



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

When we begin a new year, it’s a reminder to check on keeping everything in your homes and on your property up to date and properly serviced. Things like changing your batteries in your smoke alarms, checking for any service needs to be done on your car or appliances to keep your warranty intact. It’s a good idea to make some phone calls to compare insurance rates. And of course, schedule an appointment for a physical. These just name a few of these responsibilities.

But do we re-consider our stewardship to the church on an annual basis? How much time do I give with my busy schedule? Is there an activity that I may enjoy participating in? Is there a member that could use some help with a project? Do they need me on the council or on a committee? And of course, we need to ask...what are my financial gifts for this upcoming year?

Allow me to share an illustration. A mother gave each of her 2 sons \$2 and took them to the toy store to buy colorful shiny marbles they had been asking for. The older son figured out how many he could get for \$2, then took them to the counter in a brown paper bag. He was happy.

The younger son realized that he needed a strong bag to carry them around to play with his friends. He chose a sturdy drawstring bag and had only enough for half as many marbles as his brother, but he was happy too.

The older brother thought so much of his small treasure, he wouldn’t let anyone else play with them. He would only look at them in the privacy of his

bedroom. Whenever he went anyplace, he gathered them up in the brown paper bag and clutched them close so nobody could take them.

The younger brother, on the other hand, played marbles with his friends every day for hours. At first, he lost some marbles to his friends but soon became good at the game and won back more than he lost, filling his sturdy drawstring bag.

One day as the younger brother walked to the park, he found a beautiful marble on the sidewalk. He then found another and another. He couldn’t fit them all into his bag, so he handed them out to some kids who had none and invited them to play too.

When the younger brother returned home for dinner, the older brother was in the kitchen staring mournfully at his brown paper bag – which was empty. with a hole in the bottom.

In God’s kingdom, everything is upside down and backwards; The first shall be last, the weak are strong, the foolish confound the wise. In the area of stewardship, those who give generously and use their resources have so much more than those who hoard. Let’s take this time of year to prayerfully re-consider our giving of time and talent to the church.

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: Feb 6th, 6:30p at St. Peter's
All are welcome!

UPCOMING EVENTS



Upcoming Annual Meetings
All Annual Meetings follow
Worship Services
Sunday, February 2nd, Faith, Culver
Sunday, February 9, St. Peter's,
Canyon
Sunday, February 16, First,
Meadowlands
St. John's, Saginaw date to be
determined

**HELP
NEEDED**

Newsletter Mailing Coordinator
Christine's last date will be the end of April. For
more information call Christine Wolvin at 218-
345-6626.

S.A.L.T. Parish President
Our current President would like to pass this
opportunity on to a new volunteer. Please reach
out to Minister Dave or Stan lamb for more
information.

Old Testament Bible Reading Plan

WEEK 5 Genesis 26 Psalm 21 Genesis 27 Psalm 22 Genesis 28 Psalm 23 Genesis 29 Psalm 24 Genesis 30 Psalm 25	WEEK 6 Genesis 31 Psalm 26 Genesis 32 Psalm 27 Genesis 33 Psalm 28 Genesis 35 Psalm 29 Genesis 37 Psalm 30
WEEK 7 Genesis 39 Psalm 31 Genesis 40 Psalm 32 Genesis 41 Psalm 33 Genesis 42 Psalm 34 Genesis 43 Psalm 35	WEEK 8 Genesis 44 Psalm 36 Genesis 45 Psalm 37 Genesis 46 Psalm 38 Genesis 47 Psalm 39 Genesis 48 Psalm 40



~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 Mar. issue: 2nd Sun of Month: Feb. 9th**
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, Feb. 13th, 2024
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Feb. 11th, 2024
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Feb. 20th, 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, Feb. 21st, 8am
 Country Corner, Hwy 2, Brookston



