

# TRINITY *news*

AUGUST 2020

VOLUME 26 ■ ISSUE 8

## 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, Tue, Thu, Fri:** 10 a.m. – 4 p.m.  
**Wed:** closed

### Sundays at Trinity

9:15 a.m. Worship  
~~10:15 a.m. Fellowship~~ Suspended  
~~10:30 a.m. Sunday School~~ Suspended

**Listen live on KVIK 104.7 FM**  
[www.kvikradio.com](http://www.kvikradio.com)

### Saturday Worship

~~5:00 p.m.~~ Suspended  
1<sup>st</sup> and 3<sup>rd</sup> Saturdays each month

### STAFF

Elizabeth Hermeier, Lead Pastor  
[trinitysr@springgrove.coop](mailto:trinitysr@springgrove.coop)

Lane Zaffke, Visitation Pastor  
[lane.zaffke@gmail.com](mailto:lane.zaffke@gmail.com)

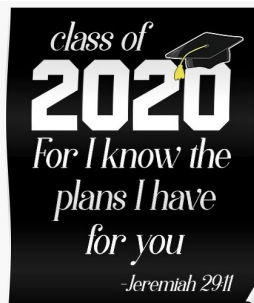
Bekah Leafblad, Dir. Of Children, Youth  
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Lorilyn Dehning, Bookkeeper  
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Gary Wilhelmson, Custodian  
Scott Solberg, Choir Director  
Rachel Storlie, Organist/Pianist  
Willy Leafblad, Handbell Director  
Jean Ellingson, Pianist/Organist  
Linda Gjerdrum, Pianist  
Mark Udstuen, Praise Band Leader  
Rick Sundet, Technology Lead



## SENIOR RECOGNITION SUNDAY

Trinity will celebrate the Senior Class of 2020 during worship on Sunday, August 2. Please keep the following seniors in your thoughts and prayers as they leave high school and move out into the world! Chandler Bergrud, Sadie Blaskowski, Carter Bratland, Addison Deschler, Alex Deters, Alex Ellingson, Sam Folstad, Anna Frydenlund, Hannah Gray, Kyle Hagen, Wyatt Murphy, Elena Myrah, and Amelia Solum. A special blessing will take place that morning during worship for the grads. The service will be on Facebook Live and the radio; the graduates and their families only will be in the sanctuary.



## FIRST COMMUNION

Trinity fifth (almost sixth) graders will receive their First Communion on Sunday, August 9. Please keep the following students in your prayers as they take this next step in their faith journeys: Merik Allen, Emery Bartell, Kya Deck, Travis Fisch, Adelia Gross, Hayden St. Mary, and Jada Strinmoen.

Worship will be in the sanctuary and there is room for 18 families in addition to our First Communion families. (See In-person worship: What you need to know.)

## TRINITY LETTER PROJECT

What are those plastic bags doing hanging on a line outside of Trinity, you may ask? They are being used for a project for Trinity Youth. Trinity 3-year-olds through 5<sup>th</sup> graders were each given a letter to decorate and will be bringing them to the south side of the Trinity building. Together their artwork will spell out a phrase from the Bible. Can you guess what the phrase will be?

Here are the letters we have so far:

\_\_\_\_\_ O \_\_\_\_\_ D \_\_\_\_\_ Y \_\_\_\_\_ O \_\_\_\_\_ T\_E  
\_\_\_\_\_ A\_H \_\_\_\_\_ O\_Y \_\_\_\_\_ IS \_\_\_\_\_ OF \_\_\_\_\_



*“The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.” Lamentations 3:25-26*

Dear beloved in Christ,

The five poems that make up the book of Lamentations in the Old Testament are not often used in our Lutheran worship services. They were composed – perhaps by the prophet Jeremiah – around the fifth century BCE in response to the destruction of Jerusalem by the Babylonians in 586 BCE. The book’s name in the Hebrew Bible is ‘ekah,’ which means “how.” “How could this happen to God’s beloved city?” The Israelites cried in lamentation to God for a return to their former worship practices, a return to their “normal.”

