



## Trinity Welcomes Missionaries from Japan

"Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things." —Luke 24:46-48

Trinity is pleased to welcome Patrick and Jackie Bencke, and their daughters Emilie (10 years old) and Hannah (3 years old), to both worship gatherings on Sunday, August 19.

The Bencke's work in Kumamoto, Japan where Patrick serves as a teacher of English at Kyushu Lutheran College and Jackie serves as an assistant with music programs (organists, choir, etc.) at the college. Both of them work with the Lutheran church community, serving two parishes with music ministries and related support work. They began serving in Japan in 2002.

Trinity has provided financial support for the Benckes since 2010 through our Missionary Fund. All are encouraged to support this special ministry fund and can contribute to it at any time by simply designating your gift "Missionary Fund."

On Sunday, August 19, Patrick will preach and Jackie will teach the congregation the song "Jesus Loves Me" in Japanese. In addition, they will share a special presentation from 9:05 A.M.—9:40 A.M. regarding Christianity in Japan, the Japan Lutheran Church's ministries, their mission work in Kumamoto.

Would you be willing to host the Bencke's August 18 and 19? They would prefer a home that is smoke-free and pet-free. If you can provide this piece of hospitality, please email or call Pastor Jim ([jim@trinity-ec.org](mailto:jim@trinity-ec.org) or 715.832.6601). Thank you!

Mark August 19 on your calendar, and come to welcome the Bencke's and hear how God's work continues in inspiring ways across borders and cultures!



## Asia Report

Amber Tepsa, a Trinity member who recently completed a year of volunteer ministry with Campus Crusade in Asia, will be our guest speaker on Sunday, August 5. Amber's message will inspire you with insight into how the Spirit is at work in a country where Christianity is still grounds for being persecuted.

## New Sights and New Views

The Worship Center technology expansion is nearing completion. This project adds cameras to provide live streaming of events in worship (baptisms, children's choirs, etc) where sight lines need improving. Additionally, two large monitors were added to the Worship Center to provide visual lines of projection for worshipers in the chair seating area and musicians in front. The Fireside Room now has a monitor, and the Trinity Room has a video feed to provide overflow seating for worship when needed. Soon, our services will be video recorded and available on our website, too. By fall look for use of the cameras in worship.

This project is being funded by memorial gifts, a grant from the Endowment Trust Fund, and your gifts, too. Please consider an offering to the Worship Center Camera Fund. You may note this on your check and include with your regular offering or donate online at [trinity-ec.org](http://trinity-ec.org). Thank you.



## Dear Friends,

What is "new" for you this summer? Responses could vary based on how we regard the word "new." Consider new as in a new pair of shoes or a new experience such as trying a new food for the first time. Or, new could simply be a break from our regular routine. Afternoon nap? Haven't done that for a while. Allowing faith to guide us in nurturing a weakened relationship? A new dawn of closeness is realized.

Our faith as Christians is grounded in what is new. That simple fact is marked with anticipation and excitement, anxiety and hesitation.

The Apostle Paul addresses such qualities extensively in his letter to the Romans. It is a letter where Paul introduces the Christian faith to those in Rome. In essence, Paul is saying, "Let me tell you my message."

In introducing the Christian life and faith which was new to those in Rome, Paul writes, "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect." (Romans 12:2)

New aspects of ministry have been a hallmark of this summer at Trinity, from our Food Pantry expanding to serve record growth (500% increase in visits since 2008); to thirteen youth and three adult leaders returning from new experiences with over 33,000 other youth at the ELCA Youth Gathering in New Orleans; to 366 children and over 100 adults joining together to share in new experiences in Vacation Bible School.

We are a congregation that ventures into the unknown, the new in mission and ministry! This summer, these three new aspects of ministry have also taken shape which you will experience in August and September:

1. In-house cameras will allow everyone in the Worship Center to have good views of baptisms, children's sermons, choirs, and other aspects of worship. Television monitors have been installed in the chair seating area in the worship center as well as in the Fireside Room.
2. Enhanced lobby space will include a new coffee brewer, newly painted walls in the Information Center, tables and chairs for accessible seating, as well as enhanced coffee and beverage options for non-coffee drinkers being served.
3. "God's Game: Sports from a Christian Perspective" will be the theme for a three-week Sunday night series in September led by guest speaker, Mark Hull (Wisconsin State Director of Fellowship of Christian Athletes). More information is under the Family Ministry link on our website [trinity-ec.org](http://trinity-ec.org)

God continues to lead us to new ventures in faith and ministry mindful of the many blessings we have received in the past. Come and experience the new here at Trinity! Invite a friend to join you, and see how God continues to work in, among, and through all of us!

