

# 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."

March 2023 Newsletter  
Trinity Lutheran Church-ELCA  
Cook, Minnesota



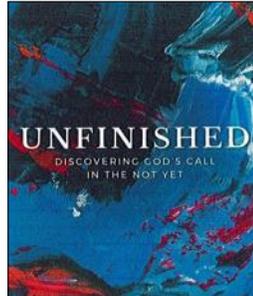
*March Star Word Prompt:* In this season of Lent, what repentance or self-examination has come from your star word so far?

### ***Lent Soup Suppers & Services 2023!***

Lenten Wednesdays will begin on March 1 with a soup supper at 5:30 pm. There are volunteer sign-up sheets in the entryway if you would like to contribute a pot of soup or other needs.

Each week's meal will be followed by interactive worship, beginning at 6:30 pm in the fellowship hall. Everyone is welcome -- even if you can't make it in time for soup.

Sundays during Lent will start a new theme for the week and then continue through our worship and learning the following Wednesdays.



Prayer stations will also be open throughout the week, similar to last year. The building will be open Monday - Thursdays beginning at 9:00 am.

#### *An Overview of Our Lenten Journey*

We can probably all think of a host of experiences from our own lives in which we occupy the space between "no longer" and "not yet"; but we are not left alone in this space. God is here -- present tense, each and every day -- calling to us, accompanying us, renewing and recreating us over and over again.

This Lent you are invited into the spiritual practice of *vocare* (Latin, to call or invoke); a practice designed to help you discover and embrace various ways that God calls you in everyday life so that even amidst the "not yet", you can more intentionally live life on purpose for the common good.

### ***March Adult Forum Scheduled***

All are encouraged to attend a forum on solar energy and solar panel installations on **Sunday, March 12**, following the worship service. The presenter will be Rickey Sipila, a Britt native, a University of Minnesota graduate with a degree in solar engineering, owner/operator of Sisu Solar, and an enthusiastic environmental advocate.

As people of faith, we are called to take seriously our mandate to protect and restore the fragile and increasingly imperiled health of the planet -- an enormous and daunting task, which has been entrusted to us by our Creator. One compelling way in which we can pragmatically address this challenge is through harnessing the sun's energy to lessen our heavy reliance on fossil fuels and their heavy carbon footprint.

Might Trinity now be called to step up in a leadership role and consider a solar array for its own church campus? Would this make sense for us from an economic perspective? Might you, as an individual, have an opportunity to offset your own carbon footprint with solar? Join the forum for a chance to delve into an exploration of this timely, relevant -- and yes, very Biblical -- topic!

Contact Bruce Garbisch for further information.

### **Community Meal to be Served on *March 23, 2023***

This month's menu will be Chili, Cornbread, Side & a Dessert. Meals will be served drive-thru or eat-in from 4 -5:30 pm or until gone.

Volunteers are always welcome! If you'd like to help, please contact Julie Horihan at [julie@jvhcomms.com](mailto:julie@jvhcomms.com)



### **BQ** *Prayer Partners*

Bible Quest kids and their Prayer Partners have been busy this past month. Lots of combined activities, projects and fun! Be sure to check out the new banners at the base of the sanctuary stairs. Outlined cloth hands of the kids and the adults have been added with valuable assistance from Sue Gustafson and Norma Thomas.



Just in time for Ash Wednesday, a project that Pr. Erika and Dn. Kari worked on with the group was altar paraments. A variety of crosses were painted on fabric and the finished product was ready for the mid-week service on February 22 that begins Trinity's observation of Lent. More pictures can be found on page 6.



*From Pastor Erika*



I am super excited to share with you what we are planning to do in Lent! It might be strange to be excited about a season of the church that is supposed to be somber, but I think it great to be excited about something in our faith journey no matter what the season of the church year it is.

For Lent we are using parts of a series from a group called Church Anew out of Edina. Our “Lent in a Box” as it is called, is titled “Unfinished: Discovering God’s Call in the not yet.” We are using the Lectionary gospel texts for our series and we will be walking through the following: *Called to Renewal; Called to Values; Called to Openness; Called by God; Called to Attentiveness; Called to Regret; Called to Experience God’s Presence; and Called to Resurrection.*

A brief overview: We can probably all think of a host of experiences from our own lives in which we occupy the space between “no longer” and “not yet”. But we are not left alone in this space. God is here, present tense, each and every day --calling to us, accompanying us, renewing and recreating us--over and over again. This Lent you are invited into the spiritual practice of *vocare*, a practice designed to help you discover and embrace various ways that God calls you in everyday life so that even amid the not yet, you can more intentionally live life on purpose for the common good.

