



TIDINGS

THE MONTHLY NEWSLETTER OF TRINITY LUTHERAN CHURCH OF WATERTOWN, MINNESOTA



*Holiness, holiness is what I long for,
Holiness is what I need,
Holiness, holiness is what you want from me.*

*So take my heart and form it
Take my mind, transform it
Take my will, conform it,
To yours, O Lord.*

Many years ago, I learned this little song by heart. When I think about my heart being formed, my mind being transformed, and my will being conformed, my thoughts turn to the event we celebrate every year in the Lutheran Church: The Reformation. Maybe you remember the story: the Lutheran Reformation began on October 31, 1517 when a priest by the name of Martin Luther nailed 95 theses (challenges) to the door of the church in Wittenberg, Germany. He was raising questions about the current practices of the church, many of which were backward, out of date, and even harmful. Martin Luther wanted to remind the church that God is always doing a new thing, reshaping, refining, and REFORMING God's precious people.

In the Bible we read these words about how God is constantly forming our hearts, transforming our minds, and conforming our lives according to God's will:

*"O Lord, we are the clay, and you are the potter.
We are all the work of your hand." ~ Isaiah 64:8*

Maybe we need to add a new line to the end of that little song: Take my heart and form it, take my mind, transform it, take my will, conform it, and take my life, REFORM it by the power of your Spirit of Life. Amen!

~ God's Peace, Pastor Engholm



OCTOBER 2023

INSIDE:

- October Events at Trinity
- Children's Ministry
- Rite of Confirmation
- Council Highlights
- Congregational News
- Parish Health Matters

Worship
Sundays 9:00 am
Onsite & Online

STAFF:

Pastor	Jeffrey M. Engholm
Children's Ministry	Hannah Rosholt
Children's Ministry	Chelsea Farniok
Office Manager	Robyn Behrens
Financial Secretary	Gail Cassidy
Financial Administrator	Mary Jech

Trinity Evangelical Lutheran Church

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What's Happening AT TRINITY LUTHERAN?



Reformation Sunday Sunday, October 29

Reformation Sunday honors Martin Luther's posting of his 95 Theses on the Castle Church doors in Wittenberg, Germany, on October 31, 1517. The spark he set off ignited a flame that spread across Europe and became known as the Protestant Reformation. Luther insisted that we are not forgiven because of anything we do or do not do. *Instead, we are forgiven because of who God is.* We are loved and forgiven because God is full of grace and mercy. Join us for worship on Reformation Sunday as we remember and celebrate this truth. You are invited to wear the color red to worship to celebrate Reformation Sunday!



Weekly Prayer Gathering Wednesdays at 12:30 pm

We are a people of prayer and believe God does amazing things when we simply ask. You are invited to join us on Wednesdays at 12:30 pm as we gather for an informal time of prayer for our congregation and community.



Rite of Confirmation

Celebrate with the following students as they affirm their baptisms at their Rite of Confirmation service on Sunday, October 8 at 10:30 am.

Evelyn Becker, Emmett Behrens,
Kaden Blacketter, Sophia Danielson,
Zackery Gallus, Jimmy Gilles,
Greta Guetzkow, Dru Illies, Kallie Jackson,
Madelyn Johnson, Cody Hilgers,
Lily McMahan, Amelia Moeller,
McKenna Quinlan, Tyler Stutsman,
Karson Tufte



Thursday, October 19 | 9:30 am

Join Trinity's OWLS (Older, Wiser Lutherans) Fellowship Group for breakfast and conversation at R&B Cafe in downtown Watertown. See you there!

Trinity Worship Choir Wednesdays | 6:30 pm

We are excited to start up rehearsals for Trinity's Worship Choir. The choir will be led by Hannah Rosholt and is open to adults and teens. If you would like to be a part of the choir or want more information, please contact Hannah at hrosholt@trin.org.

Children's Ministry



Hannah



Chelsea

The leaves are changing, school is in session, and fall is officially here! It's been great getting back into the swing of things with Sunday School! We kicked off our school year with the theme "Blast Off", and in October we'll dive into the story of Moses with a series called "Lead the Way." Along with the changing leaves and seasons, we have some changes in Children's Ministry here at Trinity!

