



Pancake Supper

Come and celebrate with Noah's Ark at our Annual Shrove Tuesday Pancake Supper on February 13 from 4:00 P.M.–7:00 P.M. Advance ticket prices are \$8.00 for age 13 and over and \$5.00 for age 3–12. At the door on February 13, prices are \$10.00 for age 13 and over and \$5.00 for age 3–12. Tickets will be on sale on Sundays, February 14 and February 11, before and after worship in the lobby and also on Wednesday, February 7. During the week, tickets are available in the Church Office.

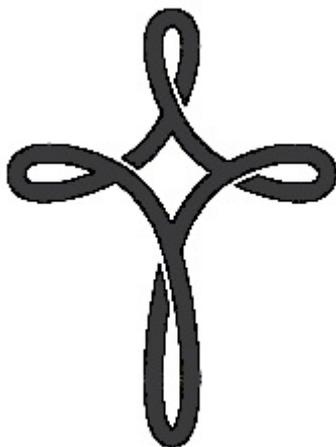
Lent 2018

"Inside Out: Transformed by Faith"

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God. —Romans 12:2

Forgiveness and humility. Compassion, generosity, and peacemaking. Do you long for them? As current events seem to polarize us further and further from each other, what is the role of a Christian? Faith, after all, is not merely something we believe in our heads—it affects our decisions, actions, and how we relate to others. This Lenten season, we'll spend six Wednesdays considering how practicing a life of trust in God transforms our hearts and minds, and with it, our relationships on every level. Join us on Wednesdays for worship at 12:15 P.M. or 6:30 P.M. as we move from the "Inside Out" witnessing Christ's gracious affect on ourselves, our families, our community, our nation, and our world.

- February 14 • Ash Wednesday
- February 21 • ...Personally
- February 28 • ...Relationships
- March 7 • ...Communities
- March 14 • ...as a Nation
- March 21 • ...World



Lenten Soup Lunches

Each Wednesday after the 12:15 P.M. Lenten service, the Trinity Room will be the place for marvelous soup and enjoyable fellowship, breads from Great Harvest, and something sweet to end the meal. The menu will be posted before the service. We need volunteers to serve and clean-up! Please sign up at Clipboard Central. The free will offering will go to Friends of Flynn.

Lenten Prayer Vigil

On Wednesday and Thursday, March 28 and 29, Trinity will host a 24-hour prayer vigil to pray for our congregation, our community, and the world. Space will be set aside in the Worship Center, and participants will sign up for 20 minute time slots from 8:00 P.M.–8:00 P.M. Look for sign-ups in the lobby and online at the end of February.

Facebook

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's Ministries, Youth Ministries, and Noah's Ark Preschool. Be sure to "Like" Trinity soon and begin enjoying the benefits of inspiration and news.



Simplicity Parenting

Simplicity Parenting is a two-part gathering for parents that will meet on Mondays, February 5 and 12, at 6:00 P.M. Do you ever feel like the lives of your children are filled with too much—too many activities in their schedules, too many toys in their house, too many pressures that didn't seem to exist in childhoods even just 20 years ago? Pastor Sarah invites parents and grandparents alike to a two part study and support group surrounding Kim John Payne's book, *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids*. The book can be purchased through Amazon or at the BAM bookstore in Eau Claire. Sign up at Clipboard Central or online through Trinity's website. Childcare provided.



Good God Books "Living Buddha, Living Christ"

You are invited to an engaging discussion at Trinity on Monday, February 19, at 6:00 P.M. centered on Thich Nhat Hanh's book, *Living Buddha, Living Christ*." Pastor Sarah read this book while living in Thailand, a majority Buddhist country, and has been nurtured by it ever since. You are invited to explore the spiritual crossroads where the traditions of Christianity and Buddhism meet through Hanh's writing. The author was nominated for the Nobel Peace Prize by Martin Luther King Jr. saying, "Thich Nhat Hanh is a holy man, for he is humble and devout. He is a scholar of immense intellectual capacity. His ideas for peace, if applied, would build a monument to ecumenism, to the world brotherhood, to humanity." Open hearts, curious minds, and all are welcome! Books can be purchased through Amazon or by contacting Pastor Sarah (sarah@trinity-ec.org) by Monday, February 5. The cost is \$11.

