



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

So, why is it that every year, Lent, and Easter sneak up on us? Even though the dates of both Ash Wednesday and Easter moves every year, we always seem to be caught off guard. Didn't we just celebrate the birth of the Christ child? Truth be told, the reason Easter moves each year is because it falls on the 1st Sunday after the first full moon, after the first day of spring. Now who thought of that confusing puzzle?

Whether we are ready or not, Ash Wednesday is coming up on February 22 with the season of Lent to follow. It is a day when many across the country and around the world go to their local churches to have ashes placed on their foreheads, as a sign of repentance. Ash Wednesday marks the beginning of Lent, a 40-day period that many give up or sacrifice something in preparation for the coming of Easter.

In New Orleans Ash Wednesday marks, the end of Mardi Gras. A weeklong celebration of feasting, partying, and a parade the day before it all ends, affectionately called "Fat Tuesday." This celebration is taking place in a growing number of cities in the U.S. as well as many parts of Europe and South America.

As we think about the upcoming Lent and Easter season, and as we think about Jesus and his disciples, the question I ask, "Is this what it means to be a Christian? Is feasting and fasting, parades and parties, and ashes on our foreheads

what it means to be a disciple of Jesus Christ? Would Jesus even recognize many of the things we do in his name and many of the people who profess to be his followers today? What does a Christian look like? At times being a Christian can be easy and sometimes it's very hard.

Let's all make plans on our calendars, (right now or we'll forget) to join us in worship (Location each week on the church calendar) on Ash Wednesday at 6:30pm at St John's and then join us the following five Wednesdays for a soup supper at 5:30pm and worship at 6:30pm. Let's walk this 40-day journey with Jesus and his disciples together, Than join us in the culmination on Maundy Thursday, Good Friday, and three days later...the celebration of Easter and the resurrection. I look forward to our time to worship together and the celebration of 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: Feb. 2nd,
6:30p at St. John's
All are welcome!



Wednesday Evening Lenten Sermon Series "Open My Life, Lord"

Soup Suppers at 5:30 pm
Worships at 6:30 pm with FB Live Stream

Wednesday, March 1 **"Open My Eye's Lord"** St. Peter's, Canyon

Wednesday, March 8 **"Open My Hands, Lord"** Faith, Culver

Wednesday, March 15 **"Open My Ears, Lord"** First, Meadowlands

Wednesday, March 22 **"Open My Heart, Lord"** St. John's, Saginaw

Wednesday, March 29 **"Open My Life, Lord"** St. Peter's, Canyon

UPCOMING EVENTS



Faith – February 5th, after Worship Service

St. Peter's – February 12th, after Worship Service



February 22nd, 6:30 pm at St. John's in Saginaw. Facebook Live Stream will also be available.

Worship with Imposition of Ashes & Holy Communion

NO Soup Supper on Ash Wednesday

~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 March issue: 3rd Sun of Month: Feb 19th**
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, Feb 9th, 2023
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Feb 14th, 2023
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Feb 16th, 2023
 4:30 – 6:00 pm

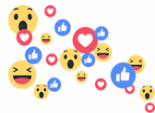
Bring your own boxes/baskets for food. (\$25)
 cash donation at the door is appreciated.
 Everyone is welcome!!! For more information call
 651-674-0009 or visit www.rubyspantry.org

What is God's message about love?

“I give you a new commandment: Love each other. Just as I have loved you, so you also must love each other. This is how everyone will know that you are my disciples when you love each other.” The Good News: If you welcome God's love into your heart, then you will be able to love like God, too.

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

S.A.L.T. COUNCIL

President	Stan Lamb
Vice President	Ginny Richmond
Secretary	Amber Schwartz
Treasurer	Misty Bergman

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	591-0978

Men's Breakfast
February 17th, 8am
Country Corner,
Hwy 2, Brookston



Happy Valentine's Day February 14th

January SALT Parish Council Meeting Summary

The Cookie Walk and Quilt Sale was a huge success! Plans are already underway for the next one. The holiday services had good attendance. New business included Minister Benefits and pay that was approved and signed in the Annual Parish Agreement. The annual audit of the SALT Parish account is set for January 16th by the audit committee. Tim Roddy (American Church Group of MN) will be meeting with the Parish to go over Insurance options. Lenten soup suppers will be returning this year with an option to buy any soup leftover. Stan Lamb was nominated as our new Parish President. Many Thanks to our outgoing President Sharon Zorn for her many years of service. Wellness meeting on January 26th.

NEWSLETTER STAFF

Editor: Misty Bergman **Website:** Beth Erdmann
Circulation / Mailing Coordinator: Christine Wolvin
Thank you to our volunteer mailers!!!

The 5 Stages of Grief

Grief is something that we all face in life but, seems to be rarely talked about. Because if we are not living through it, it's hardly a pleasant topic. So, what is grief? Grief is defined as being a feeling of deep sorrow, especially caused by someone's death. But the list of things that we might grieve is endless.

Grief comes to us in five stages:

1. Denial – this is the initial stage in which we try to minimize our feelings and pain by simply denying that it happened
2. Anger – in the anger phase we tend to take all of our emotions and let them come out as anger. Anger is a great emotional outlet!
3. Bargaining – when we hurt so bad, we try to bargain away that hurt. This is where we see the “please God, if you just let them get better, I will...” type of thinking.
4. Depression – when you truly start to feel the loss of someone, you can truly feel the sadness. This is that time where you hear people speak about when everyone leaves after the funeral, then it really sets in what has happened.
5. Acceptance – this is the final stage in which we understand that whatever we have lost is gone and that is our new reality. It does not mean that it doesn't hurt, it just means that it's a part of us now.

These stages may not always come in order and there is no real timeline for grief. How we manage the loss of something or someone important is fairly unique to each person.

So, how can we help others? I often hear “I don't know what to say to them” when it comes to someone suffering a loss.

Tips from VeryWellMind include:

1. Avoid trying to fix the person.
2. Don't force help on people, do not force them to talk or process their feelings – it needs to be on their own time
3. Be accessible – offering space is often helping but, let them know that you are there if they need you

Grief is something that we will all encounter in our lives. Having knowledge of it can be helpful and, understand that it will not look like anyone else's grief. And, when others are grieving, simply be available. The best help is knowing that someone is in their corner when they need them.



Dani Spolarich LPCC LADC