



# Trinity

Evangelical Lutheran Church in America  
1314 E Lexington Blvd • Eau Claire WI 54701-6434  
2023, November Newsletter—Vol. LXIX No.11

## Worship With Us!

### All Saints Sunday

The services November 5 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.

### Service of the Peoples

A worship service honoring Black, Indigenous, People of Color (BIPOC) will be held at Trinity Lutheran Church, 1314 East Lexington Blvd, Eau Claire WI on Sunday, November 19, at both the 8:15 A.M. and 9:45 A.M. worship services. These services will celebrate and honor indigenous BIPOC peoples and commemorate their histories and cultures. The intent is to honor the sovereignty, resilience and immense contributions that these communities have made to the world.

Following the 9:45 A.M. service, a free will luncheon of Hispanic food will be held in the Trinity Room. RSVP online at Trinity's website [trinity-ec.org](http://trinity-ec.org), or call 715.832.6601. RSVP's are must by Sunday, November 12.

### Thanksgiving Eve Worship

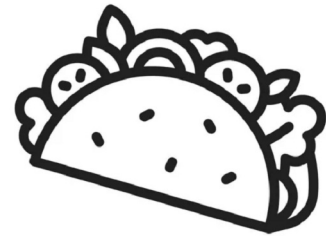
Come and worship at 6:00 P.M. on Wednesday, November 22. This festive worship includes the Trinity Brass and all choirs. The Lord's Supper is offered, and many children will make their first communion.

### 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 8:00 P.M. with the Trinity Orchestra, Choir, and Tollers.

Lessons & Carols will be celebrated on Sunday, December 31, with one worship service at 9:45 P.M.

**Noah's Ark Fall Taco  
Fiesta Supper  
Tuesday, November 14,  
from 4:00 P.M.—7:00 P.M.  
Details inside!**



### Cantata Invite

We wish to extend a warm invitation for singers for the 2023 Christmas Cantata by Trinity Choir "Canticle of Joy" by Joseph Martin. Please email or call Gary (715.832.4429/[ggrambo@att.net](mailto:ggrambo@att.net)) if you are interested in performing to establish a number count to assure an adequate supply of cantata books. Please join us and bring a friend!

Please walk in to the rehearsal in the choir room and pick up a cantata book. We will direct you to your section. Choir rehearsals begin at 6:45 P.M. for our Sunday anthems and we will begin the cantata portion at or before 7:15 P.M. See the rehearsal schedule below.

#### Rehearsals

- Wednesdays, November 1, 8,15, December 6, 13 6:45 P.M.
- Saturday, December 16, 9:00 A.M.

#### Cantata Performances Sunday, December 17

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

## "Dinner for 8" Groups Forming

Trinity is introducing a new small group ministry called "Dinner for Eight." "Dinner for Eight" is a great way to meet new folks from church and get to know your church family better. These groups will take turns hosting a dinner once each month at one another's homes with a focus on fun and fellowship. If you don't have space to host perhaps other members will choose to host more than once. While the host would normally make the main dish, your group could choose to have other folks bring dessert or side dishes or even do a potluck style meal. Trinity will provide a brief devotional resource that may be used to spur conversation following dinner. The groups will start in January and run through April or May. Couples or singles are invited to participate. If you are a family with children and would like to be part of a group where children are welcome, please indicate that preference when you sign up. Groups will be formed from all names submitted. If you would like more information or are interested, please email Pastor Patrick at [patrick@trinity-ec.org](mailto:patrick@trinity-ec.org).



## JONAH Concert Fundraiser

JONAH is proud to announce its latest concert fundraiser and welcomes the band Dead Horses, with opening act Nik Foytik. According to JONAH's website, "Dead Horses isn't a band in the conventional sense. Rather, it's an intimate, folk-inspired conversation between two close friends." We hope that you'll join in listening to great music and supporting JONAH's work financially by attending the Dead Horses concert on Saturday, November 11 at 7:00 P.M. at Trinity. Tickets are \$30 each and are available at <https://tinyurl.com/5xdfdph9>

Trinity is a proud JONAH member congregation. JONAH (Joining Our Neighbors Advancing Hope) exists to deepen relationships within and among faith communities and partner organizations to empower people in addressing the root causes of social injustice in the greater community.

