



Lent 2016

Lent begins on Ash Wednesday, February 10, and worship at 12:15 P.M. and 6:30 P.M. will offer the series "Living Faith: Stories of God's Grace." Come hear five Trinity families tell their story through video, sharing how God has been present to them in their lives—in their joys and struggles, in sickness and health, in their careers and family—lives. They are neighbors and volunteers; teachers and nurses; mothers, daughters, husbands, and wives; people you may know by face from around Trinity or will be blessed to meet for the first time. Come listen to stories that are simple yet profound, ordinary yet sacred, as the transforming power of grace shines through each of their lives in unique ways.

You're invited to make Wednesday Worship part of your Lenten journey and to wonder at the ways God's Story is active in your own Story, too. Invite a friend! This is a series you won't want to miss.

Lenten Soup Lunches

Each Wednesday after the 12:15 P.M. Lenten service, the Trinity Room will be the place for marvelous soup and enjoyable fellowship. We will serve soup, your favorite cheese breads from Great Harvest, and something sweet to end the meal. A free will offering helps offset the cost of the lunches.

Volunteers Needed on Wednesdays

Vicki Dueringer, Parish Nurse, is taking over the coordinating of Lenten Soup Lunches. She is actively seeking volunteers who are willing to work on Wednesdays to serve soup and clean up after. If you are willing to help out, there is a sign-up sheet available at Clipboard Central. If you would like more information please contact Vicki at vickid@trinity-ec.org or 715.832.6601 ext. 208.



21st Annual Pancake Supper

Tuesday, February 9, 4:00–7:00 P.M.

Come and celebrate with us at our Annual Shrove Tuesday Pancake Supper on February 9 from 4:00–7:00 P.M. Advance ticket prices are \$7.00 for age 12 and over and \$3.00 for under age 12. At the door on February 9, prices are \$8.00 for age 12 and over and \$3.00 for under age 12. Tickets will be on sale on Sundays, January 31 and February 7, before and after worship and also on Wednesday, February 3. It's a great night! During the week, tickets are available in the Church Office.

Adding Another Dimension to Worship

We are expanding our praise of God through "Liturgical Dance." Dancers respond to scripture or hymn texts with choreographed motions that provide a visual art to worship.

Going back to Old Testament times, people often danced in praise of God such as King David dancing before the Ark of the Covenant. Dancers express the joy of the Word.

You are invited to join our new Liturgical Dance Team. Lynn Buske is the teacher, and rehearsals are Sundays from 3:00–4:00 P.M. in the Worship Center. For children ages seven and younger, a parent must participate. For more information, contact Shirley Sands, Director of Worship and Music, at shirley@trinity-ec.org or 715.832.6601 ext. 214.



The Story of Lent

This month, as we prepare for the season of Lent, we begin with Ash Wednesday on February 10. On Ash Wednesday, we remember the place that God has in our lives and stories. We are dust, and to dust we shall return. But rather than seeing these words as morbid, I see them as words of hope to hold on to. Yes, we repeat these words at funerals, but we repeat them to remind ourselves that we are God's—the God who created the earth, dust, and ashes that we live on; the God who created us; the God who promises us that when our mortal bodies return to the earth, dust, and ashes, that even then, we belong to God.

As we have been reading through "The Story" this year, I have been reminded of God's great desire to pursue us and have a relationship with us. This is the truth of Ash Wednesday. Through the major successes and failures of the people of Israel, God still claimed and loved them. Through our major successes and failures, God still loves us.

In the life of our congregation, God claims us in the midst of transition. It may be bumpy at times, smooth at other times, but God's claim on us is sure. The work that this congregation has been doing in this transition process has been moving forward with this reality front and center. May you be reassured of God's claim on you this season of Lent.

To help remind us of God's claim on us, we are doing something special during our Wednesday worships. For five weeks, we will be sharing the stories of five families and how they see God walking with them in their lives, in their work, and in their families. Through their stories, we will recognize God's promise of Lent and Ash Wednesday: we are God's.

May God's presence draw near to you during the 40 days of Lent, as we journey to the cross and God's ultimate claim of love for us.

