



# 2023



**Trinity Lutheran Church**  
 499 4th Ave. NW  
 Valley City, ND 58072  
 (701)845-3837  
*"Love God. Love Others."*  
**Email:**  
 trinitylutheranvc@bektel.com  
**Website:**  
 www.trinitylutheran-valleycity.org



**Evangelical Lutheran  
 Church in America**  
 God's work. Our hands.

## Worship

Sundays, 10 a.m.

## Sunday School

Resumes in Fall 2023

## Bible Study

Tuesdays: 10:30—11:30 a.m.

## Pastor:

Rev. Diane Krumm  
 Email: ptlc@bektel.com  
 Cell: (701)840-7548

## Office Staff:

Rochelle Triebold  
 Hours: 9 a.m.-3 p.m., T-Th  
 Closed on Mondays &  
 Fridays during summer.

## Treasurer/Expenses:

Kaneaia Kinney

## Offerings Secretary:

Karen Magnuson

## Custodians:

Jerry & Michelle Dahl

# Trinity Tidings



Jesus replied, "It is not for you to know ...  
 But you will receive power when the Holy  
 Spirit has come upon you..."  
 Acts 1:6-11

I'm not sure if I like that answer. I know that I am not God and that I cannot understand everything. I can't even begin to imagine God's awesome view of his creation. Still, there are some things that I would like to know.

Last month I participated in a zoom training course on Mental Health First Aid. There were 20 of us – representing a variety of ages and occupations. The instructors did not use fancy words or jargon, as they explained which signs were important to note and how to assist someone who might be experiencing a mental health challenge. Many times, we were reminded that we were being trained to be mental health first aiders. Our job is not to diagnosis or prescribe a treatment plan. We are to be observant and good listeners. When appropriate, we are to offer reassurance and information, and then encourage the person to seek out appropriate help – while reminding the person that they are not alone.

To my surprise, I found it refreshing to be instructed that it was not my job to know it all. I didn't have to explain how the brain works or define the latest term in a diagnostic manual. I had permission to be a caring person who helped the person get help. I could just be me, and the individual could just be a person – not a diagnosis or a label.

On the 40<sup>th</sup> day after the first Easter Sunday, Jesus ascended into heaven. He left the disciples with a lot of unanswered questions and a lot of permission to not be God. They just needed to be who they were created and called to be as followers of Christ (and that is enough of challenge for any of us). And, most importantly, they were not alone. It was possible to be at peace with not knowing "what", when they knew "who." They knew who would be with them – Jesus was sending the Holy Spirit.

I heard a bit of the Ascension story message in the Mental Health First Aid training. I could be at peace not knowing all the answers to the "what" questions (including what was the person's diagnosis), because I knew the answer to "who." I would offer assistance. And as a Christian, I would trust that the Holy Spirit would help me be Jesus' voice and presence for this person. We would not be alone.

I invite you to consider being trained as a Mental Health First Aider. There is information about the course in this newsletter. And I invite you to lean into the "who" when we don't have all the answers – trusting the Holy Spirit to give us peace that is beyond our understanding.

Blessings,  
 Pastor Diane



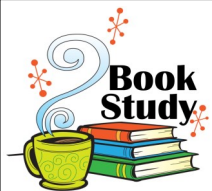
### **In our thoughts & prayers:**

LeRoy Magnuson, Lenn (Susan Smith's bro-in-law, AZ), Sandie (Dahl) Mielke (Jerry's sis), Jessica (Carlblom) Kuska (pregnancy), Nicole Gordon (Julie Yokom's niece/cancer), Chad Henningsgard; Casa de Fe orphanage (Ecuador); Our ELCA/Synod (Presiding Bishop Eaton/Rev. Tessa Moon Leiseth); Our military women & men (Steve Frizell); Missionaries, Diplomats; Peace



With spring clean up, consider donating gently used items for the rummage sale Casa de Fe Mission team will be having Aug. 11 & 12.

Items can be left in the room labeled "Rummage Sale" in the lower level of Trinity. Items **not** accepted are: adult clothing, large/small appliances, TVs, and computers. If you have furniture to donate, call/text Pat Beil (490-2339) to view/accept for sale. Stay tuned for more details!



