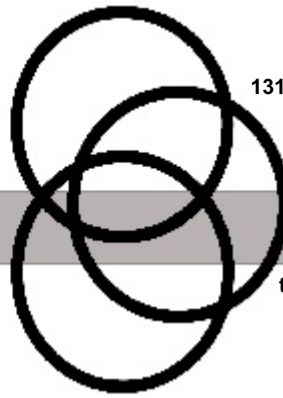


TRINITY



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www.trinity-ec.org
February 7, 2010

TODAY

Try on The Bible

After the 8:15 A.M. worship service join Pastor Jim in the Fireside Room for "Discover Jesus — Our Lord." This simple, non-threatening, no-experience necessary adult study will engage and enlighten!

Souper Bowl of Caring

Our youth want your financial support placed in the "Souper Bowl" you'll find at the Information Center in the Lobby and being carried by them throughout the building. This effort is the 20th annual national "Souper Bowl of Caring" with funds donated this year to hunger relief for earthquake victims in Haiti. Look for youth in football jerseys and support them today.

Looking Back & Ahead at 10:40 Today

The Annual Meeting of Trinity in the worship center at 10:40 A.M. today will look back at our ministries and financial successes of 2009. Please attend! Annual Reports are available at the Information Center in the Lobby. The meeting will introduce you to the 2010 budget and the "Vision and Ministry Planning Process" underway by the Trinity Council.

Pancake Supper Carnival Tickets

Our annual Pancake Supper Carnival will be Thursday, February 18, from 4:00–7:00 P.M. Advance tickets are available today at the Information Center or in the church office during the week.

- Advance sale ticket prices are \$6.00 for 12 years & over and \$3.00 for 3-12 years.
- At the Door tickets are \$7.00 for 12 years & over and \$3.00 for 3-12 years.

Welcome! Please Join us!

Welcome to worship and Trinity today. We're glad you're joining this community of faith to hear God's Word and join in the Lord's Supper!

If you're looking for a welcoming, healthy, vibrant faith community to engage with, please consider participating in "Discover Trinity"—a friendly, non-threatening introduction to our congregation. This two evening event starts Tuesday, April 6, from 5:30–7:30 P.M. and includes dinner. Child care is provided. To learn more, check out "I'm New" at www.trinity-ec.org. To register, contact Suzanne Becker at suzanne@trinity-ec.org or 832.6601.



A Beautiful Birthday or Anniversary Gift

Looking for gift ideas for a special occasion? Provide the flowers for our worship of God! There is a Flower Chart at Clipboard Central in the Lobby by the drinking fountains. A dozen Sundays are available. The cost is \$40.

Study for Couples

A couple's ministry study will meet on Thursdays beginning on February 25 and ending on March 25 from 6:30 P.M.–7:30 P.M. Contact Pastor Jim (jim@trinity-ec.org) if you and your spouse would like to be a part of this unique journey! Cost for the Love Dare book is \$10.

Be A Communion Server

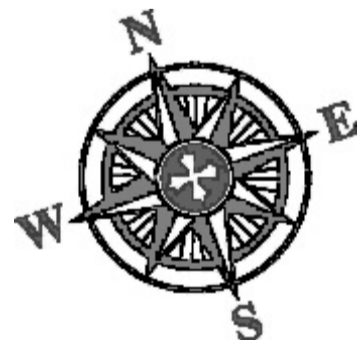
Please volunteer for 8:15 A.M. or 9:45 A.M. communion serving. Every first and third Sunday up to 14 people are needed! You choose the date and time. But sign-up is necessary. Check out Clipboard Central by the lobby drinking fountains after worship and volunteer for this important service. The pastors will instruct you the morning you serve when you find them in the worship center a few minutes before worship begins.

Lent "Psalms: God's Positioning System"

Join us for Wednesday Lenten worship at 12:15 P.M. and 6:30 P.M. starting February 17 through March 24. Wednesday messages will be based on the "Psalms as God's Positioning System."

Lent is the season that invites us to ponder those things that keep us feeling separate from God. This look at the Psalms will provide the system to direct us in faithfulness each day.

Lent is a time to admit that inwardly we may suffer from fear and guilt; while outwardly we look confident and independent. Worshiping Wednesdays in Lent gives us time to be positioned to move our lives from fear, guilt, or apathy to new ways of faithfulness and service to neighbor. Each Wednesday we'll help you bring all aspects of your life to God, trusting in God's wide mercy seen in the Psalms as God's Positioning System to bring you closer to God, your neighbors, and your deepest self.



Trinity will be hosting the homeless in our area at the Beacon House beginning today. Volunteers are needed to provide an evening meal, host evening activities, stay overnight at the Beacon House, and serve breakfast in the morning. Please pick a time when you can volunteer by signing up at Clipboard Central. For more information, please contact Rick & Terri Krause at 834.7719 or contact the Beacon House directly at 834.4357.



