# trinity long lake newsletter | summer edition 2024



#### summer calendar 2024

watch for tuesday/saturday emails and visit our website for details

worship together sundays 9am

iocp food shelf | june 6, aug 1
 scuba vbs | june 10-13
 salem community meal
 june 11, july 9, aug 13



wednesday, june 12 | 5-7pm

We are thrilled to kick off the **3rd Annual Summer Nights** series featuring **Nicholas David** of "The Voice". We'll dine on fried chicken with potato salad and sides. Rebecca Radintz is bringing her new snow cone truck, **Frost Factory**. Invite your friends and neighbors to make this summer memorable!

simpson shelter | jun 15, jul 20, aug 17
 seeds camp | june 21-23
 monthly community meal
 june 27, july 25, aug 22
 camp wapo | june 23-28
 summer stretch | july 10, aug 7
 elca youth gathering | july 15-21
 family camp | july 26-28
 habitat for humanity build | aug 8
 salem at state fair | aug 22 - sept 2



TrinityLongLake.org 952.473.8577

# sacred summer

M. Pole Pastor Adam





It's tough to nail down exactly what the word "sacred" means.

I suppose one could find their way to a dictionary definition, but that would only distinguish the word as something more religious than secular. It doesn't get at the heart of what the word actually means. Or does. Or feels like.

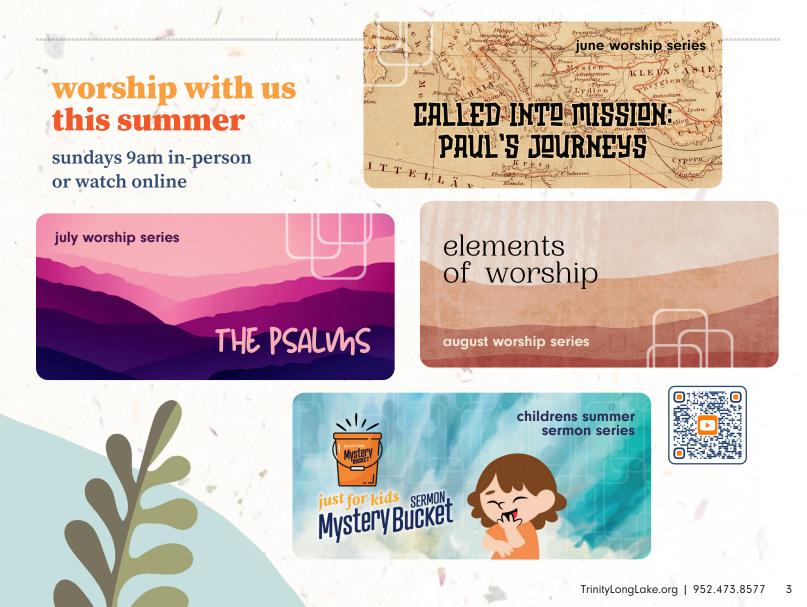
Because while I probably couldn't tell you what the word "sacred" means without using other words I'd also have to define, I can tell you what sacred feels like. It feels like coffee on the deck watching the trees wave in a soft breeze. It feels like hands joined together while reciting the Lord's Prayer at the bedside of someone near death. It feels like a hug when you really need one. Sacred feels like peace, or comfort, or mystery, or wonder. I've felt it when I'm settled, but I've also felt it in the midst of chaos.

I think the reason sacredness is hard to define is because it's not a thing that can be created, rather it's something holy that is felt or experienced. It's something divinely appointed to be discovered, a place where God has entered this world with us and is waiting for us. The sacred is a relationship to be embraced, the beauty of which is to be revealed along the way.

We get so busy trying to create – moments, memories, magic. We want so desperately, for ourselves and the ones we love, to experience the sacred. Often, we don't know what it is we're seeking but we know it when we feel it, when we encounter it. I'll say, though, that it's very rarely in the things we create and almost always in those mundane, unexpected ways that God creates extraordinary in the ordinary.

