



Evangelical Lutheran Church in America
1314 E Lexington Blvd • Eau Claire WI 54701-6434
2022, November Newsletter—Vol. LXVIII No. 11

COME & WORSHIP

All Saints Sunday

The services November 6 will give honor to God for the faithful people who have gone before us. In generous love, God has provided us with the saints and in worship we'll include a visual remembrance of our family and friends who have died in the past year. All Saints is a wonderful festival to recall the people who have died in faith and passed along to us a legacy to continue into the future.

Thanksgiving Eve Worship

Come and worship at 6:00 P.M. on Wednesday, November 23. This festive worship includes the Trinity Brass and all choirs. The Lord's Supper is offered, and many children will make their first communion.

Christmas Worship Schedule

Join us on Christmas Eve for worship: 11:00 A.M. with Children's Choirs, 4:00 P.M. with the Praise Band, and 10:00 P.M. with the Trinity Orchestra, Choir, and Tollers.

Lessons & Carols will be celebrated on Sunday, December 25, with one worship service at 9:45 A.M.

Wednesday Worship

Join in worship each Wednesday at 6:00 P.M. whenever you've missed Sunday. The message is the same, but the spirit and music have a youthful flavor thanks to the leadership of Crossword and youth leaders. This worship offers the communion each week.

Advent Series

The Wise Women: Nothing Will be Impossible with God

During Advent, we hear Gabriel's startling announcement to Mary and her resounding song of praise. Mary's Song, known as the Magnificat, echoes through the ages, reminding us of the greatness, justice, and promises of God. Join Trinity this Advent season as we gather for worship, education, and small groups with the eager expectation that God's preferred future is about to be born.

- Week One: Nothing Will be Impossible with God
- Week Two: My Soul Magnifies the Lord
- Week Three: According to the Promise
- Week Four: Trinity Choir Cantata "Bethlehem's Child"

Cantata Invite

A warm invitation for singers for the 2022 Christmas Cantata "Bethlehem's Child" by Victor Johnson and Lloyd Larson, performed by the Trinity Choir. Please walk into the rehearsal in the choir room and pick up a cantata book. Singers are needed in all sections **Choir rehearsals begin at 6:45 P.M.** for our Sunday anthems and we will begin the **cantata portion at or before 7:10 P.M.** Please join us and bring a friend!

Rehearsal schedule

- Wednesdays, November 2, 9, 16, 30 6:45 P.M.
- Wednesdays, December 7, 14 6:45 P.M.
- Saturday, December 16, 9:00 A.M.

Cantata Performances Sunday, December 18

- Warm up 7:30 A.M.
- Worship/Cantata performance 8:15 A.M.
- Worship/Cantata performance 9:45 A.M.



ADVENT

Ornament Making Workshop

Come to Trinity's lobby on the first Sunday of Advent, November 27 between 9:00 A.M.–11:00 A.M. We'll provide a variety of material to create and decorate ornaments that we'll use to trim the trees that help us celebrate the Christmas season.

Advent Reflections

You are invited to join Mary Beth Patterson and Vicki Dueringer for the Third Annual Advent Reflections group. We will meet in-person at church on Saturday mornings, December 3, 10, and 17 at 9:30 A.M. This year's topic is "Three Wise Women" (Mary, Elizabeth, and Anna). *Room TBA*

Angel Breakfast

Preschool and kindergarten age children and one adult guest per child are invited to the Angel Breakfast on Saturday, December 3 from 8:30 A.M.–10:00 A.M. Children and adults will participate in activities, enjoy a fancy breakfast together, and hear the Christmas Story told by a REAL ANGEL! Join us for this special morning.

Christmas Family Film Festival

Families are invited to Trinity on Sunday, December 4, from 3:00 P.M.–4:30 P.M. for a Holy Moly film festival all about the Christmas story. These videos (used in our K-4 faith formation classes) provide a fun, easy, and thought-provoking way to get to know characters from the Bible stories and discover how God was active in their lives. We'll watch some videos, make connections, eat a delicious snack, and have some fun as we learn about the story of Jesus' birth.

