

S.A.L.T. Parish

May 2023

(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

As I write this newsletter message, Easter is one week in the past. I've always looked at Easter as an optimistic sign because it's the beginning of Spring. It all ties into the celebration of Easter and the resurrection, and new beginnings. But for some reason, with record snowfall and early Spring snowstorms, ice, and wind, it seems more difficult to celebrate Spring this year. We look for a sign of green grass, but all we see is white snow covering the ground. With every snowfall we ask, "is this the last one?" I'd like to share a story by Rodney Buchanan that helped me realize that Spring is truly on the way, the same way that Christ is truly risen, he is risen indeed.

As Spring arrives each year, I watch as the new growth literally explodes from the ground. I begin to think about trees that looked so dead, but are now beginning to bud, bringing forth blossoms, leaves and eventually fruit. I think about flowers that will bloom and grass that grows and grows. The ground has been holding life all winter, just waiting for the promised moment. It makes me think about how impossible it would be to hold back Spring. You could chop down trees, but their stumps would sprout. You could dig up flowers, but their seeds would grow. You could plow the ground, but the grass and vegetation would come back. Nothing stops Spring, It's impossible. Life would be popping out all over.

It was the same with the resurrection of Jesus. Death could not keep a grip on him. He exploded from the grave, full of life, and his life was life-giving. The life in Jesus that lifted him from the grave now lives in us who know him. So, it is impossible for death to keep its hold on us as well. Nothing can keep us in the ground. The Bible says, "Listen, I tell you a mystery: We will not all sleep, but we will all be changed in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed."

So, if you're a bit down on Spring this year, remember this story of Jesus exploding from the grave giving new life, just as the grass, the flowers and trees come to life each Spring. Stay optimistic, by the time you receive this...maybe the snow will be gone? Thanks be to God!!

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.

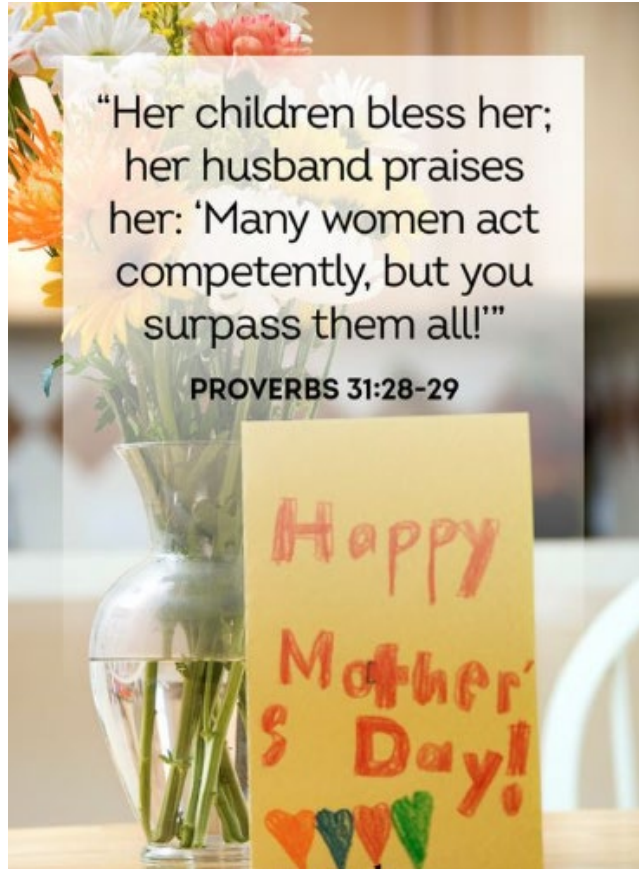
First contact: 218-391-7951 (cell)

Secondary number: 218-348-9720

Email: dwerdmann@gmail.com

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

Next meeting: May 4th,
6:30p at St. Peter's
All are welcome!



Mother's Day is May 14th

Pentecost Sunday, May 28th
8:30 St. John's
10:30 St. Peter's
Wear Red!



UPCOMING EVENTS

SALT SUNDAY SERVICE

June 4th, 10:00 am

Faith, Culver

Confirmation Celebration Service
Coffee & Cake following Worship



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



2nd Annual SALT Parish Rummage Sale
Saturday, June 3rd

9:00 am - 2:00 pm
Northland Town Hall
7271 Hwy 53, Canyon
Lunch available for purchase

Drop off Friday, June 2nd 9:00 am-12:00
pm
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 June issue: 3rd Sun of Month: May 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, May 11th, 2023
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, May 9th, 2023
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, May 18th, 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

Men's Breakfast
May 19th, 8am

Country Corner, Hwy 2, Brookston



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

“The key to a healthy life is having a healthy mind.”

Join us for our Health and Wellness meeting at 6:30 pm on May 25th at Faith in Culver.

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

Happy Birthday, Church!



Did you know that Pentecost Sunday is the Church's birthday? Not the church building, but the people who are the Church.

HAPPY BIRTHDAY!

Why is Pentecost the Church's birthday? Because on that day, the Holy Spirit first came to the apostles and sent them out to become the Church and to teach the good news about Jesus everywhere in the world.

The Holy Spirit works through the Church in many ways. He inspired the men who wrote the Bible. He teaches us through priests and missionaries and teachers. Did you know that He even inspires us to pray?



You can pray that God will send you the Holy Spirit every day. Jesus tells us in the Gospel that God will give the Holy Spirit to whoever asks.



Answer to Word-Find: native language. Answer to puzzle on front: The Holy Spirit.

www.thekidsbulletin.com

NEWSLETTER STAFF

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

Seasonal Affective Disorder (SAD)

Spring has finally sprung! The snow is almost gone, days have gotten longer, and green grass is coming. What does this mean for your mental health? Seasonal Affective Disorder, or SAD, is commonly discussed when seasons change. SAD affects people when the sun is out less, and are therefore receiving less Vitamin D. With longer, sunnier days ahead, those that struggle with SAD should notice a decrease in symptomology. Symptoms of SAD are feeling tired, sad, depressed, hopeless, sleeping more, or having problems sleeping, etc.

While exercise is vital for everyone, outdoor activities are especially important for those struggling with SAD. Spending time outside and soaking up those rays are incredibly beneficial for mental health, and being outdoors, whether walking, gardening, relaxing, etc., is a healthy coping skill many choose to utilize.

Suppose it feels as if the symptomology of SAD sounds familiar, but an improvement in mood is not discernable. In that case, it may be time to determine if you are struggling with additional concerns surrounding depression. Therapists often provide an initial consultation to determine if the counselor's counseling style will benefit the client. This is always an important step when starting counseling. If trust/responding well/comfortability with the clinician isn't present, then the benefits of counseling will be minimal. Never worry about hurting your therapist's feelings if it feels wrong. The point of therapy is to help YOU, not the clinician!

More information on SAD, or Seasonal Affective Disorder, can be found at the website below. Remember- seeing a therapist for mental health is the same as seeing a doctor for physical health; both are incredibly important and should not be minimized.

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

Some individuals stop taking Vitamin D when symptoms of depression lessen, but discussing any medication changes, including supplements, with your physician is essential for your mental and physical health.

Rachel M. Olivanti, LADC Treatment Director, Mental Health Practitioner

SAD By the Numbers

