



**Evangelical Lutheran Church in America**

God's work. Our hands.

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

# *Trinity Messenger*

## *June 2023*

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

*“You make me to lie down in green pastures. You lead me beside still waters. You restore my soul.” - Psalm 23*

Since before Christmas I have been working on preparing for the first half of my sabbatical. (June 5th-July 12th). Every 5-7 years, clergy are highly encouraged (nowadays, almost mandatorily expected) to take a 10-15 week time of sabbath. The rationale is straightforward: Ministry is exhausting both emotionally and spiritually; and without rest and time spent with the explicit purpose of connecting with God, ministry is often cut short and pastors and congregations suffer.

That being said, I have been studying the history and meaning of sabbath to our Jewish brothers and sisters and our Christian forebears and contemporaries, as well. I have learned quite a lot. First, sabbath is not simply rest. It is a holy space of engaging with God, a time that is set apart. But – if one has not prepared themselves, and their life, to be present and available during that time, it is of little value beyond that provided by any sort of self-help rhythm.

Second, there are many ways of preparing. It might be yard work or house-cleaning before sabbath time so that you can be still with God and present with family or friends. Another way of preparing for Sabbath is developing a spiritual discipline. Maybe this is a regular prayer time or a ritual prayer like the rosary or similar done repeatedly and with a specific rhythm (There are great protestant versions out there FYI). Maybe this is a discipline of meditation or devotional time, or even a discipline of exercise and reflection afterwards. Regular rhythms of spiritual reflection, regardless of their effect or “productivity”, allow one a clearer idea of where they are

in relation to God and neighbor as well as the pitfalls, distractions, and challenges to expect during sabbath.

Third, I have learned that if I am not caring for my body and heart appropriately, sabbath devolves into a physical or mental rest-period by default. If our body or heart is exhausted, how can we be present or pay attention to God? Our other needs will be too pressing. It is of no use for us to seek still waters or green grass for soul restoration if we are not following the God who promises to lead us there in the first place! Rest is valuable, but sabbath is something bigger, within which, rest is often included. In other words, to keep the sabbath holy is also to present ourselves to God in good condition, to the best we are able.

In a similar vein, time with God is not meant to be “productive” (Even though it often can be from a certain point of view). It is not intended to increase the power or righteousness of the individual. Faith is not a way to “level up” or out-compete our neighbors. Sabbath is not a way of guaranteeing success or even good outcomes in our lives by cozying up to God (who in this version is more like Santa Claus). Rather, sabbath is time spent intentionally present with God and one another. It is a time where love, humor, beauty, joy, and all that God provides can be deeply savored and enjoyed in relationship with God and our neighbor. It is not decadent or luxurious, it is not a bonus, or an extra. It is, in fact, commanded by God. Remember?! It is commandment number 3!

I hate to ask it of you, but are you breaking this commandment? I certainly have been. Up until this winter, and especially since COVID, it is fair to say I was only barely keeping the sabbath holy. I might have been helping it to be holy for others, but that is a poor excuse for neglecting the God who made, loves, and saves me.

Since I began this work of preparing for sabbatical (and attempting to actually rest in God’s providence during weekly sabbath time), I have discovered a new appreciation of God’s love for all of us. My own daily spiritual disciplines, improved sleep and exercise, serious study, and a rhythm of weekly preparation have changed my relationship with God for the better. I look forward to hearing from all of you – are you interested in re-aligning some aspects of your life? What might a more serious attention to sabbath and time with God look like for you? I’d love to hear your thoughts, reflect on possibilities, or offer you some resources that fit your situation or interests.

Christ’s peace! – PrCR

PS – Thank you, Trinity family. I am blessed to have this opportunity to pursue a sabbatical. Hopefully it will be a blessing to all of you as well.

# 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.

Do Days

**June 26th &  
27th**

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/<br>GREETER   |
|---|---------|---------------|-----------|---------------------|------------------------|-------------|---------------------|
| Sunday,<br>June 4th-<br>Worship<br>@ Cyrus<br>City Park | 10:30am | B. Barsness   | J. Odello | T. & W.<br>Richards | No Communion           | No Acolyte  | A. & J.<br>Rutter   |
| Sunday,<br>June 11th                                    | 9:30am  | J. Solvie     | K. Zenner | R. & O.<br>Huebner  | No Communion           | B. Black    | B. Hesse            |
| Sunday,<br>June 18th                                    | 9:30am  | L. Anderson   | K. Zenner | J. Knorr            | Communion: K.<br>Moser | N. Kolden   | K. & L.<br>Retzlaff |
| Sunday,<br>June 25th                                    | 9:30am  | K. Schmidgall | K. Zenner | A. Erickson         | No. Communion          | E. Anderson | R. & B.<br>Barsness |

