



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

With the warm Fall temperatures that we’ve been experiencing, the season of Christmas seems to get pushed out of our minds. But believe it or not, as I write this article, Christmas is only 48 days away. For many of us, the stress of the holiday seems to begin. The decorating, the welcoming of guests, the baking, the cooking, possible traveling and of course, the gift buying.

Theres a movie titled “What would Jesus buy, “produced by Morgan Spurlock. In the movie the over-riding message from the character Reverend Billy is to stop shopping. He even gets arrested in Times Square and receives a restraining order from Starbucks for preaching his message.

In the movie review, it says “there’s a terrible addiction that has swept the country, and it’s one of the nation’s best kept secrets. Most everyone will tell you that it’s really a bad thing, but nobody can seem to stop doing it. And it doesn’t come cheap, nearly 60% of us are in long term debt because of it. No, we’re not talking booze, drugs or overeating. It’s shopping. And over 15 million Americans may in fact be addicted to it.”

Spurlock’s intention is to inspire real reflection when it comes to what this consumerized holiday season is all about. Reverand Billy’s entourage in the movie puts out a wakeup call to mall junkies everywhere as he urges consumers to return to a more authentic relationship with Christmas

If you want joy in your Christmas, I’d recommend heeding the sermon of Reverand Billy: #1 “stop shopping,” or let’s at least live within our means.

And #2, Look to the only one who can bring true joy to our world

Maybe we could start filtering our Christmas through Jesus two core values and making them our core values. Remember the two greatest commandments this Christmas being “Love the Lord your God with all your heart, all your soul and all your strength.” The second is to “Love your neighbor as yourself.”

I look forward to the holiday season with all our members and pray that you all have a blessed Christmas with family and friends.

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: Dec. 4th 6:30p at First
All are welcome!

UPCOMING EVENTS



Blue Christmas Worship Service
Wednesday, December 18, 2024
6:30 pm

Faith Lutheran Church, Culver

A service where we remember those for whom the holidays may not be joyful. They may be lonely, in mourning, feeling alienated or set apart from family, experiencing depression or sadness. We refocus on the true meaning of Christmas and the coming of the Christ Child.

SALT Parish Cookie,
Candy & Bake Sale
Pancake Breakfast

Saturday, December 7, 2024

9:00-1:00

Faith Lutheran Church, Culver

Cookies - \$5.00/dozen,
Bars & Other Treats - \$5.00/half dozen
Pancake Breakfast

2 Pancakes, Sausage, Juice or Coffee \$5.00

3 Pancakes, Sausage, Juice or Coffee \$6.00

All proceeds will benefit SALT Parish Ministries
Cookie Drop-off Friday, December 6th 3:00-5:00 pm

BRING A FRIEND!!!



**CHRISTMAS
WORSHIP
SCHEDULE**

Christmas Eve Worship Service with Holy Communion

4:00 pm First, Meadowlands

7:00 pm St. John's, Saginaw

The 4:00 Christmas Eve Service will
be live streamed on the SALT Parish
Facebook page.

~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 Dec. issue: 2nd Sun of Month: Dec. 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, Dec. 12th, 2024
 9:00 – 10:30 am

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

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



Men's Breakfast, Dec. 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

Place a star somewhere different in your house every night leading up to Christmas. Near the star, hide a set of scriptures. Find the scriptures and read that part of the story of Jesus' birth.



CHRIST the savior
 is **BORN**



Christianbook.com
 1-800-CHRISTIAN

NEWSLETTER STAFF

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Thank you to our volunteer mailers!!!

Health and Wellness

Breaking the Stigma: Talking About Mental Health

Ending the stigma surrounding mental health is going to be a long-term process, but it is crucial for creating a more supportive and inclusive society. Stigma prevents people from talking about their mental health and causes people to hesitate on getting help. Here are some of the ways that we can start to challenge mental health stigma.

Talk about mental health, make it normal, use everyday language. The more we can make it relatable, the less likely it will be to see it as abnormal. Share with others, if you can talk about your mental health, others are more likely to engage as well.

Educate others, when you raise awareness, it will dispel myths and encourage more empathy. Encourage others to use mental health resources and use them yourself if you need them. Know your area providers and utilize 988 when needed.

Avoid stereotypes by speaking up when you hear people using harmful stereotypes or stigmatizing comments. This will help to foster compassionate communities that are free from judgment. Utilizing empathy can go a very long way in fostering compassionate responses.

Have safe spaces available, create environments at your workplace, school, within your faith community, where people know that they are welcome and feel comfortable discussing what their needs are.

Be involved when you can, look at your own beliefs and be mindful of your own bias and attitudes towards mental health. Challenge any misconceptions when you can, and our answers and support from others.

Remember that seeking help is a strength, not a weakness.

***Guy Winch has a wonderful video on YouTube about mental health first aid if you are interested in further information. It can be found at: <https://www.youtube.com/watch?v=vBqoA1V6Fgg&t=8s>

Dani Spolarich LPCC, LADC
Director of Crisis Services
Range Mental Health

