



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

I'd like to ask honestly, how doe's stress and worry affect your day-to-day life. Some of us worry about every little detail of life, we're just wired that way. And quite often it can cause physical and mental sickness. The rising number of suicides in our country all lead back to worry and stress. There are also those who seem to be bothered by nothing. They take the attitude that they can't change it, so why worry about it. Many of us only wish we could have such a light attitude.

I'd like to share an illustration on stress that was published in February 2007. It states that in 2007 the population of our country was 200 million. 84 million were retired. That leaves 116 million to do the work. There were 75 million in school, which leaves 41 million to do the work. Of this total, there are 22 million employed by the federal government. That leaves 19 million to do the work. Four million were in the armed forces, leaving 15 million to do the work. Take from that total the 24.8 million who work for state and city governments, and that leaves 200,000 to do the work. There's an average of 188,000 in the hospital at any given time, leaving 12,000 to do the work. At the time this article was written, there were 11,998 people in prison. That leaves 2 people to do the work – you and me. And you're just sitting there listening. No wonder I'm tired and stressed.

This article needs to be taken with a bit of humor because these quoted numbers change by the minute. We obviously have more than 2 people left to do the day-to-day work in our country. But the main point is how worry and stress can affect us. We need to set aside time for ourselves doing things individually and with family and friends that relaxes us. When we can't seem to get proper sleep and don't feel well, we need to see a physician. Putting off illness will not make it go away. Some people think they are prized employees because they don't take

any vacation. Vacation is an earned benefit that should NEVER be given up.

Jesus often went away to a quiet place to relax and to spend time with the Father. God created the universe in 7 days. But what did he do on the seventh day? He rested and called it the Sabbath day. It's a day for us to put the work and responsibilities aside to spend time in worship, spend time with family and friends and relax. We've heard the saying that when the going gets tough, the tough get going but sometimes, when the going gets tough, we need to take a break. We are reminded that we don't need to worry if we have faith.

When I'm in stressful situations or overcome by worry, I turn to Matthew 6:25-34. It reminds us that God created all living things without stress and worry except for humans. We create this stress of our own freewill. We need to put it all in God's hands. Jesus ends this passage in Matthew with these words: "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Remember to take time out for you, including time in scripture, prayer and worship.

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: Sep. 5th 6:30p at St. Peter's
All are welcome!



Faith 125th Anniversary Celebration
Sunday, September 29th
10 AM at Faith, food to follow service
Mark your calendars.



Faith Lutheran Church
5697 Hwy 7, Culver, MN. 55779

Saturday, October 5, 2024
10:00 am. - 2:00 pm.

Bakery and garden goods, crafts
Gently used items, books, etc.
Drawing for handmade quilt and other prizes

Lunch available - soups, chili, and pie.

UPCOMING EVENTS

****Esther Circle Fall Sale****

St. Peter's Lutheran Church
Canyon MN

Saturday September 21st,

9:00 AM – 2:00 PM

Location: Church Basement

Hand made items, baked goods,
Chicken Delight Squares, Knives, Greeting Cards

Handmade Quilt will be Ruffled

Lunch will also be available.



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 Oct. issue: 2nd Sun of Month: Sep. 8th

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, Sep. 12th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Sep. 10th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Sep 19th, 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, Sep. 20th, 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

Save the Dates
SALT Parish Fall Bazaars

Saturday, October 5, Faith, Culver
 Saturday, October 19, First, Meadowlands
 Saturday, October 19, St. John's, Saginaw



SALT Parish Choir Rehearsals
Choir Rehearsals for Faith's 125th Anniversary
Sunday, September 29th Celebration Service

Wednesdays, Starting Sep. 5th, 4:00 pm, at Faith (Culver)
 There will be choir rehearsals for the four (4) Wednesdays in Sep. at Faith starting at 4:00 pm. We will be performing during the 10:00 am. Sunday, Sept. 29th service at Faith's 125th Anniversary Celebration. Community members are welcome to rehearse and perform with the choir. Call or text Debbie Neuman, (218) 591-9860, if you have any questions.



First Communion Class

All youth interested in receiving First Communion instruction Class will be held: Sat, October 26 from 9:30a – 11:30a (Faith Culver)

Students will celebrate their First Communion on October 27 at the 10:30 Worship Service at St. Peter's Canyon.

Youth, ages 8 and up, are welcome to participate. If interested, please contact Minister Dave at: 218-391-7951 or at dwerdmann@gmail.com

NEWSLETTER STAFF

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

Arrowhead Regional Development Commission

ARDC
Arrowhead Regional Development Commission

Senior Linkage Line:
Medicare Benefits,
End of Life Care,
Protection against
Phone Call Spams,
etc

Elder Welfare & Financial Benefits
Presented by:
Lee Swenson

End-of-life Care

SPAM

Faith Lutheran Church
5697 Hwy 7
Hosted by:
SALT Parish

MEDICARE

WEDNESDAY, September 18th
6:30 - 8 p.m.

All community members are welcome to attend this valuable presentation.