

Celebration of Christmas at Trinity

Christmas Eve - December 24

6:00 p.m. Worship

9:30 p.m. Music for Meditation

10:00 p.m. Candlelight Worship

Christmas Day - December 25

10:00 a.m. Christmas Festival Worship

CHRISTMAS CONCERTS AT CALIFORNIA LUTHERAN UNIVERSITY

Friday, December 4 at 8:00 p.m., Samuelson Chapel

Saturday, December 5 at 8:00 p.m., Samuelson Chapel

Sunday, December 6 at 4:00 p.m., Samuelson Chapel

The CLU Choral Ensembles and University Symphony will combine forces to present the 50th annual CLU Christmas Festival Concerts. Welcome the holiday season with this special musical gift featuring a narrated performance of Christmas music. As always, the program for this longest running annual event will include delightful lesser known carols as well as familiar favorites performed by the CLU Choirs.

Additionally, the University Symphony strings will perform Roy Douglas' A Nowell Sequence based on themes from Ralph Vaughan Williams' unfinished opera, *The First Nowell*. Wyant Mortaon and Daniel Geeting conduct. This is always a very popular concert so arrive early for the best seating and convenient parking.

Donations accepted. Call the Music Department at 805-493-3306 or visit www.callutheran.edu/music for more information.

YOUNG ADULTS GATHERING, 7:00 P.M., TUESDAY, DECEMBER 15 - 'Tis the

season to be merry and 'tis the season to celebrate Iron Chef style! Bring your favorite dish filled with mint (shhh, that's the secret ingredient) and make everyone merry with your favorite recipe to share. Just remember to bring a dish to share, a gift to give (no more than \$5) and, if you have one, a very merry Christmas sweater to wear. We'll meet in the administration/office building this month (between the sanctuary and fellowship hall buildings). Once again, we'll need to bring our food already prepared. If you're not already on Jenna's Evite list, please RSVP to kathy.person@gmail.com if you can attend.

ADULT FORMULATION OF FAITH THIS ADVENT

9:15-10:15 a.m., Sundays, in the *Fireside Room*

This stimulating series will prepare us to celebrate Christmas with fresh insight and joy. By way of video recording, leading teachers of the church will help us navigate fundamental questions of our faith. We confess that God has come to us in the person of Jesus. We will explore our need—and creation's need—for Jesus. Please join us!

November 29: Who is God?

- Our search for God—or God's search for us?
- Let God Be God
- God the Creator

December 6: What kind of God?

- Is God angry?
- Is God Father?
- God—Father, Son, and Spirit

December 13: Jesus—God's Surprise

- More than we expected
- God was in Christ
- A teacher and more

December 20: Jesus—God with us

- Beyond tragedy
- Jesus, once and always
- The great reversal

GOD PAUSE DAILY DEVOTIONS - Looking for daily refreshment? Visit Trinity's website and click on *God Pause Devotions* (in the left column of the home page). The devotions are short, meaningful reflections on the following Sunday's Scripture readings, written by Luther Seminary alumni/ae. You may also sign up to have the devotions delivered directly to your e-mail address.

CHANGE OF ADDRESS

Pastor Truls and Kathy Person

461 N. La Patera Lane,

Goleta, CA 93117

Telephone: 845-5878 (remains the same)

Long Range Planning Committee Update

The TLC Long Range Planning Committee members (Judy Brooks, Diana D'Evelyn, Christy Henzler, Art Kvaas, Susan Malde, John Morrisset, Bob Nelson, John Santrizos and council representative Bob Huhn) meet monthly and begin each meeting with prayer and Bible study as we start to look to Trinity's future. We are in the information gathering stage of what will probably be a year-long process to develop a long-range plan for Trinity. We invite the congregation to participate in the process during January by posting your answer(s) to the question:

“If God has God’s way with our congregation for five years what do you see in our future?”

Look for a large bulletin board and post-it notes during the first four Sundays in January. The Long Range Planning Committee will be reviewing your responses during their retreat on January 30th.

