

January 2018

FROM THE PASTOR'S DESK



EPIPHANY BONFIRE SERVICE A NEW TRADITION

For the 1st year, we will celebrate Epiphany by burning our Christmas trees in Trinity's ball field. In my experience, Epiphany is the most overlooked holiday of the church year. January 6, Epiphany, is a day of high festivity in some cultures, but in most North American cultures, we have ignored this traditional feast day, while giving Christmas more than its fair

share of attention.

A few interesting insights into Epiphany:

The word Epiphany means "manifestation," "showing," or, less literally, "a moment of recognition."

Epiphany was first observed in second-century Egypt as both the day of Jesus' birth and baptism. December 25 wasn't established as a separate celebration of the nativity until around A.D. 336 and has never been universally celebrated on that day. Today, some Eastern churches still observe Christmas on January 6, the day of Epiphany.

The Wise Men, originally recognized at Epiphany, have gotten mixed up with the shepherds, the angels, the stable and the manger of Christmas.

As we reclaim the joys and wonder of Epiphany here at Trinity, our first step is to reread the story most often associated with Epiphany (in Matthew 2) with a careful eye. It's then we realize the Wise Men from the East were astrologers simply following a bright star that led them to Jesus, the Wise Men were foreigners, and that the Gospel does not put the visit of the Wise Men at the stable. . . but at a house. It's a wonderful message for you and me. . . foreigners bowing before the 2-year-old, new king showing us all that God offers the Messiah to the whole world, not to just one race or nation.

So let's celebrate Epiphany in a big and bright way! Let's get festive on Saturday, January 6th at 5:00 PM. When you arrive, the fire will be

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MARK YOUR CALENDARS

Epiphany Bonfire Service

Saturday, January 6

Final Budget Review

Sunday, January 7

New Member Informational Gathering

Sunday, January 7 & 14

Church Office Closed Martin Luther King Day

Monday, January 15

Youth Quake

January 19-21

The Gathering

Sunday, January 21

Red Cross Blood Drive

Saturday, January 27

Annual Congregational Meeting & Potluck

Sunday, January 28

5:30 PM

Gym

A-E please bring a salad/side

F-R please bring a dessert

S-Z please bring a main dish

Trinitell Monthly Newsletter Deadline

The deadline for submitting articles for the February Trinitell is January 15. Email articles or information to news@tlc-stl.org or mail to Trinity.

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stoked. . . bring your Christmas tree, your neighbor's tree or any tree you can get your hands on between now and then. We will recognize our Messiah, our Baptismal light, the Light of Christ in our lives by lighting up the night sky.

As we have a brief worship, the tinder Christmas trees are placed, one by one, on the glowing fire. Children of all ages sometimes giggle with delight as each new tree burst into flames, reminding us of the enthusiasm that must have greeted the news of God's birth and presence in 2 year old Jesus Christ. . . which leads us even now to let our lights shine.

Hot cocoa, coffee, conversation *Frankincense, Myrrh, Gold* and fresh sugar cane are all offered on this joyous evening. The more, the merrier, brighter and warmer!

Blessed Epiphany to you,

Christopher Naig, Pastor



Epiphany
Bonfire Service

JANUARY 6
5:00 PM

you bring your Christmas tree
and we'll bring the hot chocolate

ADULT FORUM

DECEMBER ADULT FORUM

January 7: Final Budget Review in Room 123

An opportunity to review Trinity's 2018 Annual Budget, ask questions, make comments and provide input.

January 14, 21, 28: Christian Social Ethics

Speaker: Dr. Tobias Winright. Hubert Mäder Endowed Chair of Health Care Ethics, Albert Gnaegi Center for Health Care Ethics, Saint Louis University, Associate Professor, Department of Theological Studies, Saint Louis University, Co-Editor, Journal of the Society of Christian Ethics Associate Professor of Theological Ethics, PhD thesis at University of Notre Dame on "The Challenge of Policing: An Analysis in Christian Social Ethics"

January 14: Part One: Capital Punishment

January 21: Part Two: Just War and Pacifism

January 28: Part Three: The Role of Conscience in Moral Decision-Making for Christians

NEW MEMBER INFORMATIONAL GATHERINGS

January 7 & 14 at 10:15 AM in the Upper Room

Please plan to join Pastor Chris and share a conversation and refreshments with other recent visitors to Trinity. We will get acquainted with each other, find out more about Trinity and learn about the ELCA (Lutheranism).

Please RSVP to JoinUs@tlc-stl.org or 636.227.5432 so we know how many to expect. Childcare will be provided, as well as a light refreshment.

Those who choose to formally unite with the congregation will be welcomed into formal membership on January 21 at the 9:00 AM service.

