

# TRINITY *news*

SEPTEMBER 2020

VOLUME 26 ■ ISSUE 9

## 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*  
10:30 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  
and Family Ministry  
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[trinity.sgtreasurer@gmail.com](mailto:trinity.sgtreasurer@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

## PRAYER CHAIN

We as a congregation have a wonderful opportunity to pray continually for our members as individuals and as a body of Christ.

The Care Team is updating and expanding our Prayer Chain member list. We invite anyone who has a willingness to pray for people who are ill, are having surgery, are in need of encouragement, and other requests as they are shared with us, to join the Prayer Chain. It is very important to keep these prayer requests private.

In addition to our phone Prayer Chain, we are also be starting an email Prayer Chain. Would you like to be part of either of these Prayer Chains? Generally, there are only a few requests per month. Please contact Milly Halverson, 498-5339 or [gmalv@springgrove.coop](mailto:gmalv@springgrove.coop). Or contact the church office, 498-5291 or [trinity@springgrove.coop](mailto:trinity@springgrove.coop). Let us know which chain you would like to be a part of, the best email or phone number to use for you, and we will get more details to you.

We have a new email address that is dedicated solely to prayer requests and will be used for the email Prayer Chain, [trinitysgprays@gmail.com](mailto:trinitysgprays@gmail.com).

Please remember that prayer requests can be made on behalf of someone; however that **person must first give their permission**. When a prayer request is made, **please include**: 1) how much information should be shared with the Prayer Chain members/what wording should be used, 2) if the request should also be in the bulletin prayer box and if so for how long, 3) if you are calling for someone, please tell us your relationship to them and confirm you have their permission.

How it works: 1) You will get a call from the person “ahead” of you on the chain. Or you will receive an email from the Trinity SG Prays email address. 2) If on the phone prayer chain, you call the next person on the chain. If you are the last person on the chain, you will call the church office to tell us the chain was completed. 3) You pray for the person on the request.

It's easy to do and such a blessing to all!

## EMAIL ADDRESS UPDATES:

Please update your contact list for....  
Bekah, she will now be using this email address:  
[cyf.trinitysg@gmail.com](mailto:cyf.trinitysg@gmail.com).

Marlene and Stewart will both be using this email address:  
[trinity@springgrove.coop](mailto:trinity@springgrove.coop)

“Old” email addresses will be monitored through the end of September, but then only the “new” addresses will be used. Thanks !



FROM OUR PASTORS

*“There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.” Galatians 3:28*

Dear beloved in Christ,

Last week I attended an online seminar sponsored by Church Anew, an ecumenical ministry founded by St. Andrews Lutheran Church in the Twin Cities, along with almost 600 other pastors. The seminar was titled “Being Church Today,” and it included many well-known pastors and theologians, as well as poets and artists of faith. Each presenter or artist was given only seven minutes (and 12 slides) to speak about what it means to be “church” today.

One of the speakers, Diana Butler Bass, used her seven minutes to preach on the Galatians text above. Paul’s letter to the young church in Galatia was written at a time when the new Christian community was struggling to define its mission and identity. Paul urged them to put aside their obsession with certain rules and traditions and instead cling to the truth of the gospel. In this truth, Paul emphasized God’s promise through our faith in Jesus and not through anything we might need to do on our own. And Paul insisted that God’s grace is universal!

In her research on this passage, Dr. Bass discovered that this passage was more than a letter to a struggling church. It was actually the basis of the first creed. That is, it was a confession of faith that we are saved by grace, and not just some of us but all of us.

It is a coincidence – or the work of the Holy Spirit! – that our youth were given a related passage from Paul’s first letter to the church in Corinth as a VBS project this summer. (You could see it on the ramp in back of the church during August.) Just as the body has many parts, so each of us is part – an equal part! – of the body of Christ.

It’s impossible to emphasize how radical this idea was in Paul’s time, when slavery was common and Jews and Gentiles were arguing about who were the true heirs of the kingdom. Paul claimed that all were heirs according to the promise in Christ Jesus (Gal. 3:29).

