



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

As 2024 draws to a close and we enter into 2025, many of us look back at the past year and assess whether it was successful personally and financially or whether it was challenging or maybe even disappointing. Many of us will make New Years resolutions to address our short falls or to maybe even make us even more successful. If you are making goals for the upcoming year, there’s even a website to help you called mygoals.com. It shows trends for goals people make and helps you stay on track. Here is a breakdown of the resolutions that people have promised:

- 27% of resolutions involve health and fitness.
- 15% are personal growth and interests related.
- 15% relate to personal finance. 9% are based on education and training
- 6% relate to time management and organization.
- 5% are on recreation and leisure activities.
- And 5% relates to family and relationships.

Let’s go back to priorities for a second. Surely our priority should be that God is #1, but the resolutions make no mention of any resolution concerning God. To find out anything about spirituality you must look in the personal growth section and you will see that only 2% are interested in becoming more spiritual. By the way, improving one’s mind and attitude is at 27% and improving one’s appearance is at 22%. Yet changing their spiritual makeup is a dismal 2%. Need further proof?

Another respected survey company (Barna Group) that specializes in research about Christianity reported that only 1 out of 7 adults

(15%) place their faith in God at the top of the priority list. You might say that’s not fair because some of those are non-Christians. Okay the survey goes on and says that out of “Christians” not quite 1 out of 4 (23%) place their faith in God at the top of the priority list. A conclusion was reached that the majority of people are focused on the here and now and not on their relationship with God.

Maybe this year we need to re-assess and re-prioritize our goals and what’s really important. God and spirituality need to be #1 if we are to have a relationship with the Father. We as commissioned disciples of Christ also need to spread the Gospel to others so that they may accept the gift of faith and put God at the top of their priority list as well. I stated that people are focused on the here and now. The bible tells us that we need to keep our lanterns lit and be ready for Christ’s second coming at any time. Let’s start out the New Year with God as priority #1, now and always!

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: Jan 2nd, 6:30p at First
 All are welcome!

Studies show that people who read the Bible 4x per week will experience:

- Loneliness drops 38%**
- Anger issues drop 32%**
- Bitterness in relationships drops 40%**
- Alcoholism drops 57%**
- Feeling spiritually stagnant drops 60%**
- Viewing p**n drops 61%**
- Sharing your faith increases 200%**
- Discipling others increases 238%**

So, if you want to change your life, start with reading your Bible.

Old Testament Bible Reading Plan

WEEK 1

Genesis 1 | Psalm 1
 Genesis 2 | Psalm 2
 Genesis 3 | Psalm 3
 Genesis 4 | Psalm 4
 Genesis 6 | Psalm 5

WEEK 2

Genesis 7 | Psalm 6
 Genesis 8 | Psalm 7
 Genesis 9 | Psalm 8
 Genesis 11 | Psalm 9
 Genesis 12 | Psalm 10

WEEK 3

Genesis 15 | Psalm 11
 Genesis 16 | Psalm 12
 Genesis 17 | Psalm 13
 Genesis 18 | Psalm 14
 Genesis 19 | Psalm 15

WEEK 4

Genesis 20 | Psalm 16
 Genesis 21 | Psalm 17
 Genesis 22 | Psalm 18
 Genesis 24 | Psalm 19
 Genesis 25 | Psalm 20

UPCOMING EVENTS



**JESUS IS
 TOO GOOD
 TO KEEP TO
 YOUR SELF**

**YOUR PERSONAL INVITATION COULD PLAY A
 ROLE IN SPARKING A LIFE TRANSFORMATION
 RELATIONSHIP WITH CHRIST JESUS**

INVITE SOMEONE TO CHURCH

"82% of the unchurched are at least somewhat likely to attend church if invited."
 When's the last time you walked over to a coworker's office or a neighbor's house, and said, "I'm going to church this Sunday. Would you like to come with me?"

~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 Feb. issue: 2nd Sun of Month: Jan. 12th**

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, Jan. 9th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Jan. 14th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Jan. 16th, 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, Jan. 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





2025 RESOLUTIONS

Name _____ Age _____

IN 2025

I want to continue _____

I want to try _____

I want to stop _____

I want to visit _____

MY GOAL FOR THIS YEAR

Feel free to fill this out for 2025

NEWSLETTER STAFF

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

Health and Wellness

Mental Health and the Holiday Season

The holiday season is often portrayed as a time of joy, celebration, and togetherness. However, for many, it can also bring feelings of stress, loneliness, and anxiety. The financial pressures of gift shopping, family expectations, and the hustle and bustle of holiday events can overwhelm even the most organized among us. For those struggling with mental health challenges, this time of year can be particularly difficult.

Staying on top of your holiday obligations can be overwhelming. Some ways that you can keep the holidays more manageable include things like having a holiday planner or calendar, starting a gift list early in the year for when you have those great ideas that you are bound to forget, plan ahead as much as you can for travel, including packing early! Creating a budget for the holidays can help keep finances in check.

It's important to remember that you are not alone with holiday stress and anxiety. Many people experience heightened anxiety, depression, and stress during the holidays so, it's important to take care of yourself. Whether it's talking to a friend, seeking support from a counselor, or simply taking a moment to pause and reflect, there are steps we can take to care of ourselves during this time.

The church community can offer valuable support as well. Connecting with others, attending services, or participating in outreach programs can provide a sense of belonging and purpose. If you're feeling isolated, don't hesitate to reach out to a pastor, a church group, or a trusted friend. We are all here to support one another in times of joy and in times of struggle.

This holiday season, let us prioritize mental health and offer grace to ourselves and others. Take time to rest, find moments of quiet reflection, and remember that peace comes not from perfection, but from acceptance and love. Together, we can create a space where everyone can experience the hope and comfort of the season.

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