I’ve been thinking a lot about Lamentations and the psalms of lament (44, 60, 74, 79, 80, 85 and 90) during this time when we’ve been unable to worship in person in the sanctuary. This time when we long for our “normal.” And I’ve heard some lament and longing from some of you as well. It has been hard to be apart.

I am not a patient person. My mother, especially, would tell you that! I am so grateful that we are gradually, as safely as we can, beginning to gather again. We began with drive-through communion in June. And now in July, we’ve been gathering for outdoor worship – and Praise God for the glorious weather on both those Sundays.

It will be some time before we can worship as we used to. “Normal” is still a ways off.

But in the next weeks we will slowly and as safely as possible begin some of our former practices. On Sunday, August 2, we’ll recognize our 2020 high school graduates with Senior Recognition Sunday. That service will be in the sanctuary for the seniors and their families only.

Then, on August 9, our fifth (going into sixth) graders will receive their delayed first communion. That service will be in the sanctuary with those youth, their families and a select number of others . (See: “In-person worship: What you need to know”)

And finally, on August 16, if the COVID cases in Houston County continue to hold steady, we will begin having in-person worship in the sanctuary on a more regular basis.

Of course our worship services will continue to be on KVIK radio (104.7 FM) and on Facebook Live, and later on our YouTube channel every week.

In Paul’s letter to the Romans he calls on us to “rejoice with those who rejoice and weep with those who weep.” (Romans 12:15) This has been a hard time for all, but most especially for those who have been directly affected by COVID-19. We pray for a vaccine, for effective treatment, and for rest for the doctors and nurses working so hard to care for those affected. We also pray for those who have been affected economically.

Thank you for your prayers. Thank you for your support. Thank you for staying with Trinity during these months.

God bless you.

Pr. Elizabeth

FROM  
OUR  
PASTOR

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**Please don’t hesitate to contact Pr. Elizabeth ....**

at home (498-3837), via email (trinitysr@springgrove.coop), or on her cell phone (651-605-5037), or stop and talk (at a safe distance ☺ ) when she’s out walking Greta.

## FROM PASTOR LANE

*Acts 22:6 "While I was on my way and approaching Damascus, about noon a great light from heaven suddenly shone about me. 7 I fell to the ground and heard a voice saying to me, "Saul, Saul, why are you persecuting me?" 8 I answered, "Who are you, Lord?" Then he said to me, "I am Jesus of Nazareth whom you are persecuting." 9 Now those who were with me saw the light but did not hear the voice of the one who was speaking to me. 10 I asked, "What am I to do, Lord?" The Lord said to me, "Get up and go to Damascus; there you will be told everything that has been assigned to you to do." 11 Since I could not see because of the brightness of that light, those who were with me took my hand and led me to Damascus.*

This is Paul telling the story of how his conversion to Christianity began. He had been on his way to Damascus to seek out Jews who had begun following and believing in Jesus Christ. He had a signed letter from Jewish leaders giving him the authority to arrest the Christians, or as it was known at the time, followers of the Way.

And Paul encounters Jesus directly through a great light and a Jesus voice. I remember my mom grabbing me by my shoulders when I finally came home about 2 hours late. Everyone had been looking for me. I had been playing under a road bridge building a fort, important business for a 7 or 8 year old. She was trembling, crying and yelling, "I don't know whether to hug you or spank you." She hugged me because she loved me. I imagine it was something like that for Paul. Only maybe ten times more scary because us older people have a harder time listening than when we were 7 or 8.

Paul becomes the most prolific apostle of Jesus judging by all the letters he wrote or attributed to him in the New Testament. He states in some of his letters how Jesus directs his missionary journeys through various means: letters, dreams and conversations. Jesus still talks to us in much the same way today. Sometimes it is a hard painful push as with the Apostle Paul. Sometimes it is a gentle nudge such as a thought or inspiration. We just need to answer.

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## EDUCATION TEAM

The Trinity Education Team has been meeting on a monthly basis with the goal of providing and guiding educational opportunities for members of Trinity. Unfortunately we have decided to cancel Day Camp and Vacation Bible School for this summer, some of the parents felt it was too early to gather together because of COVID-19.