I encourage you to be open to the sacred this summer. Don't worry about creating the perfect conditions for it, but more simply pray that God might create sacred space in your heart for whatever is waiting to be revealed. I can't tell you what exactly it will look like, how it will happen, or what even it is.

All I can say is – you'll know it when you feel it.



# a little about our newest members



#### 1) Where do you live? 2) What is your employment? 3) Why did you join Trinity?

#### Charles **Bryant** & Elisabeth **Teichroew**, Amara (19), Lewis (16), Lillian (13), Benjamin (9), Cherish (6), and Joleigh (4)

- 1) Crystal
- 2) Charles Director of Maintenance at The Grove Elisabeth – Executive Director of Church Operations at Trinity Long Lake
- **3)** We first came to Trinity for work but joined the church as we found family here.

#### **DeWees Family:** Eric, Lizzy, Vivi, Belle & Teddy

find a quiet space. listen, give thanks.

- 1) Wayzata
- 2) Eric is in career transition following 10 years in an executive leadership position at a consumer financial services company. Lizzy is an OB Hospitalist for Women's Health Consultants at Abbott.
- **3)** We joined Trinity to continue our spiritual journeys, to be closer to God and for the community which feels quite strong.

trinity foundat

Pastor Adam Butler

AdamB@TrinityLongLake.org

#### Smith Family: Cliff, Molly, Carleigh & Isaac

#### 1) Long Lake

- **2)** Cliff is Senior Vice President of Mergers and Acquisitions for Clarivate Analytics
- **3)** We joined to be a part of a Christ centered community.

#### Whiting Family: Jake, Sarah,

#### Abraham (8th grade), and Franklin (5th grade)

- 1) Orono
- 2) Jake WEX Health Program Management Sarah – Target Owned Brand Portfolio Management, although my role was recently eliminated after 25 years here, so ask me what I'm doing by year-end.
- **3)** We joined Trinity first for the faith community. We had most recently been members at Westwood ELCA in St. Louis Park and wanted to find a church closer to home where we could serve and build friendships. Second, worship. We appreciate the options to worship on Wednesdays & Sundays, as well as the music and multi-generational presence at both services.

**Trinity's Foundation**, established in 1998, receives gifts for the long-term mission and ministry of our church. Thanks to the support of members, the foundation is growing and expanding our ministry's impact.

#### Here are some ways to give:

- **Memorials:** Honor the special connection between deceased members and the church.
- **Celebrations:** Mark birthdays, anniversaries, significant accomplishments, or honor someone's impact.
- Distributions from Tax-Qualified Accounts or Charitable Trusts:
  Designate distributions from IRAs to meet required minimum distributions without generating taxable income.
- Designate gifts from charitable trusts.
- **Thrivent Choice Dollars:** Designate Thrivent Choice dollars to the Foundation annually.

For questions about giving to the Foundation, please contact Financial Manager, Rindee Erdmann (Rindee@TrinityLongLake.org).

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SHARES THEIR STORY AND SOME CLUB BOOK A TRINITY

SUMMER READING RECOMMENDATIONS

## our book club and how we roll

- Mary Johnson

Current members pictured: Shirley Hemmenway, Julie Totteland, Karen Pederson, Naomi Nelson, Wendy Wile, Becky Madson, Mary Johnson and Laura Polymeros. Not pictured: Barb Lohman and Fran Kleinsteuber.

# our recommendations



- 1. Lessons in Chemistry by Bonnie Garnus This gave us more insight into the struggles women have traditionally had in the workplace but in a humorous way!
- 2. Beneath the Same Heaven by Anne Marie Ruff A local author visited our meeting to talk about this book. It tells the story of her marriage with a Pakistani man of Muslim faith.
  - 3. Black Cake by Charmaine Wilkerson A mother's inheritance for her children challenges what they knew about their lineage & identity.
  - 4. A Gentleman in Moscow by Amor Towles A fun story that takes place in Moscow and has recently been made into a series on Prime or Netflix.
  - 5. This Tender Land by William Kent Krueger
  - This is one of several we have read & can recommend by this local author. His books often feature localities we recognize.

