

JUNE 2022

Trinity Lutheran Church

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Pastoral Reflections

The Northeastern Minnesota 35th ELCA Synod Assembly was held April 29-May 1, 2022 at Cragun's Resort, Brainerd, MN and also via zoom.

Pastor Amanda and I attended this meeting via zoom at our Trinity Lutheran Church. Gus, the Pastor's dog also joined us but as a non-voting member.

The theme of this year's conference was "Deeply Rooted in a Boundless God"

*Stand Firm and be Deeply Rooted in God's Love.
Ephesians 3:17b.*

Bishop Amy Odgren from Walker, MN conducted the week-end-meeting which went very smoothly after a few minor technical difficulties related to zoom.

Many reports were given and there were some lengthy and interesting discussions on some topics such as global warming and recycling before we voted. Others went very quickly with little or no discussion such as the upcoming yearly budget.

It was a lengthy but necessary week-end to maintain the guidelines and structure for the ELCA churches to know and follow the correct guidelines and procedures going forward. God Bless, Cheryl Kramer



Pentecost

Sun June 5 is Pentecost so let's "paint" the sanctuary red with geraniums,

or other red flowers, and wear red!

Welcome Back Snowbirds & Summer visitors!

Sun June 5 we will officially welcome back those who are part of our worship life who are gone for part of the year. We look forward to seeing you gain!

Salad Luncheon at Trinity: Thurs - June 9th from 11 am to 1 pm.

Trinity Ladies meet at 9 am on Mondays for Bible Study.

Trinity crafters meet 10am on Mondays to work on crafts.



Women of the EVANGELICAL LUTHERAN CHURCH IN AMERICA

Work-Bee Sunday



Sun June 12 we invite you to join us in your grungy clothes for worship and then for some spring cleaning around the building

and grounds the Creator has entrusted to our care. **Please see the sign-up on the table in the Welcome Area.**

For many, Father's Day is one of happy celebration. For some, it is a day of heartache or anger. And for others, it is a complicated fusion of emotions. You are seen, you are heard, and you are honored, wherever you are, and the God of life sits with you.
A blessed Father's day to you.

Ila Senn Fund

Since the fall of 2017, there have been a couple people each year who have called or stopped in seeking assistance. While we have given out gift cards from Leech Lake Market, thanks to the generosity of a few, we do not have an official fund to help people who are not members of TLC or connected with the congregation. In loving memory of Ila who frequently gave to others in need, we have now established such a fund. If you would like to donate to this fund please mark "Ila Senn Fund" in the check memo or on a note along with your name, if you'd like it to be included in your giving statement, if you give cash

*During a time
like this*

*we realize how much
our friends and relatives really mean
to us*

*Your expression
of sympathy will always
be remembered*

The Family of Delores Brockmeier

*Friends of Trinity Lutheran Church -
We cant thank you enough for
the beautiful cards & thoughtful
gift of a tree being planted in
honor of our mom in Americas Forest
Our mom loved the pines & the
forest.*

*My mom & dad both loved Trinity
& the people in it. They made so
many wonderful friends & when we
attended with them it always felt
like home. The people are what
make a church & your church is
so welcoming & you all make that
church.*

*Thank you all who participated in
her funeral, helping usher, helping in
the kitchen, setting up & taking down.
You made that day so special for
all of us. You have a togetherness
that many churches do not have →*

*Thank you for always being
there for my mom. She enjoyed
all of you so much. Thank you
Pastor Amanda for all you do
also. We as a family will
never forget. Trinity Lutheran
Church in Cass Lake & its wonderful
memories.*

*As Pastor Mike said it isnt
Goodbye Delores, it is see you
later.*

*Thank you from the
bottom of our hearts.*

*Jerome/Heidi Simions & family
David/Jean Brockmeier
Tim Brockmeier & family
Jan Brockmeier & family.*

Communion across cultures

We believe that as we eat and drink the Lord's Supper, we are continually united with all the saints across *time and space*. Back in March Steph Swanson had the wonderful idea of having traditional Ukrainian bread for communion. Not only would it remind us of our neighbors who are living an all too real nightmare, but it would connect us, in a small, tangible way, with our Christian siblings over there through the body and blood of Jesus. When it was decided to continue offering bread for communion, we thought why not lift up other cultures as well. So we invite you, if you're able, to make bread for communion that represents your ethnic background, or use a family recipe! If you are not able to make the bread but would still like to participate, please bring or mail in a recipe and someone will make it for you. In order to organize this a little, please add your name to the list on the table in the welcome area (narthex).





