

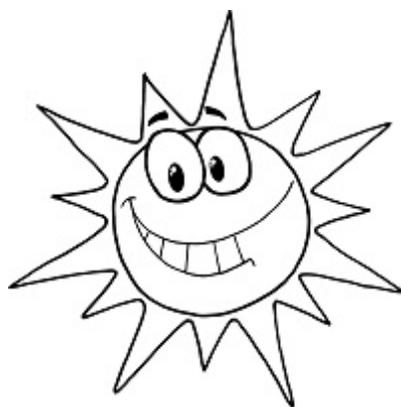


trinity

Lutheran Church

Stay Connected This Summer

Summer is here! Those words seemed far away when we had a mid-April blizzard, didn't they? Finally the season we've been waiting for has arrived. God's creation seems to show off in this corner of the world right now, between the water and woods, abundant fields and farmers markets, and light far into the evening! Many of us will travel for graduations and weddings and family get-togethers. And, if we are fortunate, Sabbath rest and vacation will be on the docket as well.



All that to say, we understand if you are away. But, don't be a stranger to the Trinity Community! There are many ways to stay connected to the happenings of the congregation these next three months, and we hope you will do just that.

Here are some ways:

- Your generosity toward Trinity's mission is invited even when you are unable to attend worship. Online giving happens right through Trinity's website and can be set up on a one time basis or as a regular withdrawal. Visit www.trinity-ec.org and click on the blue "GIVE NOW" button on the right side of the screen.
- Are you on social media? Trinity is. There are daily posts on Facebook from Trinity, and we also have an Instagram account. "Like" Trinity to receive regular updates in your newsfeed. And, new this year, login on Sunday mornings where the goal is to stream sermons on Facebook live by mid-June (technology pending).
- Grow in faith by attending Thursday morning Bible Study at 7:30 A.M. each week. All are invited! No preparation or sign-up necessary.
- Playtime in the Park • For fun and to connect with one another, Trinity's Children's Ministries is hosting meet ups in the park in June and August. Join them from 9:00 A.M.–11:00 A.M. at the following locations: Tuesday, June 12 at Owen Park; Friday, June 29, at 10th Street Park in Altoona; Tuesday, August 7, at Carson Park; Tuesday, August 21, at Rod & Gun Park. Then, save the date for Wednesday, July 11, for Trinity Night at Fairfax Pool from 7:00 P.M.–8:45 P.M.

Strategic Plan Update

The Strategic Plan Steering Committee (Tami Satre, Mary Jo Hanson, Anne Lindahl, Pam Westby, Herschel Day, Jim Bollinger, James Fedie, and Pastor Peter) has received ideas and feedback from church members and community partners through surveys, answered questions, and in-person conversations. During the month of May, the Steering Committee will distill all of the information into common themes and begin to create Strategic Initiatives. In June, the Trinity staff will review the Initiatives to plan for implementation, and the congregation will have opportunity to see and hear the initiatives in forums. After June, the Strategic Initiatives will be refined and implemented in September.

Celebrate!

Please join us on Sunday, June 3, to honor Mrs. Lien for her years of service to Trinity, educating, influencing, and loving children at Noah's Ark Preschool. We hope you will join us at the Open House Picnic in her honor on Sunday, June 3, from 10:45 A.M.–1:00 P.M. in the Trinity backyard. Mrs. Lien has been our "tie dye queen" over the years, so if you have tie dye clothing, wear it as a tribute to her on that day!

Summer is Here!

Office hours have changed just like the season beginning June 1. The office will be open from 8:00 A.M.–4:00 P.M. Monday through Friday. School year hours of operation will resume on Tuesday, September 4.



Cosmic Organism XII

A while ago, I bought a painting for my office. It was being shown at a local art studio. I walked around and soaked up the work of the two artists being featured. There were whimsical sculptures of animals, dark oily birds on yellow roses, and these abstract paintings of numbered Cosmic Organisms. It took awhile before I could admit to myself that I was actually going to buy a painting. I gazed and wondered and finally chose Cosmic Organism XII.

It is an abstract painting which is not usually something to which I am drawn. This painting pleases me because of what it is, how it looks and the colors it contains, but it also pleases me because it stretches me a little.

