

TRINITY.....



WE MOURN WITH

Marty & Jean Appel on the death of Mary's sister Irene in Ohio.

John & Chris Morrisset on the death of John's mother Jeanne.

We keep in our prayers: Harry Kreitzer, Paul Griffith, Larry Hammett, Rudy Geyling, Jane Poythress, David Trichler, Laurie Richardson

This is an excerpt from a note written to us by Mary Post from Christ Lutheran to thank us for donating about a dozen Christmas trees to them. They were our last remaining trees.

"Dear Friends,

Jay and I would like to thank you on behalf of the 'Community of Friends and Foothill and Hollister Leadership Clubs' for making this year's Holiday Drive a big success. This year we helped over 100 families. We received donations of time and gifts from local schools and churches. One church gave us Christmas trees for some of our families. All these acts that you have done to make this year's drive a success, confirm our belief on the fact that we live and work in the best community of friends in the world."

*Sincerely,
Jay Fortman and Mary Post
Community Friends
Hollister and Foothill Leadership Clubs*



Wanted: A reliable used car for a teenage girl who will soon be going off to college. If you have a car that you are thinking about selling, please contact Cindie Trieger in the church office (687-1577). Thank you.

FEBRUARY ANNIVERSARIES



Kathy & Bob Dolin	5	Jim & Dee Field	21
Rolf & Stephanie Bennett	20	Al & Dolores Hartnett	28

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

MARCH ANNIVERSARIES



Leif & 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	Richard & Carla Church	25
Bob & Jane Atwater	17		

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

SERVING IN WORSHIP IN FEBRUARY

ALTAR GUILD: Ruth Harrison, Maxine Rajala & Jane Huhn

READERS

8:00 AM

10:30AM

First Sunday Hans & Stephanie Steenstrup
Second Sunday John West
Third Sunday Dave Vierra
Fourth Sunday Bill Redding

Joan Petersen
Dorothy Burkhart
Linda Karppinen
Corbett & Stefany Grainger

COMMUNION ASSISTANTS

8:00 AM

10:30 AM

First Sunday Kim Bish
Second Sunday Kim Bish
Third Sunday Kim Bish
Fourth Sunday Kim Bish

Barbara Griffith
Rob Anderson

GUEST TABLE

8:00 AM

10:30 AM

First Sunday
Second Sunday
Third Sunday
Fourth Sunday Larry & Astie Hammett

Einar Hovind
Marilyn Reginato
Dennis & Betty Lewis
Marty Appel



Church and Family Ministries: What is “love,”

REALLY?

This month it is quite common (even in Christian circles) to focus on Valentine’s Day; from elementary school students exchanging handcrafted cards and small gifts with their classmates (I still remember my second-grade determination to sign all of them “FROM, Rich,” because if I said “LOVE, Rich” the girls might get the wrong idea...EWWWWW..!) to couples who take time out to celebrate years, even decades of marriage, and seemingly everything in between.

It gets to be a bit much, though...I distinctly remember having “pity parties” of high school and later, college classmates who were protesting their singleness on a day that seems to focus solely on those who have someone to love. (I drew the line at wearing all black on Valentine’s Day...that’s just a bit much.)

Have you ever noticed how we talk a lot about love, but not very much about what it is, or how it works? After I finished college and eventually began the relationship that has led to my marriage, I was utterly stunned by how much our world is fascinated by (and takes great pains to exploit) love, and how little anyone could teach me about it as I finally found someone who maybe, just maybe could be “THE ONE.”

For example, if I were to take into account everything I saw in film, song, or television, I would logically conclude:

- My current significant other may have committed some unforgivable crimes, such as having lots of allergies but no nickname. But if I hear a voice on the radio, or see a face across a crowded room, I will suddenly know this stranger is the love of my life.
- In the 30 seconds I've spent with a new person I've learned everything there is to know about them. And. It. Is. Good.
- Major personality flaws won't stand in the way of my fate. I may decide that my love can change them, because that's what true love does. (See also: *Jerry Maguire*, *Reality Bites*.)
- Sleeping together on the first date is a recipe for wedded bliss.
- There is no “one” person to commit myself to; I could even be quasi-happily married, and then meet someone else whom I love MORE...(see bullet #1)

be quirky, spontaneous, and exciting. There will be no laundry, dishwashing, or vacuuming involved. And finally...