## Stay Connected with our New Mobile App

We are excited to announce the launch of our new Church Mobile App coming this fall! This new tool will allow members to easily connect, register for events, join small groups and so much more.

You will have access to:

- Sermons (Pre-Recorded)
- Church Calendar
- Church Membership Directory
- Groups
- Event Registration
- Giving

## Wanted Bell Ringers!

Learn what it takes to be a "Ding-a-Ling" and stop by the handbell table in the lobby on Sunday, November 19 between services. Bells will be available to ring and players will answer questions.

## Fireside Chats this Month

Join the Trinity community in the Fireside Room on Sunday mornings after each worship service. Our Fireside Chats are in conversational setting where we chat about what's happening in our church and community.

- November 19: Neighbor to Neighbor Program by Deacon Lidix Montoya,
- November 26: Faith & Film Holiday Edition by Pastor Tom Westcott



## November Circle Meetings

- Deborah • Tuesday, November 21, 9:30 A.M. Oakwood Hills Apartments
- Mary/Martha Circle • Tuesday, November 21, 9:30 A.M. Trinity
- Miriam • Wednesday, November 15, 9:30 A.M. Trinity
- Ruth • Tuesday, November 21, 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 14 and 28.



## 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 Dawn Paul at [dawn@trinity-ec.org](mailto:dawn@trinity-ec.org) or by phone at 715.832.6601 ext 214.



## It's Back!

We are reviving the joy of lefse making. Join us Saturday, November 18 in the Trinity kitchen to make lefse. Details to come later.

# From Pastor Tom

*Sing to the Lord a new song, for he has done marvelous things;  
his right hand and his holy arm have worked salvation for him.*

*The Lord has made his salvation known  
and revealed his righteousness to the nations.*

*He has remembered his love and his faithfulness to Israel;  
all the ends of the earth have seen the salvation of our God.*

—Psalm 98:1-3

When the Psalmist imagined the world giving praise to God, they imagined each thing praising in its own way. The sea roaring, the earth breaking out into harmony, the waves of the ocean clapping against the shore. Each thing does what it does, in its own way, to praise God.

And the people? The people do what people do. They raise their voices in song, they make music with harps and horns.

But of course that's not all people do to praise their Creator. We don't just make music for God, we imitate God as well. And for Christians, the thing that God is best known for is love, a love that pours itself out in generosity and grace. In his essay, "The Freedom of a Christian," Martin Luther argued that we are freed from the responsibility of fending for ourselves and freed for the opportunities to use what we have to serve God and one another.

**God loves us and  
trusts the church  
to care for the world**

Throughout this year we have witnessed various ways we have imitated God's love by serving others from volunteering at VBS to making quilts for folks around the community and world, from serving people at the food pantry to donating blood, from raising up the next generation of peacemakers at Noah's Ark to being in fellowship with one another on Sunday mornings and through social events we have been serving in Christ's love and sharing the good news.

Another way we are called to imitate God's love is upon us now, to financially commit to God's preferred future for Eau Claire through the ministry of Trinity. Over the next few weeks, we are asking that each person and household prayerfully ask what God's hopes are for your giving, to ask God to make you part of this church's great outpouring of generosity so that God's love may continue to be made known.

The call to faithful service through our time, talent, and treasure is not always easy to respond to, but all things are possible when we realize how much God loves us and trusts the church to care for the world. This November we will explore how we are called together and entrusted to continue God's mission in the world.

## Turn the Your Clocks Back!

Daylight Saving Time is coming to an end Sunday, November 5! Don't forget to turn your clocks back one hour Saturday, November 4 before you go to bed. Days continue to get shorter until Wednesday, December 21.