Richard Rohr writes that it takes imagination to grow spiritually. *"...in order to learn something radically new, we need first to imagine it. 'Imagine' literally means to 'make an image.'"* We need experiences to fill up our imagination, to stretch us and make us pliable. This allows us to respond to a new idea or a new way to experience faith that the Spirit is creating within us.

Rohr recommends turning to art. Read more poetry and literature. Listen to music. Visit museums. Put a painting with a weird name on the wall across from your desk.

Summer is a great time to have new experiences. Add some art to your plans. Feed your imagination, and you may well be feeding your soul.

Peace and Joy, Pastor Natalie



No Summer Midweek Worship Services

There will be no midweek worship services this summer. If you are away on a Sunday, please check the Trinity Facebook page for the Sunday Sermon, updates, and announcements. Wednesday Worship Services will resume in September.

Church Picnic Thank You!

Thank You, Uff Da Fest volunteers and participants! We finished up Sunday school with a picnic, carnival games, and inflatables in Trinity's own backyard. Thank you to the many volunteers, both adults and youth, who made the morning a fun time for all. Thank you to Rock n' Roll To Go inflatables.

Flamingos Thank You

Thank you to everyone who purchased insurance or those who housed our flamingos for an overnight stay. We appreciate everyone's playful participation in this final fundraiser for our 26 youth and six adults who will be attending the ECLA Youth Gathering 2018.

Sunday Morning Worship Greeters

"A Welcoming Smile"

Trinity members participate in worship weekly through audio/visual support, reading the lessons, serving communion, ushering, serving coffee, singing or playing music, and WELCOMING all to our space! We are recruiting for all areas for the summer months, particularly new Greeters to join our team, "A Welcoming Smile." For more information, contact Lucinda Kemmet, lucinda@trinity-ec.org or Becky Ragsdale, becky@trinity-ec.org or 715.832.6601 ext 202.

High School Ministry Coordinator

Trinity is searching for qualified candidates to fulfill the role of Youth Ministry Coordinator for High School and be part of our team! This person must enjoy connecting faith with youth and their families and will work as part of the Youth Ministry Leadership Team. This is a part-time position with Wednesday evenings and some weekends required during the school year. The job description is available on the Trinity website (trinity-ec.org). Contact Pastor Brahm if interested or for more information at brahm@trinity-ec.org or 715.832.6601 ext 213.

Pool Party!

Trinity is taking over Fairfax Pool! Come to the pool (4200 Fairfax St) on Wednesday, July 11 from 7:00 P.M.–8:45 P.M. for a special Trinity Night at Fairfax Pool. The pool will be open after regular hours just for Trinity, so you'll have lots of room to swim laps or just splash around. All ages are welcome and there WILL be lifeguards on duty. There is a suggested donation of \$5/10 per family. Fairfax season passes are not valid on this night. Contact Sara Reed with questions at sara@trinity-ec.org or 715.832.6601 ext 218.



Summer Story Time for Young Children Make Friends with Books

Join Library Committee members in the church library on Sunday mornings in June and July (June 10, 17, 24, and July 1, 8, 15) following the 9:45 A.M. service. Library members will be on hand to read animal theme picture books that share values of friendship, diversity, and kindness. Children will receive prizes and have an opportunity to check out books.



Women's Giving Circle

Trinity's Women's Giving Circle is looking for members and grant applications! In order to award grants, the Women's Giving Circle needs you to become a member. With an annual gift of \$250, you will help further our mission to build on the power of faith and work on societal solutions by connecting those in need to additional resources. You may make your gift at any time in 2018, but membership funds received by June 30 will determine available grant funds to be awarded this fall. Membership forms can be found in the lobby or at www.trinity-ec.org under the Endowment tab. Please make your check payable to Trinity Lutheran Church with memo: Women's Giving Circle. The grant application can also be found on the website. Applications must be submitted by September 1. Thank you!

ELCA Women's Chippewa Valley Conference

The ELCA Women's Retreat at Luther Park in Chetek, Wisconsin is August 15–16. The presenter is Trinity member Deb Gilbertson, and the theme is "Change is Good." Come and enjoy while you meet and praise with other women of all ages. Enjoy free time to swim, shop the book store, go on a pontoon ride, and many more activities. Every woman is welcome! Register before July 31 for the early bird special. The one day rate is \$35, and the two day rate is \$65. Registration forms are now available. They are located on the Women's Bulletin Board across from the nursery. Contact Jacki Johnson at 715.864.1489 for more information.