We are approaching an election in November, and everywhere you look you’ll see our differences emphasized. You’ll hear talk of “sides.” But to be church today is to proclaim that there are no differences and no sides. And church is not just what happens on Sunday morning in a particular building. That is something we have certainly learned in the last five months!

No, to be church today means that we are all one, all the time. All were created in God’s image. All sin and fall short of the glory of God. And all receive the riches of God’s grace. All are heirs to the promises made manifest in Christ Jesus. This we confess! This is our creed! Thanks be to God!

No sides. No divides.

God’s peace be with you! *Pastor Elizabeth*



The story of Balaam and his donkey reads like a Walt Disney movie script. The Moab King Balak sees the people of Israel and is afraid for his kingdom. So he summons Balaam to curse the Israelites so that Moab might defeat them in battle. Balaam jumps on his donkey and goes to meet Balak. On the way the donkey sees the Angel of the Lord with a drawn sword three times. Each time the donkey turns off the path. Each time Balaam strikes the donkey. When there is no way to turn away from the Angel the donkey asks Balaam why he strikes him when he is just trying to save his life. The whole story is in Numbers 22-24. In the end Balaam blesses the Israelite and curses Moab.

There are many lessons that one could take away from this story. The donkey, in trying to save Balaam life, suffers until he lies down in exasperation. But mostly it is that God had put a word or message in Balaam’s heart, and he had to say it. It wasn’t popular with King Balak but had to be said.

*Pastor Lane*

## TRINITY TEAM GUIDELINES REVIEW DUE SEPTEMBER 9!

At the January 2020 Trinity Annual Meeting, Saundy Solum, Lee Hoekstra, Mary Deters and Jacque Wennes volunteered to review Trinity's Constitution. This process included a review of the Continuing Resolutions (CRs) of the congregation, which were adopted by the Congregation Council on December 9, 2015. The CRs describe the mission and goals of each of the congregation's teams – including the five teams under the Support Team.

It is the recommendation of the Constitution Review team that these CRs now be renamed "Team Guidelines." A draft of the Team Guidelines was given to team leaders at the August Congregation Council meeting. Please review your team's guidelines thoughtfully, carefully and prayerfully before the next Congregation Council meeting on September 9. Thank you!

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## SUNDAY SCHOOL

Sunday School will begin in October! Bekah is working on assigning children to groups similar to how Spring Grove has assigned students to cohorts. Groups will come either the first two weeks of the month or the last two weeks of the month. Sunday School will meet outside as long as possible and then meet in the Fellowship Hall during the colder months. More specific information will be coming soon - parents, watch your email inboxes and your mailboxes!

Are you interested in helping out with Sunday School this year? Bekah is still working on logistics for the upcoming year, but if you'd like to help out in some capacity, please email [cyf.trinitysg@gmail.com](mailto:cyf.trinitysg@gmail.com) or call the church office to talk to Bekah!

## RALLY SUNDAY

We will be having two Rally Sunday events to kick off the Sunday School year. This is to accommodate the new Sunday School plan mentioned above. Those dates are October 4 and October 18. 3-year-old and 3rd graders will receive Bibles on those dates - stay tuned for which date you are scheduled to come to worship!

## CONFIRMATION

Confirmation will begin in October! Mentor groups will meet outdoors as long as possible or indoors physically distanced with masks. All mentor groups are 7 people or less, so we will be under the recommended guidelines for meetings. Confirmation mentor groups will meet for 5 weeks in October/November, 5 weeks in January/February, and 5 weeks in April/May. Trinity U electives will be offered in October, November, and December. More information to come on electives.

## CONFIRMATION SUNDAY

Trinity 10th graders will be affirming their baptism on Sunday, October 25. Keep the following youth in your prayers as they prepare confirmation projects and their hearts and minds to confirm their faith: August Allen, Hunter Holland, Caleb Griffin, Nathan Solberg, Tysen Grinde, Haley Ellingson, Maggie Lile, Ella Wennes, Lydia Solum, Alison Frydenlund, Madilyn Ostern, and Kenadee Gerard (Wilmington).