Blessed Lent,
Pastor Brahm

Religion on Decline

The headlines are clear: religion is on the decline in America as many people leave behind traditional religious practices. But a spiritual revolution is underway, and the new book "Grounded" by Diana Butler Bass asserts that what appears to be a decline actually signals a major transformation in how people understand and experience God.

Bass brings her understanding of the latest research and studies and her deep knowledge of history and theology to "Grounded." She cites news, trends, data, and pop culture and weaves in spiritual texts and ancient traditions. She reports a radical change in the way many people understand God and how they practice faith. In doing so, Bass invites readers to join this emerging spiritual revolution, find a revitalized expression of faith, and change the world.

The February 29 installment of R.E.A.P book study (Readers Enjoying Authors who are Progressive) will consider "Grounded." All are welcome. We meet at 6:30 P.M. in the Fireside Room. For more information, contact Pastor Kurt at kurt@trinity-ec.org

Praying for the World

This year, as a worshipping community, we'll be praying for every country in the world. Each week in worship, we'll pray for four countries, and by year end we'll have prayed for all 196 of them.

The goal of praying by name for all the countries is:

- To encourage us to think globally and beyond our own concerns while stretching ourselves to pray with love and respect for all people.
- To be inspired to look for news about ways God is at work in other countries.
- To pray through world events of joy, sorrow, startlingly unexpected, or boringly ordinary.
- To raise our own awareness of the vastness of God's world.

Check out these two ways to engage in World in Prayer:

- Visit the world map in the hallway by the nursery and peruse the countries. There you'll find our schedule.
- Subscribe to World in Prayer and receive weekly posts of international news in prayer form.

World In Prayer was started by the Episcopal Church of St. John the Baptist in Lodi, California, to teach ways of praying in response to international news and invite others to deepen their own prayers for the needs of the world. Find these prayer resources and more at: <http://www.trinity-ec.org/prayer.phtml>





Trinity's Women's Giving Circle Update

The mission of the Women's Giving Circle (WGC), a fund of the Trinity Endowment Trust, is to "demonstrate God's love by positively impacting people's lives through collective philanthropy and awarding of financial gifts." In its inaugural year, the Women's Giving Circle awarded eight grants totaling \$6,300 that will positively impact the lives of many people. The awarded funds will be used to support a variety of projects meaningful to Trinity members including supplying diapers to be distributed through the Trinity Food Pantry, providing seed money for a new bathroom in Noah's Ark Preschool, and providing basic needs for homeless individuals through Plymouth Street Ministries.

As we begin 2016, the Women's Giving Circle invites and encourages all members of Trinity Lutheran Church to become participating members. Membership is open to anyone who wishes to further the mission of the WGC and who makes an annual contribution of at least \$250 to the Endowment Trust designated for the WGC. Membership is renewable on an annual basis. For 2016, returning members and new members can make their contributions at any time. Look for brochures and membership forms in the lobby or the office. Read more about the Women's Giving Circle in the Endowment section of www.trinity-ec.org

Save the date! The Women's Giving Circle will hold its annual Spring Meeting on Sunday, April 24, at 5:00 P.M. in the Trinity Room. This event will include hors d'oeuvres and reports from several 2015 grant recipients who will share how they are using the funds provided by the Women's Giving Circle. Join us to learn more about this group and take this opportunity to become a member.

Your Offering Received

Your weekly offerings to Regular Ministries do so much good inside this building and far beyond. Supporting the programs of Lutheran Social Services generated this response: *Thank you for your generous gift of \$2000... The generosity of Trinity makes a powerful difference in the lives of those served—children waiting for an adoptive family, men and women struggling with addiction, young people searching for a place to belong, and many others seeking a path to health and wholeness.*

... We greatly value your financial support... Cynthia Halverson, President, LSS Foundation

In The Mail

Dear Women of the Giving Circle

We are ever so grateful for the grant we have received from your organization. The funds will be used in the direct care for those we serve: the homeless, families in need of support, and trafficked women. Your grant allows us to continue to do what we've been called to do: support the people in our community who are in need with the dignity and respect they deserve. Please do not hesitate to contact us with questions. We look forward to seeing you in April. Blessings to all!
Plymouth Street Ministry



Funeral Planning Guide

We plan for many important events in our lives, yet many people resist planning for the reality of their death. To assist you in planning, Trinity provides a Funeral Planning Guide and Worksheet which walks you through numerous topics and provides options so you can develop a plan. Doing so assists your family in very helpful ways. Find this guide in the Worship section of trinity-ec.org or print copies are available in the Lobby and the office.