Nativity in Action

Sometimes simpler is better during the busy month of December. You are invited to Nativity in Action on December 11 from 3:00 P.M.–4:30 P.M. In this event for ALL AGES, we'll tell the story of Jesus' birth using simple costumes and well-known music. After we tell the story together, we'll celebrate with coffee, hot cocoa, and Christmas cookies! Nativity in Action is a way to playfully explore the Christmas story and enjoy time together during this busy time of year.



Advent Tea

Ladies of Trinity be sure to save the date for Trinity's Sixth Annual Advent Tea Tuesday, December 6. This holiday event will be in the Trinity Room from 2:00 P.M.–4:00 P.M. Good food, great fellowship, a sing-a-long, and performances by the Memorial High School Madrigals, author Jenelle Schmidt as well as a Noah's Ark Preschool performance. There is no cost for this event. We will again be looking for people that are willing to make some fancy tea sandwiches and holiday cookies to share (no dishes this year). You can sign-up online or in the lobby beginning on Sunday, November 6. The deadline to sign-up is November 30. Please call Sheila Running (715.832.9686) or Ann Nelson (715.836.9495) with questions.

Christmas Sharing Project

Trinity is excited to provide clothing, gifts, and other household items to families in the Chippewa Valley this Christmas. This year we will be partnering with several Eau Claire elementary schools, as well as the Neighbor to Neighbor Ministry, to identify families in need of special attention.

Gift tags with specific family information will be available online and in the lobby in mid-November. You will have the opportunity to select items, purchase and wrap the listed items, and return the items to Trinity. For more information, contact Heather Day at 715.832.6601 or heatherd@trinity-ec.org

Faith Lights & Poinsettias

This Christmas, you are invited to honor and memorialize relatives and special friends by contributing to the Endowment Trust Faith Lights and/or the display of large poinsettias. The Faith Lights and poinsettias will adorn Trinity this season. Faith Light orders and poinsettia orders will be received through December 11. Please include your payment with the completed form and place in the offering plate or bring to the church office. Forms are available for both in the church office and lobby. All gifts will be acknowledged in the January Newsletter.



Christmas Wreath Sales

We are taking orders for Christmas Wreaths and Door Swags from Baroka's Wreaths from November 1–15. Orders and payment will need to be completed online at www.trinity-ec.org. Wreaths and swags will be available for pickup at Trinity on Wednesday, December 1, from 5:00 P.M.–6:00 P.M. and Sunday, December 5, from 9:00 A.M.– 10:30 A.M. This fundraiser raises money for the youth accounts and the youth scholarship fund which assists youth attend ELCA and Trinity sponsored events.



Global Mission Update Kumamoto, Japan Jackie and Patrick Bencke, Missionaries

During our worship services on September 11, we enjoyed meeting and hearing from Jackie and Patrick Bencke's mission work at Kyushu Lutheran College. The following is a thank you note from them.

Dear Friends at Trinity,

We just wanted to thank you again for inviting us to worship with you. It was great to be together again after so many years, and an inspiration to witness your vibrant community of faith. We pray that your ministries continue to be blessed by the Lord.

Until next time, Jackie and Patrick Bencke

We ask you to keep Jackie and Patrick and their daughters, Emilie and Hannah in your prayers.

November Circle Meetings

- Mary/Martha Circle • November 1, 9:30 A.M. Trinity
- Deborah • Tuesday, November 15, 9:30 A.M. Oakwood Hills Apartments
- Miriam • Wednesday, November 17, 9:30 A.M. Trinity
- Ruth • Tuesday, November 15, 1:30 P.M. Trinity

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 November 8 and 22.

Are You a Snow Bird?

If you're moving or heading south for the winter, Trinity can change your address. Let us know when you're leaving and how long you'll be away, and we'll be sure to get Trinity mail to you in a timely fashion. Whenever you change address, please let Trinity know! Please contact Amber Moltzau at amber@trinity-ec.org or by phone at 715.832.6601 ext 203.

Turn the Your Clocks Back!

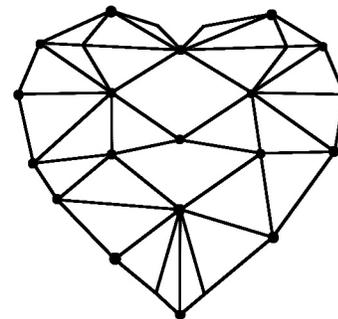
Daylight Saving Time is coming to an end Sunday, November 6! Don't forget to turn your clocks back one hour Saturday, November 5 before you go to bed. Days continue to get shorter until Wednesday, December 21.

