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Trinity Lutheran Church  
115 N. Fourth Street, Box 339  
Stillwater, MN 55082-0339

love.transform.serve.



every  
DAY  
LIFE

Check out all the opportunities to learn inside this issue!

Copies of the Adult Learning guide are available in the Church Office or download online at [www.trinitylc.org](http://www.trinitylc.org)

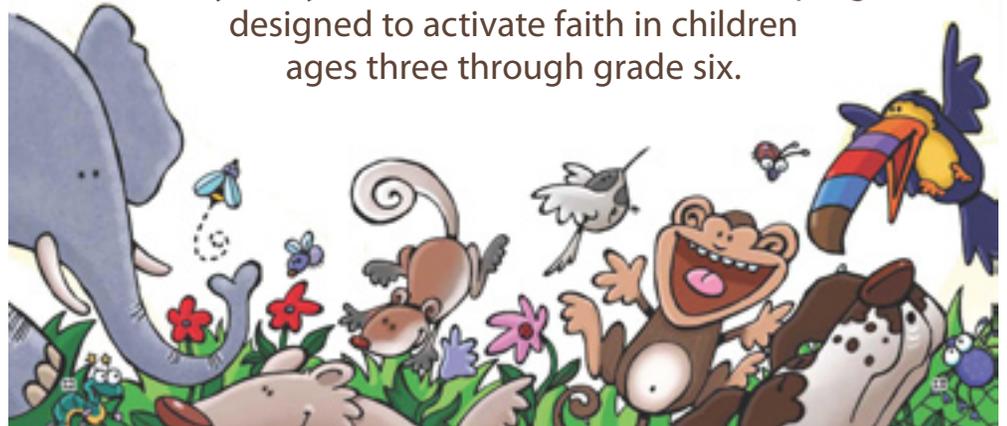
IGNITE  
Sunday  
Sept. 26



CHILDREN'S MINISTRY KICK-OFF

A grand welcome to students age three through grade six!

You and your family are invited to hear firsthand about the fabulous SPARK learning adventure being launched at Trinity this year. SPARK is a faith formation program designed to activate faith in children ages three through grade six.



**Fall worship hours resume Sun., Sept. 26**

Sat. – 5 p.m. Evening worship

Sun. – 9 a.m. Traditional worship

Sun. – 10:30 a.m. The WALK Contemporary worship

# PASTOR DAN POFFENBERGER



## MY HEART IS SO FULL OF GRATITUDE

There are so many things for me to be grateful for. I want to share just a few of them with you:

Trinity begins all of its Children's Ministry and Adult Learning the weekend of September 25 & 26, with confirmation beginning Wed., Sept. 22. I am so excited to be a part of a community that enjoys the innovative, creative and meaningful exploration of faith in Jesus that Trinity offers. If you, your child, your grandchild, your neighbor or co-worker is looking for a turbo-charged experience of growing in faith, they can find it at Trinity! I love to see people energized and excited to find new dimension and depth in their faith. Jump in!

We had a wonderful summer of worship; thank you to all who made Trinity a part of your summer. I am grateful for you and the wonderful leadership of our worship teams; you have made my summer one of really fine worship.

## EVERY DAY LIFE...

is the exciting theme for our fall worship. We will explore how God is in the midst of every moment, every day and every relationship we enjoy. We'll try some innovative and interactive ways of sharing our messages. Come and explore how God is present in your Every Day Life!

## THE NEW SOUND SYSTEM IS INSTALLED IN THE WORSHIP CENTER

Thanks to all who contributed to the Trinity for Tomorrow Capital Appeal, we have invested in a new sound system that is ready for all that happens in our Worship Center. No more dead spots, better spoken word clarity and a beautiful, more realistic tone! Come and enjoy!

## I AM WORKING ON MY DOCTORATE OF MINISTRY

More on this later, but I am beginning a three-year doctorate program (I needed something new after turning 50). I will use this to study how to lead this congregation into a quickly changing culture. I will be a student as I continue the call as Trinity's Lead Pastor. I am thrilled for the opportunity to study something with such a direct application to my work here, and am filled with the expectation that I will be a better, more creative and energized leader because of this opportunity.

## A REASON TO CELEBRATE

Gretchen surprised me with a "we are done with cancer" celebration this week (I am writing this in Park City, UT). She is here for her work, and brought me along. It is the site of our honeymoon 23 years ago, and we are celebrating the end of chemo and the hope that cancer is now in our rear-view mirror.

## NO MORE ROBES

I (and the other pastors) won't be wearing robes often in worship this fall, even at the 9 a.m. service. I believe that in a culture that has changed so much, I can communicate the Gospel more authentically if I am not wearing liturgical clothing that increases the distance between me and the congregation. This comes after much thought, conversation and prayer. The 9 a.m. service will, in all other ways, continue on as it has evolved in the past number of years. When I took the call here six years ago, I had not worn robes in 10 years. I have for the past six, and now it seems like it is time to try this my way. It will make some uncomfortable, but I ask you to give this a try. The church has a long way to go to stay vital and resonate with people and this is a small step to do so.

P.S. Make it a priority to join me and all of your brothers and sisters here at Trinity in worship the last weekend of September. Let's fill the Worship Center with our praise, prayer and celebration of God in our midst of every day life.

# CARE MINISTRIES

WITH PASTOR KRIS LINNER

Dr. Rachel Remen is a remarkable physician and author who is a highly sought after counselor for people who are grappling with life-threatening illnesses. She is good at this because she has the unique ability to enable people to find healing by telling aloud their own life stories. The stories she draws out are not about what people have accomplished, but the story of who they are, what they really value, where they have come from and what is the meaning of their life.

In her book, *Kitchen Table Wisdom*, she shares some of the stories that she has heard. In reading her book I have found several common threads that are woven through the human story; stories of pain, wounding, hope, love, healing and courage.

A common thread I have encountered recently as I have listened to people's stories is courage. I have heard the story of a spouse who has been betrayed and yet has the courage to risk loving again. A person who continues to fight cancer despite complications from chemotherapy has shown me courage. I have seen courage in the family who encourages their loved one to get help for an addiction. I have been amazed by the courage of a newly widowed person who braves going to a funeral to support her bereaved friend.

Life takes courage. It takes courage to trust that we can learn from our failures. It takes courage to make changes in our lives that are neither comfortable nor easy. It takes courage to face the small and large challenges of life.

Another thread I see woven with courage in the fabric of life is fear. What if the love is not returned? How will I go on if this treatment doesn't work? Where will we go from here, if he refuses to stop drinking? When will my endless



tears stop? Courageous people are not without fear, rather they are people who acknowledge their fears without letting their fears control their lives.

Joshua 1:9 gives us a reason for courage, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Trust in God's presence; that is the other common thread I have seen in people's stories. Time and time again when I have heard stories of pain, challenges, or disappointments, courageous people of faith end their stories by saying, "I don't know what I would have done without God in my life."

I am grateful for the people who have shared their stories with me. Their stories help me see the threads of courage, fear and faith in my own story. When others acknowledge their own fears, I am more able to acknowledge mine. When others, in the face of difficulty, exhibit courage grounded in faith, I am more likely to deal with my fears with faith-filled courage. Billy Graham said, "Courage is contagious." I think it is true, so thank you, brothers and sisters in faith, for sharing your courage with me.

