

# TRINITY CONNECTION



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## WELCOME!

We are a servant church in the ♥ of Mason City, Iowa.

## EDITORIAL

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Trinity Lutheran Church

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12 Issues per year (Jan—Dec) / Print or Digital

The Trinity Connection informs the members of Trinity Lutheran Church about the church's mission and people, helping them to grow in faith and commitment to Jesus Christ.

**FRONT PAGE:** *Trinity youth with area youth at the National Gathering in New Orleans*

*Blessed are those who mourn, for they shall be comforted. – Matthew 5:4*



PASTOR DAN GERRIETTS  
SENIOR PASTOR

A few years ago, I attended the funeral of a former teacher of mine. He was a marvelous man whose wisdom, humor and compassion made an enormous impact on my life. I was deeply sad to lose him.

His funeral was a marvelous celebration – one of those gatherings I like to call, “a good funeral.” The preacher shared memories but also spoke clearly and powerfully of Christ’s resurrection promise. Friends and former students of my teacher gave heartfelt eulogies. The music was well-chosen and heavy on congregational songs. (There is nothing better than singing together at funerals, I think.) After burial and a meal, family and friends stuck around the church to reconnect and tell stories. It was sad and wonderful. A very good funeral.

The death of a loved one is a time of profound grief and sorrow. It is also a time when our faith and faith community can offer great comfort. Trinity, as a congregation, has long cherished this kind of ministry. From end-of-life to funeral and grief/loss support, we see these ministries as a way to share God’s healing love with members and non-members alike.

### **Funeral Meals and Radical Hospitality**

Ten years ago, Trinity created funeral serving teams of both men and women to continue the funeral lunch ministry once provided by TLC’s women’s circles. This new ministry has been an enormous success. Families and guests at funerals regularly comment on the compassion of these meal teams. And many volunteers love their time together. “We have so much fun,” one recently shared. Team members are “on” for a month at a time, and only serve when they are able. Mary Charlson, who has led this ministry since its beginning, recently passed the baton to Ellie Koester and a group of other leaders. If you would like to get involved, contact Ellie or the church office. It’s such a powerful ministry.

### **Trinity’s Columbarium**

The landscaping on Trinity’s columbarium is nearly complete. There is now a concrete pad around the structure, flower planters, a newly planted tulip tree nearby, and a new bench on the way. A number of inurnments have already taken place and about a third of the existing niches are already reserved. The

those who are (or will be) buried elsewhere to have their names inscribed on the structure. Interested in learning more? Contact the office or one of the pastors.

### Prayers and Support

We pray regularly for those in our community who have lost loved ones – in worship, in Bible studies and through our prayer teams. Sometimes our greatest need for support comes months or even years after a loss. Grief support groups and bereavement ministry through cards, calls and visits are another way we care at TLC. If you know someone who could use help, invite them to reach out to staff member, friend or grief specialist in our community. Or ask permission to call us on their behalf.

Everyone experiences loss and death. Jesus knew this and promised us comfort. Thank you for sharing this important ministry at Trinity!†

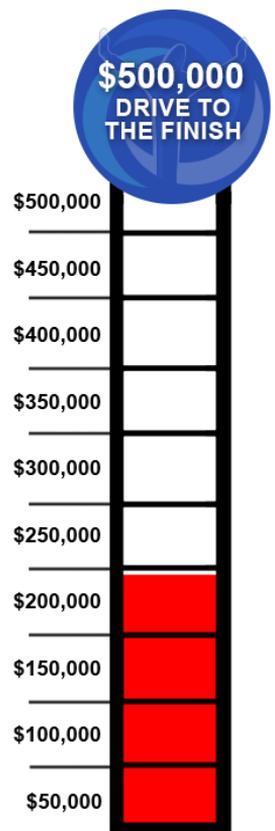


Thanks to another Matching Gift Challenge (and two generous Trinity families), we have the opportunity to double all new gifts made to the T150 Capital Campaign through the end of

September 2024! That’s right – if we receive \$50,000 in new cash gifts before September 30, 2024 – that amount will be matched dollar for dollar! If you haven’t yet donated or if you are considering an additional gift, now is the perfect time to double your contribution and help us pay down the remaining \$300,000 on the T150 loan. Every gift helps! If you’d like to give online, please visit [trinity-mr.org/give](http://trinity-mr.org/give).

### T150 CONSTRUCTION LOAN

Trinity continues to pay on the remaining construction loan for the T150 building renovations, technology upgrades, and our mission project. Thanks to the ongoing generosity of many, we have been able to make loan payments from special gifts alone and not the general budget. Trinity's mission and outreach continue to be blessed by this \$4.5 million project. To make a gift, go to [trinity-mc.org/trinity-at-150](http://trinity-mc.org/trinity-at-150) or write "T150" on your check or envelope.



