



Communicator

Volume 49 • No.1

January — March 2020

Happy New Year!

TRUST welcomes
Richfield Evangelical
Lutheran Church as
its newest member.



At left are the Rev. Brian Mundt and me in front of the beautiful stained glass window in the sanctuary. In an email to me Rev. Mundt said, "I've been here one year now and would like Richfield Lutheran to start playing well with our neighbors. TRUST seems like a no-brainer as a solid next step."

Mary Beth Weibel, Director of Outreach Ministries for the church said, "Why do we want to play with TRUST? The Richfield Lutheran Church Community of Faith has a mission to "Use our God's given talents to BE the church in the community and the world!" TRUST is a perfect place to live out our mission statement while working with others in our community. Like many churches, we all have unique things to offer a larger group of churches but we also have ways in which partnership with others will provide a more solid base of opportunities with limited resources, volunteers and participants. RLC is excited to begin this new adventure in 2020 and see what God is calling us through TRUST partnership opportunities."

We welcome Richfield Lutheran and look forward to exploring ways of working together.

*"We can't always choose the music life plays
for us, but we can choose how we dance to it."*

Silversurfers.com

As a person who took ballet as a youth and has loved ballroom dancing all my life, I thought this was appropriate for my new time here. At TRUST, we are tap dancing as fast as we can! And learning new dances!

Executive Director continued on page 2

TRUST Contact Information

Main Office Location:

9 Rustic Lodge West
Minneapolis MN 55419
Website: www.trustinc.org
Email: trust@trustinc.org

Main Office Phone: 612-827-6159

Nancy Biele, Interim Exec. Director
Sara Quinn, Administrator
Jan Bankey, Estate Sale Program
Norine Larson, Grief Coalition

Parish Nurse Phone: 612-822-2394

Ann Dunagan, Parish Nurse

Chore Phone: 612-827-6150

Sara Quinn, Chore Coordinator

Grocery Phone: 612-721-5786

Sandy Parnell, Grocery Driver

MOW Office Phone: 612-822-6040

Eleonore Balbach, MOW Director
Kathy Rosen, MOW Coordinator
Shannon Burke, MOW Coordinator

Meals on Wheels Office Location:

4101 Harriet Avenue South
Minneapolis, MN 55409

Initiatives:

TRUST Builders	TRUST Youth
TRUST Loaves & Fishes	The Gathering
Starfish Ministry	Wreath of Love

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TRUST

Toward Renewed Unity In Service Together

Board service is one of the most important volunteer roles of all. The TRUST Board of Directors have been formidable stewards leading with dedication and tenacity. If you would like to serve on the TRUST Board, contact us.

Bethlehem Lutheran Church
Cindy Tintner

First Universalist Church

Judson Memorial Baptist Church
Clay Gustafson
Jim ten Bensel

Lake Harriet Christian Church

Lake Harriet United Methodist Church

Lake Nokomis Presbyterian Church
Diane Hansen

Linden Hills Congregational UCC
Tiffany Bils

Living Spirit United Methodist Church

Lutheran Church of Christ the Redeemer
Roxann Metz

Lynnhurst Congregational UCC
Doug Mead

Mayflower Congregational UCC

Mount Olive Lutheran Church

Richfield Lutheran Church

Richfield United Methodist Church

St. Joan of Arc Catholic Church

St. John's Episcopal Church
Mary Corlett

St. John's Lutheran Church

St. Leonard's Catholic Church
Karen Virnig

St. Luke's Episcopal Church
Barbara Buehl

**St. Thomas the Apostle
Catholic Church**

Executive Director continued from page 1

You may be wondering what has been happening at TRUST. The short answer is we are still providing our usual services with no interruption. The longer answer is that the new Executive Director left in May, and Ann agreed to be the interim Executive Director in addition to her role as the Parish Nurse. So, she worked half-time in each role. I came out of retirement in August to help out and then became the (new? old?) Interim Executive Director in November. Torey Johnson left as Administrator in October, and Sara Quinn moved from the Meals on Wheels office to become Administrator and Chore Coordinator in November. Meals on Wheels now has Kathy Rosen and Shannon Burke as the two Coordinators joining Eleonore Balbach, the Director. We are at full strength!