Engage the Bible in a New Old Fashioned Way

Lectio Divina, Divine Reading, is a contemplative engagement with God's Word. In Lectio Divina, we allow the word to speak to us, to direct us, to shape us. One way to deepen our faith and our spiritual connection is to learn new spiritual practices. We may be very familiar with some spiritual practices like worship, Bible study, and service projects. There are many others for all of us to try. Pastor Natalie enjoys teaching and leading people in spiritual practices, so please join her on Thursdays, February 1, 8, and 15, at 6:30 P.M. in the Fireside Room for Lectio Divina. A sign-up sheet will be available. You are welcome at all three sessions, yet you are very welcome for one or two.

Social Gatherings

Trinity will be adding quarterly social gatherings to provide an opportunity for all Trinity members and friends to share a meal and engage with the rich history of Trinity's involvement in worship, in the community, and in the world. The first event will be on Friday, March 9, at 6:00 P.M. in the Trinity Room.

Thank You

Thank you to everyone who brought in spices and food seasonings for the Trinity Food Pantry as part of the Children's Ministries Spice Drive this past January. These donations will further enhance the variety of items available to food pantry visitors.

The Friendship Group

The Friendship Group will meet on Wednesday, February 14 (Ash Wednesday), in the chapel at 10:00 A.M. After our meeting and installation of officers, our program will be Sandy Pocerlich presenting "Empower Yourself and Stay Healthy All Year." Plan to attend the 12:15 p.m. Ash Wednesday worship service after the meeting followed by the Lenten Soup Lunch.

Souper Bowl of Caring

On Sunday, February 4, youth will lead the "Souper Bowl of Caring," a nationwide hunger relief effort. Youth, sporting their desired team apparel, will invite each person present in worship to help reach our goal of \$1,000 in support the hunger relief needs in the Eau Claire community. Look for the giant soup pots as you exit worship on Sunday, February 4. All contributions will be donated to The Community Table.



Sisters and Brothers in Christ,

Lent is coming! And this year, Ash Wednesday happens to be Valentine's Day. I find this quirk in the schedule amazing because instead of flowers or a box of chocolates or dinner and a movie, God gives us the gift of reminding us that we are dust and to dust we shall return.

And it is a gift. Ash Wednesday reminds us that we are God's, in life and in death, and that nothing can separate us from the love of God. I cannot think of a greater expression of love than that for Valentine's Day.

To help us reflect on this love during Lent and how we experience it in different ways, I invite you to come worship with us on Wednesdays at 12:15 P.M. or 6:30 P.M. for our series "Inside Out: Transformed by Faith."

Our faith in a God who loves us so completely transforms our ability to live in relationship with others. God's radical love helps us live out our faith in ways that impact ourselves, our families, our communities, and our world. So come and worship our God who loves us, who chooses us, who is in relationship with us this Lent. And come consider how this reality impacts how we interact with everyone we encounter in this world.

In Christ,

Pastor Brahm

Social Concerns

Serving Others Locally

- Trinity will serve at **Sojourner House** on Friday, February 16, from 6:30 P.M. to 9:30 P.M. We are looking for volunteers to donate two large fruit salads to be served with the meal. Sign up at the designated sheet at Clipboard Central. If you have any questions, please feel free to call the co-leaders, Phyllis at 715.836.7055 or Sheila at 715.831.8982.
- Trinity will fulfill a variety of tasks at **The Beacon House** from February 11–15. We have spots available for evening and breakfast hosts, providing dinner, and overnight hosts. If you are available for a volunteer shift, you are invited to sign up at the designated sheet at Clipboard Central. Roman and Diane Fritz, Trinity members, will contact you with additional details. Thank you!