- Lasting love doesn't take any effort.

However, we've got a whole Bible that says otherwise. For what else is the Bible if not God's love letter to us? If Jesus is the Word, and God is love (I John 4:8), then it makes sense that God's Word to us is a giant love letter. This might be a step in seeing why God is so pained when God's people break their covenants with God again and again in the Old Testament, comparing Himself to a rejected lover. Many times in the New Testament, Jesus and authors of other writings compare the kingdom of heaven to a wedding feast (indeed, Jesus uses several parables involving bridegrooms, proper clothing, and so on).

But the truth is, love takes sacrifice, not chocolate (though I'm told the latter helps on occasion.) This is what adds so much weight to the all-too-familiar recitation from John 3:16; that God would love the world so much that the Only Son would be given, knowing it would cost His life. However, this sacrifice should not be the cost of our holiness (as in the first example), but the fulfillment of it. Further:

- Love takes time; We have been in relationship with God for at least 6000 years (and then some, depending on your science and interpretation of Genesis).
- As we grow and learn, we continue to learn and grow...meaning, the perspective I bring to someone or something years after the fact changes as I change, and people are certainly no exception. This means it's going to take awhile to get to know people. And likely longer to love them.
- Love doesn't change people; love changes us. Certainly the indwelling of God's Holy Spirit is a testament to that!
- True love will not cheapen itself for the moment, however pleasurably tempting. (Note: this does NOT mean that love doesn't make mistakes; it merely means that love means living with the consequences of poor choices. God forgives us, but God does not change history once we feel bad about it.)
- The Bible specifically calls out polygamous leanings and points continually to making one commitment and sticking to it. Because as much as we can't help but love those close to us at times, there are others where love is certainly a choice, and this can involve sacrifice. (This is NOT to say, for example, that one should stay with an abusive spouse. It is, however, a big difference to kick over the table

the gazillion dollar savings account, nice house, and 2.5 kids you hoped for. The Bible is chock full of God taking dreams people were certain of, destroying them, and bringing something better from the ashes.)

- Love is easy when it's fun and beneficial. But true love is a marathon, not a sprint. It's managing mile #2, and #10, and further, that truly deepen those ties.
- Love does take effort. If it doesn't, there probably wasn't much sacrifice involved in the first place.

John 15:13 Greater love has no one than this, that he lay down his life for his friends.

Who and how are you going to love...not just this month, but beyond?

With the LOVE of Christ (Shalom),
Rich Lashua
Director of Youth and Family Ministries

Notes From the SALT Shaker

Did you miss us? SALT (Serving as Lutherans Together) Leadership Team took a "vacation" in December but we are reenergized and moving forward in this new year! Judy Nybakken of Grace Lutheran Church is our new Chair. Each congregation will be represented by four members and their pastor, meeting on the fourth Tuesday of each month. Contact your Council president to learn who is serving you. We welcome your input as we move forward.

If you are a woman and reading this column and you DIDN'T attend the "SALTY Women Veg Out" event this month you missed out on a truly enjoyable interactive event that focused on planting a spiritual garden so our diet would be rich in spiritual gifts – "peas of mind", "squash indifference", "lettuce be faithful", "turnip for service" and "thyme for each other"! If you are a man reading this column – get going and get active!

Looking forward, Grace Lutheran will host a combined evening service on Ash Wednesday. Trinity will offer an 11 AM Ash Wednesday service, followed by a simple soup and bread lunch. Look for details in your Sunday bulletin.

