



Building Hope Shaping the Future

Trinity's global mission brings the hope and love we know in Christ to partnerships in distant places. It makes a difference in lives and contributes to a brighter future.

This weekend the men's mission team is in Savanna La Mar, Jamaica building the first phase of a new classroom building at Jabneh Christian School. This is the third year of this partnership, and in 2010 Trinity provided a \$10,000 down payment to purchase the real estate for the school. In March Trinity's inter-generational team will be in Kingston to build a home and teach children.

This year we're initiating a new global mission with Haiti Partners which aspires to help Haitians change Haiti through educating children and building strong communities and churches.

This winter we're making plans to shape our Food Pantry to better fulfill its mission. The needs of people in our own community continue to grow.

Your offerings and special gifts are helping the men in Jamaica this weekend. Your volunteer efforts in our Food Pantry and the possibility ahead for you to get involved in our new Haiti partnership bring to life our mission: "Serving in Christ's Love and Sharing the Good News." Thank you for all the ways you support our global missions. Learn more by visiting our web page at trinity-ec.org

Looking Back, Moving Ahead

2010 was an amazing year of "Serving in Christ's Love and Sharing the Good News." Thank you for your part in it. Come to the Annual Meeting on Sunday, February 6, at 10:40 A.M. in the Worship Center to review and preview the year ahead.. The Annual Report is available January 30.

New Web Page

Check out trinity-ec.org and see the "NEW" website. We've designed a fresh new look for our church webpage. The site provides you easy access from the homepage to all the information you want about our ministries and mission to serve in Christ's love and share the Good News. Check it out today, and make it one of your favorites.



CHALLENGE

Keeping a daily journal of snacks and meals is one of the best methods used by successful dieters. Dieters who keep journals are more successful because they're willing to acknowledge every bit of food they eat, which clearly shows them how many calories they are consuming per day. It's important to keep your food journal simple, record even the smallest amounts of food, and it is best to share your journal with an expert on weight loss and nutrition. (www.Healthfinder.gov)

Follow this learning tool for four weeks during the month of February and embrace Healthy Habits in 2011. The *GO! Challenge* is a wellness learning tool founded on the Wholeness Wheel and is supportive of whole-person health. As a participant, you'll:

1. Take stock of your current healthy activities.
2. Identify one or two "stretch" activities you'd like to work on.
3. Track your activity for four weeks.
4. Consider which new behavior you'll continue.

Sign up in the Lobby at the display table. Pick up a tracking form, and start the challenge! Invite your friends and family to join you. Receive weekly email encouragements. Tracking forms are available for youth ages 4–12 as well! Let's GO Trinity!

"Love Grounded in Little Details"

Dear Friends:

Key fixtures in February are Valentine's Day and the theme of love. This leads us to reflect on the dynamics of love in our lives amid the flowers, Hallmark cards, and people who have shown us love.

John Wooden accomplished many remarkable feats in his life. As the coach of the UCLA men's basketball team, his team won ten national championships in a twelve year period while winning a record 88 straight games. As a player, he was the first to be named a basketball All-American three times. Indeed, he loved the game of basketball.

Yet, his greatest success and joy was marked by a different love.

He adored his wife, Nellie, for the 53 years of their marriage. He continued to write her love letters in the years that followed her death. It was his marriage, and his life overall, that was marked by his love for God.

Before each practice and game, John would sit privately in his office. This time was marked by reading a short segment of scripture and ended in prayer. It was at home in his time of personal daily devotion and prayers with Nellie that guided him daily. God's love guided him as a man, husband, father, coach, friend, and child of God.

As Christians, our faith is based on the powerful and convicting words, "For God so loved the world, that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16) It is from this love that we find the gift of forgiveness, the solace of grace, and the inspiration to love as we have been loved.

The times in which we live are rampant with instances that can lead us to conclude that love is rarely present today. Images of violence bombard daily news reports, divorce rates are on the rise, and the pace of life can easily lead us to struggle to find time to nurture the gift of love with those dearest to us. All things considered, the element of love seems to be a weakened reality against the stronger forces of ill-will.

