



April Star Word Prompt: Where do you find the hope and good news of the resurrection in/through your star word?

Save the Dates: NEMN Synod Staff will be at Trinity

Sunday, April 14 -- Bishop Amy Odgren will be visiting the Trinity congregation. She will preside over worship and then join us for fellowship, conversation and the council meeting afterward.

Sunday, April 21 -- Dn. Susan Williams, Synod Minister for Leadership Support will be here at Trinity for worship, fellowship and conversation.

Saturday, April 27, is the Annual Northeastern Minnesota Synod Assembly. Trinity's representatives this year are:



Palm Sunday, March 24, worship was a reader's theater presentation, *From Palms to Passion*. Lead by Dn. Brenda Tibbetts, the service began with the entrance of the palms and ended with the crucifixion of Jesus. Thanks to all who made the presentation so meaningful: Bob Walker, Joel Anderson and Julie Horihan, *readers*; Laura Aune, Kate Cheney, Bailey Conger, *sound effects*; Bailey, Julie, Grace Notes and the choir, *music*.



Thanks to "Popeye" Jim Aune & Crew, who provided oatmeal, fixin's, and peanut butter twists after worship on March 10. The brunch was delicious and in the end, Trinity helped raise \$1194 to be split between camperships to Camp Vermilion and National Youth Gathering attendees. *(More pictures, pg. 6)*

Be sure to check out the original Bible Quest artwork that will be hanging in the Fellowship Hall for a few weeks. One of the many projects done during the Wednesday get-togethers was drawing covers for the Easter bulletin. 27 different interpretations, 27 different drawings, 27 different covers -- all 27 amazing and the kids did a great job!



The confirmands stood with classmate, Sophia as she was baptized during the Lenten service on March 6.

The confirmands stood with classmate, Sophia (*right*), as she was baptized during the Lenten service on March 6. (*l to r*) Gage, Vinny, Sawyer, Laurin, Lila and Dn. Kari.

March's Community Meal came with a bit of a twist this year: Dinner Church! Because Maundy Thursday fell on the same day as what has become the "regular" day for Trinity's free community meal, it was decided to try to combine the two events. And it worked -- successfully! The Social Outreach crew did their thing; prepared and served the drive-thru meal for the community, and then Dn. Kari Olson and the team welcomed the Trinity family and community to attend a sit-down service with food, fellowship and worship, including communion. A fulfilling ministry event.



FREE COMMUNITY MEAL

April 25, 2024

Meals served Drive-Thru 4:00 - 5:30 pm

This month's menu includes:

Scalloped Potatoes w/Ham,
 Vegetable, Roll
 & Dessert



On the last day of Bible Quest before Spring break and Easter, the children came with lots of energy and lots of emotions. We could feel it as Lindy and I gathered the children in the hallway at North Woods School. We could see it in the faces of the teachers. We experienced it as we arrived at Trinity and went about our routine of prayer, snack, Bible story and activity. Bible Quest often feels like organized chaos and this day was no exception.



Deacon Kari

We had a lot to cover in our Bible story time. Pr. Erika had suggested they draw the bulletin covers for Easter Sunday which meant that we would walk through the entirety of Holy Week, from Palm Sunday to Good Friday, in order to get to Easter. We started with Palm Sunday in the entry way, down the stairs from the sanctuary, and physically walked up the stairs and into the sanctuary. We walked towards the cross as we talked about each day of Holy Week. Palm Sunday – parade and celebration. Monday – Jesus and the disciples in Jerusalem. Tuesday – Jesus teaching in the temple. Wednesday – Jesus visiting with friends and praying, Thursday - at the altar, around the table for the Last Supper. Friday – at the cross, Jesus’ death. Before we arrived at the altar, I wasn’t sure how much they were able to take in. It was a lot and they were already full of energy and emotions. But when I looked at their faces and heard their questions as we stood around the Lord’s Table, I knew they got it. But the story wasn’t over, we had to get to the resurrection. As they sat in the church pews, we continued with the resurrection story. And the questions, oh the questions. They got it.

They got the complexity of it all. They got the emotional roller coaster of it all. They got the excitement and joy of Palm Sunday, the ups and downs of the week, the tragedy of Good Friday, the grief and sorrow that followed, and the joy and hope of resurrection. They got it because they live it. They live those big feelings. Just like we do. All of the feelings and experiences of Holy Week and Easter exemplify our own lives. Jesus and his followers experienced what we experience. God experienced what we experience.

