



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As I begin my monthly newsletter article, I'd like to wish each of you reading this a very Happy Easter. This newsletter should be arriving just prior to Easter and many of us have made plans to celebrate the resurrection and the empty tomb. Without Easter, there is no church.

We've spent the last 40 days of Lent preparing and contemplating Jesus' sacrifice on a cross that he does for us that we might gain salvation. But do you truly believe this, many don't. Jesus' enemies that crucified him also doubted him. Many who saw Christ crucified thought that Jesus' body was stolen from the tomb to make it look like he rose from the dead. They came up with other possibilities for Jesus' body not being in the tomb where he was placed after his death. Again, do we believe that he is risen from the dead? Even one of Jesus' disciples, Thomas, refused to believe when told of the resurrection until he saw proof of the nail marks in Jesus' hands and feet.

There's a true story written by Lee Strobel titled "Case for Easter" that test's the belief of the resurrection. In 1963 the body of 14-year-old Addie Mae Collins, one of four African American girls tragically murdered in an infamous church bombing by white racists, was buried in Birmingham, Alabama. For years family members kept returning to the grave to pray and leave flowers. In 1998 they made the decision to

exhume the deceased body for reburial at another cemetery.

When workers were sent to dig up the body, however, they returned with a shocking discovery: The grave was empty. Understandably, family members were terribly distraught. Because of poorly kept cemetery records, cemetery officials scrambled to figure out what happened. Several possibilities were raised, the primary one being that her tombstone had been placed on the wrong grave. In determining what happened, no one suggested that young Addie Mae had been resurrected to walk the earth again. Why? Because by itself an empty grave does not a resurrection make. Do you believe it?

**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: April 1st, 6:30p at Faith
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.

Girl Scout Troop Meetings at Faith from 5-7pm

The Girl Scouts mission statement: *Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.*

Men's Breakfast, April 17th, 8am
Country Corner, Hwy 2, Brookston



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

UPCOMING EVENTS



The Health and Wellness team has scheduled another evening of learning on April 29th at Faith, Culver. The evening will begin with a soup supper at 5:30pm followed by a presentation at 6:15 titled: "Deeply rooted; tending to our bodies, minds and Spirits." It focuses on stress relief, self-care, coping skills and self-compassion. The presentation will be led by Joy Hensel, our Synod representative for Health and Wellness. You don't want to miss this!

~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 May issue: 2nd Sun of Month: April 12th

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, Apr. 9th, 2025
 9:00 – 10:30 am

5007 Maple Grove Rd Hermantown, MN
 2nd Tuesday of the Month, Apr. 14th, 2025
 5:00 – 6:30 pm

2300 E Skyline Blvd (Copper Top Church)
 3rd Thursday of the Month, Apr. 16th, 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 Linder
Treasurer	Misty Bergman

Church Contact People

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

NEWSLETTER STAFF

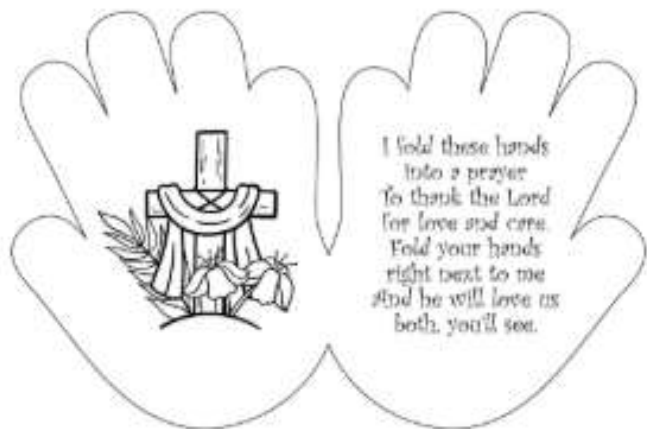
Editor: Misty Bergman
Website: Beth Erdmann
Circulation / Mailing Coordinator: Christine Wolvin
 Thank you to our volunteer mailers!!!

