



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As I write this article for the Salt April newsletter, I'm here to let you know there are only 24 shopping days left until Easter. For many, this countdown is greeted with So What! Not to take anything away from Christmas and the birth of the Christ child, but why don't we celebrate Easter in such a celebratory way like Christmas. After all it is the foundation of our Christian faith.

There's not near the celebration and chaos surrounding Easter as we have around Christmas. Easter is a day that we should celebrate every day of the year. Some of us will be having family and guests for dinner and the kids search for Easter baskets. Hopefully this special holiday brings many to church, but beyond that, Easter comes one day each year and for many that's it.

I'd like to share a story that happened at the death of Abraham Lincoln back in 1865: "Back in April of 1865, a telegraph office was thrown into chaos by hearing the paperboys outside the office crying out the news that President Lincoln had been shot. After a few angry words, the telegraphers realized that the only way news could have gotten to the newspaper was through the telegraph office. They searched and searched their files and found the dispatch. It had been received and delivered without even being thought about."

So often we receive the Good News of Jesus Christ, the good news of the resurrection and Christ's victory over sin and death and just like

that. We file it away without another thought, without even being sure what it is we heard. Like the women and the disciples, we leave the empty tomb unaware of its significance.

Let's plan for a celebration this Easter and every day of the year. Let's invite one person or family to worship to hear the Good News on Easter and maybe to join your family at the dinner table like we do at Christmas. We may say that's a lot of work but step back and consider what Jesus sacrificed for us and the salvation that awaits us.

I'd like to wish every person reading this a Happy Easter and thank each of you for all you do for me and my family.

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: Apr. 12th,
6:30p at Faith
All are welcome!



Palm Sunday, April 2, 2023

8:45 am Faith, Culver
10:30 am First, Meadowlands
Live stream at 10:30

Maundy Thursday, April 6, 2023

6:30 pm
First, Meadowlands with Live stream

Good Friday, April 7, 2023

6:30 pm
"Testify to the Truth"
Faith, Culver with Live stream

**Festive Easter Worship, April 9,
2023**

8:30 am St. John's, Saginaw
10:30 am St. Peter's, Canyon

UPCOMING EVENTS



April 9th, 8:30 at St. John's
10:30 at St. Peter's

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



2nd Annual SALT Parish Rummage Sale
Saturday, June 3rd

As you are doing your spring cleaning,
set aside items for the Rummage Sale.

Location and Drop Off times to be
determined.

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 May issue: 3rd Sun of Month: Apr 16th

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, Apr 13th, 2023
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Apr 11th, 2023
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Apr 21st, 2023
 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

**Men's Breakfast
 April 21st, 8am**

Country Corner, Hwy 2, Brookston



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	Stan Lamb
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	591-0978



Saturday, April 29th 11:00 am – 1:00 pm
Meadowlands Community Center
Baked Goods, Crafts, Lunch and Drawings.
Sponsored by First's WELCA



8:45 Worship at Faith and 10:30 Worship at First April 2nd



6:30pm Worship at First with Live stream April 6th



Good Friday

April 7th, 6:30pm Worship at Faith with Live stream

NEWSLETTER STAFF

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

Religion and Spirituality

Many find that religion and individual spirituality have a positive impact on both their physical and mental health, whether that be a specific diagnosis or generally speaking. Religion/spirituality can offer support in a number of areas that are focused on by therapists and Substance Use Disorder (SUD) counselors alike. To begin, religion can offer a meditative practice for individuals, whether that be through prayer (ie saying the rosary, daily prayers, daily readings, etc.) mindfulness, or actual meditation services. Finding one's center and being present can help significantly with both triggers for substance use and for mental health triggers that can lead to anxiety and/or depression, along with an exacerbation of symptoms associated with the client's particular diagnosis.

Another area that religion is beneficial for is the togetherness that it brings to patrons. Spending time with others in a positive social setting is very beneficial to both SUD and MH concerns. Church activities also offer a sense of understanding for some individuals. The question of "Why me?" can't always be answered by the medical community, and some turn to religion to help with understanding their suffering.

Another positive example on how faith can benefit those with SUD or MH concerns is through the welcoming community that religion offers. The accountability that is associated with becoming a member of an organization such as a church can help individuals manage their symptoms as well. Having friends checking in on the individual, offering rides, etc. again shows a sense of community and can make the individual feel welcomed and "wanted".

In treatment, both SUD and MH alike, there is a lot of talk about radical acceptance, or the phrase "It is what it is". While this shouldn't be used in every situation, being able to turn to your higher power and realize that there is nothing that can be done personally to bring about positive change are additional benefits to establishing a church community. Or, if there are changes that can be made that are beneficial, the church community can help someone struggling to make these positive changes. The structure, camaraderie and positive higher power associated with religion can be beneficial to both those in recovery, active addiction, with an active mental health diagnosis, or diagnosis currently in remission.

Rachel M. Olivanti, LADC, MHP
Treatment Director
Arrowhead Center Inc