### **"LOVE DOES" BOOK STUDY**

Everyone is invited to a book study on Bob Goff's "Love Does: Discover a Secretly Incredible Life in an Ordinary World."

Bob Goff shares his profound and whimsical reflections on how God gets things done through ordinary people who, not only feel love, but also do love.

We will meet for 5 sessions – the first one being on Thursday, June 15, at 6:30pm at Trinity. We will schedule the rest as we go. In preparation for the June 15<sup>th</sup> session, please read chapter 1, "I'm With You."

A limited number of books are on sale at the church office. Suggested donation of \$13, with check made payable to Diane Kracht. You can also purchase your own book.



### ***CELEBRATING 100 YEARS OF CHRISTIAN MISSION IN C.A.R. & CAMEROON***

2023 marks the centennial anniversary of the Sudan Mission – the arrival of the first missionaries to the area that is now the Central African Republic and Cameroon. A centennial celebration and visits to companion synods in the US are planned as part of this commemoration and ongoing partnership.

Members and friends of the Eastern North Dakota Synod are invited to participate in the Centennial Celebration planned for July 7-9 in Minneapolis.

For more info, visit [EaNDsynod.org](http://EaNDsynod.org), click on the "Events" tab, and then "Sudan Mission Centennial & Companion Synod Visit."



The 2023 Crop Walk was held on Wednesday, May 3rd, near Jefferson school & Hanna Field. Our special offering (from 4/23 & 4/30 special offerings) for this charity was \$330. Thanks again to all who contributed &/or walked!!

### **"Welcoming Neighbors Better" Thursday, June 22nd: 6:30 - 8:00 p.m. Hosted at Our Savior's Lutheran Church (138 3rd St. NW)**

You are invited to an evening of conversation and learning on how we as individuals and as a congregation might welcome neighbors better. We are excited to partner in this opportunity with our neighbors from multiple VC churches, and encourage you to invite your friends to the table for conversation.

Together, we will wonder about how bias impacts our relationships with each other and how we might grow in our capacity to welcome people into our communities and congregations.



Beginning first full week in June, office hours will switch to "summer mode" which are 9 a.m. to 3 p.m. Tuesday—Wednesday—Thursday. As always, if you have a pastoral emergency outside of these hours, please call the church cell: (701)840-7548.



## Eastern North Dakota Synod of the Evangelical Lutheran Church in America

Thank you to Jeanne Wobbema and Rochelle Triebold for being willing to be Trinity Lutheran's voting members to this year's Synod Assembly. Assembly will be June 3-4, in Fargo. This year's theme will be "EQUIP," and the theme scripture passage is Ephesians 4:12. There are at least two other ways to participate in the assembly: watch the livestream on the synod's Facebook page and/or attend the "Food for All" Block Party.



### Bishop's Book Club: Summer Edition

Come be in online community and discuss a couple of Bishop Tessa's favorite novels – exploring themes related to faith and life. Each book club time is stand-alone. Come to one, two, or all three!

Tuesday, June 27, 6:30-7:30pm:

*The Dearly Beloved* by Cara Wall

Monday, July 24th, 6:30-7:30pm:

*Exit West* by Mohsin Hamid

Tuesday, August 8, 6:30-7:30pm:

*Psalm for the Wild-Built* by Becky Chambers

Zoomlink: <https://us06web.zoom.us/j/85236219429pwd=YkpybFRQWDllWnVQeGorWjVRZVhaZz09>



Everyone is welcome to join the Eastern ND Synod Advocacy & Action team for a neighborhood block party benefiting rural hunger ministries! This event will take place in connection with the Synod Assembly, but it is open to all.

**What: 2023 "Food for All" block party**

**When: Saturay, June 3, 6-8 p.m.**

**Where: Bethlehem Lutheran Church, Fargo**

**Why: In support and celebration of hunger ministries across our synod.**

**Featuring...**

Food Trucks: Come enjoy Mexican, Indigenous, and French food.

Dunk tank: Help raise money for hunger programs by dunking some of your favorite synod reps!

Fill the Bishop's Car Food Drive: Bring non-perishable food items to help us fill up the Bishop's car. Food will be donated to local hunger programs.

