



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

I begin this article with a simple question. When was the last time you invited someone to worship or spent time sharing your faith story and the Gospel. Statistics show that the average Lutheran invites someone to worship or witness to the Gospel once every seven years. But statistics also show that 80% of people join churches because they are invited. Sounds like we need to do more inviting.

Here’s a few more eye-opening statistics: 95% of all Christians have never won a soul for Christ. 80% of all Christians do not consistently witness to their faith. 63% of leadership (including Pastors) have not led one stranger to Jesus in the last two years. This kind of explains why almost all denominations of the Protestant church are shrinking.

Let’s look at this through worldly statistics. In 2022 there were almost 8 billion people on our planet with 2.4 billion being Christian. If 500,000 were converted to saving faith every single day, it would take 30 years to see 5.6 billion people brought to Christ just to catch up to 2022. The problem is that the world population is expected to grow to 9 billion by 2050.

Jesus gave us the Great Commission in Matthew 28:19-20. “Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.”

Is it hard and intimidating to witness our faith?

Yes, it can be, but it doesn’t have to be if your faith is in the Holy Spirit to guide you and give you the words. With a little practice and a little bit of success witnessing, you will begin to see even more success, and it’s contagious.

When Jesus ascended back to Heaven, He left a strategy and a game-plan for the Disciples that could have reached every person in the known world with the Gospel in 25 years through spiritual multiplication and obedience to the Great Commission. Our Savior’s heart must break knowing that there are over a billion people and over 2000 languages today who have never had his Gospel presented to them in their native tongue. As Jesus disciples here on earth, it sounds like we have work to do. Don’t be intimidated.

The gift of faith and salvation is the greatest message you can possibly share. Who is the first person you will share the Gospel with?

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: Oct. 3rd 6:30p at St. John's
All are welcome!

Community Spaghetti Dinner

Wednesday, October 9th

4 p.m. - 7 p.m.

Faith Lutheran Church

5697 Highway 7

Culver



UPCOMING EVENTS

OKTOBERFEST

BAKE & CRAFT SALE

Saturday

October 19, 2024

11:00 to 1:00

Meadowlands Community Center

Pulled Pork Lunch Available

In-House Drawings

Sponsored by

First Lutheran Church of Meadowlands, MN

Fall
Bazaar

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.

CRAFT BAZAAR

ST. JOHN'S LUTHERAN CHURCH

4893 INDEPENDENCE RD. SAGINAW, MN.

SATURDAY, OCTOBER 19th 2024

9:00am - 1:00pm

RAFFLE

CRAFTS

HARVEST

PLANTS

BAKE SALE

CHILI LUNCH WILL BE AVAILABLE

WHITE ELEPHANT TABLE

~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 Nov. issue: 2nd Sun of Month: Oct. 13th

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, Oct. 10th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Oct. 8th, 2024
 5:00 – 6:30 pm

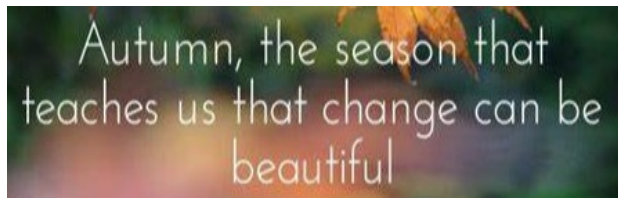
2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Oct. 17th, 2024
 4:30 – 6:00 pm

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.



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! Call Cheryl Lamb
 (218) 345-6334, if you have any questions.
Save the Date!!!! Bring a Friend or 2!



Men's Breakfast, Oct. 17th, 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 |

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!!!

Seasonal Affective Disorder Symptoms

During the winter months:

- Sleeping more than usual
- Increased appetite
- Carbohydrates cravings

- Weight gain
- Irritability
- Social issues
- Higher sensitivity to rejection
- Heaviness in the arms or legs



Seasonal Depression Home Remedies

Sit in front of an artificial lightbox 30-45 minutes a day

Spend more time outdoors in natural light

Take vitamin D supplements

Eat a balanced diet

Exercise regularly

Get proper sleep

Consider taking a vacation (if possible) to a warmer, sunnier climate



Seasonal Affective Disorder (SAD) Treatment

There is no need to wait for the spring months to overcome SAD!

Follow these steps to treat your case of "winter blues"

- Spend time outdoors during the day
- Arrange your residence/work space to receive more sun
- Regular exercise, particularly outside
- Eat meals that have limited amounts of processed food
- Increase intake of fruits and vegetables
- Light therapy can suppress secretion of melatonin
(Individuals sit in front of the light box for a few minutes daily while they read or do other activities)
- Antidepressant medications may help if you are severely affected by SAD



Halloween Treats



| | | | | | | | | | |
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| B | O | S | U | S | W | E | E | T | S |
| A | P | U | M | P | K | I | N | I | S |
| D | T | R | E | A | T | S | N | R | M |
| E | E | C | C | E | R | Y | F | O | I |
| B | N | P | A | O | I | K | O | Y | R |
| R | U | F | N | I | C | J | I | Y | N |
| C | D | L | D | L | K | L | I | E | E |
| W | A | T | Y | U | M | G | A | T | A |

Find the following hidden words:

- candy
- cupcake
- pumpkin
- sweets
- treat
- trick
- yum
- gum
- boo