Deb has been a lecturer for many years on various subjects. Her background is in nursing, and she has a BA Degree in Psychology. Deb has taught nurses on subjects at various facilities has given lectures directed at patient teaching and families dealing with recovery. She was a teacher at the National Rural Institute to doctors, counselors, and even judges who attended the yearly training on topics dealing with addiction. Deb has taught anger management and led Bible studies at the Juvenile Detention Center in Eau Claire. Deb enjoys giving lectures to Church Women groups, and most recently, was a lecturer at a Lutheran Women's State Convention. She offers information on how to deal with various life challenges through her own life experiences and training in a humorous style. Deb is a twin, cancer survivor, artist, and Lutheran.

Online Giving Opportunities

It is a certain truth of churches everywhere that leaders expect summer attendance and giving to decrease until fall programs begin again. With the frequency of vacations and other travel, we can't control attendance, but our giving is another story.

Through online giving, each of us can be sure that our contributions to Trinity will be steady and reliable all year long. Nearly ¼ of the Trinity congregation is currently giving online, so why not join them! There are two ways to do this: Visit www.trinity-ec.org, click "Give Now" on the right side, and follow the instructions for online giving; OR visit the App Store or the Google Play Store and search "GivePlus Church." Download the Give+ app, and you can share your gifts with Trinity on any mobile device.

This summer, if you're away, you can stay connected to Trinity through up-to-date news on the website, the Sunday sermon on Facebook, and your offering donated online. But don't go too far for too long. Your best gift to Trinity is you and your family in the building!



Circle Listings

Deborah

Thursday, June 21, 9:30 A.M. Trinity
Hostess: Helen Mateksi
Leader: Joyce Davis

Martha/Mary

Tuesday, June 19, 6:30 P.M. Trinity
Hostess:
Leader:

Miriam

Wednesday, June 20, 9:30 A.M. Trinity
Hostess: Sonia Becker
Leader: Mary Schoenknecht

Ruth • No Meeting

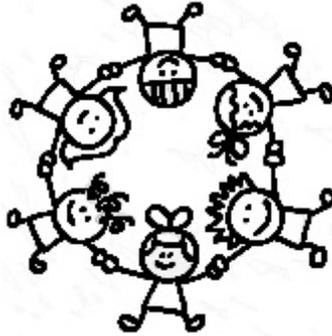


Children's Ministries

Summer Fun!

It's time to mark your calendar for Summer Day Camps! You can register online by accessing our web page at www.trinity-ec.org and clicking on the REGISTRATION BUTTON on the right side of the page. Camps that still have openings are:

- Great Pretenders: Session 2: June 18–21
- Cook and Book: June 25–28
- Camp Discovery: July 9–12



Vacation Bible School

There's a place saved for you at the table! Bring your appetite and join us this summer for a *Feast in God's Word*. VBS is scheduled for July 23–27 from 8:45 A.M.–12:00 P.M. The cost is a suggested \$25 donation per child. VBS is for children who are three through sixth grade. The Kickoff Event is Sunday, July 22, at the 9:45 A.M. worship service. You can register online by accessing our web page at www.trinity-ec.org and clicking on the REGISTRATION BUTTON on the right side of the page.

Staff Needs for VBS

Teachers and student helpers are needed for all grade levels. Please sign up on the poster in the lobby on Sunday mornings or at the Children's Ministries office during the week. Contact Sara Reed for specific information at 715.832.6601 or by email at sarar@trinity-ec.org

VBS Staff Orientation

Orientation for Teachers and Teacher Helpers will be held on Monday, July 16, in the Worship Center with check-in at 6:00 P.M. and orientation from 6:15 P.M.–7:15 P.M. Staff will receive copies of the materials, guides, and procedures—all items to help you get ready! VBS class lists will also be available during orientation.

Orientation for Recreation, Craft Tent, Science, Kitchen, and VBS Grandparent volunteers will be on Tuesday, July 17, in the Trinity Room with check-in at 6:00 P.M. and orientation from 6:15 P.M.–7:15 P.M.

Collect VBS Supplies

Please collect and save items needed for Vacation Bible School! You can bring your donations, marked for VBS, to the Children's Ministries Office. Thank you!

