

APRIL CALENDAR

Watch for Tuesday & Saturday emails or visit **TrinityLongLake.org** for details.

Lenten Wednesdays | Mar 2-Apr 6 5:00-6:15pm Dinner, 6:30pm Worship

Luther College Concert Band Friday, April 8 | 7:00pm

Maundy Thursday | April 14 11:30am Worship, lunch served after 6:30pm Worship

Good Friday | April 15 10:00am Family, 6:30pm Worship

Easter | Sunday, April 17 9:00am Worship, 10:30am Outdoor





April 10 | 9:50am **Exploring Native American Culture**

> April 24 | 9:50am Terry Rasmussen, President/CEO Thrivent

One of the few Fortune 500 company female CEOs, Terry will share her story of being an Orono mom, how she serves, and what it's like to juggle the demands of her job and living her values.



TrinityLongLake.org 952.473.8577

Simply Enough

One common thread that runs through almost every one of us is the struggle of wondering whether we are worthy or good enough. Worthy enough for what? Good enough for what? Well, it depends—it varies according to our situation. Many of us have painful memories from our teenage years and of desperately wanting to belong to some kind of group that, in our heart of hearts, we knew wouldn't even consider bringing us in. And then we tell ourselves that, by a certain age, we will have grown out of wanting to be considered good enough to hang with the "cool" crowd or group, and it won't bother us anymore. I wish such was the case. The truth of the matter is that, throughout our lives, we will struggle with this desire to be good enough. For some, it comes with an inner critic that is unduly harsh in its demand for perfection; for others, it comes as a sense of loneliness or isolation. And then there will be times when we think we are past it, but then something happens that causes it to rear its ugly head yet again.

There are days when we are more apt to listen to the lies we tell ourselves. You know the ones: That we are not worthy enough or good enough for _____ (you fill in the blank).

Our Lenten focus this year uses Kate Bowler's book, "Good Enough." This book of devotions—at times light-hearted but always intentional and serious in its purpose—is geared toward making us aware of the lies we tell ourselves, and then gives us ways to either head those lies off at the pass or to fight them back with the truth.

What is the truth? That God's view of us has never changed. That in God's eyes, we have always been complete, utterly worthy, and perfect. God doesn't require us to be one of the "in" crowd; God doesn't demand that we fit into some impossible mold of perfection. Everything we need has already accomplished for us through God's son, Jesus Christ. It is Christ alone who, being lifted on the cross, has lifted from us these and other burdens we carry. It is through Jesus' resurrection from the dead that we know the depths of God's love—a love that tells us that, not only are we good enough, but that we are, in fact, simply ENOUGH! Thanks be to God!



Blessings.

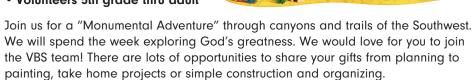
Pastor Ann

VACATION BIBLE SCHOOL

June 13-16, 2022

REGISTRATION IS OPEN!

- Kids 3-year-old thru 4th grade
- Volunteers 5th grade thru adult



For kids and volunteer registration see weekly emails or go to Trinitylonglake.org/Children-Youth-Family.







You are enough.

I want to make sure you read that clearly. It is three words and then a period. Nothing more. It doesn't come with caveats or

qualification. It doesn't come with expectations or a list of to-dos. You don't have earn it or find your way to it.

You are enough.

You are constantly told otherwise, made to think otherwise, and conditioned to believe otherwise. Produce more. Achieve more. Get further ahead. Don't stop, because if you stop, you'll never make it. Make it where? There. Wherever and whatever "There" is.

This pursuit we are on is endless. We can't keep up. But we keep going, keep ourselves busy with the task because if we're not busy, then we're not doing enough. And if we're not doing enough, we might not be enough. And we have to be

enough. We have to get there.

The truth is, we cannot make it to the place we think we're going because it doesn't exist - at least by anything of our own doing. The Apostle Paul reminds us of this truth, "For by grace you have been saved through faith, and this is not your own doing; it is the gift of God." With great love for humanity, God has made us enough - more than enough. We are alive together in Christ. Mercy, grace, righteousness - all of this is already ours, and doesn't become any more or less ours by any of our pursuits.

