



**Faith, Culver**



**First, Meadowlands**



**St. John's, Saginaw**



**St. Peter's, Canyon**



**MINISTER’S MESSAGE FROM DAVE’S DESK**

The focus of my message this month is to create a better awareness of the ever-growing disease of Mental illness. We as members of SALT are committed to this cause since establishing a mission of Health and Wellness to do what we can to curb the illness and the stigma that is so prevalent. When we talk about mental illness, so often we treat it like a contagious disease, mostly because we don't understand it. It's a sickness that is no different than treating other diseases such as Cancer, heart disease, diabetes and the list goes on. Allow me to share some statistics with you.

First, 20% of adults will experience mental illness in any given year, and only 41% of those people receive treatment for this disease. Suicide caused by mental illness is the third leading cause of death for people 10-24 years old and is the second leading cause of suicide by people 15-24 years old. Suicide is also the tenth leading cause of death in the U.S. and growing. The fact is that 90% of all who die by suicide had an underlying cause of mental illness.

There are many different types of mental illness with depression being number one. 1 in 4 people are affected by depression with one in ten experiencing a major episode yearly. As of 2020 the World health organization estimated that depression is the second leading health impairment worldwide.

So, what do we do about this as a parish? Here's some steps we will focus on moving forward. Number 1 is education; we can't improve the problem if we don't understand it. Second, is becoming a caring congregation and parish. This means being intentional in seeking ways to become a caring parish.

Third is to be welcoming to all, regardless of any illness they may have. Fourth is to offer support to all we come in contact with, regardless of their illness. And finally, fifth is to advocate mental illness, lifting it up to state and federal law makers.

As Christians we above all must exhibit love. At his clinic in Topeka, KS, Dr. Karl Menninger instructs his entire staff that the most important thing they can offer any patient is love. He said, "If people can learn to give and receive love, they will usually recover from their physical or mental illness."

I urge all our membership to help yourself to become better educated to eliminate the stigma of mental illness. I also ask for your help by being a part of the "Health and Wellness" team that meets bi-monthly (Jan., March, May, July, September, November) at 6:30pm on the fourth Thursday of the month at Faith Lutheran in Culver. We continue to look for ways carry out our mission to make a difference in fighting mental ill ness. May God walk with us in our mission!

**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: Mar. 2nd,  
6:30p at Faith  
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**



**"One Man's Trash is Another Man's Treasure"**



2<sup>nd</sup> Annual SALT Parish Rummage Sale  
Saturday, June 3<sup>rd</sup>

As you are doing your spring cleaning,  
set aside items for the Rummage Sale.

Location and Drop Off times to be  
determined.

NO Clothing or Electronics will be  
accepted.

~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 April issue: 3rd Sun of Month: Mar 19th**

To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: [Bergman.misty22@gmail.com](mailto:Bergman.misty22@gmail.com)

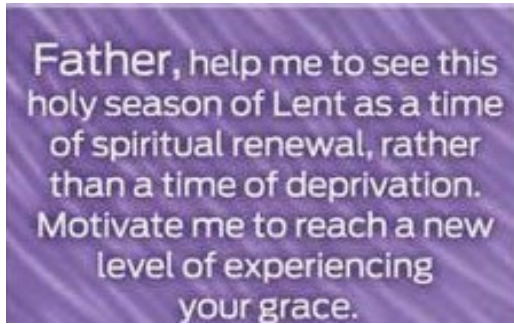
**~~RUBY'S PANTRY~~**

**5577 Cromwell Park Dr, Cromwell, MN**  
 2<sup>nd</sup> Thursday of the Month, Mar 9<sup>th</sup>, 2023  
 9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
 2<sup>nd</sup> Tuesday of the Month, Mar 8<sup>th</sup>, 2023  
 5:00 – 6:30 pm

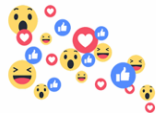
**2300 E Skyline Blvd (Copper Top Church)**  
 3<sup>rd</sup> Thursday of the Month, Mar 16<sup>th</sup>, 2023  
 4:30 – 6:00 pm

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](http://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](http://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

**40 Lent Activities For Families**

GIVING:

1. do someone else's chore
2. give someone a hug
3. help someone
4. make a card for someone
5. make a craft for someone
6. do something nice for Mom/Dad
7. do something kind for the earth
8. read a book to a sibling
9. say something kind to a family member
10. say something kind to a friend
11. play with someone different at recess
12. tell your teacher one thing you like about her
13. smile at as many people as you can
14. write a letter/draw a picture for our sponsor child
15. bring some baking to a neighbor
16. give something of yours to a family member
17. give something of yours to a friend
18. wash someone's feet
19. do someone else's laundry
20. clean a bathroom
21. make someone else's bed
22. set aside some of your own money for giving to church
23. use your own money to buy food for the food bank