Bekah has been providing learning and story time in a virtual format. We will be discussing fall programming in the next couple months following the school's plan as outlined by the State of MN. Senior Recognition Sunday is August 2<sup>nd</sup> with a limited reception after the service outside and First Communion is August 9<sup>th</sup>. The Education Team is open to thoughts, suggestions and input from the members of Trinity, please send them to Jacquie Wennes, Education Team Lead ([jacquewen@aol.com](mailto:jacquewen@aol.com)) or to Bekah at [bekah@trinitysg.org](mailto:bekah@trinitysg.org).

## OUTREACH TEAM

Hello, friends! These strange times have all of us reaching out every day, in new ways, to folks near and far. Individually, we have been involved in many side projects, assisting others, as well as those closest to us. The means by which we gather and communicate continue to change. We look to you to share your ideas, needs, and wants with us. Many of us feel increased anxiety or loneliness these days. If you, or someone you know, could use a call or a note, even a (6 ft. distanced) visit, please let us know! We love to visit, write letters, send cheerful photos – whatever may be uplifting. Text (507)450-6118 or email, [wold.lara@gmail.com](mailto:wold.lara@gmail.com) with any ideas or names/numbers/emails of who you'd like us to reach out to.


Thank you! Lara Wold-Mendez, Outreach Team Lead

**IN-PERSON WORSHIP: WHAT YOU NEED TO KNOW**

In order to resume in-person worship in the sanctuary, Trinity (and all churches) is required to have a COVID-19 Preparedness Plan. This plan was shared with and approved by the Trinity COVID-19 Response Team in late June. Here's what you need to know.

**Preparation**

An **RSVP for worship** is required via **Signup Genius** or by calling the office by **4:00 p.m. the Friday before worship**. A maximum of 33 "family units" are available in the sanctuary for a comfortable total of 70 people and a maximum of around 90 per service.

**Here's how SIGNUP GENIUS works:** Go to: [www.signupgenius.com](http://www.signupgenius.com). Click on the search  icon and enter Trinity's email address, [trinity@springgrove.coop](mailto:trinity@springgrove.coop). It will take you to a page with an image of the church building, click on the orange words, **Worship in the Sanctuary**. This will take you to the sign-up page. There is also a link on our website home page.

**FOLLOW THESE STEPS TO SIGN UP FOR WORSHIP:**

- 1) Choose the date you plan to attend worship in the sanctuary. In the column on the right it says "Family Units" with a number in parenthesis; this number indicates the number of family units available for worship, *not* the number of individual spots.
- 2) Click on "Sign Up" by the date you are attending.
- 3) Put a first and last name of one person in the "Name of Family Unit" and then in the "Quantity" column, enter the number in your family unit that will be attending. Continue with filling in the first and last name and email address in boxes as directed. Click "Sign up now."
- 4) Your family unit is now signed-up for worship in the sanctuary! Please remember to wear a mask. You will be seated together in your family unit in the sanctuary.
- 5) **If your plans change for the Sunday you reserved**, please go back to your reservation and cancel it or let us know in the office so that someone else may have your spot. Thank you!

Written signs have been placed on all doors with attendance requirements (masks, 6 feet of physical distancing) and sanitation procedures.

Pews have been divided (with our Holy Week prayer ribbons) to ensure 6-feet of social distancing.

The balcony will be off limits except for the organist. The lower level/basement will be off limits except for one bathroom, and there will be a staff member posted to sanitize it after each use.

**Gathering**

Please enter the building using physical distancing. **Masks will be available if you don't bring your own.**

Bulletins will be placed in the applicable pews the Friday before worship. Offering plates will be placed at the doors.

After everyone is seated, the doors will be opened and fans turned on to blow air out. The windows will be open and we won't be using the A/C.

**Sending**

At the end of the service, please maintain 6 feet of physical distancing as you leave. There will be no fellowship. NOTE: On communion Sundays, Pr. Lane and I will "greet" people as they leave with the all-in-one communion cups.

After the service, all areas of the church will be sanitized.