## TLC Caregivers

*Thu., Oct. 7 & Dec. 2; 2 p.m.*

*Joseph's Restaurant*

Are you currently caring for a loved one? Do you experience complex feelings as you live in this role? It can be lonely and overwhelming at times. If you can relate and would like to explore participation in a caring support group, please call Lois Berglund at 748-1606, to connect with this helpful support group.

## Hope and Healing in Grief

*Sun., Nov. 7; 10:30-11:30 a.m.*

*Living Room*

Grief is a long and difficult road and it can be especially difficult during the holidays. If you are wondering how you can get through the holidays while grieving, come to learn about normal grief and get some helpful tips on coping. Contact Pastor Kris Linner at 439-7400, ext. 107 or [klinner@trinitylc.org](mailto:klinner@trinitylc.org) with questions.

# GROUP & TEAM MINISTRIES



## Yoga, HeartMath & Lunch Sampler

*Thu., Oct. 14; 10 am-12:30 p.m.  
Garden Room; Cost: \$10*

Yoga is a science, philosophy and practice that seeks to bring together mind, body and spirit to facilitate a deeper connection with ourselves and the world around us. The physical practice of yoga integrates breath and movement to bring us to be fully present. It teaches us to love and care for our bodies so that we may live to our fullest human potential.

Brenda Linn, certified yoga teacher with a degree in Exercise Science and 20 years experience as a health educator will lead this portion. Stress has a profound effect on a person's body and well-being. Your reactions to stress are immediate and can be long-lasting and damaging to the body. Did you know you can learn to shift those reactions to actually benefit your body? Licensed HeartMath Provider, Sharon Pallarina, will use simple tools to show you how to shift negative reactions to stress into heart-focused resiliency. People using the HeartMath tools have reported feeling more balanced in their lives, sleeping better, improved mental clarity, decreased desire to eat emotionally, and increased stamina. Contact Julie Jolivette, 439-7400, ext. 108 or [jjolivette@trinitylc.org](mailto:jjolivette@trinitylc.org) with questions.

## Singles Connection

*5:30 p.m. – Meet at the following restaurants (To insure enough room is reserved at the restaurant, please RSVP to Judy Huftel at 715-386-2698 or [jahuftel@sbcglobal.net](mailto:jahuftel@sbcglobal.net) one day prior.)*  
Sept. 25 – Savoy's Pizza (St. Paul)  
Oct. 30 – House of Wong (St. Paul)

## Trinity Veterans' Team & Hilltopper Special Event

*Thu., Oct. 21; 12 noon – Garden Room; Suggested donation \$3 for meal*  
Not many people could find anything positive about getting their legs blown off and losing two close friends in a battlefield explosion, but Staff Sergeant John Kriesel says it changed his life for the better. Kriesel says, "It took losing my legs and two close friends to make me realize just what is important in life. Trinity member Jim Kosmo helped Kriesel write, *Still Standing, The Story of SSG John Kriesel*, a book that chronicles John's military life, 35 surgeries, lengthy rehabilitation and the motivational lessons he learned. The Trinity Veterans' Team has invited Jim Kosmo and Staff Sergeant John Kriesel to speak at Hilltoppers. Lunch will be served. If you are interested in attending please contact Diane Rollie at 439-7400 or [drollie@trinitylc.org](mailto:drollie@trinitylc.org)

## 10 Great Dates to Energize your Marriage

*\$15 book fee; 3 options:*  
*Sun., Oct. 3, 17; Nov. 7, 21; Dec. 5, 19 9-10 a.m., or 10:30-11:30 a.m.*  
*Wed., Oct. 6, 20; Nov. 10; Dec. 8, 6-7 p.m.*  
*Living Room, 108A, Library, Library Conference Room*  
Dating doesn't just have to be a memory. Join with other couples in exploring ways to re-energize your dating life as a couple. This series includes large group time, small group time and intentional dates with your partner. Please register online for the time that works best for you. Contact Deb Simcik at [dsimcik@hotmail.com](mailto:dsimcik@hotmail.com) with questions.

## Working Moms

*Every other Saturday, 10-11:15 a.m.  
Fresh Fields, Stillwater*  
Laughter, friendship and support for working women with young children.  
*Elaine Knodt, [elaine.knodt@target.com](mailto:elaine.knodt@target.com)  
Siri Erickson, [serickson@trinitylc.org](mailto:serickson@trinitylc.org)*

## Scrapbook for the Soul

*Second Friday of each month*  
Have an unfinished scrapbook, need fresh new ideas or want to start scrapbooking? Please join us as we share a devotion and fellowship while working on our albums. Contact Christine Lande with your questions or meeting dates, times and locations. Contact Christine Lande at 430-2689 with questions.

## RETIRED MENS' EVENTS:

### Theology Project Discussion

*Wed., Sept. 22; 9 a.m. – Living Room*  
A retired men's round table discussion was held with Siri Erickson last winter regarding the first Trinity Theology Statement (Bible). All men of the congregation interested in discussing and providing input to the second Trinity Theology Statement (God) are invited to attend. The current draft of this statement is available on Trinity's web site and is encouraged reading before this discussion session. Contact Vic Thalacker at 439-9782 or [vpthalacker@yahoo.com](mailto:vpthalacker@yahoo.com) with questions.

### Habitat for Humanity Work Day

*Tue., Oct. 19 (tentative date)*  
The Retired Men of Trinity will be participating for one day on a current Habitat for Humanity housing project. This is a great chance to provide hands-on work for an important housing initiative. If you like to work with your hands, learn some new skills or generally enjoy working with others on building projects, this is for you. Further details regarding this project will be available in early October. Contact Vic Thalacker at 439-9782 or [vpthalacker@yahoo.com](mailto:vpthalacker@yahoo.com) with questions.

# ADULT **LEARNING** THIS FALL



## book of faith

Open Scripture. Join the Conversation.

### Making Sense of Scripture: Big Questions about the Book of Faith

Sun., Sept. 26; Oct. 3, 10, 17, 24, 31; Nov. 7  
Two options: \$15

9-10 a.m. – Room 108B

10:30-11:30 a.m. – Garden Room

Have you ever had a question about the Bible or wondered how to make sense of this amazing and complicated book? Have you ever thought you should read more of the Bible but didn't know how or where to begin? Have you ever been afraid to join a Bible study or lead a group at church because you think you don't know enough about the Bible? Making Sense of Scripture invites you to bring all your questions and to enter into a conversation about the Bible: where it came from, what it is and isn't, and how it functions in our lives today. No experience with the Bible is necessary and no question is a dumb question! Some reading is required between classes. Led by Pastor Siri Erickson, serickson@trinitylc.org

### What Happens When God Speaks and No One Listens?

Sat., Oct. 16, 23, 30; Nov. 6, 13, 20

9-10:30 a.m. – Living Room

Come join this engaging study of major league minor prophets: Amos, Joel, Hosea, and Micah. Led by Rev. Steve Hokonson, stephen.hokonson@cchudson.org

### Monday Evening Bible Study

Mondays, Sept. 13 – Dec. 13

7-8:30 p.m. – Living Library

Led by Diane Sauers, 430-3423.