DECEMBER COUNCIL MINUTES

Date: December 17, 2017

Attendees: Todd Maloy, Ron Jones, Richard Leimgruber, Steve Paquette, Pastor Paul Bauermeister, Becky Luethy, Kim Stewart, Cindy Gesme, Mike Sharitz, Andrew Sobey, Nancy Buffum, Pastor Chris Naig, Rob Harper, Amy Jones, Morris Larson

Meeting Minutes: Recorded by Council rotation.

Todd Maloy called the meeting to order at 6:48 PM following the Gathering. The meeting began with an opening devotion and prayer by Pastor Naig. Todd presented the agenda and asked if there were any additional topics to be included in the evening's schedule.

Pastor's Report:

Pastor Chris spent much of his energy (aside from service and bible study prep) on visitations and building community. Continuing area and local ecumenical opportunities—look for a cross-denomination canned food challenge in early '18. Confirmation kids will wrap up their first semester this coming week. Meetings with staff and volunteers are ongoing and productive.

Treasurer's Report:

Steve Paquette reviewed the summary of our YTD results vs. budget and detailed highlights/lowlights in activity through November. While operating expenses remain in check, giving has been following the previously mentioned trend and is now below anticipated levels. Increased preschool and other revenue still have us at a small surplus through month-end. A strong December is needed to meet the budget and cover the other one-off costs related to our pastoral call this year (note: December 31 offering will post in 2018). A letter will go out to the congregation thanking them for their generosity and support in 2017. It will include a reminder to complete their pledges (if they are able) and to help us finish the year strong.

Discussion of reports received from Staff and Teams:

Worship & Music: Thank you to Jennifer and the choir for a fantastic concert on December 10th. Final preparations are now underway for the remaining Advent and Christmas services—anticipating a great Christmas week. Special Epiphany Bonfire slated for January 6th. Note: Pastor Chris and Jennifer will both be out December 31st—Pastor Boardman (Lutheran Campus Ministries) is pinch hitting.

Missional Service: Rob Harper and Amy Jones summarized Lantern Hill activities. Over \$5,000 was raised through the Trivia Night, Wine & Cheese Reception, and Kids Night Out. Partnership Statement was presented to the congregation and signed during services on December 10th.

Children's Ministries: Big thanks to Amy and Vicki (and a whole host of others) for a great Children's Christmas Program. The congregation was treated to a super program with involvement and engagement from all our youth. Youth Quake event coming up in January. Preschool Christmas programs are later this week—all are invited to attend.

OSC Committee: Facilities remain very busy. Work on the lights near the sanctuary peak is complete, as is seasonal decorating. Plumbing issues in the gym have been remediated. Thanks to all that help with these and other facility issues as they arise.

DECEMBER COUNCIL MINUTES

Endowment Committee: Endowment balance is now topping \$200k. Committee will make proposal for 2017 distributions soon.

Other written staff and committee reports were reviewed with no additional discussion.

Old Business:

2018 Budget / Ministry Plan: The 2018 budget was presented to the congregation for their input on December 3rd between services. Feedback was positive; no material suggestions or changes to content. Still some questions around expected giving as pledges are slow to materialize. No other significant changes are expected but we will remain flexible should a need or opportunity arise in the coming weeks. Meeting with the congregation on January 7th will be the final before publication leading up to the Congregational Meeting.

Constitution / Bylaw Changes: As previously reported, our guiding documents (i.e. Trinity's Constitution & Bylaws) have gotten a bit out of date compared to the ELCA template. These updates, while relatively minor, should be maintained periodically. Rather than rush into the upcoming annual meeting, this work will be tabled to 2018 to provide time for a deeper review and congregational input.

2018 Council Retreat: Following up on previous discussions, the team is tentatively slating February 9-10 for a Council retreat. Goal will be to further build out the priority areas identified by the current group and congregation as well as to look at longer term planning. Location and other specifics still TBD.

New Business:

No new business was brought forward during the meeting.

The meeting adjourned at 8:15 PM to a brief closed session related to staff and salary considerations for the 2018 budget.

DID YOU TAKE PICTURES AT ANY TRINITY EVENTS IN 2017?

Trinity's Annual Congregational Meeting is quickly approaching and we are working on the Annual Report. We are looking for pictures from any events or activities that took place at Trinity in 2017 (Small Group meetings, Oktoberfest, VBS, baptisms, Fair Trade Sale, concerts, etc. . .). If you have any pictures that you are willing to share, please send them to news@tlc-stl.org. Thank you!

CHURCH COUNCIL NEWS

Todd Maloy
tmaloy.cfa@gmail.com

Sandwiched between shoveling sidewalks and a tornado of wrapping paper, I found a sliver of quiet time over Christmas weekend to catch up on some reading. While I typically stick to just a few news and blog sites, this time of year you can't help but be distracted by the almost infinite number of rankings and lists of all varieties. Top news stories; best movies; top tech gadgets. One normally trust-worthy site even claimed to have compiled the "Top 20 Best of Lists for 2017." I felt kind of silly getting caught up in it. Then I remembered that we just got done celebrating the 500th anniversary of one of the original Top 10 (or in Luther's case 95) lists, so I guess I was at least in good company.

