

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

March 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

By the time you receive this newsletter and this article, Easter will be upon us. All the soup suppers and the fellowship will be past. All the extra Lent and Holy week services will be coming to a close as we look forward to the resurrection of Christ and celebration of the empty tomb. One reason I always look forward to Easter is that it's not only Easter but also the beginning of Spring when everything seems to come to life. I don't think it's a coincidence that Easter happens in Spring. I'd like to share with you an anonymous story about why we can't stop Spring as well as why we can't stop our Redeemer Jesus Christ from rising from the dead.

"As Spring arrives, I watch as the new growth literally explodes from the ground. I begin to think about trees, which looked so dead, but were now budding and bringing forth blossoms, leaves and eventually fruit. I think about the flowers which will bloom and grass that will grow...and grow...and grow. The ground has been holding life all winter just waiting for the promised moment. I begin to think about how impossible it would be to hold back Spring. You can chop down trees, but their stumps would sprout. You can dig up flowers, but their seeds would grow. You can plow the ground, but the grass and vegetation will come back. You could even drop a nuclear bomb, but it could not stop Spring. It's impossible. LIFE would be popping out all over.

It was the same with the resurrection of Jesus. Death could not keep its grip on him. He exploded from the grave full of life, and was life giving. The life of Jesus that lifted him from the grave now lives in us who know him. So, it's

impossible for death to keep its hold on us as well. Nothing can keep us in the ground. The bible says, "Listen, I tell you a mystery: We will not sleep, but we will all be changed in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed." (1 Corinthians 15:51-52)

I pray that each of you reading this message celebrates our Savior Jesus Christ in overcoming death for our sins so that we might have salvation in heaven. And to enjoy all the new signs of life all around us in the coming of Spring. Thanks be to God and Happy Easter!

**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

Spring Blessings

But my God shall supply all your needs.....

Philippians 4:19

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

Next meeting: Mar. 5th, 6:30p 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.

No Confirmation Classes will be held during Lent

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



Daylight savings begins March 8th



UPCOMING EVENTS

2026 Lenten Sermon Series "Living Lent"

Soup Suppers at 5:30 pm
Lenten Worship at 6:30 pm

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 29 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 Apr. issue: 2nd Sun of Month: Mar. 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, Mar. 12th, 2026
 9:00 – 10:30 am

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

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

| | |
|------------------------------|----------------|
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| St. Peter's | Fred Zorn |

NEWSLETTER STAFF

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

Summary of the SALT Parish Meeting
 Held on February 5th, 2026, at St. Peters

In Church reports Faith has Girl Scout Troop meetings from 5-7PM on March 2nd and March 17th. First is doing good with no frozen pipes. St. John's had frozen pipes in the bathrooms, but they have a heater in there now to help. St. Peter's they are doing what they can to keep up with this winter. Confirmation is going well and will resume after Lenten season. Joy Hensel had to postpone her event for Health & Wellness due to the passing of her father, this will be rescheduled at a later date. There was discussion about fundraising events, and we like the two we have which is the June rummage sale and the December cookie sale. Amber is planning a Camp Faith with tentative dates of June 22nd-25th from 2pm Monday through 2pm Thursday. This would be for students in grades 8-12. She will be looking for volunteers to help drive to and from activities, breakfast, lunches, and dinners. Teachers for "Life Skills" from 4pm-5pm. They will be sleeping in tents outside and Amber is open to any help and suggestions. Synod Assembly is April 24th-26th, a representative from each Church is recommended: Faith -Amber, St. Peter's -Beth, St. John's -Carolyn, we are waiting for First.



Health & Wellness Page

Staying Steady in Unsteady Times

It's no secret that we are living in a season of heightened emotion. Political conversations, the news, headlines, and social media posts can feel intense. Even when we feel confident in our own beliefs, the constant volume of information and strong opinions can take a toll on our nervous systems. Fatigue, irritability, disrupted sleep, and shorter patience with others are often signs that we are carrying more stress than we realize.

When tensions rise, one of the most powerful tools we have is self-regulation. Taking a breath before responding, stepping away from a heated conversation, or limiting exposure to the 24-hour news cycle can protect both our peace and our relationships. Strength is not found in reacting quickly; it is often found in clarity and thoughtful response. Creating small daily routines such as time outdoors, prayer or reflection, exercise, or intentional time with friends and family can help ground us when public conversations feel unsettled.

It can also be helpful to focus on what we can control. We may not control national conversations or public debates, but we can control how we treat one another. Choosing respect over ridicule, curiosity over assumption, and patience over impulsivity preserves connection. It is possible to hold strong convictions while still honoring the dignity of those who see things differently.

Healthy communities are built when people can express differences without abandoning mutual respect. Protecting relationships — especially within our homes, workplaces, and neighborhoods — often matters more in

the long run than winning an argument. In challenging seasons, stability begins in our immediate circles. By modeling calm, respectful dialogue and prioritizing our mental and emotional well-being, we contribute to a healthier environment for everyone around us. Regardless of the noise outside, we can choose to be steady, grounded, and intentional in how we show up each day. I think it's an important reminder that at the end of the day, many of us share more common values than we sometimes acknowledge — commitment to family, safety, faith, responsibility, and community.

Dani Spolarich LPCC, LADC Director of Crisis Services

Range Mental Health Center