### Bible Study with Pastor Kris

Wednesdays, Sept. 15 – Dec. 15

9:30-10:30 a.m. – Garden Room

Exploring the life and teachings of Jesus with others can be fun, engaging and life-giving. Together we will explore the biblical stories of how Jesus called, loved, and taught ordinary people, transforming them into extraordinary disciples. As we delve into Jesus' interaction with his disciples, we will also look at the disciples' response to Jesus. Sometimes the disciples were slow to catch on to who Jesus was and what he was about and at other times there was no stopping them. Led by Pastor Kris Linner, klinner@trinitylc.org

### Tuesday Morning Women's Bible Study

Tuesdays, Sept. 14, 21, 28; Oct. 5, 12,

19, 26; Nov. 2, 9, 16, 30; Dec. 7, 14

8:30-10:30 am – Room 108B

We are studying Kathleen Urtel Johnson's Bible study *Whole Bible, Whole Life*. We start our study with prayer requests, and pray for all at the end of our time together. We read all of the study and Bible readings in class, so we have no homework, and anyone is invited to come as they are able. Led by Lynn Schurrer, 430-1632 Lschurrer@aol.com

### NEW! Men's Early Morning Bible Study

Wednesdays (about every other week)

6:30-8 am – Office Conference Room

Cost: \$8 for Galatians study materials

Join other men for thoughtful conversations about faith and life as we study the book of Galatians. Bring your Bible, we'll have the coffee brewing. Contact Mike Johnson for meeting dates and study materials. Led by Mike Johnson, mikej@campwapo.org

### Building your Personal Theology: God\*

Two options:

Tue., Sept. 21, 28;

Oct. 5, 12; 9:30-11:30 a.m. – Garden Rm

Tue., Sept. 21, 28; Oct. 5, 12;

6:30-8:30 p.m. – Garden Room; \$30

From a pocket knife in the past to an iPhone today, we all have ordinary, everyday, dependable things that make our lives better. Having a good, workable theology is also one of those things. Come put together the pieces of your theology. Through conversation, creative reflection and connection to God, join us in building your personal theology. This class has pre-work and homework between sessions.

*\*This class is the prerequisite for all other classes in the Building your Personal Theology series. Led by Siri Erickson, Jody Thone, Anna King, Dan Poffenberger*

### Building your Personal Theology: Bible

Tuesdays, Oct. 26; Nov. 9, 16;

6:30-8:30 p.m. – Location TBD; \$20

The Bible informs your personal theology, but you also have beliefs about the Bible itself. What is it? Where did it come from? How does it relate to your everyday life? How does it reveal God? What is its core message? In this class you will have the chance to explore your core beliefs about the Bible. Through conversation, creative reflection and connection to God, join us in building your personal theology about the Bible. This class has pre-work and homework between sessions. Completion of Building your Personal Theology: God is a prerequisite for participation in this class. Led by Siri Erickson and Jody Thone.

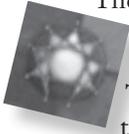


building your  
*personal*  
theology

## Introduction to The Enneagram

Sat., Oct. 2, 9 a.m.-4 p.m. – Garden Room

Cost: \$35



The Enneagram is one of the most popular systems for self-understanding and is used as a tool for personal growth and spiritual transformation. This contemplative retreat day will introduce the nine distinct personality types and show you how you can overcome your inner barriers, realize your unique strengths, and discover your way of connecting to God. Led by Jody Thone, [jthone@trinitylc.org](mailto:jthone@trinitylc.org)

## Living Your Strengths

Tue., Oct. 19, 6-9 p.m. – Living Room

\*Note: You must take the Clifton

StrengthsFinder prior to attending this session.

Cost: \$25 Includes the book, *Living Your Strengths* and the Clifton StrengthsFinder™ (Cost: \$5 if you already have your book and have completed the survey)

Based on the work of the Gallup organization and over two million interviews, Living Your Strengths is a process that helps you identify, affirm and serve from your strengths. It includes the Clifton StrengthsFinder™ assessment and Trinity's own workshop designed to bring us together to explore our strengths and learn about the incredible power of our community when we serve God from our strengths. Led by Walt Ogburn and Amy Karlstad

## Career & Life Planning:

### Finding Your Way to Make a Difference

Tuesdays, Wednesdays and Thursdays

Email to schedule an individual coaching session

Cost: Free-will contribution to On Purpose Ministries

Phase 1: Explore your strengths, values, passions and practical needs.

Phase 2: Generate and research career and life options to match your unique design.

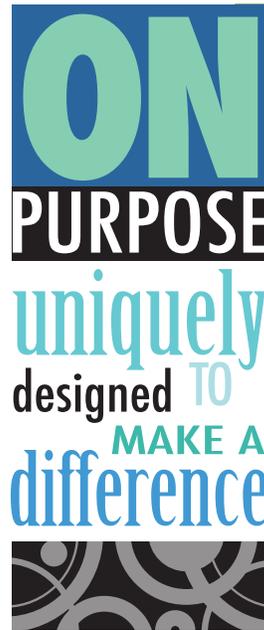
Phase 3: Evaluate, decide and act on your career and life plan, including job search.

Led by Jody Thone, [jthone@trinitylc.org](mailto:jthone@trinitylc.org)

## Contemplative Practice Group

Thursdays, 7:30-8:30 a.m. – Worship Center

This small group is open to anyone who wants to practice seeing the sacred in everyday life. We gather for lectio divina, silent meditation and other spiritual practices and support one another in delighting in the living presence of God. Led by Jody Thone, [jthone@trinitylc.org](mailto:jthone@trinitylc.org)



## Monthly Enneagram Study Group

Second Saturday of every month

9-11 a.m. – The Daily Grind, Stillwater

On-going learning and study of the Enneagram.

- September 11 Group Covenant and Notes from the IEA Conference in San Francisco
- October 9 "The Instincts"
- November 13 "The Instincts and Type"
- December 11 Spirituality and The Enneagram
- January 15\* Going deeper into 8-9-1 Triad  
\*3rd Saturday because of New Years

Led by Jody Thone, [jthone@trinitylc.org](mailto:jthone@trinitylc.org)

## Choosing Joy: The Steps on the Path of Simple Hearted Contentment

With Guest Speaker,  
**Bill Alexander**

Sat., Oct. 16, 9:30 a.m.-1 p.m.

Margaret Rivers Room,

Stillwater Library

Cost: \$15

To choose joy is to choose to live consciously in mindful harmony with all things exactly as they are. The joyful life is a simple one of love, compassion, and emotional balance. In this debut presentation, Hazelden's Bill Alexander will show us how to walk the simple path of joy where it's always been; right beneath our feet. Bill is the author of several books, including the classic, *Cool Water*, and the recent publication, *Hi, I'm Bill And I'm Old*. He is a nationally known teacher and story-teller.



# BODY SPIRIT CONNECTION

## Soul Power Workout

Sept. 21, Oct. 5, 7-8 p.m. – Gym  
Nov. 5, 9:30-10:30 a.m.

Compass Center

Cost: \$7/session or

\$15 for all three

You are invited to experience a new way to workout your body, mind and spirit that will leave you feeling energized and radiant. This is a class that allows you to get out of your head and drop into the wisdom of your body. No dance experience or rhythm necessary to fully participate in this class. Bring a willing spirit to play, stretch, shake, twist and flow into alignment. Contact Amy Quarberg at 208-1419 or amyquarberg@comcast.net with questions.



## Introduction to Yoga

Sundays, Sept. 26, Oct. 3, 17; 7-8 p.m. – Narthex

Cost: \$7/session

(Please indicate which dates you will attend.)

Contrary to what you might think, you do NOT need to be able to “touch your toes” to do yoga. Yoga is a science, philosophy and practice that seeks to bring together mind, body and spirit to facilitate a deeper connection with ourselves and the world around us. The physical practice of yoga integrates breath and movement to bring us to be fully present. It teaches us to love and care for our bodies so that we may live to our fullest human potential. Brenda will be introducing three different styles in this series. You are welcome to attend one, two or three of the dates as you are able. Contact Brenda Linn at 612-839-1194 or brenda@lilayogaloft.com with questions.