## RELEASE TIME

Bekah is working with Spring Grove Superintendent Rachel Udstuen and principal Luke Kjelland to figure out how Release Time will look this fall. It will most likely not start until October. More information to come!

## TRINITY CENTER YOUTH ROOM

Bekah and a few Trinity youth will be sprucing up one of the rooms at Trinity Center to be the new Trinity Youth Room! It will include a ping pong table, air hockey table, a comfy seating area, projector and screen, and much more!! Stay tuned to future newsletters to see pictures!

## BEKAH HAS A NEW EMAIL ADDRESS

Please update Bekah's email address in your contact information. You can email her at [cyf.trinitysg@gmail.com](mailto:cyf.trinitysg@gmail.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](http://www.trinitysg.org). Click on the "Contribute" link on the 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).

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

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**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 hand sanitizer dispenser is directly inside the door.

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**AUGUST 12, 2020 CONGREGATION COUNCIL MEETING HIGHLIGHTS**

- Meeting held via Zoom conference call and in the Gathering Room.
- Facebook Live and YouTube are continuing to be used for worship services.
- Bekah continues to record "Bible Stories with Bekah" and placing them on the our YouTube channel. Also working on planning Sunday School and Confirmation.
- Changing from Continuing Resolutions to Team Guidelines for each team. Teams are asked to update.
- Yearly synod gift will go to Lutheran Campus Ministries. A motion to give \$1,300 was made and passed.
- Council will spend 15 minutes at next meeting to discuss the book, "Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US."
- Budgets passed out to team leads and asked to bring back to the next meeting.
- Looking for a new money/offering counter. Finance Team is working on finding a person.
- Helpers are needed for Sunday mornings — set-up for outdoor worship and help with offering and communion.
- Constitution committee met and is bringing a modified constitution to the council. The council will review and team leads will take to their teams for review.

**Next Meeting: September 9 at 6:30 p.m. via Zoom and in-person in the Gathering Room.**

Complete minutes are on Trinity's website.

## LOVE DAY BEGINS AGAIN!

WOW, what a blessed day when the ladies of Love Day returned to assembly quilts for LWR (Lutheran World Relief). We were able to physically distance and wore masks to keep each other safe. Thank you, Mary Deters, for figuring the layout, and seven ladies worked and laughed. We each brought our lunch and held a WELCA meeting. Many thought it was great to have some socialization during this time of restriction and challenge. After much discussion it was decided that WELCA would be unable to have the fall meatball dinner because of risks beyond our control. Bernice Glasrud's family donated \$350 to Love Day, we are very grateful. The Glasrud Family also donated some of Bernice's hand-embroidered quilts; watch for a raffle for these, more than likely next spring.



Carol Rustad continues to search for someone to take over her position with the Blood Mobile. If there is someone that has time and energy I'm sure Carol would love to hear from you. The most recent blood drive in Spring Grove was 39 units, another blessing to others.



August 5 brought a limited number of youth and a limited number of ladies together to assemble packs of layettes for LWR. A total of 80 packages of layettes will be sent to LWR this fall.



▼ Collaborative message from our Sunday School youth.