Our book club kicked off in the early 2000s with a great group of members including Carol Moleski, Diane Henninger, Judy Lane, Patty Gerberding, Mabel Smith, Jean Tempero, Lois Fossen, Fran Kleinsteuber, Kathy Schulenberg, Laura (Kyllander) Polymeros, and a few others.

Every season, we suggest books we've enjoyed to the group. At our final meeting in June, we vote on those suggestions. The top ten picks are announced before the September meeting, where everyone chooses a book and a month to lead the discussion.

We meet monthly in the Fireside Room at Trinity with a couple of fun exceptions: a Christmas dinner and a June potluck at members' homes.

Our club tends to feature women authors and protagonists, but we're open to all kinds of good reads. We've had many authors join us in person or via Zoom, giving us a chance to engage with them. It's a social group, but one that pushes us to read books we might not pick up on our own.

## outreach ministry serve near & far

Jill Cornell, Shared Ministries Director | JillC@TrinityLongLake.org

Even though it's summer and a time to take a breather from the school year, we hope you'll still find time to serve God and others!

Signups available in weekly communications, online or scan codes.

#### thank you!

The Dorcas Circle thanks you for supporting their April Baby Shower! Donations went to Lutheran Social Services Life Haven Teen Mom shelter and to Camden Collective (located at Salem) for distribution in Northside Mpls.

#### recurring serve/giving

• Simpson Shelter



Help with an upcoming monthly lunch service: June 15, July 20 & Aug 17. Any age can help.

IOCP Food Shelf



Help with one of Trinity's upcoming shifts: June 6 & August 1. Must be 18 or older.

#### • Food Shelf Donations

Support the food shelf throughout summer. We will be collecting name-brand cereals and 4T & 5T pull-ups. Drop off at the Signup Center. The food shelf will also gladly accept extra garden produce this summer.

volunteer. find God in serving someone else.

#### salem lutheran church

We are beginning year three of our partnership with Salem in North Mpls, continuing to support each other in various ways. A newer initiative is assisting with their monthly community meal by providing funding and, more importantly, volunteers from Trinity to work alongside Salem members.

- June 11, July 9, & Aug 13 | Help with the monthly community meal at Salem
- July 17 Summer Nights | Salem's Blue Grass Band will be sharing music & Salem's famous State Fair meatballs
- Aug 22-Sept 2 | Help at Salem's State Fair booth before, during & after
- Helping with Walter Holmes' Eagle Scout project-providing an update to Salem's Community room

#### From Rachel & your family at Salem

To everyone at Trinity Lutheran,

Thank you from the bottom of our hearts for your continuous support and intentionality to our mission and community. Your generous donation to our community meal program will directly impact our northside neighborhood when we've heard how important our food ministry is. You exemplify well how brotherhood and sisterhood with love in mind, in Christianity can play out. Thank you!

#### monthly community meal

Join us for an upcoming meal or sign up to help when Trinity is hosting in August. All are welcome, 5:30-6:30pm.

- June 27 & July 25 | Hosted by St. George, served at Dexter Park
- August 22 | Hosted by Trinity, served at Dexter Park

#### seeds of hope sponsorship, el salvador

Sharing the success!

Since 2012, members of Trinity have been sponsoring students education in El Salvador from Kindergarten through

University level. One of Trinity's sponsored students recently graduated from the University. This is a huge achievement-only about 5% of the youth in the country achieve this level of education. We are so proud of



her accomplishments, graduating with a degree in Education with a specialty in the English language. This program helps to make dreams and education a reality with the gifts of sponsorship. Well done Karla! Thank you sponsors Terry & Christy Morse, Betsy & Mike Taylor, and John & Tina Gabos!

