

Greetings Everyone,

I would imagine we all have a desire for good health. When we have good health, it seems we can be productive and be happy in our daily lives. However, when we feel ill or when our health is not good, we become less happy. As your Pastor I am not a big fan of being sick or injured. Often when I am not in good health, I will be a bit crabby and unproductive. This is why I try to maintain healthy habits and be active in living a healthy life. For when we live healthy lives, we overall seem to feel and do good things.

When we think of having a healthy life we largely think of our health in a physical way. However, there are other ways of thinking about health beyond being physical. In September our congregation will be doing a Mental Health and ministry talk lead by the Northeast Minnesota Synod's Minister for Mental Health and Wellness Joy Hensel. The topic of mental health is an important one especially in our time when we face many challenges and stigmas regarding mental health. I encourage everyone in the congregation to come and explore ways we can do better regarding mental health issues. As we learn about these things we can then better attend not only to our own overall health but be helpful for those who seek to better their as well. For good mental health like good physical health can lead to an overall good feeling in our lives.

Besides part of Christ ministry was largely based around health, healing and restoration. Granted many of the examples focus on physical healing but the sense of healing and restoration can go beyond just the physical. Jesus in our faith restores and gives good health and wellness within our relationship with God. Overall, this brings us to good spiritual health that can be beneficial for us all. For in Christ, we can gain a better deeper spiritual health that creates right relationships with God and others. Which from Christ ministry in the world encourages wellness in all things be it physical, mental, and spiritually.

Now granted good health is far more complicated and has us exploring a lot of things to try and maintain it. Our physical health has us doing a lot to keep our physical bodies healthy. Mental health has us maintain a healthy mind, emotions and feelings. While our spiritual health has us looking to Christ to heal and restore all things. Good health has many facets that come with it, and we should strive to maintain good health and encourage good health for all we encounter. For when we have good health, we can have good lives. May God's blessing be with us all as we continue to be working on overall health. Amen.

Yours in Christ,
Pastor John Ansell

Lessons for September, 2024

9/1/2024 Deuteronomy 4:1-2, 6-9; Psalm 15; James 1:17-27; Mark 7:1-8, 14-15, 21-23

9/8/2024 Isaiah 50:4-9a; Psalm 146; James 2:1-10, 14-17; Mark 7:24-37

9/15/2024 Isaiah 50:4-9a; Psalm 116:1-9; James 3:1-12; Mark 8:27-38

9/22/2024 Jeremiah 11:18-20; Psalm 54; James 3:13-4:3, 7-8; Mark 9:30-37

9/29/2024 Numbers 11:4-6, 10-16, 24-29; Psalm 19:7-14; James 5:13-20;
Mark 9:38-50

ABOUT OUR SALEM FAMILY

With Sympathy!

Our heartfelt sympathy to Courtney “Ben” Benson following the death of his son, Kristopher on July 25th.

Our heartfelt sympathy to Grace Schramm, Karen & Bob Bastianelli, Roger & Dianne Schramm and their families following the death of their husband and father Bob on July 27th.

Our heartfelt sympathy to the Wisniewski family following the death of Lorraine on August 14th.

Our heartfelt sympathy to the Karen Koshere and her family following the death of her husband, Frank on August 15th.

Our heartfelt sympathy to Dale & Diana Larson and their family following the death of Dale’s brother, Howie on August 19th.

Thank you!

Salem Lutheran Church,

Thank you so very much for allowing us to stay. It was so nice to have a warm and dry place to sleep in! your hospitality and kindness is so much appreciated! The morning breakfast is above and beyond and certainly exceeded our expectations!

Thank you for the prayers and blessings, it is appreciated.

Boy Scout Troop 29

New Baby!

Congratulations to Annalise & Ryan Thompson on the birth of their daughter, Ivy Marie on August 5th.

I’ve Moved!

Vivian Economy

2400 Washington Ave Apt 207

Cloquet, MN 55720

218-348-5334

THE POWER OF PRAYER AT SALEM

Salem's Prayer Chain contact person is Maria Karon. All members of Salem are welcome to become a link in this very important ministry. If you are interested in becoming involved or have a prayer chain request, please contact Maria at 218-940-0347.

“Happy Birthday” To Our Members in September

1	Carrie Gilbertson	18	Nancy Berntsen
2	Nancy Larrivy		Cade Jaros
5	Judy Giese		Tammy Nordwall
8	Michael Thedens		Chris Swenson
9	Hannah Prewit	21	James Borgeson
10	Merlyn Dammer	28	Barb Adamski
	Kevin Graves		Glory Eckard
	Jasper Nunez		Karen McClimek
12	Julie Porter	30	Darlene Mammenga
15	Gavin Reid		Kristi Poissant
16	Michelle Ahlberg		
	Dan Burud		

Coffee Servers, Ushers and Altar Care are needed! Look for the signup sheet in the narthex!

Ladies Night!

Our lives are busy but we NEED each other! Did you know that getting together with other women improves our lives and emotional and physical health, and in turn, allows us to be better for those around us? We are better together! We will be meeting the second Wednesday of the month. Join us to reconnect, meet new women, have fun, work on a service project, or maybe learn or do something new.