## With Gratitude

This is our Offering Update as of September 30, 2023

- Amount Budgeted to Date: \$313,215
- Amount Received to Date: \$242,357
- Expenses to Date: \$282,015
- Deficit/Surplus: -\$39,658

Trinity offers three Giving options: Use the QR Code, Simply text "GIVE" to 715.468.6800, Click GIVE on [trinity-ec.org](http://trinity-ec.org). Thank you!



## Fundraiser Volunteers Needed

If you would like to volunteer to help in the kitchen at Noah's Ark Fall Taco Fiesta Fundraiser please contact Marlee Knickerbocker at [marlee@trinity-ec.org](mailto:marlee@trinity-ec.org) or 715.832.6601.

## Memorials & Gifts

Children's Bibles

- In honor of Annie Halloin & Samuel Alterberger's engagement: Marilyn Thompson, Bob & Mary Schoenknecht
- In honor of their grandsons, Easton and Owen: David & Mary Larson

Endowment Trust Fund

- In memory of Patricia Hanson: John & Tami Satre, Carl & Nancy Rasmussen, Merlin & Diane Folstad, Richard & Brenda Watt, Eric & Donna Gilbertson

Food Pantry

- In memory of Lisa Nihles: John & Jacqueline Krumenauer

# Children, Youth and Family Ministry

## Noah's 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:

- **P** • Pumpkins for rolling, scooping, pounding, painting.
- **U** • Unicorns? Always a preschool favorite!
- **M** • Mouthfuls of tacos at our Taco Fiesta Fundraiser.
- **P** • Peacemaking
- **K** • Kids and kindness
- **I** • Interesting fall discoveries!
- **N** • New friendships at school.
- **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

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

## Noah's Ark Fall Taco Fiesta Fundraiser

The Fall Taco Fiesta Supper will take place in the Trinity room on Tuesday, November 14, from 4:00 P.M.–7:00 P.M. Please join us for this fun community event! In addition to a great taco bar menu, we will have a theme basket silent auction and fun kids' activities. It is sure to be a fun evening! Advance sale tickets are \$5.00 for children ages 2–12 and \$10 for ages 13 and older. Tickets may be purchased between worship on November 5 and 12 or are available in the church office during the week. Tickets purchased at the door are \$5 for children ages 2–12 and \$12 for ages 13 and older.

If you would like to volunteer to help in the kitchen at this event, or to provide a sponsorship, please contact Marlee Knickerbocker at [marlee@trinity-ec.org](mailto:marlee@trinity-ec.org) or 715.832.6601. A link to sign up for volunteer opportunities will be included in the Friday Enews. This is a great opportunity for Trinity and our Noah's Ark parents to work together and get to know one another!

## Frolic Class

On the second Sunday of every month, young children (age 3 and under) and their parents/caregivers are invited to a Frolic class at 8:55 A.M. in Trinity's nursery, where little ones and their parents will learn a few Bible stories, prayers, songs, and blessings together. The next Frolic class will be held on November 12. No registration is necessary.

## No Class

There will be no Connections or Confirmation Classes on Wednesday, November 22. Have a GREAT Thanksgiving!

## Early Childhood Enrichment Class Winter/Spring Session Registration

A phone-in registration for Winter/Spring, 2024 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 7, at 8:00 A.M. Watch brochures coming soon. Contact Marlee Knickerbocker at 715.832.6601 ext. 205 or [marlee@trinity-ec.org](mailto:marlee@trinity-ec.org) for more information.

## First Sundays

The next First Sunday class will be held on November 5, from 8:50 A.M.–9:35 A.M. and all families are invited! On the first Sunday of each month, regular Sunday School/Connections classes will NOT be held. Instead, parents should come with their children to the Trinity Room for faith formation for the whole family.