#### mental health

Thank you for the support!

Our Lenten offering supported the work of Walk-In and Relate Counseling Centers, each receiving \$1,882. Additionally, during our March 17 Mental Health Service event, we provided Mental Health Booster Kits for clients visiting the centers.

"Thank you for the mental health kits that you donated to us. Our school service staff will use and share them with clients. We appreciate your support & relationship." - Relate staff

"Thank you for your generous support of Relate. And, thank you for the opportunity to speak during one of your Lenten services. We appreciate your commitment to the mental health needs in our community." - Relate Staff

"We are so grateful to be chosen as a beneficiary of your church's generosity during Lent! It was a pleasure to visit you and talk about our work. We experienced an open-armed welcome at your congregation and that means a lot to us!" - Walk-In Staff

#### bricks to bread





As part of SERVE Weekend we supported one of our ministry partners, Bricks to Bread. A group gathered at the home of Nancy Alvarado (founder & CEO of BTB) to make dough, shape

pretzels, and bake pretzels in the BTB oven. While our group was baking in Minnesota, women in Costa Rica were baking in their BTB oven, too. On Sunday morning, another group finished the baking and sold the pretzels after church. All proceeds are supporting our own future Bricks to Bread oven build hopefully in El Salvador in the next year or so.



Our AGM team is busy creating, working and planning for the market in November. **We are always looking for people that could help** (sewers, woodworkers – we have project kits prepared). Contact Jill if you can help.

**Vendor Applications** are available now for Trinity members and will be open to the public July 1. See office or website.

AGM is currently collecting donations (please drop off at Sign up Center)

#### FOR REPURPOSING:

Quart sized jars (with lids/rings), wood stain, hardwood or pine boards (send photo to Jill), cedar shakes, Spiritwear sweatshirts (no thick or slippery fabric), chalk paint & supplies, wool fabric & sweaters, fleece, jewelry/brooches, license plates, ornate frames (8x10"), larger pinecones, unopened packs of paper napkins (holiday to general, cocktail size or larger)

#### FOR RESALE:

Books (current titles), puzzles & games

#### spring serve weekend

80 people helped with 160 hours of serving around Trinity and in the community at the Community Meal, IOCP's Resale Select store, Quilting, Feed My Starving Children, Trinity Spring Clean Up, BINGO at Long Lake Assisted Living, May Day Baskets, Simpson Shelter, and Bricks to Bread.







habitat for humanity local build day

Thursday, August 8 | 8:30am-3:30pm

Help with Trinity's day at a Home Rehab project in Edina. Info to come.



# quilting made easy and for good reason

- Carol Ketcham



The **Trinity Quilting Ministry** consists of six faithful servants who meet every other Monday from 9am to noon in the Trinity Art Room. We meet for fellowship and to tie quilts for persons in our community who are experiencing homelessness, chemical dependency, endangered women and their children and others in unfortunate circumstances who need assistance. Local organizations receiving our quilts are: **Interfaith Outreach and Community Partners** (IOCP), **Simpson Housing Services**, **Home Free Missions/Inc. Vinland National Center**, **Sojourner Shelter** and **Bridging**.

Quilt tops are created by some members at home and assembled at our regular meeting, adding the back and batting and tying everything together with yarn. **Experience in sewing is not required.** 

Our entire group attended the **SERVE Weekend** quilting project. We were blessed by having former quilter OrLou Jensen join us, as well as several new faces who helped assemble three beautiful quilts.

The Quilters are always in need of additional members. We are a group that loves to laugh as well as give support when it is needed. If you would like more information about the quilters please email CarolKetcham@hotmail.com.