Stewardship 2022 Living Out God's Love

In Matthew 22:37, 39 we read, "*You shall love the Lord your God with all your heart and with all your soul and with all your mind ... You shall love your neighbor as yourself.*"

Stewardship is a matter of the heart. Our stewardship practices are a response to the boundless love God first showed us. It shows that we are grateful for all that God has generously entrusted to us. As a faithful stewards and children of God, we understand that the decisions we make, in all aspects of our lives, reveal our priorities. It is a privilege to share our time, talents and finances, to care for God's earth and to serve our neighbors. We are blessed by Living Out God's Love.

During the month of November we will begin our annual stewardship drive and begin to plan the ways Trinity will be able live out our mission to "Serve in Christ's Love and Share the Good News." We ask that you complete your pledge card by Thanksgiving Eve to continue to support our mission. Together, we are able to live out God's Great Love in this world. Thank you for making this possible!



Thank You for Your Offerings

Thank you for your charitable giving to the mission of Trinity in 2022. Your giving has supported Trinity's mission and ministries. Please respond to the blessings of God in your life, and give to God as God has given to you. Remember you can give online at trinity-ec.org or that anyone with an iPhone or Android based mobile device can use their camera to scan the QR Code and instantly connect to Trinity's donation form. Thank you for your support of the mission of Trinity.



Received in September Memorials & Gifts

Food Pantry

- **In memory of Phyllis Burrows:** Chuck & Sue Nyberg, Thomas & Margaret Klein, Donald & Joan Brovick, JoAnn Forster, Sandra Jacobson, Ken & Gloria Anderson, David & Sonia Becker, Jim & Marilyn Bollinger, Lori Juneau, Barbara Lee, Friends & Family, Jo Stolp, Carla Brandrup, Barbara McDermid, Jim & Michelle Page, Dean & Deborah Brovik, Carroll & Sandy Vowels
- **In memory of Ralph Miller:** Louise Koxlien
- **In memory of June Harrison:** Ed & Mary Elworthy
- **In memory of D. Powell:** David & Jeanette Suchla

Endowment Trust

- **In memory of Phyllis Burrows:** Susan Schaefer, Robert & Janet Johnson, Beverly Hill, Ron & Yvonne Nixdorf, Family & Friends, Eric & Donna Gilbertson, Barb Tischer,
- **In memory of Norma Marking:** Barb Tischer
- **In memory of Jane Cote:** Barb Tischer

Prayer Shawls

- **In memory of Phyllis Burrows:** Marjorie Oleson

Library

- **In memory of Ralph Miller:** Jerry & Joanne Dow
- **In memory of Phyllis Burrows:** Mary Dixon

Memorial

- **In memory of Ralph Miller:** Lori Thompson, Eau Claire Electric, William & Cynthia Cole, Neil & Marion McCune, David & Carol Pulkrabek, Lavonne Loga, Bob & Judy Pielhop, LuAnn Miller

Health Ministry

- **In memory of Patricia Fischer:** Jo & Tim Luttrell, Steve & Ann Nelson

Children's Bibles

- **In honor of Owen & Easton Wehling:** David & Mary Larson



LIBRARY

Book Recommendation

—from Bob Schoenknecht

The Many Daughters of Afong Moy By Jamie Ford

The *Many Daughters of Afong Moy* is one of the more unique novels I have read in a while. It is part historical fiction, part modern-day, and part science fiction.

In 1834, the real-life Afong Moy was the first known Chinese woman to immigrate to America. She spent approximately 17 years traveling across the United States performing under the name the "Chinese Lady." Patrons were curious about her bound feet, clothing, the songs she sang, and her unique make-up. Author Jamie Ford uses Afong as inspiration for this novel about transgenerational epigenetic inheritance. Afong's female descendants have inherited the trauma that Afong endured, and each "daughter" has added some of their own traumas to the next generation.

