

TRINITY *news*

MAY 2020

VOLUME 26 ■ ISSUE 5

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: temporarily closed/
working from home

Mon, Tue, Thu, Fri: 10 a.m. — 4 p.m.

Wed: Noon — 6:00 p.m.

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

Saturday Worship

5:00 p.m. *Suspended*
1st and 3rd Saturdays each month

STAFF

Elizabeth Hermeier, Lead Pastor
trinitysr@springgrove.coop

Lane Zaffke, Visitation Pastor
lane.zaffke@gmail.com

Bekah Leafblad, Dir. Of Children, Youth
and Family Ministry
bekah@trinitysg.org

Marlene Deschler, Admin. Professional
trinity@springgrove.coop

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stewart@trinitysg.org

Lorilyn Dehning, Bookkeeper
lorilyndehting@gmail.com

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

“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.” 1 Corinthians 12:12

Beloved in Christ,

On April 30, the Trinity Response Team* met and made the decision to extend the suspension of all in-person Trinity activities through May 31. The office will also remain closed through this time. This decision was made in response to Minnesota Governor Walz’s most recent “stay at home” directive as well as guidance from Bishop Hassanally of the SEMN Synod of the ELCA.

• Our Sunday worship through May will continue to be on Facebook Live and on KVIK radio at 104.7 FM. The radio broadcast audio is streamed online on KVIK, www.kvikradio.com. The video service will also be available for viewing on our YouTube channel (Trinity Lutheran: Spring Grove), along with past services and other fun videos from Bekah.

• Please check our Facebook page and website, www.trinitysg.org, for updates. You may also find updates at 498-AMEN and 498-HOPE.

• We are separate members of the body of Christ. Together – and apart – we are the heart and hands of Christ in the world, with whatever gifts we are given, in whatever ways we are called.

God bless you, Pastor Elizabeth

*Pr. Elizabeth Hermeier, Pr. Lane Zaffke, Council President Saundy Solum, CYF Director Bekah Leafblad, Anne Scheetz, Gary Wilhelmson, Mary Zaffke, Rachel Udstuen, Jean Ellingson, Marlene Deschler, and Rick Sundet.

CHECK OUT OUR FACEBOOK PAGE AND INSTAGRAM EACH DAY AND PLAY ALONG

Merry Monday — share good news, grateful thoughts, something that made you happy, positive vibes.

Trinity Trivia Tuesday — trivia questions about Trinity....how well do you know things about Trinity? Play along and see! Answer posted in the evening.

Worship Wednesday — music by Rachel Storlie and friends

Camp Thursday — activity from Good Earth Village

Funky Food Friday — have you been creating unique food items? Get your whole family involved in creations and share what you’ve done...are they yummy or better-luck-next-try?

Singing Saturday — music by Rachel Storlie and friends

Story Sunday — Bible Stories with Bekah video



When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jewish authorities, Jesus came and stood among them and said, "Peace be with you." John 20:19 (NRSV)

Dear Easter People!

Alleluia! Christ is risen!

Christ is risen indeed! Alleluia!

I don't have to tell you that our worship services during Holy week and Easter were not what we hoped for. There was no Last Supper on Maundy Thursday. There were no Tenebrae on Good Friday. There were no trumpets and no big choir anthem on Easter Sunday. We were not together to share in Holy Communion. It was not what we hoped for indeed.

And yet ... Jesus rose just the same. Just as he said. Just as he always has.

Jesus appeared to Mary at the tomb. He appeared to the disciples on the road to Emmaus. He appeared to his disciples in a locked room.

There are so many similarities between the disciples and us. Like the disciples, we are anxious and even fearful. We are uncertain about what's happening in our world.

But one thing we can always be certain of is that Jesus will bring us a peace that passes all understanding. Jesus will bring us a peace to soothe our anxieties and calm our fears. No matter where we are, Jesus will show up for us. Just as he said.