Starting on Ash Wednesday (Feb 22), and then on Sundays of Lent (Feb 26, March 5, 12, 19, 26), you will hear the theme in the worship and preaching. On the following Wednesdays, we will practice *vocare*. This is where we get to do, try, and being a part of the theme of the week. We will meet in the fellowship hall after soup supper and have a time of listening and be active to the calling of God.

I hope you join us. These Lenten practices are a great way to hear God’s call, to put the call into action and have fellowship and community with fellow members of Trinity. All are welcome to join us.

Happy Lent to you all!,  
Pr. Erika

## **Tea and Play-Doh**

The Well.

Fireside Room, cozy chairs, warm fireplace.

Deacon Kari wheeling out the tea cart, three different types of tea in three different sized teapots.

Choosing a cup and pouring the hot liquid.

Holding the warm cup in our hands.

Watching the steam rise.

Strike the singing bowl, long even tone.

Quiet.

Ready for prayer, ready to listen, ready to accept all words spoken and unspoken.

Trying something new, connecting with those in the room.

Bible Quest.

Laughing, talking, jumping.

Pizza.

The Lord's Prayer in yoga poses.

Tracing hands on colorful felt, cutting them out and writing our names.

Face painting, crafting, talking and listening.

Playing with Play-Doh, remembering how to create.

Molding pink snails, rolling purple snakes and building people with cube bodies.

Learning about each other, hugs before goodbyes.

## ***President's Message*** *Crystal Whitney*



This month I encourage everyone to look at the church calendar or weekly bulletin and find activities that speak to you, then go and participate. Join Bible Study, help with Bible Quest, attend Lent services, visit The Well, volunteer at the Community Meal. Attend Sunday services, read scripture during worship, serve communion, sing with the choir, help in the kitchen. Share your gifts wherever you can.

