

Trinity Lutheran Church



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

June 2024

From Pastor Roger....

See What Love the Father has Given Us*

My dad was an example of a man who tried his best to live a godly life. Not perfect, but always trying to better himself, his family, his neighbors, workplace, and church. Dad was a good-humored man who enjoyed hearing and telling jokes—some of them a little off-color, but never vulgar or crude. Sitting or standing next to him in church was always entertaining because Dad sang with conviction but never on the right pitch. That shortcoming never deterred Dad from praising God in the liturgy and hymns, saying, “It’s part of our Christian duty to sing to the Lord.”

As Father’s Day approaches, I urge you to remember something special about your dad or another man who showed you the love of Jesus. Maybe it was his bowed head at grace before meals, a word of gratitude or forgiveness to you or someone else, a strong hand held out in reassurance or comfort, a skill or sport taught with patience and care.

Father’s Day reminds us not so much “who” we are, but “whose” we are. Our lives, especially with God our Father, are all about relationships. We belong to someone. We respect someone. We pattern our lives after someone. We love someone...because that someone first loved us!

**See what love the Father has given us, that we should be called Children of God; and that is what we are. 1 John 3:1*

Trinity is a Place to Grow!



On anniversary Sunday, please pause before entering the sanctuary and write your name on a leaf to be added to the Trinity Family Tree.

Praying for our Military Personnel & Families

Michael Frizzell, Navy, brother of Heather Campbell.
Zach (Army) and Desiree (National Guard) Potter, and
Anthony Potter, National Guard, and
Tyrell Campbell, Air Force, grandsons of Diane Scholl.
Bryan & Jodi Jones, Air Force Reserves.
Chase English, Air Force, son of Betsy English.
Megan and Dylan Zebosky, Army.
Zack Pinkerton, USMC, and
Nick Pinkerton, USMC, grand nephews of Zelma Hess.
Andrew Wiley, Navy, son of Andy & Karen Wiley, grandson of Mary Ann Wiley.
Brandon Thomas, Army Natl Guard, father of Riley Thomas.
Kyla Stires, Army National Guard.
Logan McAdoo, Army National Guard, son of Kim Collins
Alex Shorter, Army National Guard, son of Amy Shorter.
Jayden Jones, Air Force.



Living Well

Understanding Our Emotional Lives

Sundays 10:30 a.m.
June 23, 30
July 14, 21, 28
August 4



July 21
Polina E. Varner, LCSW
Relationships
From Cradle to Grave:
Attachment Theory 101

Born and raised in Russia, Polina was a professor of English in her homeland. In 2004 she came to Oklahoma University, completing her Masters in Social Work. She works at OU Health Child Study Center helping children with disabilities and their families to thrive. Polina also maintains a private practice assisting adults in deep psychodynamic individual therapy.



June 23
Pastor Roger Bruns
Mental Health
Overview

Pastor Roger is committed to ministry within a community of faith, forgiveness, and compassion. Building a framework for this 6-week series, he will give information on building healthy relationships, remaining hopeful and positive, and evaluating our personal behavior and how it affects others.

June 30
Pastor Roger
Grief and Loss

Drawing on his own personal experiences as well as training in the areas of death and dying, Pastor Roger will offer tools for dealing with day-to-day losses as well as the significant, often traumatic and potentially life-altering losses such as death or disability of a loved one, divorce, and dissolution of relationships. Guided by the promise of our faith—"God Guides and Provides"—Pastor Roger will reinforce that there is always hope for tomorrow.



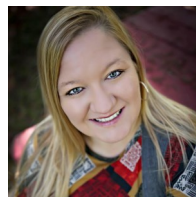
July 14
Liz Fletcher, LCSW
Depression

Liz is a psychotherapist in private practice in OKC. Working with individual adults, couples, and families in Spanish and English, she focuses on addressing the needs of helping professionals, including medical providers, educators, spiritual leaders, and psychotherapists. In the face of increased anxiety and depression among individuals, families, and our society, Liz will offer guidance and hope.

July 28
Dr. Logan Kruck
Suicide
Feeling Forsaken



Speaking from his personal experience losing a family member to suicide, Logan will address how we as people of God's grace understand ourselves in the midst of hopelessness and how we care for those feeling forsaken and hopeless. There are two sides to suicide—the illness and struggle with suicidal ideation, and the grief that one is left with in the wake of suicide. The bittersweet work of grace helps us love ourselves and those who are suffering.

