



TRINITY '21

SUMMER

to gather

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God— what is good and acceptable and perfect.

ROMANS 12:2



MEMBER
REFLECTIONS

ACTIVITIES
AND RECIPES

SUMMER
SERVICE

UPDATES
AND MORE!

TRINITY LONG LAKE
SUMMER CALENDAR

-----2021-----

SUMMERTIME

Please watch for weekly **Trinity Connect** emails or visit our website for sign-ups, new events & updates.

Drive-in Movie at Trinity

Wednesday, June 16 / 7pm
(SEE PAGE 10)

Walking

Thursday, June 17 / 9:15am
Wednesday, June 23 / 4:30pm
Wednesday, July 21 / 9:30am
Tuesday, Aug 17 / 2pm
(SEE PAGE 11)

Intro to Pickleball

Monday, June 21 / 9-10:30am
Wednesday, June 23 / 5-6:30pm
(SEE PAGE 11)

Trinity Women Happy Hour & Round Table Social

Tuesday, June 29 / 6:30pm
Terrie Allen's in Plymouth

Community Sing & Taco Feed

Wednesday, July 14a

Trinity Women Happy Hour

Tuesday, July 29 / 6:30pm
Stephanie Maki's in Long Lake

Tour Donation Garden

Wednesday, August 4 / 9-11am
(SEE PAGE 11)

Biking

Tour de Tonka / Saturday, Aug 7
(SEE PAGE 11)

State Fair Fun at Trinity

Wednesday, August 18 / 7pm



TrinityLongLake.org
952.473.8577



SUMMER PRAYER – Pastor Ann

Good and gracious God:

We thank you for bringing us to this year's summer—one that is so much different than last year's. In the months ahead, help us to be bearers of your love and grace, and keep us safe in our travels and at home. Grant us insight into what you need us to see; and fill us with your Holy Spirit. Transform us, renew us, and help us remember to give thanks and praise in all circumstances.

In Jesus' name we pray. Amen.

THE NORWEGIAN
SAILOR WONDERED
WHY HIS NAVY SHIP
HAD A SCAN ON
ITS SIDE?

TO SCAN DA NAVIA.

Art by
Trinity's own
Tom Lane



Time for Renewal

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

ROMANS 12:2

This verse from Romans is a great verse for this time. I don't know about you, but coming out of the pandemic, I feel like I need to renew my mind. Or renew my sanity. There are some good jokes that get at the whole insanity of the last year we've been through. For instance, during the time of extended isolation, some of us had to turn more to our pets for company. Maybe more than is healthy:

This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog—we laughed a lot.

And the whole “stir crazy” thing has taken a toll on us all. As this diary entry makes clear (and once again involving a dog):

Day 121: at home and the dog is looking at me like, “See? This is why I chew the furniture!”

But there were times when we may have actually gained insight into ourselves during pandemic time. Consider the following reflection.

After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.

Finally, in a wonderful joke that says it all about the sense that we've been stuck at home, even when we dream and try to make plans:

My husband purchased a world map and then gave me a dart and said, “Throw this and wherever it lands - that's where I'm taking you when this pandemic ends.” Turns out, we're spending two weeks behind the fridge!

OK, enough with the jokes. At Trinity, we want you to see this summer as an opportunity to get away from your own fridge – in front of or behind! It's time to get out, reconnect with each other, and have some new experiences.

Or, as Paul might put in Romans: be transformed by the renewing of your minds. I like that phrase “**be transformed**” because it reminds us that the significant, spiritual change of transformation is not something we do. It is a gift that is offered, and God is the primary agent. The question is: *how can we be open to transformation, to the renewing of our minds? How can we put ourselves in the best position for this to happen?*

We can learn a lot about transformation by looking at its opposite: **being conformed**. We are conformed by this world simply by being immersed in it and letting it shape us without questioning. With the state of our world right now, that is a scary proposition. The world - if we allow it to conform us - is a tribal, contentious place that is not very nourishing right now. To be conformed to the world is to be doomed to have high blood pressure and an empty spirit!

How can we immerse ourselves in God and the blessings of the Holy Spirit? Christian community is a big part of that answer. Trinity is a community that is formed by God for God's work. With the pandemic largely (but not completely) behind us, come to Trinity gatherings this summer in whatever form, so that you can be shaped by the spirit that is there.

