



Evangelical Lutheran Church in America
1314 E Lexington Blvd • Eau Claire WI 54701-6434
2019, February Newsletter—Vol. LXV No. 002



Call Committee Selected

We are pleased to share the names of the Call Committee members who have been appointed by the Congregation Council to serve in this important capacity: Vicki Proudlock, Matt Blohowiak, Anne Josephson, Mark Hofer, Tom Fiedler, and Dawn Marcott.

These individuals have responded to God's call and will need the prayer support of the entire congregation to succeed. Dozens of highly qualified individuals stepped forward to present themselves for this important service, investing great effort and intentionality in offering their names for consideration. For this we are so very grateful. Our sincerest thanks to each of those who did so. It was the large pool of very capable and accomplished prospects which allowed for the important balance necessary for the final selection.

The following facts have been compiled about the make-up of this Call Committee:

- One of the Call Committee members will be a member of the Council (Tom Fiedler), appointed to insure continuity of process and the charge from the Council.
- The six members include three males and three females.
- The membership tenure at Trinity ranges from 7 years to 57 years.
- Between the six members, they have 166 years of membership.
- In total, the six members represent Trinity with countless avenues/areas of participation in Trinity's activities (usher, communion assistant, baker, greeter, handbells, choirs, food pantry, youth and children's ministries volunteers, synod meetings/workshops/committees, etc.).
- Four Call Committee members either currently participate or have participated as Trinity Congregation Council members.
- The Call Committee members participate or have participated in multiple community or organization boards throughout the Chippewa Valley.
- Professional experience of these Call Committee members includes a physician, teachers/principal/assistant superintendent/superintendent, a civil engineer, university instructor, adjudication supervisor.

While the members of the Call Committee represent a wide variety of life experience and professional background, they all have the following in common:

- Objective and judicious manner and commitment to carry out their role on the Call Committee for the good of the whole ministry of Trinity Lutheran Church.

- Ability, resolve, and sense of calling to commit to this important process and hard work.
- Deep sense of passion and love for Trinity Lutheran Church, and a humble sense of awareness of the importance of this task.
- Sincere awareness of the fact that God will be guiding and leading through the process.

The Call Committee will begin meeting this month to organize their work and receive training. The Call Committee will be installed on Sunday, February 10, and Wednesday, February 13. Thank you in advance for your prayer support!

Sincerely in Christ,
Trinity Lutheran Church Council and
Interim Pastor Brian Mortenson

Annual Congregational Meeting

Join the Annual Meeting of Trinity on Sunday, February 3, in the Worship Center at 10:45 A.M. This constitutionally directed event brings together all confirmed members to hear reports from the pastors, review 2018, elect a new council, and adopt the 2019 budget. The online Annual Report will be available at trinity-ec.org starting January 27. Please print a copy and bring it to the meeting. Print copies will also be available in the Lobby and at the meeting.



Souper Bowl of Caring

On Sunday, February 3, 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 of hunger relief needs in the Eau Claire community. Look for the giant soup pots as you exit worship on Sunday, February 3. All contributions will be donated to Trinity's Food Pantry.

Altar Guild Meeting

Do you have the ability to set a table and do dishes? These everyday tasks take on a sacred meaning when done for the meal we share together as a church family, Holy Communion. Trinity has a group of individuals who help with the clean-up portion of Communion Sundays, and we are looking to expand that to set-up of Communion as well. Trinity is seeking both women and men, or whole families, willing to take a turn with these Altar Guild responsibilities. Pastor Sarah will hold a meeting on Sunday, February 3, at 9:00 A.M. in room 306 for all current Altar Guild members as well as any new persons who might be interested in sharing their gift of time in this way. Please come be a part of this important ministry! Contact Pastor Sarah at sarah@trinity-ec.org or 715.832.6601 ext 217 with any questions.



Trinity Quilters

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 12 and 26, and March 12 and 26.

Friendship Group Meeting

Our February meeting will be held Wednesday, February 13, in the Chapel. Following a brief meeting, we will pack Birthday Bags. Thrivent has donated funds for the Birthday Bag project. We hope to pack at least 50 bags. If you are be willing to help, we will begin to pack bags at 10:30 A.M. We also accept donations of cake mixes, frosting, small birthday plates and napkins, and birthday bags. Following our meeting, we will have lunch on our own at Olive Garden.

