



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

As we enjoy all the signs of Spring with flowers blooming and trees budding in God’s beautiful creation, we find ourselves in such a positive frame of mind as our calendars fill up with summer activities. I pray that everyone reading this has some special activities and maybe travel this summer to take time out for family, friends, and relaxation.

As part of the enjoyment of summer, I hope and pray that we continue in our routines of stewardship within the church. Stewardship is your gift of time, talents, and financial gifts to support the church, 52 weeks a year. There’s so many that work behind the scenes during the church year to move our churches forward, but that need doesn’t stop because we are on vacation.

Salvation army volunteer, Dale Pilgrim, tells us that “the most crippling time for the church is summertime and vacations. People are traveling and spend their usual tithe for their home church or drop it in a church they are visiting. Too many come home and having been away for weeks over the summer, feel little sense of obligation to make up for the shortfall in their usual giving. Our financial gifts come from the Lord and still belong to the Lord. The rules don’t change because we are on vacation.”

Membership in churches has gone down in most all denominations as well as our gifts to the church. There are many different reasons given for the drop in church attendance as well as stewardship. For some small congregations,

summer could be a make-or-break time whether the church moves forward or considers the possibility of holy closure.

It’s no secret that, not only are we seeing less worship attendance in the Protestant church, but the amount of giving has gone down. I once read that if every church member in the United States were suddenly to lose his or her job and went on welfare, and yet were willing to tithe 10% from the minimal amount received from public assistance, giving in the nation’s churches would immediately increase over 30%.

As I stated earlier, stewardship is also sharing your time and talents. Please consider the gifts that God has given you, and how to put them to work in the mission of our churches. If you have a new idea or ministry, or an existing ministry need that uses your talents, please come, and tell me about it and let’s see how we can put it into action.

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: June 6th 6:30p at St. John's
All are welcome!

**SALT Sunday Outdoor Worship &
Parish Picnic**

**June 30th, 10am Worship @ Faith
Sponsored by First, Meadowlands**

Picnic to follow with brats, burgers & all the fixings. Door prizes too! The **ONLY** thing you need to bring are yourself, a friend & a lawn chair.



Faith 125th Anniversary Celebration
planning meeting
June 18th at 1:30pm
At Faith

UPCOMING EVENTS

**“One Man’s Trash is Another Man’s
Treasure”**



3rd Annual SALT Parish Rummage Sale
Saturday, June 1st from 9a - 2p
Lunch will be available.



**Esther Circle's Fundraiser
Chicken Delight Squares
2 for \$10.00**

We will take orders until June 8th
(or until Sold out-We're Optimistic!)
Contact Peggy Swanson: 218-213-6285
Or Sharon Zorn 218-591-0978 to place order.

Orders will be ready for pick up On Saturday, June
15th, from 10am to Noon at St. Peter's Lutheran
Church, 7260 Highway 53 N Canyon, MN

Thank you in advance for your support!

~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 July issue: 2nd Sun of Month: June 9th

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, June 13th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, June 11th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, June 20th, 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.

Best Dad joke for Father's Day

Where do you learn to make Ice Cream?

😊 Sundae School. 😊

Men's Breakfast, June 21st, 8am
 Country Corner, Hwy 2, Brookston



Sunday Morning Livestream

SALT Parish Facebook Page
 10:30 am



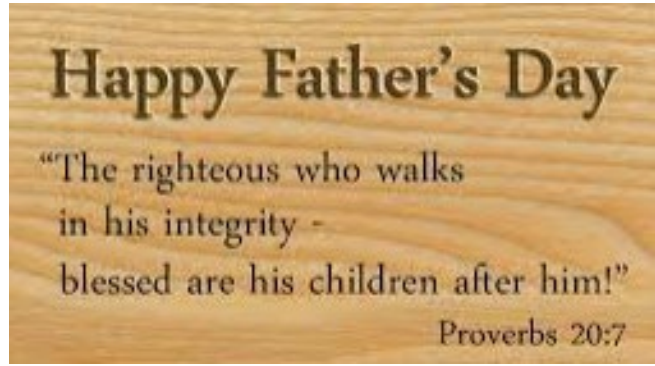
Bulletins will now be available for The Livestream. The link will be posted on the Parish Facebook page or the bulletin can be accessed at saltparish.org/bulletins

S.A.L.T. COUNCIL

President	Stan Lamb	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



Father's Day is June 16th, 2024.