We now have a Children's Ministry Coordinator (Hannah Rosholt) and a Children's Ministry Assistant (Chelsea Farniok). With Hannah returning to teaching elementary music full-time, she is happy to share some of the Sunday School work with Chelsea. Each week, Chelsea will be helping set up for Sunday School and manage some of the on-site tasks. We're excited to have Chelsea's energy and talents supporting our children. Please welcome Chelsea, Travis, and their four kids, Eleanor, Caroline, Leona, and Harrison!

NOISY OFFERING



Noisy Offering

Make a joyful noise in October and support the Watertown-Mayer Royals Room!

The children of Trinity will collect loose change during worship services in the month of October. (Dollar bills will also be accepted, although they don't make as much noise when dropped into the collection cans!) This special offering will go to the Watertown-Mayer Elementary School Royals Room, which provides healthy snacks and school supplies to students.



TRUNK or TREAT

Friday, October 27 | 6:00 pm – 7:30 pm

Trinity families, friends and neighbors are invited to "trunk-or-treat" from vehicle to vehicle in the Trinity parking lot. There will be food, games and treats for all ages! Start decorating your vehicle and choosing your costumes for a night of fun at Trinity!

We are looking for volunteers to:

- decorate a trunk
- help with games
- help cook/serve the food
- help with clean up after the event
- donate candy

If you can help with any of these items, please sign up at www.trin.org under **EVENTS**.



a Youth Ministry Event

Trick-or-Treat for the Food Shelf

Saturday, October 28 | 4:00 - 6:00 pm

Middle and High School youth from local churches are going door-to-door to collect food for the Watertown Food Shelf. We'll start downtown in the City Hall Parking Lot (right across the street from the grocery store) and head out to various neighborhoods to collect food. When we're finished, we'll gather back at the Food Shelf to celebrate with pizza!

Community members: Get a bag of non-perishable food items ready — don't forget the holiday favorites! We'll also collect monetary donations (checks made payable to "Watertown Food Shelf" or put money in a sealed envelope labeled "Watertown Food Shelf". Thank you for your generosity!

Congregational NEWS

PASTORAL ACTS

NEW MEMBERS

Carrie Herman
Jack, Emma, Claire

MEMORIALS

in memory of

Robert Brabec
General memorial ~ \$775

Delmar Malo
General memorial ~ \$20



God has given us pastors to see to it that we are taken care of spiritually and Trinity is blessed to have Pastor Jeff Engholm. We want to express our sincere appreciation for all that he does for our congregation.

Take a moment this month to reflect on Trinity's blessings and to say thank you to Pastor Jeff for his part in them.

COUNCIL MEETING HIGHLIGHTS

September 19, 2023

FINANCIAL REPORT

Operating Fund summary August 2023

Beginning balance 8/1/2023:

	-\$ 11,387.25
Operating Fund income:	\$ 28,565.64
Operating Fund exps:	\$ 30,184.93
Net balance (August):	-\$ 1,619.29

Operating Fund balance as of 8/31/2023: **-\$ 13,006.54**

2023 operating fund EXPENSES exceeded INCOME by \$14,945.75.

Building Fund expenses:

Internal loan payment:	\$ 5,000.00
Mortgage loan balance:	\$ 90,000.00

Cash Summary:

Bremer: \$90,254.54
(includes \$1,719.22 for Aug. federal withholding and \$14,321.96 in hail damage receipts)

Citizen's Building Fund: \$91,154.33

Comments:

- 6% of operating fund income for benevolence to Minneapolis Area Synod amounted to \$1,709.64.
- Xcel bill for fuel and electricity amounted to \$1,123.06 (up from about \$100.00 from July).
- Paid for mulch and paint for the parsonage amounting to \$346.97.
- OWLs collected \$140.00 for Elementary Royals Room.

M/S/C Diane Holmes / Tammy Vraspir / carried

PASTOR'S REPORT

With the start of Fall 2023, we're off and running into the new program year! Hannah Rosholt has reduced her hours from 20 hours per week.

With this change, Chelsea Farniok has been hired for 3 hours per week and Nick Neaton is helping with Sunday School music. Thanks to Hubie Widmer for leading two Defibrillator Training classes. Confirmation classes are taking shape and sixteen 9th graders will be confirmed on Sunday, October 8. Trinity will be hosting the annual Community Thanksgiving Service on November 22 at 7:00 pm.

OLD BUSINESS

- No old business.

NEW BUSINESS

- A/V Committee Presentation: Dan Sieling and Dustin Stutsman reviewed proposal from Farber Sound and Lighting to upgrade our sound system and invest in equipment to livestream church events.

