

# 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](http://trinitycook.org) [info@trinitycook.org](mailto: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 )



[www.ecofaithnetwork.org/ecofaith-summit-2026](http://www.ecofaithnetwork.org/ecofaith-summit-2026)

## 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:



## 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

## 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 a another successful event.



**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.

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.

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

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

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

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

5<sup>th</sup> 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 Tribune. 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.

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."*



Mental Health & Wellness

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

## Trinity Lutheran Church - Giving in Grace - Financial Report

<u>General Fund</u>	<u>12/31/2025</u>	<u>2025 Budget = \$287,207.99</u>
Budget Receipts	\$28,230.98	
Budget Expenditures	\$16,064.13	
Checkbook Balance	\$11,264.20	

<u>Income</u>	<u>Monthly</u>		<u>Anticipated</u>	<u>Anticipated</u>
	<u>December receipts</u>	<u>Anticipated Budget</u>		
Envelope Offering	\$ 27,134.20			
Loose Offering	\$ 751.78			
Church usage	\$ 345.00			
Total Regular Income	<b>\$ 28,230.98</b>	23,934.17 **	<b>\$ 267,653.74</b>	<b>\$ 287,209.99</b>
<u>Mission Support</u>	<u>December paid</u>		<u>YTD Paid</u>	
	\$ 635.00	\$ 635.00	\$ 7,616.00	\$ 7,620.00
NE Synod	\$ 81.00	\$ 81.00	\$ 972.00	\$ 972.00
Total Mission Support	<b>\$ 716.00</b>	<b>\$ 716.00</b>	<b>\$ 8,588.00</b>	<b>\$ 8,592.00</b>
<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	\$ 827.60		\$ 10,783.07	\$ 9,931.03
Church Operations	\$ 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	\$ 5,892.30		\$ 88,294.32	\$ 70,707.62
Misc	\$ 25.00		\$ 2,006.77	\$ 300.00
Total Expenses	<b>\$ 16,064.13</b>	<b>\$ 23,934.16</b>	<b>\$ 236,823.02</b>	<b>\$ 287,209.99</b>

<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



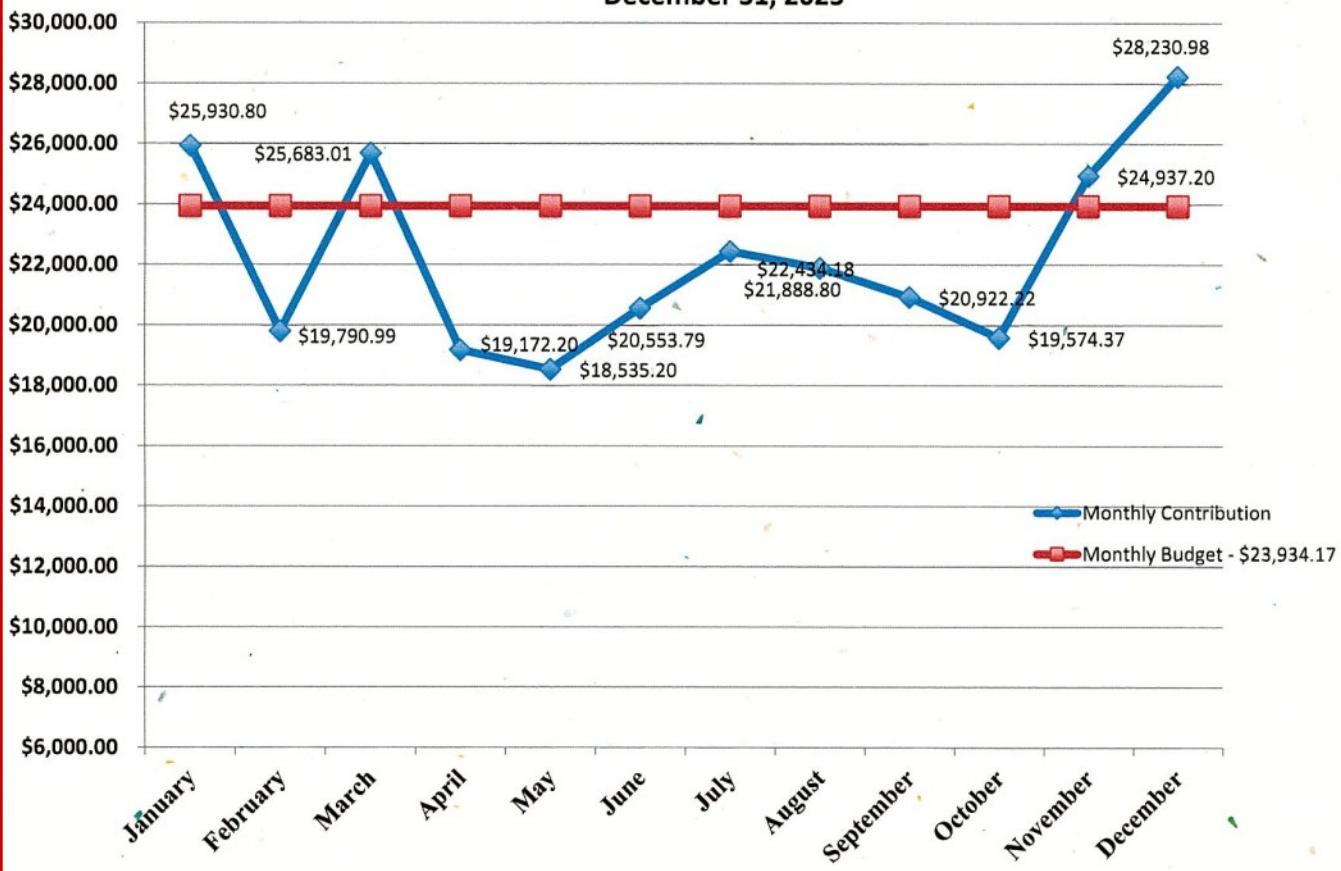
<u>GIFTS</u>	<u>Received</u>	<u>Submitted-YTD</u>
Noisy Offering		\$1,765.47
Cook Food Shelf		\$2,893.05
Social Outreach Ministry		\$100.00
Pastor's Discretionary Fund	\$ 100.00	\$100.00
Salvation Army	\$ 3,980.50	\$4,212.91
Lenten Offerings		\$1,076.00
Mental Health and Wellnesss		\$2,695.00
Cook Lions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