It will be many weeks before we can worship together again in person. And even then we may need to adapt our worship services to meet the situation in which we now find ourselves. We may need to make changes in the sanctuary to accommodate physical distancing. We may want to wear masks. We will undoubtedly continue to give our offering and pass the peace from a distance.

I can't thank you enough for all the ways that you've been supporting Trinity and our missions during this time. I especially want to thank Pastor Lane and Bekah and Marlene and Stewart and Lorilyn and Gary and Rachel S. and Rick and Mark and Rachel U. and Scott and Tysen Grinde, who put together our Easter recording. There were also a number of people who joined us for our final Lenten services, including Pastor Len and Pastor Elliott.

I miss you. I miss so many things about our worship services and Confirmation and even Council meetings! But I also know that **"all things work together for good for those who love God, who are called according to God's purpose."** (Romans 8:28)

We are called for such a time as this.

Alleluia! Christ is risen!

Christ is risen indeed! Alleluia!

God bless you!

Pastor Elizabeth

Peace
be with
you



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.

CHILDREN AND YOUTH ACTIVITIES

MIDDLE SCHOOL GAME NIGHT The last Middle School Game Night for the spring will be on Friday, May 15 at 7:00 p.m. Parents, watch your emails for the Zoom link for your 7th or 8th grader to join. Bekah is hoping to have bonfires this summer, but it will ultimately depend on what our state and our church decide regarding COVID-19. Please watch for communication on this coming in early June

3:16s The last two 3:16s meetings of the spring will be Wednesdays, May 6 and May 13 at 7:00 p.m. Parents and youth, watch your email inboxes for the Zoom invitations to those meetings. As far as the summer goes, Bekah would like to plan some activities for high school youth, but it will depend on what our state and church decides on social gatherings. Please watch for more communication on this coming in early June!

FAMILY CAMP Trinity is hoping to attend Family Camp at Good Earth Village Bible Camp the weekend of July 24-26. Family Camp is a wonderful way for your entire family to share in the camp experience - you will play, relax, learn, and worship in God's creation. For more information, visit goodearthvillage.org/familycamp or email Bekah at bekah@trinitysg.org. Please note that if Good Earth Village cancels their programming for the summer, all money will be refunded.

CALLING TREE UPDATE

Thanks to the participation of 18 callers, the Trinity Calling Tree was able to contact about 350 congregation members/families in late March/early April. We wanted to contact as many members as possible during this COVID-19 situation to see if members or their families had needs that weren't being met and to ask if they had any specific prayer requests. We found that most families and neighbors were taking care of each other and prayer requests were focused on the ill, essential workers, our high school seniors, and for families who suddenly were homeschooling their children.

We continue to pray for all of these concerns, and we want you to know that you can contact Pastor Elizabeth by calling her at home, 498-3837; send her an email, trinitysr@springgrove.coop; or calling the church and leaving a message, 498-5291.

Thank you to all that helped make these calls!



WAYS TO STAY CONNECTED TO TRINITY

- **498-HOPE (4673)**
-short daily messages and updates
- **498-AMEN (2636)**
-daily devotionals
- **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, short messages from Pr. Elizabeth
- **Instagram**
-photos, updates
- **KVIK 104.7FM**
- Sunday worship service, updates
- www.kvikradio.com

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. 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.

Thank You
FOR
GIVING
...
GENEROUSLY

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, 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 bottle of hand sanitizer is directly inside the door.

BEARY PATCH Enrollment for the upcoming school year at Beary Patch Preschool will begin in May. Current students may enroll from May 1-15. New students may enroll beginning May 16 until classes are full. Classes are considered full with 10 students per group as licensed by the state of Minnesota. Questions? Contact Beary Patch Preschool teacher, Bethany Bergsgaard at (507) 450-3812. Enrollment forms are on Trinity's website.