## COVID-19 PREPAREDNESS PLAN FOR TRINITY



***Thank you for helping us keep each other safe and well!***



Adapted from

## 'IT'S NOT "JUST A DOG": THE MINISTRY OF ANIMAL COMPANIONS'

by The Rev. Danae M. Ashley



Miss Greta

"It's just a dog. You can get another one." "Go out and get another dog right away because that's what I did and it helped me." These sentiments from well-meaning people point to the discomfort that many have with dying, death, and mourning. However, nobody would think of telling someone "Go out and get another best friend right away because that's what I did and it helped me," after the death of a beloved person. Even if you have never experienced this type of loss, there are ways to be compassionate and supportive without hurting the grieving person even more.

Animal companions are with us in more ways than their human counterparts—through sorrows, joys, moves, divorces, new relationships, children, and illness. They are in the kitchen as we are cooking, on our laps as we read, and taking over the bed as we sleep. When our spouses or children or roommates are not home,

they are there with us. Sometimes they are the roommate. They know more about us than our humans do because they watch our every move and learn our emotional nuances. They perform the epitome of the ministry of presence.

Studies show the benefits of having an animal companion for all humans, but especially for the elderly and those who have mental health issues. The bonds that we share keep both people and animals healthier and happier. When someone's animal companion dies or has to be re-homed, the grief can be shattering.

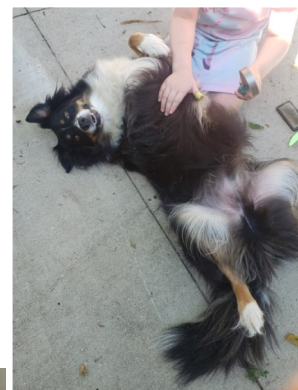
The following can be useful for those who are mourning and those who want to support those who have suffered the loss of an animal companion.

- Give yourself (and those who are mourning) time: Everyone's grief process is different and lasts various lengths of time.
- Give life out of death: Donate to a local shelter or a neighbor for their dog.
- Make small changes that you can handle: This is not the time to make huge decisions, like moving or changing jobs, as a grieving brain's executive function is not at its best.
- Have a funeral or memorial service.
- Let the tears flow when they come and share stories: Remember, Jesus wept at the grave of his friend, Lazarus. Weeping and remembering are ways that humans mitigate their sorrow so they can heal.
- Rest when you can (and be gracious toward people who need to take time): Traveling through the landscape of grief is exhausting. We are not at our best when we are grieving. We are distracted, sad, irritable, and lethargic. This is made worse if we try to muscle through, as the grief comes out sideways with unintended consequences. Be gentle with yourself and with those who are grieving.

Meister Eckhart wrote, "Every single creature is full of God and is a book about God. Every creature is a Word of God." Our animal companions hold the Divine, and we honor them by valuing our bonds, both in life and in death.



Pastor Elizabeth's loyal companion of 15 years, Edgar.



Pastor Lane's current dog companions, Bjorn (top) and Champ (below) .





▲ Bonfires began again! For youth entering 7th-9th grades. They are held outside only, kids bring their own chairs and snacks.



▶ Baptism of little Ares, mom Makaila Skadsem.

◀ Baptism of little Ruth, parents Bethany Bergsgaard and Adam Kragsness.



▼ Second drive-thru communion in June.







◀▲▶ Outdoor worship began on July 12. It was a beautiful morning of being together again and included communion using the all-in-one-communion cups.

▼ Prayer ribbons have been connected and will help designate where people can sit when worship resumes in the sanctuary.



▼ Maple syrup! Remember it is available to purchase in the office for \$10. Proceeds go to the youth programming at Trinity.





*The ideas and viewpoints expressed in the posts on the Ideas and Creations blog are solely the view of the author(s). Luther College's mission statement calls us to "embrace diversity and challenge one another to learn in community," and to be "enlivened and transformed by encounters with one another, by the exchange of ideas, and by the life of faith and learning." Alumni, faculty, staff, students and friends of the college are encouraged to express their views, model "[good disagreement](#)" and engage in respectful dialogue. [www.luther.edu/ideas-creations-blog](http://www.luther.edu/ideas-creations-blog)*

## ANXIETY IN THIS COVID TIME (OR ANYTIME)

By Paul Gardner, Political Science Professor Emeritus

May 21, 2020

Those of us who have learned to manage our anxiety disorders may have useful lessons in this day of Covid. This is my contribution.