Blessings,

Pastor Jim Page



## A Rousing VBS!

This past week, Vacation Bible School engaged 366 children in God's Word under the theme: "Kids in God's Word."

This annual summer ministry teaches kids the love of God in Christ through active, creative, and fun ways. Thanks to all who supported this amazing week.

The fruits of VBS each summer result in newcomers to our congregation and a marvelous experience of God's Spirit. Mark your calendars for next year's VBS July 22–26, 2013. Check out photos at [trinity-ec.org](http://trinity-ec.org)

## Trinity Welcomes Jonathan Rundman!

Jonathan Rundman will be our guest presenter for our Confirmation Kick-Off on Wednesday, September 5. Our Kick-Off Event has become a great way for our community to begin the school year. Jonathan Rundman is a Midwest-based songwriter, performer, and recording artist. His critically acclaimed songs have been highlighted in publications such as Billboard, Paste Magazine, The New York Times, CCM, The Christian Century, and The Lutheran, and have received radio airplay from coast to coast and in Europe. **All are welcome** to join in this evening with Jonathan! Worship with Jonathan Rundman from 6:30–7:45 P.M. followed by fellowship and treats from 7:45–8:15 P.M.

# Billboard

"Musically confident and emotionally vulnerable. His lyrics are refreshing and pleasantly unusual."



# Youth Volunteers Needed

## Be A Prayer Friend!

Being a Prayer Friend is a powerful way to connect with God, and it is an extra-ordinary blessing to have other people praying for you. The Youth Leadership Team once again invites adults to be Prayer Friends with our seventh and eighth grade confirmation students. This partnership will be anonymous until it is revealed in a celebration at the end of the school year. Students will be able to use email ([myprayerfriend@trinity-ec.org](mailto:myprayerfriend@trinity-ec.org)) to direct prayer requests to their adult partner. The Prayer Friend administrator will relay requests to the prayer friend. Please volunteer to pray for a student this year. You'll be providing a great ministry to our youth. Sign up at Clipboard Central in the lobby. Contact Lisa or Cassie at 715.832.6601 or [youthministry@trinity-ec.org](mailto:youthministry@trinity-ec.org) with any questions.

## Seventh Grade Group Guides Needed!

This is a wonderful opportunity to grow in faith while leading a small group of enthusiastic students. Confirmation Club 78 Group Guides are responsible for leading a small group of 8–10 students. Group Guides participate with their group in the large group lesson taught by the Pastors, and then they lead a small group follow-up lesson. We meet during the school year on Wednesday evenings, following worship, from 7:15–8:30 P.M. It is a great opportunity to serve in Christ's love and share the Good News! A sign up form is located at Clipboard Central. Please contact Anne Josephson at 715.832.6601 with any questions.

## Volunteer to be a MENTOR!

Youth Ministry is looking for "Triple A Adults," (Authentic, Affirming, and Available) to mentor high school students in our Club 9 confirmation program. Mentors are responsible for attending large group lessons, led by pastors, with their student and then participating in a follow up discussion with their student. Club 9 meets every other Wednesday, September through April, following worship, from 7:15–8:30 P.M.

This is a great opportunity to serve in Christ's love and share the Good News! Sign up at Clipboard Central or contact Lisa or Cassie at [youthministry@trinity-ec.org](mailto:youthministry@trinity-ec.org) or 715.832.6601 with any questions.

## August Events

### Senior Citizens Friendship Group

We will meet at the church on August 8 at 10:00 A.M. for a short business meeting, followed by a presentation from the Wildlife Rehabilitation Center in Colfax. After the presentation, we will travel to have lunch at "29 Pines" and order off the menu. A buffet is also available for \$8.99.

