



**TRINITY**  
LUTHERAN CHURCH

115 4th St. N  
Stillwater, MN 55082  
651-439-7400  
www.trinitylc.org

June 2020  
volume 42, issue 6

# trinity TODAY

Because God first loved us, we live as Jesus in the world.



**Affirmation of Baptism Confirmands**  
see Pages 8-9

**Sunday Worship Details** see Page 7

"As you go, proclaim the good news, 'The kingdom of heaven has come near.' Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment."

– Matthew 10:7-8

## Sunday Worship



**Facebook Livestream at 9 a.m.**



**Online worship on our web site at 9 a.m.**



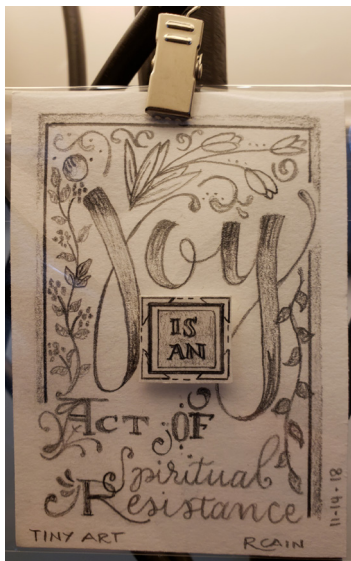
**Watch on TV at 11 a.m. on Valley Access local channel 18**

Please allow for a small time delay in livestream and online worship.



LEAD PASTOR **THE REV. DR. CHRIS BELLEFEUILLE**

# Unexpected joy.



When we knew the extent of the pandemic lockdown, my personal disappointment was the birthday party we had planned. Invitations never got sent. Flights were

cancelled. And the order for apple fritters and maple glazed donuts for Sunday morning coffee hour was postponed. I am old enough to understand that this is a small disappointment. And make no mistake, I understand the gift of having a birthday at all. And the disappointment was still real. Then my birthday happened. Joy exploded all over the place. My sister-and-brother-in-law adorned the lawn with Mardi Gras beads. My daughter arranged a greeting card avalanche. Ted colluded with the staff for worship surprises. The quilters sent a huge pot of annuals. Pastor Peter delivered a tray of apple fritters with a birthday candle glittering merrily in the middle. Trinity Lutheran Church rolled out a parade that filled my heart to breaking. My local kids (safely distanced), strawberry shortcake, gifts, flowers, phone calls made for a nearly magical birthday—pandemic style. I woke with a sigh and went to bed awash in joy.

Among the many lovely gifts was a tiny piece of art by our very own Robin Cain. It reads, “Joy is an Act of Spiritual Resistance.”

Joy is an act of spiritual resistance. Joy isn't quite happiness or merry making. Nor is joy the denial of reality. Joy is a transcendent submission to life, hope, love, and wherever possible, faith. Joy can exist in the darkest places, in hospital rooms, funeral homes and cemeteries. Joy can exist in emptiness and grief. Because joy is not dependent upon the things of this world. Rather, the things of this world are born of joy. Birthday parades are the outcome of a community expressing joy in the face of fear and sorrow and separation. Joy that life persists, God is good, spring comes. Joy finds its source in one place—the Creator of possibility, resurrection and love.

Joy can be experienced in all areas of life. Scientists know joy in patterns and methods. Joy in intellect and puzzles. Doctors find joy in the known and unknown of the human body. The systems that work and the capacity for healing. Engineers find joy in problem solving. Florists in the emergence of a seedling and the impact of the gift of flowers. Teachers in seeing the light go on in the eyes of a struggling learner. And so on. Joy is possible in pandemic.

Here are just two recent examples of the joy that is in us, gifts from God for such a time as this.

Our member Deb Simcik, mom to seniors Nick and Nate, is a kindergarten teacher who has a tradition of a Friday afternoon class dance party. She has continued that tradition from home. One recent Friday she invited her sons' friends to put on their prom dresses and dance it out in their front yard. It was heart-breakingly beautiful. Girls in every color of the rainbow, no professional updos or false eyelashes, tennis shoes on. Dancing in the dresses they did not get to wear to prom. Joy at being young, and silly, and truly seen by a woman of God who understands both disappointment and irrepressible joy.

The Sunday of my birthday, our gifted musicians chose a postlude for the ages. The Beatle's classic “When I'm

64.” (To be clear, I am only 60.) This sterling example of joy in songwriting was performed on pipe organ, accordion, ukulele and xylophone. An historic first. And possibly last. Laughter and tears and wonder at what our musicians can produce from the well of joy that inspires them.

Joy is God's gift to humankind. The flicker of life that inspires us to see beauty, offer courtesy, pray in thanksgiving. Joy is the resurrection burning within us, calling us into life and hope. As you take your walks, gaze out your window, Zoom or chat with friends, or listen to music—anticipate sparks of joy in yourselves or those around you.

Joy is one of God's most generous gifts and it is highly contagious.

So stay home. Wash your hands. Wear a mask. Pursue joy.

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Pastor Don!

By now most of our members should have received one or two phone calls from a member of the staff or council checking to see how you are faring in the pandemic. If you have not heard from someone, please contact the church office to verify that we have your correct phone number!

One of the folks who might be calling you is Pastor Don Fultz. Pastor Don joined the Trinity staff in 2019 as our visitation pastor. In partnership with Pastor Peter, Pastor Chris and Faith Community Nurse Kim Dahlgren, Pastor Don is an integral part of our care team, with a special focus on those of you unable to attend worship in person. He also helps with funerals and hospital visits—in more normal times.

Pastor Don and his wife Eunice have served many congregations, most recently in Forest Lake. And they helped to build the partnerships between the congregations in the Iringa diocese in Tanzania and the congregations in the Saint Paul Area Synod. They are busy and very proud grandparents.

We are fortunate to have both Pastor Don and Eunice here to share their deep wisdom and enduring faith.

*Pastor Chris*

PASTOR OF LIFELONG FAITH FORMATION  
**THE REV. PETER WESTON MILLER**



# A Long Summer of Good Courage

This time of year is typically brimming with excitement. The days are getting longer, the air is warmer, and summer vacation is just peaking over the horizon. There are parties and trips planned and more flexibility. Cabins are opened and possibility is everywhere.

God is good and it feels like the blessing of the Kingdom of God is near.

For Trinity's Faith Formation, this transition time into Summer is usually busy celebrating milestones, affirming the gifts of our youth, and thanking all of our volunteers for their love and support throughout the year. We debrief and look ahead.

Forming faith never really stops, but we pause and we pray and we mark progress and growth and new life in Christ.