Many thanks to Ann who kept the ship afloat and can now return to parish nursing. I am grateful that the Board is as diligent as it is and our staff members are as talented and enthusiastic as they are. Now, I have been playing a game of catch-up on the things that did not get done last year. Thank you for whatever part you played in keeping TRUST strong last year.

Peruse in the following pages all of the ways TRUST dances with the community. Join us for our 33rd annual Martin Luther King event on Sunday, January 19 at Living Spirit. Our grief group begins again on January 23 at St. Thomas the Apostle, TRUST Builders 2020 dates have set, Loaves and Fishes begins again on January 27, Trusty Salers has already scheduled sales for January and February, and the Gathering continues four times a month at Bethlehem. Meals on Wheels, Chore, Grocery Transportation and Parish Nursing continue all of their tasks serving the community.

*Join me in dancing with TRUST.
Have a wonderful year, Nancy*



Thank you to all of the generous gift buyers who made our 34th year so successful. 138 people received 262 gifts. Recipients included all of the residents at Redeemer Residence, the children at the Redeemer Daycare, and some Chore, Parish Nursing, Grocery and Meals on Wheels clients.

There are twelve participating TRUST congregations - St. John's Episcopal, Linden Hills UCC, Lutheran Church of Christ the Redeemer, Bethlehem Lutheran, Lake Harriet UMC, St. Luke's Episcopal, St. John's Lutheran, Lake Harriet Christian, St. Leonard's, Lynnhurst UCC, Mayflower UCC, and St. Joan of Arc.



Nancy Biele & Board member
Cindy Tintner surrounded by gifts
at Redeemer

From the Desk of the Parish Nurse

New Beginnings

We experience beginnings and endings throughout our lives. The seasons change. We move on to different jobs or retire. We lose special family members and friends. Change is inevitable and new beginnings often begin with a loss.

What can we do when circumstances present us with a change that we do not want? It can be hard to get started again. The support of family, friends, and sometimes even the kindness of strangers can make all the difference. The article below discusses ways to work through change (source: <https://au.reachout.com/articles/7-tips-for-dealing-with-change>):

7 Tips for Dealing with Change

Dealing with change can sometimes be uncomfortable, stressful or even scary. Here are some things you can do to make coping with changes in your life a little easier.

This can help if:

- you're finding it hard to cope with change*
- you resist change*
- you're feeling out of control and overwhelmed*

1. Think things through and ask, 'What's the worst that can happen?'

We're often scared of change because we're afraid of the unknown. And a good way to deal with the unknown is to think things through carefully. Imagine all of the different possible outcomes, and then decide what would be your best- and worst-case scenarios. Write them down, if it helps. Another great strategy is to think about the last time you were faced with a big change and got through it okay. Remember how scary it was starting high school or learning to drive? Sometimes it's not as bad as it seems at first, and may just take a little time to get used to.

2. Ask yourself how much you can control

When a big change occurs, it's important to figure out how much control over the situation you really have. Understanding your role and how much you can change can help you put things in perspective. For example, if you've just moved out of home, there are many small things you can do to make the process easier. Make a to-do list and check each item off when you complete it.

3. Accept and reframe

If the unwanted change is beyond your control, try taking a reflective approach. Accepting that there are things beyond your control, and choosing to be comfortable with that fact, is likely to bring greater peace of mind than waging an unwinnable war. View change as an opportunity to learn and grow, rather than as a setback, even if you have to fake it til you make it!

4. Celebrate the positives

Even though it can be a tough ask, focusing on the positives can really help you manage change. While the positive aspects of a situation might



HELP TRUST!

Volunteer! Join the 1,000 people who give their time every year so TRUST can keep on serving the community. Deliver Meals on Wheels, cook at Loaves and Fishes, or pound nails for TRUST Builders.

Donate! You can donate through TRUST's website or GiveMN.org. Check to see if your employer (or former employer if you are retired) will match your donation. If you are part of **Thrivent**, you can recommend us for Thrivent Choice Dollars. Look it up!

Attend our fundraisers! The next event is the Caritas concert. Look for the date!

Plan for TRUST in the Future Fund. The mission of the fund is to provide an opportunity for supporters to sustain TRUST through planned giving for the next 50 years. Please consider including a gift to TRUST in your estate planning.

Donate stock! TRUST welcomes the opportunity to convert your stock to cash to support our programs.

Got a special skill? Do you like fundraising? Can you help with events? Give us a call!