Responding to God's Blessings

Time – Part II

Last month I focused on God's desire that we use his gift of time wisely. Trinity has many Ministries that require time from both paid staff and volunteers. Listed below are the TELC ministries and the individuals who are in charge of each. We greatly appreciate the time each individual puts in to keep Trinity moving forward as well as time of many others who serve on these ministries:

Administrative Ministry - Cindie Trieger	Care Ministry – Sharon Troll
Community Outreach - ??	Endowment Committee – Eric Schenker
Faith Formation Ministry – Karen Wilson	Membership Ministry – Dennis Lewis
Men's Ministry – Bob Huhn	Music Ministry – Phil Wilson
Property Ministry – Roy Fuentes	Stewardship Ministry – Bob Huhn
Worship Ministry ???	Youth and Family Ministry – Rich Lashua
Website – Susan Malde	

In our Old Testament lesson of January 18, 1 Samuel 3:1-20, the Lord called Samuel three times. Samuel responded “Here I am” and further “Speak for your servant is listening.” God calls each of us to be of service for his kingdom. **Enclosed is a new time and talent sheet** which lists opportunities for you to serve. Please review it, pray about it and respond to God's call by checking your tasks where your time or talent could be used. You can either give the sheet to the individual in charge of the Ministry, mail it to Cindie, or drop it in the offering plate.

As special needs arise at the church, Cindie Trieger is often the default person to find volunteers. She could really use someone to take on the role of Volunteer coordinator - the first opportunity under Administrative Ministry. This person would only need to commit for a prearranged period of time. Talk to Cindie about this important task – she would really appreciate your help.

Bob Huhn

December Finances

December income:	\$35,668.46	YTD income:	\$212,839.91
December expenses:	\$52,421.55	YTD expenses:	\$273,670.85
Net loss:	\$16,753.09	Net loss:	\$60,830.96

TRANSITION HOUSE NEWS

We served 62 guests a dinner of lasagna, green salad, fruit platter, cheesy toast and ice cream sandwiches in January. Thanks to **June Brusse, Jane Maddalon, Cindie Trieger, Marilyn Reginato, Ellen Ahlers, Dorothy Burkhart, Nancy Sittig** and everyone for continued financial support. Servers for the Monday night meal were **Laurie Richardson, Henry Sarria and Marshall & Nancy Sittig**. They also prepared the lunches for the following day. Please consider donating food for our monthly Transition House dinner and sign up at the Welcome Center.

If you would like more information on how you can contribute to Transition House, please join us on Wednesday, February 18 at 6:30 PM in the Fireside Room. Folks from Christ Lutheran will join us as we brainstorm ideas on how we can share our meal commitment to Transition House. If you have any questions please call Nancy Sittig at 966-4499

We wish to thank the members of Trinity for the numerous cards and prayers upon the unexpected death of Mary's father on January 1.

Alan & Mary Gregersen

BREAKDOWN OF CHALLENGE GRANT GIFTS

	<u>Member Donation</u>	<u>Matching Gift</u>	<u>Total</u>
Undesignated:	\$29,025.00	\$29,025.00	\$58,050.00
Endowment:	2,577.00	2,577.00	\$ 5,154.00
Memorials	939.00	939.00	\$ 1,878.00
Emergency Reserve	625.00	625.00	\$1,250.00
Parking/Endowment	500.00	500.00	\$1,000.00
Youth Fund	500.00	500.00	\$1,000.00
Property	450.00	450.00	\$ 900.00
Sunday School	200.00	200.00	\$ 400.00
TOTAL:	\$34,816.00	\$34,816.00	\$69,632.00

TOTAL GIFTS INCLUDING INITIAL CHALLENGE: \$134,816.00

“**Religion and Science**” are the topics of the **Farstrup-Mortensen Memorial Lectures** beginning February 20 at Bethania Lutheran Church, 603 Atterdag Rd. in Solvang. Featured lecturers this year are **George Coyne, Ted Peters and Margaret Race**. **More information, including cost information, is available at the Welcome Center**

Sharon Troll RN

Parish Nurse

strollrn@aol.com

Love Your Heart!

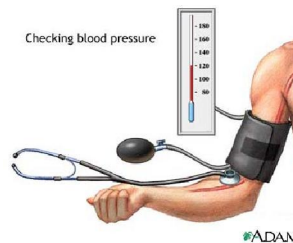
It's Heart Month so love your heart and track your numbers. Knowing your numbers can help you make better decisions in taking care of yourself now and in the future. How quickly can you recall your numbers? Discuss your levels and your treatment options with your doctor to get the plan that works for you!

