

MAY 2021

Trinity Lutheran Church

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(Trinity Lutheran Church of Cass Lake)

WEB site: tlccasslake.com

Pastor's Reflections

Believer. Follower. Disciple. Apostle. Steward. Minister. Servant. Evangelist. Sister/Brother. Child. Witness. Each of these evokes a different image. And each describe somewhat diverse angles of our identity as members of the body of Christ. A number of months back, while perusing a biblical commentary, I came across another badge on our baptismal robe. Faith practitioner.

Typically, when one hears the term practitioner, one often thinks of physicians and nurses, medical practitioners, maybe even athletes or artists. Even typing it into a search engine, you get a list of health specialty areas.

Practitioner by definition, though, is "a person actively engaged in an art, discipline or profession." Out of those three, I would hazard to say that the majority of us would classify faith as a discipline. Training ourselves to follow Jesus' code of behavior and studying a specific branch of spirituality. One could reason though that faith is, at the same time, a form of art. The expression of skill, belief and trust. And yes, it is also, I would argue, a profession. Not a paid one of course for most. Still, the Way of Jesus is to be our way of life, our daily line of work, our calling, our vocation is it not?

In any case, what caught my attention was the root word: practice. Day in and day out, we are not only called, but equipped and endowed with power from God through the waters of baptism to "actively engage in this art, discipline and profession" we call faith. Day in and day out, we practice our faith, not in a vacuum, but in the rhythms of real life. Day in and day out, we work at learning to trust the Lord, at deepening our relationship with the

Creator and all life, and at living out the alternate society Jesus inaugurated. And we don't this as solitary, self-sustaining beings.

The waters of baptism, also remind us, however, that it is not within our capacity to achieve fulfillment in the realm of faith. No matter our age, we, individually and collectively, have growing edges.

We are not faith perfecters. Or faith completers. We are, indeed, faith practitioners. Practitioners who daily die to sin and rise to new life. Thanks be to God.

Practicing faith alongside you,
Pr Amanda



It is with great joy that we share this news: starting May 2, we will resume congregational singing! It will be with masks on, and we will still maintain physical distancing protocols. Fellowship will not begin quite yet, but this is a step in that direction. One which many of us have eagerly awaited. We also recognize, however, that this transition may make some folks more uncomfortable attending in person, hence the notification. We will of course continue to post worship online as well. Thank you for your patience as we continue to navigate these waters.



To express our thanks and gratitude to Pastor Amanda for her efforts in dealing with the extra burdens resulting from dealing with the COVID-19 pandemic over the past year, a 'paint-a-thon' is being planned for late June. The plan is to paint her house, and complete some associated maintenance.

We would like to invite anyone who would like to help out with actual painting, and/or contribute monetarily to help cover the cost of the paint and supplies, to contact one of the Trustees (L Christianson, T Nord, N Ramsey, B Schulz).



Food shelf donations from Ash Wednesday thru Easter Sunday = \$1,420.00. (This will be split between Cass Lake and Bemidji.) Trinity collected 207 pounds of food and personnel care items which were divided up between the Bemidji and Cass Lake food shelf. **Thank you, Trinity.** Laurie B. contacted Thrivent for a \$250.00 grant which will also be used to purchase products for both food shelves.

Lent donations from Ash Wednesday through Easter Sunday = \$1,056.00 to be divided between Trinity and World Hunger. **Thank you, Trinity.**



May Service Groups

Date	Reader
5/2	Terry Nord
5/9	Joanne Withers
5/16	Howard Hirdler
5/23	John Aamodt
5/30	Bruce or Val Ehler

Ushers for May

Jon Utley & Danny Struecker

WHAT DO YOU THINK?