# children, youth & family

Julie Vagle, Director of Faith Formation + Children & Family | JulieV@TrinityLongLake.org Stacy Thoma, Early Childhood Coordinator | StacyT@TrinityLongLake.org

#### confirmation parent-student night/shift

#### The Science of the Positive: Nurturing Resilience and Well-Being

This enlightening event provided families and adults with information and techniques we can all use to impact others and live more healthy lives. Ali Chorley Dziewecicynski, an Orono graduate and leader of the Orono Coalition, along with Sonja Benson Lockman, Trinity member and psychologist were presenters.

Ali synthesized research on Adverse Childhood Experiences such as

vacation bible school

scuba vbs | june 10-13, 9-12pm

We will be diving into friendship with God. Please pray for our kids to have a week filled with fun, faith, and friendship. We can't wait for the building to be full of kids excited to grow in faith and experience all the wonderful things we have planned for them.

try something new.

neglect, abuse and challenging home environments can cause far-reaching implications for mental and physical health. The more of these that are experienced, the more affected children are, and that impact lives on. The path to improvement lies in family and community-centered positive childhood experiences: feelings expressed safely, community belonging and relationships with at least two non-parent adults. Research shows that kids blessed with a multitude of positive experiences will be less likely to suffer from depression and illness.

Sonja shared relaxation acts like box breathing, humming, singing, yoga

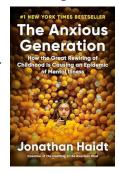


- **Seeds** | 1st-3rd grade, June 21-23. We are excited **13 campers** will go for a weekend with our Trinity friends.
- Camp Wapo | 4th-8th grade, June 23-28. 46 campers signed up for a week of fun activities including beach time, field games, campfires, cabin time, chapel, Bible studies, canteen, free time, and Gaga. Campers will experience a place of love and grace as they grow in friendship and faith. Keep these campers in your prayers for a wonderful camp experience.
- Family Camp | Families of all ages and sizes, July 26-28. Join us for a weekend at camp with 35 other church friends. We have plenty of beach time, campfires, games, family faith time, and Sunday worship at the beach.

poses and a phone app called, *Breathing Zone*, at a \$5 one-time cost. Find **Mental Health Booster** kits in the Narthex.

We will be continuing the Mental Health conversation in the fall with the **Orono High School Psychologist and the Superintendent, Dr. Kristi Fleisher** to increase our awareness of the circumstances affecting our kids and how we can be supportive. A book that some of our staff will be reading in

the coming months is **The Anxious Generation:** How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness to help continue the learning ourselves.



# elca youth gathering in new orleans

Our **group of 9** will be heading to New Orleans July 15-21 along with 15,000 youth from around the country. We will worship each night, do service projects, experience the culture of New Orleans, gather with our local synod, meet ELCA partners at the interactive learning center, and have a lot of fun while we grow in our faith.





We had a very successful **CYF Fundraiser** thanks to our amazing volunteers and families as well as our generous and supportive Trinity community. We are so thankful for the people who came to the dinner, bid on silent auction items, and donated to support kids going to camp and New Orleans.

# How much was raised? \$11,959.71

We surpassed our goal and are thrilled with the support that will lessen the cost of these life-changing summer opportunities for our young people who helped with the fundraiser.



Please pray for the 94 going to CAMP WAPO and the 9 going to the

### **ELCA YOUTH GATHERING**

in New Orleans this summer; your support is deeply appreciated!



## confirmation mentoring

- Rob Wiens

As in prior years, it was a great experience spending time with my mentee. Although it's been many years since I was in 8th grade, their daily life still has many similar challenges, as it did when I was that age. Challenges of who your friends are, listening to your parents, and doing well in school.

It was cool to see how Trinity played a significant role in developing my mentee's faith, and the friends he would hang out with. Very rewarding when your mentee reaches out, looking for your support or guidance on how to handle different situations. Or, when your mentee references the children's bible he received at Trinity and how he reads about King David.

Meeting every week was a highlight and I look forward to maintaining our relationship down the road. I appreciate this experience- it meant a lot.

#### - Julie Wiens

First of all, I was **assigned** my mentee. We had no previous connection to each other...

