



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



**MINISTER’S MESSAGE FROM DAVE’S DESK**

Don't look now but Lent, Holy Week and Easter are right around the corner. On March 5<sup>th</sup> we will gather for worship at St John's in Saginaw for our Ash Wednesday service to begin our journey that we walk with Jesus on his way to Jerusalem. We will have soup suppers and Lenten worship for 5 weeks, culminating with worship on Maundy Thursday, Good Friday and of course Easter Sunday. We invite you to join us for the soup suppers at 5:30pm and for all worship at 6:30pm.

In preparing ourselves for Lent, we spend time contemplating Jesus ultimate sacrifice that he completes for us because it's the Fathers will. We can never pay Jesus' back for what he did for us as sinners but many of us will sacrifice something during Lent in our pilgrimage with Jesus. There are many things in life that we can give up for Lent like meat, candy, alcohol, smoking as well as other vices and possibly fasting for a period of time. We do this to identify with Jesus ultimate sacrifice.

There was a young couple who felt they were making a huge sacrifice to leave their hometown to answer his calling into the seminary. They basically cut their income in half, leaving their current jobs behind. Fortunately, God provided them with new jobs and housing while attending seminary. During that time, they learned how to budget to track expenses. But their sacrifice was not over.

After graduation, the seminarian was called to his first church with a salary just below poverty level. Fortunately, the church provided a parsonage, or they wouldn't have made it. It was financially the hardest year of their lives. They desperately wanted to give to others financially but just didn't have anything extra to give. But God blessed them, and things got better.

This young Pastor and his wife were called to

consider another larger church, out of state, that meant a considerable pay increase. It was definitely tempting but they didn't feel that God was leading them there. The church they were at was now growing and the compensation grew as well. They felt that God was leading them to stay where they were.

This couple didn't regret the choices they made. They only wanted to encourage others to understand the sacrifice and cost of discipleship. Discipleship is a lifestyle of great sacrifice not once but continually. It is a sacrifice that is nothing compared to the great value and honor of being part of God's kingdom. Accepting God's call comes with sacrifice, but how many of us would truly be able to sacrifice with joy at the level of this young couple and of so many people in other countries have sacrificed and continue to sacrifice to follow Jesus.

I'm looking forward to our time together in food, fellowship and worship during Lent.

**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](mailto:dwerdmann@gmail.com)**

~S.A.L.T. PARISH MEETING~  
 Next meeting: Mar. 6th, 6:30p at St. John's  
 All are welcome!

**UPCOMING EVENTS**

**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.

**2025 Lenten Series "Seekers"**  
 Soup Supper at 5:30 pm  
 (no Soup Supper on Ash Wednesday)  
 Lenten Worship at 6:30 pm

**March 5 "Ash Wednesday"**  
 St. John's, Saginaw

**March 12 "Seeking Truth"**  
 St. Peter's, Canyon

**March 19 "Seeking Direction"**  
 Faith, Culver

**March 26 "Seeking Help"**  
 First, Meadowlands

**April 2 "Seeking Self-Justification"**  
 St. John's, Saginaw

**April 9 "Seeking Forgiveness and Freedom"**  
 St. Peter's, Canyon

**April 13, Palm Sunday**  
 8:45 Faith, Culver  
 10:30 First, Meadowlands

**April 17, Maundy Thursday "A Night of Love"**  
 Faith, Culver, 6:30 pm

**April 18, Good Friday "Way of the Cross"**  
 First, Meadowlands, 6:30 pm

**April 20, Easter Sunday**  
 8:30 am St. John's, Saginaw  
 10:30 am St. Peter's, Canyon



**Old Testament Bible Reading Plan**

**WEEK 9**

Genesis 49 | Psalm 41  
 Genesis 50 | Psalm 42  
 Exodus 1 | Psalm 43  
 Exodus 2 | Psalm 44  
 Exodus 3 | Psalm 45

**WEEK 10**

Exodus 4 | Psalm 46  
 Exodus 5 | Psalm 47  
 Exodus 6 | Psalm 48  
 Exodus 7 | Psalm 49  
 Exodus 8 | Psalm 50

**WEEK 11**

Exodus 9 | Psalm 51  
 Exodus 10 | Psalm 52  
 Exodus 11 | Psalm 53  
 Exodus 12 | Psalm 54  
 Exodus 13 | Psalm 55

**WEEK 12**

Exodus 14 | Psalm 56  
 Exodus 16 | Psalm 57  
 Exodus 17 | Psalm 58  
 Exodus 19 | Psalm 59  
 Exodus 20 | Psalm 60



~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: Mar. 9th**  
 To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: [Bergman.misty22@gmail.com](mailto:Bergman.misty22@gmail.com)

**~~RUBY'S PANTRY~~**

**5577 Cromwell Park Dr, Cromwell, MN**  
 2<sup>nd</sup> Thursday of the Month, Mar. 13<sup>th</sup>, 2024  
 9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
 2<sup>nd</sup> Tuesday of the Month, Mar. 11<sup>th</sup>, 2024  
 5:00 – 6:30 pm

**2300 E Skyline Blvd (Copper Top Church)**  
 3<sup>rd</sup> Thursday of the Month, Mar. 20<sup>th</sup>, 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](http://www.rubyspantry.org).



