

The
NEWSLETTER

Of

Trinity Lutheran Church

603 North 8th Street

Atchison, KS 66002

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Lutheran Church - Missouri Synod

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Reverend Robert Ziegler and Reverend Marty Reed

Vol. 66 No. VI

Published Monthly

June 2020

FROM PASTOR ZIEGLER'S DESK

CALLS AND CLASSES

Again, in terms of calls and classes and meetings in May, there is not much to report. I made one home call and one shut-in call. Pastors are not allowed to visit members in the hospital, but I did make phone calls to Mosaic in St. Joe, Atchison Hospital and KU Med Center and had prayer with our folks in those places. Our Finance Committee, Building Committee and Board of Directors met. Pastor Reed, Don Lassen and I met twice, working on evangelism calling cards. Wednesday School continued to meet during the month.

FUNERALS

Jeanne Derry, 77 went home to be with her Lord on April 29th. A memorial service will be held later.



Funeral services were held here at the church for LaVerne Magers, 102, on May 5th. LaVerne was a faithful and active live-long member of Trinity. It is significant that in making her funeral arrangements she designated that memorials go to Dream Fund III. Even though she knew she would not live to see the building Dream Fund III envisions, she saw it by faith and in love for her Lord and Trinity, she did this so it could be, an example of us "older folks".

NEW MEMBERS

On May 17th, we welcome two adults into the communicant membership of Trinity: Larry Mercer and Kennedy Portenier. We pray God's continued blessings upon them.

And, on May 31st, we welcomed four juniors through the Rite of Confirmation into the communicant membership of Trinity.

Landon Keith Affield

Grant Arthur Fuhrman

Emily Mae Fuhrman

Evan Pierce Piper

We pray God's blessings upon these youth.

HIGH SCHOOL GRADUATES

We also pray God's blessings upon these young people who graduated from high school in May:



Christian Arnold

Dalton Higley

Evan Hamilton

Noah Martin

Anna Harper

Ethan Piper

Madison Helton

Alizé Pyles

Corbin Hetz

Kayla Spilman

Jayden Watkins

BAPTISMS

There were no baptisms in May, but we are looking forward to several on June 21st.

NEXT SUNDAY

Next Sunday, June 7th, we are going back to in-person worship, and three services, 8:00 a.m., 10:30 a.m., and 6:30 p.m. We will work at social distancing, every other pew, families together. Maybe some folks in the church basement. We will have plenty of hand sanitizer around. If you want to wear a mask, that is fine. Also, we will have Sunday School, our summer schedule. Our Bible Classes will begin meeting again. I'm sure you know that if you are feeling sick or have a temperature or developing a cough, you should not come.

ADULT INQUIRER'S CLASS

We will begin Adult Inquirer's Class again on Sunday, August 30th, at 4:00 p.m. The enrollment blank will be in the bulletin next Sunday, please be thinking about and praying for that person you are hoping to bring.

PRAYERS NEEDED

Lottie Lee just brought me the news that Randy Rozelle took a bad fall and hit his head on a concrete floor. He is in the hospital with a severe concussion. Randy was our Vicar in 2003-04. If you would like to send a card to him, his address is: Rev. Randy Rozelle, 400 Orchard Terrace, Roselle, Illinois 60172.

OFFERINGS

Thank you to all who have brought their offerings or sent them through the mail. Also, even though you may not have pledged last Fall, let me encourage you to make up soon what you would have given.

CALLS

Last month we noted that we had extended a Call to Mr. Steven Hobus of Grand Junction, Colorado to become Principal of our Trinity School. It is with much thanksgiving that we now report that he has accepted our Call and will soon be moving to Atchison.

It is with sadness, though, that we report that Miss Kelly Dressler has accepted a Call to St. Peter Lutheran School in Hemlock, Michigan. She will be leaving Trinity sometime this summer.

EVERY MEMBER COMMUNION SUNDAY

Every member Communion Sunday will be on June 28th. Until the virus is gone we will be using in all services the individual cups.