### Circle Bible Study

All women are invited to the Bible Study, "Encounters With Christ," from the Gather Magazine on Wednesday, August 15, starting at 9:30 A.M. in the Trinity Lobby. Pastor Heather will lead us through the study. Copies of the magazine are available in the library. Coffee and treats will be served. For more information, contact Mary Schoenknecht at 715.832.6601.



## The 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. The ladies are meeting on August 14 & 28.



## Coming this Fall!

### God's Game: Sports from a Christian Perspective



Parents, athletes, and anyone interested in the topic of faith in sports are invited to attend a three-part series in September at Trinity titled "God's Game—Sports from a Christian Perspective." The influence of sports is great on families, schools, churches, and communities overall. Sports require an investment in time and dollars. Sports require a commitment to practice and travel. Sports are valuable in our culture and are marked with great emotions.

Within the growing influence of sports on our lives, it's fitting to step back and ask a few questions: How do we measure success? What are we trying to accomplish? How much is too much? Why 12 year old burnout? What are the challenges faced as a parent/athlete in sports today? Most importantly, how does our Christian faith influence our sports?

Join Mark Hull (Wisconsin State Director and Regional Coaches Ministry Trainer for the Fellowship of Christian Athletes) as he addresses the above questions with stories and wisdom across the spectrum of sports. This wisdom comes from 23 years of ministry among coaches, athletes, parents, and pastors and seeing the first-hand pressurized world of sports. He is a former teacher and coach and the proud parent of three children who have been through club, high school, and college athletic programs.

This series gathering will be held in the Worship Center at Trinity from 6:00 P.M.–7:00 P.M. on Sundays, September 16 and September 23. The final gathering will be on September 30 from 7:00 P.M.–8:00 P.M. The cost for this series is \$10/family and can be paid at the first gathering on September 16.

Registration begins on August 12 and ends on September 10. Participants can register and learn more via our website ([trinity-ec.org](http://trinity-ec.org)) under the Family Ministry link.

### Register for Financial Peace

Financial Peace University is coming to Trinity on Thursday evenings at 6:30 P.M. starting September 6 and running to mid-November. In ten action-packed lessons, you'll learn how to beat debt, build wealth, find bargains, invest for the future, give like never before, and much more! This information will change your life.

Financial Peace University is based on more than 800 verses of Scripture and is a proven plan that will work for you. Whether you're struggling to make ends meet or you have plenty of wealth, Financial Peace University has something for you.

Steve Craker will lead this class at Trinity. Your friends are invited. Register at [trinity-ec.org](http://trinity-ec.org), sign-up at Clipboard Central, or phone the office 715.832.6601. The cost is \$89 for materials with financial assistance available upon request.

## TRINITY Page Turners

Looking for something different to do? Interested in reading a good book? We are excited to start a new "Book Club" here at Trinity. The Trinity Book Club will meet once a month during the school year. Books, both fiction and nonfiction, have been selected for discussion.

We will meet the third Tuesday of every month (September thru May) at 6:30 P.M. We have no special expectations to participate in this group. Please feel free to come whether you've finished the book or not. Talk if you want, or just listen. We hope to see you there!

On Tuesday, September 18, we will meet for the first time to discuss the book *Moloka'i* by Alan Brennert. This richly imagined novel, set in Hawai'i more than a century ago, is an extraordinary epic of a little-known time and place—and a deeply moving testament to the resiliency of the human spirit.





## Good News! Thank You for Your Offerings

Thank you for your offerings to God through Trinity. Every offering you share honors God and blesses people here and across the world with the love of God in Christ. Offerings to Regular Ministries for the first half of the year have been strong. They're up 7%. Thank you! Offerings for Mortgage Payment are up 14% over last year which means the principal of the loan is shrinking faster due to additional "principal only" payments. Thank you again!

Remember you can set up automatic offerings from your financial institution. It's easy to set up regular and free electronic fund transfers on our website: [trinity-ec.org](http://trinity-ec.org) "Giving" page. Your regular contributions are so helpful!

With the blessings you have received, please share them with Trinity's Regular Ministries and Mortgage Payment funds. Your generosity is appreciated as Trinity invests carefully in making a difference in people's lives.

