

# S.A.L.T. Parish

(South Arrowhead Lutherans Together)

May 2026

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

A poll was taken some years ago, but the results are still valid today. The question was asked, "If you could choose what you want most in life, excluding materialistic possessions, what would you ask for? The most common answer was "PEACE."

People want peace in their marriages, families, workplaces and especially now in the midst of war and confrontation, we look for peace in our country and world. Our country has some of the best medical and psychological treatment centers, highest educational institutions and worldwide communication abilities. Yet with all of these things, most people are yet without true inner peace. The results are devastating...broken marriages, split families, hatred, rebellion, financial anxiety and a country unsettled.

The world offers you peace through many forms of escapism...drugs, alcohol, immoral relationships and constant entertainment. It is sought through forms of pleasure, self-satisfaction and positive thinking. Many believe that peace is defined by the absence of trouble. They refuse to face the problems in their lives believing that this is finding peace. The world, however, has never held the answer to true peace. You can choose to have true peace, not from man but from God.

This peace means to be in harmony with God, to be bound, joined and woven

together with God the Father, Jesus Christ and the Holy Spirit. It also means to be assured of, confident of, and secure in the love and care of God. There is a sure trust that God will provide, guide, strengthen, sustain, encourage, deliver and save those who seek him with all their hearts. This peace comes first and foremost from receiving Jesus as your personal Savior and Lord. Second, it comes from a knowledge of God's word.

Most reject God's peace because they surrender to their own selfishness and their lust for the pleasures of this world. Jesus said, "Peace I leave with you. My peace I give you." True inner peace is offered to all who know Jesus Christ, regardless of their circumstances.

In these days of uncertainty and distress, we all need to receive Jesus Christ into our lives. He is the giver of eternal life and the Prince of Peace!

**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](mailto:dwardmann@gmail.com)**

~S.A.L.T. PARISH MEETING~  
Next meeting: May 7th, 6:30p at First  
All are welcome!



SALT Sunday, May 31<sup>st</sup>, 2026,  
10am at Faith  
Potluck and Scam & Fraud Awareness  
Presentation Following

Men's Breakfast, May 22nd, 8am  
Country Corner, Hwy 2, Brookston



Pentecost Sunday, May 24<sup>th</sup>  
8:30 St. John's  
10:30 St. Peter's  
Wear Red!



## UPCOMING EVENTS

**SALT Parish Health & Wellness  
Team Presents  
Scam & Fraud Awareness and How  
to Protect**



**Fraud and scams are on the rise, with some scammers specifically targeting older adults. But there are ways you can protect yourself and your personal information.**

**Presenter: Lee Swenson**

Volunteer Coordinator at Arrowhead  
Area Agency on Aging

**Sunday, May 31**

Worship with Confirmation 10:00 am  
Potluck to Follow at  
Faith Lutheran Church, Culver

## ~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 June issue: 2nd Sun of Month: May 10th**  
To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: [Bergman.misty22@gmail.com](mailto:Bergman.misty22@gmail.com)

**Arrowhead Area Agency on Aging**  
A Division of ARDC

Register for classes at  
[www.arrowheadaging.org/classes-workshops-and-trainings](http://www.arrowheadaging.org/classes-workshops-and-trainings)

**May 13<sup>th</sup>** 10:00am – 11:00am Preventing Fraud and Scams  
**May 20<sup>th</sup>** 10:00am – 11:00am Community Gardens for All Ages: Growing Together, Growing Stronger  
**May 21<sup>st</sup>** 2:00pm-4:00pm Medicare 101

**June 17<sup>th</sup>** 10am -10:30am How MN Aging Pathways can help you

**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](http://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!!!

**“One Man’s Trash is Another Man’s Treasure”**

**SALT Parish Rummage Sale**  
**Saturday, June 6<sup>th</sup>**  
**9:00 am - 2:00 pm**  
**Alborn Community Center**  
**6388 Highway 7, Alborn**

Lunch will be available for purchase sponsored by the SALT Sisters

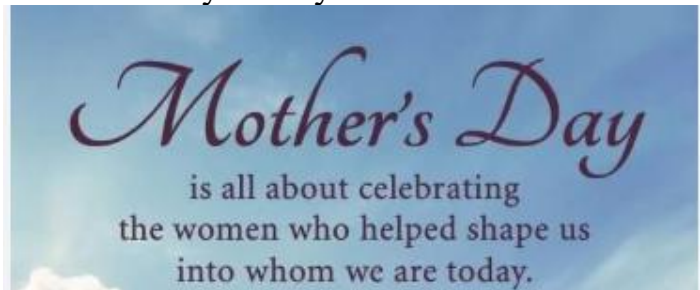
Drop off your donated items on Friday, June 5<sup>th</sup> 9:00 am-12:00 pm

