



*Nurturing a Living Faith
with Open Hearts
and Serving Hands*

TRINITY LUTHERAN CHURCH
502 NORTH 4TH STREET . BISMARCK, ND 58501 . 701.223.3560
MARK NARUM, PASTOR/HEAD OF STAFF;
MARTHA HARRISON, PASTOR
TRINITY@TRINITYBISMARCK.COM; WWW.TRINITYBISMARCK.COM

May 15th, 2023 E-Newsletter

Recent Announcements

Special Congregational Meeting

*Sunday, May 21st @ 9:35 a.m.
Sanctuary & On Zoom*

A special congregational meeting has been called **to vote on the installation of a Fire Detection/Alarm System for the church on Sunday, May 21st @ 9:35 a.m.** All voting members are encouraged to be present or join via Zoom. If you would like to join via Zoom you need to pre-register by emailing trinity@trinitybismarck.com or by filling out a form in the Narthex. A voting member is a confirmed member who has made a contribution of record in 2022 or 2023. A final informational meeting will be held Wednesday, May 17th, following the 6 p.m. worship.

CPR/AED/Narcan Training Class

*Saturday, June 24th @ 9 a.m. - 12 p.m.
Fellowship Hall*



Being prepared for an emergency is another way to serve our neighbor. Trinity's Council and Mental Health/Substance Abuse Task Force have worked together to bring a CPR/AED/Narcan training class to Trinity on June 24th @ 9 a.m. - 12 p.m. In this class, you will learn and practice CPR. We will also spend time learning how to use the AED in case someone is having a heart issue. Trinity will have Narcan in the building soon in case there is an opioid overdose on our premises. The cost is \$20 per person. You can pay in advance or drop off a check to the office (label it "Narcan Training Class.") There is room for 24 people at this class – sign-up at the welcome center to pre-register.

Rummage Sale Thank You

Thank you to all who helped with, donated to, and shopped at the rummage sale this spring. We raised \$5242.31 for our youth & children ministries.

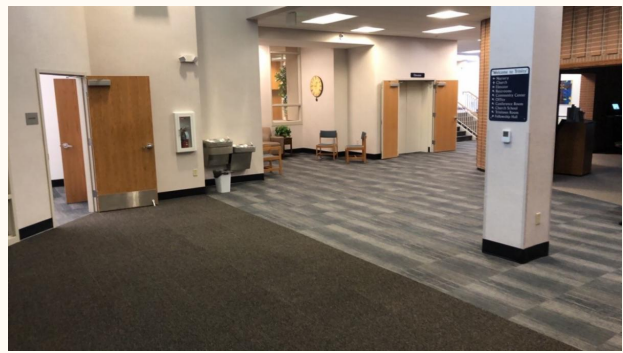
Mother's Room

We have set up a Mother's Room for nursing moms. Seek out a staff person or usher if you are looking to use this space.

Thank-yous

We are blessed to have a list of people to thank over the past couple of weeks:

- Many thanks to Justin Dockter for his help to prepare the outdoor summer equipment and prepping the winter equipment for next season.
- Thank you to Larry Strand & Ron Staiger for painting the elevator.
- We appreciate everyone's involvement in the Mock-In, Spring Cleanup, Lend a Hand & Serving Hands Group.
- Thank you to Ben Peterson for the donation of a 'new-to-us' pool table for the youth room area. A big thanks to the crew of guys who helped us get the old one hauled out.
- Thank you to Kris Schwab with Core Facility Solutions, Himmelspace Flooring and some



Faith Chest Sponsorships

We give thanks to the Handy Men's dedication and service to making the Faith Chests for baptisms over the years. We honor their retirement and hope they will continue to be active in other ways here at Trinity. In light of this, we have contracted with a new person to create new Faith Chests. If you would like to sponsor a Faith Chest, you can sponsor one for \$85 each. Download the printable form below to turn in with your sponsorship. Thank you for your support!

[Sponsorship Form](#)

Relationship Fitness Event

Past Event: Saturday, April 29th @ 9:15 a.m.

