



## ON OUR WAY



### CHRISTIAN PRACTICES FOR LIVING A WHOLE LIFE

Our midweek Lenten Worship services continue this month, focusing on the theme "On Our Way: Christian Practices for Living a Whole Life."

We practice many things in our lives to improve ourselves and our performance ... languages, sports, the piano. Faith also involves practices that impact our spiritual lives. Lived out in community, these practices stretch our experience of faith and God's presence in our daily routines. We open ourselves up to experience anew where God's grace and mercy are breaking into our lives.

Join us on Wednesdays at 12:15 P.M. and 6:30 P.M. Our themes for the weeks of March are:

- March 4 Friendship and Intimacy
- March 11 Being Open to Learning
- March 18 Discerning God's Call
- March 25 Knowing and Loving Neighbors of Other Faiths

Please join us as we explore these practices of human life and how our faith in Jesus Christ carries over to the way we live in the world. During Lent, as we remind ourselves to return to the Lord our God, let us do this with an eye towards our spiritual practices and remembering God's desire for us to live lives of wholeness centered around the grace and forgiveness we receive in Jesus.

## Lenten Bible Study for Women

A study on Philippians continues on Monday evenings at 6:00 P.M. during Lent at the Coffee Grounds. Enjoy an evening with friends, a cup of your favorite coffee or a glass of wine, and one of the most uplifting books of the Bible. All women are invited to join Pastor Sarah for a brief five-week Bible study on the book of Philippians. No preparation is necessary. Come once, or come weekly as you are able. We will meet on March 2, 9, 16, and 30. Sign-up on our website or at Clipboard Central. Contact Pastor Sarah for more information at [sarah@trinity-ec.org](mailto:sarah@trinity-ec.org)

## Join Us for Easter

We invite you to celebrate Easter at Trinity! Please note the adjusted worship times. For all the news about Holy Week and Easter at Trinity, visit [trinity-ec.org](http://trinity-ec.org)

- 6:30 A.M. Sunrise Worship with Communion in the Worship Center led by Trinity Youth.
- 8:00 A.M. Festival Traditional Worship in the Worship Center with Brass Choir, Trinity Choir, and Handbells.
- 9:30 A.M. Festival Contemporary Worship in the Worship Center with Harmony In Spirit Worship Team, the Trinity Choir, Brass Choir, and a special time for children.
- 10:45 A.M. Festival Traditional Worship in the Worship Center with Harmony In Spirit Worship Team, Children's Choirs, Brass Choir, and a special time for children.





## From Pastor Kurt

Dear Sisters and Brothers of Trinity,

As I write this letter, I'm thinking back 10 years ago to the opening of the new Worship Center. That first Sunday, people streamed in with a high level of excitement for having reached a goal of improving and expanding the building for the sake of a mission. The intent of the project was to provide a welcoming, friendly space for gathering around the Good News of Jesus and the sacraments. In addition, it was hoped relationships and a sense of hospitality and community would prosper through the new spaces. But ultimately, the goal was to connect the experience inside the building to the lives of people who would then take the Good News of Jesus and the mission of serving in Christ's love out into their daily lives.

In the past ten years, I think Trinity's facility has been a valuable tool in the mission. But people serve people, and I'm reminded that the fruitful ministries that mark the past ten years are the result of keeping the mission first. Serving in Christ's love touches lives. Sharing the Good News keeps the mission moving outward (through you) and forward to the future.

The success and the fruits of Trinity's mission are possible because we know they are not because of us, but because of God. God provides. God directs. God prospers efforts undertaken by people that advance the mission of extending the Kingdom of God on earth. You have done that well.

In the year ahead, a new, different goal is ahead of you. The pastoral succession planning process will begin in earnest in September. But this spring, the Council will appoint people to serve on the Transition Team, Call Committee, and Start-Up Team. Applications are in, and this month the Executive Committee will review them and propose a roster for each team for the Council to approve in April.

Please read the Transition materials on [trinity-ec.org](http://trinity-ec.org). If you need printed copies, contact the Church Office. These materials explain the reason for the process—I plan to retire in the second half of 2016. But beyond that, it's time for you to engage in a serious effort to seek God's guidance and bring the best of this congregation's desires and needs into focus for the selection of a new Lead Pastor.

