



Trinity

Lutheran Church

Sisters and brothers in Christ

Even as Lent comes just about as late as it possibly can be this year, I still find it surprising me! (Easter falls on the first Sunday after the full moon following the northern hemisphere's vernal equinox, reckoned to be on March 21. The date of Easter varies between March 22 and April 25—got it?!).

Ash Wednesday, March 9, will begin our journey through Lent the same as every year: with ashen crosses placed on our foreheads. All who come forward receive that cross with the words, "from dust you have come, and to dust you shall return."

The youngest among us, the physically strongest, the healthiest in mind and spirit receive that cross. The weakest, the most tired and broken, those who are struggling deeply with depression, anger or fear, all receive that cross too.

We come together to be reminded of our shared humanity, our shared mortality, our shared experiences of pain and struggle, as well as the wonders of being alive and sharing life and faith together. We are certainly dust, and to dust we shall return, but in the meantime our bodies are sources of deep revelation for us. They are how we come to know both great pain and great joy. They help us to recognize ourselves in one another.

They are how God gets to us, at the most intimate and universal level of all.

Those ashes we receive are not curses. They are blessings, announcing God's undying love of dust no matter what kind of shape it is in. It was, after all, God who decided to breathe on them. It was God who chose to bring them to life.

Somehow, through the journey of Lent, we dusty folks come again and anew to celebrate Easter. We go by way of the cross, by way of all that it means to be human, to find ourselves blessed by new life, blessed by the light of Christ so bright in our eyes that we can hardly keep them open.

I hope you will intentionally celebrate Lent with your family of faith here at Trinity this year. Don't miss Ash Wednesday, when you receive that cross of ashes. Come to contemplate with us how, "Life's Too Short" to miss fully living it in God's presence. "You are dust." And "You are wonderfully made." "To dust you shall return." And "Under the cross of Christ you live. To God you will belong!"

May your Lenten journey bless you with greater compassion for fellow travelers, deeper grace for yourself, and bolder faith for the world!

Your sister and fellow traveler,
Pastor Heather



Lenten Series Begins "Life's Too Short"

Lent begins on Ash Wednesday, March 9. As Lutherans we tend to add on an additional discipline for growing in faith is part of our dedication to following Jesus to the cross. To be faithful in challenging times is to find even greater joy in new life proclaimed at Easter.

So come and worship the six Wednesdays of Lent at either 12:15 P.M. or 6:30 P.M. We're putting on an exclusive message series: "Life's Too Short." This series aims to get us thinking about how to make the most of our days as children of God and followers of Jesus and to put aside those things that diminish the quality time we have in life!

Please, come and worship on Sundays and again on Wednesdays for six weeks starting March 9.

- ▶ March 9—Life's Too Short To Be Selfish
- ▶ March 16—Life's Too Short To Play It Safe
- ▶ March 23—Life's Too Short To Hold A Grudge
- ▶ March 30—Life's Too Short To Be Envious
- ▶ April 6—Life's Too Short To Worry
- ▶ April 13—Life's Too Short To Work All The Time

Cross Cultural Health Care

Please join us on Sunday, March 6, in the Fireside Room following both services to learn about our Amish neighbors. Tammy Weegman, Registered Nurse with the public health department, works primarily with the Amish population in our area. Come and hear about her experiences, and broaden your understanding of the Amish lifestyle and their medical practices.

See Jesus' Life in Pictures

Come and learn about Jesus's life from birth to resurrection when you join in a visual tour of Israel next Wednesday, March 9, at 10:30 A.M. Enjoy scenes of Jesus' life in Nazareth, Bethlehem, Jerusalem, and on the Jordan River and Sea of Galilee. This presentation will also offer a current-day look at the Israeli-Palestinian issue.

This event is free and is a joint effort of the Institute for Learning in Retirement and the Trinity Friendship Group. Kelly Jensen, Church and Community Relations Lutheran Social Services, is the presenter.

Lenten Soup Lunches

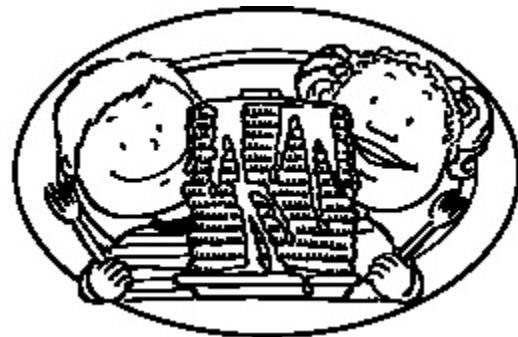
Each Wednesday after the noon Lenten service, the Trinity Room will be the place for marvelous soup and enjoyable fellowship. Each week we will serve soup favorites from years past. We will have your favorite cheese breads from Great Harvest and something sweet to end the meal. A free will offering helps offset expenses for our youth to attend camps and mission trips.

