



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

**MINISTER'S MESSAGE FROM DAVE'S DESK**

As you receive this newsletter, Lent, Holy week, and Easter for many will be in the rear-view mirror. I pray that nobody sets the Easter story and its significance aside that easily. We need to celebrate Easter and the resurrection every day that we live on this earth. We need to proclaim the Easter message and invite all who will listen to our faith story that they too will receive the gift of faith and eternal salvation. It's attainable for everyone and Jesus waits for us.

When I think about Easter, it reminds me of Spring. Not just because of the time of year, but because it gives us what feels like a fresh start after all the darkness of Winter. Longer days, warmer temperatures, and so many things to do. We come to life, just as Easter promises us new life.

As Spring arrives, we watch as the new growth literally explodes from the ground. We begin to think about the trees, which looked so dead without leaves, but are now budding and bringing forth blossoms, leaves and eventually fruit. We think about the flowers that will bloom and the grass that will grow...and grow...and grow. The ground had been holding life all Winter just waiting for the promised moment. I begin to think about how impossible it would be to hold back Spring.

You could chop down trees, but their stumps would sprout. You could dig up flowers, but their seeds would grow. You could plow the ground, but the grass and vegetation would come back. You could even drop a bomb, but it would not stop Spring. It's impossible. Life would be

popping up all over.

It was the same with the resurrection of Jesus. Death could not keep its grip on him. He exploded from the grave full of life, and his life was life giving. The life in Jesus that lifted him from the grave now lives in us who know him. So, it is impossible for death to keep its hold on us as well. Nothing can keep us in the ground.

The Bible says in 1<sup>st</sup> Thessalonians 4, "for the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so, we will be with the Lord forever."

We thank God for the newness of Spring and a Happy Easter, each and every Day!!!

**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: May 1st, 6:30p at Faith  
All are welcome!

UPCOMING EVENTS



**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!**

Larger items that are donated that do not sell  
please assist in removing them after the sale.

There will be a sign-up sheet at each church to have at  
least two volunteers to help the day of the sale. We  
will need someone to volunteer to bring left over  
donations to a drop off location.

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

SALT Parish Council is looking for a secretary  
to take minutes at the meetings (once a  
month) 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 17**

Numbers 13 | Psalm 81  
Numbers 14 | Psalm 82  
Numbers 16 | Psalm 83  
Numbers 17 | Psalm 84  
Numbers 20 | Psalm 85

**WEEK 18**

Numbers 21 | Psalm 86  
Numbers 22 | Psalm 87  
Numbers 27 | Psalm 88  
Numbers 34 | Psalm 89  
Numbers 35 | Psalm 90

**WEEK 19**

Deuteronomy 1 | Psalm 91  
Deuteronomy 2 | Psalm 92  
Deuteronomy 3 | Psalm 93  
Deuteronomy 4 | Psalm 94  
Deuteronomy 5 | Psalm 95

**WEEK 20**

Deuteronomy 6 | Psalm 96  
Deuteronomy 7 | Psalm 97  
Deuteronomy 8 | Psalm 98  
Deuteronomy 9 | Psalm 99  
Deuteronomy 30 | Psalm 100

**National Day of Prayer is May 1<sup>st</sup>, 2025**

The National Day of Prayer is an annual day of  
observance designated by the United States Congress  
and held on the first Thursday of May, when people are  
asked "to turn to God in prayer and meditation". The  
president is required by law to sign a proclamation each  
year, encouraging all Americans to pray on this day.

~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: May 11th**

**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, May 8<sup>th</sup>, 2024  
9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
2<sup>nd</sup> Tuesday of the Month, May 13<sup>th</sup>, 2024  
5:00 – 6:30 pm

**2300 E Skyline Blvd (Copper Top Church)**  
3<sup>rd</sup> Thursday of the Month, May 15<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).



After months of cold weather and barren landscapes, spring brings new growth and life. Trees begin to bud, flowers bloom, and animals awaked from hibernation. This renewal symbolizes hope for a better future and a fresh start. Spring is also associated as a time of birth, rebirth and new beginnings, with nature returning to life after the cold winter months, new babies, longer days, warmer temperatures, and the promise of growth and abundance. It's no surprise that we sometimes feel sleepy, struggle to get out of bed, and just a little off. When the sun finally shines in spring and summer, the light triggers the release of serotonin (aka the happiness hormone), and our spirits come alive again.



**Men's Breakfast, May 16th, 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

### April SALT Parish Council Meeting Summary

SALT Parish meeting was at Faith on April 3<sup>rd</sup>. The Parish voted to make a \$50 donation to the Synod Health and Wellness fund for our speaker Ryan Jagim that will be speaking about depression and anxiety on Thursday, April 30<sup>th</sup> 6:30 pm at Faith. Snacks will be provided, and we need help get the word out about this valuable information from this speaker. St. Peter's is working on their 125<sup>th</sup>

Anniversary celebrations. St. John's Annual meeting with a potluck will be held on May 8<sup>th</sup> at 6pm. Minister Dave said he has possibly three students to hold confirmation next fall, if anyone else is interested in Confirmation class please reach out to Dave. Minister Dave will also be taking vacation June 11-17<sup>th</sup> with pulpit needed on the 15<sup>th</sup>. Lenten soup suppers are going well with good attendance. Each church is designating where donations will go from these. Newsletter changes are coming, and we are going to be cutting the amount printed first and mailing them out ourselves. Amber has rented out the Alborn Community center for our annual garage sale. This Community Hall offers more space, and we are hoping to get flyers out early with great signage to get a good turnout of people. There will be a signup sheet at each church to have at least two volunteers from each to help.

### NEWSLETTER STAFF

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

## Health and Wellness

### Embracing Your Self-Worth

Self-worth is an important part of a fulfilled and balanced life. It's not about being perfect, but rather about recognizing and valuing your own qualities. Our self-worth is deeply rooted in how we see ourselves, how we treat ourselves, and how we allow others to treat us. When we fully embrace our worth, we move from a place of self-doubt and criticism to one of self-compassion and acceptance. This is when we start to realize that we deserve happiness, love, and success, not because of what we do, but simply because of who we are.

Building and maintaining self-worth is a continuous journey that requires patience, reflection, and commitment. It's important to understand that it is not contingent upon achievements or the approval of others. Instead, it's based on the deep understanding that you are worthy of love, respect, and joy simply because you exist. This recognition of your value can be transformative. Begin by acknowledging and celebrating your unique strengths, qualities, and accomplishments, no matter how small they may seem. Setting healthy boundaries, saying no when necessary, and practicing self-compassion are all steps in reinforcing your worth. It's also helpful to surround yourself with people who uplift and support you, as their positive influence can contribute to strengthening your sense of self.

As you work to embrace your self-worth, you'll notice how this shift in mindset opens doors to greater opportunities and personal growth. When you truly believe in your own value, you gain the confidence to pursue your passions, establish meaningful relationships, and tackle challenges with resilience. Self-worth is about accepting yourself as you are and realizing that you have the power to create a life that aligns with your values and desires. It's also about making time for rest, self-care, and reflection, and actively choosing to put your well-being first. In doing so, not only do you improve your own life, but you also inspire others to recognize their own worth.

Dani Spolarich LPCC LADC

Director of Crisis Services at Range Mental Health Center

