

TRANSITION HOUSE THANK YOU

On June 21 Trinity members served a dinner of tamale pie, green salad, corn chips and ice cream drumsticks to the 31 adults and 25 children who are currently residents of Transition House, a shelter for homeless families. Those who donated food or monetary gifts to help with the cost of dinner were: Jane Maddalon, Sylvia Redding, Marcia Lenvik, Nancy Sittig, Kathy Olson, Cindie Trieger, Nancy Kelly, Nan Burns, Ellen Ahlers, June Brusse, and Marilyn Reginato. Those who helped serve dinner, make sandwiches, and pack lunches were: Jean Wollenberg, Nancy Sittig, Tina Reginatto and Ileen Bruckner. Many thanks to you all!

June Brusse, June Meal Coordinator

COMPUTER CLASS AT TRINITY will be starting up again in August on Tuesdays, 11:00 a.m. in the library (office building). If you have a laptop computer, we have a place to plug it in! People with any level of acquaintance with computers are welcome. (All are welcome; feel free to bring a friend.) It all began when a few members of our senior fellowship group said they'd like to learn more about computer basics. Cesli Vierra has been generously sharing her computer and teaching skills with the group as participants together decide what they want to explore from week to week. Now we're opening the class to everyone. Sound interesting? See you in class!

TRINITY POSTCARDS – Haven't seen someone in worship lately? Pick up one of our new postcards by the flower sign-up book in the entryway and write a line or two to say you miss him or her. Then, write the person's name in the address section (we'll fill in the address in the office unless you know it) and drop the postcard in the wooden box by the flower sign-up book. We thank Heather D'Evelyn for her drawing and design of the postcard and Richard Schneider for the new wood racks that hold the postcards.

HELPFUL EXERCISE IDEA - Walking uphill is especially good exercise for our bodies and minds! By parking a little further away in the parking lot on Sundays, we could improve our fitness and blood flow to the brain. What's more, this could free up parking spaces closer to the church building; people who have some difficulty walking longer distances but who do not have handicap parking permits would benefit. Watch for painted parking curbs at spaces near the top of the parking lot; we'd like to keep these spaces, in particular, open for people who need them most.

SERVING IN WORSHIP IN JULY

ALTAR GUILD Lorraine Kolich & Joan Petersen

READERS 8:00 AM 10:30AM

First Sunday		(9:30)	Tom Brooks
Second Sunday	John Morrisset		Alan Gregersen
Third Sunday			Erik Karlson
Fourth Sunday			Alan Gregersen

COMMUNION ASSISTANTS

	8:00 AM		10:30 AM
First Sunday		(9:30)	Barbara Griffith & Kathy Dolin
Second Sunday	Kim Bish		Cindie Trieger & Kathy Dolin
Third Sunday	Kim Bish		Cindie Trieger & Kathy Dolin
Fourth Sunday	Kim Bish		Betty Lewis & Kathy Dolin

GREETERS

	8:00 AM		10:30 AM
First Sunday		(9:30)	Marilyn Reginato
Second Sunday			Dennis & Betty Lewis
Third Sunday	Larry & Astie Hammett		Marty Appel
Fourth Sunday			Ron & Dale Oftebro

Volunteers are always welcome for any of these activities. If you would like to volunteer to be a reader or a communion assistant, please contact Jane Maddalon at 967-6859. If you would like to be an official greeter of our members and visitors, please contact Marilyn Reginato at 967-9361 or Cindie Trieger in the church office at 687-1577. If you are interested in joining the Altar Guild please contact Nancy Sittig (966-4499) or Helen Rydell (687-3234).

THANK-YOUS TO TRINITY

"Dear fellow members of Trinity,

Thank you for allowing me to be your president these past two years. Your gift of the beautiful clock, encased in glowing wood, will be something I will always treasure and cherish as a reminder of all of you."

*Blessings,
Joanne Nelson*

"Dear Pastor Truls and friends at Trinity,

Thank you for your prayers. cards and calls. They brightened my days. I thank God for so many dear friends, for prayers & love.

*God's blessing to all,
Beulah Bradley*

FROM SAN FRANCISCO:

"Dear Trinity,

Thank you so much for all your support! I am having a great time. We have had very eventful days. We are having so much fun bonding with all the youth here. It's been great helping the people of San Francisco. I look forward to telling you all about it."

Love, Sydney Davis

"Dear Trinity,

First of all, I'd like to thank you for your support of us on this trip. We've all had great new experiences here such as giving out hot chocolate & coffee and praying for those who wanted it. One of the men we met told us he loved us for using our actions instead of just our words and our eyes, and your support made it possible."