The board of Worship and Education has been considering a few different ministry opportunities. The board has recommended that we “Adopt a Highway.” This project helps our environment, keeps our community clean, and shows we have a vested interest in our area. More about the project: It’s a two-year agreement to pick up litter twice a year along both sides of a 2 mile stretch of road. This agreement would be with the Cass County Highway Department who will provide plastic bags, approved safety vests, training and bag retrieval. If items are too big or heavy we flag the area and the country will retrieve them. The county assumes no responsibility for injuries and we pick the dates for cleanup. The stretch that the board is considering is Cass County Road 146. It is located just south of Cass Lake off of highway 371. About a half mile is located to the west of highway 371 and the rest (about a mile and a half) is located on the east side. Heading east it goes by the school ball fields and turns north also called 61st Ave and ends at 156th Street. It was previously designated to be picked up by the Pike Bay Police Officers, but that office is now closed. Our initial plan was to get 12 to 14 volunteers to do the cleanup. Three volunteers on each side of the road, starting at both ends of County Road 146 who will then meet in the middle. After completing the cleanup we plan on meeting back at the church building for a simple meal and refreshments. This project may be an excellent opportunity to engage our youth in participating in a community event. We may also have grandchildren, sons and daughters, etc., that are not members of Trinity that might be willing to also be volunteers. If you wish, please check out the route. You’ll find that the ditches are not wide or steep. We know that this ministry venture cannot proceed without the congregation’s support. That’s where you come in, we need your input! So **please let any of our board members (Laurie Buehler, Gene Patten, Kathy Baltuff, Pastor Amanda, or OJ (Orin) Jensen) know your thoughts/feelings and if you and/or anyone you know is willing to take part.** Thank you for your prayerful consideration!

Financials for Trinity

March Financials	Month	YTD
Giving	\$ 8,921	\$ 29,472
Actual Expenses	\$ 8,860	\$ 32,986
Budgeted Expenses	\$ 9,931	\$ 36,367



Theme verse - 2 Corinthians 5:14-15

Remember in prayer our pastor and voting member(s) and all who will be voting on important ELCA and NEMN Synod matters.

2021 NE MN SYNOD ASSEMBLY

Zoom Meeting
Love Ignites Us

Friday, April 30,
2021 – Sunday,
May 2, 2021

Pentecost is May 23rd



You are invited to wear red. Donations of red geraniums are welcome. If possible, please drop them off by Friday the 21st so they can

be placed within the sanctuary for Pentecost Sunday. They will be later planted on the church grounds.



Looking for some assistance?

Do you or someone you know need help with yard work? Painting? Some

minor house repairs? YouthWorks will once again be in the Cass Lake/Leech Lake Reservation area this summer. Request forms are available at the office.



Tip

From the Minnesota Pollution Control Agency (MPCA) comes this list of Home Tips to Protect

water Quality. 1) Grow a healthy, water-friendly lawn and garden - minimize water use, keep leaves and grass clippings out of streets and storm drains, and avoid pesticides; 2) Properly dispose of medicines - medicines flushed down the drain can pollute our water and unintentionally expose us to harmful chemicals; 3) Use sidewalk salt sparingly in the winter--chloride from road and sidewalk salt is a growing problem in state waters; 4) Maintain your septic system properly - a poorly functioning septic system can allow pathogens, nutrients, and other chemicals to enter groundwater or lakes and stream; 5) Reduce your use of toxic products - find alternatives for laundry soaps, cleaning sprays, insecticides, and other products that may be harmful to human health or the environment; 6) Pick up trash when you see it - debris, including pet waste that produces harmful ammonia, gets washed into storm drains and flows directly into local bodies of water.

Mental Health Corner

NAMI (National Alliance on Mental Illness) started as a small group of families gathered around a kitchen table in 1979 and has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 48 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need. (from nami.org/Home)

Never in a million years could I have imagined I would go up to a bank teller with a mask on and ask for money.

Does anyone know if we can take showers yet or should we just keep washing our hands?



**Wishing a
blessed
Mother's Day to
all women!**



**BETTER NUTRITION,
BETTER TOMORROW
2021**

**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 different
faith traditions take part in the Offering of Letters.
Your letters to Congress will help more children
escape malnutrition and get the nutrition they
need to grow and thrive. The Offering of Letters to
Congress engages churches, campuses, and other
faith communities in writing personalized letters to
Congress. I encourage you to speak from your
heart, perhaps share a story about someone in
need. Supported with prayer, these letters are a
bold witness to God's justice and mercy. Year after
year, they impact the decisions made in Congress.
This will be the fourth year joining sisters and
brothers across the country.**

**Reminders will be included in our church bulletins.
Some information is on our Trinity Lutheran Church
website. For complete information including
sample letters go to bread.org/ol website.
Support Bread for the World June 6, 2021. **We will
be offering letter writing in person at church on
June 6th or you may write your letter from home
and mail it.****