### FINANCIAL UPDATE—JANUARY TO JUNE

Regular Ministries	Offerings	Expenses	Difference
2012	\$503,785	\$495,758	+8,027
2011	\$471,551	\$487,174	-15,623

### MORTGAGE PAYMENT OFFERINGS

2012	\$95,752
2011	\$83,625

## Travel Plans!

### Travel with Us to Tuscany

Make plans now to attend the information meeting on Wednesday, September 19, at 7:00 P.M. and learn about the 2013 "Discover Tuscany" trip being offered by Pastor Kurt in collaboration with Higgins Travel. This 10 day trip to Italy will be September 17–26, 2013. The Collette Travel representative will tell all about the trip, and representatives from Higgins Travel will be available to assist as well. If you'd like the trip brochure in advance of this information meeting, please contact Pastor Kurt at [kurt@trinity-ec.org](mailto:kurt@trinity-ec.org)

### African Accompaniment

Trinity has a partner church in Blantyre, Malawi on the continent of Africa. Eight years ago Trinity help build three church buildings in this multi-point parish, and a delegation of Trinity members traveled there to build the relationship.

We're looking at another trip to Malawi in 2013, and you're invited to learn more about this partnership and the important "accompaniment" model that marks the relationship. Join Pastor Kurt and Synod Missions Director Pastor Ramie Bakken for this event on Wednesday, October 24, at 7:15 P.M. Learn more about Trinity's global missions at [trinity-ec.org](http://trinity-ec.org)

## Family Camp

Trinity has a wonderful history of families venturing to Outlaw Ranch in Custer, South Dakota for a week of Family Camp. Basking in the beautiful Black Hills, families (couples, singles, one parent or two, step families, children or no children) enjoy life in Christian community as they play, pray, worship, and grow together in faith.

Eight families, with a total of 18 children, from Trinity will be venturing to Family Camp during the first week of August. Seven of these families will be experiencing Outlaw Ranch for the first time! We ask that you hold this group in prayer that their journey may be safe and that their week at Family Camp is inspiring and fun as great memories are made.

If you would like to learn more about Family Camp for your family next year, click on Family Ministry under the GROW menu on our web site. Registration begins on November 5 for 2013!

## All Aboard!

Noah's Ark has a place for your 4/5 year old in the 2012–2013 M/W/F morning and afternoon classes. For more information and a classroom tour, call Jeanne Cooper, Preschool Director, at 715.832.6601 or e-mail [noahsark@trinity-ec.org](mailto:noahsark@trinity-ec.org).





## Trinity In The Years Ahead

Trinity's health, vitality, and commitment to mission make our congregation a powerful force for the goodness of God in Christ to be shared. To focus Trinity's efforts in the coming years, the Council recently completed a strategic plan. Designed to align our church to God's guidance, using our strengths and the passions and gifts that God has provided us, the strategic plan focuses on these primary areas:

- 1 Formation and Spiritual Nurture
- 2 Guidance for Discipleship
- 3 Outreach and Missions

A limited number of print copies of the Strategic Plan are available at the Information Center in the Lobby. It is also available online at [trinity-ec.org](http://trinity-ec.org).

## Be a Trinity Ambassador

We want to intentionally grow our Church this fall, and your help is needed. Please think of people to invite to join Trinity and tell them about "Discover Trinity." This fun and informative event is the simple step we ask newcomers to take to affiliate with our congregation.

Discover Trinity will be offered on Thursday, November 8, from 6:00–7:30 P.M. to anyone interested in learning more about our congregation and its great mission of serving in Christ's love and sharing the Good News.

You are the best ambassador for our church. Spread the word about Trinity, and tell others about "Discover Trinity." Invite them to check out the "I'm New" page under the ABOUT menu on our website: [www.trinity-ec.org](http://www.trinity-ec.org) or pick up a Visitor Bag at the Information Center in the Lobby and give it to someone.

Thanks for spreading the word about our congregation and helping us grow!

## When You Are Hospitalized

The Pastors and Parish Nurse make frequent trips to area hospitals to visit Trinity members. While the hospitals do their best to track our members, there are times when your church affiliation isn't coded in your record or glitches happen in their system. Then Trinity doesn't get the information of your hospitalization. Thus it is helpful if you or a family member calls the church office (715.832.6601) during normal business hours to inform the Pastors of current or upcoming hospitalizations.