Pancake Supper

Come and celebrate with Noah's Ark at our Annual Shrove Tuesday Pancake Supper on March 5 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 March 5, prices are \$10.00 for age 13 and over and \$5.00 for age 3–12. Tickets will be on sale on Sundays, February 24 and March 3, before and after worship in the lobby and also on Wednesday, February 27. During the week, tickets are available in the Church Office.

Save The Date

Get ready for "The Day Of Renewal." The ELCA Chippewa Valley Conference will be on Saturday, April 6, from 9:00 A.M.–1:00 P.M. at New Hope Lutheran Church, N2698 460th St. in Downsville, WI. Lunch will be provided. The presenter will be Janet Larson. She co-authored the "Growing Up Lutheran" books which are the inspiration for all the Church Basement Ladies musicals. The cost \$13 per person; only \$10 for first time attendees. Registration forms and more information are located on the Women's Ministry bulletin board. Please contact Jacki Johnson at 715.864.1489 with any questions.

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.

Trinity Endowment Trust Awards Grants

In 2018, the Board of the Trinity Lutheran Endowment Trust awarded over \$27,000 in grants to ministries and missions that extend the work of the congregation near and far. Thanks to memorials, offerings, and estate bequests, the Endowment Trust now has a portfolio over \$1,000,000!

Let's continue to grow the Endowment Trust by making memorial gifts and other contributions, as well as including a provision in your estate plans. What you do now will do great things in perpetuity!

This past November, the Board awarded grants for:

- Mission Jamaica Projects
- Luther Seminary Education
- Trinity Women's Advent Tea
- Sojourner House
- Trinity Food Pantry Meal Bags
- Noah's Ark Tuition Support
- Feed My People's Capital Expansion



Meet Your Call Committee

Vicki Proudlock is the newest committee member of Trinity with a seven year tenure. Vicki is a volunteer in Trinity's Children's and Youth Ministries programming and has served as a volunteer in numerous other ministries. In 2018 she was an ELCA Youth Gathering Chaperone. Vicki has been a state employee for 21 years, 20 of those with the Department of Workforce Development UI Division. She is currently a UI Adjudication Supervisor. Through Vicki's employment, she is a member of the Western Wisconsin Workforce Board. She is also a member of the management team for the department of Workforce Development Unemployment Insurance Division. In addition to her nine years on the management team, she has assisted in the interviewing and hiring of countless staff. Vicki and her husband Jeremy have two daughters; Abbie and Megan.

Matt Blohowiak has been a member of Trinity for the past ten years, an usher for the last three years, and has volunteered with Youth Ministries. He is part of the Men of Faith group at Trinity and has participated in six Jamaica global mission trips with Trinity. He will travel with the Men's Mission Team this month. Matt works for the United States Department of Agriculture—Natural Resources Conservation Service as a civil engineer. He assists northwest Wisconsin with wetland restorations, irrigation, pump designs, manure storage and transfer, grassed waterways, stream restoration, livestock pipelines, buildings, lighting and energy conservation, small earthen dams, and many other soil conservation activities. Matt has two children, Anna and Ellie.

Anne Josephson has been a member of Trinity for 28 years. She has twice served on the council, served eleven years with Youth Ministries and 20 years on the Social Concerns Committee, participated in mission trips to Jamaica with her family, and attended Family Camp with Trinity members. She has sung with Trinity's praise team H.I.S. since joining Trinity. Anne is a retired Physical Education/Adapted Physical Education teacher and coach. Additionally, from 2004–2014, she served as Youth Ministry Coordinator at Trinity Lutheran Church. She enjoys knitting, teaching knitting classes, and teaching classes to English Language Learners at Literacy Chippewa Valley. Anne and her husband Steve have three adult children, one grandson, and two grandchildren on the way.