Tell your neighbors and friends about us. They may have parents or friends who could use our help. Or they may want to become a volunteer.

Thank you!



Happy New Year!

Change in Staff

Please welcome our newest Program Coordinators: Kathy Rosen and Shannon Burke.



Kathy has spent many years as a property manager and realtor, but her passion is assisting people, especially the elderly. She is always willing to put in the extra effort for our clients when needed and is excellent at keeping our refrigerator and freezer well organized. Kathy took over for Sara Quinn after she became the new Office Coordinator for TRUST. Thank you, Sara, for your dedication and commitment to our program, and we will miss you at Meals, but so happy that you are still with TRUST!

Shannon is a local artist who likes to volunteer for various programs and lives near Judson. She is a great addition to our team as she is very accommodating and willing to come in when needed. She is also putting her creative talents to use by making beautiful birthday bags and cards for our clients. Shannon took over for Amy Wolf after she moved on to other ventures.

Walk to End Hunger

Thank you to everyone who contributed to our Walk to End Hunger Fundraiser last Thanksgiving. With your help we raised \$1,900! All donations go directly toward providing hot meals for our elderly and home bound neighbors. The majority of our clients are not able to afford the true cost of the meals, so all donations are greatly appreciated.

We would like to say a special thank you to **Golden Valley Products**, a company based right here in south Minneapolis. The office administrator, Dolores Miller, coordinated a Walk to End Hunger fundraiser within GVP and all employee donations were matched by the owner, Theresa Thake. Their donations provide over three months of meals. It's great to have the support of our local businesses. Thank you, GVP!

Holiday Gifts Presented to Meals on Wheels Clients

Because of the vast generosity of our Meals on Wheels community, all Meals on Wheels clients were treated to holiday gifts in mid-December. Donations for the gifts came from businesses as well as individuals. Most clients received gift baskets that were packed by United Health workers and donated through **Gifts for Seniors**. As part of TRUST's **Wreath of Love** project, 18 Meals clients were presented with gifts purchased just for them by members of TRUST congregations. All clients received bananas and oranges donated by **Curran's**, and holiday cards hand wrapped by **7400 York Coop**.

Many volunteers came together to help transport and deliver these packages to the clients. Local businesses donated treats and coffee to help make the event festive for everyone. Thank you to **Butter Bakery** for the delicious treats, **Royal Grounds** for fresh coffee, and the volunteers who helped make this all happen. We couldn't have done it without you all!

Save the Date

There are two volunteer appreciation events happening soon. First up is a Coffee Break at **Royal Grounds** on Tuesday, February 11, at 11:30. Drop by 4161 Grand Ave to pick up a drink on us and have a treat. Thank you to Royal Grounds for hosting the event!

Our annual Volunteer Appreciation Luncheon will be held on Monday, April 20th, at 11:30, in the Fellowship Hall at Judson Church. Stay tuned for more details.

TRUST CHORE PROGRAM

Happy winter. I am Sara Quinn, TRUST's new Chore Program Coordinator. I started in 2018 as one of the Meals on Wheels Coordinators, and I moved down the street to become the TRUST Administrator and Chore Coordinator in November. I look forward to working with another TRUST program.

The snow lists were difficult this year. We lost one snow shoveler and could not accommodate all of our regular clients. We are sorry for that and hope most found other services. We still have a few people on the waiting list. Chore hours are Monday – Thursday from 9:30–11:30 AM.

We are always looking for snow removal folks. Let me know if you would like to know more about working for Chore.

We will be sending out our annual survey to current clients in the new year. Please send it back. It is one of the ways we learn your needs and justify our services to funders.

Please feel free to call me with any questions you may have. 612-827-6150. Happy new year!

Parish Nurse continued from page 3

not be obvious to begin with, it's worth seeking them out – no matter how small they might be. For example, if you've moved recently, you might be away from your friends, but it's also a great way to learn how to be more independent. Try to make the best of the situation. You can still call and write to those friends, and plan to visit them!

5. Take action

If the unwanted change is within your control, take an active approach to dealing with it. Try some problem-solving techniques, or set some goals to proactively address any challenges. Focusing on the problem at hand, developing a plan of action, and asking for advice are useful active strategies

6. Manage your stress

Improving your ability to handle stress will go a long way to helping you deal with change. Try practicing mindfulness or meditation, or engaging in other relaxation techniques.

