



Evangelical Lutheran Church in America
1314 E Lexington Blvd • Eau Claire WI 54701-6434
2022, July Newsletter—Vol. LXVIII No. 7



10k Challenge for Ukraine

The Trinity Council challenged our congregation to raise \$10,000 for Lutheran World Relief in May. As of June 20, we have raised \$14,113. The Book Sale raised an additional \$433 to support Ukrainian refugees. Thank you!

Healing Service

We believe the Church has a primary role in advancing the healing of life and the fostering of wholeness as a gift of God in Christ. Through a comprehensive approach to pastoral and health ministries, we believe healing is important individually and corporately. From its earliest days, the Church has engaged in ministries that provide healing of body, mind, and spirit. Sunday, July 31, will offer the blessing for healing at the 8:15 A.M. worship service. This is a special time to receive a healing prayer and anointing.

Global Missions Update—Mission Jamaica July 29–August 7

The Global Mission Board has solidified plans for a visit with our Jamaican ministry partners. Pastors Kirk and Natasha Campbell, along with their teenage son Jacquem, will stay in a host home during their time with us and engage in many aspects of our ministry and community. Watch for details regarding times you can participate during their stay.

Summer Worship Schedule

Each Sunday this summer you are welcome to participate in a traditional worship service at **8:15 A.M.** in the Worship Center or gather with five ELCA churches in Eau Claire who will lead Praise in the Park at Phoenix Park at **10:00 A.M.** If there is unfavorable weather forecasted, Praise in the Park will move across the river to the Brewing Projekt.

Online Giving Makes a Difference

It's SUMMER! We know that these warmer months take many of you far and wide on weekends. While you might be away, Trinity's ministry and mission continue! If you are not already doing so, we invite you to consider online giving. Thank you for considering supporting Trinity's ongoing mission this summer and this year!



Intergenerational Vacation Bible School Journey Together

All Ages · July 18–21 · 6:00 P.M.–7:30 P.M. ·
Optional Picnic Dinner · 5:00 P.M.–6:00 P.M.

All ages are invited to Trinity's newest holy experiment: Intergenerational Vacation Bible School! We'll gather, learn, play, and enjoy fellowship together. Activities are designed for participation by children, youth, and adults of all ages so that everyone is welcome on the journey. Adults are welcome to attend with or without a child, but all children must be accompanied by an adult at VBS.

Register online at trinity-ec.org/register. There is a suggested donation of \$5–10 per person to help cover the cost of food and supplies. Nursery care will be provided for ages 2 and under.

Church Pool Party

Eau Claire's ELCA churches are taking over Fairfax Pool on Wednesday, August 3, from 7:00 P.M.–8:45 P.M.! The pool will be open after regular hours just for these church groups, so you'll have lots of room to swim laps or splash around with friends. Come to Fairfax Pool (4200 Fairfax St.) to see your friends from Trinity, Immanuel, St. John's, Grace, Good Shepherd, Spirit, Hope, and University Lutheran. There is no charge for this event.



Morning Exercise Group

You are invited to join a general wellness exercise class (**air conditioned**) that meets on Monday, Wednesday, and Friday mornings at 9:00 A.M. in the Trinity Lobby. Participants should bring a mat or thick towel to lie on, light weights or cans with the food still in them that fit your hand, and a bottle of water plus wear comfortable, stretchy clothing. We will have a great time as we work out, make new friends, and improve our bodies! For more information, contact the church office at 715.832.6601.



Memorials & Gifts

LWR-Ukraine Relief

- In memory of Carol Bartingale: Rick & Helen Mateski, Deborah Circle

Food Pantry

- In memory of Douglas Schaefer: Darryl & Deb Schaefer
- In memory of Ruth Wolfram: Family & Friends
- In memory of Joseph Partlow: Bob & Mary Schoenknecht

Memorial

- In memory of Carol Bartingale: Willard & Carol Korn, Ken & Gloria Anderson, Rose Sippel, Warren Wangen & Karen Metzgar, Jim & Marilyn Bollinger

Endowment Trust Fund

- In memory of Carol Bartingale: Suzanne Kristo, Lori Juneau, Norb & Helen Wurtzel

Altar Guild

- In memory of Ruth Wolfram: Family & Friends

Library

- In memory of Ruth Wolfram: Family & Friends

Organ

- In memory of Carol Bartingale: Anne & Jim Walker

Youth Ministry

- In memory of Carol Bartingale: Bill & Lynn Gautsche

Quilters

- In memory of Ruth Wolfram: Bob & Mary Schoenknecht

Health Ministry

- In memory of Karen Valley: Bob & Mary Schoenknecht

Senior Activities

- **Mahjong Group:** The Mahjong Group is back playing every Wednesday at 1:00 P.M. in the church lobby. They are looking for more players, so if you play or if you would like to learn (you can watch and they will teach you), please contact Sue Nyberg at 715.379.5568. She will answer whatever questions you have.
- **Friendship Group:** The Friendship Group met on Wednesday, June 8. Pastor Patrick visited the group for an informative conversation. Afterwards, birthday cards were made for the Food Pantry guests' children. A gift card from McDonald's or Dairy Queen will go with the birthday cards.

