



Evangelical Lutheran Church in America
1314 E Lexington Blvd • Eau Claire WI 54701-6434
2021, August Newsletter—Vol. LXVII No. 008



Great News!

- Online registration for worship is no longer necessary. We will continue to have ushers collect names of folks as they enter for each worship service.
- Coffee: We are going to roll a coffee cart outside of Door 3 so folks can have a cup of coffee and visit with others between worship services.
- Communion: The days of no communion and pre-packaged elements are behind us, and folks will come to the altar to celebrate the sacrament in a slightly new way. Ushers will invite folks forward in two physically-distanced lines to receive the bread from gloved wafer distributors. They will then take their wine cup from a tray and drop the empty cups in a basket as they return to their seat. All are welcome to receive communion at 8:15 A.M. or 9:45 A.M.!
- Worship Mask Update: We will continue to provide a welcoming space for members who feel most comfortable wearing masks to worship, especially for those families with children who cannot yet receive a vaccination. That means masks are still be required for all participants 3 years and older at the 9:45 A.M. worship service each Sunday since it is most popular for families with young children. However, we will follow the CDC guidelines at the 8:15 A.M. worship service to allow face masks to be optional for those who are fully vaccinated.
- All other functions inside the building will continue to follow CDC guidelines that masks are optional for fully vaccinated people and masks are required for all non-vaccinated people 3 years of age and older.

Praise in the Park

Five ELCA churches have been coming together to lead outdoor worship and music at 10:00 A.M. every Sunday at Phoenix Park. Bring your coffee, blankets, and chairs for this enjoyable time of fellowship in the park. WE'RE SHOUTING IT OUT LOUD! Trinity will host its final Praise in the Park this summer on Sunday, August 8. If you haven't attended Praise in the Park before, please come join us. All are welcome! Bring your lawn chair and sunscreen—in fact, bring a friend and the whole family! *Please note, there will be no 9:45 A.M. worship service at Trinity Sunday, August 8.*

Healing Service

On Sunday, August 29, we will have a healing service at both the 8:15 A.M. and 9:45 A.M. worship services along with anointing. We will have a procedure in place to decrease the risk of Covid spread. We will also have prayer shawls, pocket prayer shawls, wooden palm crosses, and prayer beads available in the lobby for you or family/friends.

New Director of Children and Family Ministries!

Trinity's very own Heather Day has accepted the position of Director of Children and Family Ministries. Her first day in this position will be August 1. Heather has been on staff at Trinity for over 8 years in a variety of jobs, most recently as the Children, Youth, and Family ministry assistant. If you see Heather around the building, make sure you welcome her into this new ministry role. After recently graduating from Luther Seminary with a Master's degree, Heather's gifts of innovation and creativity will help Trinity look to the future and work toward God's preferred future for our neighborhood. Congratulations Heather!

Communion Prep Volunteers Needed

The Music and Worship Committee is looking for families or individuals to help prepare and clean up the elements for communion. The tasks are very simple. Preparing includes placing wafers in baskets, filling our new communion trays with disposable cups, filling the cups with wine and grape juice with a squeeze bottle, moving them to the worship center. Clean and up includes storing unused wafers, disposing of the filled unused cups, and putting items away. For more information or if you are interested in volunteering with this ministry, please contact Frank Watkins at frank@trinity-ec.org



Book Club

Are you ready to resume book discussions? Get ready because this fall Book Club is back! The Book Club meets once a month during the school year. Books, both fiction and nonfiction, are chosen by the group to be read over the course of the school year. Brochures with next year's titles are available at the Book Club bulletin board in the nursery hallway or on Trinity's website.



The Book Club will meet on Tuesday, September 21, at 6:30 P.M. to discuss *The Immortalists* by Chloe Benjamin. It's 1969 in New York City's Lower East Side, and word has spread of the arrival of a mystical woman, a traveling psychic who claims to be able to tell anyone the day they will die. The Gold children—four adolescents on the cusp of self-awareness—sneak out to hear their fortunes.