Mark Hofer's involvement at Trinity spans 29 years. He has served on the Worship & Music Committee, Church Council, Stewardship Committee, and Noah's Ark Preschool Committee. He is a current member of the Endowment Trust Board and has traveled on mission trips to Jamaica with his family several times, as well as attended Family Camp. Mark graduated from the South Dakota School of Medicine in 1985 and completed his residency at UW Madison in 1989. Mark has been a pathologist at Sacred Heart Hospital for 29 years and has

been on several boards and committees within the hospital setting. He is currently the Department Chair for the Department of Pathology. Mark and Marti, his wife of 39 years, have three children and three grandchildren. Additionally Mark & Marti's son, daughter-in-law, and two grandchildren have made Trinity their church home. Their oldest grandchild is enrolled in Noah's Ark Preschool.

Tom Fiedler has been an active member of Trinity for 35 years. He has been a member of the church council, a weekly volunteer at the food pantry since 2012, and a current member of the Food Pantry Committee. Tom served in the Wisconsin Public School System for 38 years as teacher, principal, assistant superintendent, and superintendent; 31 of those years were in the Eau Claire Area School District. He has taught graduate classes in Human Resource Management for two universities and been involved in hundreds of selection and hiring processes for teachers, key leadership, and administrative personnel for the Eau Claire Area School District. He continues to serve the Chippewa Valley in his retirement participating on various boards and volunteer activities. Tom and his wife Monika have been married for 44 years. Their three adult children live in Milwaukee, Denver, and Palo Alto. They have three grandchildren, all who live in Milwaukee.

Dawn Marcott is a 57-year member and has been involved in service with numerous church activities. She has served on the church council, VBS Committee, been a confirmation mentor, a prayer partner, visitation ministry visitor, and is currently one of the co-coordinators for the community wide Thanksgiving Dinner sponsored by Trinity serving over 550 guests. She has traveled to Jamaica with the Mission Jamaica team. Dawn is a Kindergarten teacher in the Eau Claire Area School District and has been teaching for 33 years. Dawn and her husband Randy have two adult daughters, Ashley and Amanda.





SOCIAL CONCERNS

Friends of Flynn

What is Friends of Flynn? It is a community mission project to serve and support the children at Flynn Elementary School on Lee Street. Over 50% of the children that attend Flynn are eligible for free or reduced meals, an indicator of the poverty and needs of families. Our Friends of Flynn team meets regularly with staff from Flynn to identify unmet needs of the students that this mission can address with the help of our very generous congregation and the wonderful volunteers on this committee. Children at Flynn receive many gifts from our congregation including snacks, weekend meals, books to keep forever, school supplies, and clothing when needed.

Thank you to all who have donated books, packed snacks, delivered food, purchased or donated shoes or boots or sweat pants and more! Your support and love of the students at Flynn is noticed and appreciated.

Some of the projects Friends of Flynn supports need financial donations in addition to the work of volunteers. Watch for more information next month on how you can make a special gift to Trinity that will go directly to providing some of the food and clothing children there need.

When the basic needs of children are met they are able to learn more. We believe that every child deserves the support of "our village" to ensure a positive future for all!



Serving Others Locally

- Trinity will serve at Sojourner House on Friday, February 15, from 6:30 P.M. –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 17–21. 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!

In the Mail

Dear Trinity,

We continue to be tremendously grateful for your partnership. Everyday Trinity is making a difference in the lives of our neighbors who struggle with hunger. Thank you for all you do to make our community a better place to live for everyone.

Your friends at Feed My People

Received December 2018 Memorials & Gifts

Children's Bibles

- In honor of Marge Oleson: Joanne Stange
- In honor of Mary Hoepner: Char Finseth
- In memory of Jim Oleson: Pam Burrows, Phyllis Burrows

Women's Ministries Advent Tea

- In memory of Yvonne Hillestad: Susan Schaefer
- In memory of Audrey Brumberg: Susan Schaefer
- In memory of Eileen Schaefer: Susan Schaefer