7. Seek support

It's perfectly normal to feel overwhelmed if the change you're facing is really big, or there's too much change happening all at once. This is when it might be best to seek support. Consider asking friends or family for help or emotional support. Or you can look at some options for getting professional help. Whether you're coping with a Game of Thrones season ending or dealing with something more serious, there are always others in similar situations and professionals available to help.

Blessings in the new year, Ann



**St. Joan of Arc
SAGES Senior Luncheon
for St. Patrick's Day
Tuesday, March 17**

St. Joan of Arc Church invites all seniors to its St. Patrick's Day Mass & Luncheon. 11:30 am Mass is in the church with luncheon to follow. Enjoy the hospitality, wonderful food, music and door prizes. All are welcome! RSVP by the week before by calling 612-823-8205.

Free will offering of \$10.

St. Joan of Arc Church
4537 Third Ave. S., Minneapolis

Mental Health Ministry Second Monday Speaker Events 5:45 - 8:15 pm

Bethlehem Lutheran Church Twin Cities (Minneapolis campus) and St. Joan of Arc Catholic Community host a monthly mental health presentation with varying topics/speakers on the 2nd Monday of every month. A light supper is served at 5:45 pm followed by the presentation from 6:30-8:00 pm. Participant certificates are available for mental health professionals and students. All are welcome to attend! No registration necessary.

MONDAY, JANUARY 13, 2020

Gray Matters: Understanding Anxiety in Older Adults

Speaker: Kay King – Adult Program Coordinator & Community Educator NAMI MN @Saint Joan of Arc Catholic Community

MONDAY, FEBRUARY 10, 2020

Creating Wise Churches (Welcoming, Inclusive, Supportive, Engaged)

Speaker: Rev. Dr. Rachael Keefe – Living Table United Church of Christ @Bethlehem Lutheran Church Twin Cities MPLS

MONDAY, MARCH 9, 2020

Addiction and the Faith Community

Speaker: Rev. Bob Albers – Retired Professor, Luther Seminary @Saint Joan of Arc Catholic Community



JOIN US FOR TRUST LOAVES AND FISHES IN 2020!

TRUST serves at Loaves and Fishes on the 4th Monday of every odd month at the St. Stephen's site, 2123 Clinton Avenue South.

I need your help. St. John's Lutheran folks retired from Loaves and Fishes at the end of 2019. Many of them had been doing it since we began in 1982. We thank them for all of their work and dedication over the 37 years. I need another church or at least another consistent group of people to cook or serve. Don't make me cook alone!

Current congregations are: Judson, Living Spirit UMC, Linden Hills UCC and Lutheran Church of Christ the Redeemer. Dedicated individuals also come.

The program is divided into three teams. One team prepares the food, one team serves and the third team comes in and cleans up. The time schedule for the day is: 3:00-5:30—cooking & preparation; 5:15-6:30 -serving; and 5:45-7:00 - cleanup.

Dates for 2020 are January 27, March 23, May 25, July 27, September 28, and November 23, Call with questions or come check us out!

The Gathering would Welcome new volunteers!

Volunteer with The Gathering, serving those with memory loss (A Respite Program for Caregivers)

Serve as a 1:1 companion one day a month with a Gathering participant on Thursdays from 9:30-3:00. The hope is that volunteers can sign up for once a month but if your schedule does not allow we can still use your help. Snowbirds and summer cabin goers are welcome...your presence is helpful when you are in town! The Gathering meets at Bethlehem Lutheran Church Twin Cities Minneapolis Campus on the first 4 Thursdays of each month.

The Gathering program is coordinated by Avinity Senior Living and volunteer training is provided. The Gathering provides a day of stimulating activities to engage the minds and bodies of those experiencing early

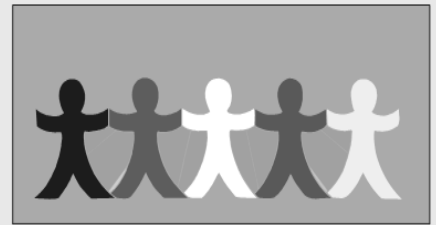
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Marlene Holden, Diane Rooney and Deborah Dunham from St. John's Lutheran playing with utensils.