"Walking Together" Event

Come and explore "Making a Mission Trip that Matters" for adults and youth on Saturday, March 26 at Chippewa Falls Middle School. "Walking Together" is a congregational resource event sponsored by the Northwest Synod of Wisconsin. Pastor Kurt will be leading a workshop which will provide insight into building a trip that provides opportunity to grow in faith, find meaning in serving, and perspective for life after the trip.

Eau Claire School Referendum

Mark Sunday, March 27, for worship, and stay afterwards for a presentation and dialog on the upcoming April school referendum. Brent Wogahn, Trinity member and School Board member, will host this adult learning event in the Trinity Room.



16th Annual Shrove Tuesday Pancake Carnival

Come and celebrate with us at our Annual Shrove Tuesday Pancake Supper. This year we will again have a fun time with music, balloons, Mardi Gras beads, and an "Art Stroll." On Tuesday, March 8, 4:00–7:00 P.M. come and indulge. Advance ticket prices are \$6.00 for 12 and over and \$3.00 for under 12. At the door on March 8, prices are \$7.00 for 12 and over and \$3.00 under 12. Tickets will be on sale at the Information Center at Trinity Lutheran on Sundays, February 27 and March 6, after the 8:15 A.M. and 9:45 A.M. worship services, and on Wednesday, March 2 after the 6:30 P.M. service. During the week, tickets are available in the Church Office.

The supper is sponsored by Trinity Christian Preschool—"Noah's Ark." Co-sponsors of this event are Boxx Sanitation and Cottagewood Group. Ten percent of the fund-raiser will be given to Ronald McDonald House Charities.

Chippewa Valley Area Singers

The CVA Singers will present *Requiem* by John Rutter to benefit Feed My People on Sunday, March 6, at 2:00 P.M. and 7:00 P.M. at First Lutheran Church, 1005 Oxford Ave., Eau Claire. Tickets are \$10 and may be purchased in advance from CVA Singers, at participating area grocery stores (Festival, Gordy's, Mega, and Just Local Foods), or at the door the day of the concert. All proceeds will benefit Feed My People. **For tickets or information, call Warren Hermondson at 715.832.5173 or Gary Rambo at 715.832.4429.**

Empty Bowls

Trinity will be hosting the annual fundraiser for the Feed My People Food Bank, "Empty Bowls," on Thursday, March 10, from 11:00 A.M.–7:00 P.M. Tickets are available in the church office. The ticket cost is as follows: \$18 (receive ceramic bowl and meal) and \$8 (meal only). Children under the age of 10 are free though they still need a ticket to attend. Thank you for your continued support in helping to address the hunger needs in our community.

Meet Our Monday Morning Crew

Every Monday morning a group gathers in our Food Pantry to help unload the Feed My People Food Delivery Truck. Some come every week. Some come when they can—with an occasional small child when school is out, or a grown-up child who is back for the holidays. They talk about the Packers and the Badgers, and discuss the latest news at Trinity. Together they unload the truck, stock the shelves, break down the boxes, and prepare the room for food distribution later in the day. Thank you Monday Morning Crew for your faithful service!

It takes many wonderful people to make a busy food pantry like ours run every week. If you would like to become involved, please sign up at Clipboard Central or contact Suzanne Becker at 715.832.6601 or suzanne@trinity-ec.org.

Easter Worship Schedule

The celebration of Jesus' resurrection is the festival of Easter and you're invited to worship!

- 6:30 A.M. Sunrise Service led by the Youth Band in the chapel
- 8:00 A.M. Festival Traditional Worship with Communion
- 9:30 A.M. Festival Contemporary Worship
- 10:45 A.M. Festival Blended Worship with Communion

A breakfast is available 7:30–10:45 A.M.

Great News!

This week, the Green Bay Packer Foundation awarded more than \$200,000 in grant money to charitable organizations throughout the state of Wisconsin. Our Food Pantry was fortunate to receive an award of \$2,000! In addition Feed My People has awarded \$3,600 in food credits to our pantry. These credits will equate to much more in "shared cost food" purchased through Feed My People. The award was given in recognition of Trinity's efforts to provide more food, better access, and better service to those in need of food assistance.

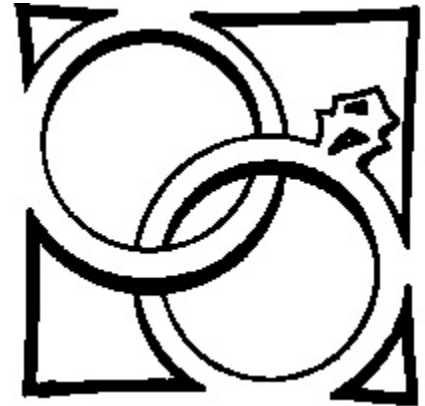
Thank you to the Packers, Feed My People, and to the wonderful members of our congregation who faithfully support our food pantry with gifts of money, time, and prayers! We make a great team!



Jamaica Mission Success

Last month a team of six men from Trinity accomplished building a new classroom building for Jabneh Christian Academy in Savanna La Mar, Jamaica. This school enrolls 60 elementary and middle school students and is part of Maranatha Powerhouse Church.

