

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

August 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

I begin with a question to contemplate. How's your prayer life? Some will classify themselves as prayer warrior's praying diligently daily, and then there are those who only pray when they are in trouble or desperation. Our relationship with the father depends on reading the scripture daily, attending worship where the word is heard, and daily prayer. I'd like to share some thoughts of an anonymous Pastor called the six chairs of prayer to assess where we are at in our prayer life.

Chair one: My attitude towards prayer is that it is not important. I have no motivation or desire to pray.

Chair two: My attitude towards prayer is that it's optional and I have no motivation to pray because life is inconsistent, prayer is sporadic and only produces guilt and frustration.

Chair three: My attitude toward prayer is that it's important. I pray every day but my prayer life is shallow and self-centered. It's about what God can do for me, not how God can work through me. I am simply asking for things.

Chair four: My attitude about prayer has grown from being important to necessary. I am starting to develop a relationship with God that has depth. My prayer life is consistent, combining prayer with spiritual disciplines.

Chair five: My attitude towards prayer is critical for an individual taking others requests to God on their behalf. Not occasionally, but daily.

Chair six: My attitude of prayer is critical for any group of believers. I am starting to see that our great God is capable of transforming a congregation or a community or a campus.

So, the question to contemplate is in which chair are you? You may struggle to get in chair 5 or 6 but remember, it's definitely worth it. Prayers can do unbelievable things. Just put yourself in a position to notice.

**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: Aug. 6th, 6:30p at Faith
All are welcome!



New SALT Shaker Summer Schedule
One Sunday Service at 10:00am
Coffee and Fellowship 9:00 am
August 2nd Faith
August 9th St. John's
August 16th First
August 23rd St. Peter's
August 30th Faith SALT Sunday & Picnic
(St. John's Host)
September 6th Faith

Sunday, September 13th Worship will
return to two services per Sunday.

Men's Breakfast, Aug. 21st, 8am
Country Corner, Hwy 2, Brookston



UPCOMING EVENTS

School Supply Collection Benefitting South Ridge School



Back to School is just around the
corner. Now through August 30th (the
Picnic) SALT Parish will be collecting
School Supplies for Southridge
School.

The following items are used in ALL
classes:

Crayons (16 & 24 count); 10 Count
washable markers; 12 count-colored
pencils; Pre-sharpened pencils; Wide-ruled
notebook; Composition wide-ruled
notebook; Glue sticks; Vinyl/poly 3-hole
punched folder; Pink pearl erasers; Black
Expo markers.

Cash donations will also be accepted!
Thank you to Thrivent Financial for
assisting in this project.

~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: Aug. 9th

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

Community Advance Planning Workshop

Free community workshop on advance care planning led by Kristin Parendo, lead elder law attorney with Justice North. Learn everything you need to know about securing your future through proper legal and medical planning in this comprehensive session. You'll understand the essentials of advance directives, receive all necessary forms, and get guidance on completing your documents. This interactive workshop provides a supportive environment where you can ask questions, work on your documents, and leave with completed documents. Cloquet Library, August 13th 2:30 - 4:30 PM. Register at <https://form.jotform.com/260994561460160> or call 218-722-5545.

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

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Christine Wolvin

Thank you to our volunteer mailers!!!



SALT SUNDAY OUTDOOR WORSHIP & PARISH PICNIC

**"Food, Faith, and Fellowship"
Join US!**

**SUNDAY, August 30th
10:00 am Worship
Faith Lutheran Church, Culver**

Picnic to follow with brats, burgers & all the fixings!

There will be Door Prizes too!

The ONLY things you need to bring are yourself, a friend & lawn chairs. Bring the whole family-we can't wait to see you.

Sponsored by: Vince Jones & RBC Wealth Management.



Health & Wellness Page

The Quiet Weight of Loneliness in Older Adults — And How the Church Can Lighten the Load

Loneliness is more than an emotion — it's a health concern. Recent research shows that chronic loneliness can be as harmful to the body as smoking fifteen cigarettes a day. For many older adults, loneliness quietly settles in as routines change, loved ones pass away, mobility decreases, and social circles shrink. Yet this struggle often goes unnoticed, hidden behind polite smiles and quiet Sunday greetings.