Local Hunger Ministry booth

Petting Zoo & Music

All proceeds will be shared with rural hunger ministries around the synod!

### **FAITH & DEMOCRACY** – 6 SESSION ZOOM CONVERSATION

Have you ever wondered about the role of the church in a democracy? Or how practice our faith in civic life? Or how we have respectful conversations about difficult topics? This 6-session study will explore these questions and more.

This series comes from the task force developing an ELCA social statement around faith and civic life. In providing this study curriculum and soliciting feedback, the task force invites you to join a conversation about religious liberty, the proper role of the church in relation to government, and many other critical topics. A response form after each session lets participants communicate with the task force itself on the material covered.

The preparation of this study is part of the process toward developing a social statement on these many topics related to civic life and faith. Participants' feedback is key in helping the task force as it moves into the next phase of its work, drafting a social statement.

Join Phyllis Johnson and Deacon Erin Power for this 6 session zoom conversation!

**Thursdays at 7:00pm: June 22 & 29; July 6, 13, 20, & 27**

To register, visit Eastern North Dakota Synod website and click on the "Events" tab and on "Faith and Democracy Series." ([eandsynod.org](http://eandsynod.org))



## Recognition/Youth-Led Sunday, May 14th, 2023



Sunday School teachers (for 2022-2023 school year), l to r: Rachel Johnson (sub), Linda Anderson, Kellen Westman, Carson Johnson, (Pr. Diane), Rebecca Westman, Sadie Olson, Boyd Westman (sub), Nicole Olson (sub). Not pictured: Elsa Kamphuis (sub). Thanks TLC Teachers!!!



Sunday School children (PreK-gr.6) sang and sign language "Jesus Loves Me".



TLC Confirmation class (gr. 7-9) was held in collaboration with Faith & Our Savior's Lutheran Churches this school year, with each church rotating class locations. Leading from Trinity: Pr. Diane; serving as small group guides were Rebecca Westman, Nicole Olson, and Tracey Zaun.

### **Christian Education:**

Thanks to all of our Sunday school students, families & teachers for another great year. We meet again for VBS on June 28-30<sup>th</sup> with our partners at Faith and Our Saviors Luth. churches. Sunday school resumes in the fall. If you're interested in teaching Sunday school next year please contact Rebecca Westman at [christianedtlc@bektel.com](mailto:christianedtlc@bektel.com) OR 840-1365.

### **IMPORTANT DATES:**

June 28-30<sup>th</sup>: Vacation Bible School (Prek- 5<sup>th</sup> grade; preregistration required)  
June 21-22: Minneapolis Trip to Valley Fair & Twins (8<sup>th</sup>-11<sup>th</sup> grade)  
July 9-14: Duluth Mission Trip (registration closed)  
September 10<sup>th</sup>: Rally Sunday (Sunday school resumes)



Congrats to TLC members graduating! High School grads recognized: Max Magnuson & Evan Duffy. Not pictured: Autumn McGough. College grad: Kye Triebold.



Church Musician Appreciation:  
We appreciate Amy Anderson & Naomi Schlecht (not pictured) for the lovely music they play each Sunday.



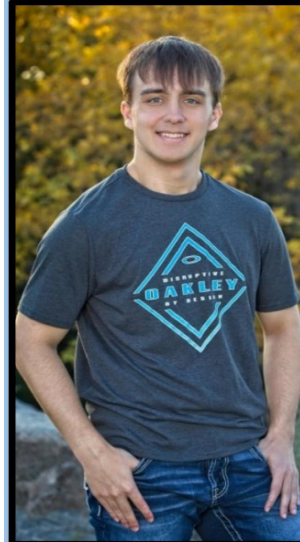


**Autumn McGough**  
West Fargo Sheyenne  
High School  
Future plans:  
Attend Mayville State  
University

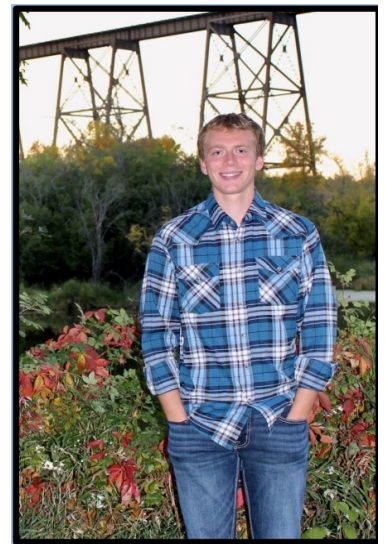


Commit to the Lord whatever  
you do, and your plans will  
succeed. Proverbs 16:3