## Holy Communion Instruction

Children in second grade and higher who have not already participated in Holy Communion instruction are invited to come together on Wednesday, November 8 from 5:00 P.M.–5:50 P.M. Register at [www.trinity-ec.org/register](http://www.trinity-ec.org/register) or email Heather Day at [heatherd@trinity-ec.org](mailto:heatherd@trinity-ec.org).

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 22 at 6:00 A.M.

## High School Youth Group

Trinity's high school students will meet on the following Wednesdays in November:

- November 1, New Orleans Youth Gathering group meeting, 6:45 P.M.–7:45 P.M.
- November 8, NO YOUTH GROUP
- November 15, Joe Davis and David Scherer (Agape) at St. John's Lutheran, Time TBA
- November 22, NO YOUTH GROUP
- November 29, Fun Night in the Youth Room, 6:45 P.M.–7:45 P.M.

# Trinity Library

## Book Club

On Tuesday, November 21, at 6:30 P.M. in the library, the group will discuss *The Displacements* by Bruce Holsinger. To all appearances, the Larsen-Hall family has everything: healthy children, a stable marriage, a lucrative career for Brantley, and the means for Daphne to pursue her art full-time. Their deluxe new Miami life has just clicked into place when Luna—the world's first category 6 hurricane—upends everything they have taken for granted.

Sign up at Clipboard Central or email Cindy Beck at [cindy@trinity-ec.org](mailto:cindy@trinity-ec.org) if you plan to attend.



## New Books in the Library

- *The Last Green Valley* by Mark Sullivan. The Martels are one of many families of German heritage whose ancestors have farmed in Ukraine for more than a century. But after living under Stalin's horrifying regime, they decide to retreat from their land with the murderous Nazi officers they despise to escape the Soviets and go in search of freedom. The Martels' story is a brutal, complex, and ultimately triumphant tale that illuminates the extraordinary power of love, faith, and one family's incredible will to survive and see their dreams realized. (FIC SUL)
- *The River We Remember* by William Kent Krueger. Krueger's newest book is a standalone novel is both a complex, spellbinding mystery, and a masterful portrait of midcentury American life. It takes place in 1958 in a small Minnesota town where its most powerful citizen is murdered. (FIC KRU)
- *The Vaster Wilds* by Laren Groff. This new novel is at once a thrilling adventure story and a penetrating fable about trying to find a new way of living in a world succumbing to the churn of colonialism. (FIC GRO)
- *Zero Days* by Ruth Ware. Ruth Ware returns with this adrenaline-fueled thriller about a woman in a race against time to clear her name and find her husband's murder. (FIC WAR)
- *Take My Hand* by Dolen Perkins-Valdez. This searing and compassionate novel is about a young black nurse's shocking discovery and burning quest for justice in post-segregation Alabama. Note the recommendation below. (FIC PER)
- *It Goes So Fast*. by Mary Louise Kelly. NPR Reporter Mary Louise Kelly writes about the year before her son goes to college and the joys, losses and surprises that happen along the way. This book is honest, funny poignant, revelatory, and immensely relatable. (B KEL)
- *Solito* by Javier Zamora. A young poet tells the inspiring story of his migration from El Salvador to the United State at the age of nine, in this gripping tale of bravery, perseverance, and seeking one's family. (B ZAM)

## Books for Youth

- *Wish* by Barbara O'Connor. A story about a girl who, with the help of the dog of her dreams, discovers that family doesn't always have to be related—they are simply people who love you for who you are. (+ FIC OCO)

- *Kiki's Delivery Service* by Eiko Kadono. Thirteen-year-old half-witch Kiki travels to the town of Koriko where she makes new friends, overcomes challenges, and shares her magic with her community to make the world a righter place. Blending fantasy with the charm of everyday life, this new translation of Eiko Kadono's beloved classic will bewitch the hearts of new readers and dedicated fans alike. (+ FIC KAD)