The gratitude and joy that this mission inspired in the children was amazing. Your support of this mission with items for the school as well as financial support to purchase materials was amazing, too. Thank you! 163 people contributed a total of 63 in school supplies and 98 financial donors giving \$4000. Check out the Photo Album page for mission at: www.trinity-ec.org



Mission Jamaica 2011

Trinity's Mission Jamaica team of 16 members is grateful for the on-going generous support as they prepare for an inspiring trip to Kingston, Jamaica from March 18-25. We are blessed to have this ministry partnership revolve around four key pieces of ministry:

1. Active engagement and shared leadership within worship at Maranatha Church.
2. Distribution of food items to 20 families in the surrounding neighborhood.
3. Building one home for a family of the congregation.
4. Leadership and assistance with the basic school at Maranatha Church.

In the weeks leading up to our teams departure, various "gift tags" will be available in the Trinity lobby on Sundays and Wednesdays. These tags will detail various items that will be needed to fulfill our four goals stated above. We encourage you to consider picking up a gift tag (or more!) to assist Trinity's team and further strengthen this international ministry. These tags will be available through Sunday, March 13.

Thank you for your support and for periodic updates, please refer to the "Global Missions" page on our website!

The Prodigal God

The story of the Prodigal Son in chapter 15 of the gospel of Luke has inspired many throughout the ages. An irreligious younger son. A moralistic elder son. A father who lavishes his love on both. Three key figures. Three different view points. One powerful message.

The Men of Integrity men's ministry is focusing on this powerful story within the month of March. Timothy Keller's book *The Prodigal God*, along with the author's 15 minute DVD teaching presentation, casts a unique framework for reflection and group discussion.

Each week focuses on a different view point/theme from the story. Men of all ages are invited to be a part of this great ministry opportunity on Saturday mornings from 8:00 A.M.–9:00 A.M. in the Fireside Room. Regardless if you can't attend every week...just come!

Come to both nurture your faith and connect with other men of faith. If you have any questions regarding this ministry, please contact Pastor Jim Page jim@trinity-ec.org or 715.832.6601.

"Staying in Love" A Couples Ministry

We all know what's required to fall in love....a pulse. Falling in love is easy, but staying there, that's something else entirely. With more than a thousand matchmaking services available today, finding a romantic match can be easier than ever. But staying together with the one you've found seems to be the real challenge.

All couples are invited to participate in a new adult education series titled "Staying in Love." This series incorporates a 20–25 minute DVD teaching presentation from pastor and author Andy Stanley. There will then be a short break to partake in appetizers followed by a small group discussion facilitated by Pastor Jim Page.

We will meet on Sundays; March 27, April 3, April 10, and April 17 from 6:15 p.m.–7:30 p.m. in the Fireside Room. The cost is \$5/couple for one discussion guide. Couples can register by contacting Pastor Jim at 715.832.6601 or jim@trinity-ec.org. Registration deadline is March 20.

Senior Citizens

Trinity's Friendship Group will meet on Wednesday, March 9, at 10:00 A.M. in the Trinity Room. After a short business meeting, we will enjoy the presentation "Ancient Stones, Living Stones." Lunch at Trinity will follow the 12:15 P.M. Ash Wednesday service.

Make your reservation for the Friendship Group's annual trip to Chanhassen on Wednesday, April 13, at 8:30 A.M. They will take the bus to Chanhassen Theater to attend the play "Jesus Christ Super Star." The cost of \$65 includes the play, dinner, and travel. The deadline for your reservation is March 15. Please send your check to Pat Cliff, 6681 Talmadge Road, Eau Claire WI 54701.

Elect Your Dollars to Help

Thrivent Choice offers members ways to distribute some of Thrivent Financial for Lutherans \$100 million charitable outreach funds. If you own a Thrivent product (insurance, investments) you earn Choice Dollars that can be directed to Trinity or our preschool Noah's Ark. But you must direct those dollars. Review your eligible points with your Thrivent agent or at thrivent.com

When You Are Hospitalized

Your pastors make frequent trips to area hospitals to visit Trinity members who are hospitalized. However, they can only visit you or your loved one when they are informed. While the hospitals do their best to track our members, there are times when they do not have you registered as a patient from Trinity in their computer system. Only you can authorize having that information placed in your records. Please be sure to check when you are admitted if you desire the pastors to visit. You can be assured a visit if you or a family member contacts the church office (phone or email) in advance or upon a hospitalization if you believe the pastors might not get the information from the hospital.

Ministry Builders Stickers

If you should make a purchase at a Family Christian Store, please ask for the Ministry Builders stickers. With 20 stickers we can redeem \$5 worth on a book or DVD in the store. You can place stickers in the specially marked can in the library. Thank you from Trinity's Library Committee



Help us grow our church! Tell your neighbors and friends about Discover Trinity! This fun, engaging and friendly process leads to membership with Trinity, and it starts with dinner for all interested people this March. The two session process will be on Tuesday, March 8, from 5:30 P.M.–7:30 P.M. with dinner; and Tuesday, March 15, from 6:30 P.M.–8:00 P.M. RSVP online at www.trinity-ec.org "Discover Trinity" link or contact Pastor Jim Page jim@trinity-ec.org This is a three-part event which culminates on Sunday, March 27, in worship.

