

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

Why do we worry? Jesus tells us that there is no need to worry because he sends the Holy Spirit to walk beside us. God also tells us that worrying is a sin. But we have many different situations in our earthly life that causes worry. Some things that happen are small things but many of us can blow it out of proportion, it's just our nature.

So, let's take a look at the things that we worry about. A scientific study was done in the U.S. and consider the following: 40% of our worries never happen. Anxiety is the result of a tired mind. 30% of our worries concern past decisions which cannot be changed. 12% of our worries center on criticism by others, meant to make us feel inferior. 10% is related to health, which only worsens as we worry. 8% of our worries are legitimate, showing that life does have real problems which can be met head on when we eliminate senseless worry.

When our mind starts to drift toward worry, we need to turn our attention onto happier events past and present, special relationships and of course don't forget the joy that our family, friends, and brothers and sisters in Christ give to us.

There's a song that I like to recall when I'm in a state of worry. It was written in the late 80's by Bobby McFerrin and it's entitled "Don't Worry Be Happy." It's a somewhat silly tune but can be very soothing. This commonly used phrase of "Don't Worry Be Happy" is a message designed to relieve pressure from all of us. If you've never heard this song, look it up on YouTube, you won't be disappointed.

An old cliché states that worry cannot add a single day onto our lives and it's true. With all the pressures facing us today, perhaps we should take Bobby McFerrin seriously when he states, "in every life we have some trouble, but when you worry you make it double."

I'd also like to refer you to what Jesus says about worry in scripture. The passage I'm referring to is Matthew 6:25-34. In it he tells us to set our worries aside and compares us to the carefree birds of air. He ends the passage saying: "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."

I think this passage has wonderful advice. So, next time you begin to worry, take it to the Lord in prayer and "Don't Worry, Be Happy!"

**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

~S.A.L.T. PARISH MEETING~
Next meeting: June 4th, 6:30p at St
All are welcome!



New SALT Shaker Summer Schedule
While Minister Dave recoups
One Sunday Service at 10:00am

June 28th St. Peter's
July 5th Faith
July 12th St. John's
July 19th First
July 26th St. Peters
August 2nd Faith
August 9th St. John's Dave Back
August 17th First
August 23rd St. Peter's
August 30th Faith SALT Sunday & Picnic

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



UPCOMING EVENTS

****NOTE Rummage Sale Date Change****

"One Man's Trash is Another Man's Treasure"



SALT Parish Rummage Sale
Saturday, June 13th 9:00 am – 2:00 pm
Alborn Community Center
6388 Highway 7, Alborn
Lunch available for purchase

Drop off Friday, June 12th 9:00 am-12:00 pm
NO Clothing or Electronics will be accepted.
Volunteers are needed for both days!

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.

~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: June 14th**
To mail information to Misty: 1236 County Rd 4 Wrenshall MN 55797 Or email to: Bergman.misty22@gmail.com

Arrowhead Area Agency on Aging
A Division of ARDC

Register for classes at
www.arrowheadaging.org/classes-workshops-and-trainings

June 17th 10am -10:30am How MN Aging Pathways can help you

Cloquet Community Memorial Hospital Events
Living on the Border with Prediabetes
Multiple sessions available Cost is \$25
Learn strategies to take charge of your health and prevent onset of type 2 diabetes.
Call 218-878-7661 to register for the next session.

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!!!

SALT Parish VBS
2026

"Let's Grow Together in our Faith"

Monday August 3rd –
Thursday, August 6th

Faith Church
5697 Hwy 7 Culver
9 am – 12 pm



CAMP FAITH
2026



"Be Chill



And Learn Life Skills"

Friday, August 7th
9 am – 7 pm

Contact: Amber Schwartz
(218) 343-8034

Health & Wellness Page

Each Serving of Ultra-Processed Food Raises Cardiac Risk, Study Finds JACC: Advances, March 2026 | Amier Haidar et al., University of California, Los Angeles | Multiethnic Study of Atherosclerosis (MESA)



