



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER’S MESSAGE FROM DAVE’S DESK

We live in a world with much division, especially when it comes to our political views. Many will disagree with others, often using social media as a platform to speak or even argue. I’m not writing this article to bring up any personal opinions, nor do I want to start any debates. I do hope that whatever your views are, to always listen to each other and to talk to the Lord in prayer about what is best for all and to love our neighbor no matter what.

We sometimes also have our differences when it comes to our Christian faith life. For some, deciding if having a true faith life makes any difference, and am I committed to Jesus as my Savior. I’d like to share an illustration with you that explains my message even better.

A youth Pastor once stood before a group of students with two chairs. He placed one on the far-left side of the stage and the other on the far right. He said, “Let’s imagine this chair represents loyalty to God- trusting Him, following his ways. And this other chair over here represents the world – following your own way, doing what feels good, being your own boss. Then he stood in the middle of the stage and placed a third chair directly between the other two. “And this,” he said, “is where most people try to live...one foot in God’s kingdom and one foot in the world. It’s the compromise chair.”

Then he sat in the middle chair and stretched

one arm out to each side. At first, it looked manageable. But after a while, you could see the strain in his arms. The crowd watched as his body started to shift uncomfortably. His muscles tensed. His balance wobbled. Eventually, he couldn’t hold it anymore, and he had to choose one side. He stood up and said, “Trying to live in both worlds will tear you apart. Sooner or later, you have to choose a chair.”

Obedying God’s law begins with a decisive choice, not comfort, not convenience, but commitment. The “middle chair” is unstable. The “double-minded” life is unsustainable. We all need a starting point, a line in the sand, where we say: Today, I choose to love and obey God’s law.

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: Sep. 4th, 6:30p at First
All are welcome!



Fall Bazaar

at Faith Lutheran Church
Saturday, October 4th, 2025,
9:00am – 1:00pm

Bakery, garden items, books, and so much more. There will be a drawing for a handmade quilt and other prizes.

Lunch or brunch items will be available.

UPCOMING EVENTS



S.A.L.T. SISTER'S

23RD ANNUAL WOMEN'S FALL RETREAT
BAKK HOUSE – CAMP VERMILION, COOK, MN
OCTOBER 2ND – OCTOBER 5TH 2025
DEVOTIONS, FELLOWSHIP, TIE BLANKETS AND
BIRTHDAY KITS FOR DONATIONS,
SHOPPING IN TOWN, DINNER, AND LOTS OF
LAUGHTER!

HOPE YOU CAN JOIN US!

ANY QUESTIONS FEEL FREE TO CALL

ANDREA ANDERSON: (218) 879-6153

**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 Oct. issue: 2nd Sun of Month: Sep 14th

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, Sep. 11th, 2025
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Sep. 9th, 2025
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Sep. 18th, 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.

**Confirmation class will be on
 the following days: September
 10th, 17th and 24th at 4:00pm at
 Faith.**

Men's Breakfast, September 19th, 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

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

Vacation Bible School Recap for 2025

"Our VBS program this year went well! We had 6
 "Kicktastic" kiddos who exemplified our theme of
 "Jesus Loves You" by truly being one of a kind!

Our mascot buddies represented those we see here in
 northern Minnesota.

- Sid the Skunk taught us that "Even though you are left out, Jesus Loves You."
- Wanda the Weasel taught us that "Even though you are different, Jesus Loves You."
- Ricky the Raccoon taught us that "Even though you don't understand, Jesus Loves You."
- Poppy the Porcupine taught us that "Even though you do wrong, Jesus Loves You."

We made sure each station had these examples each day!

This would Not have been possible without our amazing team - Barb, Beth, Carolyn, Cheryl, Dave, Deb and Ginny. Along with our Awesome teenage helpers Arianna, Kyle and Mckenzie.

And of course, our kiddos! Thank you All SO MUCH and God Bless!

- Amber Schwartz"



NEWSLETTER STAFF

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

Health and Wellness Page

Back-to-School and Mental Health

As summer winds down and school approaches, it's normal for both kids and parents to experience a mix of emotions—excitement, stress, and even a little worry. Transitions can stir up anxiety, especially with new routines, teachers, or social dynamics on the horizon. Now is a great time to check in on your child's emotional well-being. Ask open-ended questions about how they're feeling about school and validate any worries they express. Even a quick "What are you most looking forward to?" or "Is there anything you're nervous about?" can open the door to meaningful conversations.

Parents and caregivers should also take a moment to check in with themselves. The return to structured schedules, extracurriculars, and homework can be overwhelming. Be kind to yourself during this transition. Build in small moments of calm where you can—like family dinners without screens or five minutes of quiet before bed. The more emotionally regulated adults are, the more secure kids will feel too. Back-to-school season is a great reminder that mental health matters at every age.

Living in Northern Minnesota can come with both comforts and challenges when it comes to going back to school in the fall. It often means that a student is returning to familiar faces and surroundings. However, if your child is struggling with that return, it can be very helpful to reach out to school counselors to determine what is available for help. Learning to connect with others and building emotional resilience doesn't always require big resources—just consistent support, listening ears, and a safe space to talk.

Dani Spolarich LPCC LADC
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