# FUELING FAITH

## TRANSFORMING LIVES



### GENEROSITY SERIES 2024

Giving transforms the giver and the recipient. Join us and listen to the stories of just three of the many ministries at Trinity Lutheran Church that God is using to transform lives. Consider how your giving of time, talent and treasure refreshes others and fuels your faith. (All worship services Sept. 28 – Oct. 13)

[TRINITY-MC.ORG/GENEROSITY](https://trinity-mc.org/generosity)

*A generous person will prosper; whoever refreshes others will be refreshed. -Proverbs 11:25*

SEPTEMBER 28 & 29

### Fueling Care Ministry

*Featuring interviews from Trinity's Care Ministry leaders and participants.*

OCTOBER 5 & 6

### Transforming Youth Ministry

*Including impact stories from past and present Trinity Youth.*

OCTOBER 12 & 13

### Exploring Digital Ministry

*How Trinity's online ministry has changed the way we think about church.*

# MINISTRY FAIR

**Sunday, September 8, 2024**

**9:00-11:00 AM / The Gathering Space**

Mark your calendars for our annual Ministry Fair – a morning of inspiration, connection, and fun you won't want to miss. We hope you can join us! The Ministry Fair helps showcase and educate Trinity and community members who attend about the various ministries while giving them the opportunity to become involved by sharing their time and talents!



**IT'S TIME TO SING!  
IT'S TIME TO RING!**

*It's time to sing!*

Trinity's choir is open to all vocalists, high school age and older. Choir practice will be held in the Choir Room each Wednesday at 6:30 PM. If you've ever thought of singing in the choir, now is the time to come and check us out. Bring a friend and raise your voice in song this fall! Choir will begin September 4th.

*It's time to ring!*

Have you ever wanted to play handbells? We offer two groups:

**Trinity Bronze** meets Monday nights at 6:00 PM, rings intermediate/advanced music, play at various worship services through the year. Bronze Bell Choir will begin September 9th.

**Clapper Bell Choir** meets Thursday mornings at 10:30 AM (coffee first!), rings beginner music and play at various worship services through the year. Clappers will begin on September 5th. Whatever your level of music skill, Trinity has a place for you! Send Kim an email for more info: [kim.reisinger1@gmail.com](mailto:kim.reisinger1@gmail.com).

**LUTHERAN WORLD RELIEF  
SCHOOL SUPPLY KITS**

We are collecting items for LWR School Supply Kits.

- 4 - 70 Sheet Notebooks
- 1 - Ruler with metric and standard guides
- 1 - Box (24 count) Crayons
- 5 - BIC pens (black or blue ink)
- 5 - Standard #2 Pencil (unsharpened)
- 1 - Blunt Child Scissor
- 1 - Rectangular eraser (about 2 inches long)
- 1 - Pencil Sharpener (hand held/with collection receptacle)

Monetary donations can be made to Trinity Lutheran Church with/School Care Kits in the memo line or drop off your donations to the church office. Thank you for your help with this special ministry.

**Thursday, September 12, 2024  
9:30 AM / Trinity Room 208**



Once again, the Women of the ELCA will meet for a one-hour Bible Study on the second Thursday of each month. This year we will study the Biblical book of Luke. We hear sermons from the Gospels every week, but rarely do we study one book all the way through continuously. We begin Thursday, September 12, at 9:30 in Room 208. We use interactive discussion. All women welcome!



**SAVE THE DATE**  
**November 7, 2024**  
 Trinity Lutheran Church

**LEFSE-MAKING BEGINS**

**Monday, September 9, 2024**  
 Trinity Kitchen

Mark your calendars... it's time to make lefse for the Bazaar! September 9 is the first lefse-making session. Potato peeling begins at 6:00 AM, with rolling beginning at 8:30 AM and packaging at 11:30 AM. We will meet every Monday through October 28. We are looking for volunteers for lefse-making, or newbies that would like to learn the process.

**BOOK NOOK DONATIONS**

We are in need of gently used puzzles, fiction novels (including large-print!), children's, books. Please no magazines, cookbooks, textbooks or encyclopedias. Books can be dropped off at the east entrance. *Call Lavonne Welch with questions.*

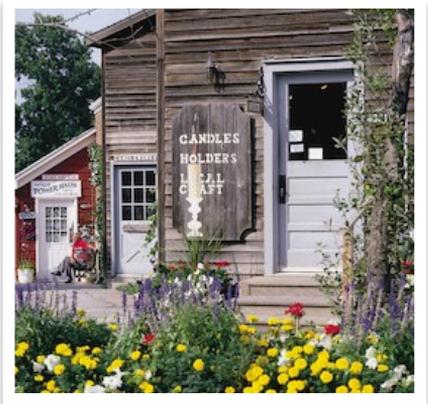
**CALL FOR SCANDINAVIAN ART**

The November-December Rotating Art Gallery will feature artwork of any kind with a Scandinavian flair. Please send pictures by October 10 to [becky.elsbernd@trinity-mc.org](mailto:becky.elsbernd@trinity-mc.org) of Scandinavian artwork that you have created or collected to be considered for the exhibit. Chosen pieces will need to be delivered to Trinity the week of October 21.