Beacon House

Trinity will fulfill a variety of tasks at the Beacon House from February 28–March 2. We have spots available for evening and breakfast hosts, providing dinner, and overnight hosts. If you are available for a volunteer shift, you are invited to sign up at the designated sheet at Clipboard Central. Roman and Diane Fritz, Trinity members, will contact you with additional details. Thank you!

Souper Bowl of Caring

On Sunday, February 7, youth will lead the "Souper Bowl of Caring," a nationwide hunger relief effort. Youth, sporting their desired team apparel, will invite each person present in worship to help reach our goal of \$1,000 to support hunger relief in the Eau Claire community. Look for the giant soup pots as you exit worship. All contributions will be donated to Trinity's Food Pantry.

College Care Packages

Another opportunity is available to send your son or daughter a College Care Package. If your son or daughter is attending college or technical college, you may request a special care package to be sent to their dorm or apartment. Toward the end of February, our youth will assemble the packages. If you are interested in sending a care package to your child, please forward their mailing address to Cassie at cassie@trinity-ec.org or 715.832.6601 ext. 209 by Sunday, February 21. Our mailing list will include the names already given for the Christmas Cards mailed in December 2015.



Received December 2015

Memorials & Gifts

Food Pantry Fund

- In memory of Elroy Strand: Agnes Strand
- In memory of Don Lee: Ann Ayres, Ron & Marilyn Thompson, Avis Grambo, Charles & Sue Nyberg, Jim & Marilyn Bollinger, Pat Cliff, Jim & Connie Beck
- In memory of Delos Walker: Ann Ayres, Avis Grambo
- In memory of Elmer Felton: Shirley Freeberg
- In memory of Harold Drung: Phyllis Burrows, Orville & Shirley Anderson
- In memory of Bob Sitek: Mark & Suzanne Becker

Trinity Tollers Fund

- In memory of Kathy Rau: Bob & Judy Pielhop, Joel & Mary Strayer

Endowment Trust Fund/Global Missions

- In memory of Kathy Rau: Michael & Angela Gershman, Phyllis Grohn

Memorial Fund

- In memory of Delos Walker: Warren Wangen, Suzanne Kristo, Morris & Audrey Brumberg, Jon & Maureen Homstad, Warren Wangen
- In memory of Don Lee: Rose Sippel, Pat Garber, Bev Hill, Jon & Maureen Homstad, Orville & Shirley Anderson, Jack & Lois Olson, Morris & Audrey Brumberg, Janice Steiner, M.A. & Diane Folstad, Gary & Mary Rambo, Richard & Susan Cochrane, Barbara Tischer, Steve & Pam Craker, Thomas & Lori Maassen, Peter & Rita Van Stelle
- In memory of Elmer Felton: Rose Sippel
- In memory of Harold Drung: Robert & Melanie Koehler, Audrey Brunzlick, Arleigh & Barbara Berg Jr., Joyce Richards, Loren & Susan Brumberg, Mark & Barbara Johnson, Gary & Carol Dregney, Kimberly Becker, Janice Heitkamp, Donald & Debra Heitkamp, Karen LaBelle, Gary & Carol Mooney, Family & Friends, Mark & Suzanne Becker, Morris & Audrey Brumberg, Ron & Jeanne Farmer, Dee Maug, Ken & LuAnn Miller, Susan Schaefer, Rose Sippel, Leatrice Solberg, Barbara Tischer, Edward & Joan Becker

Endowment Trust Fund

- In memory of Don Lee: Jim & Marjorie Oleson, Phyllis Burrows, Glen & Bev Tamke, Richard Wendt, Ron & Yvonne Nixdorf, Cheryl Bluske, Lori Juneau, Barbara Vorhes
- In memory of Marty Miller and Tom Hofkes: Ken & LuAnn Miller
- In memory of Harold Drung: David & Sonia Becker, Miriam Circle