High blood pressure increases the risk of people developing stroke, heart attack and heart failure, as well as kidney disease. ***It is especially dangerous because it often has no warning signs or symptoms.***

Blood pressure is the force of blood pushing against the walls of arteries – the blood vessels that carry blood away from the heart to other parts of the body. Blood pressure can rise and fall depending on a person's general health, their level of physical activity, the time of day and many other factors. High blood pressure, or hypertension, is dangerous because it makes the heart work too hard and contributes to atherosclerosis (hardening of the arteries).

The upper number in a blood pressure reading is called the systolic blood pressure, which measures the force of blood in the arteries as the heart beats. The lower number measures diastolic pressure, or the force of blood in the arteries as the heart relaxes between beats.

	Systolic	Diastolic
Normal	<120	<80
Pre-hypertension	120-139	80-89
Stage 1 High	140-159	90-99
Stage 2 High	at or >160	at or >100



These levels provided by American Heart Association

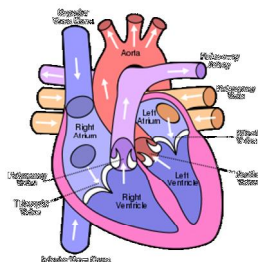


Waist circumference is measured at your belly button. Your waist should be half of what your height is in inches. *(Don't cheat now!)* Abdominal fat is a risk factor for cardiovascular disease.



Cholesterol: Is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. High cholesterol is a major risk factor for heart disease.

- Total Cholesterol Desirable < 200 mg/dl
- Borderline-high cholesterol 200-239 mg/dL
- High cholesterol >240 mg/dL
- HDL cholesterol Women 50-60 mg/dl
- Men 40-50mg/dL
- LDL cholesterol Optimal <100 mg/dl
- Triglycerides Normal < 150mg/dL



Glucose: This is a measure of the sugar level in your blood. The test is used to diagnosis diabetes. People with diabetes are at increased risk for cardiovascular disease.

- Normal 60 -99 mg/dl.
- Pre-Diabetes 100 – 125mg/dl
- Diabetes >126 mg/dl (done twice)

Homocysteine:Is an amino acid in the blood. This test may be particularly useful in patients with a personal or family history of cardiovascular disease. (heart disease or stroke)

- Range
- 4.5 - 12umol/L

C-Reactive Protein: Is a test that measures the amount of a protein in the blood that signals acute inflammation and determines if you are low-high risk for developing heart disease. (hsCRP)

- Low Risk <1.0mg/L.
- Average Risk 1.0 - 3.0 mg/L
- High risk > 3.0 mg/L

These levels provided by AHA, Dr Oz, and Cottage Hospital.....Sharon



CARE MINISTRY MEETING

FEBRUARY 10TH, 2009

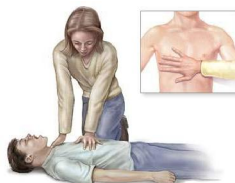
4PM

CHURCH LIBRARY

Ministering to Others with Pastor Truls



February is Heart Month CPR for Family and Friends Class



©ADAM

With the Family & Friends CPR Anytime personal learning program your whole family can learn the lifesaving skill of CPR at home in about 20 minutes. Sharon Troll, Parish Nurse and CPR Instructor for Cottage Hospital, will demonstrate this program and answer questions. Sign-up in the church reception area. Sharon will call you for the class date and time.

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The Endowment Committee is currently accepting college scholarship applications (initial and renewal applications) for the 2009-2010 academic year from active TELC members. Completed applications must be submitted to the church office **no later than February 28, 2009. This is the only chance to submit scholarship applications for the 2009-2010 academic year.** Contact Endowment Scholarship Coordinator Lisa Daniels (729-3234 or blakdan@msn.com) with questions or for an electronic version of an application, or you can pick up a hard copy application from Cindie Trieger in the church office.

SJDAG JOURNAL

The thought questions surrounding immigration will be the focus in the coming months for the Social Justice Discussion and Action Group. We will be looking at the lives of immigrants in the Santa Barbara area, with an eye to promoting justice for those people who face so many hard choices.

Thinking of immigrants, a study-trip is planned for Saturday, February 28, to the town of Guadalupe. As you may know, this small community south of Santa Maria is home to many recent, and not-so-recent immigrants. We will meet with members of the organization **Catholic Worker**, who provide support services for many who live here. Our goal will be to fund ways to publicize the needs of these farm-worker families, and to provide whatever assistance we can.