Archives Committee

The Archives Committee is planning a display of crosses in the library. If you have a standing cross, no taller than 15 inches, and would be willing to lend the cross to the Archives Committee for the display case, please drop it off at the church office. The display will be up thru Easter, after which the crosses will be returned to you. Thank you. **If you have any questions, please contact Mary Schoenknecht at mary@trinity-ec.org**

Intern's Ordination

You're invited to the ordination of Chad Anderson, who spent a year of internship with Trinity in 2009–2010, on Saturday, March 12, at 3:00 P.M. at Central Lutheran Church, 221 W Main St., Mondovi, WI. Chad has been called to serve a two-point church in Porterfield and Beaver (Marinette County, WI).

The Business of Trinity

The annual meeting of Trinity was held on February 6. Here's a recap of the business transacted in our mission!

Reports from the Ministry Directors and Pastors: The staff each provided individual highlights of their work in 2010 and insights for 2011. All the Ministry Directors and Pastors highlighted Trinity's vitality and goodwill.

Elections

- 2011 Nominating Committee: Kari Winkler, Kathy Rau, Diane Nelson, Jane O'Connell and Anne Josephson were elected.
- Endowment Trust Fund Board of Trustees: Three people needed for three-year terms and the following were elected for a second term: Andy Cooper, Matt Gerber, Jan O'Connell.
- Personnel Committee: One person needed for a three-year term. Kim Hill was elected.
- John Satre, treasurer reviewed 2010 financial reports which showed income of \$1,005,357 and expenses of \$969,708. The \$35,649 excess was distributed in three directions to accomplish charitable giving beyond the congregation, an additional principle payment on the loan and an in-house effort to recharge Maintenance reserve funds that have been drawn down to nearly zero while the budget was trimmed in 2009.
- The disbursement of excess funds as follows:
 1. Synod Resource Center \$1,000
 2. Haiti Partners \$1,000
 3. Jabneh Academy/ January Jamaica mission project \$2,000
 4. Maranatha Church in Kingston/March mission project \$2,000
 5. Trinity's Food Pantry \$5,000
 6. The Community Table \$2,000
 7. Debt Reduction \$12,000
 8. Property Maintenance Reserve Fund \$11,649
- The 2011 budget of \$997,920 was approved. This is a 1.03% increase over 2010
- Pastor Kurt reviewed findings from the Fresh Look Survey. Overall satisfaction and energy in the congregation is very high. The Consultant, Russ Crabtree of Holy Cow Consulting stated "This is an exceptional church. I do not often see churches score this high." The top three priorities of the 426 survey respondents which closely reflects the age demographic of the congregation) indicate they desire:
 - A. Developing ministries that work toward healing those broken by life circumstances
 - B. Develop and implement a comprehensive strategy to reach new people;
 - C. Create more opportunities for people to form meaningful relationships.
- In this year the Council will be working on developing responses to the survey results. Copies of the survey results are available for check-out in the Trinity Library.

Loan Refinanced

The annual meeting of Trinity last Sunday included approval of debt refinancing. Trinity's remaining debt on the building expansion of 2004 is \$1.3 million. The new loan with the ELCA Mission Investment Fund has a 5.125% interest rate. Other business included approving the 2011 budget with a 1.03% increase over last year. Read more about the annual meeting at trinity-ec.org

Circle Listings

Deborah

Thursday, March 24 , 9:30 A.M., at Trinity

Hostess: Helen Mateski

Leader: Barbara Johnson

Dorcas

Wednesday, March 16, 1:00 P.M., at Trinity

Hostess:

Leader: Rose Sippel

Martha/Mary

Tuesday, March 15, 7:00 P.M., at Trinity

Hostess: Vila Nygaard

Leader: Group

Miriam

Wednesday, March 16, 9:30 A.M., at Trinity

Hostess: Dorothy Jensen

Leader: Group

Ruth

Tuesday, March 15, 1:30 P.M.

Hostess: Marie Sherman, 3621 Fairfax, Apt.3

Leader: Joanne Stange

Sarah

Wednesday, March 16, 9:30 A.M., at Trinity

Hostess: Evelyn Carlson

Leader: Barb Vorhes

Memorial & Gifts

Community Table

† In memory of Mabel Quinlan: Dr. & Mrs. Irving Behm

Handbell Choir

† In memory of Mabel Quinlan: Ann Ayres

Organ Fund

† In memory of Don Maug: Allan & Kristine Jarocki, Ann Ayres, Rose Sippel

Endowment Trust Fund

† In memory of Don Maug: Lawrence & Deyon Ziehme

† In memory of Mabel Quinlan: Barbara Vorhes

Library

† In memory of Victor & Dolores Strey: Allen & Barb Strey

† In memory of Mabel Quinlan: Elmer & Ann Felton

† In memory of Don Maug: Donald & Barbara Lee

Good Samaritan Fund

† In memory of Cheri Johnson: Jim & Sherry Jones

† In memory of Don Maug: Jim & Sherry Jones

† In memory of Joyce Robertson: Jim & Sherry Jones

Children's Bibles

† In memory of Mabel Quinlan: Mary Jorgensen

† In memory of Kjerstie Pressler: Great Grandmother Amundson

† In memory of Don Maug: Bob & Mary Schoenknecht

Food Pantry

† In memory of Mabel Quinlan: Dorothy Jensen, Jack & Carol Bartingale, Helen Amundson