**TRINITY TRIPPERS TO AMANA COLONIES**

**Thursday, September 12, 2024**  
**7:15 AM / Trinity Parking Lot**

Trinity Trippers are planning a day trip to the Amana Colonies to explore shops and have a great meal at one of their restaurants! We will leave the church at 7:30 AM, but please be to the church no later than 7:15 AM. We'll return to Mason City by 5:00 PM. Price of attendance includes bus transportation and lunch. Attendance is limited so reserve your spot today! (Your payment reserves your spot.) Join us! **Deadline to register is September 6. Cost to attend is \$50.00 - (Please Note: this trip is non-refundable.)**



# Sunday School

**AGE 3 - GRADE 12**

## **RALLY SUNDAY SUNDAY SCHOOL**

**Sunday, September 8, 2024**

**9:15 - 10:00 AM / Trinity Education Wing**

We will kick off the Sunday School year on Rally Sunday with a welcome for kids in all grades, Age 3 – High School. Sunday School begins at 9:15 AM (if you attend the 9:00 AM service, students will be dismissed to the Sunday School wing after the children’s sermon) and on Rally Sunday, class will be done early so that parents & students can attend the ministry fair together. Parents: plan to pick up your students in their homerooms at approximately 10:00 AM, meet the Shepherds/Teachers, and go to The Gathering Space for fun and ice cream cones.

**Note:** Preschool meets on the second floor of the SS wing, Grades 1-6 meet on the third floor, and Grades 7-12 meet in the Youth Room on the first floor. Rotation classes will begin the following Sunday, September 15 for Age 3 – Grade 6; Grades 7-12 will meet in the youth room. If your child was in Sunday School last year, he/she will automatically be registered for the next year. If your child turns three by September 15, 2024 or is new to Trinity, please pick up a registration form in the church office or you can register for Sunday School online at [trinity-mc.org/sunday-school-registration/](https://trinity-mc.org/sunday-school-registration/).

**NOTE: IF YOUR PRESCHOOLER IS GOING TO HAVE AN ADDITIONAL YEAR BEFORE MOVING ON TO FIRST GRADE, PLEASE LET ME KNOW SO HE/SHE WILL BE IN THE RIGHT CLASS.** If you have registration questions, email [marty.greder@trinity-mc.org](mailto:marty.greder@trinity-mc.org) or call 641-423-0536.

-Marty Greder, *Director of Education*

**AGE 3 - GRADE 6**

## **SUNDAY SCHOOL - Month of September**

**9:15 - 10:15 AM / Trinity Education Wing**

Sunday School Students, Age 3 - Grade 6 will be starting off the year with the story of Daniel in the Lion's Den, Daniel 6:1-28.

**GRADES 7 - 12 & PARENTS**

## **IGNITE SUNDAY SCHOOL OPEN HOUSE**

**Sunday, September 8, 2024**

**9:15 AM / Trinity Youth Room**

Ignite, our 7th through 12th-graders Sunday School class is back and kicking off for the fall! Join us for an Open House on the 8th of September.



## **BACKPACK BLESSING**

**Sunday, September 8, 2024**

**9:00 AM & 10:30 AM / Trinity Sanctuary**

Trinity invites all students, and school staff to join us on September 8 for a Backpack Blessing during our Sunday worship services. Please bring whatever bag you take to

school, a backpack, lunchbox, etc.!

### **PARENTS OF SUNDAY SCHOOL STUDENTS**

## **POPCORN AND KLEENEX**

Please send a box of microwave popcorn AND a box of Kleenex to Sunday School with your child. Thank you!

### **GRADES 7 - 8**

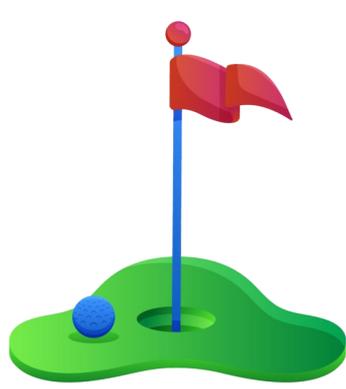
## **CONFIRMATION**

Confirmation Classes for 7th and 8th graders begin

September 11. It's not too

late sign up! New students,

contact Pastor Daniel ([daniel.hanson@trinity-mc.org](mailto:daniel.hanson@trinity-mc.org)) to sign up.



### **GRADES 5 - 6**

## **MINI GOLF AND BIRDSALL'S**

**Sunday, September 22, 2024**

**3:00 - 5:00 PM / River City Mini Golf**

5th and 6th graders and their friends are invited to River City Mini Golf and Birdsall's Ice Cream. We will start at the indoor mini golf in the mall, walk north to see some

sculptures, and end with ice cream at Birdsall's Ice Cream. All students should bring money to pay for their own ice cream treat. Any questions, please contact [carol.dettmer@trinity-mc.org](mailto:carol.dettmer@trinity-mc.org).