Then there are the lives of those like John Wooden; lives grounded in a bold conviction that God's love is ever-present, stronger, and the primary guide in how we live and love others. Such lives here on earth provide us a beacon of light that inspires us to love with unselfish commitment to others.

Here in February, I encourage you to think of those in your life who have shared God's love with you. Your spouse. Your children. A devoted friend. All are blessings from God.

God's love is pervasive each day in ways that are both noticed and unnoticed. I encourage you to give thanks for those moments of love in your life. Join in worship on Sunday or Wednesday to hear again of God's wonderful love for you and ways to share that love. Pick up a "Christ in our Home" or "The Word in Season" devotional in our lobby to guide your days with inspiring words of God's love shared by others. As John Wooden once said, "It's the little details that are vital. Little things make big things happen."

Love is marked by the little things. Indeed, it is the little acts of daily love that make the big things of forgiveness and joy happen!

Blessings to you,

Pastor Jim

"It's the little details that are vital. Little things make big things happen."

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: February 13, 27; March 24, 27. 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.



Trinity is a congregation marked with vitality, energy, and a wealth of resources centered on serving in Christ's love and sharing the good news. Our congregation consists of people with many God-given gifts that are shared in making Christ's presence known in our midst.

Our new member process, Discover Trinity, will be offered this coming 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.

Individuals and families can register via our website by clicking on the "I'm New" link. Invite a friend or loved one who is new to Trinity to consider this fine gathering and making Trinity their church home to nurture their faith while serving others!

Food Pantry News

We'd like to introduce you to our special friend Leslie who we have fondly nicknamed "The Egg Lady." When the Egg Lady retired several years ago, she decided to raise chickens at her home south of town. Instead of selling the eggs, she decided that she wanted to help those in need by distributing the eggs to the hungry in our community. Now, every Thursday, she brings in lots of fresh eggs for Trinity Food Pantry guests. Often she stays and helps bag and distribute food. Thank you Leslie!



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**

Beacon House

Trinity will be hosting the homeless in our area at the Beacon House February 20–26. Volunteers are needed to provide an evening meal, host evening activities, stay overnight at the Beacon House, and serve breakfast in the morning. Please pick a time when you can volunteer by signing up at Clipboard Central. **For more information, please contact Rick & Terri Krause at 715.834.7719 or contact the Beacon House directly at 715.834.4357.**

- Supper Hosts: (5:30 P.M.–7:00 P.M.) Prepare and serve a meal to Beacon House guests. Several volunteers to make a main course, salad, and dessert are needed.
- Evening Hosts: (7:00 P.M.–9:00 P.M.) Spend time with Beacon House guests. Perhaps play games, read to children, etc.
- Overnight Hosts: (9:00 P.M.–6:00 A.M.) Stay overnight. You will have your own bedroom.
- Breakfast Hosts: (6:00 A.M.–7:30 A.M.) Serve breakfast. Cereal, etc. is provided. You only need to put out breakfast items.

"Gifts that Give" Gave a Lot!

Trinity's alternative gift giving program aims to provide you thoughtful gifts with a charitable direction when you're shopping for Christmas, birthdays, anniversaries, and other occasions. This Christmas you purchased gifts that now help friends in the Lutheran Church in Malawi, Africa with mosquito nets, Bibles, and a well; students at Jabneh Christian Academy are receiving soccer balls; and guests who come to our Food Pantry and The Community Table receive food and a hot meal. Gifts that Give totaled \$1,465 this Christmas. In addition, \$2,060 in gifts through Heifer International were purchased. Thank you!

Consider "Gifts that Give" any time this year when you're shopping for that person who has everything or when you want to make your gift give in a charitable way, too. **Contact Suzanne Becker at suzanne@trinity-ec.org in Trinity's office to shop!**

Haiti Partners

From the devastation of an earthquake one year ago, Trinity has gained a new global mission connection with Haiti Partners whose mission it is to develop schools and churches which can enable democratic and economic growth for Haiti. Haiti Partners educates over 1300 children in seven partner schools and is training hundreds of teachers a year with innovative teaching methods.