## Books for Young Children

- *Red Leaf, Yellow Leaf* by Lois Ehlert. In this innovative and colorful work of early nonfiction from author Lois Ehlert, little ones are introduced to facts and trees. (++) 582.16 EHL)
- *Theme In Yellow* by Carl Sandburg. In this beautifully illustrated adaptation by Tatyana Feeny of a beloved Carl Sandburg poem, children will delight in the sensory and spooky arrival of autumn. (++) FIC SAN)
- *Little Pumpkin* by Suzanne Fossey. Have you ever wondered how a tiny seed can turn into a giant pumpkin? This stunningly illustrated story offers a perfect introduction to the life cycle of pumpkins. (++) FIC FOS)
- *What Is Fall?* by Random House. This fall-themed board book with shaped pages and rhyming text is the perfect introduction to the season. (++) FIC RAN)

## Halloween Board Books

- *Spooky Pookie* by Sandra Boynton. (++) FIC BOY)
- *Boo! Baa, La La La!* by Sandra Boynton. (++) FIC BOY)
- *It's Pumpkin Day, Mouse!* by Laura Numeroff and Felicia Bond. (++) FIC NUM)

## Book Recommendation

by Sonnie Jacobson

Trinity Library Committee Member

*Take My Hand* by Dolen Perkins-Valdez

Set in Montgomery, Alabama (1973), new graduate nurse Civil Townsend hopes to help her African American community. Two of her clinic patients are but children, Erica and India. She helps the family with health care, a different home, different schools, etc. but later is horrified when her clinic sterilizes them along with others. This watershed case is won in court— a huge victory for women's and minority rights. Based on an actual case, this book is almost unbelievable, but excellent.

# Care & Concern

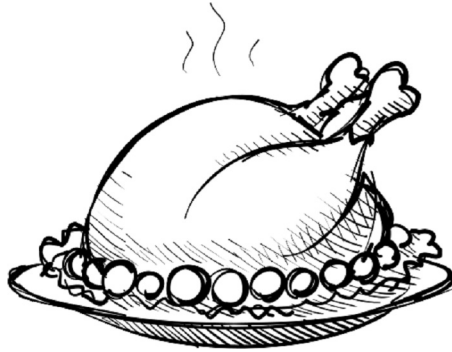
## Thanksgiving Dinner

Trinity's Annual Thanksgiving Dinner tradition will take on a new look this year. Our SERVE committee has made the hard decision to not hold an in-house meal this year, but instead partner with our food pantry to provide groceries to those who are experiencing food insecurity this Thanksgiving. We will be collecting food items to make this possible beginning Sunday, October 29–Sunday, November 12. We will begin distribution on Monday, November 13 through the Food Pantry. We are hoping to provide meals for 175 families. We need your help to keep this important mission alive by donating any of these food items. Let's watch our wall of food grow as we remember the words of Jesus, "For I was hungry, and you gave me food...I was a stranger and you welcomed me."

Please keep an eye out on our announcements, social media, and in our Friday e-blasts to see what items we are still in need of. 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" area in the lobby of Trinity.

Food Items Needed...

- Canned sweet potatoes 15 or 30 oz.
- Boxes of Stove Top Stuffing
- Turkey gravy, packet mix, can or jar
- Cans of cranberry sauce 14 oz
- Cans of French-fried onions 6 oz
- Financial donations for turkey vouchers



## Giving Partner Status

Trinity Lutheran Church recently was chosen to become a "Giving Partner" with the Bombas Organization. Bombas donates essential clothing to Giving Partners—from homeless shelters to community organizations—in all 50 states. We received a donation of 3,000 socks to be distributed in the Chippewa Valley. We will sort and bag socks for donation on Thursday, November 2 at 12:30 P.M. in the worship center. If you are willing to help please contact Cindy Beck at 715.832.6601, email [cindy@trinity-ec.org](mailto:cindy@trinity-ec.org), or sign-up at Clipboard Central. Thank you!

