



Trinity

Lutheran Church

New Pastors Coming!

Good news! Pastors Sarah and Brahm Semmler Smith have officially signed the Letters of Call to serve as Associate Pastors of Trinity (read their acceptance letters at trinity-ec.org). They were called by the congregation on April 3 after being interviewed and recommended by the Call Committee in March. Pastor Sarah will serve full-time, and Pastor Brahm will serve half-time. They are parents of 11 month old daughter Meta.

The Semmler Smiths plan to move to Eau Claire later this month and will be installed as pastors of Trinity on Sunday, June 9, at 8:15 A.M. and 9:45 A.M. worship services.

Church Picnic

Trinity's Annual Church Picnic will be held on Sunday, May 19. Food will be available beginning at 10:30 A.M. Carnival games and inflatables start at 10:45 A.M.

Volunteers are needed to help with setting up, serving food, leading the games, and making cakes for the cake walk (need 25–30). If you are willing to help, please sign up at Clipboard Central in the lobby or contact Mary Schoenkecht at 715.832.6601 or marys@trinity-ec.org

Guys Trip to Target Field

Pastor Jim invites guys and dads to join him and his son, Ben, at Target Field to watch the Twins play the Kansas City Royals on Saturday, June 29. Game time is 3:10 P.M. Tickets are \$30. Our group will be sitting in the US Bank Home Run Porch Terrace near the main concourse level in left field. Group size is limited to 30 people. We'll meet at Trinity, depart at 11:45 A.M., and caravan to Fort Snelling. From the Fort Snelling station, we'll take the light rail train to the Target Field Station. Payment is due in our office on Tuesday, June 4. Checks can be made payable to Trinity Lutheran Church, memo: Twins Game.

To reserve your spot, contact Heather Day (heatherd@trinity-ec.org) in our church office by email or phone. Come on guys...let's go see the Twins!



Dear People of Trinity:

Thank you for the beautiful morning of worship and celebration upon my twenty-fifth anniversary of ordination and service to Trinity on April 7. I'm deeply touched by the largesse of your kindness and generosity.

Thank you for the gift of the gold ring from Williams Diamond Center. I will cherish this forever as a reminder of our partnership as Christ's disciples to this world.

For all who made gifts to Trinity's Endowment Trust Fund to establish the "Rev. Kurt Jacobson Fund," I am most grateful. The gifts total over \$10,000 and are a testament to your love and faithfulness. I am profoundly humbled and grateful. My hope is this fund, which will last in perpetuity, will provide grants to bless efforts of our church to care for the poor, raise up faithful leaders in emerging generations, and grow our global missions. Great things will be done through this fund in Trinity's Endowment Trust Fund!

I'm honored to be one of your pastors, and I thank God each day for the goodness, love, and encouragement you extend to me.

May God bless you in your daily ministry and our mission of serving in Christ's love and sharing the Good News.

Pastor Kurt Jacobson



Dear friends,

Change abounds on many fronts this time of year; change toward finally feeling a sense of spring, nice evenings outdoors, and perhaps a little spring cleaning within our homes. Aside from this time of year, change today happens at unprecedented levels compared to human history. At a recent pastor's gathering, former Bishop Duane Pederson shared the following:

In our culture there is secularization, dramatic religious and cultural pluralism, globalization, a digitally Internet-connected world, information access with a few key strokes, changing social constructs...all brings changes that can cause whiplash, and more.

What is constant? The disciples of Jesus Christ both witnessed and experienced various elements of change in their lives of faith. At a certain point, they were so caught up in events and busy that they didn't even have time to eat. Jesus' response to them, "Come away to a deserted place and rest a while." (Mark 6:31)

Rest. A simple word. Is it a reality for you? Amid all the change, concerns, and movement in our world...are you taking time to seize the God-given gift of rest?

In Christ's words we see that intentional rest leads us to be drawn closer to God. We then receive renewal when we feel drained, stability when all seems out of control, and a stronger spiritual life that affects how we live, work, and play.

We have a responsibility to prioritize rest in our lives. To answer Christ's call to set aside a designated time, perhaps even a designated place, where we can be at peace, alone and in God's presence. Our spirits are refreshed, our souls are restored, and our overall health is sustained rather than compromised by on-going movement, persistent worries, and bothersome concerns.

John Ortberg, pastor and author, wrote in his book *The Life You've Always Wanted*, "The great danger is not that we will renounce our faith, but settle for a mediocre version of it."

We can settle for mediocre faith. Yet, who prefers mediocrity? God yearns for us to grow, to flourish, and to prosper as disciples of Christ in our world ... to grow in our knowledge of the scripture, to flourish in our life of prayer, and to prosper as we live out our faith wherever we may be.