## Donate Old Cell Phones

Our mission of serving in Christ's love takes on many forms here and throughout the world. It involves being good stewards of our lives, resources, and the grace given us in Christ. If you have an old cell phone at home, join the mission of Hope Phones and give isolated people in the developing world access to medical care by leaving phones (chargers and cords, too) in the boxes in the lobby. Hope Phones refurbishes all mobile phones (old or broken) to create communication networks for health workers serving in fifteen countries. For additional information, go to [hopephones.org](http://hopephones.org)

## When Your Address Changes

Whenever you're moving or changing to "temporarily away" with the USPS, any mail Trinity sends to you is returned at a cost per item. Please let Trinity know when your address is changing. Email new information, send Trinity a USPS address change card, or phone Suzanne at 715.832.6601. Thank you.



The Academy of Nutrition and Dietetics says snacking smartly can help you get valuable nutrients and help you avoid overeating. Here are the academy's suggestions:

- Keep a variety of healthy snacks at home, at work, and in your bag. Options may include: trail mix, whole-grain crackers, instant oatmeal, dried fruit, low-fat cheese, and low-fat or fat-free yogurt.
- Stick to small portions rather than eating out of a large container.
- Don't snack when you are stressed, bored, or lonely. Snack only when you feel hungry.



## Received June Memorials & Gifts

### Memorial Fund

- In memory of Chuck Colburn: Tom Rouse
- In memory of Ragna Dale: Honda of America Mfg. Inc.

### Children's Bible Fund

- In honor of Paul & Sharon Engstrom's Anniversary: Paul & Sharon Engstrom

### Food Pantry Fund

- In honor of Richard & Norma Linn's 53<sup>rd</sup> Anniversary: Richard & Norma Linn
- In memory of Ethel Keefer: Jim & Joyce Davis

## Summer Reading!

### For Young Children

- **Images of God for Young Children** by Marie-Helene Delval (++ 231 DEL)
- **God's Holy Breath**, An African story for children about life and death by Olin K. Sletto (++ FIC SLE)
- **When Dinosaurs Came With Everything** by Elise Broach (++ FIC BRO)
- **One Special Day**, A story of big brothers and sisters written by Lola M. Schefer (++ FIC SCH)
- **Penny and Her Song** by Kevin Henkes. This is a good chapter book for young readers. (++ FIC HEN)
- **Now It Is Winter** by Eileen Spinelli. A good book to read on a hot summer day! (++ FIC SPI)
- **All the Way to America** by Dan Yaccarino. This is the true story of a big Italian family and a little shovel. (++ B YAC)

### For Preteens

- **Mr. Lincoln's Way** by Patricia Polacco (+ FIC POL)
- **The Penderwicks, A Summer Tale of Four Sisters, Two Rabbits, and a Very Interesting Boy** by Jeanne Birdsall. (+ FIC BIR)

### For Anyone

- **Kennedy Through the Lens**, by Martin W. Sandler. How photography and television revealed and shaped an extraordinary leader. (YP 973 SAN)



## Noah's News



As I write this, I am flying "high" with the energy and powerful message of Trinity Lutheran Church's Vacation Bible School worship! What an opportunity for all ages! I'm seeing LOTS of Noah's Ark alumni and currently enrolled students, and it's a trip down memory lane for me. I LOVE all the BIG kids who were part of our Noah's Ark ministry years ago. Some of them are now teachers, in the band, and/or parents who come back to be a part of this amazing experience together!

This propels me into the NEW year. The 2012–2013 school year is soon to kick off. It'll be great to see parents and teachers gather at Orientation Night on Monday, August 27, at 6:00 P.M. to prepare for our great year together. We'll also be gathering in the preschool room for Visit Week Tuesday, September 4, thru Friday, September 7. Parents, please check the special calendar sent out in the summer mailing with class lists and the school calendar.

Jeanne Cooper  
Noah's Ark Preschool Director



# Children's Ministries

## Be Part of the Team!

Be part of the team that shares the Good News with our children. We need volunteers to lead Sunday school and Camp T.G.I.F. classes—teaching materials, supplies, and support are provided. I am inviting you to be that person! We start our Sunday lessons on September 9 and our Wednesday lessons on September 19. Consider job sharing; find a partner or ask to be assigned one. For more information, please contact me, Mary Schoenknecht, at 715.832.6601.