Library Fund

- In memory of Don Lee: Ken & Roberta Vance, Bob & Mary Schoenknecht, Gary & Gloria Crossman, Dorothy Jensen, Tom & Monika Fiedler, Shirley Freeberg, Ann Felton, Steve & Ann Nelson, Betty Lee, Sandra Gravunder, Jerry & Joanne Dow, Sonnie Jacobson
- In memory of Elmer Felton: Tom & Monika Fiedler, Deborah Circle, Bob & Mary Schoenknecht, Gary & Gloria Crossman, Sonnie Jacobson, Barbara Lee, Jerry & Joanne Dow, Steve & Ann Nelson, Judy LaFave

H.I.S. Fund

- In memory of Eunice Vandenbos: Peter & Rita Van Stelle

Missions Fund

- In memory of Jane Lee: Bob & Mary Schoenknecht
- In memory of Harold Drung: Bob & Mary Schoenknecht
- In memory of Eunice Vandenbos: Bob & Mary Schoenknecht

Malawi Bed Nets Fund

- In memory of Don Lee: Marjorie Satre

Archives Fund

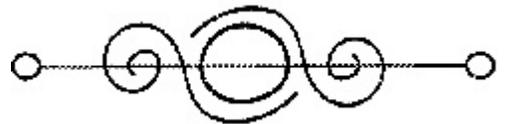
- In memory of Harold Drung: Ann Ayres

St. John's Bible Fund

- In memory of Elmer Felton: Dick Cable
- In memory of Don Lee: Dick Cable

Trinity Choir Fund

- In memory of Don Lee: Barb Lee



Join Prayer Link

We invite you to join in praying for others who ask for our prayers and become part of Trinity's Prayer Link. Each week many people ask for the prayers of the pastors, staff, and the people who've agreed to pray for others. Will you join this effort? Email Heather Day at heatherd@trinity-ec.org or note your willingness via the Prayer Ministry page under the GROW menu at trinity-ec.org. You will then begin to receive prayer requests via email or phone message. Pray wherever and whenever you can!



Trinity Library



We have a great valentine ... new books in our library can be found on the A-Framed display.

For Children

- *I Wished for You* by Marianne Richmond. This author and illustrator from Minneapolis uses a bear family to share the joy of adoption. This cozy read affirms how love is what truly makes a family. (++) FIC RIC)
- *God Gave Us Angels* by Lisa Tawn Bergren. In this book the author uses animals (especially a bear cub) to tell about angels. (++) FIC BER)
- *You BE You* by Linda Kranz. In this book, Kranz uses her famous "rockfish" to convey a message of beauty in difference. Readers will enjoy the vibrant illustrations. (++) FIC KRA)
- *Waiting* by Kevin Henkes. An owl, puppy, bear, rabbit, and pig wait for marvelous things to happen. This is a beautifully illustrated book that young children will enjoy. (++) FIC HEN)

Board Books for Very Young Children

- *The Best Mouse Cookie* by Laura Numeroff & Felicia Bond. This little board book is a favorite among young readers and is a good story about friendship. (++)FIC NUM)
- *From Head to Toe* by Eric Carle. Carle uses animals to get kids moving. (++) FIC CAR)
- *The Very Busy Spider* by Eric Carle. Animals try to get a spider to do things, but the spider isn't listening because he is too busy. (++) FIC CAR)
- *Night-Night, Little Pookie* by Sandra Boynton. Little Pookie, the pig, gets ready for bed. (++)FIC BOY)
- *Madeline* by Ludwig Bemelans. Young children can enjoy the story of Madeline through a simpler board book version of this classic. (++) FIC BEM)

50 Books to Read Before You're 5

Books-A-Million, Inc., has released "50 Books To Read Before You're 5," a recommended reading list perfect for families eager to enjoy the world's most beloved works of kid's fiction. Books-A-Million's efforts to encourage reading among younger children coincides with an announcement this week from the American Academy of Pediatrics. The Academy released a new policy statement urging policy makers and pediatricians to become advocates for parents to read to their children daily, beginning as early as infancy.

Library Committee members have made this project a goal for 2016: to make sure all 50 books are in our collection and to display them for easy access.

