S.A.L.T. Parish November 2026

(South Arrowhead Lutherans Together)
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

How many of you reading this message have seen an angel? We read about angels in a few bible stories, like the angel that told Mary she would give birth to the baby Jesus. Or there was the angel at the tomb that rolled the stone away on Easter morning. We hear minimally about angels, but have you witnessed one?

There's a true story about a gentleman who was visiting his childhood hometown while on vacation. He had done some sightseeing and was ready to head back to the motel where he was staying. Even though he had visited many times before, he wasn't sure which way to go. He asked the Lord what direction to go, and sure enough, he felt a strong feeling to turn right. On his way, he stopped at a convenience store to fill the gas tank. He filled his car with gas and felt ready to go back to the motel. One problem, though. The car wouldn't start. Most of us are strongly aware of that sinking feeling when your car's battery goes dead and all you hear is a clicking sound, which means you're going nowhere.

Well, there he was, about 40 miles from his motel, and even worse, it was after 5pm and most garages were closed by now. He was definitely in panic mode. Not knowing what to do, he went back inside the convenience store and explained to the manager that his car wouldn't start so he couldn't move it. There was also a young man inside the store that asked if he had jumper cables to get the car started. He replied "no."

The young man said, "well I've got a pair," and out to the gentleman's car they went. The young man connected the cables, and in no time at all his car was running. The young man asked a few questions and directed the gentleman to an auto parts store a few blocks away that could help him with a new battery.

Enough "juice" flowed into the battery to get it started, but the gentleman planned to drive to the parts store as fast as he legally could! But before they left, he told the young man that God has his ministers everywhere, even in a particular city.

The bible tells us much about the ministry of our Lord for us, and how angels are here and there to minister to us. The writer of Hebrews wrote of angels, "Are they not all ministering spirits, sent out to render service for the sake of those who will inherit salvation? (Hebrews 1:14)"

The only conclusion the gentleman could draw from his battery failure is this, whether they were angels or not, our Lord used a handful of people to help the gentleman out of a very difficult spot. He prayed, "I praise him for all He's done, and is going to do, and pray that perhaps I'll be able to minister to someone should they be in a tough spot too.

Could there be an angel anywhere in your hometown? I've said many times that things happen for a reason…not because of coincidence. We have to put ourselves in a place to notice, and God may use you as one of his angels too.

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: Nov. 5th, 5:30p at St. John's
All are welcome!

SAVE THE DATES!!

Saturday, November 14th and
Saturday, December 12th
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.

Men's Breakfast, Nov. 20, 8am
Country Corner, Hwy 2, Brookston



UPCOMING EVENTS

Heartfelt Hugs

The holiday season will soon be upon us and once again the SALT Parish will be assisting in providing the families at South Ridge with gifts at Christmas through Heartfelt Hugs.

Like to shop, contact Amber Schwartz and she will provide you with a list of gifts that a child may like for you or your family to purchase. Any gifts purchased will need to be returned to Faith before Sunday, December 6th.

Don't like to shop or don't have time to shop. We can do the shopping for you. Faith WELCA handles the financial contributions for Heartfelt Hugs. Put your donation in an envelope labeled "Heartfelt Hugs" on or before Sunday November 22nd and the shopping will be done for you. Please make any checks payable to Faith WELCA with "Heartfelt Hugs" in the memo.



~~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 Dec. issue: 2nd Sun of Month: Nov 8th
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	
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NEWSLETTER STAFF

Editor: Misty Bergman
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Thank you to our volunteer mailers!!!



SALT Parish Cookie & Bake Sale and Pancake Breakfast

Saturday, December 5, 2026
9:00 – 1:00
Faith Lutheran Church, Culver

Cookies - $5.00/dozen
Bars & Other Treats – Will be Priced

Pancake Breakfast
2 Pancakes, Sausage, Juice or Coffee
$5.00
3 Pancakes, Sausage, Juice or Coffee
$6.00
To Go Pancake Breakfast will also be available

BRING A FRIEND!!

Cookie Drop-off Friday, December 4th 3:00-5:00

All proceeds will benefit SALT Parish Ministries

Health & Wellness Page

November is a key month for mental health awareness, highlighting Men's Mental Health Month (Movember), Seasonal Affective Disorder (SAD), International Stress Awareness Week, Veteran's Day mental health issues, and Transgender Awareness Week.

Key Mental Health Themes in November

1. Men's Mental Health Month (Movember)

- Focuses on men's mental health, suicide prevention, and substance use disorders.
- Men are statistically less likely to seek help due to stigma and cultural expectations.

2. **Seasonal Affective Disorder (SAD)**
   - Shorter days and reduced sunlight in November can trigger SAD symptoms: low energy, sadness, sleep changes, and reduced motivation.
   - November is a prime time for awareness and early intervention.

3. Holiday Stress & Family Dynamics
   - November marks the start of holiday preparation, often increasing:
     - Emotional triggers
     - Financial pressure
     - Family conflict
     - Social anxiety
     - Loneliness or grief

4. **International Stress Awareness Week (First week of November)**
   - Highlights the impact of stress on personal and workplace wellbeing.
   - Encourages stress-relief activities such as mindfulness, journaling, and flexible work practices.

5. **Veteran's Day (November 11)**
   - Raises awareness of mental health challenges faced by veterans, including PTSD, depression, anxiety, and high suicide rates.
   - In 2022, there were 17.6 veteran suicides per day, underscoring the need for expanded mental health support.

6. **Gratitude and Reflection**
   - As Thanksgiving approaches, gratitude practices become more common and can improve mood, resilience, and life satisfaction.



Thank you to all who have served!



November 2026


Faith, Culver


First, Meadowlands


St. John's, Saginaw


St. Peter's, Canyon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8:45 Worship Faith 10:30 Worship First				Parish Council Mtg budget meeting at 5:30pm 6:30pm @ St. John's		
8	9	10	11	12	13	14
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith	Faith Church Council 4:15pm	Veterans Day	St. John's Church Council 6:00pm		
15	16	17	18	19	20	21
8:45 Worship Faith 10:30 Worship First, Council after Service	Culver Quilters 10:30am Faith			Cookie Sale meeting at Faith tomorrow 11/20 at 2pm A Faith	Men's Breakfast 8am Country Corner Brookston	
22	23	24	25	26	27	28
8:30 Worship St. John's 10:30 Worship St. Peter's	Culver Quilters 10:30am Faith			Happy Thanksgiving		Intergenerational Christian Education 9am-11am @ Faith
29	30	1	2	3	4	5
SALT SUNDAY 10:00 am @ St. Peter's Potluck to follow	Culver Quilters 10:30am Faith				Follow SALT PARISH on Facebook for devotionals from Minister Dave (Tue - Fri at 9:30a) and live Sunday Services at 10:30am	
6	7	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 2027 will be September 30- October 3rd 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
Nov 1st	8:45 Worship Faith, 10:30 Worship First
Nov 8th	8:30 Worship St. John's, 10:30 Worship St. Peter's
Nov 15th	8:45 Worship Faith, 10:30 Worship First, Council to Follow
Nov 22	8:30 Worship St. John's, 10:30 Worship St. Peter's
Nov 29	SALT SHAKER SUNDAY 10am Worship @ St. Peter's, Potluck to follow

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