And while we have celebrated and given thanks for this year (knowing that some of the seeds we have planted won't sprout for many years), this year is quite different.

We are grieving not being able to be together at church. Unsure about the future. Praying for frontline workers and trying to make faithful choices to keep our hospitals under control. There is still so much that is unknown and anxiety about the unseen ending of this pandemic.

## **Summer Programs Cancelled**

As we look ahead to the summer, we are also grieving the cancellation of so many of our beloved outdoor ministry and service events.

Lake Wapogasset Bible Camp made the decision in early May to cancel all scheduled camp sessions.

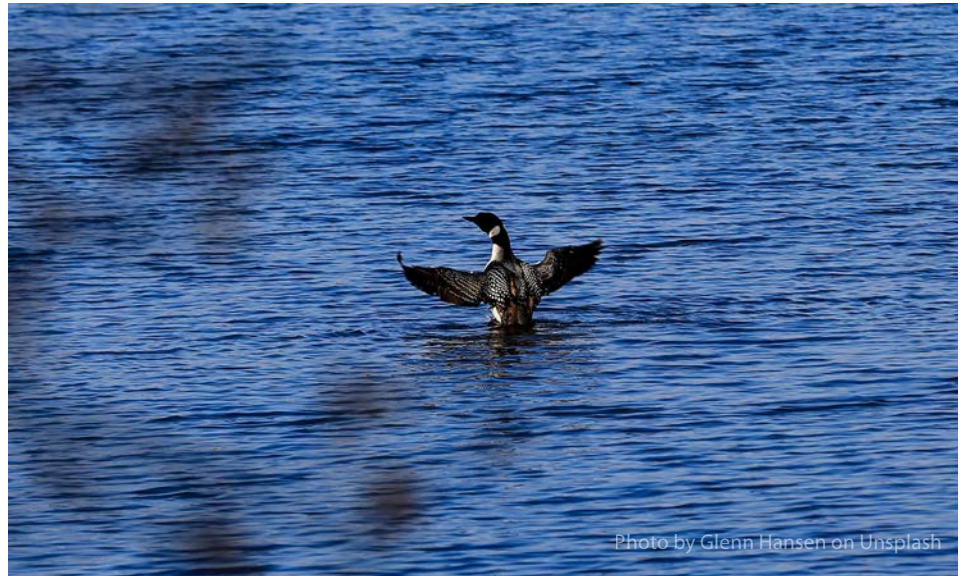


Photo by Glenn Hansen on Unsplash

Trinity's Vacation Bible School team also decided to cancel for this summer.

Our High School Mission Trip to Puerto Rico has been postponed to June of 2021.

These faith-forming ministries involve hundreds of our youth and families and it is really hard to let them go for now. Even if it's the right thing to do.

## **Prayer of Good Courage and God's Love Supporting**

While letting these physical programs go for this summer, I also trust that ministry and the work that God calls each of us to still continues.

I've turned to this prayer that comes out of the Holden Village community to be reminded that God has been with us through unknown and uncharted terrain before. God's love continues to support us and God's hand is leading us. That gives me good courage, but it isn't easy to muster all the time.

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us, through Jesus Christ our Lord. Amen.

We may not be able to do all the gathering that we want, but I believe that God will continue to form faith through us this summer. It might be hard to see, especially in the emotional and spiritual state that we are in.

But the Kingdom of God is still here and Christ will bring us through.

Prayers for you and Good Courage,

*Pastor Peter*

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Please see Page 10 for an important article about caring for our mental health during the pandemic written by therapists who are Trinity members.



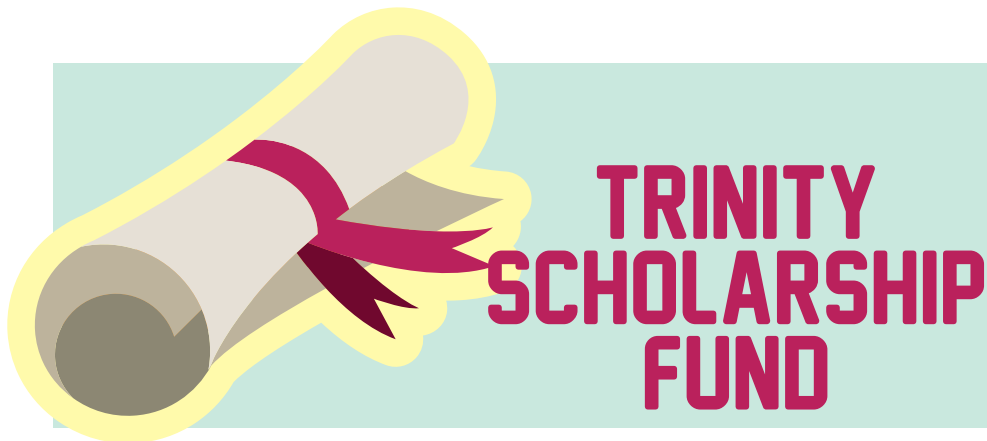
# Trinity Financial Update

April Year-to-Date - Fiscal Year 2020

	This Year	Last Year	'20 Budget	% of Budget
Contribution Income	913,299	878,059	1,350,000	68%
Other Income	228,762	410,690	342,550	67%
<b>Total Income</b>	<b>\$ 1,142,061</b>	<b>\$ 1,288,749</b>	<b>\$ 1,692,550</b>	
less: Expenses	1,067,140	1,263,659	1,691,330	63%
<b>Surplus (Deficit)</b>	<b>\$ 74,921</b>	<b>\$ 25,090</b>	<b>\$ 1,220</b>	

## Long-Term Debt Summary:

Long-Term Debt - Beginning of Fiscal Yr.	3,410,152	3,598,306
Increase (Decrease)	(56,365)	(158,314)
<b>Long-Term Debt - End of April</b>	<b>\$ 3,353,787</b>	<b>\$ 3,439,992</b>
Line of Credit Balance - April 30	\$ -	\$ -



The Trinity Scholarship Fund was established through the generosity and foresight of Jeanette Johnson, a dear, departed, long-time member of Trinity Lutheran Church. It was her desire to provide the means by which Trinity could offer assistance to its young people whose achievement and character have indicated that they possess the qualities necessary to achieve excellence in higher education. The scholarships are awarded on the basis of academic status, co-curricular achievement, good citizenship and active involvement at Trinity.

Special thank you to Jeanette's nephew, Bruce Rydeen for his efforts in seeing to it that Jeanette's wishes continue to be a reality.