Endowment Trust

- In memory of Samuel Ott: Cathy Friederich, Ellie Ott, Erin Ott

Food Pantry

- In memory of Jim Oleson: Barbara Tischer, Joyce Davis
- In honor of Lori Juneau: Marge Oleson
- In honor of Joanne Stange: Pam Burrows
- In memory of Scott Dixon: Jim & Marilyn Bollinger, Joyce Davis
- In honor of grandchildren Sophia Elworthy, Madelynne Elworthy, Jackson Elworthy, Allie Elworthy, Reyna Sundell, Boden Sundell: Ed & Mary Elworthy
- In memory of Yvonne Hillestad: Carla Brandrup, Bob & Mary Schoenknecht

Friends of Flynn

- In honor of Mary Hoepner: Lori Juneau

Memorial Fund

- In memory of Yvonne Hillestad: Stan & Sharon Monson
- In memory of Yvonne Hillestad and Mark Hillestad: Rose Sippel
- In memory of Arlys Jolstad: Jim & Sherry Jones



Youth and Children's Staffing

Q: Last June, we had a vacancy on the Youth Ministry staff for a part time position with Club 9 and High School Ministry. Where did we land with that?

A: In the midst of the pastoral transition and the uncertainty that it brought, Pastor Brahm and Pastor Sarah worked with current staff toward a solution in which Trinity might cover the vacancy without making an additional hire from outside of Trinity staff.



Q: What did that look like?

A: Beginning in mid-August, Sara Reed continued with her main role as Director of Children's Ministry (DCM) and also began to help out in Youth Ministry, specifically with ninth grade Confirmation and high school ministry. To balance the workload, Noah's Ark Preschool Director Marlee Knickerbocker took on the responsibility for the administration of the Early Childhood Enrichment Classes (i.e. Come and Play, Music and Movement, etc) which had been a part of Sara's job description. With enrollment for the preschool M/W/F afternoon class to be capped at 12 children, Marlee would not teach on those afternoons and would have administrative time to take on this additional Early Childhood endeavor.

Q: Why did this make sense?

A: Our Early Childhood Enrichment classes and our Noah's Ark Preschool have always enjoyed a complimentary relationship—with children from ECE feeding into Noah's Ark, classes intentionally scheduled to supplement one another, and the same families having children across both programs. Having the same Trinity staff person administer both aspects of Early Childhood at Trinity made sense. In addition, to have a Director/Coordinator who works with families across the spectrums of ages (birth–18) works well as many of the teachers and leaders for elementary-aged Children's Ministry activities (like VBS and Sunday School) are high school aged students.

Q: How has this gone?

A: Amidst the many transitions this year at Trinity, this staffing shuffle is a work in progress. Pastor Brahm and Pastor Sarah, along with the Youth and Children's team (which includes Ashley Olson and Heather Day along with Marlee and Sara), have been assessing this change throughout the fall, and this winter they are working to make necessary adjustments for the remainder of the programmatic year.

Q: What are next steps?

A: Sara Reed and Marlee Knickerbocker will continue in these roles through the programmatic year and, during the month of May, we will assess what staff responsibilities might be for the 2019–2020.

Q: How can Trinity members help?

A: Trinity staff members are passionate about passing on faith, and they love the children and families with which they get to work! If you have

feedback or are willing to volunteer in Children/Youth Ministry, please reach out to these children and youth staff persons directly. In addition, the Youth Committee and the Children's Ministry Committee (currently under re-formation) will be important sounding boards for these staffing decisions. For further conversation, Pastor Sarah and Pastor Brahm are available and would look forward to speaking with you. (sarah@trinity-ec.org; brahm@trinity-ec.org)

Circle Listings

Deborah

Thursday, February 21, 9:30 A.M., Trinity

Hostess: Helen Mateski

Leader: Lynn Gautsche

Martha/Mary

Tuesday, February 19, 6:30 P.M., Trinity

Hostess: Phyllis Grohn

Leader: Kathy Gjesfjeld

Miriam

Wednesday, February 20, 9:30 A.M., Trinity

Hostess: Sonia Becker

Leader: Mary Schoenknecht

Ruth

Tuesday, February 19, 1:30 P.M., Trinity

Hostess: Joanne Stange

Leader: Group

Good God Books

"Where is God?" is one of the most consequential questions of our times. People believe, but they believe differently than they once did. The theological ground is moving; a spiritual revolution is afoot." These are words from Diana Butler Bass' book *Grounded: Finding God in the World*. Pastor Sarah invites you for a lively discussion of the book on Tuesday, March 5, at 6:30 P.M. in the Fireside Room. Books can be purchased individually, or there is a copy available in the Trinity Library.