Our Mental Health & Substance Abuse Task Force planned and sponsored an event last month. The event started with an egg bake and caramel roll breakfast followed by a short devotion with Pastor Mark Narum. After breakfast, attendees were invited to attend two "hobby sessions" of their choice:

1. An Art Class for Beginning Artists
2. Make-And-Take a Nutritious & Delicious Meal
3. Learn Tips & Tricks about Hiking
4. Intro to Fly Fishing
5. Bodyweight Workout

Thank you to everyone who participated and to all of our presenters. Click here to check out the [YouTube video](#) put together by Marci Silrum.



Trinity's New Members



Katie, Eric & Lola
Veidel



Barbara Reister



William, Valerie &
Kyle Kirk



Sandra Starr, Nikkita
& Kai Christian



Florence Meissner,
Russ & Carrie Ziegler



Mark & Jill
Anderson



Klarissa Pudwill



Pastor Martha
HarriSon



Jennifer & Raeleigh
Essler



Scott & Kay
Johnson



Robert & Ellen
Jackson

Children & Youth

Gracia Johnson - Youth and Children Ministry Coordinator; gjohnson@trinitybismarck.com, ext. 5

Camp of the Cross

It's not too late to sign-up for Bible camp this summer! Because we believe in the value of Christian Camping, Trinity will provide scholarships of half the cost of camp to anyone enrolled in Trinity programs wishing to attend an ELCA Bible Camp. Whatever your out-of-pocket cost is, we'll pay half. If you require additional financial assistance to attend camp, please let us know. To receive your campership, contact Gracia. Check out Camp of the Cross this summer at www.campofthecross.com.

Click on the image to enlarge.



Vacation Bible School

June 11th - 14th @ 5:45 p.m.-7:45 p.m.



Reminder

Save the Date for VBS at Trinity! June 11th - 14th from 5:45 p.m. to 7:45 p.m. for kids age 4 to grade 5. Register for Vacation Bible School by clicking the button below or by visiting our website.

VBS Registration

Vacation Bible School Helpers

Sunday, June 11th – Wednesday, June 14th @ 5:45 p.m. - 7:45 p.m.

Reminder

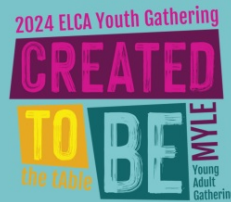
We need station leaders to lead activities, crew leaders to lead kids around to stations, snack organizers, and picture takers. Lesson plans & ideas are given to you. All current 5th graders to adults are welcome to volunteer. VBS meets Sunday, June 11th – Wednesday, June 14th @ 5:45 p.m. - 7:45 p.m. See Gracia with questions or to volunteer.

ELCA Youth Gathering Meeting

Wednesday, May 17th @ 6:40 p.m.
Fellowship Hall

2024 ELCA Youth Gathering Informational Meeting will be held Wednesday, May 17th @ 6:40 p.m. in Fellowship Hall for youth & parents. We will also share some other plans for this fall! Come & check it out! Click on the image to enlarge.

2024 ELCA Youth Gathering New Orleans, LA



Info Meeting for
Parents & Youth

Wednesday, May 17
6:40 p.m.
Fellowship Hall



Introducing Flat Jesus!



- Pick-up a Flat Jesus in the lobby.
- Take Him with you on your summer adventures.
- Post pictures to the Trinity Facebook Page.
- Win prizes!
- See website for more info.
- See Gracia with questions.



Introducing Flat Jesus!

All ages are invited to take a Flat Jesus from the lobby and join in the fun! Take Him with you on your summer adventures and post them to the Trinity Facebook page. We encourage you to explore the question, "What did you see or hear today that made you think about Jesus?"

We'll have some prizes at the end of the summer for various categories like farthest traveled, most pictures shared, etc.

See website for more info or Gracia if you have any questions. Click on the image to enlarge.

Recent Trinity Youth Happenings

Youth Mock-In

Past Event: Friday, May 5th @ 6 p.m. - 10 p.m.

Youth in grades 5-9 from Trinity and other area churches joined us for a Mock-In on Friday, May 5th. We shared pizza, games, 9-square and more! About 40 kids gathered for the evening of fun!



Confirmation Service Project

Past Event

Heaven's Helpers Soup Cafe

One of our 6th grade groups served at Heaven's Helpers Soup Cafe as part of a confirmation service project.