TRUST Gathering Consortium
Advisory Committee
Back row: Wayne Urbaniak (Judson), Sarah Ethridge (Avinity), Pam Gerber (Bethlehem), Alberta Adams (LCCR), GiGi DesLauriers-Knop (Avinity) Front row: Cheryl Brockman (Lynn Hurst) Kathy Urbaniak (Judson)



CARING IN THE COMMUNITY

Some of the services available from local congregations:

Mount Olive Lutheran Church serves free **Community Meals** on the first & third Saturday, 12-1 p.m., 3045 Chicago Ave., 612-827-5919

Richfield United Methodist Church, 5835 Lyndale Ave. S. **God's Hands Thrift Store**, open every Saturday from 9 a.m.-12 p.m. Every item is sold for 25 cents. 612-861-6086

MinneHarvest Food Ministry: On the 4th Saturday of every month, at 8:30 a.m., Minnehaha United Methodist, 3701 E. 50th, provides perishable food for anyone who is hungry, no questions asked. Interested? Contact Renee Beymer: 612-722-1782 or janos3@juno.com.

Calvary Lutheran Food Shelf, 3901 Chicago Ave. S. every Saturday from 9 a.m.-12 p.m. There are eligibility requirements. Call the church at 612-827-2504 for more information.

Living Spirit United Methodist Church
Free Wednesday night suppers
served weekly from 5:45-6:30 p.m. at 4501 Bloomington Ave. S., 612-721-5025. Everyone is invited—regardless of need. Go to www.livingspiritumc.org and to the calendar page for menus.

Thursday's Table every Thursday from 11 a.m.—1 p.m. Free Meal at All God's Children Metropolitan Community Church, 3100 Park Ave. S. Call 612-824-2673 for information. Open to all.

Zion Lutheran Church hosts the **Lyndale Community Dinner** every Wednesday at 6 p.m, 128 West 33rd Street, 612-824-1017.



Join us at TRUST BUILDERS in 2018!
We have the dates. Now we need the bodies!
TRUST & our partner congregations
work with Urban Homeworks one Saturday a month.

2020 dates - all Saturdays

January 11	February 8	March 14	April 11
May 9	June 13	July 11	August 8
September 12	October 10	November 14	December 12

We also need church crews to provide food support. Lunch will be provided. Bring some work gloves & a great attitude. You don't have to be a carpenter. We will be working with job supervisors, and each week we have a TRUST Builder site coordinator who will assist in organizing and deploying volunteers on various projects at the jobsite. All levels of experience are needed

To sign up, email John Corlett, TRUST Builders Coordinator at jrcorlett@comcast.net or Call him at 612-839-6566 (evenings only). If you have a TRUST Builders contact at your church, sign up there.

The Gathering continues from page 6

to mid-stage memory loss while their caregivers have a day of respite. The day includes lunch and activities led by specially trained Lead Volunteers. A typical day starts with coffee and treats followed by a presentation on the topic for the day, word games or crafts, and the morning caps off with music therapy from a professional. Lunch is a time of conversation and good food provided by volunteer chefs. In the afternoon activities may include word games, crafts, more discussion on the topic, bingo, and a short film. So much laughter and joy is shared!

Come and join in the fun! Contact Sarah Ethridge at sethridge@AvinitySeniorLiving.org or 612.598.0670 or Pam Gerber at pgerber@bethlehem-church.org, or 612-312-3366. If you have questions or would like to visit The Gathering to see what a day looks like, let us know and we will schedule a visit for you.



*You don't have
to walk this path alone.*

**South Minneapolis Coalition for Grief Support
WINTER SERIES 2020
St. Thomas the Apostle Church
2914 W 44th St
Minneapolis MN 55410
Phone: 612-922-0041**

6:15 PM Registration and refreshments
6:30 – 7:00 PM Speaker
7:00 – 8:00 PM Facilitated small groups
All groups are on Thursdays

January 23	The Fundamental Characteristics of Grief	Paul Johnson
January 30	Grief and the Quest for Meaning	Jean Greenwood
February 6	Self Care While Grieving	Mark Flaten
February 13	From Grieving to Resilience	Mark Scannell
February 20	Honoring Memories, Discovering Hope	Arnold Krueger
February 27	Taking Care of Feelings	Sr. Adaire Lassonde
March 5	The Loss of Siblings	Maggie Bauer
March 12	What to do with the Stuff	Mary Anne Kelly-Wright
March 19	Giving Thanks Can Help Us Grieve	Mark Scannell
March 26	Service of Remembrance	