† In memory of Don Maug: Lori Juneau

Quilters

† In memory of Mabel Quinlan: Rose Sippel, Marvin & Leatrice Solberg, Jim & Joyce Davis, Lynn & Bill Gautsche, Elaine Lonning

Memorials

† In memory of Mabel Quinlan: Alyce Bertelson

† In memory of Don Maug: Dee Maug, Jerry & Sharon Colburn, Jon & Maureen Homstad, Carol Endl, Orville & Shirley Anderson, Harold & Avis Drung, Beverly Hill, Norris Nelson, Marvin & Leatrice Solberg, Anna Trullinger, Dean Van Amber & Kirsten Alvarez, Orlin & Barbara Larson, James & Karen Christenson, Merlin & Ardis Isaacson, Gordon & Jane Roholt, Morris & Audrey Brumberg

Dear Members of Trinity,

I would like to thank you for supporting me and helping me pay for tuition at Luther Seminary.

I feel so blessed to call Trinity Lutheran my church home. Chad and I have met so many wonderful people and have been nurtured in our faith lives.

We cannot say thank you enough for the love, support, encouragement, and financial gifts!

Sincerely and with love,
Jami & Chad Brieske

Dear Members of Trinity,

Thank you for your gift of \$1,000 to support the ongoing ministry of your Synod Resource Center.

Greg Kaufman
Synod Resource Center Director

Trinity Lutheran Church,

On behalf of the Eau Claire Interfaith Hospitality Network, the Board of Directors, volunteers and staff, I would like to thank you for your donation in the amount of \$2,100.00 to our organization.

We are most grateful to have your support in our pursuit to assist struggling families and for your commitment to the well being of the Greater Eau Claire Area.

Thanks again for your contribution. It is very much appreciated.

Ms. Relly S. Christianson
Executive Director

Dear Trinity Lutheran Church,

We count you among our dearest friends and among our most valued partners in ministry. Your support of \$2,000 for the programs of Lutheran Social Services touches the lives of friends, neighbors, co-workers, family members and parishioners-nearly 100,000 people across Wisconsin and Upper Michigan.

In a very real sense we could not provide these programs and services without you and the other congregations of Wisconsin and Upper Michigan. It is my hope you have satisfaction in knowing that your congregation is making a difference in a hurting world.

Pastor David N. Larson
President & CEO

Salt and Sodium; 10 tips to cut back

Salt is America's favorite food ingredient. Salt is used both in processed foods and home cooking. Americans consume about 2 to 4 teaspoons of salt a day. According to the 2005 Dietary Guidelines for Americans, healthy adults should have no more than 2,300 mg (or about 1 teaspoon) of sodium a day from all sources. Sodium plays a role in hypertension (or "high blood pressure") development in many individuals. Cutting back on salt and sodium is a good idea for everybody, even kids.

1. **Think Fresh** • Most of the sodium Americans eat is found in packaged foods. Eat less often highly processed foods—especially salty chips, bacon, sausage, hot dogs, and luncheon meats; canned entrées
2. **Enjoy full-flavored, home-prepared foods** • Use herbs and spices to flavor foods. Preparing your own foods allows you to control the amount of sodium you eat.
3. **Fill up on foods naturally low in sodium** • Eat plenty of fruits, vegetables, and cooked dry beans and lentils. Many Americans need to eat 3 cups—and for some people up to a total of 6 cups—of fruits and vegetables each day, depending on the amount of calories needed. Go to MyPyramid.gov to find out the amount of fruits and vegetables YOU need.
4. **Get enough, but not too much, of some other foods low in sodium** • Find out the specific amount of foods YOU need from the Milk Group and the Meat & Beans Group by going to MyPyramid.gov. Choose fresh cuts of beef, pork, poultry, fish, or eggs—and eat just the amount you need. Choose low-sodium cheese. Choose fat-free milk or reduced fat yogurt.
5. **Learn to enjoy the natural taste of foods** • Savor the flavor of simply prepared foods. Try cutting back on salt little by little—and pay attention to the natural tastes and textures of various foods.
6. **Skip the salt** • Table salt (sodium chloride) is approximately 40% sodium. Just skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table.
7. **Read the label** • Use the Nutrition Facts label and the ingredients statement to find foods lower in sodium. Look for foods labeled "low sodium" or "reduced sodium." Foods with less than 140 mg sodium per serving can be labeled as low-sodium foods.
8. **Learn the lingo** • Besides "salt," sodium comes in a range of forms. When reading ingredient statements, look for: sodium benzoate, sodium nitrite, sodium ascorbate, etc. Limit sodium and salt in food.
9. **Ask for low-sodium foods where you eat out or shop** • The marketplace is changing and supermarkets and food manufacturers want to sell healthier foods. Many restaurants will prepare low-sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.
10. **Pay attention to the condiments and seasonings you use** • Some seasonings are just about as high in sodium as regular table salt. So, instead of onion salt, use onion powder or replace garlic salt with fresh garlic. Limit the amount of brined or pickled foods. Buy low-sodium soy sauce. Use only a sprinkling of flavoring packets instead of the entire packet.