As a church family, we are called to “carry one another's burdens,” and loneliness is one of the heaviest burdens our seniors face.

Why Older Adults Are at Higher Risk

Retirement often brings a sudden loss of daily social interaction. Friends move away or pass on. Adult children may live far from home. Health challenges can make it difficult to drive, walk confidently, or participate in activities they once enjoyed. Even faithful church members may find themselves attending less often, not because they don't want to be present, but because getting there feels overwhelming.

Loneliness doesn't always look like sadness. Sometimes it looks like silence. Sometimes it looks like staying home. Sometimes it looks like “I'm fine,” when the heart is anything but.

The Spiritual Dimension of Loneliness

For many seniors, loneliness isn't just social — it's spiritual. They may feel disconnected from the purpose they once carried so strongly: raising families, serving in ministries, working in careers that gave structure and meaning. Without those anchors, some begin to wonder, *“Where do I fit now?”*

Yet Scripture reminds us that God never retires His calling on a life. Every season has

purpose, and every person has value in the Kingdom.

How We Can Make a Difference

Small acts of connection can become lifelines. Here are meaningful ways we can help lighten the weight of loneliness:

- **Phone Ministry Check-ins** — A simple weekly call can remind someone they are remembered and loved.
- **Intergenerational Friendships** — Pairing seniors with youth or young adults creates mutual blessing and shared wisdom.
- **Transportation Support** — Rides to Sunday service or midweek gatherings can reopen doors that mobility has closed.
- **Story-Sharing Opportunities** — Inviting older adults to share testimonies or life stories affirms their value and strengthens the whole church.

These aren't grand programs — they're simple, human connections. And they matter.

A Message of Hope

Loneliness may be powerful, but connection is healing. When the church steps forward with compassion, presence, and intentional care, we become the hands and feet of Christ to those who need it most. Our seniors carry decades of faith, wisdom, and resilience. They deserve to be seen, heard, and cherished.

Let us be a community where no one grows old alone.

Summer is a busy time, but your offerings may still be sent to your church treasurer. Thank you for your continued support!

**Faith – Christine Wolvin
First – Stacy Stevens
St. John's – Lynn Dvergsten
St. Peter's – Melody Larson**

August 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	31	1 August
Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am						
2	3	4	5	6	7	8
9:00 Coffee & Fellowship 10:00 Service at Faith	Culver Quilters 10:30am Faith VBS @ Faith 9a-12p	VBS @ Faith 9a-12p	VBS @ Faith 9a-12p 6:30pm @ Faith VBS @ Faith 9a-12p	Parish Council Mtg 6:30pm @ Faith VBS @ Faith 9a-12p	Camp Faith @ Faith 9am-7pm	
9	10	11	12	13	14	15
9:00 Coffee & Fellowship 10:00 Service at St. John's	Culver Quilters 10:30am Faith			St. John's Church Council 6:00pm		
16	17	18	19	20	21	22
9:00 Coffee & Fellowship 10:00 Service at First, Council after Worship	Culver Quilters 10:30am Faith				Men's Breakfast 8am Country Corner 8:45 Brookston 	
23	24	25	26	27	28	29
9:00 Coffee & Fellowship 10:00 Service at St. Peter's	Culver Quilters 10:30am Faith					
30	31	Notes				
SALT SUNDAY PICNIC 10am Outdoor Worship Picnic to follow	Culver Quilters 10:30am Faith	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	<u>SALT SHAKER</u> Summer Worship Service Schedule
Aug 2 nd	10:00 am Worship Faith
Aug 9th	10:00 am Worship St. John's
Aug 16th	10:00 am Worship First
Aug 23rd	10:00 am Worship St. Peter's
Aug 30	<u>SALT SHAKER</u> OUTDOOR WORSHIP & PICNIC 10am @ Faith

Minister Dave Erdmann 218-391-7951

Facebook: [SALT Parish](#)
Website: www.saltparish.org

Faith Lutheran Church
St John's Lutheran

First Lutheran Church
St Peter's Lutheran