

# TRINITY *news*

MARCH/APRIL 2021

VOLUME 27 ▪ ISSUE 3&4

## TRINITY LUTHERAN CHURCH

203 East Main Street • PO Box 188  
Spring Grove, MN 55974  
507.498.5291 • [www.trinitysg.org](http://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~~ Suspended  
10:00a.m. & 10:45a.m. Sunday School

**Listen live Sundays on KVIK 104.7 FM**

[www.kvikradio.com](http://www.kvikradio.com)

**and on Facebook**

**Saturday Worship** 5:00 p.m.

1<sup>st</sup> and 3<sup>rd</sup> Saturdays each month

### STAFF

Elizabeth Hermeier, Lead Pastor  
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Gary Wilhelmson, Custodian  
Rachel Storlie, Organist/Pianist  
Willy Leafblad, Handbell Director  
Scott Solberg, Choir Director  
Jean Ellingson, Pianist/Organist  
Linda Gjerdrum, Pianist  
Mark Udstuen, Praise Band Leader  
Rick Sundet, Technology Lead

## Reserve Safe Viewing Pew for worship

We are excited to be resuming in-person worship and other activities! To make this possible, we have COVID-19 protocols in place that need to be followed by participants in order for in-person worship/activities to continue.

If you have RSVP'd for a particular Sunday and then that day are feeling ill, please remain at home and listen to worship on KVIK 104.7FM or watch on Facebook Live. If you have been exposed to someone with COVID, please remain home and worship with us in the ways listed above.



### For attending in-person worship:

- 1) RSVP by 2:00 p.m. on each Friday before the worship service you would like to attend. To RSVP, call the office, (507) 498-5291, or send an email, [trinity@springgrove.coop](mailto:trinity@springgrove.coop), with "worship RSVP" in the subject line. We will need your name and the total number in your family group that will be attending.
- 2) Your RSVP means that you agree to wear a mask at all times in the building and as you approach and enter/leave the building and that you will keep a safe 6' distance from those not in your family group.
- 3) Please enter the door on the side nearest to the pew area where you would like to sit. Three doors will be open to enter — elevator door, southwest door, southeast door.
- 4) When you arrive for worship, an usher will greet you outdoors and give you your pew assignment. Please proceed with your family group directly to your pew assignment and refrain from visiting with others. The pews are numbered. Forgot your mask? No problem, we will have extras available for you.
- 5) Upon conclusion of worship, please wait for the pastor or an usher to call your pew number and then exit only from the door that you entered. Please reserve conversations with others until you are safely outdoors and please remain 6' from those not in your family group.

### Other notes:

- Remember, we have a limited number of seats available for each service.
- RSVPs will also be needed for worship on Maundy Thursday (7:00 p.m. on 4/1) and Good Friday (7:00 p.m. on 4/2).
- Two services are scheduled for Easter (9:15 a.m. and 11:00 a.m.). Our hope is that it will be nice enough to have the second service outdoors. RSVPs are required for both services.
- Three ushers are needed each week. Could you help with a week or two? Please let the office know or Kim Kapplinger, 498-5825. Thank you for considering helping out in this way.

**Thank you for your faithfulness to God, to our neighbors,  
and to this congregation!**

*"There's denial: This virus won't affect us. There's anger: You're making me stay home and taking away my activities. There's bargaining: Okay, if I social distance for two weeks everything will be better, right? There's sadness: I don't know when this will end. And finally, there's acceptance. This is happening; I have to figure out how to proceed. Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually." ~ David Kessler*

Beloved Body of Christ,

The five stages of grief model was introduced by Elisabeth Kübler-Ross in her 1969 book *On Death and Dying*, and was inspired by her work with terminally ill patients. Kübler-Ross later noted that the stages are not a linear and predictable progression. She also expanded her model to include any form of personal loss, such as the death of a loved one, the loss of a job, the end of a relationship, and so on.

In 2020, David Kessler, a colleague of Kübler-Ross's, applied the five stages to responses to the COVID-19 pandemic, saying: "It's not a map but it provides some scaffolding for this unknown world" (see above). I would guess that we have all experienced the five stages at some point in the last year. And as we begin to resume in-person activities – with appropriate precautions – those experiences will likely continue. We won't be "back to normal" for some time, and there will be denial, anger, bargaining and sadness – but I hope acceptance as well – along the way.

But Kessler has also proposed "meaning" as a sixth stage of grief.

As Christians who are called to serve God and neighbor, I believe we are uniquely able to find "meaning" in what has been a tremendously grief-filled year. Of course, that doesn't mean it's easy. And it doesn't mean we still don't have all the other emotions!

But we can begin to find meaning because we worship a savior who embodies sacrifice and love – something we become profoundly aware of during Lent and Easter. And as the Body of Christ ourselves, we are called to embody sacrifice and love for our neighbor. We have found, I believe, that when called on, we can be Christ-like in our response to the demands of this world – even as we grieve.

I cannot express how proud I am that Trinity Lutheran Church stood firm as an example and in love for our community and our most vulnerable family members during the last year. I know it has been hard. I have missed you. I have been mad and sad along the way as well.

But Easter is coming. And our hope lies not in this world, but in a savior who came to set an example for us, to suffer and die for us, and to promise us a resurrection to new life.

Happy Easter, dear ones.

