

# TRINITY *Tribute*

July 2024 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."*



*July Star Word Prompt: How has your star word surprised you so far?*



June started with two beginnings: a baptism and new adventures. Erik Lee Simensen was baptized and seniors Cora Chapman and Addy Hartway were each presented with a quilt made by Trinity's women and blessed by all the congregation as



they head to bright futures following their graduation from North Woods. All were celebrated with cake after the service.

*(More photos, pg. 7)*



Trinity's Pollinator Garden, located across from the main entrance, was blessed following worship on June 9, 2024. Bruce Garbisch and Larry Lange are primary caretakers of the garden. With assistance from Bible Quest students, the team started plants and transplanted into the current space.

*(More photos, pg. 5)*

The biggest **thank you** in the world to the moving crew that helped me move! It was simply amazing to have all the help. I am so thankful for being a part of the Trinity family! While I'm thanking people, thank you to all who have sent cards and letters and notes and messages and texts! They keep me going and reminding me of the love and support I/we have! Trinity is the best! Thank you! God bless you all!

*Pastor Erika & Maren  
Sonja & Dale*

Our new address is: 9279 Burris Drive  
Cook, MN 55723



## FREE COMMUNITY MEAL

July 25, 2024

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

July's menu is still to be determined. Information will be shared via the weekly bulletins and eblasts, as well as Trinity Facebook page and Website ([trinitycook.org](http://trinitycook.org)).



Breathe in deeply through your nose.  
Breathe in God's unconditional love until your belly expands and you can't take in any more air.

*Pause*

Breathe out through your mouth all that does not help you at this moment

Sometimes I sigh. Sometimes I breathe in deeply and exhale so visibly that people ask me if I'm okay. You may have experienced this during worship or other times when you are with me. Sometimes I close my eyes and I breathe in, pause, and breathe out. Again. And then open my eyes.

When I do this, it's not about you. It's about me. Deep breathing and exhaling is a tool that I use to regulate my body and bring me back to center, to remind me who I am as a Child of God. To help me center on God, the breath of life.

Following is a poem and practice from Joe Davis's book, *Remind Me Again: Poems and Practices for Remembering Who We Are*.

### ***Breath of God***

A reminder of spirit

We believe in the breath of God,  
a rhythm in our chest,  
a movement from heaven to heart  
and outward to everyone else.

We believe in the breath of God,  
that hovers over the face of the deep,  
that moves until every captive is freed,  
that gives until no one is left in need.

We believe in the breath of God,  
we will use this breath to speak  
for those who can't breathe,  
to weep with those who weep,  
to grieve with those who grieve.

We will use this breath to practice what we preach,  
to become God's hands and feet  
in the church and in the street.

We believe in the breath of God,  
creating justice, revealing love  
beyond buildings, but the resilience  
God builds in us.

To confess, repent, and repair  
not in guilt, blame, or shame  
but through courage and compassion  
until our humanity is reclaimed.

We believe in the breath of God,  
to help our unbelief,  
that we might give out every breath,  
until we all can breathe.

### **Try this Practice**

Deacon Kari

Breathe in through your nose for 3 - 5 seconds and imagine the wings of your lungs expanding and your belly filling up like a balloon. Breathe out 8 -10 seconds and imagine your belly button touching your spine.



Deep, slow breathing can help soothe and calm your heart rate when you're feeling nervous or stressed and can improve mental, physical, and spiritual well-being.

You can practice deep breathing whenever your body is overactive and needs to relax. Place your hands over the left side of your chest and pay attention to the rhythm of your heartbeat vibrating against your palms. As you take three deep breaths, notice how your chest moves with each inhale and exhale.

Repeat these words with each breath: *I breathe in God's love for me. I breathe out God's love for the world.*

Do this again, this time placing your hands over your stomach and paying attention to how your belly moves with each inhale and exhale.

Repeat these words with each breath: *I breathe in God's love for me. I breathe out God's love for the world.*

May the breath of God fill you with love, fill you with hope and fill you with peace.

