



Evangelical Lutheran Church in America
1314 E Lexington Blvd • Eau Claire WI 54701-6434
2024, February Newsletter—Vol. LXX No.2

Lent 2024

"Created to Be"

Our 2024 Lent Round Robin prepares congregations for the upcoming ELCA youth gathering by utilizing their theme "Created to Be." We are created to be **brave**, to show up with an open mind and heart, willing to be challenged. We are created to be **authentic**, to bring our whole selves and know that we are loved by our Creator. We are created to be **free**, to be transformed by the gospel. We are created to be **disruptive**, to work for justice for all our siblings. We are created to be **disciples**, to be sent out into the world to love our neighbor just as we are loved by God.

- February 14 • Ash Wednesday
- February 21 • Created to be free
- February 28 • Created to be brave
- March 6 • Created to be disciples
- March 13 • Created to be disruptive
- March 20 • Created to be authentic

Join us on Wednesdays for worship at 12:15 P.M. or 6:00 P.M. beginning February 14. Lent Soup Lunches are returning. After you attend the 12:15 P.M. worship service enjoy fellowship and lunch in the Trinity Room. We hope to see you there!

Lenten Reflections

Please join Mary Beth Patterson and Vicki Dueringer starting on Saturday, February 17 in the Fireside Room for a time of reflection, conversation, Bible study, prayer, meditation, and creativity during the Saturdays of Lent. The theme is "Belonging"....to Ourselves (self-care), to our Community (making connections), to God (faith). On the 17 we will meet from 9:00 A.M.–12:00 P.M. to talk about the foundations of Belonging. We will NOT meet on the 24. Then resume meeting on Saturdays March 2, 9, and 16 from 9:30 A.M.–10:30 A.M. to explore each category in depth. This format is based on our Saturday Advent Reflections group. Sign-up at Clip Board Central. All are welcome!

Reverse Lenten Calendar

- Purchase and collect the items listed on our flyer. Then bring them to the Trinity Food Pantry after Easter. Flyers are available in the lobby.
- When dropping off your calendar purchases, please feel free to include any used paper and/or plastic grocery bags!
- Throughout the season of Lent, please pray for those in our community who struggle with food insecurity.

Shrove Tuesday Pancake Supper

The Noah's Ark Shrove Tuesday Pancake Supper will be February 13 from 4:00 P.M.–7:00 P.M. Advance ticket prices are \$10.00 for age 13 and over and \$5.00 for age 2–12. At the door on February 14, prices will be \$12.00 for age 13 and over and \$5.00 for age 2–12. Tickets will be on sale on Sundays, February 4, and February 11, and on Wednesday, February 7 before and after worship in the lobby. During the week, tickets are available in the Church Office. Come join us for a delicious pancake meal, kid's activities, and an art stroll of artwork by Noah's Ark children.



New Anti Racism Class

You are invited to participate in "White Privilege: Let's Talk" dialogue sessions. This six-session course is designed as a sacred conversation on race. It is intentional in its focus on the history, impact and manifestations of White Privilege. We enter with the spirit of faith, hope, praying that the conversations will help us to see one another and stay on the journey toward racial equity. Sessions begin on Thursday, February 15 at 9:30 A.M. in room 302. We will meet six times, classes will run until March 21. Sign-up at Clipboard Central or by emailing Lidixe Montoya at lidixe@trinity-ec.org.



Trinity Endowment Trust Awards Grants

In November 2023, the Board of the Trinity Lutheran Endowment Trust awarded over \$23,600 in grants to ministries and missions that extend the work of the congregation. Thanks to memorials, offerings, and estate bequests, the Endowment Trust now has a portfolio over \$1,800,000! Let's continue to grow the Endowment Trust. What you do now will do great things in perpetuity!