Pr. Elizabeth




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*<sup>6</sup>And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" <sup>7</sup>So you are no longer a slave but a child, and if a child then also an heir, through God. <sup>8</sup>Formerly, when you did not know God, you were enslaved to beings that by nature are not gods. Galatians 4:6-8*

This is more of why God would speak to you. God speaks to all of us but we may not be open to receiving his message. In this passage from Galatians, Paul is reminding the believers that they have been adopted by God, by Jesus. They should not go back to the ways of the world that are divisive, soul-taking and false. They live in God's grace and find life there.

We sometimes are so taken up with the world we live in we forget that we are heirs. Jesus wants a relationship with us. Jesus calls to us in many different ways and means. We need only remember that we are placed in love and grace.

*Pastor Lane*

**LET OUR PRAYERS RISE UP** We invite everyone, beginning Sunday, March 28, to “let our prayers rise up” to God via colorful ribbons! If you’re out walking or driving by the church and you’d like to offer a prayer, just tie a ribbon to the railing by the cross on Main Street by the church. You are welcome to also attach a prayer request to your ribbon. **Please bring your own ribbon** and continue to use physical distancing recommendations when you stop by. All varieties and colors of ribbon are welcome! Last year’s ribbons have been bundled together to create a prayer bundle that now sits on the altar.



## **THE STORIES OF SCRIPTURE ARE FOR EVERYONE. NO EXCEPTIONS.**

The Congregation Council is reading “One Coin Found: How God’s Love Stretches to the Margins” by Emmy Kegler, in our ongoing efforts to listen to all people and to learn how Trinity can be a more welcoming congregation to all Christians.

“Emmy Kegler has a complicated relationship with the Bible. As a queer woman who grew up in both conservative Evangelical and progressive Protestant churches, she knows too well how Scripture can be used to wound and exclude. And yet, the stories of Scripture continue to captivate and inspire her—both as a person of faith and as a pastor to a congregation. So she set out to fall in love with the Bible, wrestling with the stories inside, where she met a God who continues to seek us out—appearing again and again as a voice, a presence, and a promise.

“Whenever we are pushed to the edges, our voices silenced, or our stories dismissed, God goes out after us—seeking us until we are found again. And God is seeking out those whose voices we too quickly silence and dismiss, too. Because God’s story is a story of welcome and acceptance for everyone—no exceptions.

“Kegler shows us that even when we feel like lost and dusty coins—rusted from others’ indifference, misspent and misused—God picks up a broom and sweeps every corner of creation to find us.” (Amazon)

Five people have expressed interest in the new Diversity Group, which we hope will begin meeting in late Spring, but there is room for more – just like there’s room in our church for more! If you’re interested in reading the book or in joining the Diversity Group, please call the office, Pr. Elizabeth, or Congregation Pres. Saundy Solum.

**SUNDAY SCHOOL** We are excited to be offering in-person Sunday School again this spring! Sunday School students will attend classes on April 11, 18, 25, May 2, and 9. Students will be split up into a few groups and attend at different times on Sunday mornings: 10:00 a.m. and 10:45 a.m. Classes will be 30 minutes long with 15 minutes in between to fog/clean and reset.



**SUNDAY SCHOOL TEACHERS** If you are interested in teaching Sunday School, we are looking for teachers! If you feel safe teaching (especially if you have received one or both COVID vaccines), we would love your help. Lesson plans and materials are provided. Please contact Bekah if you are interested, [cyf.trinitysg@gmail.com](mailto:cyf.trinitysg@gmail.com) or in the office, 498-5291.

**VACATION BIBLE SCHOOL** Vacation Bible School (Day Camp) will look a bit different this summer! Instead of our “usual” week-long camp for 3-year-olds through 6<sup>th</sup> graders, we will be offering weekly family gatherings on Wednesdays during June. Parents will receive more information in the mail/email soon!

**CONFIRMATION CAMP** Our 7<sup>th</sup> graders will not be attending Confirmation Camp at Good Earth Village this year. GEV has decided not to offer any overnight camps due to COVID. Instead, 7<sup>th</sup> and 8<sup>th</sup> graders (8<sup>th</sup> graders because they missed Confirmation Camp last year) will attend a week-long Confirmation Camp at Trinity for a few hours each day!

**3:16s** Our high school youth group, 3:16s, will begin meeting in-person on March 17 at 8:00 p.m. in our NEW youth room at the Trinity Center. 3:16s will continue to meet on Wednesday evenings at 8:00 p.m. through May 5.

**MSGN** Middle School Game Night will begin meeting in-person on Friday, March 26 at 7:30 p.m. in our NEW youth room at the Trinity Center. 7<sup>th</sup> and 8<sup>th</sup> graders must RSVP for MSGN to keep our numbers below 10 at the Trinity Center. Bekah will send out an email each week of Game Night to do so. Middle School Game Night will continue to meet every other Friday at 7:30 p.m. through May 7. Future game nights include: March 12, March 26, April 9, April 23, May 7.

**EASTER BREAKFAST TO-GO!** After both the 9:15 a.m. and 11:00 a.m. Easter services on April 4, Trinity youth will be serving Easter Breakfast To-Go! A variety of muffins, fruit, and beverages will be available outside of the building as you leave. Free will donation – all funds raised will go toward youth programming at Trinity, including the Houseboat Trip this summer!



**TRINITY'S MUSIC TASK FORCE** The Music Task Force began meeting in February to look at Trinity's Music Ministry. We are looking at our rich musical heritage followed by a review of our current musical offerings and then considering strategies to enhance, our current and future Music Ministry. If you would like to share thoughts or ideas in any of these three areas please, contact any of the Task Force members. Members include: Pastor Elizabeth, Bill Fried, Kim Kapplinger, Jan Kraabel, Willy Leafblad, Rachel Storlie and Judy Tollefsrud. We look forward to hearing from you.

