

TRINITY.....

IN THE NEWS

Our friend in Christ **Ann Smithcors** was featured in an article about a group called *Flower Empower*, a program of *The Dream Foundation* that delivers flowers each week to people who are battling serious diseases. The group picks up donated flowers on Friday afternoon and then meets at the Farmers Market on Saturday morning to assemble the bouquets. The flowers are then delivered, along with a card handmade by local school children, to local hospitals, hospices, care facilities and private residences. Ann has been a mainstay of the group almost since its beginning in 1994. *Flower Empower's* mission is to remind the recipients that they are not alone and their community cares about them.

WE MOURN WITH

Betty Jensrud and family at the sudden death of Hilmer. Pastor Wollenberg presided over a graveside service for the family on February 20.

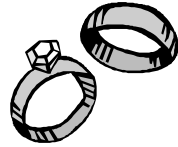
WE KEEP IN OUR PRAYERS:

The following are people for whom prayer has been requested in the past month.
Bernice Bragstad, Ernie Ranum, Jean Appel, Lynn Burtness, Daniel Utera, Verna Kelly, Lois Hoefler, Betty Jensrud, Bonnie Wallace, Aase Running, Patricia Frances, Marie Lewis, Sandy Owens, Ken Siegele, Lorna Shipman White and Rigmor Elbek.

Thank you to the congregation of Trinity for the very sweet Valentine's Day gift basket filled with yummy Fair Trade chocolate and cocoa and delicious coffee. There was also an adorable "kissing hedgehog" in the basket (I'll show you if you want to see it.) Your thoughtfulness is very much appreciated.

Cindie Trieger

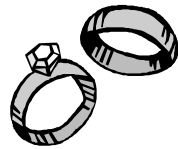
MARCH ANNIVERSARIES



Leif Ourston & Kathy Raschka	6	Norman & Joanne Tveidt	20
Richard & Nancy Graham	7	Gary & June Brusse	21
John & Helen Rydell	9	Jerry & Barbara Griffith	21
Richard & Carol Rodseth	12	Steven & Anna Tetherow	21
Ken & Margaret Siegele	16	Rick & Carla Church	25
Robert & Jane Atwater	17		

Please call the office with any corrections or additions to this list.

APRIL ANNIVERSARIES



Larry & Astrid Hammett	2	Keith & Dorothy Munding	14
Hal & Val Oquist	2	Ray & Connie Duarte	17
Robert & Janet Seiler	10	Bennie & Kathy Olson	18
Marshall & Nancy Sittig	10		

Please call the office with any corrections or additions to this list.



...NG IN WORSHIP IN MARCH



ALTAR GUILD: Ruth Harrison, Maxine Rajala, Betty Lewis

READERS

8:00 AM

10:15 AM

First Sunday
Second Sunday
Third Sunday
Fourth Sunday
Fifth Sunday

Chally Chalberg
Martha Santrizos
John Santrizos
Brittany Bailey

Jane Maddalon
Linda Karppinen
Joan Petersen
Glenn & Bernice Bragstad
Peggy Morin

COMMUNION ASSISTANTS

8:00 AM

10:15 AM

First Sunday
Second Sunday
Third Sunday
Fourth Sunday
Fifth Sunday

Brittany Bailey, Anjali Daniels
Kristin & Katie Boehm
Mason Field, Austin Lokre
Austin & Brandon Malde-Zoradi
Kristin & Katie Boehm

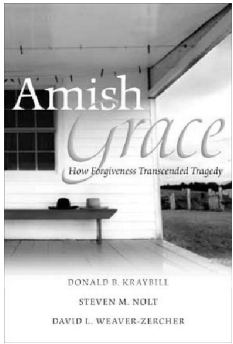
Thomas Perez
Amy Trieger
Nathan Tufvesson
Jack Trieger
Lorena Moore-Karppinen

GUEST TABLE

First Sunday
Second Sunday
Third Sunday
Fourth Sunday
Fifth Sunday

10:15 AM

Larry & Astie Hammett
Marty Appel
Kathy Raschka
Ruthe Anderson
Ron & Dale Oftebro



Book Binders has selected *Amish Grace : How Forgiveness Transcended Tragedy* by **Donald B. Kraybill, Steven M. Nolt and David L. Weaver-Zercher** for their meeting on Sunday, March 2 at 4:00 PM. The book jacket reads, “The remarkable response of the Amish community to the horrific shooting of ten schoolgirls at Nickel Mines, Pennsylvania, in October 2006 stunned the larger world. *Amish Grace* tells the incredible story of this communities’ reaction to this senseless shooting and explores its profoundly counterculture practice of forgiveness. *Amish Grace* explores the many questions the story raises about the religious beliefs that led the Amish to forgive so quickly. In a world where religion spawns so much violence and vengeance, the surprising act of Amish forgiveness begs for deeper consideration.”

