

S.A.L.T. Churches
5697 Hwy 7
Culver, MN 55779

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S.A.L.T. Parish Churches:
Faith Lutheran, Culver
First Lutheran, Meadowlands
St. John's Lutheran, Saginaw
St. Peter's Lutheran, Canyon

****For More information****
Please check the following:
Website: saltparish.org



Local Postal Patron

S.A.L.T. PARISH: Seeking to Share Christ to ALL
Through love, encouragement, prayer, serving, worship, study, giving, and invitation.

Sunday Worship Service Times and Locations:

Date	Worship Service Schedule
Nov 2nd	8:45 Worship Faith, 10:30 Worship First
Nov 9th	8:30 Worship St. John's, 10:30 Worship St. Peter's
Nov 16th	8:45 Worship Faith, 10:30 Worship First, Council to Follow
Nov 23rd	8:30 Worship St. John's, 10:30 Worship St. Peter's
Nov 30 th	SALT SUNDAY 10:00 am at Faith, Potluck to Follow Worship

Minister Dave Erdmann 218-391-7951

Facebook: SALT Parish
Website: www.saltparish.org

Faith Lutheran Church
St John's Lutheran

First Lutheran Church
St Peter's Lutheran

November 2025



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am						
2	3	4	5	6	7	8
8:45 Worship Faith 10:30 Worship First	Culver Quilters 10:30am Faith		Confirmation Class 4:00-5:00 pm	Parish Council Mtg 6:30pm @ St. John's		
9	10	11	12	13	14	15
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith	Faith Church Council 4:15pm	Confirmation Class 4:00-5:00 pm	St. John's Church Council 6:00pm		
16	17	18	19	20	21	22
8:45 Worship Faith 10:30 Worship First, Council after Service	Culver Quilters 10:30am Faith		Confirmation Class 4:00-5:00 pm	Health & Wellness 6:30 pm @ Faith	Men's Breakfast 8am Country Corner ☺ Brookston	
23	24	25	26	27	28	29
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith		Confirmation Class 4:00-5:00 pm	Happy Thanksgiving		
30	1	Notes				
SALT SUNDAY 10:00 am @ Faith Potluck to follow		Health & Wellness meetings are the 4th Thursday of Jan, Mar, May, July, Sep, Nov, 6:30pm @ Faith Cookie Sale December 6th Fall SALT Sister's Retreat 2026 will be October 1st - 4th at Camp Vermillion.				



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

How is your stress level? In the third chapter of Job, he speaks to the never-ending stress in his life saying: "For sighing comes to me instead of food; my groans pour out like water. What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness. I have no rest, but only turmoil."

Like Job, many of us seem to have never ending stress in our life. There's a phrase I heard that says we are no longer "One Nation, Under God," but rather One Nation under Stress!" I hear many different people that say, "I'm exhausted." You can look into their eyes and see that they are overwhelmed. They keep saying things like, "All I have to do is make it through this month and then I can relax. But when they get to that next month, they discover that it is as overwhelming as the last 6months were. They seem trapped in the endless cycle of stress. They are deceived by the idea that they have to continue doing more and more and more. There is in their minds some grandiose view that it's good for them and their family to stay stressed. It's good for them to keep their heads under the steady drip of stress and busyness.

Dr. Don Colbert wrote a book called "Stress Less" and makes a few medical observations related to the problem of stress in our society as a medical doctor. Did you know 75-90% of all visits to primary care physicians are related to stress disorders? What is driving us to the pharmacy? Feelings of stress! Americans are consuming 5 billion tranquilizers, 5 billion barbiturates, 3 billion amphetamines and 16 tons of aspirin every year. Much of this medication is being taken to help alleviate stress or the. resulting headaches and pain associated with stress.

When stress presents itself, we need to take it to

the Lord in prayer and ask for his help. It tells us in Matthew 6:33-34, "But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Take one day at a time and look at your responsibilities. Ask yourself, is there something I can give up or cut back. Get decent sleep. Eat properly, take time out for yourself, family and friends. And above all, spend time daily working on your relationship with God.

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



UPCOMING EVENTS

~S.A.L.T. PARISH MEETING~
Next meeting: Nov. 6th, 5:30p at St. John's
All are welcome!

Newsletter Coordinator Wanted

Would like someone to help Christine transition out of this roll she has held for many years. It only takes about two hours of your time and a great way to help the S.A.L.T. Parish stay connected. Please reach out to Christine Wolvin if you would like to help.



SAVE THE DATE!!