Go to MyPyramid.gov for more information. "You are the Salt of the Earth!" Share your love and compassion liberally with the world, but for the health of it, limit your salt intake!!

Marti Hofer, Parish Nurse



Medicare Fraud Presentation

Each year the Medicare program loses billions of dollars due to errors, fraud, and abuse. This problem affects all Americans and it affects beneficiaries by wasting Medicare money that could be used to increase and improve health care services. The Senior Medicare Patrol program is a volunteer service that provides information to Medicare members to help protect themselves against Medicare fraud and abuse. Please join us for this 45 minute Medicare Fraud presentation with our own Ken Anderson on Tuesday, March 15 at 6:30 p.m. in the Trinity room. He will provide important information to Medicare recipients or care givers who are providing services for a senior citizen.

New Food Guide from the FDA

The new US food guidelines were released a few days ago. Eat healthier—more fruits and vegetables, less salt and fewer sugary drinks. Eat less, overall. But you knew that, right? Here's a great tool to help you and your family personalize your diet for your lifestyle. Read more at MyPyramid.gov

Health Ministries Looking Ahead...

- April 3: Come and learn about the 5 Wishes Document, providing peace of mind to you and your family.
- April 14: Final Affairs Seminar: Free program, lunch included, with several speakers to guide you in arranging your personal and legal affairs.

Noah's Ark News

March is a month to celebrate the green and begin Lent this year. Begin your Lenten experience the night before on Shrove Tuesday, March 8, from 4:00–7:00 P.M., by attending the Noah's Ark Preschool Pancake Supper in the Trinity Room. Come ready to enjoy great food, “stroll” through our Second Annual Art Stroll of 2010-2011 children's art work, see the University of Wisconsin Eau Claire Girls' Basket Ball team, get an autograph, participate in special activities led by Trinity's Youth, and meet old & new friends. It promises to be a great night and we hope you will come.

Early registration for the 2011–2012 year has been going on in the month February and we are nearly full in all classes. Openings remain in the T/Th P.M. (12:45–3:15 P.M. for 3–4 year olds) and M/W/F P.M. (12:45–3:15 P.M. for 4–5 year olds). Call if you'd like additional information. It was fun to hear from so many Trinity families and their friends. Hugs to you all and look for more information in June and July.

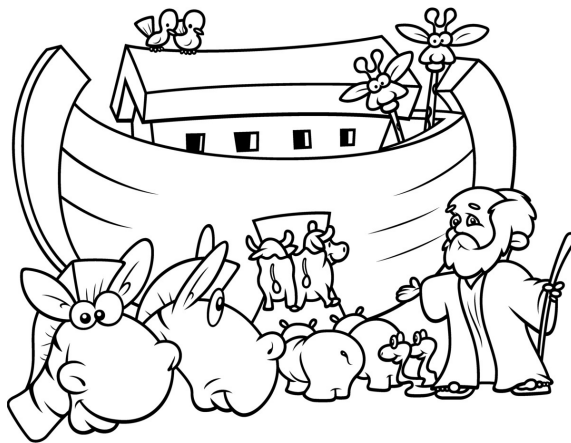
With the month of March upon us already the school year will soon be over! Lenten talk will begin in March, as we work our way through the Bible, reading about Jesus in the New Testament. We'll continue talking about His miracles, His friends and family, and His Lenten journey. We LOVE our Bibles.

March also means Spring Break the week of March 19–27 Noah's Ark will be closed, but we'll be praying for our Mission Jamaica team as they work at Maranatha School in Kingston. It's a wonderful school with beautiful preschool children. God bless them all.

Spring also begins this month and we'll be enjoying God's world awakening. Spotting the birds return and our first spring buds/flowers will be HIGH on our list of things to do!

Hugs to you all
Jeanne Cooper

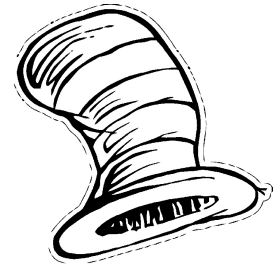
PS...we loved our “sliding hill” on the playground side of the building this winter. It was great fun for climbing & sliding down again!



Looking for Baptism Dates?

Baptism is the sacrament of the Lutheran Church in which we are adopted into the family of God and begin a promising new life in Christ. We celebrate Baptisms of child, youth and adults throughout the year. If you desire to be baptized or wish to present a child for baptism, please consider the following upcoming Sundays: March 13, 27, April 10, May 22. When you have a date in mind or would like more information, please call one of the pastors to begin the process to make arrangements for baptism.