Deacon Kari (she/her)



*Stop by and catch your breath in the Rest Stop.  
(See page 3)*



000000Trinity Lutheran Church - Giving in Grace- Financial Report

**General Fund**

Budget Receipts  
Budget Expenditures  
Checkbook Balance

5/31/2024

\$20,027.26  
\$14,424.19  
\$5,978.47

2024 Budget = \$263,396.21

**Offerings Needed**

Monthly = \$21,949.68  
Sunday = \$5,065.32

	<u>Income</u>	<u>May Received</u>	<u>Monthly Anticipated Budget</u>	<u>YTD Received</u>	<u>Anticipated YTD Budget</u>
Envelope Offering	\$	18,996.65		\$ 89,615.42	
Loose Offering	\$	835.61		\$ 4,863.73	
Church usage	\$	195.00		\$ 495.00	
<b>Total Regular Income</b>	<b>\$</b>	<b>20,027.26</b>	<b>21,949.68 **</b>	<b>\$ 94,974.15</b>	<b>\$ 109,748.40</b>
	<u>Mission Support</u>	<u>May paid</u>		<u>YTD Paid</u>	
NE Synod	\$	633.33	\$ 633.33	\$ 3,166.65	\$ 3,166.65
VLM	\$	81.00	\$ 81.00	\$ 405.00	\$ 405.00
<b>Total Mission Support</b>	<b>\$</b>	<b>714.33</b>	<b>\$ 714.33</b>	<b>\$ 3,571.65</b>	<b>\$ 3,571.65</b>

**Expenses**

Education	\$		\$ 311.67	\$ 140.00	\$ 1,558.35
Wellness Ministry			\$ 12.50		\$ 62.50
Stewardship	\$	105.62	\$ 91.67	\$ 555.77	\$ 208.35
Mental Health & Wellness			\$ 41.67		\$ 458.35
Social Outreach Ministry					
Worship	\$	693.22	\$ 783.58	\$ 4,265.58	\$ 3,917.90
Church Operations	\$	8,459.37	\$ 7,902.23	\$ 45,470.11	\$ 39,511.15
Pastoral Salary & Bene	-\$	170.16	\$ 8,299.35	\$ 32,813.85	\$ 41,496.75
Congreg Care Minister Sal & Bene	\$	4,684.31	\$ 3,767.66	\$ 22,056.59	\$ 18,838.30
Misc	-\$	62.50	\$ 25.00	\$ 222.96	\$ 125.00
<b>Total Expenses</b>	<b>\$</b>	<b>14,424.19</b>	<b>\$ 21,949.66</b>	<b>\$ 109,096.51</b>	<b>\$ 109,748.30</b>

**Growing In Grace(3)**

		<u>April</u>	<u>Attendance</u>
<b>Total loan</b>	<b>\$786,660.31</b>	May 5	75
<b>Current Balance</b>	<b>\$37,526.66</b>	12-May	65
Pledged	\$183,603.00	19-May	130
Pledges Received	\$147,958.45 (49 giving units)	May 26	44
	80.60% thru 5/31/24		

Receipts for the month are BELOW budget by \$1,922.42. Receipts are BELOW budget for the year \$14,774.25.  
Expenses are BELOW budget for the month by \$7,525.49. Expenses are BELOW budget for the year \$651.89.

Memorials received this month in memory of:

Carol Keister

Carolyn Blosson

Judy Pearson

Given by:

Tom & Sherri Brown, Glerys Eplin, Bill & Bailey C  
Norma Thomas, Leo & Lindy Wilenius, Dennis Mor  
Bill & Bailey Conger, St. Mary's Catholic Church  
Ron & Mickey Maki  
Leo & Lindy Wilenius

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.*

**GIFTS**

	<u>Received</u>	<u>Submitted-YTD</u>
Noisy Offering		
Cook Food Shelf		\$774.48
Social Outreach Ministry	\$86.00	\$308.00
Pastor's Discretionary Fund		
Salvation Army		
Lenten Offerings		\$1,454.00
Mental Health and Wellness		\$2,695.00