Thank you for your recent gift. Your support makes it possible for the Bemidji Community Food shelf to provide needed food support in our community. In 2021, we served over 6,200 families which included 18,000 people and distributed over 540,000 pounds of food. We look forward to partnering with you in the future to support those in need in our community.
 Michael Olson, Executive Director

Pet blessing

Sun **Aug 7**, during our 10:30 worship service at Norway Beach there will be opportunity to bring your pet(s) forward for a blessing. As we will be on state park land with a mix of humans and animals, we do ask that you please bring them either in a carrier or on a leash. Thank you!



Kick my seat one more time and I'm telling TSA I smell drugs in your carry-on.

@HeroesVestFund

May 2022

Members Trinity Lutheran
 Thank you for your food donation to Cass Lake Area Food shelf. It is very appreciated to help serve families in our community.

Thank you for your generous donation of cash. We will use it to order food for our community.

Cass Lake Area Food Shelf

Financials for Trinity

2022	April
Giving	\$10,852.59
Actual expenses	\$11,040.35
Budget Expense	\$11,220.84

Caring for our neighbors

At the March council meeting it was decided to phase out use of Styrofoam at events held within the church's building due to the harmful effects it has on the environment, which in turn affects other lives as well as our own. We will instead start utilizing more eco-friendly alternatives. Thank you for your cooperation in being faithful stewards of creation!



Green Tip

A study published in the journal *Nature*, led by researchers from the University of Queensland in Australia and the Wildlife Conservation

Society in New York, warns that more than 77 percent of land on Earth, excluding Antarctica, has been mined for resources and converted into cities and farms by growing and industrializing human populations. This is up from just 15 percent a century ago, and could mean the disappearance in just decades of the planet's few remaining wild places. More than 70 percent of wilderness areas can be found in Russia, Canada, Australia, the U.S. and Brazil, and are the only places on Earth that have natural levels of biodiversity that can sustain plant and animal species. Since these areas are not subject to direct human use, they can act as the world's lungs, storing carbon dioxide that would otherwise be released into the atmosphere. They also provide a lot of life support systems for the planet by providing ecosystems services from which we benefit. Even more startlingly, the study found that 87 percent of the world's oceans have been affected by human industry, exceeding that of the world's land masses. **PRACTICE GOOD EARTH STEWARDSHIP** by supporting solutions to human-driven activities affecting the world's ecosystems.

Mental Health Corner

Presiding Bishop issues statement on Mental Health Awareness

Bear one another's burdens, and in this way you will fulfill the law of Christ (Galatians 6:2 NRSV).

Since the global pandemic was declared in March 2020, many of us have endured extended emotional and psychological anguish. That experience may be dramatically worsened by the ugly realities of racism, sexism, homophobia, xenophobia or poverty. Our anguish has taken the form of sadness in isolation, anxiety in uncertainty, grief over loss, stress over economic challenges and worry over events beyond our control — including the tremendous impact of the crisis on our children. This pandemic threatens our mental health just as much as our physical health. For millions of us adults living in the United States, receiving the vaccine and the hope it brings has alleviated our unease, sorrow and grief.

This past year has provided some of us with a deeper understanding of and empathy for the ongoing mental health challenges endured by our neighbors, friends and family. During Mental Health Awareness Month, especially, our church intentionally recognizes the anguish our siblings in Christ experience daily — pandemic or no — and the fear many of them feel about sharing their stories.

As a church we also acknowledge the true depths of these invisible illnesses. Our children, neighbors and friends grappling with mental health issues need to know that God does not love them any less. They need to hear that they, too, are embraced by God's unfathomable love.

Our church cautions against judgmental words and actions that might suggest to someone that their faith is not strong enough or that their outlook on life would improve if they would change certain behaviors. Praying, socializing and exercising are great activities that can help someone get out of a slump or move past a painful episode. But this is not always the solution for moderate or severe

depression, bipolar depression, anxiety or even grief. Telling someone they aren't doing enough to be happy creates a sense of stigma that they are not living "correctly." We need to listen so that our words of care and compassion guide others to the help they need. We need to support people in their struggles, walking side by side in partnership with them through the good days and the bad.

Dear church, God loves us all. No matter how we are grappling, we are not alone; God is with us. Throughout May and beyond, we must seek ways to erase the stigma surrounding mental illness and continually love everyone compassionately as a child of God. We must embrace the benefits of therapy and encourage the use of medication when necessary in supporting and sustaining mental health and wellness. We must also work to ensure access to affordable mental health care for all people, especially those living in poverty or in historically marginalized communities. Our faith teaches that caring for health is a shared endeavor. Being the body of Christ means carrying one another's burdens; it also means placing our burdens in God's hands and admitting to a caring person close to us that we need help. This is true no matter how great or small our anguish may be.

