

## June 1st, 2026 E-Newsletter

### Mental Health Moment

*Submitted by: Joan Inman, member of Trinity's Mental Health & Substance Abuse Task Force*

As we look forward to June and our summer plans, let's take a look back on May which can be considered a month for remembering. Mother's Day is a special day to remember our Mom with the gift of time and conversation, or in other cases a memory or laughter shared from the past. Memorial Day is a day set aside to remember those who died while serving, honor and thank those who served, and lay flowers on the grave of a loved one.



May is also Mental Health Awareness Month founded in 1949 to promote overall mental wellness nationwide. It is meant to bring awareness to those who may be living with mental health issues, loneliness, depression and substance abuse to seek treatment options and know they are not alone as they may struggle with the stigma and ability to find an accepting community. It is also meant as a reminder to others to start a caring conversation with family, friends, neighbors and those in need. In our daily life, we may get caught up in the world around us but we also need to check in on our own feelings and thoughts as well. Also, pause and think of the things we say to others or how we look at others who may be struggling with mental health issues. As we do in church each week, let us share the Peace with one another.

Getting help is a sign of strength, not weakness. If you or someone you know is experiencing a mental health emergency or need support, contact the 988 Suicide & Crisis Lifeline. Call or text 988 or chat online at [chat.988lifeline.org](https://www.988lifeline.org).

### Recent Announcements

#### Funerals

We extend our congregation's sympathy to the families of:

- Bob Turner - his funeral was at Trinity on Friday, May 22nd.
- Courtney Crimson - a private service is being held.
- Michael Baltzer - his funeral will be at Trinity on Monday, June 8th @ 11 a.m.

Please keep their families in your prayers.

#### Capitol Pride

Saturday, June 13th @ 10 a.m. - 4 p.m.  
Capitol Grounds

Join us at Capitol Pride on June 13th @ 10am-4pm. If you would like to be at our booth, sign up in the narthex at the welcome center.



## Summer Worship

For the summer, the 6 p.m. Wednesday worship will move outside this Wednesday, June 3rd. The 10:30 Sunday worship will move to the Community Center Sunday, June 7th. The outdoor service is weather permitting.

## MSA United Way Diaper Drive

June 1st - 12th

MSA United Way's annual Diapers and Wipes drive starts on Monday! Trinity is a drop-off location. They are collecting diapers, pull-ups and wipes. There is bin located in the entrance way of the church for donation items.



## 250th Celebration

Sunday, June 28th

We will be celebrating the 250th anniversary of the United States on June 28th at both of our worship services (8:30 a.m. and 10:30 a.m.) with a special worship (including a brass ensemble) and a meal and block party to follow. There will be food, games, and even a bouncy house.



## Heart to Hand Cards

Past Event: Saturday, May 30th @ 10 a.m. - 3 p.m.  
Fellowship Hall

The first • **Heart to Hand** • event was held this past Saturday. It was a successful day with 15 people attending and 74 cards made!! Special thank you to **Cozy Nook Crafts** for donating some supplies! The plan is to continue this ministry on the last Saturday of each month. The information for the June meeting will be shared soon!

Click here to check out the [Heart to Hand](#) Facebook group and stay up to date.





## Trinity Trivia

Each E-News, we are sharing some Trinity-related or scripture-related random facts. A question will be posed here and the answer revealed in the next E-News. Work together with your friends and family to try and figure it out!



**How tall is the cross on Trinity's roof?**

30 ft

40 ft

50 ft

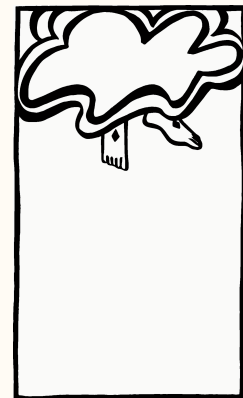
### Results from Last E-News:

**Q. How many days after Easter was the Ascension of our Lord?**

**A. 40**

***There were 14 people who answered this one correctly - congrats!***

Check back next E-News to reveal the answer and for a new question! You can submit any Trivia suggestions to Klarissa in the office. Thanks!





Drawings by: Bryar Schneider, 7 years old

## Children & Youth

Gracia Johnson - Youth and Children Ministry Coordinator; [gjohnson@trinitybismarck.com](mailto:gjohnson@trinitybismarck.com), ext. 5

### Youth Happenings

We have many fun youth opportunities throughout the year!  
Information is also available on our website.  
Click on images to enlarge. Questions? See Gracia.

### Update on the New Tables & Chairs for the Church School Area

We are so close to having enough funds to purchase the new tables, chairs, etc. for the church school rooms. We just need \$1680 more! Please consider making a donation of ANY size whether that's \$5 or \$500 or anywhere in between. A big thank you to those who have donated already!

[Donation Link](#)

**CAMP of the CROSS Ministries**

**Camperships**

WE LOVE BIBLE CAMP!  
Trinity Lutheran Church will provide scholarships of half the cost of camp to anyone enrolled in Trinity Church School, Confirmation, or Youth Group attending an ELCA Bible Camp. See Gracia for more info.

trinitylutheran

Check out the options @ Camp of the Cross!

### Senior Quilts

Recently, we recognized and blessed our graduating seniors. A special thank you to our quilters for gifting them each a quilt. Congrats Grads!



## Serving Hands Project for May

*Past Event: May 14th*

*The Banquet at The Dream Center*

Trinity provided helpers for preparing and serving a Thursday evening Banquet meal. Thank you for your help! If you are interested in these projects, you can reach out to Pastor Martha to learn more about Trinity's Mission and Outreach Committee.