## **JOHN ADAMS MIDDLE SCHOOL**

### **FALL FOOD DRIVE**

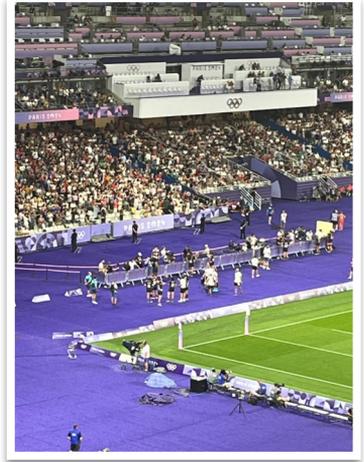
The John Adams Middle School (JAMS) backpack food drive will begin September 22 and run through October 6. There will be two drop sites, one by the office and one by the stairway to the sanctuary. Lists of food that are needed will be located in the front of the box. If you wish to make a monetary donation, it can be placed in the offering plate or delivered to the church office. Please note "JAMS backpack program" on the check. Thanks in advance to all those who donate to this wonderful program.



## FROM THE FRENCH QUARTER TO FRANCE

BY DANI VOGEL

Perhaps it was a crazy idea to go from New Orleans and the French Quarter with our youth to attending the Olympics in Paris, France. A crazy good idea. One of the things that really spoke to me during both trips was the sense of community. How so many are gathered together to celebrate. While both communities were wildly different, there were many great connectors. Through both experiences, I had the opportunity to make new friends...whether it was youth leaders from other ELCA churches, or being adopted by the parents of the New Zealand women's soccer (football) team. A great gem of a quote came from one of the team dads, Ian Foster (the former All-Blacks coach), who told me that he supposed it was fine that I moved from California to Iowa because Jesus told me to do it. And that I went from a youth event of 16,000 people to a rugby match with 70,000 in attendance. Between the two weeks, I walked 84.02 miles, or in Olympic terms, 90 Ledecky swims. Enjoy a few photos from the experience!†



## REJOICING SPIRITS

**Wednesday, September 18, 2024**

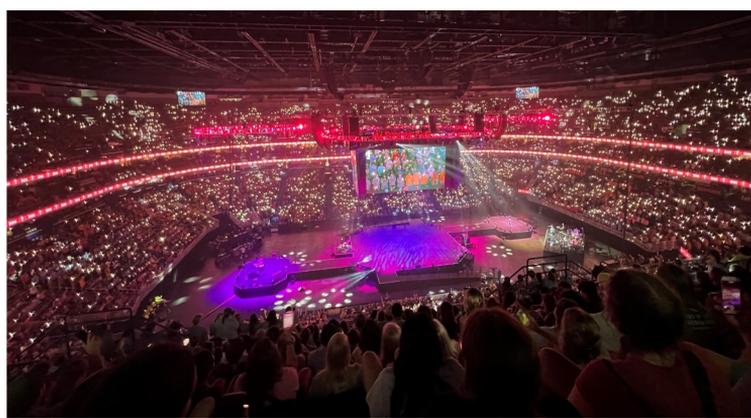
**5:00 PM / Trinity Fellowship Hall**

Rejoicing Spirits is inclusive of all ages and abilities as we connect with God and one another. If you have never experienced this casual, interactive worship service, we encourage you to come and check it out! On Wednesday, September 18, our focus is on Pentecost and the gift of the Holy Spirit. Following the worship service, enjoy pizza and root beer floats for a free-will donation.



## NATIONAL GATHERING 2024 RECAP

When someone asks you to describe what exactly the ELCA Youth Gathering is like, it can be hard to articulate the details. This historic event has



been a part of our community of faith even before the ELCA was formed in the 1980s. Speakers from Dr. King, to Archbishop Desmond Tutu have spoken at past events, and this year featured amazing people as well.

Every 3 years, the ELCA brings together youth from across the globe to attend the Gathering in their selected city of choice. Over the decades, the event has adapted to meet the ever changing needs of the population this ministry of the ELCA serves, mainly our youth ages 14-18. For the 2024 event in New Orleans, Trinity teamed up with a number of other NEIA churches to attend together.



Our trek started out with a very merry bus ride overnight through the Midwest and Arkansas. Chicken biscuits, lattes, and more fueled our bus conversations as we continued into Louisiana, where we arrived for our first night together. 16,000 attendees gathered nightly in the Smoothie King Center, home of the Pelicans NBA team for worship, speakers, and fun together.

Our next day was our day of fun in the bayou. We kicked off by packing sack lunches to fuel us between our activities, and then headed out on the road for our pontoon boat tour of the bayou. We had a great guide who helped introduce us to a number of local swamp friends. Who knew that gators were so in love with marshmallows? We also saw many types of seabirds, learned about Spanish Moss, and what happens when lightning hits a cypress tree. We headed to the beach next. Some of the group had never experienced the ocean before, and while the weather only allowed us about an hour of beach time, we still had a blast in Waveland, MS. What's a little water coming from the sky when you're already wet from the ocean?