### Sunday Morning Teaching Positions

- Session 1 (8:55–9:30): Two year olds—Grade 6
- Session 2 (10:30–11:05): Two year olds—Grade 6

### Camp T.G.I.F. Teaching Positions

There are teaching spots for Grades 3, 4, 5, and 6.

### Qualified People Are:

Adults and youth (youth teachers must be in high school—completed 9<sup>th</sup> grade; 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup> grade students can be helpers when they aren't participating in confirmation classes) who are committed to sharing the Good News of Jesus with our young people.

### To Volunteer

- Sign up on the chart located in the hallway by the Children's Ministries office or at the display in the lobby on Sunday mornings.
- Call the church office and ask for Mary Schoenknecht (715.832.6601).
- Email Mary at [marys@trinity-ec.org](mailto:marys@trinity-ec.org)

## Teacher Orientations

At each orientation, you will receive your teaching materials, important procedures, and schedules, and you will help generate class lists!

- Camp T.G.I.F. Teachers—Wednesday, September 12, from 5:30–6:25 P.M.
- Sunday School Teachers—Thursday, September 6, at 7:00 P.M.

## Important Dates

- Registration Event: Wednesday, September 5, beginning at 5:30 P.M., come with your family for a pizza supper.
- Rally Sunday is September 9—Bibles distributed to three year olds and third grade students.
- Wednesday, September 19—Choir and T.G.I.F. schedule begins.
- Sunday, September 23—Education Staff Installation at 9:45 A.M. worship service.

Thank you for saying "YES" to teaching our children about God's love.



## School Year Day Camps!

### Music & Movement Mondays • Beginning September 10

Move and groove to the music with both new and old songs. We will explore music with song, dance, and instruments—a wonderful bonding experience for you and your child. New theme each week, and Bible stories conclude each class. Parent or caregiver must attend class with child.

**For:** Children ages 1–3

**Time:** Session 1–9:15-10:00 A.M. or Session 2–10:30-11:15 A.M.

**Dates:** On Mondays for 12 class periods

**Cost:** \$85

### The Great Pretenders • Beginning September 11

Come and join the fun. Dynamic drama and awesome art will be combined to enhance children's literature and Bible stories. After creating props and costumes, children will use them to act out the stories. Theater games, creative movement, story structures, and creative artistry will be explored in this high energy class.

**For:** Children who are four by 12.31.12.

**Time:** 1:00–3:00 P.M.

**Dates:** On Tuesdays for 14 class periods

**Cost:** \$180



**Camp Come and Play—Semester 1 • Beginning September 5**

Children will have an opportunity to play with other children of their age. They will hear Bible stories, participate in art and music activities, and take time out to share a treat.

**For:** Children with birthdays between 8.1.2009 and 5.31.2010 (limited to 12 children in each session)

**Time:** Session Two 12:15–2:15 P.M.

**Dates:** On Wednesdays for 14 class periods

**Cost:** \$185

**Thrilling Thursdays • Beginning September 13**

Spend Thursday mornings engaged in a wide variety of preschool activities. Children will cook, read, paint, experiment, sing, and dance. The class will allow children to explore and discover in the areas of language, science, music, math, and art.

**For:** Children who are four by 12.31.12.

**Time:** 9:00–11:00 A.M. OR 1:00–3:00 P.M.

**Dates:** On Thursdays for 13 class periods

**Cost:** \$167

**Friday Friends • Beginning January 4, 2013**

Spend Friday morning engaged in a wide variety of preschool activities. Children will cook, read, paint, experiment, sing, and dance. The class will allow children to explore and discover in the areas of language, science, music, math, and art.

**For:** Children who are three by 12.31.12. **Register now to hold your place as enrollment is limited!**

**Time:** 9:00–11:15 A.M.

**Dates:** On Fridays for 19 class periods

**Cost:** \$255 (\$125 deposit due at the time of registration; the remaining \$130 due in December)

**Registration:** To register or for additional information, call Mary Schoenknecht at 715.832.6601. **Please share this information with your friends.**