Love, Amy Trieger

ONE SERVICE ONLY ON JULY 4 AT 9:30 A.M. - Following the service we will celebrate the 4th of July holiday with a barbeque on the patio. Mark your calendars for this event and plan to join us.

BOOK OF FAITH – SUMMER SMALL GROUP The SALT Book of Faith leadership team is hosting a single small group this summer, meeting on the 2nd and 4th Wednesdays of the month, beginning July 14, from 7:00 to 8:30 pm, and studying Parables. Our plan is to have both the leader and the host/hostess rotate. Many of Jesus' parables are familiar to us but, upon more careful examination, can yield surprising new meanings and insights into what it means to live in God's world. So far 8 people, representing all three SALT congregations, have signed up. If you have questions or would like to participate, please speak with Jeannie Christensen, Kent Carlander, or Mark D'Evelyn. We will announce the location and leader for the first meeting on July 14 soon.

A MEMORIAL SERVICE FOR NORM HAZARD is scheduled for 11:00 a.m., Saturday, July 10 at Trinity.

MEN'S ADVANCE - SEPTEMBER 24-26

Trinity Men are hosting the 2010 Men's Advance at El Camino Pines September 24-26. Our theme is *Building Up the Body*. Two motivating speakers, George Tan and Doug Haugen, will offer insights and inspiration on building and sharing our faith. It's a time for fellowship, fun and food! We expect to have 15 to 20 men attend this year's event from Trinity by car pooling. If you have not attended in the past, pick up an information sheet under the sign-up sheet on the upper patio and talk to Bob Huhn personally, call him at home 682-2189 or email him at bob1huhn@cox.net. The details can be accessed on our Trinity Website www.telcsb.org – click on Men's Advance. Come and join us!

SALT SUMMER PICNICS - Mark your calendars for two upcoming summer picnics:

- July 21, 6:00 p.m. at Christ Lutheran Church hosted by Christ Lutheran.
- August 18, 6:00 p.m. at Tucker's Grove, area 2, hosted by Trinity Lutheran

Please bring your own item to barbeque, your own plates and utensils and a dish to share. Don't miss this opportunities for god food, good conversation, and prayer at the end of the day.

LIFE INSURANCE AS A GIFT. Life insurance is a wonderful financial tool for leaving a gift, whether to loved ones or to the church and ministries for which you have a passion. It's a way to leave a gift worth thousands of dollars for pennies on the dollar. You can choose an insurance policy that fits your budget. You can leave a gift of insurance in amounts from \$1,000 to millions. The premiums are tax deductible when a charity such as your church is named as the owner of the policy. Recently a seventy year old member of a Lutheran church, who has no assets and limited income, set up a \$5,000 life insurance policy and named the church 20% beneficiary for a future gift of \$1,000. It allowed this faithful servant a way to leave a financial legacy, and witness to all of us. For more information about ways to use life insurance as a gift, contact our congregation's gift planner, Greg Shepherd at: (909)910-6823 or email, gregory.shepherd@elca.org

PARKING LOT RESLURRY. During the week of August 16 the parking lot will be re-slurried and re-stripped. This process needs to be done every three years. The office will be open during this time, but parking will have to be on the street. The parking lot will be usable on August 22 for worship

HABITAT FOR HUMANITY - Construction is underway at the Habitat for Humanity Santa Barbara build site. Framing will be complete by mid-July, and other construction activities such as wiring and plumbing, siding and roofing will begin. As part of the Thrivent Financial for Lutherans house sponsorship, each Lutheran church in our area has been asked to support this program by providing at least 50% of the volunteers needed to build the home. This will be a wonderful way to put your faith into action! If you are interested, and have not already signed up, please register to volunteer at www.sbhabitat.org or contact the Habitat office at (805) 692-2226 for more information. Volunteer days are Wednesday through Saturday, and Lutheran volunteers are always welcome!

Trinity Evangelical Lutheran Church has a dedicated build day on Saturday, August 28 from 8:30am – 4:30pm. On June 6, over twenty people signed up to volunteer with Habitat for Humanity! The Women's Group has volunteered to provide lunch that day. If you are not part of the group but would like to help with food, please contact Cindie Trieger in the church office.

If you have signed up, please confirm your attendance with Habitat for Humanity volunteer coordinator Lydia Ehmann at volunteer@sbhabitat.org.

WE CONGRATULATE

Corbett Grainger received a PhD in Economics at UCSB. He, Stefany and Raena will be moving to Madison Wisconsin where he will be an assistant professor in the AAE department at the University of Wisconsin.