The work for Trinity in this process is so very important. It is an investment for the future. It is a faithful process to allow GOD to work through hundreds of people to assemble a collective mind and make wise decisions, based on evidence gained from you through several endeavors which will occur this fall. It's an endeavor large and significant enough that the Council knew securing professional guidance was merited. I am very pleased that Dr. Jim Pence of WalkAlong Consulting will work with you in this effort. Dr. Pence will be a blessing to Trinity!

What is most important is that this process will reveal how GOD wants Trinity to accomplish God's mission in a new era. So I have two hopes for every person who loves this church and cares about its mission and its future:

1. **Read the Transition material and pay regular attention to it in the months ahead.**
2. **Trust the process ahead. Pray about it, and trust God to guide it.**

Then, let this process work through the three teams, the Council, and your involvement when the congregation is asked to engage this fall. Contribute what you can to this process. Pray for it and know this: God will be at the center of it to see to new heights and fruitfulness for the mission that God sets before you in this succession planning process and the selection of a new Lead Pastor.

Peace be with you.  
Pastor Kurt Jacobson

## Home Communion Ministry

The Pastoral Care team of pastors, Parish Nurse and Director of Visitation Ministries is committed to providing care and the love of Trinity to members who are limited in mobility or living in facilities. They are joined by a team of Home Communion Visitors who provide the Lord's Supper on a regular basis to those unable to come to worship.

The Home Communion Visitation ministry was formed a few years ago to provide people another way to serve with their gifts of compassion, as well as address a growing population of people unable to join in worship. Pat Garber, Director of Visitation Ministries enlists, trains and coordinates the Home Communion Visitors. You are welcome to join this team.

If you or a family member has permanent or temporary limitations that prevent worshipping at Trinity, you are invited to have a Home Communion visitor assigned to you. This person will come to you at an agreed upon time, on a regular basis, and share the Lord's Supper with you. To inquire about receiving a visit or becoming a Home Communion Visitor, please contact Pat Garber at [pat@trinity-ec.org](mailto:pat@trinity-ec.org)

## Direct Your Thrivent Choice Dollars to Trinity

Thrivent Choice Dollars, available to eligible Thrivent Financial members, can be directed to support organizations you care about. Undesignated Choice Dollars from last year will expire on March 31, 2015. Help support Trinity or Trinity's Christian Preschool Noah's Ark by visiting [Thrivent.com/thriventchoice](http://Thrivent.com/thriventchoice) or contacting your Financial Representative to learn more, or to direct your dollars today!



## Men's Mission Trip Report

The seventh annual men's mission trip to Jabneh Christian Academy in Jamaica advanced our partnership with this small school. The team of nine men continued building a bath/shower facility and began work on a kitchen/cafeteria structure.

The men had a wonderful experience and are grateful for the support this mission received from Trinity members who provided funds to purchase building materials, school supplies, and toothbrushes and toothpaste for the student.

The principals of Jabneh, Kirk and Natasha Campbell, write:

*Warm Caribbean greetings to you Pastor Kurt,*

*We are thankful that you and the team have arrived safely home. Wish we could have found a way to import our weather to you. Until then, stay as warm as you possibly can.*

*Jabneh Christian Academy and the Powerhouse Ministries International are super grateful for all you do for us. Words seem quite limited to express our heartfelt gratitude.*

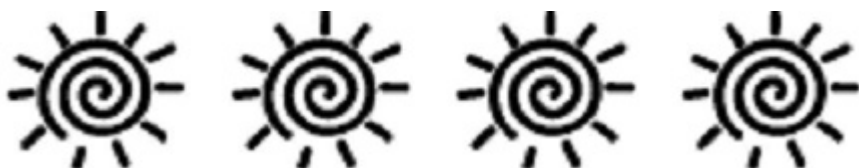
*You and the team continue to inspire us with the selfless way in which you serve. We appreciate the facility and will assiduously work to its completion. The new structure will certainly enable us to be more competitive in the marketplace. We are anticipating a boost in our enrollment.*

*We are asking that you convey thanks to all the members who have blessed us in one way or the other; we are thankful. The icons (our students) love the bags. They are even taking them to school. The calculators have done wonders. The boys, especially, keep them on their desks throughout the day.*