The primary character is Dorothy Moy, who lives in Seattle, Washington in 2045. Dorothy's ongoing bouts of depression have caused her to lose her teaching position as well as the title of Washington's poet laureate. When she notices her daughter, Annabelle, exhibiting some of the same behaviors Dorothy did as a child, she undergoes a new radical treatment to help her deal with her inherited trauma. In so doing, Dorothy is able to interact with Faye Moy, a nurse in China serving with the Flying Tigers in 1942; her own mother, Greta Moy, a tech executive who created a dating app in 2014; Zoe Moy, a student who is enamored by one of her teachers in 1927 England; Lai King Moy, a girl who barely escapes San Francisco during a plague in 1892; and Afong Moy, the Chinese Lady who started it all. Dorothy realizes that each woman has a great love that is somehow denied, and they all struggle with acceptance in a foreign land. In dealing with these past events Dorothy hopes to find the peace that has evaded the Moy women for generations.

Jamie Ford describes this novel as his big box of crayons. He said, "I wanted to use all of my colors to draw a story... and create a word picture with as much wonder as possible." As in his previous novels, I was drawn in right from the beginning by Ford's masterful storytelling and I wholeheartedly recommend you check it out.



Book Club

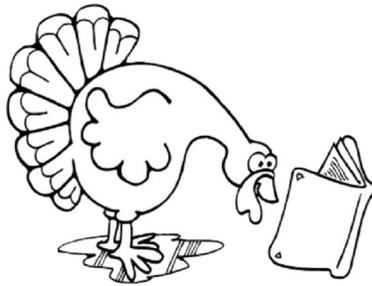
On Tuesday, November 15, at 6:30 P.M. in the lobby, the group will discuss *The Fountains of Silence* by Ruta Sepetys. Under the fascist dictatorship of General Francisco Franco, Spain is hiding a dark secret. Among them is eighteen-year-old Daniel Matheson, the son of a Texas oil tycoon, who arrives in Madrid with his parents hoping to connect with the country of his mother's birth through the lens of his camera. Photography-and fate-introduce him to Ana, whose family's interweaving obstacles reveal the lingering grasp of the Spanish Civil War-as well as chilling definitions of fortune and fear. Daniel's photographs leave him with uncomfortable questions amidst shadows of danger. He is backed into a corner of decisions to protect those he loves. Lives and hearts collide, revealing an incredibly dark side to the sunny Spanish city. Sign up at Clipboard Central or email Cindy Beck at cindy@trinity-ec.org if you plan to attend.

In the Library

Have a feast with our bountiful books! Stop by Trinity's Library and check some out.

Fiction

- *The Water Knife* by Paolo Bacigalupi. In this climate fiction novel, author Paolo Bacigalupi warns us of what may happen if we continue to neglect the forthcoming water scarcity—if we continue to allow the condition of Lake Mead and the overall American Southwest persist. Readers of science fiction thrillers will enjoy this book. (FIC BAC)
- *Migrations* by Charlotte McConaghy. Epic and intimate, heartbreaking and galvanizing, Charlotte McConaghy's *Migrations* is an ode to a disappearing world and a breathtaking page-turner about the possibility of hope against all odds. (FIC MCC)
- *The Overstory* by Richard Powers. *The Overstory*, winner of the 2019 Pulitzer Prize in Fiction, is a sweeping, impassioned work of activism and resistance. Author Ann Patchett says, "The best novel ever written about trees, and really just one of the best novels, period." (FIC POW)
- *The Displacements* by Bruce Holsinger. A timely novel about a well-to-do family living in Miami and becoming displaced by a category six hurricane that upends everything they have taken for granted. This suspenseful read explores what happens when privilege is lost, and resilience is tested in a swiftly changing world. (FIC HOL)
- *Bewilderment* by Richard Powers. With its soaring descriptions of the natural world, its tantalizing vision of life beyond, and its account of a father and son's ferocious love, *Bewilderment* marks Richard Powers's most intimate and moving novel. At its heart lies the question: how can we tell our children the truth about this beautiful, imperiled planet? (FIC POW)



Youth Fiction

- *Willodeen* by Katherine Applegate. Eleven-year-old Willodeen adores creatures of all kinds, but her favorites are the most unlovable beasts in the land: strange beasts known as "screechers" the villagers of Perchance call them pests, even monsters, but Willodeen believes the animals serve a vital

role in the complicated web of nature. (+ FIC APP)