Notice to All Gardeners

Do you ever find yourself with an excess of vegetables from your garden? Your freezer is full, you have run out of canning jars, and your neighbors lock their door when they see you coming with a box of greens? Instead of tossing these fresh usable vegetables into the compost pile, please consider bringing them to Trinity's Food Pantry for distribution to those that are in need of fresh healthy food choices.

Drop off your produce at Door 5 on Monday, Tuesday, or Thursday mornings throughout the growing season. Our guests thank you!

Apply for a Grant

The mission of the Women's Giving Circle, 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." Grant applications for 2021 are due August 31. The Circle Governance Board reviews all grant applications, and the full membership of the Women's Giving Circle has the opportunity to vote on the Board's recommendations at their annual meeting in October. You can read about the Women's Giving Circle and the grant criteria, and find the application, at trinity-ec.org under the Endowment tab.

When Your Address or Phone Changes

Whenever you're moving or changing to "temporarily away" with the United States Postal Service, any mail Trinity sends to you is returned at a cost per item. Please inform the church office when your address changes or you're going away and having your mail held. If you are eliminating or have eliminated your land line and are going exclusively to a cell phone, please share your phone number with your church. Email address and phone updates to Amber Moltzau at amber@trinity-ec.org Thank you!

Women's Conference Retreat

Please join the women of the Chippewa Valley for the 2021 Retreat at Luther Park Bible Camp in Chetek, WI. on August 18 and 19. The retreat begins on Wednesday at 12:30 P.M. and concludes on Thursday at 3:00 P.M. The cost is \$70 which includes three meals and lodging. Presenters are Cathy Jenson and Deb Gilbertson. Registration forms with additional information are available in Trinity's Door 1 entryway.

Funeral Planning Guide

We plan for many important events in our lives; yet, many people resist planning for the reality of their death. To assist you in planning, Trinity provides a "Funeral Planning Guide and Worksheet" which walks you through numerous topics and provides options so you can develop a plan. Doing so assists your family in a tangible and profound way.

Luncheon Coordinators Needed

We're looking for people with a heart for hospitality to serve as Luncheon Coordinators for families and friends who have been bereaved and come to Trinity for a funeral or memorial service and a lunch or reception afterwards. Volunteers are needed to continue this ministry. Training will be provided. Please contact Cindy Beck at 715.832.6601 ext. 201 or cindy@trinity-ec.org for more information or to volunteer. Thank you!

The Quilt Ladies

Come join the group! Quilting pros and novices alike are invited to join at any time. The group meets on the second and fourth Tuesdays each month at 9:00 A.M. in Trinity's lobby. Sew a quilt, and give the everlasting "warmth" and "comfort" of God's love! Join us August 10 and 24.



Memorials & Gifts

Food Pantry

- In memory of Carol Olson: William & Diane Burdt
- In memory of Mark Legge: Gary & Mary Rambo
- In memory of Shirley Pressler: Mike & Dori Ritland
- In memory of Elayne Peterson: Steven & Barbara Fedie, Roger & Judy Catt, Mr. & Mrs. Ralph Scott, Ronald & Jennifer Gullicksrud, Susan Schaefer

Noah's Ark Preschool

- In memory of Shirley Pressler: Bob & Mary Schoenknecht
- In memory of Elayne Peterson: Family & Friends, Jeanne Cooper

Library

- In memory of Doug Smith: Barb Lee
- In memory of Shirley Pressler: Mary & Ron Doering
- In memory of Elayne Peterson: Jerry & Joanne Dow, Barbara Lee, Joanne Mills

Memorial Fund

- In memory of Doug Smith: Janis Smith
- In memory of Karen Parker Freeberg: Rose Sippel
- In memory of Elayne Peterson: Eric & Cheryl Gullicksrud

Children's Ministries

- In memory of Elayne Peterson: Susan Schaefer, Patricia McCown, Timothy & Julie Anderson, Linda & Kevin Sullivan

