

TRINITY *Tribute*

September 2022 Newsletter
 Trinity Lutheran Church-ELCA
 Cook, Minnesota

"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."



September Star Word Prompt:
 How could you use your star word and your journey with it to teach someone about faith?



Thanks to all the brave souls who joined in with the pop-up choirs this summer. Always good to see smiling faces at the front. And it doesn't have to end: Director Bailey Conger has set the date of **September 28** to get the gang back together for the coming year. Regular rehearsals are held Wednesday evenings at 6:30 pm. Anyone who likes to sing is welcome to join in the fun! Hope to see you then!

Bible Quest is starting soon! Registration forms will be sent out at school and through email to families the second week of school. *Please make sure to return the forms so we know you are coming.*

If you are an adult that is willing to help with Bible Quest, please let Pr. Erika or Dn. Kari know.



Confirmation is coming soon! Confirmation class letters will be sent out to families soon. If you have or know of a confirmation-age student (7th or 8th grade) that isn't on our roster and would like to come to confirmation, please let Pr. Erika know.
pastorerikafoss@gmail.com

A small, but enthusiastic audience enjoyed the beautiful chamber concert by the Northern Lights Chamber Music Institute on August 19 here at Trinity. This was the latest of what has become an annual event, following an intense learning stay at Camp Vermilion for the young musicians. Small group pieces, with the entire group playing a couple of pieces together at the end of the evening. If you missed it, next year will bring another opportunity.

Worship at the Littlefork Church

September 11, 2022

9:30 am

TLC's Worship Committee (along with Pr. Erika & Dn. Kari) is planning a return to the Littlefork Church in Field Township for this month. It has been two years since there has been an opportunity to worship in person at this special location. Coffee, cider and goodies will be served following the service, so please plan to stay for fellowship afterwards.



****In case of rain or storms that morning, the service will be held at Trinity, as usual.**

As a thank you to the Trinity family and those who helped made the debt-reduction campaign a success, the Growing in Grace committee (and their helpers) served strawberry shortcake with the usual coffee, after worship on Sunday, July 31.



Committee members are: Bill Conger, Sue Carstens, Jim Aune and Leo Wilenius.

Yummy!



Monthly Community Meal

Thursday, September 22, 2022

Served drive-thru style 4 - 6 pm or until gone

Menu: Meatloaf, Baked Potato,
 Corn, Dinner Roll & Dessert

More Information at trinitycook.org or TLC's Facebook page.

Thank You to all the great volunteers who helped with carrying out United Way's joint project with Zup's "Meet Up & Chow Down" in the park work! Trinity was responsible for passing out lunches on Mondays at the City Park.





This month I will give you a quick update on my health.

From Pastor Erika

I am recovering from my double mastectomy. I am glad I was able to have three weeks off, the recovery has been, let's say, a journey! I am healing and recovering, but it will take a while to get fully back to normal!

The good news from surgery was there was no cancer found in the lymph nodes. The bad news was the original tumor was still present in the breast tissue that was removed. Since the tumor was still there, I will be on a chemotherapy pill for the next 18 weeks, 2 weeks of pills then 1 week off, for six rounds.

This pill is sort of an insurance pill that brings my chances of the cancer not recurring up to 90%. So, my hair will continue to grow back but I may have a few side effect but not as many as with the other chemotherapies that I was on.

Thank you for all your food, cards, prayers and support in the journey so far. I am hoping the end is in sight soon.



Pr. Lori Gordon is Installed

Long-time Trinity member and former Youth Minister, Lord Gordon, was recently installed as the new pastor for Jesse Lake Lutheran Church (Talmoon) and sister parish Suomi Lutheran (Deer River) by Dn. Brenda Tibbetts, Synod Staff Minister for Leadership Support.

Attending from nearby Cohasset, were former long-time Trinity family members Irv & Sue Gustafson.

Congratulations & God's Blessings, Pr. Lori!



Becoming a Trauma Informed Congregation

As I mentioned in the June newsletter, in May I attended the Festival of Homiletics. This is a conference centered around preaching, worship, and society. This year's theme was "After the Storm: Preaching and Trauma." From the moment the conference started, it was acknowledged that we are still in a storm. Not just the storm of a global pandemic, but all of the other storms we encounter in our life including but not limited to mental health, PTSD, discrimination, racism, gun violence, addiction, busyness, illness, etc.