Worship & Music Notes

Pastor Mary Lou Aune - Director of Worship & Music; aune@trinitybismarck.com, ext. 3

***Worship the Lord with gladness;
come before him with joyful songs.***

Psalms 100:1-2

Summer Worship

Every week is a great week for worship; indoor or outdoor, traditional or contemporary or blended!

Right now we're counting the days until **two of our weekly services move outdoors** to the Trinity Chapel which faces 4th Street. Outdoor worship will begin Wednesday, June 7th. Here's the plan for summer 2025:

- Sunday 8:30 a.m. worship in the Sanctuary.
- Sunday 10:30 a.m. worship outdoors in the Trinity Chapel (weather permitting).
- Wednesday 6 p.m. worship outdoors in the Trinity Chapel (weather permitting).

You are invited to bring a blanket or chair for the outdoor worship services. We will also have chairs available to use. On Wednesdays, watch for announcements about a light meal (once a month), or an ice cream treat after worship!

Summer Outdoor Setup Help

Every musical group needs some non-musicians they can lean on for help before the music begins and after the music ends. We're looking for folks this summer to help take the sound/music equipment out to the Peace Chapel each Wednesday evening (5 p.m.) and Sunday morning (9 a.m.) Set it up, then tear down following the service.

As some folks (like my momma) would say, "Many hands makes light work." Whether you can help a few times, or many times, please sign up at the welcome desk, contact one of the pastors, or leave a message on Pastor Mary Lou's voicemail.

Special Music

Wouldn't it be wonderful to have special music at every service? It's possible, especially if you/a friend/a family member would offer their gift to enhance our worship with a solo, duet or ensemble song. We'd love to hear from relatives who come back to see family, students here during a break from studies, new members and not-new members! Contact Mary Lou to set something up!

Congregational Relationships

Heather Baumann - Congregation Relationship Coordinator; baumann@trinitybismarck.com, ext. 7

Trinity Sand Volleyball

Sunday's June 4th - August 13th at Pioneer Park

Pioneer Park

Reminder

Church Coed League will be Sundays June 4th - August 13th at Pioneer Park. (No volleyball on July 2nd). Contact Heather or visit the Welcome Center to sign up!

Call 701-223-3560, text 701-220-2582 or email baumann@trinitybismarck.com. **Sign-up before May 24th** and enjoy fellowship and fun!! Click on the image to enlarge.



Ministry Opportunities

Ministry Opportunities at Trinity are available digitally. Please sign up to serve as Scripture Readers, Ushers, Greeters, Communion Servers and Tech online. **Sunday Readers should sign up by the Thursday before @ 10 a.m.** (Holiday weeks may vary). Click below to sign up.

If you haven't served before or are not sure what type of opportunities are there for you, please fill out the "Ministry Opportunity Form." Click below and you will be contacted about serving.

[Sign Up](#)

[Ministry Opportunity Form](#)

Elks Men's Chorus

Past Event: Sunday, April 30th @ 10:30 a.m. Sanctuary

The Bismarck/Mandan Elks Men's Chorus sang for us on April 30th. The chorus includes 4 Trinity members: Don Engbrecht, Mike Horan, Harley Swenson and Bob Wefald. They are directed by Rachel Johnson and accompanied by Linda Fisher. We hope they will join us again!



Loaves and Fishes

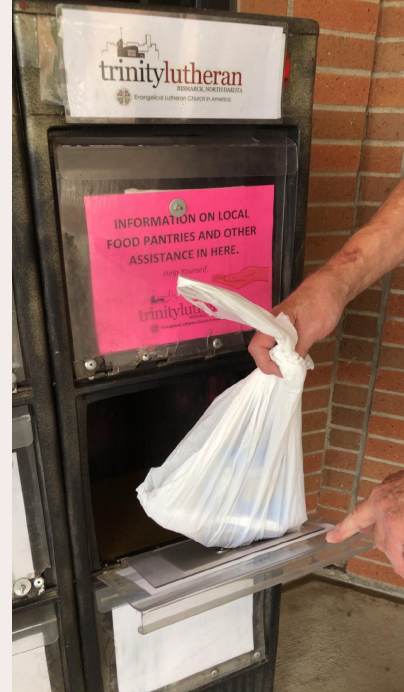
Watch here for next fill date
Quilters' Room

Scripture calls us to feed the hungry. Our “Loaves and Fishes” ministry does just that! Each weekday we put out a dozen bags of food, with items that a transient person could eat without needing a place to cook. You can support this ministry either by donating money or by dropping off food items.