November grants will support:

- Chaplaincy Internship Tuition
- Hope Gospel Mission—Learning Center Campaign
- ELCA Youth Gathering Trip
- Feed My People Project FEED—Youth Education
- Trinity Quilters
- Funeral Planning Workshop
- Advent Tea

February Circle Meetings

- Deborah • Tuesday, February 20, 9:30 A.M. Oakwood Hills Apartments
- Mary/Martha Circle • Tuesday, February 20, 9:30 A.M. Trinity
- Miriam • Wednesday, February 21, 9:30 A.M. Trinity
- Ruth • Tuesday, February 20, 1:30 P.M. Offsite

With Gratitude

- Offering Update as of December 31, 2023
- Amount Budgeted to Date: \$626,431
- Amount Received to Date: \$607,390
- Expenses to Date: \$582,458
- Deficit/Surplus: \$24,932



Trinity offers three Giving options: Use the QR Code, Simply text "GIVE" to 715.468.6800, Click GIVE on trinity-ec.org

Received December 2023 Memorials & Gifts

Food Pantry

- In memory of Jeremy Larsen: Lori Juneau, Pam Burrows,
- In honor of Dan & Jacki Helgesen: Randy Casper
- In memory of Bob Berg: Roger & Marilyn Engen,
- In memory of Roland Kulig: Dave & Jeanette Suchla
- In memory of Steve Drung: David & Sonia Becker

Prayer Shawls

- In honor of Margie Larsen: Vicki Dueringer

Faithlights

- In honor of Mary Schlegel & Bill Brown: Kevin & Christine Brown

Endowment Trust Fund

- In memory of Gordy Larson: Gordy & Sandy Holzhueter
- In memory of LuAnn Miller: Barb Tischer
- In memory of Dianna Miller: Barb Tischer

Memorial

- In memory of Elsie Falkner: Jim & Lynn Gullicksrud
- In memory of Bob Berg: Martha Jacobson, Marie Davis, Judy Foss, Ron & Jennifer Gullicksrud, Paul & Amber Moltzau, Leora Dueholm, Jeanine LaBerge, Sandra Klevgard,
- In memory of LuAnn Miller: Nancy Woodford,

Library

- In honor of Joanne Stange's Birthday: Mary Hoepner

Children's Bibles

- In memory of Kjerstie Pressler: Mike & Dori Ritland

Friends of Flynn

- In honor of Randy & Peggy Casper: Dan & Jacki Helgeson

Children, Youth & Family Ministry

Noah's Ark Preschool Registration

Registration for 3-5-year-old classes at Noah's Ark Preschool for the 2024–2025 school year is currently underway. Brochures for the 2024–2025 school year are available in the Trinity Lobby and throughout the building. It is also available on our website at <https://trinity-ec.org/noahs-ark-preschool/>. For more information or to register, contact Marlee Knickerbocker at 715.832.6601 ext. 205.

Open Gym

On Mondays, through March 18, 10:00 A.M.–11:30 A.M. the Trinity Room will be open for parents and their young children (toddlers-preschool) to come in and use our equipment in a large safe space. The area will be supervised, and a story time and snack will be offered during the last half hour. Members, friends of members, and non-members are welcome to attend. No registration is required for Open Gym. The cost per session is \$3 for one child; \$2 for each additional child from the same family. Please note: Open Gym will not meet on January 22 or March 4 when the public schools are closed.

Sledding Party

It's cold and snowy so let's enjoy it! Come to Centennial Park for an afternoon of sledding on February 18 from 2:00 P.M.–3:00 P.M. Centennial Park (3125 Spooner Ave, Altoona) has a great sledding hill that is small enough for the younger kids while still offering a bit of a thrill for the older ones. The park also has a small playground and hiking trails, so bring your snowshoes, sleds, and other winter toys. We'll provide hot chocolate and marshmallows!



Think Summer!

Save the Date!

Vacation Bible School

Mark your calendars! Vacation Bible School will be happening at Trinity June 17–20, 9:00 A.M.–12:00 P.M. Watch for more details to come.