Individuals may join the group at any time. Norine Larson is the Grief Coalition Coordinator and can be reached at 952-925-2437. Grief Coalition congregations are Bethlehem Lutheran Church, Church of St. Thomas the Apostle, Church of the Annunciation, Diamond Lake Lutheran, Lake Harriet Christian, Our Lady of Peace, Richfield United Methodist, St. Joan of Arc, St. John's Episcopal and Walker Methodist Health Center Pastoral Care. The South Minneapolis Coalition for Grief Support was formed in the winter of 1994 and became a TRUST program in 2006.

**TRUST YOUTH
TRUST YOUTH**



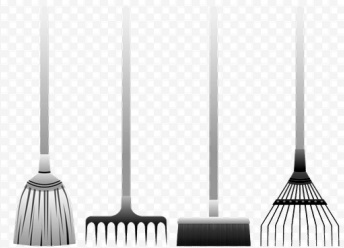
TRUST Youth bought holiday gifts for Zoom Housing by adopting a family of 4 and a single woman. About 20 youth attended.

The next event is a mini lock-in hosted by Lynnhurst UCC on January 10. For information, contact Leah Springer at dff@unionslp.com or 952.929.8566.



TRUSTY Salers Estate Sales

Trusty Salers provides estate sales as both a service and a fundraiser for TRUST. All proceeds earned after expenses go back to supporting the community! Interested in volunteering? Weekdays we sort and mark. Weekends hold sales. Want to shop? Sales are almost every week. Please give us a call at 612-827-6159 or visit www.estatesales.net for dates and locations!



TRUST's Chore needs volunteers & workers!

The program provides household chore and maintenance services to those in need living in South Minneapolis—helping them to continue living safely and independently in their own homes. You may volunteer your time to help a neighbor or apply to become a paid worker. Some of the jobs are raking, snow removal, small repairs, and house cleaning. If interested, please call TRUST Chore at 612-827-6150.

Judson to Host MLK Breakfast

Judson will once again be the South Minneapolis Community Partner Host Site for the MLK Holiday Breakfast. Thanks to a grant from the General Mills Foundation we will provide breakfast and a livestream viewing of the event. This year we welcome Holy Trinity Lutheran Church as host partners. Please go to <https://interfaithaction.org/ifaevents/mlkbreakfast/> to register.

In the congregations and the community...

Kingfield Empty Bowls
Thursday, February 6th, from 4-8 PM
Rev. Martin Luther King, Jr. Recreation Center
4055 Nicollet Avenue



Kingfield Empty Bowls is an event that brings the community together to share a meal of homemade soup and bread donated by local restaurants out of handmade bowls donated by local artists. At this event we accept a donation from all diners and all the proceeds from the event are given away to help an organization in our neighborhood. This event was created to support Nicollet Square, a housing option for formerly homeless youth that provides both efficiency apartments and optional onsite mental health care and emotional support. For a suggested donation of \$20 community members eat dinner with us and take the bowl home as a reminder of our many neighbors that are in need of food and shelter.

The concept of Empty Bowls is simple: attendees donate (suggestion is \$20 per bowl), select a beautiful handmade bowl donated by a local pottery artist, enjoy a hearty meal of soup prepared by local restaurants, and then keep the bowl as a reminder that many of our neighbors need food and housing.

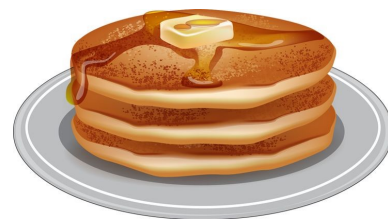
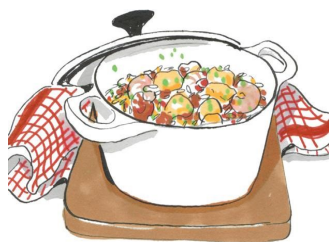
Contact Sarah Linnes-Robinson at sarah@kingfield.org or 612-823-5980 if you have questions or are interested in volunteering at the event.

