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Salem Lutheran Church
4715 Hermantown Rd.
Hermantown, MN 55811

ADDRESS LABEL

April, 2026

Pastor – John Ansell
Pastor’s Cell – 952-261-5593
Church Office – 218- 727-1357
Office Manager – Beth Erdmann

Temporary Church Office Hours
Tuesday - Thursday - 9:00-1:00

Email Address – salemhermantown@gmail.com

Web Address – www.slecduluth.org

“Like” us on Facebook

Sunday Worship Schedule
Youth Education 9:00 am
Worship 10:00 am
Coffee Fellowship 11:00 am



From the Church Office: Beth is on Jury Duty March 30 – April 10. If you have a need during that time, please call the church office (218-727-1357) prior to coming. Thank you.

Online Midweek Lent Devotion

During the season of Lent Pastor John will be uploading to Salem's Facebook page a short reflection video on Wednesdays. Each video will have a reading from a Psalm followed by a brief message and prayer. Hopefully these videos will provide time to spiritually reflect and an appreciation of the poetic words from the book of Psalms.

Lent/Holy Week 2026

March 29 Palm Sunday Worship– 10:00 am

April 2 Maundy Thursday 6:30 pm

Worship with Holy Communion

April 3 Good Friday Worship 6:30 pm

“Service of Darkness”

April 5 Festive Easter Sunday Worship

10:00 am

8:45 – 9:30 Easter Breakfast

On Saturday morning, **APRIL 4th**, at 9:30am, please join the Worship Planning team in transforming the front of the sanctuary into a beautiful Easter Garden around the Resurrection Cross. Light refreshments provided.

EASTER BREAKFAST

Please join us Easter morning from 8:45-9:30 for a delicious breakfast hosted by the Worship Planning Team. There will be waffles, oatmeal, eggs, fruit & lots goodies to enjoy.

We hope to see you there!



Greetings Everyone,

To say our lives can be quite stressful is an understatement. Stress is ultimately our body's reaction to various challenges that may come our way. Such stress can trigger a number of different issues within our bodies, such as headaches, tiredness, difficulty sleeping, and upset stomachs, to name just a few. Even though stress is a natural reaction in our bodies, it can also become something that is not helpful, especially over long periods of time.

At Salem and in the Northern Great Lakes Synod, there has been a strong effort to raise awareness about various mental health issues. Stress is one of those concerns. Both our congregation and the synod do their best to talk about stress and to share ways to help manage or cope with it. Some of our members will host a discussion in April regarding stress-related topics, and I think we can all look forward to such a meaningful event. As a faith community, we do our best not only to encourage good mental health but also to be aware of stress and how to manage it in healthy ways.

Speaking of awareness, April is National Stress Awareness Month. This time is meant to increase awareness not only of the overall causes of stress but also of the ways we can address it in our lives. There are many approaches people use to deal with stress. Many try to stay active through walking or exercising, while others use meditation or breathing exercises. There are many ways people can work to reduce stress in their lives.

When approaching stress from a faith perspective, there is plenty we can do. Our faith reminds us that while stress will often be part of life, we can look to God in those stressful times for help. Prayer and reading scripture can often help us manage stress. One Psalm that I find particularly helpful as a de-stressor is Psalm 131. This Psalm is a "Song of Ascents," which encourages its readers not to be too proud or boastful, but instead maintain an inner calm while

trusting in God's care, much like the care a mother gives to her child. Psalm 131 reminds us of our need to be humble and to recognize our limitations, while also maintaining a sense of calm that comes from knowing that God is caring for us in our lives. If you are looking for a helpful scripture to reflect on during stressful times, Psalm 131 is a wonderful place to start.

Stress is an aspect of life that will always be with us. However, it is something that should not overwhelm us. Being aware of stress and learning how to deal with it in healthy ways is a good thing. April can serve as an encouragement not only to recognize stress but also to address it. There are many faith practices and scripture readings that can help, reminding us of the love and care that God provides, just as we hear in Psalm 131.

May God's blessings be with you all this month and every month.

Yours in Christ,
Pastor John Ansell

Lessons for April, 2026

4/5/2026: Acts 10:34-43; Psalm 118:1-2, 14-24; Colossians 3:1-4; Matthew 28:1-10

4/12/2026: Acts 2:14a, 22-32; Psalm 16; 1 Peter 1:3-9; John 20:19-31

4/19/2026: Acts 2:14a, 36-41; Psalm 116:1-4, 12-19; 1 Peter 1:17-23; Luke 24:13-35

4/26/2026: Acts 2:42-47; Psalm 23; 1 Peter 2:19-25; John 10:1-10

ABOUT OUR SALEM FAMILY

With Sympathy!