TRANSITION HOUSE THANK YOU

On November 16 Trinity members served a dinner of tamale pie, green salad, corn chips and ice cream bars to the 34 adults and 29 children who are currently residents of Transition House, a shelter for homeless families. Those who helped provide food were: Jane Maddalon, Jean Wollenberg, Kathy Olson, Cindie Trieger, Ila Vranish, Nan Burns, Ellen Ahlers, Martin Halseth, Dorothy Burkhart, June Brusse, Nancy Sittig, and Burt Langlo. Those who helped serve dinner, make sandwiches, and pack lunches were: Jean Wollenberg, Martin Halseth, and Dorothy Burkhart. Many thanks to you all.

June Brusse, November Meal Coordinator

We will provide our next dinner on Monday, December 21 and invite anyone to join us to donate food for dinner or lunch. We work in the kitchen at Transition House from about 5:30-7:30 PM. For more information on how you can help, please call Nancy Sittig at 966-4499.

We keep in our prayers: Jean Appel, Hal Oquist, Paul Griffith, Mattias Walker, Correne Slater, Beverly Bish, Dave McClure, Cathy May, Fred Kohar, Duane Agrimson, Agnes Akland and Rich Lashua & family.

DECEMBER BIRTHDAYS

Sean Tetherow	1	Ellen Ahlers	17
Al Schroeder	1	Truls Person	18
Shirley Landru	2	Trevor Dolin	21
Gloria Buczek	2	Mark Weeks	22
Marcia Lenvik	4	David Ebeling	23
Marlys Boehm	5	Carol Rodseth	25
Lauren Lokre	6	Carol Smith	25
Burt Langlo	6	Brittany Bailey	26
Lorna Owens	9	Mark Allen	28
Erik Jorgensen	9	Susan Addison	29
Auston Johnson	10	Eli Tarziu	29
Landon Johnson	10	Paul Sittig	29
Ron Marotto	10	Kevin Johnson	30
Andrea Lashua	10	Elaine Hovind	30
Kathy Dolin	15	Glenn Bragstad	31
Ada Luedke	16	Allen Engler	31

DECEMBER ANNIVERSARIES

Dan & Beverly Thomas	19	Ed & Marcia Lenvik	28
Bob & Joanne Nelson	23	Bill & Dana Noyes	29
Mark & Diana D'Evelyn	27	Charles & Mary Ebeling	31

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

JANUARY BIRTHDAYS

Richard Tufvesson	1	Beverly Staples	16
Pernille Walker	2	Mary DeSmidt	16
Tom Brooks	3	Lorraine Hockett	18
Lydia Perez	5	Alice Cox	20
Ray Duarte	5	Ruth Bloch	20
Ken Siegele	5	Bob Dolin	22
Marie Gabrielson	6	Al Hartnett	24
Jody Biergiel-Colclough	7	Robert Tetherow	26
Nicole Biergiel	7	Isabella Hurvitz	26
Lillian Ball	7	Dorothy Burkhart	28
Kay Klinker	7	Enrique Salgado	29
Astrid Smith	8	Erielle Webber	30
Art Kvaas	8	Dorrance Anderson	30
Trevor Hurvitz	9	Jens Steenstrup	30
Judy Sims	10	Nan Burns	31
Nicole Tetherow	11	Phyllis Cederberg	31
Sue West	15	James Maddalon	31
Eric Schenker	16		
Sally Franz	16		

JANUARY ANNIVERSARIES

John & Anita Peca	7	Dennis & Betty Lewis	29
Rich & Andrea Lashua	14	Rami & Cindy Courtney	30
Truls & Kathy Person	16	John & Chris Morrisset	31
Mark & Trudy Allen	19		