It has been a truly remarkable year for all of us at Trinity. That being said, if I learned nothing else from these different rankings, I know that any good list is intended to do one thing: stir debate. So unlike the many authors I found online, I won't risk putting together a *Best of Trinity* for 2017. Instead I hope you'll take time to reflect on God's plan for Trinity and what He accomplished through us this year. Then turn your attention forward, and think about what He is calling us to become, knowing He will send what we need to accomplish it. God is at work, and great things are happening at Trinity!



Thanks for everything that you do. All the best for a fantastic new year. And, as always, if you have any questions, wish to volunteer, or just want to learn more about one of our ministries, please don't hesitate to contact me, Pastor Chris, or any member of the Congregation Council.

Yours in Christ,

Todd Maloy

ANNUAL CONGREGATIONAL MEETING

SUNDAY, JANUARY 28, 2018 AT 5:30 PM

Please join us for Trinity's Annual Congregational Meeting on Sunday, January 28, 2018 at 5:30 PM in the gym. There will be a Potluck dinner followed by the meeting. If your last name begins with:

- A - E: PLEASE BRING A SALAD OR SIDE DISH (TO SERVE 10)**
- F - R: PLEASE BRING A DESSERT (TO SERVE 10)**
- S - Z: PLEASE BRING A MAIN DISH, MEAT OR CHEESE (TO SERVE 10)**

2017 NOMINATING COMMITTEE REPORT

The four slates of nominees are as follows:

- Council Officers and At-Large Members
- Nominating Committee
- Endowment Committee
- Synod Assembly Delegates

The proposed nominees on whom you will vote on January 28th are in bold and underlined.

Slate 1 - Council Officers and At-Large Council Members:

Council Officers:

| | |
|--------------------|--|
| President | Ron Jones will serve a one-year term. |
| VP/President Elect | <u>Christie Tietjen</u> has agreed to stand for election. |
| Secretary | <u>Richard Leimgruber</u> has agreed to stand for election for a 2 nd two-year term. |
| Treasurer | Steve Paquette will serve the second year of his 1 st two-year term. |

At-Large Council Members:

| | |
|----------------------------|---|
| Paul Bauermeister | will serve the second year of his 1 st two-year term. |
| Nancy Buffum | will serve the second year of her 2 nd two-year term. |
| <u>Becky Luethy</u> | has agreed to stand for election for a 2 nd two-year term. |
| Claudia Pico | will serve the second year of her 1 st two-year term. |
| Mike Sharitz | will serve the second year of his 1 st two-year term. |
| Andrew Sobey | will serve the second year of his 1 st two-year term. |
| Kim Stewart | will serve the second year of her 2 nd two-year term. |
| <u>Elisa Thelen</u> | has agreed to stand for election for a 1 st two-year term. |

Slate 2 – Nominating Committee:

| | |
|--------------------------------|---|
| <u>Dale Henselmeier</u> | has agreed to stand for election for a two-year term. |
| <u>Mary Hepperly</u> | has agreed to stand for election for a two-year term. |
| <u>Bob Hick</u> | has agreed to stand for election for a two-year term. |
| Mike Hope | will serve the second year of a two-year term. |
| Karen Johnson | will serve the second year of a two-year term. |
| Peggy Schaefer | will serve the second year of a two-year term. |

Slate 3 – Endowment Committee:

| | |
|---------------------------|---|
| Jeff Haferkamp | will serve the second year of a three-year term. |
| Carl Kontak | will serve the second year of a three-year term. |
| <u>Bob LePoire</u> | has agreed to stand for election for a three-year term. |
| Lorin Lofgren | will serve the second year of a two-year term. |
| <u>Paul Ogier</u> | has agreed to stand for election for a three-year term. |
| Emily Williams | will serve the second year of a three-year term. |

Slate 4 – Synod Assembly Delegates:

Margie & Pierre Belleville, **Ann Eissfeldt** and **Judy Fee** have agreed to serve as Trinity's delegates to the Central States Synod Assembly in 2018.

TRINITY PRESCHOOL

Carol Bentley
cbentley@tlc-stl.org



PRESCHOOL NEWS

The preschool children and staff worked very hard during the short school month of December to prepare for the birth of Jesus. We learned all about the star of Bethlehem at chapel. We practiced our Christmas program and especially enjoyed presenting it to our parents and grandparents.

As much as we love vacation with our families, the preschool children love getting back into the swing of things in January. In our Gospel Light Curriculum, the children will be learning about how Jesus tells of God's love, how He stops a storm, heals a blind man and feeds 5,000. We, too, can share the good news of Jesus' birth with our friends and neighbors.