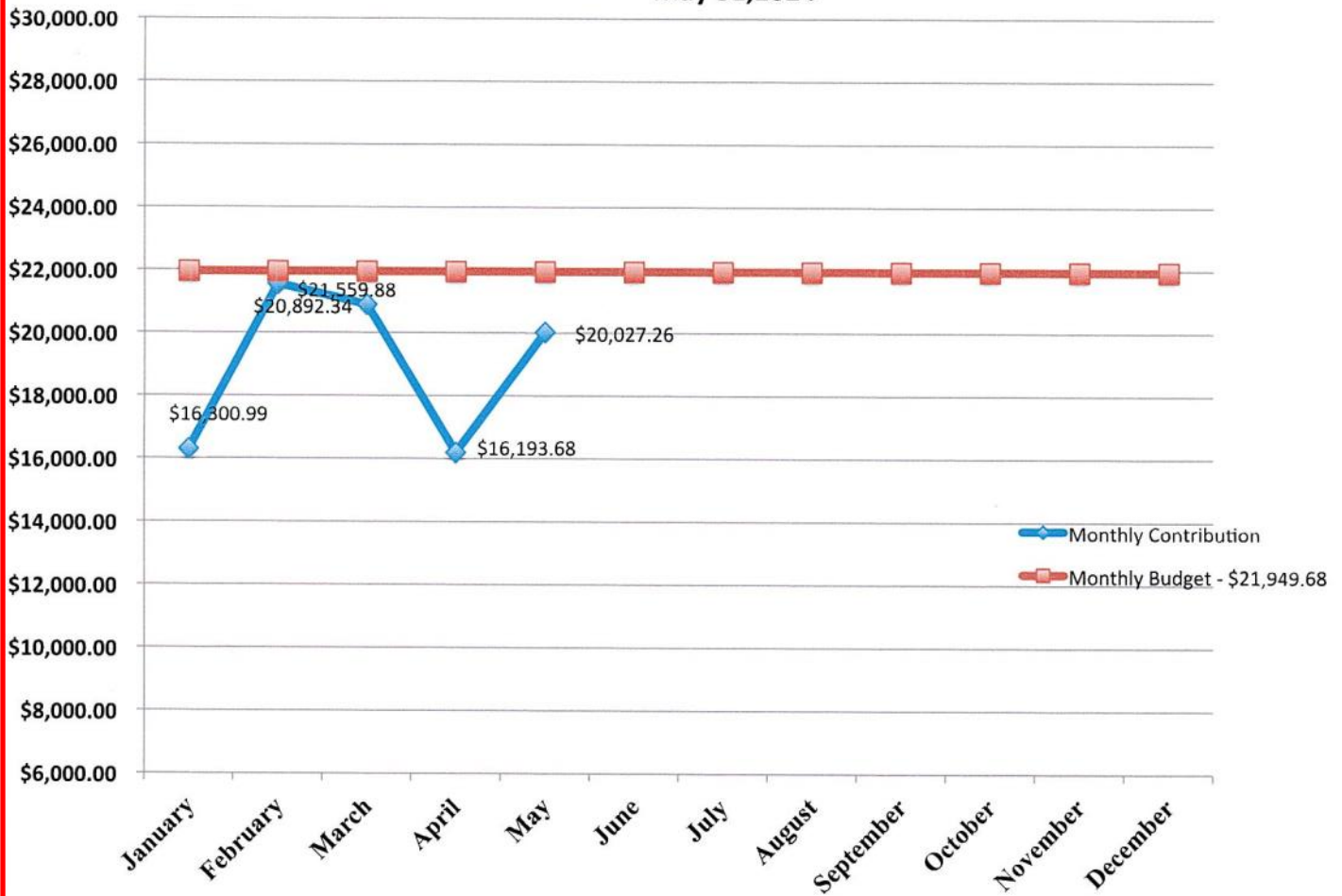
**VancoMobile link**



Submitted by Sue Carstens, Financial Mgr/ Bkcp

## Giving in Grace

### 2024 General Fund Offerings May 31, 2024



Trinity will be having a congregational send-off for our youth on Sunday, July 14, but details are still being worked out. Please watch for more details on the Trinity Facebook page, weekly eblast and the Trinity website.



Our combined Krewes will be heading to New Orleans on July 14 for the Gathering. Back (l to r): Laura Aune, Izzy Pascuzzi, Sophie Arvila, River Cheney, Pr. Liz Cheney. Front (l to r): Grace Bundy, Kate Cheney.