Please participate by mailing your letter(s) to:

**US Senator Amy Klobuchar
Olcott Plaza Rm 105
820 9th N
Virginia, MN 55792**

**US Senator Tina Smith
819 Center Avenue Suite 2A
Moorhead, MN 56560**

**US House of Representative Pete Stauber
316 W. Lake Street Room 7
Chisholm, MN 55719**

**US House of Representative Michelle Fischbach
2513 8th St S
Moorhead, MN 56560**

Women of the ELCA

**Our women's Bible study will resume on
Monday, May 10, at 9:00 a.m. We will meet in
the Fellowship Hall.**

**The crafters will meet at 10:00 a.m. in the
Fellowship Hall. If you do not have a craft to
work on, please still feel free to come and enjoy
conversation.**

**All women of Trinity are invited to attend
either or both of these. We will practice social
distancing and the wearing of masks.**



SPRING CLEAN UP DAY AT CAMP MINNE WA KAN. May 8, 9-3

**Come on out and help get the camp ready for
summer programming. Cabins need sweeping,
Windows need washing, leaves need mulching and
bagging, trees need trimming, and dust needs
removing. We had a great turn out for the Our
Hands day last September and invite folks out
again to enjoy the outdoors and some fellowship.
Roy has rebuilt the windows for the chapel and will
need a couple of people to help reinstall them.
Coffee and rolls and lunch will be provided. Call
Brad at 766-6498 so there is enough food. It is not
fishing opener ,so...see you there.**



**Calling all men. If
you are interested in
restarting a men's
breakfast at Trinity,**

please call Ardean B. and let him know.

Stewardship article

CONSIDERING OUR BODIES HOLY

by Rev Jenny Sung

(This abridged article was first published Feb 24, 2021 on https://faithlead.luthersem.edu/considering-our-bodies-holy/?utm_medium=email&utm_source=sharpspring&sslid=MzMzNTa3MDQ1MbG0AAA&sseid=MzK0NDW3NLAwNQAA&jobid=fa8df15b-2fd9-4b4a-9166-4ae00060158e)

There are no words for so much of what our bodies experience and hold. We just haul it around in our sinew and bones hoping eventually we will be able to shake it off without tending to it or even acknowledging its existence. **Beloved Church, when has that ever worked?** I do not think anyone is capable of shaking off this past year.

Will our jaws ever unclench? How many times did we hold our breath or have it taken away?

Recently, I learned I breathe in such a way that allows just enough air in, and just enough air out, so I don't die. Faith can feel like that sometimes. Some days serving a congregation with over 10,000 members can feel like that. Just this past month we buried and celebrated the life of 22 of our members. **HOW DO WE PRAY WHEN THERE ARE NO WORDS FOR SUCH LOSS?**

Our bodies carry endless stories, some beautiful and others heart-wrenching. Our flesh and blood is a physical representation of the both/and. Nestled inside these stories and cells is a space where we have never been wounded, never been hurt, where there is still a sureness. There is still a holy space where the power that raised the crucified Christ lives and dwells in and among us. How often do we tend to that space or allow it to have voice?

Before I became a pastor, I was a professional modern dancer. I began dancing as a child and grew up learning the language of movement and bodies, yet I catch myself acting like my body, mind and heart can be kept separate. I gave up coffee one year for Lent and learned I treat my body like a machine. I fuel it so it will do more and be faster. When it malfunctions, I betray it with unkind words and figure out how I can get it back up and running, so I can do more and be more. Thankfully, I ran into a woman who was wiser than me who said, "For Christ's sake, **GET OFF THE CROSS BABY, WE NEED THE WOOD.** The church no longer needs your body to be sacrificed on the altar of righteousness."