# Celebrating OUR GRADUATES



**Evan Duffy**  
Valley City High School  
Future plans: Attend VCSU



**Max Magnuson**  
Valley City High School  
Future plans: Attend VCSU



**Kyle Triebold**  
NDSU: Bach. of Science  
in General Agriculture



The Trinity Lutheran WELCA  
will be having a food booth set  
up in front of Valley Paint &  
Glass during VC Crazy Days on  
**Wednesday, July 26th.**



**Sweet rolls & coffee for sale  
starting at 7 a.m., and walking  
tacos, bars, & refreshments  
starting at 10:30 a.m.**



All proceeds benefit the activities  
and charities that TLC WELCA  
donate to.

## "God's Work. Our Hands."

### April 2023 Financial

Beginning Bal. (as of 4/01/23): \$ 6,563.78  
Income: \$14,758.48  
Expenses: \$18,434.88  
Ending Bal. (as of 4/30/23): \$ 2,887.38

### May 2023 Worship Attendance

May 7: 41      May 21: 36  
May 14: 103      May 28: 45

## May 2023 Memorials

### Pew Cushions/General

In memory of **Richard  
Betting**

Given by Mary Etta Moore

In memory of **Merle  
Baumgartner**

Given by Bernie & Edna  
Elsner

In memory of **Delores  
Ross**

Given by Bernie & Edna  
Elsner

In memory of **Darrell  
Machtell**

Given by Mary Etta Moore

### WELCA

In memory of **Phyllis  
Machtell**

Given by Mary Etta Moore

In memory of **Jay Tabor**  
Given by Bev Anderson

### Quilters

In memory of **Darlene  
Elsner**

Given by Bernie & Edna  
Elsner

### Casa de Fe

In memory of **Heide  
Stroh**

Given by Pat Beil Walters  
& Bernie Walter

In memory of **Stan Horst**  
Given by Pat Beil Walters  
& Bernie Walters

In memory of **Our Moms**  
Given by Pat Beil Walters  
& Bernie Walters

### Christian Educ./Youth

In memory of **Jay Tabor**  
Given by Bev Anderson



## **TRINITY LUTHERAN CHURCH COUNCIL MEMBERS 2023:**

**Council President:** Linda Anderson      **Vice Pres.:** Kim Wittenberg      **Secretary:** Jennifer Jenness  
**Other members:** Russ Larson, Gene Langemo, Bruce Anderson, Kathy Hoefs, Stan Flemmer

### **May 2023 COUNCIL HIGHLIGHTS:**

**Present:** Pastor Diane, Kaneia Kinney (treas.), Linda Anderson, Russ Larson, Jennifer Jenness, Gene Langemo, Kim Wittenberg, Kathy Hoefs, Bruce Anderson      **Absent:** Stan Flemmer



**I. CALL TO ORDER:** Pastor Diane

**II. DEVOTION / PRAYER:** Pastor Diane, 2 Corinthians 4

**III. CORRESPONDENCE:** none.

**IV. AGENDA REVIEW / ADDITIONS:** Jennifer made a motion to approve the Agenda; seconded by Gene, motion carried.

**V. MINUTES of Last Meeting:** Russ made a motion to approve January minutes; seconded by Kathy, motion carried.

**VI. TREASURER'S REPORT:** Gene made a motion to receive the January Treasurer's report; seconded by Kim, motion carried.

**VII. PASTOR'S REPORT:** see report

### **VIII. COMMITTEE REPORTS:**

**1. Christian Education & Youth** – Jennifer: Youth-led Sunday on May 14th with recognition of Sunday School teachers, substitute teachers, high school & college grads, and organists. Four council members will provide cupcakes for coffee fellowship afterwards; VBS is set for June 28-30.