## SAFETY AND SECURITY ISSUES AT TRINITY CHURCH

Last winter there were several instances of vandalism and after-hours entry at the church which resulted in damage to the building. The incidents are still under investigation. Some precautions have already been put in place; however, these occurrences have raised concerns for the safety and security of Trinity staff members and volunteers.

The Congregation Council has determined that some changes need to be made to ensure that the church is still accessible to those who need to be here, but also that it is safe and secure for those who work here.

Over the next few weeks, the Council, in consultation with the Property Team, will determine the best way to manage these changes. This will likely involve changes to which doors are locked and when they are locked, where the Free Little Food Pantry is located – which could actually improve access to it – and so on. As soon as we have a plan, we will inform the congregation.

If you have questions about what happened or about potential changes, please contact Pr. Elizabeth or Congregation Council President Saundy Solum. Thank you.

## TRINITY WELCOMES ALL AS MEMBERS

The Outreach Team is working on gathering names of persons who might be interested in joining our family at Trinity. If you or someone you know are thinking about membership or if you have questions about it, please call the church office and let us know. We would love to talk to you about the joys of being a member at Trinity Lutheran and are excited to welcome you as a sibling in Christ.

## STAYING IN TOUCH WITH OUR YOUNG ADULTS

Many young adults are away from home at college, in the military, or working. Or maybe they are at home but going to college. Trinity's Outreach Team would like to periodically send these young adults notes of encouragement or just a simple "hello we are thinking of you."

Do you have a young adult in college or military or in the workforce? Or are you one of those young adults? Please send us their mailing and email address so that the Outreach Team can send them a note, too. Thank you!



**FEBRUARY 10, 2021 CONGREGATION COUNCIL MEETING HIGHLIGHTS**

- Pastor Elizabeth is taking a continuing education course on grief and loss through the Synod's Continuous Growth Pathways program.
- Jan Kraabel volunteered to be the Congregation Council vice president.
- Hoping to have an All Teams Retreat sometime in the near future.
- Youth will have their annual Stock Sales February 14, 21, and 27.
- The houseboat trip has been opened up to 8th grade youth. The trip is July 19-22.
- As part of the continuing discussion on diversity, Pastor Elizabeth recommended the book, "One Coin Found" by Emmy Kegler for the Council to read. They will begin with reading a couple chapters and discussing it at their April meeting.
- There were a couple break-ins last fall. There are now cameras up in the kitchen. The Spring Grove police are taking a walk-through the church every night during their night shift. Discussion regarding the staff's safety.

Motions passed:

- to approve the fundraising form to state that if the fundraiser event chooses to have a portion of the proceeds as a First Fruit, then the promotion needs to state that the fundraiser will include a portion of the proceeds as a First Fruit, with the explanation of the First Fruit and where the funds would be going.

**Next Meeting: March 10 at 7:30 p.m. via Zoom.** Complete minutes are on Trinity's website.

**March 10, 2021 CONGREGATION COUNCIL MEETING HIGHLIGHTS**

- About 60 people participated in the Ash Wednesday Drive-Through Communion and Imposition of Ashes.
- First Communion classes will be held March 14, 21, 28. A special Maundy Thursday service will be held for those taking their first communion.
- Sunday School will begin meeting in-person on April 11. There will be two groups — 10:00 a.m. and 10:45 a.m. Volunteers are needed to help teach.
- Eight youth are signed up for the Houseboat Trip, two more spots are available.
- Day Camp will be offered in August. Our own Confirmation Camp is being planned. Working on plans for VBS.
- Education Team and youth will be having a drive through Syttende Mai Meatball Dinner.
- Looking for someone with calligraphy skills to help update the Gifts & Memorials book.
- Music Task Force began meeting in February. Members are: Pr. Elizabeth, Bill Fried, Kim Kapplinger, Jan Kraabel, Willy Leafblad, Mark Schroeder, Rachel Storlie, and Judy Tollefsrud.

Motions passed:

- to leave \$20K in the Thrivent Limited Maturity Bond Fund, move \$250K into a Thrivent Diversified Income Plus Fund, and move \$250K into a Thrivent Moderately Aggressive Allocation Fund. Funds will be monitored and managed by the Finance Team.
- To contribute \$300/month for the next three months to outside organizations determined by the Outreach Team.
- To allow Dan Alstad (Property Team lead) to choose the bid that can take care of the removal of the ramp as soon as possible (2 bids were received). There is enough money in the budget for property to move forward with this project.

**Next Meeting: April 14 at 7:30 p.m. via Zoom.** Complete minutes are on Trinity's website.

**THANK YOU FOR YOUR SUPPORT OF TRINITY AND ITS MINISTRIES**

Thank you so much for your continued support of Trinity and our ministries during this time when we haven't been together.

We have several options to receive your offering:

► **ELECTRONICALLY:** via our website, [www.trinitysg.org](http://www.trinitysg.org). Click on the "Contribute" link on the right-side of the page.

► **BY MAIL:** Trinity Lutheran Church, 203 E. Main St., Spring Grove, MN 55974.

Remember — **sponsorships for the Media Ministry Fund** (\$100) or **Missionary for a Day candle** (\$40) can also be done. Do you have a certain date in mind? Give us a call, 498-5291, or send us an email, [trinity@springgrove.coop](mailto:trinity@springgrove.coop).

