

TRINITY TRIBUTE

"We believe there is no person or created thing which is outside the active love and grace of God shown so clearly in Jesus Christ. And through the active love and grace of God, we, as a body of Christ, are called to invite, welcome, and care for all."

Trinity Lutheran Church-ELCA Cook, Minnesota
trinitycook.org info@trinitycook.org

February 2026
Newsletter



February Star Word Prompt: You've been sitting with your star word for a month. What struggles, challenges, and/or uncomfortable growing areas have you encountered through your star word?

Call Committee Moving Forward...

On behalf of the Call Committee, we would like to thank the entire congregation for continued prayers and patience. We also want to extend a special thank you to Deacon Kari who continues to lead us in Sunday worship and provide us with needed pastoral support.

Moving forward, we are pleased to announce that the Ministry Site Profile (resume of our church) went live on the Internet at the end of December. The next steps are for candidates to view the profile and if interested, request an interview through the Synod who then contacts the call committee to review the candidates profile and schedule an interview.

This is an exciting time for our church. Think about it...our next leader is somewhere out there and they have no idea how great of a congregation we are!!

Your prayers and patience during these winter months are appreciated. With the guidance of God and continued strong Pastoral leadership, we feel the best of Trinity Lutheran Church is yet to come! We hope you feel the same way!

Sincerely,
Nick Nicklow- Call Committee Member
(time to throw another log on the fire)

Fall Prevention Presentation

Physical Therapist Deb Bradt returned to Trinity on Wednesday, January 28, to present a second learning opportunity to share information with those interested in preventing falls. The event was again hosted by the Mental Health and Wellness Team. The presentation focused on general information only, and was not designed for any specific person or diagnosis.



Deb Bradt,
Physical Therapist

The main goals for the session were:

- * Learning about home environment and adaptive equipment
- * Recognizing safe and unsafe situations
- * Self-assessment of risk level
- * Understanding how to make an individual exercise program
- * Additional resources - where to go for help.



Extra information packets from the session are available in the office, or from Deacon Kari.

Thanks to Deb, the Mental Health & Wellness team and all participants for another successful event.



Save the Date: April 18

2026 EcoFaith Summit
of the Upper Midwest

*From Fear to Fire: Igniting
Community for a Planet in
Peril*

**Registration opens
February 2**

More information & online
registration can be found at:

www.ecofaithnetwork.org/ecofaith-summit-2026

FREE COMMUNITY MEALS RESUME

February 26, 2026

Meals are served Drive-Thru or Eat-In
4:00 - 5:30 pm (or until gone)

February's menu: Chicken Noodle Soup,
Dinner Roll & Cookie



February 15: Cook Lions Club will be providing
a community fundraiser brunch at Trinity!



They will be serving from 10:30 am - 1:00 pm
with a menu including: pancakes, fruit topping, scrambled
eggs, sausage, coffee and orange juice. Take-out will be
available.

A free will offering collected will go to
the Cook Area Food Shelf.
Donations provided by Homestead Mills,
McDonalds and Zups.

As we turn the pages of the calendar to February, we look towards the season of Lent. It seems like we just celebrated Christmas and Jesus' birth as we begin to turn our thoughts towards Ash Wednesday, Lent and Jesus' death, followed by Easter and Jesus' resurrection. Such a roller coaster of emotions which replicates our lives.

Many of us, in addition to personal struggles, also feel an increased sense of fear and anxiety as communities in Minnesota respond to the increased presence of ICE and Border Patrol Agents in our midst. In addition to fear and anxiety and a plethora of other feelings, we also grieve. With all of the struggles going on in Minnesota and around the world, let us be reminded that we have a God who loves us so very much. We have a God who calls us beloved. We have a God who has given us Jesus. We have a God who remains with us through everything on this roller coaster of life.



Deacon Kari

During the season of Lent, beginning on Ash Wednesday (February 18), we will gather on Wednesdays at 6:30 p.m. for worship together. During the Ash Wednesday service will have an opportunity to receive ashes on our foreheads as we remember that we are dust and to dust we shall return.

On the following Wednesdays during Lent, we will continue to gather with our community for soup suppers at 5:30 pm in the Fellowship Hall followed by a brief worship service at 6:30 pm in the Sanctuary. We will be using Holden Prayer Around the Cross which is a beautiful and contemplative prayer service.

On Sundays we will use a series by A Sanctified Art titled *"Tell Me Something Good: Grounding ourselves in the good news this Lent"*. Each week we will be reminded that the good news of God really is good news.

Ash Wednesday – The good news is...all are invited.

1st Sunday in Lent – The good news is...so good it catches us by surprise.