Rain Ponchos did become a reoccurring theme throughout the week. Mother Nature's way of celebrating us being in New Orleans was to do so through numerous storms and rain showers



throughout the week, which led us to deviate plans a few times. Those changes led us to discovering a great pizza place,

splashing through many waterlogged streets, and taking some extra time to hang out in the Community Life and Interactive learning areas.

**CREATED  
TO BE**

**GATHERING  
NUMBERS**

**35** Participants

**4** Parishes

**19** Trinity Youth

**16,500** Youth

**\$13,357** Raised

**1** Awesome God

The rain did break for us to be able to complete our project for our Accompaniment day, where we worked with a local community garden and outreach center. We weeded, prepped mulch, worked in sheds, and saved a snail.

Our last full day included being able to worship with more of our Region 5 friends, including churches from all over Iowa. We played a get to know you bingo game, had worship and communion together, and then joined a number of churches from NEIA, as well as Bishop Kevin on a paddle wheeler

journey. Our time together came to a close during our final worship service, where we all joined

together to celebrate and share communion before the announcement for the next Gathering was announced. 2027's experience will be held in Minneapolis, which is an exciting place to be able to be in community again.

Thank you so much for holding us in prayer throughout our time in New Orleans and for the financial support to make this trip possible! †



— BY DANI VOGEL



# WEDNESDAY NIGHT ALIVE

*Fall Programming*

**BEGINNING SEPTEMBER 11, 2024**

**Meal / 6:00 PM**

**Adult Programming / 6:30 PM**

## LIFETREE CAFÉ

Lifetree Café is an hour-long, interactive video experience featuring real people’s real stories, biblical insights, and plenty of time for meaningful spiritual conversations. Each week explores a different topic from everyday life. Led by Pastor Dan Gerrietts and Pastor Steve Hansen. Dates: September 11 – October 30 (8 sessions.)

### **DOING LIFE WITH YOUR ADULT CHILDREN: KEEP YOUR MOUTH SHUT AND THE WELCOME MAT OUT**

#### **Small Group Video Series**

**Wednesdays, September 18 - October 30 (7 Sessions)**

“Are you struggling to connect with your child now that they've left the nest? Are you feeling the tension and heartache as your relationship dynamic begins to change?” In *Doing Life with Your Adult Children*, bestselling author and parenting expert Jim Burns provides practical advice and hopeful encouragement for navigating this tough yet rewarding transition. These video sessions provide insights to promote group discussion. The book *Doing Life with Your Adult Children* by Jim Burns can be purchased online if desired but it is not required. Facilitated by Becky Elsbernd, Parish Nurse.

## TRINITY CHOIR

Trinity’s choir is open to all vocalists, high school age & older. Choir practice is held in the Choir Room.

**Youth Programming / 6:30 PM**

## NURSERY

The Nursery is **UNSTAFFED** but open to preschoolers and their parents.

## KINDERGARTEN - GRADE 6

Students will come to the 2<sup>nd</sup> floor and learn new things from talented Trinity adults with new activities each week.



# WEDNESDAY NIGHT ALIVE

*Fall Programming*

## **CONFIRMATION GRADES 7-8**

Confirmation students will gather 6:30–7:45 PM in the Fellowship Hall and experience small group and large group learning as they study for their Confirmation.

## **FLAME GRADES 9-12**

High School Youth Group meets 6:30-7:45 PM in the Youth Room.

## **BASES RETURNS**

**Tuesday, September 3, 2024**

**8:00 AM / The Gathering Space**

BASES (Balance-Agility-Strength-Endurance-Socialization)

Exercise Class returns **September 3**. This free exercise class for adults age 55 or older is coordinated by RSVP (Retired Senior Volunteer Program) and led by RSVP volunteers. BASES will meet every Tuesday and Thursday morning from 8:00 - 9:00 AM in the Gathering Space at Trinity Lutheran Church.

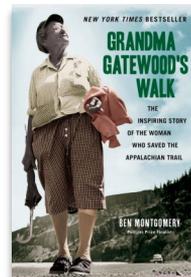
## **BOOK DISCUSSION**

**September 9, 2024**

**1:00 PM / The Gathering Space**

Join us to discuss *Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved The Appalachian Trail* by Ben Montgomery. Emma Gatewood

as a 67-year-old grandmother became the first person to walk all 2,050 miles of the Appalachian Trail three times. **Multiple copies are available to check out from Trinity's Church Office.**



## **CENTERING PRAYER**

Centering Prayer is offered the first and third Mondays of the month at 9:00 AM in room 322 and via Zoom. It is a form of silent prayer that enhances and nurtures our relationship with God, one another, and all of creation.

## **LECTIO DIVINA**

Lectio Divina returns on Monday, September 9! It is the second and fourth Mondays of the month at 9:00 AM in room 322 in the Trinity Education Wing and on Zoom. Lectio Divina is reading, reflecting, responding and resting in the word of God that helps one grow in relationship with God. Come and check it out!