Have you ever tried to stop a feeling? Or a thought? What about a thought-feeling combination? For example, for me the thought 'I will get the Covid-19 virus if I go the store today' is followed almost instantaneously with a feeling of anxiety, a tightening of my stomach.

Sometimes it's the other way around. An anxious feeling leads my mind to search for reasons. These reasons or thoughts worsen the anxiety leading the mind to continue its search for reasons or what often happens to me, to latch onto a thought, what then becomes an obsession. To rid myself of this uncomfortable feeling I decide not to go the store and almost immediately my stomach loosens, as my anxiety retreats. Unfortunately, I have also retreated from life, even if only just a bit.

In my circle of family, friends and acquaintances I know too many people whose lives are in some way lessened by anxiety, just as mine is. What do I mean by lessened? There are things we do not do because our anxious feelings shout out there is danger ahead. This feeling—for me it is a tightened stomach, for you it might be some other physical sensation—stops us in our tracks. Something must be wrong, otherwise why would I feel this way?

About 15 years ago I was diagnosed with OCD, an anxiety disorder. What Freud once considered an untreatable mental disease is now, along with other anxiety illnesses, very responsive to treatment. You and I are fortunate to be living during a time when a variety of cognitive, behavioral and pharmaceutical treatments with proven track records are available, even as we all deal with yet another anxiety-inducing phenomenon the world has thrown at us.

Below are insights from my journey of recovery that may help you in this anxious time. I am not a mental health professional but have found some books that are helpful to me.

**1. Our thoughts and feelings are frequently outside our conscious control.** I grew up thinking I could control what I thought and what I felt. This is a cognitive mistake. All of us have thousands of thoughts every day, most unbidden. Feelings come and go, often without rhyme or reason. Or with a kind of reason, upon reflection. The sun breaks through the clouds and my mood improves. Nothing else has changed. It dips behind the clouds again and...

**2. Our minds, hearts, and guts are unruly and we ought not take them literally.** For much of my adult life, I let my thoughts and feelings bully me. While walking along a cliff I have the thought, 'why don't you jump off.' Immediately, my stomach tightens as anxiety sets in. What could such a thought mean? Do I really want to jump off this cliff? I take the thought and the feeling literally, as danger signals, and not only do I back away from the cliff but stop walking along cliffs. I lessen my life, just a bit. Worse, I begin to doubt myself.

Although I have no genuine suicidal symptoms, I wonder whether there might be something wrong with me, something deep inside me I am afraid to face. This directs me away from the world and others and toward myself and too easily results in unhelpful rumination.

**3. What we resist persists.** What happens when I give in to the thought and feeling and stop walking along cliffs? I am training my mind to warn me about this danger. Something similar happens when I ruminate about the thought and/or the anxiety that comes from the thought. I take the substance of the thought and the accompanying feeling of anxiety as a danger signal and so whenever I come upon a cliff, my brain and gut work in tandem to warn me of this danger.

*continued →*



**ANXIETY IN THIS COVID TIME (OR ANYTIME) *continued***

While on the cliff, I might try to argue with the thought, as in 'I am not really suicidal,' but that does not work because the source of the problem, the amygdala, has no reasoning capability. Neither of my solutions, not walking on cliffs or arguing with my cliff-thoughts, work because both are forms of resistance to the thought and the feeling. Anything we resists persists unless we...

4. **We can train our brains to ignore the noise of our thoughts and feelings.** A lot of the thoughts our brains throw at us and the feelings that follow are better thought of as noise and not as signals (see Reid Wilson's [Stopping the Noise in Your Head](#)). Noise because they seem to contradict our basic values or lived experience, as in my fear that I really wanted to jump off the cliff, or seem irrational.

For example, when I was diagnosed with OCD one of my symptoms was a compulsion to check whether the stove top burners were turned off. I would often check 20 to 30 times—meaning I would walk out the back door, to the garage and back again—before my anxiety would go down enough to allow me to leave the house. I treated the thought, 'the burner might be on,' and the accompanying anxiety, literally or as signals of danger. The checking compulsion was a form of resistance, a way of me telling my brain I might have left the burner on. Thus the thought and anxiety would persist until I retrained my brain.