The 2020 recipients of the Trinity Lutheran Scholarship from this year's graduating class are (left to right):

- NATE SIMCIK
- NICK SIMCIK
- ERIC STACK



## Financial Note

Financially, we are sitting in a very strong position at present! Thanks to the faithful, generous response of our faith community to God's call for financial stewardship. YTD April 2020 results place us well ahead of last year at this time, showing a total surplus of \$75K, v. a \$25K surplus in 2019. Contribution Income of \$125K for the month of April 2020 is \$23K greater than April 2019 (very strong April this year, including a couple of annual pledged gifts). YTD our Contribution Income is \$35K higher than a year ago at this time. Total Income is \$53K ahead of YTD April 2019. Operating Expenses are virtually the same as last year, up only \$3K YTD v. April 2019. Personnel Expense is \$3K higher YTD than last year (2% Staff pay increase effective February 1). Our Line of Credit Balance still stands at \$0 as of today!

# highlight: Valley Outreach

By Claudia Swendseid, Stewardship Team

“As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.” Matthew 10:7-8

In this and next month’s Stewardship Column, I will highlight two organizations in our community that seek to “cast out demons”—in this case, the demons of going hungry and experiencing homelessness. These nonprofits are Valley Outreach and Solid Ground.

Below is a message from Tracy Maki, Chief Executive Officer at Valley Outreach. Valley Outreach is a basic needs services organization located in Stillwater. Some of your fellow Trinity members already support Valley Outreach by volunteering their time and/or making cash or in-kind donations.

During difficult and uncertain times like these, those of us who follow Jesus know that Jesus is the way. Jesus, the embodiment of God’s self-giving love, is the way. So, as we go, we proclaim that good news and seek to bring God’s kingdom near; embodying love as the way, the truth and the life. We come near to God through love.

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## From Tracy Maki, Chief Executive Officer, Valley Outreach

“You are my first place to call. We appreciate all you do and the chances you are taking...”

This is a voicemail from an individual who accesses our programs and it’s just one more reason we do all we can to keep providing food to those who need it right now. In our 37 years, we’ve expanded programming, knowing that nourishing food—while it solves a lot—does not solve everything. Our full spectrum of basic needs services—from food to clothing to client services—does indeed make us the first place to call for many in our communities.

As an organization, we are well-positioned to adapt to the uncertainty of a COVID-19 world. Our mission is timeless: We help people move their lives forward through basic needs services

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and personalized support. What may not be as obvious is our commitment to welcoming everyone who comes to us in need, no matter what their circumstance. We know everybody needs help sometimes.

The words “self-sufficient,” a concept that is popular in the United States, take on new meaning as many of us are furloughed, experience job losses or pay cuts. People are not made to be self-sufficient. We’re recognizing it’s a false narrative as we miss many of our daily human interactions and adjust to connecting in a more distant way. We thrive in community with one another and there is no shame in needing help. Very few of us provide what we need for our families with no outside resources and no external assistance. Our lives are more complicated than we realize, and we have a huge dependency on systems over which we have no control.

So what can we do in this time of change? I’d ask everyone to focus on more humility and self-awareness. Practice kindness and offer compassion instead of judgement. Focus on what it means to be a welcoming community. You or someone you know, never in need of food support or social services before, could be the next voicemail we receive.

Aside from intentional, personal actions, we invite you to sign up to volunteer with us. Our website has more information at [www.valleyoutreachmn.org](http://www.valleyoutreachmn.org).

I offer deep gratitude for the decades of support and generosity given to Valley Outreach. You have created, through us, greater resiliency in our valley.

We are here if you need us.

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Next month I will highlight Solid Ground, a nonprofit working in Washington and Ramsey counties. Solid Ground seeks to prevent and end homelessness for families and children through housing, resources and opportunity.

There are so many nonprofit organizations in our community that are working hard to address essential human needs that have grown even larger as a result of Covid-19. Siblings in Christ, the core of Christian stewardship is love. Let us walk the way of love in all circumstances, using every measure of our lives for love.

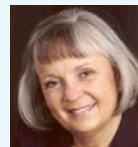
## Congregational Council



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Krista Gossai  
VICE PRESIDENT  
[k.gossai@gmail.com](mailto:k.gossai@gmail.com)



Arba-Della Beck  
TREASURER  
[arbadellabeck@gmail.com](mailto:arbadellabeck@gmail.com)



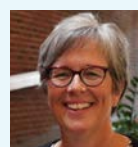
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Chris Bellefeuille, D.Min.  
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To reach all members of council, send email to [council@trinitylc.org](mailto:council@trinitylc.org). More information including minutes and reports at [www.trinitylc.org](http://www.trinitylc.org) > WELCOME > WHO WE ARE > COUNCIL.

Open for drive-up food service M/W/F from 9:30 to 11:30 a.m. and T/Th 4:30 to 6:30 p.m. No appointment necessary. Visit [valleyoutreachmn.org](http://valleyoutreachmn.org) for general information and ways to help.





## Bee Lawns

By Sheila Maybanks, Green Team

While we humans social distance and worry, our bees and pollinators are out looking for nourishment. We need our pollinators—one third of the food we eat is thanks to pollinators; and pollinators are declining—due to habitat loss, pesticides and climate change.

We can help our pollinators and ourselves by considering transitioning part of yards to “bee lawns.”

Bee lawns are a mixture of grasses and low-growing perennials similar to regular lawns but a haven for pollinators and better for us. Traditional turf lawns might look lush but they require mowing, don't help the soil, and don't offer any food for pollinators.

The University of Minnesota has developed a bee lawn mixture of fescue grasses and “short” flowering plants such as clover, thyme, and self-heal. The bee lawn, when established, requires less mowing and no watering.

You can “overseed” your traditional lawn with bee lawn mix—early spring is best. Mow the lawn, aerate the area and spread the seed mix. Mow when it is three inches tall; no watering or fertilizing necessary!

It is June now—too late to start a bee lawn this year perhaps. Minnesota Board of Water and Soil Resources has had two rounds of grants “Lawns to Legumes” available to homeowners to plant natives, including bee lawns. It was so popular that we can anticipate more grants next year.

Resources:  
bluethumb.org  
beelab.umn.edu  
pollinatorfriendlyalliance.org  
bwsr.state.mn.us/121

The Green Team is looking into transitioning part of Trinity's green space to a bee lawn, also called “low mow.”

# SOLO 55+ PLUS

Singles Group  
for Ages 55 & Up

## Celebrating Solo 55 Plus Second Birthday!

Solo 55+ is a faith-based social outreach for singles wishing for group fellowship and meeting new friends. The group began as 60+ but was changed to 55+ by popular request. The group continues to grow and a new member drive last fall added 21 members from the St. Croix Valley area.

