

(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

I pray that this message finds everyone in good health and enjoying your summer, getting out and about enjoying the warm days.

Back in June, the Health and Wellness team in our parish sent out a survey to all families of our parish. I'd first like to say thank you for taking the time to fill it out and return it. The survey was designed to touch on many areas of mental illness and what are the mental health issues that are the most prevalent within our churches and communities.

The outcome of the answers received on the surveys taught the mental health team what topics we need to further educate our members and visitors who might be interested in learning more. Mental illness is one of the fastest growing illnesses in the United States. It's severely driving up medical costs and leading to bigger problems such as alcohol and drug dependency, as well as sky rocketing numbers of people taking their life by suicide and drug overdoses.

Mental illness comes in many forms and one that we found through the survey that drew the most interest is mental illness due to ageing. More specifically the interest in learning more about Alzheimer's and Dementia. This stands to reason since we have an older average age among our members. We are planning our first time of learning on the topics of Alzheimer's and Dementia on October 25<sup>th</sup> at Faith Lutheran in Culver at 6:30pm. This time of education will be

led by a representative of St Louis county, Jenna Pogorals.

We hope this will be a time of learning and understanding as well as identifying warning signs of Alzheimer's and Dementia that might be helpful. This is also a time to ask questions. Mental illness is nothing to be ashamed of, but rather an illness like any other. We are also planning ice cream sundae treats and coffee for our get together.

It's our goal to have more learning opportunities possibly bi-monthly or quarterly, with a variety of speakers on different areas of mental illness going forward, using your survey answers as a guide. If you, a friend, or family member is experiencing signs of Alzheimer's and Dementia, PLEASE COME and bring a friend. Also, if you have an interest in another topic of mental illness, please let us know.

**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: Sep. 7th, 6:30p at St. Peter's  
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 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!

**UPCOMING EVENTS**



**Health & Wellness Event**

Join us for an Alzheimer's Association  
Education Opportunity  
Wednesday, October 25, 6:30 pm  
Faith Lutheran Church

**Guest Speaker: Jenna Pogorels (Associate Director, Community Services-Northern MN Alzheimer's Association)**  
Bring your questions  
Ice cream sundaes with all your favorite toppings!



**Notice:**

Beginning with the **October 2023 Newsletter**, Articles will be Due the **SECOND (2<sup>nd</sup>) Sunday** of the Month

**Example:** Articles for the October 2023 Newsletter are due to Misty by Sunday, **September 10<sup>th</sup>**

~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 Oct. issue: 2nd Sun of Month: Sep 10th**  
**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**  
 2<sup>nd</sup> Thursday of the Month, Sep 14th, 2023  
 9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
 2<sup>nd</sup> Tuesday of the Month, Sep 12<sup>th</sup>, 2023  
 5:00 – 6:30 pm

**2300 E Skyline Blvd (Copper Top Church)**  
 3<sup>rd</sup> Thursday of the Month, Sep 21st, 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**  
**September 15th, 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



**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 12<sup>th</sup> @ 1pm**



**Build a Bake Potato**  
**October 11<sup>th</sup>, 4-7 pm**  
**At Faith Lutheran Church**  
**SALT Parish Fundraiser**  
**Free will offering**

Fully loaded potato with your choice of toppings  
 (sour cream, cheese, ham, chili and more)!

**Eat in or take it to go!**

**NEWSLETTER STAFF**

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

## Trauma Bonding - Article 2

Hello SALT Parishioners! This month we will continue on with our discussion on trauma bonding and how easily it can happen to anyone.

As a recap, 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. While this can be difficult to determine, as individuals, we need to learn to stop confusing trauma bonding with real love. Here are a few tips to help you on your way:

### **Take Your Time**

It is important to take your time when developing new relationships, and it is ok to take your time! Don't let another individual create a trauma bond. It's important to remember that someone that really cares about you won't force you into a relationship until you are ready.

### **Address Your Own Wounds**

Before entering into the world of dating, or while dating and figuring out who you are and what you want, take the time to address your own wounds. If a history of traumatic, painful relationships, it is important to work through these feelings in a safe and healthy way. This is incredibly important if your trauma began in childhood. This can mean anything from seeing a therapist, to talking to a friend, Minister Dave, journaling, etc.

The next article in the series will discuss watching for patterns to help you avoid traumatic bonding.

Rachel M. Olivanti, LADC  
Treatment Director  
Arrowhead Center Inc.