Bookbinders will meet at the home of Betty Lewis, 2930 Samarkand. RSVPs to Betty @ 569-8846 or Cindie Trieger in the church office @ 687-1577 will be appreciated.



Did you know that Trinity member **Ray Duarte** has just been published in the New York Times Best Selling Series, *Chicken Soup for the Soul: Love Stories* edition? His story is about how he met his lovely wife Connie when he was a nurse caring for her mother.

Ray began his creative writing at an outreach writers class held right here at Trinity. Ray and his wife then became Trinity members. The Duartes are hosting Sally Franz while she is back visiting us.

Chicken Soup for the Soul: Love Stories may be purchased through Amazon or at Borders. Ray would be delighted to autograph your copy after church services.

Serving Together in Common Mission

Ten people met on February 25 at Christ Church, Goleta for a very fertile and hopeful session. They heard from a pastor who had been involved in a cooperative parish coalition in Albany, NY called FOCUS. One important learning was that things don't always go real smoothly; there are always bumps along the way. He also pointed out that people joined FOCUS churches precisely because they were cooperating in meaningful ministries.

Judy Sims and Jeanie Christensen put the 100 ideas for joint action, generated at the Reformation Day event, into categories: Shared Worship and Bible Study; Youth; Fellowship; Outreach; Political/Social; Land Use; Caring and Crafts; Health and Seniors.

We will have a combined service on May 18 at Trinity at 9:30 AM. This will be followed by a lunch and meeting, at which people will divide up into smaller groups according to their interest in one of the areas identified by Judy and Jeannie. Then implementation plans will be made. This could generate upwards of twenty activities set in motion.

A mission statement is being worked on and an April Joint Council Retreat is being planned. At its April meeting the Cooperative Ministry Leadership Team will narrow possible names for our coalition down to 3 or 4. In June, with the information collected at the May 18 gathering, the Cooperative Ministry Leadership Team will begin to create an organizational structure and constitution.

As we have all along, we felt the wind of the Spirit at our backs, pressing us forward for the good of the Kingdom and the healing of the world. bgw

St. Olaf Choir Concert Thank You



Those in attendance heard a truly magnificent concert of sacred music on Ash Wednesday. Director Anton Armstrong expressed a clear, concise message that the concert should be thought of as a tribute to our Lord.

I wish to thank the many in our congregation helped make this concert possible. These include Phil Wilson, publicity; Dorothy Burkhart and Karen Anderson for arranging for housing; Stephan Weeks for housing assignments, Cindie Trieger for fielding telephone calls, and Robin Monroe and Food from the Heart who provided a wonderful dinner, First Presbyterian Church and their entire staff including Nelson Huber, director of music and Pastor Peter Buehler opened up their church and were wonderful to work with. Brian Boyle from

Thrivent provided partial funding of the meal for the choir.

A special thank you to all those from Trinity who provided housing for choir members: Arthur Kvass, Pat & Fred Heidner, Jane & Jim Maddalon, Kathy & Bennie Olson, Linda Vogel, Martin Halseth, Cindy & Rami Courtney, June & Gary Brusse, Jean & Pastor Bruce Wollenberg, Susan & Mike Malde-Zoradi, Dawn Woods & Taka Nomura, Lisa Daniels, Dorothy Burkhart, Judy Sims and Asti & Larry Hammett. There were several others from First Congregational church recruited by Wes Brown and Grace Lutheran also took students.

My sincere appreciation for all your efforts.

Bob Huhn

Santa Barbara Coordinator

The Halo Chronicles February 2008

The Ladybug class (2-3 year olds) made Valentine decorations for the fun-filled day. They were able to share Valentine cards with friends at the class party and brought home beautiful cards for their families. The children spent a majority of the month learning about colors and shapes. The classroom is decorated with various shapes and each child worked one on one with a teacher to make their very own color and shape book.