**\*\* NOTE: While Pastor Chris is on sabbatical, we'll only have communion on the Sundays in which we have a Reverend substituting at worship.\*\***

**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: [tlccyruskayla@gmail.com](mailto:tlccyruskayla@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.*

|       |                    |       |                   |
|-------|--------------------|-------|-------------------|
| 06/01 | Hayley Aaberg      | 06/18 | Karl Retzlaff     |
| 06/02 | Steve Mullins      | 06/18 | Darrell Malland   |
| 06/02 | Tyler Berg         | 06/18 | Brandon Crow      |
| 06/03 | Brett Edlund       | 06/18 | Wesley Monty, Jr. |
| 06/03 | Spencer Berg       | 06/19 | Susan Berg        |
| 06/04 | Amy Richards       | 06/24 | Tom Dahl          |
| 06/06 | Michael Mithun     | 06/24 | Megan Zahradka    |
| 06/07 | Ryan Gades         | 06/26 | Rose Thompson     |
| 06/07 | Lila Richards      | 06/26 | Peg Pieske        |
| 06/09 | Jacob Boots        | 06/29 | Ali Tollefson     |
| 06/10 | Louise Engebretson | 06/30 | Dianne Ronnie     |
| 06/10 | Sarah Anderson     |       |                   |
| 06/11 | Gordon Alfson      |       |                   |
| 06/11 | Lennie Solvie      |       |                   |
| 06/12 | Ron Hansen         |       |                   |
| 06/12 | Craig Ronnie       |       |                   |
| 06/12 | Eli Dalen          |       |                   |
| 06/12 | Asher Huntley      |       |                   |
| 06/14 | McKenna Amborn     |       |                   |
| 06/16 | Avery Monty        |       |                   |
| 06/16 | Nathan Kolden      |       |                   |
| 06/17 | Ann Mullins        |       |                   |

# CHURCH COUNCIL MINUTES

Council Minutes; May 21, 2023

Present: Lonnie Anderson, Barb Barsness, Mark Barsness, Kathy Banta, Katie Erickson, Dena Carbert, Kayla Schmidgall & Pastor Chris Richards

Absent: Holly Rutter

Lonnie called the meeting to order.

Dena made a motion & Barb seconded to approve the agenda.

Kathy made a motion & Mark seconded to approve minutes from last meeting.

Kathy made a motion & Dena seconded to approve the treasurer's report.

Pastor Chris gave his report.

## Old Business

1. Dena made a motion & Barb seconded to accept the lawn mowing bids.
2. Council is continuing to work on researching life scholarship fund.

## New Business

1. Old AV desk is being posted on Facebook Sell It.
2. Council approved using funds from the Youth account to sponsor David Black Jr on Fusion summer mission trip (\$200)
3. Potluck following outdoor worship on Sunday, June 4th for Cyrus Days

## Committee Reports:

Property – Nothing to report

Education – Sunday school year went well & last day was May 21st

Worship – Nothing to report

Outreach – Nothing to report

Next meeting: Sunday, June 11th after worship

Respectfully submitted,  
Katie Erickson, Council Secretary

# 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.*

\*\* Pastor Chris will be on Sabbatical from June 5th to July 12th.

\*\* Cyrus Seniors will meet on Tuesday, June 6th at 2pm in Trinity basement.

\*\* Trinity will be partnering with area churches again for summer vacation bible school & online registration is open on the Luther Crest website. VBS will be held at Faith Lutheran in Morris from July 17th-20th, from 8:45am-3:30pm, with leaders from Luther Crest. The camp is for Kindergarten-6th Grade (completed) kids & they will need to bring their own lunch. See included flyer for FAQs or contact Amanda B. with any questions.

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

Sat, June 24th – Micah Tyler benefit concert (see poster on board in Narthex for more info)

July Charity of the Month at Common Cup

Wed, July 26th – Willie's Brat Stand

Mon, August 21st – Tip Night @ Pizza Ranch, 5pm-8pm

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

\*\* Sunday, July 16th will be our next outdoor service - Cyrus South Cemetery. Service will begin at 9:30am; and following worship we ask that each congregation member take a few minutes to do a little sprucing up around the cemetery (be sure to wear appropriate clothing). There will also be bubbles, kites, and ice cream treats!