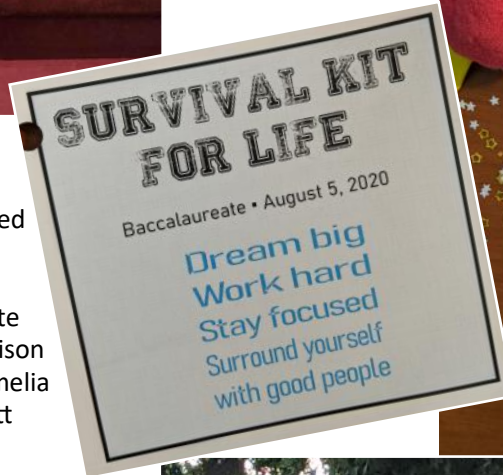
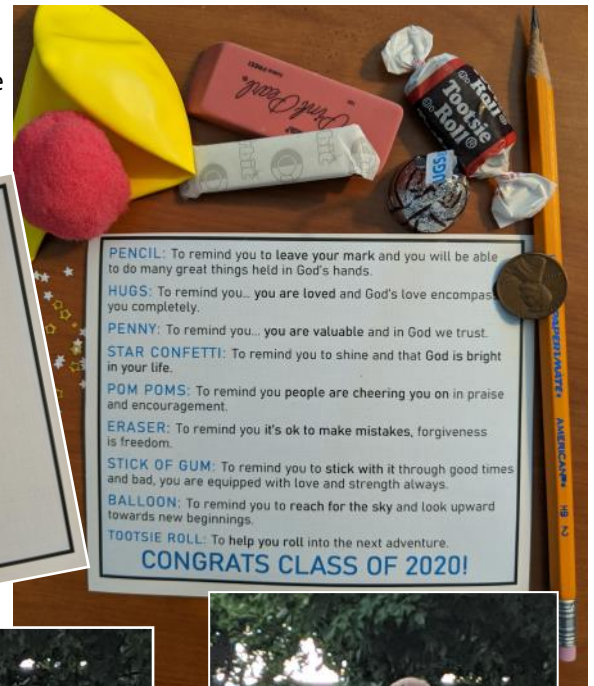
◀ Glad to have our newsletter gals back!

▲ Youth going into 7th-9th grades this fall have gathered for bonfires and recently also an outdoor movie. Thank you to Rob & Amy Gross for the use of their lawn and projector!

◀ First Communion youth were able to finally have their first communion!

▼ Special masks for our Trinity Seniors on Senior Recognition Sunday.

▶ All seniors at the Community Baccalaureate service received this special gift in a bottle.



**PENCIL:** To remind you to leave your mark and you will be able to do many great things held in God's hands.  
**HUGS:** To remind you... you are loved and God's love encompasses you completely.  
**PENNY:** To remind you... you are valuable and in God we trust.  
**STAR CONFETTI:** To remind you to shine and that God is bright in your life.  
**POM POMS:** To remind you people are cheering you on in praise and encouragement.  
**ERASER:** To remind you it's ok to make mistakes, forgiveness is freedom.  
**STICK OF GUM:** To remind you to stick with it through good times and bad, you are equipped with love and strength always.  
**BALLOON:** To remind you to reach for the sky and look upward towards new beginnings.  
**TOOTSIE ROLL:** To help you roll into the next adventure.  
**CONGRATS CLASS OF 2020!**



▼ Trinity's seniors helped with the Community Baccalaureate service. Addison Deschler, Amelia Solum, Wyatt Murphy.



## 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!



## FROM THE TRINITY CEMETERY ASSOCIATION

Removal of 21 large, dead trees was accomplished this spring. There was no damage to the gravestones and very minor damage to the lawn surface. The total cash outlay cost for tree removal and cleanup was \$20,500. At the present time the stumps remain and will be dealt with in the future. There are no plans to replace trees within the graveyard. If any new trees are to be planted, they will be planted along the perimeter of the existing graveyard and in the distant future along the perimeter of the five-acre field, if and when that is plotted for gravesites. The grass surface in the cemetery should improve due to additional sunlight.

The waterline supplying water to the north hydrant by the flower bed will have to be replaced due to continued leakage in the main line.

The two cemetery flower beds are in great shape. A thanks to a group of women and Jim Wilhelmson for the care and maintenance of these two flower beds.

Total Lawn Service of Spring Grove is keeping the cemetery grounds neat and well-manicured. Our association with Total Lawn Service has resulted in a considerable cost savings in the past several years. Their work is timely, neat and quick.

The scrub tree line to the north of the cemetery needs to be removed. The Association is looking for the necessary funds to accomplish this project. ~ *Carlyn Kraabel, Cemetery Association*

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## DERECHO STORM AID

On Monday, August 10th, 2020, a severe storm (classified as a derecho) rolled through Iowa with damaging wind gusts of 140mph+. This storm left a path of destruction in its wake unlike anything we have experienced before. Hundreds of thousands of Iowa residents were left without power, internet, running water or a place to stay.