## Your Gifts

*Brent Winkelman - Financial Director; [winkelman@trinitybismarck.com](mailto:winkelman@trinitybismarck.com), ext. 7*

## YOUR GIFTS

<u>April 2026</u>	<u>Month Actual</u>	<u>Year-To-Date</u>
<u>INCOME</u>		<u>Actual</u>
Contributions	\$64,744.00	\$260,952.00
Other Income	\$3,111.00	\$21,772.00
Transfer	<u>+\$300.00</u>	<u>+\$1,200.00</u>
<b>Total Income</b>	<b>\$68,155.00</b>	<b>\$283,924.00</b>
<b>EXPENSES</b>	<b>\$68,949.00</b>	<b>\$286,354.00</b>
Income less expenses	(\$794.00)	(\$2,430.00)

**Electronic Giving** - Trinity offers the option of Electronic Giving as a simple way to contribute. This would allow you the freedom from worry or concern whether you are out of town, on vacation or wondering how to budget your contributions. Giving forms are available in the office, at the Welcome Center or on Trinity's website.

At [www.trinitybismarck.com](http://www.trinitybismarck.com), you can give electronically to the general fund, Capital Campaign and others. If you have questions or need assistance, please contact our Financial Director, Brent Winkelman at [winkelman@trinitybismarck.com](mailto:winkelman@trinitybismarck.com). Thank you again for your continued financial support.

Donate

## Congregational Relationships

### 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 by 10 a.m.** (Holiday weeks may vary). Click below to sign up.

Sign Up

## Collection Items



### Bismarck 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 these houses to be delivered to Ronald McDonald House.

Prayer List

Pastoral Acts

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 contact the office or let one of the pastors know.

**Please pray for:** Amy, Rod, Melissa, Hal, Lynn, Ken, Betty, Jan, Dwight & David.

**Baptisms**  
Colton John Prill

**Funerals**  
Robert "Bob" Turner

**Weddings**  
Brita Sorenson & Troy Ressler

## Gifts & Memorials

**In memory of Robert "Bob" Turner** given by Karen & Joel Anderson (Memorial Fund).

## Upcoming Events

*Click on the images to enlarge.*



### Re-Entry Meal & Support

*1st Thursday of the month @ 6:30 p.m. - 8 p.m.  
Fellowship Hall*

We hold a re-entry meal with time for fellowship and support for people who are in re-entry and their families once a month.

We meet on the first Thursday of every month. We will continue to partner with Ministry on the Margins for this project. If you would like to help with this project, contact Pastor Martha.

### Rejoicing Spirits Worship

*2nd Sunday of the month @ 2 p.m.  
Sanctuary*

This innovative ministry is an all-inclusive worship service focused on bringing together the faith community, especially individuals with disabilities and those who care about them, for an interactive worship and music experience to grow relationships in our community. All are welcome!

### 250th Celebration

*Sunday, June 28th*

We will be celebrating the 250th anniversary of the United States on June 28th at both of our worship services (8:30 a.m. and 10:30 a.m.) with a special worship (including a brass ensemble) and a meal and block party to follow.

There will be food, games, and even a bouncy house. More information to come! All are welcome!

# Lend a Hand Ministry

Next Meeting: Thursday, June 11th @ 9 a.m. - 12 p.m.  
Break Room

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. All are welcome!

They meet the 2nd Thursday of each month @ 9 a.m. - 12 p.m. in Fellowship Hall. Please contact our Facility Manager, John Brintnell, at [brintnell@trinitybismarck.com](mailto:brintnell@trinitybismarck.com) if interested.



BIBLE JOURNALING IS A WAY TO COMBINE YOUR LOVE OF SCRIPTURE WITH YOUR CREATIVE TALENTS.

ALL ARE WELCOME:  
GOOD SHEPHERD LUTHERAN CHURCH  
3RD TUESDAY OF THE MONTH  
5:30 - 7:00

## Bible Journaling

3rd Tuesday of the month @ 5:30 p.m. - 7 p.m.  
Good Shepherd Lutheran Church

Join us for Bible Journaling – where scripture & creative expression meet. We meet at Good Shepherd Lutheran Church on the 3rd Tuesday of the month @ 5:30 p.m. - 7 p.m. All ages are welcome! Come & check it out! See Gracia with questions.

**Grief Support Group**

1st Saturday of the month @ 10 a.m. in Conference Room

Contact Pastor Martha with questions at [HarriSon@trinitybismarck.com](mailto:HarriSon@trinitybismarck.com)

**MEN'S GROUP**

3rd Saturday of the month @ 8 a.m. in Fellowship Hall

- Faith
- Fellowship
- Breakfast
- All are Welcome

Contact Pastor Mark with questions at [Narum@trinitybismarck.com](mailto:Narum@trinitybismarck.com)

**Church Musicians WANTED**

We are always looking for instrumentalists & vocalists to help lead worship!

**Interested?**  
Contact the church office to get involved.

**THEOLOGY & COFFEE**

Pastor Martha is starting a new study/discussion group that will discuss and debate various topics of faith and current topics important in our world today.

FRIDAYS | 10:00 AM  
In the Conference Room

**ALL ARE WELCOME**

## Partners in Ministry



Missouri Slope



Ministry on the Margins



### ELCA Daily Discipleship

Click on the image to open the Daily Discipleship shared on the ELCA's [website](#).

