



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

It seems like we just got done with the celebration of Christmas and the arrival of the Christ child. I hope everyone had an enjoyable Christmas season spending time and exchanging gifts with family and friends. Don't look now but we will be beginning our Lenten season on February 14 with Ash Wednesday followed by a soup supper and worship each Wednesday after that for 5 weeks. We will be following a Lenten sermon series entitled "A season of hope."

The season of Lent is an examination of ourselves and our faith. And in doing so, for many it's a season of sacrifice, just as Jesus was sacrificed on a cross to restore our relationship with God that we might gain salvation. There are practices of sacrifice that go along with our Lenten journey such as fasting and giving up other earthly things that are important to us for the duration of the Lenten season. Some examples include certain foods we love, but are maybe not good for us, as well as alcohol or even smoking. I would like to suggest a few other things that we could all give up for Lent that would benefit you and everyone around you.

The following list was published by an anonymous writer to be considered:

- GIVE UP** grumbling, Instead, "In everything give thanks." Constructive criticism is OK but "moaning, groaning, and complaining" are not Christian disciplines.
- GIVE UP** 10-15 minutes in bed! Instead, use that time in prayer, bible study and devotion.
- GIVE UP** looking for people's shortcomings. Instead concentrate on their best points. We all have faults. It's a lot easier to have people overlook theirs first.
- GIVE UP** speaking unkindly. Instead, let your speech be generous and understanding. It costs so little to say something kind and uplifting. Why not check a

sharp tongue at the door.

GIVE UP hatred of anyone or anything! Instead, learn the discipline of love. "Love covers a multitude of sins."

GIVE UP worries and anxieties! Instead, trust God with them. Anxiety is spending emotional energy on something we can do nothing about, like tomorrow. Live for today and let God's grace be sufficient.

GIVE UP one evening a week to visit a lonely or sick person. There are those who are isolated by illness or age. Why isolate yourself in front of a TV, phone, or computer? Give someone a special gift: your time!

I'm sure we could think of many other things to give up. The point is that a little self-examination could make all of us more aware of our own shortcomings. Who knows, once we determine what we will give up during our 40-day Lenten journey, it just may become a way of Christian life for us.

Again, I look forward to journeying together through the season of Lent, Holy week, and a celebratory Easter Sunday. "I know that the Redeemer lives, Hallelujah!"

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: Feb. 1st, 6:30p at St. John's
All are welcome!

SALT Parish January Meeting Summary

Great turnout for the Christmas services that were held in December. Annual Church meeting dates are being set, watch the calendar and bulletins for those dates. Synod Assembly is on April 27th and will be online this year. Health and Wellness meeting for January will have guest Lee Swenson to discuss legal and senior issues that maybe our churches could assist with. Maybe having a tax preparer would be helpful. Any ideas or suggestions are most welcome. Minister pay raise for 2024 was discussed and how it will impact all the churches with each paying 25%. St. Peter's smaller membership might need some assistance and all church leaders agreed that we are in this together and will help if needed. Will use funds from last year's fundraisers to put towards the February payment amount. Lent season is coming, and soup suppers will start after Ash Wednesday. Any soup left will be able to be bought for a free will offering. Amber is working on getting VBS back again this summer, more to come on that. June 1st we will have the annual rummage sale in Canyon so save your spring cleaning items for donation to this event. St. Peter's is looking for someone to mow the church lawn and cemetery, please contact Sharon @ 218-591-0978 if you can help.

UPCOMING EVENTS

2024 Lenten Series "A Season of Hope"

Soup Suppers at 5:30 pm (Except Ash Wed.)

Lenten Worship at 6:30 pm

February 14, Ash Wednesday "Hope Among the Ashes" Faith, Culver (no soup supper)

February 21 "Hope in Weakness"
First, Meadowlands

February 28 "Hope for Remorse"
St. John's, Saginaw

March 6 "Hope in Uncertainty"
St. Peter's, Canyon

March 13 "Hope in the Face of Injustice"
Faith, Culver

March 20 "Hope Through Doubt"
First, Meadowlands

March 28, Maundy Thursday "As Often as You Eat This" St. John's, Saginaw

March 29, Good Friday "Hope in Despair"
St. Peter's, Canyon

March 31, Easter Sunday "A Reason for Hope" Faith, Culver 8:45 am
First, Meadowlands 10:30 am

~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 Mar. issue: 2nd Sun of Month: Feb. 11th**
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, Feb. 8th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Feb. 13th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Feb. 15th, 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

Would you like to learn more about quilting? Join the Culver Quilters on Monday mornings to learn from the best. They always need helpers too. It is a wonderful Mission to see in action and they are there to help you learn.

Men's Breakfast, February 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

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	Ginny Richmond	742-1724
St. John's	Carolyn Collum	729-6008
St. Peter's	Fred Zorn	591-0978



St. Peter's - February 11th, after 10:30 am Worship Service
 First - February 18th, after 10:30 am Worship Service
 St. John's - April 28th, following Worship.

Tax Preparation Help

Volunteers from UMD will be available for free tax assistance in 2024 at Duluth Public Library. Appointments are not available at this time but will be some time on or after January 22, 2024. Please check for more information about office hours and appointment availability at z.umn.edu/vita

Free tax preparation is available for:

- People whose income is less than \$57,000 per year.
- Individuals or families who speak limited or no English.
- Individuals who are age 60 or older.
- Individuals who have a disability.