Motion made that Trinity Church Council approve the proposal and agree to accept the Farber Lighting and Sound proposal in scope and cost as presented and discussed, per congregational approval.

M/S/C Nancy Pickering / Tammy Vraspir / Carried

Motion made to hold a congregational meeting on October 15, 2023 at 10 am for the sole purpose of discussing and approving the proposal from Farber Sound and Lighting.

M/S/C Diane Holmes / Nick Neaton / Carried

- **Pastor Health Care Plan:** Mary Jech presented the need to select a Health Plan for Pastor Jeff Engholm. **Motion made to continue the current Gold Plus Plan.**

M/S/C Nick Neaton / Nancy Pickering / Carried

ANNOUNCEMENT

Special Congregational Meeting Sunday, October 15 | 10:00 am

The Trinity Audio Visual (A/V) Team has been meeting since last spring to discuss the next steps in Trinity's move toward livestreaming our worship services. This discussion has actually been in the works for years, primarily for two reasons:

1. Our current sound system is 24 years old, installed in 1999, and is in need of major updates.
2. We have been recording our weekly worship services on a cell phone since the beginning of the pandemic in March 2020, and it is time to move ahead with a more permanent solution.

After considering various proposals, the A/V Team recommended that Trinity work with the Farber Lighting and Sound on this project at a cost of approximately \$93,000. This project will involve installing a new sound system, amplifiers, video cameras, software, training, and other items necessary to improve our sanctuary sound system and allow for the livestreaming of worship services.

The Church Council approved this recommendation at their September meeting. Additionally, the Finance Committee has offered their input and the Trinity Foundation has offered their support and plan to fund half of this initiative. Since a project of this size needs final approval by the entire congregation, please make every effort to attend this meeting and bring your comments and questions.

Sincerely,
Trinity Lutheran Church Council, Audio Visual Team,
Finance Committee, and Trinity Foundation



Youth 2024 Mission Trip
Duluth, MN
June 16-21, 2024

Trinity Lutheran Church is partnering with Serve Boldly for a mission trip open to youth who have completed grades 6-12 as of June 2024. **Registration and a \$100 down payment is due by October 27.**

Visit www.trin.org/youth for more details.

PARISH Health

Matters



A column from Trinity's Parish Health Ministry Team



What is the Gut Microbiome?

Our gastrointestinal tracts are made up of trillions of microorganisms (bacteria) which comprise our "gut microbiome". These microorganisms can be generally classified as healthy or unhealthy. We need a balance of healthy microorganisms to maintain adequate digestion and absorption of food, to prevent gut illnesses like inflammatory bowel disease, irritable bowel disease and colon cancer and to maintain an effective immune status. Emerging research is showing that we can alter our gut microbiome by what we eat.

Eating more plant foods can help you have a healthy variety of good bacteria in your gut. Try to include at least five different foods in each of these six categories per week.

- **Whole grains:** brown rice, oatmeal, quinoa, whole-wheat pasta, wild rice
- **Nuts & Seeds:** almonds, peanuts, pistachios, sesame seeds, walnuts
- **Veggies:** carrots, green beans, spinach, squash, sweet potatoes
- **Fruits:** apples, blueberries, peaches, raspberries, tomatoes
- **Legumes:** black bean, chickpeas, edamame, lentils, peas
- **Herbs & Spices:** basil, cinnamon, dill, ginger, rosemary

Source: Consumer Reports on Health



SAVE THE DATE

Trinity is hosting the
**Community
Thanksgiving
Service**

Wednesday, November 22
7:00 pm

➤➤➤ Last Month in Pictures

Trinity kids are all smiles as they spend time with God, spend time with each other, use their gifts, and share their stories in Sunday School!