From Your Church Library



Celebrate Dr Seuss' Birthday

Beginning Wednesday, March 2, Dr. Seuss' Birthday, Trinity's Library will have a special display of his books along with bookmarks and stickers for children. Stop by and check it out; look for the hat!

New Items

- **Guideposts!** This little magazine of true stories of hope and inspiration is now available for your reading enjoyment. Please take and read but return it when finished so someone else can have the opportunity.
- **Fresh Look Survey Report** Several copies of the results of this assessment process are now available for you to check out and read. If you take it out of the library, please use the check out card inside the back cover. Look for a copy on the library desk.

Not New But Worth Another Glance Liturgical Mysteries

Have you tried this series of mysteries by Mark Schweizer? Look for these titles in the Adult Fiction area. (FIC SCH)

- *The Alto Wore Tweed*
- *The Baritone Wore Chiffon*
- *The Tenor Wore Tapshoes*
- *The Soprano Wore Falsettos*
- *The Bass Wore Scales*
- *The Mezzo Wore Mink*
- *The Diva Wore Diamonds*
- *Th Organist Wore Pumps*

SUMMER DAY CAMPS

For more specifics regarding the camps check out the special insert in this mailing. No children at your home? Feel free to pass the information sheet on to your neighbors and friends. Registration is Sunday, April 3 beginning at 8:00 A.M. in Trinity's Lobby/library area. Registration booklet will be available in mid March

- Camp Discovery: June 13–17
- Trinity Sports Camp: June 20–22
- Camp Come & Play: June 27–June 30
- Camp Cooking & Booking: June 27–July 1
- Camp Veggie Tales: July 11–15
- Camp Tell The Good News: July 11–14

VACATION BIBLE SCHOOL "SPLASH 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 were three by 9.1.10 through those who have completed grade six. The Kick Off Event is Sunday, July 24 at the 9:45 A.M. worship service. Registration begins on Sunday, April 3, beginning at 8:00 A.M. in Trinity's Lobby/library area and remains open through out the VBS week.

HIGH SCHOOL COUNSELORS NEEDED

Trinity's Summer Day Camp ministry is looking for current high school students (completing grades 9–12) to work as paid counselors during sessions in June and July. Information and application forms are available beginning March 1 through Mary Schoenknecht, 715.832.6601 or at the Youth Tool Bench.

STUDENT VOLUNTEERS NEEDED

Trinity's Summer Day Camp ministry is looking for middle school students (completing grades 6, 7 & 8) to work as volunteers during our sessions in June and July. Information and application forms are available beginning March 1 through Mary Schoenknecht, 715.832.6601 or at the Youth Tool Bench.

OPEN GYM TUESDAYS CONTINUES!

Open Gym Tuesdays will continue on in March (March 1, 8, 15) from 10:00–11:30 A.M. Our gym will be open for parents and their young children (toddlers–preschool) to come in and use our equipment in a large safe space. Marlee Knickerbocker will supervise the area and offer a story time and snack during the last half hour. There is a \$3 charge for each child at each session; \$5 for 2 children from the same family and \$7 for three. No registration is required, Members, friends of members, and non members are welcome to attend.

SPARK SUNDAY SCHOOL

It is still not too late to join a Sunday school class. The Spark lessons in March (6, 13, 20 & 27) include *The Transfiguration*, *The First Sin*, *Abram's Call*, and *Woman at the Well*—these stories follow the church lectionary (lessons read during worship). Students should continue to bring their *Spark Bibles* each Sunday; new students will receive the age appropriate copy. We will bury the "Alleluias" for Lent on March 6 at the 9:45 A.M. service—Sunday school children are asked to be present for the event.

GRADES THREE–SIX SPARK LESSONS ON WEDNESDAY T.G.I.F.

The Wednesday evening classes continue to study lessons from the New Testament during March —more specifically stories about the early believers, Peter and Paul. Students should continue to bring their *Spark Study Bibles* each week. We will not meet on March 23 during spring break.

SPARK FAMILY

Are you looking for ways to talk about God and Jesus with a child in your life? Are you a busy family who wants to learn more about Bible stories together? Did you make a promise at your child's baptism and wonder what's next? This new publication may be just what you are looking for. Every issue of *Spark Family* includes Bible stories highlighting biblical characters and places. Each story includes ideas, picture, questions, and more for every member in your family. Look for a complimentary copy in our church lobby.



For more information on Children's Ministries programming check our website at www.trinity-ec.org or contact Mary Schoenknecht at either 715.832.6601 or marys@trinity-ce.org

Youth Calendar

Wednesday, March 2

- CrossWord practice in the Worship Center at 5:30 P.M.
- Club 9 in the Trinity Room from 7:15–8:30 P.M.

Sunday, March 6

- Teen Study: Club 78 in the Trinity Room, High School in Room 306 from 10:30–11:05 A.M.