I will not soon forget some of the first words out of the mouth of Dr. Thema S. Bryant, an ordained elder in the AME Church and professor of psychology at Pepperdine University. As she stood at the microphone, she said something to the effect of, "Every church as a praise team and what we need is a lamentation team." Dr. Thema and others went on to talk about how we have congregants who are trauma survivors and how we need to wade into the deep troubles of trauma and become a trauma informed church.

This topic of becoming trauma informed resonated deeply with me, and I have begun to explore more about what this would mean for me and for Trinity Lutheran Church. Trinity strives to be a community that lives into its call; its motto, that states, "Through the active love and grace of God we, as a body of Christ are called to invite, welcome, and care for all." And I wonder if becoming a trauma informed community can help us more fully live into this.

There are many different types of trauma and people respond to trauma differently including how we relate to God and to each other. I believe becoming trauma informed will help us become better equipped to offer support and resources to people.

I have registered for two upcoming courses regarding Trauma through Luther Seminary's Faith+Lead. The first one is in October and titled: *Trauma-Informed Worship: Supporting Trauma Healing During Worship*. The second one is in November and is titled: *Spiritual Care for Trauma: People and Congregations*. I am looking forward to learning and sharing what I learn with you.

A team will be forming to delve deeper into what this might look like for Trinity. If you are interested in being part of the team or just curious about what this might look like, please contact me and we can talk about it.

Deacon Kari

Peace,
Deacon Kari (she/her/hers)



Memorials received this month in memory of:

Jerry Storm

Leo & Lindy Wilenius

Judy Pearson, Arlene Jersthe,

Given by:

Mary Adriani, Deane & Sue Gustafson, Gerti Ruuska

Victoria Nelson, Cheryl Mattison, Rich Holm, Ron & Mickey Maki

Roger & Nancy Lindbeck, Lorraine Carlson,

Lrv & Sue Gustafson,

Rob & Mary Hommez,

Dale & Julie Horihan, John & Claire Zwieg,

Glen Seopa, Aaron Nivala,

Rob & Kim Marwick,

Dale & Jody Bixby, Tim & Beth Sprouls,

Tom & Jean Novak,

Norma Thomas, John & Diane Cin,

Mike & Lorene Enzmann, Bill & Joyce Fromel,

Sandi Buchanan

Bruce & Lois Garbisch,

Crystal Whitney, Shannon & Bobbi Halverson,

Barb Brenna, Eleanor Anshus

Daniel & Maureen Kearney

Larry & Vicki Lange, Liz Storm, Deanne Howard

Larry & Doreen Storm

Larry & Jane Kujala

Dale & Marge Riane, Steve & Lynn Polich,

Randy & Jeani Swenson

Dave & Diane Culbert,

Steve & Norinne Lindberg, Rick & Sue Anne,

Marguerite Byre

Cash

GIFTS

Received

Submitted-YTD

World Hunger

Cook Food Shelf

Social Outreach Ministry

Noisey Offering

Salvation Army

Lenten Offerings

\$

150.00

\$287.00

\$135.33

\$1,207.00

\$483.73

Submitted by Sue Carstens, Financial Mgr/ Bkbp



Thank You for your continued support; weekly offerings are what keep Trinity going. Whether you join us in person or online, the ministry and missions of Trinity depend on your faithful giving.