APRIL 2, 2020 CONGREGATION COUNCIL MEETING HIGHLIGHTS

- Meeting held via Zoom conference call.
- Facebook Live and YouTube are continuing to be used for worship services.
- Bekah has started recording "Bible Stories with Bekah" and placing them on the our YouTube channel.
- Middle School Game Nights, 3:16s, Trinity U, and Confirmation Core are meeting via Zoom.
- The Care Team is now buying food for 11 children (up from 8) as part of the HIP program.
- Senior Recognition Sunday (original date: April 26) and 5th Grade First Communion (original date: Maundy Thursday) have been postponed.
- Notification was given by Youth Works of alternatives for the Puerto Rico trip that was scheduled for July. These options will be discussed with those planning to go.
- Education Team is hoping Confirmation Camp at Good Earth Village (June 15-18), Day Camp and Vacation Bible School at Trinity (week of June 25) can still happen.
- Beginning April 6, people were invited to "Let our prayers rise up" by tying a ribbon to the railing near the cross in the yard along Main Street.
- Beary Patch Board of Directors met April 1 and discussed 10% gross tuition to be paid to Trinity to cover maintenance and utilities. The Board agreed and vote was passed. Trinity is grateful for this agreement with Beary Patch as we work together toward shared goals.
- Beary Patch announced that they officially ended their school year due to COVID-19.
- Trinity Response Team has met twice since last Council meeting.
- Pr. Elizabeth had a Synod call in which the Synod is encouraging churches to lock their church doors 24x7 during COVID-19. Council discussed options regarding how individuals could still obtain food from food shelf. Saundy will check into the liability with our insurance to determine rules during COVID-19 for public spaces.

Motion passed: to give Trinity Congregation president, Saundy Solum, the ability to review all financial accounts online and sign for loans, to renew line of credit amount yearly, to be the second signer for checks over \$5,000.

Next Meeting: May 13 at 7:00 p.m. via digital conference call. Complete minutes are on Trinity's website.

There are many resources available for free for a variety of needs. Here are a few....

RESOURCES

Houston County Public Health: www.co.houston.mn.us/departments/public-health

Houston County Human Services: www.co.houston.mn.us/departments/human-services

Houston County Extension: <https://local.extension.umn.edu/local/houston>

Department of Agriculture: www.mda.state.mn.us/about/mnfarmerstress

MN Dept. of Health—Behavioral Health: www.health.state.mn.us/communities/mentalhealth/support.html

Mental Health Minnesota: <https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources>

Mental Health Minnesota was founded in 1939, and was the state's first mental health advocacy and education organization. We are a non-profit and non-partisan organization, and an affiliate of Mental Health America. We work to help people in their journey toward mental health recovery and wellness through direct service, public policy, education and outreach.

Crisis Text Line: www.crisistextline.org

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Great Rivers 2-1-1: www.greatrivers211.org/gr211

Great Rivers 2-1-1 offers free, confidential community information and referrals 24 hours/7 days a week. Dial 2-1-1 or (800) 362-8255 to talk to an information and referral specialist.

DAILY GRACE

Daily Grace is an on-the-go companion, offering a faith reflection every day. Encounter God's extravagant, boundless and often surprising grace by signing up for a daily email message. You can also download the newly updated app for your IOS and Android devices. Website: www.womenoftheelca.org/blog/category/daily-grace

Love. According to the Bible—and the Beatles—it's all you need. Love God, love others, love yourself. (And don't forget to love your enemies.) "Do this," Jesus says, "and you will live."

CALL TO PRAYER EVERY TUESDAY AT NOON

You are invited to join Lutheran women across the world every Tuesday at noon (in your time zone) in prayer. Use the simple approach offered here, reflecting on God's word, offering prayers and reflecting on your self-care and the care of others.

Read: Romans 8:38-39 For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Pray: follow each petition by naming specific individuals or needs; add additional petitions as needed...For those who are ill, for those with little access to healthcare, for healthcare workers, for those who feel isolated, for those who are in unsafe places, for those who are anxious or worried, for leaders facing difficult decisions, for those who continue to work in challenging settings, for those driven by greed or careless disregard.