If you would like to give a donation to help those in need from this storm, visit this site: <https://seiasynod.org/synod-news/disaster-response-derecho-storm/>. There is also a link to places to volunteer.

## HELP REPLACE LOST QUILTS AND KITS IN BEIRUT

The city of Beirut, Lebanon, is in crisis after an explosion on August 4 took many lives and destroyed entire portions of the city. Thousands of our neighbors are injured, hundreds of thousands have lost their homes and hospitals are so overwhelmed they are turning people away. Unfortunately, the blast destroyed three of Lutheran World Relief's (LWR) 40-foot shipping containers, which were stored in the port and held more than 22,000 LWR Mission Quilts, 100 cartons of School Kits, 300 cartons of Personal Care Kits and 125 cartons of Baby Care Kits that were being prepared for distribution to an estimated 24,550 men, women and children who were already in great need. The total monetary value of this loss is more than \$623,000, while the value of the time and love our quilters and kit-makers put into sewing, assembling and praying over these items is impossible to calculate. Though this loss is small compared to any loss of life, we are devastated that our neighbors who were already struggling — and who need these items now more than ever — will suffer even more without them. Your gift to our World of Good emergency response fund will help get quilts and kits into the hands that need them in Lebanon. Follow this link to make a donation, <https://lwr.org/beirut-blast-donation>.



**Southeastern Minnesota Synod**  
**Evangelical Lutheran Church in America**  
 God's work. Our hands.



August 20, 2020

*The steadfast love of the Lord never ceases,  
 his mercies never come to an end;  
 they are new every morning;  
 great is your faithfulness.*  
 Lamentations 3:22-23

I have yet to meet a single person who has not been challenged by this pandemic. The reality is this pandemic is hard for everyone. That isn't to say there haven't been opportunities for growth or new learnings. It is to say: this is hard for everyone. Pastors, deacons, congregational leaders, teachers, nurses, hospital administrators, school boards and superintendents, government leaders, school bus drivers, CNAs, construction workers, parents, those with underlying health conditions, the homebound...the list goes on. Pandemic living has brought new challenges to all of us.

As we look to the beginning of a new school year and the start of a new program year, I want to offer you a framework for thinking. This framework is rooted in grace and a reflection on what embodied grace might look like in this time.

First, it is essential we understand pandemic living is hard for all of us. Many of us are being tasked with making decisions that feel impossible. Stress and anxiety surge as we have difficult conversations and try to navigate a way forward. This is likely true for you. Remember, it is true of the people around you too. Allow this recognition to fuel empathy and compassion.

Extend this compassion to others and yourself. This grace and compassion might come in the form of adjusted expectations. The truth is we cannot do things the *way* we have always done them. The best science available tells us we need to make adjustments for the sake of our health and the health of our neighbors. Some of these adjustments are small: wash your hands more often and count to twenty when you do. Some of them take more time getting used to: wear a mask in indoor public gathering spaces. Some of them feel huge, like we're making changes and we don't yet know the outcome: school comes to mind.

These adjustments can feel overwhelming, especially if we are more committed to the *way* we do something rather than the *reason*. Let me explain with an illustration.

In your congregation there is likely a particular *way* confirmation classes happen. Perhaps you meet in the youth room on Wednesday evenings for an hour with thirteen kids. The pastor teaches a lesson. Everyone eats ice cream. It is lovely. These are the *ways* you are used to having confirmation in your congregation. The *reason* you have confirmation is to teach the faith to the children of your congregation. The *reason* you have confirmation is so students know they are loved by God. The *reason* you serve ice cream at confirmation is so kids have time to connect and build a community of faith in a social setting.



If we can adjust our expectations around the *ways* we do things and instead focus on the *reasons* we do things we might find space to continue living in this pandemic reality with a bit more freedom and grace. The same applies to worship and Bible study and outreach and all the other wonderful things your congregation does. You can continue to worship. You can continue to learn. You can continue to serve your community. You might just have to continue to find new *ways* to do so.

