



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

By the time you read this article, it will be November. The season of Fall is quickly coming to a close and we all know what follows Fall. Get your snowblowers and shovels tuned up. I kept watching day by day as more and more leaves turned beautiful bright colors and then fell to the ground. in what seemed to be happening overnight. It’s a time of year when we start slowing down a bit, spending more time indoors with family and friends

Another important day happens in November, that being Thanksgiving. Thanksgiving brings thoughts and visions to mind of wonderful dinners that we vow every year to eat less of, and an overabundance of football games. We start searching the store ads for Black Friday bargains and head to bed early to be the first in line at our favorite store at 5:00am. It seems that Thanksgiving isn’t given its due diligence since the Christmas decorations are being put up before Thanksgiving even gets here.

Let’s give some extra time this year to Thanksgiving, taking time to give thanks to the Lord for all we have in abundance. Being thankful for being so well off compared to so many around the world. I received an email a couple years ago that gives perspective to giving thanks for all we have.

It says that “If you woke up this morning with more health than illness, you are more blessed than six million people who won’t make it through this week.

If you have never experienced the danger of military battle, the loneliness of imprisonment, the agony of torture, or the ache of starvation, you are ahead of 500 million people around the world.

If you attend a church service without fear of persecution, arrest, torture, or death, you are more blessed than 3 billion people around the world.

If you have food in the fridge, clothes on your back, a roof over your head, and a place to sleep, you are richer than 75% of the world.

If you have money in the bank, money in your wallet, and spare change around the house, you are among the top 8% of the world’s wealthy.

That’s something to think about as we celebrate Thanksgiving. I know life’s not easy, but the Apostle Paul says in Acts 14:22 that “we must go through many hardships to enter the kingdom of God.” But I also know that we are truly blessed in so many ways. Take time out for family and friends this Thanksgiving, maybe set an extra place at the dinner table to invite someone who needs it, to join your family, and give thanks for all your blessings. Happy Thanksgiving!!!

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

~S.A.L.T. PARISH MEETING~

Next meeting: Nov. 3rd,
6:30p at Faith
All are welcome!

SALT PARISH October Meeting Highlights

Youth / Christian Education Goal – Sunday School continues.

Attendance was 0 on 9/18 and increased to 3 on 10/2.

Confirmation continues for Dave with 3 participants.

Mental Health and Wellness Goal – Mental Illness Awareness

Month is recognized in October & May.

a. The Mental Health and Wellness team for the Parish started an initiative on 10/2 of distributing green ribbons w/ cards representing Mental Illness Awareness through the month of October and possibly in May. Free will donations are accepted. b. The donations collected from green ribbons will be split 50/50 between local Duluth NAMI chapter and Meadowland's ambulance. c. STATISTICS: Biden administration has put millions towards Mental Illness Awareness – this has increased by 31% in opposition to years prior. 20% of the population has some sort of Mental Illness. About 40% do not seek help. d. Night of Wellness has been a topic of discussion for Parish and South Ridge. May does not work for South Ridge, perhaps February or March. Will try to set a meeting with school counselor and Joy from Synod office. e. Need to think of ways to get more people from the school and Parish – maybe the community as well – to come to meetings.

Church Reports:

FAITH– Sunday School continues – attendance increased to 3 kids on the 2nd Sunday from 0 on 1st Sunday. Bazaar on 10/8

FIRST – Bazaar 10/15 11 a.m. – 1 p.m.

ST. JOHN'S – Bazaar 10/15 9 a.m. – 1 p.m.

ST. PETER'S – Retreat September 29th – October 1st. Fred finished painting the railing on ramp. Stacy Johnson – pianist – helped weed and plant flower beds. Sale had to be postponed. Carol and Joe Watts moved to Michigan. Tim Rody with Brotherhood Insurance is planning on scheduling a meeting with another church in the area and said he would be happy to meet with representatives of each church to discuss insurance.



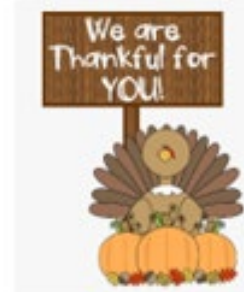
The Annual Cookie sale is returning!!