*Thank You*  
FOR  
**GIVING**  
...  
**GENEROUSLY**

**SOCK DRIVE WRAP-UP — NEW SOCKS ARE SUCH A LUXURY**

During their recent Sock Drive, the Outreach Team gathered more than 1,600 pairs of socks! These socks were distributed to homeless shelters, schools, and social service agencies.



Socks were given to:

**La Crosse Warming Center (Catholic Charities)** ▪ <https://cclse.org/la-crosse-warming-center/>  
Providing a safe place for homeless adults. (La Crosse, WI)

**New Horizons Shelter & Outreach Center** ▪ <http://www.nhagainstabuse.org>  
A shelter for individuals and families who have experienced domestic and sexual abuse. Provides shelter for victims and their children. (La Crosse, WI)

**YouthLink** ▪ <https://www.youthlinkmn.org/about-us/our-story>  
YouthLink works with homeless youth, ages 16-24. (Minneapolis, serving youth across the Twin Cities)

**180 Degrees** ▪ <https://www.180degrees.org>  
180 Degrees tackles some of our community's most challenging issues through programs focusing on poverty, racism, homelessness, and exploitation. (St. Paul, Minneapolis, St. Cloud, Rochester)

**Dorothy Day Hospitality House** ▪ <https://www.dorothydayrochestermn.org/index.html>  
Founder Dorothy Day believed in works of mercy (feed the hungry, shelter the homeless, clothe the naked, and visit the sick and incarcerated) as the most direct form of Christian action. The Hospitality House is a temporary homeless shelter located in Rochester, MN.

**Place of Grace** ▪ <https://www.facebook.com/placeofgraceWI>  
Provides a food pantry, warm meals, and temporary warming facilities for those in need. (La Crosse, WI)

**Sunrise Care Facility (men & women)** ▪ <https://www.sunrisecarefacility.com>  
These two recovery homes provide support, shelter, and food to meet the short- and long-term needs of chemically dependent men and women. (Spring Grove)

**Bluff Country Family Resources** ▪ <https://bluffcountry.org>  
Bluff Country Family Resources provides high quality services to victims of domestic violence and sexual assault in Houston County, MN and the surrounding communities. (Hokah, MN)

**Houston County Public Health & Human Resources**

▪ <https://www.co.houston.mn.us/departments/human-services>  
The Human Services Department is responsible for providing protective services to vulnerable adults and children, for helping the elderly and disabled to achieve their highest level of independence, for providing child support services to custodial and non-custodial parents, and for assisting indigent and low-income families and individuals to meet their basic needs or to become self-sufficient. (Houston Co, MN)

**Rochester Community Warming Center**

▪ <https://www.ccsomn.org/programs/warming-centers/rochester-community-warming-center/rcwc-about-us>  
RCWC provides emergency shelter for Rochester area homeless adults, 18 and older, during the winter months. (Rochester, MN)

**Area schools**

Teachers and school staff are often the first to identify the challenges that students face, including those of basic needs. Most schools maintain a closet of clothing, snacks, and hygiene items to support children.

**Trinity's Little Free Pantry**

A "little free food pantry" located inside Trinity Lutheran Church. Take what you need, leave what you can. (Spring Grove, MN)

**Meals on Wheels**

New socks were sent to select Meals on Wheels residents in the region (Houston County, MN).

**Thank you for your sock donations and financial support.**

Thanks also to Gundersen Health Systems-Spring Grove, Spring Grove Communications, Spring Grove Music Boosters, Spring Grove National Honor Society, Ya Sure You Betcha Shoppe, and Caledonia Methodist Church for hosting sock drives!



**LOVE DAY** The quilters are beginning to meet again starting on Friday, March 26 at 9:00 a.m. in the Fellowship Hall, following COVID safety guidelines. The gatherings will be shorter for now. Do you have items such as blankets, fabric, sheets that are clean and in good shape that are no longer being used? These items can be used to make quilts.

If you would like to help tie quilts for this worthwhile project, consider joining us for Love Day. Many hands make light work. It is very rewarding to know that the quilts we make are keeping people warm in different areas of the world.

In addition to quilts, we also assemble school kits, baby care kits and personal care kits. Personal care kits are sometimes overlooked.

The following items are included in each **personal care kit**:

- One light-weight bath-size towel (maximum 52" x 27"), dark color recommended
- Two bath-size bars (4 to 5 oz.) of soap, any brand, in original wrapping
- One adult-size toothbrush in its original packaging
- One sturdy comb, remove packaging
- One metal nail clipper (attached file optional), remove packaging

The following items are included in each **school kit**:

- four 70-sheet notebooks, wide- or college-ruled paper, approximately 8 x 10½; no loose-leaf paper
- 30-centimeter (12-inch) ruler or ruler with centimeters on one side and inches on the other
- pencil sharpener
- one blunt point scissors
- four unsharpened #2 pencils with erasers
- five ballpoint pens (no gel ink)
- one box of 16 or 24 crayons
- one 2½" eraser

**FARM TO TABLE PROGRAM — HOUSTON COUNTY FOOD GIVE AWAY**

The Farm to Table Program is once again helping the SEMCAC Houston County Food Shelf provide essential food to **any family** in Houston County, **regardless of income** or prior use of the food shelf. There is no need to register, no names are collected.

**WHEN:** Friday, March 19 from 8:00 a.m.—10:00 a.m. (or until items are gone)

**WHERE:** Houston County Fairgrounds. Please use the main entrance on East Main Street, divide into 2 lines where the road splits and continue back until you see the Channel-One truck.

**WHAT:** Food boxes will consist of milk, shredded cheese, butter, yogurt, 2 packages of cooked chicken leg quarters, hotdogs, fresh fruits and vegetables. Possibly MORE!!!