The next get together will be on Wednesday, July 13, for a social gathering at Grizzlies for lunch at 11:30 A.M. Grizzlies is located next to the Oakwood Mall to the east. Grizzlies does wood fired grilling and has been voted "Best Chicken in Eau Claire" for several years. Prices range from \$12-\$25. Everyone is invited...couples and singles. Sign-up at Clipboard Central or contact Vicki Dueringer at vickid@trinity-ec.org

Planning for additional "events" for the Friendship Group is underway. Please bring ideas of what YOU would like to do...speakers, social outing, local tours, etc.

- **Multi-generational VBS** • How many of you remember how much fun you or your kids/grandkids had at VBS? Have you ever wished there was a VBS for adults? Well, this summer VBS will be multi-generational. See article on page 1.



Circle Meetings

Miriam • Wednesday, July 20, 9:30 A.M.
Trinity



CARE & CONCERN

Caregiver Ministry

- The Caregiver Ministry continues to move forward. CareNotes™ with words of encouragement are here. We should have caregiver boxes ready for distribution by the end of the July.
- There will be a presentation this fall by Allison Breining, creator of *The Negative Space*, that will be available for all to attend.
- Message for Caregivers: Find people with whom you can talk. Seek opportunities to gather around others who understand and appreciate what you are doing and who understand that ALL of your feelings are legitimate. Sharing with others not only helps you manage your stress, but it also may help you discover resources in your community, which can lessen your sense of isolation.
- Prayer for Caregivers: Gracious God, today we pray for the caregivers in our Trinity family who sometimes feel isolated and forgotten, overwhelmed and anxious. Bless them, encourage them, strengthen them, and give them peace in the midst of their burdens and pressure. Keep them close to Your heart and enable us to give care to them when they need it most and expect it the least. In Jesus name we pray, Amen.

June was National Alzheimer's and Brain Awareness Month

These tips come from Azura Living and the Alzheimer's Association. Five ways to love your brain:

1. Walk and exercise: Engage in regular exercise that elevates your heart rate and increases blood flow to your brain and body. Several studies have found an association between physical activity and lesser risk of a cognitive decline.
2. Fuel your body: Eat a healthy and balanced diet that is lower in fat and higher in leafy greens, fruit, and vegetables. Although research on diet and cognitive function is limited, certain diets, such as the Mediterranean diet, may contribute to risk reduction.
3. Sleep: Not getting enough sleep may result in problems with memory and thinking. Try to shoot for 6–8 hours of sleep a night to feel well rested and ready to take on the day!
4. Mental health matters: Some studies link a history of depression with increased risk of cognitive decline. Manage your stress and other factors in your life that can be hurting your mental health.
5. Challenge yourself: Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short- and long-term benefits for your brain.



Friends of Flynn

Trinity has a wonderful partnership with Flynn Elementary School to help address the needs of children. Just recently Trinity provided Flynn children with cookies for their reading program and sweatpants to have on hand for children that needed them. Trinity also provided bagel snacks for staff appreciation. Additionally, the Trinity Endowment Trust Fund granted enough money for over 30 pairs of athletic shoes to keep at school for children to borrow, if needed, for Physical Education.

This year Flynn Elementary has requested only markers and Kleenex be donated for school supplies. Starting July 15, the supplies can be dropped off at Trinity (Sundays in the lobby and at door #1 during the week.)

When the school year starts, Flynn will be looking for volunteers to help supervise a new Recycling project at lunchtime at school. Be looking for more information! This partnership is so valuable! Thank you for supporting it!

Thank you!

Dear Trinity Congregation,

We are grateful for the kindness, generosity, and support you have shown our staff and students this year.

The Staff of Flynn Elementary School

Notice to all Gardeners

Do you ever find yourself with an excess of vegetables from your garden? Your freezer is full, you have run out of canning jars, and your neighbors lock their door when they see you coming with a box of greens? Instead of tossing these fresh usable vegetables into the compost pile, please consider bringing them to Trinity's Food Pantry for distribution to those that are in need of fresh healthy food choices. Drop off your produce at Door 5 on Monday, Tuesday, or Thursday mornings throughout the growing season. Our guests thank you!