St. John's Bible

- In memory of Elayne Peterson: Dick Cable

Endowment Trust

- In memory of Elayne Peterson: Dave & Ginny Lien, Kurt Jacobson, Mark & Diana Gullicksrud, Denise Wurtzel, Char Finseth, Bob & Mary Schoenknecht, Justin & Melanie Lind-Ayres, John & Kathleen Ayres

Archives

- In memory of Elayne Peterson: Debra & Dale Bauer, Gregory Phephles, Pamela Blough, Audrey Nelson, Knollwood Village Condominiums LTD

Advent Tea

- In memory of Elayne Peterson: Joyce Schmidt, Ruth Hayden, Paul & Mary Gullicksrud, Karen Hanson, Bette Butler, David & Sonia Becker, Albert & Anne Becker, Judy Foss

Children's Bibles

- In memory of Elayne Peterson: Jack Olson, Alan & Melissa Robertson, Dan & Deborah Market, Jack & Leanne Blume, Paula & Larry Kaiser, Kimberly Peterson, Sara & Chris Meeks

Mission

- In memory of Elayne Peterson: Family & Friends, James & Vivian Ayres, Jeffrey & Teresa Ayres, Robert & Judy Pielhop

Attention All Seniors

It is time to get out and reconnect! Join us for a Senior Luncheon on Wednesday, August 25, from 12:00 P.M.–2:00 P.M. in Trinity's beautiful backyard. **There is no cost!** The menu includes a chicken salad croissant, fresh fruit salad, chips, beverage, and dessert. Trinity Youth will serve lunch and join us in a fun activity.

Please RSVP by emailing Vicki Dueringer at vickid@trinity-ec.org OR calling the church office at 715.832.6601 by Monday, August 23. Mobility concerns will be accommodated. In case of rain, we will use the Trinity Room. Hope to see everyone there!

Blood Drive

Sign up at redcrossblood.org for our Red Cross Blood Drive being held on Thursday, August 19, from 12:30 P.M.–6:30 P.M. Trinity is hosting blood drives every other month this year to help out during the pandemic. Please note that the Red Cross is following FDA blood donation eligibility guidance for those who receive a COVID-19 vaccination. If you receive a vaccine, knowing the name of the manufacturer (e.g. Pfizer, Moderna, or Johnson and Johnson) is important in determining your eligibility. In most cases, there's no deferral time if you receive a vaccine. Volunteers are needed to register donors. Shifts are from 12:15 P.M.–2:15 P.M.; 2:00 P.M.–4:15 P.M.; 4:00 P.M.–6:15 P.M. Please email Vicki at vickid@trinity-ec.org if you can volunteer.



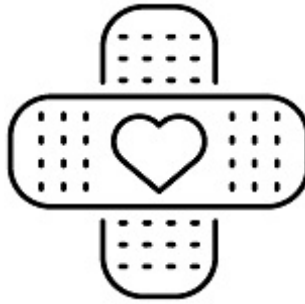
**One donation can
save up to three lives!**



CARE & CONCERN

Dear Trinity

So when looking for a topic for August, I found that August is National Wellness Month. What a perfect topic for the Parish Nurse, right? We all know that focusing on self-care, stress management, and healthy routines makes us feel better. As I googled "health and wellness," I found numerous sites and suggestions. The one that made me stop was an AARP article. (Keep reading even if you are under age 55!) The article listed 60 ways to live better. Well, for most of us 60 changes would be impossible! I've always told my patients to make 1-3 smaller health changes and, when those are ingrained into your daily routine, add a couple more. But I thought I'd share all 60 with you today...insert laughing emoji here. I am going to recommend, 6 and you can pick a couple to try.



1. Make weekly exercise dates: You can easily talk yourself out of a workout, but it's more difficult to do when you have a standing commitment to work out with a friend.
2. Have a super-berry dessert: Dark colored berries (blueberries, blackberries, etc.) contain compounds that fight inflammation and help protect your brain. Try berries and plain yogurt as your go-to after dinner dessert. Blueberries are in season!
3. Join a book club: (Trinity's starts Tuesday, September 21.) Studies show that people who engage their minds in intellectual activities (reading, games, etc) were 29% less likely to develop dementia over a five year period.
4. Once a week try something NEW: Lifelong learning is associated with improved brain health.
5. Take a daily "do not disturb" break: Whether at work or home, close your eyes and do not open them for anyone. Even five minutes will feel wonderful.
6. Have a "go-to ritual" that you look forward to when the anxiety is too much: Do something simple like having a cup of tea, calling a friend, listening to a favorite song, or reading a chapter in a novel.

