

TRINITY *news*

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TRINITY LUTHERAN CHURCH

203 East Main Street • PO Box 188
Spring Grove, MN 55974

507.498.5291 • www.trinitysg.org



Trinity Lutheran Church Spring Grove



Instagram

[trinitylutheransg](https://www.instagram.com/trinitylutheransg)
[trinityyouth203](https://www.instagram.com/trinityyouth203)



YouTube

Trinity Lutheran: Spring Grove

Office hours:

Mon - Fri: 10 a.m. – 4 p.m.

Sundays at Trinity

9:15 a.m. Worship

10:15 a.m. Fellowship

10:30 a.m. Sunday School

Listen live Sundays on KVIK 104.7 FM

www.kvikradio.com

and on Facebook Live

Saturday Worship 5:00 p.m.

1st and 3rd Saturdays each month

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Rachel Storlie, Organist/Pianist

Scott Solberg, Choir Director

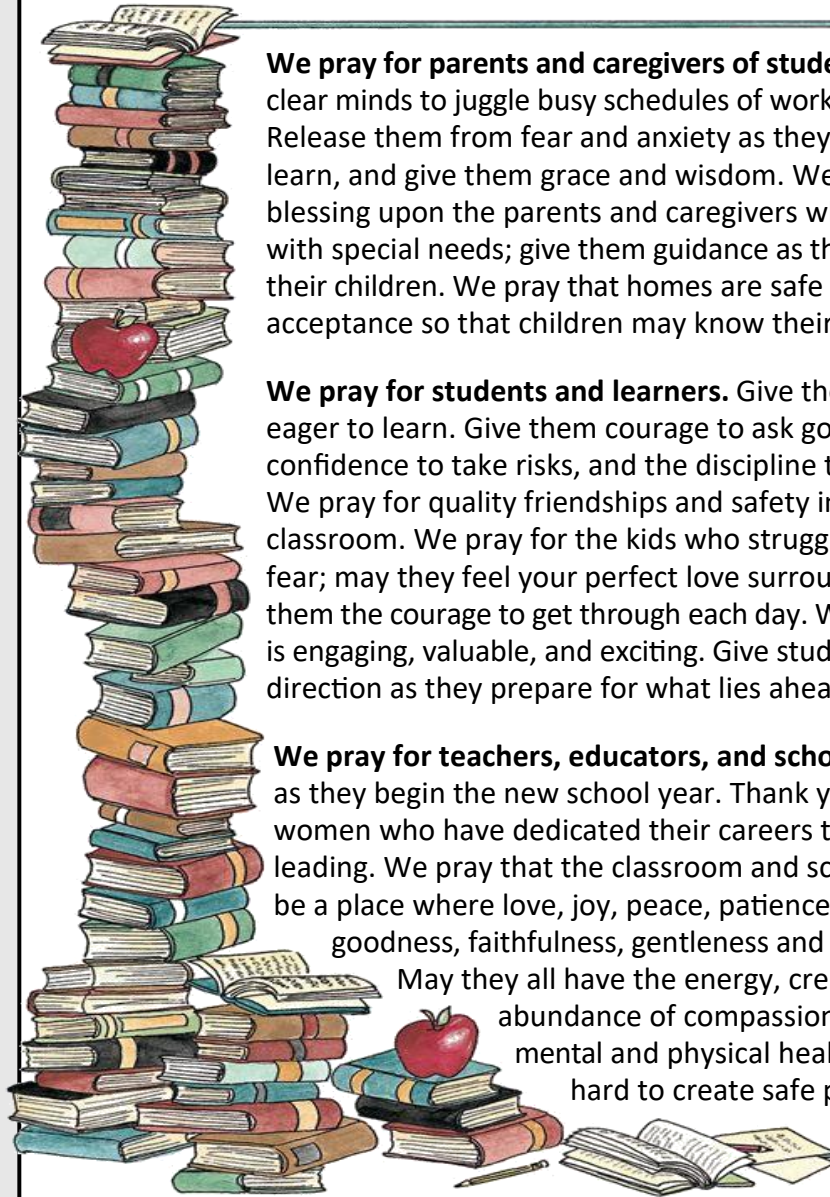
Demitre Ellis, Handbell Director

Linda Gjerdrum, Pianist

Mark Udstuen, Praise Band Leader

Rachel Udstuen, Pianist

Rick Sundet, Technology Lead



We pray for parents and caregivers of students. May they have clear minds to juggle busy schedules of work, home, and school. Release them from fear and anxiety as they send kids off to learn, and give them grace and wisdom. We pray a special blessing upon the parents and caregivers who have students with special needs; give them guidance as they advocate for their children. We pray that homes are safe places of love and acceptance so that children may know their worth and value.

We pray for students and learners. Give them minds that are eager to learn. Give them courage to ask good questions, confidence to take risks, and the discipline to focus and study. We pray for quality friendships and safety in and out of the classroom. We pray for the kids who struggle with anxiety and fear; may they feel your perfect love surround them, and give them the courage to get through each day. We pray that learning is engaging, valuable, and exciting. Give students focus and direction as they prepare for what lies ahead.