PRESCHOOL REGISTRATION STARTS ON JANUARY 16

In January, we will begin our registration for the 2018-2019 school year. Trinity Preschool provides a developmentally appropriate Christian educational experience for children ages 1-5. We encourage members to register their preschoolers and/or proudly tell their friends about the quality preschool program we sponsor.

Trinity Preschool's registration schedule is as follows:

| | |
|----------------------------|--------------------------------------|
| Members of Trinity: | January 16: 9:00 AM – 1:00 PM |
| Currently enrolled: | January 17: 9:00 AM – 2:00 PM |
| Alumni families: | January 17: Noon – 2:00 PM |
| Open to Public: | January 18: 9:00 AM – 1:00 PM |

Please call the Preschool office, 636.227.5720 if you would like more information or to schedule a tour.

Carol Bentley
Trinity Preschool Director



PLUG IN - GET INVOLVED



SAVE THE DATE(S)

**2018 Annual Trinity Garage Sale
June 15 & 16, 2018**

Start saving your treasures for Trinity's Annual Garage Sale. Set up will take place the week of June 10th. Additional information to follow in 2018.

Mission of the Month

LUTHERAN SENIOR SERVICES

During the month of January, we will be collecting Walmart gift cards for seniors living in Lutheran Senior Services affordable housing low-income buildings. The average income of these seniors is anywhere from \$0 to \$14,000 annually. Watch for an opportunity to sign a card for these seniors. Together with the Trinity preschool, we will be creating Valentine's Day cards to be given to the seniors along with the gift cards.

DONATIONS NEEDED

- \$10 gift cards to Walmart
- Checks (any amount) made payable to "Trinity" with "LSS" in the memo line

Gift cards and checks may be placed in the collection basket on Sunday, mailed to Trinity or dropped off in the office.

TRINITY BOOK GROUP

Monday, January 22 at 11:30 AM

**Molina
by Bengie Molina**

A baseball rules book. A tape measure. A lottery ticket. These were in the pocket of Bengie Molina's father when he died of a heart attack on the rutted Little League field in his Puerto Rican barrio. The items serve as thematic guideposts in Molina's beautiful memoir about his father, who through baseball taught his three sons about loyalty, humility, courage and the true meaning of success. Bengie and his two brothers—Jose and six-time All-Star Yadier—became famous catchers in the Major Leagues and have six World Series championships among them. Molina is a love story between a formidable but flawed father and a son who, in unearthing answers about his father's life, comes to understand his own.

All are welcome to bring a lunch and join our discussion.

Reading ahead:

**The Children's Blizzard
by David Laskin
February 26 at 11:30 AM**

Questions? Call Karen Johnson at 314.275.9905.

PLUG IN - GET INVOLVED



GATEWAY ACTION TEAM NEWS

Be the Hands and Feet of Christ

Volunteer at Gateway 180—No Experience Necessary

We are in need of volunteers to assist with the monthly dinners and activities for the residents at Gateway 180. Gateway180 is a valuable resource for women, children and families experiencing homelessness. They provide safe, nurturing emergency shelter and offer supportive housing programs that empower adults and families to become independent and permanently housed.

Our next 3 dinners are scheduled for:

- Saturday, January 20
- Saturday, February 17
- Saturday, March 17

It's easy to volunteer! Volunteers typically meet at Trinity at 3:00 PM to prepare a simple meal. We then carpool to Gateway and serve the meal by 5:00 PM (exact meeting times will be communicated in a follow-up email once the menu is finalized). Following dinner, we participate in a short activity with the residents (playtime/crafts with the children and bingo with the adults). We are usually back at Trinity by 7:30 PM. **No experience is necessary!** Our team will provide all the assistance you will need to contribute and feel comfortable.

If you can give a few hours of your time to this worthwhile mission, please add your name to the sign-up sheet in the Missions Room next to the atrium area, or better yet, contact Ken Hardebeck at lhardebeck@aol.com or 636.391.7130 for more information. If you sign up, more details will be forthcoming via email. Dinners at Gateway are typically scheduled for the 3rd Saturday of each month.

GATEWAY ACTION TEAM

On behalf of the Trinity family, Christmas gifts were given to the Gateway 180 staff as a small way to show our appreciation for all the work they do to support Gateway's clients on their journey to permanent housing. Faithful volunteers also provided Brown Bag Lunches for individuals in need in the area around Gateway 180 and dinner for residents of Gateway 180 in December.