This month, I encourage you to set aside a time in your day to rest from regular tasks and to be with God. Perhaps it is renewing your prayer practice that has wavered in the recent past. Perhaps it is in taking a simple walk outdoors to see again the new life that abounds in this season. Perhaps it is starting a journal where prayer concerns and blessings are named. Such spiritual practices lead our faith far beyond mediocrity to one that is empowering and inspiring.

Enjoy your time outdoors in May. Rest in God's presence and seize again the good things that God provides for your life of faith!

Pastor Jim

Prayer Friends Meet

On Wednesday, April 10, nearly 80 adults who have been praying daily for our seventh and eighth grade youth met together for the first time. A Prayer Friend is paired with a student in the fall. Without knowing the identity of the adult until now, students pass along prayer requests, through the general email address of Trinity, to the prayer friend. When the meeting takes place, there is anticipation, joy, and gratitude for prayers offered. Thank you to the adults who were Prayer Friends this year. Watch for the opportunity to become a Prayer Friend in the fall.

Thank you Prayer Friends: Marsha Arnette, Sherri Auleta, Ann Ayres, Barbara Baker, Chrissy Baumgardner, Suzanne Becker, Nick Berger, Jill Brandenburg, Suzanne Brinkmeyer, Kayla Clark, Marlene Clark, Jeanne Cooper, Pam Craker, Ellen Dovre, Vicki Fields, Ann Gandrud, Michelle Glaser, Angi Goodwin, Jenny Gullicksrud, Ron Gullicksrud, Kay Hayden, Lanette Hesse, Madison Hesse, Zoe Hirsh, Marti Hofer, Lynanne Holmquist, Peggy Holmstrom, Andrea Jadeke, Anne Josephson, Mary Karker, Marian Klish, Jackie Krumenauer, Ginny Lien, Mikelle Malone, Helen Mateski, Katrina Mateski, Michelle Messer, John Moen, Leslie Moen, Scott Mohr, Peggy Munden, Emily Nordlund, Jane Olsen, Gale Otterholt, Jan Otterholt, Kim Passi, Wanita Patko, Derrick Paul, Sarah Pedersen, Seth Penigar, Johanna Peterson, Judy Pielhop, Gary Rambo, Kathy Rau, Anne Risen, Sydney Risen, Tom Rouse, Shirley Sands, John Satre, Mary Schoenknecht, Stacy Secker, Joan Smith, Rachel Studt, Lisa Tepsa, Dale Tidemann, Davis Walsh, Lori Walsh, Cindy Webb, Pam White.



"The great danger is not that we will renounce our faith, but settle for a mediocre version of it."



News from Friends of Flynn Elementary School

The Friends of Flynn Committee thanks all those who donated new books and gently used books for our book drive in March. Enough books were collected and taken over to Flynn School before spring break so that each student was able to pick one out to take home. And there are enough left over to distribute again at the end of the school year. We also collected tooth brushes, hair brushes and combs, and pencils as requested by the staff. Look for the sign of thanks from the students hanging in the 400 rooms hallway.



We also treated the Flynn staff to dark chocolate candy bars before their spring break. They were very appreciative.

In May we will be delivering healthy snacks for the students. If you can help, please contact Ginny Lien, ginny@trinity-ec.org or 715.832.6601.

The staff and parents from Flynn School appreciate our partnership with them!

Blood Drive

Trinity will host an American Red Cross Blood Drive on Thursday, May 9, from 12:30 P.M. to 6:30 P.M. Donors need to be at least 17 years of age (16 with parental consent), be in general good health, and weigh a minimum of 110 pounds. You are eligible to donate blood at this drive if your last donation was on or before March 14. Sign up at Clipboard Central or make an appointment online at www.redcrossblood.org and enter zip code 54701. Contact Jane Olsen at 715.830.9581 with any questions. Give a gift of life!

Blood Drive Volunteers Needed

Volunteers are needed to assist with reception and the canteen at our spring Blood Drive on May 9. Volunteer shifts are as follows: 12:00 P.M.–2:30 P.M., 2:15 P.M.–4:45 P.M., and 4:30 P.M.–7:00 P.M. Other volunteer opportunities include providing baked goods. Please sign up at Clipboard Central! Thank you!

A New Way to Serve

Join the team in a new ministry at the Sojourner House, the homeless shelter located in downtown Eau Claire at 618 South Barstow Street. The team will consist of eight people, with Phyllis Grohn and Sheila Sorenson leading the team. Volunteers need to be at least 18 years old. The jobs to be filled include: greeter (two needed per shift), registration interviewer (two needed per shift), kitchen assistant (two needed per shift), and a storage room monitor (one needed per shift).