Each additional daily serving of ultra-processed food tracks with a measurable rise in the risk of heart attack, stroke, and cardiac death, according to a study published in JACC: Advances in March. A research team led by cardiologist Amier Haidar followed 6,814 American adults ages 45 to 84 over 12 years to examine their eating patterns and health outcomes. The association found was dose-dependent: Each additional daily serving was linked to roughly 5% higher cardiac risk, with effects compounding over years of consumption. At the high end of consumption, around nine servings daily, the risk of a major cardiac event was 67% higher than at the low end. Nine servings may sound extreme, but they add up quickly: packaged cereal, flavored yogurt, deli meat, afternoon chips, a frozen dinner, etc. Many people underestimate how much they are actually eating. The elevated risk held true even after researchers adjusted for calories, overall diet quality, obesity, cholesterol, and blood pressure. Ultra-processing itself, beyond what appears on a nutrition label, appears to affect the heart. Researchers point to inflammation, gut microbiome disruption, and interference with hunger and metabolism signals. The pattern linked to the lowest risk was familiar: an emphasis on whole foods for most meals and snacks, with room for a little flexibility.

Passive Screen Time Tied to Higher Dementia Risk American Journal of Preventive Medicine, March 2026 (online) | André O. Werneck et al. | Swedish National March Cohort



Research published in the American Journal of Preventive Medicine in March suggests that not all sedentary time carries the same risk for the brain. A team led by André O. Werneck tracked 20,811 Swedish adults over 19 years, sorting their sedentary hours into mentally passive (TV, scrolling, listening to music) and mentally active (reading, office work, engaged hobbies). Swapping one hour of passive screen time for a mentally engaging activity each day was linked to a 7% lower risk of dementia. The protective effect was strongest among participants aged 50 to 64. Physical activity appeared beneficial overall but did not offset the cognitive cost of passive hours. “The concern raised by this study is not so much about screens themselves, but more about prolonged periods of low-engagement behavior... such as mindless scrolling or continuously consuming content on social media,” said Leana Wen, a professor of health policy at George Washington University. Small substitutions add up: a puzzle instead of a rerun, a phone call instead of a feed, a book instead of a scroll—all of these act in the aging brain’s favor.

June 2026



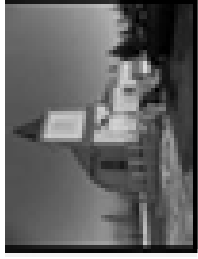
Faith, Culver



First, Meadonlands



St. John's, Saginaw



St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Culver Quilters 10:30am Faith	2	3	4 Parish Council Mtg 6:30pm @ St. Peter's	5	6 Quarterly Hymn Planning Faith 9:30am
7	8 Culver Quilters 10:30am Faith	9 Faith Church Council 1:00pm	10	11 St. John's Church Council 6:00pm	12	13 Bummage Sale Albion Community Center 9am-2pm
14	15 Culver Quilters 10:30am Faith	16	17	18	19	20
8:30 Worship St. John's 10:30 Worship St. Peter's Flag Day	9:30 Worship St. Peter's Faith				Juneteenth	
21	22 Culver Quilters 10:30am Faith	23	24	25	26	27
8:30 Worship Faith 10:30 Worship First, Council after Service Fathers Bar	9:30 Worship St. Peter's Faith					
28	29 Culver Quilters 10:30am Faith	30	1	2	3	4
New Summer SALT Shaker Schedule** 10:00 Worship St. Peter's						Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9-30a) and live Sunday Services at 10:30am.
5	6	Notes				
		Health & Wellness meetings are the 4th Thursday of Jan, Mar, May, July, Sep, Nov, 6:30pm @ Faith Bummage Sale Albion Community Center on June 13th, 2026, set up June 12th 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
June 7th	8:45 Worship Faith, 10:30 Worship
June 14th	8:30 Worship St. John's, 10:30 Worship St. Peter's
June 21st	8:45 Worship Faith, 10:30 Worship First, Council to Follow
June 28th	**New SALT Shaker Summer Schedule** 10:00 am 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