If you are interested in setting up electronic payments through your own bank or financial institution, please contact Sue Carstens at 218-666-5965 or email at info@trinitycook.org for further information



VancoMobile link

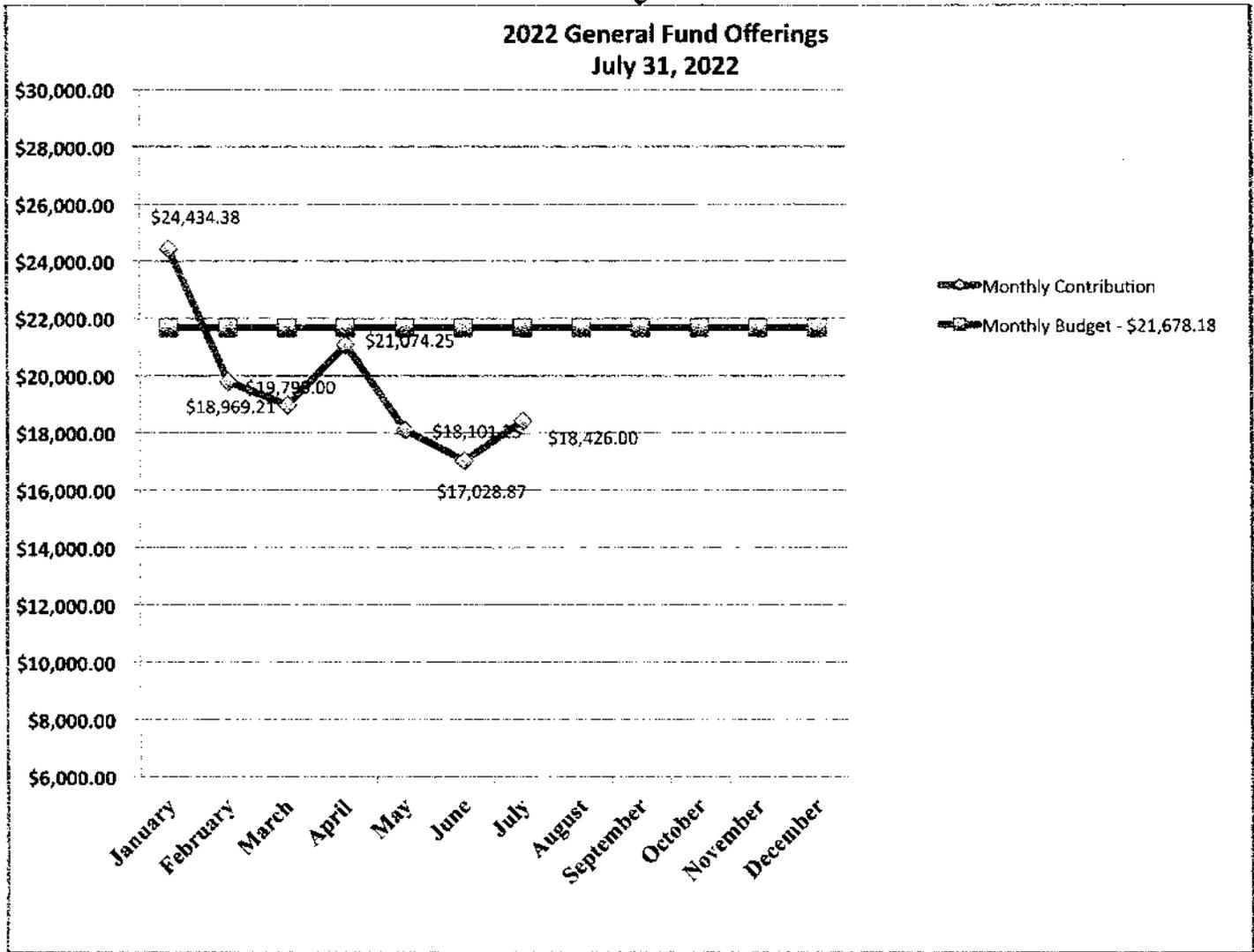
Looking for an easy way to support the Trinity ministry? Sign up for AmazonSmile, designate "Trinity Lutheran Church", and for every purchase you make, Trinity will receive a donation (**0.5% of eligible purchases - no fees, no extra cost**) quarterly. **Thank You** to all the online shoppers who have already designated Trinity for donations through AmazonSmile.

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

NOTE: We are listed as **Trinity Lutheran Church**, please be sure you have chosen our site. Search as **Trinity Lutheran Church, Cook**, and it will show up as Cook, MN.