- Ice cream LIDS only
- Empty Voss water bottles

Fall Programming for Early Childhood Enrichment

Call-in registration for Early Childhood Enrichment programming continues. Contact Sara Reed by phone or email at 715.832.6601 ext. 218 or sarar@trinity-ec.org

- **Music & Movement** • Children will move and groove as they explore music with song, dance, and instruments. *Session One:* 9:00 A.M.–9:45 A.M. This class is for children whose birthday are between 9.1.2015 and 5.31.2017. This is a parent/child class. The cost is \$75. *Session Two:* 10:00 A.M.–11:30 A.M. This class is for children who turn four between 9.1.2018 and 8.31.2019. Children experience this class independently. The cost is \$150. This class meets on Mondays beginning September 10. There will be no class on October 29 or November 19.
- **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. For children who turn four between 9.1.2018 and 8.31.2019. This class meets on Mondays from 12:30 P.M.–2:30 P.M. beginning September 10. There will be no class on October 29 or November 19. The cost is \$180.
- **Readers, Authors, and Artists** • Immerse your child in literature and early oral and written language experiences, with a focus on nurturing a child's natural readiness for reading, writing, and creating. Children will explore books, authors, and illustrators through discovery, music, play, and art. For children who turn four by 9.1.2018. This class meets on Tuesdays from 9:00 A.M.–11:15 A.M. beginning September 11. There will be no class on November 20. The 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. For children whose birthdates fall between 9.1.2015 and 5.31.2016. This class meets on Wednesdays in Trinity's Nursery from 9:15 A.M.–11:15 A.M. or 12:15 P.M.–2:15 P.M. beginning September 12. There will be no class on November 21. The cost is \$220.

- **Thrilling Thursdays** • Using a STEM model (Science, Technology, Engineering, Art, and Math) in a Christian environment, children will observe, predict, investigate and explore, tapping into their natural curiosity about God's World. For children who turn four by 9.1.2018 This class meets on Thursdays from 9:00 A.M.–11:15 A.M. or 12:45 P.M.–3:00 P.M. beginning September 13. There will be no class on October 25 or November 22. The cost is \$190.

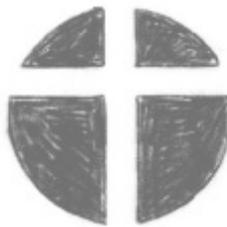
Mark Your Calendar!

- Wednesday, September 5: Pizza Registration Event for all Wednesday night programs and Sunday school beginning at 5:00 P.M. Watch for specific information in the August Children's Ministries mailing and on our website.
- Rally Sunday, September 9: Register for Sunday school and enjoy an ice cream sundae. Children who are three years old and in third grade will receive their Spark Bibles at the 9:45 A.M. worship service.
- Sunday, September 16: First day of Sunday school with Blessing of the Backpacks at 8:15 A.M. and 9:45 A.M. services.
- Wednesday, September 19: Wednesday night Impact and children's choir rehearsals begin.
- Saturday, November 3: Fall Communion Instruction for children in grades 2–5 from 9:00 A.M.–11:00 A.M.

Youth Ministries

Luther Park Bible Camp

It's not too late to spend a week at Luther Park. Go to www.lutherpark.org and register for **Week One** if you want to spend the week with Pastor Brahm and Ashley. If that week doesn't work for your family, please choose any week that works for you! It will be a week full of faith, friendship, and fabulous outdoor fun.



Confirmation Students Mark Your Calendar!

- Students who have completed Club 9 and have not yet met with their assigned Pastor, you need to do so ASAP as the deadline is June 1.
- Sunday, October 21, is the Affirmation of Baptism Banquet from 6:00 P.M.–7:30 P.M. in the Trinity Room.
- Sunday, October 28, is the Affirmation of Baptism Worship at 8:15 A.M. or 9:45 A.M.

Youth Gathering Commissioning

On Tuesday, June 26, 26 high school students and 6 chaperones from Trinity Lutheran are departing for Houston, Texas for the ELCA Youth Gathering. Please join us on Sunday, June 24, for a send-off blessing at the 8:15 A.M. and 9:45 A.M. worship services, and please keep the mission group in your prayers.