## Tai Chi

Mondays; 6:30-8 p.m. – Gym

Cost: \$20/month

These sessions are for people of all Tai Chi levels and will be an exploration of body, mind and spirit connections.

Participants will improve:

- Mind/body awareness
- Energy level
- Flexibility
- Balance and coordination
- Concentration
- Lower back strength
- Reduce stress

Participants will also be more centered and self-aware.

Contact David Teschler at 612-991-5117 or John Feely at 323-8714 with questions.

## Fall, Fitness and Fun

by Amy Quarberg

*“Play energizes us and enlivens us. It eases our burdens. It renews our natural sense of optimism and opens us to new possibilities”.* –Stuart Brown, M.D.

I have come to believe that the word “exercise” ought to be considered “old school” because it carries with it the baggage of something we “should” do, instead of something we actually want to do. Let’s be honest, unless you have a regular work-out routine established, and are hooked on the natural high you get from the endorphins generated, the thought of “exercising” from a non-active person’s perspective just sounds like a lot of work and not much fun.

If that sounds like something you can relate to, then the Body Spirit Connection Team at Trinity has a few treats in store for you this fall. First of all, we are putting the “fun” back into fitness by offering two new classes that will get you moving and stretching in ways your body will thank you for.

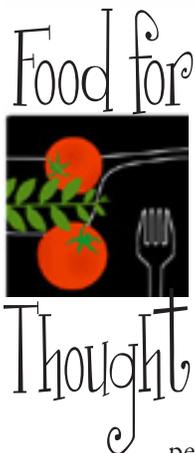
The first is a Yoga Sampler class offered on Sunday evenings by Yoga Instructor and Body Spirit Connection team member, Brenda Linn. Contrary to what you may think, you do NOT need to be able to touch your toes to do Yoga. Yoga is a science, philosophy and practice that seeks to bring together mind, body and spirit to facilitate a deeper connection with ourselves and the world around us. The physical practice of yoga integrates breath and movement to bring us to be fully present. It teaches us to love and care for our bodies so that we may live to our fullest human potential. Each class has a different focus and style and is adaptable for beginners into Yoga. The Sunday evening timing is offered as an intentional Sabbath day activity guaranteed to restore your body and spirit for the week ahead. The first class is Sun. Sept. 26 from 7-8 p.m. and is \$7/class

The second new fun class to sign up for is the Soul Power Workout offered by movement coach and Body Spirit Connection Team member, Amy Quarberg. This class allows you to get out of your head and drop into the wisdom of your body as you stretch, shake, twist, flow and move into alignment while listening to fun music. No dance experience or rhythm necessary to fully participate in this class. Bring a willing spirit to play and leave feeling energized, centered and radiant!! First class is Tue., Sept 21 from 7-8 p.m. in the gym and costs \$7/class.

Register for these and other classes on-line at [www.trinitylc.org](http://www.trinitylc.org).

Remember, your body is designed for movement and actually thrives when given the opportunity. The key is to find a way to move that you find fun and doable. For me it is dancing, and for others it is running, or martial arts, or basketball, or biking, or yoga, or pilates or walking or.... the list goes on and on. Pick one and as Nike would say, JUST DO IT. It is time to play!

# FOOD FOR THOUGHT



If you are a person who likes to cook practical gourmet recipes, make new friends and strengthen existing relationships, enjoys stimulating conversation with a diverse group of people, then Food For Thought is perfect for you.

- Groups of eight adults meet in homes four times/year (Nov.-April)
- Schedules try to insure different pairings each time
- Group attempt is made to resolve date conflicts
- Substitutes are available
- Recipes are provided – each couple brings part of the menu
- Couples host only once per year

## Food for Thought - it's not just about food!

by Joan Fogelberg

Looking at the burned rice one would wonder what all those people in the Food for Thought groups were doing? Well, I have news for you. They love to eat! But, a successful Food for Thought dinner does not just depend on a perfect meal.

Recently, Jon and Joan Fogelberg hosted a group at their home in Dresser, WI and it's no easy place to get to. Some say, "They live near the Canadian border!"

"We always feel privileged and honored that people are willing to drive so far to come to our home," said Joan.

Jon recalls, "Aside from my wife burning the rice – she loves to talk – the meal was delicious. We also laughed until our sides ached. We are grateful for talented and enthusiastic volunteers who plan fabulous menus and organize dinner schedules each season. It's just wonderful and we always look forward to these times together."

Four times annually groups of eight meet in homes to celebrate food and friendship. The same eight people are rarely together so there's a good chance you will meet new friends as well as greet friends often known for many years. Folks take turns hosting and everyone prepares part of the meal from the designated menu. All are welcome!

## Food for Thought Kick-off Event

Sat., Oct. 9; 6 p.m. – Garden Room

Cost: Potluck Dish

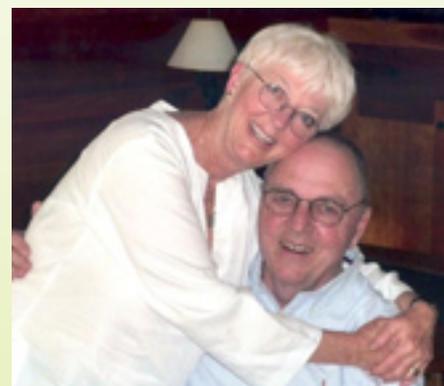
This event is designed for two purposes:

- 1) To give past participants the opportunity to come back together to enjoy fellowship and good food
- 2) To give inquisitive people the opportunity to meet some Food for Thought participants and ask questions to help determine if it's for them. Hosting guidelines and an explanation of regular participation vs. substitutions are presented at this event. Final list of participants is needed by Oct. 11 so the schedule can be made and distributed efficiently.



## 2010-11 Food for Thought Participation

Everyone who wishes to participate in Food for Thought from November 2010 to April 2011 should register online by October 11. Through this process the leadership team can determine whether you desire to participate as a regular or substitute. *Please contact Glenda Bjorum at 439-8521 or [bjorumsing@aol.com](mailto:bjorumsing@aol.com) with any questions about Food for Thought.*



# GRATITUDE & GENEROSITY

## GRATEFUL HEARTS GENEROUS LIVES



**From the  
Gratitude Team,  
with gratitude to  
God for you!**

*Laurel Anderson, Brian and  
Angie Brekke, Kat Carlsen,  
Tim Coltvet, Janice Constantine,  
Bob Eiselt, Michele Hermansen,  
Nancy Hokonson, Julie Jolivette,  
Dana Miller, Lynn and Jan Most,  
Dan Poffenberger,  
Dan and Norma Wilson,  
Ann Wolff*

## A Heart for Trinity

If you're reading this, you have a heart for Trinity. Together we have:

Hearts for sharing  
Hearts for caring  
Hearts for helping  
Hearts for healing  
Hearts for building  
Hearts for learning  
Hearts for praying  
Hearts for playing  
Hearts for teaching  
Hearts for serving  
Hearts for music  
Hearts for children  
Hearts for our neighbors  
Hearts for our world  
Hearts full of love and compassion  
Grateful Hearts  
A Heart for Trinity.