This week, \$1,000 of remaining 2010 offerings was given to Haiti Partners and, in the 2011 budget to be approved by you on February 6, it's proposed that Haiti Partners receive a portion of our offerings each month. This year Haiti Partners will distribute 10,000 Creole Bibles and study guides. Your offerings help support this global mission. Thank you.

Senior Citizens

Friendship Group!

The Friendship Group will meet on Wednesday, February 9 at 10:00 A.M. in the Trinity Room. They will have coffee and cookies and a short business meeting. After the meeting Darrin Schober, Physical Therapist and owner of Optimum Therapies, LLC, will share tips on evaluating your balance and maintaining strength to reduce your risk of falls. Each year, one in every three adults age 65 and older falls. Falls can lead to moderate to severe injuries, such as hip fractures and head traumas. Lunch will be Pizza Hut, no reservations are necessary.

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 Talmage Road, Eau Claire WI 54701.

Visitation Ministry

We are pleased to announce that Pat Garber has joined Trinity's leadership team as Director of Visitation Ministries, replacing retiring Visitation Pastor John Mikkelson. Pat holds a Bachelor's degree in nursing from UW-Eau Claire and Masters degrees in Audio-Visual Communication and Nursing (Psychiatric-Mental Health Clinical Specialty). She was on the UW-Eau Claire nursing faculty and retired in 2005.



Pat completed Parish Nurse preparation at Marquette University and the NW Synod of WI Lay School Ministry. This background naturally blends to prepare Pat to respond to this opportunity, which she describes as "tailor-made" for her abilities and passions.

As Director of Visitation Ministries, Pat will oversee pastoral care of those living in care facilities or limited to their homes. She will also coordinate the team of eight home communion visitors. If you are interested in being on this team, contact Pat at pat@trinity-ec.org

Pat and her husband of 40 years, Jack, have been members of Trinity since 1971 and raised their two children (now adult and living at a distance) in this congregation.

Going to Greece

There are just a few spots left on our Footsteps of the Apostle Paul trip to Greece and Turkey, September 24–October 4. Brochures and registration forms are available at the Information Center this morning or by **contacting Higgins Travel at www.higginstravel.com or 715.834.2686. For more information, contact Pastor Kurt at kurt@trinity-ec.org**

Summer in the Rockies!

It's time to make summer plans, and Pastor Kurt invites high school youth and adults to go with him to Flathead Lutheran Bible Camp near Whitefish, MT, July 15-23. We'll spend 3 days backpacking in the mountains, and whitewater rafting and two days at camp on beautiful Flathead Lake. We're riding Amtrak, and the cost is about \$700. A \$300 deposit is due now to reserve a spot. Information and registration sheets are available today at the youth bulletin board by the Church Office. **For additional information, please contact Pastor Kurt at kurt@trinity-ec.org**

Want to help the library?

Save Ministry Builders Stickers

If you make a purchase at a Family Christian Store, please ask for the Ministry Builders stickers. With 20 stickers, we can redeem \$5 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.

Circle Listings

Deborah

Thursday, February 17, 9:30 A.M. at Trinity

Hostess: Joyce Davis

Leader: Vicki Fields

Dorcas

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

Hostess: Rose Sippel

Leader: Group

Martha/Mary

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

Hostess & Leader: LaVon Rasmussen

Miriam

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

Hostess: Gloria Crossman

Leader: Group

Ruth

Wednesday, February 16, 7:00 P.M.

Hostess: Joanne Stange, 2029

Declaration Drive

Leader: Mary Hoepner

Sarah

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

Hostess & Leader: Barbara Vorhes



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. "SEW" what? Sew a quilt, and give the everlasting "warmth" and "comfort" of God's love!