- *Hoot* by Carl Hiaasen. Roy, who is new to his small Florida community, becomes involved in another boy's attempt to save a colony of burrowing owls from a proposed construction site. (+ FIC HIA)
- *Truly Tyler* by Terri Libenson. This graphic novel for middle school readers is a story about being your truest self and trusting your true friends. (+ FIC LIB)
- *Becoming Brianna* by Terri Libenson. Another graphic novel for middle school readers *Becoming Brianna* is an endearing, relatable story of friendship and finding confidence. (+ FIC LIB)

Picture Books

- *Bluey for Real Life: A Story Collection* by Penguin Young Readers. Four Books in one! Readers will love this collection of Bluey's greatest adventures, plus fun facts about everyone's favorite characters. (++) FIC PEN)
- *Woodland Dance!* by Sandra Boynton. Destined to be a read-aloud favorite, *Woodland Dance* is a mystical, waltzing story from beloved author and illustrator Sandra Boynton. A lovely, lyrical way to end, or start, the day. (++) FIC BOY)
- *Goodnight Great Outdoors* by Lucas Alberg. A perfect bedtime story, whether you are under a roof or under the stars. This gentle, calming story celebrates the great outdoors by saying goodnight to nature. (++) FIC ALB)
- *Pumpkin Heads!* by Wendell Minor. When Halloween comes around, pumpkins are turned into pumpkin heads of different kinds and greet trick-or-treaters. (++) FIC MIN)
- *The Big Leaf Leap* by Molly Beth Griffin. This new picture book written by a Minnesotan author, depicts the satisfying effort of new friends working together to create something wonderful—a big pile of autumn leaves to leap into. (++) FIC GRI)
- *Daring Dozen: The Twelve Who Walked on the Moon* by Susan Slade. This children's picture book is an introduction to the twelve men who have left footprints on the moon. It reveals how the Apollo missions (1969-1972) built upon one another and led to important discoveries about our nearest neighbor in space. (++) 629.45 SLA)



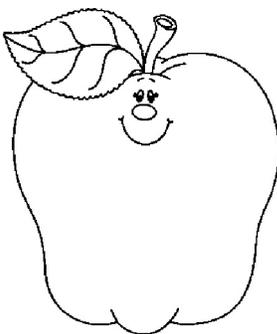
CHILDREN, YOUTH, AND FAMILY MINISTRY

Noah's Ark News

Greetings!

November... a month for special thankfulness! Here are some things we are thankful for at Noah's Ark and the ECE classes this fall:

- **A ●** Apples for picking, investigating, painting, reading and singing about.
- **P ●** Peacemaking as we learn to work together!
- **P ●** Playtime outside on beautiful fall days in God's world.
- **L ●** Leaves all around... discovering God's paintings in red, yellow, and orange!
- **E ●** Everyone coming together to support Noah's Ark at our Chipotle Fundraiser... thank you!
- **S ●** Sunshine days together in God's beautiful fall world!



We have much to be thankful for, especially the precious children we spend our days with at Noah's Ark and the ECE classes! May we all find blessings to count and give our thanks to God!

In Peace,

Marlee Knickerbocker

Noah's Ark Preschool Thanks You

Thank you to everyone who purchased food from Chipotle or contributed to this fundraiser. Your generosity is greatly appreciated. We hope you enjoyed your dinner while supporting Noah's Ark Preschool.

Early Childhood Enrichment Class Winter/Spring Session Registration

A phone-in registration for Winter/Spring, 2023 Early Childhood Enrichment Classes including Come and Play (for children with birthdates between 9.1.2019–8.31.2020) and Music and Movement (a parent child class for children with birthdates between 9.1.2019 and 8.31.2021), will open on Thursday, December 1, at 8:00 A.M. Watch for more information on our website and brochures coming soon. Contact Marlee Knickerbocker at 715.832.6601 ext. 205 or marlee@trinity-ec.org for more information.

No Confirmation Class

There will be no Confirmation Class on Wednesday, November 23. Have a GREAT Thanksgiving!

Substitute Nursery Attendant

Easy Sunday morning, Trinity's nursery is staffed by an adult nursery attendant who provides a safe, nurturing, and grace-filled experience for our youngest children. Occasionally our regular attendant is absent, so we are in need of an occasional substitute nursery attendant 18 years old or over. This is also a great opportunity for a middle or high school student to volunteer alongside their parent. If you are interested in serving as a substitute nursery attendant from time to time, contact Heather Day at 715.832.6601 ext 218 or heatherd@trinity-ec.org to be added to our sub list. Training will be provided. Thank you!