FASTING

24. fast from TV
25. fast from dessert
26. fast from candy
27. fast from a bad habit
28. fast from sweet drinks
29. fast from meat
30. fast from reading anything but the Bible

PRAYING

31. praise God for who He is
32. confess something to God that you feel bad about
33. thank God for your favorite people
34. pray for someone who is sick
35. sing a song of praise to God
36. kneel before God and pray
37. pray for a refugee
38. pray for someone who needs to know Jesus
39. pray for your pastor
40. read a Bible story together

**NEWSLETTER STAFF**

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

## Post-Traumatic Stress disorder

First, how is trauma typically defined? According to the American Psychological Association, "Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives." Trauma. (2023, Feb. 18).

It is natural to feel afraid during and after a traumatic event. Fear is a normal part of the body's "fight or flight" response, which we developed biologically to help keep us safe. There is a range of reactions after trauma and most recover from their symptoms. However, those who continue to struggle after a traumatic situation may be diagnosed with post-traumatic stress disorder or PTSD.

Anyone can develop PTSD, regardless of age. It is also known that not everyone with PTSD has been through a dangerous event. PTSD can also be triggered by learning that someone close to you has experienced trauma. "According to the National Center for PTSD, a program of the U.S. Department of Veterans Affairs, about seven or eight of every 100 people will experience PTSD in their lifetime. Women are more likely than men to develop PTSD. Certain aspects of the traumatic event and some biological factors (such as genes) may make some people more likely to develop PTSD." (National Institute of Mental Health, n.d.)

Symptoms of PTSD usually occur within 3 months of the traumatic event, but they can also present at any time. To meet the criteria for diagnosed PTSD, they must last longer than one month and be severe enough to impact aspects of daily life such as relationships or work and must be unrelated to medication, substance use or other illness. The illness is variable; some people recovery within months while others carry symptoms for years. People with PTSD often have co-occurring conditions such as depression, substance use or anxiety disorders. A healthcare provider such as a psychiatrist, psychologist, or clinical social worker who has experience helping people with mental illnesses can determine whether the symptoms meet the criteria for PTSD. Some of the symptoms associated with a diagnosis are as follows:

- Flashbacks – reliving the traumatic event, including physical symptoms such as a racing heart or sweating
- Reoccurring memories or dreams related to the event
- Distressing thoughts and/or physical signs of stress
- Staying away from places, events or objects that are reminders of the experience
- Being easily startled, feeling tense or on guard, or on edge
- Having difficulty concentrating
- Sleep issues (trouble falling or staying asleep)
- Feeling irritable and having angry or aggressive outbursts
- Engaging in risky, reckless, or destructive behavior
- Trouble remembering key features of the event
- Negative thoughts about oneself or the world
- Distorted thoughts about the event that cause feelings of blame
- Ongoing negative emotions such a fear, anger, guilt, or shame
- Loss of interest in previous activities and feelings of isolation
- Difficulty feeling positive emotions such as happiness or satisfaction

How is PTSD Treated?

There are mental health professionals who are experienced in treating PTSD. The main treatments include psychotherapy, medications, or both. An experienced mental health professional can help find the treatment plan that meets each person's individual scenario. "Some people with PTSD may be living through an ongoing trauma, such as being in an abusive relationship. In these cases, treatment is usually effective when it addresses both the traumatic situation and the symptoms." (National Institute of Mental Health, n.d.)

Where can I find help?

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides the Behavioral Health Treatment Services Location, an online tool for finding mental health services in your area. <https://findtreatment.samhsa.gov>. Additional resources are also available at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp). Arrowhead Center, Inc. can also provide connection to organizations locally who provide this type of support.

What Can we Do to Help Ourselves?

- ❖ Talk with your health care provider about treatment options and follow the treatment plan
- ❖ Engage in exercise, mindfulness, or other stress-reducing activities
- ❖ Maintain routines around healthy eating and sleep
- ❖ Set realistic goals and do what you can as you are able
- ❖ Spend time with trusted friends or relatives and talk about what may trigger symptoms
- ❖ Expect that symptoms may improve gradually, not immediately
- ❖ Avoid the use of substances (alcohol or drugs)

Sources:

National Institute of Mental Health (n.d.) Post-Traumatic Stress Disorder [brochure].  
<https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd.pdf>