We are enough. You are enough.

May you be blessed with the regular reminder of this holy truth - you are loved, you are saved, you are made for something good, and you are enough.

Pastor Adam

SMALL GROUPS

Our theme for Lent this year is Good Enough. Along with Sunday and Wednesday worship services focusing on that theme, Trinity is also offering opportunities to gather in small groups to study Kate Bowler's new book, Good Enough. This is a 40-day devotional book that affirms how, in the eyes of God, we have all been created perfectly; however, the truth is that we have trouble believing this about ourselves and are quick to feel unworthy, unlovable, or unloved. It's not too late to join! Small groups will meet from now until Holy Week, and we encourage those of you who haven't yet found a group to sign up for one. Give Linda or Jeri a call (952.473.8577) to find out which group still has openings or grab a few friends and start your own small group. Come engage in conversation and discussion as you explore together what it means to live as "good enough" and to remember how deeply God values us.

Bringing Food LENTEN and Hope OFFERING & SERVICE

The people of Trinity care deeply about the lives of our neighbors. This year our Lenten offering will go toward narrowing the gap of food insecurity. We have three ways you can participate: weekly Lenten Worship offering, donating food at an Interfaith Outreach event on March 31, or volunteering at a group opportunity in April at Second Harvest Heartland.



Did you know?

- Over half a million Minnesotans are now facing hunger.
- This includes 200,000 kids who are going to bed hungry.
- · Seniors are the fastest-growing segment of the population visiting food shelves.
- Post-secondary students use food shelves at a time when they have very few resources.

Your donation provides

- \$1 provides purchasing power of \$9 worth of goods from a nonprofit wholesaler.
- \$25 provides purchasing power of \$225 worth of goods.
- \$100 can source \$900 of food to feed a family for a month.

Other things you can do

- Volunteer. Read Trinity Connect emails to see when we're offering times to volunteer at Second Harvest Heartland in April.
- Visit the websites of Misfits Market and Imperfect Foods (mentioned in the book Good Enough).

We support the following... Interfaith Outreach serves Orono, Long Lake, Plymouth, Medina, Hamel, Medicine Lake, Minnetonka Beach, and Wayzata; WeCan serves Maple Plain, Mound, Minnetrista, and Navarre.

Our weekly email, bulletin and announcements provide more information. A link to donate is available on our website or text LENT to Trinity (952-473-8577).

MEAL MINISTRY

Stacey Royal | SRoyal@PhatMinds.com

Throughout the years, I have participated or created several meal trains to help support families who need a little help getting through a stressful time. I was also the recipient of several meals when my father unexpectedly passed away in 2018, and I have to say it was such a relief to not have to think about what I was making for dinner. When the idea of a meal ministry was brought to me a month ago, it was a no-brainer, of course I would help with this ministry! I have participated in this ministry

throughout my life even though it was

not organized by Trinity.

Pastor Ann and Pastor Adam will meet with members of the congregation and if they think a family or individual needs help with long-term meals due to a stressful situation in their lives, they will reach out to the meal ministry. The Meal Ministry team will reach out to the family to see how we can support them through this time. We will also be preparing meals quarterly that pastors can use when they are visiting someone



who maybe just would benefit from one day off of cooking.

This ministry has many ways for people to get involved, and if you have a love for cooking or know how amazing it is to not think about what's for dinner, we would love for you to be a part of our team! You can reach me to learn more about how you can be involved!

We saw God through you! February service projects

- Creating 150+ thank you cards for local school and medical staff
- Assembling 1,000+ sandwiches for 363 Days program feeding the homeless
- Assembling 50 cultural meal packs for Interfaith Outreach food shelf
- Creating *Days for Girls* hygiene kits, providing personal protection
- Cooking hot breakfast for 65 Simpson Shelter guests
- Serving 90 meals at the *Monthly Community Meal*
- Delivering We Care bags to about 40 members







STORIES FROM THE CARD WRITERS

"I saw God while I created my cards for local school and medical staff. I felt God's presence while I wrote thoughtful messages and carefully decorated each one."