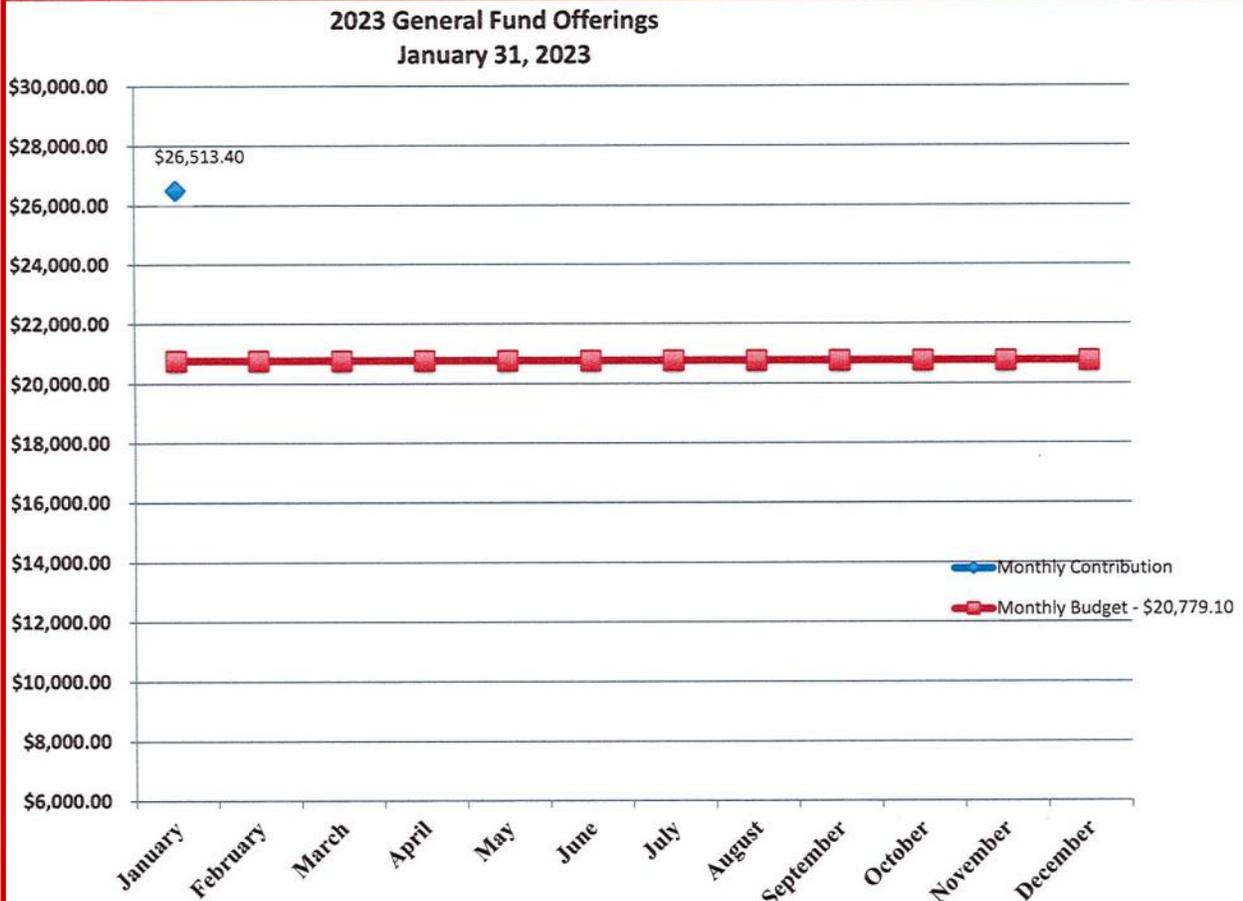
Blessings,  
Crystal

**Trinity Lutheran Church, Cook MN**  
**Council Meeting Agenda**  
**Sunday, Feb. 19, 2023 — 11 a.m.**

1. Opening Devotional and Prayer
2. Amend and/or Approve Agenda
3. Secretary's Report — Julie Horihan - Approve Jan. 14 Council minutes
4. Treasurer's Written Report — Sue Carstens
5. Pastor's Written Report — Pastor Erika Foss
6. Deacon's Written Report — Deacon Kari Olson
7. President's Written Report — Crystal Whitney
8. Committee Written Reports, if needed
9. Old Business
  - 9.1. Review insurance quotes — Bill Conger
  - 9.2. Provide update on security system for the church — Bill Conger
  - 9.3. Discuss Employee Retention Tax Credit from Covid 19 CARES Act — Pr. Erika
10. New Business
  - 10.1. Discuss idea of Ministry Fair to showcase Trinity's ministries
  - 10.2. Discuss process for changing the Constitution and tracking those changes
  - 10.3. Discuss "Congregational Vitality" (long-range planning) — Pr. Erika
  - 10.4. Discuss request for increased support from Voyageur's Lutheran Ministry — Pr. Erika
  - 10.5. Discuss need for Trinity sabbatical policy — Pr. Erika
  - 10.6. Discuss rolling over any remaining continuing education budget to 2024 — Pr. Erika
  - 10.7. Address parsonage Blink security camera subscription invoice — Pr. Erika
11. Announcements
12. Next Council Meeting: Sunday, March 19, 2023 at 11 a.m. in the church library

Adjourn

**Giving in Grace**



**General Fund**

Budget Receipts	\$17,418.70
Budget Expenditures	\$20,485.15
Checkbook Balance	\$217.83

1/31/2023

2023 Budget = \$249,349.16

**Offerings Needed**

Monthly = \$20,779.10  
 Sunday = \$4,795.18

<u>Income</u>	<u>January Received</u>	<u>Monthly Anticipated Budget</u>	<u>YTD Received</u>	<u>Anticipated YTD Budget</u>
Envelope Offering	\$ 25,396.64		\$ 25,396.64	
Loose Offering	\$ 916.76		\$ 916.76	
Church usage	\$ 200.00		\$ 200.00	
<b>Total Regular Income</b>	<b>\$ 26,513.40</b>	<b>20,779.10 **</b>	<b>\$ 26,513.40</b>	<b>\$ 20,779.10</b>

**Mission Support**

	<u>January paid</u>		<u>YTD Paid</u>	
NE Synod	\$ 633.33	\$ 633.33	\$ 633.33	\$ 633.33
VLM	\$ 75.00	\$ 75.00	\$ 75.00	\$ 75.00
<b>Total Mission Support</b>	<b>\$ 708.33</b>	<b>\$ 708.33</b>	<b>\$ 708.33</b>	<b>\$ 708.33</b>