At the recent **Timeline Party** hosted by the Steering Team for **We Are Here Now**, it was so much fun to see the sheer delight folks had in gathering again for the first time in quite a while. There was a lightness of spirit present as we told Trinity's story together. And at the **Bless the Years** service on May 16, the same thing happened: people reconnecting as a faith family! These experiences were gifts from God and reminders that we are part of something much larger; something and someone who nourishes us and renews us. Even transforms us.

So, whether it's our weekly worship services, our special summer fellowship events on Wednesday nights, helping with the Community Meal or joining a Bible study group you've been meaning to join, let God shape you as a gift to your soul. We all need to be renewed, especially after this past year.

Happy summer!

Peace,
Pastor John



REFLECTIONS *from our Trinity Family*

Trinity Council Members, HOW DO YOU **RENEW** YOURSELF SPIRITUALLY?



Michelle Edwards

Even before the pandemic, I spend most of my days on a computer dealing with data, ideas, and people that I don't get to see. I find it very renewing to do concrete, tangible things with visible results – farming and gardening are my go-to activities. I love the immediate feedback and being reminded of 'real life' in a very tactile way. We have a large vegetable garden, bees, chickens, goats and alpaca that all need feeding, mending and cleaning up after on a daily basis. I don't find these chores to be taxing, though. All of these activities remind me how simple real life can be – enough food, water, sunshine and rest and we will all thrive a little more.



Christy Morse

As is the case with most people, life has periodically required that I make significant changes, often when I did not feel prepared to change. Each time, I have tried to slow down and discern what actions were in keeping with my faith and my values. The choices were seldom clear at the beginning, which caused me to fear the unknown and worry about the future. However, with prayer, soul searching and time, I chose my paths forward. These various paths have sometime been bumpy. They create situations when I need to ask for forgiveness, give thanks for many blessings, and often ask for guidance and better understanding of the needs of others. Relying on my faith has helped me consider how I can best live my life in a way that reflects God's love for us and for the world.



Roger Spiry

You may find this somewhat hard to believe but almost daily the first thing the Spirys do is have our own Bible study. Currently we are studying the book of Genesis. My wife teaches a Bible study on our Zoom account every Monday at 1:00 and at 7:00. The afternoon class is made up of mostly Trinity members and the other class is made up of folks from all over. I generally am involved with both of those classes. Anytime you or anyone else would like to join simply let me know and you're in (RogerS@trinitylonglake.org)!

All classes last one hour. This has been going on for almost two years.

God has been good to me and quoting the Gospel is not something I shy away from. I track I Corinthians 15:1-4 on what I believe and it works for me! I believe that Jesus died, was buried, and arose from that death for me.



Cindy Lecy

The one aspect I appreciate the most about Trinity is the opportunities they offer to connect with others and the true feeling of a Christian community. These opportunities help me renew my energy, appreciation, and connection with God.

This past year I really needed a boost to my spirituality. Thankfully, Trinity continued to offer opportunities for me to do just that.

At the start of the pandemic/lockdown, Pastor Brian offered zoom meetings to discuss what was going on and to see how we were all coping. There would be a dozen or so in attendance and it was very helpful to put things in perspective. A calming presence to an unprecedented time.

Church is another way I continue to renew myself spiritually. So, drive-in church this summer was helpful to add the sense of faith and community while keeping a distance. It was a great way to commune with God and the Trinity community.

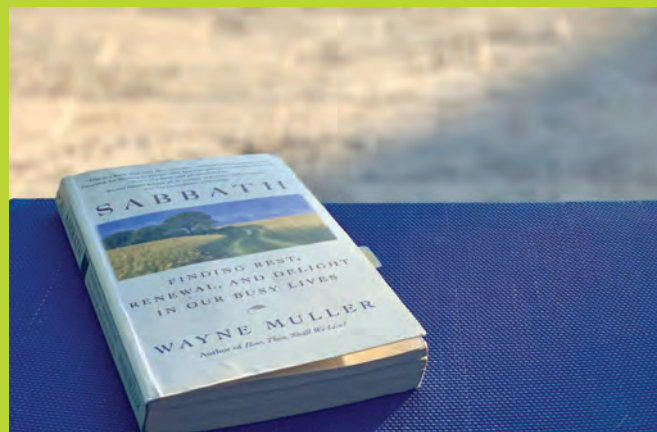


Lastly, a bible study at Trinity, that I have been a part of in years prior, thankfully, continued. We started a new study in the fall with a great group of women who supported each other. Studying the Bible is a big part of how I renew myself spiritually. I was thankful for these women who forged ahead and kept us together either in person or on Zoom.