Solo55+ supports the Valley community by including activities with the Wellness Group, Community Thread, Family Means, Senior Pass to District 834, and area churches. Our monthly potluck was held at Trinity Lutheran Church, our sponsor church, and included a speaker or group activity. Every Friday was a get together at a local restaurant. We also had fun at game night, plays, concerts, weekly walks, and many other activities.

We are missing all of these activities due to social distancing and hope we will be back together soon, when it is safe. We do continue to meet twice a week on Zoom. Many phone calls are also being made to keep in contact with our friends not on the computer. A weekly e-mail newsletter for this group is sent out which includes information, activities, and support.

For more information or to sign up for the newsletter, send an e-mail to [SOLO55PLUS@gmail.com](mailto:SOLO55PLUS@gmail.com).

### NEW MEMBER SUNDAY: Sunday, July 19 during online worship

New members will be received during online worship on Sunday, July 19! Online worship continues this summer at 9 a.m. on Sundays. If you desire membership with us, please contact Zanny Johnson at [zjohnson@trinitylc.org](mailto:zjohnson@trinitylc.org).

## Women's small group ministry to launch!

Several of you have expressed a desire to meet with other women in a small group, to gather, learn together and support each other, and we are moving forward—online to start, of course!

The format of the groups will be a brief devotion, a topic for conversation and sharing, and prayer with the purpose of being spiritual support for one another and creating deeper connection with each other and with God. Groups will meet once every two to three weeks, beginning in June, at a mutually decided upon day and time.

A few women of Trinity have already been designated to be group leaders/facilitators, there is room for more!

Please contact Zanny Johnson at [zjohnson@trinitylc.org](mailto:zjohnson@trinitylc.org) if you would like to be part of this new ministry or lead a women's small group.



If you missed it, watch it online!



On Saturday, May 9 the 5th annual Trinity Women's Talk & Tea met online with a theme of “An Attitude of Gratitude: A Lesson Learned from One of Ten” presented by Trinity member and Pastor Kris Linner. We heard a first person narrative on a grateful leper, based on the biblical story of Jesus healing the ten lepers, followed by an engaging conversation on gratitude. Please enjoy the video of this memorable Trinity tradition at [www.trinitylc.org](http://www.trinitylc.org) > CONNECTIONS > WOMEN'S TALK & TEA.

# Coronavirus Impact on the Loss of a Loved One

by Jason Bradshaw, Bradshaw Funeral & Cremation Services and Trinity Member

Hello Trinity Friends,

We hope everyone is staying safe and healthy! We have received a number of questions regarding funerals and memorials during this unprecedented time of COVID-19 and were asked to summarize some information here.

It is first important to know that we along with other Twin Cities funeral providers receive daily briefings on the COVID-19 situation and changing professional practices from the Minnesota State Health Department. The constant goal is to keep the public safe while acknowledging the needs of a family that has just lost a loved one. At this time, there are no restrictions on whether a person chooses burial, cremation, or green cremation; however, there are restrictions on the funeral or memorial service one chooses. Until further notice, funeral or memorial services cannot be attended by more than 10 people. This restriction leaves the family with choosing between a very small service now, a small family service now and larger public one later, or no services at this time. There are also technology options available such as memorial webcasting which can help many more people observe and take part in a small service by being able to view it on the internet either live or delayed. At this time, it is unknown how long restrictions will remain in place for public gatherings for funerals or memorials.

We are periodically asked if we have a recommendation for families during this time—this is hard to answer as people have very different needs and traditions. However, given that we do not know the length of the restrictions, we do suggest that the family has some sort of a ceremony or gathering to acknowledge the life lived and can begin the grieving process after the death has occurred. This is a personal decision and the folks at Trinity or Bradshaw would be happy to discuss all options with you.

Please know that the goal is to provide a service that is meaningful, no matter the size, is compliant with all state orders, and safe for those who attend. Please let us know if you have questions or if we can be of assistance in any way.

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## WORSHIP & AT-HOME HELPS

Join us as we worship together. We continue to be the church in all circumstances. Our shared ministry continues!

### Sunday Worship

Please allow for a small time delay in livestream worship.



Facebook Livestream at 9 a.m.

[www.facebook.com/trinitylctillwater/](http://www.facebook.com/trinitylctillwater/)



Online on our web site at 9 a.m.

[trinitylc.org/worship-music/worship/online-worship/](http://trinitylc.org/worship-music/worship/online-worship/)



Watch on TV at 11 a.m. on local channel 18

### Worship Helps

Download a bulletin and announcements for Sunday worship to view or print at home.

[trinitylc.org/worship-music/worship/bulletin-helps/](http://trinitylc.org/worship-music/worship/bulletin-helps/)

### Watch on TV

A rebroadcast of our livestreamed 9 a.m. Sunday worship service is available on local channel 18 through Valley Access Channels throughout the week.

**Sunday** at 11 am

**Wednesday** at Noon & 6 pm

**Thursday** at Midnight & 6 am

**Friday** at 2 pm & 8 pm

**Saturday** at 2 am & 8 am

## WORSHIP & MUSIC

### Worship Texts

Below are the scripture texts from the Revised Common Lectionary that will be used on the date listed to prepare the message for worship.

June 7 **Matthew 28: 16-20**

June 14 **Matthew 9: 35-10: 8, (9-23)**

June 21 **Matthew 10: 24-39**

June 28 **Matthew 10: 40-42**

## Summer Worship

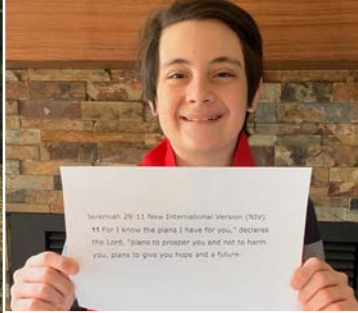
### WHAT ABOUT THE DRIVE IN?

We know you are eager for the drive-in to open and now that things are opening up on both sides of the border, we share your anticipation. Realizing this situation can change quickly, at the time of press we are in regular contact with the leadership in St. Croix County, Wisconsin, where the drive-in is located. And we are working for the earliest possible opening. We are hopeful for May 31 and throughout the summer, but unable to commit until we get the go ahead. Please keep an eye on the weekly enews, the website and Sunday announcements.