*We are anticipating the team in March. We look forward to the plans in days to come.*

*We love you all. Thanks.*

*Kirk and Natasha*



## Vacation With a Purpose

This month, seventeen Trinity members will spend Spring Break at Jabneh Christian Academy, Grange Hill, Jamaica where they will engage with the school children, paint classrooms, and continue some of the building the men's mission team did in January. Read about this Global Mission partnership at [trinity-ec.org](http://trinity-ec.org)

## Hmong Ministry

In the early 1970's Trinity pioneered in the Chippewa Valley the resettling of Laotian refugees from Thailand. For the ensuing generation, Trinity members provided and guided refugees in all aspects of integrating into American life. Thanks to hundreds who provided financially, the children of the Moua and Vue families went on to get college and graduate degrees.

For many years, remaining funds for Hmong Ministry have sat awaiting a new mission. Last month the Council decided to invest the fund (\$14,650) in the Global Mission restricted fund of the Trinity Endowment Trust Fund. This means that the principal will stay invested, and the proceeds from these dollars will go forth to do great things for others across the world.

## New Council Elected

The Annual Meeting of Trinity on February 8 included several elections that placed people in leadership roles:

- Council: Jill Brandenburg, Sue Brown, Suzanne Becker, Tom Fiedler, Tom Sell, Jim Urness
- Personnel Committee: Steve Josephson
- Nominating Committee: Brandon Thorsness, Nathan Nybrotten, Anne Josephson, Andrea Jadeke, Mary Schoenknecht, Roger Brian

In other business the 2015 budget was approved and the Succession Planning Process was introduced.



## Thank You Notes to Share

From the Evangelical Lutheran Church in America (ELCA) Vision for Mission:

*"Thank you for your recent gift of \$1,000. Without you, our impact and capacity to touch and transform lives would not be possible." —Rich Duncan, Mission Funding Director*

From the Salvation Army:

*"Thank you so much for your thoughtful gift. Every day, we meet people who desperately need the hope of a new beginning. They're abused women, homeless families, single parents struggling to make ends meet, lonely seniors, and many others who simply need a few friends to show them God's love during a difficult time. With your help, we not only provide them nourishment for their bodies, but for their souls as well. Your generosity truly helps us offer a light of hope, and a promise for a better tomorrow, in troubled times. —Dan Jennins, Divisional Commander*

Some of Trinity's regular offerings funds "Carelink" a collaboration of local churches to assist with emergency fuel and lodging which is administered by the Salvation Army.

From the Sojourner House:

*"Thank you so much for your gifted donation of \$1,000 from your 2014 Benevolence Gift to support the work of Catholic Charities in assisting the most needy among us at the Sojourner House in Eau Claire. May our hearts always be open to be touched by the love of Christ, and thus give to our neighbor, who needs us, something more than just a place to sleep. Your prayers and generosity make a difference." —Roberto Partarrieu, Executive Director Catholic Charities*

Your regular offerings provide support for the worldwide work of our denomination. At the end of 2014, an additional gift was given to the ELCA to assist in a campaign against malaria, thanks to fruitful year-end financial picture. Thank you for your offerings!

## CVA Sing Annual Concert

Enrich your soul and help Feed My People by attending CVASING's annual concert at Trinity on Sunday, March 1, at 2:00 P.M. or 7:00 P.M. This year's performance is entitled "Celebrate Music!" The concert features a mix of sacred and secular music performed by a chorus of nearly 90 musicians. The chorus is directed by Gary Rambo and accompanied by Karol Hommen, with instrumental accompaniment arranged by Bill Simon. Featured as our guest performers are the Cruciani Sisters (Gina, Emma, and Maria). These remarkably talented young ladies have performed several times with ECCT and CVTG and Trinity members,

Tickets are \$10 per person and may be purchased from CVASING members, local grocery stores, and at the door. Last year these concerts earned over \$8000 for Feed My People! Come join your friends, neighbors, and fellow church members for this concert in support of this very worthy cause!

## Friendship Group Meeting

Do you have a case of the winter blahs? Is your brain slowing down from the cold? Join the Friendship Group in the chapel on Wednesday, March 11, at 10:00 A.M. After a short business meeting, Paula Gibson will present the program "Boost Your Noodle." We will learn fun and friendly ways to exercise our brain. Lunch will be the soup lunch after the 12:15 P.M. Lenten Worship Service.