## **VISIO DIVINA**

**Tuesday, October 1, 2024**

**10:00 AM / MacNider Art Museum**

**303 2<sup>nd</sup> St. SE, Mason City**

Visio Divina or “sacred seeing” is an ancient form of Christian prayer in which we allow our hearts and imaginations to enter into an image, in silence, to see what God might have to say to us. Come and encounter the Divine through visual art. This is a great opportunity to check out the 44th Annual Cerro Gordo Photo Show.



## **EXPLORE MASON CITY**

### **ON FOOT**

Explore Mason City on Foot Wednesday mornings at 9:30 AM. Each week will be a new adventure! If you need a ride to the location from Trinity, please call the church office in advance. Walks are weather permitting.



#### **September 4 – Sculpture Walk**

Meet at Trinity East Entrance (213 North Pennsylvania Ave.)

#### **September 11 – Highline Trail**

Meet at Trinity East Entrance (213 North Pennsylvania Ave.)

#### **September 18 – Scrip Trail / Riverhawk Trail**

Meet at trailhead parking lot off of North Illinois Ave.

#### **September 25 – Zerbles Trail**

Meet at the Trailhead by the Dog Park (14th St NE)



## **CARROTS & CELERY BEYOND THE RELISH TRAY**

**Tuesday, September 10, 2024**

**1:30 PM / Trinity Kitchen**

Come and learn creative uses for carrots and celery on Tuesday, September 10 from 1:30PM - 3:30 PM in Trinity’s kitchen. This workshop offers hands-on participation with every step of the process- washing, preparing, and eating. Supply fee is \$5.00. Space is limited so sign up today on the clipboard by the office or by calling 641-423-0536.

## **BLOOD PRESSURE CHECKS RETURN**

**Sunday, September 15, 2024**

**10:00 AM / The Gathering Space**

Blood pressure checks will resume on the third Sunday of the month in The Gathering Space from 10:00 - 10:30 AM.

## REJOICING SPIRITS

**Wednesday, September 18, 2024**

**5:00 PM / Trinity Fellowship Hall**

Rejoicing Spirits is inclusive of all ages and abilities as we connect with God and one another. If you have never experienced this casual, interactive worship service, we encourage you to come and check it out! On Wednesday, September 18, our focus is on Pentecost and the gift of the Holy Spirit. Following the worship service, enjoy pizza and root beer floats for a free-will donation.



## CLEAR LAKE BIKE RIDE

**Thursday, September 19, 2024**

**9:00 AM / Clear Lake Sea Wall**

Join us for a leisurely bike ride around Clear Lake on Thursday, September 19<sup>th</sup> at 9:00 AM. Meet

at the seawall in Clear Lake. Please contact Parish Nurse Becky if you need transportation for you and/or your bike.

**Weather Permitting**

## LABYRINTH WALK FOR PEACE

**Saturday, September 21, 2024 / Trinity Courtyard**

Celebrate International Day of Peace on September 21 by walking the Labyrinth in Trinity's courtyard. A facilitator will be there between 5:45 PM and 6:30 PM to guide you if needed. Join us as we walk with the intention of peace for ourselves, our community and our world. **Weather Permitting**

## PRAYER SHAWL

### BLESSINGS BRUNCH

**Tuesday, September 24, 2024**

**9:30 AM / Trinity Fellowship Hall**

Calling all creators of Prayer Shawls, Prayer Squares, and/or Prayer Bears! Join us for a light brunch as we rejoice in the blessings given and received by creating tangible reminders of God's loving presence. This is an annual ecumenical gathering of volunteers from Mason City and the surrounding communities for fellowship, inspiration and blessing. Anyone who creates any of these items or is interested in learning more about this ministry is invited to attend. Muffins, fruit, and deviled eggs will be served. This is in place of the Prayer Shawl Ministry's monthly meeting on September 17. Register by calling the church office at 641-423-0536 before Friday, September 20.





## CREATE A HEALTHY ROUTINE FOR MENTAL WELLBEING

**Thursday, September 26, 2024**  
12:00 PM / Trinity Fellowship Hall

The September Lunch and Learn will empower you to create a healthy routine for your mental wellbeing. Speaker Ken Zimmerman is the former director of the Mental Health Center of North Iowa and is now in private practice. Salad luncheon provided for a free-will donation.

## MENTAL HEALTH FIRST AID

**Save the Date Friday, October 11, 2024**

**8:00 AM - 4:30 PM / Trinity Lutheran Church**

**Cost: \$20.00 - Lunch Provided**

*Scholarships available upon request*

Mental Health First Aid is a course that teaches individuals how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support someone who may be developing a mental health, a substance abuse problem, or experiencing a crisis. Instructor Thomas Heiar has been the Population Health Coordinator at CG Public Health for two and half years and focuses primarily in the world of prevention working with teenagers regarding healthy relationships, mental health, and substance misuse. Please RSVP by September 23.