In Christ,
The Rev. Elizabeth A. Eaton
Presiding Bishop
Evangelical Lutheran Church in America

name and describe this person of the Trinity. These can be thought of as ways God functions in the world. At Baptism and at the Affirmation of Baptism, parents and those affirming are asked to join the church in "serving all people and striving for justice and peace in all the earth"--To take on the attributes of the Holy Spirit. As a body and as individuals we are reminded that there are others in our community and world who need advocates to promote their wellbeing. Our Offering of Letters with Bread for the World is one way of asking our elected officials to promote policies that contribute to the lessening of hunger in the USA and abroad.

On June 26, we will invite and encourage the congregation to write to officials and these letters will be forwarded to policy makers. More information on this year's focus is available at the end of the newsletter.



ADOPT - A – HIGHWAY
"God's Work, Our Hands" event.
May 7, 2022

Thank you to all the people who helped clean up our 2 mile stretch of Cass County road 146. We had a wonderful time helping to keep our environment clean, shared stories, and made memories with new and old friends. The board of Worship and Education says "Thank You".



WHY
ADVOCATE ?

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach

you everything, and remind you of all that I have said." (John 14:25-26 NRSV)

Other translations use the names Counselor, Consoler, Comforter, and Helper to

June Service Groups

Date	Reader	Comm. Assist.	Recorder
6/5	Laurie Buehler	Betty White & Ed Olson	Orin Jensen
6/12	Patti Horazuk	Kathy & Terry Baltuff	Patti Horazuk
6/19	Lori Humphrey	Lori Humphrey & Roy Blackwood	Orin Jensen
6/26	Susan Schulz	Loretta Jacobson & Susan Schulz	Bev Larson

**Ushers for June:
Wes Dunham & Howard Hirdler**

SUPPORT FOR UKRAINE

If you would like to donate money to help our Ukrainian neighbors, you can make out a check to TLC and in the memo line write "Ukraine." Our synod office has provided information about three ministries, Lutheran World Federation (<https://www.lutheranworld.org>), Lutheran Disaster Relief (<https://community.elca.org/eastern-europe-crisis-response>) and Lutheran Immigration and Refugee Service (<https://www.lirs.org/>), as ways to support the people of Ukraine and the refugees fleeing to other countries. If you desire to give through Trinity, please have your check into the office by no later than **Sun July 31**. After we've collected all the donations, we will then send a check for the total amount to one or more of the listed organizations. Thank you for your support!!!

A Prayer for Ukraine

O Lord, God of life, as you care for all creation, give us your peace. May our security come not from weapons, but from respect. May our strength come not from violence, but from love. May our own wealth come not from money, but from sharing.

May our path be not one of ambition, but of justice.
May our victory not be one of revenge, but of forgiveness. Unarmed and confident, help us to defend the dignity of all creation. Sharing today and always the bread of solidarity and peace. Amen.

Presiding Bishop Elizabeth Eaton
Faith Vigil for Peace in Ukraine



Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle...

It was an ether/oar situation.

THE BEMIDJI AREA CHURCH MUSICIANS

PRESENTS

THE 2022 SUMMER RECITAL SERIES

Our 35th season

WEDNESDAYS, NOON TO 12:30 PM

Luncheon served following each recital

June 1	BACM Scholarship Recipients: Madelyne Schutte, Gwendoline Youso, Eric Djonne	Evangelical Free Church 115 Carr Lake Rd SW
June 8	First City Handbell Choir, Carol L. Johnson and Vicki L. Stenerson, Co-directors	St. Bartholomew's Episcopal Church 1800 Irvine Avenue NW
June 15	Mike Hanson, soprano saxophone Melanie Hanson, violin, piano	First Lutheran Church 900 Bemidji Avenue
June 22	Annalise Aakhus, mezzo soprano Cheryl Durant, piano Traci Djonne Schanke, soprano	New Salem Lutheran Church 7491 Island View Dr. NW (Hwy 71 N at Turtle River)
June 29	Trinity Musicians	Trinity Lutheran Church 123 29 th St.
July 6	Lois Simonson, piano, Kari Miller, flute Sanna Gustafson, saxophone Janet Pederson, violin	Evangelical Covenant Church 5405 Hwy 2 W (across from Bemidji Theater)
July 13	Eve Sumsky, horn	First Baptist Church 1555 Paul Bunyan Dr. NW
July 20	Vocalists: Christian Breczinski and Tamara Moore, Gwen Youso, piano and flute	St. Philip's Church 702 Beltrami Avenue
July 27	Glenn Seibel, euphonium Wayne Hoff, piano	United Methodist Church 9 th Str. and Beltrami Ave.
August 3	Abby Cobb, piano, violin Emily Mathew, piano	Church of Christ 692 Mag Seven Ct SW - (follow 5 th St west to cnty 11 south to Mag Seven)
August 10	Miriam Webber, bassoon	Evangelical Free Church 115 Carr Lake Rd SW
August 17	Jennifer (Paquette) Ellis, piano, folk harp	Calvary Lutheran Church 2508 Washington Avenue SE
August 24	Sarah Carlson, organ Jon Romer, native flute	First Lutheran Church 900 Bemidji Avenue