## ADRC and Powerful Tools for Caregivers Class

"Powerful Tools for Caregivers" is a six-week class that will teach you how to take care of yourself while caring for someone else. The six workshops will give you tools to reduce stress, guilt, anger, and depression; manage your time and set goals; make tough decisions; and communicate effectively with your loved one, family members, and health care providers. The six-week class will be held Thursdays, April 16–May 21 from 9:30 A.M.–12:00 P.M. To register, visit [www.adrcevents.org](http://www.adrcevents.org) or call the Aging & Disability Resource Center at 715.839.4735. This class is for family caregivers; no professionals please. Attendance at all six classes is essential. If you will miss more than one class, please view other class offerings and times at [www.adrcevents.org](http://www.adrcevents.org)

## Thank You!

Trinity's Food Pantry would like to thank Children's Ministries for sponsoring the recent Spice Drive and everyone in the congregation who contributed. The various spices, along with salt and pepper, were greatly received by our pantry guests. These items are not usually found in food pantry's, so they were very much appreciated. Thank you for making the Spice Drive an overwhelming success.





# March—A Good Time to Read Something Uplifting!

## Read Across America Day is March 2 Celebrating Dr Seuss's Birthday

We will celebrate Dr. Suess's birthday in Trinity's Library on Sunday, March 1 with a special display of Dr. Seuss's books. Sunday school classes will be invited to visit the library, and Library Committee members will be on hand to help check out books and hand out prizes. Stop by and see the 20 + new book selections that have been added—look for the hat!

## What You Can on the A Frame Library Display

- **New Books:** Since the first of the year, over 15 new books have been added to our collection. These newest ones are being identified with stickers (New) on the lower front cover.
- **Bullying:** On the other side of the A Frame, there is a rather extensive display of books that deal with bullying. These too are marked with a special sticker. There are books for all ages; picture books for preschoolers, chapter books for young readers, and helpful books for young people through adults (good for parents and those who work with youth).
- **Trinity Page Turners Book Club Selections:** These nine books for 2014–2015 are available for check out and can be found on the same side as the bullying books—look for their special sticker on the front cover as well.

Members of the Trinity Library Committee make every effort to keep these items on display for your convenience.

## Trinity Page Turner Book Club

The Page Turners Book Club meets Tuesday, March 17, at 6:30 P.M. to discuss "Visiting Tom" by Michael Perry. Though Perry makes no claim to being an actual farmer whose livelihood is dependent on his labor, he offers a loving portrait of the occasional rigors and quirks of farm life. In this book, the focus is on his neighbor Tom Hartwig, a man who has lived 82 years in one farmhouse in rural Wisconsin, that survived the construction of a four-lane interstate in its front yard in 1965. Tom, known for his hobby of building and occasionally firing cannons, offers pearls of wisdom on everything from living with whizzing traffic outside his kitchen window, to repairing tools ranging from massive farm equipment to shovel handles, to raising daughters. You can RSVP online at [trinity-ec.org](http://trinity-ec.org) or sign-up at Clipboard Central. For more information, email Cindy Beck at [cindy@trinity-ec.org](mailto:cindy@trinity-ec.org)



## Circle Listings

### Deborah

Thursday, March 19, 9:30 A.M.  
Trinity  
Hostess: Betty Lee  
Leader: Vicki Fields

### Dorcas

Wednesday, March 18, 1:00 P.M.  
Hostess:  
Leader: Group

### Martha/Mary

Tuesday, March 17, 7:00 P.M. Trinity  
Hostess: Kathy Gjesfjeld  
Leader: Kathy Gjesfjeld

### Miriam

Wednesday, March 18, 9:30 A.M.  
Trinity  
Hostess: Jeanne Boring  
Leader: Group

### Ruth

Tuesday, March 17, 1:30 P.M., Trinity  
Hostess: Lori Juneau  
Leader: Group

## WELCA Day of Renewal

The 26<sup>th</sup> Annual Day of Renewal will be held on Saturday, April 11, at Trinity Lutheran Church in Boyceville. Barb Solsa will be the speaker. Registration is \$10 payable to the Women of the ELCA. Send your check to Ronna Klatt, N3699 610<sup>th</sup> Street, Menomonie WI 54751. If you are interested in attending with Phyllis Grohn, contact her at 715.836.7055.