The Bumblebee class (3-4 year olds) has also made beautiful Valentine decorations and was able to share cards with friends at the class party. February brought the Bumblebee class into the world of dinosaurs, reptiles, and amphibians. The room looks wonderful with all of the children's artwork that displays how much they are learning each day about the new theme. The children always seem to love this unit and are engrossed learning all that they can about reptiles, amphibians, and the dinosaurs of long ago. They even got to be archeologists digging for dinosaur fossils.

The Butterfly class (4-5 year olds) enjoyed a Valentine party of their own that was a big hit with everyone. They worked hard on preparing Valentines and thoroughly enjoyed giving and receiving them as tokens of love and kindness. The students continued work with the alphabet and learned about Space including our solar system. The Children became astronauts on their mission to space in the wonderful spaceship they made.

Little Angels is making great strides in gathering talents and combining ideas for our third annual Spring Carnival. The school fundraiser will be held on Saturday, April 26th from 11:00 am till 2:00 pm. We are looking for auction items as well as various other ideas and donations to insure a great turnout and success for our school!

A note about Little Angels Preschool Application Process...

Several families have been asking about the priority to enter Little Angels Preschool, when there is a wait-list. The school policy is as follows:

1. Siblings of currently enrolled students
2. Trinity Lutheran Church members
3. Wait list will then be screened for the most suitable applicant

I'm running a series on faith formation at home, and how what you do the OTHER six days of the week, regardless of how often you attend worship services, is where it all REALLY begins. In that spirit, here are some reminder notes:

Maybe Sunday morning is legitimately a bad time for your family to focus on God; but be prepared to offset that time elsewhere in your schedule. Five or ten minutes every day for six days will have more of a cumulative impact than one hour on Sunday morning.

If you need tips on how to play that out at home, come to church, or even give me a call or an email (kidzndrumz@aol.com) and we'll talk about ways to get that faith journey moving. Here's why it's important:

"I'll bring my children when they're old enough," many parents promise, not quite clear when that age will be. Any age is an appropriate age to join the church, but for parents there may be no age when bringing children to worship is an easy task. But what it comes down to is a pair of rock solid truths: Children Need the Church and the Church Needs Children.

Why do children need the church?

-Children learn they belong to Christ and to his community. Here, they belong with friends and mentors of all ages, their worth not dependent upon their ability to compete or produce.

Why does the church need children?

-Teaching the faith gives us a greater understanding of our own traditions.

Thought for the month:

In a recent conversation with a high school student, the teenager said, "I feel like my parents are more concerned with how much I accomplish than with who I am."

What does this say about the messages and priorities we build into our kids? What is the message of the cross in all of this? I'd love your input and feedback, and will be providing some of my own thoughts next month.

In the meantime, take advantage of our tradition of slowing life down and examining one's own motives, etc. It's a necessary, countercultural act that is even ignored by many denominations in our day. If you listen, God may have some interesting things to share with you in this season...

Shalom, Rich Lashua, Director of Youth & Family Ministry



Healthful News

March 2008

Sharon Troll RN Parish Nurse



Office Hours: Mondays
Call for appointment
(805) 687-1577
Parish Nurse Sunday
March 2, 2008



The Key To A Man's Heart

Remember the saying the key to a man's heart is through his stomach? Well, this is especially true when it comes to my husband. He enjoys a good meal, especially when I prepare and cook it with loving hands. His favorite meal is a Caesar salad (without the croutons) with the dressing made from scratch, a ten-ounce Argentinean rib eye steak grilled medium rare, a russet twice baked potato with sour cream and chives, fresh creamed spinach, all of this accompanied by a dark cherry full bodied glass of pinot noir. Dessert is two scoops of Dryers chocolate ice cream. Afterward he sinks down into the dinning chair fully satiated, grinning from ear to ear, tranquil at last.

Now I have a challenge. How do I modify his eating habits so I can lower his total cholesterol, his LDL and triglycerides? As a nurse you might think I have an edge, but to tell you the truth I don't. Teaching the man you love to live his life in a different way that takes away the foods he loves is a challenge. In addition, he will not take the statin medication his physician orders because he finds the side effects intolerable. And to top it off his family has a history of high cholesterol.

