

A joint newsletter from the Minnesota congregations of:



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

Well, Christmas has come and gone and don't look now but on February 18 it will be Ash Wednesday. Many will simply say "so what." Right now, the focus is to take down all the Christmas decorations and any other signs that remain from the holidays. Then some will say I need some rest to recover from all the Christmas festivities. Then we hear from the leadership of the churches questioning all the preparation for not only Ash Wednesday, but also Lent, Holy week and of course...Easter Sunday.

So, why don't we get as excited about Ash Wednesday, Lent, Holy week and Easter as we do about Christmas? Overall attendance of these special days in the churches has gone down. Are we merely going through the motions of the Easter season? Granted, it's enjoyable to share the message of the birth of the Christ child but sharing the message of Lent and the death and resurrection of our Savior is even more important, even though we can't have Easter without Christmas. I'll share a story about ashes that is merely done to give the best message of going through the motions to impress others.

There's a story of a holy man who covered himself with ashes as a sign of humility and regularly sat on a prominent street corner of the city. When tourists asked permission to take his picture, this mystic man would rearrange his ashes to give the best image of destitution and humility.

A great deal of religion amounts to nothing more than rearranging religious "ashes" to impress the world with one's supposed humility

and devotion. The problem, of course, is that the humility is a fake, and the devotion is to self, not God. Such religion is nothing more than a game, a game at which the scribes and Pharisees of Jesus day were masters. Because their religion was mostly an act, and a mockery of God's true revealed way for his people. Jesus' most blistering denunciations were reserved for them.

I'm sure you can see why we need to be genuine in our faith life, not just going through the motions. Lent is a time of self-examination and confession. During this Easter season, commit yourself to your faith life and not merely stumble through the season, going through the motions. I look forward to our worship and time together and especially the celebration on Easter Sunday and the empty tomb.

**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: Feb. 5th, 6:30p at St. Peters
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.

No Confirmation Classes will be held during Lent

Men's Breakfast, Feb. 20th, 8am
Country Corner, Hwy 2, Brookston



Thank you!
Dear Members of the SALT Parish,
Hello! Thank you, times, 2!
Thank you so much for the generous donation of food to help with Thanksgiving dinners for members of our community ~ and your kindness and generosity to help so many families with Heartfelt Hugs is extremely appreciated! The relief for so many families is great.
Thank you on behalf of all you help!
Suzie Janke

UPCOMING EVENTS

2026 Lenten Sermon Series "Living Lent"
Soup Suppers at 5:30 pm
Lenten Worship at 6:30 pm

February 18 Ash Wednesday (No Soup Supper) Worship with Imposition of Ashes and Holy Communion
St. Peter's, Canyon
Faith, Culver

March 4 "The Dove Reveals An Angry Savior" First, Meadowlands

March 11 "The Hen Reveals A Grieving Savior" St. John's, Saginaw

March 18 "The Vulture Reveals A Coming Savior" St. Peter's, Canyon

March 25 "The Donkey Reveals A Burdened Savior" Faith, Culver

March 26 Palm Sunday & SALT Sunday
10:00 am Worship at First, Meadowlands

April 2 Maundy Thursday
6:30 pm Worship with Holy Communion at St. John's, Saginaw

April 3 Good Friday
6:30 pm Worship at St. Peter's Canyon

April 5 Easter Sunday
8:45 am Worship at Faith, Culver
10:30 am Worship at First, Meadowlands

~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: Feb. 8th**
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, Feb. 12th, 2026
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Feb. 10th, 2026
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Feb. 19th, 2026
 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!!!

Marking the beginning of Lent

Ash Wednesday is a significant day in the Lutheran tradition, marking the beginning of Lent, a season of repentance, reflection, and preparation for Easter. It is observed with the practice of imposing ashes on the foreheads of believers, symbolizing humility and mortality, and the phrase "Remember that you are dust, and to dust you shall return" is often recited. This day serves as a time for Christians to engage in penitential practices, such as fasting and prayer, reflecting on their faith and the significance of Christ's suffering. The ashes are traditionally made from the palm leaves of the previous year's Palm Sunday, signifying God's judgment and the need for repentance.



Health & Wellness Page



Warning Signs of Heart Disease You Should Never Ignore

Heart disease often progresses silently, meaning symptoms may not appear until significant damage has occurred. Recognizing early warning signs and understanding their implications is critical for preventing life-threatening cardiovascular events.

If you experience any of the following symptoms, your heart may be at risk, and early intervention is essential:

- **Chest discomfort**, pressure, or a burning sensation.
- **Dizziness or sudden fatigue**—a potential sign of reduced blood circulation.
- **Shortness of breath, even at rest**, may indicate heart failure or reduced oxygen supply.
- **Swelling in the legs, feet, or ankles**—often linked to poor circulation or fluid retention.
- **Irregular heartbeat or palpitations**—a potential sign of arrhythmias or heart rhythm disorders.

Key Components of a Heart Healthy Diet

Whole Foods Focus: Functional medicine promotes a diet rich in whole, unprocessed foods. This includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential nutrients that support heart health and help reduce inflammation.

Mediterranean diet: This diet is often recommended for heart health due to its emphasis on plant-based foods, healthy fats (like olive oil), and moderate consumption of fish or poultry.

Anti-inflammatory Food: Chronic inflammation is a significant contributor to heart disease. Incorporating anti-inflammatory foods such as fatty fish, nuts, seeds and spices like turmeric and garlic can help manage inflammation and support heart health.

Nutrient-Dense Choices: A heart-healthy diet should include foods high in antioxidants and fiber, which can help improve overall heart function. Foods like berries, leafy greens, and legumes are excellent choices.

Minimize Processed Foods: Reducing the intake of processed foods, added sugars, and unhealthy fats is crucial. These foods can lead to weight gain, increased inflammation, and elevated blood lipid levels, all of which are risk factors for heart disease.

Avoid these seed oils: Canola, corn, cottonseed, soybean, sunflower, safflower, grapeseed, and rice bran oils.

Use Olive oil at temperatures below 300 degrees and avocado oil for high temp heating.

And always do your best to move, a body in motion stays in motion. Walking is a great way to keep that heart pumping and have a friend join you and do it together.

February 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	8:45 Worship Faith 10:30 Worship First	2	3	4	5	6	7	
8	8:30 Worship St. John's 10:30 Worship St. Peter's	9	10	11	12	13	14	
15	8:45 Worship Faith 10:30 Worship First, Council after Service	16	17	18	19	20	21	
22	8:30 Worship St. John's 10:30 Worship St. Peter's	23	24	25	26	27	28	
1	March	2	3	4	5	6	7	
8	Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am.	9	Notes					Health & Wellness meetings are the 4th Thursday of Jan, Mar, May, July, Sep, Nov, 6:30pm @ Faith Fall SALT Sister's Retreat 2026 will be October 1st-4th at Camp Vermillion.

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

Return Service Requested

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

LOCAL POSTAL PATRON

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



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
Feb 1st	8:45 Worship Faith, 10:30 Worship First
Feb 8th	8:30 Worship St. John's, 10:30 Worship St. Peter's
Feb 15th	8:45 Worship Faith, 10:30 Worship First, Council to Follow
Feb 22nd	8:30 Worship St. John's, 10:30 Worship St. Peter's

Minister Dave Erdmann 218-391-7951

Facebook: [SALT Parish](#) Faith Lutheran Church First Lutheran Church
Website: www.saltparish.org St John's Lutheran St Peter's Lutheran