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

FEBRUARY BIRTHDAYS

Dee Field	3	Hans Steenstrup	18
John Morrisset	4	Martha Santrizos	18
Kirsten Schroeder	4	Kevin Boehm	18
Bob Huhn	4	Don Anderson	19
Helene Mussbach	5	Curtis Anderson	19
Adam Graham	7	Ruth Gilde	19
Lorena Trichler	7	Sylvia Redding	20
Fred Heidner	7	Joanne Tveidt	21
Eleanor Alexander	9	Lisa Daniels	21
Olivia Anderson	10	Mary Gregersen	23
Nancy Gonnoud	11	Dale Oftebro	23
Maxine Rajala	15	Astrid Johansen	24
Bob Atwater	16	Mike Owens	27
James Paul	16	Bill Redding	28
Katya Sittig	17		

FEBRUARY ANNIVERSARIES

Bob & Kathy Dolin	5
Jim & Dee Field	21
Al & Dolores Hartnett	28

(Please contact the office with any corrections or additions to this list.)

Bookbinders will meet on January 24 at 3:00 PM in the Fireside Room. The book being discussed is *Carpe Diem: Seize the Day* by Tony Campolo.

"Ever spent another birthday wondering where your life has gone? Most of us are not living to our full potential. We've let go of our dreams and resigned ourselves to a life of quiet frustration. We go through the motions each day with a mentality that says 'so high and no more'. Tony Campolo says, ENOUGH! It's time to SEIZE THE DAY!

Every morning we have a new 24-hour opportunity to leave a lasting legacy on this world. In "Carpe Diem", Campolo will challenge you to let go of whatever is holding you back, and show you how to wake up refreshed, renewed and ready to make the most of the day you've been given. His contagious enthusiasm will get you revved up to take your life back into your own hands, and ready to squeeze the last drop out of every day!"

Please call Jane Huhn at 682-2189 or Cindie Trieger in the church office at 687-1577 if you plan to attend.

The Endowment Committee wants to share these notes of thanks from those who have benefited from receiving college scholarships through the TELC Endowment Fund.

Samantha Onnen – 1st year student at San Diego State University
“Thank you so much for your support and faith in me. I am so thankful.”

Melinda Vogel – 3rd year student at Macalester College (She is spending Fall semester abroad in Senegal)
“Thank you for your continuing support of my education at Macalester College. I am so happy to be studying here and to have had such amazing opportunities here. Your scholarship has helped make that possible.”

Martha Santrizos – Diaconal Ministry, Pacific Lutheran Theological Seminary
“When I first heard that I was going to receive a scholarship from the committee, it was like getting an endorsement from my home congregation on my new journey... Your help in my education really makes a difference.”

Photo Directory - If you were unable to schedule a time for your directory photo in October, the photographer will be here December 11 and 12. Please sign up on the patio after worship, or call the church office to make your appointment.



Caroling and Christmas Party - Mark your calendars for December 6! For those who wish, we will meet at church at 2:00 PM to go caroling at local retirement communities. Afterwards, at about 4:00 PM., we will gather in the Fellowship Hall for appetizers and desserts. For those who wish, you may bring your favorite holiday appetizer or dessert to share.

Little Angels Preschool has invited us to their eighth annual Christmas show and sing-along on Friday, December 11 at 6:30 in the sanctuary.

The Edelweiss Choir of Santa Barbara will be performing in concert here on Sunday, December 13 at 3:00 PM. This is their Christmas concert, featuring traditional carols from many lands sung in their original languages. Featured works are excerpts from the *Bohemian Shepherd's Mass* by Jacob Jan Ryba and *Der Jager, Opus 22 No. 4* by Johannes Brahms. The popular Sing-Along will also be included. Suggested donation is \$12.00 per person. Tickets are available at Chaucer's Books and at the door.

DOG/PET POLICY ADOPTED

At the November meeting of the Council, a Continuing Resolution (CR6.36) was adopted concerning bringing dogs and other domestic pets on the property. Only service dogs (guide dog, hearing dog, police dog and other assistance dogs) will be allowed inside the sanctuary and other buildings on the property. All dogs or other pets must be on a leash when on the property. This policy was adopted to insure the safety and comfort of members and guests. The buildings will be posted to alert visitors and members. A copy of this policy is on file in the church office.