# YOUTH NEWS

## August Activity Night

ALL 2011–2012 Club 78 students are invited to a GREAT night of fun, food, and fellowship on Wednesday, August 22, from 5:30–7:30 P.M. outside at Trinity! We will meet at the picnic tables in the back parking lot. The High School Youth Council will lead us in games. Pizza, pop, and root beer floats will be provided. Sign up at the Tool Bench and meet everyone in your new confirmation class. Contact Lisa or Cassie with any questions at 715.832.6601 or [cassie@trinity-ec.org](mailto:cassie@trinity-ec.org)

## CrossWord Youth Band

Calling all high school students who love music! Trinity's high school praise band, CrossWord, is preparing for another year of music, worship, and fun. Look in future bulletins for our first meeting date. Contact Lisa Goetz at [youthministry@trinity-ec.org](mailto:youthministry@trinity-ec.org) or 715.832.6601 with any questions.

## Confirmation Orientation Dates



- Club 78 Student and Parent/Guardian Orientation Dates: Tuesday, August 28, from 5:30–6:15 P.M. in the Trinity Room or Wednesday, August 29, from 5:30–6:15 P.M. in the Trinity Room.
- Club 78 Group Guide Orientation: Wednesday, September 19, at 7:15 P.M. in Room 208.



- Club 9 Student and Parent/Guardian Orientation Dates: Tuesday, August 28, from 6:30–7:15 P.M. in the Trinity Room or Wednesday, August 29, from 6:30–7:15 P.M. in the Trinity Room.
- Club 9 Mentor Orientation: Wednesday, September 12, at 7:15 P.M. in the Chapel.



# Social Concerns

## School Supplies

Do you love to purchase school supplies? Have you seen the great prices recently on notebooks, folders, and other items? Consider purchasing supplies for either Trinity's partnership with Flynn Elementary School in Eau Claire (Friends of Flynn) or our Mission Jamaica Team. We are in need of notebooks, folders, paper, bottles of white glue, small glue sticks, boxes of Kleenex®, child size Fiskar® scissors, eight or ten count Crayola® classic markers, erasers, yellow highlighters, red pens, and colored pencils. In addition, we can use hygiene supplies including tooth brushes, tooth paste, and deodorant. The supplies can be dropped off in the office during the week or on Sunday morning. Thank you!



## Soles for Special Souls

We are gearing up to distribute almost 200 shoe vouchers this month to children getting ready for school.

Children will select their shoes at K-mart, and the discounted cost will be billed back to Trinity. We've received wonderful feedback from families who are SO EXCITED for a new pair of shoes before school starts in the fall. We are also coordinating with the Bolton Refuge House and providing their staff with vouchers to be used at their discretion for families in need. If you would like to support to "Soles for Special Souls," please mark your financial contributions for the "Shoe Project." Checks should be written to Trinity Lutheran Church, and may be out in the church offering plate or mailed to Trinity.

## Weekend Meals for Flynn Children

We are excited to announce that Trinity is partnering with Feed My People this fall to provide weekend meals to student at Flynn Elementary School in Eau Claire. Almost 60% of children at Flynn receive free or reduced lunch. Many children rely on the meals they receive at school as their major source of food, but on the weekends, they do not have this resource. By offering weekend meals, we hope to fill this gap for these children. Please join with us in this wonderful ministry! We need volunteers in the following areas:

- Drivers to pick up food at Feed My People, transport it to Flynn, and help with distribution. We will have four teams of two who will each pick up once a month. The pick-up time is 11:00 A.M. on Fridays.
- Packers to help put the meals together at Feed My People periodically throughout the school year.
- People to sit at a table and give out information on Flynn's Signing Day, September 4. We hope to have several two-hour shifts.

Please pray for the success of this project. If you would like to financially support this ministry, please note Friends of Flynn on your donation.

## Share Your Produce

We hope your gardens are flourishing this summer. The typical back yard gardener will consume as much of their harvest as possible; share some with their friends and neighbors; can, preserve, or pickle some; and yet have more to harvest. If this is the case in your back yard, please keep Trinity's Food Pantry in mind. Think how excited our guests will be to receive fresh produce from your garden!

## The Community Table

Join us on Friday, August 24, as Trinity serves the hungry in our area at the Community Table. Two shifts are available. The first shift (3:00–5:00 P.M.) helps prepare the meal, while the second shift (4:45–7:00 P.M.) serves the meal. This is an excellent opportunity for couples, families, youth, or anyone who wants to serve! Sign up at Clipboard Central.