List of (No Prep.) items we put in the bags:

- individual peanut butter packs
- packs of crackers
- granola bars
- pouches of tuna, chicken or Spam
- sealed cups of Ravioli or other pasta
- spoons

We get together about once a month to pack bags. Thanks for your generosity as we follow Jesus' command to feed the hungry.



Collection Items



Lions Glasses

Drop off prescription glasses at the office. We will contact Bismarck Lions to come and collect them.



RMHC Pull Tabs

Pull tabs can be dropped off at the office or placed in this house near the entryway. We will deliver them to the Ronald McDonald House.

Stephen Ministry

Submitted By: Karen Botine

How full is your bucket?

Some people have a “bucket list,” the list of things they want to see or do during their lifetime. Perhaps you aren’t a list-making person, but you do have a bucket. Your bucket is the collection of internal resources you draw on when someone needs support or care from you. You may need to use your patience, your empathy, your listening skills, your faith, your energy – to give the “cup of cold water” someone needs from you at a tough time in his or her life.

If you are distributing real cups of water from a bucket full of water, pretty soon your cup will be scraping the bottom of the bucket – unless you go back to the pump (or faucet) and refill your bucket. The same thing can happen to your bucket of internal resources. Your bucket may have emptied because you were providing care or just because of stresses in your own life (like the winter of 2022-23 that seemed like it would never end). So how do you refill your bucket? The answer may be different for each of us. It might be as simple as spending a little time alone, doing a favorite activity, talking with that person you go to when you need comfort or support, or setting aside time to “take it to the Lord in prayer.”

Do you feel guilty when you do something just for yourself? Many caregivers do. However, if you go to the Gospels you will find out that Jesus retreated from the crowds to be alone or just with a few

people. He needed to refill his bucket, too, after meeting the needs of hundreds or even thousands of people who came to him for healing.

Your car won't continue to run if you don't put fuel into it when the needle of the gas gauge is resting on "E." You won't be able to provide the care that is needed by someone if you are "running on empty" physically, emotionally or spiritually. What works for you? How can you refill your bucket so you can offer that "cup of cold water?" Think about it...

Your Gifts

Heather Baumann - Financial Director; finance@trinitybismarck.com, ext. 7

Thanks: The generosity of the members of Trinity is a blessing. Your consistent offering allows ministry to happen.

Electronic Giving: Remember, Trinity offers the option of Electronic Giving as a simple way to contribute. Vanco Electronic Authorization forms are available on our website, in the office, at the Welcome Center or stop by the office and talk to Heather.

Donate



Vanco Mobile App

Another means of electronic giving is downloading Vanco's Mobile App to your cell phone.

- Download **Vanco Mobile Faith Engagement** (in your Apple App Store or Google Play Store)
- Search **Bismarck**
- Select **Trinity Lutheran Church**
- Sign Up using your email address and create a password

You may choose to give using a credit card, debit card, or your bank account. If you have any questions, contact Heather.

Prayer List

Prayer is an essential part of our faith life. As part of the body of Christ we are called to pray for others who are sick, hurting or in need of healing. Names will be added only with the permission of the person being prayed for or an immediate family member.

If you would like your name added to this list, please let Klarissa or one of the pastors know.

Please pray for: James Kalbfleisch, Ellen Jackson, Morgan Christianson, Jim Borseth, Annette, Jan, Cathy, Mardell, John, Wilbur, Ken, Melissa and Jan.