Together we use our  
hands to feed, carry, hold, shape, color, decorate, fix, knit, plant,  
play, stuff, write  
feet to move us ahead and turn us around  
voices to speak, sing, pray, thank  
minds to open and learn  
arms to hug and support  
eyes to see, laugh, sparkle, weep  
ears to listen

Look deeper. It's our  
Hearts that feed, carry, hold, shape, color, decorate, fix, knit, plant,  
play, stuff, write  
Hearts that move us ahead and turn us around  
Hearts that speak, sing, pray, thank  
Hearts that open and learn  
Hearts that hug and support  
Hearts that see, laugh, sparkle, weep  
Hearts that listen.

**"It is the heart that gives; the fingers just let go."**

*—proverb from the Ibo people in southeastern Nigeria*

# S E R V E THE WORLD

## Time to embroider

The Sunshine Ministry team invites all who embroider to stop in the Church Office to pick up towels to embroider for the Lutefisk and Meatball Dinner on Nov. 4. Embroidery is a good past time and the towels are very much in demand at the dinner. Proceeds from the sales of the towels will fund the Birthday Ministry for people 75 and older. Contact Norma at 439-6377 with questions.

## Last Sunday Supper

*Sun., Sept. 26 and Dec. 26, 5 p.m.*

Trinity partners with four local churches to provide meals for 50-60 people. The meal is served at Ascension Episcopal Church the last Sunday of every month. We are searching for another volunteer leader to assist with this vital ministry here in the Valley. Contact Jeff Anderson at 439-9133 or jeffatlc@yahoo.com with questions.

## Volunteer at the Food Shelf

*Mon., Oct. 11, Wed., Oct 13, & Fri., Oct. 15, 9:45 a.m.-12:15 p.m.*

Six-to-eight volunteers are needed per shift. Please contact Melissa Moon at melissa.a.moon@gmail.com or 323-8790 if you are available to volunteer at Valley Outreach Food Shelf on the above listed dates. Thank you for supporting this valuable ministry.

## Live, Love, Laugh, Lefse!

Please join us in the Trinity kitchen to help make our famous homemade lefse for the Lutefisk dinner. Whether you're a lefse making expert or just want to learn how, this is a fun way to get that Scandinavian spirit. Please call Kari Bartingale at 651-430-3902 with questions or to sign up at the following times:

**Thu., Oct. 7, 6-9 p.m.**

**Mon., Oct. 11, 6-9 p.m.**

**Wed., Oct. 13, 9 a.m.-noon**

**Thu., Oct. 14, 6-9 p.m.**

## CHANGE IS...

The days are getting shorter, and cooler. Our schedules are changing. As much as we all seem to dread change, it is really part of our everyday life. And we are left with the opportunity to respond.

The 80-degree heat changed in what seemed like an instant over Labor Day weekend as the strong winds blew in colder air. At the same time my family and many others were preparing for change at the beginning of the school year.

On Tuesday morning almost every street corner was filled with students waiting for their bus ride to school. Backpacks stuffed with supplies pulled heavily on their shoulders as they huddled together against the cold air, and the images of warm summer days seemed far away.

Families that grew last spring with the return of college-age children shrank just as quickly as they headed off to school again. All of the extra errands and tasks added in May just slipped away in September amidst the joy and the tears of their departure. Change!

Yes, the cycle of change just keeps turning and we try to keep up. Change is woven into every aspect of our lives: where we live, our health, our employment, our co-workers, family, and friends. The seasonal changes and the cycle of life touch us all as life's rhythm plays on. Change!

Trinity's Mission Ministries experience change as well. With the vast array of ministries both local and global, we have experienced change. The roles of previous leaders diminished as new leaders rose up to serve and elevate the mission to new levels. When one project came to completion the next project came into focus. Change!

For example, the Tanzania mission has experienced continual change since our congregation's first step on the journey some 25 years ago with Dr. Mark Jacobson. That first step that began as helping to establish a young physician at a small clinic in east Africa has blossomed into two high-quality hospitals and a hospice care program. Our involvement in Tanzania did not end there – that was just the beginning.



# IN THE AIR!

## MISSION update

The next step in our journey was joining in partnership with our companion congregation in the village of Mwatasi. Trinity's strong commitment and partnership with our companion congregation continues as we have expanded and strengthened our partnership in the areas of education, agriculture, and sustainability. Change!

Along with all the change have been a lot of accomplishments as we worked and learned together:

- Two of the three phases of a community water system have been completed, and despite equipment failures and increased fuel costs the first two phases of the village water system continue to provide safe water every day for almost 3000 villagers.
- Two agriculture teaching plots continue to produce higher yields, and provide valuable training for improved planting techniques each year.
- Together we have installed the water and electrical systems to the school of 400 students.
- We have helped build a much-needed facility at the school.
- The students receive three meals every day.
- Thousands of pine trees in the school tree farm that will supply a steady revenue stream are now three-to-four feet tall.



Tom Thiets  
Director of Missions

## Change!

Two major changes have occurred during the process of completing the final phase of the Mwatasi area water system, the Mynigi extension. The third and final phase is now ready to begin after some delay in completing the task of separating the area of Mynigi from the village of Mwatasi, thus creating a new stand-alone village entity. The two villages now have separate governance and water system teams.

Three of our partners: CEFA, and the villages of Mwatasi and Bomalang'ombe have developed a plan to work in partnership with us in completing the Mynigi village water extension. They will supply all of the labor if we can help with the purchase of the supplies. Our partners are praying for our financial support to help purchase the pipe and supplies to extend the water system into their village to bring safe water to another 1500 villagers.

If you are able to help with a donation to purchase the supplies, please contact Tom Thiets at [tthiets@trinitylc.org](mailto:tthiets@trinitylc.org) or 439-7400, ext. 146.

Our partners at the Bomalang'ombe Secondary School have also experienced change. This summer our team was greeted by the largest student body ever at the school. We were met by 400 students and 25 staff members. What a change from 175 students just a few years ago!

More projects are envisioned for the school of Bomalang'ombe that will usher in more change in the coming years – change toward a better future in their lives and ours.

Yes, change is in the air!

We are blessed to be part of the change that is paving the way for more friendships, and a deeper understanding of our faith.

*Blessings and peace, Tom Thiets*



# YOUTH & CHILDREN'S MINISTRIES



Dear Trinity Congregation,

I'm writing to you to share that I have resigned from my position as Youth Discipleship Director at Trinity. I am so grateful for the privilege it has been to walk alongside youth and families at Trinity and share in the journey of following Christ.

I am so blessed to have had the privilege to minister alongside such a faithful and compassionate staff and volunteer team. Trinity has given me so many great opportunities to minister in a variety of ways. In these past four years I have grown and learned so much. Thank you to each one of you for your partnership, laughter and support.

I am moving on to direct a large junior high ministry in Andover, MN. Our family will still be around as Cory continues in his role on staff and Cai may be in the twos program on Thursdays. I look forward to seeing how God raises up people in leadership in the youth ministry. There is a wealth of youth ministry gifts and passion in this congregation! I have every confidence youth ministry will continue to be a focus and strength for this congregation in the years ahead. I am grateful to have been used by God as one set of many hands that helps build a legacy of generations of kids knowing Christ here at Trinity.

*Thank You, Cindy Jones*

## The River Youth Worship

The River is about experiencing Jesus through awesome music, genuine friendship and exploring relevant issues of life and faith.

Join us at the River, Wednesdays from 7-8 p.m. Look for the River on Facebook!



## Confirmation 2010-11

Family night Sept. 22, 7-8 p.m.