Tending the holy temple of your body

I invite you to recognize that your body is a holy place where the sacred dwells, so treat it like someone you love. Here are some places to start:

- **KNOW:** Wake up in the morning knowing anything you accomplish is icing on the cake because **you are already beloved.**
- **BREATHE:** Set an alarm on your phone or watch to do a body scan and breath check. Our minds may lie to us, yet our breath never does. Take a moment to literally catch your breath.
- **SLOW DOWN:** Breathe before you make that hard decision. Take a holy pause when you receive critical feedback that encourages your defensiveness. You do not need to respond in the moment. You have permission to give yourself time to process. Many of us are constantly in fight, flight or freeze mode. Give yourself permission to breathe yourself into a fuller, more loving narrative. Move from your primitive brain into the frontal lobe cortex where you can actually process and think logically.
- **FEED:** What would feed your soul today? Your spirit? Your body? Ask yourself and see what answer emerges. Is it prayer, taking time to make a favorite home-cooked meal or the ritual of pouring a cup of tea? What would feed you today? Lean into that.
- **REST:** We can either choose when to rest or our bodies can choose for us. This moment has asked so much of our bodies. The amount of cortisol in our blood right now has us constantly ready to pounce, move or fight. The body's response to this much cortisol in the blood is to crash, to shut down into depression. Our bodies cannot maintain that frantic space for too long. Therefore, its way of helping us—protecting us—is to shut us down. Instead of frustration, how could we meet ourselves with compassion in those moments?
- **MOVE:** Instead of cursing your body for betraying you, maybe try leaning into your body. Take a breath...take another one. In fact take a moment, stop reading and just breathe. What is your breath trying to tell you? Do you hear that? Can you feel it? Your body is trying to communicate with you. Take a holy pause and listen.

The body was created to worship and pray without words

We all have different levels of comfort with our bodies and no amount of shame will change that. Meet your body—where it is in time and space—what is it telling you? Will you listen? Will you follow through? What does it cost you to listen to that knowing? When we are infants, we are very aware of when we are hungry, thirsty, tired or playful. As we grow older, we ignore those signs and in turn reduce ourselves to mere products. We are fed the message that we are only as good as what we produce; yet how can we share a different narrative as Christ-followers and holders of things divine and beautiful?

About the Author: Rev. Jenny Sung serves at St. Andrews Lutheran Church in Mahtomedi as Pastor of Outreach and Missions. In her spare time, Rev. Sung enjoys going on outdoor adventures with her husband Carl Torgerson and their dog Leo. Rev. Sung is the founder and co-director of One Dance Company in St. Paul. She has been preaching without words for over 30 years through the art of dance and is grateful God has called her to use her voice and show up in the community and the Church that happens outside the building.



May you have a safe and meaningful Memorial Day!

Summer Camp Staff Needed

Our camps need our help to identify and connect young adults to a summer learning leadership skills that will last a lifetime! There are a variety of positions - counselors, canoe guides, kitchen staff, maintenance, health care, lifeguards, cooks, on site leadership and more. **Who can you share this information with today?** The links below will take you to employment pages!

[Camp Onomia](https://www.camponomia.org/employment)

<https://www.camponomia.org/employment>

[Voyageurs Lutheran Ministry](https://www.vlmcamps.org/summer-employment)

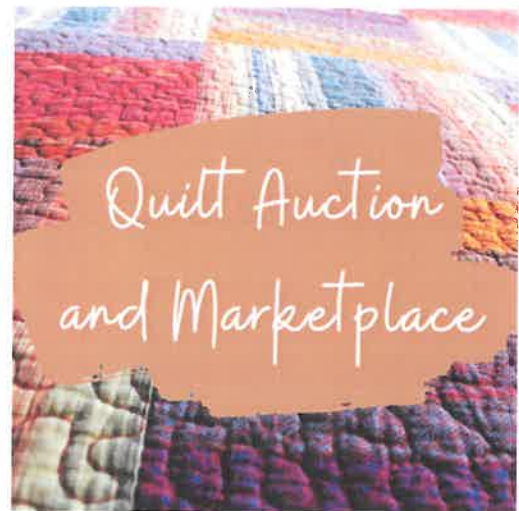
<https://www.vlmcamps.org/summer-employment>

[Luther Crest Bible Camp](https://www.luthercrest.org/employment.html)

<https://www.luthercrest.org/employment.html>

[Amnicon Adventures & Retreats](https://amnicon.org/employment/)