New Rites of Passage

Serial Marriage and Divorce

On Valentines Day we think about love and marriage. Recent research shows that most Americans get married at some point in their life. 22% have never married. Of those who have married, 1/3 have experienced at least one divorce according to a new study of 5000 adults by The Barna Group.

Barna notes that Americans have grown comfortable with divorce as a natural part of life. "There no longer seems to be much of a stigma attached to divorce; it is now seen as an unavoidable rite of passage," the researcher indicated. "Interviews with young adults suggest that they want their initial marriage to last, but are not particularly optimistic about that possibility. There is also evidence that many young people are moving toward embracing the idea of serial marriage, in which a person gets married two or three times, seeking a different partner for each phase of their adult life."

Barna also stated that information about marriage, healthy relationships, and divorce does not seem to have as much influence on people's choices. "Government statistics and a wealth of other research data have shown that co-habitation increases the likelihood of divorce, yet cohabiting is growing in popularity. Studies showing the importance and value of preparing for marriage seem to fall on deaf ears. America has become an experimental, experience-driven culture. Rather than learn from objective information and teaching based on that information, people prefer to follow their instincts and let the chips fall where they may. Given that tendency, we can expect America to retain the highest divorce rate among all developed nations of the world."

Book Suggestions for February

ADULT FICTION

- *The Sweet By and By* by Todd Johnson. You will meet five North Carolina women who are about to change the way you think about friendship. Reviews include "heartfelt and stunning," "he made me laugh and cry," and "this is a novel not to be missed." (FIC JOH)
- *The Forgotten Garden* by Kate Morton. This is a novel that takes the reader on an unforgettable journey through generations and across continents as two women try to uncover their family's secret past. A spellbinding tale of mystery and self-discovery. (FIC MOR)



NON-FICTION

- *The Mother Load* by Mary Byers. Motherhood is an intense, round-the-clock job that does not come with scheduled breaks. But to stay healthy and happy, moms need friendships, laughter, solitude, and spiritual renewal. How can you meet these needs while juggling your family responsibilities? The author, the mother of two lively children, shares her thoughts. (248.8 BYE)

Seminary Olson Grant Fund

Trinity established the Pastor Jack and Lois Olson scholarship fund at Luther Seminary for students coming from Trinity, other congregations Pastor Olson served, or other Wisconsin students. Pastor Olson served Trinity from 1968–1989. The Fund has a value of \$20,102 and awarded an \$875 scholarship to Trinity seminarian Jamie Brieske.

Trinity's Endowment Trust Fund also has its own fund for Future Church Leaders and welcomes your estate and current gifts. Learn more about the Trust Fund at www.trinity-ec.org

Are You a Thrivent Member?

Thrivent Financial for Lutherans provides insurance, banking, and saving instruments for Lutherans. As a fraternal organization, Thrivent provides funding back to churches like Trinity through its members.

If you have qualifying Thrivent products and have yet to direct your "Thrivent Choice" dollars, please do so soon or lose those benefits that can help Trinity. You must elect Trinity or Trinity Christian Preschool Noah's Ark soon or dollars earned last year will be lost to us.

In just five months of this new program last year, Trinity received nearly \$2,000 and those funds were directed to the Quilters, Preschool, Prayer Shawl Ministry, Christmas Sharing Project, and Youth Scholarships. To direct your Choice points, access your account at thrivent.com or call Thrivent representative Matt Olson at 715.832.8112.

In The Mail

Dear Trinity Lutheran Church,

Thank you for the \$1,100.00 donation and for your support of The Community Table. For seventeen years, The Community Table has been serving hot food and hospitality to those in need. We offer daily, balanced meals on a no-questions asked basis. The Community Table was built and is supported by our community. It is a place where people come together over food, the most basic of needs, and quench their thirst for companionship, cooperation, and a sense of commonality. Each day, volunteers, staff, and guests share a table, breaking down barriers and feeding not only bodies but also spirits. Thank you for being a part of our Community. You are always welcome at our table.