After I explained the project of drawing and coloring pictures for the Easter Sunday bulletin covers, they reverted to talking about the Easter bunny and I wondered if that’s what would be featured on our bulletin covers. After a little encouragement to stick to the story of Jesus for their drawings, they went to work. As the children worked on their pictures, the adults got the privilege of walking around to the different tables, sitting with them, eavesdropping on their conversations, and participating in conversations. What a treat!

After the children left, several of us adults stood looking through their pictures. We were blown away. Amidst the grief, the sadness and the complexity of this world, there is hope. There is hope in the resurrection. There is hope in our children. There is hope in Jesus. It’s right there in those pictures.

May we all live in that hope.

In peace and love,
Dn. Kari (she/her)

Mental Health & Wellness Team -- ANGER

BIG FEELINGS are here in Trinity. We are experiencing a variety of unwanted BIG FEELINGS since learning of the return of Pastor Erika’s cancer and her need for disability during many weeks of treatment. We have our own burdens and struggles in addition. Most of these feelings are easily recognized, if not easily managed. Let’s focus on one that can be difficult for “good” Christians even in the best of times: ANGER. Is it OK for me to get angry? Can I be angry with God? What about “righteous anger”?

First, let’s identify anger as a feeling that occurs naturally. It is a signal that something needs attention and probably action, just as pain is a signal that alerts us to a physical problem. Although we don’t usually welcome it, anger can be viewed as a gift. The key is how we react to it.

If we can stop, count to 10 or 1,000,000, and reflect, we are more likely to identify the real source of our anger and an appropriate response. Anger is often a secondary response to fear after a perceived threat. It could be fear of loss of control of any kind, loss of pride, loss of the comfortably familiar. In interpersonal relations, it is helpful to sort out what may be someone’s intended insult, what may be someone’s negative emotions dumped on you, and what may be a valid, if painful, criticism. Responses then can be appropriate, ranging from assertively setting boundaries, to gentle feedback or generosity, to changing your own behavior.

Massive losses and injustices give rise to major anger. Yes, we can express our anger toward God as the writer of Psalms often did. We can stomp our feet and grieve. Appropriate and often necessary. But the secret power of anger is the energy it generates. With that energy and thoughtful evaluation of positive actions within our area of influence, we can begin to change the world, one small step at a time. Let’s put our anger to work!



The Mental Health and Wellness Team welcomes your feedback, and even criticism.
Please leave a note in the suggestion box in the Fellowship Hall or call:

Dn. Kari Olson 218-290-5984 Lauren Simensen 610-507-0051
Arlene Jershe 218-749-5503 Vickie Lange 507-412-1117



by President Crystal Whitney

To inform the congregation about Council meetings and actions in a timely manner, a recap of the most recent meeting will be published in the church newsletter. This recap is NOT official meeting minutes. All approved meeting minutes are available in the church office.

Trinity Council met on Sunday, March 17 at 11:00 a.m.

President Whitney read the letter from Pastor Erika to the congregation. Council discussed the disability application process. Councilmembers also discussed the need for fellowship and support of one another during this time.

Deacon Kari reported on Bible Quest, Confirmation and Lent activities. Both Deacon Kari and Deacon Brenda Tibbetts have been granted permission by the Bishop to preside over communion during Pastor’s leave. The worship schedule is set through April.

The Church Custodian job was offered and accepted by Jeanie Wilson pending a background check.

Discussion on an Automated External Defibrillator (AED) was tabled.

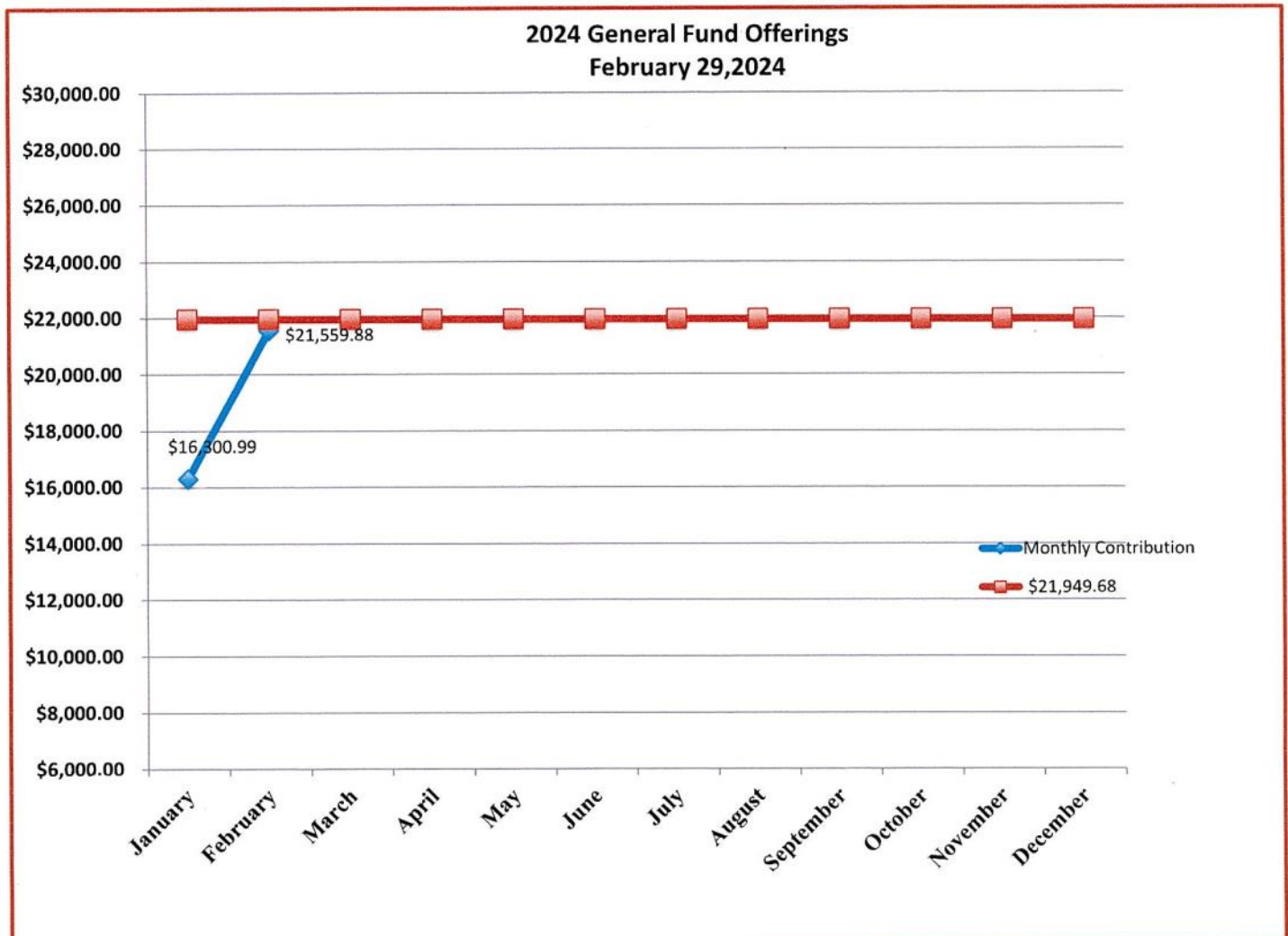
Council approved the dispersal of campership funds equally and proportionally among campers.

Council approved raising Deacon Kari’s time and salary from ½ time to ¾ time. Council also approved an increase in her auto expense.

Councilmembers discussed tasks and communication needs while Pastor is on leave. Each councilmember was assigned to a Team to help with communication and direction. A contact list will be distributed in the bulletin, posted in the church and online.

Council approved adding Pastor Liz Cheney and Laura Aune to the Youth savings/checking account for the upcoming Youth Gathering trip.

The next Council meeting is scheduled for Sunday, April 14 at 11:00 am.



General Fund

2/29/2024

2024 Budget = \$263,396.21

Budget Receipts \$21,559.88
 Budget Expenditures \$25,144.62
 Checkbook Balance \$613.43

Offerings Needed
 Monthly = \$21,949.68
 Sunday - \$5,065.32

	<u>Monthly</u>		<u>YTD Received</u>	<u>Anticipated</u>
<u>Income</u>	<u>February Received</u>	<u>Anticipated Budget</u>		<u>YTD Budget</u>
Envelope Offering	\$ 20,863.88		\$ 36,889.53	
Loose Offering	\$ 621.00		\$ 821.34	
Church usage	\$ 75.00		\$ 150.00	
Total Regular Income	\$ 21,559.88	21,949.68 **	\$ 37,860.87	\$ 43,899.36

<u>Mission Support</u>	<u>February paid</u>		<u>YTD Paid</u>	
NF Synod	\$ 633.33	\$ 633.33	\$ 1,266.66	\$ 1,266.66
VLM	\$ 81.00	\$ 81.00	\$ 162.00	\$ 162.00
Total Mission Support	\$ 714.33	\$ 714.33	\$ 1,428.66	\$ 1,428.66

<u>Expenses</u>				
Education	\$ 140.00	\$ 311.67	\$ 140.00	\$ 623.34
Wellness Ministry		\$ 12.50		\$ 25.00
Stewardship	\$ 116.40	\$ 91.67	\$ 217.36	\$ 183.34
Mental Health & Wellness		\$ 41.67		\$ 83.34
Social Outreach Ministry				
Worship	\$ 986.98	\$ 783.58	\$ 1,532.17	\$ 1,567.16
Church Operations	\$ 11,270.40	\$ 7,902.23	\$ 18,882.70	\$ 15,804.47
Pastoral Salary & Bene	\$ 8,224.20	\$ 8,299.35	\$ 16,535.61	\$ 16,598.70
Congreg Care Minister Sal & Bene	\$ 3,684.31	\$ 3,767.66	\$ 7,368.62	\$ 7,535.32
Misc	\$ 8.00	\$ 25.00	\$ 160.46	\$ 50.00
Total Expenses	\$ 25,144.62	\$ 21,949.66	\$ 46,265.58	\$ 43,899.33

<u>Growing In Grace(3)</u>		<u>February</u>	<u>Attendance</u>
Total loan	\$786,660.31	Feb 4	56
Current Balance	\$49,226.46	11-Feb	51
Pledged	\$183,603.00	18-Feb	54
Pledges Received	\$129,661.70 (49 giving units)	25-Feb	62
	70.60% thru 2/29/24		

Receipts for the month are **BELOW** budget by \$389.80. Receipts are **BELOW** budget for the year \$6,038.49.
 Expenses are **ABOVE** budget for the month by \$3,194.94. Expenses are **ABOVE** budget for the year \$2,366.22.

Memorials received this month in memory of: Given by:
 No memorials were received in February.

Regular offerings keep Trinity going; **Thank You** for continued support. Whether worshipping in person or online, TLC ministries and missions are dependent on faithful giving. *If you would like to set up regular electronic payments* contact the office at 218-666-5965 or email info@trinitycook.org for further information.

GIFTS	Received	Submitted-YTD
Noisy Offering		
Cook Food Shelf	\$774.48	\$774.48
Social Outreach Ministry	\$68.00	\$134.00
Pastor's Discretionary Fund		
Salvation Army		
Lenten Offerings	\$ 523.00	\$523.00
Mental Health and Wellness	\$ 1,800.00	\$2,695.00



Trinity Lutheran Council Contact List

While Pastor Erika is on medical leave, she is unable to perform any pastoral tasks. Each Council member has been assigned to help with communication. Please contact the following with questions or concerns.

DEACON KARI OLSON

Questions about
Congregation Care,
Programs and Worship

deaconkari@trinitycook.org
218-290-5984

MENTAL HEALTH & WELLNESS

Questions about support
and resources

Larry Lange
lakesearch@msn.com

COUNCIL PRESIDENT

Questions about Council and
Pastor Updates

Crystal Whitney
lrpcjw@gmail.com
218-750-7417

WORSHIP & MUSIC

Questions about worship
leaders and assistants

Patti Naughton
pn3151@gmail.com

Kim Marwick
kmarwick04@gmail.com

PASTORAL RELATIONS

Questions on how to help
and support Pastor and her
family

Leo Wilenius
llwilenius@gmail.com

Jody Bixby
jodybix@gmail.com

YOUTH GATHERING

Questions about the
National Youth Gathering

Laura Aune
lauraeaune@gmail.com



BLESSINGS



Lord, Hear Our Prayers:

Those needing healing and comfort:

Pastor Erika Foss, Elmer Vanden Heuvel,
Duane Gustafson, Judy Posch, Nancy Foss,
Larry Kujala, Jessica Harmston, Lochlaim
O'Brien, Barry Hansen, Katie Aune, Dave O'Melia,
Shirley Bixby, and Kevin Cairn.



Family & Friends of Carolyn Blossom, who passed away
on February 29, 2024.

Family & Friends of Gladys Kujala, mother of Larry
Kujala, who passed away on March 18.

- + Families and communities that are still trying to get back on their feet following the devastating storms, fires, and floods throughout the country
- + Citizens, refugees and their families caught in the devastation and military actions in Ukraine and Eastern Europe.
- + People facing medical testing, challenges, & difficult situations
- + Those serving in the armed forces, at home or abroad.
- + Those seeking Jesus Christ in their lives.



Anniversaries

- 3 Bill & Bailey Conger
- 5 Garrett & Lauren Simensen
- 23 Dean & Sandi Buchanan
- 26 Bill & Brenda Tibbetts
- 27 Jeff & Lisha Pearson

Birthdays

- | | |
|---------------------|----------------------|
| 1 Laura Bergman | 18 Irene Baumgartner |
| 2 Pr. Erika Foss | 19 Bailey Conger |
| 4 Charlie Franks | 21 Dave O'Melia |
| 5 Lynn Polich | Elmer Vanden Heuvel |
| Randy Swenson | |
| 6 Jody Bixby | 23 Kathy Jowaski |
| 7 Bill Conger | 24 Jeanne O'Melia |
| 12 Ron Maki | 25 Lindy Wilenius |
| 13 Vera Bryson | 26 Steve Stone |
| Brenna Simpson | 28 Bill Bryson |
| 14 Charley Pascuzzi | Gina Nukala |
| 16 Kerrisa Anderson | 29 Brad Arvila |
| Julie Aune | 30 Jim Aune |
| Steve Polich | Carol McCue |

Jeanie Wilson has been hired recently as custodian for the Trinity building. Jeanie, Greg and family are long-time members of the Trinity community.



Please join us in welcoming Jeanie to the staff and be sure to introduce yourself if you see her during the week.

Scripture Readings April 2024

April 7

2nd Sunday of Easter
Acts 4:32-35
Psalm 133
1 John 1:1-2:2
John 20:19-31



April 14

3rd Sunday of Easter
Acts 3:12-19
Psalm 4
1 John 3:1-7
Luke 24:36b-48

April 21

4th Sunday of Easter
Acts 4: 5-12
Psalm 23
1 John 3;16-24
John 10:11-18

April 28

5th Sunday of Easter
Acts 8:26-40
Psalm 22:25-31
1 John 4:7-21
John 15:1-8



NEMN Synod Reconciling In Christ, Session III gathering for the Laurentian Conference will be held Sunday, April 21, from 2:00 - 3:30 pm at Our Savior's in Virginia. Dn. Susan Williams will be the facilitator for the event. Participants will be introduced to the terms used in sexual orientation, gender identity, and expression. In short, what LGBTQIA+ means.

Trinity's *Women of the ELCA* will be meeting on **Wednesday, April 10, at 9:30 am** for Bible Study and a business meeting.



The start of a successful month of quilting (clockwise, from lower left: Josie , Lindy Wilenius, Norma Thomas, Deb Bradt, Gerry Ruuska, Vickie Lange, Barb Schmidt, Nancy Lindbeck, Lorraine Carlson. The group has finished 126 quilts in March, with a small pile left to finish with one extra session in April. Always fun to see the many colorful quilts that fill the sanctuary.

Laurentian Conference Spring Conference
"Renewal"

Saturday, April 6, 2024

Immanuel Lutheran Church, Tower

Registration Begins 9:00 am

Gathering Begins 9:30 am

Morning Speaker: Jeannine Bruesewitz,
SWO President NEMN Synod

Afternoon Speaker: Kim Dickey,
Global Health Ministries

Offering Focus: 1/2 to Church Wide
1/2 to Tower School of Music

In-Kind Offering: *Katherine's House* in Eveleth, MN
Items needed: Towels, Body Wash,
Shampoo & Conditioner, Lotion, Deodorant



Questions may be directed to:

Julie Lepisto, Coordinator 218-340-0538 lepistol@paulbunyan.net
Candace Bischoff, Secretary 612-723-5627 candacebischoff@gmail.com

WELCA is collecting School Kits for Lutheran World Relief

Check out the display in the entry and help them fill the next tub by May 15, 2024.

Needed for each kit:

- 4 - 70-sheet Spiral Notebooks (no loose-leaf paper)
- 1 - Ruler
- 1 - Pencil Sharpener
- 1 pr - Blunt Scissors
- 5 - Unsharpened #2 Pencils (w/erasers)
- 5 - Black or Blue Ballpoint Pens (NO gel ink)
- 1 - Box of 16 or 24 Crayons



Contact Gerry Ruuska or Norma Thomas with questions.

Aunes, Aunes, & more Aunes! And honorary Aunes!



Thanks to Jim, Glenn, Kate, Libby, Madison, Laurin and Bill and all those behind the scene that helped make it all yummy!

A special thanks to all who donated to make this fundraiser a delicious success!



Camp Wednesday at Bible Quest with Camp Vermilion

Staffers from Camp Vermilion took over Bible Quest on Wednesday, March 13, to give the BQ kids a taste of camp from snacks to games and energy!

Thanks to Bjorn Anderson, Camp Vermilion Director, Tom Hed, Head Cook, and Katie Maurer, former Program Director for sharing their time and love for camp with us. The kids loved it and getting outside in the sunshine was a bonus!



Fun in the Sun!

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

	1 CHURCH OFFICE CLOSED	2	3 Cook Care Ctr 10am NO YOUTH ACTIVITIES	4	5 CHURCH OFFICE CLOSED	6	
7 Worship 9:30 am w/communion CCC 1:30 pm AA, Al-Anon 7:00pm	8 CHURCH OFFICE CLOSED <i>The Well</i> 9:30 am	9 Bible Study 9:30 am Knit/Crochet 11am Piano Lesson (FR) 5:30pm Scouts 5:30 pm	10 WELCA 9:30 am Bible Quest 2:30 pm Grace Notes 5:00pm Confirmation 6:30 pm Choir 6:30 pm	11	12 CHURCH OFFICE CLOSED	13 	
14 Worship 9:30 am w/communion <i>Bp. Amy Odgren</i> Council Mtg 11:00am AA, Al-Anon 7:00pm	15 CHURCH OFFICE CLOSED <i>The Well</i> 9:30 am	16 Bible Study 9:30 am Knit/Crochet 11am Piano Lesson (FR) 5:30pm Scouts 5:30 pm	17 Bible Quest 2:30 pm Grace Notes 5:00pm Confirmation 6:30 pm Choir 6:30 pm	18	19 CHURCH OFFICE CLOSED	20	
21 Worship 9:30 am w/communion <i>Dr. Susan Williams</i> AA, Al-Anon 7:00pm	22 CHURCH OFFICE CLOSED <i>The Well</i> 9:30 am	23 Bible Study 9:30 am Knit/Crochet 11am Piano Lesson (FR) 5:30pm Scouts 5:30 pm	24 Bible Quest 2:30 pm Grace Notes 5:00pm Confirmation 6:30 pm Choir 6:30 pm	25 NEWSLETTER DEADLINE NOON Community Meal 4 - 5:30 pm	26 CHURCH OFFICE CLOSED	27	
28 Worship 9:30 am NEMN Synod Assembly AA, Al-Anon 7:00pm	29 CHURCH OFFICE CLOSED <i>The Well</i> 9:30 am	30 Bible Study 9:30 am Knit/Crochet 11am Piano Lesson (FR) 5:30pm Scouts 5:30 pm	2024 APRIL				

BQ Bible Quest: The Journey Continues

Thank you to all the volunteers and Prayer Partners who are willing and available to assist each Wednesday.



Prayers circles are a part of the day, one on Valentine's Day even had a bit of a "heart shape" that several of the children noticed. Each is encouraged to pray for someone or something, silently or aloud.

After a long day at school, there is always extra energy to be used up...especially on days when there may not be enough recess. Singing action songs with lots of body movement like Father Abraham (*above*) and racing across the parking lot, screaming as loud as possible (*right*) are just two productive ways.



And there is always a bible story, ending this March with the story of Jesus and his journey to the cross. Beginning in the entryway, each waving a palm while learning about the ride through the streets on the back of a donkey, Dn. Kari lead the procession. The group then continued up the stairs to the sanctuary and there they learned about the trials of the week to Good Friday, ending at the altar and the cross.

After a week of spring break, Bible Quest will resume for three final weeks, starting April 10.

Trinity Lutheran Church, ELCA
P O Box 1196
231 Second Street SE
Cook, MN 55723
(Address Service Requested)



Trinity Lutheran Church Information

Pastor: Rev. Erika Foss
Congregational Care: Dn. Kari Olson
Music Director: Bailey Conger
Financial Manager/Bookkeeper: Sue Carstens
Secretary: Beth Sprouls



Sunday Worship 9:30 am
(Holy Communion Most Sundays)
Livestream Available on
Facebook & YouTube

Office Hours
Mondays by appointment
Tuesday - Thursday 9:00 am - 4:00 pm
Phone: 218-666-5965
Email: info@trinitycook.org

Website: www.trinitycook.org
Facebook: www.facebook.com/TLC.Cook.MN
YouTube: www.youtube.com
(Trinity Lutheran Church of Cook)

The Trinity Tribute newsletter is published monthly to keep members and friends informed of church programs and to report news about the Trinity Lutheran Church community.