How did I retrain my brain? Describing the protocol I followed is simple although doing it was difficult and took a long time. The gold standard treatment for OCD is exposure, response prevention. I would expose myself to an obsession, for example, that a stove burner might be on as I go to leave the house, and instead of returning to the stove to check, a compulsion and my usual response, I would accept and tolerate the anxiety while I walked to the car. Eventually my brain learned that I no longer considered the thought 'the stove top burner is on' a danger and so it quit sending a danger signal to my stomach. This process took many months and even today, more than a decade later, I still occasionally get a little dose of anxiety as I leave the house and wonder whether the burner is turned off.

5. **Living with our fears.** Too many of us in too many ways limit our lives because we think we fear some thing, like a crowd or Covid-19 or a cliff. What we really fear are the thoughts and feelings about that crowd or Covid-19 or that damn cliff. Two years ago when I hiked in the Alps, I knew my brain would send me thoughts and my amygdala would send a danger signal to my stomach. I almost said no to Rebecca and our host-hikers and to be honest for much of the hike I wish I had. But the decade-long work I had done learning to manage my OCD somehow kicked in and I hiked the Alps with my fears alongside me, as companions. Of course, they were always between me and the ledge.

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**FREE ONLINE SUICIDE PREVENTION CLASS**

NAMI Minnesota (National Alliance on Mental Illness) and the Upper Midwest Agricultural Safety and Health Center (UMASH) are partnering to provide free online suicide prevention classes tailored to farming communities. This effort aims to change public perceptions in agricultural communities and better equip them to identify and help people who may be having thoughts of suicide. Called QPR (Question, Persuade, Refer) for Agricultural Communities, the program helps individuals learn the three steps anyone can take to help prevent a suicide. This class will be offered from 3-4:30 p.m. on each of the following Thursdays: August 6, August 20, September 3, and September 17. To register, see "Classes" at [namimn.org](http://namimn.org). For further information, call (651) 645-2948.

**FREE ASSISTANCE AVAILABLE** Applications are now OPEN to farmers and ag entrepreneurs for free business assistance through our HEN program. Want help writing a business plan? Need to know where to start with grant funding? Interested in getting some help with marketing? We can provide a free, professional business coach to help connect you with these resources and more. Learn more and apply here. (And feel free to reach out to me with questions!)

**HEN TOOLKIT** CEDA has created a brand new toolkit to help guide farmers and ag business owners through some of the most common, yet most challenging, aspects of starting and expanding businesses. You're the first to see this toolkit, attached here! Inside you will find insight on how to write a business plan, marketing ideas, resource lists, and more.

**GRANTS**

Grow A Farmer - \$250 Individual Assistance Grants, <https://www.driftlessgrown.com/grants>  
E1 Technical Assistance Grant (up to \$2,500) , <https://www.redwingignite.org/ta-grant-startups>

# JACOBSON NEWSLETTER

June 2020

## COVID UPDATE

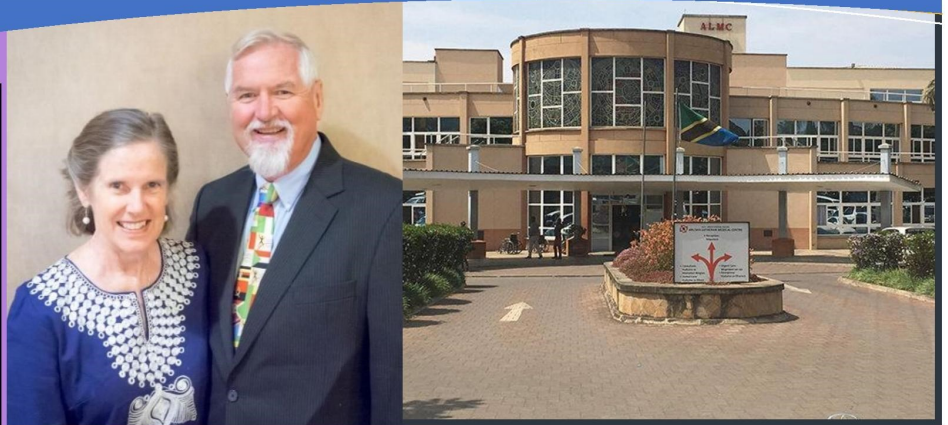
Tanzania hasn't issued a summary of their Covid 19 cases for almost two months. Two weeks ago, the President announced that God has cured Covid in Tanzania and we are free to return to normal. The borders have been opened and schools are open again.