Pastoral Acts

Baptisms

Funerals

Mavis Anderson

Weddings

Gifts & Memorials

In memory of Arlys Fowler given by Bob & Bonnie Johnson, Dave Farnsworth, Bob & Brenda Mitzel, Ramona Wanner, Patty & Kirk Schoepp, Matt & Trista Oleksik, Kevin & Cheryl Sailer, Lori Morrow, Bryon & LuAnn Weisenburger, Shirley Weisenburger, Sally Lang, Al & Pat Borgos, Audrey Boller (Loaves & Fishes and Good Samaritan Funds).


ministry
ON THE MARGINS



Missouri Slope

Check out available job openings here:
www.missourislope.com/careers

Check out their digital newsletter here:
<https://missourislope.com/hilltopper/>

Ministry on the Margins

Ministry on the Margins is always looking for volunteers to help at their food pantry.

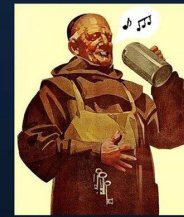
For information and to sign up visit:
www.ministryonthemargins.com/volunteer

Beer & Hymns

Next Meeting: Monday, May 15th @ 7 p.m. - 9 p.m.
 Bismarck Amvets

Beer & Hymns group meets one Monday evening a month. They meet at the Bismarck Amvets at 2402 Railroad Ave. This event is open to all ages. Click here to check them out on their [Facebook Page!](#)

Beer & Hymns



Bible Journaling

Next Meeting: Tuesday, May 16th @ 5:30 - 7 p.m.
 Good Shepherd Lutheran Church - Lynne Center

Bible journaling is a devotional practice of responding to the Biblical text in a creative way in the pages of your Bible (or a piece of paper) — with art, prayers, or notes.

This is a joint group with Good Shepherd Lutheran Church that meets once a month. We provide shared art supplies and helpful hints to get you started if you're new to the practice. Contact Gracia for more info.

*All ages are welcome & free childcare provided!
 Check out their [Facebook Page](#) here.

Lend a Hand Ministry

Next Meeting: Thursday, June 8th @ 9 a.m. - 12 p.m.
 Fellowship Hall

Lend a Hand Ministry enjoys some coffee and fellowship before breaking out into small groups to help with projects that care for the building. No special skills are required.

They meet the 2nd Thursday of each month @ 9 a.m. - 12 p.m. in Fellowship Hall. If you are interested or that time does not work for you, please contact our Facility Manager, John Brintnell, at brintnell@trinitybismarck.com. We welcome helping hands!



Western North Dakota Synod
 Evangelical Lutheran Church in America
 God's work. Our hands.

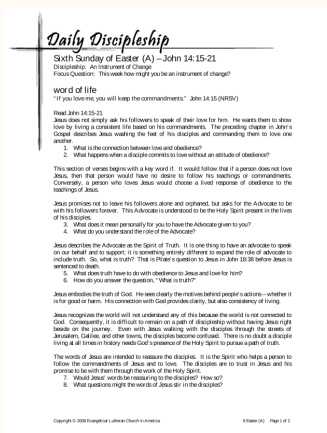
ELCA Gospel Seeds

The Gospel Seeds are typically written by the Synod Staff or something they would like to share. Click the link below to check out the latest version available on the Synod site.

Gospel Seeds

ELCA Daily Discipleship

Click on the image below to open the Daily Discipleship PDF. These are written by John and Robin McCullough-Bade and shared on the ELCA's [website](#).



Worship Schedule

Sundays

8:30 a.m. Traditional Worship

10:30 a.m. Blended Worship

Wednesdays

Dinners served before worship @ 5:15 p.m.

6 p.m. Contemporary Worship

We are happy to partner with Grace Lutheran in Driscoll.

Bulletins are posted on our [website](#) under [Bulletins](#) or click below:

Bulletins

Radio Broadcast

Sunday 8:30 a.m. Radio Broadcast on 1270 Super Talk or the [Listen Live](#) link on their [website](#). You can also click below:

Listen Live

Video Worship Links

Videos are posted on our [Facebook Page](#) and on our [YouTube Page](#).

- Congregational updates posted as necessary.
- Trinity To Go posted weekly by a pastor.
- Livestream available for worship services.



Head of Staff, Pastor Mark Narum
Pastor Martha HarriSon

701-223-3560
502 N 4th St. Bismarck, ND 58501

Contact Us



Trinity Lutheran Church | 502 N 4th St, Bismarck, ND 58501

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