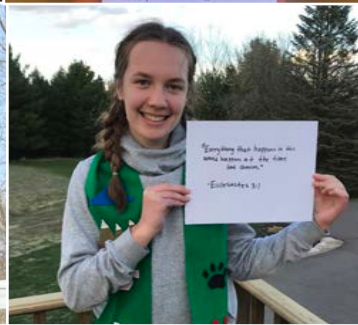
Remember, it won't be our normal drive-in experience (e.g. you will most likely have to stay in your cars and wear masks if you roll your windows down) but we will work to make it as meaningful as possible. We can't wait to see your faces from your cars and feel the joy that we can find even in those interactions!

Stay tuned.

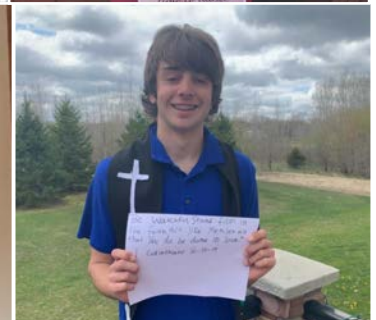
For those most vulnerable or choosing to stay home, we plan to continue providing an online worship service at 9 a.m. on Sundays throughout the summer (and likely beyond). The rebroadcast of worship on local TV channel 18 at 11 a.m. will also continue.



I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME  
PHILIPPIANS 4:13



Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.  
Corinthians 16:13-14

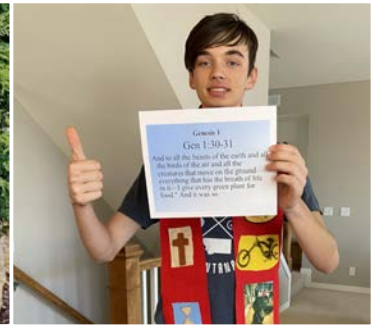


There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.  
Galatians 3:28





JESUS REPLIED, YOU DO NOT REALIZE WHAT I AM DOING, BUT LATER YOU WILL UNDERSTAND.  
JOHN 13:7



# CONFIRMATION of Baptism

## Celebrating our 2020 confirmands!

In rows from left to right:

- Tomas Andersen
- Erica Bartkey
- Anna Benson
- Ellie Berg
- Alix Bertz
- Tom Blair
- Mario Bredholt
- Marcus Cassell
- Johan Cernhous
- Nick Chapman
- Sophie Chau
- Maura Christiansen
- Cambrie Cole
- Maxwell Cronk
- Sarah Doekens
- Maddy Fultz
- Ellie Gabriel
- Charlie Gleason
- Connor Gorman
- Lily Goulette
- Tayah Halleland
- Maya Hanlon
- Keira Jelinek
- Gretta Kennedy
- Lauren Klancher
- Anna Kneeskern
- Gabby Knowlan
- Tori Liljgren
- Avery Lorinser
- Liam McClellan
- Eli Miller
- Elsa Olson
- Maya Parkin
- Lucy Sainsbury
- Katelyn Stack
- Eva Stafne
- Bronn Stebbins
- Ryan Stober
- Ruby Suro
- Caleb Surwey
- Cruz Topper
- Jackson Tweed
- Mac Wolden



They replied, "Believe in the Lord Jesus, and you will be saved, you and your household."

Acts 16:31

"For I am the light of the world. Whoever follows me shall never walk in darkness, but will have the light of life."

John 8:12



# Unproductive yet *Exhausted*? Overfunctioning and *Afraid*? *Anxious* and Losing Sleep?

By Trinity Members Rachel Parkin, LICSW & Erica Kanewischer, PhD, LMFT

**You are not alone.** Most people are reporting at least one of these groups of symptoms during this challenging time. During the uncertainty, anxiety, fear and isolation of this pandemic, our brains are in a constant state of hypervigilance; working to protect us from this new place of vulnerability by releasing stress hormones to prepare our bodies for a fight or flight response. Our bodies are made to do this really well for a short amount of time, but as weeks have turned into months, this response system is getting tired. And so are we. Add to that the fear of getting sick, grief over the loss of a loved one, financial stressors and loss of our “village,” and you can see our brains are working overtime. Even when we are home and feel we are not accomplishing much, we are exhausted; not because our bodies are working hard, but because our brains are.

So what can we do as this time continues?

**Allow ourselves to feel** however we do on any given day. Sometimes needing more rest, sometimes hopeful, sometimes angry, sometimes sad. Emotions are felt physically in the body, letting ourselves feel, with self compassion, releases these physically from the body and *reduces the chance of a post traumatic response later on.*

**Lower your expectations** of yourself and those around you.

**Create a loosely structured routine** to give yourself a rhythm and increase a sense of predictability—include things you enjoy! Plan even small things with your household so that there are those positive things that can be looked forward to and enjoyed together. Including times for exercise and moving the body is important.

**Immerse yourself in nature.** The signs of spring remind us that just as the seasons change, this too will not last forever. While in nature pause and take time to focus on each one of your five senses. When we tune into our senses it is easier for our brains to feel less anxious and in the present moment.

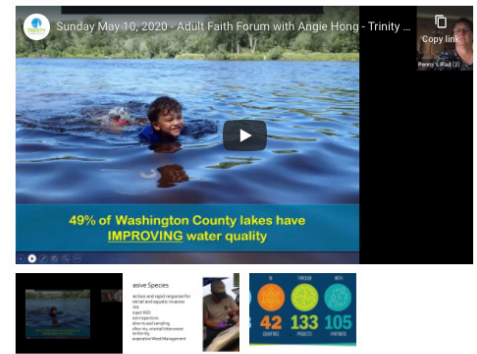
**Practice an anxiety reduction strategy and get plenty of rest.** If your sleep is disrupted, or anxiety feels like it's taking over—try a breathing exercise, visualization, or a meditation app—we have found Smiling Mind, Headspace, and Calm apps to be helpful. A simple practice is placing your hands on your belly, slowly breathing in for the count of four—holding your breath for the count of four—exhaling for the count of four—holding your breath for the count of four—and repeating this. Notice the feeling of the air coming into your nose, your belly rising, let your shoulders slide down and your jaw relax. This is also a time where you can pray—a simple “God, be with me” or a longer conversation with God is calming and connecting. Close your eyes and imagine a favorite spot and notice yourself there. A place you feel good, calm, safe. Notice all of your senses in this favorite place, what do you see, smell, hear, what can you watch that is moving? Your brain does not know the difference between imagining yourself there and actually being there! You will notice the calming effect as if you are there. Even a 5-minute practice during a busy shift or crazy household time will help.

**Stay connected.** Reach out to family and friends via video, connect with your community, talk about your experience. Hearing familiar voices and seeing familiar faces will help ground you.