2nd Sunday in Lent – The good news is...great love for God and neighbor.

3rd Sunday in Lent – The good news is...together, the impossible is possible.

4th Sunday in Lent – The good news is...protection and care for the vulnerable.

5th Sunday in Lent – The good news is...rooted in justice, mercy, and faithfulness.

Palm/Passion Sunday – The good news is...inspiring us to act.

Maundy Thursday – The good news is...even Judas gets his feet washed.

Good Friday – The good news is...revealed through nonviolence.

Easter Sunday – The good news is...alive in the world.



God's blessings to you,
Deacon Kari (she/her)

SPIRITUAL HEALTH

Welcome back to a focus on spiritual health and practices. To sustain a relationship, we need time together to speak of interests and concerns, listen and hear, recognize where and how we are lacking, be accepted (forgiven), and take action. To sustain and grow our faith in Christ, Trinity offers opportunities for personal devotions and small group Bible studies.

Devotions are a time to read God's word, reflect, and pray. A specific, regular time and place is recommended. Using a printed study guide can be helpful. *"Christ in Our Home"* is free for the taking, found in the wall bracket in our front entry area. It provides a daily Bible passage to read with emphasis on one verse, a brief commentary, a prayer, and recommended related Biblical passages. Trinity's library has a shelf of other options. Or check with Deacon Kari for a personal recommendation.

Bible studies provide a time to delve into the Bible with others. Grow in understanding by questioning and hearing new perspectives in a supportive group. Lectionary studies meet every Tuesday at 9:30 a.m. in the library. All are welcome every week or as you are able. This group reads and discusses the Bible passages assigned for the next Sunday's worship service (Old Testament, Psalm, New Testament, and the Gospel, with emphasis on the Gospel). These are listed each month in the Tribute. WELCA (Women of the Evangelical Lutheran Church in America) meet the second Wednesday of the month at 9:30 a.m. All women are invited and each meeting includes a Bible study found in their quarterly magazine *"Gather"*. Give the meeting a try where this resource will be available.



Mental Health & Wellness

The prayer of the day from Sunday, January 18, bears repeating.

"Holy God, our strength and our redeemer, by your Spirit hold us forever; that through your grace we may worship you and faithfully serve you, follow you and joyfully find you, through Jesus Christ, our Savior and Lord. Amen."

*Dn. Kari Olson 218-290-5984; Lauren Simensen 610-507-0051;
Vickie Lange 507-412-1117; Kathy Leppert 218-232-7923*

The Mental Health & Wellness team is now offering blood pressure screenings the first and third Sundays every month during fellowship time.

If you are interested and would like more information, please contact Kathy Leppert At 218-232-7923.



We look forward to serving the needs of our Congregation.

Trinity Lutheran Church - Giving in Grace - Financial Report

General Fund

Budget Receipts	\$28,230.98
Budget Expenditures	\$16,064.13
Checkbook Balance	\$11,264.20

2025 Budget = \$287,207.99

Offerings Needed

Monthly = \$23,934.17
Sunday = \$5,523.26

<u>Income</u>	<u>December receipts</u>	<u>Monthly Anticipated Budget</u>	<u>YTD Received</u>	<u>Anticipated YTD Budget</u>
Envelope Offering	\$ 27,134.20		\$ 251,721.94	
Loose Offering	\$ 751.78		\$ 13,451.80	
Church usage	\$ 345.00		\$ 2,480.00	
Total Regular Income	\$ 28,230.98	23,934.17 **	\$ 267,653.74	\$ 287,209.99

<u>Mission Support</u>	<u>December paid</u>		<u>YTD Paid</u>	
NE Synod	\$ 635.00	\$ 635.00	\$ 7,616.00	\$ 7,620.00
VLM	\$ 81.00	\$ 81.00	\$ 972.00	\$ 972.00
Total Mission Support	\$ 716.00	\$ 716.00	\$ 8,588.00	\$ 8,592.00

<u>Expenses</u>				
Education	\$ 618.00	\$ 350.01	\$ 3,988.24	\$ 4,200.00
Wellness Ministry		\$ 12.50		\$ 150.00
Stewardship	\$ 88.84	\$ 100.00	\$ 1,219.02	\$ 1,200.00
Mental Health & Wellness	\$ 112.15	\$ 41.67	\$ 112.15	\$ 500.00
Social Outreach Ministry		\$ 166.67	\$ 2,035.72	\$ 2,000.00
Worship	\$ 1,105.51	\$ 827.60	\$ 10,783.07	\$ 9,931.03
Church Operations	\$ 5,898.06	\$ 8,711.88	\$ 107,540.65	\$ 104,542.83
Pastoral Salary & Bene		\$ 7,090.53	\$ 12,255.08	\$ 85,086.51
Congreg Care Minister Sal & Bene	\$ 7,580.37	\$ 5,892.30	\$ 88,294.32	\$ 70,707.62
Misc	-\$ 54.80	\$ 25.00	\$ 2,006.77	\$ 300.00
Total Expenses	\$ 16,064.13	\$ 23,934.16	\$ 236,823.02	\$ 287,209.99