## Thank You!

It's difficult to imagine that hunger exists in America's Heartland, the bread basket of the world. However, thousands of our Wisconsin neighbors and community members are food insecure (meaning they don't know where or when they'll have their next meal) or hungry (meaning there is no next meal.) Through the summer months, our Food Pantry at Trinity is receiving a record number of visits from families in need. Your donations of time, money, produce, and other groceries made this possible! If you would like to become involved with the Food Pantry please sign up at Clipboard Central.

For more information on Social Concerns Ministries projects please contact Suzanne Becker at 715.832.6601 or [suzanne@trinity-ec.org](mailto:suzanne@trinity-ec.org) Thank you!



# Health Ministries

## Collective Wisdom Priceless Advice from Older Americans

Our elders have decades of knowledge and wisdom to pass on to future generations, but will we listen? Professor Karl Pillemer of Cornell University is on a mission to make sure we heed our elders' sagely advice. He and his team interviewed more than 1,000 seniors, founded the "Legacy Project," and wrote the critically acclaimed book, *30 Lessons for Living: Tried and True Advice from the Wisest Americans*.

Here are some favorite pieces of advice from America's wisest:

1. **Happiness is a choice, not a condition** • Dr. Pillemer writes, "The consensus of the elders is that we can't wait for external events to bring about happiness." He goes on to quote 86-year-old Cheryl who says, "I came into this world with nothing, my experiences are only mine, and I will leave this world with nothing. The only one I can change is myself. You must learn to create your own happiness; you cannot depend on others to do it for you."
2. **Parenting, it's all about time** • Older Americans had one piece of parenting advice that cropped up time and time again. According to Dr. Pillemer, "The elders tell us that there is one great contribution to life-long closeness for which there is no substitute: Your time." He quotes 78 year-old Betsey Glynn who says, "It's so important, while your kids are growing up, to be with them and support them. Because otherwise you don't really have a clue what their direction is, what they like and don't like, and what they want to give their time to and what they're doing with it."
3. **Act now like you will need your body for 100 years** • One of the most important lessons Dr. Pillemer learned from seniors is that, "It's not dying you should worry about—it's chronic disease." He quoted 84-year-old Charlotte who said, "What you do when you're young, it will haunt you when you get old. If you're young, take care of your body, live right, go to the doctor, and keep yourself in good shape. Don't abuse your body in any way, shape, or form."
4. **Choose a spouse or partner with extreme care** • Many seniors talked about regrets during Legacy Project interviews. Feelings of regret were most commonly voiced by those who rushed into marriage with the wrong partner. Dr. Pillemer writes, "Although many people delay getting married, all of us know young people who have rushed into relationships. Sometimes people fall head over heels in love; others feel that their "time clock" is running out. For anyone seeking a mate, the elders tell you to be very careful and don't rush in."
5. **Being old is much better than you think** • Many seniors reported that they are happier now than ever before. 93-year-old Cecile said, "I am much clearer now. I say that as an older person—not just as an adult, but as an older person—things are much clearer. I was just telling my daughter, 'I think I'm happier now than I've ever been in my life.'"

What lessons have you learned from older loved ones? Are you an elder with your own advice to share?

## Cucumber & Black-Eyed Pea Salad

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons chopped fresh oregano, or 1 teaspoon dried
- Freshly ground pepper to taste
- 4 cups peeled and diced cucumbers
- 1 14-ounce can black-eyed peas, rinsed OR chick peas
- 2/3 cup diced red bell pepper
- 1/2 cup crumbled feta cheese
- 1/4 cup slivered red onion
- 2 tablespoons chopped black olives

### Preparation

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

### Nutrition

- Per serving: 160 calories; 10 g fat ( 3 g sat , 6 g mono ); 11 mg cholesterol; 12 g carbohydrates; 5 g protein; 3 g fiber; 270 mg sodium; 273 mg potassium.
- Nutrition Bonus: Vitamin C (50% daily value), Vitamin A (15% dv).
- Carbohydrate Servings: 1
- Exchanges: 1 vegetable, 1/2 starch, 1/2 very lean meat, 2 fat



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

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

Evangelical Lutheran Church in America

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- 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](mailto: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 August Newsletter is July 24.