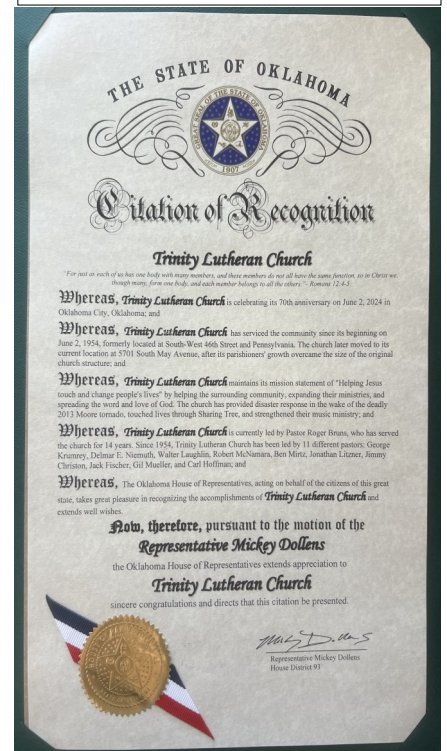


August 4
Shay Espinoza
Children & Mental
Health: Connecting
Before Correcting

Shay's vision of outpatient mental health is to remove the stigma that plagues providers and recipients of mental health services. Shay enjoys working with children ages 9-16, assisting them and their families to thrive and be more productive. Married with three children, ages 6, 16, and 25 (plus a beautiful new daughter-in-law), Shay began her motherhood journey at age 16. She is focused on helping teen parents build lasting relationships with their children and breaking the cycle of absent teen parents.

Trinity's Pastors Over the Years

George Krumrey	1954-1957
Delmar E. Niemuth	1957-1965
Walter Laughlin	1965-1968
Robert Hagemann	1968-1974
Robert McNamara	1975-1981
Ben Mirtz	1982-1998
Jonathan Litzner	1999-2001
Carl Hoffman	2003-2007
Roger Bruns	2007-Present
Interim Pastors who have served:	
Jimmy Christion	2001-2003
Jack Fischer	
Gil Mueller	



Above is a Citation of Recognition passed by the Oklahoma House of Representatives acknowledging Trinity's 70 years of services to the OKC community. The original will be on display at church.

70th Anniversary @ Trinity

We will gather on Sunday June 2 with Bishop Becca Middeke-Conlin as our guest speaker at morning worship. A celebratory lunch follows in the fellowship hall. Chef David Gunter provides Salisbury steak and mashed potatoes. You are invited to bring sides and dessert. Thank you! Over the course of the year, guest articles will appear in newsletters with reflections on Trinity's ministry over the past seven decades. *Do you have memories you would like to share? Please contact Pastor Roger.* Thank you!



NEWSLETTER DEADLINE is June 23.

CHURCH DIRECTORIES available upon request.

2024 FLOWER CHART posted in entry hallway. \$30 per vase. Please notice there are sign-up lines for two vases each Sunday. Open dates: July 14, 21, 28, and August 4.

CHILDREN'S OFFERING on Sundays through June goes to *Joe's Addiction*, a coffee house community that serves in a "red light" district of Oklahoma City. In addition to Crazy Good Coffee, they offer food, clothing, emotional and spiritual help for broken and addicted people. *We find it's easier to "be good" when you're doing life with a bunch of other people who are trying to "be good."*

OFFERING ENVELOPES are mailed to you every two months. If your address changes, contact the church office: okctrinity@gmail.com or (405) 685-3432.

'HAND UP' BAGS on the narthex bookshelves. Give to those asking for a handout on street corners. Give them a bottle of water too, so they stay hydrated.

PULL TABS from any aluminum beverage or food containers benefit the work of Ronald McDonald House near Children's Hospital, OKC. Receptacle in narthex.



Welcome, New Member!