**Expenses**

Education	\$ 87.21	\$ 216.68	\$ 87.21	\$ 216.68
Wellness Ministry		\$ 12.50		\$ 12.50
Stewardship	\$ 89.80	\$ 100.00	\$ 89.80	\$ 100.00
Social Outreach Ministry				
Worship	\$ 628.14	\$ 728.17	\$ 628.14	\$ 728.17
Church Operations	\$ 7,742.59	\$ 7,601.36	\$ 7,742.59	\$ 7,601.36
Pastoral Salary & Bene	\$ 7,732.27	\$ 7,823.91	\$ 7,732.27	\$ 7,823.91
Congreg Care Minister Sal & Bene	\$ 3,479.78	\$ 3,563.16	\$ 3,479.78	\$ 3,563.16
Misc	\$ 137.16	\$ 25.00	\$ 137.16	\$ 25.00
<b>Total Expenses</b>	<b>\$ 20,605.28</b>	<b>\$ 20,779.11</b>	<b>\$ 20,605.28</b>	<b>\$ 20,779.11</b>

**Growing In Grace(3)**

		<u>January</u>	<u>Attendance</u>
Total loan	\$786,660.31	Jan 1	41
Current Balance	\$123,490.96	8-Jan	61
Pledged	\$183,603.00	15-Jan	54
Pledges Received	\$60,474.10 (49 giving units)	22-Jan	54
	32.90% thru 1/31/23	29-Jan	36

Receipts for the month are ABOVE budget by \$5,734.30. Receipts are ABOVE budget for the year \$5,734.30.  
 Expenses are BELOW budget for the month by \$173.82. Expenses are BELOW budget for the year \$173.82.

Memorials received this month in memory of:

Lois Jacobi  
 Lee Gustafson  
 Esther Jowaski

VancoMobile link



Given by:

Irene Baumgartner  
 Linda Poshak  
 Steve & Lynn Polich, John & Claire Zwieg,  
 Kim Martinson, Bruce Anderson, Tim & Beth Sprouls  
 Elizabeth Storm, Arvid Arvila, Larry & Vicki Lange  
 David & Janis Arola, Pam Carlson, Hope Simpson  
 Marvin & Peggy Pearson, Jeri Bonnette  
 Richard & Alys Deininger, Ron & Mickey Maki  
 Rob & Kim Marwick, Gary & Dorothy Heglund  
 Bill & Bailey Conger, Duane & Sue Gustafson  
 Leo & Lindy Wilenius, Dennis Morreim  
 Bob & Norma Thomas

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<u>GIFTS</u>	<u>Received</u>	<u>Submitted-YTD</u>
Noisy Offering	\$210.99	\$210.99
Cook Food Shelf		
Social Outreach Ministry	\$57.00	\$210.99
Pastor's Discretionary Fund		
Salvation Army		
Lenten Offerings		

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Submitted by Sue Carstens, Financial Mgr/ Bkcp

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](mailto:info@trinitycook.org) for further information.*

The Trauma Support Committee has broadened its focus and made a name change to **Mental Health and Wellness**. We will be highlighting a specific topic each month: with a brief Temple Talk during one service; building and sharing a list of resources; and being available to answer questions at coffee hour after services or by phone.



We start with the topic of grief during the month of March. Lauren Simensen will provide the Temple Talk on Sunday, March 19. Look for handouts, *Conversation Tips to Support Those in Grief*, on the Fellowship Hall table.

A list of grief support groups in the area is available from any of us. Our NEMN ELCA synod website has a wealth of information and resources available at [nemnsynod.org](http://nemnsynod.org) on all mental health issues.

To reach one of us by phone with questions, concerns, or interest in joining the committee, call:

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

Join us for Sunday worship -- in person or online. There are always welcome smiles from young and old.



### ANNIVERSARIES

- 13 Dale & Sonja Foss
- 22 Chad & Connie Stone

### BIRTHDAYS

- |                      |                     |
|----------------------|---------------------|
| 4 Talen Jarshaw      | 18 Dale Bixby       |
| 5 Colton Arvila      | 19 Trisha Aune      |
| Mike Pouchnik        | Arlene Jershe       |
| 6 Eli Lindgren       | 21 Audrey Bryson    |
| 7 Clementine O'Brien | 22 Aiden Hartway    |
| 9 Haddie Anderson    | 23 Evan Foss        |
| 14 Dave Culbert      | 26 Sue Carstens     |
| 15 April Glass       | Gerry Ruuska        |
| Mary Gustafson       | 28 Garrett Simensen |
| 16 Loann Trygg       | 31 Vinny Pascuzzi   |



For the beauty of each bean,  
For the coffee in my cup.  
For the wonder of caffeine  
Which conspires to wake me up.  
Lord of all, to Thee we raise-  
This, our mug of grateful praise.