We will always meet the third Friday of the month, so check your calendars and then sign-up at Clipboard Central. Contact Phyllis Grohn at 715.836.7055 with questions.

Become a Home Communion Visitor

Do you enjoy visiting with people, especially those with years of rich life experience? Consider becoming a volunteer communion visitor and forming a connection with a home or facility-bound member. If interested, please contact Director of Visitation Ministries Pat Garber by calling 715.835.5801 or emailing pat@trinity-ec.org. Orientation sessions will be arranged.

Prayer Link

You are invited to join in praying for others who ask for our prayers by becoming part of Prayer Link. Each week many people ask for the prayers of the pastors, staff, and members who've agreed to pray for others. When you join Prayer Link, you will receive prayer requests via email or phone message. Then you pray wherever and whenever you can! We'll provide you a monthly update of prayers and some inspiration for your praying.

If you appreciate the benefits of prayer and are willing to pray for those who share requests, email Heather Day at heatherd@trinity-ec.org or note your willingness via the Prayer Link on the homepage of trinity-ec.org

When You Desire Baptism

We celebrate Holy Baptism about 50 times throughout the year at Trinity. That's a sign of the youthfulness of the congregation and the excellent ministries that draw young families to Trinity! Baptism is offered in Sunday worship usually on the second and fourth Sundays of the month. Upcoming dates available: May 12, 26, June 23. For more information about baptism, check out www.trinity-ec.org or phone/email one of the pastors.



Friendship Group

Jim Alf was the last owner/operator of the ferry at Carryville. Jim will present his program, "When the Ferries Still Ran" on May 8. The group will meet in the chapel at 10:00 A.M. for a short business meeting with the program to follow. Lunch will be at Grizzly's (next to Younkers).

Don't forget to sign up for the June 12 outing to see the new play in Plymouth. We will see the musical comedy "The Geriatric Theatrical." The cost is \$65 for a baked chicken buffet luncheon, theater tickets, and transportation. Send your check by May 8 to Pat Cliff, 6681 Talmage Road, Eau Claire WI 54701.

The Chippewa Valley Women's Retreat

Mark your calendars now! The Chippewa Valley Women's Retreat will be held on Wednesday and Thursday, August 14 and 15, at beautiful Luther Park in Chetek. We will begin with registration from 12:00 P.M.–1:30 P.M. in the Fireside Room. Come, renew, refresh, and relax in God's creation.

Women's Summer Study Group

The Women's Summer Study Group will take a video journey with Beth Moore through the Book of Daniel. Just as the prophet Daniel faced unbelievable pressure to compromise his faith in a hostile culture and was constantly confronted by temptations and threats, today's believers face similar trials. This is a 12 session study beginning Monday, June 17, from 12:30–2:30 P.M. in the chapel ending August 26. We do not meet during VBS week. Sign up at Clipboard Central to secure a workbook. Everyone is welcome!

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. in Trinity's lobby. Sew a quilt, and give the everlasting "warmth" and "comfort" of God's love! Join us May 14 & 28, and June 11 & 25.

Trinity Food Pantry

Our pantry continues to be blessed by the generosity of our congregation. For every \$1 donated to the pantry, \$10 worth of food can be purchased through Feed My People. This allows us to stretch our dollars as far as possible. We also welcome food items. Items that we are often unable to purchase include peanut butter, jelly, pancake syrup and mix, baking supplies, and canned fruit. Thank you for your continued support of this important ministry! If you have any questions, please contact Sharry Hebert at 715.514.1064 or sharry@trinity-ec.org



Circle Listings

Deborah

Thursday, May 16, 9:30 A.M., Trinity
Hostess: Nancee Burbank
Leader: Vicki Fields

Dorcas

Wednesday, May 15, 1:00 P.M., Trinity
Hostess: Ardis Nystuen
Leader: Group

Martha/Mary

Tuesday, May 21, 7:00 P.M., Trinity
Hostess: Marilyn Johnson
Leader: Vila Nygaard

Miriam

Wednesday, May 15, 9:30 A.M., Trinity
Hostess: Joan Harris
Leader: Group

Ruth

Tuesday, May 21, 1:30 P.M.
Hostess: Joan Siewert, 2312 Hayden Ave.
Leader: Pat Cliff

Sarah

Wednesday, May 15, 9:30 A.M., Trinity
Hostess: Dottie Petzold
Leader: Barb Vorhes

When You Are Hospitalized

The pastoral care team of Trinity makes frequent trips to visit hospitalized Trinity members. They depend upon the hospitals having your admission coded into their system. When you or a family member is admitted, please inform them of your church affiliation. Better yet, share information about planned or unexpected hospitalizations directly with us by:

- Calling or emailing (trinity@trinity-ec.org) the church office in advance of or at the start of hospitalization.
- Asking the hospital chaplain to call Trinity's office at 715.832.6601

If ever you wonder if a pastoral care team member is going to call on you, that's the time to call the church office! Thank you.