Sunday Morning Livestream

SALT Parish Facebook Page
 10:30 am



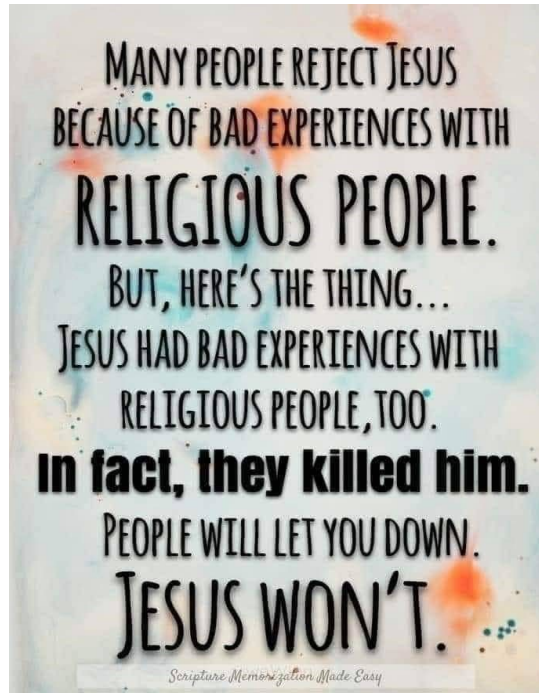
Bulletins will now be available for The Livestream. The link will be posted on the Parish Facebook page or the bulletin can be accessed at saltparish.org/bulletins

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



January SALT Parish Council Meeting Summary

Federal mileage rate will increase from .67 to .70 cents per mile for 2025. **Cookie Sale:** It was another successful fundraiser will about \$1500 in sales. Cheryl said that getting flyers mailed out to other churches a head of time helped get the word out with even more people coming in. They have things they want to do differently, and pre-orders were asked about, they will discuss all of this before December. A vote was passed to apply \$1200 from the sale proceeds to the February church payments, \$300 off for each church. Health and Wellness meeting will be at Faith on January 23rd. Annual meetings are going to be in February for Faith, First and St. Peters after Church services, please see the calendar for those dates. Faith Church is getting a new chair lift installed on the 7th. This will be a great addition and will be very helpful to many parishioners. Volunteers are needed for the President Role and for newsletter Coordinator. This will be put in newsletter until filled. Minister Dave shared that Synod Assembly will be at Breezy Point May 3rd & 4th. Lent is starting the first week in March so we will be discussing where to donate funds from soup suppers and services during Lent at our meeting in February. Sunday school packets will be mailed out for Easter and Lent.

NEWSLETTER STAFF

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

Health and Wellness

As winter is really starting to show how harsh it can get, it's generally a good time to talk about Seasonal Affective Disorder. Although not super common globally, it is very common for those that live in the Midwest. The sun gives us solid doses of vitamin D but, when you are seeing less sun and staying warm indoors, it can take a toll. Other factors that can make susceptibility to SAD increase are the changes in your circadian rhythms during the months when it's darker earlier, when there's more darkness your brain produces more melatonin but, it may mean that your brain produces less serotonin, which can mean a change in your mood or overall feeling of wellness.

How do you know if you have seasonal affective? Here's some questions to ask yourself courtesy of health guide.

Do I feel like sleeping all the time, or I'm having trouble sleeping?

Am I so tired it's tough to carry out daily tasks?

Has my appetite changed, particularly more cravings for sugary and starchy foods?

Am I gaining weight?

Do I feel sad, guilty, and down on myself?

Do I feel hopeless?

Am I irritable?

Am I avoiding people or activities I used to enjoy?

Do I feel tense and stressed?

Do I feel like I've lost interest in sex and other physical contact?

The signs of SAD are very similar to those of Major Depressive Disorder. So, you may see things like sad mood, low self-esteem, appetite or weight changes, anger, unexplained pain, sleep issues, difficulty concentrating, use of alcohol for comfort, fatigue, and many others that may be specific to you, If you have a depressive disorder, it's especially important to monitor for an increase in symptoms.

There are things that you can do in order to help out how you are feeling!

Some suggestions from health guide (and a few other sources) include:

Get as much sun as you can. Even if you are inside, try sitting in front of a window that has sunlight coming in.

Try to exercise, it's pretty effective!

Reach out to family and friends. And the important part.... Actually, let them help out!

Try to limit carbohydrates because it can cause you to crash afterwards.

Stay ahead of stress as much as you can.

Try out a sun lamp or a natural light alarm clock.

Try out a vitamin D supplement.

And, of course, talking with your counselor or doctor if things are feeling a bit difficult.

The further away from the equator you are, the tougher winter can be on your well-being. So, be sure to take care of yourself, keep your body and mind busy, make healthy choices, and reach out for help as needed.

Article Courtesy from Dani at Arrowhead Center