- *The Very Hungry Caterpillar* by Eric Carle. This is a classic story about a caterpillar turning into a butterfly. The illustrations are lovely. (++) FIC CAR)
- *If I Could Keep You Little* by Marianne Richmond. Growing up is the subject of this book. (++) FIC RIC)
- *Make Way For Ducklings* by Robert McCloskey. (++) FIC MCC)

Trinity Page Turners Book Club

The book club meets on Tuesday, February 16, at 6:30 P.M. to discuss *Rose's Garden* by Carrie Brown.

Conrad and Rose met as children, fell in love as teenagers, and married young. Conrad earned a living as a gilder, raised homing pigeons, and worshipped Rose. Rose gardened. They lived together for more than fifty years, and then Rose died. At seventy-five, Conrad found himself alone, staring at the walls of his house and neglecting Rose's garden. Then an angel came to the garden, the last person he ever thought to see wearing wings. Startled, he felt compelled to spread the news throughout his town, and to his surprise, people he'd known all his life began to reveal their deepest selves to him.

There are no special expectations to participate in this group. You should feel free to come whether you've finished the book or not. You can RSVP online at trinity-ec.org or sign-up at Clipboard Central. For more information, email Cindy Beck at cindy@trinity-ec.org

The Best Sellers of 2015

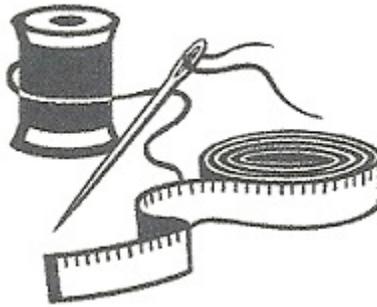
Here's the list of the best sellers from last year. How many did you read?

1. *"The Girl on the Train"* by Paula Hawkins
2. *"Grey: Fifty Shades of Grey as Told by Christian"* by E.L. James
3. *"Go Set a Watchman"* by Harper Lee
4. *"The Nightingale"* by Kristin Hannah
5. *"Memory Man"* by David Baldacci
6. *"Make Me: A Jack Reacher Novel"* by Lee Child
7. *"Rogue Lawyer"* by John Grisham
8. *"The Girl in the Spider's Web"* by David Lagercrantz
9. *"Dead Wake: The Crossing of the Lusitania"* by Erik Larson
10. *"Silent Scream"* by Angela Marsons



Trinity Quilt Ladies

Come join the group! Quilting pros and novices alike are invited to join at any time. The group meets on the second and fourth Tuesdays each month at 9:00 A.M. in Trinity's lobby. Sew a quilt, and give the everlasting "warmth" and "comfort" of God's love! Join us February 9 & 23 and March 8 & 22.



When Your Address Changes

Whenever you're moving or changing to "temporarily away" with the United States Postal Service, any mail Trinity sends to you is returned at a cost per item. Please inform the church office when your address changes or when you're going away and having your mail held. Email address updates to heatherd@trinity-ec.org or include Trinity in the United States Postal Service address change cards you send to others. Thank you.

Friendship Group!

The Friendship Group will meet on Wednesday, February 10, in the Chapel at 10:00 A.M. Following a brief business meeting and installation of officers, our program will be a new presentation on Mayberry by Ken Anderson. Lunch will be the soup lunch in the Trinity Room.

Circle Listings

Deborah

Thursday, February 18, 9:30 A.M. Trinity
 Hostess: Pat Hanson
 Leader: Barbara Johnson

Martha/Mary

Tuesday, February 16, 7:00 P.M. Trinity
 Hostess:
 Leader:

Miriam

Wednesday, February 17, 9:30 A.M. Trinity
 Hostess: Jeanne Boring
 Leader: Mary Schoenknecht

Ruth

Tuesday, February 16 1:30 P.M.
 Hostess:
 Leader:

Trinity Women ... Save the Date

Chippewa Valley Conference Women's Retreat, August 17 & 18, 2016 at Luther Park, Chetek. Please be sure to mark your calendars and plan to attend. Watch future newsletter for further information.

Noah's Ark News

February is a month for LOVE around Noah's Ark. We LOVE our God, our friends, our families, our teachers, and our school. We regularly say we are a "Child of God" forever! We'll spend time celebrating this amazing LOVE at Noah's Ark during February. We'll also talk about the Groundhog and winter's end. Maybe it'll be a short winter?!?