Confirmation begins Sept. 29

Pizza (\$1/slice) - Begins Sept. 29 at 5:30 p.m. in the gym

Register by Sept. 1 in the Youth Center or online at [www.trinitylc.org](http://www.trinitylc.org)

All students in grades 7-9 are welcome to join Trinity's Confirmation program. Confirmation is about learning and experiencing faith. We strive to make the Confirmation process fun, engaging, real, Christ-centered and relational. Students will experience an exciting large group opening time and then be matched with a small group and small group leader. Don't miss out on this formative time in faith development. Parents are part of the process as well – so get ready to participate! Register online at [www.trinitylc.org](http://www.trinitylc.org). Contact Denise Voran for more information at ext. 134 or [dvoran@trinitylc.org](mailto:dvoran@trinitylc.org).

## REGISTER YOUR KIDS ONLINE FOR SUNDAY/WEDNESDAY LEARNING

### Fall learning opportunities

Register now for Children's Ministry Sunday/Wednesday Learning online at [www.trinitylc.org](http://www.trinitylc.org). Classes begin Sun., Sept. 26, and Wed., Sept. 29. Contact [childrensministry@trinitylc.org](mailto:childrensministry@trinitylc.org) with questions.

### Use your strengths on the Children Ministries team

Serve in your unique role to create an amazing environment for Trinity kids. Our Sunday/Wednesday learning ministry needs your leadership and expertise! Help is needed in the following areas: small group leaders, workshop leaders, musicians and special event planners. Contact Jody at [jnyenhuis@trinitylc.org](mailto:jnyenhuis@trinitylc.org) or ext. 138 with questions.

### Children's Ministry Small Group Leader Training

Wed., Sept. 22, 6-8 p.m. – Garden Room

### Baptism Instruction

Sun., Oct. 10, 10:30-11:30 a.m.  
Luther Hall

Begin a journey of promise, prayer, praise, and process. Through time in conversation and learning, families will learn how God has something wonderful to share through baptism. You will have the opportunity to learn more about God's amazing promises and gifts shared with us as God makes us God's own child. To register, please contact Diane at [drollie@trinitylc.org](mailto:drollie@trinitylc.org) or visit us online at [www.trinitylc.org](http://www.trinitylc.org).

# CHILDREN'S MINISTRIES NEWS



## Welcome Jody and staff!

Children's Ministry has a new, excited and energetic team of people this fall. Our team leader is Jody Nyenhuis (pictured on left end above) who joined Trinity in June and is a wonderful addition to the staff. On her team (above, left to right) are Rebecca Arco, Jessica Leach, Tracy Lysne, Johanna Carlson, Christine Lande and Maren Coltvet.

## Ignite a learning Spark in children

Our new Children's Ministry team is an answer to prayer and they have the expertise for a comprehensive, fun and high-energy ministry that will share God's love and make a difference in your child's life. We will be using a new curriculum called *Spark* that incorporates many different learning styles and gives us the tools for fantastic Children's Ministry.

We need 25 more leaders to ensure the high quality we all have come to expect at Trinity. We need your help and your input into the future of Children's Ministry at Trinity. Contact Pastor TJ at [tanderson@trinitylc.org](mailto:tanderson@trinitylc.org), or Jody at [jnyenhuis@trinitylc.org](mailto:jnyenhuis@trinitylc.org) if you can help!



## Children's Learning Opportunities Fall 2010

### Nursery: Sunday Mornings & Wednesday Evenings

The Nursery is available for children ages 6 weeks through 35 months-of-age. Children experience the love of Christ through tender care, joyful music, creative dance, meaningful stories and a child-choice play area.

### Preschool (Age three to Kindergarten)

*Sundays, 9 & 10:30 a.m.; Wednesdays, 6 p.m.*

Kids enter on a journey of discovery each Sunday morning and Wednesday evening. Set-up in a playful, preschool environment, children will set off on a journey to learn more about Jesus and how he wants to be their forever friend.

### Kindergarten thru grade two

*Sundays, 9 & 10:30 a.m.; Wednesdays, 6 p.m.*

Elementary-age children discover more about Jesus and how he longs to have a relationship with them. Children will learn through large-group worship and digging into the Bible in fun, relevant and age-appropriate ways.

### Bible Explorers (Grades 3-4)

*Sundays, 9 & 10:30 a.m.; Wednesdays, 6 p.m.*

Bible Explorers ignite and dig into your Bibles! Join the journey! Great activities, learning, friends, games, crafts and music, all lead to knowing more about Jesus, his life and how God wants us to live like Jesus. Ignite your understanding of the Bible and build your faith.

### Club 56 (Grades 5-6)

*Sundays, 9 & 10:30 a.m.; Wednesdays, 6 p.m.*

Club 56 "On Fire" invites you to join with your friends in fun activities, faith-building opportunities, movies and discussion while discovering your faith in everyday-life situations. Using the Bible as a resource and guide, you will stretch and discover your unique God-given strengths and become equipped to live your faith. Register online at [www.trinitylc.org](http://www.trinitylc.org) or pick up a registration form in the Church Office. For questions about Children's Ministries, please contact Pastor TJ at [tanderson@trinitylc.org](mailto:tanderson@trinitylc.org), or Jody at [jnyenhuis@trinitylc.org](mailto:jnyenhuis@trinitylc.org).

# worship opportunities

- **Wednesdays, 7 p.m.:** The River (Gr. 9-12 youth worship)
- **Saturdays, 5 p.m.:** Evening Worship, Communion
- **Sundays, 9 a.m.:** Traditional Worship at Trinity, Communion,
- **Sundays, 9 a.m.:** Outdoor Worship at the Hilltop Drive-In, Communion (Thru Sept. 19)
- **Sundays, 10:30 a.m.:** The WALK Contemporary Worship, Communion

## Congratulations to:

- **Lydia & Jason Terwey** on the birth of a daughter, **Arianna Faith**, on Fri., Aug. 20
- **Kathryn & Mitchell Noah** on the birth of twins Oscar Mitchell & Maggie Elise on Aug. 9. They join older sisters Lucy & Ruby

## Baptized:

- **Max William Decker**, son of Brent & Lindsay (LeKander) Decker
- **Lillianna Helen Johnson**, daughter of Benjamin Johnson & Justine Groshan
- **Alex Matthew Pontier**, son of Matthew & Kelly Pontier
- **Alexis Marie Leritz**, daughter of Brian & Nicole (Masterman) Leritz
- **Camryn Lynn Slachta**, daughter of Richard & Amy (Scheffler) Slachta
- **Evelyn Dianna Shopbell**, daughter of Bryan Shopbell & Rachelle Blackstone

## Sympathy to:

- The family and friends of **Delores Hovland** whose memorial service was held at Trinity on Thu., Sept. 16
- The family and friends of **Margarette Kleifgen** who passed away on Mon., Sept. 6.