I know it can be exhausting to have to try so many new things. Which is why we must also adjust our expectations of ourselves. We aren't going to get every new thing right the first time. I don't.

Maybe the first time you held an outdoor worship service it was a disaster. Perhaps the microphones didn't work and the wind blew everything over. The *ways* might need to be adjusted. That's okay. If you remember the *reason* for gathering your perspective might shift. Focusing on the reasons we do things allows us to focus on what is essential and work out from there. If the reason for worship is to gather people to worship God, be fed through the proclamation of the Word and be sent into the world for service... well there are a myriad of ways this can happen. Focusing on the *reasons* frees us from fixating on the *ways*. The ways have to change. The reasons do not.

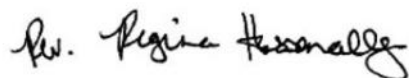
I understand we might be feeling decision fatigue and yet, there are more decisions ahead. We are going to have to continue to adjust and do things differently. Be sure to pay attention to your expectations of yourself and others. Do the expectations you have fit our current reality? Do your expectations need to be adjusted in light of all the other changes taking place?

Together, we are finding new ways forward. We are forging new paths and doing things in ways we haven't done them before. Adjust your expectations to ensure there is room for experimentation, failure, and plenty of grace.

Our sense of grace, of course, is rooted in the one thing that does not change: the steadfast love of God.

Other things might shift. The presence of the Spirit, the faithfulness of God, the hope of the resurrection - these things remain. Proclaiming this good news is reason to continue in the work God has called us to even if the ways we do so continue to change.

In this with you.  
In Christ,



Bishop Regina Hassanally  
Southeastern Minnesota Synod, ELCA

**COVID-19 STAGES OF GRIEF — By Leaha Hammer and Rev. Scott Alan Johnson**

In 1969, *On Death and Dying* by Dr. Elizabeth Kübler-Ross put forward a way of thinking about grief that has become known as the 5 Stages of Grief.

**Denial – Anger – Bargaining – Depression – Acceptance**

Understanding grief and how it manifests in our bodies, souls, and minds can help us navigate this time of unprecedented upheaval, to say nothing of how we can help the people around us navigate it as well, particularly children and those who may not have the emotional capacity to recognize the side effects of the trauma almost all of us are experiencing on a very regular basis. In that vein, here are some things you should know about grief and grieving to help you understand how you feel, how those around you may feel, and how you can move through this time with as much health as possible.

1. “Stages” is a bit of a misnomer. The phrase “stages of grief” implies that grieving is an orderly process in which each step is completed before moving to the next. While the general direction of healthy grief is a movement toward acceptance, it is not uncommon for one who is grieving to move from stage to stage, in and out of order, particularly as the level of trauma increases or as events occur which bring that trauma to our attention. Our current circumstances will be particularly difficult to navigate because many of us are experiencing trauma piling on trauma. Periods of acceptance may be followed by periods of anger or denial with what appears to be no rhyme or reason to it. This is a normal part of grief. Have faith that over time these wild gyrations will diminish, and that in the end many of us will be able to find the emotional stability that marks the majority of our lives.

2. Every loss must be grieved. Grief comes with far more than death. Loss causes grief. Disappointment causes grief. Even a change of circumstances which would be described as better overall can cause grief because of what must be left behind. Grief is not something we can escape; it is an essential part of human existence. In a parenting newsletter, Katie McLaughlin writes, “Difficult feelings are tunnels, and we are the trains traveling through them.” The only way out of the grief process is through it. Try and escape too quickly and things get worse in a hurry. We are experiencing a period of intense, simultaneous trauma on several fronts: medical, academic, economic, religious, and social crises are all part of our shared reality. All losses that come with these traumas will require grief. Be kind with yourself and with others who are grieving.

3. Everyone processes grief on their own schedule. This can be particularly disorienting for groups of people experiencing a shared loss, as many of us are experiencing at present. Grief lasts as long as it lasts. You may find yourself in a position where your emotional state does not match that of the people around you. You may feel acceptance while others are obviously angry or hurt, or vice versa. This doesn’t mean either one of you is “wrong” — no two people process grief at the same pace. Be at peace with your own emotions and with the emotions of others as much as you can.