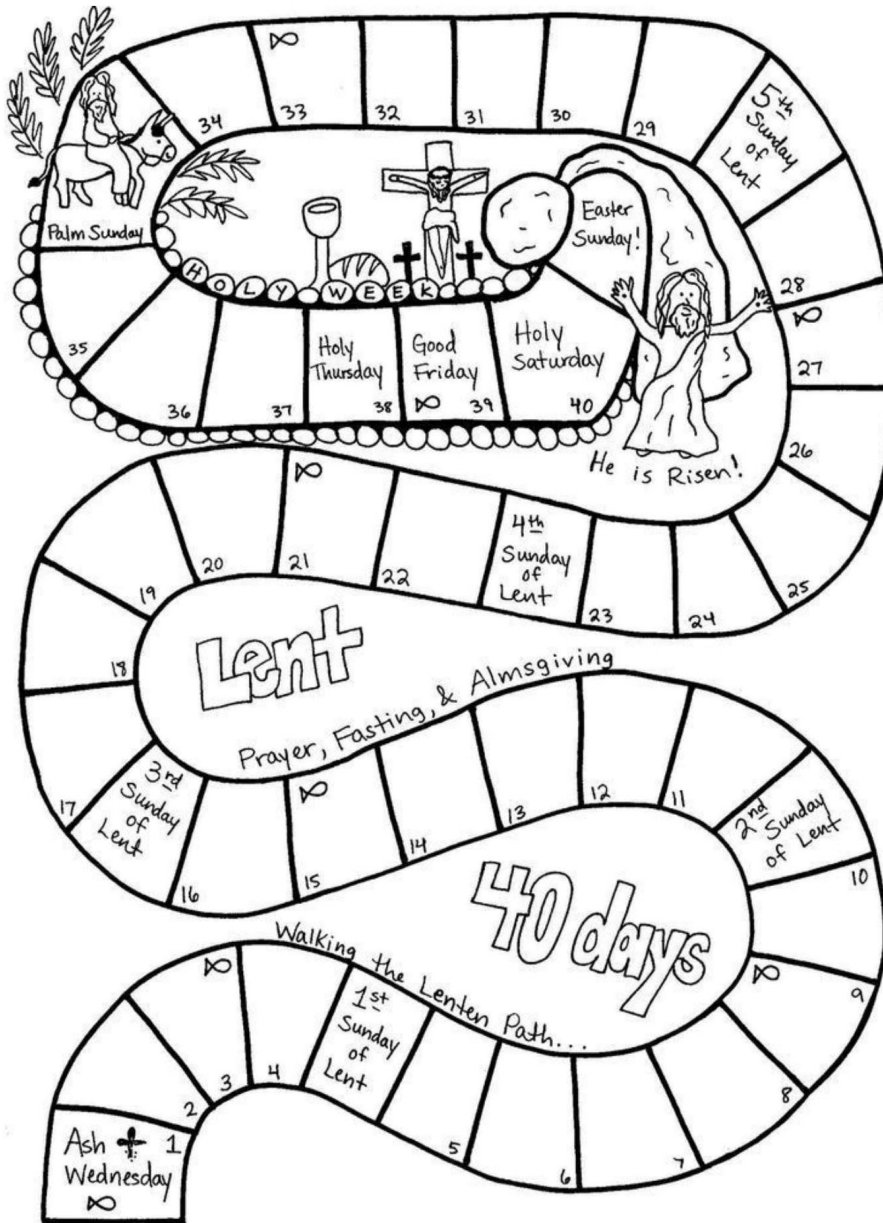
These free tax preparation services are trustworthy and confidential. They also offer e-filing and fast refunds. All volunteers are certified by the Internal Revenue Service to prepare returns. They will prepare returns for federal and state income and for property taxes. Here are some ways that you can access free tax preparation services:

- Call the Volunteer Income Tax Assistance Helpline at 651-296-3781 or 1-800-652-9094.
- If you are hearing impaired, call Minnesota Relay at 711 (TTY).
- Find a site near you on the MN Department of Revenue's **Free tax preparation sites** web page.
- File for free yourself using the United Way's **MyFreeTaxes.com**

NEWSLETTER STAFF

Editor: Misty Bergman **Website:** Beth Erdmann
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Thank you to our volunteer mailers!!!

Lent for Children



A long time ago, the church set aside 40 days for us to come close to God. We call it Lent. During Lent, we are all on a journey with Jesus in the wilderness. We are all getting ready for Jesus' death and resurrection.

There are three ways that we can come close to God during Lent.

- 1.[Lay down prayer card.] Jesus said we should pray, that we should talk to God and listen.
- 2.[Lay down fast card.] Jesus said we should fast, give up something important to us for a time.
- 3.[Lay down give card.] Jesus said that we should give. Give our time, give our money, give our love, give our things.

For the next 40 days, you will pray, you will fast, you will give. Each day, you will pick one of these cards (below) and come close to God as you do them. You will walk with Jesus through the wilderness, so that you can celebrate with him in his resurrection.

Color each day in the calendar above on your Lenten journey. Use the three cards below to use each day.

PRAY
Jesus said we should pray, that we should talk to God and listen.

FAST
Jesus said we should fast, give up something important to us for a time.

GIVE
Jesus said that we should give. Give our time, give our money, give our love, give our things.