Questions? Call Trinity's office at 218-666-5965

Giving in Grace



As Trinity enters its final building renovation campaign, we thought it would be fun to look back at what has been achieved. Here is some historical information about the building renovation. In 2006, the first pledge drive was done to raise the money that was needed before Trinity could get a loan for the renovation of the building. The following shows all of the campaigns that were done for the down payment and to then make the payments on the loan with the Mission Investment Fund for \$786,660. The Trinity family has achieved a lot over the last 16 years and can be proud of this accomplishment.

2006-2010 Today's Vision, Tomorrow's Mission

142 Giving Units
 \$415,845.58 in pledges
 \$390,570.58 pledges received -- 94% pledges received

2013-2016 Second Mile

85 Giving Units
 \$241,308 in pledges
 \$237,463 pledges received -- 98.4% pledges received

2019-2022 Growing in Grace II

64 Giving Units
 \$278,377 in pledges
 \$220,024.68 pledges received -- 79% pledges received

2010-2013 Keep the Vision Growing

127 Giving Units
 \$412,797.25 in pledges
 \$393,560.25 pledges received -- 95% pledges received

2016-2019 Growing in Grace

71 Giving Units
 \$272,168 in pledges
 \$284,628 pledges received -- 104.2% pledges received

2022-2025 Growing in Grace III

48 Giving Units
 \$183,608 in pledges

For those who may have missed the Temple Talk on July 3. Thanks for sharing, Norma!

Temple Talk by Norman Thomas
Sunday, July 3, 2022
Trinity Lutheran Church Cook, MN



Good Morning. I want to tell you the story of how I became a member of Trinity.

I was born in Ely on August 18, 1940 and baptized at St. Anthony's Catholic church on September 15, 1940. In August of 1941 my family moved to Field Township near Cook. We had many wonderful neighbors. Amanda Carlson lived about a mile north of us. Amanda took us under her wing and invited us to the Little Fork Church, prayed for us and mentored us.

Long story short, my parents, Bill and Charlotte Nieters, became members here a few years later. My older siblings, Bill, Jane and Carol were confirmed at Trinity. I was confirmed here May 23, 1954. I will do the math for you – 68 years, 1 month, and 11 days ago. I was the last class to be confirmed in the building down the street on the corner of 1st St and 1st Ave SE...across from St. Mary's Catholic church, now Mlakers Funeral home. Hope Simpson, seated here today, was also in this class.

Bob Thomas and I were married here on July 7, 1962. On Thursday, we will celebrate our 60th wedding anniversary. Our children Scott and Debra were baptized and confirmed here. Sadly, Scott's funeral was here in January 2016.

I have been here for many improvements to this building. In 2011 we jumped in with both feet and renovated, remodeled, replaced, redid and reconfigured this building...a million-dollar project and a huge undertaking for a small congregation. Many, many faithful members and nonmembers have given generously to reduce this debt. I pray this will continue.

I love the theology and the liturgy of the Lutheran Church. I love the Lord and have grown in my faith thanks to this congregation.

And just who is the Amanda that I speak of? She is Esther Jowaski's mother and Kathy's grandmother. I am thankful that Amanda was in my life many years ago. Thank you.

From the President

Time to squeeze the last drops out of summer. Seems a little early to me.

Let me start by wishing a speedy and successful recovery to Pastor Erika. I am sure you all join me in this wish.

One of the highlights since the last report is the successful conclusion to our Growing in Grace Renovation Debt Reduction campaign. Sue Carstens has posted a summary of the history of our renovation debt campaigns in this newsletter, and it shows a truly amazing commitment to first, doing the renovation and secondly, paying for it. Thank you one and all for donating time and financial resources to the building that houses the work we do to fulfill our Christian mission. And thanks to Sue, Pastor Erika, Jim Aune, Leo Wilenius and all others that helped put this drive together.

Last month I mentioned that we are on many paths in our lives. Finishing off our commitment to paying off the Renovation is just one of them. Relying on Jesus to be our pathfinder is always a safe bet.

One of the paths Deacon Kari is on led to education on grief and trauma ministry. I am hoping this path leads to an improved ability at Trinity to help

people deal with trauma and grief. The trauma in question is mostly mental in nature rather than physical, although they often go hand in hand. Jesus is the balm that can help heal the mental trauma, but we all can stand some help in learning how to apply this balm. It can be a tricky treatment – often the wrong words used with the best of intentions can be hurtful instead of helpful. After all, what good is church if it doesn't help you get through the tough times?