To review: cholesterol, which is manufactured in the liver, is a soft, fat-like substance found in the bloodstream and in your body's cells. Your body needs some cholesterol for it is the building block of steroid hormones, including cortisol, estrogen and testosterone. When you eat more saturated or trans fat your liver churns out more cholesterol. Saturated fat, particularly those from red meat and whole dairy products raises your blood cholesterol level. High levels of LDL or "bad" cholesterol are linked to an increased risk of heart attack and stroke. Reducing LDL cholesterol reduces your risk. When it comes to heart health the most common form of fat in food and bloodstream is triglycerides. Web MD explains, "When you eat, your body uses the calories it needs for quick energy. Any extra calories are turned into triglycerides and stored in fat cells to be

es are stored as fat regardless of what kind of food you eat-fat, carbohydrate, or protein. If you regularly eat more calories than you burn, you may have high triglycerides. High triglycerides are often part of a group of conditions called metabolic syndrome. Metabolic syndrome is the combination of high blood pressure, high blood sugar, too much fat around the waist, low HDL ("good") cholesterol, and high triglycerides. This syndrome does increase your risk for heart disease as well as for diabetes and stroke.”

Now if you got all this I'm going to throw one more fat at you called transfat. Trans fats also occur naturally, mainly in meat and dairy products. Overall, trans fats make up from 2 to 4 percent of the calories in our diet, compared to 12 percent for saturated fats and 30 percent for total fats. While there's no category for trans fats on the nutrition panel, foods high in trans fats are those that list partially hydrogenated vegetable oil on the ingredient list. Common sources of trans fats include stick margarines, savory and fried snack foods such as crackers, potato chips and corn chips, and baked goods and pastries including packaged cookies, doughnuts and desserts. Female comfort foods tend to be snack related whereas for men they are meal related. Trans-fats increase your LDL and decrease your HDL (good cholesterol) so best to eat as little as possible and look for trans fat-free snacks.

Now when I married my husband I was looking forward to many years of companionship and growing old together. In fact he said, “Honey, I'm going to out live you. I'll live to a hundred.” Well, centenarians may have a genetic lead on most of us. In *Living to 100* by Thomas Perls he learned centenarians gained little weight in adulthood, they don't overeat in fact they consume 10%-20% fewer calories than most Americans and less fat. What fat they eat is beneficial. Their fat is higher in omega-3 fatty acids and in unsaturated fats. They also eat many fruits and vegetables, challenge their minds and get regular physical exercise.

A Chinese proverb states, “Tell me and I'll forget; show me and I may remember, involve me and I'll understand.” So I told my husband, the warrior, that I have declared a war on cholesterol in our home. He responded with, “Where are my weapons?” Appealing to his masculine character I needed to show him weapons of a different nature. These are not the chain saw, or the power drill but they would work in the same way. First of all I set a time limit of 30- 60 days to develop new habits. Next, I let him choose which five high cholesterol food items he would remove. In addition he needs to limit his lean meat to 6 ounces a day. Next we needed to start drilling on the complex carbohydrates of fruits and vegetables, whole grain products, foods high in omega-3 fatty acids, (adding fish oil supplements or flaxseed if needed), increasing foods

(they compete with actual cholesterol for absorption) and power up the exercise on a daily basis.

In understanding a man's nature Stu Weber wrote of the *Four Pillars of a Man's Heart*. The first pillar is of the Shepherd-King who combines the position of a king with the heart of a shepherd. The meaning is that a shepherd-king looks out for all the needs of his flock and the kingly man is looking forward to planning for today and tomorrow. Now my husband is in charge of himself and his family and we want him around for a long time. So in looking out for my husband's heart I suggested every great king needs an advisor.....or a queento be successful. After all, we do want to live happily ever after!



Sharon

SMALL GROUPS



Small group leader training

Anyone who is interested in becoming a small group leader, please contact the church office. Training will take place the end of March-beginning of April.

Spring Session of Small Groups

The six-week spring session of Trinity's small groups begins the week of April 6 and continues through the week of May 11. Signups will take place March 30 and April 6.

Come join us and bring a friend!

Mid Week Evening Lenten Services – Wednesdays through March 12, 7:00 PM

Come and enjoy the warm ambiance of the memorial chapel in candlelight as we sing the Holden Evening Prayer service of Marty Haugen. Scripture readings and an inspirational, thought-provoking homily make every Wednesday evening time well-spent together in worship.