<https://amnicon.org/employment/>



ONLINE QUILT AUCTION

benefitting the ELCA World Hunger Appeal

<https://nemnquilts2021.givesmart.com/>

April 29th - 9:00 am through

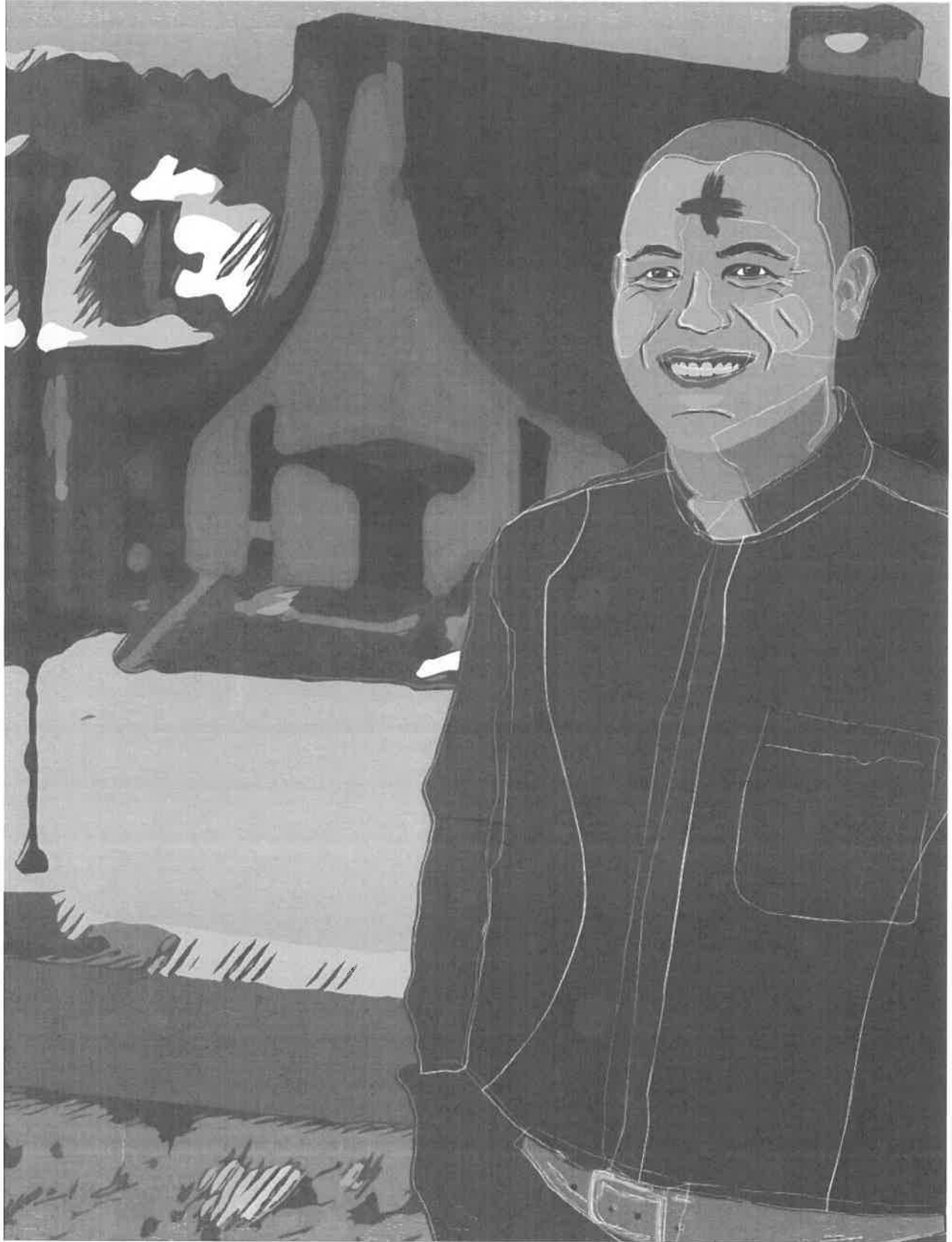
May 2nd - 6:00 pm

Bemidji Lutheran Campus Ministry invites you to:



THIS MORNING I SAW A NEIGHBOR TALKING TO HER CAT. IT WAS OBVIOUS SHE THOUGHT HER CAT UNDERSTOOD HER. I CAME TO MY HOUSE & TOLD MY DOG.... WE HAD A GOOD LAUGH.

I'm reading a book about anti-gravity. I just can't put it down.