Team "World Vision"

Water changes the lives of children. They have better health, improved nutrition, and can go to school instead of spending the day fetching water. World Vision is the largest non-governmental provider of clean water in the world. Last year, they reached over 4.6 million new people with clean water.

Trinity is partnering with Team World Vision to raise money for clean water throughout the world. Participants will be part of the Eau Claire Marathon team, signing up to run either the Marathon, ½ Marathon, Marathon Relay, or 5K. Or, you can support a runner by donating to the event. Either way, you are improving the lives of children! Sign up online at teamworldvision.org/eauclaire Contact Lucinda Kemmet at lucinda@trinity-ec.org for more information.

Friends of Flynn

Coming soon ... Friends of Flynn Fund Drive! March is the month for the major fund raising effort for Friends of Flynn. Friends of Flynn provides clothing, shoes, books, healthy snacks, and more to students of Flynn Elementary School which is on Lee Street across Clairemont Avenue from Trinity.

Our goal this year is to raise \$6,100 through the fund drive. Watch for more information next month. Donations will be collected every Sunday in March.

Want to do something now? If your kids have outgrown any gently used elastic waist sweatpants, Flynn kids can use them. Donations of sweatpants in sizes 4/5–adult small may be dropped off in the lobby.



Meet Rachel • Rachel knows all too well about getting by on little money. The 36-year-old single mother of three said she is diagnosed with clinical anxiety and works intermittently. She lives without cable TV and other services many people enjoy because she can't afford them. Her 14-month-old baby boy suffers from poor health and requires medical attention. She is grateful for Trinity's Food Pantry.

"If pantries weren't here, my kids and I would be in a tough spot," Rachel said. "I would be forced to make some serious decisions. I guess I would lose my car and then make other cuts. Without food pantries, I couldn't provide food for my children. It's that simple."

Thank you for your faithful support of Trinity's Food Pantry all year long. If you would like to give, please indicate food pantry on your donation.



Trinity 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 February 13 and 27, and March 13 & 27.



Thank You

Trinity's Christmas Sharing Project touches many lives in the Chippewa Valley. Thank you to all members who participated by providing food, gifts or working at church on December 16. Twenty-nine families were blessed by this ministry. The following are excerpts from a couple of the thank you notes that we have received:

- *"Thank you for supporting our Northstar families this holiday season... Your generosity will provide a brighter new year for our students."* —Northstar Middle School Principals and Counselors.
- *"Thank you so much for blessing us this Christmas with gifts and food beyond our expectations. Your generosity and gift of love of the Savior means a lot to the children of this house."* —Gift Recipient and Foster Parent

Day of Renewal

The Day of Renewal for women will be on Saturday, March 3, from 9:00 P.M. –1:00 P.M. at Shepherd of the Hill Lutheran Church, 207 University St, Elk Mound, WI. The theme is *God Is Good...All The Time!* The presenter is Moira Kneer. She will make you smile, laugh, and cry as she talks about *Life Lessons Learned from the Peanuts Gang*. It's going to be a great time filled with friends, food, and fun. Lunch will be provided, and the cost is \$12. New this year: childcare will be provided! Registration forms are located on the Women's Ministry Bulletin Board in the nursery hallway. Please contact Jacki Johnson at jackij7@gmail.com or 715.864.1489 or Phyllis Grohn at 715.836.7055 if you have any questions.