For me it takes a church community to help me renew myself spiritually.

An excerpt from
SABBATH
by Wayne Muller

FINDING REST,
RENEWAL,
AND DELIGHT
IN OUR BUSY LIVES



The Sabbath rocks us and holds us until we can remember who we are. If we are to integrate rest deeply and fully into the rhythm of our lives, we need a sense memory, a visceral bodily experience of what it feels to be delightfully inactive. Students who study in the presence of fragrance do better on tests when the same fragrance is in the testing room. On the Sabbath we smell spices, we bring flowers, we smell the bread in the oven and we are transported, we recall feelings and insights we have not known before, and we remember. When Sabbath is done, and we return to labor we carry the fragrance of rest in our bodies.

***Put out into the deep water and
let down your nets for a catch.***

LUKE 5:4

Trinity's Very Own **RENAISSANCE MAN**



Mark Hemingway - *Director of Worship & Music*

Part music man, builder, cook, baker, gardener, food scientist, electrician, teacher, director, technician, artist, and unbelievably more... yet he somehow makes it all look easy.

Yes, I've had some fun with that. One day Katie, asked if I'd ever had a pony. I said yes. And she said that's not fair! She was livid, *"What do you mean you had a pony? I thought life was so hard on the farm!"*

Was it hard on the farm?

My dad had dairy cattle until I was seven, and then he went to strictly crop farming. When growing up, we went on two-week vacations in the summer and saw 46 of the states. It's just like...*how did we do that?*

Do you have siblings?

I have a sister, 11 months older.

How has your upbringing affected your life?

We do a lot of farming at our home in Delano. Gardening and stuff like this is a big deal to us.

What do you grow?

We've whittled down our plants to just ingredients for salsa. We have beets and kale. We cook the beets and freeze them, and preserve kale in bags to have in smoothies.

You're known among the staff as a renaissance type guy.

There's no excuse in today's world to not be able to do something. Just google it, try it, and when it doesn't work, try again.

What is the best thing I've tried?

Our financial advisor told us a few years back that everyone needs a business. We buy houses and redo them. I've done plumbing, wired things, and put up walls. We can replace windows and build stud walls.

Where did you grow up?

I grew up in southern Minnesota on a farm near Ellendale where summers were spent picking weeds, beans, and rock.

Have you told the farm stories to your three kids (now adults: Emily, Katie, & Michael)?



Mark and Jane's Salsa Garden

You decorate the sanctuary, too.

To me the visual is another way to enhance the message. I started in community theatre in my first teaching job and have probably directed 15 or 16 shows, so I have a long history with it.

EDITOR'S NOTE: Mark painted the backdrops on the Drive-in Worship Wagon and regularly enhances messaging with backgrounds for the Sanctuary.

Where did you go to college?

I went to school at Golden Valley Lutheran where I majored in music. I graduated from St. Olaf with a teaching degree.

Did you always know what you wanted to do?

It was so easy for me get a music education degree. I love teaching. I did a long-term sub position in Wisconsin, and worked three years in Caledonia which was just a hoot. There's nothing better than starting the morning with kindergartners. Then we moved to Little Falls; I was there for 13 years and taught high school music.

Why did you leave teaching?

The leaving teacher thing was prompted following 9-11 and schools started doing more Lock-Down drills, and as we here hunkered down in our locked room, a student asked, "What if the shooter is in our room, what happens to us?" It's tough to tell kids they would be sacrificed for the rest of the school. That was the day I knew I couldn't do that anymore.

When did you come to Trinity?

I came to Trinity in 2002. I decided to change my career after September 11, 2001. My outlook on schools and safety took a hit. My friends had told me being a music director at a church was the best of both worlds. I love what I do here.

How did COVID challenge you?

This year has been difficult. I miss teaching the most.

EDITOR'S NOTE: We miss his teaching too, but Mark took advantage of technology doing mini-concerts online and enhancing the production of online worship. He embraced the outdoor worship as well.

Anything you want to add?

A HUGE thank you to Jane and my amazing family for always allowing me to put this job ahead of so many other things. They have been an incredible gift in this position. As we told the kids, "I guess church isn't the worst place to have your Christmas Eve tradition". They have been a blessing.



The Dash

Memorial Garden & Columbaria

Have you heard about *the dash*, as in –? The dash is between the birth and death date. And the story of one's life is in *the dash*. **The Memorial Garden and Columbaria** is all about the dash, stories of lives well lived, a place for both life and commemoration.