We pray for teachers, educators, and school administrators as they begin the new school year. Thank you for the men and women who have dedicated their careers to teaching and leading. We pray that the classroom and school buildings can be a place where love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control flourish.

May they all have the energy, creativity, and an abundance of compassion. Protect their mental and physical health as they work hard to create safe places of learning.
Amen.

UPCOMING EVENTS

Sun. September 10 – Fellowship Farewell for Kerri

Wed. September 13 – Confirmation Orientation (7th-8th grades)
– Confirmation Service meeting (9th grade & parents)

Sun. September 17 – Rally Sunday (Bibles to 3-yr. olds & 3rd graders during worship, outdoor activities for all after worship)

Wed. September 20 – Fall Meatball Dinner

Sun. September 24 – Sunday School begins

Wed. September 27 – Wednesday Bible School begins
– Outreach Team hosts Community Picnic at Music & Market

Sun. October 22 – Empty Bowls

Sun. October 29 – Confirmation service for 9th grade youth

From our Lead Pastor

“We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.”

Romans 12:6-8

Dear Family of God,

For several weeks now, the New Testament reading each Sunday has come from the Book of Romans. The Apostle Paul is thought to have written this letter in approximately 58 CE. Paul was writing to the young churches in Rome whose members were made up of Jews expelled from Rome by the emperor Claudius because of their conversion to Christianity, but also to Gentiles converted to Christianity by early apostles such as Phoebe, Aquila, and Prisca.

Paul’s letter to the Romans, which comprises 16 chapters, is addressed to both Jewish and Gentile Christians, and much of it is intended to help them realize that there is no differentiation between them. That is, anyone can become a Christian because it is not because of who we are or what we do that we are saved. No, we are saved by grace alone because of our faith in what Jesus did for us. That is, Jesus died on the cross for all humans that we might live.

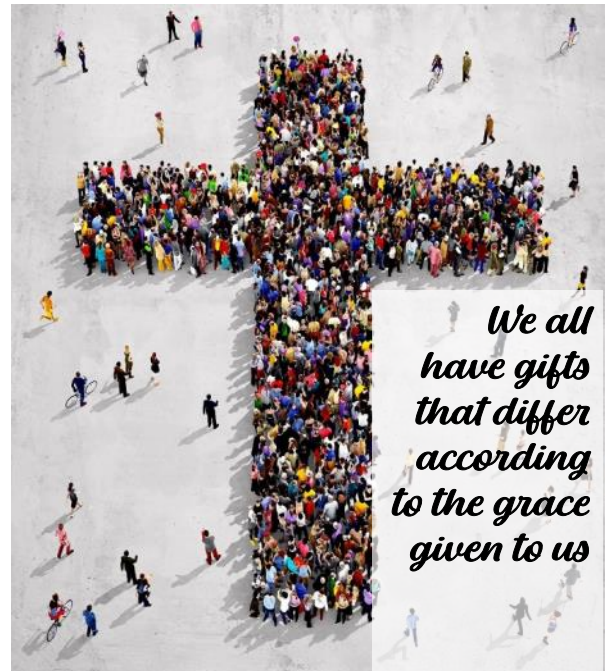
Martin Luther, of course, read the Book of Romans closely, and it was because of his reading that he formulated our understanding of justification by faith through grace.

Romans includes numerous well-known verses, including my own confirmation verse (Romans 8:38-39). Chapter 12, which I quote above, is all about the “marks of a true Christian” and “the new life in Christ.” Here, Paul emphasizes that we each have been given gifts from the Holy Spirit that we are called to employ on behalf of our neighbor in need. “If it is possible, so far as it depends on you, live peaceably with all.” (Verse 18)

As we move into the fall season, there are multitudes of opportunities for you to use your gifts on behalf of Trinity and our community. From teaching Sunday School or helping with Wednesday Bible School, to singing in the choir, to helping with the meatball dinner, to reading in worship, to ushering (and much more – look at the calendar of upcoming events and programs!), you have a gift from God that is uniquely yours, and uniquely precious to this faith community.

If you would like to volunteer for any of these activities, please call the church office or speak with one of the Congregation Council Team Leads or members. You have the gifts, and God has a plan and a need for them! Thank you!

God bless you! ~ Pr. Elizabeth



*We all
have gifts
that differ
according
to the grace
given to us*

Scan the QR code to fill out a Time & Talent Survey
to let us know how you can share your talents at Trinity!
(paper surveys are also available in the office)



From our Visitation Pastor

When the Israelites built the first temple they used the cedars of Lebanon. We have cedars but not like they had then. Cedar smell is good for keeping moths away. People used trunks and closets lined with cedar where they kept their woolen clothes safe from those pesky bugs.

We also have maple trees! They give sap in the spring. They also fall down sometimes due to shallow roots and old age. The wood cut-up from the downed trees is great for boiling the sap to make maple syrup in the spring, but it needs to be cut and split in the fall. Trinity will be hosting a **Woodcutting Bee** on **September 25** starting at **9:00 a.m.** to replenish the wood used last year. Many hands make still hard work for this project. But it is very satisfying. The money raised from the maple syrup sale goes to the Youth and Family Ministry at Trinity.



