from substance abuse is more than 250 billion dollars.

It's generally accepted that chemical dependency along with mental health disorders, has become one of the most severe health issues facing the U.S.

These are staggering numbers and getting worse. Let us all lift up those who make up these statistics in prayer this month and ongoing. Please consider being a part of our health and wellness team. If you would like to help monetarily, contact Minister Dave for such a worthy cause. Be aware of anyone who suffers from mental illness or addiction and refer them for help. We have emergency phone number cards available at each church where you pick up your bulletin.

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



A special "Thank You" to all of our Ground's Keepers that kept our churches looking beautiful this past spring and summer!

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

Next meeting: Oct. 6th,
6:30p at St. John's
All are welcome!

SALT PARISH September Meeting Highlights

Youth/Christian Education Goal - Debbie Neuman provided updates on Sunday School and Sunday School Curriculum she purchased. Single sheet idea for mailings for the holidays. Ginny offered that their excess in budget for education. No motion is needed for curriculum cost as dollars are already allocated in the budget.

Mental Illness/Addiction (Health and Wellness)

Goal - Meeting is scheduled for September. Outreach projects should be reviewed to raise money for programs. Mental Health Emergency phone number is available now. Get the word out. Fundraiser - NAMI (National Association on Mental Illness), Amberwing for young adults and teens. NAMI currently has an online class scheduled on 9/28/22 from 11 a.m.-noon. Topic – Mental Health – Impact of Attitudes, creating caring communities. This is free. Sign up online. Discussion on other resources that can be obtained through NAMI. Southridge night of wellness in planning. Unable to hold monthly meetings. Minister Dave is exploring what can be done together.

S.A.L.T. Secretary Position – Amber Schwartz has graciously come forward to offer her services as Secretary. Thank you, Jody Messner, for your service.

Church Reports:

Faith: WELCA Bazaar on 10/8/22, Saturday from 10:00 a.m.-2:00 p.m.

First: Fall Bazaar 10/15/22 11 am – 1pm

St. John's: Bazaar (sale) – 10/15/22 from 9:00 a.m. - 1:00 p.m.

St. Peter's: Review of insurance- Discussion to have one meeting for Parish wide Insurance Review where all churches can attend.



Craft & Bake Sale
Saturday, October 15th
11am to 1pm
Meadowlands Community Center
Lunch is Available, Drawings

Sponsored by the WELCA & First Lutheran Church



~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 November issue: 3rd Sun of Month: Oct 16th

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
Oct 13th, 2022

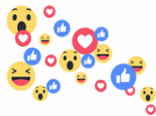
5007 Maple Grove Rd
Hermantown, MN
2nd Tuesday of the Month
5:00 – 6:30 pm
Oct 11th, 2022

2300 E Skyline Blvd
(Copper Top Church) Duluth, MN
3rd Thursday of the Month
4:30 – 6:00 pm
Oct 20th, 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

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	Amber Schwartz	
Treasurer	Misty Bergman	

Men's Breakfast
October 21st, 8am
Country Corner, Hwy 2, Brookston



SALT Parish Sunday School
1st and 3rd Sundays, 9:45 am.,
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. If your child is 3 yrs. or older, call or text
Debbie Neuman, (218) 591-9860.

SALT SUNDAY – REFORMATION - 1ST COMMUNION

There will be one Worship Service at 10:00am,
Sunday October 30th at St. John's.

Children who received instruction will be receiving
their First Communion.

It is also Reformation Sunday.

Potluck will follow service, please bring a dish to
share.

NEWSLETTER STAFF

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

Thank you to our volunteer mailers!!!

HEALTH AND WELLNESS CORNER from Dani Spolarich, Arrowhead Center

Coming off of mental health month, an important topic, and one of the reasons why mental health month exists, is to help reduce the stigma surrounding mental health. The National Alliance on Mental Illness has a stigma free me campaign that I thought I'd share some info on.

From NAMI:

The idea of Stigma Free Me

The need to eliminate stigma is nothing new. Fifteen years ago, a U.S. Surgeon General's Report on Mental Health-the first and only one to date-identified stigma as a public health concern that leads people to "avoid living, socializing or working with, renting to, or employing" individuals with mental illness. Thanks to stigma, people living with mental health conditions are:

Alienated and seen as "others."

Perceived as dangerous.

Seen as irresponsible or unable to make their own decisions.

Less likely to be hired.

Less likely to get safe housing.

More likely to be criminalized than offered health care services.

Afraid of rejection to the point that they don't always pursue opportunities.

Many people living with mental health conditions don't feel comfortable talking to their friends and family about what they're dealing with. Those living with a mental health condition don't want it any more than a person would want a broken leg. But focused thought and effort can't make depression go away, just as focusing on healing won't fix a shattered bone.

Even worse, individuals living with mental illness often internalize the stigma that exists in our culture, damaging hopes for recovery. Some don't seek treatment from a mental health professional. Their conditions worsen because they aren't receiving the support and care they need to recover. And too often people take their own lives because they aren't told by anyone that they're not alone, they can recover and there is hope.

To change this harmful status quo, NAMI is asking everyone to take our Stigma Free Pledge. Building a movement for change will require commitments from individuals, businesses, organizations, campuses, and churches, as well as others.

Once you've taken the pledge, consider all the ways you can live Stigma Free in your daily life. Maybe you can begin by being aware of the language you use or by choosing to be open or by deciding to learn more about mental illness.

Every day brings new hope. Every day, we have an opportunity to help create broader understanding of mental health, overcome stereotypes, and break down barriers. We can all do a little bit more each day to eliminate stigma and replace it with help and hope.

So, help NAMI spread the word. Take the Stigma Free pledge and encourage your family and friends to do the same. This initiative, this movement is our attempt to reverse the harmful effects of stigma. So, when you hear someone using stigmatizing language, correct them. If you see someone using misleading stereotypes, educate them. And never forget to see people for who they are, not for how they act during their darkest days.

Together, we will turn the tide on stigma by spreading awareness, support and understanding for every person who experiences mental illness. Together, we can make a difference for the better.

Next Health and Wellness meeting will be in November, 6:30 PM at Faith