## Chippewa Valley Women's Retreat

This annual retreat will be held at Luther Park in Chetek, August 26 & 27. This date is two weeks later the retreat is normally held due to added weeks of Family Camp. More information will follow when it becomes available. Pencil in the date on your calendar now!



## POSITIONS AVAILABLE

### Director of Children's Ministries

At this time, we are actively seeking applicants for Director of Children's Ministries, and a full description of the position is available at [trinity-ec.org](http://trinity-ec.org). For more information about this ministry position, please contact Pastor Sarah Semmler Smith at [sarah@trinity-ec.org](mailto:sarah@trinity-ec.org)

### Wednesday Evening Kitchen/M Meal Coordinator

The Kitchen/M Meal Coordinator is responsible for providing dinner service for TGIF and children's choirs participants and their adult and youth leaders on Wednesday evenings. If interested in learning more or to apply for this position, please contact Kristy Casto, Director of Children's Ministries, at 715.832.6601 ext. 207 or [kristy@trinity-ec.org](mailto:kristy@trinity-ec.org)

### Wedding Coordinator

A full description of the role is available at [trinity-ec.org](http://trinity-ec.org) or in print at the lobby Information Center. The position is open now, and training is available. For more information, contact Pastor Kurt Jacobson at 715.832.6601 ext. 217 or [kurt@trinity-ec.org](mailto:kurt@trinity-ec.org)

## Children's Ministries



### Serve in the Trinity Nursery

Opportunities are available this spring to serve in the Trinity Nursery. The Trinity Nursery provides supervised care for children under the age of four from 8:15–11:15 A.M. on Sunday mornings. Nursery volunteers must be 18 years of age. The dates available to help in the Nursery are: March 1, March 22, April 5 (Easter Sunday), May 3, May 10, May 17, May 30.

If you are available to volunteer in the Trinity Nursery during any of these Sunday mornings, please contact Kristy Casto, Children's Ministries Director, at 715.832.6601 x 207 or [kristy@trinity-ec.org](mailto:kristy@trinity-ec.org)

### Open Gym Tuesdays

Open Gym will continue to run on Tuesday mornings through March 17 from 10:00–11:30 A.M. This is a great, safe environment for your children to let loose some energy during our cold winter. The Trinity Room is open for parents/grandparents and their young children (toddlers–preschool) to come in and use our equipment. Marlee Knickerbocker will supervise the area and offer story time and snack during the last half hour. There is a \$3 charge per session (multiple child and punch cards available). No registration is required; members, friends of members, and non-members are welcome to attend.

### Summer Fun at Trinity

Summer is coming and so is the fun at Trinity. It's time to mark your calendars for our summer Day Camps and Vacation Bible School. Registration will open online on Wednesday, April 1, at 8:00 A.M. Look to the April newsletter for more information about online registration. Below is our line up so far for this summer. Watch for a mailing in mid-March with additional information about these camps.

- Sports Camp: June 15–17
- Come and Play: Session One: June 15, 17, 22, 24 or Session Two July 13–16
- Camp Discovery: June 22–24
- Great Pretenders: June 29–July 1 and July 6–8
- Camp Cooking and Booking: July 13–16
- Master Chef's and Crafters: July 13–16
- Tell the Good News: July 13–16

### 2015 Vacation Bible School "Animals in God's Word"

VBS is scheduled for the week of July 27–31 from 8:45 A.M.–12:00 P.M. The cost is a suggested donation of \$20/child. VBS is for all children who were three by 9.1.2014 through those who have completed grade six. The kick off event is Sunday, July 26, at the 9:45 A.M. service. Registration will open on Wednesday, April 1, at 8:00 A.M. We will be looking for adult volunteers and youth to make this week a success.

### Summer Day Camp Leaders

We are still in need of a couple summer Day Camp leaders. If you enjoy working with children and want to be a part of their growth in faith, contact Julie Lutteke at 715.832.6601 ext. 218. These are paid positions, and dates vary throughout June and July.