More to come in the next few months!

Vicki Dueringer R.N.
Parish Nurse

Morning Exercise Group

You are invited to join a general wellness exercise class for women that meets on Monday, Wednesday, and Friday mornings at 9:00 A.M. in the Lobby. Participants should bring a mat or thick towel to lie on, light weights or cans with the food still in them that fit your hand, and a bottle of water plus wear comfortable, stretchy clothing. All participants must be fully vaccinated against Covid-19. We will have a great time as we work out, make new friends, and improve our bodies! For more information, contact the church office at 715.832.6601.

Know Your Numbers

Blood pressure checks will resume on the second Sunday of each month following each worship service starting on Sunday, September 12.

Online Prayer Requests

You're invited to share prayer requests at trinity-ec.org by using the Prayer Request button. These requests go to our Prayer Link Team, and then they pray!

If you appreciate the benefits of prayer and are willing to pray for those who share requests, join our Prayer Link Team under the Grow menu at trinity-ec.org You will receive a monthly update of prayers and some inspiration for your praying. Please contact Cindy Beck for more information at cindy@trinity-ec.org

Friends of Flynn

Flynn Elementary School to help address the needs of children. Many students enrolled at Flynn qualify for the Federal Free or Reduced Lunch Program. As the school year begins, we will once again deliver weekend meals to many students each week. We will also provide school supplies for students. Find a detailed list supply list on the district page <https://www.ecasd.us/ECASD/media/District-Site/PDFs/21-22-Elementary-School-Supply-List.pdf> or find a printed list school supplies at stores. Contributions to the Friends of Flynn Fund to help provide for weekend meals and other school needs are also welcomed. Please make checks payable to Trinity Lutheran with memo: Friends of Flynn. The supplies can be dropped off at Trinity (lobby on Sunday mornings; door #1 during the week.) The Flynn Elementary students and staff are always appreciative of our help. Thank you!



CHILDREN, YOUTH & FAMILY MINISTRIES

Greetings from Noah's Ark Preschool and the ECE Program!

Happy August from Noah's Ark and the Early Childhood Enrichment Program! It is a great time for discoveries in God's beautiful summer world. While some much needed rest and relaxation happens for the teachers over summer, preparations are underway for kids in the fall. I'm excited to work with the teachers. Some are long time teachers in our programs, and some are new. All of them have had children participate in our classes over the years! In addition to myself, our teachers include: Jill Kasmarek, Noah's Ark teacher; Cassie Brenden, Noah's Ark teacher; Gina Toutant, Music and Movement and Come and Play teacher; Natasha Durnick, Come and Play teacher.

I look forward to starting the Come and Play and the Music and Movement classes again this fall for our youngest children. While accommodations were made for the preschool classes, we did not hold these classes for our youngest children last school year due to the pandemic. It feels safer to do so this year with the lower number of Covid-19 cases and the availability of vaccines. I continue to study and consider the best protocols to follow in all classes to keep children safe and healthy.

We continue enrolling children in all of our preschool and early childhood classes. If you'd like more information about any of these programs, please contact me at 715.832.6601 ext. 205. Invite your family, friends, and neighbors with young children to be a part of Trinity through Noah's Ark, Music and Movement, or Come and Play!

I look forward to the ways we will share God's love through our actions and words with these incoming young children and families. Enjoy the remaining days of summer!

In Peace,
Marlee Knickerbocker

Early Childhood Enrichment and Noah's Ark Preschool

Registration continues for our fall programming. To register or for more information, call Marlee Knickerbocker at 715.832.6601 ext.205.