SALT Parish May Meeting Summary

St. John's decided at their council meeting that they will let Faith have their 125th Anniversary celebration on Sunday, September 29th. Taryn Montgomery from the Synod office will be presiding over this service so Minister Dave can celebrate too. St. Peter's will be celebrating 125 years in August 2025. Minister Dave will be on vacation June 5th -June 11th. Esther Circle at St. Peters is having a Chicken Delight fundraiser, see their information on page two of this newsletter. Rummage Sale at St. John's on May 18th. Health and Wellness meeting will be on May 23rd. The Alzheimer's event went well and was very informative. The 3rd annual SALT Sale is June 1st in Canyon, all donations can be dropped off Friday May 31st or Saturday morning. Helpers are still needed for set up and tear down if you can help. The SALT Sisters will be providing lunch. Minister Dave handed out Funeral and Memorial Service guidelines so that we can have information for when those instances come up. He might come up with other guidelines as well for when people want to use the Church or preside over a service. Next meeting will be on June 6th at St. John's.

NEWSLETTER STAFF

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

Is going to Church often good for your Mental Health?

US Center for Disease Control (USCDC) released a new report on youth behavior and mental health, compiled over a ten-year period (2011-2021). Overall, sexual violence, suicidal thoughts, suicidal behavior, and other mental health setbacks are affecting more and more teenagers, regardless of race, ethnicity, and socio-economic background. In 30 years of collecting similar data, “we’ve never seen this kind of devastating, consistent findings,” said Kathleen Ethier, director of CDC’s adolescent and school health division, speaking to *PBS*. “There is no question young people are telling us they are in crisis. The data really calls on us to act.” Key findings included:

- Among girls, 30% said they seriously considered attempting suicide, double the rate among boys and up almost 60% from a decade ago.
- Feelings of persistent sadness and hopelessness affected more than one-third of children of all races and ethnicities and increased over previous years.
- Online schooling, reliance on social media during the pandemic, and general feelings of isolation have increased for all youth.

What’s religion got to do with any of this?

A common accusation of organized religion is that it has overall been detrimental to mental health. Puritanical approaches to culture and life, stigmatization of issues such as sexual identity, domestic violence, and, of course, mental health and spiritual well-being, have led to a broad consensus that places like the church pose more challenges than benefits when it comes to psychological well-being. However, there is a glimmer of hope and – considering this recent report – a clear call to action for all churches. Recent studies have shown that attending church regularly is *good* for mental well-being in the long term.

In 2020 Tyler VanderWeele, Professor in Epidemiology in the Departments of Epidemiology and Biostatistics at the Harvard T.H. Chan School of Public Health was part of a team that published a paper looking at the relationship between religious service attendance and deaths related to drugs, alcohol and suicide, in *JAMA Psychiatry*. It found: “those who attended religious services regularly were at considerably reduced risk for these deaths of despair”. “Deaths of despair is a term coined ... to refer to the phenomena where we’ve been observing, at least in the United States, increasing deaths due to suicide, alcohol poisoning, and drug overdoses.” “Amongst women in this study, those attending church regularly had about a 66% reduction in these deaths of despair. And with the men in the study, the effect was somewhat smaller but still very meaningful. It was about a 33% reduction in the likelihood of deaths of despair over about a 20-year period. “(Furthermore) those who attend regularly seem to be at about a 30% reduced risk of depression over time, and likewise, those who attend regularly, who are depressed, are more likely to recover from depression.”

The ‘Oxford Handbook of Religion and Health’ provides a comprehensive meta-analysis of all published studies on the association between religious involvement and medical and mental health. Its findings are both astonishing and challenging. Some key takeaways include:

- 78% of more than 300 studies report a positive association between religiosity and well-being.
- 73% of 40 studies report a positive association between religiosity and hope.
- 81% of 32 studies report a positive association between religiosity and optimism.
- 93% of 45 studies report a positive association between religiosity and one sense of purpose and meaning.
- 82% of 74 studies report a positive association between religiosity and one’s sense of social support.
- 61% of 413 studies report lower rates of depression or faster recovery from depression in religious individuals.
- 75% of 141 studies report that religiosity is associated with less suicidal ideation, fewer suicide attempts, or fewer completed suicides.

“A better way of thinking about all of this is that biblical faith sustains us in a real and profound way. It tells us there’s more, there’s another perspective that can anchor our lives when we feel at sea.” Attending church regularly will by no means provide a “magic bullet” fix for people experiencing short or long-term mental health challenges. However, it is undeniable that attending church can help people navigate life’s challenges – even if the institutional church is working through its own checkered history of providing support to those in need. <https://undeceptions.com/articles/going-to-church-is-good-for-your-mental-health/>