## worship attendance

<b>August 14 &amp; 15</b>	<b>August 21 &amp; 22</b>
5 p.m. .... 49	5 p.m. .... 38
Drive-In ..... 482	Drive-In ..... 455
9 a.m. .... 85	9 a.m. .... 82

<b>August 28 &amp; 29</b>	<b>September 4 &amp; 5</b>
5 p.m. .... 68	5 p.m. .... 35
Drive-In ..... 501	Drive-In ..... 412
9 a.m. .... 64	9 a.m. .... 89

<b>September 11 &amp; 12</b>
5 p.m. .... 52
Drive-In ..... 489
9 a.m. .... 157

## trinity transportation

### Sunday van schedule

Trinity's van is available for the Sunday, 9 a.m. worship service at Trinity. A van ride is available for members or non-members lacking other means of transportation. Please call the Church Office at 439-7400 between 9 a.m. Wednesday and 4 p.m. Thursday to reserve your seat each week. Estimated pick-up times for senior residences if you have reserved a seat:

- 8:15 a.m. – Boutwell's Landing at the main entrance
- 8:25 a.m. – Raymie Johnson
- 8:35 a.m. – Croixdale
- 8:40 a.m. – Oakridge
- 8:45 a.m. – Rivertown Commons

## Worship services broadcast on Valley Access Channel:

Trinity worship services are broadcast at the following times:

- Sunday – 11 a.m.
- Wednesday – 1 & 7 p.m.
- Thursday – 1 & 7 a.m.
- Friday – 4 & 10 p.m.
- Saturday – 4 & 9 a.m.

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## Sat., September 18

- 8 a.m. AA Mtg: Living Library
- 8 a.m. Al-Anon: Luther Hall
- 5 p.m. WORSHIP, COMMUNION: Worship Ctr

## Sun., September 19

- 9 a.m. WORSHIP, COMMUNION: Drive-In, Houlton, WI
- 9 a.m. WORSHIP, COMMUNION: Worship Ctr
- 4 p.m. "From Me to We" Finances: Living Rm

## Mon., September 20

- 7:30 a.m. AA Mtg: Living Library
- 4 p.m. Congregational Council Mtg: Office Conf.
- 6:30 p.m. Tai Chi: Gym
- 7 p.m. Bible Study: Living Library

## Tue., September 21

- 7:30 a.m. AA Mtg: Living Library
- 8:30 a.m. Women's Bible Study: Room 108B
- 9 a.m. Book Group: Supreme Bean
- 9 a.m. Little Tots & Polka Dots: Lower Level
- 9:30 a.m. Personal Theology: God: Garden Rm
- 1:15 p.m. Prayer Group: Office Conf. Rm
- 6 p.m. AA Mtg: Living Library
- 6:30 p.m. Personal Theology: God: Garden Rm
- 7 p.m. the Walk Rehearsal: Worship Ctr
- 7 p.m. Soul Power Workout: Gym

## Wed., September 22

- 6:30 a.m. Men's Bible Study: Office Conf. Rm
- 7 a.m. AA Mtg: Living Library
- 9:30 a.m. Bible Study: Garden Rm
- 4:45 p.m. Joyful Noise Choir (Gr. K-2): Worship Center
- 4:45 p.m. Hosanna Choir (Gr. 3-4): Worship Center
- 4:45 p.m. Alleluia Choir (Gr.5-6): Worship Center
- 6 p.m. Wed. Leader (Gr3-6) Trng: Garden Rm
- 5:30 p.m. Jubilate Bells: Chapel
- 7 p.m. Confirmation Family Night: Worship Ctr
- 7 p.m. the River Worship (Gr9-12): Croix Center
- 7 p.m. Temple Choir Rehearsal: Worship Ctr

## Thu., September 23

- 7 a.m. AA Mtg: Living Library
- 7:30 a.m. Contemplative Practice: Narthex
- 9 a.m. Little Tots & Polka Dots: Lower Level
- 10 a.m. Knitting Ministry: Living Rm

## Fri., September 24

- 7 a.m. AA Mtg: Living Library
- 10:30 a.m. Raymie Johnson Sr. Communion
- 1:15 p.m. Oakridge Sr. Communion

## Sat., September 25

- 8 a.m. AA Mtg: Living Library
- 8 a.m. Al-Anon Mtg: Luther Hall
- 5 p.m. WORSHIP, COMMUNION: Worship Ctr
- 5:30 p.m. Singles Connection Restaurant

## Sun., September 26

- 9 a.m. WORSHIP, COMMUNION: Worship Ctr
- 9 a.m. Sunday Learning (3yrs-Gr2): Luther Hall
- 9 a.m. Sunday Learning (Gr3-6): Garden Rm
- 9 a.m. Bible Study: Rm 108B
- 10:30 a.m. WORSHIP, COMMUNION: Worship Ctr
- 10:30 a.m. Bible Study: Garden Rm
- 10:30 a.m. Sunday Learning (3yrs-Gr2): Luther Hall
- 10:30 a.m. Sunday Learning (Gr3-6): Youth Center

# september 18-october 15

- 5 p.m. Last Sunday Supper: Ascension
- 7 p.m. Book Group: Caribou Coffee
- 7 p.m. Intro to Yoga: Narthex
- 8 p.m. Art Reach Spoken Word: Worship Center

## Mon., September 27

- 7:30 a.m. AA Mtg: Living Library
- 5:30 p.m. Lutfisk Mtg: Living Rm
- 6:30 p.m. Tai Chi: Gym
- 7 p.m. Bible Study: Living Rm

## Tue., September 28

- 7 a.m. Gratitude Min. Team: Rm 108B
- 7:30 a.m. AA Mtg: Living Library
- 8:30 a.m. Women's Bible Study: Rm 108B
- 9 a.m. Book Group: Supreme Bean
- 9 a.m. Little Tots & Polka Dots: Lower Level
- 9:30 a.m. Personal Theology: God: Garden Rm
- 1:15 p.m. Prayer Group: Office Conf. Rm
- 6 p.m. AA Mtg: Living Library
- 6:30 p.m. Personal Theology: God: Garden Rm
- 7 p.m. the Walk Rehearsal: Worship Ctr

## Wed., September 29

- 6:30 a.m. Men's Bible Study: Office Conf. Rm
- 7 a.m. AA Mtg: Living Library
- 9:15 a.m. Hearts of the Home Moms
- 9:30 a.m. Bible Study: Garden Rm
- 4:45 p.m. Joyful Noise Choir (Gr. K-2):  
Worship Center
- 4:45 p.m. Hosanna Choir (Gr. 3-4): Worship Center
- 4:45 p.m. Alleluia Choir (Gr.5-6): Worship Center
- 5:30 p.m. Jubilate Bells: Chapel
- 5:30 p.m. Family Pizza Hour: Gym
- 6 p.m. Wed Learning (3yrs-Gr6)
- 6:30 p.m. Confirmation (Gr7-8)
- 7 p.m. the River Worship (Gr9-12): Croix Center
- 7 p.m. Temple Choir Rehearsal: Worship Ctr
- 7:15 p.m. Confirmation (Gr9)

## Thu., September 30

- 7 a.m. AA Mtg: Living Library
- 7:30 a.m. Contemplative Practice: Narthex
- 9 a.m. Little Tots & Polka Dots: Lower Level

## Fri., October 1

- 7 a.m. AA Mtg: Living Library

## Sat., October 2

- 8 a.m. AA Mtg: Living Library
- 8 a.m. Al-Anon: Luther Hall
- 9 a.m. Enneagram I: Garden Rm
- 3 p.m. Wedding-Callaghan/Weiskopf
- 5 p.m. WORSHIP, COMMUNION: Worship Ctr

## Sun., October 3

- 9 a.m. WORSHIP, COMMUNION: Worship Ctr
- 9 a.m. Bible Study: Rm 108B
- 9 a.m. Sunday Learning (3yrs-Gr2): Luther Hall
- 9 a.m. Sunday Learning (Gr3-6): Garden Rm
- 9 a.m. 10 Great Dates for Couples: Lower Lvl
- 10:30 a.m. WORSHIP, COMMUNION: Worship Ctr
- 10:30 a.m. Bible Study: Garden Rm
- 10:30 a.m. Sunday Learning (3yrs-Gr2): Luther Hall
- 10:30 a.m. Sunday Learning (Gr3-6): Youth Center
- 10:30 a.m. 10 Great Dates for Couples: Lower Lvl
- 7 p.m. Intro to Yoga: Narthex