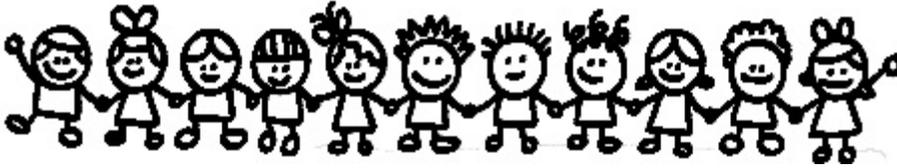
Once again, Noah's Ark will host our Annual Shrove Tuesday Pancake Supper on February 9 from 4:00–7:00 P.M. The Noah's Ark Preschool Committee is currently organizing this special event for our congregation. We hope you'll be there. (We know many Youth have signed up to help at the supper! We thank Lisa Goetz and Cassie Brenden for organizing the sign-ups. Tickets will be on sale by special Preschool Committee members on January 31 and February 7 in the Lobby; on Wednesday, February 3, in the Lobby; and in the Office during the week. Look for our beautiful art work at our Fifth Annual Art Stroll in the lobby on Sunday, February 7. It's amazing what children can do when they are given time to create.

Noah's Ark registration opens to the Trinity congregation on February 2 at 8:00 A.M. by calling 715.832.6601. Ms "C" will be answering the phones with the aid of our awesome Trinity office staff: Cindy, Heather, and Amber. If you have any questions about Noah's Ark, please email noahsark@trinity-ec.org This registration season, please tell your friends about our wonderful Noah's Ark Preschool program. Noah's Ark is a great place to be!





Children's Ministries



Open Gym Tuesdays

Open Gym will continue February 2, 9, and 23. There will be NO open gym on February 16. It meets from 10:00–11:30 A.M. in our Trinity Room and is open for parents/grandparents/day care providers and their young children (toddlers–preschool) to come in and use or equipment in a large safe space. Julie Ezell supervises the area and offers a story time and snack during the last half hour. There is a \$3 charge for each child at each session; \$5 for two children from the same family and \$7 for three. No registration is required. Members, friends of members, and non-members are welcome to attend. It is a great way to keep your kids active on a cold winter morning.

Look at This!

It's not too late to sign up! We have current children enrichment possibilities available for your preschool age children.

- **Creative Arts:** Spend Mondays engaged in a variety of creative activities! Children will dance, sing and experiment with art processes. They will hear stories, Bible stories, and enhance language learning through finger plays. This is for children who turn three by 09.01.15. This class meets on Mondays from 12:30–2:30 P.M.
- **Great Pretenders:** Let your child's imagination run free in this high energy, dynamic drama and art class. Children will build literacy skills as they create story props, costumes, and puppets and then use them to retell stories. This is for children who turn four by 01.01.16. This class meets on Tuesday's from 12:45–3:00 P.M.
- **Readers, Authors and Artists:** Immerse your child in literature and early oral and written language experiences with a focus on nurturing a child's natural readiness for reading, writing, and creating. Children will explore books, authors, and illustrators through discovery, music, play and art. This is for children who turn four by 01.01.16. This class meets on Tuesday's from 9:00–11:15 A.M.
- **Thrilling Thursday's P.M.:** Spend Thursdays engaged in a variety of preschool activities in a Christian Environment. Emphasis will be on science and cooking with a hands-on discovery approach encouraging observation, predicting, investigating, and other creative thinking. This is for children who turn four by 01.01.16. This class meets on Thursday's from 12:45–3:00 P.M.

Communion Instruction

Communion Instruction is a sacramental class that prepares children in first grade for participation at the Lord's Supper. This is a family class, meaning parents accompany their children so the faith conversation can continue at home. The class will take place on March 5 from 9:00–11:00 A.M. Information and forms will be sent to parents in mid-February. Additional forms will be available in the Children's Ministries office.

Summer Fun!

Before we know it, summer will be here! Summer Day Camp dates will be available in late February. Please keep an eye out for that information. If you have any questions regarding summer day camps, please contact Sara Reed, Director of Children's Ministries, at 715.832.6601 or sarar@trinity-ec.org. Our registration event will be on Sunday, April 10, beginning at 8:00 A.M. in the lobby/library area.