TRINITY'S KITCHEN GETS A "MAKEOVER"

If you have been by the Fellowship Hall during the past weeks, you have witnessed the comings and goings of workmen and volunteers from Food From the Heart giving our kitchen a "face lift" and making the necessary changes to enable us to receive a permit from the County Health Department. New sinks for washing and sterilizing large pots and pans, as well as a separate hand washing sink have been installed. A new "zero degree" freezer has been delivered and a new range and ventilating hood will follow. We are extremely grateful to the Endowment Committee for funding this project, Evelyn Jacob from Food From the Heart for managing the project, and Richard Schneider and Dick Landru for the hours of work they have contributed to make this a reality.

This past Sunday, a group of volunteers from Food From the Heart cleaned cupboards and reorganized supplies. All of our drawers are now neat. Spices, sugar packets and cooking supplies are neatly sealed in bags to assure freshness and prevent spoilage. If you use our kitchen for an event, after it has been permitted, please be sure to keep the counters clear and all supplies neatly stowed! Thanks for your help!

Food Bank of Santa Barbara - Trinity has held a food drive for the Food Bank of Santa Barbara for several years. This year, however, the Food Bank is unable to deliver the bins or pick up the food due to budget constraints. Trinity is looking for a volunteer/volunteers with a truck to pick up the empty bins and deliver the full bins to the Food Bank. If you can help out, please contact Cindie in the office. Thank you!

A special thanks to everyone who contributed to the beauty of our sanctuary through floral donations in 2009. The Altar Guild has the 2010 Flower Book pages ready for everyone to share their celebrations of birthdays, anniversaries, weddings, new babies, academic and career achievements, other special events, and remembrances of loved ones.

A correction on the announcements made on Sunday, November 22. It is **San Roque Florist**, not the White House Florist, that provides our beautiful arrangements.

The Halo Chronicles

This month in the preschool the children have been busy with many different activities but mainly preparing for Thanksgiving. The teachers are helping the children learn about all that we have to be thankful for.

The Ladybug Class (2-3 year olds) has enjoyed a “farm” in the yard during their animal theme this month. They are busy learning about the animals that they might see on a farm and had a visit from a real goat! Thanksgiving was celebrated in the class with a wonderful pot-luck feast for the children.

The Bumblebee Class (3-4 year olds) has also been learning about different groups of animals and the fall season. The class was fortunate to have many students bring in pets from home for a visit. The Bumblebee class also enjoyed a Thanksgiving Pot-Luck Feast.

The Butterfly Class (4-5 year olds) started the month with a unit on Babies. They participated in many fun activities including making “sock babies”, tasting different baby foods and had a visit from one of their teacher’s twin baby girls! Later in the month they learned about the first Thanksgiving and really concentrated on the question, “what are we thankful for?” In preparation for Thanksgiving, the children were able to make their own feast in class and then enjoyed the meal together with their very own Pilgrim hats.

We hope that everyone had a blessed Thanksgiving and that you were able, like the children, to take a moment to reflect upon all for which we are thankful.



Salvation Army Family Tree - Trinity will be helping two families have a Merry Christmas this year by buying toys for the children and gift cards for clothes and food for the parents. Please look for the tree in the narthex with the stocking ornaments. Each one has the name and age of a child and three things on their wish list in order of preference (only one gift is necessary). The wrapped gift needs to be returned to Trinity by December 13 with the stocking attached so we know who the gift is for. Cash

donations for the gift cards are very welcome as well. Please make your cash donation out to Trinity with "Salvation Army Family" in the memo section. Thank you.

December Notes in Youth and Family Ministries

I'm usually not a fan of high end retail outlets (my wardrobe should make that pretty clear), but Nordstrom recently got a smidge of respect from me. Andrea and I were strolling through Paseo Nuevo and commenting on how it was October and many of the stores had Christmas decorations up before Halloween. Strangely, Nordstrom had not begun decorating, but had a sign in the window offering an apology and saying they would begin decorating on November 27, the day after Thanksgiving, because they believed in celebrating one holiday at a time. Undoubtedly, this was likely a not-so-subtle lure to get everyone to show up on what has been deemed "Black Friday," but at face value, the sign was appreciated.