Frolic Family Class

- 10:00 A.M.–10:45 A.M.: ages 2 and under (born 9.1.2020 to present)
- 11:00 A.M.–11:45 A.M.: ages 2–3 (born 9.1.2019–9.1.2020)

Young children and their parents/caregivers are invited to another Frolic Family classes on Saturday, November 5 in the Chapel! This class is an opportunity to develop faith with adults and children together, as we learn Bible stories, prayers, songs, and blessings together. Frolic Family classes are also a way of creating a space for parents/caregivers to connect with other adults as they build faith together and with their children. Register at www.trinity-ec.org/register or email Heather Day at heatherd@trinity-ec.org.

Children's Bible Fundraiser

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."

To support this important ministry, we are holding a Trinity Tie-Dye T-Shirt fundraiser. Shirts can be purchased in the lobby and are available in the lobby for \$15 (Child XS–XL) or \$20 (Adult S–XXL). Additional donations to the Bible Fund are always accepted. Thank you!



Holy Communion Instruction

Children in second grade and higher who have not already participated in Holy Communion instruction are invited to come together during the Wednesday evening Faith Formation time on Wednesday, November 9 from 5:00 P.M.–5:50 P.M. Students will meet with Pastor Tom to learn together about God's love for us and the special gift of Holy Communion. Children are welcome to commune at any time, but there will be a special recognition of their participation in Holy Communion at the Thanksgiving Eve worship service on Wednesday, November 23 at 6:00 P.M. Register at www.trinity-ec.org/register or email Heather Day at heatherd@trinity-ec.org.

Pre-Confirmation Fall Retreat

Students in grades 5–6 are invited to our first pre-confirmation retreat on Saturday, November 12, from 1:00 P.M.–5:00 P.M. at Trinity. At this fall retreat, we will focus on the topic of Identity. We will spend time looking at who we are: who we are to ourselves, to others, and to God. We will discover that we are God's creation, made in God's image, and loved unconditionally. This assurance of acceptance and belonging is an important place for preteens to locate their identity, as it provides a firm foundation to grow and explore with the knowledge that they belong to God's creation and that God is always with them.

Over the course of the afternoon, we'll watch videos, do some journaling, have a snack, play some games, do some reflecting, and create a giant project. Heather Day (Children and Family Ministry Director) and Ashley Olson (Youth Ministry Director) will be your guides for the afternoon. All students in grades 5 or 6 are encouraged to attend this retreat. Register at www.trinity-ec.org/register or email Heather Day at heatherd@trinity-ec.org.

CARE & CONCERN

The Community Table

Trinity will volunteer at The Community Table on Wednesdays; November 16, and December 14, to serve lunch. We need six volunteers to prepare the meal from 9:00 A.M.–11:30 A.M. and six volunteers to serve the meal and clean up from 11:15 A.M.–2:00 P.M. If you are interested in volunteering, please contact Phyllis Grohn at 715.836.7055, or sign up at Clipboard Central.

Online Prayer Requests

You're invited to share prayer requests at trinity-ec.org by using the Prayer Request button on the Care & Concern page. These requests go to our Prayer Link Team, and then they pray! If you appreciate the benefits of prayer and are willing to pray for those who share requests, join our Prayer Link Team. You will receive a monthly update of prayers and some inspiration for your praying. Please contact Cindy Beck for more information at cindy@trinity-ec.org

Seven Practical Ways to Care for Creation

1. Go outside. Connecting with creation and being reminded of God's goodness is a powerful way to motivate ourselves and others to care for our earth. ...
2. Pray. ...
3. Reduce your waste. ...
4. Learn more. ...
5. Have better conversations. ...
6. Commit to ONE thing for ONE year. ...
7. Reuseable bags ... Stop by office to pick one up. Cost is \$4

Friends of Flynn

We give thanks for the staff at our partner school, Flynn Elementary, and all they do for children. During this month, our committee members will show our appreciation by offering messages of support. We have also provided some sweet treats to the staff as a show of support.

