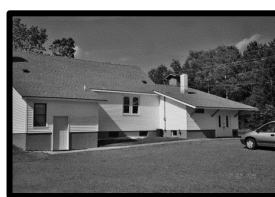




Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

Kind of hard to believe that as I sit at my desk writing this, it’s 63 degrees and sunny. But by the time you receive this, we will be planning Thanksgiving. I walked through Fleet farm yesterday and watched the employees putting up Christmas trees. Are we skipping Halloween and Thanksgiving this year? And even more important, are we forgetting to give thanks for all we have and receive? I saw some interesting facts on a website some time ago but take notice that:

“If you woke up this morning with more health than illness, you are more blessed than 6 million people who won’t make it through the week.

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

If you can attend a church without fear of persecution, arrest, torture or death, you are more blessed than 3 billion people in 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 in a drawer, you are among the top 8% of the world’s wealthy. That’s truly something to think about at Thanksgiving.

Maybe we need to look at Thanksgiving like Snoopy in a Thanksgiving comic strip. In it, Charlie Brown brings out Snoopy’s dinner on

Thanksgiving Day. But as usual, it was his usual dog food in the bowl. Snoopy takes one look at the dog food and said, ‘this isn’t fair. The rest of the world today is eating Turkey with all the trimmings and all I get is dog food.’ But then he stared at his dog food for a moment. He said, “I guess it could be worse. I could be a turkey!”

In other words, we can thank God that we’re alive! We can thank God that He is good and that his love endures forever. We can thank God that He is faithful to us even during the times we aren’t noticing.

Let us enjoy the Thanksgiving holiday with family and friends, giving thanks before we start thinking about Black Friday shopping and all the football games. Thanks be to God for all he provides.

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 7th 6:30p at Faith
All are welcome!



SALT Sisters Retreat Recap

There were eight participants this year and the weather was fantastic. We all met up Thursday morning and traveled as a group to Virginia where we did some thrifting and shopping before heading to the Bakk House at Camp Vermilion in Cook. For our bible studies that we do twice a day we have been using the book Fruit of the Spirit and we covered Peace, Patience and Kindness for 2024. Part of our Mission is to make tied fleece blankets to provide to charitable groups. This year we had 28 blankets supplied to three different charities. New this year were Birthday Cake kits that we gave to Old School Lives to have available for free. We are already excited for next year and would love for you to join us.

UPCOMING EVENTS



The Annual Cookie sale will be held on
December 7th at Faith!!

How can you help?? Bake cookies, candy, or baked items, help with set-up, clean-up, or just come and buy cookies!

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



Veterans Day

— ★ ★ ★ —
THANK YOU FOR YOUR SERVICE

~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 Dec. issue: 2nd Sun of Month: Nov. 10th**
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, Nov. 14th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Nov. 12th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Nov. 21st, 2024
 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.



November 28th, 2024



Men's Breakfast, Nov. 15th, 8am
 Country Corner, Hwy 2, Brookston



Sunday Morning Livestream

SALT Parish Facebook Page
 10:30 am



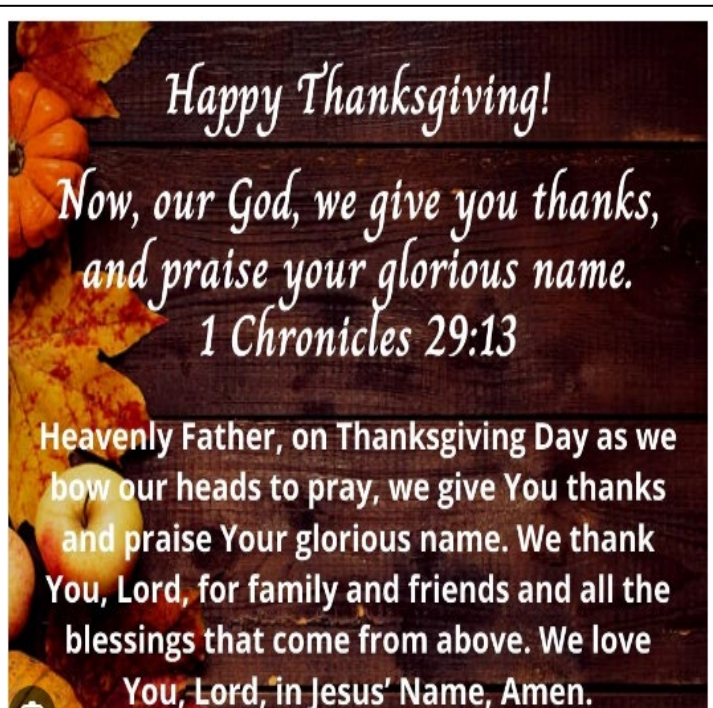
Bulletins will now be available for The Livestream. The link will be posted on the Parish Facebook page or the bulletin can be accessed at saltparish.org/bulletins

S.A.L.T. COUNCIL

President	Stan Lamb	451-8328
Vice President	Ginny Richmond	
Secretary	Amber Schwartz	
Treasurer	Misty Bergman	

Church Contact People

Church	President	Phone
Faith	Dale Neuman	729-1062
First	Linda Anderson	428-3473
St. John's	Carolyn Collum	729-6008
St. Peter's	Fred Zorn	591-0978



Wishing everyone a Blessed Thanksgiving. Thanks, and gratitude to all those that help make our S.A.L.T. Parish flourish.

NEWSLETTER STAFF

Editor: Misty Bergman **Website:** Beth Erdmann
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.