Another project of our SJDAG is to provide support for the Food Pantry, operating out of Grace Lutheran Church, that has been distributing food to needy families for years. Recently, the Food Bank has made policy changes that puts Grace's project at risk. Just as important, the financial burden on Grace's congregation needs to be lightened. Once again the Social Justice group will study this issue with hopes of keeping Grace's Food Pantry operating.

The SJDAG meets at 7:00 PM on the last Sunday of each month in the Fireside Room at Trinity. Join us for interesting discussions, and leap into worthwhile projects for people in need.



MEMBERSHIP MUSINGS

Midwinter rains aside, our enthusiasm continues to grow at Trinity. On February 22, the Membership Ministry Team will host a luncheon for prospective new members, council and staff, with upwards of 4 “perspectives” joining the congregation on the following Sunday, March 1. Once again, we will be asking all Trinity members to become acquainted with these new people, as they become part of our church family.

Very shortly you’ll notice Pastor Truls and members of the Trinity staff handing out their official Trinity business cards. These colorful cards, which sport the new Trinity logo, will be useful tools when meeting visitors, business acquaintances in town, or prospective new members.

Thanks to all for your cooperation in filling out the black attendance pads each Sunday morning. Our attendance-recorders have noted a steady increase in the use of the booklets, which make our church records more accurate. Pastor finds the information to be vital in knowing when a congregation member has been ill, has a transportation problem, or needs a visit.

Some of you have asked about a new pictorial directory for Trinity. At our recent Membership meeting, it was decided that this effort, awesome as it is, will be our project for the month of October. A volunteer is needed soon to be the contact person for the church with the photography studio. We hope you’ll be in town for your photo at that time!

Lastly, our MIDWEEK WALKERS group continues to grow. In our previous eleven walks, we have tramped through the downtown area as well as a few selected neighborhoods above State street. We now begin to explore along the ocean. Join us for a brisk Tuesday morning walk, with coffee and fellowship afterwards.



BOOK OF FAITH EVENT WITH DR. DIANE JACOBSON



a.m. – 2:00 p.m.

You won't want to miss this opportunity to interact with Luther Seminary Professor Diane Jacobson, the Church-wide Director of the Book of Faith Initiative. (Trinity and the other congregations of SALT entered into the Initiative earlier this month.) Professor Jacobson will lead us in the following schedule:

8:30 Coffee, greetings, and opening prayer

9:00 Overview of the Book of Faith Initiative

10:00 Coffee break

10:15 Overview of the first chapters of Opening the Book of Faith

11:30 Lunch

12:15 Illustration of the use of Lutheran Bible study tools in a study of Nehemiah and Luke entitled "Categories of the Sacred"

2:00 Adjournment

Copies of the book Opening the Book of Faith will be available for purchase at the event. We are requesting a \$5 donation for lunch.

In addition, if you would be interested in attending an informal time of conversation with Dr. Jacobson on Friday evening, February 6, please speak with SALT Book of Faith co-chairs Mark or Diana D'Evelyn—or Pastor Truls.



book of faith

Open Scripture. Join the Conversation.

St Olaf Band in Concert

Thursday, February 5



The St Olaf Concert Band will be touring the west coast in February. They will be performing at **San Marcos High School on Thursday, February 5 at 7:30 PM.** This is their first trip to Santa Barbara since 1997.

Trinity Lutheran Church will be hosting the band students and directors for dinner the evening of February 5th. Volunteers are needed to help set tables, cook and serve food, and clean up afterwards (our menu will be two kinds of lasagna, green salad and bread). Each volunteer will receive a free ticket to the concert. The cost is \$10.00 for general, \$8.00 seniors and \$5.00 for students. Tickets are available at www.stolaftickets.com and at the door.

If you can help out with the dinner, please sign up at the Welcome Center. You may contact Cindie in the church office if you have any questions.

Thank you!

TRINITY LUTHERAN CHURCH, SANTA BARBARA:

CHURCH OF THE LIGHTED LAMPS?"

“Of someone doesn’t come we all feel it. The church is darker by one lantern.”