Dementia Forum

One in eight older Americans has Alzheimer's disease. Alzheimer's disease is the sixth leading cause of death in the US. Over 15 million Americans provide unpaid care for a person with Alzheimer's or other dementias. Please join us on Sunday, May 5, in the Fireside Room following the 8:15 A.M. service. Dr. Don Dexter, from Mayo Health Systems, will discuss the topic "Dementia; What You Need to Know," and make time for questions. Grab your coffee, come, and learn more.



Safety Task Force

The Trinity Church Council has established a Safety Task Force. Which began work during January 2013. The goal of the Task Force is to review and update child and youth safety guidelines and policy for staff and volunteers who work with children and youth. Included in this review is the creation of a policy regarding use of social media when communicating with children and youth plus lockdown guidelines should a threat enter the building or grounds of Trinity. To the extent possible, lockdown guidelines should apply not only to the safety of children and youth, but to anyone present in the facility. Additionally, the Task Force is examining the safety and security of the entire facility, along with all programming, and plans to make short and long term recommendations to the Council.

Caring for the Caregiver

Any professional or family caregiver is invited to an afternoon of humor, wellness, and stress reduction. Please come Friday, May 3, from 11:30 A.M.–3:30 P.M. at Sacred Heart Hospital Community Auditorium for inspirational speakers, light refreshments, resource materials, and exceptional door prizes. The cost is \$5 plus a non-perishable food item. Home Instead Senior Care will provide a professional caregiver on-site or in your home at no cost. Call 715.552.8040 for information. To register, call the Center for Healthy Living at 715-717-1600.

Chippewa Valley TimeBank

The Chippewa Valley Timebank was launched on October 15, 2012. A time bank is a system that allows people to support each other without the exchange of money. When you spend an hour doing something for an individual or group, you earn a time dollar which you can then use to buy an hour of another member's time. Time banking strengthens our community, serves people while giving them a means to serve, and meets real needs of our community members. For more information or to join, go to www.chippewavalleytimebank.org or call 715.271.7968.

If you have questions, comments, or concerns, please contact any of the Task Force members: John Moen (Chair), Lanette Hesse (Recording Secretary), Cassie Brenden, Jeanne Cooper, Heather Day, Anne Josephson, Marlee Knickerbocker, John Rush, Mary Schoenknecht, and Mike Voelker.

How Will 2013 Taxes Affect You?

The new tax landscape looks very different than it did in 2012. How will the tax law changes affect your situation? Here is a brief summary covering some of what you can expect.

IRA Charitable Rollover: Donors aged 70 or older are once again eligible to move up to \$100,000 from their IRAs directly to qualified charities without having to pay income taxes on the money. Known as the IRA charitable rollover, this law has been extended to the end of 2013 and made retroactive for 2012. Your gift will qualify under this law if:

- You made a gift of up to \$100,000 from your IRA directly to a qualified charity in 2012.
- You made a gift before February 1, 2013 you may choose for this to qualify as a 2012 or 2013 gift. (If you took a distribution from your IRA in December 2012 and then made a gift prior to February 1, 2013, the law allows you to treat it as a direct transfer.)
- You make your qualified charitable distribution by December 31, 2013, this will qualify as a 2013 gift.





May Book Club Meeting

Please join us on Tuesday, May 21, at 6:30 P.M. for our year end meeting when we will discuss “Half Broke Horses” by Jeannette Walls. This is the story of Lily Casey Smith, Jeannette Walls no-nonsense, resourceful, and spectacularly compelling grandmother. By age six, Lily was helping her father break horses. At fifteen, she left home to teach in a frontier town—riding five hundred miles on her pony, alone, to get to her job. Lily survived tornadoes, droughts, floods, the Great Depression, and the most heartbreaking personal tragedy.

For those interested, we will meet at 5:30 P.M. for a pizza supper. Please sign-up at Clipboard Central!

Blossom Out With Good Books!

New in Trinity Library

Featured Author Cynthia Ruchti is a Christian author who is from Pittsville, Wisconsin. Several members of Trinity’s Library Committee attended a conference for church librarians where Cynthia was the key note speaker.

Four of her books were purchased for our library. These are all Christian fiction and can be found on the A-frame display in our library.