~ Pr. Lane

FAREWELL LETTER FROM OUR DIRECTOR OF CYF MINISTRY

Dear Trinity Lutheran,

Thank you for the opportunity to come back to my home church and serve our youth! I have enjoyed working with the youth and families here at Trinity. I have enjoyed the last years of faith formation, authentic faith building of our youth, and the many retreats and events I got to attend with our youth.

God calls us to many different ventures at times and right now God has called me to a different opportunity in La Crosse. I look forward to marrying my fiancé in June of 2024 and hopefully start a family soon after! This transition will be helpful for our future planning together!

Trinity will always be my home church and I am grateful for the many memories and experiences in ministry here.

God be with you as you continue to be a light for Jesus,
~ Kerri Jahnke



MEET OUR NEW HANDBELL DIRECTOR!

- Name:** Demitre Ellis
- Currently live:** Spring Grove
- Grew up in:** Chetek, WI
- Graduated high school from:** Chetek-Weyerhaeuser High School
- Post-secondary education:** Radio 1 Broadcasting School
- Current day job:** On-air Personality/Music Director at KVIK and Hawk Rawk in Decorah
- In my spare time, I like to:** I spend a lot of time playing video games
- Favorite pizza topping:** pepperoni
- Favorite ice cream:** chocolate
- Favorite cookie:** gingersnaps
- Pets:** I have two Diluted Tortie cats, Sophie and Stella, and one very energetic Red Heeler, Koda

Musical background: I've been playing piano since I was about five and started playing organ at my church at the age of eight. I was a member of my school's choir and band, and was part of the Wisconsin Ambassadors of Music in 2016. I was the choir director at the Catholic church in Chetek from 2014 through 2017.



SUNDAY SCHOOL • Starts Sunday, September 24 • 10:30 a.m.–11:15 a.m. each week

- Preschool – Kindergarten students meet in the new Preschool Room at church.
***We also need 2-4 parents to help lead this time together.*
- 1st and 2nd grade youth will meet in the Youth Room at church,

**WEDNESDAY BIBLE SCHOOL • Starts Wednesday, September 27 • 3:30 p.m.–5:00 p.m.**

3rd–6th grade youth meet Wednesdays in the Youth Room at the church.

There will be snacks, Bible lessons, faith formation, games, and lots of fun!

Bring a friend – all are welcome!

***Looking for parents or adults to help lead Wednesday Bible School! Please contact the church if you are interested in helping!*

RALLY SUNDAY • Sunday, September 17

The Sunday School year will kick off with our Rally Sunday celebration and Backpack Blessing.

Join us for worship at 9:15 a.m. and activities and treats outside at 10:30 a.m. Please come prepared to fill out registration forms for your children to participate in Sunday School for the year.

BIBLES FOR 3-YEAR-OLDS AND 3RD GRADE STUDENTS • Sunday, September 17

If your child is a 3-year-old (new to Sunday School) or a 3rd grader, they will receive Bibles from Trinity during worship on Rally Sunday, September 17. Please join us for worship at 9:15 a.m. so your children can be recognized and given their Bible! Please email Kerri, cyf.trinitysg@gmail.com, to let us know you will be in attendance that Sunday.

CONFIRMATION ORIENTATION • Wednesday, September 13 • 6:00-7:00 p.m.

- Mark your calendars for an important orientation and registration meeting for 7th and 8th grade students and parents, and mentors.
- Meet in Fellowship Hall at Trinity. Pizza will be served!
- At the meeting, you'll learn about: Trinity U quarterly core classes and electives, mentor groups, acolyte duties, worship notes, and registration. There will be time for you to sign up for Trinity U elective classes after the meeting.
- Trinity U is Trinity's education program leading toward youths' Affirmation of Baptism/Confirmation service. Trinity U consists of required quarterly core classes and electives from which youth may choose. All youth and parents should plan to attend the orientation meeting.

AFFIRMATION OF BAPTISM/CONFIRMATION SERVICE MEETING • Wednesday, September 13 • 7:00 p.m.

9th grade students and parents please meet in Fellowship Hall to discuss prep for the Affirmation of Baptism/Confirmation Sunday service.

ACOLYTE / COMMUNION TRAINING • September 13 • 7:15 p.m.

Required for 7th graders! Taught by Pastor Elizabeth. Learn how to aid our pastors in leading worship.

TRICK-OR-CANNING • October 31 • 7:00 p.m.

Instead of trick-or-treating for candy, youth will be going around Spring Grove and asking residents for non-perishable food items to donate to the Little Free Pantry and Food Shelf. Dress up in your favorite (appropriate) costume!

FALL CLEAN-UP • Date & Time TBD

Help residents in Spring Grove clean-up their lawns in preparation for winter. Bring a rake and come prepared to work all morning!

*** If you would like the youth to help rake or clean-up your yard, please call the church at 498-5291.*

STARS, S'MORES, AND SONGS • October 13 • 7:00-8:30 p.m.

You get a chance to see many star clusters, possibly planets, and different star orientations. We will sing some campfire songs and enjoy s'mores. At Scott Bingham's home.