Everyone loves a good cup of coffee after worship and the fellowship that comes with it. There is always a place for more volunteers to help out by serving, cleaning up, or supplying bars, cheese, crackers, fruit or some kind of goodie. BIG Thanks to all who have been filling the need for months. Can *YOU* help? There are sign-up sheets near the kitchen area. Thank *YOU!*

*Lord, Hear Our Prayers:*

*Those needing healing and comfort:*

Natalie Enzmann, Lois Garbisch, Larry Kujala, Steve Lindberg, Art Dale, Katie Aune, Audrey Leenhouts, Hope Simpson, Dave O'Melia, Bob Posch, Terry Bergstrom, Shirley Bixby, and Kevin Cairn.



Family & friends of Glen Chilcote, who passed away on Saturday, February 4. A memorial service will be held for Glen on May 6 at Trinity.

- + 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.

### Scripture Readings for March



#### March 5

*Called to Openness*  
Genesis 12:1-4a  
Psalm 121  
Romans 4:1-5, 13-17  
John 3:1-17

#### March 19

*Called to Attentiveness*  
1 Samuel 16:1-13  
Psalm 23  
Ephesians 5:8-14  
John 9:1-41

#### March 12

*Called by God*  
Exodus 17:1-7  
Psalm 95  
Romans 5:1-11  
John 4:5-42

#### March 26

*Called to Regret*  
Ezekiel 37:1-14  
Psalm 130  
Romans 8:6-11  
John 11:1-45



# Bible Quest: Fun, Games & Giggles

BQ



## Quilting Tidbits

by Norma Thomas

When we were quilting in October, Lindy asked the question "When did quilting begin at Trinity?"

I am not sure of the beginning, but I remember when I was a teenager in the 50's my mother, Charlotte Nieters, was sewing quilts for Lutheran World Relief (LWR). Other sewers at that time were Esther Heglund, Lottie Degrugillier, Pearl Reichel, Betty Lindbeck, Sophie Enzmann and over the years many, many others.

In 1990, Gerry Ruuska began keeping records. To date: **5,589 quilts** have been made for LWR; the Salvation Army; women's shelters in Virginia, MN, and Hibbing, MN; fire victims; students graduating from high school; and anyone in need.

The following are some of the larger projects that have also been done:

- \* Health Kits
- \* Sewing Kits
- \* School Kits
- \* AIDS Kits
- \* Seafarers Hats & Scarves
- \* Lap Robes & Day Quilts for the Nursing Home
- \* Sweaters for Bosnia
- \* Shoes & Boots
- \* Infant Quilts for Haiti



A big Thank You to Gerry for keeping track of everything in her 2 rag-tag red folders; to all who have contributed in any way. And to Trinity's Women of the ELCA for your unending dedication to serving and giving.

Trinity's Women of the ELCA will be meeting on **Tuesday, March 14, at 9:30 am** for Bible Study and a business meeting.

## QUILTING IS BACK!

*Join the Busy Bee quilting group on Tuesday mornings in March for fellowship, coffee, LWR projects and a bit of fun.*

*They gather in the Fellowship Hall starting at 9:00 am and finish up by 11 -- in time for lunch, with a break for coffee and goodies.*

*For more information contact Gerry Ruuska or Norma Thomas. All are welcome!*

## WELCA: Laurentian Conference Spring Gathering

Saturday March 25, 2023

St. Mark's Lutheran in Palo

4096 Hwy 100



Women <sup>of the</sup> ELCA 



In addition to all their work with WELCA and the quilters, Norma Thomas works with Sue Gustafson to make banners for the various seasons of the church year.

More recently, they assisted Bible Quest with the construction of their "Helping Hands" banners hanging by the sanctuary stairs.

*Thank you for your ministry, ladies!*

- \* Scripture passage for the morning is Mark 16:1.
- \* "When the Sabbath was over, Mary Magdalene and Mary the mother of James and Salome bought spices so that they might go to anoint Jesus' body".
- \* Theme: "Bold and Spicy Women Who Worship Jesus". [March is Bold Women month ~ with the 8th as the International Day of the Woman]
- \* Registration begins at 9:00 am . Gathering concluded by 2:30 pm.
- \* There will be a Communion Service lead by Pastor Jeanne Madsen
- \* The Morning Activity will be: Chair Yoga, with Jenna Dickenson
- \* The Guest Speaker will be: Kristen Foster speaking on "Bold Women"
- \* Lunch will be \$8.00.
- \* RSVP by March 18 to Sherry Johnson @218-750-4292
- \* Childcare by reservation: deadline March 18th to Sherry Johnson
- \* **Offering Focus: Aurora Food Shelf**
- \* **In-Kind Offering: Spices for the Food Shelf.**
- \* Penny Offering has been designated for "Feed My Starving Children"

Questions may be directed to:

Julie Lepisto: Coordinator at

218-276-3020 [lepistol@paulbunyan.net](mailto:lepistol@paulbunyan.net)

Candace Bischoff: Secretary at

612-723-5627. [candacebischoff@gmail.com](mailto:candacebischoff@gmail.com)

Pastor Kristin Foster was welcomed as the officiant at Trinity on Sunday, February 12.