Transportation is one of the major needs for clients and their families that are served by Gateway 180—transportation to job interviews, social service agencies, medical services, for example. On behalf of Trinity, bus passes are provided on a regular basis. While using bus transportation serves many of these needs, there are situations where bus routes do not go where clients need to go or present other challenges. The Gateway Action Team worked with Gateway 180 and St. Louis County Cab to establish an account that will allow authorized Gateway 180 staff to arrange transportation for their clients by cab. This account was made possible because of support by Trinity members' Thrivent Action Team funds to purchase supplies for Brown Bag Lunches and Saturday Dinners, allowing funds to be available to provide this needed transportation option. A sincere "Thank You" to all who designated their Thrivent Action Team funds for Gateway 180!

PLUG IN - GET INVOLVED

The Gateway Action Team is looking forward to wonderful things for Gateway 180 in 2018! In addition to ongoing donations from the Trinity family, faithful volunteers, participation in the Brown Bag Lunch program and providing monthly Saturday dinners and activities, we will continue to faithfully work with the Gateway 180 staff to support their work. Please contact any member of the team if you would like to join us or if you have any questions. Members of the team are Ken Hardebeck, Linda Lemke, Barb and Jon Trettel, Dick Wegner and Kathy Gaal.

MISSION TEAM UPDATE

On behalf of the Trinity family, the Mission Team provided support for several organizations last month:

- \$1,000 for Lantern Hill
- \$500 for Circle of Concern
- \$500 for Nurses for Newborns
- \$500 for Lutheran Immigration & Refugee Services

Mission of the Month. It was decided to continue the Mission of the Month in 2018. The yellow bin in the Missions Room will be the Mission of the Month bin in 2018. Look for new signs in the Missions Room sometime in January. The following monthly missions have been chosen for 2018:

- January: Lutheran Senior Services (Gift cards will be requested. Sunday School will make Valentine cards for low income seniors, and a gift card will be enclosed.)
- February: Canned food collection benefitting Circle of Concern (Souper Bowl of Caring month, including a cross-denomination challenge to collect canned foods and a Fellowship Soup Supper)
- March: Nurses for Newborns
- April: Lutheran Campus Ministry (upcoming final exams)
- May: Lantern Hill (upcoming mission trip)
- June: VBS
- July: Circle of Concern (back to school)
- August: God's Work. Our Hands. Sunday
- September: **TBD**
- October: **TBD**
- November: LFCS Season of Sharing
- December: **TBD**

If you have a suggestion for a future Mission of the Month collection, the Mission Team would love to hear it!

The Mission Team is available for any suggestions or questions you may have. Members are Norma Anderson, Kathy Gaal, Rob Harper, Linda Lemke, Peggy Schaefer, Leslie Steinmeyer and Christie Tietjen.

PLUG IN - GET INVOLVED

THANK YOU FOR YOUR SUPPORT OF LANTERN HILL

A huge **THANK YOU** to Trinity for helping make the Lantern Hill weekend such a success. Approximately 40 members attended the fellowship gathering at the Meyland-Smith home on Friday night while 90 members and friends enjoyed the Trivia Night on Saturday. All of your kind donations allowed Trinity to send Lantern Hill enough money to support their mission for approximately 2 months. Please look for the thank you video on the screen in the Atrium.



MEALS DO MATTER

Take a meal to someone in need!

Trinity Preschool families love the convenience of our Meals Do Matter meals! Three Preschool families were thrilled to receive meals in December after the birth of a baby (2 families) and surgery (1 family).

Do you know someone who is sick, healing, unemployed, has a new baby, just moved, just changed jobs or is struggling in any way? Please be the hands and feet of Christ by taking them a home-cooked meal from Meals Do Matter!

Our freezer is stocked with the following meals:

- Sloppy Joes, Mac & Cheese, Buns, and corn (2 or 4 serving meals)
- Creamy Chicken Wild Rice Soup, with Garlic Bread (2 or 4 serving meals)
- Pepperoni Pizza Chili with Garlic Bread (2 or 4 serving meals)
- Shredded Pork with Buns, Potluck Potatoes, & Vegetable (4 serving meals)

Extra items available on freezer door:

Garlic Bread, Take & Bake Pretzels, Dollar Buns
Desserts are also available!



**RED CROSS
BLOOD DRIVE**
Saturday, January 27
8:30 AM
Parish Hall

Visit <http://www.redcross.org>
to schedule your
appointment.



DONATIONS NEEDED

This month we are collecting the following donations for Circle of Concern:

- Pasta
- Cereal
- Jelly
- Snack Foods
- Vegetables
- Canned Chicken
- New Winter Hats
- Toilet Paper
- Body Wash
- Bar Soap
- Shampoo
- Conditioner

Donations may be placed in the Circle of Concern bin in the Missions Room.

LANTERN HILL NEWS



Lantern Hill

Trinity Lutheran Church

Trinity Lutheran Church and Lantern Hill will continue to “be the hands and feet of Christ” together in partnership to reach communities in God’s world that need help breaking the chain of poverty through education of children in their formative years.