50th ANNIVERSARY SCHOOL ENDOWMENT

We continue to receive gifts for our 50th Anniversary School Endowment Fund Offering. As of this writing we have received 69 gifts and a total of \$24, 365.00. Please note the special page noting those who have given and when they graduated from Trinity. If your name is not there, we pray that it will be soon. Or if you have children whose names should be there, please remind them to send a gift. There are still several years with no names and we have no names from the 2000's. Please note "Friends of Trinity School". These are folks who have given even though they did not attend Trinity. Please note the former teachers who are listed. We are hoping that many more "friends" will give. Simply mark your gift, "50th Anniversary".

My grandson, Tyler Arends, graduated from Concordia Seminary, Fort Wayne, Indiana on May 22nd. He has received a Call from Trinity Lutheran Church, Guymon, Oklahoma. He will be ordained and installed this summer. My granddaughter, Elsa Compton, graduated as a mechanical engineer from the University of South Carolina in May. She will be attending graduate school this Fall.

Charlotte and I have received many, many cards of congratulations in the last month. Thank you very much to all who have sent them and for the kind words you have written in them. News travels fast. We've also heard from several classmates around the country and several former members of Trinity.

And finally, please continue to pray that the virus will soon run its course, that a vaccine will soon be developed, that people will be protected, that God will use all to accomplish His will, that He will bring good out of it for His people and His church. Hope to see you soon here on campus.

PEACE!

Pastor Robert Ziegler

THE FINANCIAL PICTURE

Home	Needed in 2020	\$ 406,988.58
	Given in 2020	391,355.16
Missions	Needed in 2020	18,044.40
	Given in 2020	14,951.22
Building	Needed in 2020	13,961.64
	Given in 2020	13,745.84

At the end of April, our Financial Picture looks really good. At the end of May it doesn't look so good. At the end of five months, we are BEHIND \$15,633.40 in the HOME budget, BEHIND \$3,093.18 in the MISSION budget and BEHIND \$215.80 in the BUILDING budget. We are hoping that there will be lots of "catching up" in June.

Special gifts during May were:

Bethesda Home	224.00
Lutheran Heritage Foundation	5.00
Lutheran Hour	30.00
Lutheran World Relief	536.24
Flower Fund	30.00
Vacation Bible School	55.00
Facebook Broadcast	140.00
Adult Choir Fund	800.00
Emergency Fund	72.00
KAIR Broadcasts	150.00
Technology (current) Fund	155.00
Food Pantry	50.00
Garage Debt	100.00
School Sponsor Plan	20.00

With these gifts this is how our BENEVOLENCE

PICTURE looked at the end of the May:

<u>BENEVOLENCE</u>	<u>GOAL</u>	<u>GIVEN</u>
Bethesda Home	\$ 1,100.00	\$ 573.24
Luth. Heritage Found.	600.00	119.00
Lutheran Hour	900.00	807.13
Luth. World Relief	3,500.00	1,045.19

Our debt on the Garage/Maintenance Building is now \$34,918.88. Please remember that the second Sunday of the month (June 14th) is "Debt Down Sunday". Extra gifts received through the Building Fund that day go to pay down principle.

July 26th will be the day of our annual offering for Dream Fund III. This year our goal will be "\$120 In '020". Let's pray that all will participate in this special effort.

Also, it is time to begin thinking about our School Sponsor Plan. Our goal is still 40 sponsors, each sponsor giving \$200.00 to help a child receive a Christian education at Trinity School. Be sure and write "School Sponsor Plan" on your gift.

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LOOKING BACK

Ten Years – June 2010

.....8th grade confirmands were, Nathan Farrell, Tyler Gering, Lauren Kiehl, Matthew Page, Chance Reams, R.J. VanHoozer, Cynthia Welch.

.....High School graduates were, Brittany Hess, Trent Jewell, Joshua Joles, Dylan Klawuhn, Alexander Maxwell, Adam Scott, Paige Shugart, Cooper Smith, Desiree Weatherford.