- **Supper Hosts: (5:30 P.M.–7:00 P.M.)** Prepare and serve a meal to Beacon House guests. Several volunteers to make a main course, salad, and dessert are needed.
- **Evening Hosts: (7:00 P.M.–9:00 P.M.)** Spend time with Beacon House guests. Perhaps play games, read to children, etc.
- **Overnight Hosts: (9:00 P.M.–6:00 A.M.)** Stay overnight. You will have your own bedroom.
- **Breakfast Hosts: (6:00 A.M.–7:30 A.M.)** Serve breakfast. Cereal, etc. is provided. You only need to put out breakfast items.

CPR Course offered At Trinity

By learning CPR you can “buy time” for your loved one until 911 arrives and normal heart function is restored. Join us Sunday, February 28, in the Trinity Room from 12:30 to 4:00 P.M. for this American Heart Association “Heartsaver AED” training. Participants will be trained in adult and child CPR/choking/rescue breathing/AED and Infant CPR/choking/rescue breathing. Cost is \$25 per person, plus \$8.00 if you would like to purchase the training book. Class size is limited to 15, so sign up by February 21 at Clipboard Central.

Health Tip of the Day February is Heart Month!

“For wisdom will enter your heart, and knowledge will fill you with joy.” Proverbs 2:10 NLT

You have heard of cholesterol levels, but do you know what they mean? LDL is the “bad cholesterol” and stands for “low density lipoprotein cholesterol.” It builds up on the walls of your arteries and can cause cardiac problems. To lessen your risk of heart disease, your LDL number should be below 100. HDL is “high density lipoprotein cholesterol” and is the good kind because it keeps the LDL from building up in your arteries. For women this number should be above 40. Triglycerides are fats, and the higher the number the greater risk of disease. This number should be less than 150. Total cholesterol is the combination of LDL and HDL found in your bloodstream and should be less than 200. To keep these numbers under control, watch your diet and limit fatty foods.

Travel to Greece

Plans are forming for a Trinity trip in the fall of 2011 to Greece and Turkey. This 11-day tour in the “Footsteps of the Apostle Paul” will include a 3-day cruise with visits to the islands of Mykonos, Rhodes, and charming Lindos.

A full brochure will be available this fall. To receive updates as they’re available, please contact Pastor Kurt Jacobson kurt@trinity-ec.org or Joel at Higgins Travel joel@higginstravel.com

Stewardship Second

Blessings have many faces; so do the needs of those around us. Let us rejoice in what we have been given and look for others with whom we can share it.

Conference Women of the ELCA—Annual Day of Renewal

Women are invited to come on Saturday, March 6, at 8:30 A.M. to enjoy a day of renewal through fellowship, prayer, and praise at St. John's Lutheran Church, 1804 Highland Ave., Eau Claire. The program is entitled “Companion Synod Relationship with Brazil.” The speaker is Sharon Klabunde who participated in the May, 2009, trip to Brazil. We will also be entertained by “Danville” from Cadott. Registration forms are available on the Women's Bulletin Board. The fee is \$10 and both must be sent by March 1.

Senior Citizens The Friendship Group

Trinity's Friendship Group will meet on Wednesday, February 10, at 10:00 A.M. in the Trinity Room. After a short business meeting, we will enjoy slides of Tom & Sheila Zahorik's trip to Israel. Lunch will follow at Pizza Hut, 1242 W Clairemont Ave (by the Plaza) at noon. Reservations are not necessary.

In March the group will travel to Chanhassen, MN on Wednesday, March 24, to enjoy a dinner and play at the Fireside Theater. Our bus leaves the Trinity parking lot at 9:00 A.M. At noon we will have a sit down dinner and then go to the theater for a presentation of *Nunset Boulevard* about a group of fun loving nuns as they go out in the world. The cost will be \$ 52 payable to Trinity Friendship Group. Mail your reservation by February 23 to Norris Nelson, 3549 Halsey St. Eau Claire WI 54701.

Faith-based Social Networking

Facebook can widen the relational matrix of our lives, but it can be addictive and short-change actual encounters with people. Read about “Do's and Don'ts to Facebook Excess” in *The Lutheran* magazine. A free copy is available to the right as you exit the main doors. Visit faith-based sites at: enterthebible.org; luthermergent.ning.com or bookoffaith.ning.com



**YOUTH
GROUP**

★ *News* ★

Chippewa Valley

- ★ Noah's Ark Shrove Pancake Dinner on Thursday, February 18. We are still in need of volunteers. Sign-up soon!
- ★ Don't forget Sundays! Teen Study for Club 78 and High School drop-in Bible Study on Sundays from 10:25–11:05 A.M. Please note: we will not be meeting on February 14.
- ★ Middle School Youth Council meeting on Wednesday, February 10, at 5:45 P.M. in the Youth Room.
- ★ High School South Dakota Mission Trip at Atlantic Mountain Ranch. Youth are headed to the Black Hills July 10–16 with Pastor Kurt to a servant camp with Atlantic Mountain Ranch, a Lutheran Bible camp. We'll work on a Habitat for Humanity project, ride horses, and have lots of fun. Hurry to get your deposit in! The first 10 registrants get the spots!