Mission:

Global outreach; Trinity to Mexico and Mexico to Trinity.

Helping God’s people know that they “Matter to God and that they matter to US”. To build a foundation of friendship, care, education, experience, and nutrition through God’s helping hands.

Support:

- Continued support through prayers
- Continued support through mission trips
- Continued support through financial donations

Time Frame:

This partnership will continue as long as it is a blessing and benefit to each other.

Lantern Hill
Abby Williams

Trinity Lutheran Church
Pastor Christopher Naig

Trinity Lutheran Church – Council President
Todd Maloy



Trinity Lutheran Church

Lantern Hill

PLUG IN - GET INVOLVED

CURRENT SMALL GROUPS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|--|--|--|--|---|--|
| <p>7 PM Stephen Ministry Meeting</p> <p>Location varies 1x per month</p> <p>Betty Forde 314.809.2477 bforde9696@sbcglobal.net</p> | <p>8:30 AM Gateway Brown Bag Group</p> <p>Gym Kitchen 2nd Monday of the Month</p> <p>Kathy Gaal 314.540.2690 kgaal@sbcglobal.net</p> | <p>10:00 AM Bible Study led by Pastor Chris Room 123 Weekly</p> <p>Pastor Chris 636.227.5432</p> | <p>6:30 AM Men's Bible Study</p> <p>Room 123 Weekly</p> <p>Gene Kerr 636.265.2776 GKerr@aol.com</p> | <p>7:00 AM Men's Bible Study</p> <p>Room 123 Weekly Oct. to May</p> <p>Larry Lemke 314.307.4363 lalemke@sbcglobal.net</p> | <p>9:00 AM MOPS (Mothers of Preschoolers)</p> <p>2x per month Dates Vary</p> <p>Kristen Kraus 314.323.3833 krauskm27@gmail.com</p> | | |
| | <p>11:30 AM Book Group</p> <p>Room 123 4th Monday of the Month</p> <p>Karen Johnson 314.275.9905 mrsDRJx5@gmail.com</p> | | <p>10:00 AM Women's Small Group</p> <p>Upper Room 1st & 3rd Wednesday of the Month</p> <p>Kim Stewart 636.391.8807 JGalens@aol.com</p> | <p>1:00 PM Christ Care Group</p> <p>Room 123 1st & 3rd Thursday of the Month</p> <p>Lynn Sapp 314.540.2634 jksapp@charter.net</p> | | <p>3:00 PM Gateway 180</p> <p>Meal & Activity 3rd Saturday of the Month</p> <p>Ken Hardebeck @ 636.391.7130 lhardebeck@aol.com</p> | |
| | <p>7:00 PM Itch to Stitch</p> <p>Upper Room 2nd and 4th Monday of the Month</p> <p>Sandi Thorp 314.322.6009 skipsandi@sbcglobal.net</p> | | <p>7:00 PM Parish Choir</p> <p>Room 261 Weekly Sept. to May</p> <p>Jennifer Spohr 314.307.0161 jennifer@spohrpiano.com</p> | <p>6:45 PM Thursday Night Small Group</p> <p>Room 123 every other Week</p> <p>Sandi Thorp 314.322.6009 skipsandi@sbcglobal.net</p> | | | |
| | | | <p>Various Times Irmscher Small Group</p> <p>Pat Irmscher 636.230.5937 patcatless@aol.com</p> | <p>If you are interested in joining a small group, please call or email the contact person listed above or Sandi Thorp at 314.322.6009 or skipsandi@sbcglobal.net</p> | | | |

HEALTH NOTES

Norma Anderson, RN, PhD - Parish Nurse

THE SECRET TO HAPPINESS

Because we will be beginning a New Year this month, I was attracted to a new message I received from the Harvard Men's Watch Newsletter which was titled, "The Pursuit of Happiness." It begins with a catchy question, "What is the secret to happiness?" The answer may be simpler than you think. Most of our ability to be happy is based on genes—some people are just naturally happier than others. But, research suggests that 40% of people's happiness comes from the choices they make. "The idea that you can't be happier is false," says Dr. Robert Waldinger, director of the longest-running study on happiness, the Harvard Study on Adult Development. "We know a great deal about what does and does not contribute to well-being and happiness."

The Harvard Study on Adult Development has followed 724 men since they were teenagers in 1938. Over the years, the researchers collected all kinds of health information, including medical exam data, blood samples and brain scans. Every two years they asked participants questions about their work and home lives and mental and emotional wellness. The researchers found that certain traits and behaviors were associated with increased levels of happiness as the groups aged:

Letting Go. As people get older, they tend to focus on what's important to them, and don't sweat the small stuff to the degree they did when they were younger. Older adults are better about letting go of toxic relationships and past failures.