Last month, the Trinity OWLS (Older, Wiser Lutherans) welcomed Dick Erickson who spoke openly and honestly about what it means to be in the hospice program. With positivity and good humor, he talked about both living and dying with the help of God's grace. Thanks, Dick, for your thoughtful words!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Worship 9 am (Onsite & Online) Fellowship 10 am Sunday School 10 am Happy Birthday Lydia Fails Audrey Neaton	2 AA Meeting 8 pm Happy Birthday Chrissy Johnson Amanda Kohls Julia Salzsiedler	3 Quilters 9 am	4 Prayer 12:30 pm 6-8 Confirm. 6:30 pm Handbells 6:30 pm Worship Choir 6:30 pm Worship Band 7:30 pm Happy Birthday David Olson Jeff Tronnes	5 Happy Birthday Emily Hecksel Anita Huber Hal Pysick	6 Happy Birthday Kristine Erickson Jackson Jones Alden Sandquist Cathy Vanderbilt	7 Happy Birthday Tracie Hill Matt Williams
8 CONFIRMATION Worship 9 am (Onsite & Online) Fellowship 10 am Sunday School 10 am Worship 10:30 am Happy Birthday Ryan Hallermann Ethan McCleary	9 Apostles 8:30 am Priscilla Circle 2 pm AA Meeting 8 pm Happy Birthday Gary Harding Ed Rundell	10 Quilters 9 am Happy Birthday Patrick Essen Ronna Ritter	11 Prayer 12:30 pm 6-8 Confirm. 6:30 pm Handbells 6:30 pm Worship Choir 6:30 pm Worship Band 7:30 pm	12 Finance Committee 6:30 pm Happy Birthday Nicole Gohman	13 Happy Birthday Steven Markgraf William Stenson	14 Happy Birthday Anna Barfknecht Joshua Guetzkow
15 Worship 9 am (Onsite & Online) Fellowship 10 am Sunday School 10 am Congregational Mtg. 10 am Happy Birthday Laura Hagelin Luke Stutsman	16 AA Meeting 8 pm Happy Birthday Eliot Fautsch	17 Quilters 9 am Church Council Mtg. 6:30 pm Happy Birthday Isabela Christensen Jason Emmons Mary Paschke	18 Prayer 12:30 pm <i>No Confirmation Class</i> Worship Choir 6:30 pm Worship Band 7:30 pm Happy Birthday Rob Lohmann Val McCain	19 OWLS 9:30 am Happy Birthday Austin Barfknecht Elaine Beckstrom Stacy Guetzkow	20 Happy Birthday Emmett Danielson Sawyer Ritter	21 Happy Birthday Zackary Eliason Arlin Sieling
22 Worship 9 am (Onsite & Online) Fellowship 10 am <i>No Sunday School</i> Happy Birthday Sarah Barfknecht Nick Neaton Joy Rundell	23 Apostles 8:30 am AA Meeting 8 pm Happy Birthday Jill Matson Nancy Stello	24 Quilters 9 am Happy Birthday Vivian Stenson	25 Prayer 12:30 pm 6-8 Confirm. 6:30 pm Worship Choir 6:30 pm Worship Band 7:30 pm Happy Birthday Paul Christensen Jordyn Prigge	26 Housekeepers 9 am Tidings 9:30 am Happy Birthday Daniel Gjertson Matt Scanlon Leif Schmidt	27 Trunk or Treat 6 pm Happy Birthday Dru Illies Dale Loehrs Marilyn Weiland	28 Food Shelf Trick or Treat Event 4 pm Happy Birthday Allison Neaton Mary Sloan
29 REFORMATION Worship 9 am (Onsite & Online) Fellowship 10 am Sunday School 10 am	30 AA Meeting 8 pm Happy Birthday Scott Phearmen Stephanie Semeja	31 Quilters 9 am Downtown Trick or Treat 4 pm Happy Birthday Matthew Gallus				

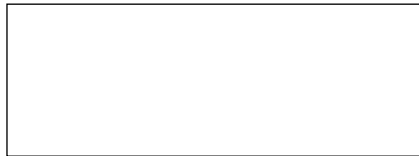


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Facebook/Trinity Lutheran Church (ELCA) Watertown MN



Gathered
as one body

On World Communion Sunday, observed this year on October 1, Christians across the globe gather at the Lord's Table for the sacrament of Holy Communion. The Lord's Table stretches around the entire earth. Catholic Christians, Coptic Christians, Orthodox Christians, Reformed Christians, Evangelical Christians, Lutheran Christians, Baptist Christians, Anglican Christians, Methodist Christians, Christians who worship in churches bearing names that are unfamiliar to us — all join in worship and do what Christ asked his friends to do: remember him!

"This do in remembrance of me," Jesus said during the Last Supper with his disciples. Then he broke bread as a reminder of his sacrificed body and lifted the cup of wine representing his blood. The sacrament is a vivid symbol of Christ's sacrifice, love and forgiveness for each of us. As we gather as Christ's family around that table of grace, remember that we are united in Christ with our brothers and sisters around the world.