**MN FOOD SHARE MARCH CAMPAIGN**

Some people face food insecurity every day, while others struggle after an unexpected expense or decrease in income. Hunger can lead to poor health or illness in addition to poor performance at school or work. The annual Minnesota Food Share March campaign promotes the collection of food and funds to stock food shelves across the state. As an official participant, SEMCAC’s Houston County Food Shelf will receive a percentage of the undesignated statewide March Food Share funds. The allocation depends on the amount of food and money raised during March and on the number of people served during the remainder of the year. Minnesota FoodShare envisions a future where all Minnesotans have access to healthy food and no one struggles with food insecurity.



During the 2020 March Campaign, more than \$21.5 million dollars and over 7.4 million pounds of food shelf items were

raised by Minnesota food shelves. 100% of donations received by Minnesota Foodshare during the March Campaign go into the FoodFund and are distributed to March Campaign participating food shelves.

The Care Team at Trinity encourages donations of food and money to help with this campaign. Donations must be received by April 11 to count toward the March Food Share campaign. Help respond to food insecurity in our community by filling a grocery bag with much needed food and household items for our local Houston County Food Shelf. Items can be dropped off in the Fellowship Hall.

Trinity also has a Little Free Pantry that is located at the bottom of the stairs of the southeast entrance (closest to the parking lot) of the church. This Little Free Pantry is available for anyone to use.

**FILL A BAG  
FOR OUR LOCAL FOOD SHELF**

**Respond to food insecurity in our community by filling a grocery bag with much needed food and household items for our local food shelf.**

Often needed items:

- Proteins - canned meat, fish, and beans, nuts & nut butters
- Fresh/dried herbs & spices
- White, wild, & brown rice varieties
- Gluten-free flours & flour blends (ex. coconut, oat, rice, almond, tapioca, chickpea, sorghum, cassava, amaranth, buckwheat, teff
- Personal care items - shampoo/soap, deodorant, toothpaste, feminine hygiene, diapers, toilet paper
- Household supplies - laundry & dish detergent, kitchen & bathroom cleaners, paper towels

**Thank you notes received....**

*“Thanks for the wonderful worship services on Facebook. We really enjoy the special music also.”*

*“Thank you for your donation of socks for our school children. We are completely out of socks in our “Warrior Closet,” so they are greatly appreciated. You may be a small congregation, but you have a big heart.”*

*“Thank you for the generous donation of socks to New Horizons! You’re helping to keep a lot of little “piggies” warm!! New socks are such a luxury! We can’t thank you enough for sharing with those we serve! You’re really making an impact in the lives of survivors of abuse and their children.”*

*“Thank you so much for the wonderful assortment of socks for Houston Elementary School. Several pairs have already been distributed to many smiling children. Your generous mission promoted both comfort as well as academic success. With happy feet, students have enjoyed their time outside just that much more. After recess, they return to class feeling refreshed, focused, and ready to learn. We are very grateful for the difference you have made in our students’ daily lives and the outreach you created to serve citizens in our area.”*



## CHARITABLE GIVING TIP: GIFTS OF REAL ESTATE

Ever thought of gifting real estate to the ministries you care about? You may gift appreciated homes, farms, and other property – sometimes even a percentage of ownership or mineral rights – to support the ELCA, your congregation, or the ministries you specify. If the property is debt-free, the gift is tax-deductible at the property's appraised value.

- Receive an income-tax deduction equal to the full fair-market value of the property
- Avoid capital-gains tax
- Remove a large, taxable asset from your estate

Ready to take the next step? Contact Tharan Leopold, the ELCA Foundation Gift Planner serving the SE Minnesota Synod, for more information. He can be reached at 507-838-1980 or Tharan.leopold@elca.org. The examples and information provided are for illustrative and educational purposes only and should not be considered tax or legal advice. Please consult with your tax or legal adviser about proceeding with your gift plan.

## ELIMINATING STIGMA/BARRIERS TO QUALITY MENTAL HEALTH

Saturday, March 27, 9:00 a.m.-noon, via Zoom, investment: \$25

This virtual program will provide an overview of various barriers people face when trying to connect with mental health services. We, as a society, must stop using the word stigma as a way to neglect the real issues prohibiting the ability to provide quality mental health services. The day will include large- and small-group discussion as well as time for guided meditation and reflection.

About the presenter: Walfsty Pierre was born in Haiti and raised in Miami, Florida. He has been living in the Midwest since 2005. He planned to obtain an education and then go back to Miami to serve those in his community who have been marginalized. However, he quickly realized that Black and Brown children in the Midwest are also at risk and less likely to have someone that looks like them to provide the services they need for healing. Walfsty is a local outpatient therapist and a recent graduate of the Winona State Trauma-Informed Clinical Masters of Social Work program. With the knowledge he obtained, he is seeking to normalize conversations about mental health in marginalized communities, provide healing and advocate for more mental health service providers of color. He also is a member of Black Leaders Acquiring Collective Knowledge (B.L.A.C.K) and the re-enactor of Nathan Smith as part of the Enduring Families Project.

Please call 608-791-5295 to register. Confidential financial assistance is available for anyone who would like to attend but cannot pay the fee.

## MINNESOTA HAS JOINED NATIONAL SUICIDE PREVENTION NETWORK

*Excerpt from article in Star Tribune, Feb. 17, 2021*

First and foremost, you should know that feeling somewhat gloomy right now is perfectly understandable. The continuing pandemic and daily struggles can add up to a bit of mental health meltdown. But also know that if the weight is getting too heavy and seems more like mayhem than minor meltdown, help is available. Luckily, that assistance is now faster and more focused on Minnesotans' specific needs with the opening of four new suicide prevention call centers in the state.