SALT Parish Cookie & Candy Sale

Pancake Breakfast

Saturday, December 6, 2025
9:00-1:00

Faith Lutheran Church, Culver

Cookies - \$5.00/dozen

Candy - \$3.00/half dozen
or \$5.00/dozen

Pancake Breakfast

2 Pancakes, Sausage, Juice or Coffee
\$5.00

3 Pancakes, Sausage, Juice or Coffee
\$6.00

All proceeds will benefit SALT Parish Ministries

Cookie Drop-off Friday, December 5th 3:00-5:00 pm

Girl Scout Troop Meeting Dates at Faith from
5-7pm
Tuesday 11/18/25
Monday 12/8/25

Men's Breakfast, Nov. 21st, 8am
Country Corner, Hwy 2, Brookston



SALT SUNDAY

November 30th, 2025

1st Sunday of Advent

Worship at 10:00 am Faith, Culver
Potluck to follow Worship!

~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 Dec. issue: 2nd Sun of Month: Nov. 9th

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, Nov. 13th, 2025
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Nov. 11th, 2025
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Nov. 20th, 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.

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 Pres.	Ginny Richmond
Secretary	Mindy Lindor
Treasurer	Misty Bergman

Church Contact People

Faith	Dale Neuman
First	Ginny Richmond
St. John's	Carolyn Collum
St. Peter's	Fred Zorn

NEWSLETTER STAFF

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

November Worship Service Schedule

Sunday, November 2, 2025

All Saints Sunday, a time when we remember loved ones we have lost

8:45 am Faith, Culver
 10:30 am First, Meadowlands with Baptisms

Sunday, November 9, 2025

8:30 am, St. John's, Saginaw
 10:30 am, St. Peter's, Canyon

Sunday, November 16, 2025

8:45 am Faith, Culver
 10:30 am First, Meadowlands with Council Meeting to follow

Sunday, November 23, 2025

A Service of Thanksgiving

8:30 am, St. John's, Saginaw
 10:30 am, St. Peter's, Canyon

SALT Sunday, November 30, 2025

1st Sunday of Advent

Worship 10:00 am Faith, Culver
 Potluck to follow worship!

WITH
a Grateful Heart



Health & Wellness Gathering at Faith on November 20th, at 6:30 pm



Reminiscing on the SALT Sister's Women Retreat

We had a beautiful weekend with the very warm temperatures at Camp Vermillion. Beautiful sunshine that warmed our connection with God, nature and friendship. The Women's retreat is a great way to get to know other women in the SALT Parish as for over the years we have built a bond and invite you to join us in 2026. Our dates are October 1st, 2nd, 3rd and 4th 2026.

We worked on two missions this year. We had six campers at retreat and worked together to make 22 tie-blankets. Creating warmth for the recipients at CHUM, Haven and our local Veterans. However, we will not be making the blankets in 2026 due to JoAnn Fabrics closing where we would purchase our fleece. Our second mission was to put together Birthday Kits. This is our second year doing this mission because of the amazing feedback we received after trying it out at Old School Lives last year. The Birthday kits are made up of one domed lid 9 x 13 aluminum cake pan, one boxed cake mix, one can of coordinating frosting, one can of pop, (for the cake mix) a birthday card, candles, with some other party favorites like balloons, sprinkles, decorations and party favors. Whatever we can get to fit in the cake pan and then it is wrapped in ribbon with instructions. We donated 14 Birthday kits to Old School Lives in Cotton and right away upon delivery two were snatched up with an elderly woman saying how thrilled she was with hers.

While at camp we enjoy bible study and many walks in nature. The driveway is an easy walk or there are many different paths along the water to enjoy also. Many mature pines and a beautiful canopy of color to enjoy. Lake Vermillion in the fall is beautiful. There is a campfire ring for fires and a chance to see the northern lights.

Our meals (except for Friday's main meal which we enjoy in town) are planned by us campers. We take turns in preparing meals and cleaning up. Donating the items and being able to enjoy each other's cooking is always tasty. Some of us look forward to those meals every year. On Friday, we head to the town of Cook to shop at the local stores and have a late lunch in Angora. We got back early enough to enjoy some games and snacks. In 2026 we will play the dice game for wrapped white elephant gifts.

Plus, a game for a new or used wrapped book. We do enjoy playing games as it makes us laugh. Laughter is a large part of our retreat, and a joyful heart is good medicine. Proverbs 17:22.

Hopefully we will see you at retreat in 2026!

Andrea Anderson and all the SALT Sister's



Fleece Blankets



Birthday Kits



SALT Sister's 2025