.....Fred Krueger, 66 Trinity Principal (1995-2000) died in Storm Lake, Iowa. Funeral services were held for Ed Roberts, 77, and Erma Mae Reder, 86.

.....Stacie Dougherty and Mike Carney left Trinity School for other positions. Miss LeAnn Baker was called to be our kindergarten teacher.

.....Twenty-eight members completed Pastor Ziegler's T.E.A.M. Class, "The History of Christianity".

.....The School Endowment Fund reached \$1,000,000 in given assets.

Twenty years ago - 2000

.....A bequest of \$55,967.41 was received from the estate of Mrs. Helen Walton.

.....The last "Esther's Nest" appeared in the Newsletter.

.....Adult confirmands on May 21 were, Peggy Buckley, Terry Crank, Elsie Kendall, Kyle Kern, Andrew Peuker, Danielle Reno, Justin Reno.

.....Monica Donaldson, Jessie Aversman, Ruth Niemann and Jeanne Durkin met to organize the "Trinity Grounds and Garden Club".

.....We purchased the house at 717 N. 8th on April 14 for \$10,500.

.....We removed three houses and two mobile homes from the corner of 9th and Laramie to make room for the planned "Trinity Place".

Thirty Years Ago - 1990

.....Pastor and Esther attended Synod's Mega church conference in Phoenix and visited Floyd and Marie Ruhnke while there.

.....Sherri Hinds and Rodney Smith were married on May 19 and Beth Kuhnert and Terry Hamilton on May 26.

.....Our church and community were stunned and saddened to the sudden deaths of Jeff and Jody Woodruff.

.....8th grade graduates (all boys) were, Michael Baumann, John Campbell, Justin Hetz, Michael Molt, Jon Norem, Bill Shannon, Derek Toms and Brian Young.

Forty Years Ago – 1980

.....Joan Estes, Kenneth Otte, Gary Sandy, Rebecca Schmelzle, Julie Williams and Allison Ziegler were confirmed.

.....Dr. David Estes was our speaker for 8th grade graduation.

.....Anne Ziegler was working as a counselor for physically handicapped children at Cradle Beach Camp in Buffalo, New York.

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OUR BUILDING COMMITTEE

A REPORT

In 1998 on the day we dedicated the "finished part" of the new building, we started Dream Fund III. We did that because we realized that we still needed a building that would take care of various church ministries, i.e. Adult Bible Classes, Sunday School rooms, quilting, offices, youth activities, childcare, restrooms, etc.

Since 1989 the debt on the new building has been paid, Trinity Place has been built, the Garage/Maintenance Building built, church windows covered, a new roof put on the church, new furnaces and air-conditioning in the church, new doors on the church, the church basement and kitchen remodeled, lots of technology put in place, the old school painted, etc., etc.

In March 2017, serious talk about restrooms on the first floor of the church were began. Out of these talks came the need for an Ad Hoc Committee to study Trinity's future ministry and building needs. This committee was formed and did its work in the Fall of 2017. From its work came the decision to form a Building Committee, hire an architect and begin putting together building plans. Members selected from the Building Committee were, Bryan Becker (chairman), Jim Duitsman, Rachel Goodpasture, Bart Lennington (secretary), and Terry Mills. After several meetings the committee voted to hire Larry Lisbona as architect (1-8-19). Since then, several meetings have been held and different ideas and plans considered.

Two main plans have been considered. One plan was to tear down the yellow school building, build everything between the church and the new school building, connecting everything to the church. The second plan was to build between the church and yellow building. In this area would be restrooms, childcare, to expand the narthex and long hallway which would lead to a three-floor building would be the church offices, meeting rooms, quilting room, rooms for Bible classes and Sunday school. The committee has voted to pursue this second plan.

However, before we have the architect draw final plans, there are several things we want to do in preparation. We want to pay off our present debt on the Garage/Maintenance Building, make provision for supporting the building after it is in place, add to Dream Fund III, build resources for maintaining our present buildings during construction and paying off the new building debt.