**Seek additional support** when needed. If what you have tried does not feel like enough, you feel unsafe, or you are on the front lines of this crisis, there is help in our community. Most counselors are supporting people through telehealth video or phone calls. Reach out and ask for what you need, whether short-term support or more long-term in depth counseling. A simple internet search for counselors in your area will provide a place to begin. These conditions are stressful and can cause an increase in relational strain, triggering of past pain, and an increase in mental health symptoms you were managing prior to this time.



**ADULT FAITH FORUM –  
Looking Ahead to Fall**



Adult Faith Forum has wrapped up for the season. Thank you to everyone who was a part of a great and memorable year! If you missed it or are curious to learn more, you can view a few of our sessions online at: <https://trinitylc.org/welcome/who-we-are/trinity-online/> (scroll to Adult Faith Formation).

The theme for fall will be “I was wondering . . . Questions about God, Faith and the Bible.” It’s not always easy to ask a question. The truth is that being certain doesn’t help us grow in faith. Questions or doubt can be the means by which our faith evolves, brings it to life. Being a community of wondering allows us to carry each other in our faith and relationship with God.

As we start to plan for Adult Faith Forum in the fall, we would love to hear what questions you have or would like to discuss. Please check out the Trinity learning Adult Ed page to share your questions confidentially.

<https://trinitylc.org/learning/adult/adult-ed/>

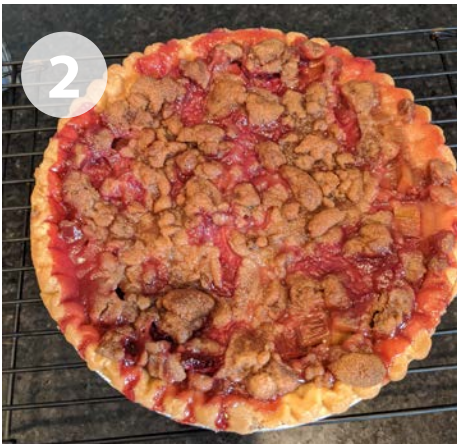
Or contact Pastor Peter at [pwestonmiller@trinitylc.org](mailto:pwestonmiller@trinitylc.org) or Penny Catlin at [pccatlin@juno.com](mailto:pccatlin@juno.com) or 651-485-8319.

This challenging time is also an *opportunity* for connection with loved ones, to simplify and re-prioritize life and being intentional. Together we can all help each other to remain hopeful, practice gratitude, and re-ground ourselves in the hope and peace of God's promises “For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11.

# LIFELONG FAITH FORMATION



**Celebration of Holy Communion**  
Please enjoy these photos of a few of our kiddos who learned, prepared and celebrated Communion at home. Faith milestones as our shared ministry continues! From top: Charlie Hong, Maggie McGrorth, James Bartlett



A group of 3rd-5th grade students have been meeting with Ms. Julie via Zoom every Sunday morning at 11 a.m. during the Covid-19 pandemic. The faith formation students have come up with some great topic/project ideas to share with one another.

1 – On our final zoom faith formation session, upper elementary students came on the screen in costume of a Bible character they respected. They took turns teaching one another as they shared the story of their character. It was awesome!

The following photos are from the week they made a food item that went with a Bible Story.

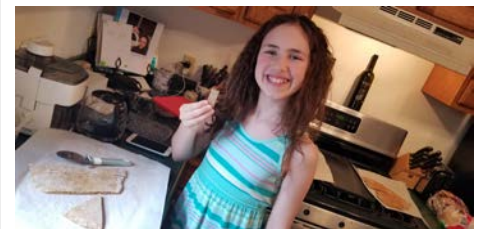
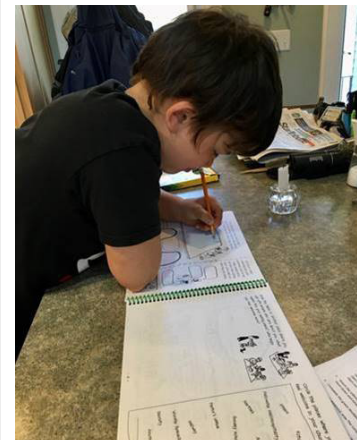
2 – Kaleb Turnau made strawberry, raspberry, rhubarb pie connected to the Bible Story of the Fruits of the Spirit.

3 – Morgen Dannhoff (and little brother, Wes) made communion bread connected with the story of the Last Supper.

4 – Maggie McGrorth made chicken pot pie. She knows that some people don't have access to food and clean drinking water and have to eat mud pies to stave off hunger pangs. She connected her project to 1 Timothy 6:8 which reminds us that if we are blessed with enough food and clothing we should be content.

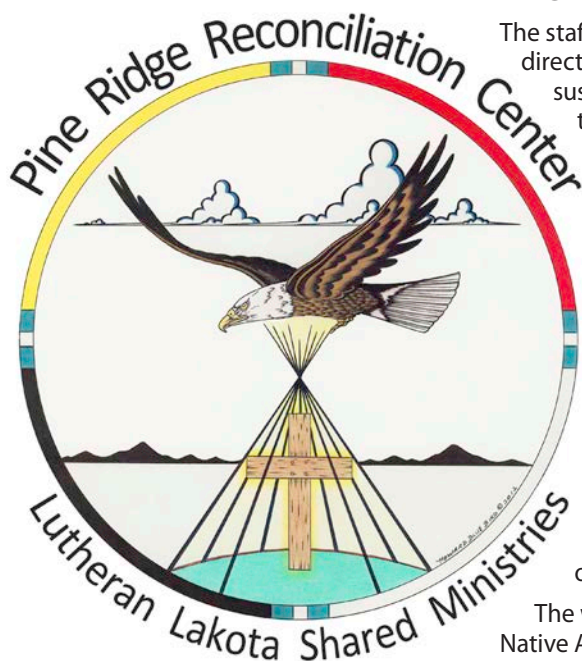


Even though we really miss meeting in person, these online sessions have bonded us in a special and unique way. Faith was formed as faith was shared!





# NEWS OF MISSION PARTNERS IN THE U.S. AND ABROAD



## Pine Ridge Indian Reservation, South Dakota

The staff at the Pine Ridge Reconciliation Center (PRRC) is following Tribal leadership directives to shelter in place and all ministries at the PRRC have been temporarily suspended. Pastor Karen Ressel reports that this long, holy pause has given time to digest ideas and plans, and prepare for the reopening of the center. They are looking forward to the physical expansion in some of their programs for which they have prepared. The kitchen in the center itself was expanded and remodeled this winter. The kids programming is being moved to the church building next door which has been unused for some time and is undergoing needed repairs, although it has no running water. Church services will begin there as well for people who are unhoused.