Prayer Ministry

You may make prayer requests for the Prayer Link by calling Vicki Fields at 715.579.8860, Gordon Larson at 715.832.5447, Pam Craker at 715.271.5569, or Melanie Hopp at 715.533.0894.



CHILDREN, YOUTH, AND FAMILY

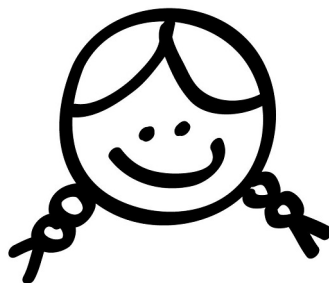
Greetings from Noah's Ark Preschool and the ECE Program!

It is summer, and my hope for children...and adults...is for everyone to be spending their time playing in God's beautiful summer world! We know that unstructured play is important for children's brain development. Likewise, spending time in the natural world which God created for us rejuvenates all of our bodies, minds, and souls. Enjoy these great summer days and play outdoors!

We continue to enroll children in our Fall, 2022 Early Childhood Enrichment classes for children ages 18 months–3 years, as well as our Noah's Ark Preschool classes for children ages 3–5 years. If you have or know someone with young children, consider checking out what we have to offer through these awesome programs at Trinity!

In Peace,

Marlee Knickerbocker



Early Childhood Enrichment and Noah's Ark Preschool

Registration continues for our fall programming.

- Music and Movement, a parent/child class for children whose birthdates fall between 9.1.2019 and 3.1.2021.
- Come and Play, a drop off class for children whose birthdates fall between 9.1.2019 and 5.31.2020
- Noah's Ark Preschool, Tuesday/Thursday mornings, for children age 3 by 9.1.2022
- Noah's Ark Preschool, Monday–Thursday afternoons, a multi-age class for children 3–5 years old by 9.1.2022
- Noah's Ark Preschool, Monday/Wednesday afternoons, for children 4 years old by 9.1.2022. This class has an emphasis on science, early literacy, and creative arts.

For more information, contact Marlee Knickerbocker at 715.832.6601 ext 205 or marlee@trinity-ec.org.

Playground Playtime

Bring your kids and your coffee to Trinity's playground on Thursday mornings this summer, June 16–August 11, from 10:00 A.M.–11:00 A.M. for our Playground Playtime! This unstructured hour is a great time to catch up with a friend while the kids play on Trinity's backyard playground. Trinity staff will provide a different activity each week (painting supplies, water play, etc.) and the library committee will join us near the end of the hour to offer a story time in the shade. No registration is needed.

Wacky Wednesdays

Wednesdays are wacky at Trinity in July! Drop the kids off for fun and games in Trinity's backyard! Register online at trinity-ec.org/register. Kids are encouraged to bring a friend!

- Ages 3½ –5 (must be 4 by 9.1.2022), 10:00 A.M.–11:00 A.M., July 13
- Kindergarten–Grade 2, 6:30 P.M.–7:30 P.M., July 13
- Grades 3–5, 6:30 P.M.–7:30 A.M., July 6 and 27

Children's Bible Fund

Each fall, Trinity blesses dozens of children with new Bibles as a fulfillment of the promise that is made in baptism to "place in their hands the holy scriptures." As a way of supporting all the children of Trinity, please consider donating to the Children's Bible Fund. Donate online or by check with the memo: Children's Bible Fund. Thank you!

Summer Stretch 2022

Trinity youth gathered two days in June to serve and have a lot of fun together. We are a small but mighty group of eight youth. On June 15, we assisted and played with the 3½–5 year olds who attended Wacky Wednesday. We also worked with Gary Rambo and members of the Caring for Creation Team in Trinity Woods, the woods at the back of the parking lot. We concluded our time together by enjoying Dilly Bars from Dairy Queen. On June 16, we began our morning at an Escape Room to see if we could use our brains to discover clues that would help us escape our room. Don't worry...we escaped! We then headed to the Dollar Store to do some shopping for Trinity's Food Pantry. We secured an Action Team grant of \$250 from Thrivent Financial, and we used the money to purchase items to create summer fun packs to give out to Food Pantry guests. When we returned to Trinity, we assembled the summer fun packs and then volunteered at Trinity's Food Pantry with Sue Marczinke to give out food and summer fun packs. We had a great couple days in June together and look forward to our time together in July.