- Allison Mann

"It was fun to do, and I liked being a part of thanking school and medical staff for their great care and service."

- Piper Swanson

"God is everywhere!" and "I see God every day. In our hearts." - Madeline Butler (4)

"We felt God's presence today as we thought about all the good things so many people have done for us these past two years, just by showing up at their job and being kind."

- Stew & Walter Royal and friends Katie Haberman and Amelia Krigelski

"I see hearts!" - Sophie Vagle (2)

"We are doing these to show love to people." - Blake (5)







SANDWICHES

"The 363Days sandwich making project was meaningful to me because food insecurity is a very real reality for many people in Minnesota. I was moved after I made each sandwich knowing that it would become a nutritious meal for a

Minnesotan in need." - Allison Mann

"I liked learning about the 363 Days organization and being able to help out others in need." - Tiegan Swanson

From Recipients

"Just wanted to send a note of thanks and gratitude to you and all of Trinity for thinking of Orono School staff. The cards and treats were so thoughtful and really meant a lot. We truly value your partnership and your support. Thank you, it brightened all of CE staff's day!"

- Tiffany Clifton, Director of Community Education, Orono Schools

"Thanks for the Valentine's cards & treats." - Warm regards from Tiffany, Trails of Orono, Long Lake

"Thank you for the cards and treats for the staff. Trinity is so wonderful at supporting Long Lake Assisted Living." - Peggy, Volunteer Coordinator

"We were just reflecting on gratitude and wanted to pass on our appreciation for the cards we received from Trinity members. It meant so much to us and to our staff." - Aaron Ruhland, Director of Learning and Accountability, Orono Schools

"Thank you for the very thoughtful, nice, special "We Care" gift. It was a treat and glad to get the communion cups! I enjoyed the visit with Ron Van Buren (dear friend) who brought the gift. Hope all is well at Trinity- miss you! God's blessings." - Carol Owens



Opportunity International-

Thank you!

Thank you for supporting Opportunity International through your donations at the Trinity Women Gather+Give Christmas event and AGAPE Gift Market during the season of Advent. The donation to Opportunity from these events was used to provide clean water to families in Colombia, South America.

PROJECT DESCRIPTION:

Clean water is a desperate need for people living in extreme poverty (less than \$2/day) in the Cachenche community on the outskirts of Cartegena, Columbia. These areas derive their water from polluted water sources because they have no access to clean water.

TRINITY'S PROJECT PROVIDES 150 HOUSEHOLDS (675 PEOPLE) WITH FRESH CLEAN WATER!

Households pay a small amount (\$5) bringing a sense of ownership and dignity.



Trinity Kids' Teachers... We couldn't do it without you!

We have 20 amazing Trinity Kids' teachers who volunteer their time on a weekly or monthly basis. These teachers help guide the kids as they learn Bible stories, do crafts and activities, ask questions, and grow in their faith. We are so thankful for these kindhearted leaders and the ways they love our kids showing them God's love and letting them know how important they are as members of our church. We are so grateful for every teacher. Here are a few who have faithfully served our children.

Susan Gadbois



"Teaching the three-year-olds at Trinity Kids brings me immense joy. The children are so fun and love learning about Jesus and God. I really enjoy

the stories from the bible at the preschool level. It is nice to be able to help the kids understand the main messages. The preschoolers are adorable when they sing during music time. Through the years I've been teaching, the curriculum we use has changed many times. Trinity does a great job upgrading the lessons plans, I love the one we are using now, it really works well with the kids. It is The Trinity staff makes it very easy to be a teacher. Sunday school with the preschoolers is my favorite spiritual and social activity!

Susan has been teaching for 32 years!

Laura Wallander | 5th grade teacher



"I teach because I love the kids. Their questions and comments have gotten deeper and more insightful as they have progressed from sweet, little

kindergartners to inquisitive, independent 'tweens'. I feel like we're all on a journey together. My goal is that they walk away from every Trinity Kids knowing that God loves them and that they are in a special church that loves them, too."

Laura has taught Trinity Kids for 7 years!