Outside a village church in Switzerland one cold winter night a tired man waited for the evening service to begin. He has come a long way, and the church was dark. He began to wonder if any service was planned – despite the ringing of the bells that had lured him there.

But then through the forest he saw pinpricks of light bobbing and moving toward him. The congregation was assembling, each group carrying its own lighted lantern. After a few had arrived, the weary man followed them and sank down on a pew in the shadowy church. As more and more people came in, each hanging his lantern on an iron hook in the wall, the shadows retreated and the church began to glow with light.

After the service the traveler stopped to ask the pastor about this unique method of illuminating the church.

“But it is the only means we have, *monsieur*,” the clergyman replied. “In the 1500’s when many of these churches were built, it was too costly for the church to supply candles. It was usual for each family to carry a lantern. Our church has chosen to carry on this old custom. If someone does not come, we all feel it. The church is darker by one lantern.” He paused and looked sharply at the visitor. Then he added, “We are called the Church of the Lighted Lamps.”

The traveler thanked his host and went away, knowing at last what he must do to regain his joy in living. He had to carry his own lamp.

In the 30 or 40 years since I first heard it, that story has more than once rekindled my own lantern. Last year I could not stand it any longer: I had to know if it was true. I wrote to a total stranger in Switzerland, a clergyman and editor. He replied that the story was true – though, of course, he could not vouch for the traveler. He said the village churches were electrified now, but a few were not electrified in the 1930s and 1940s; the iron hooks can still be seen in the walls.

(“Christmas has a secret”, Michael Drury Augsburg Christmas Vol. 50, 1980)

The Halo Chronicles February 2009

The Ladybug class (2-3 year olds) returned from Christmas vacation to a room full of dinosaurs and reptiles. The class has been transported to a land of long ago, occupied by dinosaurs and reptiles. In addition to making dinosaur salad, painting dinosaur eggs and snakes, the walls of the room are decorated with dinosaur footprints and artwork. This unit fascinates the kids: girls and boys alike. The month will end with a Dinosaur Bone Dig in the sand box and a Dinosaur Salad snack...how excited the children are to find their dinosaur treasure bones and eat Dino Greens. Each day they look to Ms. Ornelas to find out what more they will learn about these intriguing creatures.

The Bumblebee class (3-4 year olds) has been looking at Space and Weather this month. At every turn, the class learns a new fact about planets and the environment in which we live. The Bumblebees have incorporated all that they have been studying into art and story telling, and have enjoyed tasting astronaut ice cream and making space popcorn balls. The children decorated their classroom with painted planets: earth & Saturn. They also displayed their shiny space rockets. The month will end with a space excursion. It never ceases to amaze the amount that children absorb and the way in which they relate new facts to their everyday lives.

The Butterfly class (4-5 year olds) continues to study the alphabet, decorating a letter each week and associating that letter with words beginning with the particular letter. The children have also found themselves learning about health and safety, as well as pets and animals. Our unit this month concentrates on good choices that we can make about food and taking care of our bodies, in addition to touching on points of safety. The children learn their phone numbers and hear about a variety of things that will help to keep them safe. The unit on animals and pets is always a favorite with the children. The children learn facts about different animals and enjoy many "hands on" projects on the subject. At the end of the month the class will have an in-class circus, where children and teachers will dress as their favorite circus character and display their talents in circus acts. Parents are invited to "watch the circus" and enjoy a bag of popcorn.

We hope that 2009 finds you happy and healthy. Again, we at Little Angels, feel blessed to share yet another year with all of you.

invites you to see...

The Story of STUFF with Annie Leonard

The Story of Stuff takes you on a provocative tour of our consumer-driven culture...from resource extraction to I-Pod incineration. It's a 20-minute, face paced, fact-filled look at the underside of production, consumption, and waste. Discussion will follow the video.

I'll teach you something. I'll make you laugh. And it may just change the way you look at ALL YOUR STUFF!

Date: Sunday, February 8, 2009

Time: 10:45 AM

Place: Grace Lutheran Church Library (after 9:30 AM worship service)

Info: 805-687-2628 or 805-965-4343

The Walter H. Capps Center for the Study of Ethics, Religion, and Public Life at UCSB presents *“Progressive Religious Voices: Changing Priorities and Shifting Alliances”*, part of its six-part lectures series, *“Progressive Religious Voices: Changing Priorities & Shifting Alliances.”* Featured speaker is **Brian D. McLaren**, author of *A New Kind of Christian, A Generous Orthodoxy and Finding Our Way Again* among others.