FREE WILL OFFERING Supports our Music Scholarships
Lunch price to be announced



OFFERING of LETTERS to Congress

Alicia Cisneros, a mother in New Mexico, works two low-income jobs, without complaint, because she wants her children to flourish. During the height of the COVID-19 pandemic, a check arrived each month as part of the expanded Child Tax Credit. The money ensured there was nutritious food on the dinner table. A continent away in Uganda, Esther Okwir looks at her son Rodgers with joy. She is thankful for the nutrition assistance that is helping him thrive. He is beating the odds in a country where the death rate for children under age 5 is among the worst in the world.

These women share a common struggle and hope to see their children healthy and happy. They also share in the benefits of Christian advocacy that strengthened anti-hunger programs.

Each year, people of faith write letters and emails to their members of Congress who have the power to impact the policies and programs that can end hunger. Your letters are more important than ever. Growing inflation and the expiration of vital anti-hunger benefits means more children are expected to experience food insecurity this year. Globally, hunger is on the rise, with famine looming in multiple countries.

By taking part in Bread for the World's 2022 Offering of Letters, you will help make nutrition for mothers and children a priority in our own country and abroad. Together, and through God's loving mercy, we have the power to help. When we turn our faith into action, God uses our voices.

"Faith-based advocacy is part of our Christian heritage. It goes back to Moses advocating to Pharaoh and on up to recent times with leaders like Martin Luther King Jr."

—Pastor Eric Hanson, Faith Lutheran Church in Andover, Iowa



breadfortheworld
HAVE FAITH. END HUNGER.

Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. For nearly 50 years, Bread for the World members have helped win support for bipartisan measures that address the causes of hunger. Each year, thousands of churches from many faith traditions take part in the Offering of Letters.

Join Bread for the World's collective voice for an end to hunger. Please take a few minutes to write your members of Congress. Urge them to make nutrition a priority and to increase funding for nutrition programs that enable mothers and children to grow and thrive. Additional samples letters can be found in print and email format at bread.org/ol.

SAMPLE LETTER

Sen. _____
U.S. Senate
Washington, DC 20510

Rep. _____
U.S. House of Representatives
Washington, DC 20515

[Date]

Dear Senator _____, or Dear Representative _____,

More than 12 million children in the U.S. are not getting enough to eat. You can reduce child hunger by making permanent the refundable tax credit expansion and by reauthorizing child nutrition programs.

Access to adequate and safe nutrition is vital to growth and learning, especially in the first 1,000 days of a child's life.

Specifically, I urge you to:

- Expand free school meals to additional children through the Community Eligibility Provision Program and extend Summer EBT nationwide.
- Make the one-year expansion of the Child Tax Credit (CTC) permanent, fully refundable, and available to families regardless of their children's immigration status. Otherwise, an estimated 9.9 million children are at risk of poverty.

Children are the heritage of the Lord (Psalm 127:3), and as Christian, I believe we all carry responsibility for their well-being and future. I urge you to strengthen the nutrition programs that give our nation's children the opportunity to flourish.

[your name]
[your address]
[city, state, ZIP]

U.S. Senator Tina Smith
60 East Plato Boulevard
St. Paul, MN 55107

U.S. Senator Amy Klobuchar
1200 Washington Ave. South
Suite 25
Minneapolis, MN 55415

*Senators can also be reached at
320 Hart Senate Office Bldg.
Washington, D.C. 21510

U.S. Rep. Michelle Fischbach
2211 First St.
Suite 190 Willmar, MN 56201
or: 1237 Longworth House Office Bldg
Washington, D.C. 20515

U.S. Rep. Pete Stauber
126 Cannon House Office Bldg.
Washington, D.C. 20515