Rachel Keniston, Executive Director

THANK YOU NOTES FROM CHRISTMAS SHARING RECIPIENTS

From the Yang Family

Thank you for helping our family for the holiday. Best wishes to all of you. Happy Holidays from the Yang Family

From Jim and Family

Dear Pastor Jacobson,

I hope you will share this note with your congregation and anyone who may have contributed to your church's outstanding efforts to help make so many peoples' Christmas brighter and more enjoyable. Your work is most certainly a gift from God and truly an example of wonderful people doing God's work here on earth. You bring relief to adults who worry not only about providing gifts for their children but also just providing daily needs. Your work brings joy and happiness at a time of year that children maybe deserve to experience those feelings the most. I hope you realize the importance of your work and also know how greatly your efforts are appreciated. I cannot begin to tell you all how much respect and admiration I have for people who selflessly donate their time, energy and finances to make sure that others less fortunate are taken care of. Your congregation is truly a blessing from God and you all have much to be proud of.

Thank you very much, and God Bless you this Christmas season.

From Kristen and Family

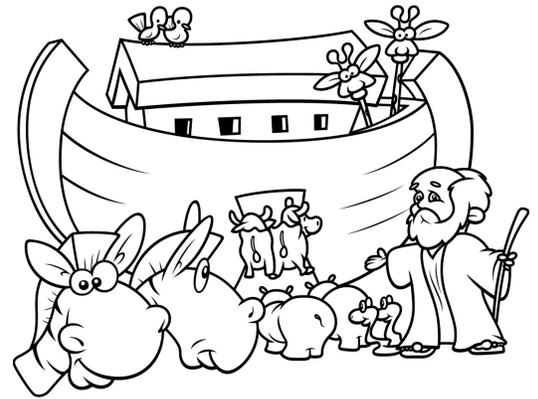
Pastor Kurt and Congregation,

I would like to say thank you from the bottom of my heart!!! I am one of the families that your church adopted and truly blessed this Christmas season. I was not able to be home for the time everything was delivered because my children were doing their church Christmas program that morning in Rice Lake. I had totally forgot about the letter stating you were coming, I so apologize. I am enclosing some photos of myself and the children to show you the smiles bestowed on their little faces!

Thank you for giving us some smiles again. All that you did was so gracious, heartfelt, and thoughtful - there are no words to express my gratitude except thank you for blessing us!

I absolutely love the beautiful quilt that was brought to us. My kids and I have been cuddling under it on the couch, and they love to see the animals and tell me which animal it is. So cute

Enjoy these photos, know that what you have done and given is truly a blessing! All of the food and daily supplies you got us was a God send—thank you, thank you, thank you!!!



The BIG news for February is registration for the 2011–2012 school year. Here are important registration dates to put on your calendar:

- Trinity Lutheran Church members: Tuesday, February 1, 8:00 A.M.
- Siblings of currently enrolled students/non Trinity members (including non-member Come & Play & Friday Friends): Thursday, February 3, 8:00 A.M.
- Opens to the public: Tuesday, February 15, 8:00 A.M.

If you have a preschooler and want more information, please call Jeanne Cooper at 715.832.6601 or e-mail noahsark@trinity-ec.org I love to tell about our great preschool and the wonderful experiences your child can have here.

February will also find us celebrating Valentine's Day and sharing love with our friends at school. We'll continue our outside play in the snow days. We climbed the big snow hill by the playground last week, and it was fun. Did you know we can slide down it, too? WOW...fun right in our backyard. Pastor Heather will also visit us again in February. We can't wait!

Noah's Ark will be closed on Monday & Tuesday, February 21 & 22, for President's Day. We'll be sure to have lots of fun when we come back!

Hugs to all of you...and LOVE from the preschoolers of Noah's Ark.

Open Gym Tuesdays

Open Gym Tuesdays will continue on in February (except on February 15, 22) 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.

