



**Evangelical Lutheran Church in America**

God's work. Our hands.

Give, Worship, Prayer, Invite, Serve, Study, Encourage

# *Trinity Messenger*

## *August 2023*

### **Field Notes: Rev. C. Richards**

*Remember the Sabbath day and keep it holy.* - GOD (Deuteronomy & Exodus - 3rd Commandment)

I have returned from the first half of a sabbatical. I am thankful, rested, and grateful. I am looking forward to using the second half of my time to create some resources for the congregation to use in their own faith lives this winter.

One thing that became clear to me during my reflection was the importance of the third commandment, and how little I have addressed it in my own life - as I am usually leading worship on the day when others are celebrating sabbath. To address this, I need other disciplines. Disciplines are exactly what they sound like, regular repeated activities that are kept by intention, to teach. Spiritual disciplines are intended to keep one in touch with God, our selves, and our compassion for others. These can include things like prayer, daily meditation, devotions, bible reading, podcasts, walking (and reflection) study with friends, etc.

One of my spiritual disciplines, a thing I do to stay in touch spiritually and relationally with God, is a Protestant Rosary. I've mentioned this to you all, but I thought I'd take time to describe it in more detail this month. You're probably aware of the basics of the Roman Catholic Rosary. It is a prayer practice that uses a set of beads in groups of five groups of ten (give or take a few) to guide the practitioner through prayers. Usually this includes the Lord's Prayer, the Hail Mary, and various other things.

Protestants, everyone who traces their Church tradition from the Reformation which Martin Luther (unwittingly) began in 1517, have used similar prayer practices for centuries. An example of a 'Protestant Rosary' like the one I practice, is something like the following, a recitation verse and a liturgy component repeated in tandem in one area, followed by five verses and prayers/liturgy sections, and then back to the first. Most weeks, at least a couple of times, I sit down with a cheap set of Amazon (made in China) Rosary beads. It takes twenty minutes to an hour. I start with: Eph. 2:8-10 For by grace you have been saved, through faith... and Matthew 28: All authority in heaven and earth has been given to me. Go therefore and make disciples of all nations, ... Then I do the following five sections with 10 repetitions each (alternating, so five apiece.)

1. Ten Commandments: Job 6:24 (Teach me and I will be silent, make me understand how I have gone wrong.) and the 10 Commandments.
2. Creed: Mark 9:24 (Lord I believe. Help my unbelief!) And the Apostles Creed.
3. Lord's Prayer: Luke 11:1 (Lord, Teach us to pray) and the Lord's Prayer.
4. Sacraments: Matt 8:2 (Lord if you choose you can me me clean.) The words of Baptism and the Words of Institution.
5. Providence and Peace: Micah 6:8 (What does the Lord require of you but that you do Justice, Love Kindness, and walk humbly with your God) and Psalm 23 (or 121)
6. Return to the first verses and close in general prayer.

Some days this is a productive time of reflection and prayer. By the end of the time, I pause between each repetition, reflect on what God has done in my life and what God is doing, and then allow my mind and heart to wander where they will, hopefully landing somewhere fruitful. Other days it is a discipline and requires focus, energy, and patience. On those days, it seems all the more important to stick with it. The commandments often feel harder to recite on those days and the "Thy will be done" in the Lord's Prayer has sharper teeth.

Reciting bible verses as prayer often leads me to places in my memory and heart that I wouldn't have expected. Places that could use God's grace or healing. Other times it seems God wants me to consider my actions and make a wrong right. Occasionally God offers forgiveness in some area that I feel inadequate. Often, God seems silent and I continue the work unsure if God is the silent one or I am the distracted one.

For sixth months I have worked this discipline. I've missed plenty here and there. But it continues to be fruitful. What about you? Is there a part of your life where you could bring God and your heart into closer contact? Maybe there's a time of day or a regular activity you do already. Maybe there's something you'd like to add into your routine. Maybe you need to remove something from your routine - maybe replace it with something else like a spiritual discipline instead of another tv show! I look forward to hearing back from you, what is a discipline you employ or are interested in?

*Christ's peace to you!*

*- PCR*

# How You Can Help!

*Here are some things you can do to support the church and your neighbors this month!*

1. **Call people.** Use your Trinity Directory – call your church family members and check in. **Make a Plan to call 3 families or individuals** (especially those who may be isolated) If everyone does this from the church – all will receive messages of care and hope. You could pray on the phone with one another.
2. **Give Financially:** You can support local charities like the food shelf, Luther Crest, the Red Cross, etc. Please remember to either mail or drop off contributions to the church office or give online. You can download the Vanco mobile app to do the online giving. Check it out at <https://www.vancopayments.com/egiving/church-app>.
3. **Pray:** Please keep up a prayer list of those you care for. Daily prayer is a powerful way to develop compassion, empathy, and spiritual discipline. There is no better time than now to begin praying.

## TRINITY LUTHERAN WOMEN

\*\* Do Days can always use sheets that are in good condition with no stains or tears to use for making quilts.