Circle Listings

Deborah • Thursday, February 15, 9:30 A.M. Trinity

Hostess: Rose Sippel

Leader: Carol Bartingale

Martha/Mary • Tuesday, February 20, 6:30 P.M. Trinity

Hostess:

Leader:

Miriam • Wednesday, February 21, 9:30 A.M. Trinity

Hostess: Sheila Running

Leader:

Ruth • Tuesday, February 20, 1:30 P.M., Fireside Room

Hostess: Lori Juneau

Leader: Group

Received December 2017 Memorials & Gifts

Mortgage Fund

- In memory of Phyllis Johnson: Robert Johnson

Food Pantry Fund

- In memory of Elmyra Severson: Ed & Mary Elworthy
- In memory of Yvonne Buchholz: Jim & Marilyn Bollinger
- In memory of Samuel Ott: Mary Friederich

Christmas

- In honor of Dawn Marcott who brings home communion: Patricia Ness
- In memory of Allen B. Olson: Rick & Rebekah Krumrie

Christmas Sharing Project

- In honor of Bella Williams: Gary & Gloria Crossman

Children's Bible Fund

- In memory of Warren Saetre: Jeanne Cooper
- In memory of Ione Simons: Jeanne Cooper
- In honor of Lori Juneau: Mary Hoepner
- In memory of Samuel Ott: The Miriam Circle

Friends of Flynn of Fund

- In memory of Corinne Liegel: Erik & Kim Hill Phelps

Prayer Shawl Ministry

- In honor of Louella & Gene Krumrie: Rick & Rebekah Krumrie
- In honor of Anne Josephson: Bob & Mary Schoenknecht

Quilters Fund

- In memory of Alyce Bertelson: Jerry & Lorec Krueger



Women's Giving Circle

The mission of the Women's Giving Circle (WGC), a fund of the Trinity Endowment Trust, is to "demonstrate God's love by positively impacting people's lives through collective philanthropy and awarding of financial gifts." The thank you notes listed below were received from two of the nine grant recipients from 2017. The Women's Giving Circle awarded grants totaling \$6,500.

The Women's Giving Circle invites and encourages all members of Trinity Lutheran Church to become participating members. Membership is open to anyone who wishes to further the mission of the WGC and who makes an annual contribution of at least \$250 to the Endowment Trust designated for the WGC. Membership is renewable on an annual basis. Look for brochures and membership forms in the lobby or the office. Read more about the Women's Giving Circle in the Endowment section of www.trinity-ec.org

Save the date! The Women's Giving Circle will hold its Annual Spring Meeting on Sunday, April 29, at 11:00 A.M. in the Trinity Room. This event will include refreshments and reports from several 2017 grant recipients who will share how they are using the funds provided by the Women's Giving Circle. Join us to learn more about this group and take this opportunity to join.



Dear Women's Giving Circle Members,

Thank you for your generous gift... to Trinity's Food Pantry supporting personal care items for women. What an impact this will have on elderly women, single moms, and all those who struggle with basic needs. We are honored to partner with you in serving our neighbors in need.
Trinity Food Pantry

Dear Trinity Women's Giving Circle,

Thank you for the grant... for the Aging with Intention project at Trinity Lutheran. The grant enabled me to attend a Choosing Conscious Eldering Retreat with Parish Nurse Vicki Dueringer. We learned a great deal... In November [we] held two adult forums that were well attended. We introduced some basic ideas about Aging with Intention and shared some of our experiences. The group expressed interest in future programming around Aging with Intention. Our next step will be an opportunity to write Legacy Letters... I look forward to sharing our experience and ideas at your Spring Gathering in April. Pastor Natalie Leske

Luther College Symphony Orchestra

Chase away the chill of winter by surrounding yourself with stirring classical music! The Luther College Symphony Orchestra, under the direction of Daniel Baldwin, will perform at 7:00 P.M. on Tuesday, February 6, at Grace Lutheran Church, 202 West Grand Ave., Eau Claire. The concert is part of the Symphony Orchestra's 2018 Midwest Tour. The program will include *Tchaikovsky's Symphony No. 5 in E minor* and William Grant Still's *Ennanga*, for harp, piano, and strings. The concert is open to the public with a freewill donation taken at the door.