Save the date of **December 3rd** at

Faith!!

\$5 per dozen

How can you help?? Bake cookies, bars or candies, help with set up, selling cookies, help with clean up, come and buy cookies. Watch your Sunday bulletins for further information. All proceeds will benefit SALT Parish Ministries.



Thanksgiving services will be held during worship services on the 20th of November.

~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 December issue: 3rd Sun of Month: Nov 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
9:00 – 10:30 am
Nov 10th, 2022

5007 Maple Grove Rd
Hermantown, MN
2nd Tuesday of the Month
5:00 – 6:30 pm
Nov 8th, 2022

2300 E Skyline Blvd
(Copper Top Church) Duluth, MN
3rd Thursday of the Month
4:30 – 6:00 pm
Nov 17th, 2022

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
November 18th, 8am
Country Corner, Hwy 2, Brookston

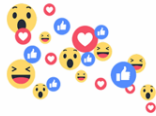


SALT Parish Sunday School
1st and 3rd Sundays, 9:45 am.,
Faith Lutheran Church in Culver

Sunday School will be offered after Faith's 8:45
am services on the 1st and 3rd Sundays of each
month. If your child is 3 yrs. or older, call or text
Debbie Neuman, (218) 591-9860.

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

**“Now therefore, our God,
we thank You and praise
Your glorious name.”**

1 Chronicles 29:13



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	482-5524

S.A.L.T. COUNCIL

President	Sharon Zorn
Vice President	Ginny Richmond
Secretary	Amber Schwartz
Treasurer	Misty Bergman

NEWSLETTER STAFF

Editor: Misty Bergman Website: Beth Erdmann
Bergman.misty22@gmail.com, 507-829-4053

Circulation / Mailing Coordinator: Christine Wolvin

Thank you to our volunteer mailers!!!

Tips for How to Help a Person with Mental Illness from NAMI

Because millions of people in the U.S. live with a mental health condition, you likely encounter people with a mental illness in your family or in your daily life. However, if you are unsure of how best to approach someone who may be struggling, these tips may help.

Suggestions on how you may approach someone living with a mental health condition:

- Talk to them in a space that is comfortable, where you won't likely be interrupted and where there are likely minimal distractions.
- Ease into the conversation, gradually. It may be that the person is not in a place to talk, and that is OK. Greeting them and extending a gentle kindness can go a long way. Sometimes less is more.
- Be sure to speak in a relaxed and calm manner.
- Communicate in a straightforward manner and stick to one topic at a time.
- Be respectful, compassionate, and empathetic to their feelings by engaging in reflective listening, such as "I hear that you are having a bad day today. Yes, some days are certainly more challenging than others. I understand."
- Instead of directing the conversation at them with 'you' statements, use 'I' statements instead.
- Be a good listener, be responsive and make eye contact with a caring approach.
- Ask them appropriate questions and avoid prying.
- Give them the opportunity to talk and open up but don't press.
- Share some easy insights as a way of encouraging easy conversation, such as comments about the weather, the community or other.
- Reduce any defensiveness by sharing your feelings and looking for common ground.
- Speak at a level appropriate to their age and development level. Keep in mind that mental illness has nothing to do with a person's intelligence.
- Be aware of a person becoming upset or confused by your conversation with them.
- Show respect and understanding for how they describe and interpret their symptoms.
- Genuinely express your concern.
- Offer your support and connect them to help if you feel that they need it. Ask, "How can I help?" if appropriate, or even, "Can I pray with you now?" if appropriate.
- Give the person hope for recovery, offer encouragement and prayers.

Things to Avoid Saying:

- "Just pray about it."
- "You just need to change your attitude."
- "Stop harping on the negative, you should just start living."
- "Everyone feels that way sometimes."
- "You have the same illness as my (whoever)."
- "Yes, we all feel a little crazy now and then."

Things to Avoid Doing:

- Criticizing blaming or raising your voice at them.
- Talking too much, too rapidly, too loudly. Silence and pauses are ok.
- Showing any form of hostility towards them.
- Assuming things about them or their situation.
- Being sarcastic or making jokes about their condition.
- Patronizing them or saying anything condescending.