Kari Newell | 5th grade teacher



"I believe that we are called to love and serve our neighbor. I want to learn and have questions about faith/Bible/Holy Trinity just like the kids do. I want to

know the kids and families in our Trinity community. I pray that, just maybe, I can reflect the light of Jesus in this world."

Kari has taught Trinity Kids for 10 years!

Jennifer Johnson | 5th grade teacher



"I have so enjoyed growing in faith with my 2 daughters, Stella (6th grade) and Louisa (5th grade). For me, the choice to teach TK stems from a love for teaching children as well as wanting to understand more about my own faith. When my girls were little, I wanted to experience how Trinity was going to help my daughters understand what it means to be a Christian and help them develop their own relationship with God. Teaching TK has also been a way for me to give back to the Trinity Church community while at the same time showing my girls (and other TK children) how important they are to me; that attending TK together not only shapes the person they currently are, but who they will become and that I will walk alongside to support them through that journey."

Jennifer has taught for 6 years!

MIDDLE SCHOOL MINISTRY CONFIRMATION

Megan Moroff, Middle School Director | MeganM@TrinityLongLake.org

One of my favorite evenings in Confirmation is **Tough Questions Night.** This idea was born out of my own experience of being frustrated with not getting my questions addressed when I was in Confirmation. Faith is about asking questions, getting answers and then figuring out how it all fits into our faith journey.

One night a year our students get to write down any questions they have about faith, God, Church, etc. They place them in a bowl and a panel of folks answer them. Pastor

Adam, Pastor Ann, Jason Folkerts, and I were in the hot seats this year. Our 6th, 7th and 8th graders knocked it out of the park asking about topics ranging from evolution vs. creationism, curiosities about the Old and New Testaments, and the perennially asked "do dogs go to heaven?"

Not only did our students dive deep with inquiries about God, Jesus, Lutherans, and so on, but they were also incredibly brave to ask about teen suicide and if God hates them for being gay. Their questions simultaneously filled me up and broke my heart. I'm so grateful that Trinity not only provides a safe space for teens to ask truly tough, tough questions, but also shares answers and feedback from adults who deeply love God and our youth.

Asking questions and seeking answers is a powerful faith practice.

Thank you to all our students who shared their questions last month – you are a gift to our church and the world! Never stop asking tough questions and surrounding yourself with a faith community who will ponder them with you.



Jason Folkerts, Director of Faith Formation & HS Ministries | JasonF@TrinityLongLake.org

The High School Ministry has been meeting on Sunday evenings for a time we call *Catalyst*. During the 90 minutes we are together the students engage in deepening friendships, having fun with a creative and oftentimes wild large group activity or game and a bible study with prayer. At Catalyst we usually enjoy some type of food or snack together. Out of this time of eating together at Catalyst came the idea to provide a pancake breakfast for the students before they head to school. Every other Wednesday we open the church youth room from 7-7:30am so that the students can drop in for a stack of pancakes and

juice before the bell rings. We have decided to call it *Grab & Go*.

With both *Catalyst* and *Grab & Go* we encourage our high school students to invite their friends as we are in the process of rebuilding this student ministry after the pandemic of the past two years. By meeting with students at *Catalyst* and *Grab & Go* we can also challenge them to consider future opportunities to invest in, like helping at our VBS summer event or sign up for the upcoming **Denver Mission Trip.**

One of the goals we place a high value on is developing friendships and



QUESTIONS

TOUGH

encouraging one another. Something as simple as pancakes every other week has the potential to deepen that train of thought. One area that needs some help is finding adult volunteers; if you are interested in making an impact in the life of a high school student please reach out to me by email.

Catalyst | Sundays at 6pm

Grab & Go | Every other Wednesday 7-7:30am

HS Denver Mission Trip June 26-July 2

Men's Study Group

By Bob Franklin

Sadly, Ron Van Buren has said, we often don't really get to know other folks until their funerals. Yes, memorial services let us learn of remembrances and accomplishments, of aspirations and overcoming obstacles, of funny stories and some sad ones, too.