This may seem like a lot. It is. But, we want to plan and prepare carefully so we do not jeopardize our present ministries, staff positions or Trinity School.

We are asking our architect to prepare a picture of what we want to build. We hope to have it by the last Sunday in July when we will have our annual offering for Dream Fund III this year \$120 In '020".

We are still "BUILDING A DREAM THAT WILL ENDURE". Big dreams do not come in bargain basements and they do not come over-night. They come after years of planning and praying and working and giving and God's blessings. So, let's keep planning and working and giving and praying God's blessings.

FROM THE LUTHERAN WITNESS

LUTHER AND THE PLAGUE

One health care worker, Emily Yang, wrote an article for Christianity Today encouraging Christians trying to deal with the coronavirus threat to read what Martin Luther had to say about the plague. In 1527, a much worse affliction than the coronavirus – the black plague, which had wiped out half of Europe's population two centuries earlier – broke out in Wittenberg. The city panicked. Many people dropped everything and ran away. In response, Luther wrote an open letter titled "Whether One May Flee from a Deadly Plague" (LW 43:119-38).

Luther looked at the issue in terms of vocation. If you are a physician, a government official, have family obligations or are a pastor, you need to stay where God has placed you to serve. Realize that whether you live or whether you die, you are in God's hands. Otherwise, you are free to leave. (Luther stayed.) You have an obligation of self-preservation. Make use of medical care and public health measures, such as quarantines. Above all, though Christians must do whatever they can to help their neighbors in their time of need.

When "a deadly epidemic strikes," said Luther, we should "take courage in the fact that we are mutually bound together." We should not just see the plague as God's punishment but as an occasion "to test our faith and love."

BE STRONG
→ AND ←
COURAGEOUS
DO NOT BE AFRAID
OR DISCOURAGED
FOR THE LORD YOUR
GOD WILL BE WITH YOU
WHEREVER YOU GO
→ JOSHUA 1:9 ←

From the pen of Pastor Reed...

Before us are the hot and muggy months of summer. This is the time when school-age children relax and take it easy, and families take their vacations. And unfortunately, this is also the time of year when attendance and activities at church slow down.

But also, this is the time of year that the color of our altar paraments change to green, the color of growth!

Growth! Think of reseeding a lawn or trying to get grass to grow in those pesky, stubborn areas. After you prepare the ground and sow the seed you're not done. The seed needs watering. And perhaps like me, you can't wait for seed to sprout, take root, and grow taller and taller, and are pleased when it does!

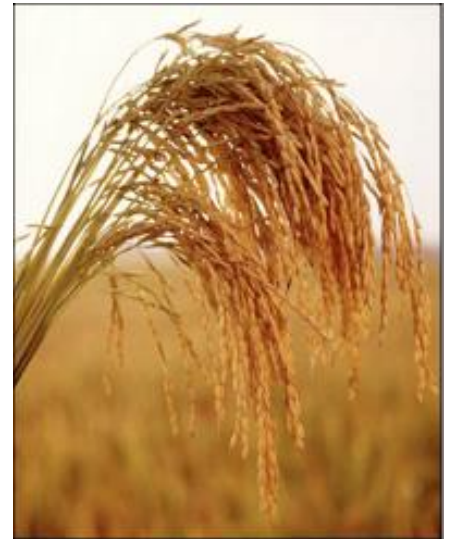
Think of how pleased God is when the seed of His Word takes hold in our lives and grows! In fact, Jesus used this image when He spoke the Parable of the Sowing of the Seed (Matthew 13). He said the sown seed is the Word of God. But tragically, only seed actually produces a crop: 30, 60, or 100 times what was sown. Many seeds never take root. And for some of those, the resulting plants died. It is amazing how many seeds need to be sown in order to get something that looks like a lawn.

Plants thrive in hot weather— with plenty of sunshine and rain. Yet, much of this growth will pass by unnoticed, unless you happen to be the one who sowed the seed, or mows the lawn, or cares for the garden.