CHILDREN'S MINISTRIES

Noah's Ark News

Winter greetings from Noah's Ark Preschool!

As January began, our children were happy to return to school and their friends! While this unusual winter weather, with ice but no snow, has not been good for our outside play days, we have enjoyed a cozy pajama day inside! As we wind up January, you may also see some colorful ice castles growing outside our classroom windows. The kids will be bringing in different colors and shapes of ice for building with inside our classroom, before we transfer it outside to freeze. We're hoping for good cold days to keep our ice castles solid before we study the science of melting outside our window.

Our registration process for the 2019–2020 school year has begun for Noah's Ark and our Early Childhood Enrichment classes. We look forward to registering returning children as well as welcoming new children and families to Noah's Ark and Trinity. 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. Invite your friends and neighbors with young children to consider our programming for preschool age children.

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 are designing special valentine boxes with their family for collecting valentines from their friends. They love their friends, and it's an exciting event!

Planning is underway for our annual Noah's Ark Shrove Tuesday Pancake Supper Fundraiser on March 5 from 4:00 P.M.–7:00 P.M. You are invited to join us for a delicious pancake supper, fellowship, art stroll, and children's activities. In peace,

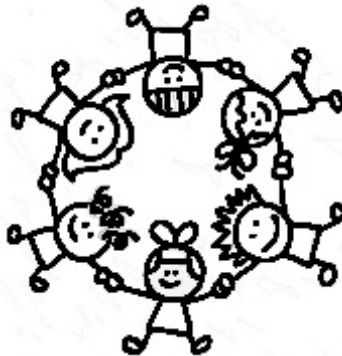
Marlee Knickerbocker

Noah's Ark Preschool Registration

Registration for 3 and 4–5 year old classes at Noah's Ark Preschool for the 2019–2020 school year is currently underway. Brochures for the 2019–2020 school year are available in the Trinity Lobby and throughout the building. It is also available online at trinity-ec.org. For more information or to register, contact Marlee Knickerbocker at 715.832.6601 ext. 205.

Open Gym

On Tuesdays, through March 19, 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. 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.



Early Childhood Enrichment Classes

Registration for the following classes is open for the 2019–2020 school year.

- Creative Arts (for children who turn four between 9.1.19 and 8.31.20) on Mondays, September–May, from 10:00 A.M.–12:00 P.M. Cost is \$365 per year.
- Readers, Writers, and Artists (for children who turn 4 by 9.1.19) on Tuesdays, September–May, from 9:00 A.M.–11:30 A.M. OR 12:45 P.M.–3:15 P.M. Cost is \$500 per year.
- Thrilling Thursdays (for children who turn 4 by 9.1.19) on Thursdays, September–May, from 9:00 A.M.–11:30 A.M. OR 12:45 P.M.–3:15 P.M. Cost is \$500 per year. (At this time both the A.M. and P.M. classes are filled. If you would like to be added to the wait lists, contact Marlee Knickerbocker.)

For more information, contact Marlee Knickerbocker at 715.832.6601 ext 205. Watch for additional Early Childhood Enrichment Programs for 1–2 year olds in late spring.

YOUTH MINISTRIES

Luther Park Recharge Club 78 and Club 9 Retreat

The next Luther Park Recharge is March 1 and 2. This retreat is 24 hours of camp to recharge faith through faith discussion, music, friends, and activities. This year's theme is *Firm Foundation*. 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.



Pancake Supper Experiential Opportunity

Noah's Ark Preschool is hosting their Pancake Supper on Tuesday, March 5. Youth are invited to serve in various roles during this event. Sign-up for open shifts at the Toolbench!

Community Table Thank You

Trinity youth served at the Community Table on Sunday, January 13. Thank you to everyone who assisted in preparing and serving a meal to those in need.