\*\* Don't forget to sign up for serving fellowship coffee hour!

\*\* We're still looking for volunteers to work with AV and for Readers. Please let the church office know if you'd be interested in helping.

**\*\* Financial Update**

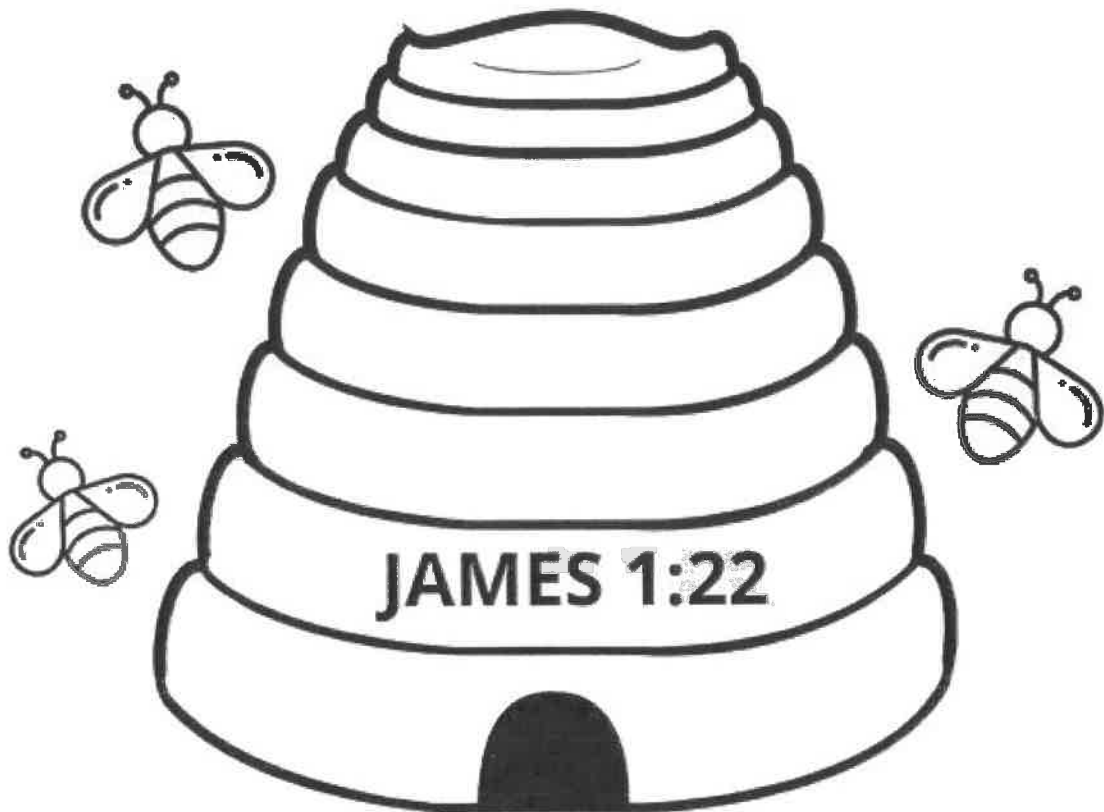
Income: \$88,706.15

Expenses: \$96,390.47

- \$ 7,684.32



**BE DOERS  
OF THE WORD**  
&  
**NOT HEARERS ONLY**





# JUNE 2023

| SUNDAY  | MONDAY   | TUESDAY               | WEDNESDAY             | THURSDAY | FRIDAY                | SATURDAY |
|---|--|-----------------------|-----------------------|----------|-----------------------|----------|
|   | 1  | 2                     | 3                     | 1        | 2                     | 3        |
| 4<br>10:30a –Worship<br>– Outdoor at<br>Cyrus City Park | 5<br><i>Pastor Chris<br/>on Sabbatical<br/>until July 12th</i> | 6<br>Kayla in Office  | 7<br>Kayla in Office  | 8        | 9<br>Kayla in Office  | 10       |
| 11<br>9:30a – Worship                                   | 12<br>Kayla in Office  | 13<br>Kayla in Office | 14<br>Kayla in Office | 15       | 16                    | 17       |
| 18<br>9:30a – Worship<br><br>Happy Father's<br>Day!     | 19   | 20<br>Kayla in Office | 21<br>Kayla in Office | 22       | 23<br>Kayla in Office | 24       |
| 25<br>9:30a – Worship                                   | 26   | 27<br>Kayla in Office | 28<br>Kayla in Office | 29       | 30<br>Kayla in Office |          |

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