For 50 years we have joined together as Lutherans to address the root causes of hunger and poverty around the world through ELCA World Hunger. Part of our church's long tradition of meeting human needs, ELCA World Hunger testifies to our hope for and commitment to God's promise of a time when we will hunger and thirst no more. In 2024 we will commemorate the 50th anniversary of this ministry.

Youth attending the gathering in New Orleans will be a part of the *Generation Zero-Hunger*, where they will learn to address the root causes of hunger and will be invited to support this work. To encourage giving, donors have provided a matching challenge of \$250,000. Donations may be made online at [ELCA.org/GenZeroHunger](http://ELCA.org/GenZeroHunger) or by phone with a credit card at 800-638-3522 or by mailing a check to:

ELCA  
P O Box 1809  
Merrifield, VA 22116-8009



## Rest Stop Ahead

Maybe you've done some long journeys by car and looked eagerly ahead for signs of a rest stop. Wayside rest stops vary from state to state but they are all designed for the purpose of providing a respite from the grind of the journey, the constant traffic, the need to be "on" and "alert." It provides a space to pull in and pull over out of the mainstream, to breathe in some fresh air, walk around a bit, use the restrooms and do some stretching of your body as well as clear your head. Even if just for a moment or a brief stop, it enables you to get back in the car to continue on your journey.



Here at Trinity Lutheran, we have all been and continue to be on a journey together since Pr. Erika announced her illness and leave. There has been extra concern for her and her family as well as concern for our faith community family. Added to those cares was last weekend's flood and the concern for our neighbors and community has broadened. Calls for help both financially and physically have been continuous road signs along the way. Compassion fatigue or a sense of being overwhelmed by "What can I do to help?" ramps up anxiety. It is in those moments that we need to stop, take a deep breath, look for those wayside rest stops along the way to breathe deeply; and, to do some heavy lifting in prayer.

There is a new wayside rest in Trinity. Not as large as the sanctuary but close to the fellowship room and the sanctuary, it can offer a wayside rest of grace and mercy. In those moments of "big feelings" experienced by God's children of all ages, it offers a calming space to breathe, to pray, to sit and rest, to refocus and get your bearings before getting back on the journey.

There are some prayer cards for use if you like as well as finger labyrinths, some tactile pieces to pick up and hold if that is helpful for you, a place for littles and all ages to come, some artwork to soothe your soul, a safe place to lay down your burdens, and be reminded that you are not alone. God is with you and God promises to be with you always. Additional prayer prompts will be forthcoming but please know you are welcome to utilize this room whenever the church is open. Look for the sign near the door that says, "Peace to All Who Enter, God's Grace to Those Who Depart" and check it out. We have a long journey ahead of us. Let us continue to travel together in faith and hope and be sure to take those needed rest stops.

Jesus said, "Come to me, all you that are weary and are carrying heavy burdens and I will give you rest."

- Matthew 11:28



*Blessing of the  
Pollinator Garden*



## Mental Health & Wellness Team

### DIFFICULT CONVERSATIONS, DIVISIVE TOPICS



The Mental Health and Wellness Team believes that effective communication is necessary for healthy relationships. Last month we focused on styles of conversation. In July, we look at possible strategies to manage difficult conversations on divisive topics. We plan to shift to our focus to change and transitions in August and September, continuing to include the role of communication there too.

The following conversation suggestions, which support building connections rather than widening differences in a polarized world, are from a “Graceful Conversations” session at the 2024 Ecofaith Summit in Duluth. Presenters were Rev. Emily Meyer and Tammy Waldorf.

Their recommendation is to start with prayer and then yourself. It would be simple to passionately or logically present your point of view on a topic and have the listener immediately agree. This is not reality. Much preliminary work must be done before persuasion is thought of, much less attempted.

Let’s look at what supports polarization: stereotyping, dismissing, ridiculing, and contempt. We need to recognize if/when we assume “those people” all think the same, we assign good motives to our side only, or we compare their worst people with our best. Are we using the words, “Never”, “Often”, or “Always”? How are we viewing the other side? On one end of the scale, they are “Enemies”. A less negative view is that “They are deplorable, ignorant, and should know better”. More moderately, we may admit “They’ve been duped. They are well-meaning, but are fooled”. Moving into the positive range, “They have some valid points, something to contribute”. The range of view may even move to see that they have an important perspective, “They have a lot to contribute even if I agree with only some of it”. Lastly, I am a child of God. Can I see the other as one too?