2016 Vacation Bible School "Friends in God's Word"

VBS is scheduled for July 25–29 from 8:45 A.M.–12 noon. The cost is a suggested \$20 donation per child. VBS is for children who are three through sixth grade. The Kick Off Event is Sunday, July 24, at the 9:45 A.M. worship service. Registration begins on Sunday, April 10, beginning at 8:00 A.M. in the lobby/library area.

Luther Park Bible Camp

Are you interested in sending your child/grandchild to a Christian camp for the summer? We have the perfect place for you ... Luther Park Bible Camp in Chetek WI. Luther Park offers a wide variety of programs and activities. Sara Reed, our Director of Children's Ministries, was a camp counselor at Luther Park. She stated "Luther Park has a fun atmosphere! There is so much for you to do (kayaking, swimming, hiking, ga-ga, ropes course, adventure to the woods, and much, much



more!) There truly isn't a better place to spend your summer. You create relationships and grow in your faith. The counselors are inviting, funny, weird, crazy, and make you feel at home!" If you would like to learn more about Luther Park, Sara Reed would love to talk to you! Brochures are available around the church. We offer 25% of the registration fee as a partial grant. The registration form is located on the camp website at lutherpark.org

YOUTH MINISTRIES

Friends of Flynn Weekend Meals

On Wednesday, February 10, from 4:00–5:30 P.M. Trinity youth and adult volunteers will assemble weekend meals for Flynn Elementary School students as well as many additional elementary schools in the Eau Claire district. We will meet at Feed My People Food Bank, 2610 Alpine Road, on Eau Claire's west side.

High School Ski Trip

Trinity high school youth and parents, join us for a day of skiing at Christie Mountain in Bruce on February 27. Group rates are available with at least 20 participants. Sign-up near the tool bench in the hallway near the main office and plan on bringing your own sack lunch and snacks. Please contact Pastor Brahm at brahm@trinity-ec.org with any questions.



Student Fundraising Accounts

All students in grades 7–12 at Trinity have the opportunity to fundraise for their own Student Account. For every fundraising activity they participate in through Trinity, they will be given a portion of the proceeds from that fundraiser according to the time they spent at the fundraiser. The students are then able to use this money towards any Trinity sponsored event to help ease the burden of financial cost. If a student does not use the money by the time they graduate high school, then this money is either given to a younger sibling's account or it will be given to the Scholarship Fund for all students.

Scholarship Money for You!

A scholarship program is available to all students of Trinity Lutheran Church. It is our hope that all students have the privilege of participating in any event that will nurture their growth in Christ. Every student in grades 7–12 is eligible for a 25% reimbursement of registration costs for all events at Trinity. If further assistance is needed, arrangements can be made with the Youth Ministry Team. Scholarship forms are located next to the Tool Bench in the blue side bins. We hope this will continue to encourage students to participate in the life changing opportunities at Trinity!



Luther Park Summer Camp

Join Pastor Brahm this summer at Luther Park Bible Camp in Chetek. Pastor Brahm is inviting students completing grades 6–8 to attend Camp Pathfinders on June 12–17. These campers stay in cabins and experience the wide variety of fun and activities that are available at Luther Park. Pathfinders experience the heart pounding excitement that is the new High Ropes course and Disc Golf course. Along with swimming, games, and developing community with your new and old friends, you will get to experience amazing and creative Bible Studies, worships, campfire times, and meaningful small group discussions. Check out lutherpark.org to learn more about Luther Park Summer Camps. Trinity offers grants towards Luther Park registration fees. Contact Lisa at lisa@trinity-ec.org or Cassie at cassie@trinity-ec.org for more information about grants.

Summer Stretch 2016 God's Work Our Hands

Summer Stretch is a faith centered Day Camp Ministry connecting community service, recreation, and youth. Incoming 6th, 7th, 8th and 9th graders are invited to gather with their peers and contribute to the community. Possible activities may include Frisbee Golf, Community Table, swimming, Feed My People Food Bank, Bolton House, Kubb, and Valley Fair. Brochures and registration materials will be available in late February.



Health Ministries

Aah...the month of love! Last year, I wrote about how the act of loving one another improves your health. This February I want to focus on "loving who you are." Pastor Sarah's recent sermon is the inspiration for this topic. In her sermon, she quoted Eleanor Powell: "What we are is God's gift to us. What we become is our gift to God." Have you ever thought about who you are at your very core? I am not talking about your role as parent, sibling, spouse, worker. I am talking about your passions, what makes you feel fulfilled, your strengths, what brings you joy? God has made you uniquely you! Embrace that.