As students leave for Christmas break, we want to provide each one with a new book to take home and keep. We have done this for several years, and the students really look forward to and enjoy this gift from our congregation. Please keep this project in mind as you do your Christmas shopping. A display will be in the lobby by mid-November where you can pick up book lists, and then place your purchased books in a bin.

Through our Friends of Flynn funds, we are able to provide snacks for children who signed up for the Flynn Afterschool Club. They meet five times in October and November, as well as providing snacks for the classrooms.

If you are interested in following what is happening at Flynn, you can follow the Flynn Facebook page and find some exciting things. Your financial donations to the Friends of Flynn Fund are always welcomed (indicate FOF on your gift) as well as prayers for a safe and productive school year. Thank you.





From the Parish Nurse

November: The month of gratitude. And feeling gratitude makes us happier!

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals—whether to other people, nature, or a higher power. "Gracious God, thank you!"

In psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate.

- **Service of Remembrance and Healing** • for those who have experienced a loss of pregnancy or infant death: If you have experienced pregnancy loss or infant death, please join us on Sunday, November 20, at 9:15 A.M. in the chapel for a service of reflection, remembrance and song.
- **Friendship Group** • The Friendship group took a tour of the Paul Bunyan Logging Camp Museum on October 12. It was a very interesting tour and the tour guide was knowledgeable about the history of how logging and the rivers began the city of Eau Claire. Those in attendance came away with a greater understanding of our community. That was followed by lunch at Sweet Driver Café at Artisan Forge. It was delicious food, locally grown. On Wednesday, November 9 we will watch a DVD entitled "The Lutefisk Saga." We will have a Scandinavian lunch (no Lutefisk). The cost of the meal is \$5 per person. Because of space, we will only be able to have 30 people. Please sign up on Clipboard Central or contact Vicki at vickid@trinity-ec.org, or call 715.832.6601 ext. 214.
- **Caregiver Ministry** • Allison Breininger presented "More than a Casserole" on Saturday, September 24. Allison had many practical ideas and we had time to discuss what specific things we can do as a congregation to support our caregiver members. When praying and asking how someone with a health issue is doing, include the caregiver also. Be sure to read Allison's Thanksgiving blog article on the final page of this newsletter.
- **Red Cross Blood Drive** • In November, we will have our last blood drive of 2022 on Thursday, November 17, from 12:30 P.M.–6:30 P.M. Please mark your calendar and sign up to donate blood at redcrossblood.org. There currently is a critical need for blood, driven by the recent devastating hurricanes.
- **Vaccinations** • Get your flu vaccine. They are available at the local pharmacies, your healthcare providers, and through Eau Claire County. Covid Vaccine Booster (two months or greater since last booster or

disease and you had your initial series of the vaccine) is also available at the local pharmacies, your healthcare providers, and through Eau Claire County. Election Day • Tuesday, November 8 is election day. Please get out to vote. It is extremely important for the future of our State and Country.

Vicki Dueringer, Parish Nurse

Thanksgiving Dinner

Trinity's Annual Thanksgiving Dinner will be a continued tradition this year, but not the way it once was. Our organizers have made the hard decision to not provide a meal here at Trinity due to not feeling as though we can do it safely just yet, but rather to partner with The Community Table to help provide Thanksgiving "dinner in a box," as well as a hot meal for the food insecure on Thanksgiving Day. We will help to provide ingredients for the boxes including turkey, stuffing, potatoes, gravy, veggies, a pie, and more! We will be collecting the ingredients, as well as helping to pack the boxes here at Trinity. Our goal is to pack 100+ boxes this year.

We need your help to keep the tradition alive. We are asking for food or monetary donations. Please keep an eye out on our website, social media, and in our Friday e-blasts for a complete list of needed items. If you can help, please put your monetary donation in the offering plate or send a check to the office with "Thanksgiving Dinner" in the memo line. If you plan to donate from the list of needed items, please place them in the "Thanksgiving Dinner Donations" box in the lobby of Trinity.

Blood Pressure Screenings

These screenings are presented to the Trinity community on the second Sunday of each month following each worship service, typically in the church office. They are provided to increase awareness and knowledge of prevention, detection, and management of hypertension (high blood pressure) and are provided free. Come to the free blood pressure screenings and let the church help you monitor and control your blood pressure.