Friends of Flynn Weekend Meals Thank You

On Wednesday, January 9, Trinity youth and adults assembled weekend meals for Flynn Elementary School students as well as many additional elementary schools in the Eau Claire district. Weekend meals are delivered weekly to all of the Eau Claire public schools. Thank you to everyone who helped with this amazing ministry. Our youth will volunteer at Feed My People Food Bank again on Wednesday, February 6, from 4:00 P.M.–5:00 P.M.

NEW Club 78 Youth Group

Attention all Club 78 Youth! Do you love hanging out with friends, playing games, and serving others, all while growing in your faith? I have the group FOR YOU! A NEW 7th and 8th grade youth group is meeting weekly on Wednesdays from 5:15 P.M.–6:15 P.M. Youth are welcome to bring supper to eat while we meet and are encouraged to bring their friends. Come and check it out! I can't wait to see you there! Contact Ashley at ashley@trinity-ec.org if you have any questions.

Christ Jam 2018

Christ Jam, for youth in grades 6–8, will be held on Saturday, March 9, from 8:30 A.M.–4:00 P.M. at the Davies Center, University of Wisconsin Eau Claire. This year's theme is *Holy Experiments*. The cost is \$25 and is due to Ashley by Wednesday, February 6. Please sign-up at the Tool Bench to register. For more information, contact Ashley at ashley@trinity-ec.org

Luther Park Summer Camp

This year we are trying a new week! We invite students completing grades 6–8 to join me for Camp Pathfinders, June 16–21. Campers stay in cabins and experience the wide variety of fun 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. You will also engage in 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.

For any questions about any of the scheduled events listed above, please contact Ashley Olson at ashley@trinity-ec.org or call her at 715.832.6601 ext. 209.

HEALTH MINISTRIES

Stay Healthy!

We are into the season of cold, cough, flu, and stomach upset. Wash your hands often; use hand sanitizer; stay home if you are sick; get the flu vaccine. There are a lot of reasons to get a flu vaccine each year.

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can help protect people who are at greater risk of getting seriously ill from flu, like older adults, people with chronic health conditions, and young children (especially infants younger than 6 months old who are too young to get vaccinated).
- Flu vaccination may make your illness milder if you do get sick.
- Flu vaccination can reduce the risk of more serious flu outcomes, like hospitalization and death.

Red Cross Blood Drive

Trinity will host a Red Cross Blood Drive on Thursday, February 21, from 12:30 P.M.–6:30 P.M. Many of our regular donors are no longer able to donate. We need to replace them "with fresh blood!" Register at church or online at redcrossblood.org The blood you give does make a difference in someone's life. PLEASE DONATE!

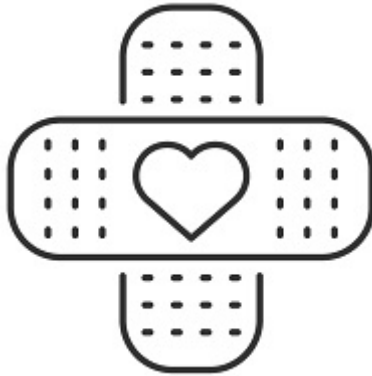
Monthly Healing Service

Trinity offers a Healing Service the third Sunday of each month in the Chapel starting at 9:15 A.M. This service on Sunday, February 17 is for anyone who seeks healing in body, mind, or spirit. We will offer time for personal prayers for healing, anointing, as well as time for reflection and peace.



Dear Trinity Members,

I am writing this the first week of January, so I am now able to focus on 2019. Christmas festivities are over, and I feel ready to think about what this coming year may bring. Last August we traveled to Alaska; and while doing some shopping, I found an inspiring book titled "Every Day Gratitude." It is a collection of words of wisdom from thinkers and doers, globally and over the centuries.



Being grateful at Thanksgiving is wonderful. But having a grateful attitude year round can have tremendous benefits on your health and quality of life.

- Gratitude opens the door to more relationships.
- Gratitude improves physical and psychological health.
- Gratitude enhances empathy and reduces aggression.
- Grateful people sleep better.
- Gratitude increases self-esteem.
- Gratitude improves mental strength and resilience.

My plan is to share a couple of quotes each month to hopefully inspire you to a year of grateful living. Here are two quotes along with a question to ponder?