Dear Christian, Jesus has sown the seed of His Word into your heart. Praise God that this Word has taken root and you are blessed with the forgiveness of sins, life, eternal salvation, along with peace, hope, joy, and all the fruits of the Spirit (Galatians 5:22-23).

Still, God's not finished. It is time to grow in the true good works of faith. Peter wrote, *"But grow in the grace and knowledge of our Lord and Savior Jesus"* (2Peter 3:18).

Reflect on the important truths we find in Ephesians 2:8-10, which describe the relationship between God's grace, faith, and good works. *"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."*



It's no coincidence that the church picked green for the color of her altar paraments following Pentecost. Plants thrive in the world around us this time of year. And at this time of the church year we consider how the Christian grows in grace and knowledge, bringing glory to God, and serving the neighbor with good works.

What is a good work? A good work is everything a child of God does, speaks or thinks in faith according to the Ten Commandments, for the glory of God and the benefit of his or her neighbor (Question 163 from "The Explanation of the Small Catechism," by Martin Luther, copyright 1991).

God is pleased when by His grace and Spirit, and in faith...

- we fear, love and trust in Him above all things;
- we call upon Him in every need, praise Him, pray to Him, and give Him thanks.;
- we hold His Word sacred, and gladly hear and learn it;
- we honor our parents and other authorities by serving and obeying, loving, and cherishing them;
- we help and support our neighbor in every physical need;
- we lead a sexually pure and decent life, and husbands and wives love and honor each other;
- we help our neighbor to improve and protect his possessions and income;
- we defend our neighbor, speak well of him, and explain everything in the kindest way;
- and we are content with what God gives to us.

The things above are beyond our power to produce in our lives! No one would expect a plant to grow, thrive, and produce a crop without warm weather, sunlight, and water. And a believer shouldn't expect fruits like the ones above without the power of God's Spirit coming in and through God's Word and Sacraments.

This month, we will begin to come together as a church following three months of corona virus isolation. It will be wonderful seeing and greeting one another! Christian fellowship is a blessing of our Christian faith. But even more, we come together so our faith may be watered, that it nurtures and grows.

Blessings always.

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THE BEST IS YET TO COME

“Was it so long ago? – it seems like yesterday
I was chasing rainbows and playing in the hay.
Was it so long ago? I played hooky from school,
Reading, writing, ‘rithmetic, and learning the
golden rule?
I remember the school marm saying,
“The best is yet to come.”
Finally, I settled down with a mate for life –Gosh,
was it so long ago we were new as man and wife?
Children they came, and pride and joys...
oh, yes, the tears
And heartaches with our girls and boys.
They flew the coop one by one. Was it so long ago
raising our Children all done?
Oh, I know, “The best is yet to come.”
The house is sure quiet now, and we have each
other, but
Every now and then I think I hear
“Father?...Mother?”
Was it so long ago, my mate was taken away?
Oh, yes, I know
What
They say: “The best is yet to come.”
My hearing is not so good, and I now use a cane....
Was it so long ago I danced in the rain?
Well, Lord, I’ve been richly blessed,
A wonderful mate,
Beautiful children, and yes...a few regrets...
For you see I know at the last setting sun...
“The best is yet to come.”

Rita Underwood

TECHNOLOGY ENDOWMENT FUND

Since the first of the year we have received \$4,047.46 for the Technology Endowment Fund. This is really good. The given-assets of this fund now stand at \$120,271.63. In 2019 we received \$5,787.56 in dividend income from this invested amount.

Technology is becoming one of the biggest expenses our church and school face. The camera we are using for the streaming broadcast was purchased from income from this fund. Much of the cost of our new telephone system came from this fund. If we continue streaming the added technology needed for this will come from this fund.

A gift of \$200.00 was given to this fund in memory of Sam Nelson. A gift of \$100.00 was received from Thrivent Choice Dollars. One couple gave \$100.00 from the stimulus money they received.