Luther Park Bible Camp

Trinity children and youth are invited to join us for a fun week at summer camp! Trinity encourages students to attend Luther Park Bible Camp in Chetek during **Week Three, June 23–28**. (Day Camp is available during Week Two, June 19–23.)

Campers stay in cabins and experience the wide variety of fun and activities available at Luther Park. Kids will engage in creative Bible studies, worship, campfires, and meaningful small group discussions, along with swimming, games, and developing community with new and old friends. Older kids will even experience the excitement of the high ropes course!

Check out the Luther Park web page www.lutherpark.org to learn more about Luther Park Summer Camps and to register. Scholarships are available to Trinity kids—ask Heather Day for more information!

Book Study

"Raising Kids Beyond the Binary"
Mondays—February 26, March 4, 11 6:30 P.M.–7:30 P.M.

You are invited to gather on Monday evenings to discuss Jamie Bruesehoff's book, *Raising Kids Beyond the Binary: Celebrating God's Transgender and Gender-Diverse Children*. Heather Day will lead conversations based on this book, which can be purchased from any online retailer. Heather also has several copies available to borrow.

Now more than ever, people of faith need to be grounded in God's call to love and affirm young people in who God created them to be. *Raising Kids Beyond the Binary* bypasses the sound bites to give readers a vivid picture of who transgender, non-binary, and gender-expansive young people are and what they need to thrive. Grounded in the unequivocal truth of God's deep love and limitless creativity, this book compels readers to move past "all are welcome" to loving and celebrating transgender and gender-diverse youth in the brilliance of their uniqueness, the wisdom of their self-awareness, and the joy of their authenticity. These children need us, and the world needs them. To participate, purchase your own book and sign up at Clipboard Central or online at trinity-ec.org/register.

Your Trinity Library

Book Club

On Tuesday, February 20, at 6:30 P.M. in room 204, the group will discuss *Lessons in Chemistry* by Bonnie Garmus.

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—all of all things—her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show, "Supper at Six." Elizabeth's unusual approach to cooking ("combine one tablespoon acetic acid with a pinch of sodium chloride") proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn't just teaching women to cook. She's daring them to change the status quo.



Check this and Book Out!

New Books

- *Let Us Descend* by Jesmyn Ward. Let Us Descend tell the story of Annis, an enslaved woman who is forcibly separated from her mother and forced to march from her home in the Carolinas to the brutal markets for enslaved men and women in New Orleans. Ultimately, she finds freedom on her own terms and forges a successful life for herself in the back country lowlands of rural Louisiana. This is a story of rebirth and reclamation. (FIC WAR)
- *El Paso* by Winston Groom. Long fascinated with the Mexican Revolution and vicious border wars of the early twentieth century, Winston Groom brings to life a much-forgotten period of history in this sprawling saga of heroism, injustice, and love. With its blend of history and legend, El Paso becomes an indelible portrait of the American Southwest in the waning days of the frontier. (FIC GRO)
- *A Council of Dolls* by Mona Susan Power. From the mid-century metropolis of Chicago to the windswept lands of the Dakota people to the brutal Indian boarding schools, *A Council of Dolls* is the tale of three extraordinary women, told in part through the stories of the dolls they carried. (FIC POW)
- *In Search of the Old Ones* by Anthony D. Fredericks. A tree that's lived more than 1,000 years is living archaeology—a tangible connection between the planet's past and present that helps us better understand its future. In this book, Fredericks investigates these extended lifespans and their implications on ecology and humanity. Readers will experience the strength and magnificence of 10 of the United States most wondrous

trees. (577 FRE)

- *What We Remember Will Be Saved* by Stephanie Saldana. This book tells the story of six women and men from Iraq and Syria and what they carried with them when they were forced to escape their countries because of war. (325 SAL)
- *Nature's Best Hope* by Douglas W. Tallamy. In this book, Tallamy outlines his vision for a grassroots approach to conservation. It shows how homeowners everywhere can turn their yards into conservation corridors that provide wildlife habitats and will preserve the planet for future generations. (333.7 TAL)