Our culture is rushed enough as it is the other months of the year, but for some strange reason many of us are obsessively compelled to cram a week's worth of visits, parties, shopping, and all manner of other things into every waking day. Take time to enjoy this season, and the God it honors. If you go back and re-read your Gospels, Jesus doesn't use the past tense very often, and almost less so is He talking about the future. Much of what Jesus has to say (and how He says it!) is rooted in the present: "Go and do likewise." "Love one another as I have loved you." "Truly I tell you, your sins are forgiven." There are no conditions; no longings back to how much more you used to please God in the old days, no requirements to fully earn love, forgiveness, holiness, salvation, and communion in the days to come... Jesus was perpetually in the moment. If we are to truly honor God's birthday, we should do likewise.

L.O.L. and confirmation will be having a Christmas party later this month, but as of this writing the details are still being ironed out. Please check in with Rich or Karen for more details. However, one thing we are absolutely clear on is your support for the tree lot. The sales of our Christmas trees are a huge support for the church's budget as a whole, but it is less frequently publicized that almost the entire youth program budget comes from the proceeds. Certainly, purchasing your tree through Trinity is a great step in supporting us, but the sooner we sell out the tree lot, the more likely we are to have done it by selling trees at the full price. More trees at full price quickly translates into the many things the youth budget is used for, such as scholarships for trips and events. We stand a much better chance of selling these trees quickly when you help us spread the word and volunteer to help work shifts to get the job done. We certainly can't do it without you; please consider lending a helping hand.

You may also wish to mark your calendar for Sunday, December 6th. We will be Christmas caroling from 2-4PM, with a time for snacks and fellowship afterward. This is also the opening weekend of the tree lot, so please consider signing up.

Take it a day at a time, and savor Christ's arrival this month.

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

MEMBERSHIP MUSINGS

Thanks! Thanks! Thanks! to all you home gardeners who continue to share your produce with our members at Trinity. Sunday after Sunday, we've had a bounty of lemons, persimmons, pomegranates, onions, guavas and rhubarb. Trinity people are invited to take any items they can use. As you know, there is a box for donations if you choose to contribute. That money is used to buy food for needy people at the Food Pantry which operates out of Grace Lutheran Church.

The next BREAD BREAKERS events will occur after the New Year. You will remember that BREAD BREAKERS are small dinner or brunch groups which meet to share a meal at the homes of various Trinity families. In October, four BREAD BREAKER events were held, where more than 30 people came together to share a meal, visit, and become better acquainted. Watch the Sunday bulletins in late December for more information and sign-up dates for the January gatherings.

If you're looking for light exercise with great people, you might try the MIDWEEK WALKERS. We step out every Tuesday morning at 9:00 for an invigorating walk, with a tasty conclusion at a coffee shop for coffee and, occasionally, a pastry. It's a great opportunity for fun, fellowship and a treat. Directions for our Tuesday walks are always printed in Sundays' bulletin.

Here's a special note for interested walkers or others who join the group for treats and chatter. Plan to join us for our walk on December 15. On that day, after our walk, we'll drive to the home of Ila Vranish, who enjoys sharing her home and Christmas spirit with all. If you like great holiday treats with your cup of coffee, join us for this special occasion. Directions to Ila's house will be found in the Sunday bulletin of December 12.

By the way, have you seen the photos of our newest Trinity members in the Narthex? It's another way the Membership Team helps to integrate new members into our church family. Thanks to Dale Oftebro for putting the display together.

Finally, a reminder to those who have brought produce to the Gardeners' Table. We have collected a number of nice baskets which, I'm sure, you'd like to take home. Those baskets will be on the patio Sunday morning for you to pick up.