ELCA Youth Gathering Team Members: Jackson Anderson, Madeline Avery, Alex Becker, Erica Becker, Brooke Betley, Hailey Brenden, Hannah Brenden, Mason Day, Hailey Erickson, Anna Fedie, Joseph Holtman, Logan Hughes, Callie Larson, Landon Massey, Laurel Massey, Leanna Massey, Talia Moszer, Leah Myhre, Jenna Nybrotten, Morgan Parks, Riley Parks, Abigail Proudlock, Austin Reed, Callista Secker, Nathan Studt, Kailyn Walukas, Pastor Brahm, Cassie Brenden, Herschel Day, Jennifer Larson, Vicki Proudlock, and Larry Studt.

High School Graduates

On Sunday, May 20, we recognized students who graduate from High School this year. We wish you grace and peace in your new adventure. Go knowing God goes with you into the future!

Congratulations to: Adam Altmann, Brian Baker, Grace Baumgardner, Paige Baumgardner, Erica Becker, Kaitlyn Belmont, Elizabeth Black, Nathan Black, Olivia Black, Devan Dubberke, Ty Emberson, Justin Gandrud, Siri Rahkola, Hannah Groseth, Chase Hanson, Brianna Heath, Katelyn Holmquist, Ethan Homann, Kristen Jadeke, Ethan Pittman, Benjamin Larson, Callie Larson, Molly Larson, Allison Lindquist, Hannah Messer, Ryan Mohr, Toby Moszer, Leah Myhre, Julia Nelson, William Nordlund, Mercedes Patko, Claudia Paul, Alyssa Pekula, Matelyn Peplinski, Bergen Phelps, Braden Pick, Gretchen Scarseth, Kirk Sorensen, Daniel Southard, Victoria Sparger, Aja St. Germaine, Laurel Studt, McKenna Walker, Megan Sorenson, Adam Webb, Emily Winzenz, Emma Wright, Hannah Wright



Noah's Ark News

Greetings from Noah's Ark Preschool!

The 2017–2018 school year finishes up in a few short days! How quickly the time flies! It has been a year filled with blessings everyday...new friendships between kids and families, peacemaking, laughter from children, discoveries about God's awesome world, and wonderful teachers caring for God's children. We give thanks to God for these blessings and more!



Mrs. Lien will be retiring in just a few short days. We celebrate the 26 years that Mrs. Lien has been a wonderful teacher at Noah's Ark! We hope you will join us at an Open House Picnic in her honor on Sunday, June 3, from 10:45 A.M.–1:00 P.M. in the Trinity backyard. Mrs. Lien has been our "tie dye queen" over the years, so if you have tie dye clothing, wear it as a tribute to her on that day!

May brought lots of wonder and amazement into our classroom with spring discoveries and miracles. We kept watch over various seeds that we planted, white carnations in rainbow water vases, worms and dirt in our sensory table, and caterpillars changing into butterflies. Just today, children watched two butterflies emerge from their chrysalis during class. It was an up close study of a miracle!

I would like to thank the congregation for your support of Noah's Ark this school year. Thank you for your participation in our three fundraisers: The Fall Spaghetti Supper, The Shrove Tuesday Pancake Supper, and our Coffee/Biscotti Sales. Thank you for spreading the word about Noah's Ark. And thank you for your prayers for our children, families, and teachers. We are all a team in this ministry through Trinity.

Our registration process for the 2018–2019 school year continues. Right now we have openings in the Monday/Wednesday/Friday afternoon class. If you know of families with children who will be four before December 31, 2018, invite them to be a part of Noah's Ark!

In peace,

Marlee Knickerbocker

Social Concerns

Save the Date God's Work Our Hands

Trinity members are invited to participate in the ELCA sponsored event, God's Work Our Hands. The date this year is Sunday, October 14. Trinity members will be joining members from the other seven ELCA Eau Claire based churches to work throughout the community in ministries to address local and global inequities.

Serving the Homeless

Trinity will fulfill a variety of tasks at The Beacon House from June 10–15. 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!

Friends of Flynn

Trinity's Friends of Flynn Committee helps meet some of the needs of the students at Flynn Elementary School. We purchase, pack, and deliver healthy snacks at the beginning and end of the school year; give a new book to each child twice a year; provide some school supplies; and provide weekend meals throughout the school year. In addition, we provide clothing, underwear, socks, shoes, and boots for many Flynn kids. These items are for use as needed at school or to fill the general need of the child. Elastic waist pants and tennis shoes are always needed. If you have new or gently used (no holes) pants or tennis shoes you wish to donate, please drop them off at the church office.

