

(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

On June 4th, we as a part of the ELCA Lutheran churches will be celebrating Trinity Sunday. This is the deity of Christ, the three in one and the one in three. This doctrine of the Lutheran church and many other Protestant denominations is one of the hardest to understand. So many Pastors, Professors and Theologians have tried to understand and explain the Holy Trinity, Father, Son, and Holy Spirit, with minimal success. There are many things in our faith life that we will not understand but must listen to Jesus words when he said, "Blessed are those who believe yet cannot see."

I'd like to share a story of a Pastor who was taken to task by a non-believer, questioning the deity of Christ, that will hopefully help us to better understand the Trinity. "A Christian Pastor once had a member of the well-known Jehovah's witness cult in his audience who constantly interrupted the meeting by shouting and heckling. The heckler said: 'You cannot prove that Jesus is the eternal son of God. He was the first born of every creature; so, he could not be deity. The eternal Father must therefore be older than his Son: and if Christ is not as old as his Father, then he is not eternal, and if he is not eternal, he cannot be God.'

The Pastor carefully considered the statement, "A father must be older than his Son"; then he gave this withering reply: 'While you might make such a point concerning an earthly parent, it certainly does not apply when we speak of God. I will prove that to you by your own words.'

He said, 'You have just called God the eternal Father. But how can God be the eternal Father (not just God) without having an eternal Son? Eternal FATHERHOOD demands eternal SONSHIP! When did your own paternal parent become your father? At

the very moment you became his son, and not before! While time must elapse before one can become a human father, this is not true of God. He is the eternal Father, and therefore He must have an eternal Son!!' The critic fell silent as he pondered the Pastor's words."

This is some heavy theology but let me illustrate the Holy Trinity in simpler terms. The element H₂O (water) has three unique forms. Water can be in the form of a liquid, the form coming out of the kitchen faucet. It can be in the form of a solid, like ice. And it can be in the form of a gas when water boils. Whether it's a gas, a solid, or a liquid...it's still water. In the same way, God is still God whether He's Father, Son, or Holy Spirit.

I hope I've helped to explain the Trinity, at least to some degree, but remember as Christ's followers, there are many things we cannot understand but we must believe even though we do not see! See you in church!

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: June 1st,
6:30p at St. John's
All are welcome!

UPCOMING EVENTS

SALT SUNDAY SERVICE

June 4th, 10:00 am

Faith, Culver

Confirmation Celebration Service
Coffee & Cake following Worship



Happy Father's Day

"The righteous who walks
in his integrity -
blessed are his children after him!"

Proverbs 20:7

Father's Day is June 18th

"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



Saturday, July 22nd, 2023

11:00 am to 1:00 pm

Meadowlands Community Center

In-House Drawings

Lunch available

Sponsored by:

WELCA & First Lutheran Church of Meadowlands, MN

~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 July issue: 3rd Sun of Month: June 18th

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, June 8th, 2023
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, June 13th, 2023
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, June 15th, 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

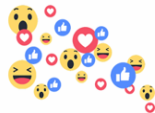
**Men's Breakfast
 June 16th, 8am**

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

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Faith, Culver	Stan Lamb	310-0857
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St. John's, Saginaw	Carolyn Collum	729-6008
St. Peter's, Canyon	Fred Zorn	591-0978

Faithful Stewards

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms” 1st Peter 4: 10

Are we being faithful stewards? A steward is a person who manages another’s property, finances, or business affairs. After reading this definition, I realized that we don’t own anything. God has given us everything and expects us to be responsible caretakers. To be a good caretaker, God has equipped each of us with gifts and abilities to serve others, as it is stated in 1st Peter 4:10.

So how are we to use our gifts and abilities to serve others? Think about the activities that you enjoy doing and look for those around you who need help and encouragement. Paul states this in his letter to the Corinthians: “Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.” 2nd Corinthians 9:7.

Here are a few suggestions to help us become faithful stewards.

Those of you who are good communicators could notify church or community members about activities or projects where an extra hand is needed. If some-one is going through a challenging situation, ask if they want your assistance. Just being a good listener can sometimes be the best way to help those going through difficult times.

Monetary support is always welcomed, but at times, showing up and pitching in is the better choice. Our SALT congregations are very blessed with members that can clean, repair, and build properties; create beautiful items; cook and bake delicious food; teach children and adults; participate in worship; and the list goes on.

However, you choose to serve others, do so joyfully, for the community and those around us will take notice. Remember, God loves a cheerful giver!

Debbie Neuman

NEWSLETTER STAFF

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

June is Men's Health Month

Goal of Men's Health Month

Did you know that men, on average, die almost five years earlier than women? Part of the reason is that men are more reluctant to go to the doctor, according to menshealthmonth.org. In fact, studies show that women go to the doctor twice as much as men.

Additionally, Men's Health Network notes that [certain conditions are more prevalent in men](#), which patients and their doctors should keep an eye on through regular appointments.

Thus, the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys.

This month gives health care providers as well as individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Focusing On Male Health In Seniors

It's important as a senior man to brush up on your health facts, listen to your body and be sure to get regular checkups. Not only will you live longer, but you'll also have a better quality of life.

General Health – Even if you don't feel sick it's important to see your doctor regularly and schedule annual exams. Here are some of the screening tests recommended by [Johns Hopkins](#) for men 65+:

- Abdominal aortic aneurysm
- Blood pressure
- Colorectal Cancer
- Depression
- Diabetes mellitus, type 2
- Lipid disorders
- STD

Illness – It seems simple but if you're sick — see your doctor. According to the [Health in Aging Foundation](#), 40% of men said that when sick, they delay seeking medical care for a few days; and 17% percent said they would wait "at least a week." Don't wait. Prompt medical care can be the difference between life and death.

Medications – It's important to take medications as directed, and especially for seniors to keep a complete list of medications and dosages handy. Always inform any doctor you visit about your medications – the more they know about your meds, the better they can look out for potentially life-threatening drug interactions. The older you get, it's common you may be on more daily prescriptions and medications; so, with increased medications you run a greater the risk of side effects and adverse interactions.

Vaccines and Inoculations – Keep up with recommended shots, including for flu, shingles, pneumonia, and diphtheria/tetanus, is vitally important — especially for the elderly men in our lives.

Healthy Eating – Older men have specific dietary needs. They need more calcium, vitamin D, fiber, and potassium. Experts recommend limiting fat calories to 20 to 35 percent of your diet and suggest the following guidelines for daily calorie needs for men 50 and over:

- Not active: 2,000
- Moderately active: 2,200 to 2,400
- Active: 2,400 to 2,800.

Additionally, it is recommended that senior men try to incorporate 30 minutes of physical activity, 5x a week into their daily schedule (physical limitations, permitting.)

Help the men you know live healthier, happier lives!