Invite others who might want to join us:

**Salem Lutheran Church-Family Room
Wednesday, September 11th, at 6:00 p.m.**

For questions or suggestions, contact
Kim Settergren (218)341-3665





Mental Health in Ministry
Wednesday, September 25, 2024
6:00 pm

Join Joy Hensel, Synod Minister for Mental Health, and Wellness for the Northeastern Minnesota Synod, ELCA in this workshop to learn about mental health, and practice stress relief activities to nurture well-being. Churches have the unique opportunity to

Gather for authentic conversations,
Provide engaging education that nurtures self-awareness,
Create safe space for connection, questions, stories, and play,
Be a bridge that connects all ages to resources,

All within a faith context that speaks to the depths of despair and promises of hope.

Bio: Joy Hensel, MA, LADC, ADC-MN, is from Duluth, Minnesota. Currently, she is the Synod Minister for Mental Health and Wellness for the Northeastern Minnesota Synod, ELCA. Joy attended graduate school at Luther Seminary, the Hazelden Betty Ford Graduate School of Addiction Studies, and the Adler Graduate School. Joy's background in youth and family ministry includes eight years in congregations, and as the Program Director at Voyageurs Lutheran Ministry. Joy has worked as an outpatient chemical dependency counselor in a dual diagnosis program for adolescents, worked at The College of St. Scholastica developing a Collegiate Recovery Program, trained as an Adult Mental Health First Aid Instructor, and is a full-time parent. She enjoys opportunities to speak, teach, and be a resource to congregations.

**Back to Sunday School
September 29th**

Worship 10:00 am with Blessing of the Backpacks

Sunday School will start October 6

**Sunday School and Faith Exploration Kickoff
at 11:00 am during coffee fellowship**

Registration forms will be available in the office and online



Can You Help?

Currently a very small group has taken on the responsibility of cleaning the church. You can help by “adopting” a room (or even part of a room) in the interim. Contact Nancy Berntsen, Pastor John or the church office for more information as to how you can help. Thank you.

If you know of anyone who may be interested in Salem’s custodian position, please have them contact the church office, Nancy Berntsen or Pastor John for more information. Thank you.



CELEBRATING A CENTURY OF GRACE

With September upon us we are ever closer to the culmination of our celebration of Salem’s 100 years of Ministry. We look forward with excitement to our grand finale being held on November 2 & 3, 2024. A festive Banquet Dinner & Program will be held on Saturday, November 2 at 6:00 pm and a special celebratory Sunday Service held on Sunday, November 3 at 10:00 am. Tickets for Saturday’s Banquet Dinner & Program will be sold for \$15/person and can be purchased beginning Sunday September 15 and wrap up October 15, or until sold out. Tickets will be available in the narthex each Sunday or can be purchased in the church office during regular hours, 9:00-1:00 Tuesday- Friday. Seating is limited so you will want to get your tickets early. You don’t want to miss this wonderful celebration!



In addition to preparations for that celebratory weekend we have two more months of featuring different aspects of Salem ministries. In September we will be featuring “Changes to Buildings Supporting Salem’s Ministries”. As we look back, it would seem that there has been a constant evolution of change due to changing needs and needed maintenance. A history of the many changes will be displayed in the narthex for your examination during this month. These improvements have been important in supporting Salem’s worship, education, and being a welcoming part of the community. It has taken vision, creativity, and financial commitment on the part of this congregation to more effectively do the work that our Lord has charged us with. It has been blessing that we have risen to these challenges.

Salem Lutheran Church Special Council Meeting Minutes August 6, 2024

Constitution update

- Discussed wording of Treasurer position as part of Council. After discussion and clarification of wording by Wayne and Pr. John, we will leave as is. Reviewed Discernment teams. Wording still is unclear. More clarification is needed to connect Discernment teams with each sub-team. We will change the name of the sub-team headings to Standing Ministries. Eileen will work on this prior to the next Council meeting.

New Business:

- Replacement/repair of Daycare play area fence. The overall condition of the fence warrants replacement. There are multiple areas where the fence can be pushed/pulled away from the ground, areas where the fence has been stretched, and other areas that need attention. The damaged areas are such that the children could be injured or could exit the playground without supervision. We have been informed by Stacy Pohjola that the fence is not in compliance with State licensing guidelines. Much discussion has been held via email between Council, Beth, and Property committee. Quotes from three different companies for total replacement ranged between \$7900 and \$11,577, which would require a congregational meeting and approval. Justin has come to an agreement with Forward Fence for a partial replacement this fall. The quote of \$1610.97 would be for them to install a new 4' fence on the west side, then tie the existing 3'6" fence into the new portion. They would also re-tension some of the other damaged sections. This will allow us to replace the remaining fence next year when we can better budget and plan for it. Motion made by Justin to complete work as stated above, with expenditure not to exceed \$2000. Seconded by Eileen. All ayes. Motion carried.

WORSHIP LEADER SCHEDULE

September, 2024

	1	8	15	22	29
LEAD COMM	Eileen Dusek	Simon Erdmann	Kelly Erickson	Judy Giese	Justin Reid
READER	Simon Erdmann	Nancy Berntsen	Rolene Lampi	Eric Settergren	Christy Jaros

2024 Council Members

Carol Christenson, President (218-348-3950)
Justin Reid, Vice President (715-969-4705)
Wayne Swor, Treasurer (218-269-9535)
Eileen Dusek, Secretary (218-729-9677)
Simon Erdmann (218-409-5388)
Kelly Erickson (218-410-2161)
Judy Giese (218-340-0823)