FROM THE PROPERTY TEAM**Church projects**

- steeple repair approximately mid-September, still in need of funds for the 12 ornaments between the corner cupolas, the cost for each ornament is \$1,200 for a total of \$14,400
- elevator entrance handicap door closer has been replaced due to its malfunctioning and not repairable
- women's bathroom windows in the basement to be replaced
- step from outside entrance to Boy Scout room to be repaired

Trinity Center

- boiler has been repaired
- water heater replaced
- women's bathroom has been updated— removed one toilet to allow for handicap accessibility, new enclosure to allow for handicap accessibility, walls and ceiling have been repainted, floor has been stripped and refinished.
- men's bathroom has been updated — new toilet, replaced old enclosure with new handicap accessible enclosure, floor has been stripped and refinished.

Parsonage

- east patio door in need of replacement, this also supports upper floor balcony which also may need a little work

Property Team will meet some time in late-August/early-September to do a walk-through of Trinity properties to compile a list of concerns and repairs needed in the future. We have also ended the contract with Waste Management and have contracted with Richard's Sanitation for waste removal. This will be a savings of about \$4,000-\$5,000.

Thanks to Gary Wilhelmson, Lee Hoekstra, and Rick Sundet for much of the work done at Trinity Center.

Call Jerald Oakes, Property Team lead, with questions or comments regarding Trinity properties.

Home: 507-498-5141, cell: 507-500-1518

CUB SCOUTS

Cub Scout fall recruiting event will be Thursday, September 21 at 6:30 p.m. at the Fest Building grounds. All youth kindergarten to fifth grade and a parent or guardian are invited to attend and learn more about scouting and have an opportunity to sign-up with local Pack 55 Cub Scout unit. A counsel representative will visit the school the week before September 21 to spark interest and generate scouting enthusiasm along with issuing flyers to promote recruiting event.



Trinity Lutheran Church is the charter organization for Pack 55 Cub Scout unit. The Pack is part of the Gateway Area Council in La Crosse, WI. If you have questions, please contact Sue Schulte at 507-429-2410 or email at seschulte55@gmail.com for more information.

COMMUNITY CANTATA IN LANESBORO

Join our community choir for a Christian Cantata called "He Lived the Good Life," the story of Jesus' life with a '70s vibe! The "mini-cantata" consists of five upbeat songs including instrumentalists and readings. Songs are 2-part, unison, with repetitive choruses that can be intergenerational with young choir voices too. All singers and all levels welcome! Rehearsals will be on Wednesdays, Oct. 4 through Nov. 15 from 5:30 - 6:30 pm at Bethlehem Lutheran, Lanesboro. Performances will be Saturday, Nov. 18 at 7:00 pm at Bethlehem, and Sunday, Nov. 19 at 2:00 pm at Sons of Norway Hall. Sign up by contacting Julie Kiehne: julie.kiehne@gmail.com or 507-272-4581 with your interest to join our community choir! Also, an electric and bass guitarist needed.

COMMUNITY PICNIC • Wednesday, September 27

The Outreach Team will be serving hot dogs, chili dogs, chili cheese dogs, chips, bars, and bottled water during Music & Market on Wednesday, September 27 from 4:00-7:00 p.m. All are invited (and encouraged!) to attend and enjoy eating supper in the park while listening to live music. Proceeds from the picnic will help fund the Lion’s Den Free Clothing Corner at Spring Grove Public School.

EMPTY BOWLS • Sunday, October 22

Prepare your bellies for delicious soups and breads on Sunday, October 22 at the Outreach Team’s Empty Bowls meal fundraiser. The meal will begin following worship and will wrap up about 12:30 p.m. Would you like to volunteer to make a favorite soup or bread? Please contact Terry Holland, 498-3923, or the church office, 498-5291.



BLESSING OF ANIMALS • Sunday, September 29

Adapted from Franciscan Media, by Kevin E. Mackin, OFM, Franciscan of the Holy Name Province

St. Francis of Assisi, whose feast day is October 4th, loved the larks flying about his hilltop town. He and his early brothers, staying in a small hovel, allowed themselves to be displaced by a donkey. Francis wrote a Canticle of the Creatures, an ode to God’s living things. “All praise to you, Oh Lord, for all these brother and sister creatures.”

There are more than 62 million cats in the U.S. and 52 million dogs. The bond between person and pet is like no other relationship because the communication between fellow creatures is at its most basic. And our farm animals, as well, are important to us.



The Blessing of Animals usually goes like this:

“Blessed are you, Lord God, maker of all living creatures. You called forth fish in the sea, birds in the air and animals on the land. You inspired Saint Francis to call all of them his brothers and sisters. We ask you to bless this animal. By the power of your love, enable it to live according to your plan. May we always praise you for all your beauty in creation. Blessed are you, Lord our God, in all your creatures! Amen.”

Some people criticize the amount and cost of care given to pets. People are more important, they say. Care for poor people instead of poodles. And certainly our needy fellow humans should not be neglected. However, every creature is important. The love we give to a pet, and receive from a pet, can draw us more deeply into the larger circle of life, into the wonder of our common relationship to our Creator.