- *They Almost Always Come Home*
- *Cedar Creek Seasons*
- *A Door County Christmas*
- *When the Morning Glory Blooms*



For Young People

- *Book of Animal Poetry* from National Geographic. This book has 200 photographs and poems of animals that squeak, soar, and roar! Anyone who loves animals will enjoy this book. (591 LEW)
- *Navigating Early* by Claire Vanderpool. At the end of World War II, Jack Baker, a landlocked Kansas boy, is suddenly uprooted after his mother's death and placed in a boy's boarding school in Maine. There, Jack encounters Early Auden, the strangest of boys, who reads the number pi as a story and collects clippings about the sightings of a great black bear in the nearby mountains. Newcomer Jack feels lost yet can't help being drawn to Early, who won't believe what everyone accepts to be the truth about the Great Appalachian Bear, Timber Rattlesnakes, and the legendary school hero known as The Fish, who never returned from the war. When the boys find themselves unexpectedly alone at school, they embark on a quest on the Appalachian Trail in search of the great black bear. But what they are searching for is sometimes different from what they find. They will meet truly strange characters, each of whom figures into the pi story Early weaves as they travel, while discovering things they never realized about themselves and others in their lives. (+ FIC VAN)
- *Emeraldalicious* by Victoria Kann. This is the latest tale about Pinkalicious, a children’s favorite. (++) FIC KAN)

Celebrate Children’s Book Week

May 13–19

Check out a book and read to a child this week!



Summer Story Time for Young Children

More information coming soon!

- **Dates:** June 2, 9, 16, 23 30 and July 7, 14
- **Place & Time:** Trinity’s Library on Sunday mornings following the 9:45 A.M. service.
- **Description:** Library members will be on hand to read story books. Children will receive prizes and have an opportunity to check out books.

Leave A Legacy

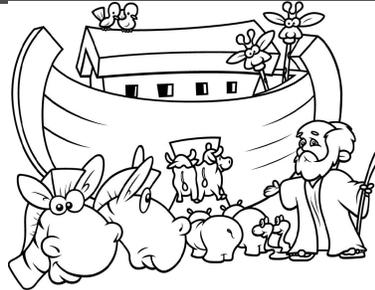
God calls us to be good stewards of all that has been given to us and how our assets are handled when life ends. In order to provide a way for one's charitable habits to continue after life on this earth, the Trinity Endowment Trust fund exists so that there's a place for that intention to succeed forever!

Great things are done as the Endowment Trust Fund grows. When you include a bequest, it is invested carefully for the rest of time and only the proceeds from your contribution are used. Read about the possibility to be charitable with your accumulated assets at Endowment Trust Fund under the GIVE Menu at www.trinity-ec.org



Noah's Ark News

It's May, and Noah's Ark is in its last month of the school year! We've waited for the snow to disappear and are eagerly awaiting our "Noah's Ark" rainbow garden to blossom near the fence in the playground. We give thanks each year to alumni children, Bjorn & Britta, for the bulbs that spring forth a rainbow in May!



Also "blooming" on Monday and Tuesday, May 6 & 7, will be the 2012-2013 Noah's Ark children at their annual Spring Party Programs! On these evenings, the fun begins at 7:00 P.M. in the Worship Center with special fellowship to follow in the Lobby!

Many thanks to all the Trinity friends who ordered coffee & biscotti. We ordered 280 pounds of coffee and 28 cases of biscotti ... WOW! We will be bagging/wrapping these items on May 2 with pick up following worship on Sunday, May 5. Look for the coffee/biscotti cart near the Information Booth to pick up your items or call the church office during the week.

As the year draws to a close, we're remembering our blessed days together. God has given us more celebrations yet to come: field trips to Wagner's Bowling Alley and Diamond School of Dance. We'll also have an "all day" outside school day coming up in late May.

As we complete another year, we give thanks for Trinity and our congregation's support of our preschool ministry. We also give thanks to our amazing Preschool Committee: Heather Day, Valerie Fedie, Emily Kreiner, Sara Scovil, Kristi Casto, Lori Borg, Stephanie Erickson, Season Dixon, Ginny Lien, Jill Kasmarek, Marlee Knickerbocker, and Mary Schoenknecht.

Happy Summer everyone ... you'll be hearing from Noah's Ark real soon, when the 2013-2014 school year kicks off in September. Please pass the word about our program. Noah's Ark is a great place to be!

Hugs, Jeanne

Children's Ministries

***Please Note! The last session of Sunday School Classes is Sunday, May 19!**

Summer Day Camp Opportunities

We have a few openings still available. Contact Mary Schoenknecht for registration and more information, 715.832.6601 or marys@trinity-ec.org

Camp Discovery • Dates: June 12-14 • Time: 9:00 A.M.-12 noon • Cost: \$65 • For: Children who were 3 by 9.1.12 through those who have completed grade 5.

Trinity Sports Camp • Dates: June 17-19 • Time: 9:00 A.M.-12 noon • Location: Northstar Middle School • Cost: \$40 • For: Children who were 3 by 9.1.12 through those who have completed grade 4.