I enjoyed getting to know Iyla probably more than she will ever know. She, being an 11-year-old girl, and me, losing my mother at exactly her age touched me. I thought a lot about my faith and how it carried me through that difficult time in my young life. I shared a little bit of how I lost my mother when I was 11. She is an incredibly compassionate and sweet person. We shared many similar interests and really looked forward to getting together every Wednesday to go over our highs and lows, go through our lesson, then sit together during the church service. This simple act was profound.

I know we will continue our relationship in the future as we both decided it would be fun to be VBS co-leaders together in June.

Giving in this way brought me joy. **Thank you Trinity** 



## trinity preschool **year recap**

Kelly Govrik, Preschool Director | Preschool@TrinityLongLake.org





Another spectacular preschool year has come to an end. Our **Spring Fling** celebration was a huge success! We had pony rides, a petting zoo, three bouncy houses, a planting station, games, music, food and more! Our amazing preschool families were in

in the second seco

attendance along with new families that have registered their children to attend preschool this fall.

This past winter was anything but your typical Minnesota winter; we did not use the sledding hill once. The upside, we were outside on the playground all year long! What fun we had! We celebrated **Special Person Night, Christmas Program, End-of-Year Program** and all other classroom parties in between. The classrooms and preschool hallway were bright, colorful and filled with joy.

This upcoming summer we will continue to update the preschool. Plans are underway to remodel the preschool bathrooms. The project will be completed in August,

just in time to begin another marvelous school year!

laugh and give support where needed.



# trinity women

Cari Bullemer, Womens Ministry Liaison | CariB@TrinityLongLake.org

#### spring gathering 2024 Renew. Refinish. Refresh.

**Sixty-five women** gathered together on a beautiful spring evening to share a meal, conversation, laughter and an inspirational message from **Amanda Ficek**, the proprietor of Mama's Happy occasional shop in Independence.

Amanda's journey has been filled with downs, ups, twists and turns. Her message was one of faith and hope! She challenged us to ask ourselves, *"How many times do we miss God's blessing of something FABULOUS because we're clinging to something mediocre?"* 

Women were encouraged to do a little spring-cleaning by donating one item from home. Items could be purchased and funds raised will be used to support future women's events. One women's trash is another women's treasure!

"Renew, Refinish, Refresh. Perfectly said, and often the metaphor for our lives and the work God plays in our lives; constantly there to renew, refinish and refresh us, if we let him!

My girlfriend Jennifer, her church has this incredible women's group that has these events and I have been blessed to still be a part of them over all these years! Each event usually has a dinner, a heart warming, inspirational speaker and a cause or reason to donate to someone or something as a way to give back. It's a night to spend with your friends and leave refreshed and inspired, or at least I always do!! For me, that shows the thought and detail that goes into these events, these women do an amazing job!!

Speaker Amanda Ficek had a relatable and powerful message of her story, thank you for being so open willing to share!

We also got to buy donated items people brought for \$10 or what you wanted to donate, per item, this was my purchase a sparkly necklace!! All unsold items went to charity!

Thank you Jennifer for inviting Marnette and I and for your generosity! Vickie, it was lovely to see you too my friend! I love all of you beautiful women, I am beyond blessed to have you in my life!!" - Rachel Dodge

**save the date for the trinity women fall kickoff – september 17 Karlyn Coleman** is an award-winning writer, teacher, and creative collaborator. She will share her belief in the importance and power of sharing our stories.

*Are you interested in joining the Trinity Women planning team?* We'd love it hear from you – contact Cari Bullemer.



## Thank you for your support and generosity!

As of mid-May, 100 households have pledged \$850,000 toward our 3-year **Capital Campaign** goal of \$1.25M! This is a great start and means that projects to toward our first priority, *maintaining our property*, can soon begin!