Trinity Lutheran will celebrate the Blessing of Animals on September 29 at our 9:15 a.m. outdoors, weather permitting. The blessing will occur at the end of the service. Please keep your animals on leashes or in crates until the blessing. If you plan to bring a larger animal to be blessed (they are welcome!) please call the church office ahead of time. **We will have a photo booth so you can have your photo taken with your animal!!**

FOREST BATHING • Saturday, October 7 • 2:00 p.m.

Meet at the maple syrup shack on Pr. Lane Zaffke’s property. Questions? Contact Pr. Lane, 498-5823.

ONLINE GIVING



To give online, scan the QR code to go directly to the contributions page. Thank you for your gifts to Trinity!



We'll make dinner for you!

Trinity Lutheran Church's

Fall Meatball Dinner

Wednesday, September 20
3:30-6:30 pm
Drive-thru only
\$14 each

Menu:
 meatballs in gravy, mashed potatoes, glazed carrots,
 dinner roll, lefse, rømmegrøt, dessert

AUGUST 9, 2023 CONGREGATION COUNCIL MEETING HIGHLIGHTS

Updates:

- The Release Time Committee will present to the council on September 13.
- Trinity Center update — needed a new water heater, \$200 installed. Bruce Bergsgaard is completing a small wiring job. Gary is painting. There is new flooring and handicap partitions in the bathrooms. Discussion about heating the upstairs, because of the way the boiler works, this is not possible. The one room being used upstairs one day a week could have a programmable thermostat. It is difficult to determine the cost for utilities; we are committed to using it this fall, but need to plan/budget accordingly.
- Discussion on bylaws referring to our Sabbatical policy. A committee for Sabbatical planning — Kim Kapplinger, Roxie Finnesgard, Dean Wiste, Milly Halverson, Jacque Wennes, Betty Dokken, Karen Bingham, and Rachel Storlie. A list has been received from the synod with possible pulpit supply.
- Handbell director interviewed, contract same as previous director (\$25/rehearsal, \$70/Sunday, not to exceed \$350/month).
- Master Planning update — Kodet, Terry Nagel, Kraus Anderson Construction visited the church. Four 45 minute sessions were held for teams to meet, 21 people attended, listening and giving input on what we have, how to use it, and what we want to see in our building for the mission of the church.

Motions passed:

- to finish out the calendar year with the Spring Grove Public Schools for storage/use of Trinity Center. We will reevaluate our need for space at the end of the year. The school may choose to move out before 12/31/2023 and we would reimburse them.

Next Meeting: Wednesday, September 13, 2023, at 7:30 p.m. Complete minutes are on Trinity's website.

We are highlighting each of our ministry teams in this newsletter and the upcoming newsletters for the rest of the year. Our teams' photos and information are also now on our website. Would you like to be a part of a team in 2024? Or have questions about a particular team? Let us know in the office or contact the team lead.

EDUCATION TEAM



Members (from left to right):
 - Tammy Petersen, Bev Nelson, Jessica Sherburne, Bonnie Solberg, Deanna Solum, Bethany Moen
 - not pictured: Jessica Kraus

The Education Team works closely with the Children's Youth Director to plan youth events and activities at Trinity that develop life-long faith for youth. Events include: Sunday School (preschool through kindergarten), Release Time (kindergarten Through 6th grade), Wednesday Bible School (3rd through 6th grade) and Confirmation (7th through 8th grade). Summer youth bonfires are planned for students in 9th through 12th grade.

Each year the youth program, with the assistance of many great volunteers, perform a Christmas program. Youth-led worship services are planned during the year as well.

The Education Team holds fundraisers throughout the year to assist in funding youth events. Some of the fundraisers that we support are the Syttende Meatball Dinner, pies at Thanksgiving, stock sales, and Lenten suppers.

Bethany Moen – Education Team Lead
 bethanymoen31@yahoo.com

STEWARDSHIP TEAM



Members (from left to right):
 - Joyce Landsom, Lenny Myrah, Kris Rud, Peggy Landsom, Pete Bergrud.
 - not pictured: Steve Kemp, Sara Kroshus

The Stewardship Team emphasizes the stewardship of time, talents, and money and living as stewards of God's benevolence.

Team lead is Lenny Myrah. He can be contacted via email, myrahsg@yahoo.com , or 498-3273.



Helping Hands Backpack Giveaway
Helpers: Jada Strinmoen, Raeanne Lemke, Karry Thorson, Kerri Jahnke



A very special baptism —
Pastor Elizabeth's great-niece, Lucy, was baptized.



Sprucing up the office area —
Peggy Landsom and Karen Bingham spent several hours cleaning out cupboards in the office area. And Peggy did an amazing job painting the Middle Room and bathroom.





Kitchen clean-up

A great group of ladies spent time organizing and cleaning up the kitchen.



Donuts for bicyclists — Sunday morning, August 20 these fabulous ladies (plus more helpers!) made donuts for the bicyclists who had a rest stop in Spring Grove on part of their Bicycling Around Minnesota (BAM) tour.

Bicyclists could also take a key chain.