## Red Cross Blood Drive

Our next Blood Drive is Thursday, November 16 from 12:30 P.M.–6:30 P.M. We are really hoping for a resurgence in donors this time. If low hemoglobin is a problem for you, do the following for two weeks prior to donating:

1. Take a multi-vitamin with iron daily. Check the label to make sure it contains iron.
2. Decrease your black tea consumption as the tannins block iron absorption.
3. Eat iron rich foods.

Please go to [redcrossblood.org](http://redcrossblood.org) to register for donating. The goal Red Cross set for us is 44 donors. Please consider donating!

## Corner Cupboard

Thank-you all for your produce donations this past growing season from all you gardeners. We received over 2300 lbs of your fresh produce that we distributed to our guests. What a great healthy treat! Keep us in mind for next season!

We have distributed over 230,000 pounds of food so far this year, and still have two months to go. All of your support is so important to help make this happen.

Please consider participating in the Reverse Advent Calendar. The food items donated help stretch our weekly pantry budget. This is a fantastic Christmas tradition to start!

On Thursday, October 12 we had a new crew serving our guests from Associated Bank. Thanks Associated for giving back to our community and allowing our normal crew a well deserved vacation day.

PLEASE keep bringing your clean plastic and paper grocery bags. We use "hundreds" of them per week. Every bag donated is saving the pantry the expense of buying bags.

## The Community Table

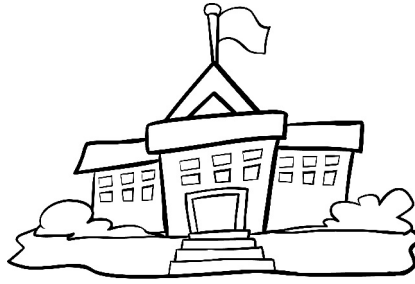
Trinity will volunteer next at The Community Table on Monday, November 13, serving lunch. We need six volunteers to prepare the meal from 9:00 A.M.–11:30 A.M. and six volunteers to serve the meal and clean up from 11:15 A.M.–2:00 P.M. If you are interested in volunteering, please contact Phyllis Grohn at 715.836.7055.

## Trinity Hosts the Beacon House

The Beacon House mission is vital to families in Eau Claire, and there are many ways you can help! Trinity will host November 26–30. Volunteers are no longer needed for overnight stays. Food items are needed for evening meals and emergency assistance. If you would like to provide a meal, serving is optional, not required. If interested, please sign up at Clipboard Central or online <https://tinyurl.com/mshpcc78>

## Friends of Flynn

November is a special month for thanksgiving and gratitude. We received a special thank you from the staff of Flynn for all the school supplies members of Trinity donated. Friends of Flynn also provides healthy snacks for the students. We received many hand-made thank you notes from the students with very creative artwork, and words of appreciation for the healthy, delicious snacks.



As students leave for Christmas break in December, Friends of Flynn will provide each student with a new book to take home and keep and a pair of new socks. A special thank you to Cindy Beck who requested the socks through the Bomba Company's donation program. Friends of Flynn has donated books to the Flynn School children for many years. Getting these books at Christmas time is something the kids look forward to.

Special note to the congregation: Keep this Christmas book project in mind when doing your Christmas shopping. This book give away is separate from the "Christmas Sharing Project." A display will be in the lobby mid-November where you can pick up book lists, and then place your purchased books in a bin.

Food scarcity is also a concern for the school. Friends of Flynn is providing healthy snacks for each classroom and for special after-school clubs throughout the school year. We also help with the school's food pantry and weekend meals through Feed My People.

If you are interested in following the activities and happenings at Flynn, you can follow the Flynn Facebook page. The Friends of Flynn committee so appreciates your financial donations to the Friends of Flynn Fund that is used through the school year. Checks can be made out to Trinity with FOF noted in memo line. Also keep the teachers, staff, and students in your prayers for a safe school year filled with lots of learning and community.