Yet in the background, the hospitals are caring daily for Covid patients and neighbors know who is sick at home and who has died at home. But without statistics, no one is able to get a handle on what is really happening with the pandemic in Tanzania.

Covid seems not to have had as horrific an impact on morbidity and mortality as anticipated. Perhaps because of the young average age of the population with 50% of the population being age 15 or below.

Whatever understanding is eventually learned about Covid in Tanzania, it is already abundantly clear that the greater impact of Covid has been upon the economy. The tourist industry has collapsed and brought about great unemployment. The lost revenues in many industries are bound to lead to struggles with famine, less access to health care, and difficulty for students to remain in schools.

USAID has predicted that the after effects of Covid may do away with decades of development across the African continent. Our challenge is no longer an epidemic but rather a doubling down for development.



## Sent to Repent, Repay, and Reconcile

Well before the murder of George Floyd in my own back yard, I had been asked to share the meditation at the ELCA Chicago offices Wednesday morning chapel service where the Gospel was the Great Commission. Seven days after his death and in the midst of an ongoing eruption of outrage and rage over never ending injustice, the service was going to happen. Wouldn't it be better to have a person of color speak rather than a person of white male privilege? No such reprieve and so I stumbled forward.

Still sensing that even now, or especially now, we who strive to follow Jesus are a sent people. "Go" is the command and so we are sent. I am feeling the struggle of being sent:

- To repent and acknowledge my complicity and privilege
- To seek to restore through reparations
- To reconcile or re-create

Reconciliation, or re-creation are a metamorphosis to a new reality – a new creation. "Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here." 2 Cor 5:17 Yet reconciliation is costly and hard and creative.

Amongst the Maasai people, who have been my teachers now for many years in Tanzania, we learn of both the cost of reconciliation and the power to create a new reality.

One of the most serious offenses among the community is to kill, to murder. And murder can lead quickly to outrage, vengeance, and further violence. When this occurs, the perpetrator, admitting his guilt retreats to the home of his mother, where he literally, lays down under her bed of protection. The murderer has thus confessed and admitted his sin and as he is in community, the community seeks a way to reconciliation.



## NEW SCHOOL OF NURSING CAMPUS OPENS

School Closures for Covid provided an opportunity for the SON to complete preparations for the move into our new campus at Ekenywa. We celebrated and welcomed the students into our new and renovated facility on June 1<sup>st</sup>. This long time dream has become a reality thanks to so many of you who have been absolutely incredibly generous and supportive.



The elders gather to seek reconciliation. First a negotiation on reparations. How many cattle, the most precious of Maasai possessions, indeed their very lifeblood, how many cattle will be paid in reparation. The cost of reconciliation is great and many cattle are required. When agreed upon, a ceremony of reconciliation is called by the healer-priest, the *loiboni*.

Both families gather together in a great circle. Into the center, two nursing mothers come, one from each family. They exchange their infants and nurse the other's child. The cost of reconciliation is great.

Then two of the senior elders, the male leaders come to the center of the circle where each, with a slight slice from their elongated knife, draw blood from the wrist of the other and intermingle it with their own. The cost of reconciliation is great.

Then a blessing is pronounced by the *loiboni*, spoken and with the sprinkling of milk in a baptismal like ritual, which calls upon God to bless this reconciliation. It is holy work.

As the ritual ends, the *loiboni* announces the miracle of reconciliation, the hope of a new creation. For now, the two warring families are transformed into a new, larger, single family. It is a symbolic and literal creation of a new family. Even to the extent that intermarriage between them is now forbidden. "The old has gone, the new is here."

The cost of reconciliation is great. Not to reconcile leads unto death. The hope of reconciliation is even greater. In Christ, "The old will go, the new will come."