Once you have yourself in a less polarized position, you can begin to work on a relationship. Start with a simple, light question as a way to know something about the other. Connections and mutual interests may be found. Sadly, we must acknowledge that it is not always possible to move more deeply into a relationship. We must allow it to rest in a small patch of civil common ground.

When ready to move on to divisive topics, ask about their views and actively listen. Try to separate policies from values. Ask why a policy is important to them, and what end results they would like. You might find you have common values if your goal is to exchange ideas rather than to force your opinions on them. With mutual respect, you may be able to re-frame the issues from “either/or” to “both/and” actions.

To summarize: Pray, genuinely care for the other, meet others where they are, have mutual respect, ask about their views and listen, reframe the issues from policies to values, look for action together.

Dn. Kari 218-290-5984  
Lauren Simensen 610-507-0051  
Vickie Lange 507-412-1117.



Because Trinity is not offering VBS this year (we’ll be back next year), please consider this option for your children.

**Our VBS is free to all!**

Open to children ages 4 (must be potty trained) – 6<sup>th</sup> grade (completed)  
Monday-Friday 9:00AM-1:30PM

If you have any questions, please contact Sonja Hartline (218)290-3139

Hope Lutheran Church, Highway 21, Embarrass (218)984-2037



<i>BIRTHDAYS</i>	16 Barb Schmidt	24 June Simensen	<i>God Bless You</i>	<i>ANNIVERSARIES</i>
	17 Brittin Lappi	25 Jennifer Barr		
8 Ollie Simensen	18 Bobbi Halverson	28 Steve Anderson		3 Irv & Sue Gustafson
10 Erin Bryson	Greg Wilson	30 Roger Esterby		7 Mark & Diane Pascuzzi
Luke Cheney	20 Hope Simpson	Jeff Pearson		Ethan & Lindsey Stachovich
Mike Naughton	Larry Kujala	31 Laurie Chilcote		Bruce & Lois Garbisch
11 Claire Stachovich	21 Mariah Scholler			16 Tony & Amanda Pascuzzi
12 Bailey Brunner	23 Jim Enzmann			30 Don & Cindy Aune
13 Judy McGlynn	Marvin Pearson			Tim & Beth Sprouls
14 Elsie Danielson	Lindsey Stachovich			31 Brad & Michelle Arvila

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

Pr. Erika Foss, Solveig Lange, Duane Gustafson, Larry Kujala, Gary Albertson, Judy Posch, Aaron Twite, Travis Weatherston, Jessica Harmston, Barry Hansen, Katie Aune, Dave O'Melia, Shirley Bixby, and Kevin Cairn.

- + Ashley Skorseth, Gabe & Bill Aune, family & friends of Todd Skorseth who passed away on June 16, 2024.
- + The family and friends of Mike Pouchnik, who passed away on June 18, 2024.
- + All those in the Cook community dealing with the aftermath of the flood.
- + 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.
- + People facing medical testing, challenges, & difficult situations
- + Those serving in the armed forces, at home or abroad.
- + Those seeking Jesus Christ in their lives.

Good to see Judy and Bruce Andersons this summer. Welcome back!



Two Judys: Anderson and McGlynn

*Blessings Abound...and Cake!*



Kathy & Howard Snyder, Lauren & Garrett Simensen, Ollie, June & Erik.



Peggy Pearson & Cora Chapman



Beth Wilenius, Addy Hartway, Lindy & Leo Wilenius

*Summer Series in a Box -- Vol. 1*

***The Good Book:***

*Meeting Our Ancestors in Faith, One Story at a Time*

The Bible can be a barrier for a lot of people of faith. It's large, intimidating, and can be confusing! Many people are wary to read these texts, carry bruises from their upbringing, or simply don't have enough information for the stories to make any sense. This summer, we invite you to spend time reclaiming the "good" in The Good Book - learning and relearning how ancient stories relate to our stories here and now.