Just last month we had inurnment services for Cookie Steiner and Susan Kylo, sister of Shirley Hemenway. Helen Gronberg is commemorated on the Memorial Wall as well.

We've made physical

improvements this past year including **two courtyards**, **a scattering garden**, portions of a planned **clay paver path** with a 50-year life expectancy and coming this summer, **a small water feature**. Improvements are made possible by sales and donations (thank you).

You're welcome to visit and enjoy the beauty. It's a great place to pause, reflect, and give thanks.

For more information contact Jeri Miller (jerilyn@trinitylonglake.org).



Summer RECIPES & FUN



Honey Chicken Salad

Serves approximately 4 people

Shared by Kristin Nafstad, Hospitality Coordinator

There's nothing quite like a fresh crunchy salad that gives you everything your body craves on a hot day.

INGREDIENTS:

- 4 cups chopped cooked Chicken
- 4 Celery stalks, diced (about 1 ½ cups)
- 1 cup Sweetened Dried Cranberries
- ½ cup chopped Pecans
- 1 ½ cups Mayonnaise
- 1/3 cup Honey
- ¼ tsp Salt
- ¼ tsp Pepper

DIRECTIONS:

Stir together first 4 ingredients. Whisk together mayonnaise, honey, salt and pepper. Add to chicken mixture, stirring gently until combined.



Shared by Rindee Erdmann, Trinity's Financial Manager

Since one of my favorite summer activities is camping, and my favorite meal is breakfast, try these easy camping breakfast recipes. Food just tastes better outdoors.

Campers Breakfast Hash

8-10 servings

INGREDIENTS:

- 1/4 cup Butter
- 1/4 cup Onion
- 2 pkg (20oz each) refrigerated Shredded Hash Brown Potatoes or 2 (4.2oz) boxes Hash Browns, adding water as directed (Costco used to sell them)
- 12 Eggs, slightly beaten
- Salt & Pepper to taste
- 1 pkg Jimmy Dean Sausage Crumbles
- 1 cup Shredded Cheddar Cheese

DIRECTIONS:

In a large skillet, melt butter and add the potatoes, sausage and onion (can also add green peppers if desired). Cook over medium heat for about 15 minutes or until potatoes are lightly brown. Push potato mixture to the sides of pan. Pour eggs in center of pan. Cook and stir over medium heat until eggs are completely set. Season with salt and pepper. Mix the eggs and potatoes together. Cover with the cheese and put lid on to melt cheese for a couple minutes.

Quick Donuts

INGREDIENTS:

- Tube of Pillsbury Biscuits (the small ones, not Grands) or generic Sugar, Cinnamon-Sugar
- Oil

DIRECTIONS:

Use a circle cutter to take the center out of the biscuit (these will be made into donut holes). Fry the biscuits and holes in about 1/2" of oil in a skillet, flipping the biscuit when it gets golden brown (Make sure the oil doesn't get too hot). Lay them on a paper towel, then put them in sugar or cinnamon-sugar mix. The kids (and adults) love these!

SCAVENGER HUNT BINGO

 Pinecone	 Bee	 Yellow Flower	 Acorn	 Butterfly
 Chipmunk	 Rocks	 Pond or Lake	 Web	 Insect
 Tree	 Berries	FREE SPACE	 Bird	 Stick
 Big Leaf	 Animal Tracks	 Spider	 Tree Stump	 Clouds
 Dirt	 Bird Nest	 Garden Weed	 Pink Flower	 Orange Leaf

Take a walk and be the first to get FIVE in a row to WIN!
UP - DOWN - ACROSS - DIAGONAL

Or if the family is feeling especially creative or energetic, try for a **CROSS, POSTAGE STAMP** or the ultimate **BLACKOUT BINGO**.

Win what? Have some fun coming up with prizes or rewards
(eg: winner gets the family's movie night pick).



TRINITY
**Children, Youth
and Family**

Summer is a great time *to-gather* outside and enjoy the beauty that God has created. But beyond that, to do so with family and community makes it all that much sweeter.

More *Summer-to-Gather* opportunities to come will include a St. Paul Saints game, happy hours, more bike rides, and a fishing night at Half Moon Pier in Independence.

Please watch for weekly *Trinity Connect* emails or visit our website for sign-ups, new events and updates.



MONTHLY SUMMER NIGHTS @ TRINITY

Save the date for three fun evening community events. Details to come. All are welcome!