Picture Books for Young People

- *Between Us and Abuela* by Mitali Perkins. Summary: When Maria, Juan, and their mother go to the border between California and Mexico to visit their grandmother at Christmas, Maria must devise a way to get Juan's gift over the fence. (++) FIC PER)
- *Nana and Abuela* by Monica Rojas. In Nana and Abuela, Monica Rojas recounts a story from her own childhood. This bilingual story about love and listening celebrates relationships and communication and what young and old alike can learn from spending time with our favorite people. (++) FIC ROJ)
- *This Is How We Do It* by Matt Lamothe. This genuine exchange provides a window into lives and traditions that may differ from our own as well as a mirror reflecting the common experiences that unite us. Inspired by his own travels, Matt Lamothe transports readers across the globe and back with this thoughtful and stunning picture book. (++) 390 LAM)
- *Extra Yarn* by Mac Barnett. Summary: With a supply of yarn that never runs out, Annabelle knits for everyone and everything in town until an evil archduke decides he wants the yarn for himself. The themes of kindness and the importance of doing good deeds for others make for good discussion. (++) FIC BAR)
- *Chirri & Chirra, The Snowy Day* by Kaya Doi. This is book three in the charming Chirri & Chirra adventure series which includes riding their bikes in the first snow of the season, meeting animals in an icy

cavern eating freshly baked delights and spending a night in an igloo with a family of bears. This is a charming winter story. (++) FIC DOI)

- *Gibberish* by Young Vo. Gibberish tells the story of a young boy named Dat who is new to the English language and what that feels like to be the new kid at school when everything sounds like gibberish. Fortunately, a friendly girl in his class finds other ways to communicate besides just talking. (++) FIC VO)
- *Thank you, Omu!* by Oge Mora. Summary: When the aroma of Omu's homemade stew fills the air, her neighbors arrive, one by one, for a taste until all is gone except for her generous spirit. (++) FIC MOR)

Book Recommendation

—from Sonnie Jacobson, Trinity Library Committee Member

West With Giraffes by Lynda Rutledge

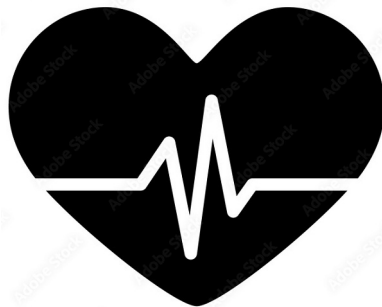
This is one of my favorite books, ever! Based on true characters and events, it begins in 1938, when a huge hurricane hits the East Coast. A ship (The SS Robin Goodfellow) survives, bringing two giraffes to New York City. Purchased by the famous woman zookeeper Belle Benchley, they are destined for the San Diego Zoo—the first giraffes in California. Woody Nickel, who becomes the driver of the special vehicle taking them west, tells this story. The giraffe keeper, Riley Jones, Woody, and a young woman photographer named Red, begin the 12-day journey. Along the way, they encounter storms, floods, and many characters, dubious or otherwise. And, if you do not love giraffes by the end, I would be surprised—AND it ended too soon! (FIC RUT)

Care & Concern

Heart Month

February is Heart Health month. Here are some tips to improve your heart health from the AMA

1. Know your blood pressure numbers. Recommendations have changed in the past few years. Blood pressure numbers of less than 120/80 are considered normal. "Elevated blood pressure" is when readings are consistently between 120-129 systolic and less than 80 diastolic. High blood pressure is now divided into two stages, with Stage One 130-139 systolic and 80-89 diastolic.
2. Understand your blood pressure numbers: Systolic blood pressure (top number) indicates how much pressure your blood is exerting against your artery walls when your heart contracts. Diastolic blood pressure (lower number) indicated how much pressure your blood is exerting against your artery walls while the heart muscle is resting between contractions.
3. Which number is most important? More attention is usually given to the systolic BP as a major risk factor for heart attack and stroke, especially in people over 50. Systolic BP rises with age due to increasing stiffness



of the large arteries, build up of plaque, and increased occurrence of heart and vascular disease. However, an elevated diastolic BP reading also can indicate high BP.