Our heartfelt sympathy to Scott & Leann Fahlsing and their family following the death of Scott's dad, Fred on March 7th.

Our heartfelt sympathy to Terry & Nancy Larrivy and their family following the death of Andy on March 19th.

Thank you!

Thank you for your sympathy cards, memorial gifts and personal greetings upon the death of Hazel Johnson in February. Your kind support is appreciated. Thank you from the family of Hazel Johnson.

Happy Birthday” To Our Members in “April”

2	Carol Dammer	16	Ben Nickles
3	Ed Jampsa	19	Macade Cannon
	Mike Schultz	22	Ed Wehmas
4	Bill Peterson	23	Kathy Velander
8	Bella Dwinell	25	Patricia Bennett
	Ellyann Erickson	27	Bev Nordwall
	Jess Williams		Randy Swanstrom
10	Peyton Paulson	28	Paul Bastianelli
11	Steve Eckard	30	Samantha Hendrickson
	Linda Jeanetta		Barb Repensky
12	Colton Jaros		
	Peggy Szybnski		

SALEM HEALTH AND WELLNESS TEAM COMMUNITY SERIES

All Sessions in Family Room at:
Salem Lutheran Church

* 4715 Hermantown Road * Hermantown, MN 55811
Start time: 6pm (each session will last about 90 minutes)

April is National Stress Awareness Month

COMMUNITY EVENT ONE

Tuesday April 21, 2026

Flourishing Beyond the Struggle: Finding Peace in an Anxious World

Is life feeling overwhelming? Join us for an evening dedicated to moving beyond surviving towards flourishing. We will learn the basics of stress, anxiety, and depression and discuss how to manage these through a lens of faith, hope, and community. Whether you are walking through a difficult season or seeking to support someone who is, come and discover practical ways to care for your soul, body, and mind while deepening your connection with God and others.

Safe Space. No Stigma. Open to All.

Speaker: Kelly Erickson PhD, OTR/L is a Certified Mental Health Coach, an occupational therapist, and a Revelation Wellness Fitness instructor, who specializes in assisting a person with transformation through mind and body, daily occupations, and environment to maximize their health and well-being.

COMMUNITY EVENT TWO
Tuesday April 28, 2026

Life Review: Making Sense and Meaning of Our Lives

Finding meaning and making sense of everyday life while living in a chaotic time may seem challenging. Stress, anxiety, and depression are real and serve as the warning lights for our brain and body. This session will explore resources to build your social, emotional, and psychological skills essential for thriving in everyday life to build mental health and well-being.

Safe Space. No Stigma. Open to All.

Speaker: Nicole Onori, DrOT, OTR/L is an occupational therapist, certified health and wellness coach, and career development facilitator.

Men's Group: The men's group will meet on the first and third Saturday of the month until the end of May in the family room at 9:00 am. The group will be exploring a study called **Surprised By Hope: Rethinking Heaven, the Resurrection, and the Mission of the Church** by N.T. Wright. This will be a great time for connecting, learning, and fellowship.

Ladies Night!
Thursday, April 16th, 6:00 pm
Movie Night and Sweet Treats
Join us for a fun evening!

Church Office Manager

Salem is seeking a dedicated and organized person to join our staff! The ideal candidate will work in collaboration with pastoral staff, non-rostered staff, church committees, and members of Salem to provide operational support of the church. This position requires efficient skills in administration, communication, and time management. They must be comfortable handling financial records and be proficient or be willing to acquire proficiency in various computer applications (e.g. Microsoft Office). Contact Nancy Berntsen, Pastor John or Beth for more information.

THE POWER OF PRAYER AT SALEM

Salem's Prayer Chain contact person is Maria Karon. All members of Salem are welcome to become a link in this very important ministry. If you are interested in becoming involved or have a prayer chain request, please contact Maria at 218-940-0347.

SALEM'S FINANCIAL PICTURE

February, 2026		Year to Date	
General Giving	\$17553	General Giving	\$ 35,550
Expenses	\$2743	Total Needed	\$ 40,093
Difference	-\$9878	Difference	-\$4542

Council Meeting Highlights March 16, 2026

February meeting minutes review- motion to approve by Sharon and seconded by Kelly

Ongoing Business:

- Safety/Security- EAP (Emergency Action Plan) - plan is still in work. No actionable updates
- Pastor John is waiting for warmer weather to install a doorbell that connects with the Camera system.

New Business:

- Ansul System potentially should be connected to the new Fire Alarm System. Bob Bastionelli is the point person to working this issue.