## Noah's Ark News

Noah's Ark is in "Registration Mode." We have heard from so many families for the 2015–2016 school year already. Registration opened to the public on February 24. Almost daily, I'm giving tours of our classroom, gym, and playground areas. Families LOVE our space! Spread the word about our very own Noah's Ark Preschool. Faith based preschool programming is becoming scarce in the Eau Claire area. (4K doesn't allow a faith based experience during the preschool hours.) Noah's Ark is a great combination of our faith curriculum along with the very best of age appropriate preschool experiences.

Noah's Ark has lots of thanks to pass around following our successful Shrove Tuesday Pancake Supper on February 10. We thank our sponsors: The Coffee Grounds, Dick Cable, Andy Cooper—Edward Jones Investments, Hillside Dental, Sarah Stokes-Herzog—The Queen of the Castle Magazine, Festival Foods, Gross Motor-Neillesville, Chippewa Valley Endodontics LLC, Moms on the Run [www.momsontherun.com](http://www.momsontherun.com), and two anonymous donors. What a great list of sponsors; their dedication to Noah's Ark is amazing. We also thank our Co-Chairs: Kirsten Rubenzer and Beth Borsheim, along with the rest of our Preschool Committee and teachers: Valerie Fedie, Anne Lindahl, Emily Fibeger, Alicia Strozinsky, Kristy Casto, Stephanie Olson, Jacqueline Strayer, Jill Kasmarek, Ginny Lien, and Marlee Knickerbocker. Much work goes into preparing for a supper that serves over 325 people.

Noah's Ark also thanks the wonderful Youth who helped us make the event happen: Andrew, Leanna, Landon (and mom), Jeremy, Kyle, Kirk, Alex, Zini, Kate M, Kate H, Katie, Jaxon, J. R., Alec, Alex, Tommy, Will, Adam, Aidan, Kayla, Seth & dad, Teddy and Claudia (and dad). Great work youth! Thanks to Lisa Goetz and Cassie Brenden for following up with these wonderful youth.

Currently I'm working on the continuation license for Noah's Ark Preschool through the State of Wisconsin. It's amazing that we've been in existence since 1980. God surely has been at work through so many to make Noah's Ark a great place to be for decades!

Hugs, Ms. C



## 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 15–19. These campers stay in cabins and experience the wide variety of fun and activities that is 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 experience amazing and creative Bible Studies, worships, campfire times, and meaningful small group discussions. Check out [lutherpark.org](http://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](mailto:lisa@trinity-ec.org) or Cassie at [cassie@trinity-ec.org](mailto:cassie@trinity-ec.org) for more information about grants.



## Community Table

Trinity youth are serving at the Community Table on Friday, March 13, from 4:30–7:00 P.M. Sign up at the Tool Bench to help serve a meal to people in our community.

## Souper Bowl of Caring a Success!

A huge thank you to all of those who generously contributed to the "Souper Bowl of Caring." Trinity youth collected \$919. All contributions were donated to the Trinity Food Pantry.

# Youth Ministry

## Easter Breakfast

Come on Saturday, April 4, from 9:00–10:30 A.M. to help decorate and prepare food or on Sunday, April 5, from 6:30–8:30 A.M. or 8:30–10:30 A.M. to help serve breakfast. This is a great fundraiser for all youth, and we need your help to serve our congregation! Sign up is available at the Tool Bench. Students and mentors may also chose to use the Easter Breakfast to fulfill their service requirement.

## Summer Stretch

Summer Stretch is a faith centered approach to a camp experience connecting community service learning and youth. Summer Stretch gives incoming 6, 7, 8, and 9 grade youth a safe, healthy place to belong where they can contribute to the community along with socializing with their peers. Participants gather five days during the summer including a day at Valley Fair. Brochures and registration forms are at the Tool Bench.



# Health Ministries

As I was thinking of a topic for March, I realized that Daylight Savings Time begins March 8. As much as I love having it light longer in the evening and spring HAS to be right around the corner, I also hate losing that hour of sleep! So this month's topic is sleep; something that affects you if you are one week old or 100 years old.