"Normal day, let me be aware of the treasure you are. Let me learn from you, love you, savor you, bless you before you depart. Let me not pass you by in quest of some rare and perfect tomorrow."

Quote: Mary Jean Irion. Your question: How can I open my eyes and heart to the gifts of this day?

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." Quote:

Jane Goodall. Your question: Can I commit to living today with the knowledge that all that I do has an impact on the world?

Take a moment to think about these quotes.

Vicki Dueringer
Parish Nurse

Get Your Blood Pressure Checked

One in three American adults have high blood pressure. High blood pressure increases your risk for serious health problems including stroke and heart attack. Get your blood pressure checked regularly starting at age 18—and do your best to keep track of your blood pressure numbers. Trinity's Health Ministries offers free blood pressure screenings in the Parish Nurse's office on the second Sunday of every month.

Check out the Health Ministries Bulletin Board by the nursery. There is a lot of information about community health opportunities from ADRC and Mayo Clinic Health System.

TRINITY LIBRARY

Trinity Page Turners Book Club

The book club meets on Tuesday, February 19, at 6:30 P.M. to discuss *The Stowaway* by Laurie Gwen Shapiro.

It was 1928: a time of illicit booze, of Gatsby and Babe Ruth, of freewheeling fun. The Great War was over, and American optimism was higher than the stock market. What better moment to launch an expedition to Antarctica, the planet's final frontier? There wouldn't be another encounter with an unknown this magnificent until Neil Armstrong stepped onto the moon

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

Read the Winter Away!

Turn off your TV and read books this winter. If you need even more books to read this season, check out the church library.

New Parenting Resources

Look for these books marked with A Parenting Resource Book label and placed in a special display.

- *Little Steps, Big Faith* by Dawn Rundman. In this resource, Dr. Rundman shares the science of early childhood development that can help parents grow their child's faith.
- Parenting through the Phases (18 Books)
 - *Parenting Your Phase Guides* by Kristen Ivy and Reggie Joiner. This set of guides consist of an 18-part series of concise and interactive guides that simplify what parents need to know about each phase of a child's life and gives them the opportunity to discover more about their children so they can make the most of each phase. (649 IVY)

Children's Picture Books

- *The Very Best Story Ever Told* by Robin Currie. This is the story of Jesus taught



with American Sign Language. As kids learn the signs and repeat the words, visual learning, auditory learning, and kinesthetic learning are fully engaged to equip them to retell the Gospel story again and again.

- *Mamma's Kisses* by Kate McMullan. A mother panda bear, elephant, leopard and orangutan follow their rambunctious little ones through the jungle as they try to corral them for bedtime. (++) FIC MCM)
- *A World of Kindness* by Ann Featherstone, editor. Nine celebrated children's picture book illustrators, including Rebecca Bender, Wallace Edwards, and Suzanne De Rizzo, unite to illustrate the empowering text that celebrates, in a series of questions, the ways young children can show kindness. (++) FIC FEA)
- *The Color Monster, A Story about Emotions* by Anna Llenas. This international bestseller helps young children identify emotions and feel more in control. (++) FIC LLE)
- *Home* by Carson Ellis. Home might be a house in the country, an apartment in the city, or even a shoe. Home may be on the road or the sea, in the realm of myth, or in the artist's own studio—this book is a meditation on the concept of home. (++) FIC ELL)



Frolic Board Books

These books introduce basic faith concepts in a way that's fun and age appropriate for very young children.

- *Sleep Tight Tonight: A Book about Bedtime* by Kristen McCurry and Jennifer Hilton. Uri the dove says goodnight to her friends in this gentle bedtime book that will send children off to sleep with a smile and a prayer. (++) FIC MCC)
- *We're Better Together!: A Book about Differences* by Kristen McCurry and Jennifer Hilton. In this book, children learn to help each other and that people are better when they work together. (++) FIC MCC)
- *God Made Feelings: A Book about Emotions* by Kristen McCurry and Jennifer Hilton. Animal friends express feelings in different ways and learn that emotions are part of God's creations. (++) FIC MCC)
- *I Can Help: A Book about Helping Others* by Jennifer Hilton and Kristen McCurry. Simple text shows it is good to notice and help people in need. (++) FIC HIL)
- *I Can Praise God* by Naomi Joy Krueger. This board book helps young children learn to joyfully praise the Lord—loud or quiet, active or calm, there are many ways to praise God. (++) FIC KRU)
- *Mine! A Counting Book about Sharing* by Caryn Rivadeneira. A group of children counts up the things that belong to them. Mine, mine, mine! But then, surprise, they share with each other to make one big party for themselves and their friends! (++) FIC RIY)