The students and staff at Flynn appreciate the support Trinity provides. Thank you to the many members who support this group with their contributions of time and money.

Christmas in July

Get ready for Christmas in July, showering our homeless with much needed gifts. Bring your gifts now through July 15. If you prefer to donate money, a matching gift up to \$500 will be available for the Beacon House. Take an envelope off the tree and drop it in the collection or give it to the church office. The need lists of items for each group following are requests from the Sojourner and Beacon Houses. Thank you for your generosity to those less fortunate!





Library

Before you check out the beach, or after you check out from work, come check out a library book!



Fiction

- **The Women in the Castle** by Jessica Shattuck. This dramatic yet nuanced portrait of World War II and its repercussions explores what it means to survive, love, and forgive. (FIC SHA)
- **Every Note Played** by Lisa Genova. Genova, a neuroscientist and the New York Times bestselling author of **Still Alice**, offers a powerful exploration of regret, forgiveness, freedom, and what it means to be alive. (FIC GEN)
- **Varina** by Charles Frazier. This historical novel is about the life of Varina Davis, the wife of Confederate President Jefferson Davis. Frazier, best known for his National Book Award-winning novel **Cold Mountain**, returns to form with this emotional and often harrowing depiction of a complicated woman. (FIC FRA)
- **Magpie Murders** by Anthony Horowitz. Bestseller Horowitz provides an ingenious novel-within-a-novel for mystery fans. (FIC HOR)
- **A Memory of Violets** by Hazel Gaynor. This historical novel tells the story of two long-lost sisters— orphaned flower sellers of London— and a young woman who is transformed by their experiences. (FIC GAY)
- **The Story of Arthur Truluv** by Elizabeth Berg. This book is a beautiful and moving novel of compassion in the face of loss, of the small acts that turn friends into family, and of the possibilities to achieve happiness at any age. (FIC BER)

Biography

- **The Stowaway: A Young Man's Extraordinary Adventure To Antarctica** by Laurie Gwen Shapiro. This is the spectacular true story of a scrappy teenager from New York's Lower East Side who stowed away on the Roaring Twenties' most remarkable feat of science and daring: an expedition to Antarctica. (B SHA)
- **Eunice** by Eileen McNamara. A Pulitzer-Prize winning journalist examines the life of Eunice Kennedy Shriver. (B McN)

Children

- **Firebird** by Misty Copeland. American Ballet Theatre soloist Misty Copeland encourages a young ballet student, with brown skin like her own, by telling her that she, too, had to earn basic steps and how to be

graceful when she was starting out, and that someday, with practice and dedication, the little girl will become a firebird, too. (++) FIC COP)

- **Touch The Earth** by Julian Lennon. The reader is asked to jump aboard the White Feather Flier, a magical plane, to explore the world. The Flier's mission is to engage readers to help save the environment and to teach one and all to love our planet. (++) FIC LEN)
- **We Are Growing** by Laurie Keller. Walt is not the tallest or the curliest or the pointiest or even the crunchiest. A confounded blade of grass searches for his 'est' in this hilarious story about growing up. (++) FIC KEL)
- **It's Shoe Time!** by Bryan Collier. If you chose to wear unmatched shoes, can they still be a pair? (++) FIC COL)

Youth

- **You Go First** by Erin Entrada Kelly. Charlotte, twelve, and Ben, eleven, are highly skilled competitors at online scrabble, and that connection helps both as they face family issues and the turmoil of middle school. (+ FIC ENT)

Trinity Page Turners Book Club

May is over, and we had our final book club meeting for the school year. After a wonderful year, we are taking the summer off to read some books on our own personal lists. BUT, we will return in September for the Trinity Page Turners Book Club!

Our completed book list for 2018–2019 is available online at www.trinity-ec.org or you can pick up a brochure in the office. We have no special expectations to participate in this group. You should feel free to come whether you've finished the book or not. So, are you ready to start reading in September? We're happy to have you join us! For more information, email Cindy Beck at cindy@trinity-ec.org



Health Ministries

Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with a promise, "so that it may go well with you and that you may enjoy long life on the earth." Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
Ephesians 6:1-4,

The Importance of Fathers

Studies show that if a child's father is affectionate, supportive, and involved, he can contribute greatly to that child's cognitive, language, and social development, as well as academic achievement, a strong inner core resource, sense of well-being, good self-esteem, and authenticity.