Ash Wednesday, March 9

- CrossWord practice in the Worship Center at 5:30 P.M.
- Club 78 Youth Council in the Youth Room at 5:30 P.M.
- Club 78 in the Trinity Room from 7:15–8:30 P.M.
- High School Youth Council in the Youth Room at 7:15 P.M.

Sunday, March 13

- Teen Study: Club 78 in the Trinity Room, High School in Room 306 from 10:30–11:05 A.M.

Wednesday, March 16

- CrossWord practice in the Worship Center at 5:30 P.M.
- Club 9 in the Trinity Room from 7:15–8:30 P.M.

Sunday, March 20

- No Teen Study—Spring Break

Wednesday, March 23

- CrossWord practice in the Worship Center at 5:30 P.M.
- No Confirmation classes—Spring Break

Sunday, March 27

- Teen Study: Club 78 in the Trinity Room, High School in Room 306 from 10:30–11:05 A.M.

Wednesday, March 30

- CrossWord practice in the Worship Center at 5:30 P.M.
- Club 78 in the Trinity Room from 7:15–8:30 P.M.



High School Luther Park Recharge

Luther Park Recharge is coming up on the weekend of March 11 and 12 ! Campers are encouraged to come away to Luther Park to engage in Holy Play and RECHARGE their lives of faith. The theme verse this season comes from 1 John 4:19 "We love because God first loved us." Registration materials and more information are available online at lutherpark.org and at the Tool Bench.

Ping Pong Tournament

Join the High School Youth Council for a fun evening of fellowship. They are hosting a Ping Pong Tournament and movie night for youth in grades 7-12 on Sunday, March 13 at 5:00 P.M. Parents and mentors are also welcome to join their student in the ping pong doubles bracket. Game tables will be set up in the Trinity Room and "Forest Gump" will be playing in the Youth Room. Singles and doubles bracket sign ups are located at the Tool Bench. Please bring a \$2.00 donation to go towards pizza, pop, and root beer floats. We are looking for adult volunteers to help keep score at the tables, help in the kitchen, and chaperone in the youth room. We are also looking for two ping pong tables to use just for the tournament. For additional information, please contact Cassie Brenden at cassie@trinity-ec.org

Fund-Raising

All fundraisers are opportunities for both youth and parents to raise funds to put towards mission trips, camps, and fellowship events sponsored by Trinity. As we approach spring, many fundraising opportunities are available. Check out the Tool Bench and look for more information about Donut Sales, Lenten Lunches, Easter Breakfast, and BBQ Express.

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 \$930.57. All contributions were donated to TLC Food Pantry.

"Serving in Christ's love and sharing the Good News."

Trinity Lutheran Church, 1314 East Lexington Blvd, Eau Claire WI 54701

Phone: (715) 832.6601 Fax: (715) 832.6700 E-mail: trinity@trinity-ec.org Web Page: <http://www.trinity-ec.org/>



Ministers

People of Trinity

Congregational President

Scott Jadeke

Pastors

Kurt M. Jacobson
715.832.9726
kurt@trinity-ec.org

Jim Page
715.834.7092
jim@trinity-ec.org

Heather Wigdahl
715.559.2338
heather@trinity-ec.org

Ministry Directors

Mary B. Schoenknecht
Children's Ministries
marys@trinity-ec.org

Jeanne Cooper
Noah's Ark Preschool
noahsark@trinity-ec.org

Shirley Sands
Worship & Music
shirley@trinity-ec.org

Pat Garber
Visitation Ministry
pat@trinity-ec.org

Parish Nurse

Marti Hofer R.N.
marti@trinity-ec.org

Youth Ministry Leadership Team

Lisa Goetz
Youth Ministry Assistant
lisa@trinity-ec.org

Anne Josephson
Leadership Team Coordinator
anne@trinity-ec.org

Cassie Brenden
Youth Events & Volunteer Coordinator
cassie@trinity-ec.org

Building & Grounds

Don Peterson
Melissa Buchli

Nursery Attendant

Kayla Stagliano

Ministry Support

Gail Brian Financial Ministry Assistant
gail@trinity-ec.org

Amber Moltzau Office Administrator
amber@trinity-ec.org

Suzanne Becker Ministry Assistant
suzanne@trinity-ec.org

Cindy S. Beck IT/Ministry Assistant
cindy@trinity-ec.org

Noah's Ark Pre-School Teachers & Day Camp Leaders

Ginny Lien
Jill Kasmarek
Marlee Knickerbocker
Carrie Burnett

Choir Directors

Gary Rambo—Trinity Choir
Jeanne Cooper—God's Little Singers
Shirley Sands—Totally Joyous Christians, Children's Choir,
Harmony in Spirit
Ryan Poquette—Trinity Tollers
Jami Brieske—10:30 Worship Music Leader

Missions

Maranatha Church in Kingston, Jamaica
Blantyre Lutheran Parish in Malawi, Africa
Jacqueline & Patrick Bencke, Japan

Seminary Student

Jami Brieske—Luther Seminary

- Please submit all articles for the Tidings electronically in MS Word, WordPerfect 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 Tuesday, March 22.