## Caregivers

The following is a writing by Allison Breininger from her website, The Negative Space. Health Ministries have partnered with Allison over the past three years to help raise awareness for our caregivers in our congregation. This writing is powerful. It is an abbreviated version. Go to [thenegativespace.life](http://thenegativespace.life) for the full article.

## Be Present For Your Friends This Holiday Season

Life can be hard this time of year. While for some, twinkly lights, eggnog, and carols help lighten the mood, for others the holiday season feels like a time when mourning, struggling, or feeling anything less than "jolly" is not an option. While we are tinsel deep in all these feels we find ourselves trudging out in the dark, careening down icy roads, to events filled with noise, small talk, and inquiries of "How have you been?"

This year as you plan your get togethers, think about the needs that may be in your guests' negative space. Don't seat your sister who recently had a miscarriage next to your obviously pregnant co-worker. Have a quiet space available for your friend who is chronically ill to rest if needed. Have hand sanitizer around to support your friend who is immune compromised. These small gestures will show your friends that you see them, that you are working to meet them where they are, and that you value their presence at this event and in your life.

An easy way to help people be together with less pressure is to put in your party space things like an already started puzzle or coloring books with colored

pencils. These simple items give folks something to do with their hands and their eyes, allowing them to be around others without feeling like they have to talk. Both are activities that people can do for a few minutes or for hours at a time, alone or with others, while talking or silent, and at any age or ability level. They are activities that lower stress levels and induce the same state as meditating, which may be just what a person at a holiday party or family gathering needs.

Sometimes when we start paying attention to what's in the negative space of the people in our lives, we forget that it is only part of what makes up their whole picture. It's possible that your friend going through chemo doesn't want to spend all evening talking about that. Try a phrase like, "I know you're halfway through your treatments. Do you feel like talking about that tonight or would you rather talk about something else?" Have a friend who's a caregiver? Don't forget to ask her how SHE is, not just how the person she cares for is doing. Try, "At some point I'd love to hear how your husband is doing, but right now I'd really love to know how you are."

Even if you set the stage perfectly, there will likely come a time before the end of the event when people have reached their limits. If you see someone attempting to slip out early - let them. Acknowledge that coming to the event may have been challenging and that you were glad they came. Bless and release.

There will be people who won't come to your event at all. Don't badger or lay guilt on them. As Brene Brown says, "What we don't need in the midst of struggle is shame for being human." Others may come but will stay to themselves. Here's what you need to know: It's not about you. It's not about your party. People are carrying around burdens that we cannot see and sometimes those burdens are just too heavy to carry to a social event. Those people are on your guest list for a reason—because you love them, you're related to them, you value their friendship. Give them grace and space and love. Not coming to your event may be the exact form of "self-care" that you are always telling them they should practice.

You can't erase the hard things in the lives of your friends and loved ones, but if implementing even a few of these ideas has the potential to make your Holiday event feel more welcoming it is worth it.

# "SERVING IN CHRIST'S LOVE AND SHARING THE GOOD NEWS"

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

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

Phone: (715) 832.6601 • Fax: (715) 832.6700 • Web Page: trinity-ec.org

Trinity has several active Facebook pages which are a source of up to date information and inspiration for your faith development.

There is a general Trinity page plus pages for Children, Youth, and Family Ministries and Noah's Ark Preschool.

Be sure to "Like" Trinity soon and begin enjoying the benefits of inspiration and news

## Pastors

Patrick Patterson

patrick@trinity-ec.org/507.779.4991

Tom Westcott

tomw@trinity-ec.org/612.481.0810

## Minister of Diversity, Equity, & Inclusion

Deacon Lidixe Montoya

lidixe@trinity-ec.org

## Children, Youth, and Family Ministry

Heather Day

Children and Family Ministries Director/

heatherd@trinity-ec.org

Emily Kreiner

CYF Ministry Assistant/emily@trinity-ec.org

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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 December Newsletter is November 15.