Strategic Planning Update

You need a map (or GPS) to get to where you want to be. Without that, you'll be lost. A Strategic Plan is a map for where we want to be as a congregation. The Strategic Plan Steering Committee was hard at work during the autumn laying the foundation for a successful process. The next step is for you! The best Strategic Plan will come from your thoughts, ideas, and creativity. You are asked to create strategic initiatives for Trinity that are *inspirational, measurable, and affordable*. To do so, there are submission forms in the lobby, around Trinity, and on our website (www.trinity-ec.org>News>Strategic Plan). There will be many chances for individual and group conversation coming soon. For more information or if you have questions, please contact a member of the Steering Committee: Mary Jo Hanson, Jim Bollinger, Pam Westby, Herschel Day, Anne Lindahl, James Fedie, Tami Satre, and Pastor Peter.





Noah's Ark News

Winter greetings from Noah's Ark Preschool!

January welcomed us with cold and snow! This means we have been outside to play and investigate God's snowy world. The kids work hard to get all of their snow clothes on so they can enjoy the cold air and trudge through and play in the snow. It takes some muscle and energy! January also included a Pet Day. Kids could bring stuffed animal pets to school with them, and tell us about their real pets. Pastor Natalie introduced some of her pets to us as well!



January brought some surgery for our teacher, Mrs. Lien. While she is home recuperating we have welcomed two substitute teachers into our Tuesday-Thursday classes. The children continue to be in good hands as Mrs. Olson and Mrs. Brenden are filling in for Mrs. Lien. We are thankful for their time with us. We are keeping Mrs. Lien in our prayers for healing every day.

We have had couple of enrollment changes, so some new children have joined us in the new year. The children in their classes are helping them get acclimated to our daily routines and make new friends. They demonstrate how much they have learned since September and what great peacemakers they are becoming! We're so happy to share Noah's Ark with new students! Our registration process for the 2018–2019 school year has begun. We look forward to registering returning children as well as welcoming new children and families to Noah's Ark. We ask you to keep our registration process in your prayers as we work to share God's love and word with young children and their families.

Speaking of love, as we move into February, we are thinking of love; the love we give and receive first from God and then from our family and friends. We'll have a fun LOVE celebration with our Valentine's Day parties. The children love their friends and it's an exciting day to celebrate!

We will hold our annual Noah's Ark Shrove Tuesday Pancake Supper this month on February 13 from 4:00 P.M.–7:00 P.M. You are invited to join us for a delicious pancake supper, fellowship, art stroll and kid's activities.

In peace,

Marlee Knickerbocker

Children's Ministries Inclement Weather Policy

During the winter, there are times when we cancel children's programs due to snow or ice storms. Please check our website for updates, or call the church office if unsure. It is our policy to close if the Eau Claire public schools are closed.

Winter/Spring Early Childhood Enrichment Classes

Music & Movement • Children will move and groove as they explore music with song, dance, and instruments.

- Session Two: 10:00 A.M.–11:30 A.M. This class is for children who turn four between 9.1.2017 and 8.31.2018. Children experience this class independently.

This 17 week class meets on Mondays. There will be no class on February 26 or March 19. Cost is \$190.

Creative Arts • Spend Mondays engaged in a variety of creative activities! Children will dance, sing, and experiment with art processes. They will hear stories, Bible stories, and enhance language learning through finger plays. This class is for children who turn four between 9.1.2017 and 8.31.2018.

This 17 week class meets on Mondays from 12:30 P.M.–2:30 P.M. There will be no class on February 26 or March 19. Cost is \$190

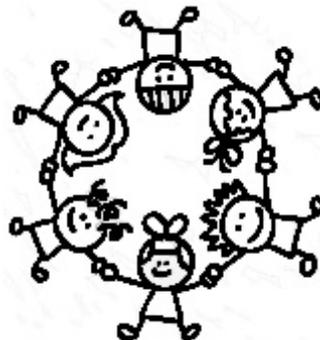
Come and Play • In this great precursor to preschool, children are provided a warm and safe Christian environment to play with other children. Art and music activities and snack are included. This class is for children who turn three between 9.1.2017 and 8.31.2018.