Well, Trinity's Wednesday morning men's study group isn't waiting for the Grim Reaper. In our own, present words, we share a lot of stories and ideas, of families and career experiences, of long-ago farm chores and childhood churches, of things we did and things we should have done.

Combined with studying our faith, looking at new thoughts and old biblical truths, helps us to better understand where we've come from and where we are today. That's why we seldom get through more than one chapter per hour-long session.

It's a group that has formed a supportive closeness of sharing and disputing ideas based on openness, honesty and respect for our differences (although we don't discuss current politics).

Since 1998, Ron Schulte, an incredibly organized and committed Christian, has led us through 33 books that he's either already read or had recommended to him. It's been a wide range of topics -- grace, sociology, history, travel, aging (we're almost all over 70), keys to individual survival.

[Readers: Take a look at a few of these titles; some of us might still have some books if you wish to borrow.]

Twelve of the books come from award-winning author Philip Yancey. A notable one: What's So Amazing About Grace?-- a cornerstone of our Lutheran faith that, one book promotion, calls "the most powerful force in the universe and our only hope for love and forgiveness" and asks, "What does it look like in action?" A couple of other Yancey books: Prayer: Does It Make a Difference, The Jesus I Never Knew and The Question That Never Goes Away (WHY).

Books on overcoming adversity *UnPoverty* by Mark Lutz raised questions about philanthropy and *On Fire* by John O'Leary brought me to tears. Jon Meacham's *American Gospel* gave us excellent history.

We've supplemented book study with videos (Kathie Lee Gifford's Holy Land tour, *The Rock the Road and the Rabbi*), and a couple of guests (Jim Klobuchar talking about changes in his life and his book, *Pursued by Grace*. Cliff Koltes brought in a former Mormon lay bishop.

We've tried to help each other and the congregation through other activities -- prayers, rides, choir, Trinitarians, doing the annual Nativity scene, serving a Lenten meal, joining other small groups.

Our current study: Love Without Limits/Jesus' Radical Vision for Love with No Exceptions, by Jacqueline Bussie, a former professor of religion at Concordia College in Moorhead.

Don't be put off by the closeness of our group. We welcome newcomers, as long as they're male (one of our weaknesses). Just show up at 7am in the Conference Room on March 16, 30, every other Wednesday.



PICTURED FROM LEFT: Study leader Ron Schulte, Chuck Ritchie, Dave Lohmann, Dennis Pederson, Ben Benson and Bob Franklin (seated)

OTHERS ACTIVE IN THE GROUP: Charlie Allen, Gary Jackson, Ken Jenson, Cliff Koltes, John Sweeney and Ron Van Buren

Trinity South

Trinity South is what we call our annual gathering of migratory Trinity Members in Florida. The purpose has included sharing Trinity news from home, gaining support for initiatives and programs, reminding of God's Blessings, and enjoying each other in the name of Trinity. We have been meeting for almost 20 years, and after a two-year recess, hope to continue the tradition in 2023.

We began meeting in a Punta Gorda restaurant, upgraded to Tom & Dianne Perbix's place in Naples, and Jim & Joni Henninger's place in 2020. Trinity Florida migrants have come from Venice, Orlando, Marco, Fort Myers, Naples, and other. Average participation has been 25 with a high of 40. Our programs have included brief monologues, some viewgraphs, creative posters, flip chart work, videos, and energetic singing with liberties. In addition to enjoyment and support, we have tried to keep Trinity alive in our thoughts and minds way down in the South.

In addition, we continue to have Weekly Trinity Coffee Talk Time in Naples with all who are available at the time. We believe this is all part of Ministry Outreach, to each other, and hopefully beyond. If you're in the area, give Ken and Marlys Jenson a shout and have coffee with the bunch (mkjenson7@gmail.com).