<u>December</u>	<u>Attendance</u>
Dec 7	78
14-Dec	122
21-Dec	78
24-Dec	130
28-Dec	59

Receipts for the month are ABOVE budget by \$4,296.81. Receipts are BELOW budget for the year \$19,556.25.
Expenses are BELOW budget for the month by \$7,870.04. Expenses are BELOW budget for the year by \$50,386.97.

Memorials received this month in memory of:
Paula Swanson

Given by:
given by the family

VancoMobile link



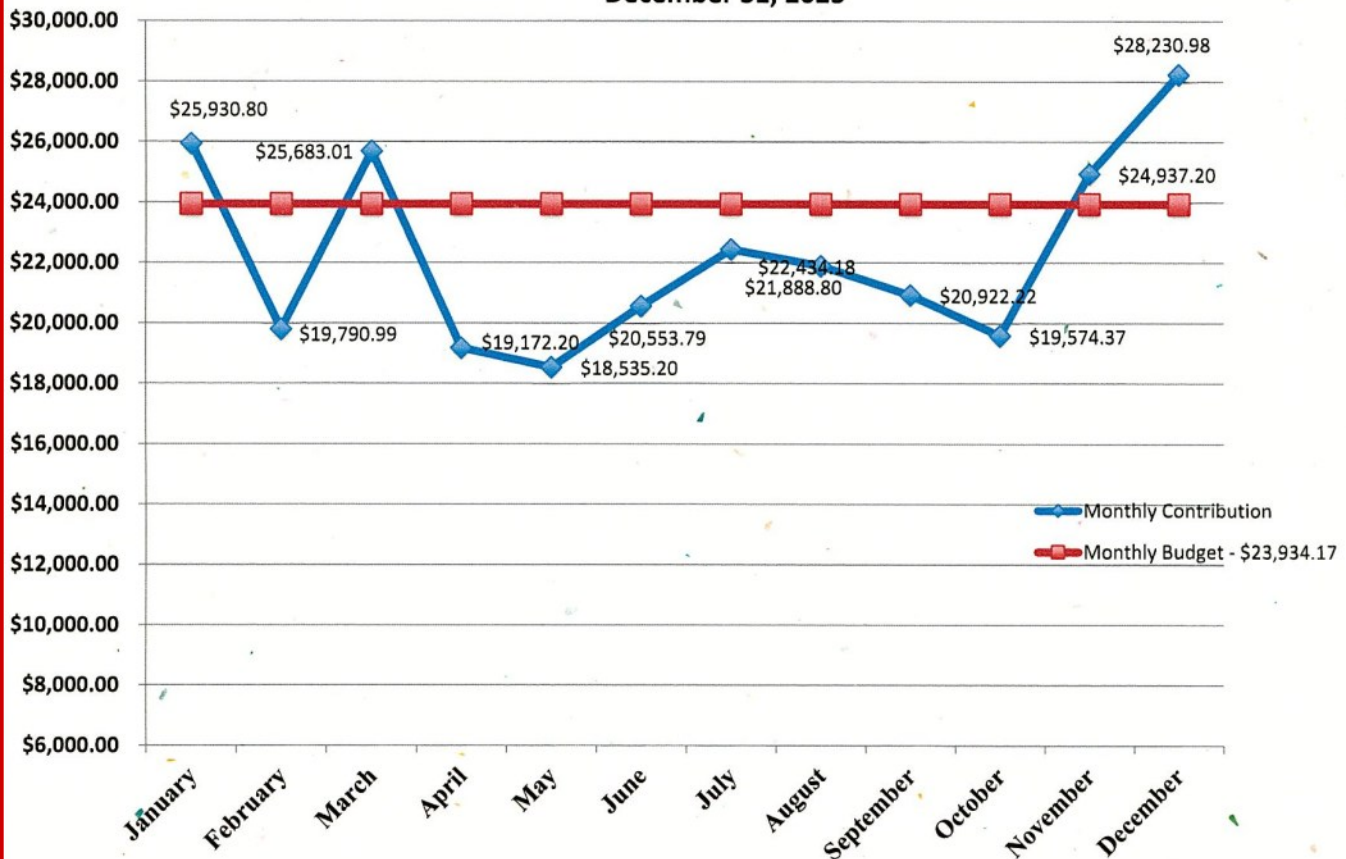
<u>GIFTS</u>	<u>Received</u>	<u>Submitted-YTD</u>
Noisy Offering		\$1,765.47
Cook Food Shelf		
Social Outreach Ministry		\$2,893.05
Pastor's Discretionary Fund	\$ 100.00	\$100.00
Salvation Army	\$ 3,980.50	\$4,212.91
Lenten Offerings		\$1,076.00
Mental Health and Wellness		\$2,695.00
Cook Lions Club-flood relief		
Camperships		\$2,005.00