NOTE:
 Donations to our Missionary for a Day candle have previously gone to the Jacobson mission that recently became self-supporting. Our Mission in the World Team has voted to begin sending these pledged dollars to Nola Nakerud to support her work in Nicaragua. This article from "Luther" magazine explains what Nola does.



Hola de Nola

Nola (Ekern) Nackerud '72 lives a remarkable life as an advocate for underserved students in Nicaragua.

When you envision a life of service, it's hard to shake the image of Nola (Ekern) Nackerud '72. She's spent the past 21 years in rural Nicaragua connecting kids with education. At 72, she often walks over an hour to visit their homes. "Sometimes I'll borrow a horse or burro to cross a river to get to some of my very rural schools," she says. "If not, I wade across." She lives in Condega and takes the bus for an hour to get her mail in the nearby city of Estelí. Six years ago, she finally got an indoor toilet and running water. "Still no hot water, but I feel like I live at the Ritz!" she quips.

It's easy to focus on the sacrifices Nola makes in order to do

this good work. But what's truly impressive is the effect she has.

A DIVERSE TEACHING CAREER

As a newly minted Luther grad who majored in education and minored in Spanish, Nola moved around a lot with her ex-husband. An abbreviated resume of the first three decades of her working life includes stints as a house parent to 12 kids ages 6 to 16 at the Yellowstone Boys and Girls Ranch near Billings, Montana; a kindergarten teacher on the Blackfeet Indian Reservation in Montana; and a home base teacher for Head

Start in Alaska. Along the way, she earned a master's degree in education and deaf studies and a second degree in interpreting for the deaf. She worked as an interpreter in elementary schools in Ithaca, New York; New Mexico; and outside Atlanta, Georgia.

When a divorce after three decades of marriage rocked her life at age 51, Nola took stock. She and her ex-husband had been accepted into the Peace Corps back in 1973 but decided to become house parents to troubled youth instead. But Peace Corps "never left my heart," she says. She reapplied, was accepted, and stored 30-some years of belongings in a nephew's

attic. She set out to Nicaragua for a two-year engagement that's turned into two-plus decades.

FINDING A FIT

Nola's adjustment to her new life wasn't easy. "Oh gosh, I felt so out of place!" she says. "Everybody was so young!" It was an emotionally fragile period. She remembers crying on the phone to a relative about the cool Teva sandals all the 20-something volunteers were wearing—they felt like a marker that she didn't belong.

"But anyway," she says cheerily, "I survived and I thrived." After her two years were up, she asked to stay another two. There was a deaf school nearby, and she wanted to learn Nicaraguan Sign Language (ISN). ISN has fascinating origins. It evolved spontaneously in the 1980s among deaf students who were finally schooled together. Before that, deaf children in Nicaragua communicated with their families through idiosyncratic home signs and gestures that didn't have meaning outside their families.

While Nola knew both Spanish and American Sign Language, ISN was an entirely separate language that would help her bridge even more gaps and connect even more students with education. She ended up extending her Peace Corps service to six years, almost unheard of in the organization. When those six years were up, she leveraged the sister city relationship between Condega, where she lived, and Bend, Oregon, to draw more resources toward helping deaf families. She also started working for the Asla Foundation, a nonprofit founded by a fellow

Peace Corps volunteer to provide funding for underserved Nicaraguan students to attend high school and college.

In rural Nicaragua, Nola explains, many families live subsistence lifestyles far from cities and educational opportunities. It costs money—bus fare, clothing, books, food, and lost wages—to attend school, and not all families can afford it. For the Asla Foundation, Nola canvases families in rural, impoverished areas. She outlines options. She helps students—both deaf and hearing—fill out paperwork and applications. Sometimes she connects them with families and lodging in urban areas. This kind of support is often the difference between a child struggling for life and a child growing up to make meaningful, empowered decisions about their future.

DEAF RIGHTS ACTIVIST

In addition to working directly with students, Nola's been involved in other projects to spread awareness and support deaf students. She helped make a documentary about rurally isolated deaf Nicaraguans called *A Life without Words (Una Vida sin Palabras)*. She helped develop an app with Signs and Smiles (Señas y Sonrisas) to allow non-ISN speakers to communicate with deaf children. And she's a critical ally in the fight for deaf rights.

It took more than two years of perseverance for her to get deaf students into a local university. Once there, it took another fight to get them a trained interpreter in their classrooms. She drafted a letter and had all the parents of

her deaf students sign it. She also threatened to make a phone call to the very popular local radio station. Two of the students Nola fought for went on to become teachers of the deaf.

"It's a challenge for sure, but these children need a language and need to learn and be with other children," she says. "They use another language to communicate and need to feel proud."

This kind of support has real results. One Asla student has become a math teacher, another a nurse, and a third a doctor. "With the help of the scholarships, it changes lives," Nola says. "I am witness to that."

Nola remembers someone saying that in order to be healthy, you should get ten hugs a day. "Well, you know, I DO get ten hugs a day!" she says. When she goes on walks, little kids and their parents—sometimes former students—flock to her. *This is your grandma. This is your other abuela*, the parents say.