MEMBERS AND FORMER MEMBERS:

Ken & Marlys Jenson, Tom & Dianne Perbix, Cal & Sharrie Flaig, Vickie Cossette, Jerry Jones, Jim & Diane Henninger, Gary & Karen Jackson, Curt & Jo Eastman, Dick & Millie Benjamin, Pastor Dick & Char Erickson, Bill & Thelma Koehler, Dick & Cookie Steiner, Dick & Pat Wulff, Jerry & Patty Wiens, Cliff & Peggy Koltes, Steve & Marcie Lindo, Gene & Joan Ziemer, Dean & Lois Wenger, Pastor Kent & Michelle Grosser, Delores Boughton, Harry Glover, Pastor Brian & Kim Fragodt, John & Joyce Frees, Dick & Ruth Larsen, John & Judy Ricks, Ron & Barb Schulte, Jerry & Kathy Wiens, Dick & Ginger Craven, Jim & Joni Henninger, Craig & Carol Moleski, John & Dianne Maresh, Linda Cummings, Terrie Allen, John & Chris Sweeney, Marty & Laurann Patterson, Denny & Karen Pederson, Richard & Jennie Goelz, Jim & Jan Hermanson, Jeanne & Ken Tempero, George & Kay Eddy, Ben & Dianne Benson, Dave & Barb Lohmann, Rich & Jane Hollander, Tom & Judy Lane



Monthly Community Wear

At this time, churches will still provide both dine-in and curbside pick-up from 5:30 to 6:30pm.

March 24 | hosted/served by St. George Catholic

April 28 | hosted/served by Calvin Presbyterian

May 26 | hosted/served by Trinity

Hope to see you there!

CALVIN • ST.GEORGE • TRINITY

90 MEALS SERVED AT THE FEBRUARY EVENT

Kirk Nelson, Lorraine Benson, Sue Vickerman, Sharon Ressler, Ardelle & Darrell Tober, Earl & Carrie Hanson, and Chuck Ritchie





Thank you

Thank you to all the volunteers who made our first ever **Children Youth** and Family (CYF), "Support our Summer BRUNCH"

a success. We pulled off a

great event that incorporated our four goals which were fabulous food, great fun, much needed fellowship and of course, financial support.

With the variety of summer offerings that impact the lives of students and families this summer, yesterday's Brunch got the ball rolling for

everyone to realize that it is right around the corner once this snow melts away, which looks to be happening this week. Also, I'll know the final financial results this week and will share that soon.

Appreciate you all - on behalf of our CYF team let me shout "WAY TO GO"!







COUNCIL PRESIDENT CORNER

Thank you to everyone who attended **Trinity's Annual Congregational Meeting** at the end of January, it was great to see everyone and we had a very productive session. Along with electing new members to Council

and committees, we announced that two of our Council members would be stepping down after serving their terms faithfully. As they depart, we asked Roger Spiry and Cindy Lecy their thoughts after doing this important work:



ROGER SPIRY: I was appointed to the council in January 2018 and even attended a meeting or two prior to that, primarily because of the Strategic Planning process. I have enjoyed the experience and learned numerous issues about the

operations of Trinity as well as ELCA. Most was exciting, and I appreciate working with a great group of employees and other church council members.



CINDY LECY: What a term we've had on council! One in-person meeting and then COVID hit, then Pastor Brian retired, interim pastor, search for a new pastor. I was told being on council was pretty easy and non-eventful. Definitely not the case! It was

interesting going through all of this with a great group of people.

I am excited for Pastor Adam to see how he will lead our church with his young energy. I like how he's already thinking about planning for Trinity turning 100, how he's reached out to the Orono Schools and his sense of humor will be serve him well!

I'm looking forward to seeing the youth program brought back to its vibrancy like it was before COVID. Jason has great energy too and great ideas to get the youth involved again.

Sincere thanks to Roger and Cindy for their service, and I encourage everyone to consider a term on our committees or Council, it's a great way to serve, meet new people, and make a positive impact on our terrific Trinity congregation.

Michelle Edwards,
Council President

Thank you Michelle for your graceful and experienced leadership through years of challenging transition! TrinityLongLake.org

Non-Profit Org. U.S. Postage PAID Permit No. 4 Long Lake, MN



TRINITY LONG LAKE NEWSLETTER / SPRING EDITION 2022







Know anyone looking for a faith community?

New Member Class May 1 | 10:30am

952.473.8577 TrinityLongLake.org