Staying Connected. Loneliness can be a greater health risk than smoking, according to some research. The Harvard Study found a strong connection between happiness and relationships with a spouse, family, and friends.

In addition to following the advice from the Harvard Study, there are other ways to increase happiness, says Dr. Waldinger. Here are some of his suggestions:

Get Involved. Volunteering provides a sense of purpose and improves your mood.

Revisit Your Childhood. What did you enjoy when you were younger? Singing? Playing games? Doing certain hobbies? "When you are older, you have more opportunity to return to the activities you associate with happiness," says Dr. Waldinger. Investing in time may allow people to enjoy pleasurable activities as well as reduce the stress of daily chores.

Get some exercise. Happiness and exercise feed each other in a continuous cycle. Exercise increases the production of brain chemicals like endorphins that help soothe pain and boost feelings of euphoria. And if you feel happy, you are more likely to exercise.

Older and Happier. Over all, most adults seem to get happier as they age. Findings in the August 2016 Journal of Clinical Psychiatry examined the physical and mental health of 1,546 adults, a majority of whom were older than 75. The researchers found their well-being improved as they aged and that older adults felt better about their lives over the years, even when dealing with health issues and life problems.

MEMBERSHIP NEWS & UPDATES

Highlights from The Christmas Story



ALTAR GUILD DONATES NEW LINENS

In honor of Hazel Makowski's 100th birthday, the Altar Guild took up a collection to purchase new linens for the credence shelves in the Sanctuary. Margie Belleville generously embroidered them with a special message. Thank you ladies for all that you do!



MEMBERSHIP NEWS & UPDATES

THANK YOU!

- Thank you to Augie Johnson, Eli Naig, Ethan Maloy, Aamon Naig and Connor Jones for cleaning out and organizing the sports closet in the gym—all on their own . . . no one asked them to do it! Nice job guys!
- Thank you to everyone who participated in the Lantern Hill Weekend in December. Thank for the helping hands, the support, the giving and the prayers! We are totally excited about this journey with Lantern Hill!
- Mike & KJ Sharitz for organizing and everyone who decorated Trinity so beautifully for Christmas and stayed for the surprise chili dinner!
- Corlyn Salisbury for coordinating another successful Fair Trade Christmas Market!
- Fred & Susan Meyland-Smith for hosting the Lantern Hill Wine & Cheese party at their home!
- Rob Harper, Kelly Sturm, Amy Smith and everyone who helped make the Lantern Hill Trivia Night fundraiser a resounding success!
- Jennifer Spohr and the Trinity Choir for a beautiful Keep, O My Spirit, which also raised money for Circle of Concern!
- Amy Jones, Vicki Dohrmann and all the Trinity children who participated in The Christmas Story Worship Program and Christmas Cookie & Crafts afterward!
- Brian Parrish and Parkway West for loaning Trinity risers for the Preschool Christmas Program!
- Brian Parrish, Mike Sharitz, and Pastor Chris for their help with moving those risers from Parkway West to Trinity and back!
- Amy Jones, Vicki Dohrmann and all the Trinity children who participated in The Christmas Story Worship Program and Christmas Cookies & Crafts afterward!
- Ron Jones & Jon Trettel for getting up on ladders to light all the candles high in the sanctuary for Christmas Eve worship!
- Laura Belleville for making copies on December 31 after the bulletins were accidentally recycled early!

From Lutheran Senior Services:

Thank you for your generous donation to Lutheran Senior Services. Please know that your gift will help seniors in need during the holiday season. We value you as a ministry partner and praise God for your generosity.

Kristy Bull
Director of Volunteer & Community Engagement

From the Cristianos Libres Christian Church and the Rivera family, we want to thank you or your generous contribution. May our God bless you today and forever. Thank you.

José C. Rivera

MEMBERSHIP NEWS & UPDATES

PRAYERS FROM DECEMBER 2017

Please pray for... Doug, Cindy Leffingwell, Jane, Jeanne Johnson, Karen, Kim Smith, Shnettgoecke family, Dorothy, Jeanette Hart, Kim S, Kelly, Marian, Maura, Bob, Susan, Florence Artaserse, Umesh, Aru & Arjun Mapari, Kris L, Lydia, Megan, Michael, Mindy, Nancy, new baby Oslo, Ron Johnson, Robert Gerst, Jadon & Anias, Bob Banas, Dorothy Smith, Jessica Tietjen, John Szott, Ameenah & family, Cam, Sigona family, Wanda, Emma W, Sean Lappin, Shickoh Jadali, Michelle, Tom & Robin, refugees, homeless, caregivers, those with addiction and other mental health issues, people waiting for transplants, safe travels and joyous reunions with family, legal guardians, world peace, our government, people in California wildfires