JESUS IS RISEN



**HE IS RISEN
 INDEED!**

Handprint Easter Prayer



I fold these hands
 into a prayer
 To thank the Lord
 for love and care.
 Fold your hands
 right next to me
 and he will love us
 both, you'll see.

April 22, 2026 – Earth Day, promoting environmental awareness and sustainability worldwide. Plant a tree, upcycle items, use less plastic.

Health & Wellness Page

Maintaining Mental Health in Times of Uncertainty

In times when the news is filled with reports of war, conflict, and global uncertainty, it is natural to feel overwhelmed, anxious, or emotionally drained. Our brains are wired to pay attention to potential threats, which means that constant exposure to troubling headlines can take a real toll on our mental health. Many people notice increased worry, difficulty sleeping, irritability, or a sense of helplessness when the world feels unpredictable. Recognizing these reactions as normal responses to stress can be the first step toward managing them.

One helpful strategy is to set boundaries around news consumption. Staying informed is important, but constantly checking updates or scrolling through social media can keep the body in a heightened state of stress. Consider limiting news intake to specific times of the day and relying on a few trustworthy sources rather than an endless stream of updates. Giving your mind regular breaks from distressing information allows your nervous system to settle and helps maintain emotional balance. (You can snooze pages for 30 days in your social media settings if you need a break).

It can also be helpful to focus attention on the parts of life that remain steady and within your control. Daily routines, time with family or friends, physical activity, and engaging in hobbies can help restore a sense of normalcy. Even small actions like taking a walk, cooking a meal, or spending time outdoors can help shift the mind away from worry and bring attention back to the present moment.

Talking with others can be helpful but I do often give a reminder that people process information and emotions differently. Approaching conversations with curiosity and respect, even when perspectives differ, can strengthen relationships and create supportive spaces for dialogue.

Finally, if feelings of anxiety, fear, or hopelessness begin to interfere with daily life, reaching out for professional support can make a

meaningful difference. Mental health professionals are trained to help people navigate uncertainty and develop coping strategies that build resilience. While global events may be beyond our control, taking steps to care for our mental well-being allows us to remain grounded, connected, and better able to support ourselves and those around us.

Dani Spolarich LPCC LADC
Director of Crisis Services at Range Mental Health Center

HOBBIES TO TRY

- Drawing
- Knitting
- Journaling
- Calligraphy
- Origami
- DIY Crafting
- Indoor Plant Care
- Star Gazing
- Biking
- Meditation
- Embroidery
- Birdwatching
- Hiking
- Photography
- Pottery



April 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am.			Parish Council Mtg 6:30pm @ Faith	Maudy Thursday, Worship with Eody Communion 6:50pm @ St. John's	Good Friday Worship 6:30pm @ St. Peter's		
5	6	7	8	9	10	11	
8:45 Worship Faith 10:30 Worship First EASTER Sunday	Culver Quilters 10:30am Faith Easter Monday			St. John's Annual Meeting Pot Luck dinner 6:30pm			
12	13	14	15	16	17	18	
8:45 Worship Faith 10:30 Worship First	Culver Quilters 10:30am Faith	Faith Church Council 1:00pm			Men's Breakfast Jam Country Corner 8:45 Brookston		
19	20	21	22	23	24	25	
8:45 Worship Faith 10:30 Worship First, Council after Service	Culver Quilters 10:30am Faith					Sync'd Assembly Weekend	
26	27	28	29	30	1	2	
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith		Evening of Learning 5:30 Soup Supper, Presentation 6:15 at Faith				
3	4	Notes					
Health & Wellness meetings are the 4th Thursday of Jan, Mar, May, July, Sep, Nov, 6:30pm @ Faith Rummage Sale Albion Community Center on June 6th, 2025, set up June 5th 9am - Noon 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
Apr 5th	8:45 Worship Faith, 10:30 Worship First Easter Sunday
Apr 12th	8:30 Worship St. John's, 10:30 Worship St. Peter's
Apr 19th	8:45 Worship Faith, 10:30 Worship First, Council to Follow
Apr 26th	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