Maundy Thursday Worship Service – March 20, 7:00 PM in the Memorial Chapel

Good Friday Worship Service – March 21, 7:30 PM at Grace Lutheran on State St

Please be sure to attend our upcoming joint **Good Friday** service with Christ and Grace Lutheran churches. As part of that gathering, the **Vocal Scholars**, a group of five local professional singers led by Christ Lutheran member Dr. Michael Shasberger, Professor of Music at Westmont College, will present the *Seven Last Words of Christ by Heinrich Schütz*. This beautiful early Baroque cantata will be presented with a small string orchestra and harpsichord. The work was published in 1662, predating the birth of Johann Sebastian Bach by more than a decade. Less than 30 minutes long, it will be part of a striking and memorable service reflecting on our Lord's last hours among us in the flesh.

Easter Sunday – March 23, 8:00 & 10:15 AM

Christ is arisen! Come and sing together in exultation!

It is a pleasure and a privilege to lead Trinity Lutheran's music in worship. Thank you all for the kind words of encouragement I have received.

Peace & Harmony,

Philip Wilson
Director of Music

Upcoming Care Ministry Events

Care Ministry Meeting

- Tuesday, March 11, 2008
- 4 PM in the church library
- Topic: “**Nutrition, What’s New?**”

St Patrick’s Day Senior Luncheon

- Thursday, March 13
- Gathering at 11:00 AM in the Fellowship Hall
- Exercise with **Rene Van Hoorn**, RTC, recreation therapist II, Arthritis Foundation trainer for land exercise and aquatic exercise programs.
- Luncheon at 12:00 noon with food catered by Food From the Heart
- Cost \$6.00

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The Arthritis Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- Help increase joint flexibility and range of motion
- Help maintain muscle strength

These exercises can be done while sitting or standing. Be sure to wear comfortable clothing.

Please RSVP for this event by signing up at the Welcome Center.

How are we doing financially?			
January Income:	29,057.29	YTD Income:	244,792.63
January Expenses:	36,312.16	YTD Expenses:	260,309.58
Deficit:	-7,254.88	YTD Deficit:	-15,516.95

VARIETY

Not long ago the new Australian Prime Minister, Kevin Rudd did something his predecessor had refused to do: he apologized to the Aboriginal people on behalf of the state for its sordid history of suppression and discrimination.

This should be cause for rejoicing among the baptized everywhere. Coming to terms with one's sin is a fundamental Christian move. The first word out of our Lord's mouth in Matthew's gospel is "Repent!" As part of the apology Rudd indicated that he understood that words, while important and necessary, are insufficient. He outlined a program of assistance for Aboriginals, including addressing the seventeen-year life expectancy gap between them and the rest of the population. Apparently the PM knows something about what the Bible calls "fruits of repentance." Without good deeds, good words can ring hollow.

Jesus followed his command to repent by saying "the kingdom of heaven is at hand." We know that divine rule will never be complete within history. The fullness of the kingdom will arrive only with the arrival of the ascended Christ to bring history to a close. But even now, in time, we can catch glimpses of the heavenly reign and Rudd's declaration is one of them. We understand from the Bible that God desires us to be reconciled one with another, to live peacefully and justly together in all our variety.

There is a grand scene in John's Apocalypse that takes place on the other side of history. Before the throne of God is massed a great multitude of people "from every nation, from all tribes and peoples and languages." They retain their differences but, in all their variety, they are united. As we observe conflicts in Kenya and Serbia we remember that the kingdom goal is unity-in-variety, and we give thanks when that goal is reached, even partially.

In our own country, some steps have been made in the kingdom direction. Leading the way, Virginia's General Assembly (which I once opened with prayer) expressed "profound regret" for the state's involvement in the evil of slavery. Similar measures have passed in North Carolina and Alabama. And a few weeks ago a county in the latter state that is 96% white sent a black man, James Fields, to the state legislature.

These events are small signs of the heavenly kingdom coming near, a divine reality irrupting amid our sinful world. Yet even in the wake of the civil rights movement of the 1960s, racial discrimination is still woven into the fabric of American life. Many people of color complain that they still experience racism and are living with the continuing legacy of slavery and segregation. Many young African Americans are trapped in sub-standard "drop out academies" in poor areas, while many white kids are groomed for success in their well-funded schools. What would happen, we might wonder, if we as a nation were to commit ourselves to eradicating this national disgrace, investing in people who have been exploited historically? It would, I think, be a good act flowing from a repentance to which we yet must come.

Bruce Wollenberg



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