Devotional Books for Children

- *Frolic First Bible* by J.A. Reisch. This delightful picture Bible tells 20 of the Bible's most beloved stories from creation to resurrection and introduces little ones to God's love and care.
- *Spark Story Bible Psalm Book, Prayers and Poems for Kids* by Judy Beglau

(and eight others). Fifty beloved psalms are rewritten in child-friendly language, accompanied by the classic artwork of Peter Grosshauser, illustrator of *The Spark of Story Bible*.

- *I Love You, Little One* by Bonnie Rickner Jensen. Reading these comforting rhymes, Bible verses, and prayers will help parents create a special bonding moment with their young child, building a foundation that lasts a lifetime.

Book Discussion Assignment "BIOGRAPHY"

—Mary Elworthy, Library Committee Member

The Trinity Library has biographies about people from artists to zookeepers, some adult, some +and some ++. Try asking a friend or parent to read one book and you read the other. Then compare what you have learned OR read both yourself and compare information. Here are examples of books you may choose. *All of these books can be found in our Trinity Library in the section marked Biography.*

For Children

- *Jefferson: Life, Liberty and the Pursuit of Everything* by Maira Kalman with colorful pictures and details in many fonts and from Value Tales
- *Jefferson/Foresight* with cartoon characters and an imaginary friend named Chimes.

For Adults

- *I Am Malala*, an autobiography by Malala Yousafzai, a Pakistani activist for female education and the youngest Nobel Prize laureate and Grosset and Dunlap *Malala*.
- Grosset & Dunlap *Helen Keller* and Value Tale *Helen Keller/determination*;
- Grosset and Dunlap *Ben Franklin* and Value Tale *Benjamin Franklin/saving*
- Value Tales, *Marie Curie/learning* and *Marie Curie* from the Little People/Big Dreams collection.

"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

Interim Pastor Brian Mortenson brian@trinity-ec.org

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

Cassie Brenden cassie@trinity-ec.org
Teacher

Children's Ministry Leadership Team

Sara Reed sara@trinity-ec.org
Children's Ministry Director

Heather Day heatherd@trinity-ec.org
Children's Ministry Assistant

Marlee Knickerbocker marlee@trinity-ec.org
Early Childhood Enrichment Coordinator

Early Childhood Enrichment Teachers

Jeanne Cooper jeanne@trinity-ec.org

Ashley Olson ashley@trinity-ec.org

Sandy Moszer mrsmoszer@charter.net

Caroline Mather caroline@trinity-ec.org

Nursery Attendants

Malissa Dahlstrom

Karli Pennings

Callie Larson

Youth Ministry Leadership Team

Ashley Olson ashley@trinity-ec.org
Club 78 Ministry Coordinator

Sara Reed sara@trinity-ec.org
Club 9 Ministry Coordinator

Food Pantry Coordinator

Sharry Hebert sharry@trinity-ec.org

Health Ministry

Vicki Dueringer vickid@trinity-ec.org

Parish Nurse

Pat Garber garberpa@uwec.edu

Visitation Ministry Director

Worship & Music Ministry

Nick Drayton nick@trinity-ec.org

Interim Music Director

Gary Rambo—Trinity Choir

Ryan Poquette—Trinity Tollers

Kris & Brian Pressler—Worship Music Leaders

Andy Hofer—CrossWord Youth Band

Jeanne Cooper—God's Little Singers

Corrine Gransee Paral—Jesus And Me, Celebration Singers, Impact Music

Building & Grounds Team

Don Peterson

Sheri Peterson

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 March Newsletter is Tuesday, February 15.