This 20 week class meets on Wednesdays in Trinity's Nursery from 12:15 P.M.–2:15 P.M. There will be no class on March 21. Cost is \$260.

Children's Ministries

Open Gym Tuesdays

On Tuesdays, through March 13, from 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. We offer a story time and snack 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 is \$3 per child, per session.





Friday Friends • Friday Friends is for children who would benefit from an additional day of experiences. Children will hear Bible stories, other books, and will participate in art and music activities. This class is for children who turn three between 9.1.2017 and 12.31.2017.

This 17 week class meets from 9:00 A.M.–11:15 A.M. There will be no class on February 23, March 23, April 20, or May 18. Cost is \$180.

Communion Instruction

Communion Instruction is a sacramental class that prepares children in first grade for participation in the Lord's Supper. This is a family class, meaning parents accompany their children so the faith conversation can continue at home. The class will take place on Saturday, March 10 from 9:00 A.M.–11:00 A.M. Information and forms will be sent to parents in mid-February. Additional forms will be available in the Children's Ministries office.

Summer Fun!

Before we know it, summer will be here! Summer Day Camp dates will be available in early March. Please keep an eye out for that information. If you have any questions regarding summer day camps, please contact Sara Reed, Director of Children's Ministries, at sarar@trinity-ec.org or 715.832.6601 ext. 218.

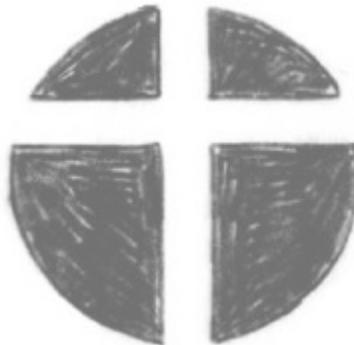
My Church!

Pastor Sarah and Children's Ministries Director Sara Reed invite **two year olds and their parents** to join them for a parent/child class on Sunday, February 18, from 10:45 A.M.–12:00 P.M. This class will focus on giving parents tools for this unique stage of faith development. Parents will learn a bedtime routine called Faith 5 which teaches empathy, communication, and faith every night at home. At the same time, we'll take pictures of the children around the church that will be turned into a book for your child to take home! To register contact Sara Reed at sarar@trinity-ec.org or 715.832.6601 ext. 218. Registration deadline in Sunday, February 11.

Youth Ministries

Christ Jam 2017

Christ Jam, for youth in grades 6-8, will be held on Saturday, March 10, from 8:00 A.M.–5:00 P.M. at Bethany Lutheran in Rice Lake. The gathering will be full of music, worship, workshops, and fun activities. The cost of \$40 is due to Ashley by February 21. Please sign-up at the Tool Bench to register. For more information, contact Ashley at ashley@trinity-ec.org



Luther Park Recharge Club 78 and Club 9 Retreat

The final Luther Park Recharge is March 2–3. This retreat is 24 hours of camp to recharge faith through faith discussion, music, friends, and activities. This year's theme is *Lifeline*. The registration cost is \$80 and includes programming from 7:00 P.M. Friday until 7:00 P.M. Saturday, meals, lodging, and a Recharge t-shirt. Sign-up at the Toolbench. Register online at www.lutherpark.org or call 715.859.2215. Scholarships are available if needed. Contact Ashley at ashley@trinity-ec.org with any questions.

