

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**

Christmas 2022 is in the books, and I hope everyone had a wonderful holiday spending time with family and friends. I also hope you were filled with the Holy Spirit in the coming of the Christ child. Now we flip the calendar page to the new year 2023. It will probably take me until February to start writing 2023 instead of 2022.

If you are into making New Year’s resolutions, there are websites out there to help you stay on track, but some also show trends of what are the more popular resolutions. Here’s some of the top priorities for goals for the upcoming year:

- 27% of resolutions involve health and fitness
- 15% involve personal growth and interests
- 15% personal finance
- 9% education and training
- 6% Time management and organization
- 5% recreation and leisure
- 5% family and relationships

So, let’s look at the priorities for a second. We would sure like to think that God is #1 on the list but check the list again. There is absolutely no mention of any resolution concerning God. On one website, to find anything about spirituality, you must look under the personal growth section, and it says that only 2% are interested in becoming more spiritual. By the way, improving one’s mind and attitude is at 27% and improving one’s appearance is at 22%, yet changing their spiritual makeup is a dismal 2%.

A research group named Barna specializes in research about Christianity and reported that only 1 out of 7 adults place faith in God as a top priority. The survey also says that out of all “Christians” only 23% place their faith in God as a top priority. The majority of people are focused on the here and now and Not in their relationship with God.

2022 was once again full of challenges, but the way to make 2023 better is to re-commit our relationship to God and that Messiah that was born in a manger. Making a New Year’s resolution to spend more time in worship, prayer and reading scriptures. This is not a promise that you will not have adversity in 2023 but if the Holy Spirit is walking with you, good things will happen. I also wanted to thank everyone who shared cards, gifts, and kind words through the Christmas season with me and my family. I am honored to serve you. Here’s to an awesome 2023 as we meet our new resolution to be in a closer relationship with God.

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: Jan. 5th,  
6:30p at St. Peter's  
All are welcome!

# HEALTH & WELLNESS



Come join us at Faith Lutheran on January 26<sup>th</sup>, 2023, at 6:30pm. We will have guest speaker Joy Hensel, from our synod office, who leads the synod with resources for mental illness, addiction, suicide etc. She is going to discuss new ideas, consistency, and ways to help our Health and Wellness team in a direction to hopefully recruit more members on the team. Joy is a delightful lady with great optimism. If possible, please set that evening of January 26th aside to join in the conversation and invite another person from your church or community to join us. Health and Wellness is a very important issue that we can all benefit from.

## UPCOMING EVENTS



First Lutheran- January 15<sup>th</sup>, after  
10:30 am Worship Service

### December SALT Parish Council Meeting Summary

The Cookie Walk is back!! Many bakers have signed up to donate baked goods and volunteers were needed for set-up Friday Dec. 2 and to help on the sale date of Dec. 3. The Culver Quilters are also selling quilts with all proceeds going to SALT Parish. Our Mission group had sent out 14 Advent packets to families with children. Discussed the Holiday services for December. New business included the Minister Benefits and pay, (the budget committee met before the Parish meeting) the annual audit of the SALT Parish account, annual Parish Agreement and Minister Dave's vacation dates.

~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 February issue: 3rd Sun of Month: Jan 15th**  
**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  
Jan 12th, 2023

5007 Maple Grove Rd  
Hermantown, MN  
2<sup>nd</sup> Tuesday of the Month  
5:00 – 6:30 pm  
Jan 10<sup>th</sup>, 2023

2300 E Skyline Blvd  
(Copper Top Church) Duluth, MN  
3<sup>rd</sup> Thursday of the Month  
4:30 – 6:00 pm  
Jan 19th, 2023

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  
January 20th, 8am  
Country Corner,  
Hwy 2, Brookston



Helopational.com

Give Everything To God and He Will Give  
You Everything, too! May this New Year  
Give You More Hope And Reasons To Live  
Happily!! Happy New Year!

**Happy New Year**

BUT THOSE WHO HOPE IN THE LORD  
WILL RENEW THEIR STRENGTH.  
THEY WILL SOAR ON WINGS LIKE EAGLES;  
THEY WILL RUN AND NOT GROW WEARY,  
THEY WILL WALK AND NOT BE FAINT.  
ISAIAH 40:31

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will new their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.  
**May God's blessings shower upon you and bestow upon each of you a bright, healthy, and peaceful new year.** God of all time, help us enter the New Year quietly, thoughtful of who we are to ourselves and to others, mindful that our steps make an impact, and our words carry power. May we walk gently.