**NO Clothing or Electronics will be accepted.**

**Volunteers are needed for both days! Volunteering is easy, just help to organize items and keep it organized through the sale as items leave. Then pack things up that don’t sell to a drop off location.**

Larger items that are donated that do not sell, will need to be picked up after the sale. There will be a sign-up sheet at each church. The goal is to have at least two volunteers to help the day of the sale. We will need someone to volunteer to bring left over donations to a drop off location.

Mother’s Day is May 10<sup>th</sup>



# Health & Wellness Page

## Spiritual Health Benefits for Seniors

Spiritual health—rooted in meaning, purpose, and connection—plays a vital role in the well-being of older adults. Research shows that seniors with higher levels of spirituality and religiosity often experience **lower anxiety and depression, greater life satisfaction, stronger social bonds, and a deeper sense of meaning.**

### Key Benefits

#### 1. Sense of Purpose

Retirement and life changes can shift identity. Spiritual practices—such as prayer, meditation, volunteering, or nature walks—help older adults reaffirm their value and wisdom, fostering a renewed sense of purpose.

#### 2. Emotional Resilience

Loss, illness, and reduced independence are common in later life. Spirituality offers coping tools like faith, mindfulness, community support, and inner strength, helping seniors maintain peace and hope

#### 3. Stronger Social Connections

Engaging in faith communities, meditation groups, or shared values with others reduces isolation, promotes companionship, and enhances joy

#### 4. Improved Physical Health

Studies link spiritual well-being to **lower blood pressure, reduced stress, and better immune function.** Practices like prayer, meditation, and mindfulness can also improve cardiovascular health and help manage chronic conditions like arthritis

#### 5. Cognitive Health

Mental engagement through spiritual activities can slow cognitive decline and support brain health

## 6. Graceful Aging

Spirituality reframes aging as a sacred stage, encouraging reflection, legacy-building, and appreciation for each moment

### How to Cultivate Spiritual Health

- **Practice mindfulness or meditation** to reduce stress and enhance focus.
- **Engage in prayer or contemplation** aligned with personal beliefs.
- **Join faith or support groups** for community and shared values.
- **Volunteer or mentor** to foster purpose and connection.
- **Spend time in nature** or engage in creative expression for inspiration

### Why It Matters

For seniors, spiritual health is as important as physical and mental health. It supports emotional balance, strengthens relationships, and can even improve physical outcomes. By nurturing the spirit, older adults can age with greater resilience, meaning, and vitality



# May 2026



Faith, Culver




First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am.						
3	4	5	6	7	8	9
8:45 Worship Faith 10:30 Worship First	Culver Quilters 10:30am Faith			Parish Council Mig 6:30pm @ First		
10	11	12	13	14	15	16
8:30 Worship St. John's 10:30 Worship St. Peter's Mother's Day	Culver Quilters 10:30am Faith	Faith Church Council 4:15pm		St. John's Church Council 6:00pm		
17	18	19	20	21	22	23
8:45 Worship Faith 10:30 Worship First, Council after Service	Culver Quilters 10:30am Faith				Men's Breakfast 8am Country Corner 11am Brookston 	
24	25	26	27	28	29	30
8:30 Worship St. John's 10:30 Worship St. Peter's Pentecost. Wear Red!	Culver Quilters 10:30am Faith Memorial Day					
31	1	Notes				
Confirmation and SALT Sunday 10am Worship @ Faith Potluck and Presentation		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, 2026, 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](http://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
May 3rd	8:45 Worship Faith, 10:30 Worship
May 10th	8:30 Worship St. John's, 10:30 Worship St. Peter's
May 17th	8:45 Worship Faith, 10:30 Worship First, Council to Follow
May 24th	8:30 Worship St. John's, 10:30 Worship St. Peter's Pentecost Wear Red
May 31st	Confirmation & SALT Sunday, 10am Worship Faith, Potluck & Presentation to follow

**Minister Dave Erdmann    218-391-7951**

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