Prayer Shawl Ministry

Trinity has had a Prayer Shawl Ministry for nine years. Our Prayer Shawl Ministry has grown out of the desire to combine the healing power of prayer with the healing ministry of human touch. We envision each shawl extending that "hug" and bringing comfort and solace when we're not physically present.

Each year several knitters knit shawls of healing and caring for people in need of comfort or for parents celebrating the birth of a baby. Our shawls are knit from a soft and washable yarn. Thank you to the knitters who knit these gifts of prayer shawls. This ministry is not limited only to knitters! If you are willing, you can deliver shawls to people in need or simply donate to the Prayer Shawl Fund to assist in purchasing yarn.

The following article was written by Allison Breininger, November 24, 2021. Allison recently presented a workshop at Trinity on how we can show God's love to the caregivers in our congregation. She is a passionate family caregiver for her husband, a caregiver advocate, and the founder of The Negative Space, a non-profit whose goal is to help caregivers feel seen and supported. Learn more about Allison and services she provides at www.thenegativespace.life

Friend, I See You This Thanksgiving

Dear friend whose partner left this earth this year, but whose family demands that traditions continue, traditions like turkey and pie and smiling and getting out of bed, I see you wanting to shout, "Doesn't 'tradition' mean doing things the way they've been done before? Well, that will be impossible. Things cannot be the same. The most important person in my life is gone." I hear that shout, even as you stifle it for the crowd, while you eat turkey and pie and smile and get out of bed. Because, "that's what we do on Thanksgiving!" Friend, I see you.

Dear friend whose partner's health is declining, who knows that the week ahead will bring procedures, hospitalization, unknown outcomes. Who, today, clings to turkey and pie and smiling and getting out of bed, because if today lasts forever, then perhaps tomorrow will not come. Who squeezes every ounce of goodness out of this day of festivity, because this is what people who don't have hospitalization looming do. They eat turkey and pie and smile and get out of bed. Tomorrow's schedule will look nothing like that of the general public, which means that today you do everything you can to be as normal as possible. Friend, I see you.

Dear friend whose partner is in the hospital, who will wrap up a plate of turkey and pie and carry it through the abandoned lobby of the hospital, past the darkened coffee shop, through the quiet halls, knowing full well that the quiet here means that at homes around the area people are with their families, gathered around tables, eating turkey that is warm and pie that is fresh. These people have the option of taking a day off from this hospital, but not you. Your beloved is here, and therefore, so are you, paper plate in hand, with turkey and pie. And before you enter the room you'll put on a smile, happy to see your love, but wishing it wasn't here. Friend, I see you.

Dear friend who has spent the last twenty months doing everything you can to keep your person safe from Covid, who is stepping out of your comfort zone this Thanksgiving to be with more people than you have since

the beginning, who wants to push for protocols and ask about testing, but won't, hoping that later you won't be kicking yourself, knowing those awkward exchanges could have made a difference.

Dear friend whose beloved partner, child, friend, parent is missing today, YES, I'm sure there are things in your life for which to be thankful AND you get to say, today, and any other day you want: THIS IS TERRIBLE. I MISS MY PERSON. NOTHING IS THE SAME WITHOUT THEM. If, today, or any day, it feels good and helpful to look for and list those things that are positive, please do.

And know that today, in the storm of "I'm thankful for..." posts, tweets, and greeting cards, you can say, think, feel, know, that THIS IS TERRIBLE. I MISS MY PERSON. NOTHING IS THE SAME WITHOUT THEM. Friend, I see you and we miss them too.

Dear friends who have hard things, I see you today. I see you getting out of bed, smiling, and eating turkey and pie. I see you thinking about who sat in that chair last year at this time. I see you watching your beloved with concern about what will happen between now and next Thanksgiving, wondering if this will be the last. I see you being asked how things are, and giving answers that only scratch the surface, so that this doesn't go down as the Thanksgiving that you cried in your potatoes and made things awkward. I see you using all of your energy to smile, make small talk, act as if all is well. I see you excusing yourself to the bathroom when a comment is made that for reasons no one but you would understand, unleashes emotions that you're trying so hard to keep zipped up for the day.

I see you. I love you. I know that all that hangs out in your negative space may not be welcome or comfortable at your Thanksgiving table today, but know that today, and always, it is safe here with me.



"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

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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 December Newsletter is November 15.