I would hope that everyone can bring their problems to us, and we can help you find a path to soothing the mental pain. This includes any problems you have with Trinity. Let us know so we can try to help.

Our recent services have dealt with the connection between Heaven and Earth, and more specifically how Heaven wants us to take care of Earth so we have a suitable place for us and future generations to live. I feel consideration of how we treat our planet should be part of our daily living. While none of us can save the Earth singlehandedly, lots of small decisions we make every day can make a positive difference. We can associate with groups and practices that are the least harmful to the planet.

In the first year of the pandemic, the decrease in pollution was noticeable as people stayed home and the environment showed immediate improvements. It was clear evidence that modern life styles do cause harm every day, but also proof we can change our lifestyle if we try to have a positive impact on the environment. We just have to try. Pollution is actually waste, and waste can be reduced with conscious effort. Waste reduction always leads to multiple benefits.

Changing directions slightly, there is an effort to bring back the Annual Lutefisk Dinner this year. This event has been a major outreach and success for Trinity in the past. If you are interested in helping to resurrect this event, please let Greg Wilson know as soon as possible. (Note: Properly prepared lutefisk is a form of resurrection, as great efforts are made to bring the fish taste back from the dead.)

Before we know it, summer will have ended, and we will be returning to our more normal routines. Hopefully that brings you back to church more frequently and we get the benefit of each other's company. There is never a bad time to come back to church.

Peace be with you,
Bill

**Trinity Lutheran Church, Cook MN
Council Meeting Agenda
Wednesday, Aug. 17, 2022 — 6 p.m.**

The Council publishes the agenda in the newsletter rather than unapproved minutes. Final approved minutes can be reviewed in the office the month following the meeting

1. Opening Devotional and Prayer
2. Amend and/or Approve Agenda
3. Secretary's Report — Julie Horihan. Approve June 15 Council minutes, taken by Crystal Whitney.
4. Treasurer's Report — Sue Carstens
5. Pastor's Report — Pastor Erika Foss. *Written report provided:* Pr Erika is on medical leave during August. She will return to leading worship on Sept. 4. Dn Kari Olson will lead and preach Aug. 14 and Aug. 21. Pr Mary Vance will lead and preach on Aug. 28. Bible Quest will begin the end of September if we get enough help and transportation. Confirmation will begin end of September.
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
9. Old Business
 - 9.1. Church security: Bill Conger to share bid on new security system.
 - 9.2. HR Committee to provide an update
10. New Business
 - 10.1. Set annual congregation meeting date: Sunday, Oct. 16 following worship
 - 10.2. Discuss whether to resume holding the lutefisk dinner: Yes. Saturday, Dec. 3
 - 10.3. Request to use building: board of directors from Volunteers in Education (VinE) to meet September through winter months at Trinity on the third Monday of the month at 6 p.m. (September will be on second Monday, Sept. 12)
11. Announcements: Reminder of the Northern Lights Chamber Music Institute concert at Trinity on Friday, Aug. 19 at 7 p.m.
12. Next Council Meeting: Tuesday, Sept. 27 at 6 p.m. in church library

Adjourn



Larry Lange, Leigh Zika,
Kirsten Charlson



Leigh Zika,
Patti Naughton

It takes a village, in this case the family and friends of Trinity, to make things happen. The faces may change occasionally but the love and willingness to do God's work is there always. Thank you all, for your assistance in carrying out this important Trinity ministry

Jody Bixby, Carrolle Wood, Polly
Graziano



Lord, Hear Our Prayers:



Those needing healing and comfort:

Pastor Erika, Terry Bergstrom, Audrey Leenhouts, Mike Naughton, Serena Pearson, John Bergman, Kenneth Tomlinson, Shirley Bixby, Carol McCue, Mike McCue, Bob Posch, Jeremy Scherer, Sabrina Adriani, Mary Adriani, Victoria Nelson, Donnie Gordon and Kevin Cairn.