Drive-in Movie June 16

Kids and kids-at-heart come for an outdoor movie and snacks. Bring chairs if you want to sit outside of your vehicle.

Community Sing & Taco Feed July 14

Enjoy music provided by talented members of our community. Plus Walking Taco Feed and an Ice Cream Truck will be onsite.

State Fair Fun August 18

Celebrating the return of *The Great Minnesota Get Together* right here in our parking lot with food and games.

DONATION GARDEN

Wednesday, August 4 (raindate Aug 11)
Visit anytime between 9-11:00am

Learn about the garden, composting, permaculture and the focus of supporting fresh produce to those in need.

Since 2011, The Donation Garden located in Orono behind the Long Lake Fire Dept has planted, harvested and delivered fresh, healthy produce to those in need. 100% of the produce grown is donated to others.

Our success comes as a result of generous hearts and hands who view feeding people as the simple act of giving back. With your generous support, we are able to support **WeCAN, Interfaith Outreach,** and the **Monthly Community Meals.** Their mission is creating community and providing healthy, fresh produce.

BIKING

Support a great community event.

Tour de Tonka on Saturday, August 7

The annual Tour de Tonka bike ride has become a staple of the west metro community growing in numbers each year. All ages and all abilities– from families and recreational bicyclists to cycling teams and serious athletes can successfully ride and enjoy the beautiful scenery and be part of this highly organized event.

Ride options range from a 16-mile (Family Fun) to a 100-mile (Tonka Century) ride. *FYI those riding 42 miles or more will pitstop at Trinity's parking lot.*

Tour de Tonka partners with the **ICA Food Shelf** to give participants an opportunity to make an impact with their ride. A portion of each rider's registration fee is donated to the ICA.

To learn more & register: www.minnetonkaschools.org/district/mcec/events/tour-de-tonka/

Several Trinity members participate in this ride; consider putting together a Trinity team of your own and enjoy!

*We hope to add a family bike ride ending at a restaurant or ice cream shop later in the summer. Please watch for weekly **Trinity Connect** emails or visit our website for sign-ups, new events and updates.*

WALKING

Mother Nature gives us a free opportunity for improved health, physically, mentally, emotionally and spiritually. Let's get together and enjoy all that God gives us in the great outdoors! All are welcome!

Led by Jerry Paulson & Chuck Ritchie

Wednesday, June 23, 4:30pm

Meet in Long Lake at Nelson Lakeside Park. We will walk along the lake through downtown, east to Green Glen Park to the Luce Line, to Orono Orchard Lane and back to downtown.

Led by Amy Lundell & Jenny Springmeyer

Join moms for a chance to connect. Strollers welcome! Call/text Jenny 612-250-6293 with questions.

Thursday, June 17, 9:15am | 2-3 miles

Meet at the south side of Trinity's parking lot after VBS drop-off

Wednesday, July 21, 9:30am | 3 miles

Meet at the Luce Line entrance off Old Crystal Bay Rd, south of Deer Run Trail

Tuesday, August 17, 2pm | 3 miles

Meet at the Dakota Trail entrance at the intersection of South Brown Rd and North Shore Dr, across from Crystal Bay Post Office

*Please watch for weekly **Trinity Connect** emails or visit our website for sign-ups, new events and updates.*

INTRO TO PICKLEBALL

Leaders: *Boo Hanning and Charleen Baller*

Monday, June 21, 9-10:30am

Wednesday, June 23, 5-6:30pm

Join with others to learn the basics of pickleball and enjoy some practice and round-robin games. Bring a paddle if you have one, if not, one will be provided for you. Dress for active play.

If you'd like to start/lead a group activity, email LindaK@trinitylonglake.org and we'll spread the word.



SUMMER READING

RECOMMENDED BY MEMBERS & STAFF

Please visit our website for additional details not included here.

**RECOMMENDED BY STACY THOMA
FOR SMALL CHILDREN**

The Kissing Hand by Audrey Penn

I read this to my daughters when they were little and my middle daughter, May, said that it helped her when she went to school. I also made a Sunday school lesson out of this a couple years ago. It's a reminder that like the kiss from the mother is always with the child, Jesus is also always with us.

**RECOMMENDED BY JULIE VAGLE
FOR LOWER ELEMENTARY CHILDREN**

***The Day the Crayons Quit
and The Day the Crayons Saved
the Rainbow*** by Drew Daywalt

A wonderful book series about kindness that is both funny and heartwarming. Kids will love the illustrations and story.