Those who are hospitalized / undergoing surgery... Vern Anderson

Those in need of healing... Cindy Anderson, Clarence Seckel, Dick Johnson, Hazel Makowski, Lou Ann Ditchfield, Ruth Sprague, Jerry Spector, Pastor John Mann, Skip Huls, Margie Belleville, Billie Drysdale, Brian, Kris Lohman, Mary & Larry, Mary Alice Long, Pat Collier, Russell, Zelma Hentzel

Those undergoing treatment... Earl Lindenberg, Drew Aufderheide, Steve Hild, Barbara MacPeek, Edward Bussmann, Mary Alice (aunt of Peggy Miller), Dick Eissfeldt, Ali, Gerry, Hamid, Irene, James Wilhite, Azideh, Buddy Cason

Those in hospice care... Trudy Mueller (mother of Jim Mueller), Steve R (family friend of Dorothy Norland), brother of Peggy Hohl (co-worker of Phyllis Baker)

For the family and friends of...

- Steven Tomey, beloved cousin of Vicki Dohrmann, who passed away on December 9
- Marilyn Templin, beloved aunt of Betty Forde

Those serving our country... Eric Mueller, Eric Oberg, Major Matthew Greb, Collier Gorman

Thanksgiving and praise for...

- Laurie Steibel Belleville's continued health recovery!
- John Gorman III's new job!
- Scott Anderson is in remission from thyroid cancer!

To make a prayer request...

- Call the church office—636.227.5432
- Email news@tlc-stl.org or bpecher@tlc-stl.org
- Enter prayer requests on our website: www.YouMattertoGod.org
- Prayers remain on the list for two weeks and may be renewed by request.

MEMBERSHIP NEWS & UPDATES

SYMPATHY

Steven Tomey
cousin of Vicki Dohrmann

Marilyn Templin
aunt of Betty Forde

NEW ADDRESS

Mary Luke
291 Timber Rock Lane
Wildwood, MO 63011

If your email address or cell phone number has changed, or if we don't have your information, please let the church office know, JoinUs@tlc-stl.org or 636.227.5432.

UPCOMING BIRTHDAYS

Chris Hemman 1/1
Mariclea Chollet 1/2
Amy Jones 1/3
Margaret Kunz 1/3
Claire Dunn 1/4
Quinn Maguire 1/4
Skylinn Valco 1/4
Zack Henderson 1/5
Bruce Horton 1/5
Monica Bierschenk 1/6
Kristin Sanders 1/6
Lissa Hildreth 1/8
Ken Hardebeck 1/12

Jared Hugery 1/12
Kim Hemman 1/14
Karen Call 1/15
Buddy Cason 1/15
Jerry Partlow 1/15
Amy Bossi 1/18
Donna Rice 1/19
Robert Miller 1/20
Scott Hultgren 1/21
Abigail Masiel 1/23
William Rourke 1/23
John Hugery 1/24
Corinne Michel 1/24

Aamon Naig 1/25
Jill Schroeck 1/25
Olivia Little 1/27
Sophia Little 1/27
Caitlin Magruder 1/27
Teri Glazebrook 1/28
Connor Greulich 1/28
Christopher Hughes 1/28
Piper Dunn 1/29
Gilda Jones 1/30
Carol Sall 1/30
Connor Hughes 1/31

UPCOMING ANNIVERSARIES

Robert & Vivian Miller 1/5/2011
Terry & Debbie Wolf 1/6/1973
Barney & Dorcas McLaughlin 1/6/1973
Max & Peggy Schaefer 1/9/1982

Sidnei & Mariclea Chollet 1/20/1996
Richard & Kellie Resek 1/28/1995
James & Lynn Sapp 1/31/1972

CHURCH LEADERSHIP

The Rev. Christopher Naig
Pastor
pastor@tlc-stl.org

Morris Larson, x110
Operations
mlarson@tlc-stl.org

Becca Pecher, x100
Office Manager
bpecher@tlc-stl.org

Amy Jones, x114
Children & Youth Ministry/
Nursery Coordinator
ibamywinter@gmail.com

Kelly Sturm, x102
Bookkeeper
ksturm@tlc-stl.org

Sandi Thorp, x119
Congregational Care
skipsandi@sbcglobal.net

Leslie Steinmeyer, x111
Communications
news@tlc-stl.org

Norma Anderson, x116
Parish Nurse
norma.anderson@swbell.net

Carol Bentley, x103
Preschool Director:
cbentley@tlc-stl.org

Council President: Todd Maloy
Vice-President: Ron Jones
Secretary: Richard Leimgruber
Treasurer: Steve Paquette

At-Large Members: Nancy Buffum
Paul Bauermeister
Cindy Gesme
Becky Luethy

Claudia Pico
Mike Sharitz
Andrew Sobey
Kim Stewart



YouMatterToGod.org

14088 Clayton Road
Chesterfield, MO 63017