Fellowship hall shared use

- Laugh and Learn asked if it was ok to leave some dishes to air dry as towel drying is frowned upon. I told her that it was fine.
- They also expressed concern that the kitchen area and part of the fellowship space have sometimes been left dirty and a mess on the floor after our use—not just on Sundays, but on other days as well. Currently, there are no specific guidelines for coffee fellowship or for using the fellowship area and kitchen.
- It's important to remember that the kitchen and parts of the fellowship area are shared spaces, and we need to be respectful of everyone who uses them. If you use the space, please clean up after yourself—wipe surfaces, sweep, mop, vacuum, take out the garbage if it's full, and do whatever is needed to leave the area as you found it.

- Laugh and Learn does an excellent job keeping the catering area clean. If there are any concerns or issues, please report them to the council.
- Some solutions discussed by Council were:
- Council acknowledges that Laugh and Learn has done an excellent job keeping the kitchen clean and we need to reciprocate in kind by also keeping it clean.
- Consideration should be given to posting a Kitchen Use policy that governs use and clean up.
- An announcement reminder to clean up after coffee should be made in church for any groups involved with fellowship.
- If a group uses the kitchen and does not clean it properly, that group may be charged a fee for the clean up required.

MINISTRY/COMMITTEE/ TEAM UPDATES AS NEEDED

Faith Formation Ministry:

- Baking for the sale went well. The proceeds will be used to purchase more Mac and Cheese for CHUM.
- Confirmation will be Sunday May 17th with two students confirmed.
- 2nd and 4th Sundays have worked the best for Confirmation studies.
- CHUM Mac and Cheese donations to date are 451 boxes. This has exceeded our 300 box goal.

Community Ministry:

- Two sessions scheduled for 20th & 27th of April. The sessions will focus on stress and anxiety as

well as PTSD. Kelly Erickson and Kim Settergren are the organizers of these events.

Evangelism & Outreach Ministry:

- Generosity Team: Saturday March 21st is the first meeting of the Salem Generosity team as an in-person group. They have previously had some on-line meetings. Reports are that it is going well.
- Treasurer - See Treasurer's report.
- Pastor's Update: See Pastor's Report


WORSHIP LEADER SCHEDULE

April, 2026

	5	12	19	26
	Easter Sunday			
LEAD COMM	Carol Christenson	Lay Led	Eric Settergren	
READER	Eileen Dusek	Simon Erdmann	Frank Dusek	Nancy Berntsen

Worship Leaders

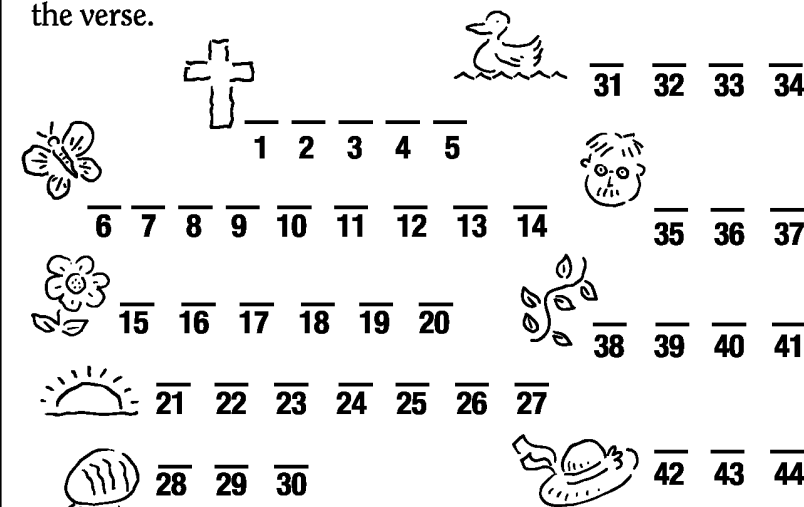
April 2, Maundy Thursday
 Reader: Sophie Wietman
 Lead Communion: Simon Erdmann
 April 3, Good Friday
 Reader: Carol Christenson



Just for KIDS

An Easter Message

Mary went to the tomb and found it empty! Find the words that an angel spoke to her. Write the name of each picture on the lines. Transfer the letters to the other spaces to find the verse.



“
 18 42 14 31 3 14 17 7 13 3 17 34 15 17 20
 8 42 10 16 25 38 25 23 30 36 35 3 23 29
 44 42 19 31 27 43 31 ? 42 19 25 4 23 3 9
 42 10 24 19 ; 42 28 42 36 5 24 25 5 27 23
 Luke 24:5

Answers: cross; butterfly; flower; sunrise; egg; duck; many; vine; hat. "Why do you look for the living among the dead? He is not here; He has risen!"