The centers are part of a network belonging to the National Suicide Prevention Lifeline. Callers to the lifeline are routed to a center near them based on their phone number so they can deal with a counselor in touch with local resources. Family and friends concerned about loved ones' mental health also are encouraged to call the number.

The COVID-19 pandemic has made the help even more important. Deacon Tim Dolan, of the New Ulm Diocese and a former Extension educator, has for years counseled farm families in distress. He told the Mankato Free Press last fall that in the first months of the pandemic, his services were sought out and he probably talked to three to five families a day.

For many people, the pandemic is exacerbating much of the previously existing stress and adding another layer on top of it. Mental health deserves our attention. The Lifeline is free, confidential and available 24/7. It is a first step to getting people the help they need. **Lifeline toll-free number: 1-800-273-TALK (8255).**



## Southeastern Minnesota Synod

*of the Evangelical Lutheran Church in America*



February 16, 2021

On a particular kind of Lent...

*“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

(the words of Jesus in Matthew 11:28-30)

To the People of God in the Southeastern Minnesota Synod,

I’ve been wrestling with what it means to journey through Lent this year. As I’ve been wrestling, I’ve been brought back to the words of Jesus in the gospel of Matthew over and over again, “come to me all who are weary and carrying heavy burdens, and I will give you rest.”

The wrestling has come as I’ve thought about the typical practices I associate with this season. I grew up with the sense that this season carried with it an obligation to sacrifice something. Some years it was mashed potatoes, so I’m not sure my childhood-self took the discipline seriously. Still, as an adult, there’s always a shadow of guilt that’s hard to escape in the years that I don’t sacrifice some kind of pleasure.

As an adult, I’ve been drawn to the idea of adding something to my life for the season of Lent. I’ve tried to be more intentional about acts of service or financial gifts. In some years, I’ve added a spiritual discipline. (All of these things are wonderful!)

This year both ideas, either giving something up or adding something on, lead to the same tightening in my chest. We have already given up so much. And I feel as though I have no space (mental, emotional, or otherwise) in which to add something.

I am a person who lives with a lot of privilege. I am well aware there are millions of people whose lives have been deeply and profoundly impacted by the realities of COVID-19 and all its related maladies in ways I am not. I also know, something I’ve learned in my own seasons of suffering, that there is space for me to acknowledge the hardships I encounter while holding space for the brokenness and suffering of others. One person’s suffering need not negate another’s.

So many of us have spent the past 11 months working so hard, juggling so many balls, learning so many things, adjusting and readjusting, and adjusting again. Our work has shifted, our relationships have changed, our lives have been upended, and it has been so stinkin’ hard.

Which brings me back to Lent and the way I’m thinking about it this year.

*continued →*

I often think in images. And the image that rises up every time I think about the Lenten season ahead is this: I am sitting in the middle of a dirt pathway, there are ashes on my head, and I am not moving. I am listening and thinking and paying attention. And the pathway is moving, not because I am moving but because that is just what the pathway does. It moves because of Jesus and the story he tells, the life he lives, and the journey he takes.

Out of this image and the words of Jesus in the gospel of Matthew and the knowledge that the life of faith is dependent on the work of God, I am choosing to observe Lent in a particular way. This year I am giving myself permission to let the journey of Jesus be what moves me. I am going to sit in the middle of the season of Lent and allow it to unfold. I am going to pay attention. I am going to pay attention to what happens around me. I am going to pay attention to the small, still voice within me and the movements of Jesus around me. This year, I will journey through Lent by no journey of my own, and I am going to get to Easter just the same.

Easter doesn't come because of what we do during Lent. Easter isn't joyful because we've just ended a season of sacrifice and can eat chocolate (or mashed potatoes) again. Easter isn't hopeful because we've just spent six weeks paying more attention to service. These things have their place in the life of discipleship, but none of them actually brings about Easter morning.

Easter morning comes, with all its hope and joy and glory because of what God does. Jesus conquers death and rises from the dead.

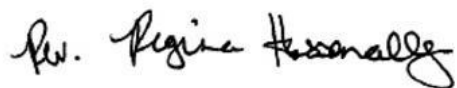
If a season of sacrifice or service or something else is what you need this Lent, by all means – go for it. But if you need a season of rest, perhaps Lent can offer that too.

This Lent, perhaps our discipline can be in being still and paying attention. Perhaps we need a season in which some things unfold without us working so hard to make things happen. Perhaps we need a few weeks, in preparation of the life to come, to sit in the middle of this dirt path and let the work of Jesus be what moves us toward Easter. It's always been his work that moves us anyway.

This Lent, I'm inviting you to rest for a bit with me, to pay attention with me, to watch in wonder as the work of Jesus moves us toward Easter morning and all that it brings.

I am so thankful to be on this journey with you.

In Christ,



Bishop Regina Hassanally  
Southeastern Minnesota Synod, ELCA

**Help us “plant” an Easter Garden for our Easter morning worship services!**

Please have your flowering plant to the church by 10:00 a.m. on Friday, April 2.

All colorful spring plants are welcome!

You may take your flower home with you following the 11:00 a.m. Easter Festival service.

Flower purchased by:

Name \_\_\_\_\_

My flower is given:

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

In appreciation of \_\_\_\_\_



Monetary gifts may also be given....