A child's primary relationship with his/her father can affect all of that child's relationships from birth to death, including those with friends, co-workers, and spouses. Those early patterns of interaction with father are the very patterns that will be projected forward into all relationships.

Less than half of American households consist of married couples with children. Filling the gap are family structures of all kinds, with dads taking on a variety of responsibilities and roles. When they are engaged, fathers can really make a difference. A Dad may be classically married, single, divorced, widowed, gay, straight, adoptive, step-father, a stay-at-home dad, or the primary family provider. What is important is that Dad is involved.

As Father's day approaches, it is important to recognize and reward dads for being there, actively teaching important life skills to children. It is important to their children and meaningful to dads everywhere when you say "Thank you, job well done." This is a Father's true legacy: ensuring the health and well-being of their children, the future generation.

Happy Father's Day to all our awesome fathers, step-fathers, adoptive fathers, grandfathers, and all who take on the role of father.

Vicki Dueringer
Parish Nurse

Thank You

Thank you to everyone who donated blood and volunteered in the kitchen and registration at our Red Cross Blood Drive on May 10. We collected 30 units of blood that day. The next blood drive will be in November.

Community Class

- Athletes in Motion: Wednesdays, 7:30 A.M.–8:30 A.M., June 20 to August 15 (no session July 4), at Sacred Heart Hospital 900 W. Clairemont Ave., Eau Claire. If you have a son or daughter in sports and want to reduce their chance of injury, HSHS Sacred Heart and St. Joseph's hospitals are offering sessions on how to improve athletic performance and agility.



What Does a Parish Nurse Do?

Bereavement Ministry, Healing Ministry, Red Cross Blood Drives, Blood Pressure Checks, and.

Visitation • I have the privilege of working with Pastor Natalie and Pat Garber in helping with visitation and bringing communion to homebound members of our congregation. I see one couple and two women monthly. I am inspired by each of these people; their faith, determination, humor. I know I get as much, if not more, from these people as they get from me. We are in need of more volunteers for visitation! If you have an hour or two each month to give, please contact Pat Garber to get more information by calling 715835.5801.

Monthly Healing Service

Join us for our next Healing Service in the chapel on Sunday, June 17. The service begins at 9:15 A.M. and is completed by 9:45 A.M. It is a brief service devoted to prayers for healing and comfort. It is for anyone who is in need of healing in body, mind, or spirit or who knows someone for whom they would like to pray.

Know Your Numbers!

High blood pressure (hypertension) increases your risk of heart attack, stroke, and kidney disease. It also can damage your brain, eyes and arteries. Anyone can have high blood pressure, and many people do not have symptoms, so it's important to check and know your numbers.

Blood pressure screening is held between worship services the second Sunday of every month in the Parish Nurse's Office.



Have a Healthy Salad!

Make a satisfying dinner with a healthy salad. Salads have more than just veggies and can be a full meal. You'll get healthy protein from chicken, shrimp, tofu, or beans to help keep you feeling full and satisfied. Plus fruit, starchy vegetables, and whole grains will round out your salad.



Farmers Market Spring Salad with Lemon Vinaigrette
Serves: 4

Ingredients Lemon Vinaigrette

- 3 tbsp organic olive oil
- 2 tbsp fresh lemon juice
- 1 tsp agave syrup
- salt and black pepper to taste

Ingredients Salad

- 2 green onions—finely sliced
- ½ bunch of broccoli rabe— discard stem and chop the leaves and tops
- 1 or 2 baby golden beets— thinly shaved
- 1 butter lettuce— leaves washed and torn into large chunks
- 1 cup sugar snap peas— shell the larger pods
- ½ cup grilled chicken

Instructions

- In a large salad bowl whisk together olive oil, lemon juice, and agave. Season with Himalayan salt and black pepper.
- Add the sliced green onions, broccoli rabe tops, chopped leaves and thinly sliced raw beets to the salad bowl and toss well with the dressing. Let sit for 5 to 10 minutes.
- Add butter lettuce leaves, sugar snap peas, loose peas, and chicken just before serving and toss all together.