Luther Park Summer Camp

Join Pastor Brahm and Ashley this summer at Luther Park Bible Camp in Chetek. Pastor Brahm and Ashley invite students completing grades 6–8 to attend Camp Pathfinders from June 10–15. These campers stay in cabins and experience the wide variety of fun and activities available at Luther Park. Pathfinders experience the heart pounding excitement of the High Ropes course and Disc Golf. Along with swimming, games, and developing community with new and old friends, campers experience creative Bible Studies, worship, campfires, and meaningful small group discussions. Check out lutherpark.org to learn more about Luther Park Summer Camps and to register. Trinity offers grants toward Luther Park registration fees. Contact Ashley at ashley@trinity-ec.org for more information about grants.

Noah's Ark Preschool Pancake Supper Service Opportunity

Noah's Ark Preschool is hosting their Pancake Supper on Tuesday, February 13. Youth are invited to serve in various roles during this event. Check out the Toolbench to get signed up!



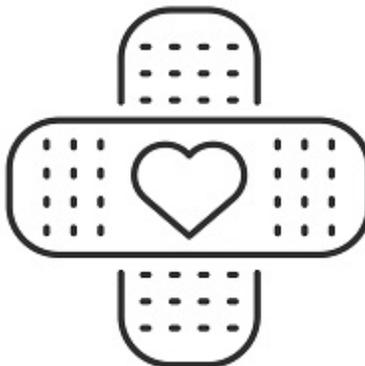
Health Ministries

Dear Trinity,

February is the month of love. We usually focus on how we should love one another, but this February I want you to think about God's love for each of us; a love so complete, so unconditional that it is beyond our comprehension.

John 3:16 tell us *For God so loved the world that he gave his only Son, that everyone who believes in him may not perish but have everlasting life.* If you are a parent, think of the love you have for your child. Can you imagine sacrificing your child's life? I can imagine sacrificing my own life for my children or grandchildren, but not the other way around. Now think about what a love like God's means for your daily life. Do you need to worry? Do you need to stress? Do you need to fear? Or do you need to wrap that cloak of love around you and KNOW that no matter what happens, God loves you and God will see you through any of life's challenges. KNOW his deep peace and love!

Vicki Dueringer
Parish Nurse



Red Cross Blood Drive

You can donate blood on Thursday, February 8, in the Trinity Room from 12:30 P.M.–6:30 P.M. As a donor you can sign up online at redcrossblood.org or at Trinity at Clipboard Central. We also need volunteers to help that day with registration and canteen. Both jobs are easy to do and only require a couple of hours of time. Sign-up at Clipboard Central. Did you know that 33% of the population is eligible to donate, but only 10% do. Please donate!

What Does a Parish Nurse Do? Healing Ministry

- **Monthly Healing Service:** A Healing Service is held the third Sunday of each month in the Chapel at 9:15 A.M. It is a brief service that includes liturgy, prayer, a time to come forward and receive a healing blessing/prayer, and an opportunity to request a personal prayer. This service can be for yourself or a time to request prayer for family/friends who are struggling.
- **Quarterly Healing Service:** A Healing Service is held on the fifth Sunday of those months with five Sundays. It takes place during each worship service and includes everyone.
- **Prayer Shawls and Prayer Beads:** These are given to members, family, and friends who are struggling with physical, emotional, mental, or spiritual concerns.

Mental Health First Aid

Sacred Heart Hospital is offering FREE classes on Mental Health First Aid. Call 715.717.7479 to register.

- February 27, Adult Mental Health First Aid.
- May 15 and 22, a two part session Mental Health First Aid for Older Adults.

Legacy Letters

Pastor Natalie Leske and Vicki Dueringer, Parish Nurse, are working on this project. More information will be available in the near future.

Healthy One Skillet Dinner • Mexi-Mac Skillet Recipe

Ingredients

- 1 pound extra-lean ground beef (95% lean)
- 1 large onion, chopped
- 1-1/4 teaspoons chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (8 ounces) tomato sauce
- 1 cup fresh or frozen corn
- 1/2 cup water
- 2/3 cup uncooked elbow macaroni
- 1/2 cup shredded reduced-fat cheddar cheese

Directions

- In a large nonstick skillet, cook and crumble beef with onion over medium-high heat until no longer pink, 5-7 minutes.
- Stir in seasonings, tomatoes, tomato sauce, corn and water; bring to a boil. Stir in macaroni. Reduce heat; simmer, covered, until macaroni is tender, 15-20 minutes, stirring occasionally. Sprinkle with cheese.