Raul Rodriguez lived in Dodge City, KS until age 8 then moved to OKC. He attended Parmalee Elementary, Jefferson Middle School, and U.S. Grant High School, and is currently a student at Metro Tech in aviation at the aviation career campus. Buddy is Raul's dog, a mixed Lab. Drawn to Trinity by an increasing need for a closer relationship with God, Raul believes Trinity is "meant to be" for him because he lives nearby. Desiring to learn more about church history and the early Church Fathers, Raul has met with Pastor Roger and has begun reading books on the Fathers of the Church. *Welcome, Raul!*

70th Anniversary Wishes from Pastor Ben

Congratulations on the 70th anniversary of Trinity Lutheran. We celebrate with you on this special occasion. The first charter members had a vision for South Oklahoma City and with faith, determination, and hard work established this congregation. The faith of members following also have this vision, to be a beacon of light and hope in the community. We thank God for your faithfulness.

"Oh give thanks to the Lord for he is good; his steadfast love endures forever." Chronicles 16:34

Pastor Ben & Gwen Mirtz
Served Trinity 1982-1998
Retired in Salina, KS

Pastor Ben & Gwen Mirtz served Trinity during years of growth and physical expansion. During their 16 years at Trinity, the fellowship hall, kitchen, restrooms, and classrooms were added. Pastor Ben also confirmed many large confirmation classes and the annual traditions of the Halloween Carnival and Harvest Dinner were established. *Thank you Pastor Ben and Gwen!*

Dear Trinity,

Kindness is more than the nice things you do. It's who you are, through and through. Thanks so much for your thoughtfulness...thanks for being you.

Sister Mable and the Staff of The Free Food Pantry

In our recent efforts, Trinity collected \$653 and a large box of food items for Sister Mable.



Happy Birthday

- 2 Joyce Kasenumr
- 3 Noah Prater
- 4 Deion Maloy
- 5 Amy Shorter
- 5 Chase English
- 6 Leslie Smith
- 7 Connor Kidd
- 12 Natalie Wiley
- 14 Cliff Anderson
- 15 Jacob Lee
- 16 Kinley Standridge
- 18 Kay Nelson
- 18 Alan Wiley
- 18 Sharen Standridge
- 18 Jason Lindley
- 20 Noah Norris
- 21 Eric Campbell
- 22 Zachary Leverett
- 27 Ken Leverett

Happy Anniversary

- 1 Al & June Lindley
- 10 Cindy & Tom Maloy
- 12 Kelci & Ryne McNeill
- 27 Donna & Tom Bund

*If your special day is not listed,
please let us know.*

*(405) 685-3432,
okctrinity@gmail.com*





Gemma McNeill graduated from Kindergarten in May. Gemma is the daughter of Kelci & Ryne McNeill and the granddaughter of Patricia McNeill. *First Grade, here she comes!*



Alex Shorter (L) and Logan McAdoo (R) graduated from Moore High School in May. Alex and Logan will both begin basic training in the Army National Guard this summer. Alex is the son of Amy Shorter. Logan is the son of Kim Collins.



Hannah Haney graduated from Westmoore High School in May. Her current interests are Psychology and Real Estate. Hannah is the daughter of David & Jamie Gunter.

Long Term Prayer List

The Long Term Prayer List appears each week in the email sent to Trinity members and friends. If you are not receiving the weekly email, please contact Lindsay: okctrinity@gmail.com, 405-685-3432

Volunteer nursery attendants are needed Sunday mornings. If you can help, please contact Pat McNeill at 405-570-4863 or patm233@gmail.com

Facebook Sunday Services

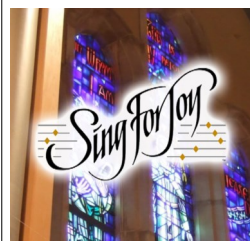
Each week on Monday or Tuesday Trinity's Sunday Worship Service is posted on our Facebook page *Trinity Lutheran Church*. Share with anyone who may need some good news and the encouragement of the Gospel.

Sympathy to...

the family & friends of **Katherine "Kate" Miller**, age 35, who died May 23 in Baltimore, MD. Kate was a dear friend of Pastor Roger as he watched her grow up at his church in Richmond, VA during the 10 years he served there.

the family & friends of **Jay Salmon** who died May 9. Jay was the father of Jamie Gunter.

the family & friends of **Peggy Bowles**, who died May 6. Peggy was a lifelong friend of Bernice Milius.



Every Sunday, tune to 90.1 FM for SING FOR JOY at 8:30am, or log onto classcalkuco.org and experience a wonderful half hour of sacred music focusing on the scripture readings for Sunday.