

# S.A.L.T. Parish

July 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

Over the last several years, the Salt parish has taken on a mission to bring awareness to the growing issue of mental illness. It is not only growing but studies show that less than 50% of those people who have mental illness symptoms are actually seeking medical help. And those who are not seeking help are turning to dangerous alternatives such as alcohol, drugs and even suicide. Our mental health and wellness team at Salt have worked on supporting those with mental illness in our churches and community. We've scheduled various activities to bring awareness and education to this ever-growing health issue. The most recent national action has created a national crises line, available 24 hours a day, simply by calling or texting the number "988."

In the last couple weeks, the members of the parish should have received a mental health survey to assess where we as a parish are in our own mental health. The survey is 10 general questions on mental health and is totally anonymous. If you haven't already filled it out, please take a few minutes to answer the questions and mail it back to the church in the self-addressed envelope or bring it back to church a on Sunday morning and give it to Minister Dave. We will use these results to determine what is needed moving forward in terms of activities and education.

There are many new mental illness treatments and doctors, and therapists are more and more recognizing Christian faith as one of them. I'd like to share with you an article on the power of prayer.

Research at San Francisco general hospital has revealed that victims of heart issues who are remembered in prayers fared much better in recovery than those who were not. Cardiologist Randy Byrd

assigned 192 patients to the "prayed for" group and 201 patients to the "not prayed for" group." All the patients were in the coronary intensive care unit. The patients, nurses and doctors did not know which group patients were in.

Prayer group members were scattered around the nation and only given 1<sup>st</sup> names and diagnoses of the patients. The researcher found dramatic results. The "prayed for" group had significantly fewer complications than the "not prayed for" group. The "prayed for" group also had a much lower rate of death due to their illness. The "not prayed for" group was also 5 times more likely to develop infections, and 3 times more likely to develop a lung condition, leading to heart failure. These findings were published by the American Heart Association.

So, if you're not sure whether prayer makes a difference, hopefully this gives you some hard evidence that it definitely does. Once again, please fill out your surveys and return them to the church or to Minister Dave. If you would like to be part of our Health and Wellness team, we meet at 6:30pm on the third Thursday at Faith Lutheran in Culver in Jan, March, May, July, September, and November and would love your involvement.

**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: July 6th, 6:30p at Faith  
All are welcome!

## UPCOMING EVENTS

### SALT Sunday Outdoor Worship & Parish Picnic July 30<sup>th</sup>, 10am Worship @ Faith

Picnic to follow with brats, burgers & all the fixings. Door prizes too! The **ONLY** thing you need to bring are yourself, a friend & a lawn chair.



Sponsored by: Vince Jones & RBC Wealth Management



**Saturday, July 22<sup>nd</sup>, 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

**Attention Parents of Students 6<sup>th</sup> Grade and up**

Minister Dave is compiling a list of students grade 6 and up who are interested in Confirmation this fall. If you have a child 6th grade or older & are interested in participating, please contact Minister Dave at 218-391-7951 or email at [dwerdmann@gmail.com](mailto:dwerdmann@gmail.com)

Classes are held from 2:30p – 3:45p at Faith, Culver  
South Ridge students: ride the bus & be dropped off at Faith after early release.



**SALT SISTERS FALL RETREAT DATES**  
**September 28<sup>th</sup> thru October 1<sup>st</sup>**

Located at beautiful Camp Vermillion near Cook, MN  
Voyageurs Lutheran Ministry  
Stay for the weekend or all four days. Contact Andrea Anderson to register. All are Welcome!

### ~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 Aug issue: 3rd Sun of Month: July 16th**  
**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, July 13<sup>th</sup>, 2023  
 9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
 2<sup>nd</sup> Tuesday of the Month, July 11<sup>th</sup>, 2023  
 5:00 – 6:30 pm

**2300 E Skyline Blvd (Copper Top Church)**  
 3<sup>rd</sup> Thursday of the Month, July 20<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)

**Men's Breakfast  
 July 21st, 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](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

**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” 1<sup>st</sup> Peter 4: 10**

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

Tell someone about Jesus, Attend Church, Be a part of a small Group (WELCA, Culver Quilter’s, Men’s Breakfast, Wellness Mission, Church Council, Bible Study, SALT Sisters, etc.), Invite someone to Church, Read the Bible, talk to God, Live for Jesus, be a cheerful Giver, Volunteer, Mentor Someone.

“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.” 2 Corinthians 9:7

**All youth interested in receiving First Communion Instruction**

Class will be held on Saturday, October 28 from 9:30a – 11:30a (Faith, Culver). Students will then celebrate their First Communion on October 29 at our Salt Sunday. Youth, ages 10 and up, are welcome to participate. If interested, please contact Minister Dave at: 218-391-7951 or at [dwerdmann@gmail.com](mailto:dwerdmann@gmail.com)



**NEWSLETTER STAFF**

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

## **Lifeline Chat and Text 988**

**<https://988lifeline.org>**

Lifeline Chat and Text is a service of the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), connecting individuals with crisis counselors for emotional support and other services via web chat or texting 988.

All chat and text centers in the Lifeline network are accredited by either the American Association of Suicidology or the International Council for Helplines. Lifeline Chat and Text is available 24/7 across the U.S. and certain territories.

The 988 Suicide and Crisis Lifeline is committed to providing individuals in emotional crisis with support, which can include connection to specialized services for different populations.

### **Who should use the Lifeline Chat and Text Service?**

Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the service. The crisis counselors are here to listen and support you through whatever difficult times you may be facing.

### **When is Lifeline Chat and Text available?**

The Lifeline Chat and Text service is available 24/7. If you have trouble connecting to the service, we encourage you to call the Lifeline at 988.

### **Are all Lifeline Chat and Text communications secure and confidential?**

The confidentiality and security of transcripts and any data collected during chats and texts are ensured through the Lifeline chat and text software provider, which uses the same encryption and data protection standards required by major financial institutions to transact business with each other.

### **What are the American Association of Suicidology and the International Council for Helplines?**

The American Association of Suicidology (AAS) is a world leader in the development, implementation, and facilitation of accreditation, certification, and training programs. Their programs are evidenced-based and best practices to uphold standards of care for those impacted by suicide. They provide accreditation, certification, and training opportunities for organizations and individuals.

The International Council for Helplines (ICH) offers accreditation to all chat and/or text crisis helpline programs to ensure high-quality standards and ethical practice. International Council for Helplines accreditation standards define and establish best practices for crisis chat and texting services. The Standards focus on areas outlined below in order for programs to have the infrastructure in place to provide compassionate and non-judgmental services to those in need of emotional support.

### **What is the purpose of the pre-conversation survey?**

Knowing a bit about you, what you're going through, and how you're feeling right now can help your crisis counselor better support you as soon as your conversation starts.