Coming **Monday, March 13**, join Pr. Kristin as she will present a follow-up forum to one held this past January:

*Created Whole -- A Forum on the Church's Witness to ALL the Children of God*

Those planning to join the discussion will be meeting in the library at 11:00 am. Please contact Pr. Kristin at [revkristinfooster@gmail.com](mailto:revkristinfooster@gmail.com) for further information,



*Behind the scenes with the dedicated volunteer team of the Community Meals*

These monthly meals have become an important mission service for Trinity to the Cook area. Whether they are chopping vegetables, browning hamburger, baking bars, dishing up the meals or delivering the packaged products, this group is working together to create a tasty meal available to any and all who would like one. New faces are always welcome and if you are interested in helping with any aspect, please contact Julie Horihan. ([julie@jvhcomms.com](mailto:julie@jvhcomms.com))



Just a few of the many volunteers who make the Community Meals possible.  
L to R: Julie Horihan, Sue Gustafson, Nancy Lindbeck, Bruce Garbisch.

Volunteers of all ages: even some of the Bible Quest youth assist Pr. Erika in serving the meals in the drive-thru.



Thanks, Kate, Audrey, Vera, Charlie, Libby, Josie & Maren!



Rigatoni prep: Sue Gustafson, Laurie Chilcote, Bruce Garbisch.



Volunteers are needed to assist with worship by:

- Leading the Liturgy
- Reading the Lessons
- Serving Communion
- Serve Coffee & Goodies

There are sign-up sheets in the Fellowship Hall; please consider helping whenever and wherever you are able.

Volunteers are also welcome to participate by:

- Running the Sound Board
- Joining the Choir
- Substituting for Grace Notes
- Helping with BQ Activities

Contact the office or Pr. Erika if you can help out in any way, at any time. Thank you!



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

# March 2023

5	6	7	8	9	10	11	
Worship 9:30 am w/communion <b>CCC Service 1:00pm</b>	CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 11am	<i>Quilting Begins 9 am</i> Bible Study 9:30 am	Bible Quest 2:30 pm Grace Notes 5:15pm Soup Supper 5:30pm Lent Worship 6:30pm Choir 7:15 pm		CHURCH OFFICE CLOSE		
AA, Al-Anon 7:00pm	Scouts 6 pm						
12	13	14	15	16		18	
<b>Spring Forward!</b> Worship 9:30 am w/communion Baptism Adult Forum 10:45 am	OFFICE CLOSED The Well 9:30 am Knit/Crochet 11am Forum w/Pr K Foster 11 am	Quilting/WELCA 9am Bible Study 9:30 am	Bible Quest 2:30 pm Grace Notes 5:15pm Soup Supper 5:30pm Lent Worship 6:30pm Choir 7:15 pm				
AA, Al-Anon 7:00pm	Scouts 6 pm						
19	20	21	22	23	24	25	
Worship 9:30 am w/communion <b>Council Mtg 11 am</b>	CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 11am	Quilting 9:00 am Bible Study 9:30 am Worship/Music 10:30 am	Bible Quest 2:30 pm Grace Notes 5:15pm Soup Supper 5:30pm Lent Worship 6:30pm Choir 7:15 pm	<b>Community Meal 4:00 - 5:30 pm</b>	CHURCH OFFICE CLOSED		
AA, Al-Anon 7:00pm	Scouts 6 pm						
26	27	28	29	30	31		
Worship 9:30 am w/communion	CHURCH OFFICE CLOSED The Well 9:30 am Knit/Crochet 11am	Quilting 9:00 am Bible Study 9:30 am <b>NEWSLETTER DEADLINE Noon</b>	Bible Quest 2:30 pm Grace Notes 5:15pm Soup Supper 5:30pm Lent Worship 6:30pm Choir 7:15 pm		CHURCH OFFICE CLOSED		
AA, Al-Anon 7:00pm	Scouts 6 pm						

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



March  
2023

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

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