Therefore my friends, let us Go! We are sent. Remembering always Christ's promise to us, "I am with you always, even until the end of the age."

Blessings all,

Mark and Linda





**HELPING HANDS WITH SCHOOL SUPPLIES**

The Helping Hands team at United Methodist Church-Caledonia partners with local businesses and community members to provide backpacks filled with school supplies to students who need a helping hand. It is a wonderful thing!

**HOW CAN WE HELP?** Trinity Outreach Team is leading the cause in Spring Grove, and we need your help! We have been tasked with gathering personal hygiene items... toothpaste, toothbrushes, soap, shampoo, conditioner, deodorant, tampons and pads (sanitary essentials are the #1 requested/first grabbed items!)... think of anything you and your children need, let that be your guide. These items tend to be costly, and are so very needed.

Items can be dropped off at the church or you can shop online and have them delivered directly to the church, 203 E. Main Street, Spring Grove, MN 55974.

**DROP OFF**

**When:** August 10, 11, 12

**Location:** Trinity Gathering Room (bottom of stairs, room on the right, look for a sign)

**VOLUNTEER OPPORTUNITIES**

The Helping Hands team will need many more hands to help sort, pack, fill back packs. If you are interested in helping, please contact Lara Wold-Mendez at wold.lara@gmail.com, and I will give you more details as they become available.

Thank you all for always being willing to help! ~Trinity Outreach Team



July 26-August 8	Bethany Bergsgaard
August 9-22	Mary Newgaard
August 23-September 5	Greg Wennes

**YOUTH AND WELCA TO PACK LAYETTES**

Youth at Trinity were supposed to help the WELCA ladies pack layettes and school kits last March, but because of COVID-19, that event was cancelled. Now that we have safety guidelines in place, youth and WELCA will be packing layettes at the beginning of August. Stay tuned to next month's newsletter for pictures!

**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 can't be together.

We have options to receive your offering during this time when we will not be gathering at the Trinity building:

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

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

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





**VIRTUAL RELAY FOR LIFE** Join us for the first ever VIRTUAL Relay For Life event. Communities across the state of Minnesota will be coming together to show their support for our cancer survivors, caregivers, volunteers and more! Saturday, August 1, 2020 at 8 a.m. – 8 p.m.

Online Event: <http://www.relayforlife.org/houstoncountymn>



**JOIN US FOR A COVID19 INSPIRED LUMINARIA EVENT!** We want to honor those fighting cancer, those who have lost their fight and those who help support cancer patients through it all!! Walking paths as well as a drive-thru lane will be set up. Bags will be set up beginning at 5:00pm and all bags will be lit by dusk--ending at 10:00pm. Face masks WILL be required as well as social distancing will be strictly enforced.

You can purchase your luminaria bags from Trinity Relay For Life team members, Judy Bratland, 498-5147 or Betty Dokken, 498-5306. Please purchase luminaria by Wednesday, July 29.

**LITTLE FREE PANTRY** Do you know someone that needs a little help with food or toiletries? Please let them know that Trinity has a Free Little Pantry in the lower level – enter using the southeast door on Main Street. Please remember to use hand sanitizer prior to picking up items. A bottle is directly inside the door.

Students need you!  
**Become a substitute.**

**teachersoncall.com**

**Make a difference as a Substitute!** Teachers On Call is hiring Substitute Teachers and Substitute Teacher's Aides to work at Spring Grove Public Schools!

**As a TOC substitute, you'll still enjoy:**

- Same classrooms, staff, and pay rates
- Same flexible schedule
- Weekly pay

**To enroll,** visit [teachersoncall.com](http://teachersoncall.com) and click "apply now," or call TOC with any questions.



Spring Grove Public School

*Trinity*  
Lutheran Church  
203 East Main Street  
PO Box 188  
Spring Grove, MN 55974

Presorted Standard  
Non-profit Organization  
US Postage PAID  
Spring Grove, MN  
55974  
Permit No. 2

RETURN SERVICE REQUESTED



We are thankful that in August we will be able to celebrate two different events:  
Senior Recognition Sunday (August 2) and First Communion (August 9)