Reflect: Reflect on these questions. You may even be inspired to journal daily with these questions. Consider our resource Journaling: Create your own sacred writings. Jesus calls us to love our neighbors as ourselves (Matthew 22:39). How are you loving yourself today? What is your self-care strategy? How are you loving your neighbor today?

"For we will rejoice always, pray without ceasing and give thanks in all circumstances." 1 Thessalonians 5:16-18.
Website: www.womenoftheelca.org



◀ ▶ Janna and Lenny Myrah replaced the sign near the parking lot entrance. Sometime during the winter it had gotten damaged.

▼ Let your prayers rise up! Ribbons tied along the railing are prayer requests from people. You are welcome to add your request.



▲ For online worship during this time, we've moved our location and our flat families.

◀ The women's bathroom stalls have been sanded and repainted — thank you Rick Sundet, Lee Hoekstra, and Gary Wilhelmson for your hard work!

◀ Rick (pictured), Lee, and Gary also worked on stripping the south hallway and stairway and re-waxing it. It looks great!



◀ ▶ Sherry Pitts (future owner of the Habitat House in Spring Grove) and her children have started priming the walls. They are very excited to see the progress and very thankful for Fordyce Brevig and others who worked on the house during this time.



◀ In need of hand sanitizer? Rock Filter Distillery is selling a spray variety. It is \$20/gallon, \$5/quart. Bring your own container. It can be ordered online: Rockfilterdistillery.square.site or by calling, 498-7625.

▶ Congratulations to our seniors! Trinity plans to celebrate our seniors, have Baccalaureate, First Communion and other special events, but we are not sure when these will be able to happen. We will keep you posted as we know more.



CREATIVE THINGS TO DO WHEN YOU'RE SPENDING MORE TIME AT HOME

- Write a postcard to a friend or family member (people LOVE mail).
- Schedule a video chat session with friends and family so you know when you'll "see" them next.
- Have a movie marathon. Pick an interesting theme, like travel, art history, documentaries, how things are made.
- Do crafts - string beads into a bracelet, try knitting or try painting by numbers. Many how-to videos are online.
- Give yourself a mani/pedi.
- Create a playlist with happy songs, and sing and dance along!
- Browse your cookbooks or food blogs for an easy, but healthy meal. Share new recipes with friends.
- Have a go at Sudoku and crossword puzzles, watch TED talks, or listen to podcasts.
- Give a room in your house a mini makeover....hang new pictures on the wall, change up furniture arrangements, or repurpose an item for a new use. Browse Pinterest for cute, but doable DIY ideas.
- Reminisce by compiling a photo book of the special moments in your life.
- Turn a boring day in bed into a "slumber party".....put on a movie and make some popcorn.
- Build your own fantasy football team and join an online competition.
- Learn to play a new song.
- Bake something sweet yet nourishing.....share extras with a neighbor.
- Keep a journal. It can be a safe way to express your feelings as well as boost your happiness by listing what you're grateful for – despite your struggles – each day.
- Treat your body well - do some gentle stretching, take a walk and nourish yourself with herbal teas or veggie juices. Many stretching videos can be found online.
- Create a mood board....collect inspiring images, magazine clippings, motivational quotes or fabrics – anything that helps you visualize your dreams, decorating scheme or signature look.
- Sink into the tub for a long luxurious bath, with bubbles of course!
- Play a game....Uno, Sorry, Life, Connect Four, Battleship....can you find a way to play virtually with someone?
- Document your daily life with photographs. Even a dull day becomes fascinating when you're trying to spot the beauty in everyday moments.
- Find something that makes you laugh....a YouTube-video, hilarious joke, or a comedy show. Or call that friend who always makes you laugh.
- Buy a coloring book for adults and get your crayons ready for some soothing creativity.
- Grow a small herb garden in your window box.
- Plan a fun event for when you're not needing to social distance – a mini road trip, a camp fire, a meal out.
- Disconnect from the world for a little while. Listen to relaxing music and just stare out the window.
- Plan and cook a meal with friends through Skype or FaceTime.
- Plan an outdoor visit with a friend or loved one.....set up chairs 6 feet apart and enjoy the spring temperatures!