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

In appreciation of \_\_\_\_\_

Please designate my gift in the amount of \$ \_\_\_\_\_ to:

Trinity’s General Fund

Building addition project

My name: \_\_\_\_\_

***Thank you for your flowers and monetary gifts!***

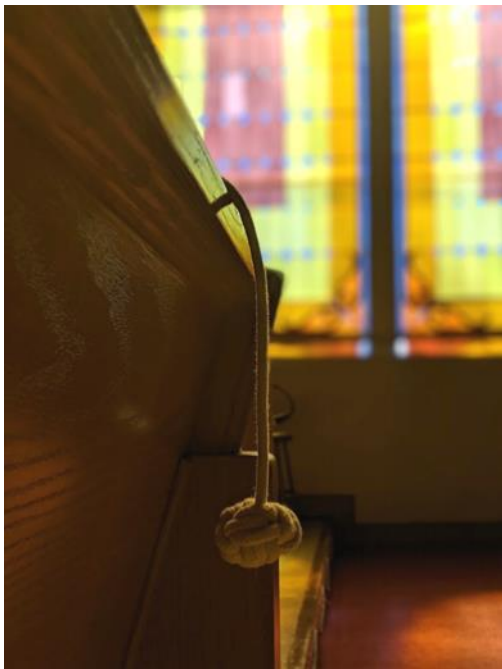
Gifts will be acknowledged in the Easter bulletin. Please return this form to the office by Friday, March 26 in order to have your gift listed in the bulletin. Thank you!



◀ ▶ Choir resumed on Wednesday, March 10 — it was like a family reunion! They will be recording pieces that will be used during Sunday worship.



▼ Musicians have been adding vibrancy to our online worship.

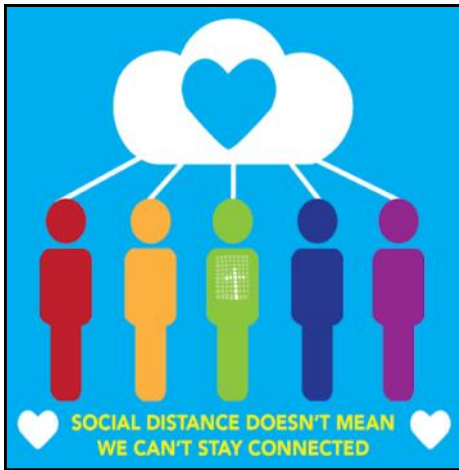


*“A rope made out of three cords isn’t easily broken.”  
Ecclesiastes 4:12*

◀ Ropes with carefully created knots made by Scott and Karen Bingham, now decoratively mark our pews to help remind people to care for each other by keeping a safe distance apart.

▶ Last year’s prayer ribbons have been crafted into a beautiful prayer bundle.





**WAYS TO STAY CONNECTED TO TRINITY**

- **498-HOPE (4673)**  
-short daily messages and updates
- **498-AMEN (2636)**  
-daily devotions
- **www.trinitysg.org**  
-news, updates, info
- **Facebook: Trinity Lutheran Church Spring Grove**  
-updates, music, worship, info
- **YouTube:**  
*Trinity Lutheran: Spring Grove*  
-video recordings of worship, Bible Stories with Bekah
- **Instagram**  
-photos, updates
- **KVIK 104.7FM**  
- Sunday worship service,  
- www.kvikradio.com

*This is how we care for ourselves and our neighbors.*

**Friendly reminder on how to wear a mask.**

And remember....they need washing, too! 😊



**Yes!**  
nose, mouth, chin covered.

**No...**  
nose not covered.

**No...**  
nose, mouth, chin

**LITTLE FREE PANTRY**

Do you know someone that needs a little help with food or toiletries? Please let them know that Trinity has a Little Free Pantry in the lower level – enter using the southeast door (on Main Street, closest to the parking lot), head down the stairs and the pantry is directly ahead. Please remember to use hand sanitizer prior to picking up items. A hand sanitizer dispenser is directly inside the door.

**GOOD SAMARITAN FUND**

We also have a Good Samaritan Fund. Please call the church office if you or someone you know has a need.

# Created for Community

LENT AND HOLY WEEK AT TRINITY LUTHERAN

**Worship on Sundays:** 9:15 a.m. on **Facebook Live** and **KVIK 104.7 FM** radio  
 - in-person begins on March 21, RSVP to attend

**Mid-Week Lenten Services:** **Wednesdays at 7:00 p.m.**

- On **Facebook Live** and **in-person** beginning **March 17** (with COVID protocols)
- Featuring "Holden Evening Prayer." The worship booklet is available on our website if you'd like to follow along.

- **March 17:** Jesus crosses barriers to attend to those on the margins, *Mark 5:1-20*

- **March 24:** Jesus reminds us that we are walking the way of the cross, *Mark 10:32-45*

**Palm Sunday, March 28:** Triduum Service, 9:15 a.m.

**Maundy Thursday, April 1:** Worship, 7:00 p.m.

**Good Friday, April 2:** Tenebrae Service, 7:00 p.m.

**Easter Sunday, April 4:** Worship at 9:15 a.m. and 11:00 a.m. (reservations required)  
 Breakfast "To Go"

**Devotions every day:** 498-AMEN ▪ 498-HOPE ▪ Facebook "Live at 5"



March 14 – 27	Roxanne Finnesgard
March 28 – April 10	Bev Nelson
April 11 – 24	Jan Lochner
April 25 – May 8	Lara Wold Mendez
May 9 – 22	Barb Gulbranson
May 23 – June 5	Nolie Kapplinger

**Spring forward Saturday night,  
 March 13!**

Set your clocks ahead 1 hour.