Music & Movement Mondays

Move and groove to the music with both new and old songs. We will explore music with song, dance, and instruments. This is a wonderful bonding experience for you and your child. We will explore a new theme each week, and Bible stories conclude each class. Parent or caregiver must attend class with child. This day camp is for children ages 1–3 years. Session 1 meets from 9:15–10:00 A.M. and Session 2 from 10:30–11:15 A.M. on Mondays. The cost of \$103 includes cost of supplies and equipment. Fees may be paid in installments. Openings are still available. To register contact Mary Schoenknecht at 715.832.6601 or marys@trinity-ce.org

Spark Sunday School Weekend Break

Sunday school classes will not meet on February 20. Classes resume on the February 27.

Communion Instruction for 1st Graders

Communion Instruction is a sacramental class that prepares children in first grade for participation at the Lord's Supper. This is a family class, meaning parents accompany their child so the faith conversation can continue at home. We meet on Saturday, March 5, from 9:00–11:00 A.M. Information and forms will be sent to the First Grade parents in mid February. Additional forms are available in the Children's Ministries office. For more information contact Mary Schoenknecht at 715.832.6601 or marys@trinity-ce.org

Safety Guidelines

Trinity's Children's Ministries Committee and Child Safety Committee members would like to remind parents there is no one supervising young children in the rest rooms or other parts of the building during the worship services. We would advise parents to accompany their young children and not send them on their own. During Sunday school sessions, children are supervised by their teachers.

On Wednesday Evenings we also advise parents to come into the building to pick up their children following choir rehearsals and Camp T.G.I.F. classes. Young children are not released unless a parent or designated person is present.



Summer Day Camps!

Before we know it, summer will be here. It's time to mark your calendar for Summer 2011 Day Camps. The registration booklet will be available in mid March. Registration will begin on Sunday, April 3, at 8:00 A.M. in the lobby/library area.

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

2011 Vacation Bible School

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.

Dates & Details

Wednesday, February 2

- CrossWord practice in the Worship Center at 5:30 P.M.
- Club 78 & parents in the Trinity Room from 7:15–8:30 P.M.
- Club 9 & parents in the Trinity Room from 7:15–8:30 P.M.

Sunday, February 6

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

Wednesday, February 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, February 13

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

Wednesday, February 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, February 20

- No Teen Study

Wednesday, February 23

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

Sunday, February 27

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



Souper Bowl of Caring

On Sunday, February 6, youth will lead the "Souper Bowl of Caring," a nationwide hunger effort. Youth, sporting their desired team apparel, will invite each person present in worship to help reach our goal of \$1,000 in support of the Eau Claire community as we recognize how our small offerings come together to accomplish great things! All contributions will be donated to Trinity's Food Pantry.

2012 ELCA

Youth Gathering

July 18-22, 2012 in New Orleans, LA

Youth Ministry Team members will host informational meetings on Wednesday, February 9, after the 6:30 P.M. worship service and on Sunday, February 13, after the 9:45 A.M. worship service about the ELCA Youth Gathering, July 18–22, 2012 in New Orleans, LA. In 2009, ELCA youth went to New Orleans as guests. We return in 2012 as friends, citizens with the saints. The 2012 Youth Gathering's mission is to accompany young people in their faith journey to understand their vocation and articulate their faith in Jesus Christ. Through this mission, participants will Practice Discipleship, Practice Peacemaking, and Practice Justice. Come and learn how to be a part of this powerful experience. All students who have completed grades 9–12 in 2012 are eligible to attend. Let's see if we can fill a bus!

High School Ski Trip

High School students are headed to Christie Mountain for an overnight ski trip! We will be staying at the Brandenburg's family cabin on Friday, February 11, and skiing all day on Saturday, February 12. Bundle up those blankets, throw on those ski hats, and get ready for a good time! Information and sign up sheet are available at the tool bench.

Dove Healthcare Visit

Meet Anne Risen at Dove Healthcare Center on Truax Blvd. on Sunday, February 27, at 12:15 P.M. Everyone will gather in the Dove entrance and then proceed to the game room as a group. After a fun filled game of Bingo or Plinko, students will enjoy cookies and refreshments with the Dove Residents.