Stay well, safe, and healthy!

Have some fun and play bingo with friends or maybe another family!

Be inspired!

happy bingo

watch the sun set	connect with a loved one	give thanks	listen to God's beauty outside	say a prayer
open a window and welcome in fresh air	play music and dance	take a picture of something you find beautiful	laugh	count your blessings
tell someone you love them	read a devotional	FREE SPACE	eat mindfully	make a healthy meal
do something that makes you happy	write a note to someone and mail it	take a walk	watch the sun rise	be easy on yourself
pause	smile at yourself	do a random act of kindness	listen to a favorite song	go outside and take a deep breath

myfreebingocards.com

smile at yourself	play music and dance	take a walk	listen to God's beauty outside	make a healthy meal
watch the sun rise	eat mindfully	give thanks	pause	watch the sun set
count your blessings	take a picture of something you find beautiful	FREE SPACE	connect with a loved one	go outside and take a deep breath
say a prayer	laugh	tell someone you love them	be easy on yourself	write a note to someone and mail it
read a devotional	open a window and welcome in fresh air	listen to a favorite song	do something that makes you happy	do a random act of kindness

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CONTACT INFO UPDATE REQUEST

Now more than ever, it is important that we have up-to-date contact information for our members. Please take a moment to fill out and return this short form to us. Please submit info for each adult who has their own email and phone numbers.

A link to an online form of this info request update is on our website and was also included in our weekly Friday email.

Thank you for helping us keep our information accurate!



First and Last Name:

Mailing Address (street, city, state, zip):

Email Address:

Landline Phone Number:

Cell Phone Number:

Preferred Method of Contact (check all that apply):

landline cell phone (call) cell phone (text) email mail

Trinity sends a weekly email on Fridays with info about the upcoming weekend and week.

If you are not receiving it, would you like to: yes no

If you are a snowbird, please give us your winter mailing address and dates you are there:

Winter Address: _____

Begin date: _____ End date: _____

YOUTUBE How-To

This is where you search for our channel.

Click here to go directly to our channel and see all of the videos that can be watched.

Trinity Lutheran: Spring Grove
45 subscribers • 10 videos
Trinity Lutheran Church is a congregation for all. It is a church enlightened by its past with strength and vision for the future.

March 17 2020
Trinity Lutheran: Spring Grove • 250 views • 2 weeks ago
March 17, 2020_bells will chime.

Lent 5_4-1-20
Trinity Lutheran: Spring Grove • 1 view • 21 hours ago
New

msg 3-25-20
Trinity Lutheran: Spring Grove • 57 views • 1 week ago

SUBSCRIBED

This button shows that I have subscribed to Trinity's channel. It was red and said "SUBSCRIBE" when I first came to this page, before I clicked it. The "bell" next to the button has also been selected/clicked (so it is solid colored) which means that I will receive notifications when new videos are posted on this channel.

FACEBOOK How-To

This is where you search for our page.

This is Trinity's Facebook page. Click "Like" and "Follow" to see our posts on your timeline page.

Trinity Lutheran Church Spring Grove
@TrinityLutheranSG

ALL are welcome!

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

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55974
Permit No. 2

RETURN SERVICE REQUESTED

Please note....
Following Gov. Walz's Stay-at-Home directive, all
Trinity activities are suspended through May 31.
Please check our website, Facebook page, 498-HOPE,
and signs on the door for updates.
You can still call the office and leave a message or
send us an email. We will return your messages..
Office staff is working from home at this time.

Mothers come in a
great variety....
birth mothers, adopted
mothers, step mothers,
mothers to nieces and
nephews, and more.
You are all very special
and wonderful people!

Happy Mother's Day
to you all!