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 Sue for more information at 218-666-5965 or email sue@trinitycook.org.

Submitted by Sue Carstens, Bkkp

Giving in Grace

2025 General Fund Offerings December 31, 2025



If you would like to assist with mutual aid for families in need in MN affected by ICE, here are some reputable agencies:

- * **Stand with Minnesota** (www.standwithminnesota.com) is a good clearinghouse for a multitude of efforts
- * **PowWow Grounds & Indigenous Protector Movement** (www.indigenousprotectormovement.com)
- * **Holy Trinity Lutheran Church, ELCA, Mpls:** (www.htcmpls.org/donate/)
- * **Reformation Lutheran Church, ELCA, St. Paul:** (www.gofundme.com/f/caring-for-immigrants-in-minneapolis-and-st-paul)
- * **Minneapolis Area Synod, ELCA** (www.mpls-synod.org/giving/welcome-fund) has a "welcome fund" used to support immigrant ministries in their synod which provide food, groceries, arranging notaries so people can fill out and file DOPA forms (who becomes parental authority if parents are taken), legal assistance, etc.; there is a green tab to give online or send a check with ("Welcome Fund" in the memo) to:
Minneapolis Area Synod
122 W. Franklin Ave, #600, Mpls, MN 55404
- * **Lutheran World Hunger** (elca.org) mark MN on your gift and specify where

Building & Grounds UPDATE

Due to a failure of the freezer compressor at Trinity and a large repair estimate, the Building & Grounds team looked into replacing the freezer. Thanks to Tom Hed who was able to find a similar quality, eco-friendly replacement brand. After reviewing the estimates, the committee voted to proceed and forwarded the information to Trinity's council, who approved the purchase at the January 18 meeting.

The new unit was then delivered the week of January 27.

Many thanks to Greg Wilson, who found a new home for the old unit. And to Dale Bixby and Donny Aune (with assistance from Jody Bixby & Nancy Lindbeck) for the removal of the old unit.



L to R: Greg Wilson, Donny Aune, Dale Bixby, Nancy Lindbeck.

BIRTHDAYS

6	Nick Nicklow	21	Lisa Simensen
	Marla Kahn	26	David Reing
7	Hudson VanDrunen	27	Don Aune
12	Beth Sprouls	29	Isabel Pascuzzi
13	Sue (Irv) Gustafson		
14	Jane Kujala		
16	Margaret Nicklow		
18	Laurin Glass	ANNIVERSARIES 6 Bruce & Judy Anderson 11 Darren & Suzi Holter	
	Suzi Holter		
	Jennifer Kinler		

*Lord, Hear Our Prayers for those
needing healing and comfort:*



Rev. Ellen Taube, Mickey Maki, Ryann Lee, Cindy Aune, Kim Marwick, Mary Adriani, Marilyn Jenkins, Roni Sarazine, Walter Putney, Art Dale, Gary & Patty Carlson, Marla Kahn, Bruce & Judy Anderson.

The Call Committee as they continue to move forward in anticipation of applications and interviews.

The people of Minneapolis, of Minnesota, and the entire country as they struggle with disruption and violence in each of their communities.

Those in the community and elsewhere feeling confused, disrupted and unsure; for all those who contribute to the flow of information; those facing medical testing, challenges, and difficult situations; those serving in the armed forces; and all those seeking Jesus Christ in their lives.



Trinity's *Women of the ELCA* monthly meeting with a short Bible study will be held on Wednesday, February 11, 2026, beginning at 9:30 am.

Just a reminder: the quilters will be returning March 4 for four weeks of finishing & fellowship. If you have some fabric or an unfinished quilt you would like to donate; or if you just want more information, please contact Norma Thomas.