# MARCH HAPPENINGS AT TRINITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 3:30pm Cub Scouts, FH 5:00pm Live@5, AA 7:00pm Response Team, Zoom	3 5:00pm Live@5 6:00pm Handbells 7:00pm Lenten worship, Facebook Live 8:00pm 3:16s, Zoom	4 5:00pm Live@5 5:30pm Education, Zoom 7:00pm Finance, MR	5 5:00pm Live@5	6 10:30am AA 5:00pm Live@5
7 9:15am Worship, Facebook Live, radio 10:00am Drive Thru Communion 10:30am Worship Team, Zoom 5:00pm Live@5	8 5:00pm Live@5	9 3:30pm Cub 5:00pm Live@5, AA 5:30pm Stewardship, Zoom	10 5:00pm Live@5 6:00pm Handbells 7:00pm Lenten worship 7:30pm Council, Zoom 8:00 pm Choir, 3:16s (Zoom)	11 5:00pm Live@5	12 5:00pm Live@5 7:30pm Middle School Game Night, Zoom	13 10:30am AA 5:00pm Live@5 Set clocks ahead 1 hour! 🕒
14 9:15am Worship, Facebook Live, radio 10:30am 1st Communion Class 11:15am Worship at nursing home 5:00pm Live@5, Facebook Live	15 5:00pm Live@5	16 10:00am Worship at Assisted Living 3:30pm Cub Scouts, FH 5:00pm Live@5, AA	17 5:00pm Live@5 7:00pm Worship, FB Live & in-person 8:00pm Choir, 3:16s (TC)	18 9:30am Worship at Manor 5:00pm Live@5, Facebook Live 7:00pm Staffing Team, Zoom	19 5:00pm Live@5, Facebook Live newsletter info due	20 10:30am AA 5:00pm Live@5, Facebook Live 5:00 p.m. Worship, sanctuary
21 9:15am Worship, in-person, Facebook Live, radio 10:30am 1st Communion Class 5:00pm Live@5, Facebook Live	22 5:00pm Live@5, Facebook Live	23 3:30pm Cub Scouts, FH 5:00pm Live@5, AA 7:00pm Response Team	24 5:00pm Live@5, Facebook Live 6:00pm Handbell practice 7:00pm Lenten Worship 8:00pm choir, 3:16s (TC)	25 9:30am Worship at Tweeten Apts 5:00pm Live@5, Facebook Live	26 9:00am Love Day 5:00pm Live@5, Facebook Live 7:30pm Middle School Game Night, TC	27 10:30am AA 5:00pm Live@5, Facebook Live
28 9:15am Worship, in-person, Facebook Live, radio 10:30am 1st Communion Class 5:00pm Live@5, Facebook Live	29 5:00pm Live@5	30 5:00pm Live@5, AA	31 5:00pm Live@5 6:00pm Handbell practice 8:00pm choir, 3:16s (TC)	<b>FH</b> = Fellowship Hall (large room in basement) <b>MR</b> = Middle Room (upstairs by offices) <b>GR</b> = Gathering Room (in basement near men's bathroom) <b>TC</b> = Trinity Center		



# APRIL HAPPENINGS AT TRINITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FH</b> = Fellowship Hall (large room in basement) <b>MR</b> = Middle Room (upstairs by offices) <b>GR</b> = Gathering Room (in basement near men's bathroom) <b>TC</b> = Trinity Center				<b>1</b> 5:30pm 1st Communion Worship 7:00pm Maundy Thursday worship	<b>2</b> 7:00pm Good Friday worship	<b>3</b> 10:30am AA
<b>4</b> <b>Easter</b> 9:15am & 11:00am Worship, in-person, Facebook Live, radio Breakfast-to-go	<b>5</b>	<b>6</b> 3:30pm Cub 5:00pm AA	<b>7</b> 8:00pm Choir, 3:16s (TC)	<b>8</b> 5:30pm Education Team	<b>9</b> 7:30pm Middle School Game Night (TC)	<b>10</b> 10:30am AA
<b>11</b> 9:15am Worship, in-person, Facebook Live, radio 10:00 & 10:45am Sunday School 11:15am Worship at nursing home	<b>12</b>	<b>13</b> 3:30pm Cub Scouts, FH 5:00pm AA	<b>14</b> 6:00pm Confirmation 7:30pm Council, Zoom 8:00pm Choir, 3:16s (TC)	<b>15</b> 9:30am Communion at Manor 7:00pm Staffing Team, Zoom	<b>16</b>	<b>17</b> 10:30am AA 5:00pm Worship
<b>18</b> 9:15am Worship, in-person, Facebook Live, radio 10:00 & 10:45am Sunday School	<b>19</b>	<b>20</b> 10:00am Communion at Assisted Living 3:30pm Cub Scouts, FH 5:00pm AA	<b>21</b> 6:00pm Confirmation 8:00pm Choir, 3:16s (TC)	<b>22</b> 9:30am Communion at Tweeten Apts	<b>23</b> 7:30pm Middle School Game Night, TC newsletter info due	<b>24</b> 10:30am AA
<b>25</b> 9:15am Worship, in-person, Facebook Live, radio 10:00 & 10:45am Sunday School	<b>26</b>	<b>27</b> 5:00pm AA	<b>28</b> 6:00pm Confirmation 8:00pm Choir, 3:16s (TC)	<b>29</b> 2:00pm newsletter prepped	<b>30</b> 9:00am Love Day	

*Trinity*  
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