Lutheran Campus Ministry at West Virginia University, Morgantown, Va., led by Tony Setley, campus pastor, offers students a spiritual home and space to explore vocation.



A SPIRITUAL HOME FOR FUTURE LEADERS

Stuck in traffic at West Virginia University (WVU), when seemingly all of Morgantown's 28,000 students are trying to get to class, you'd be hard-pressed not to notice the fire engine red Lutheran Campus Ministry Chapel with its curved roof, just south of the main crosswalk.

"The building was very interesting; that was probably my first impression," sophomore Lilly Simmons said.

The architectural oddity might draw students for a brief chat with Tony Setley, campus pastor, but however they come, he said, "they are comfortable enough to ask questions, and that can always lead to something bigger."

Graduate student Nathan Blake recalled his first visit. "I was at a really rough place spiritually, and the time for normal Sunday services had already passed, and I was like, 'I need something, but I don't know what.' I remembered that 6 p.m. service time, and I wandered up the hill, snuck in the back [pew] and I just kept coming. It was exactly what I needed."

In and beyond worship, Setley encourages students to set the tone for campus ministry. Simmons said she's loved leading monthly social activities such as ax-throwing or miniature golf. The gatherings make a difference. "I can't overstate the importance of having a place where you can experience spirituality, but also having a group of people you can experience it with," Blake said.

In addition to serving as students' spiritual home, Lutheran Campus Ministry at WVU plans this fall to offer a literal rent-free

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home for some people discerning calls to ministry. The student housing, called Luther House, is located behind the chapel in a building that was formerly the parsonage for St. Paul Lutheran Church of Morgantown. Luther House students will lead chapel and explore seminary through a partnership with Wartburg Theological Seminary in Dubuque, Iowa. **Both the seminary and campus ministry are funded by Mission Support.**

"Hopefully out of that, students will have some of the financial burden taken off, but also to have that ability to discern and engage with their faith in a way that will give them more answers to the questions about what God is calling them to do in this world," Setley said.

To watch a video of this ministry, visit ELCA.org/SOFIA.

Thank you for your generous gifts of Mission Support, which made this story of faith in action possible. Mission Support is the portion of your offering your congregation shares with your synod, and your synod shares with the churchwide organization. To learn more, visit ELCA.org/SOFIA.

We're hiring!

Make a difference in your community.



A Kelly Company



Immediate positions available in the Cass Lake-Bena School District!

It's easy to get started—no previous experience is required. Join us to:

- Gain and share valuable classroom experience
- Make a difference in the lives of students
- Build your own flexible schedule
- Enjoy weekly pay and bonus potential
- Pursue long-term or short-term opportunities

Contact us today! 800.713.4439 / teachersoncall.com

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Faith in Action volunteers have remained busy throughout the past year pandemic – providing many, many rides and completing chores, repairs and building

ramps for people in Cass County. As more volunteers return from winter travels and are vaccinated we hope to meet the current needs for homemaking and caregiver respite in our communities. Please call our office if you have any questions or need to refer someone who needs help.

Many thanks!! Theresa Eclow, Executive Director
Faith in Action for Cass County, PO Box 512,
Hackensack, MN 56452. Office: 218-675-5435

cassfia@uslink.net www.faithinactioncass.com

Generosity
changes everything

Women's Breakaway

June 16-19, 2021



A women's retreat that
will renew your mind,
restore your soul,
and create new memories.



To learn more go to <https://www.oakhills.edu/church-ministries> and click on conferences. Questions to (218 OR 888) 751-8670. A brochure is on the bulletin board at Trinity.

Me: This show is boring.

Pastor: Again, this is a zoom conference

I DIDN'T LIKE MY BEARD AT FIRST.
THEN IT GREW ON ME.

**“BUT GOD HAS ALREADY MADE IT PLAIN
HOW TO LIVE. WHAT TO DO.**

WHAT GOD IS LOOKING FOR IN MEN AND WOMEN.

IT’S QUITE SIMPLE:

DO WHAT IS FAIR AND JUST TO YOUR NEIGHBOR.

BE COMPASSIONATE AND LOYAL IN YOUR LOVE.

AND DON’T TAKE YOURSELF TOO SERIOUSLY—

TAKE GOD SERIOUSLY.”

- MICAH 6:8 (THE MESSAGE)