**Men's Breakfast, Mar. 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](http://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

**SALT Monthly Newsletter**

There are members of the community who may receive our monthly Newsletter who may not read them or no longer want to receive them. As a cost saving measure, we are looking at only sending the newsletter to members of the Parish and to anyone who would still like to receive them. If you are not a member currently but would still like to receive this newsletter, please reach out to one of the churches and request to be added to the mailings. This could possibly take place starting with the April 2025 issue.

**February SALT Parish Council Meeting Summary**

Annual meetings are going to be held in February for Faith, First and St. Peters following Church services, will look forward to the March meeting for feedback from each church. Faith Church had their new chair lift installed on the 7<sup>th</sup> and has been a great addition for many parishioners. They received a nice thank you card from the Arrow Lift company. Faith is also getting a new furnace to replace one of the three that went out. Andrea gave us an update about the water main break that happened in Cloquet December 19<sup>th</sup> that flooded their house. Neither the city nor their homeowner's insurance wanted to take responsibility for it with the city stating that the water main break was an act of God. Health and Wellness will meet again on March 27<sup>th</sup>. They are hosting a speaker on April 30<sup>th</sup> who will be discussing anxiety and depression. More information to come on that with flyers. Volunteers are needed for the President Role and for newsletter Coordinator. Depending on Faith's discussion of bulk mailing of the newsletter the coordinator position could be divided to more than one individual with fewer mailings. These positions will be put in newsletter until filled. Minister Dave shared that Synod Assembly will be at Breezy Point May 3<sup>rd</sup> & 4<sup>th</sup>. Amber will be attending for Faith and Beth will be attending for St. Peter's. St. John's and First will decide soon who will be attending. Lent is starting the first week in March and each church will decide where to donate funds from soup suppers and services during Lent. March is food share month where all donations are doubled so that might be an option to consider. Deb and Barb are going to look into purchasing work/activity booklets to send out for our families with children so they can do some Sunday School things at home. Next meeting is March 6<sup>th</sup> at St. John's.

**NEWSLETTER STAFF**

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

## Health and Wellness

### The Impact of Social Media on Mental Health

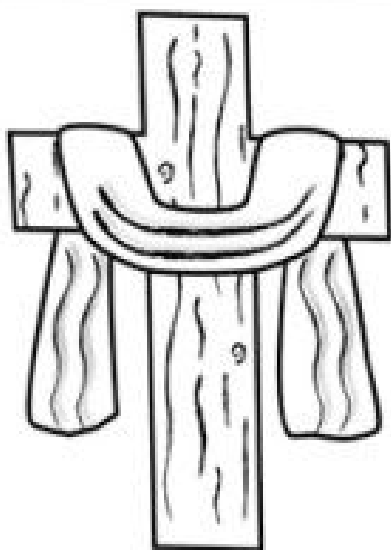
In today's digital age, social media has become an integral part of our lives, shaping the way we connect, share, and consume information. While it offers numerous benefits, such as fostering relationships and providing a platform for expression, the rise of social media has also led to growing concerns about its impact on mental health. Many users report feeling pressure to present a different image of their lives, which can lead to negative comparisons and a diminished sense of self-worth. The constant stream of posts can create feelings of inadequacy, anxiety, and even depression, especially when people feel they don't measure up to others they see online.

We know that social media can be a source of stress for people. The endless scroll of posts, notifications, and updates can lead to overstimulation, which disrupts sleep patterns and reduces overall wellness. For some, social media can also serve as a space for cyberbullying or exposure to toxic content, further contributing to mental health struggles. However, social media is not always harmful. It's how we engage with it that matters. Setting boundaries, such as limiting screen time and creating a positive online environment, can help mitigate its negative effects. Taking breaks from social media, practicing mindfulness, and focusing on real-life connections to support overall mental well-being. By being mindful of how we interact with social media, we can harness its benefits while protecting our mental health.

It is essential to recognize the potential for social media to be a tool for good. It offers unique opportunities for education, awareness, and community-building, allowing individuals to find support groups, share experiences, and learn about mental health. Many people have found comfort in connecting with others who understand their struggles, helping to reduce feelings of isolation. When used intentionally, social media can promote empathy, understanding, and a sense of belonging.

Dani Spolarich LPCC LADC

Director of Crisis Services at Range Mental Health Center



Find all ten words:	W	J	E	P	S	A	C	T	A	P
Jesus	E	Q	L	L	U	F	A	W	L	R
Lent	D	J	G	E	O	R	V	R	M	A
Ash	N	E	A	F	N	V	P	C	Q	Y
Wednesday	E	P	R	R	I	T	E	L	W	E
Dust	S	A	C	R	I	F	I	C	E	R
Prayer	D	U	S	T	F	W	Y	R	Z	N
Alms	A	R	Y	H	V	A	L	M	S	D
Fasting	Y	Z	B	J	E	S	U	S	H	U
Sacrifice	Z	J	F	A	S	T	I	N	G	F
Purple										