**RECOMMENDED BY JULIE VAGLE
FOR UPPER ELEMENTARY CHILDREN**

Wonder by R. J. Palacio

A great book with positive themes of friendship, inner beauty, standing up for friends, facing fears, kindness, and family, this is an inspirational story. There is also a wonderful movie after you've read the book.

**TWO RECOMMENDED BY
THE OUTREACH TEAM FOR ADULTS**

A Good Time for the Truth

Orono Community Education is sponsoring a discussion facilitated by Heather Holcombe Ph.D, Literature Professor, University of St. Thomas on **June 2, 16, 30** and **July 14** from 6:30-7:30pm at the Orono Learning Pavillion. Explore the experience of race in Minnesota through the collected stories of black, indigenous, Asian American

and Latinx writers, edited by local poet Sun Yung Shin. The goal will be to foster deeper understanding of the many realities and perspectives within our immediate and state-wide communities. Register at www.communityed.com or call **952-449-8350**.

The Last Hunger Season

by Roger Thurow, Author and Journalist, Wall Street Journal

Africa's smallholder farmers, most of whom are women, know misery. They toil in a time warp, living and working essentially as their forebears did a century ago. The daily dramas of the farmers' lives unfold against the backdrop of a looming global challenge: to feed a growing population, world food production must nearly double by 2050. If these farmers succeed, so might we all.

**TWO RECOMMENDED BY
MARY JOHNSON FOR ADULTS**

This Tender Land

by William Kent Krueger

Our book club really enjoyed this book. Krueger is a local author, which drew us to his writing. This book is a story of four Native American boys who escape from a "school"/ reformatory for Indian children and journey south down the river in hopes of getting free from the tortures of the school. It is a deep look into humanity, friendship and the world we live in!

Beneath the Same Heaven

by Anne Marie Ruff

Ruff is another Minnesota writer & she visited our book club meeting to discuss this book. It is a story of an American woman who meets and marries a Pakistani man while working in Dubai.

The author has a similar life situation, so she gives special insight into the life of people from very different cultures sharing a life (under the same heaven). Excellent read!

**RECOMMENDED BY JERRY PAULSON
FOR ADULTS**

Mountains Beyond Mountains

by Tracy Kidder

This is an inspiring true story about Dr. Paul Farmer's life calling to cure infectious diseases. This subject is especially pertinent in the midst of the current pandemic.

In medical school, Paul Farmer found his life's calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. Tracy Kidder's magnificent account shows how one person can make a difference in solving global health problems through a clear-eyed understanding of the interaction of politics, wealth, social systems, and disease. This book takes us from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes people's minds through his dedication to the philosophy that "the only real nation is humanity."

**RECOMMENDED BY SARAH PTACEK
FOR ADULTS**

Summer of '69 by Elin Hilderband

This is a perfect beach read. I love reading stories about life before me, it gives me the opportunity to learn about history in an entertaining way and leads me into researching the actual events. If you are interested in an easy periodic piece this needs to be on your Summer Reading List!

Summer SERVICE OPPORTUNITIES

Looking for ways to volunteer and serve this summer?

Simpson Shelter Breakfast



We served our monthly breakfast on June 5th after a 14-month hiatus. The guests were so happy to see our group. Simpson Shelter houses 40 men and 25 women who are experiencing homelessness. Eight volunteers help to cook/serve the meals (next serve is August 7, 6:30-9:30am). Because we are serving a vulnerable population, all volunteers must be vaccinated and 18 & older. Sign up online or at church.

Bingo in Long Lake

The residents at Long Lake Assisted Living love to play BINGO. Would you consider hosting an hour of BINGO this summer? To set up a time, please contact Peggy, the Activities Director (952-473-2527). *NOTE: At this time, the volunteers need to be vaccinated.*

Feed My Starving Children

Every year, millions of children die from preventable causes (pneumonia, diarrhea, malaria and undernutrition). Hunger is still causing nearly half of deaths in children under 5 years old. From this data, FMSC estimates at least 6,200



children die each day from causes related to undernutrition. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. Volunteer opportunities are available at three metro locations. Visit www.fmsc.org for details.

Chalk Drawings



Head to a local senior living, assisted living or nursing home and spread *joy* with chalk artwork on their sidewalks.

Host a Lemonade Stand



Donate your earnings to a local food shelf like *Summer Groceries* or pick your own organization.