Family and friends of Marguerite Eyre (6/29) who has passed away recently.

- + 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.

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BIRTHDAYS

- 1 Eli Smith
- 3 Rick Appleby
Brynn Simpson
- 4 Warren Mlaker
- 5 Dawn Reing
- 7 Tom Kahn
Charles Scott
- 8 Ray Reinholtzen
- 11 Judy Pearson
- 14 Lars Conger
- 15 Addy Hartway
- 17 Serena Pearson
- 18 Heather Chaulklin
- 19 Jeani Swenson
- 20 Cindy Palm
Maren Foss
- 21 Deb Gordon
- 26 John Jordan
- 28 Amy Nelson
- 29 Tim Sprouls



The women of Trinity will be meeting on September 10, at 9:30 am in the Fellowship Hall. Speak with Norma Thomas or Gerry Ruuska for more information.



Scripture Readings for September

September 4

Season of Creation
5th Sunday
Ezekiel 47:1-12
Psalm 104:27-33
Revelation 22:1-5
Matthew 28:1-10, 16-20

September 11

Flood and Promise
Genesis 6:5-22; 8:6-12; 9:8-17
Secondary Text
Matthew 8:24-27

September 18

Call of Abraham
Genesis 12:1-9
Secondary Text
Matthew 28:19-20



September 25

Joseph in Prison
Genesis 39:1-23
Secondary Text
Matthew 5:11-12

THANK YOU to all those behind-the-scenes and in-front-of-the camera volunteers who help Trinity function. Recruited or just jumping in where they are needed, our TLC family members are good people and aren't always recognized, but ALWAYS appreciated.

Please check out the various opportunities below:

- Sign Up in the Fellowship Hall:
- Readers
- Communion Assistants
- Worship Assistants
- Sunday Coffee Servers
- Contact Julie Horihan:
- Monthly Community Meals

ANNIVERSARIES

- 10 Tom & Marla Kahn
- 12 John & Heather Chaulklin
Troy & Dawn Simpson
- 15 Steve & Lynn Polich
- 16 Tom & Lisa Ojanen
- 17 Dale & Jody Bixby
- 18 Andrew & Mariah Scholler
- 20 Augie & Sue Carstens

Thanks to Greg Wilson for Stepping Up:

We are planning the return of our annual lutefisk and meatball dinner for Saturday, December 3, 2022. After two years of being put on hold, I am heading it up to get it done! I am looking for a few people to be on a committee to help get it organized; and later more people to help once we get closer to the date.

If you are willing to help or have any suggestions or questions, you can call me (Greg) at **218-780-5196** or email me at wilsongregory1987@gmail.com for information.

Thank you,
Greg Wilson.



September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	1	2	3
Worship 9:30 am w/communion Pop-Up Choir	The Well WILL NOT meet this week.	Bible Study 9:30 am	Carefree Worship 10:00am		8	9	10
4	5	6	7				
Cook Care Center Service 1:00pm	CHURCH OFFICE, CLOSED					CHURCH OFFICE CLOSED	
AA, Al-Anon 7:00pm	BSA 6 pm						
11	12	13	14	15	16	17	
Littlefork Church Worship 9:30 am w/communion	VINE 6:00 pm	Bible Study 9:30 am	WELCA 9:30 am		CHURCH OFFICE CLOSED		
AA, Al-Anon 7:00pm	CHURCH OFFICE CLOSED						
18	19	20	21	22	23	24	
Worship 9:30 am w/communion	The Well 9:30 am CHURCH OFFICE CLOSED	Bible Study 9:30 am		Community Meal 4-6 pm	CHURCH OFFICE CLOSED		
	NEMIN Synod Fall Theological Conference						
AA, Al-Anon 7:00pm	BSA 6 pm	Worship Team 1pm					
25	26	27	28	29	30		
Worship 9:30 am w/communion	The Well 9:30 am CHURCH OFFICE CLOSED	Bible Study 9:30 am	Choir 6:30 pm		CHURCH OFFICE CLOSED		
AA, Al-Anon 7:00pm	BSA 6 pm	Council Meeting 6:00 pm					

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



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Cook, MN 55723

September
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.