

S.A.L.T. Parish

(South Arrowhead Lutherans Together)

A joint newsletter from the Minnesota congregations of:

October 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon



MINISTER'S MESSAGE FROM DAVE'S DESK

As we receive this newsletter, October has arrived. With that comes cooler temperatures, football games almost every day of the week, hunting season for some and the holiday of Halloween.

There was a father whose son turned 5 and the young boy announced that he wanted to dress up as a fireman. So, Mom and Dad got him a bright yellow fireman costume and set out for trick or treat. As they went the child insisted that they go to the local fire house. Mom and Dad thought it was a great idea since they knew that the firemen passed out candy and safety brochures to the children for Halloween every year.

As they arrived at the fire house, they allowed their son to run on ahead while Mom and Dad waited for him at the car. The young boy surprised his parents when they saw he wasn't coming back. There were 3 or 4 firemen standing outside the firehouse greeting the kids that came up. It was a surprise to see the young boy standing with the firemen passing out candy. His arms were crossed with a proud look on his face. He really felt like one of the guys. There was no amount of trick or treating that could lure him away from that moment. Eventually one of the fire men asked the boy if he wanted to tour the fire hall rather than go trick or treating.

Dad was wondering why his son was the only kid to get a personal guided tour of the fire house on Halloween night? It was because he showed those fire men that he wanted to be just like them. Even though he felt like one of the guys, he was in no way a fire man, but they saw his desire and honored it.

Sometimes, when we try to like a life that is Christ-like, we may feel like simply a kid dressed up in a Halloween costume. But that makes no difference to God, because He sees your heart and knows your desires. And when the time comes, when He looks to you and says, "Well done good and faithful servant," He will honor that desire with eternal rewards.

**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: Oct. 7th, 6:30p at St. Peter's
All are welcome!



SALT Parish Trunk or Treat

Saturday, October 31st

4:00-7:00 pm

Faith Lutheran Church, Culver

**Let Amber Schwartz know if you
are either planning on being at
Faith to distribute candy or if you
are willing to supply candy which
will be distributed.**

Men's Breakfast, Oct.. 16, 8am
Country Corner, Hwy 2, Brookston



UPCOMING EVENTS



Faith's Fall Bazaar

Saturday, October 3rd from 9am -1pm
Bakery, garden produce, books, and gently
used items. Drawing for handmade quilt.
Lunch will be available.

St. John's on October 17th

SAVE THE DATES!!

**Saturday, November 14th and Saturday,
December 12th from 9:00 – 11:00 am**

Faith Lutheran Church, Culver

SALT Parish will be hosting an
Intergenerational Christian Education
morning.

Bring the kids, bring the grandkids or just plan
on bringing yourself for bible study, craft,
service project, music and snack.

~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 Nov. issue: 2nd Sun of Month: Oct. 11th

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

Worship Schedule for November

Bulletins and sermons will be provided prior

November 1st Faith and First Amber: All Saints Sunday- Candles will be provided

November 8th St. Johns and St. Peters Misty

November 15th Faith and First with Holy Communion Rev. Rollie Bockbrader

November 22 St. Johns and St. Peters with Holy Communion Rev. Rollie Bockbrader Thanksgiving Service

November 29th SALT Sunday at St. Peters Ginny- 1st Sunday of Advent, Potluck after

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!!!

Thank you!

Dear SALT Parish,

On behalf of the students, staff and families of South Ridge Schools, we want to extend our deepest gratitude for your incredibly generous donation of school supplies. Your gift will have direct and meaningful impact on our classrooms by ensuring that every student has the tools they need to learn, grow and succeed.

Your support of our school community is a powerful reminder of how much stronger we are when local businesses, organizations, families and schools work together. The supplies you provided will help to remove barriers for our students and give them the confidence to start the year prepared and take tests that monitor their growth and/or identified needed intervention of supports.

We are proud to have community members like yourself, who value education and invest in the future of our kids. Thank you for your generosity and for making such a positive difference in the lives of our students.

Michael S. Johnson

Fall Wellness: Staying Healthy as the Seasons Change

As the vibrant colors of autumn begin to appear and the days grow shorter, fall offers a wonderful opportunity to focus on health and well-being. While the season brings many joys, it also brings cooler temperatures, increased illness, and changes in our daily routines. By taking a few simple steps, we can enjoy God's beautiful creation while caring for our bodies, minds, and spirits.

Stay Active

As outdoor activities become less frequent, it is important to find ways to keep moving. A daily walk, light stretching, yard work, or participation in community activities can help maintain strength, balance, and energy. Physical activity also supports heart health and boosts mood, especially as daylight hours decrease.

Nourish Your Body

Fall is a great season to enjoy nutritious foods. Apples, pumpkins, squash, sweet potatoes, and root vegetables are rich in vitamins and minerals. Preparing homemade soups, stews, and seasonal dishes can warm the body while providing important nutrients. Remember to drink plenty of water, even when temperatures cool down and thirst may be less noticeable.

Protect Against Seasonal Illness

Colds, flu, and other respiratory illnesses become more common during the fall months. Frequent handwashing, getting adequate sleep, and staying home when feeling unwell can help protect both yourself and others. Staying up to date with recommended healthcare appointments and vaccinations is another important way to support overall health.

Prioritize Mental and Emotional Wellness

The transition from summer to fall can affect mood and energy levels. Spending time with family, friends, and church members helps strengthen connections and reduce feelings of isolation. Consider keeping a gratitude journal, enjoying a favorite hobby, or spending time outdoors to appreciate the beauty of the season.

Care for Your Spirit

Fall reminds us of God's faithfulness through changing seasons. Take time to pray, read Scripture, and reflect on God's blessings throughout the year. Participating in worship services, Bible studies, and fellowship opportunities can provide encouragement and strengthen our faith community.

As we embrace this beautiful season, let us remember that caring for ourselves allows us to better serve God and others. May this autumn be a time of good health, gratitude, and renewed faith for you and your family.

"There is a time for everything, and a season for every activity under the heavens."
Ecclesiastes 3:1

October 2026



Faith, Culver



First, Meadowlands



St. John's, Saginaw



St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am.						Fall Bazaar at Faith 9 am -1 pm
4	5	6	7	8	9	10
8:45 Worship Faith 10:30 Worship First	Culver Quilters 10:30am Faith Community Evening of Wellness at Southridge	St. Peter's Church Council 6:30pm	Parish Council Mtg 6:30pm @ St. Peter's	St. John's Church Council 6:00pm		
11	12	13	14	15	16	17
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith	Faith Church Council 4:15pm			Men's Breakfast 8am Country Corner \$\$\$ Brookston	St. John's fall Bazaar
18	19	20	21	22	23	24
8:45 Worship Faith 10:30 Worship First, Council after Service	Culver Quilters 10:30am Faith					
25	26	27	28	29	30	31
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith					Trunk or Treat 4-7 PM at Faith Happy Halloween
1	2	Notes				
		Health & Wellness meetings are the 4th Thursday of Jan, Mar, May, July, Sep, Nov, 6:30pm @ Faith Cookie Sale December 5th 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
<u>Oct, 4th</u>	8:45 Worship Faith, 10:30 Worship First
Oct. 11th	8:30 Worship St. John's, 10:30 Worship St. Peter's
Oct. 18th	8:45 Worship Faith, 10:30 Worship First, Council to Follow
Oct. 25th	8:30 Worship St. John's, 10:30 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