"My life certainly is not what I thought it would be at this stage," Nola says. "But I do feel blessed to be able to continue to do whatever I can here to make life for some a little better."

—Kate Frentzel

Learn more about the Asla Foundation at aslafoundation.org.

CHRISTIAN MINDFULNESS Teaching kids (big and small) life skills to cope with emotions is important. Research shows that people can take physical steps to help manage anxiety and fear. These four cards contain the most common practices for grounding and self-regulation. Use the cards to guide you and your little ones through the activities.



BOX BREATHING



**ORIENT YOURSELF
IN SPACE & TIME**



REPETITIVE AFFIRMATION



THROW STRESS AWAY

ORIENT YOURSELF IN SPACE & TIME

Find a quiet place. Take a slow deep, quiet breath or two. Then ask the child:

Step 1: What are 5 things you see around you?

Step 2: What are 4 things you feel?

Step 3: What are 3 things you hear?

Step 4: What are 2 things you smell?

Step 5: What is 1 thing you taste?

Bringing it to God: Ask if any of their answers reminded them of Bible verses or Bible stories.

Children's Worship
Bulletins™

BOX BREATHING

To begin box breathing, stand or sit up tall. Instruct the child to follow these steps:

Step 1: Inhale (take a big breath in) slowly and deeply through your nose while you count to 4.

Step 2: Hold your breath while you count to 4.

Step 3: Exhale (let out your breath) slowly through your mouth while you count to 4.

Step 4: Repeat as many times as needed.

Bringing it to God: Once you are calm, say a prayer or read a Scripture.

Children's Worship
Bulletins™

THROW STRESS AWAY

Step 1: Stand with your arms above your head and fists clenched.

Step 2: Exhale forcefully as you throw your hands down toward the ground (but not touching it) and open your fingers. Imagine you're throwing the stress out of your body and into the ground.

Step 3: Repeat as many times as needed.

Bringing it to God: Remind them that we will all feel stressed and anxious from time to time. Review the verse 1 Peter 5:7 NIV that says: "Cast all your anxiety on [God] because he cares for you."

Children's Worship
Bulletins™

REPETITIVE AFFIRMATION

Repeat an affirmation verbally until you're feeling calm and confident to move forward.

Example affirmations you can use:

- I am uncomfortable, but I am safe.
- I am calm. I am happy. Today will be a fun and happy day!
- I am thankful.
- I feel small, but God is bigger and will protect me. (from 2 Thessalonians 3:3)
- I feel like no one hears me, but God is always listening. (from 1 Peter 3:12)

Children's Worship
Bulletins™

SEPTEMBER HAPPENINGS AT TRINITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FH = Fellowship Hall (large room in basement) MR = Middle Room (upstairs by offices) YGR = Youth Gathering Room (in basement near men's bathroom)						1 10:30am AA 5:00pm Worship/ Communion
3 9am Hymn Sing 9:15am Worship/ Holy Communion 10:15am Fellowship	4 Labor Day <i>Office closed</i>	5	6 5:00pm Education Team, FH 8:00pm Choir begins	7 7:00pm Finance Team, FH	8	9 10:30am AA
10 9am Hymn Sing 9:15am Worship 10:15am Fellowship/ Kerri's Farewell 10:30am Master Planning Committee 11:15am Worship at Nursing Home	11	1 9:00am Deborah 9:30am Anna, Assisted Living 2	13 9:30am Adah, Tween Apts. 6:00pm Confirmation Orientation (7 th &8 th grades) 7:00pm Confirmation Worship meeting (9th graders & parents) 7:00pm Handbells begin 7:15pm Acolyte & Communion training 7:30pm Council, FH 8:00pm Choir	14 7:00pm Hannah, SG Library	15	16 10:30am AA 5:00pm Worship/ Communion
17 Rally Sunday 9:15am Worship/ Holy Communion 10:15am Fellowship/ Rally Sunday outdoor activities	18	19 2:00pm Phoebe Circle, FH	20 1:00pm Eve, Manor 4:00pm Meatball Dinner <i>No Confirmation</i> 7:00pm Handbells 8:00pm Choir	21 9:30am Worship at Manor	22	23 10:30am AA
24 9:15am Outdoor Worship with Blessing of the Animals 10:15am Fellowship 10:30am Sunday School begins	25 9:00am Woodcutting Bee, Zaffkes	26 10:00am Worship at Assisted Living	27 3:30pm Wednesday Bible School 4-7pm Outreach Team Community Picnic at Music & Market 6:00pm Confirmation 7:00pm Handbells 8:00pm Choir	28 9:30am Worship at Tween Apt.	29 9:00am Love Day	30 10:30am AA 5:00pm Worship/ Communion

