



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

If you were granted one wish (non-materialistic), what would it be? The truth is, when people in the United States were asked this question, overwhelmingly their answer was a wish for peace. We may be talking about military peace such as Russia and Ukraine, or Israel, Gaza, and Palestine but many need peace in their day to day lives. Things like peace in a relationship, peace at work, peace at the loss of a loved one, or peace with health issues.

One area lately that we are asking God for peace is in all the natural disasters that seem to continually grow and seem to come more frequently. Things like flooding, tornado’s, hurricanes, wildfires and the list goes on. Many who help victims in these natural disasters experience inner peace and grant peace for those they help.

A man by the name of Adam Hamilton led a team down to Louisiana to help gut and repair houses after hurricane Katrina. They were assigned to a woman who’s brick house was completely inundated and they were asked to gut the two-story garage. The room above the garage held hundreds of dolls that this woman collected. They carefully removed them all and the mold-covered interior of the room. When they had finished, Adam talked with the owner who said they had stayed for the storm because in all their years of storms, the water never reached them. But when this storm came, they, like so many others, receded into the attic where they waited out the storm. They could hear a tornado that traveled across the street from their house. Meanwhile,

the house next door which belonged to this woman’s daughter had washed away. And then

she said, “we were terrified but this one thing I knew: I belong to God. I did not know how this was going to work out, but I knew my life was in his hands and I was at peace.” She knew that she was a child of God, that she was loved by God and that gave her peace in the midst of the storm.

Peace comes in many different forms, but we can all know that we have true peace by putting our faith in Christ and knowing that we are children of God. For this woman to have the faith to make it through hurricane Katrina is truly believing in God’s promise to always be there in times catastrophe. As for Adam and his crew, they too experienced true peace and showed it by loving their neighbors and building their faith in Christ.

As disciples of Christ let us spread the Gospel in word and action that we may all receive the peace that passes all understanding in our lives.

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: dwardmann@gmail.com

~S.A.L.T. PARISH MEETING~
Next meeting: July 11th 6:30p at Faith
All are welcome!



The historic date in 1776 when the Declaration of Independence was approved by the Continental Congress. The 13 American colonies severed their political connections to Britain. Now the Lord is the Spirit, and where the Spirit of the Lord is there is Freedom. 2 COR 3:17



Faith 125th Anniversary Celebration
Sunday, September 29th
Mark your calendars.

UPCOMING EVENTS

Extra, Extra Hear All About It!
SALT Parish VBS
July 22 – 25
9:00-12:00
Faith Lutheran Church, Culver
Come and tell the story of the Good News!



All kids aged 4 to 6th grade are welcome!



S.A.L.T. Sisters Fall Retreat Dates
October 3rd - October 6th
Voyageurs Lutheran Ministry at Camp Vermillion is located near Cook, MN on beautiful Lake Vermillion. Stay for the weekend or all four days! Price is based on how many campers attend. What you will experience is walks with nature, campfires, fellowship, bible study, quiet time, tons of food, spa day, shopping, mission project (tie blankets), and many blessings. Contact Andrea Anderson to register. All are welcome to attend.

~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 Aug. issue: 2nd Sun of Month: July 14th**
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, July 11th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, July 9th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, July 18th, 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.

Save the date October 9th.

Spaghetti Dinner fundraiser at Faith from 4:30pm - 7:00pm

Men's Breakfast, July 19th, 8am
 Country Corner, Hwy 2, Brookston



Sunday Morning Livestream

SALT Parish Facebook Page
 10:30 am



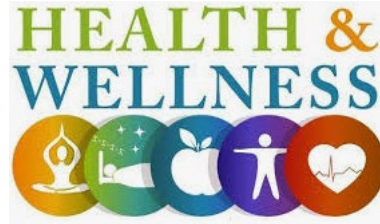
Bulletins will now be available for The Livestream. The link will be posted on the Parish Facebook page or the bulletin can be accessed at saltparish.org/bulletins

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



S.A.L.T. Parish Mission is to support the Community through Health and Wellness. How can we help you achieve your full potential. Join us on July 18th at 6:30pm at Faith to discuss some future activities, lectures, and ideas. All are welcome to attend and bring ideas.

SALT Parish June 6th Meeting Summary

SALT Sunday outdoor worship and picnic is set for June 30th at Faith. St. Peter's chicken delight sales are going well. First will be looking for bodies to help at the picnic in the kitchen at Faith for the picnic. VBS will be held July 22-25th. Theme for this year is "Good News" which is around discipleship. Lots of fun activities for each day planned. Each church will be asked to provide the specific snack for each day. Rummage sale in Canyon went well with profits of \$1060. Council voted to give each church \$200 off their monthly billing for June. Discussions were had about future fundraisers, and it was decided to do the rummage sale next year at the Alborn Community Center because we need the space and tables. A date of June 6th and 7th was chosen, Amber will look into booking it ahead of graduation season. October 9th, we have scheduled a spaghetti dinner from 4:30p -7p at Faith. Linda will be the lead for this event with her expertise and will get more information out as to what will be needed. Annual cookie sale will be December 7th with Cheryl lamb as the lead on that. Health and Wellness meeting in July to go over some ideas for future informational events. Wanting to have tools in the toolbox to help families in need. Next meeting is July 11th due to the 4th Holiday.

NEWSLETTER STAFF

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

July is Social Wellness Month!

Social wellness, or well-being, can be defined as one's ability to effectively interact with those around him/herself and to create a support system that includes friends, family, neighbors, co-workers, etc. Social Wellness Month was established in the early 2000s to encourage people to enhance their social health by building stronger social networks and nurturing their relationships. From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:

MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

To find new social connections:

- Join a group focused on a favorite hobby.
- Take a class to try something new.
- Try yoga, tai chi, or another new physical activity.
- Join a choral group, theater troupe, band, or orchestra.
- Help at a community garden or park.
- Volunteer at a school, library, or hospital.
- Participate in neighborhood events.
- Join a local community group.
- Travel to different places and meet new people.

TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

To take care of yourself while caring for others:

- Make to-do lists, and set a daily routine.
- Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- Try to take breaks each day.
- Keep up with your hobbies and interests when you can.
- Join a caregiver's support group.
- Eat healthy foods, and exercise as often as you can.
- Build your caregiver skills. Some hospitals offer classes on how to care for someone with an injury or illness.

BUILD HEALTHY RELATIONSHIPS Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive. For full checklist visit: <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/social-wellness-checklist-3.pdf>