**2. Endowment** – Russ: Kathy Burchill is willing to serve on Endowment committee. Russ moved to appoint Kathy Burchill to the Endowment committee for the duration of the term (2023-2028); seconded by Kathy, motion carried.

**3. Global Missions/Outreach/Stewardship** – Gene/Linda: Crop Walk was on 5/3; \$330 was given from Trinity.

**4. Worship/Music** – Kathy: Memorial and Pentecost services coming; theme for Pentecost is fire and wind – wear red; Amy will be taking the month of July off, and Naomi may be absent; committee is working to find music.

**5. WELCA (Women of ELCA)/Kim:** Looking at new kitchen countertops.

**6. Property/Gene, Bruce & Stan: CHURCH:** Got bulbs to fix lights; 3 squares of the sidewalk need to be leveled, as they've settled over the gas line. Bruce will call MDU to confirm that they need to fix this. **PARSONAGE:** Plumbing is working fine. We are waiting to get furnace vents for the basement so new furnace will heat it.

### **IX. OLD BUSINESS:**

A. Lawn care: Kellen will continue to do this.

### **X. NEW BUSINESS:**

A. VC Cleanup Week: there are several things from the parsonage to go out for cleanup week.

B. Fireproof safe is needed for the church; Linda will look into this.

**XI. Next meeting will be June 13, 2023 at 6:30pm if a meeting is needed.**

**XII.** A motion was made by Kim to adjourn meeting, seconded by Jennifer; motion carried.

Meeting adjourned with the Lord's Prayer.

**MEMBERS of the E.L.C.A.:** Evangelical Lutheran Church in America  
**Trinity's Mission:** "Love God....Love Others"



## MENTAL HEALTH FIRST AID

Join the more than  
**2.6 million**

First Aiders who have  
chosen to be the  
difference in their  
community.

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.  
Know how to connect a person with help.
- Use self-care tools and techniques.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

## REGISTER TODAY!

### Virtual Training Dates (via Zoom)

- June 8, 2023 | 8:30 a.m.-3:30 p.m.
- June 12, 2023 | 3:00 p.m.-10:00 p.m.
- June 22, 2023 | 8:30 a.m.-3:30 p.m.
- July 6, 2023 | 8:30 a.m.-3:30 p.m.
- July 18, 2023 | 8:30 a.m.-3:30 p.m.
- July 27, 2023 | 8:30 a.m.-3:30 p.m.
- August 10, 2023 | 8:30 a.m.-3:30 p.m.
- August 16, 2023 | 8:30 a.m.-3:30 p.m.
- August 24, 2023 | 8:30 a.m.-3:30 p.m.
- September 7, 2023 | 8:30 a.m.-3:30 p.m.
- September 16, 2023 | 8:30 a.m.-3:30 p.m.
- September 21, 2023 | 3:00 p.m.-10:00 p.m.

(All times listed are CT.)

**NOTE: Training requires 2 hours pre-work + a post-test and evaluation.**

Register at <https://qualityhealthnd.org/mhfa>  
or scan the QR code. **You must register 2 weeks in advance of your selected date.**



### Continuing Education Approval

This training has been approved for **8.75** continuing education credits as follows:

- Contact hours for nurses (North Dakota Board of Nursing)
- LCCR/LCCI hours for EMS personnel (ND EMS Unit)
- CEUs for Nursing Home Administrators (QHA is an approved provider by the North Dakota Board of Examiners for Nursing Home Administrators)
- Contact hours for Peace Officers (Peace Officers Standards and Training Board)
- CEU approval for Licensed Social Workers is pending

This training has been approved for **8.5** continuing education credits by the North Dakota Board of Massage Therapy.

*This course is valued at \$170. Thanks to a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), learners may attend at no charge.*



Quality Health Associates  
of North Dakota

In-person training is also available through FirstLink. To view the schedule, visit: <https://myfirstlink.org/events/>.

For more information, contact Michelle Lauckner, QHA, [mlauckner@qualityhealthnd.org](mailto:mlauckner@qualityhealthnd.org).





LOVED  
Beyond  
ME A SURE