A Flurry of Good Reading in the Trinity Library

We have new books in our library. Look for these on the A-frame display.

Fiction

- *Munich* by Robert Harris. From the bestselling author comes a new spy thriller about treason and conscience, loyalty and betrayal set against the backdrop of the fateful Munich Conference of 1938. (FIC HAR)
- *Before We Were Yours* by Lisa Wingate. This poignant novel tells the true story of the adoption of kidnapped poor children sold to wealthy families who are forever changed by this heartbreaking injustice. (FIC WIN)
- *Mudbound* by Hillary Jordan. *Mudbound* is the story of the McAllan family who struggle to survive on a remote, ramshackle farm and the Jacksons, their sharecroppers. When two sons return from World War II to work the land, the unlikely friendship between them—one white, one black—arouses the passions of their neighbors. (FIC JOR)

Non-Fiction

- *Make Your Bed* by Admiral William H. McRaven, Retired. This timeless book provides simple wisdom, practical advice, and words of encouragement. BAM
- *Janesville* by Amy Goldstein. This is the story of what happens to an industrial town in the American heartland when its main factory closes. Amy Goldstein, a staff writer for the Washington Post, shares her observations of what happens next when a community with a can-do spirit tries to pick itself up.

Youth

- *A Wrinkle in Time* by Madeleine L'Engle. This movie tie-in edition of the timeless novel features the complete, unabridged original text and an introduction by the film's director, Ava DuVernay. Meg Murry and her friends become involved with unearthly strangers and a search for Meg's father who has disappeared while engaged in secret work for the government. (+ FIC LEN)
- *The Littlest Bigfoot* by Jennifer Weiner. This is the heartwarming tale of an unlikely friendship between a normal 12-year-old human girl named Alice Mayfair and Millie the Bigfoot. (+ FIC WEI)
- *Crenshaw* by Katherine Applegate. Newbery Medal-winning author Applegate delivers and unforgettable magical story about a boy named Jackson and his large, outspoken imaginary friend. (+ FIC APP)

Children's Picture Books

- *Love* by Matt de la Pena and Loren Long. From Newbery Medal-winning author de la Pena and illustrator Long comes a story about the strongest bond there is and the diverse and powerful ways it connects us all. (++) FIC DEL)

Three books that have winter and snow themes:

- *The Snowbear* by Sean Taylor (++) FIC TAY)
- *The Greatest Snowman in the World* by Peter Hannah (++) FIC HAN)
- *Snowie Rolie* by William Joyce (++) FIC JOY)

Trinity Page Turners Book Club

The book club meets on Tuesday, February 20, at 6:30 P.M. to discuss *Garden of Stones* by Sophie Littlefield

Lucy Takeda is just fourteen years old, living in Los Angeles, when the bombs rain down on Pearl Harbor. Within weeks, she and her mother, Miyako, are ripped from their home, rounded up—along with thousands of other innocent Japanese-Americans—and taken to the Manzanar prison camp.

Buffeted by blistering heat and choking dust, Lucy and Miyako must endure the harsh living conditions of the camp. Corruption and abuse creep into every corner of Manzanar, eventually ensnaring beautiful, vulnerable Miyako. Ruined and unwilling to surrender her daughter to the same fate, Miyako soon breaks. Her final act of desperation will stay with Lucy forever...and spur her to sins of her own.

There are no special expectations to participate in this group. You should feel free to come whether you've finished the book or not. You can RSVP online at trinity-ec.org or sign-up at Clipboard Central. For more information, email Cindy Beck at cindy@trinity-ec.org



"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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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 Thursday, February 15.