- Music and Movement, a parent/child class for children whose birthdates fall between 9.1.2018 and 3.1.2020.
- Come and Play, a drop off class for children whose birthdates fall between 9.1.2018 and 5.31.2019
- Noah's Ark Preschool, Tues/Thurs mornings, for children age 3 by 9.1.2021
- Noah's Ark Preschool, Mon/Wed/Fri mornings, multi-age class for children 3–5 years old by 9.1.2021
- Noah's Ark Preschool, Mon–Thurs afternoons, multi-age for children 3–5 years old by 9.1.2021
- Noah's Ark Preschool, Mon/Wed afternoons, multi-age for children 3–5 years old by 9.1.2021. This class has an emphasis on science, early literacy, and creative arts.

Calling All Middle and High School Youth

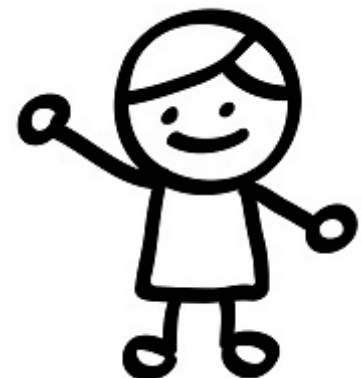
You are invited to an intergenerational lunch on Wednesday, August 25, from 12:00 P.M.–2:00 P.M. Youth will serve seniors lunch, enjoy the meal with those they served, and then participate in a fun activity together. This is a great opportunity to serve and build relationships across generations. Please RSVP to Ashley at ashley@trinity-ec.org

Heart for Luther Park

Help support Luther Park on Sunday, August 8, by attending Heart for Luther Park; an art, antique, and quilt auction. Many hard working people donate wonderful works of art to support the mission and ministry of Luther Park. There will be worship at 10:00 A.M., viewing and lunch at 11:00 A.M., and the live auction beginning at 12:30 P.M. There will also be a silent auction giving bidders a chance to make bids on a large variety of items. All funds raised are used to support the mission and ministry of Luther Park. Please consider attending this event and supporting Luther Park. It provides an outdoor, faith experience that changes lives.

Thank You!

Thank you to all children and youth, volunteers, and parents who chose to be a part of our summer ministry opportunities in June and July. We had so much fun learning, playing, and laughing with you all. We can't wait to see you this fall!





Global Mission Update

—Kumamoto, Japan, Jackie and Patrick Bencke, Missionaries.

In Jackie's July newsletter, she shared the following updates:


Home assignment:

- The family was scheduled to return to the United States for a home assignment in 2020. However, due to the travel restrictions in place, all ELCA travel was cancelled. This has continued for 2021, so there will be no home assignment this year either. She added that Japan continues to have incredibly severe travel restrictions for non-citizens like them, and this will probably continue to be the case through the fall, until the Olympics are over and until vaccinations are available to all adults. As of July 1 only those who are 75 and older were eligible to receive the vaccine.
- Back to in-person classes: Japan is in a difficult position regarding the spread of COVID-19. Kumamoto was recently released from strict protocols for being out and about so Kyushu Lutheran College where Jackie and Patrick work is able to have in-person classes again.

Family updates:

- Emily successfully completed her first year at St. Olaf College. She was awarded a fellowship with the CURI program to help translate materials and prepare them for inclusion in a textbook that will deal with sustainable agriculture practices in Japan and the U.S.
- Hannah is in junior high and likes the increased socialization. She joined the track team and seems to enjoy running up and down the hill 15 times on hundred degree days.
- Patrick is remaining healthy one year after his fourth heart ablation surgery. Continued monitoring with a cardiologist he likes and respects is contributing to a good recovery.
- Jackie continues to serve at the college in music and English teaching capacities. Her PhD studies are almost halfway done, with just a couple of classes and writing the dissertation looming large.

Please keep the Bencke family in your prayers.



Just for KIDS

The Water of Life

To beat the summer heat, we're often refreshed by a cold drink. Complete the puzzle below for a reminder of what Jesus offers us when we thirst.