Draw Pictures/Create a Card

Human connection is so important; brighten the day of someone who is elderly, sick or just needing encouragement. Hand deliver it or send it in the mail.

Hands on Twin Cities



For 100 years, Hands on Twin Cities has been a leader for volunteering services. They believe that the most powerful force in the world is the individual who has realized their power to do good. For many ways to help, visit www.handsontwincities.org.

Doing Good Together

A Twin Cities non-profit organization whose goal is empowering families to raise caring, engaged children by offering unique programs and events, valuable services, and fun activities that promote kindness and giving and help make empathy and "giving back" a natural part of life's early lessons. Visit www.doinggoodtogether.org for a variety of ways to volunteer locally.



Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

1 PETER 4:10

Updates from TRINITY MINISTRIES

Summer Groceries

Economic hardship created by COVID-19 has set a new, distressing record: 1 in 9 people in our community, including 1 in 6 kids, is facing hunger. Every \$1 allows the food shelves to purchase \$9 of goods from **Second Harvest Heartland**. Consider a one-time donation that will support both **Interfaith** and **WeCan** food shelves. You may donate online through Trinity's GIVE page to the *Summer Groceries* line or indicate it on an envelope or memo line of check.

Farmers Market SEP 12

Trinity's Outreach team will be hosting its third Annual Farmers Market this fall. As you are planting your garden, think dedicating an extra row or a few extra plants for the market. The proceeds of the market benefit others.

SAVE THE DATES

Details to come on how you can participate, learn, and volunteer.

- **Twin Cities Walk for Water SEP 25**
 - **Global Water Center SEP 8-12**
-

Monthly Community Meals

Trinity Lutheran, St. George Catholic and Calvin Presbyterian churches are continuing their partnership to provide meals. All meals are free and open to the community. Summer dates are **June 24, July 22, and August 26**.

Virtual Trip to El Salvador

Though we have not been able to travel the past two years to El Salvador, we are going to bring El Salvador to you! Our Virtual Trip will include greetings from the leaders of **Seeds of Hope** program, sharing from a few students in the program,

words from Bishop Gomez from the Lutheran Church and more! Our Virtual Trip will be an evening late in August (TBD) for an hour. Watch for details this summer.



Trinity Women

Fiesta de Joy on May 12th was a breath of fresh air and hugging was all the rage! Due to the biggest and most depressing opening act ever (the COVID shutdown), there was no chance that the evening wasn't going to go well. Special thanks to Kari Newell, our event planner, and all the volunteers that supported her. The food truck provided delicious food and Roxane Battle was authentic and funny. *Can't wait for the next event...*

WAIT - we have a problem - we need a planning team for our **Fall Kickoff!** Are you interested? You'll be fully supported throughout. Give it a think then email CariB@trinitylonglake.org.

In the meantime, we have 3 summer **Trinity Women Happy Hours**, the first one will be doubling as a **Round Table** for our ministry's upcoming year (see page 2 for upcoming dates). Consider coming out, catching up and sharing any future event ideas. *Do we want Bible Journaling to start up again? Book club? Any great OUT-of-the-BOX ideas? Speakers? Etc.*

We have very exciting plans for an off-site **Women's Retreat** at Terrie Allen's cabins up north; can't wait! This will take place in September, details to come.

Visit Trinity Women's page online for Fiesta de Joy photos and summary and also find what's to come this summer. Happy summer!

Opportunity International

Thank you for standing with struggling families! This past year's Lenten offering focused on learning and supporting the work of Opportunity International. We have committed to helping support along with other churches/individuals a three-year project supporting a rural community near Cartegena, Colombia. Your gifts of over **\$14,000** were applied to our total three-year goal of \$30,000. In the next few years, opportunities for learning and supporting the community will be shared.

Colombia has been struggling with yet another exponential spike in COVID cases and it has disproportionately affected the country's poor, with nearly 65% of the COVID-related deaths from those in the lowest poverty levels (**6.3 million people have been pushed into poverty or further into poverty**). Restrictions meant that most of the families were unable to operate their small food carts or storefronts (often their only income source). Children have effectively dropped out of school; without digital devices, families were cut off from teachers attempting to deliver lessons digitally.

The **Opportunity Zone** project we are a part of has three objectives:

- Increase incomes, create and sustain jobs, and provide an affordable quality education for children and youth that leads to a job, starting a business or going to college.
- Seek synergies that deepen the impact in Colombia by integrating AgFinance, EduFinance, Savings Groups programs building on the success in Microbanking.
- Establish new partnerships with financial, local government institutions, and others to provide critical services to our clients, based on their needs.