When the PRRC begins its ministries again as the restrictions within the tribe are lifted, there will be need for support for its Common Basket ministries as it has NO supply of diapers, hygiene kits or quilts for distribution. Diapers (large sizes are especially needed) can be delivered directly to the PRRC if ordered through Amazon, Costco, Sams or Target. Monetary donations for the Job Corp are helpful year-round as providing employment skills is a key focus. Please contact Michele Hermansen on the Mission Team at [michele2255@gmail.com](mailto:michele2255@gmail.com) before proceeding with any project on hygiene kits or quilts to discuss shipping/delivery plans.

The weekend of May 8-10, the reservation was the focus of national coronavirus and Native American justice news. From the Associated Press, May 8:

‘South Dakota Governor Kristi Noem on Friday told tribes to take down road checkpoints they had set up to keep out unnecessary visitors because of concerns over the coronavirus. The move set up a potential legal showdown between a governor who has avoided sweeping stay-at-home orders and tribes that assert their sovereign rights allow them to control who comes on reservations. The tribes have taken stronger action than the state because they are concerned the virus could overwhelm fragile health care systems that serve people with underlying health problems. They are still allowing essential businesses on to the reservations and said the checkpoints were set up to keep out tourists or other visitors who could be carrying coronavirus infections. “I request that the tribes immediately cease interfering with or regulating traffic on US and State Highways and remove all travel checkpoints,” Noem said in a statement.’

In response, 17 South Dakota Congressmen sent a bipartisan letter to Governor Noem stating that the State does not have the authority to enforce State law within the boundaries of a Reservation. The letter stated, “We could have helped facilitate conversations and given your office unique insight as to the history, culture, protocols, and vernacular of how to work together with Tribal governments. You elected, however, not to contact us and sent an ultimatum to both tribes.” The legislators then requested the governor to meet with Tribes for a government-to-government discussion, “to negotiate a resolution that reflects our combined goal of keeping all people healthy and safe.”

On Sunday, May 10, a Prayers for Peace Among Nations was organized and posted live on Facebook (perhaps other places also) by SD ELCA Bishop Constance Hagmaier, Vicar Jonathan Old Horse of Woyatan Lutheran Church of Rapid City (Native American ELCA Congregation), and Pastor Karen Ressel serving the community of Pine Ridge.



### **Iringa Diocese and Mwatasi Lutheran Church, Tanzania**

As of April 28, there were 480 confirmed cases of COVID-19 in Tanzania and 16 deaths. Most of the cases are located in Dar es Salaam, Zanzibar, and the Arusha area, but some are now being reported in the interior. Deacon April Trout reports on the changes she has observed in the Iringa Region:

“As of this weekend [May 2-3], Sunday services are still being held in Iringa Diocese. Congregations here have stopped serving communion and performing baptism to avoid close contact and minimize spread of the virus. The elderly are being encouraged to stay home from church for their own well-being and church choirs have been told to suspend rehearsals until further notice.

“Without the benefit of Zoom and other technologies, ‘remote worship’ here is accomplished by increasing the number of Sunday services (and making them shorter) so as to have fewer worshippers at each service and more space for them to spread out in the pews. In some places, this is accomplished by assigning their members a particular service to attend, usually by their ‘cell group’ (small neighborhood-based Bible study groups to which each member belongs). Where space is tight in chapels and small church buildings, the people have now started meeting outside under the trees.

“For students and teachers in secondary schools, the shutdown poses its own set of challenges and opportunities. Rev. Dr. Andeck Ngogo (DIRA Training Officer) says that for private schools, including the six DIRA schools he oversees, the timing of the crisis has interfered with the quarterly collection of school fees that fund teacher salaries and other operational expenses. The BKB Scholarship & Education group is working with his office and school headmasters on a plan to help ensure that teachers and staff at DIRA schools receive at least a portion of their pay during the crisis. At the same time, teachers are continuing to work remotely by sending students lessons and questions using SMS, WhatsApp, and whatever means they can find.

“As for me, I remain safe and healthy and thankful for your prayers. I am grateful to be able to continue to do God’s work in the Diocese. The Diocese staff is grateful that I have remained here to work with them, and they are taking good care of me. God is good!” – Deacon April Trout, BKB Program Coordinator in Iringa

We have had recent email communication with a church contact in Mwatasi who was with our team daily in October 2018. He is a secondary school teacher by profession and is currently in Mwatasi because of the school closures. He has informed us that there is now electricity in Mwatasi to the “whole village,” to the church and the primary school. That has to be life-changing for them.

We will keep you apprised as we get news from the region. Please pray for the health and well-being of the people of Tanzania, and especially our partners in the Iringa Diocese, and Pastor and Mrs. Chaula and the people of our individual partner Mwatasi Lutheran Church.



# Reading in All Circumstances

By Norma Wilson, Library Volunteer

“Trinity continues to be the church in all circumstances.” Although we do not currently have access to the Trinity Library, members share meaningful reading resources. This month we celebrate receiving a Book Grant from the Hazelden Foundation for the Trinity Library! Some of the many books donated are listed below. We are also grateful to have several reading suggestions from Trinity men whom are avid readers.

## Hazelden Book Award

The Recovery Resource Center books in the Trinity Library are available for all Trinity members and community. The resources are needed to help adolescents, adults, and families in a range of situations: relationships, grief, addictions, meditations, and more. We are grateful to Trinity member David Teschler, of Stillwater Leadership Coaching & Consulting, for providing significant support in the grant writing process.

## Devotionals



*Touchstones For Men: A Book of Daily Meditations For Men* (RR 158.12 HAZE)

*A Woman's Spirit: More Meditations for Women* (RR 158.12 HAZE)

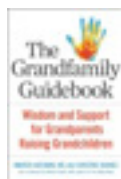
*The More We Find in Each Other: Meditations for Couples* (RR 158.12 FOSS)

## Caretakers

*Finding Your Joy In Compassionate Caregiving* (RR 630 ORAN)

*Recognizing and Facing Alcohol and Drug Misuse in Older Adults* (RR 362 HARO)

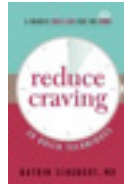
*The Grandfamily Guidebook: Wisdom and Support for Grandparents Raising Grandchildren* (RR 306.8 ADES)



**Parenting and Children**  
*Earn It: What To Do When Your Kid Needs An Entitlement Intervention* (RR 306.8 WETT)

*Recovering My Kid: Parenting Young Adults in Treatment and Beyond* (RR 362.2 LEE)

*Sober Dad: The Manual for Perfectly Imperfect Parenting* (RR 306.8 GRAU)



**Food Obsessions**  
*Reduce Craving: 20 Quick Techniques* (RR 616.8 SCHU)

*Fat Is A Family Affair: How Food Obsessions Affect Relationships* (RR 616.85 HOLL)

## Book Recommendations from Trinity Readers

Mission Team member and Adult Forum participant John Hodler is currently reading *AMERICAN HARVEST: God, Country, and Farming in the Heartland*. The author, Marie Mockett, is the descendant of an American farm family and a Japanese mother. She travels with a group of wheat harvesters from Texas to the Dakotas and west to Idaho. With openness and bravery, she describes how we grow food, how we worship, and interact with each other. This book explores the different Christian faiths in farm families and communities, and differing views of farming and religion held by those living in cities and in rural areas. *American Harvest* offers insights for anyone interested in or struggling to understand America's divisions.