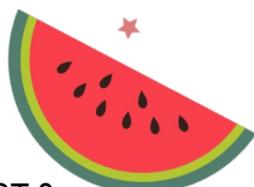


## ROTATING ART GALLERY

BEAUTY BEYOND  
THE NAKED EYE  
*by Noemi Cruz-Orcutt*  
**September-October 2024**

Noemi Cruz-Orcutt is a practicing dentist at Mint Springs Dentistry in Mason City, IA. She is also an avid amateur macro photographer in her free time. Noemi has a keen eye and a passion for photographing nature's small details. Her macro photography focuses on snowflakes, colorful flowers and dew drop reflections as well as small insects such as bees, butterflies, dragonflies. Noemi lives in Mason City with her husband, Kevin, 2 children, Lukas and Adaliz, and their dog Niko. She enjoys getting out in nature, but finds that some of her most interesting shots have come in her backyard! Noemi's family are members of Trinity.

# Summer with Trinity



**SENIOR SUMMER LUNCHEON** AUGUST 8



## SERVING UP SMILES

A time to get together with others to share a meal, hear a message, sing some favorite hymns, and take communion...this is what the annual Senior Summer Luncheon offers. What isn't

“advertised,” though, is the time to reconnect with old friends and make new ones, the time to sit back and relax while pondering the right message at the right time, and the opportunity to chat with the pastors and Trinity staff

members. Around 100 people attended this year’s luncheon, and were introduced to new staff members, Pastor Beverly Butler, Trinity’s new Pastor of Spiritual Care, and Dani Vogel, Youth Director. Pastor Beverly gave the timely message, “Recipe for Joy” that resonated with everyone.

As usual, a Lutheran gathering wouldn't be a Lutheran gathering without food and music to nourish the body and soul. Sloppy joes, baked beans and potato salad were followed by ice cream and a cookie, and Kim Reisinger played special piano music before the luncheon, and accompanied two hymns for the group to sing. A common theme among the guests and volunteers was a smile on their faces. Thank you to everyone who was involved in this lovely tradition. If you were on the fence about coming and missed it this year, please come next year. You'll be glad you did.†

**BIKE TO BREAKFAST** JUNE 9



**MONTHLY VEGETABLE COOKING CLASS**



**CELEBRATE THE HARVEST POTLUCK**  
AUGUST 7



**CANOEING AT LIME CREEK** JUNE 20

**Sunday, September 1, 2024**

9:00 & 10:30 AM Worship\*\* TS

**Monday, September 2, 2024**

ALL DAY CHURCH CLOSED - Labor Day TLC

**Tuesday, September 3, 2024**

8:00 AM BASES Exercise Class TGS

**Wednesday, September 4, 2024**

7:00 AM Men's Bible Study TFH

8:30 AM Women's Bible Study TL

9:30 AM Sculpture Walk TPL

6:30 PM Choir TCR

**Thursday, September 5, 2024**

8:00 AM BASES Exercise Class TGS

**Saturday, September 7, 2024**

5:00 PM Worship TS

**Sunday, September 8, 2024**

9:00 - 11:00 AM Ministry Fair TGS

9:00 & 10:30 AM Worship TS

9:15 AM Sunday School—Rally Sunday/Open House TEW

**Monday, September 9, 2024**

6:00 AM - 1:00 PM Lefse-Making TK

9:00 AM Lectio Divina TR322 & Zoom

9:00 AM Rolling Bandages for Global Health TFH

9:30 AM Altar Guild TR300

1:00 PM Book Discussion TGS

5:45 PM Bronze Bell Choir TS

**Tuesday, September 10, 2024**

8:00 AM BASES Exercise Class TGS

1:30 PM Carrots & Celery Cooking Class TK

**Wednesday, September 11, 2024**

7:00 AM Men's Bible Study TFH

8:30 AM Women's Bible Study TL

9:30 AM Highline Trail Walk TPL

9:30 AM Lydia Bible Study TR208

6:00 PM WNA Community Dinner TFH

6:30 PM Wednesday Night Alive TLC

6:30 PM Confirmation & Flame TFH & TYR

**Thursday, September 12, 2024**

8:00 AM BASES Exercise Class TGS

7:15 AM Trinity Trippers to Amana Colonies TPL

9:30 AM WELCA Bible Study TR208

10:30 AM Clapper Bell Choir TS

**Saturday, September 14, 2024**

5:00 PM Worship\*\* TS

**Sunday, September 15, 2024**

9:00 & 10:30 AM Worship\*\* TS

9:15 AM Sunday School TEW

10:00 AM Blood Pressure Checks TGS

**Monday, September 16, 2024**

6:00 AM - 1:00 PM Lefse-Making TK

9:00 AM Centering Prayer TR322 & Zoom

9:00 AM Trinity Quilters TFH

10:00 AM Healing Touch Exchange TR321

5:45 PM Bronze Bell Choir TS

**Tuesday, September 17, 2024**

8:00 AM BASES Exercise Class TGS

9:30 AM Fellowship Coffee TFH

SEPTEMBER CALENDAR

**Wednesday, September 18, 2024**

7:00 AM	Men's Bible Study	TFH
8:30 AM	Women's Bible Study	TL
9:30 AM	Scrip Trail/Riverhawk Trail	TH
2:00 PM	Cancer Support Group	TR300/Zoom
5:00 PM	Rejoicing Spirits	TFH
6:00 PM	WNA Community Dinner	TFH
6:30 PM	Wednesday Night Alive	TLC
6:30 PM	Confirmation & Flame	TFH & TYR