4. Commit to a treatment plan to manage high blood pressure. Work with your doctor to create an individualized treatment plan that includes realistic healthy lifestyle changes.
5. Be more physically active. Incorporate extra steps in your daily routine. Participate in physical activity that you enjoy.
6. Limit your intake of processed foods, especially those with added sodium and sugar. Eat less red meat, processed meats and foods. Recommended daily sodium intake is less than 2,300mg/day (about 1 tsp of table salt). Read labels!
7. Maintain or achieve a healthy weight.
8. If you drink alcohol, do so in moderation.

Red Cross Blood Drive

Donate on Thursday, February 15 from 12:30 P.M.–6:30 P.M. Last year we collected 150 units of blood, which was down from 2022. This is a trend for the nation. This time of the year is also a slower time for donations. The Red Cross is experiencing an emergency blood shortage as the U.S. has the lowest number of people giving blood in 20 years. Please sign up to give redcrossblood.org. Last year we had 32 units donated in February. We are hoping for 38 this February.

Prayer for February

From Guideposts Daily Planner 2024
May the Lord make my 2024 a happy year....

- Not by shielding me from sorrow and pain but strengthening me to bear it when it comes.
- Not by making my path easy, but by making me sturdy enough to tread any path.
- Not by taking hardship from me, but by taking all cowardice and fear from my heart as I meet hardships.
- Not by granting me unbroken sunshine, but by keeping my face bright even in the shadows.

God make my year a happy one.

February Corner Cupboard

We had a successful Reverse Advent calendar food drive. We collected over 1,000 pounds of foods that have helped us fill our shelves.

Thank-you all to your comments and response to fundraising and the Fireside Chats on January 14. Please let Sue Marczinke, the Food Pantry Coordinator know if you have questions about our Food Pantry Mission.

The Annual Spice Drive process, watch next months Corner Cupboard for the results of our challenge to you all to donate 700 spices this year.

As we begin serving in 2024, we thought you might want to see what impact that our Food Pantry had in our community in 2023.

- We distributed 305,816 pounds of food to our guests. This included 187,367 pounds purchased from Feed my People, 103,346 that was provided from our food rescue partners (KT, Aldi and HyVee) and donated food and produce items 15,103.
- We served 9,018 guests, impacting 2,113 different families. According to Feed my People statistics, we are serving more families than any other pantry in Eau Claire.
- Our food expenses in 2023 were \$105,641. This is an increase of 15% from our 2022 expenses.
- We serve an average of 52.1 families per pantry. We served an average of 173.4 per week.

Based on discussions we had during our Fireside Chats in January, we thought it might be fun to feature a monthly food item(s) we offer our guests and what it costs the food pantry to provide it.

February Product of the month is: Peanut Butter and Jelly

We often provide Peanut Butter and Jelly along with bread to our guests. Here is the current cost breakdown:

- Bread—\$0.00
- Peanut Butter—\$1.91
- Strawberry Jelly—\$1.12

Have a question for the Sue Marczinke the Food Pantry Coordinator, email her at sue@trinity-ec.org.



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 May 27-29. 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>

"Men Only" Group

This is a group for men who have had or currently have a diagnosis of cancer; any type. This group met in October and had a great session. All men are welcome! Future meetings are at 6:00 P.M. in the Fireside room. They will meet the fourth Tuesday of April, July, and October. Mark your calendars.