What do YOU want to become? How are you going to become the "best gift" to God? How are you going to love yourself? What is your vision for yourself this year? Think in terms of your heart (caring for others), mind (emotional wellness), body (physical well-being), and spirit (faithfulness). Pick one or two of these that you are passionate about and would like to improve upon. What do you want to be next year at this time (more prayerful, more giving, less stressed, etc)? Write down your vision, and keep that your focus through the year. And next January, tie it up with a big bow and present yourself to God!

You will notice yellow Domestic Abuse signs in the bathrooms with resource information and an 800 number for help. Domestic abuse crosses all socio-economic boundaries, professions, and ages. 1 in 4 women and 1 in 7 men in the U.S. have experienced severe physical violence from a partner. 1 in 5 teenage girls has experienced physical and/or sexual abuse by a dating partner. Additional resource information will be available at the Health Ministries bulletin boards.

Prayer Shawl Ministry Update. First, I want to thank Don for making a beautiful display piece for the prayer shawls. We thank all who have knit shawls for Trinity. Members of our congregation knit these prayer shawls which are given to people who are going through a serious medical situation or a difficult emotional situation. The shawls are a "Mantle of Caring;" think of being wrapped in Jesus's arms. The shawls are available through the office at any time and will be on display and available to the congregation on Healing Service Sundays. There will be cards to fill out so we know who is receiving the shawls, thus preventing duplicate giving. Margaret Odegard has also knit prayer blankets specifically for infants/young children going through a medical crisis. These also are available through the office. A big thank you to Margaret!

Vicki Dueringer, Parish Nurse

Crock Pot Minestrone Soup

Skinnytaste.com Servings: 8 • Size: 1 1/2 cups • Points+: 4 pt • Smart Points: 4 • Calories: 190 • Fat: 3 g • Carb: 32 g • Fiber: 8 g • Protein: 9 g • Sugar: 4 g • Sodium: 483 mg • Cholest: 0 mg

Ingredients:

- 1 (15 oz) can white beans, drained, rinsed (cannellini or navy)
- 32 oz container reduced sodium chicken broth (or vegetable broth for

- vegetarians)
- 2 tsp olive oil
- 1/2 cup chopped onion
- 1 cup diced carrots
- 1/2 cup diced celery
- 2 garlic cloves, minced
- 1 (28 oz) can petite diced tomatoes
- Parmesan cheese rind (optional)
- 1 fresh rosemary sprig
- 2 bay leaves
- 2 tbsp chopped fresh basil
- 1/4 cup chopped fresh Italian parsley
- 1/2 tsp kosher salt and fresh black pepper
- 1 medium 8 oz zucchini, diced
- 2 cups chopped fresh (or frozen defrosted) spinach
- 2 cups cooked small pasta such as ditalini or elbows (al dente)
- extra parmesan cheese for garnish (optional)

Directions:

Puree beans with 1 cup of the broth in a blender. Heat oil in a large nonstick skillet over medium-high heat. Add the carrots, celery, onion, garlic and saute until tender and fragrant, about 15 minutes.

Transfer to the crock pot along with the remaining broth, tomatoes, pureed beans, parmesan cheese rind, salt and pepper. Add the rosemary, basil and parsley, cover and cook on low for 6 to 8 hours.

Forty minutes before the soup is done cooking, add zucchini and spinach. Cover and cook 30 more minutes. Remove bay leaves, rosemary sprig, parmesan rind and season to taste with salt and black pepper. Ladle 1-1/4 cups soup into eight bowls with 1/4 cup pasta in each and top with extra parmesan cheese if desired



"Serving in Christ's Love and Sharing the Good News"

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Jacqueline & Patrick Bencke, Japan

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- Please submit all articles for the Tidings electronically in MS Word, Corel WP format, or in the body of an email. Submit to: cindy@trinity-ec.org
 - All submissions must be your own work. Any copyrighted material (code, images, or otherwise) must include written permission from the original source.
 - Deadline for the March Newsletter is February 17.