**July 7**

*Empathy & Compassion*

*S is for Salt*

Genesis 19: 15-17, 24-26

***Scripture Readings  
July 2024***

**July 14**

*Wrestling with Faith (and God)*

*I is for Israel*

Genesis 32:24-28

**July 21**

*Reparations*

*J is for Joseph*

Genesis 50:15-21

**July 28**

What it means to help things be born

*P is for Puah*

Exodus 1:15-22

Trinity's *Women of the ELCA* will NOT be meeting during July and August.



**Thank you** to Mark & Barb Schmidt and Tom Soderberg for loading the many boxes of 130+ quilts. These were then taken to Grand Rapids by Mark & Barb, where the Women of the ELCA - NEMN Synod Summer Convention was being held Monday and Tuesday, June 10-11, at Zion Lutheran Church.



Halvor Lines provides a semi truck (free of charge) for all the boxes of donated quilts from around the synod which are loaded and then delivered to the Lutheran World Relief warehouse in St. Paul.

Thank You to ALL who participated in this process -- quilters, packers, haulers and to those who have donated in any way!



Kudos to all the quilters who gathered on Monday, June 24, to tie and finish 50 quilts that are now available for anyone who is in need of comfort following the recent flooding. If you know of someone who would benefit and have need for a quilt or prayer shawl, please contact Norma Thomas, Gerry Ruuska or the office.



Trinity was honored to be able to provide space for volunteers following the recent flooding. Red Cross workers were available for shelter and assistance. The Salvation Army followed with food for any volunteers and victims of the devastation. There is still much work to be done. Big thanks to Crystal Whitney for all her work. Prayers go out to all those affected. Noisy Offering collected on June 30 is designated for this fund.



Thanks to the Flower Squad...  
the beds are BEAUTIFUL!

Trinity is always looking for volunteers to help with the weekly worship services, special events and day-to-day tasks. We appreciate all that each of you do to make our church experiences good ones. If you would like to help out, but aren't sure how:

- \* Check out the sign-up sheets in the Fellowship Hall for opportunities to help lead worship, read or help serve communion; to serve coffee after worship
- \* Contact Bailey Conger for more information about joining the choir or sharing special music during the summer season -- including the "pop-up" choir.
- \* Jody Bixby would like more helping hands with the beautiful flower beds and pots this summer.
- \* Julie Horihan welcomes new faces to help with the monthly free community dinners.



Got other ideas? Contact the office or Dn. Kari for more information.



Kim Marwick  
Judy McGlynn  
Dale Bixby

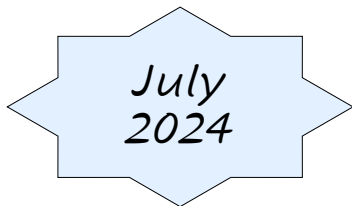


Lindy Wilenius, John Zwieg & Jody Bixby



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6	CHURCH OFFICE CLOSED 1	2	<b>Cook Care Ctr</b> <b>10am</b> 3	 CHURCH OFFICE CLOSED 4	CHURCH OFFICE CLOSED 5	6
7 Worship 9:30 am w/communion <b>CCC 1:30 pm</b> AA, Al-Anon 7:00pm	8 CHURCH OFFICE CLOSED	9 Bible Study 9:30 am Worship Team 10:30 Piano Lesson (FR) 5:30pm	10	11 CHURCH OFFICE CLOSED	12 CHURCH OFFICE CLOSED	13  20
14 Worship 9:30 am w/communion AA, Al-Anon 7:00pm	15 CHURCH OFFICE CLOSED	16 Bible Study 9:30 am Piano Lesson (FR) 5:30pm	17	18 CHURCH OFFICE CLOSED	19 CHURCH OFFICE CLOSED	27
21 Worship 9:30 am w/communion AA, Al-Anon 7:00pm	22 CHURCH OFFICE CLOSED	23 Bible Study 9:30 am Piano Lesson (FR) 5:30pm	24	<b>NEWSLETTER</b> <b>DEADLINE NOON</b> <b>Community Meal</b> <b>4 - 5:30 pm</b> 25	26 CHURCH OFFICE CLOSED	27
28 Worship 9:30 am w/communion AA, Al-Anon 7:00pm	29 CHURCH OFFICE CLOSED	30 Bible Study 9:30 am Piano Lesson (FR) 5:30pm	31	<b>2024 July</b>		

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



## 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](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.