This event is free to the public and takes place on Saturday, February 7 at 3:00 PM at the Lobero Theater, 33 East Canon Perdido.

Harry Kreitzer Fund

The name Harry Kreitzer has appeared a lot in recent prayers and announcements, and since not everyone may know who Harry is, here is some background. Harry is the four-year-old son of Sarah and Nathan Kreitzer. Sarah has been the lead soprano in Trinity's choir for more than eight years and her voice is well-known and loved in our worship music. Her husband Nathan is director of Choral Music at Santa Barbara City College, Director of Music at First United Methodist Church, and founder and director of the Santa Barbara Quire of Voyces, a widely-acclaimed a cappella choir specializing in the music of both the Renaissance and modern periods. The Kreitzers also have another son, Benjamin, who is seven, and a daughter, Elsa, who is nearly two.

Sarah and Nathan have known since before Harry was born that he had only half a heart and that he would require several surgeries and ultimately, a possible heart transplant. The surgery which he had on January 15 was to have been the last in the series, and seems to have been successful as far as his heart is concerned. But during the procedure, Harry's brain did not receive enough oxygen, one of the many dangers in a surgery of this sort, and Harry has had extensive brain damage resulting in the loss of nearly all motor ability. Although he can smile a little, say "yeah", and move one arm and his legs a small amount, he has a long road of rehabilitation ahead. Please keep the Kreitzers in your prayers as they work together through this difficult time.

A fund has been set up in Harry Kreitzer's name at Santa Barbara Bank & Trust to help the Kreitzers with the huge expenses incurred during the surgery and the upcoming rehabilitation. You may write a check to Trinity with "Harry Kreitzer" in the memo section and Trinity will write a check to the bank. There is a possibility that Thrivent may match these donations

How do you read the Bible?

“With reverence,” I expect most all of us will say. But does this mean that we should regard everything we read in the Bible as equally important for us? For example, is the Bible’s instruction against eating pork as important for us as the commandment to love God and our neighbors as ourselves?

How do you read the Bible?

Many of us are pragmatists. We prefer getting to the point so we know how to live our lives. Indeed, the Bible is full of good advice for living. (Take the book of Proverbs, for example.) But we teach the Reformation insight that Scripture’s chief revelation is “salvation by grace through faith in Jesus Christ.” When we put Christ on the back burner and read the Bible primarily for practical advice, we end up with the law heavy on our shoulders and God’s greatest gift relegated to the sidelines.

How do you read the Bible?

Maybe it’s been awhile since you’ve read the Bible. Over the years, several people have admitted to me that they’ve not read the Bible since Confirmation or Sunday School days. That’s not to say they haven’t had strong opinions about what the Bible says, however!

We’re not at our strongest, though, when the Bible’s truth is protected on a shelf (or we are protected from it). We do much better when we let the Word it carries get loose in our lives and in our churches to call us to account where it will, announce what it has to announce, and work faith in its own way.

God’s Word finds various ways to get through to us—in worship, in private and family devotions, in hospital rooms, in conversations with friends in the faith, in Bible study when we hear a comment and the Word leaps off the page.

Martin Luther spoke of the Bible as that which bears the Gospel, indeed Christ himself. The Bible is not the Gospel itself or Christ himself, but like the manger that cradled baby Jesus, the Bible carries Christ and the Gospel.

How do you read the Bible?

Are you interested in some helpful, time-tested suggestions for reading? Are you willing to do some digging in exchange for the promise of encountering Jesus Christ anew? Then I invite you to take advantage of the marvelous opportunity that we, with our

...ture on Saturday, February 7. Luther Seminary Professor Diane Jacobson will show us some great tools for digging as we take beginning steps into the *Book of Faith Initiative* of our Church.

I'll warn you, though. The more you encounter God's life-giving Word of free grace, new life, and sins forgiven, the more it will capture you—and you won't be able to get enough!

Blessings in Christ! Pastor Truls

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