## Mon., October 4

- 7:30 a.m. AA Mtg: Living Library
- 2:30 p.m. Commodity Food Program
- 6:30 p.m. Tai Chi: Gym
- 7 p.m. Bible Study: Living Rm

## Tue., October 5

- 7:30 a.m. AA Mtg: Living Library
- 8:30 a.m. Women's Bible Study: Room 108B
- 9 a.m. Book Group: Supreme Bean
- 9 a.m. Little Tots & Polka Dots: Lower Level
- 9:30 a.m. Personal Theology: God: Garden Rm
- 1 p.m. Martha Circle: Home of Audrey Jeans
- 1:15 p.m. Prayer Group: Office Conf. Rm
- 6 p.m. AA Mtg: Living Library
- 6:30 p.m. Personal Theology: God: Garden Rm
- 7 p.m. the Walk Rehearsal: Worship Ctr
- 7 p.m. Soul Power Workout: Gym

## Wed., October 6

- 6:30 a.m. Men's Bible Study: Office Conf. Rm
- 7 a.m. AA Mtg: Living Library
- 9:15 a.m. Hearts of the Home Moms
- 9:30 a.m. Bible Study: Garden Rm
- 4:45 p.m. Joyful Noise Choir (Gr. K-2):  
Worship Center
- 4:45 p.m. Hosanna Choir (Gr. 3-4): Worship Center
- 4:45 p.m. Alleluia Choir (Gr.5-6): Worship Center
- 5:30 p.m. Jubilate Bells: Chapel
- 5:30 p.m. Family Pizza Hour: Gym
- 6 p.m. 10 Great Dates for Couples: Office Conf.
- 6 p.m. Wed Learning (3yrs-Gr6)
- 6:30 p.m. Confirmation (Gr7-8)
- 7 p.m. the River Worship (Gr9-12): Garden Rm
- 7 p.m. Temple Choir Rehearsal: Worship Ctr
- 7:15 p.m. Confirmation (Gr9)

## Thu., October 7

- 7 a.m. AA Mtg: Living Library
- 7:30 a.m. Contemplative Practice: Narthex
- 9 a.m. Little Tots & Polka Dots
- 1 p.m. Miriam Circle Mtg: Living Rm
- 2 p.m. Caregiver Support Group: Joseph's Rest.
- 6 p.m. Lefse-making: Kitchen

## Fri., October 8

- 7 a.m. AA Mtg: Living Library

## Sat., October 9

- 8 a.m. AA Mtg: Living Library
- 8 a.m. Al-Anon: Luther Hall
- 3 p.m. Wedding-Lundgren/Stenstrom
- 5 p.m. WORSHIP, COMMUNION: Worship Ctr
- 6 p.m. Food for Thought Kick-off: Garden Rm

## Sun., October 10

- 9 a.m. WORSHIP, COMMUNION: Worship Ctr
- 9 a.m. Bible Study: Rm 108B
- 9 a.m. Sunday Learning (3yrs-Gr2): Luther Hall
- 9 a.m. Sunday Learning (Gr3-6): Garden Rm
- 10:30 a.m. WORSHIP, COMMUNION: Worship Ctr
- 10:30 a.m. Bible Study: Garden Rm
- 10:30 a.m. Sunday Learning (3yrs-Gr2): Luther Hall
- 10:30 a.m. Sunday Learning (Gr3-6): Youth Center
- 4 p.m. Metropolitan Symphony Concert
- 7 p.m. Book Group: Caribou Coffee

## Mon., October 11

- 7:30 a.m. AA Mtg: Living Library
- 6:30 p.m. Tai Chi: Gym
- 7 p.m. Bible Study: Living Rm

## Tue., October 12

- 7 a.m. Gratitude Min. Mtg: Garden Rm
- 7:30 a.m. AA Mtg: Living Library
- 8:30 a.m. Women's Bible Study: Rm 108B
- 9 a.m. Tues. Book Group: Supreme Bean
- 9 a.m. Croixdale Sr. Communion
- 9 a.m. Little Tots & Polka Dots: Lower Level
- 9:30 a.m. Personal Theology: God: Garden Rm
- 9:45 a.m. Good Samaritan Sr. Communion
- 10:30 a.m. Greeley Sr. Communion
- 1:15 p.m. Prayer Group: Office Conf. Rm
- 6 p.m. AA Mtg: Living Library
- 6:30 p.m. Personal Theology: God: Garden Rm
- 7 p.m. the WALK rehearsal: Worship Ctr

## Wed., October 13

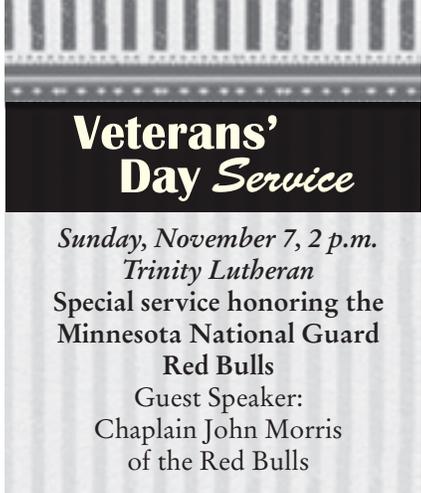
- 7 a.m. AA Mtg: Living Library
- 9 a.m. Lefse-making: Kitchen
- 9:30 a.m. Bible Study: Garden Rm
- 4:45 p.m. Joyful Noise Choir (Gr. K-2):  
Worship Center
- 4:45 p.m. Hosanna Choir (Gr. 3-4): Worship Center
- 4:45 p.m. Alleluia Choir (Gr.5-6): Worship Center
- 5:30 p.m. Jubilate Bells: Chapel
- 5:30 p.m. Family Pizza Hour: Gym
- 6 p.m. 10 Great Dates for Couples: Office Conf.
- 6 p.m. Wed Learning (3yrs-Gr6)
- 6:30 p.m. Confirmation (Gr7-8)
- 7 p.m. the River Worship (Gr9-12): Croix Center
- 7 p.m. Temple Choir Rehearsal: Worship Ctr
- 7:15 p.m. Confirmation (Gr9)

## Thu., October 14

- 7 a.m. AA Mtg: Living Library
- 7:30 a.m. Contemplative Practice: Narthex
- 9 a.m. Little Tots & Polka Dots: Lower Level
- 10 a.m. AWE-Wellness Connection: Garden Rm
- 6 p.m. Lefse-making: Kitchen

## Fri., October 15

- 7 a.m. AA Mtg: Living Library
- 9:30 a.m. Vets' Committee Mtg: Rm 108B
- 9:30 a.m. Linden Sr. Communion
- 10:30 a.m. Boutwells Landing Sr. Communion
- 1:15 p.m. Rivertown Sr. Communion



**Veterans'  
Day Service**

*Sunday, November 7, 2 p.m.*  
*Trinity Lutheran*

**Special service honoring the  
Minnesota National Guard  
Red Bulls**

**Guest Speaker:  
Chaplain John Morris  
of the Red Bulls**

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Trinity Lutheran Church  
115 N. Fourth Street, Box 339  
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Bay Lake



## SUMMER FUN @ TRINITY

Art Camp



Luther Dell



Florida Beach Camp



Summer Stretch

