

(South Arrowhead Lutherans Together)
A joint newsletter from the Minnesota congregations of:



Faith, Culver



First, Mendowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As we turn the calendar page from April to May, we now move past the Easter season, although we continue to celebrate the risen Christ 365 days a year. On May 19th we celebrate the day and season of Pentecost. If you're not sure when Pentecost takes place, it's 50 days past Easter Sunday. But many ask what Pentecost is and why it is celebrated.

Pentecost in Jesus day was marked with a harvest party that was sometimes referred to as the "Feast of weeks." It also commemorates the descent of the Holy Spirit upon Mary the mother of Jesus and Jesus disciples and marks the beginning of the Christian churches mission to the world. Being it was the beginning of the Christian church; we often refer to it as the birthday of Christ's church. The Pentecost feast lasts for three days and begins on Trinity Sunday. It was celebrated as a joyous time of giving thanks for the harvest but more importantly, the descent of the Holy Spirit.

Pentecost reminds every Christian, even though Christ died for our sins and by Baptism we accept forgiveness of our sins, each one of us needs to receive the Holy Spirit so we can do the work of discipleship that awaits each one of us. Jesus commissions each one of us to spread the Gospel and make disciples of all nations.

Disciples are clothed in the power of the Holy Spirit, strengthening them to overcome the fear that seized them to the point of running away during Jesus' passion. And the path to receiving the Holy Spirit is to exercise faith in Christ

through repentance. We also wear red on Pentecost Sunday to signify the Holy Spirit in our community and our unity in Christ.

I encourage everyone to read the second chapter of Acts for the full story and insights of the Holy Spirit and Pentecost. The Holy Spirit is symbolized by three signs in scripture. The first being a rushing mighty wind, a symbol of the Spirit's power. The second is tongues of fire appearing on people's heads as the Spirit's sign of purification. And third is people speaking in tongues of foreign lands as the Spirit's proclamation of the Gospel in many languages. I pray that we encounter and experience the Holy Spirit's presence in our lives that we too take the Gospel out into our communities and world.

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.

He is always available for emergencies.
First contact: 218-591-7951 (cell)
Secondary number: 218-348-9720
Email: dwerdmann@gmail.com

---S.A.L.T. PARISH MEETING---
Next meeting: May 2nd 6:30p at St. Peter's
All are welcome!

Planting Seeds
When a mommy hugs her children
She plants a seed of love.
And all her wonderful kisses
Come from God above.

When a mommy tucks you in at night
She plants a seed of peace.
She prays for God to bless you.
With a sweet and restful sleep.

When a mommy asks you to wait for things
A seed of patience is what she sows.
For all the really good things in life
Take some time to grow.

When a mommy makes your favorite food
She plants a seed so kind.
She knows when chicken soup is good for you,
Or when you have cookies on your mind.

When a mommy rocks you in her arms
A gentle seed is planted deep.
Sometimes she'll sing you a little song,
While in her arms you cry to sleep.

When a mommy tells you, "No"
She plants a seed of self-control.
For she knows not all things are good or you
So, make sure you listen to what you're told.

But the greatest seed that a mommy plants,
Is the seed of God's Love.
She wants you to know him just like she does.
So that one day you both will live in Heaven above.

UPCOMING EVENTS

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



3rd Annual SALT Parish Rummage Sale
Saturday, June 1st from 9a - 2p
Lunch will be available

As you are doing your spring cleaning,
set aside items for the Rummage Sale.
Drop Off is 9a-12p in Canyon on May 31st
or at your church prior.
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: 2nd Sun of Month: May 12th

To mail information to Misty: 126k County Rd 4 Vreeshall MN 55797. Or email to: Bergsman.misty22@gmail.com

---RUBY'S PANTRY---

5577 Cromwell Park Dr, Cromwell, MN
2nd Thursday of the Month, May 9th, 2024
9:00 - 10:30 am

5007 Maple Grove Rd, Hermantown, MN
2nd Tuesday of the Month, May 14th, 2024
5:00 - 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
3rd Thursday of the Month, May 16th, 2024
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

MAY IS WOMEN'S HEALTH MONTH

Men's Breakfast, May 17th, 8am
Country Corner, Hwy 2, Brookston



Sunday Morning Livestream

SALT Parish Facebook Page
10:30 am
Bulletins will now be available for all congregations. They will be posted on the Parish Facebook page or the bulletin can be accessed at saltparish.org/bulletins

S.A.L.T. COUNCIL	
President	Giam Lamb 451-8328
Vice President	Stacy Richmond
Secretary	Amber Schwartz
Treasurer	Misty Bergman
Church Contact People	
Church President	Phone
Faith	Dale Neuman 729-1062
First	Guy Richmond 742-1724
St. John's	Carolyn Collum 729-6008
St. Peter's	Fred Zorn 951-0978

May Day Baskets
This tradition started when families separated by long cold winters would congregate together to celebrate the arrival of spring and being together. An easy May basket idea is to upcycle a berry basket from the grocery store into a cute floral arrangement. Fill the basket with a variety of flowers tucked into a small jar or two of water.



SALT Parish VBS Meeting
Tues. May 14th, 3:00 pm
Faith Lutheran - Culver

Parish members as well as anyone in the community are welcome to are welcome to attend an organizational meeting to hold Vacation Bible School (VBS) in the SALT Parish communities sometime this coming summer. Contact Amber Schwartz if you have any questions.

Mocktails & Medicine



Thursday, May 9th at 5:30pm
Hosted by Community Memorial Hospital Cloquet, MN

May is Women's Health Month. Plan for an evening of celebration and education all about topics for women's health, including nutrition, exercise, sleep and pelvic health. Free and open to all! Please RSVP at cloquethospital.com/happenings/mocktails-medicine/

NEWSLETTER STAFF
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Thank you to our volunteer mailers!!!



STRATEGIES OF HEALTHY AGING & PREVENTION

DIET

REDUCE FATS AND SUGARS
to prevent amyloid beta proteins involved in developing Alzheimer's

SWAP ANIMAL PROTEIN FOR PLANT PROTEIN
(legumes, soy, nuts)

SWITCH TO MEDITERRANEAN DIET
(plant-based, whole grains, fish, low dairy)

EXERCISE

2.5 HOURS
of weekly exercise

AEROBIC AND RESISTANCE WORKOUTS
Increasing development of brain cells

INCREASING MUSCLE MASS
to prevent loss of muscle structure, brain speed and cognitive functionality

MENTAL HEALTH

REDUCE CHRONIC STRESS
to improve hippocampus, the part of brain linked to emotion, learning and memory

PLAY FUN, COGNITIVE ACTIVITIES
(board games, crosswords, reading, writing, playing music) to increase brain health

REDUCE DEPRESSION
through the stimulation of social groups and through group workouts