Received in April Memorials & Gifts

Music Ministry

- In memory of Ann Ayres: Rose Sippel

Women's Ministries

- In memory of Ann Ayres: Jack & Sheila Running
- In memory of Bev Kruckman: David & Sonia Becker, Jack & Sheila Running
- In memory of Dorothy Jensen: Jack & Sheila Running, Miriam Circle

Food Pantry

- In memory of Ann Ayres: Mark & Marti Hofer, Richard & Norma Linn, Gary & Mary Rambo, Margaret Sheehan, Janet Floeter, Jim & Connie Beck, Tom Rouse
- In memory of Joanne Johnson: Judy LaFave
- In memory of Laurence Cook: Hazel Cook

- In memory of Ken Miller: Dave & Christine Gessner

Library

- In memory of Ann Ayres: Sandra Jacobson

Trinity Tollers

- In memory of Ann Ayres: Joel & Mary Strayer

Quilters

- In memory of Bev Kruckman: Leatrice Solberg
- In memory of Ken Miller: Orville & Shirley Anderson

Endowment Trust

- In memory of Milan Stone: Mary Friederich, Charles & Linda Harschlip
- In memory of Ken Miller: Family & Friends, Sandra Miller, Lavonne Loga, Peter & Carol Anderson, Barbara Tischer, Robert & Sharon Hackenmueller, Jack & Lois Olson, David & Sonia Becker, Morris Brumberg, Leatrice Solberg, Dianna Miller, Linda Dahl, Carole Everson, Barbara Vorhes, Geraldine Miller

Memorial Fund

- In memory of Philip Lundquist: Jack & Lois Olson
- In memory of Bob Herdrich: Lloyd & Patricia Everhart
- In memory of Ken Miller: Dave & Gloria Weiss

Friendship Group

- In memory of Don Flategraff: Phyllis Grohn

Children's Bibles

- In memory of Jack Raven: Jim & Sherry Jones

Library

- In memory of Ken Miller: Richard Wendt

"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

Pastors

Peter Bredlau peter@trinity-ec.org
715.471.0574
Sarah Semmler Smith sarah@trinity-ec.org
715.827.1230
Brahm Semmler Smith brahm@trinity-ec.org
715.827.1220
Natalie Leske natalie@trinity-ec.org
715.829.8324

Noah's Ark Pre-School

Marlee Knickerbocker marlee@trinity-ec.org
Director
Jill Kasmarek jill@trinity-ec.org
Teacher

Children's Ministry Leadership Team

Sara Reed sarar@trinity-ec.org
Children's Ministry Director
Heather Day heatherd@trinity-ec.org
Children's Ministry Assistant

Day Camp Leaders

Jeanne Cooper jeanne@trinity-ec.org
Ashley Olson ashley@trinity-ec.org
Sandy Moszer mrsmoszer@charter.net
Alicia Strozinsky

Nursery Attendants

Malissa Dahlstrom
Kate Niesen
Grace Baumgardner

Youth Ministry Leadership Team

Cassie Brenden cassie@trinity-ec.org
Youth Ministry Coordinator
Ashley Olson ashley@trinity-ec.org
Youth Ministry Coordinator

Food Pantry Coordinator

Sharry Hebert sharry@trinity-ec.org

Coordinator of Community Connections

Lucinda Kemmet lucinda@trinity-ec.org

Health Ministry

Vicki Dueringer vickid@trinity-ec.org
Parish Nurse
Pat Garber garberpa@uwec.edu
Visitation Ministry Director

Worship & Music Ministry

Shirley Sands shirley@trinity-ec.org
Music Director/Organist
Gary Rambo—Trinity Choir
Ryan Poquette—Trinity Tollers
Kris & Brian Pressler—Worship Music Leaders
—CrossWord Youth Band
Jeanne Cooper—God's Little Singers
Corrine Gransee Paral—Jesus And Me, Celebration Singers
—Totally Joyous Christians

Building & Grounds Team

Don Peterson
Sheri Buening

Ministry Support

Gail Brian gail@trinity-ec.org
Financial Ministry Assistant
Amber Moltzau amber@trinity-ec.org
Office Administrator
Becky Ragsdale becky@trinity-ec.org
Communication Ministry Assistant
Cindy Beck cindy@trinity-ec.org
IT/Ministry Assistant

World Missions

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

-
- 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 July Newsletter is Tuesday, June 15.