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

**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		
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

## 25 Ways to Impact Your Community Every Day in 2023

- 1.) **Be the Change** – Mahatma Gandhi said it best, “Be the Change you want to see in the world.”
- 2.) **Dedicate a Complete Day to Help Out a Friend in His/ Her Aspirations and Goals** – We all have talents and dreams. Why not help those you care about reach their full potential?
- 3.) **Make It A Habit To Perform Random Acts of Kindness** – Ideas include wheel out a neighbor’s trash bin, shovel a neighbor’s sidewalk after a snowstorm, pick up trash in your neighborhood, pay for a stranger’s coffee. For hundreds of ideas check out [RandomActsofKindness.org](https://www.randomactsofkindness.org).
- 4.) **Start a Community Garden** – Food brings people together and there are few better ways to foster that community than by growing it together.
- 5.) **Be Kind** – This is needed today more than ever. Kindness surprises people and is infectious.
- 6.) **Be The Person Who Welcomes New Neighbors To The Community** – Peering out your window wondering who this new person is that is moving in next door? Go say hi!
- 7.) **Volunteer At Least Once A Month** – If you pick only one thing from this list, then choose this. Get involved in your community in causes you care about. Don’t know where to begin? Church or school or Try [VolunteerMatch.org](https://www.volunteermatch.org), [AllForGood.org](https://www.allforgood.org), or [DoSomething.org](https://www.do-something.org).
- 8.) **Write a Positive Review of a Local Small Business** – Few are more connected to and more dependent on the local community that small shops. Make the business owners day by posting something positive.
- 9.) **Ask a Senior About Their Past** – They have a lifetime of wisdom to share, and time spend with a senior will benefit you just as much as it will benefit them.
- 10.) **Got Some Musical Talent? Teach a Few Kids for Free** – Spark creativity and teach skills to kids. They are our future!
- 11.) **Bake Someone A Cake** – When was the last time someone baked for you? Remember how you felt when they did? Spread joy with yummy food.
- 12.) **Plant A Tree** – We all breathe the same air so why not help to keep it clean. Plant a tree today.
- 13.) **Babysit to Help Out a Single parent.** – Chances are that parent hasn’t had any free time in a long while. A breather will help them be a better parent which is good for all.
- 14.) **Mentor Someone** – Sometimes the only thing a talented, hungry, motivated young person needs is a mentor. Be that person for them.
- 15.) **Shop Local** – Skip the large chains and support mom and pop shops near you. This makes your community unique, and your purchase goes a long way to keeping your area vibrant.
- 16.) **Let Someone Cut In Front Of You In Line** – This will boggle the person’s mind and fill your heart.
- 17.) **Attend Community Meetings** – Many times we want to change the world on a global scale but forget to start local. Many important issues and solutions are being discussed every day at community meetings all over the world. Be the solution.
- 18.) **Start a Club or Team** – Have you ever thought, *I wish there was a \_\_\_\_\_ in this town.* Go out and make it happen.
- 19.) **Make Your Voice Heard** – You care about your world. Speak up when you see things you would like to change. Keep in mind it’s better to be *for* something or a solution than *against*. Take action.
- 20.) **Start With Your Own Family** – Is there a nephew in your life without anyone to take him to (or pay for) his school? Is there an elderly aunt whose car needs an oil change? Compassion isn’t just for strangers.
- 21.) **Start A Chain Reaction** – With many of these ideas you can inspire others to pay it forward. Include this prompt or inspire others to keep the trend going.
- 22.) **Donate Supplies To A Classroom** – Kids should have the supplies they need to learn and grow. Sometimes teachers are left to foot the bill. Your donations can go a long way.
- 23.) **Get Off Your Phone And Into Your Community** – Take a moment if you spend your time fighting with people on social media. Get off your phone and be the change you want to see.
- 24.) **Let Someone Cut In Front Of You In Line** – This will boggle the person’s mind and fill your heart.
- 25.) **Show Up** – Get out of the house and show up. You’d be surprised how much this means to people.