FEBRUARY SUNDAY COFFEE SERVERS

2/1/26	Jim Aune Arlene Jershe April & Jesse Glass & Family
2/8/26	Gerry Ruuska Lorraine Carlson Kristin Foster
2/15/26	Jane Kujala Beth Sprouls Bailey Conger
2/22/26	Laure & Steve Maki Nancy & Roger Lindbeck

Drawing Star Words during the Children's Sermon...how are you doing with yours?



Having Noisy Children in the Church is a Far Better Sound than the Sound of No Children in the Church.



Always good to see the children in worship, and a delight to see them participating by assisting Deacon Kari with various tasks.

MARCH SUNDAY COFFEE SERVERS

3/1/26	Julie & Dale Horihan Suzie & Darren Holter & Family
3/8/26	Hope Simpson Audrey Armagost
3/15/26	Diane & Mark Pascuzzi Marcia Price
3/22/26	Barb Brenna Judy McGlynn Bob Walker
3/29/26	Barb & Mark Schmidt Jeani & Randy Swenson

Scripture Readings February 2026



February 1

4th Sunday After Epiphany

Micah 6:1-8
Psalm 15
1 Corinthians 1:13-31
Matthew 5:1-12

February 8

5th Sunday after Epiphany

Isaiah 58:1-9a [9b-12]
Psalm 112:1-9 [10]
1 Corinthians 2:1-12 [13-16]
Matthew 5:13-20

February 15

Transfiguration of Our Lord

Exodus 24:12-18
Psalm 2
2 Peter 1:16-21
Matthew 17:1-9

February 18

Ash Wednesday

Luke 9:51-62

February 22

1st Sunday of Lent

John 2:1-11
Matthew 13:31-32



Creation Care

Bible Quest was busy in January learning about more ways to Be Kind and Creation Care and how they (and we) can make a difference.

- January 7 Being Kind, Earth Care & Why We Do This
Genesis 1:1-2:4 Presented by Bruce Garbisch
- January 14 Being Kind, Taking Care of Our Mental Health & Well-being; Getting Along
Psalms 139 Presented by Lauren Simensen
- January 21 Being Kind, Taking Care of Our Pets
Genesis 2:4-25 Presented by Lois Pajari, Cook's Country Connection
- January 24 Being Kind, Created in God's Image, Taking Care of Our Bodies
1 Samuel 16:7 Presented by Kathy Leppert



Bruce Garbisch

*Your kindness will inspire
kindness in others.
Think Kindly.
Speak Kindly. Act Kindly.*



Lois Pajari & Helpers: Yoshi (Great Pyrenees) & Tina Turner (Frizzle Bantam Chicken)



Lindy Wilenius



Lauren Simensen



Kathy Leppert



Brenda Tibbetts

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

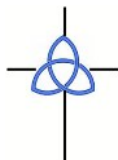
Saturday

1 Worship 9:30 am w/communion CCCWorship1:30pm	2 CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 10:45 	3 Bible Study 9:30 am <i>Friends of the Library</i> – 5:15 pm	4 Bible Quest 3:45 pm Grace Notes 5:15pm Confirmation 6 pm Choir 6:30 pm	5	6 CHURCH OFFICE CLOSED	7
AA, Al-Anon 7:00pm						
8 Worship 9:30 am w/communion	9 CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 10:45	10 Bible Study 9:30 am	11 WELCA 9:30 am Worship Team10 am Bible Quest 3:45 pm Grace Notes 5:15pm Confirmation 6 pm Choir 6:30 pm	12	13 CHURCH OFFICE CLOSED	14  Valentine's Day
AA, Al-Anon 7:00pm						
15 Worship 9:30 am w/communion Council Mtg 11 am Lion's Club Pancake Breakfast	16 CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 10:45	17 Bible Study 9:30 am	18 <i>Ash Wednesday</i> Bible Quest 3:45 pm Grace Notes 5:15pm Worship 6:30 pm Choir 7:30 pm	19	20 CHURCH OFFICE CLOSED	21 Voyageurs Lutheran Ministry Annual Mtg Messiah Lutheran Mt. Iron 9:30 am
AA, Al-Anon 7:00pm						
22 Worship 9:30 am w/communion	23 CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 10:45	24 Bible Study 9:30 am	25 NEWSLETTER DEADLINE NOON Bible Quest 3:45 pm Grace Notes 5:15pm Supper 5:30 pm Worship 6:30 pm Choir 7:10 pm	26 Community Meal 4:00 – 5:30 pm	27 CHURCH OFFICE CLOSED	28
AA, Al-Anon 7:00pm						



February 2026

Trinity Lutheran Church, ELCA
P O Box 1196
231 Second Street SE
Cook, MN 55723



TRINITY
TRIBUTE



FEBRUARY
2026

Trinity Lutheran Church Information

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.