4. Unprocessed grief can lead to further trauma down the road. Emotional trauma is an injury like any other injury — it requires time and treatment to heal properly. Shooting an injured athlete full of painkillers and sending them back onto the field is a recipe for disaster; the same is true for us when we are injured emotionally. As we move through this period of trauma caused by losses related to COVID-19, it is imperative that we regularly take time to examine our emotional status and to process what is happening. Athletes build strength by taxing muscles and allowing time for recovery. We build emotional strength in the same way, by experiencing our emotions and giving ourselves time to process what we’re feeling.

The following resources can offer more help with grief in these remarkable times.

[COVID-19 and the Grief Process](#) This article explores the five stages of grief and how it applies to COVID-19. Follow this link: <https://exclusive.multibriefs.com/content/covid-19-and-the-grief-process/medical-allied-healthcare>

[Mourning Hope](#) Mourning Hope is an organization out of Lincoln, NE that focuses on grief. Great resource for any student, alumni or individual struggling with any type of grief.

**About the Authors**

**Leaha Hammer** is the Director of Student Counseling at Midland University. She has been at Midland for the past 8 years. Leah is a Midland alum graduating in 2003 with a degree in Psychology. She earned her graduate degree in Marriage and Family Therapy from Seattle Pacific University.

**The Rev. Scott Alan Johnson** is the Director for Campus Ministries at Midland University in Fremont, Nebraska. He is a graduate of the University of Nebraska-Lincoln and Luther Seminary. Prior to being called to Midland in 2019, Pastor Johnson served ELCA congregations and campus ministries in Minnesota and Iowa.

## LEGAL RULES FOR CHURCHES AND POLITICS

### What a church MAY DO:

- ★ Voter registration that does not endorse a particular political candidate or party.
- ★ Distribute material that is educational, but does not endorse a particular candidate or party.
- ★ Conduct candidate or issue forums where all candidates are given equal opportunity; the same applies to elected officials or candidates invited to address a church service.
- ★ Lobby on potential legislation as long as the amount budgeted is not a substantial amount of its annual budget (5% or less is safe).
- ★ Pastors may endorse candidates in their capacity as private citizens and may allow their title to be used in the endorsement.
- ★ Pastors may participate in political committees that are independent of the church.



### What a church MAY NOT DO:

- ★ Pastors cannot endorse candidates on behalf of their church and should never do so from the pulpit or at any other church meeting, either directly or indirectly.
  - ★ Contribute funds or services directly to candidates or political committees.
  - ★ Distribute material that clearly favors any one candidate or political party.
  - ★ Pay fees for political events from church funds.
  - ★ Set up a political committee that contributes funds to any candidate.
  - ★ No campaign or political committee should allow a campaign or political committee to solicit funds while speaking at a church.
- 

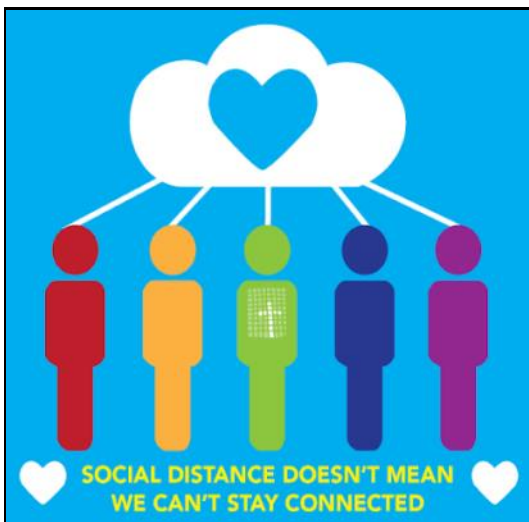
## WORSHIP HELPERS NEEDED

We are in search of helpers for our outdoor worship services.