ANNUAL SHROVE TUESDAY PANCAKE AND JAMBALAYA SUPPER

Tuesday, February 25, 2020

5:00—7:00 PM

St. John the Baptist Episcopal Church
4201 Sheridan Avenue South, Minneapolis



Menu: Jambalaya, Pancakes, Sausage,
Milk, Juice, Coffee

Buy tickets at the door—\$5/individual and \$10/household



MINNEAPOLIS TROMBONE CHOIR

Sunday, March 15

3:00 PM

Judson Baptist Church
4101 Harriet Avenue, Minneapolis



The Minneapolis Trombone Choir will present their 47th Annual concert at Judson Church. There are always between 35 and 50 trombones as well as a couple of tubas and euphoniums. The music ranges from classical to Pop, modern to Jazz. Every year we have new pieces being premiered by members of the choir who also compose. It is always a fun concert. There is a free will offering with a suggested donation of \$15. We hope to see you there. Jim ten Bensel

**SHINE A SPOTLIGHT ON THE
DONORS TO THE GREAT TRUST AUCTION!
HELD IN OCTOBER
THANK YOU SO MUCH!**

THANKS TO ALL OF THE VENDORS

50's Grill	David Fong's	Lyn65 Kitchen & Bar	Sisters Sludge Coffee
al Vento	Doolittle's Woodfire	Museum of Russian	Starbucks
Barbette Restaurant	Grill	Art	Taberna
Breadsmith	Gardens of Salonica	Oliver Kelley Farm	Tailgate Neighbor-
Butter Bakery Café	Good Day Café	Richfield VFW Post	hood Bar & Grill
Café Latte	Guthrie Theater	5555	Three Rivers Park Dis-
Chair Salon	Haskell's	Running Aces Casino	trict
Crave	Jimmy Johns	& Racetrack	Treadle Yard Goods

THANKS TO ALL OF OUR FRIENDS WHO CONTRIBUTED

Eleonore Balbach	Suzanne Jebe	Cindy Tintner
Nancy Biele	Norine Larson	Jane Truhlar
Kathleen Brogan	Lance & Linda Lavine	Wayne & Kathy Urbaniak
JoAnn Christoferson	Ellen Lindahl	Karen Virnig
Mary & John Corlett	Tim Marburger	George & Connie Weinman
Lisa Dunning	Eileen McLaughlin	LCCR Peace & Justice Com-
Geri Graham	Sara Parker	mittee
Clay Gustafson	Pat Spinosa	Mayflower Women of a Cer-
Marlene & Bob Holden	Jim ten Bensel	tain Age

SPECIAL THANKS TO

St. Joan of Arc and its staff for hosting	auction for her many baskets
Kathy Meyer for generously catering the	Music from the Jumpin' Jehosafats
event	Perficient for its generous donation
Clay Gustafson for his auctioneering skills	Thrivent for its Action Team underwriting
Diane Rooney, the champion of the silent	The TRUST Board & Staff for all of their work



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Hero has ended the \$69 furnace
and air conditioning inspections
with the money coming to TRUST.
We thank them for the four years
of fundraising. Almost \$4,000
was raised.

ANGELICA CANTATI YOUTH CHOIRS

February 9, 2020 at 4:00 PM

Mount Olive Lutheran Church

3045 Chicago Avenue South, Minneapolis

Three of the nine choirs of Angelica Cantanti will offer a program of a variety of music: Con Brio, directed by Michelle Gehrz (grades 2-4); Cantabile, directed by Rachel Lucius (grades 4-6); and the Concert Choir, directed by Beth Egger (grades 6-9).

Angelica Cantanti Youth Choirs (ACYC) is an award-winning Twin Cities' children's choir program dedicated to providing high quality choral music education with excellence in performance. ACYC's four conductors are professional music educators and artists who nurture and challenge the 275 boy and girl singers in grades 2 through 12. Young singers come from across the Minneapolis/St. Paul metro area to weekly rehearsals at the Bloomington Center for the Arts. A reception will follow. For more information about Angelica Cantanti, visit www.angelicacantanti.org.

TRUST, Inc. (J)

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Join us to celebrate Martin Luther King!



*"The time is always right
to do what is right."*
Dr. Martin Luther King, Jr.

Join us for TRUST's annual
Martin Luther King Celebration

Sunday, January 19 at 5:00 PM
Living Spirit UMC
4501 Bloomington Avenue S.

Fellowship and music.

Soup and sandwich
supper following
the service.
Free will offering

Featuring musical guests
the Sons of Levi