Dennis Lewis

Healthful News

December 2009



Sharon Troll RN Parish Nurse

Tis the Season of Joy



Recently my husband was diagnosed with basal cell carcinoma on his face. Yes, he has spent most of his life outdoors, however he thought just because he was half Chinese that he was immune from the dangers of the sun. His reasoning never ceases to amaze me. His first surgery had been on Monday. On Tuesday he received a call from his doctor informing him to return for a second surgery. The pathology report was still positive. On Wednesday he was back in surgery. His two Mohs surgeries left him with a hole next to his eye. Following his second surgery I still can recall the worry and anxiety in his voice over the phone as he described his face. Then he said, "They're planning to cut into my eyebrow and eyelid and pull the skin out towards my hairline in order to close the wound. I said, "Hold on honey, lets put the brakes on." Now I had never seen my husband with the botox look. Half of his forehead, from the anesthetic, was as smooth as a baby and the other half showed the wrinkles of a mature man. I teased him that I wasn't sure about being with a younger man at my age. Hearing his concern, earlier I had contacted a plastic surgeon, and after seeing the surgical site I was glad I did. As many of you know, basal cell cancer is the world's most common cancer; however, if diagnosed and treated early it is relatively easy to cure.

Shaken by the procedure and the fear of what lay ahead of him, I said, "Now I can see all the way into your brain. Wow, now I understand the problem! You've got a short; maybe they'll fix that too!" For a couple of minutes we were laughing so hard. Humor is a blessed gift and it can certainly help us cope with our deepest fears. In addition it also reduces pain and allows us to tolerate discomfort. One hour later we were in the plastic surgeon's office reviewing the options that lay ahead. Six hours later he left with a large "plug" dressing next to his right eye that covered the skin graft below, and a long row of stitching along the side of his neck. Sunglasses and a hat weren't an option. There was no way to avoid seeing the large plug on his face.

Earlier this year, scientists in England from Essex University said: "We have shown for the first time a genetic variation is linked with the tendency to look on the

bright side.” Could there really be a happy gene? We all know that there are people who tend to look more on the bright side and see the glass half full versus half empty. These people in the long run may be more resistant to mental stress.

Laughter has other health benefits. It also may help reduce the risk of cardiovascular disease by improving oxygenation and increasing blood flow. At this year's meeting of the American College of Cardiology, Michael Miller, M.D., of the University of Maryland reported that in a study of 20 healthy people, provoking laughter did as much good for their arteries as aerobic activity.



In the weeks that followed, we heard all kinds of names for the “plug”: "The Switch" (on and off), "the Giant Popcorn", "Cauliflower Bug", and "My Wild Thing". Without a sense of humor we would be lost. In our own weird way, it was the way we emotionally communicated over this obstacle in our life. My husband was able to laugh with us, which in turn brought us emotionally closer together.

God never promised our journey would be easy. He never assured us that we wouldn't struggle. He did give us gifts and he gave us one another. Humor is both God's gift and life-saving medicine. In the midst of our struggle we found joy. In the midst of Jesus and Mary's struggle they too were joyful in the anticipation of Jesus' birth. I wish you both joy and laughter in your celebration of the birth of our Savior this holiday season.



Merry Christmas, Sharon

Care Ministry Meeting



Christmas Poinsettia/Cookie Wrap

Tuesday December 8th

4PM Church Library

Please bring one dozen Christmas cookies!

Senior Fellowship Christmas Luncheon

Thursday December 10th, 2009



Join us for

Christmas at Ila Vranish's Home

“Sharing of Your Favorite Christmas Memory or Gift”

1175 San Antonio Creek Road

Santa Barbara, CA. 93111

(805) 967-6933

(Sign-up at the Welcome Center and Pick up Directions here)

Time: 11:00

Donation for lunch appreciated

*****Bring a can of food to donate to the Food Bank***

Come All Ye Christmas Voices

Sunday December 6th, 2009

2-4PM



Meet: Trinity Lutheran Library to Carpool

Clothing: Color red or green preferred and wear a Santa's hat or scarf if you have one.

Places: Samarkand, Vista Del Monte, Senior Living Concepts

*****Plan to stay for Trinity's Holiday Christmas Party in the Fellowship Hall following the caroling!***