



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, Thanksgiving will be about three weeks away. Where did the summer go? One day we were celebrating Memorial Day and it seemed that we woke up the next day and it was Labor Day. At the same time, we experience the change of season and all the beautiful colors of Fall. With Fall upon us, we begin to think about the Thanksgiving holiday including family time, football games and lots of good food. But how do we give thanks?

As Americans, we are very privileged in the gifts we receive. As you enjoy your Thanksgiving dinner, consider that we consume an average of 3000 calories per person in this country in one meal, when many around the world have little or nothing. We will consume 45 million turkeys, 50 million pumpkin pies, 40 million green bean casseroles and 72 million cans of cranberry sauce.

Unfortunately, too many Americans look at these numbers and say, “Why not, I worked hard and earned this” rather than giving thanks. As Thanksgiving was approaching, one proud American named John brought his family together to celebrate with a large meal. John owned his own construction business that was doing well. In response, his daughter said: “We sure have a lot to be thankful for!” but instead of agreeing, John snapped back ‘I worked hard for all of this.

John was a regular in church, a good moral person, and believed in the existence of

God. But he didn’t realize or was maybe blinded to the fact that everything he had, everything he could do and all that he had accomplished came from God. He had been placed in history with all the right factors and the right gifts and abilities to make his success possible. Even so, at any time God could say “No more.” He worked hard, but where did he get his work ethic? He worked hard, but millions, probably billions of people around the globe work much harder and have much less. Do we sometimes think of ourselves more highly than we ought?

This Thanksgiving let’s enjoy a good meal with family and friends, but also taking time to thank God for everything he blesses us with, including the ability to earn a good living as well as giving thanks for everything he gives us to exist as a child of God!!! Besides, that’s where it all comes from in the first place, isn’t it? From my family to yours, “**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](mailto:dwerdmann@gmail.com)**

~S.A.L.T. PARISH MEETING~  
Next meeting: Nov 2nd, 6:30p at Faith  
All are welcome!



Scan the QR code to be taken to SALT Website



**All Saints Sunday**

**November 5, 2023**

8:45 am Faith Lutheran Church, Culver  
10:30 am First Lutheran Church,  
Meadowlands

**All members and friends will be invited to light a candle in memory of a loved one or friend who passed.**

**UPCOMING EVENTS**



**Thanksgiving Worship Services  
"A Service of Gratitude"**

**Sunday, November 19**

8:45 am Faith, Culver  
10:30 am First, Meadowlands



The Annual Cookie sale will be held on **December 2nd** at Faith!!

**How can you help??** Bake cookies, candy, or baked items, help with set-up, clean-up, or just come and buy cookies! Call Cheryl Lamb (218) 345-6334, if you have any questions.

**Save the Date!!!! Bring a Friend or 2!**

~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 Nov. issue: 2nd Sun of Month: Nov 12th**  
**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, Oct 12th, 2023  
 9:00 – 10:30 am

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

**2300 E Skyline Blvd (Copper Top Church)**  
 3<sup>rd</sup> Thursday of the Month, Oct 19th, 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](http://www.rubyspantry.org)



**Men's Breakfast, November 16th, 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](http://saltparish.org/bulletins)

**S.A.L.T. COUNCIL**

President	Stan Lamb	345-8328
Vice President	Ginny Richmond	
Secretary	Amber Schwartz	
Treasurer	Misty Bergman	

**Church Contact People**

Church	President	Phone
Faith	Dale Neuman	345-6334
First	Ginny Richmond	742-1724
St. John's	Carolyn Collum	729-6008
St. Peter's	Fred Zorn	591-0978

**HEARTFELT HUGS**

Thank you to all of you who donated to Heartfelt Hugs last year. Your generosity provided us with enough funds to help several families who have children attending South Ridge School. Thank you to Bracken Miggins for her many years of helping get the forms out to families in need. This year Suzie Janke has graciously offered to step into Bracken's shoes. Thank you, Suzie, we are grateful for your help.

There will be forms available at South Ridge School. They must be turned in by November 6. If you have any questions, feel free to contact Susan Smith at 218-453-1157 or Suzie at South Ridge.

If anyone would like to donate money to this cause, please send to Faith Lutheran Church with Heartfelt Hugs on the memo line. There will be donation cans available at the S.A.L.T. Parish churches or contact Susan Smith.

Thank you to all who have been dedicated to helping local families during Christmas!

As church attendance numbers fade across the nation and online services become very convenient it's important to remember why church attendance for you and your family matters so much.

You can't serve from your sofa. You can't have community of faith on your sofa. You can't experience the power of a room full of believers worshipping together on your sofa.

Christians aren't consumers. We are contributors. We don't watch. We engage. We give. We sacrifice. We encourage. We pray by laying hands on the hurting. We do life together.

The church needs you.  
 And you need the church.

-Michael Carl

**NEWSLETTER STAFF**

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

## Forgiveness: Letting Go of the Past for Your Mental Health

Forgiveness. We hear the word frequently, and it's touted as something important for our inner peace. Rightly so, for forgiveness means letting go of the past and moving forward. These aren't easy, however.

Rethinking what these concepts mean might help. Contrary to the phrase "forgive and forget," forgiveness does not mean forgetting. The human brain turns certain things—especially emotional things—into deep-seated memories. How, then, do you forgive?

### How to Forgive

Try these tips to help you forgive and let go:

- **Focus on the "letting go" part.** That is about you and your choices.
- **Know that it is a choice.** You are choosing to let go rather than hanging on to negative thoughts and experiences. That's empowering.
- **Know your values.** What's important to you? Which one will move you toward the life you want, the person you want to be: hanging on to the past, or letting go and moving forward?
- **Practice mindfulness.** When you notice your thoughts and emotions drifting back, redirect them. Pay attention to what you are doing right now, in this moment. Are you living now, despite what happened? If yes, focus on that. If no, do something in the moment to move a step toward what you value.

Whether you call it forgives or letting go, these are actions and mind-sets that move you forward in your life for your mental health.

**A Thanksgiving Prayer:** Thank You, God, for the food we are about to eat, for those who are here to share these blessings, for the generosity of our hosts that make this possible. Bless those who are here and those who are in our hearts, and all those who are not as fortunate on this day. Amen.

### **Psalm 95:1-3**

"Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods."