

November 2022 Newsletter
Trinity Lutheran Church-ELCA
Cook, Minnesota





“But as for me and my household, we will serve the LORD.” Joshua 24:15

This fall I have been running into the 10 Commandments quite a few times. We had them in our Sunday reading and we are learning them in Confirmation. It is always good to not only take time and remember the commandments but also see how well we are doing living them out!

I am always struck how we break and rebreak Commandments 5 and 8! Do you remember what these commandments are without looking? I’m guessing you are having trouble remembering what they are! The fifth Commandment is: You shall not kill and the eighth Commandment is: You shall not bear false witness against your neighbor. Yes, I know you aren’t out killing people with weapons but we do break these commandments.

Martin Luther writes about the 5th commandment: We are to fear and love God so that we do not hurt our neighbor in any way but heal him or her in all their physical needs. He says about the 8th Commandments: We are to fear and love God so that we do not betray, slander, or lie about our neighbor, but defend him or her, speak well of him or her, and explain their actions in the kindest way.

Oh boy, we have work to do with these commandments. Our silly tongue, our foolish pride, our ego, our need to look better make us not live out these two commandments to the best of our abilities. How often do we talk in not so great ways about our neighbors? How often do we gossip? How often do we not defend our neighbor? When have we spoken well of our neighbors or even our church?

We need to be proud of who we are as Trinity Lutheran. We need to speak and share the good ministry that we do here. We need to not break commandments when we speak of not only our neighbors but also our church!

Let us try, as people of God, to follow the commands of God. Let us try to defend, speak well, and not kill (with weapons or our words and actions). Let’s make the world a little better place by being commandment followers.

God’s great love to you all,
Pr. Erika



Advent Spiral Service
Wednesday, November 30, at 6:30 p.m.
A beautiful service for people of all ages.

Advent, which begins on Sunday, November 27, is one of my favorite seasons of the church year. Perhaps it’s the contemplative in me or the very introverted part of me that appreciates the summons to slow down and go deeper as we wait.



Deacon Kari

As we enter into this season of Advent, people of all ages are invited to join us for an Advent Spiral Service on Wednesday, November 30, at 6:30 p.m. in the Fellowship Hall.

The Advent Spiral has its roots in the Waldorf Schools with children but is a service for both children and grownups. For it is with the awe of children that we await and prepare our hearts and minds for the incarnation of God in the world.

The Advent Spiral Service is a lovely meditative service that gives us the opportunity to enter into the beauty and mystery of the season of Advent in a special way by walking a spiral of evergreen boughs or sitting to meditate while music plays in the background interspersed with readings. Imagine evergreen boughs laid on the floor in the shape of a spiral. In the center of the spiral is a lit candle. The room is darkened and each person takes a turn to walk the spiral. As each person reaches the center, they take a candle from the center and then retrace their steps out of the spiral. Each person brings forth the light as they walk outward and chooses a place along the spiral to set their lit candle to light the path for others as we share Christ’s love. As person after person has a turn and more and more lit candles grace the spiral, the room becomes increasingly filled with light.

As I wait with you during this season of Advent, I recognize that this time of year can be filled with all sorts of emotions. Know that I hold you in my prayers and you are welcome to talk and pray with me anytime.

The Lord is coming, always coming. When you have ears to hear and eyes to see, you will recognize him at any moment of your life. Life is Advent; life is recognizing the coming of the Lord. – Henry Nouwen

In peace,
Dn. Kari (she/her)



1105 E. SUPERIOR STREET UPPER SUITE
DULUTH, MINNESOTA 55802-2216
TELEPHONE: 218.724.4424

WWW.NEMNSYNOD.ORG
INFO@NEMNSYNOD.ORG
FAX: 218.724.4393

FOR IMMEDIATE RELEASE

October 6, 2022

Bishop Amy Odgren

Northeastern Minnesota Synod

amy.odgren@nemnsynod.org

(218) 724-4424

From Intention Into Action

DULUTH, MN – The elected leadership of the Northeastern Minnesota (NE MN) Synod of the Evangelical Lutheran Church of America (ELCA), in collaboration with Together Here Ministries, has resolved to gift \$185400 + \$100 + \$1100 to the Minnesota Chippewa Tribe. The funds are from a portion of the proceeds on the synod's sale of land that was originally inhabited by Anishinaabeg (Chippewa, Ojibwe) in the City of Duluth.

\$185400 + \$100 + \$1100 honors the treaties made between the U.S. government and Ojibwe nations in 1854, 1855, and 1866 that ceded the land making it possible for settlers to build lives, establish communities, and benefit economically in the area. The NE MN Synod and many of its members have benefitted and continue to benefit, either directly or indirectly, as a result. In the meantime, Tribal communities are still bearing a great cost to their traditional ways of living and cultures.

Reflecting on the significance of this unanimous vote, Steven Teff, a lay leader from Grand Rapids, shared his excitement: "When I first heard this, I felt like this was not truly happening because it's one of the first times that action has been added to what was said as being the right thing to do."

Understandably, there will be questions in the NE MN Synod about how this action may be received or understood. Sue Lyback, a lay leader from Lake Mille Lacs area, responded to the announcement by stating, "My reaction is indeed very favorable and supportive, but also guarded. I'm not sure people fully understand what the word 'reparation' actually means, and I am concerned that it may raise many questions and some defenses among those who hear it. That said, I am grateful for the leadership within our Synod."

This gift will present opportunities for synod churches and church members to reflect on what it means to be in relationship with God and one another and how we relate to our collective history. The amount of \$185400 + \$100 + \$1100 will provide opportunities to learn about, learn from, and be in deepening relationship with Indigenous Peoples and Tribal nations here and now. Along those lines, Theresa Jacobson, a lay leader from Duluth, stated the following about the decision: "My hope for my community is for us to get a better understanding that just because we are not personally responsible for the suffering of others in history, and today, does not mean we are not benefiting from their suffering."

(cont.)

At the root of reparations is repairing, or better yet, re-pairing: a bringing back together that which was violently separated. This re-pairing refers both to the fractured relationships between Tribal and settler communities, as well as the breached trust that has resulted from violation of treaties.

The motivation behind this action is two-fold: to accept responsibility for participation, active or passive, in the harm done to Tribal communities; and to begin to learn how to be good neighbors who can live well together. In commitment to re-pairing, the NE MN Synod will embark on a continued journey of engaging in learning, listening and relationship building between diverse people groups and communities.

Repairing the damage done in any relationship takes time. This is particularly true when trust has been broken countless times across multiple generations. We view the presentation of these funds as a first step on a long journey.

This is a natural outpouring of the ELCA's understanding of God, our baptismal identity, and our theology. After the Synod Council vote, Rachel Berry, Vice-President of the NE MN Synod Council, shared her reflection on the deliberation and final decision. "This is sacred space. We are asked to journey into an intentional relationship, which means we must listen, learn, give without conditions, and open ourselves up to be transformed." Berry continued, "I believe this is our call as God's people in NE MN Synod to more fully live into God's commandment to love God and love our neighbors and boldly cherish the sacredness in each of us."

Bishop Amy Odgren noted, "We know that this amount is just the beginning in repairing generations of damage we have done to our relationships with the Anishinaabeg. This is a significant step toward the ongoing work we are committed to do."

Inquiries regarding this action can be made to Bishop Amy Odgren or Deacon Colleen Bernu, Synod Minister of Diversity, Equity and Inclusion, at colleen.bernu@nemnsynod.org or (218) 724-4424.

*The purpose of the **Northeastern Minnesota Synod** is to nurture a Christ-centered climate conducive to healthy, mission-focused congregations and their ministries throughout the world.*

***Together Here Ministries** creates space for transformational change through listening, learning, and relationship building among diverse peoples and communities. Formed in response to NEMN Synod's commitment to the repudiation of the Christian doctrine of discovery, Together Here expanded in 2019 to include the implementation of the ELCA's Strategy for Authentic Diversity.*

In November, Bible Quest will be working on Bible stories that talk about mercy and justice. For our justice and mercy hands-on project, the kids will be putting together personal care kits to send to Lutheran World Relief. Thank you to all who have donated to the project, either with supplies or funding!

BQ NEWS

Bible Quest Assists with the Pollinator Garden

After much preparation and planning by Bruce Garbisch, the pollinator team, and assistance from Pr. Erika, Dn. Kari and the Bible Quest kids & crew, the afternoon of October 12 was spent outside in the flower gardens. Plant labels were designed and colored by the kids, laminated and ready to go. Bruce prepared the beds with his roto-tiller and supplied the plants. The children were divided into small groups and each had a chance to help transplant with assistance from volunteers Larry Kujala, Larry Lange, Judy McGlynn and Heather O'Brien.



Bruce Garbisch,
Coordinator



Larry Kujala, watching
Josie as she plants.



Bruce, preparing the soil
for the transplants.



Bruce and Heather O'Brien
supervising the BQ kids as
they add plants.



Larry Lange, giving instructions for
planting.



Judy McGlynn, lending
direction and a helping
hand.



Learning more about pollinators and plants.



Trinity Lutheran Church, Cook MN
Council Meeting Agenda
Thursday, Oct. 20, 2022 — 6 p.m.

1. Opening Devotional and Prayer
 2. Amend and/or Approve Agenda
 3. Secretary's Report — Julie Horihan. Approve Sept 27 Council minutes.
 4. Treasurer's Report — Sue Carstens
 5. Pastor's Report — Pastor Erika Foss
 6. Deacon's Report — Deacon Kari Olson
 7. President's Report — Bill Conger
 8. Ministry Team Reports, as available.
 - 8.1. Jody Bixby: The Grace Team
 - 8.2. Bill Conger/Jody Bixby: Building and Grounds
 - 8.3. Bill Conger: Stewardship
 - 8.4. Bill Conger: Welcoming and Caring
 - 8.5. Mike Enzmann: WELCA
 - 8.6. Bruce Garbisch: Creation Care
 - 8.7. Julie Horihan: Social Outreach
 - 8.8. Kim Marwick: Worship and Music
 - 8.9. Crystal Whitney: Faith Formation
 - 8.10. Crystal Whitney: HR Committee
 9. Old Business
 - 9.1. Bill Conger to provide update on church energy audit findings and fixes
 10. New Business
 - 10.1. Elect Council officers
 - 10.2. Discuss Bible Quest transportation. Cost went from \$40 to \$80 per week
 - 10.3. Assign committees to council members
 - 10.4. Consider idea of walking for exercise in church building in winter
 11. Announcements
 12. Next Council Meeting: Thursday, Nov. 17 at 5:15 p.m. in the church library
- Adjourn



Trinity Lutheran Church - Giving in Grace- Financial Report

General Fund	9/30/2022	2022 Budget = \$260,138.16
Budget Receipts	17,998.95	
Budget Expenditures	20905.91	
Checkbook Balance	10.87	

Offerings Needed
 Monthly = \$21,678.18
 Sunday = \$5,002.66

<u>Income</u>	<u>September Received</u>	<u>Monthly Anticipated Budget</u>	<u>YTD Received</u>	<u>Anticipated YTD Budget</u>
Envelope Offering	\$ 16,960.00		\$ 165,750.05	
Loose Offering	\$ 963.95		\$ 6,216.56	
Church usage	\$ 75.00		\$ 1,275.00	
Total Regular Income	\$ 17,998.95	21,678.18 **	\$ 173,241.61	\$ 173,425.44

<u>Mission Support</u>	<u>September paid</u>		<u>YTD Paid</u>	
NE Synod	\$ 833.33	\$ 833.33	\$ 7,499.97	\$ 7,499.97
VLM	\$ 125.00	\$ 125.00	\$ 1,125.00	\$ 1,125.00
Total Mission Support	\$ 958.33	\$ 958.33	\$ 8,624.97	\$ 8,624.97

<u>Expenses</u>				
Education	\$ 100.00	\$ 558.34	\$ 2,869.53	\$ 5,024.97
Wellness Ministry		\$ 12.50	\$ 118.22	\$ 112.50
Stewardship	\$ 90.63	\$ 125.00	\$ 892.37	\$ 1,125.00
Social Outreach Ministry		\$ 166.67	\$ 1,563.36	\$ 1,500.03
Worship	\$ 544.84	\$ 828.17	\$ 6,803.77	\$ 7,453.53
Church Operations	\$ 8,201.32	\$ 7,901.34	\$ 73,696.66	\$ 71,112.06
Pastoral Salary & Bene	\$ 7,609.85	\$ 7,513.90	\$ 68,635.66	\$ 67,625.10
Congreg Care Minister Sal & Bene	\$ 3,400.94	\$ 3,580.58	\$ 38,895.18	\$ 32,225.22
Misc		\$ 33.33	\$ 483.74	\$ 299.97
Total Expenses	\$ 20,905.91	\$ 21,678.16	\$ 202,583.46	\$ 195,103.35

<u>Growing In Grace(3)</u>		<u>August</u>	<u>Attendance</u>
Total loan	\$786,660.31	Sep 4	49
Current Balance	\$161,617.45	11-Sep	56
Pledged	\$183,603.00	18-Sep	72
Pledges Received	\$22,834.25 (49 giving units)	25-Sep	54
	12.40% thru 9/30/22		

Receipts for the month are BELOW budget by \$3,679.23. Receipts are BELOW budget for the year \$21,862.01.
 Expenses are BELOW budget for the month by \$772.27. Expenses are ABOVE budget for the year \$7,479.84.

Memorials received this month in memory of:

Given by:

There were no memorials given in September.

Thank You for your continued support; regular offerings keep Trinity going. Whether joining us in person or online, our ministries and missions are dependent on faithful giving.

Are you interested regular electronic payments? Set one up through your own bank or financial institution, contact Sue Carstens at 218-666-5965 or email at info@trinitycook.org for further information.

GIFTS	Received	Submitted-YTD
Noisy Offering		\$483.73
Cook Food Shelf		
Social Outreach Ministry	\$261.99	\$1,536.99
Pastor's Discretionary Fund		
Salvation Army		
Lenten Offerings		\$150.00

VancoMobile link



Submitted by Sue Carstens, Financial Mgr/ Bkbp

TLC Sanctuary Gets a New Church



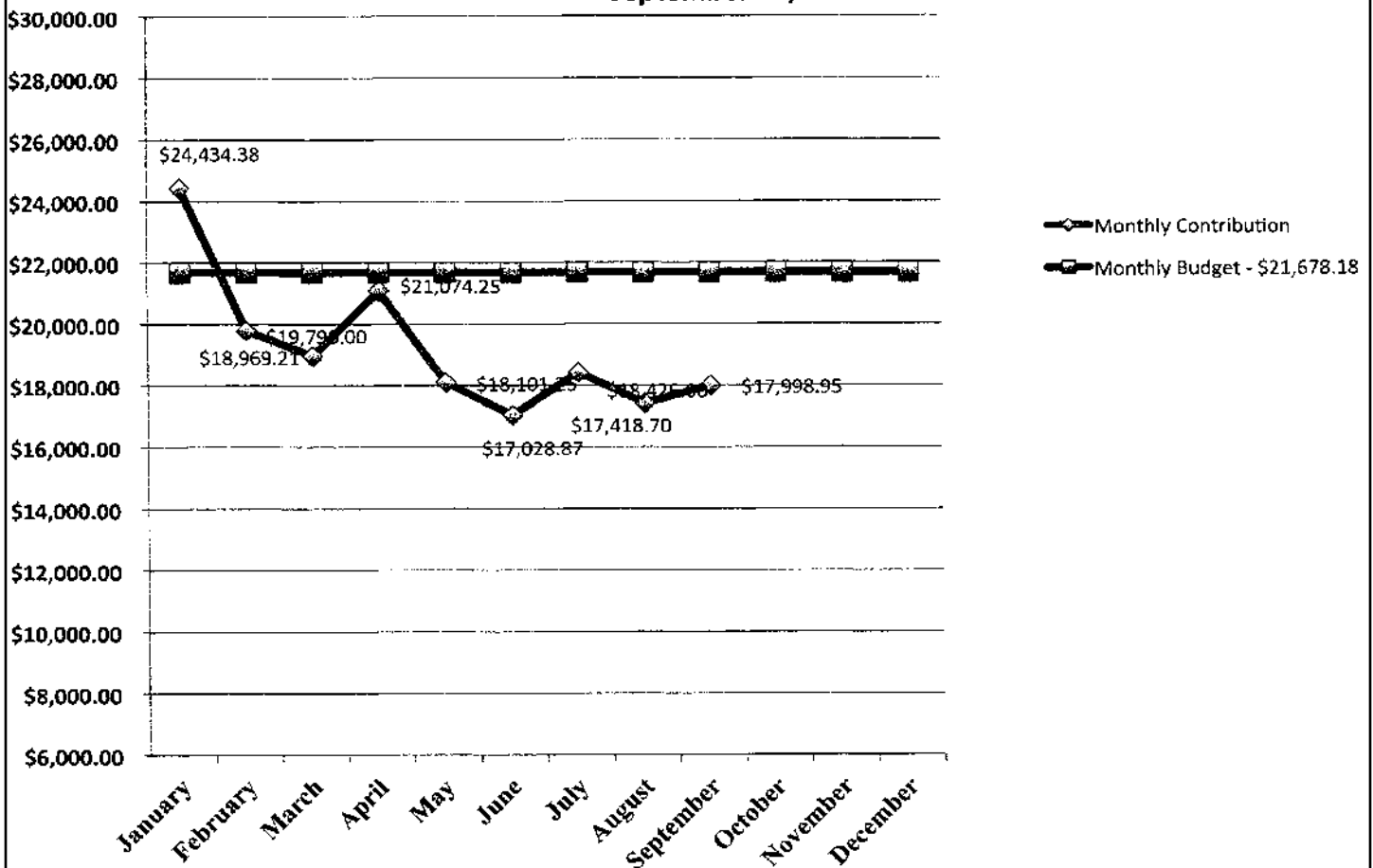
A great big “thank you” to all the volunteers and especially the anonymous donor who made the new sanctuary ceiling possible. The project was recently completed and included new acoustic tiles and LED lighting in the seating area. Bill Conger was in charge of organizing workers, installation and completion.



Thanks to Norma Thomas and Bailey Conger for lunch, snacks and coffee for the volunteers. Those pictured are (L to R) Dale Foss, Augie Carstens, Leo Wilenius, Bill Conger and on the ladder, Mike Jenkins. Job well done!

Giving in Grace

2022 General Fund Offerings September 30, 2022



Looking for an easy way to support the Trinity ministry? Sign up for **AmazonSmile**, designate “Trinity Lutheran Church, Cook”, and for every purchase made, Trinity receives a donation (**0.5% of eligible purchases - no fees, no extra cost**) quarterly.

Thank You to all the online shoppers who have already designated Trinity for donations through **AmazonSmile**.

Donations-to-Date because YOU designated TLC are \$ 132.05

Go to <https://smile.amazon.com> for more information and to sign up.



NOTE: We are listed as **Trinity Lutheran Church**. Please search **Trinity Lutheran Church, Cook**, and our account will show up as Cook, MN. Questions? Call Trinity's office at 218-666-5965

Lord, Hear Our Prayers:



Those needing healing and comfort:

Pastor Erika, Terry Bergstrom, Audrey Leenhouts, John Bergman, Kenneth Tomlinson, Shirley Bixby, Mike McCue, Bob Posch, Donnie Gordon and Kevin Cairn.

- + 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.
- + Those in our community and the world still dealing with the loss and uncertainty of Covid, including health care worker and refugees.
- + People facing medical testing, challenges, & difficult situations
- + Those serving in the armed forces: Ezra Ahlgren, Carolyn Bergman, Alan Gustafson, Tristin Gilbert, Erik Lappi, Matt Root, Max Pearson, Markus Udovich
- + Those seeking Jesus Christ in their lives.

Here We Raise Our Ebenezer: at the beginning of each worship people have an opportunity to come forward, add a stone to the jar of water and share their celebrations, the need for prayers, hopes, fears, or other life events like losing a tooth, starting school, getting a touch down, an A on a test or a new pet.

As a congregational family we will be together to hear, celebrate or weep with each other as we raise our Ebenezer, our stone cairn, to remind ourselves and others that

God has helped us so far!



Ray & Ivy Reinholtzen have a new address:

910 Cannon Valley Drive
Apt 2228
Northfield, MN 55057



BIRTHDAYS

1	Rachel Pearson	19	Bruce Garbisch
	Kory Zallar	20	Lila Pearson
2	Bruce Anderson	22	Bill Sersha
4	Karen Woods		Bob Walker
15	Bill Woods	24	Laura Aune
17	Denise Twite	27	Sophie Arvila
	Darrel Lindgren		John Cin
18	Layla Vraa	28	Leo Wilenius
			Tom Ojanen



ANNIVERSARIES

1	Roger & Nancy Lindbeck
4	Gary & Patty Carlson
10	Bill & Joyce Fromel
16	Rick & Kay Lokken
25	Ray & Ivy Reinholtzen
29	Rick & Sue Aune

The Lutefisk and Meatball Dinner is set for Saturday, December 3, serving from 4:00 - 7:00 pm. Meal pricing is \$18 for adults; \$7 for kids 10 and under. Proceeds will go to the Cook Area Food Shelf.

Greg Wilson will be coordinating and there are lots of opportunities to volunteer. Sign-up sheets are in the Fellowship Hall for:

*Lefse Making
Food Prep
Cookie Bakers
Servers (various)
Kitchen Crew/Dishwashers
Clean Up*

Also, a number of crock pots and roasters will be needed, on loan



Ivy was gifted with a prayer shawl by Sue Gustafson and Bailey Conger

Trauma Support Team



Using the framework of the **"Four R's"** of a trauma-informed church, the Trauma Support Team is slowly and carefully considering the wide array of wounds or trauma experienced by our members and the community (**Realize**). We want to also consider the effect trauma has on family, friends, and spiritual relationships (**Recognize**). Action follows awareness (**Respond**).

To start, you may see small adjustments in our Sunday worship services or physical spaces. We are exploring the possibility of restarting a grief support group. Education and support for family and friends is another goal. Lastly, we want to avoid re-injuring someone in our organized practices and social times (**Resist** re-traumatization).

We are just beginning the first steps in the process of becoming more aware and responsive. If you have questions, if you have a topic that should be addressed, or if you would like to be part of the team, please contact Dn. Kari, Lauren Simensen, Arlene Jershe, or Vickie Lange.

Women of the ELCA

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



There was a special celebration during the quilting session on October 18. Lorraine Carlson, a young "49" years old was surprised by the group with a delicious frosted carrot cake during the usual coffee break. Also joining the group for the occasion were Hope Simpson and Marsha Zottola.

Birthday Blessings



The Quilts are back in the sanctuary! There is nothing more welcoming and comforting than all the beautiful, colorful completions by the women. Watching the pews fill with the many, many constructed quilts twice yearly is so much fun! Including the quilts under the altar, there are 121 that will be split between the Salvation Army, Lutheran World Relief and different needs in the Cook area, including quilts for the TLC graduates each spring.



Special thank you to Hope Simpson for the many completed quilts she finishes at home and are added to the totals.

What a wonderful ministry. Thanks, ladies for all your work.



Scripture Readings for November



November 6

Elisha Heals Naaman
2 Kings 5:1-15a, [15b-19]
Secondary Text
Matthew 8:2-3

November 13

Micah
Micah [1:3-5]; 5:2-5a; 6:6-8
Secondary Text
Matthew 9:13

November 20

Reign of Christ: Swords Into Plowshares
Isaiah 36:1-3, 13-20; 37:1-7; then 2:1-4
Secondary Text
Matthew 5:14

November 27

Advent I: Faith as a Way of Life
Habakkuk 1:1-4; 2:1-4; 3:[3b-6], 17-19
Secondary Text
Matthew 26:36-38

Advent Begins This Month!

The devotional chosen for this season is *Prophets and Promises*. The book has daily devotions for the first Sunday of Advent (November 27, 2022) and through Epiphany (January 6, 2023).





Each daily reading features scripture, a photo, quotes to ponder, a short reflection and a prayer. The book offers household blessings and prayers to enrich preparation.

For a small charge*, a print copy (\$3.00) or digital copy for download to Kindle or Nook (\$1.99) can be ordered directly from the Augsburg Fortress website: (www.augsburgfortress.org).

Print copies may also be ordered by calling (218-666-5965) or stopping by the Trinity office. *Hard copy price does not include shipping; a large print edition is also available for \$6.00 +shipping.

Deadline to order through TLC office is Wednesday, November 16, 2022.

	1	2	3	4	5
	Pastor Erika on Vacation through November 6				
	Bible Study 9:30 am Knit/Crochet 11 am Piano Lesson 5:30 pm	Bible Quest 2:30pm Grace Notes 5:15pm Confirm. 6:30pm Choir 6:30 pm	CHURCH OFFICE CLOSED	WELCA Fall Bazaar 9:00 am - 1:00 pm	
CLOCKS TURNED BACK 1 HR Worship All Saints Sunday 9:30 am AA/Al-Anon 7:00pm	7 CHURCH OFFICE CLOSED The Well 9:30 am BSA 6:00 pm	8 Bible Study 9:30 am Knit/Crochet 11 am AA/Al-Anon Mtg 6 - 8 pm Piano Lesson 5:30 pm	9 WELCA 9:30 am Bible Quest 2:30pm Grace Notes 5:15pm Confirm. 6:30pm Choir 6:30 pm	10 CHURCH OFFICE CLOSED Trauma Team Mtg 3:00 pm	11 CHURCH OFFICE CLOSED Veterans Luncheon 11:00 am - 1:00 pm
13 Worship w/Holy Communion 9:30 am <i>Council Installation</i> AA/Al-Anon 7:00pm	14 CHURCH OFFICE CLOSED The Well 9:30 am BSA 6:00 pm	15 Bible Study 9:30 am Knit/Crochet 11 am LS Group 5:15 pm Piano Lesson 5:30 pm	16 Bible Quest 2:30pm Grace Notes 5:15pm Confirm. 6:30pm Choir 6:30 pm	17 <i>Council Meeting</i> 5:15 pm	18 CHURCH OFFICE CLOSED All Youth Gathering @ Cragun's Sat - Sun
20 Worship w/Holy Communion Christ the King 9:30 am AA/Al-Anon 7:00pm	21 CHURCH OFFICE CLOSED The Well 9:30 am Vine 6:00 pm BSA 6:00 pm	22 NEWSLETTER DEADLINE - NOON Bible Study 9:30 am Knit/Crochet 11 am Piano Lesson 5:30 pm	23 NO BQ or CONFIRM Grace Notes 5:15pm Choir 6:30 pm	24 CHURCH OFFICE CLOSED <i>Thankful</i>	25 CHURCH OFFICE CLOSED
27 Worship w/Holy Communion First Sun of Advent 9:30 am AA/Al-Anon 7:00pm	28 CHURCH OFFICE CLOSED The Well 9:30 am BSA 6:00 pm	29 Bible Study 9:30 am Knit/Crochet 11 am Piano Lesson 5:30 pm	30 Bible Quest 2:30pm Grace Notes 5:15pm Spiral Service 6:30pm Choir 7:30 pm	November 2022 	

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



Non-Profit Organization
U.S. Postage Paid
Permit #17
Cook, MN 55723

November
2022

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 Each Sunday)

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.