Camp Come & Play (Reserve your spot now, just three openings remain) • Dates: June 17-20 • Time: Session 2 12:15-2:15 P.M. • Cost: \$52 • For: Children whose birth dates are between 9.1.2009 through 8.31.2010

Camp Cooking & Booking • Dates: June 24-28 • Time: 9:00 A.M.-12 noon • Cost: \$65 • For: Children who were 3 by 9.1.12 through those who have completed grade 5.

Camp Veggie Tales • Dates: July 8-12 • Time: 9:00 A.M.-12 noon • Cost: \$65 • For: Children who were 3 by 9.1.12 through those who have completed grade 5.

2013 Vacation Bible School
Amazing Love in God's Word
 Dates: July 22-26 • Time: 8:45 A.M.-12:00 noon • Cost: Suggested \$20 donation per child • For: Children who were 3 by 9.1.12 through those who have completed grade six. • Description: Great and amazing are God's deeds! Join us this summer to explore five Bible stories about our amazing God: Creation, The Battle of Jericho, Queen Esther, Four Friends, and The Wedding at Cana. Kick Off Event: Sunday, July 21, at the 9:45 A.M. worship service.





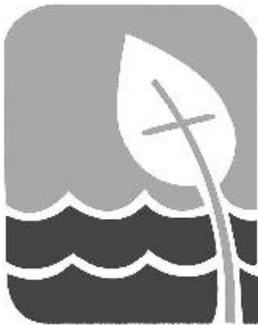
Staff Needs for VBS

Teachers and student helpers are needed for all grade levels. Please sign up on the poster in the lobby on Sunday mornings or at the Children's Ministries office during the week. Contact Mary Schoenknecht for specific information at 715.832.6601 or by email at marys@trinity-ec.org.

Collect VBS Supplies!

Please purchase, collect, and save items needed for Vacation Bible School! You can bring your donations, marked for VBS, to the office. Thank you.

- Jewels and gems for stepping stones
- Ice cream buckets with handles and lids



Luther Park Bible Camp

It's not too late to sign up your child for a Luther Park Bible Camp experience. The camp is located just 45 minutes north of Eau Claire off of highway 53 at Chetek. Programs include:

- Trailblazers Day Camp for Grades K-2
- Day Camp for Grades K-5 (New Program)
- Trailblazers Overnight for Grades 2-4, one night
- Trailblazers Bridge for Grades 3-5, two nights
- Adventures at the Woods for Grades 4-6, full-week
- Lower Trading Spaces for Grades 3-5, full-week

Camps are available for middle and high school students as well. Check out the website www.LutherPark.org for more information, available dates, and registration or pick up a form at the Youth Tool Bench outside of our main office area. Trinity's Children's Ministries offers 25% of the registration fee as a partial grant. To make a request, contact Mary Schoenknecht at marys@trinity-ec.org

YOUTH MINISTRIES

Wednesday Student Leaders

Over the past school year, youth have led the Wednesday Night Worship Service through their talents and generosity. The Youth Ministry Team wants to thank each and every one of them.



- Thank you to all those who served as ushers. You did an outstanding job with offering and communion. Your faces help to light up the middle of our week!
- Thank you projectionists. Our services could not run without your attention and presence each and every Wednesday.
- Thank you to all members of CrossWord. Your musical talents are outstanding! Your leadership and confidence are a driving force for every worship experience.

Service Opportunities for Youth!

Uff-da Fest Church Picnic

Do you enjoy working with children? Do you like to play games and have fun? Then Uff-da Fest is the service opportunity for you! Sign up at the Tool Bench to help lead carnival games on Sunday, May 19, from 11:00 A.M.-noon. Contact Mary Schoenknecht for more information at marys@trinity-ec.org

Vacation Bible School

Join us this summer for "Amazing Love in God's World" at VBS the week of July 22-26. Teach a class, assist in the kitchen or the craft tent, or join the band. There is a place for everyone! Please sign up on the poster in the lobby or contact Mary Schoenknecht for specific information at marys@trinity-ec.org



High School Recognition Sunday

Seniors! You made it! You are FINALLY graduating, and we want to help you celebrate this wonderful transition in your lives. Please join us on Sunday, June 2, at either 8:15 A.M. or 9:45 A.M. services to celebrate this incredible accomplishment with your community of faith. We are so proud of you!



Spiritual But Not Religious (SBNR)

A growing segment of Americans classify themselves as spiritual but not religious. People who identify themselves this way are skeptical of hard and fast theological constructs about God presented by some Christians. They don't trust beliefs that can have logical holes poked in them, whether it's Jesus' virgin birth, the resurrection, theologies about salvation, or judgment. They gravitate toward spiritual explanations grounded in experiences.