KEY:
 A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

"

19+4	10-2	10+5	10-5	18+4	1+4	20-2	8+1	12+7		
18+2	1+7	10-1	20-2	18+1	20-0	26-1	6+6	5-0	10+10	
4+4	8+1	8+5	1+2	10+5	15-2	1+4	0+1	7+7	1+3	
26-3	7+1	20-5	2+3	21+1	6-1	19-1				
21+2	9+0	18+1	10-2	7-2	15+4	10+2	7-2	17+3		
6+2	11-2	11+2	20+0	2-1	9+2	8-3	22-2	11-3	2+3	
3+3	22-4	5-0	1+4	3+4	7+2	9-3	9+11	14+1	8-2	
23-3	12-4	8-3	21+2	4-3	20-0	10-5	20-2	13+2	4+2	
5+7	12-3	9-3	6-1	<i>Revelation 22:17, NIV</i>						

Answer: "Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life." Revelation 22:17, NIV



August 2021

1 8:15 AM Traditional Worship 9:45 AM Contemporary Worship	2 9:00 AM Exercise Class - Lobby 1:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	3 9:15 AM Staff Meeting 1:30 PM Food Pantry Open 5:00 PM Executive Committee - Zoom 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	4 9:00 AM Exercise Class - Lobby 6:00 PM Trinity Tens- Facebook	5 7:30 AM Text Study - Lobby 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	6 9:00 AM Exercise Class - Lobby	7
8 8:15 AM Traditional Worship 9:45 AM Baptism Beauden Allen Koenig 10:00 AM Heart for Luther Park-Offsite at Luther Park 10:00 AM Praise in the Park-Phoenix Park	9 9:00 AM Exercise Class - Lobby 1:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	10 9:00 AM Quilters - Lobby 1:30 PM Food Pantry Open 5:30 PM Council Meeting - Zoom 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	11 9:00 AM Exercise Class - Lobby 6:00 PM Trinity Tens- Facebook	12 7:30 AM Text Study - Lobby 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	13 Christ Jam - Luther Park Bible Camp 9:00 AM Exercise Class - Lobby	14 Christ Jam - Offsite
15 8:15 AM Traditional Worship 9:45 AM Contemporary Worship	16 9:00 AM Exercise Class - Lobby 1:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	17 9:15 AM Staff Meeting 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook 7:00 PM Racial Justice Committee Meeting - Zoom	18 9:00 AM Exercise Class - Lobby 9:30 AM Deborah Circle - Classroom 9:30 AM Miriam Circle - Outside/Lobby 6:00 PM Trinity Tens- Facebook	19 7:30 AM Text Study - Lobby 12:30 PM Red Cross Blood Drive - Lobby 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	20 9:00 AM Exercise Class - Lobby 6:30 PM Trinity Serves at Sojourner House	21
22 8:15 AM Traditional Worship 9:45 AM Contemporary Worship	23 9:00 AM Exercise Class - Lobby 1:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	24 9:00 AM Quilters - Lobby 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	25 9:00 AM Exercise Class - Lobby 12:00 PM Senior Luncheon - Trinity Backyard 6:00 PM Trinity Tens- Facebook	26 7:30 AM Text Study - Lobby 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook	27 9:00 AM Exercise Class - Lobby	28
29 8:15 AM Traditional Worship with Healing Rite 9:45 AM Contemporary Worship with Healing Rite	30 9:00 AM Exercise Class - Lobby 1:30 PM Food Pantry Open 6:00 PM Preschool Parent Orientation - Trinity Room 6:00 PM Trinity Tens - Facebook	31 1:30 PM Food Pantry Open 5:30 PM Food Pantry Open 6:00 PM Trinity Tens - Facebook				

“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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Blantyre Lutheran Parish, Malawi, Africa
Jacqueline & Patrick Bencke, Japan

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- Please submit all articles for the Tidings **electronically** in MS Word, Corel WP format, or in the body of an email. Submit to: cindy@trinity-ec.org
 - All submissions must be your own work. Any copyrighted material (code, images, or otherwise) must include written permission from the original source.
 - Deadline for the September Newsletter is August 16.