



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

So, how is your prayer life? Do you spend time daily in prayer? Do we only pray when something is needed? Do we only pray in dire circumstances? When praying, do we merely go through the motions? Do we pray for something once and forget about it? Everyone’s prayer life is different, but it is the Fathers will that we pray daily. Prayer along with scripture is our connections to talking with the Father and it is so powerful. For anyone who doesn’t believe that prayer makes a difference, I’d like to share a true story with some hard facts that will make you a believer.

Research at San Francisco General Hospital revealed that victims of heart attack, heart failure and other cardiac problems who were remembered in prayers fared better than those who were not. Cardiologist Randy Byrd assigned 192 patients to the “prayed for” group and 201 patients to the “not prayed for” group. All patients were in the coronary intensive care unit. Patients, doctors and nurses did not know which group patients were in. Prayer group members were scattered around the nation and given only the first names, diagnoses and prognoses of patients. The researcher said that the results were dramatic. The “prayed for” group had significantly fewer complications than the unremembered group. And fewer members of the “prayed for” group died. The “not prayed for” group was five times more likely to develop infections requiring antibiotics, and three times more likely to develop a lung condition, leading to heart failure. These findings were published by the American Heart association.

difference when prayer is involved. But we have to be careful not to start viewing God as our personal “Heavenly vending machine.” You know how it goes. I say the right prayer or quote the right bible verse or make sure we pray in Jesus’ name. We as sinful human beings seek a way to guarantee we are going to get what we want. Let me assure you that God answers every prayer – 100%. But sometimes we don’t like the answer we receive. Or we don’t put ourselves into a place to notice his answer. Here are four answers that we can get:

- #1 Yes – that’s in line with My will so it’s coming right now.
- #2 Yes – but the timing is wrong, so you have to wait.
- #3 Yes – It’s not what I want for you, but I will let you have it to learn a lesson
- #4 NO (that’s an answer – just ask the parent of a two-year-old)

Let’s focus on our prayer life to see what effects it has on the people and situations we pray for, how it grows our relationship with the Father and to see the awesome power that prayer has...you might be surprised!

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)

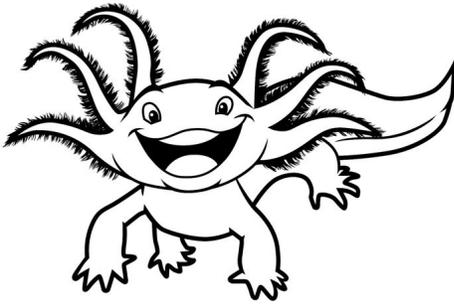
Secondary number: 218-348-9720

Email: dwerdmann@gmail.com

~S.A.L.T. PARISH MEETING~
Next meeting: Aug. 7th, 6:30p at Faith
All are welcome!

UPCOMING EVENTS

Axi says:
Even when you're left out...
Jesus loves you!



"I am with you always, even to the end of the age." (Matthew 28:20)

SALT Parish Vacation Bible School
August 4-7
9:00a - 12:00p
4 years old - 6th Grade
Faith Lutheran Church, Culver
"Weird Animals"
Where Jesus Love is One- of- a- Kind
A Snack is provided

Old Testament Bible Reading Plan

WEEK 29 1 Samuel 21 Psalm 134 1 Samuel 22 Psalm 135 1 Samuel 23 Psalm 136 Samuel 24 Psalm 137 1 Samuel 25 Psalm 138	WEEK 30 1 Samuel 28 Psalm 139 1 Samuel 31 Psalm 140 2 Samuel 1 Psalm 141 Samuel 3 Psalm 142 Samuel 5 Psalm 143
WEEK 31 2 Samuel 6 Psalm 144 2 Samuel 7 Psalm 145 2 Samuel 9 Psalm 146 2 Samuel 11 Psalm 147 2 Samuel 12 Psalm 148	WEEK 32 2 Samuel 24 Psalm 149 1 Kings 2 Psalm 150 Kings 3 Proverbs 11 Kings 6 Proverbs 21 Kings 8 Proverbs 3

HELP NEEDED

Newsletter Mailing Coordinator
Christine would like some assistance. For more information call Christine Wolvin at 218-345-6626.