## What does sleep do for us?

Sleep is necessary for our survival. Sleep deprivation has a detrimental affect on our immune system. Sleep necessary for our nervous system to work properly. Too little sleep leaves us drowsy and unable to concentrate the next day. It also leads to impaired memory and physical performance and reduced ability to carry out math calculations. Deep sleep coincides with the release of growth hormone in children and young adults. While we may get used to a sleep depriving schedule, our judgment, reaction time, and other functions are still impaired. Many studies make it clear that sleep deprivation is dangerous!

## How much sleep do we need?

The amount of sleep each person needs depends on many factors. Infants generally need about 16 hours of sleep per day. Teenagers need about nine hours on average. Most adults need seven to eight hours of sleep, although some people need as few as five hours and others as much as ten hours.

## Tips for a Good Night's Sleep

- Turn off electronics at night: Blue light prevents the release of melatonin, a hormone associated with sleep and nighttime. The blue light from computer screens, smart phones, and tablets left on during the night will inhibit sleep, as well as using these devices right up to bedtime.
- Set a schedule: Go to bed and get up at around the same time each day, even on weekends.
- Exercise: Daily exercise (20–30 minutes) often helps people sleep. Exercising right before bed may interfere with sleep.
- Avoid caffeine, nicotine, and alcohol: Caffeine is a stimulant. Smokers tend to sleep very lightly and often wake up early due to nicotine withdrawal. Alcohol robs you of deep sleep and REM sleep, keeping you in the lighter stages of sleep.
- Relax before bed: A warm bath, reading (NOT a tablet), or other relaxing routines.
- Sleep until sunlight: If possible, wake with the sun. Sunlight help's the body's internal clock reset itself each day.
- Don't lie in bed awake: If you can't go to sleep, GET UP! Read or listen to music. Do not use the computer.
- Control your room temperature: Maintain a comfortable temperature in the bedroom.

Vicki Dueringer  
Parish Nurse

## Received January Memorials & Gifts

### Friendship Group Fund

- In memory of Helen Amundson: Linda McClelland

### Food Pantry Fund

- In memory of Jack Garber: Linda McClelland, Bob & Mary Schoenknecht, Hazel Cook, Shirley Freeberg, Carla Brandrup, John & Nancee Burbank, Chuck & Sue Nyberg, Dennis & Beverly Aasen, Jim & Connie Beck, Tom & Sheila Zahorik
- In memory of Helen Amundson: Shirley Freeberg, Elaine Lonning, Tom & Sheila Zahorik, Harold & Avis Drung, Geraldine Miller
- In memory of Lois Buchanan: Shirley Freeberg, Char Finseth, Lori Juneau, Jim & Joyce Davis, Elaine Lonning, Tom & Sheila Zahorik
- In memory of Arlene McClelland: Carla Brandrup, Elaine Lonning
- In memory of Pastor Arvid Myhrwold: Jim & Joyce Davis
- In honor of Tekla Bekkedal: Elaine Lonning
- In memory of Emily Lee: Viola Berg

### Library Fund

- In memory of Helen Amundson: Bob & Mary Schoenknecht, Don & Barb Lee
- In memory of Jack Garber: Ann Johnson, Jerry & Joanne Dow, Don & Barb Lee
- In memory of Joan Planert: Terry Planert and Family
- In memory of Lois Buchanan: Larry & Mary Hoepner





### **Children's Bible Fund**

- In memory of Lois Buchanan: Bob & Mary Schoenknecht
- In memory of Joan Planert: Terry Planert and Family
- In memory of Olga Brian: Bob & Mary Schoenknecht
- In memory of Helen Amundson: Viola Berg

### **Friends of Flynn Fund**

- In memory of Arlene McClelland: Bob & Mary Schoenknecht

### **Memorial Fund**

- In memory of Lois Buchanan: Thomas Rouse
- In memory of Emily Lee: Donna Bergquist
- In memory of Jack Garber: Vila Nygaard, Joel & Lenore Higgins, Morrie & Audrey Brumberg, Randy & Peggy Casper, Harold & Avis Drung, Roger & Marilyn Engen, Ralph & Norma Marking, Leo & Judy Ochrymowycz, Jack & Lois Olson, Gale & Jan Otterholt, Patricia Prissel, Vernon & Shirley Purchatzke, Roger Selin, Leatrice Solberg, Barbara Tischer, Paul & Joye Twesme, David & Gloria Weiss, Sam & Virginia Yanakopulos, Richard & Luanne Beckman, John & Marcia Bollinger, Jayne Woodburn, Barbara Hardy, John & Margaret Melrose, Wayne & Carole Halberg, Loretta Young, Peter & Donna Raleigh, Robert & Nora Fuller, Willis & Betty Gertner, Jill Christopherson, Sherry Macaul, Ida Hinz
- In memory of Joan Planert: Terry Planert and Family