- 1) Set-up the altar, piano, and tech equipment (with assistance from our tech gurus – Rick and Scott) on the lawn and put it all away after worship, 3-4 people are needed each week.
- 2) Welcome people and hand-out bulletins, collect the offering, and help with communion, 2 people are needed each week.

Can you help us out? If so, please sign up online using Signup Genius (go to our website, [www.trinitysg.org](http://www.trinitysg.org) to find the link to sign up). You can also give us a call in the office. Thank you for your help!

| 498-AMEN                |  |
|-------------------------|--|
| August 23 – September 5 | Greg Wennes  |
| September 6 – 19        | Jessica Kraus  |
| September 20–26         | Cheryl Mann  |
| September 27– October 3 | Joyce Landsom  |
| Lectors                 |  |
| September 13            | Willy Leafblad   |
| September 20            | Lara Wold Mendez   |
| September 27            | Lenny Myrah  |
| Ushers                  |  |
| September 13, 20, 27    | Al Lochner (chair), Jim Wilhelmson, Mark Engebretson, Dennis Gulbranson, Bruce Anderson, and Gary Wilhelmson |



**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

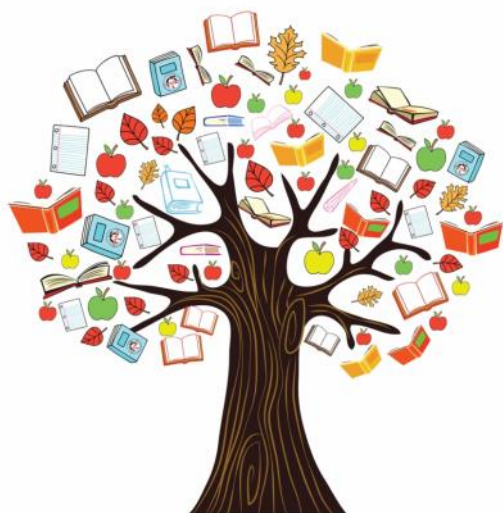
# September

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday                                   | Saturday                        |
|---|---|---|--|---|--|---------------------------------|
|   |   | 1<br>Layette packing<br><br>6pm Facilities Team, Zoom | 2  | 3<br>5:30pm Education Team<br><br>7pm Finance Team                        | 4  | 5                               |
| 6<br>9:15am Worship, from SEMN Synod, online and radio only | 7<br>Labor Day – Office closed                    | 8   | 9<br>5:45pm 10th graders Confirmation project meeting, Zoom<br><br>6:30pm Council, Zoom/GR | 10  | 11                                       | 12<br>9am-12pm Handbell retreat |
| 13<br>9:15am Worship, outdoor<br><br>10:45am Worship Team   | 14  | 15  | 16<br>7pm Confirmation orientation, Zoom   | 17<br>9:30am Manor Communion<br><br>7pm Staffing Team, Zoom               | 18<br>12pm Newsletter info due in office | 19                              |
| 20<br>9:15am Worship, outdoor                               | 21  | 22  | 23   | 24<br>9:30am Tweeten Apartments Communion<br><br>2pm Newsletter assembled | 25<br>9am Love Day                       | 26                              |
| 27<br>9:15am Worship, outdoor<br><br>10am Property Team     | 28<br>Pastor Elizabeth on vacation thru October 1 | 29  | 30   |   |  |                                 |

*Trinity*  
Lutheran Church  
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RETURN SERVICE REQUESTED



### **Prayers for our schools, youth, and educators.....**

O God, source of all goodness: we give you thanks for the gift of reason and the opportunity for education. Bless our schools, that they may be places of learning and safety where teachers challenge the minds and nurture the hearts of students. Grant that teachers and students may work together in mutual respect and find joy in the challenges of academic life; through Jesus Christ, our Savior and Lord.

Eternal God, bless all schools, colleges, and universities, that they may be lively places for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ, our Savior and Lord.

God of wisdom, your Son came among us as a teacher. Send your blessing on all who are engaged in the work of education: give them clearness of vision and freshness of thought, and enable them so to train the hearts and minds of their students that they may grow in wisdom and be prepared to face the challenges of life; through Jesus Christ our Lord.