



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



## MINISTER'S MESSAGE FROM DAVE'S DESK

On April 20<sup>th</sup> we will come together in worship to celebrate the biggest event in the life of the church. The event I refer to is the resurrection of Jesus Christ on Easter morning. Some may ask, why the resurrection is so crucial in the life of a Christian. This event is so significant that the whole Christian faith would not exist if the resurrection were not true.

Writer William Lane suggests that "Without the belief in the resurrection, the Christian faith could not have come into being. The disciples would have remained crushed and defeated men. Even if they continued to remember Jesus as their beloved teacher, His crucifixion would have silenced any hope of him being the Messiah. The cross would have remained the sad shameful end of his career."

So, it's important that we take every opportunity to share this good news of the resurrection, shouting it from the highest mountain tops and sharing it with all who will listen. I'd like to share a fitting story about a British minister W.E. Sangster. who noticed some uneasiness in his throat and began dragging his leg as he walked. His physician diagnosed him with an incurable disease that caused progressive muscular atrophy. His muscles would gradually waste away, his voice would fail, and his throat would soon become unable to swallow.

Sangster threw himself into his work, figuring he could still write and would have more time for prayer. He prayed: "Let me stay in the struggle Lord. I don't mind if I can no longer be a general but give me just a regiment to lead." He wrote

articles and books and helped organize prayer cells throughout England.

Gradually, Sangster's legs became useless, and his voice went silent. But he could still hold a pen, shakily. On Easter morning, just a few weeks before he died, he wrote a letter to his daughter. In it, he said, "It is terrible to wake up on Easter morning and have no voice to shout, 'He is risen,' but it would be still more terrible to have a voice and not want to shout."

**Let's all use our God given voices to share the good news that, "Christ is risen, he is risen indeed!!!" Happy Easter from my family to yours.**

**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: Apr. 3rd, 6:30p at Faith  
All are welcome!

UPCOMING EVENTS



2025 Lenten Series "Seekers"

*Soup Supper at 5:30 pm*

*Lenten Worship at 6:30 pm*

**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



**S.A.L.T. Parish Secretary**

SALT Parish Council is looking for a secretary to take minutes at the meetings and have them ready for the following meeting. Please prayerfully consider helping in this ministry. Contact Minister Dave for more details.

**Old Testament Bible Reading Plan**

**WEEK 13**

Exodus 24 | Psalm 61  
Exodus 25 | Psalm 62  
Exodus 26 | Psalm 63  
Exodus 27 | Psalm 64  
Exodus 28 | Psalm 65

**MEMORY VERSE**  
Psalm 63:1-3

**WEEK 14**

Exodus 29 | Psalm 66  
Exodus 30 | Psalm 67  
Exodus 31 | Psalm 68  
Exodus 32 | Psalm 69  
Exodus 33 | Psalm 70

**WEEK 15**

Exodus 34 | Psalm 71  
Exodus 35 | Psalm 72  
Exodus 40 | Psalm 73  
Leviticus 8 | Psalm 74  
Leviticus 9 | Psalm 75

**MEMORY VERSE**  
Psalm 71:5-6

**WEEK 16**

Leviticus 16 | Psalm 76  
Leviticus 23 | Psalm 77  
Leviticus 26 | Psalm 78  
Numbers 11 | Psalm 79  
Numbers 12 | Psalm 80

~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: Apr. 13th

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, Apr. 10th, 2024  
9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
2<sup>nd</sup> Tuesday of the Month, Apr. 8<sup>th</sup>, 2024  
5:00 – 6:30 pm

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



**Men's Breakfast, Apr. 18th, 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	Amber Schwartz
Vice President	Ginny Richmond
Secretary	Misty Bergman
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



**SAVE THE DATE**  
**SALT Parish Rummage Sale**  
**Saturday, June 7<sup>th</sup>**  
**9:00 am - 2:00 pm**  
**Alborn Community Center**  
**6388 Hwy 7, Alborn, MN 55702**  
**Lunch available for purchase**

**Drop off Friday, June 6<sup>th</sup> 9:00 am-12:00 pm**  
**NO Clothing or Electronics will be accepted.**  
**Volunteers will be needed for both days!**

### March SALT Parish Council Meeting Summary

St. Peter's had their annual meeting with only three people present. Thanked Dale Neuman for helping with lawn maintenance last summer and they have new help for this summer. Faith had a new furnace installed and had their land line phone removed. First had their annual meeting and had six volunteers for council. St. John's is having some plumbing issues in the women's bathroom; a plumber will be called to take a look at it and in the meantime the men's restroom is available for use by all. Ryan Jagim will be speaking at Faith on April 30<sup>th</sup> about Depression & Anxiety at 6:30pm. Bring a friend along to get some great information. Deb is sending out Easter/Lent envelopes to families with young children with some Easter books and worksheets according to age of the children. They looked great and can't wait to hear feedback from the families. Christine will be gone in May and gave us some instructions for the newsletter while she is out. We are looking at cutting down on the amount that we print with more to come on that. New President Amber was elected, and Misty will fill in her secretary role until position is filled.

### 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 Financial Stress: A Growing Concern

Living in rural Minnesota brings its own unique set of challenges, especially when it comes to managing financial stress. Many in our communities face seasonal employment, fluctuating incomes, and the rising costs of living. These financial pressures can often feel overwhelming, leading to increased stress, anxiety, and even depression. When finances become uncertain, it's common for individuals to experience a deep sense of worry about their future, impacting their overall mental health. Rural areas also face limited access to healthcare resources, making it even harder for individuals to seek help when they need it most.

Recognizing the connection between financial stress and mental well-being is the first step toward improving both. Seeking help from local financial advisors or community programs can help ease the burden. Many organizations offer free or low-cost resources, such as budgeting workshops, financial counseling, and debt management tools. Additionally, practicing simple self-care strategies like exercise, meditation, or connecting with loved ones can offer a sense of relief and stability. It's important to take small, manageable steps toward improving both your financial situation and mental health.

The most important thing to remember is that you don't have to face this alone. Rural communities are known for their resilience and support networks. Reach out to local mental health professionals or peer support groups to find the guidance and support you need. By addressing both financial and mental health concerns together, we can build stronger, healthier communities across our area. Remember, everything is a little easier when you have support so, don't hesitate to ask for help.

Dani Spolarich LPCC LADC

Director of Crisis Services at Range Mental Health Center