OCTOBER HAPPENINGS AT TRINITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15am Worship/ Holy Communion 10:15am Fellowship 10:30am Sunday School	2	3	4 3:30pm Wednesday Bible School, YGR 5:00pm Education Team, FH 6:00pm Confirmation 7:00pm Handbells 8:00pm Choir	5	6	7 10:30am AA 2:00pm Forest Bathing, Zaffkes
8 9:15am Worship 10:15am Fellowship 10:30am Sunday School 11:15am Worship at Nursing Home	9	10 9:00am Deborah 9:30am Anna, Assisted Living	11 9:30am Adah, Tweeten Apts. 3:30pm Wednesday Bible School, YGR 6:00pm Confirmation 7:00pm Handbells 7:30pm Council, FH 8:00pm Choir	12 7:00pm Hannah, SG Library	13	14 10:30am AA 5:00pm Worship/ Communion
15 9:15am Worship/ Communion 10:15am Fellowship 10:30am Sunday School	16	17 2:00pm Phoebe Circle, FH	18 1:00pm Eve, Manor <i>No Wednesday Bible School</i> <i>No Confirmation</i> 7:00pm Handbells 8:00pm Choir	19 9:30am Worship at Manor	20	21 10:30am AA 5:00pm Worship/ Communion
22 9:15am Worship 10:15am Fellowship/ Empty Bowls 10:30am Sunday School	23	24	25 3:30pm Wednesday Bible School, YGR 6:00pm Confirmation 7:00pm Handbells 8:00pm Choir	26 9:30am Worship at Tweeten Apt.	27 9:00am Love Day	28 10:30am AA
29 9:15am Worship 10:15am Fellowship <i>No Sunday School</i>	30	31 10:00am Worship at Assisted Living	FH = Fellowship Hall (large room in basement) MR = Middle Room (upstairs by offices) YGR = Youth Gathering Room (in basement near men's bathroom)			

THANK YOU FOR VOLUNTEERING!

Date	Lector	Acolytes	Communion Servers	Communion Bread Maker	Fellowship Hosts
Sept. 3	Lee Hoekstra	Jada Strinmoen Adelia Gross	Mary Zaffke	Terry Holland	Judy Bratland Mary Newgaard
Sept. 10	David Storlie	Harper Myrah			Kerri's Farewell Party
Sept. 17	Joyce Landsom	Liam Rohland Chase Peterson	Dennis & Barb Gulbranson		David & Rachel Storlie <i>another needed</i>
Sept. 24	Milly Halverson	Kya Deck Hayden St. Mary			Linda Pierce <i>another needed</i>
September Ushers Josh Wiste (captain) Bruce Anderson Mark Engebretson Dennis Gulbranson Gary Wilhelmson Jim Wilhelmson		September Altar Guild Terry Holland, chair Karen Bingham Bonne Solberg Deb Spence Geri Worden		498-AMEN August 20-September 2: Greg Wennes September 3-16: Jessica Kraus September 17-23: Cheryl Mann September 24-30: Joyce Landsom <i>**After your last reading, please contact the next person on the list to remind them to begin.</i>	
Date	Lector	Acolytes	Communion Servers	Communion Bread Maker	Fellowship Hosts
Oct. 1	Jen Solberg	Joey Jaster Roland Bjerke	Jeremy & Danielle Myhre	Janice Messner	Karen & Scott Bingham Peggy & Steve Landsom
Oct. 8	Phil Griffin	Tyler Turner Renner Staggemeier			Celebration of Almore Mathsen's musical contributions to Trinity
Oct. 15	Greg Wennes	Harper Myrah Jada Strinmoen	Janice Messner Lee Hoekstra		Erin Oefstedahl Lyn Solberg
Oct. 22	Rob Gross	Merik Allen Emery Bartell			Empty Bowls
Oct. 29 Confirmation	Mary Newgaard	Joey Jaster	Gary & Lori Wilhelmson		<i>needed</i>
October Ushers Jeff Ellingson (captain) Dale Buxengard Chris Deck Jeremy Myhre Dave Selness Stewart Storlie		October Altar Guild Carolyn Kampschroer, chair Milly Halverson Dawn Hewitt Carolyn Olson Carol Sherburne		498-AMEN October 1-14: Karen & Bill Fried October 15-21: Ruth Johnsrud October 22-28: Judy Bratland October 29-November 11: Karen Gray <i>**After your last reading, please contact the next person on the list to remind them to begin.</i>	



WOULD YOU LIKE TO VOLUNTEER FOR ONE OF THE ABOVE TASKS?

We'd be happy to have you!

Please contact us in the office and let us know where you'd like to use your skills!



MEALS ON WHEELS

- 9/4 — No meals
- 9/5: Jim & Darla Hunzeker
- 9/6-7: Justin & Joyce Landsom
- 9/8 & 9/11: Steve & Linda Kemp
- 9/12-13: Mark & Betty Dokken
- 9/14-15: Kim & Doris Sherburne
- 10/23-24: Jim Wilhelmson, LeAnn Kraus
- 10/25-26: Joyce & Steve Bergrud
- 10/27 & 10/30: Dennis & Barb Gulbranson
- 10/31-11/1: Mike & Carol Sherburne
- 11/2-11/3: Laurie & Mike Moen

Prayer Chain 1	Prayer Chain 2
Joyce Landsom	Karen Gray
Nolie Kapplinger	Bev Nelson
Terry Holland	Janet Wold
Bonnie Solberg	Jan Lochner
Dawn Hewitt	Ruth Johnsrud
Lynn Rostad Anderson	Judy Bratland
Milly Halverson	

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