In the front of your packet there is a special envelope for this fund. It is marked Technology Endowment Fund (Future Needs). Every gift, no matter the size is appreciated.

In 2001 when we started the Technology Endowment Fund, this is what we wrote:

“It is our DREAM that Trinity will have the latest and the best in technology for the students, faculty and staff of Trinity School and the same for the pastors, staff and members of our congregation.

The Technology Endowment Fund is designed to provide income for computers, copiers, office equipment, televisions, DVD players, software, and the Technology that has not yet been developed but will someday be available to help us in carrying on our ministries here at Trinity in fulfilling the Great Commission.



SCHOOL ENDOWMENT FUND – FIFTY YEARS

As of May 31st, we have received \$24,365.00 from 69 graduates, former students and friends of Trinity School. Gifts have come from many states: South Carolina, Iowa, Wisconsin, Kansas, Georgia, Nebraska, Texas, Missouri, Oklahoma, Tennessee, Michigan, Colorado, Arizona, California, Indiana and Vermont. Here are the folks we have heard from so far and the year they graduated from Trinity. There are several years where no name is listed. Let's try to get one or some names under each year. And please note there are no names since 1999.

<u>1946</u>	<u>1960</u>	<u>1973</u>	<u>1986</u>
Norma Dame	Mary (Fricke) Bohnmaier	Sue (Kruger) Sherffius	Jeff Woodruff (Memorial)
<u>1948</u>	Carol (Scholz) Dupree	<u>1974</u>	<u>1987</u>
Jerry Bonnell	<u>1961</u>		
Richard Kaaz	Ron Estes	<u>1975</u>	<u>1988</u>
Lois (Braun) Vowels	Jeanne (Handke) Durkin		
<u>1949</u>	Sandra (Jaynes) Watowa	<u>1976</u>	<u>1989</u>
Don Kempin	<u>1962</u>	Anne (Ziegler) Compton	Jody Woodruff (Memorial)
<u>1950</u>			<u>1990</u>
Thomas Schmitt	<u>1963</u>	<u>1977</u>	Brian Young
<u>1951</u>	Warren Kaufman		<u>1991</u>
Rev. Robert Nestler	<u>1964</u>	<u>1978</u>	Jennifer (Johnson) Brincefield
<u>1952</u>	Bonnie (Schmidt) Young		<u>1992</u>
Rosalie (Jacobsen) Kearney	<u>1965</u>	<u>1979</u>	Aaron Sinclair
<u>1953</u>	Lee Seetin	Pam (Higley) Wilburn	<u>1993</u>
Bill Magers	<u>1966</u>		Kristin (Estes) Robinson
<u>1954</u>	Mechelle (Ingels) Underwood	<u>1980</u>	<u>1994</u>
Robert Peterson	Patty (Handke) Woodruff		Eric Duitsman
<u>1955</u>	<u>1967</u>	<u>1981</u>	<u>1995</u>
Loretta (Boatright) Lassen	Linda (Earl) Banks	Eileen Peterson	Stacie (Sherffius) Duitsman
<u>1956</u>	Ann Estes		<u>1996</u>
Larry Jacobson	<u>1968</u>	<u>1982</u>	Heather (Duitsman) Katzenmeier
<u>1957</u>	Glen Buckley, Sr.		Thomas Lackey
Norma (Hetz) Donahoo	<u>1969</u>	<u>1983</u>	<u>1997</u>
Sharon (Haeffele) Oestmann	Dean Kaufman		
Mary (Zabel) Miller		<u>1984</u>	<u>1998</u>
<u>1958</u>	<u>1970</u>	Jennifer Gerardy	Brett Duitsman
Sandy (Genail) Green			<u>1999</u>
Connie (Miles) Harris	<u>1971</u>	<u>1985</u>	Adam Goodpasture
<u>1959</u>			<u>2000</u>
	<u>1972</u>		

Friends of Trinity School:

Bryan and Pattie Becker	Kevin and Mary Pieper	Jerry and Toni Bisping	Larry and Anita Sadowski
Jim and Joyce Duitsman	Hank Schlattmann	Mary (Miller) Eberhardt	Dora Williams
Mike and Jill Lowe	Merrill and Vonda Young	Nancy Nelson	Pastor Robert Ziegler
Sherri Smith	Marvin Muhlenbruck	Marie Kiehl	Lois Estes
Archie and Kristine Sharp	Peggy Haase	Mike and Georgia Peitsch	John and Roschelle Bisping
Dr. Bill and Carolyn Hubble	Mildred Kruger	John and Debbie Boyer	

Thank you to all the above for their gifts. We pray that during June we will be able to add many more names. Let's encourage and remind each other and pray God's continued blessings.

— Attention all participants of 'Everyone His Witness' seminar —
Remember LASSIE— Listen-Ask-Seek-Share-Invite-Encourage

SCHOOL NEWS

An August reunification with our students, teachers and school communities is our greatest hope and desire. Working together, we will welcome and embrace our students with nurturing, safe, supportive and loving learning environments where they will be inspired and challenged to learn, serve, lead and succeed. Students will continue their studies in core subject areas, along with the integration of technology, fine arts, spiritual lessons and guidance.

Kansas State Department of Education is planning to provide guidelines for schools in the reopening process. These guidelines will be released July 10, 2020. The focus of these guidelines will be how to provide effective instruction and ensure a safe environment for our students and staff. Trinity will consult with other school and community leaders, along with health officials to guide our decisions and actions in preparation of school opening.

Our Lutheran school communities are resilient, strong and committed. As parents and church members, your unwavering support has been invaluable. With measured and careful thought, planning and analysis, Lutheran education will prosper against all odds, even in the face of a pandemic, for the Lord never abandons. He blesses us with courage, grace and love to serve our students.

**COME AND CELEBRATE!
GRADUATION IS SCHEDULED FOR JULY 19, 2020 AT 2:00 P.M. IN THE SANCTUARY
RECEPTION IN THE TRINITY LUTHERAN SCHOOL GYM**

Thank you to ALL our families for their work with our students this last quarter while we were learning remotely. Your support and dedication to the children's education was greatly appreciated!!

Last Day of School Pictures



Lisa Brookover, principal

Health Topic – June 2020

(reprinted from Lutheran Parish Nurse International, lpni.org, with permission)

June is headache and migraine awareness month. I hope the following information is useful.

The Common Headache: Ways to Stop the Pain

Almost everyone gets an occasional headache with its throbbing, pounding, vise-like sensation. The list of things that cause headaches is long. Migraine, cluster and sinus headaches are entities in themselves and often require medical intervention. They aren't "just in your head". However, the most common headache is usually caused by tension, and is the focus of this topic.

Ways to treat a tension headache

- Massage neck muscles, rubbing gently and firmly toward the heart. Massage temples in a gentle circular motion, beginning at the center and moving outward.
- Apply a heating pad to the shoulders and neck or take a warm shower, letting the water massage the area.
- Lie down in a dark room with a cool cloth to the forehead.
- Apply a cold pack against the forehead or neck.
- Take aspirin, acetaminophen, ibuprofen, or naproxen for pain, preferably before the pain becomes excruciating when the cycle is hard to break. Rate the pain on a scale of 1 to 10 with 10 being unbearable and 1 insignificant. Intervene at level 2-3 so that it never reaches level 5.
- Use relaxation techniques. Slow deep breathing with eyes closed or progressive relaxation techniques may also help prevent headaches when under stress.

Tips to prevent tension headaches

- Find ways to reduce stress in your life. Slow down and take five deep breaths. Daily set aside time to meditate.
- Make a conscious effort to relax the muscles of the jaw, neck and shoulders, even before there is a headache. Massage temples and neck frequently.
- Notice and correct neck and shoulder posture that results in strain.
- Get daily exercise, preferably outside.
- Reduce the amount of caffeine and sugar consumed in coffee, tea, and soft drinks.
- Avoid foods that seem to cause headaches.

