

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

July 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

I begin this article by asking when the last time was that you showed gratitude. It seems that showing gratitude for many is a thing of the past. There are days when I'm in public places where services are performed that I notice that a simple "Thank You" is not heard. When was the last time you held a door open, even for a stranger. When was the last time you stopped on the side of the road when you noticed someone with a car broke down. When was the last time you helped your neighbor, not expecting anything in return.

The word that I was always taught growing up that went hand in hand with gratitude was respect. We were expected to address adults as Mr. Or Mrs. We always asked permission and didn't assume anything. We never talked back and the list goes on. There are times in life when we are tested and still need to show gratitude because someone was trying to help us.

There was a 2-year-old boy by the name Tommy that was diagnosed with leukemia and was taken by his mother to Massachusetts General Hospital in Boston to see Dr. John Truman who specializes in treating children with cancer and various blood diseases. Dr Truman's prognosis was devastating. Tommy had a 50-50% chance of long-term survival. There had already been countless clinic visits, blood tests, intravenous drugs, the fear of pain and the mother's ordeal can be almost as bad as the child's because she must stand by, unable to bear the pain herself. Tommy cried in the waiting room, and although his friends in

the clinic had to hurt him and stick needles in him; he hustled in ahead of his mother with a smile. When he was 3, Tommy had to have a spinal tap, a very painful procedure. It was explained to him that, because he was sick, Dr. Truman had to do something to make him better. Tommy's mother said, "If it hurts, remember it's because he loves you." The procedure was horrendous. It took 3 nurses to hold Tommy still, while he yelled and sobbed. When it was almost over, the tiny boy, soaked in sweat and tears, looked up at the doctor and gasped, "Thank you, Dr. Truman, for my hurting."

How would we act under such circumstances. Would we be thanking the doctor for inflicting pain? It's difficult tolerating pain when it's explained it's to make us better. When it's all over and the procedure is successful, that's when gratitude needs to show. Let us have an attitude of gratitude even when it's not expected.

**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: July 3rd 6:30p at St. Johns
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, July 17th, 8am
Country Corner, Hwy 2, Brookston



UPCOMING EVENTS

CARLTON COUNTY HISTORICAL SOCIETY

MIDSUMMER CELEBRATION

JULY 30TH
5PM-8PM

406 CLOQUET AVE,
CLOQUET

218-879-1938
info@carltoncountyhistory.org

CCHS invites you to a night of wood-fired pizza, a bonfire, s'mores, and more. Catered by the Off the Rails pizza truck from The Streetcar Kitchen and Pub. All food and beverage purchases will be donated to CCHS.

NO ADMISSION COST

More information at carltoncountyhistory.org or call 218-879-1938

City on the Hill Music Festival: Running Friday, August 7 and Saturday, August 8, 2026, at Bayfront Festival Park (350 Harbor Drive), this major annual Christian music event features national artists like Anne Wilson, Ben Fuller, and Cade Thompson.

~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: July 12th**
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

July 16th 2:00-4:00 pm -Medicare 101

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
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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

Summer Heat and Mental Health: Taking Care of Yourself in Warm Weather

In mental health, we talk about winter frequently, but what about the warm months?

Summer often brings longer days, sunshine, vacations, and opportunities to spend time outdoors. While many people look forward to the warmer months, hot weather can also have a significant impact on mental health. High temperatures can increase irritability, fatigue, difficulty concentrating, and stress. For some individuals, symptoms of anxiety, depression, or other mental health conditions may become more noticeable during periods of extreme heat.

Heat can also affect our physical well-being, which is closely connected to mental health. Dehydration, disrupted sleep, and spending too much time in direct sunlight can leave us feeling exhausted and emotionally drained. Certain medications may also make it harder for the body to regulate temperature, increasing the importance of staying cool and hydrated during hot weather.

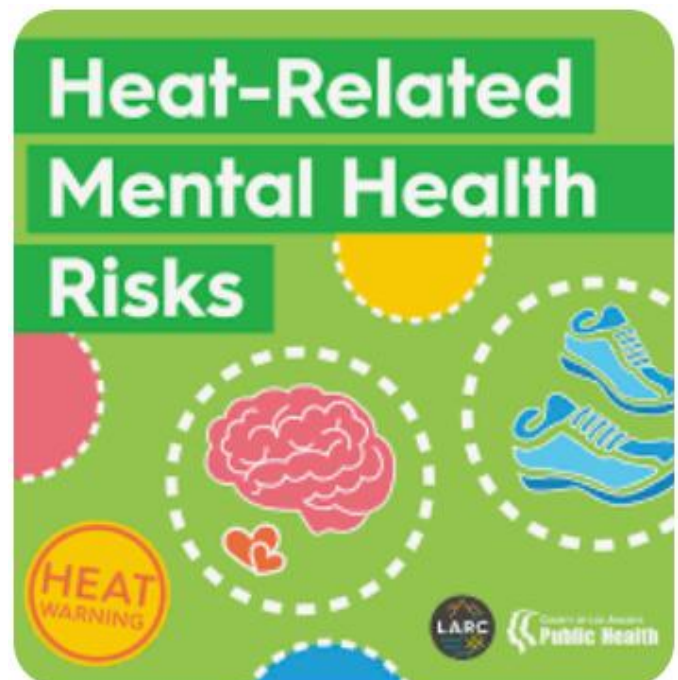
One of the best ways to support your mental wellness during the summer is to maintain healthy routines. Drink plenty of water throughout the day, seek shade or air-conditioned spaces when temperatures are high, and try to keep a consistent sleep schedule. Physical activity can be beneficial for mood but consider exercising during cooler morning or evening hours when possible.

Finally, remember that it's okay to slow down when the heat becomes overwhelming. Check in with yourself, pay attention to signs of stress or fatigue, and reach out for support if needed. Taking care of your physical health during the summer months can go a long way toward protecting your emotional well-being and helping you enjoy all that the season has to offer.

Dani Spolarich LPCC LADC

Director of Crisis Services

Range Mental Health



July 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Culver Quilters 10:30am Faith	30	1	2 Parish Council Mtg 6:30pm @ St. John's	3	4 Independence Day America's 250th Year
5 10:00 Service at Faith	6 Culver Quilters 10:30am Faith	7	8	9 St. John's Church Council 6:00pm	10	11
12 10:00 Service at St. John's	13 Culver Quilters 10:30am Faith	14 Faith Church Council 1:00pm VRS planning 2:30p @ Faith	15	16	17 Men's Breakfast Sun Country Corner 11:15 Brookston	18
19 10:00 Service at First, Council after Service	20 Culver Quilters 10:30am Faith	21	22	23	24	25
26 10:00 Service at St. Peter's	27 Culver Quilters 10:30am Faith	28	29	30	31 August	
2	3	Notes				
10:00 Service at 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
July 5th	10:00 am Worship Faith
July 12th	10:00 am Worship St. John's
July 19th	10:00 am Worship First
July 26th	10:00 am Worship St. Peter's

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**