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.

~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 Sept. issue: 2nd Sun of Month: Aug 10th**
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, Aug. 14th, 2025
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Aug. 12th, 2025
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Aug. 21st, 2025
 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.

If anyone is interested in attending Confirmation Classes this Fall, please let Minister Dave know. Planning is underway for dates and times to work with the students' schedules.

Men's Breakfast, August 15th, 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	Amber Schwartz
Vice President	Ginny Richmond
Secretary	Misty Bergman
Treasurer	Misty Bergman

Church Contact People

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First	Linda Anderson	428-3473
St. John's	Carolyn Collum	729-6008
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Have Courage in Trials

Many Christians have the mistaken idea that once they make a commitment to Jesus Christ, life will be smooth sailing from that day forward. This is not the case. While it is true that walking with Christ will help us avoid many problems we used to face, we are still going to experience what the Bible calls "trials".

Trials may come in the form of a crisis, a sudden illness, the loss of a loved one, or some drastic change in your life. You may go through a difficult time when you don't feel God's presence, when church may not be as exciting as it once was for you, or your prayers seem to go no higher than the ceiling. This may cause you to wonder if you have angered God or if he has left you. But God does not allow us to experience trials because he wants us to suffer, rather, he allows these difficulties into our lives to help us grow spiritually-to learn to live by faith, not feelings. Look up the following passages to see the role trials play in our lives. Notice also God's promise to be with us during these times of trouble.

1. **Trials Sharpen our Faith.** Hardships develop our character and purify our faith (see 1 Peter 1:3-7)
2. **Trials Help us Comfort Others.** Experiencing suffering deepens our compassion for others who suffer (see 2 Corinthians 1: 3-7)
3. **Trials are Survivable.** We must keep our eternal perspective through the tough times (see 2 Corinthians 4:7-18)
4. **Trials Test our Foundation.** When we ground our lives in Christ, we can weather any storm (see Luke 6:48-49)
5. **Jesus is with Us in Life's Storms.** We are never outside of God's watchful eye and his abiding presence (see Mark 4:35-41)
6. **God gives Hope to our Troubled hearts.** We can have peace of mind in the middle of our greatest trials (see John 14:1-4)

NEWSLETTER STAFF

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

Health and Wellness Page

Standing Up: Helping Someone Experiencing Bullying

Bullying can take many forms—verbal, physical, social, or digital—but its effects are often deeply personal and long-lasting. Whether you're a parent, friend, teacher, or peer, knowing how to support someone being bullied can make all the difference. While you may not be able to stop the behavior immediately, your presence can offer safety, strength, and hope. If you want to help someone that is being bullied, here are some ideas:

Listen Without Judgment

When someone opens up about being bullied, your first job is to listen. Avoid minimizing their experience or jumping too quickly to solutions. Instead, show empathy. Your calm, supportive demeanor is often more helpful than advice in the early stages.

Affirm Their Experience and Worth

Victims of bullying often internalize the negative messages they're receiving. Reassure them that they did not deserve mistreatment and that bullying is never acceptable. Remind them of their strengths, character, and value in a genuine way.

Help Create a Plan

Work together to determine what steps can reduce their risk of further harm. This may include identifying safe spaces at school or work, adults or allies they can talk to, or strategies for safely disengaging from harmful situations. If the bullying is happening online, help them document the abuse and adjust privacy settings.

Involve the Right People

Encourage the person to speak to a trusted adult or authority figure and offer to go with them if they're nervous. In school settings, bullying should be reported to staff or administrators. If it's happening in the workplace, HR or a supervisor should be involved. In serious cases involving threats or violence, law enforcement should be contacted.

Follow Through

Support doesn't end with the first conversation. Continue to check in, invite them to social activities, and show that they're not alone. Consistent connection can combat the isolation that bullying often creates. Small gestures—like sitting with them at lunch, sending a kind message, or inviting them to hang out—can have a big impact.

Dani Spolarich LPCC LADC
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