



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



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

As summer arrives, we look ahead to the celebration of Pentecost on June 8. There are many members of the church from different denominations that come to worship and celebrate the Christian holiday of Pentecost but don't really understand why we celebrate it.

Pentecost takes place on the 49<sup>th</sup> day after Easter. It commemorates the descent of the Holy Spirit on Jesus Apostles while in Jerusalem celebrating the Jewish harvest party called the feast of weeks. This also marks the birth of the Christian church. At Pentecost we remember that after Jesus' death, resurrection and Ascension into heaven, God did not leave the Apostles or us alone. When we stop and consider the work of the Holy Spirit, and that's what Pentecost is truly about, Dr. Larry Petton describes three direct dimensions of the Holy Spirit that I'd like to share with you:

First, the Holy Spirit does INWARD work in us. He is the one who administers justification, regeneration, and the new birth in our lives. He is the one who cleanses us within, who confronts us, and bears witness with our spirit that we are children of God.

Second, the Holy Spirit does UPWARD work in us. Jesus says of the Holy Spirit, "He will glorify me, for He will take what is mine and declare it to you" (John 16:14). The Holy

Spirit is ever pointing us heavenward, to glorify Jesus and the Father.

Third, the Holy Spirit does OUTWARD work in us. The empowerment that took place on the day of Pentecost resulted in a powerful gospel witness and 3000 people from a variety of backgrounds were radically saved!

Now it's up to us. Jesus empowered the apostles to carry on this gospel witness, but we too have work to do as disciples in preaching and carrying out the gospel and making disciples of all nations. Let us celebrate the birth of the church on June 8<sup>th</sup> and on that day, I encourage you to wear the color red, signifying the blood of Christ, shed for you!

**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: [dwardmann@gmail.com](mailto:dwardmann@gmail.com)**

~S.A.L.T. PARISH MEETING~

Next meeting: June 5th, 6:30p at St. John's  
All are welcome!



**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.

**UPCOMING EVENTS**



**SALT SUNDAY  
OUTDOOR WORSHIP & PARISH  
PICNIC**

**SUNDAY, June 29<sup>th</sup> 10:00 am Worship**

Faith Lutheran Church, Culver

Picnic to follow with brats, burgers & all the  
fixings! Door Prizes too!

The ONLY things you need to bring are yourself,  
a friend & lawn chairs.

Sponsored by: Vince Jones & RBC Wealth  
Management.

**Old Testament Bible Reading Plan**

**WEEK 21**

Deuteronomy 31 | Psalm 101  
Deuteronomy 32 | Psalm 102  
Deuteronomy 34 | Psalm 103  
Joshua 1 | Psalm 104  
Joshua 2 | Psalm 105

**WEEK 22**

Joshua 3 | Psalm 106  
Joshua 4 | Psalm 107  
Joshua 5 | Psalm 108  
Joshua 6 | Psalm 109  
Joshua 7 | Psalm 110

**WEEK 23**

Joshua 8 | Psalm 111  
Joshua 23 | Psalm 112  
Joshua 24 | Psalm 113  
Judges 2 | Psalm 114  
Judges 3 | Psalm 115

**WEEK 24**

Judges 4 | Psalm 116  
Judges 6 | Psalm 117  
Judges 7 | Psalm 118  
Judges 13 | Psalm 119:1-24  
Judges 14 | Psalm 119:25-48



ESTATE PLANNING

**The Health and Wellness Team is hosting another  
night of learning!**

**Wednesday, June 25<sup>th</sup> 6:30 pm at**

**Faith Lutheran Church, Culver**

**Vince Jones will be joining us for a night of learning  
about Estate Planning. Bring a friend!**

~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 July issue: 2nd Sun of Month: June 8th**

**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, June 12th, 2024  
 9:00 – 10:30 am

**5007 Maple Grove Rd Hermantown, MN**  
 2<sup>nd</sup> Tuesday of the Month, June 10<sup>th</sup>, 2024  
 5:00 – 6:30 pm

**2300 E Skyline Blvd (Copper Top Church)**  
 3<sup>rd</sup> Thursday of the Month, June 19th, 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, June 20th, 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



Monday, July 16, 2018

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**SECRETARY**

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For more information, call

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**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.

**May SALT Parish Council Meeting Summary**

SALT Parish meeting was at St. Peter's on May 1st. In Church news: St. Peter's is planning their 12<sup>th</sup> Anniversary celebration. They are also hosting a Wedding Memorial weekend; the bride saw the church and knew she wanted to be married there. St. John's had to have plumbing work done to fix the restrooms. First is still recovering from the loss of a dear member. Faith had just celebrated Stan lamb's 80<sup>th</sup> Birthday! In Mission reports there was a great turnout for the speaker event that was held on anxiety and depression. First item of discussion was the newsletter. We changed the mailings from 810 to 200 with a cost savings in printing cost and purchasing rolls of stamps instead. Assembly was easier and took less time. The rummage sale will be on June 7<sup>th</sup>, and we need to get the word out with flyers and on facebook. It is in Alborn this year so we can put a sign out early to advertise the upcoming sale. Synod assembly is coming up and members that are going are excited to bring back what they learn and to find out more about the Emmaus Fund. VBS is coming up and will be held august 4<sup>th</sup>-7<sup>th</sup> from 9am – 12 noon at Faith. Amber will be getting more information out soon and she is looking for any volunteers to help out.

**NEWSLETTER STAFF**

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

## Health and Wellness

### Structure and Routine in Supporting Mental Health

When life feels overwhelming, one of the simplest yet most effective tools for managing mental health is establishing structure and routine. Having a predictable schedule creates a sense of order in what can sometimes feel like chaos. For individuals living with anxiety, depression, or other mental health challenges, routine can provide grounding and a feeling of control that reduces stress and emotional uncertainty.

Structure helps the brain conserve energy and reduce decision fatigue. When we know what to expect and when to expect it, we don't need to expend mental energy on constant planning or worry about what comes next. Routines—such as regular sleep, meals, movement, and time for rest—support biological rhythms and stabilize mood. Even small things like making your bed each morning can provide a sense of comfort.

Moreover, routines can foster a sense of accomplishment and self-worth. When someone struggling with motivation can still complete even one or two parts of their daily structure, it reinforces the idea that they are capable, organized, and progressing. Ultimately, while life will always include unpredictability, creating structure doesn't mean becoming rigid. Instead, it's about intentionally building moments into your day that support stability, self-care, and mental wellness.

Dani Spolarich LPCC LADC

Director of Crisis Services at Range Mental Health Center



St. Peter's is turning 125!!! St. Peter's planning committee are preparing for their upcoming Celebration and are looking to gather photos or stories to include in a book that Marnie Ludwig is compiling. If you would like to contribute any photos or stories, please email the items to Marnie at [marnie@bugwigstudios.com](mailto:marnie@bugwigstudios.com).