> Overall, the purpose of this three-year initiative (2024-2027) is to provide funding for three ordered priorities:

#### maintaining our property

Includes roof replacement and repair, HVAC care, improved lighting, sound, and technology for in-person and online worship, and enhanced security systems for our facilities

#### funding our mortgage

Allowing more annual giving to be used for ministry and outreach

#### enhancing our space

Strengthen our current footprint for ministry and community growth

#### growing our partnerships

An optional tithe (10%) of your gifts will be directed for two special projects supporting Interfaith Outreach & Community Partners and Salem Lutheran Church, Mpls

If you would like to pledge and/or make a gift, please visit **TrinityLongLake.org/ONE**, **scan code** or **text ONE** to Trinity. There you will also find updates to learn more about the impact of your gifts.



(areNotes

## CareNotes

Are you trying to respond to life challenges that are out of your control? Check out the *CareNotes* located at the Sign Up Center outside the Fireside room, and on the information table by Door C. These 5X7 booklets provide real life guidance on grief, aging, healthcare, mental illness, spirit care, family care and more. If you do not find what you are looking for, there are additional booklets that may address your situation. Please check with Jill Cornell, JillC@TrinityLongLake.org.



Thank you to all who have volunteered time beginning with the Capital Campaign Leadership Team!

**General Chairpersons** Gavin Tempero, Bob & Kathi Tunheim

#### Advance Team

Denise Aasen, Mike & Ruth Bash, Jacob Hallen, Adam Holmes, Troy & Linda Koltes, Terry & Christy Morse, Jon Schwingler, Barb Whitney

**Spiritual Emphasis** 

Terrie Allen, Jennifer Eastman, Addy Hallen

**Children, Youth, & Family** Cassie Enzenauer, Kayla Butler, Julie Vagle

Hospitality/Event Andrea Henneman, Jennifer Larson + all who helped with the brunch

> Phone Leaders Cami Dahlstrom, Michelle Edwards, Julie Wiens

Communications/ Stewardship Kari Newell, Jeri Miller

**Executive Director** of Operations Elisabeth Teichroew

**Pastor** Adam Butler **Pastor** Ann Fenlason

#### **Additional Staff Support**

Cari Bullemer, Jill Cornell, Rindee Erdmann, Kristin Nafstad

Campaign Counsel Steve Olson

Steve Olson

#### NEW LEADERSHIP BEGAN AT THE APRIL MEETING OF THE TRINITY CHURCH COUNCIL

An Executive Board was elected including **President Christy Morse** (serving a one-year term), **Vice President Gavin Tempero, Treasurer Jennifer Weiss** and **Secretary John Thiesse/Sonja Lockman**. Council members coming on board are **Tammy Swenson**, **Mary Johnson** and **Mark Ihrke**. They join Cami Dahlstrom, Carl Enzenauer and Todd Hollands serving their terms.

Thank you for your leadership!

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### trinity long lake newsletter | summer edition 2024



Wisdom is found with the elderly, and understanding comes with long life. JOB 12:12

- Jennifer Larson

For more than 25 years, Trinity has set aside a special day in the spring to recognize and celebrate our members who are 80-years-old and older with **Bless The Years Sunday**. In 1998, we recognized 25 members. That number has grown to 110 in 2024, including 16 members who are 90+.

Sunday, May 5th, was a day filled with joyful worship, laughter, and reminiscing. The morning included a beautiful worship service with special music, a blessing, and recognition of our cherished members. We were thrilled to have 60 of our honored guests in attendance. A reception followed the service, complete with flowers, cake, punch, photos, and a time of fellowship.

Bev Ebbecke, a longtime member and honored

guest, shared how much the Bless The Years celebration each year means to her. She was delighted to see many members she hadn't seen in some time. Bev loves the extra

time of fellowship and conversation after the service and cherishes the flowers and cards she receives each year.

Trinity is fortunate to have so many 80+ year old members who continue to be active in our church, sharing their wisdom, knowledge, and inspiration with members of all ages.







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