Power of Positive Childhood Experiences

Researchers are beginning to understand how we are shaped by both the negative and positive experiences we have in childhood. Recent studies show that positive experiences during childhood build the foundation for someone's ability to cope and thrive throughout life. There is no single list of positive experiences, but people with more of these experiences in childhood grow up to have better mental and physical health and greater ability to get through tough times. Examples of positive experiences include:

- Enjoying school
- One good friend
- Good neighbors
- One caring teacher
- A positive self-concept
- Predictable home routine
- Opportunities to have fun
- At least one safe caregiver
- Non-parent/caregiver adult who can offer support
- Comforting beliefs (e.g., religion or connected to nature)

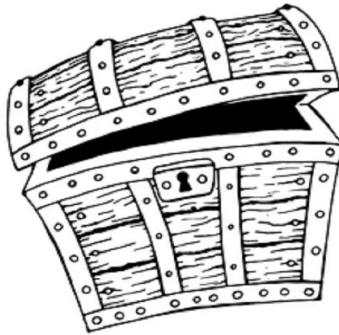
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OUR LIBRARY

Check out what is on the shelves in the library! We are sure you will find a treasure!

Non-Fiction

- *No Time Like the Future* by Michael J. Fox. This memoir by actor and advocate Michael J. Fox is a moving account of resilience, hope, fear and mortality, and how these things resonate in our lives. (920FOX)
- *The Book of Hope* by Jane Goodall and Douglas Abrams. While discussing the experiences that shaped her discoveries and beliefs, Jane tells the story of how she became a messenger of hope, from living through World War II to her years in Gombe to realizing she had to leave the forest to travel the world in her role as an advocate for environmental justice. (361GOO)
- *Moonshot* by Dr. Albert Bourla. A riveting, fast-paced, inside look at one of the most incredible private sector achievements in history, *Moonshot* recounts the intensive nine months in 2020 when the scientists at Pfizer, under the visionary leadership of Dr. Albert Bourla, made the impossible possible—creating, testing, and manufacturing a safe and effective Covid-19 vaccine that previously would have taken years to develop. (615BOU)
- *Forever Boy: A Mother's Memoir of Autism and Finding Joy* by Kate Swenson. With her popular blog, Finding Cooper's Voice, Kate Swenson has provided hope and comfort for hundreds of thousands of parents of children with autism. Now, Kate shares her inspiring story in this powerful memoir about motherhood and unconditional love. (B SWE)



- *Don't Let Them Disappear* by Chelsea Clinton. In this book, Chelsea Clinton introduces young readers to a selection of endangered animals, sharing what makes them special and also what threatens them. She provides helpful tips on what we all can do to help prevent these animals from disappearing from our world entirely. (++591.51 CLI)
- *Bugs* by Alli Brydon. This delightful little nature guide for young children is all about discovering the many insects, spiders, and other creatures that creep, crawl, and fly around your neighborhood and beyond. Young explorers learn where, when, and how to safely and kindly find them with this guide. (++595.7 BRY)

Trinity Book Club Resumes this Fall

The Trinity Book Club will return this fall with another great lineup of books. The upcoming book list for 2022–2023 is available online at www.trinity-ec.org under "Faith & Fellowship; Family and Adults," or you can pick up a brochure at church. The first meeting this fall will be Tuesday, September 20, at 6:30 P.M. in the Trinity lobby. We will discuss *Godspeed* with the author Nickolas Butler. We hope to see you there! For more information, email Cindy Beck at cindy@trinity-ec.org

Book Recommendation

—from Sally Haugan, Trinity Member

Black Cake by Charmaine Wilkerson

Black cake is a tradition for many families living near the Caribbean Sea—especially for wedding celebrations. Covey and Bunny are intelligent girls who love swimming and riding huge waves. When Covey was a teen, she was raped and forced into a dangerous marriage. The new husband was murdered before the wedding reception was over and Covey was nowhere to be found. Her wedding dress was on the beach, partly in the water. But that is only part of the story...will the mystery be solved? *Black Cake* can be found in Trinity's Library—check it out!

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

A Reconciling in Christ Congregation of the Evangelical Lutheran Church in America

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World Missions

Jabneh Christian Academy, Grange Hill, Jamaica
Blantyre Lutheran Parish, Malawi, Africa
Jacqueline & Patrick Bencke, Japan

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- Please submit all articles for the Tidings **electronically** in MS Word, Corel WP format, or in the body of an email. Submit to: cindy@trinity-ec.org
 - All submissions must be your own work. Any copyrighted material (code, images, or otherwise) must include written permission from the original source.
 - Deadline for the August Newsletter is July 18.