



**Faith, Culver**



**First, Meadowlands**



**St. John's, Saginaw**



**St. Peter's, Canyon**



**MINISTER’S MESSAGE FROM DAVE’S DESK**

Once you receive this newsletter, Christmas will only be about 3 weeks away. One of my disappointments during the Christmas season when I worked in retail was how commercialized it has become. How so many look at it as presents, parties and possessions. I used to get annoyed when I saw the word Xmas as an abbreviation for Christmas, as it seemed to take something of the wonder out of the story of Jesus coming to our world as a baby, to become the Savior of the world. I thought it was all a part of commercializing this wonderful Christian festival by removing the most important character and reducing it to be called by some, a Winter festival.

But there’s another point of view which helped me to accept the abbreviation, although reluctantly. I read in a Christian magazine that the word ‘Xmas’ is actually a Christian invention. The ‘X’ is the abbreviation of the name ‘Christ’ which began with the Greek letter ‘Chi’ which is written as an ‘X’. So, what does that tell us?

When you received Christmas or Birthday cards from your Mom and Dad or a family relation or friend, it’s often likely that they signed their name and then added an ‘X’ or maybe several ‘Xs’, telling you that the sender loves you very much. So, when we see ‘Christmas’ written as ‘Xmas’ it can remind us that God loved us so much that he sent Jesus to show us the way back to God. The letter ‘X’ is also the symbol of a cross, reminding

us that Jesus love for us took him all the way from stable to cross, ensuring eternal life for all believers.

‘Xmas’ or ‘Christmas’ gives us an opportunity to decide as to how we’re going to follow Jesus. Is it to go the way of selfishness, looking only after our own interests, or to walk the way of Christ and discover Him as our Lord and Savior? Jesus is a real gentleman though; He won’t force Himself on us.

As we complete another year as the Salt parish, I pray that we enter this holiday season with a heart for our Lord that becomes stronger every day. I thank each of our members for all you do for me and my family. And I do hope you have a very merry ‘Xmas’ and it will be a wonderful New Year trusting in that infant in a manger.

Wishing you all the blessings of the Christmas season!

Minister Dave, Beth, Connor, and Simon

**~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: Dec. 1st,  
6:30p at First  
All are welcome!



**Blue Christmas Worship Service**  
Tuesday, December 20, 2022  
6:30 pm  
Faith Lutheran Church, Culver

A service where we remember those for whom the holidays may not be joyful. They may be lonely, in mourning, feeling alienated or set apart from family, experiencing depression or sadness. We refocus on the true meaning of Christmas and the coming of the Christ Child.

**Christmas Day Worship**  
***“Light of the World”***  
8:45 am Faith, Culver  
Live stream on the SALT Parish  
Facebook Page



**CHRISTMAS  
WORSHIP  
SCHEDULE**

**Christmas Eve Worship**

**Lessons & Carols with Holy Communion**

**4:00 pm St. Peter's, Canyon**

**9:00 pm St. John's, Saginaw**

**Live stream on the SALT Parish**

**Facebook Page**

**at 4:00 pm**

~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 January issue: 3rd Sun of Month: Dec 18th**  
**To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: [Bergman.misty22@gmail.com](mailto:Bergman.misty22@gmail.com)**

~~RUBY'S PANTRY~~

5577 Cromwell Park Dr  
Cromwell, MN  
2<sup>nd</sup> Thursday of the Month  
9:00 – 10:30 am  
Dec 8th, 2022

5007 Maple Grove Rd  
Hermantown, MN  
2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
Dec 13<sup>th</sup>, 2022

2300 E Skyline Blvd  
(Copper Top Church) Duluth, MN  
3<sup>rd</sup> Thursday of the Month  
4:30 – 6:00 pm  
Dec 15th, 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  
December 16th, 8am  
Country Corner,  
Hwy 2, Brookston



**The Annual Cookie Sale has returned!**  
**Saturday, December 3<sup>rd</sup> from 9a – 1p at Faith.**  
**\$4/doz.** Please drop off donated baked items  
between 3-5p on Friday.



**All Women are Invited to attend!! Bring a Friend!**

**Ladies Christmas Potluck Brunch, Tuesday, December 6<sup>th</sup> at 11:00a at Faith.** Hope you can join us for food, fellowship, and fun. Cash donations will be collected for the Duluth Salvation Army.

**Ladies Christmas Luncheon at Noon, Program at 1:00p Thursday, December 8<sup>th</sup>, at Meadowlands Community Center.** Catered by Trailside. In attendance drawings. Free will offering. Sponsored by First Lutheran WELCA.

**Ladies Christmas Party following Worship Service and fellowship time at St. Johns, Sunday, December 11<sup>th</sup>.** Please bring a "white elephant" prize for dice game, \$5 gift to exchange and a potluck dish to share.

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

**Church Contact People**

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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

**NEWSLETTER STAFF**

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

## The Top 10 Mental Health Tips For The Holidays

1. Be kind to yourself.
2. More is not necessarily better.
3. Keep expectations realistic.
4. Old patterns will naturally start to appear around the holidays, especially when you are with relatives or under stress.
5. Remember that other people cannot read your mind or anticipate your needs.
6. Remember that "family" is another way of saying "people who love, support, and care about me."
7. Pause and think through any major announcements or decisions you want to make during the holidays.
8. Plan sanity time-outs.
9. Choose your battles.
10. Do something silly.

- HOWARD BROWN HEALTH CENTER | | TheMindJournal

MINDJOURNAL



## How to de-stress For the holidays



### Be Gentle

Do little sweet things for yourself. And protect yourself from the over-critical friend or relative.



### Do For Others

Nothing makes one feel better than being of service to someone else. Donate time and connect with someone in need. The way to bring abundance into your life is to give first.



### Allow Cracks



A crack in your life does not mean it's all over. Famed singer/songwriter Leonard Cohen wrote, "There is a crack in everything... that's how the light gets in."

### Be Active

All too often we think the holidays are an excuse to take a break from exercise. On the contrary - it may be the single most important endorphin booster to avoid the blues.



### Log off Social Media

Shut down the digital world and take a breath of fresh air in the real world. According to Sharon Melnick, "[it's impossible] to compare yourself to others' highlight reels of themselves."



## sending love to



the people battling mental illness during the holidays



the people feel lonely during the holidays



the people who are caregivers to someone who's ill



the people who struggle to afford a holiday celebration



the people who are grieving a loss during the holidays



the people who are spending the holidays with people who aren't supportive