The Barna Group (an evangelical social research organization) polled 16–29 year-old non-Christians to give insight into how they, like many SBNR, view Christians.

- 91% say we are anti-homosexual.
- 87% say we are judgmental.
- 85% say we are hypocritical.
- 78% say we are old-fashioned.
- 72% say we are out of touch with reality.
- 70% say we are insensitive to others.

From David Kinnaman and Gabe Lyons, *UnChristian: What a New Generation Really Thinks about Christianity...and Why It Matters* (Baker Books: Grand Rapids, MI, 2007)

From the Parish Nurse

Take a mental health day ... every day!

Emotional health and mental health are just as important to overall health as physical health. And just as with physical health, you need to devote time and attention to your emotional health and mental health every day.

What does that look like?

- **Connect with others.** Research suggests that people who feel connected with others are happier and healthier—and may even live longer. Also, those who routinely help others typically experience less depression, are calmer, and suffer fewer pains.
- **Be positive.** People who focus on the positive aspects in their lives tend to be less troubled by painful memories.
- **Get physically active.** Exercise can relieve tense muscles, improve mood and sleep, and increase energy and strength.
- **Get enough rest.** People who don't get enough sleep may face health risks including weight gain, decreased memory, difficulty driving, and heart problems.
- **Eat well.** Eating healthful foods at regular meals can increase energy, lower the risk of developing some diseases, and impact mood.
- **Care for your spirit.** People with strong spiritual lives may be healthier and live longer. Spirituality may reduce stress which can contribute to disease.

Source: Mental Health America
www.hopehealth.com



Quinoa Salad with Cranberries by Church Health Center Wellness Education

Parsley, lemon juice, and cranberries make for a light but flavorful salad! Don't be tricked by the low amount of calories—this dish is very filling! Pair it with baked fish for dinner or eat it as your main course for a healthful lunch. Quinoa is a perfect protein and is gluten free, so it's a great option for those with dietary restrictions!

Prep Time: 10 minutes

Total Time: 10 minutes

Makes 6 servings

Serving Size: about ¾ cup

Nutrition Facts (per serving): Calories: 225; Total Fat: 12 g; Saturated Fat: 1 g; Sodium: 35 mg; Carbohydrate: 27 g; Fiber: 4 g; Protein: 5 g

Ingredients:

- 2 cups cooked quinoa
- ½ cup walnuts, chopped
- 2 stalks celery, chopped
- 2 tablespoons red onion, finely chopped
- ½ cup dried cranberries
- ½ cup flat-leaf parsley, chopped
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Dash of sea salt
- ¼ teaspoon ground black pepper

Directions:

1. Heat a small skillet over medium heat. Add walnuts and toast for 3 minutes, stirring occasionally.
2. In a medium-sized bowl combine all ingredients. Stir well. Cover and chill until ready to serve.



Received in March Memorials & Gifts

Quilters Fund

- In memory of Cheryl Thomas: David & Sonia Becker, Harold & Avis Drung, Barbara Tischer, Alyce Bertelson, Bob & Mary Schoenknecht, Carla Brandrup, Miriam Circle, Dorothy Jensen, Helen Amundson
- In memory of Clara Thom: Bob & Mary Schoenknecht, Elaine Lonning, Vila Nygaard, Morris & Audrey Brumberg, Patricia Ness, Clifton & Doris Husberg, Barbara Tischer, Alyce Bertelson, Orville & Shirley Anderson, Marvin & Leatrice Solberg, Helen Amundson, Roger & Jane Dale, Ken & Linda Anderson, Bev Jungerberg, Sheila Running, Nicole Stafford, Family & Friends

Endowment Trust Fund

- In memory of Tim Voigts: Barbara Vorhes, Ron Retzlaff
- In memory of Romaine Anderson: Mark & Marti Hofer
- In memory of Clara Thom: Barbara Vorhes

Mission Jamaica Fund

- In memory of Tim Voigts: Gary & Mary Rambo, Bob & Mary Schoenknecht, Joyce Voigts

Library Fund

- In memory of Tim Voigts: Elmer & Ann Felton
- In memory of Curtis Waller: Bob & Mary Schoenknecht, Paul & Amber Moltzau

Food Pantry Fund

- In memory of Tim Voigts: Jim & Lynn Gullicksrud, Elaine Lonning
- In memory of Clara Thom: Ralph & Norma Marking, Jim & Marge Oleson, Family & Friends, Hazel Cook
- In memory of Roger Hedrington: Dave & Jeanette Suchla
- In memory of Ione Milton: Shirley Freeberg
- In memory of Trudi Malhotra: Gordon & Sandy Holzhueter