Math teacher and TTMT member Noah Schumacher is currently reading *Math with Bad Drawings: Illuminating the Ideas that Shape our Reality* (Orlin) The author shows how math shapes our world and shows how “to think like a mathematician by teaching us a variety of new games like rolling a pair of dice to understand an economic crisis.” (Black Dog & Leventhal)

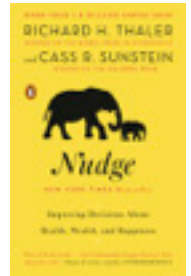


Noah also recommends *It's Your Ship: Management Techniques* (Capt. Abrashoff). Capt. Abrashoff, of the USS Benfold, used his management skills to create a crew recognized as a model of



naval efficiency. *Best Seat in the House* (Rosen) “Rosen shares his experiences working with athletes, journalists, and a variety of local notables.” (MVP Books) Noah is also currently spearheading the reading of the Harry Potter series with his children.

Trinity Church Council member Andrew Thelander and TTMT group member recommends books related to family, health, happiness and financial investments. We have to add gardening as an interest for Andrew; he was featured in the March issue of *Northern Gardener* magazine. *The Last Lecture* (Pausch) addresses overcoming obstacles and seizing every moment of life. Noble Prizewinner R. Thaler authored *Nudge: Improving Decisions About Health, Wealth and Happiness*. Through behavioral science research, readers become informed about making better choices with purchases, investments, family health and education, and even our planet. *Food Rules: An Eater's Manual* (Pollan) addresses our approach to health and eating, contains rules for eating well, and views from ethnic and cultural traditions.



Dave Broberg, Valley Outreach volunteer and Men's Bible Study participant has favorite authors. Among those are Mitch Albom and William Kent Krueger. *Tuesdays With Morrie* (378.1 ALBO) is an inspirational story of a young Albom meeting with a former professor and learning lessons of life and death. *Have a Little Faith: A True Story* (296.7 ALBO) shares the story of men in differing situations, Christian, Jewish, African-American, white, poor and wealthy and how they use faith to survive. Krueger's award-winning novel *Ordinary Grace* (FIC KRUE) “is a moving account of a boy standing at the door of young manhood, trying to understand a world that seems to be falling apart. It is an unforgettable novel about discovering the terrible price of wisdom and the enduring grace of God.” (Paraphrase Altria Books)



TTMT member and busy father Jeff Kaneswisher, favors three award-winning and impacting fiction books. *A Gentleman in Moscow* (FIC TOWL) relates the tale of an aristocrat who is

ordered to spend his life under house arrest in a Moscow hotel during a time of tumult in Russia. He endeavors to understand his purpose in life.

*Beartown* (Bachman) Hockey is everything for a small town immobilized by scandal. The novel speaks to family, sacrifice, friendship, hope and redemption. (Publisher's Weekly) *The Whistling Season* (Doig) is set in Montana during the 1950's when a superintendent is closing one-room schools and reverts to his past in 1910 when he was a student. *Beartown* is a heartwarming story of change and a wistful past.



Nathan Gossai, medical professional and busy father to four girls recommends *The Obstacle is the Way* (Holiday). The writing describes the ancient wisdom of the stoics (Marcus Aurelius, Epictetus and others) and application in modern life. Filled with contemporary examples that demonstrate ancient thinking is timeless, the book is especially helpful for the mindset of those seeking to be change makers in our current time of challenge. *The Checklist Manifesto* (Gawande) outlines the immense complexity of our day to day life and



how the simple checklist has improved efficiency and accuracy. The author speaks most authoritatively on medicine—but the book's lessons apply to all of us. Gawande is a lauded Harvard surgeon and author of the books, *Complications* and *Better*.

The Trinity Library volunteers are eager to have you visit when it's safe to do so!

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praise worthy think about such things.

– Philippians 4:8



Thank you to Sue Peterson for this photo reminding us that the plants continue their joyful blooming.

## CHRISTIAN SYMPATHY

- To family and friends of **James Deaner**

## WORSHIP OPPORTUNITIES

### SUNDAY WORSHIP

Livestream on Facebook at 9 a.m.

Trinity Online at [www.trinitylc.org](http://www.trinitylc.org) at 9 a.m.

Watch on TV at 11 a.m.

**Watch Worship on local channel 18 through Valley Access**

Sundays at 11 a.m.

Wednesdays at Noon & 6 p.m.

Thursdays at Midnight & 6 a.m.

Fridays at 2 p.m. & 8 p.m.

Saturdays at 2 a.m. & 8 a.m.

## ONLINE WORSHIP ATTENDANCE

<b>March 15</b> Live viewers.... NA Views/week.....311	<b>April 12 - Easter</b> Live viewers.... 277 Views/week.. 1,101
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<b>March 22</b> Live viewers..... 98 Views/week.. 1,058	<b>April 19</b> Live viewers.... 163 Views/week..... 587
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<b>March 29</b> Live viewers.... 144 Views/week..... 906	<b>April 26</b> Live viewers.... 171 Views/week..... 985
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<b>April 5</b> Live viewers.... 188 Views/week..... 752	<b>May 3</b> Live viewers.... 169 Views/week..... 737
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<b>April 10 - Good Fri</b> Live viewers.... NA Views/week..... 527	<b>May 10</b> Live viewers.... 164 Views/week..... 619
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## why trinity?



## core values

Exceptional Worship  
Radical Hospitality  
Authentic Community  
Lifelong Faith Formation  
Compassionate Action

## welcome

To read our full welcome statement please visit our web site at [www.trinitylc.org](http://www.trinitylc.org) > WELCOME > WHO WE ARE > RECONCILING IN CHRIST.

June 2020 • [trinity.today](http://trinity.today).



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