Some common foods that may cause headaches in certain people

Hard cheeses	Sour cream	Red wine
Bananas	Caffeine	Citrus fruit
Chocolate	Onions	Nuts
Foods prepared with monosodium glutamate (MSG)		

B. Janice Faulkner, RN, BS, MSN, FCN
Parish Nurse, Ascension Lutheran Church
Minocqua, WI 54538 USA

Migraines: How are they Different from the Common Headache

The American Migraine Foundation describes migraine as an inherited neurological disorder that is characterized by over excitability of specific areas of the brain. Physicians do not clearly understand what happens in the brain to start a migraine. What is clear, is that people with migraines are susceptible to transient factors called triggers that raise the risk of having a migraine attack. These triggers include hormonal fluctuations, environmental stimuli like weather or bright lights, certain smells, alcohol, certain foods, poor sleep, and high stress. However, not everyone has a clear trigger for migraine attacks. These are some of the symptoms of a migraine:

- headache that is moderately or severely painful
- headache pain gets worse with physical activity
- headache pain that is throbbing and is often worse on one side
- headache that causes you to miss school, work, or other activities
- increased sensitivity to light, sound, or smells during a long lasting headache 4 to 48 hours if untreated

If you have 2 or more of these symptoms the Migraine Foundation recommends that you talk to your health care provider about your headaches. Most treatments for migraines involve medications. One of the few treatments that doesn't involve medicine is gentle yoga that uses stretching postures that avoid adding strain to the neck and deep breathing.

Resources: American Migraine Foundation, Webmd

Look forward to seeing all of you again,
Marcene Selberg RN, parish nurse

TRINITY LUTHERAN CHURCH

603 N. 8th Street
 Atchison, Kansas 66002
 913-367-2837
 church-ks--com
 www.facebook.com/trinitylutheranatchison



June 2020							Jul 2020
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1		2 6:25 pm Elder's Calling 7:00 pm NA	3 7:00 pm NA 8:00 pm Finance Committee	4	5 6:30 pm 55+ Potluck 7:00 pm NA	6 7:00 pm NA	
7 Worship 8:00 am, 10:30 am, 6:30 pm 9:15 am Family Bible Hour 9:30 am KAIR Broadcast 7:00 pm NA	8 1:15 pm Staff Meeting 6:25 pm Kennedy Calling 7:00 pm NA	9 1:00 pm Quilting 7:00 pm NA	10 7:00 pm NA 8:00 pm Board of Directors	11	12 7:00 pm NA	13 9:00-11:00 am Fleece Blanket Project 7:00 pm NA	
14 Worship w/Communion 8:00 am, 10:30 am, 6:30 pm 9:15 am Family Bible Hour 9:30 am KAIR Broadcast 7:00 pm NA	15 1:15 pm Staff Meeting 6:25 pm Kennedy Calling 7:00 pm NA	16 1:00 pm Quilting 6:25 pm Elder's Calling 7:00 pm NA	17 7:00 pm NA	18	19 7:00 pm Baptismal Inst. 7:00 pm NA	20 7:00 pm NA	
21 Worship 8:00 am, 10:30 am, 6:30 pm 9:15 am Family Bible Hour 9:30 am KAIR Broadcast 7:00 pm NA	22 1:15 pm Staff Meeting 6:00 pm WIP Craft Night 6:25 pm Kennedy Calling 7:00 pm NA	23 1:00 pm Quilting 7:00 pm NA	24 7:00 pm NA 8:00 pm Adult Bible Class Teachers	25	26 7:00 pm NA	27 9:00 am Novel Ideas 7:00 pm NA	
28 Worship w/Communion 8:00 am, 10:30 am, 6:30 pm 9:15 am Family Bible Hour 9:30 am KAIR Broadcast 7:00 pm NA	29 1:15 pm Staff Meeting 6:00 pm Chain of Hearts 6:25 pm Kennedy Calling 7:00 pm NA	30 1:00 pm Quilting 7:00 pm NA					