\*\* School kit assembly will be on Rally Sunday (Sunday, Sept. 10th), so be on the lookout for school supplies!

Do Days

**August 28th &  
29th**

Quilt making continues  
as an ongoing project.

# + + + WORSHIP + + +

SERVICES ARE IN-PERSON & STREAMED LIVE ONLINE

*We are still looking for volunteers for tech/AV and readers. Please contact the church office if you're interested.*

*1st Sundays of each month are Food Shelf Offering & 4th Sundays are Luther Crest Offering*

DATE	TIME	READER	MUSICIAN	TECH/AV	COMM. PREP.	ACOLYTE	USHER/ GREETER
Sun, August 6th- Scandia West	9:30am	R. Huebner	J. Odello	A. Erickson	T. Hansen	H. Banta	G. & L. Ness
Sunday, August 13th	9:30am	K. Hassler	W. Richards	J. Knorr	No Communion	W. Mithun	D. & H. Black
Sunday, August 20th	9:30am	H. Black	N/A	R. & O. Huebner	No Communion	D. Black	T. & R. Kannegiesser
Sunday, August 27th	9:30am	A. Rutter	K. Zenner	T. & W. Richards	J. Jergenson	N. Kolden	E. (Dalen) Garcia

**Special Music:** We would like to welcome anyone interested in sharing God's message through special music in our service to please let the office know: [tlccyruskavla@gmail.com](mailto:tlccyruskavla@gmail.com).

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## BIRTHDAYS

*NOTE: We are working on updating our online membership system, please let the church office know if any birthdays are incorrect or missing.*

08/01 Richard Barsness  
 08/01 Vicky Brandt  
 08/04 Alan Estenson  
 08/05 Lisa Ness  
 08/05 Dustin Retzlaff  
 08/06 Daniel Osterman  
 08/07 Ryan Rau  
 08/07 Brecken Erickson  
 08/08 Cole Kannegiesser  
 08/10 Adam Schmidgall  
 08/11 Jody Loehr  
 08/11 Jodi Jergenson  
 08/11 Brayden Ness  
 08/12 Griffin Richards

08/14 Mitchell Carbert  
 08/14 Matthew Mickelson  
 08/15 Leo Barsness  
 08/16 Judy Rau  
 08/16 Piper Richards  
 08/18 Paula Amborn  
 08/18 Thomas Meyer  
 08/20 Scott Banta  
 08/25 Betty Anderson  
 08/25 Jaxen Graff  
 08/26 John Thompson  
 08/27 Keith Gades  
 08/29 Darrin Mithun  
 08/30 Audrey Mithun

# CHURCH COUNCIL MINUTES

*No Council Meeting in July.*

# OTHER ANNOUNCEMENTS

*Please contact Kayla ([tlccyruskayla@gmail.com](mailto:tlccyruskayla@gmail.com) or 320-795-2569) if you'd like to add any other announcements or information to the upcoming monthly newsletter.*

\*\* Cyrus Seniors will meet on Tues, August 1st at 2pm in Trinity basement.

**\*\* Feed My Starving Children – upcoming events:**

Mon, Aug 21st – Tip Night @ Pizza Ranch, 5p-8p

Tues, Aug 28th-Thurs, Aug 30th – Packing Event @ Morris Area Elementary

\*\* 22nd annual Luther Crest Golf Scramble will be on Mon, Aug 7th at Like Miltona Golf Club. Registration deadline is Fri, July 21st. See the flyer on the narthex bulletin board for more details or contact Jody at Luther Crest Bible Camp (320-846-2431).

\*\* Fusion Youth Ministry Celebration on Wed, Aug 16th from 6:30pm-7:30pm at Faith in Morris. Enjoy dessert & hear how Fusion is making a difference in students' lives!

\*\* RALLY SUNDAY! We're kicking off the Sunday School season on Sunday, September 10th with Blessing of Backpacks during the worship hour. Kids going into Kindergarten, 2nd grade & 6th grade will be getting new bibles.

\* Kids will also be helping assemble LWR school kits during the Sunday school hour.

\*\* There will be an open house Couples Shower for Keni & Anthony at Trinity following worship on Sunday, September 17th from 10:30am-11:30am. They're doing a kitchen remodel & would feel any contributions would be helpful! 😊

\*\* Starting in September- Kayla's office days will be Mondays, Wednesdays & Fridays from 9am-2pm.

**\*\* Financial Update**

Income: \$128,592.12

Expenses: \$130,352.17

- \$ 1,760.05

# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 9:30a - Worship - Outdoor at Scandia West	7	8	9	10	11	12
13 9:30a - Worship- Communion - (Pr. Chris gone)	14	15	16 Fusion Youth Celebration; 6:30p- 7:30p- Faith Lutheran	17 Pr. Chris at West Wind	18	19
20 9:30a - Worship	21	22	23	24	25	26
27 9:30a - Worship- Communion	28 Kayla out of office until Wed, Sept 6th	29	30 Pr. Chris at Holly Ridge & Minnewaska Lutheran Home	31		

**Trinity Lutheran Church  
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**August**  
2023