**Thursday, September 19, 2024**

8:00 AM	BASES Exercise Class	TGS
9:00 AM	Clear Lake Bike Ride	CLSW
10:30 AM	Clapper Bell Choir	TS

**Friday, September 20, 2024**

11:00 AM	Ethnic Food Festival	MCDT
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**Saturday, September 21, 2024**

5:00 PM	Worship	TS
ALL DAY	Labyrinth Walk for Peace	TC

**Sunday, September 22, 2024**

9:00 & 10:30 AM	Worship	TS
9:15 AM	Sunday School	TEW
10:30 AM	Worship	TS
3:00 PM	Mini Golf and Birdsall's	RCMG

**Monday, September 23, 2024**

6:00 AM - 1:00 PM	Lefse-Making	TK
9:00 AM	Trinity Quilters	TFH
9:00 AM	Lectio Divina	TS
5:45 PM	Bronze Bell Choir	TS

**Tuesday, September 24, 2024**

8:00 AM	BASES Exercise Class	TGS
9:30 AM	Prayer Shawl Blessings Brunch	TFH
9:30 AM	Caregivers Support Group	TR300/Zoom

**Wednesday, September 25, 2024**

7:00 AM	Men's Bible Study	TFH
8:30 AM	Women's Bible Study	TL
9:30 AM	Zerbles Trail Walk	TH
4:00 PM	Trinity at Community Kitchen	CK
6:00 PM	WNA Community Dinner	TFH
6:30 PM	Wednesday Night Alive	TLC
6:30 PM	Confirmation & Flame	TFH & TYR

**Thursday, September 26, 2024**

8:00 AM	BASES Exercise Class	TGS
10:30 AM	Clapper Bell Choir	TS
12:00 PM	Lunch & Learn	TFH

**Saturday, September 28, 2024**

5:00 PM	Worship++	TS
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**Sunday, September 29, 2024**

9:00 & 10:30 AM	Worship++	TS
9:15 AM	Sunday School	TEW

**Monday, September 30, 2024**

6:00 AM - 1:00 PM	Lefse-Making	TK
9:00 AM	Trinity Quilters	TFH
5:45 PM	Bronze Bell Choir	TS

To view calendar online, visit  
[TRINITY-MC.ORG/CALENDAR/](http://TRINITY-MC.ORG/CALENDAR/)

## WORSHIP

**Saturdays 5:00 PM** | Sanctuary

**Sundays 9:00 AM** | Sanctuary, Streaming, and Radio  
Livestreamed on Trinity's Facebook Page and YouTube Channel,  
or listen live on KCMR 97.9 FM or kcmrfm.com

**Sundays 10:30 AM** | Sanctuary

## PASTORS

### Senior Pastor:

Dan Gerrietts

dan.gerrietts@trinity-mc.org

### Pastor of Spiritual Growth:

Daniel Hanson

daniel.hanson@trinity-mc.org

### Pastor of Spiritual Care:

Beverly Butler

beverly.butler@trinity-mc.org

## SUBSCRIBE

[trinity-mc.org/newsletters](http://trinity-mc.org/newsletters)

or call 641-423-0536

## SOCIAL MEDIA

[twitter.com/trinityluth](https://twitter.com/trinityluth)

[facebook.com/trinitymasoncity](https://facebook.com/trinitymasoncity)

[instagram.com/trinitymasoncity](https://instagram.com/trinitymasoncity)

[youtube.com/c/TrinityLutheranChurchMasonCityIA](https://youtube.com/c/TrinityLutheranChurchMasonCityIA)

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## CALENDAR KEY

**TLC** - Trinity Lutheran Church (Various locations in the building)

**TFH** - Trinity Fellowship Hall / **TK** - Trinity Kitchen

**TR** - Trinity Room (Number) / **TGS** - Trinity Gathering Space

**TS** - Trinity Sanctuary / **TPL** - Trinity Parking Lot

**TYR** - Trinity Youth Room / **CK** - Community Kitchen

**YTFB** - YouTube & Facebook / **TC** - Trinity Courtyard

**RCMG** - River City Mini Golf / **CLSW** - Clear Lake Sea Wall

**MCDT** - Mason City Central Park / **TH** - Trailhead

\*\*Holy Communion Served ++Rite of Healing