Friends of Flynn

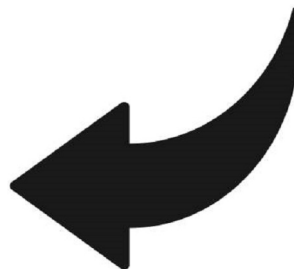
"THANK YOU so much for all the lovely books donated for our Flynn students. It is such a joy to facilitate this giveaway! Truly a highlight of my year. The kids had so much fun choosing their books."

Those are the words used by the Media Specialist from Flynn School thanking us for our gift of books to the students this past Christmas. Just one of the things we provide the school.

In January, we provided our quarterly supply of snacks to the kids and will continue to do so throughout the school year. We're able to do this through generous gifts given to us by members of Trinity. Donations can be made anytime throughout the year, but we do a fundraiser during the month of March. Thanks to everyone who has donated to Friends of Flynn.

The Community Table

Trinity will volunteer next at The Community Table on Thursday, February 1, 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.



Four Ways to Prepare Kids for Lent

It may seem like Lent is a heavy season one that is too difficult for children to grasp. It can be a challenging discussion to navigate, however Lent followed by Easter is the core of Christianity and children are not only capable of experiencing the fullness that the church offers they tend to embrace it eagerly.

At Trinity we share our families' mission to instill a love of God and a strong faith in their children by weaving religion and faith themed teachings into our curriculum and daily school life.

In preparing kids for Lent, we have four ways to inspire ideas for parents to continue our conversations at home.

1. Start with the "Reason for the Season"

Most kids already have an idea that Easter is coming soon since it's much easier to spot increased Easter bunnies, colored eggs, and candy on the shelves at the stores than any obvious signs of Lent. Take this opportunity to share that without Lent we wouldn't have Easter. Children are more likely to be engaged with Lent if they realize what the Season brings- a joyous celebration of Easter!

Describe in detail how Easter Sunday will be celebrated in your house, what kind of fun traditions and special treats will there be.

2. Create a Countdown

We focus a lot on the countdown to Christmas in the Advent season so why should Lent and Easter be any different? Being that kids are very visual, here are two Lenten calendars for children to walk through with your kids.

The more anticipation leading up to Easter throughout the Lenten season the better understanding children will have of just how important and special Easter Sunday is.

4. Schedule Prayer Time

Look at your family calendar together and make special room for extra prayer together each day or week.

5. Lead by Example

The best way of them all is for us to lead by example. It seems children are always watching, wanting to take on "adult" tasks. What better time for them to look up to us than during Lent. No matter how you choose to observe Lent with your child(ren), the key is that we all talk more about Jesus, and about how He is our Savior.



Resurrection Biscuits

Because it's Easter will be coming at the end of March, we are printing this recipe for Resurrection Biscuits. It's a fun way to teach children about Resurrection Sunday

Ingredients

- 1 tablespoon granulated sugar
- 2 teaspoons ground cinnamon
- Eight large canned biscuits
- 8 large marshmallows
- 2 tablespoon melted butter cooled

Instructions

- Mix sugar and cinnamon in a small bowl.
- Make one biscuit at the time. Press a biscuit as flat as you can get it with the back of your hand.
- Dip one marshmallow in melted butter and coat well. Then, roll the marshmallow in the cinnamon sugar mixture until well coated.
- Place the coated marshmallow on the inside of the biscuit near the edge. Roll the biscuit up and around the marshmallow one half turn. Fold in the edges of the biscuit. Finish rolling. Pinch seams and place seam side down on a baking sheet that has been greased or covered in a baking mat. Make sure seams are pinched together well or the marshmallow will leak out.
- Repeat the process with the other seven biscuits.
- Brush tops of the biscuits with the remaining butter and sprinkle with cinnamon sugar.
- Bake in a 400 degree preheat oven for 12 minutes or until the biscuit is golden brown.
- Remove from the oven and let cool about 5 minutes.
- Cut into the biscuit and you'll find the marshmallow has disappeared!

"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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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

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Tom Westcott

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Minister of Diversity, Equity, & Inclusion

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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 March Newsletter is February 15.