The goal will be to focus on families living on \$1.90 or less a day. During the next four years, the target of lives impacted starts at 2,691 the first year to 63,409 by year four. The total goal for the four years combined is 147,499 lives impacted.



TRINITY Preschool



Stressful times created an opportunity to teach children resilience.

No one knew if Trinity Preschool could open during the pandemic. The preschool staff spent last summer wondering if they would have jobs. The parents of preschoolers wondered if school would be open. If we opened, how would we stay safe?

Our school year program consisted of a detailed **COVID Preparedness Plan**. We kept classroom numbers small and stayed together in pods. Parents were no longer able to gather in the church. Children were separated from their parents at the church doors. Parent connections with each other were not fostered. Teacher and parent relationships were minimal. Our *Christmas Program, Special Person Day, Daddy-n-Me Night*, the

year-end *Spring Fling*, all cancelled.

Our teaching team took this adversity and adapted. Our efficient plan needed to be amped up a notch. Staff cleaned more, disinfected religiously, washed hands and covered faces as we walked through the church hallways. Staff picked up more hours than they originally agreed to work. The Trinity Preschool families were supportive and understanding. This challenge did not stop our preschool from being the most joyous of places!

Trinity Preschool stayed open ALL YEAR LONG! The Church Council, Preschool Governing Board, Pastor Ann and Pastor John endorsed the opening of school. The children were

nurtured and supported.

We played, laughed and learned. The curriculum taught children to understand and manage their feelings, develop empathy for others, make responsible decisions and solve problems. They were creative. They were loved.

The Trinity Preschool staff did an excellent job of meeting extraordinary challenges during the COVID-19 pandemic. This was a stressful year for all. We are resilient. We will be back in the fall of 2021, stronger than ever.

Kelly Govrik, *Preschool Director*
952-476-2611



WE ARE HERE NOW

TRINITY LONG LAKE 2021

JUNE 6, 2021 UPDATE

The **We Are Here Now** project is progressing well and on time. The purpose of this research effort is to answer the question, *“What is God’s preferred and promised future for Trinity?”* With Brian and Kim Fragodt’s retirements and an unprecedented global pandemic, this is an important time for us to step back, reflect and attempt to answer this thought-provoking question.

There are three components to the data collection process that will help us envision what God is calling us to in the future and what characteristics we need in a new senior pastor:

- **Listening Leader Interviews**
- **Congregational Survey**
- **Cottage Meetings**

The **24 interviews** conducted by a seven lay leader committee, led by Karen Randolph, highlighted how much we appreciate our sense of community, our Trinity Staff and how adaptive they have been throughout this challenging time.

A total of 136 people responded to the **Congregational Survey** and reported 44 typed pages of statistical data and qualitative comments. We are completing the analysis of this research soon.

20 Cottage Meetings were conducted in smaller groups facilitated by our Steering Committee members. Each person contributed meaningful insights by sharing his or her voice to the conversation.

Sunday, May 23, we hosted a **Timeline**

Party in the Great Hall. It was a wonderful 90 minutes of sharing stories from the past about one of the best days at Trinity, a difficult or challenging time and some hopes for our future. This will help us better tell our story to our new Senior Pastor. We learned some meaningful themes as a result of this important work done together.

Finally, tune in to YouTube for our **SHIFT Congregational Update** (Jun 6) where we reported out a summary of all of this meaningful work.

Thanks again for your participation and hope to see you this summer!

*Kathi Tunheim and the Steering Committee:
Ruth Bash, Jennifer Weiss, Katy Gagne, Troy Koltes, John Sweeney*

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TRINITY '21 SUMMER *to gather*

TRINITY LONG LAKE NEWSLETTER / SUMMER EDITION 2021

What's inside...

MEMBER REFLECTIONS

SUMMER FAMILY FUN

RECIPES & SUMMER READS

SERVICE OPPORTUNITIES

STAFF HIGHLIGHT

MINISTRY UPDATES
AND MORE!

WORSHIP AT TRINITY

Outdoor Drive-In

9am in parking lot thru June 20

In-Church & Online

10:30am in the Sanctuary
or on YouTube thru June 20

Starting June 27 One Worship Service

9am in the Sanctuary
or on YouTube



TrinityLongLake.org