

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

August 2023



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

Summer is in full swing with vacations, lake and cabin time and getting together with family and friends. I hope everyone reading this is having a marvelous summer full of activities, relaxation and get togethers. One thing I also hope everybody remembers through summer is our churches. Even though things seem to be busy, I pray that we also keep our stewardship to the churches in focus. We all know that the churches don't take the summer off, and the bills still need to be paid along with your time and talents to keep the church activities and missions healthy.

I'd like to share a story about a father who picked up his son from football practice and his son announces he is hungry. So, Dad stops at Burger King to pick up a snack of chicken nuggets and French fries. After going through the drive through, Dad throws the bag of food on the front seat. He then reached over to take a few fries out of the bag, just to taste. With his son's quick reaction, he reaches over and slaps Dad's hand and says, "Don't eat my fries"

Dad is thinking that his son is being a bit selfish and stingy. He said, "I know who bought the fries and I'm the true owner of the fries". Dad also realizes that his son belongs to him as well. Dad could get angry and never buy him any more French fries to teach his son a lesson, or he could buy him more fries than his son. could possibly eat. Both options were within his power to do. Dad begins to wonder why his child is so selfish. "I gave him a full order of fries, I just wanted 1 or 2."

Isn't that the way we tend to be with our time, talents and all our money and possessions? God owns it all, but sometimes we will only give up a French Fry or two, just so He will continue to bless us.

The American way is to say, "I pulled myself up by my bootstraps" and "I worked hard for all I have." Do we realize it is God who gives, and it is God who gives the opportunity and ability to work? It is God who ultimately owns all we are and all we have...even the French Fries!

I thank every one of you for all you do and all you give back to the church. It's been a challenging year of inflation and higher prices, but the church also feels the need to pay the bills and needs many hands to keep all the worship and activities moving forward. Let us all consciously consider all God has blessed us with and in return, give of our first fruits.

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: dwardmann@gmail.com

~S.A.L.T. PARISH MEETING~
Next meeting: Aug. 3rd, 6:30p at First
All are welcome!



Scan the QR code to be taken to SALT Website



Saturday, September 9th, 2023

9:00 am to 2:00 pm

St. Peter's Church Basement

Crafts, knives, baked goods, greeting cards & slightly used items. Handmade Quilt & Gift Basket will be raffled. Lunch will be available

Sponsored by:

Esther Circle, Canyon, MN

**SALT SISTERS FALL RETREAT DATES
September 28th thru October 1st**

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!

UPCOMING EVENTS

AUGUST WORSHIP CHANGES!



SUNDAY, AUGUST 6

ONE WORSHIP SERVICE AT
8:45 AM AT FAITH, CULVER


FOLLOWING WORSHIP THERE WILL BE A
REMEMBRANCE SERVICE FOR SUSAN CHICAG
(FOSTER DAUGHTER OF BOB & KATHIE LARSON)
CAKE AND COFFEE TO FOLLOW

SUNDAY, AUGUST 20

ONE WORSHIP SERVICE AT 10:00 AT FIRST,
MEADOWLANDS

JOIN US FOR WORSHIP AT FIRST AND STAY FOR
THE MEADOWLANDS FAIR AND PARADE!

Attention Parents of Students 6th 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
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.



Christian Education

~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 Sep. issue: 3rd Sun of Month: Aug 20th**
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, Aug 10th, 2023
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Aug 8th, 2023
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Aug 17th, 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
 August 18th, 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



**Faith Lutheran's Bazaar
 Saturday, September 30th
 10:00 - 2:00 pm.**

5697 Hwy 7, Culver, MN 55779

**Handmade Quilt drawing and other prizes
 \$1.00 tickets available from Faith members.
 Fall/Holiday décor, quilts, handmade items, garden,
 canned & baked goods, gently used household items
 and other white elephant items.**

Lunch (soup, chili, and pie) will be available.

Sponsored by Faith WELCA

Next WELCA meeting is September 12th @ 1pm

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



NEWSLETTER STAFF

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

Trauma Bonding

This is the first part of a five-part series on trauma-bonding. Maybe you have heard of it, maybe you have seen it, or maybe you have unknowingly been a part of it: the explosive, dramatic, and unhealthy yet completely irresistible relationship that is so difficult to let go of.

While real love is a process of growing to care for someone over time, toxic bonding is immediate, oftentimes explosive, along with being completely compelling and electric at the same time. Trauma bonding is a process by which someone confuses abusive behavior for real love. This happens for many reasons, making it difficult to differentiate between real, true love and trauma bonding. For example, this type of bonding often starts as instantaneous, magnetic love. It is the feeling of being "meant to be" with a stranger. It can be easy to confuse initial physical attraction to someone for the type of electric "soulmate" partnership. Yet we all know true love takes time to grow, and trust takes time to be built. What is actually happening is that you and your partner are connecting over a similar or shared wound. It is this shared wound that draws you to each other, and makes you feel the need to commit 100% to this person. Each individual is meeting an unconscious need that neither person is aware of.

According to Brianna Wiest, the first step is getting "Love Bombed". This is the initial stage when the person says that you are absolutely meant to be together, you will be together forever, you are the perfect partner, etc. All of these are things you cannot know realistically within a short time of meeting someone.

As quoted by Wiest,

"Next, what differentiates this from "love at first sight" is that it is followed up with a form of punishment. Unable to live up to those unrealistic expectations, your partner begins to degrade you and make you feel terrible because, ultimately, you cannot sustain the behavior that makes their wound feel better. You cannot be the person that saves them, and they make that your fault.

It starts to become the perfect storm of a neurochemical response and behavioral stimuli.

In your desire to keep your "perfect partner," you think that you need to fix yourself, and try again."

Next month's article will continue to discuss trauma bonding and then next step: which is to "Take Your Time".