Youth Scholarship Fund

- In memory of Tim Voigts: John & Mildred Valentine

Mission Fund

- In memory of Romaine Anderson: Ted & Ardis Nystuen
- In memory of Clara Thom: Family & Friends

Friendship Group

- In memory of Romaine Anderson: Shirley Freeberg

Memorial Fund

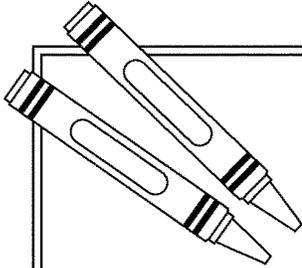
- In memory of Clara Thom: Doreen Berg
- In memory of Cheryl Thomas: Ralph & Norma Marking
- In memory of Tim Voigts: Ruth Wolfram
- In memory of Romaine Anderson: Arnold Talford, Jack & Lois Olson, Morris & Audrey Brumberg
- In memory of Jeanette Fehr: Arnold Talford
- In memory of Marion Hoesly: Avis Grambo

Children's Bible Fund

- In memory of LaVerne Johnson: Bob & Mary Schoenknecht
- In memory of Lillian Moltzau: Bob & Mary Schoenknecht, Mark & Suzanne Becker, Dave & Ginny Lien
- In honor of Mavrik Matz's Baptism: Jared & Kristi Matz
- In memory of Clara Thom: Paul & Amber Moltzau
- In memory of Romaine Anderson: Bob & Mary Schoenknecht
- In memory of Marion Hoesly: Paul & Sharon Engstrom

Trinity Senior Choir Fund

- In memory of Clara Thom: Ann Ayres

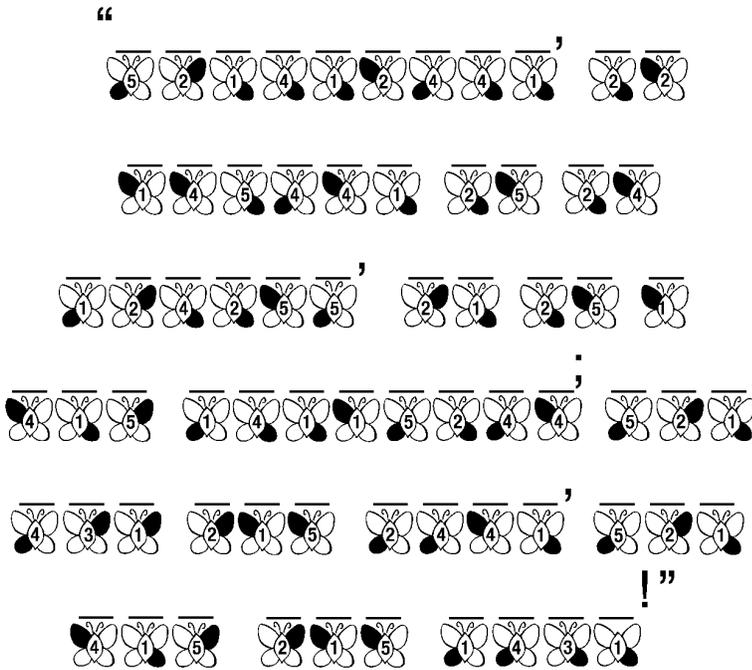
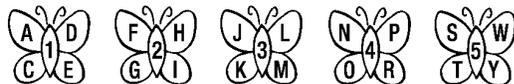


Just for KIDS

Happy New Day!

Each January 1 we begin a new year. But each day we also have a chance to begin again!

Use the code to find 2 Corinthians 5:17.



How Technology is Influencing Families

The digital age is affecting more than how America communicates. It is also shaping parent-child relationships in striking new ways.

Barna Group recently completed a study about the influence of technology in families, releasing the findings in a new digital report, The Family & Technology Report.

The research was conducted in partnership with Orange, which is part of the reThink Group. The innovative study included nationwide interviews among parents and 11- to 17-year-olds from the same households, allowing comparisons between the parents and the tweens and teenagers who reside in the same home. Highlights from the study included the following five findings:

1. Parents are just as dependent on technology as are teens and tweens.
2. Most family members, even parents, feel that technology has been a positive influence on their families.
3. Very few adults or youth take substantial breaks from technology.
4. Families experience conflict about technology, but not in predictable ways.
5. Few families have experienced—or expect—churches to address technology.



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

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Kris Pressler—Worship Music Leader
Brian Pressler—Worship Music Leader
Drew Brandenburg—CrossWord Youth Band

Missions

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

Seminary Student

Jamie Brieske—Luther Seminary

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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
 - 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 June Newsletter is May 21.