Staff Wellness Interviews

In the spotlight...Pastor Jim!

I recently received a letter from the Board of Pensions ELCA Wellness Manager, Tammy Devine. She shared the message the wellness team is putting before ELCA health plan members in this New Year as they support their members in their efforts to live well. The message is simple. How might you address these three points in your own life?

- We're called to **Steward** all gifts from God.
- We're conscious of the **Choices** we make daily.
- We strive to live well for the sake of the **World**.



This month, Pastor Jim met with me to share some of his efforts to live well.

Physical: Pastor Jim is an early riser. After learning in grad school that five hours of sleep per night wasn't enough for him, he gets to bed in order to get 6-7 hours of sleep per night. He finds morning exercise works the best in his schedule, so with a 5:00 A.M. wake-up call, he can complete 30-40 minutes on the elliptical followed by 30-40 minutes of a free weight routine covering arms, core, and legs. It will come as no surprise that Pastor Jim is a healthy eater, and the family rarely eats out. Reading, journaling, and time with the family provide relaxation. The Page family is deliberate in creating a "Sabbath" day and chooses Friday, Jim's day off, to do no office work or work at home. Pastor Jim's challenge is to be constantly proactive with his physical goals, keeping his priorities in mind to avoid falling off track.

Emotional: Pastor Jim counts on his immediate and extended family for emotional support and balance. Connections with friends in town and in the twin cities provide social outlets, as well as connections with other parents through children's activities. Exercise provides a great deal of stress management, as well as conversations with Michelle over white chocolate mochas. As a "mini-break," the family may hop in the car on a Friday and drive to Menomonie for a treat at Caribou Coffee. Ben asks, "Are we going to Boo?"

Intellectual: Every day presents new learning opportunities to Pastor Jim. He has a New Year's challenge to read two books per month, one "fun" and one educational, and has begun this challenge with the *Harry Potter* series and *Team of Rivals*, focusing on President Lincoln and his administration. He rarely watches television and loves to journal. As a member of the Sacred Heart Advisory Board, Jim networks with other community leaders and also enjoys all the connections made through meeting Trinity members. An ongoing challenge is being willing to learn and confidence to share wisdom.

Spiritual: Pastor Jim has a devotional morning routine of reading one Psalm, one chapter from a letter from Paul, and the "Christ in our Home" or "Word in Season" devotional. At times it is a challenge to maintain spiritual disciplines amidst the tasks of every day as an individual and with a family. Prayer occurs in the morning, before meals, and with the children each evening. Pastor Jim thoroughly enjoys worship and feels, with the well planned and excellent quality of our worship services, he is able to worship even when acting as worship leader. Quiet time is enjoyed while walking Gus, their dog, and Jim especially enjoys quiet walks in the evening.

Thanks Pastor Jim for sharing! Trinity is blessed with healthy leaders. Join us in the Four week "**GO Challenge!**" We focus on deliberately Living Well. Peace, Marti Hofer

Received December 2010 Memorials & Gifts

Children's Bible Fund

- † In memory of Patricia Fawcett: Jim & Mary Karker
- † In memory of Mabel Quinlan: Bob & Mary Schoenknecht

Food Pantry

- † In honor of Roger & Gail Brian: Dan & Heather Foster
- † In honor of Christmas: Pine Meadow Neighborhood Bunco Club
- † In honor of Patricia Ness: John Venum & Sherry Ness-Venum
- † In memory of Laurence Cook: Hazel Cook

Organ Fund

- † In memory of Franklin "Redd" Ayres: Ann Ayres

Quilters

- † In memory of Mabel Quinlan: Avis Grambo

Memorial Fund

- † In memory of Mabel Quinlan: Vila Nygaard
- † In memory of Margaret Stokes & Morris Stokes Jr.: Morris Stokes Sr.

Christmas Sharing Project

- † In memory of Patricia Fawcett: Ron & Marilyn Thompson

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

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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 March newsletter is February 22.