### **Noah's Ark Preschool Fund**

- In memory of Lois Buchanan: Earl & Ruth Nelson, Jean Jessie, Family & Friends, Dave & Sonia Becker, Robert & Janet Johnson, Jack & Lois Olson, Morrie & Audrey Brumberg, Jim & Marge Oleson, Barbara Tischer

### **Endowment Trust Gerald & Helen Amundson Fund**

- In memory of Helen Amundson: Beverly Jungerberg, Patricia Ness, Lorraine Schaefer, Ann Ayres, Scott & Mary Sisko, Carla Brandrup, Clif & Doris Husberg, Beverly Ross, Sarah Herrell, Bob & Janet Roemer, Mark & Marti Hofer, Karen LaBelle, Barbara Vorhes, Barbara Tischer, Leatrice Solberg, Rose Sippel, Paul & Janice Rassmussen, Vernon & Shirley Purchatzke, Adrian & Shelley-Rae Pehler, Jack & Lois Olson, Nancy Zimmerman, Sharon Lehman, Phyllis Grohn, Gary & Karen Foster, Linda Eder, Alyce Bertelson, Jack & Carol Bartingale

### **Health Ministry Fund**

- In memory of Jack Garber: Bernard & Lorretta Bertrang, Pat Garber, Jack & Mary Dixon, Gary & Nancy Ellis, Mark & Marti Hofer
- In memory of Emily Lee: Pat Garber
- In memory of Arlene McClelland: Pat Garber
- In memory of Helen Amundson: Pat Garber
- In memory of Lois Buchanan: Mark & Marti Hofer

### **Handbell Fund**

- In memory of Milton Johnson: Family of Milton Johnson

### **Prayer Shawl Fund**

- In memory of Jack Garber: Mark & Suzanne Becker, Paul & Amber Moltzau

### **Community Table Fund**

- In memory of Lois Buchanan: Mark & Suzanne Becker

### **Endowment Trust Fund**

- In memory of Lois Buchanan: Jack & Carol Bartingale, Lawrence & Deyon Ziehme, Ron Retzlaff
- In memory of Jack Garber: Ron Retzlaff, Char Finseth
- In memory of Arlene McClelland: Gordy Larson

### **Mission Fund**

- In memory of Lois Buchanan: Ted & Ardy Nystuen

### **Quilter Fund**

- In memory of Helen Amundson: Jim & Joyce Davis, Betty Lee, Orv & Shirley Anderson, Morrie & Audrey Brumberg, Leonard & Anice Reiman

### **Trinity Choir Fund**

- In memory of Jan Oliver: James & Jean King, Jim & Connie Beck
- In memory of Jack Garber: Gary & Mary Rambo
- In memory of Helen Amundson: Gary & Mary Rambo

### **Endowment Trust Marlene & Dick Cable Fund**

- In memory of Jan Oliver: Dick Cable Family
- In memory of Lois Buchanan: Dick Cable Family

### **St. John's Bible Fund**

- In memory of Jack Garber: Dick Cable

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

A Reconciling in Christ Congregation of the Evangelical Lutheran Church in America  
Trinity Lutheran Church, 1314 East Lexington Blvd, Eau Claire WI 54701  
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Derek Prestin

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Worship & Music Director

Gary Rambo—Trinity Choir  
Ryan Poquette—Trinity Tollers  
Kris & Brian Pressler—Worship Music Leaders  
Drew Brandenburg—CrossWord Youth Band  
Jeanne Cooper—God's Little Singers  
Corrine Gransee Paral—Children's Choir  
Liz Drayton—Totally Joyous Christians

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Food Pantry Coordinator

## World Missions

Maranatha Church in Kingston, Jamaica  
Blantyre Lutheran Parish in Malawi, Africa  
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 April Newsletter is March 17.