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](mailto: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](http://www.standwithminnesota.com)) is a good clearinghouse for a multitude of efforts
- \* **PowWow Grounds & Indigenous Protector Movement** ([www.indigenousprotectormovement.com](http://www.indigenousprotectormovement.com))
- \* **Holy Trinity Lutheran Church, ELCA, Mpls:** ([www.htcmpls.org/donate/](http://www.htcmpls.org/donate/))
- \* **Reformation Lutheran Church, ELCA, St. Paul;** ([www.gofundme.com/f/caring-for-immigrants-in-minneapolis-and-st-paul](http://www.gofundme.com/f/caring-for-immigrants-in-minneapolis-and-st-paul))
- \* **Minneapolis Area Synod, ELCA** ([www.mpls-synod.org/giving/welcome-fund](http://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](http://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		<i>It's your special day</i>
14	Jane Kujala		
16	Margaret Nicklow		
18	Laurin Glass		<b>ANNIVERSARIES</b>
	Suzi Holter	6	Bruce & Judy Anderson
	Jennifer Kinler	11	Darren & Suzi Holter

*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***

<b>February 1</b>
<i>4th Sunday After Epiphany</i>
Micah 6:1-8
Psalm 15
1 Corinthians 1:13-31
Matthew 5:1-12

<b>February 8</b>
<i>5th Sunday after Epiphany</i>
Isaiah 58:1-9a [9b-12]
Psalm 112:1-9 [10]
1 Corinthians 2:1-12 [13-16]
Matthew 5:13-20

<b>February 15</b>
<i>Transfiguration of Our Lord</i>
Exodus 24:12-18
Psalm 2
2 Peter 1:16-21
Matthew 17:1-9

<b>February 18</b>
<i>Ash Wednesday</i>
Luke 9:51-62
<b>February 22</b>

<i>1st Sunday of Lent</i>
John 2:1-11
Matthew 13:31-32



## Creation Care



Bruce Garbisch

Bible Quest was busy in January learning about more way 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  
*Psalm 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

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



Lindy Wilenius



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



Lauren Simensen



Kathy Leppert



Brenda Tibbetts



# February 2026

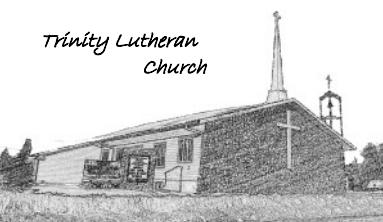
Trinity Lutheran Church, ELCA  
P O Box 1196  
231 Second Street SE  
Cook, MN 55723



**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](mailto:info@trinitycook.org)

Website: [www.trinitycook.org](http://www.trinitycook.org)  
Facebook: [www.facebook.com/TLC.Cook.MN](https://www.facebook.com/TLC.Cook.MN)  
YouTube: [www.youtube.com/TrinityLutheranChurchofCook](https://www.youtube.com/TrinityLutheranChurchofCook)

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