SUPPORT A FAITH-BASED BENEFIT! The Santa Barbara Rescue Mission's 9th Annual Fund Raiser will be held on Saturday, October 2, 2010, at 2 p.m. at beautiful Rancho Dos Pueblos. Let's get a table of Trinity friends together for this worthwhile event!

- The theme is FUN – **TAKE ME OUT TO THE BAYOU!** – come casual!
- The price is RIGHT -- \$150 per person
- The cuisine is SOUTHERN BBQ – delicious down-home cookin'
- The Silent Auction is TERRIFIC – features a BASEBALL event for the Grand Prize!

Enjoy a lovely afternoon and support this Christian organization in its mission to provide assistance to people in need, particularly those struggling with addictions.

To join the Trinity Table, contact Kathy Hartnett, 683-1626 (khartnett@cox.net) or Rebecca Wilson at the Rescue Mission (805) 966 –1316 ext. 105.

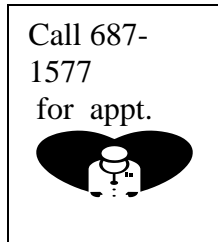
THE WOMEN'S FELLOWSHIP GROUP WILL MEET at 6:00 p.m. on Thursday, July 15 at the home of Cindie Trieger. Please mark your calendars and plan to attend. More details will be presented soon.

MEN'S MINISTRY WILL MEET at 6:00 p.m., Wednesday, July 28 at the home of Alan Gregersen. We'll have good food, fellowship, and Bible study. Please join us. There will be a sign-up sheet at the Welcome Center so Alan knows how much food to prepare.

Healthful News

July/August 2010

Sharon Troll RN Parish Nurse



Empowering Caregivers

Families, not nursing homes or social service agencies, are the backbone of our long-term care program in the United States. Balancing care giving, work, and family is no easy task. Many caregivers suffer from burnout. Remember you are part of a team, which may include family members, physicians, therapists, pharmacists, caregivers, social workers, friends, and local church support. Set up a family meeting to develop a plan of care together. Each of us has unique talents and abilities that may assist in the plan. For example, if there is an accountant in the family this person may take responsibility for the financial planning. Realize one cannot really force others to participate in the care giving plan. Joining a support group in person or online, or having an ear of a close friend is important. The bottom line is that if you need help ask for it.

Remember you are adapting to your new role and so are your family members. In the book, *And Thou Shalt Honor The Caregivers Companion*, by Beth Witrogen McLeod, states, “all transitions move through the same three stages: preparing for transitions, taking the necessary steps and establishing a new balance. Care giving creates change and transition especially in relationships. The change happens around you and the transition happens inside you.”

Maryland – based National Alliance for Caregiving offers these points: “You cannot change your parents or your loved ones. Your parents know each other better than you know them. Your parents may not want you to know everything about them. Your parents are entitled to some privacy and you need to respect their autonomy. Lastly, the parent who is giving care needs time to grieve.”

As couples age one partner often ends up being the caregiver for the other. The key is to start and plan together how you both will deal with the caregiving issues. First you need to learn about your partner’s condition – the treatments, medications, test results etc. Second, have the “what if” conversation, states Donna Schempp from the Family Caregiver Alliance. Talk in the most black and white terms about what you would

want me to do if this happens or that happens. For example, what if you are unable to walk? You need to keep the channels of communication more open than ever. Let your spouse know when you need to be alone. If you're feeling scared give the spouse a chance to support you. Laughter like crying provides an outlet for relieving feelings of stress and anxiety. Hug each other often. Second, consider your surroundings. Is your home going to meet your future needs or would assisted care or first floor living be needed? Third, job cross-training. Start doing the others person's jobs whether it be gardening, paying the bills, or marketing. Get to know what is involved and whether you will need support in these areas in the future. Lastly, take care of yourself and know the signs if caregiving is becoming too risky for your own health. A caregiving spouse may feel isolated from their friends and routines. The physical and emotional strain of care giving may have them ignore their own health issues. They may lose sleep, forget to eat, lose energy, give up exercise, overuse alcohol, feel resentful, etc. Remember, your spouse will be in better hands if you stay healthy!

Peace, Sharon



We keep in our prayers: Anjali Daniels, Nicole Barnett, John Smith, Cynthia Johnson, Kristin Anderson, Mike Pierce (friend of the Lewis'), Joyce Karl, David McInnis (son-in-law of Joanne & Norm Tveidt), Al Schroeder, Janelle Tapphorn, Amy Frenzer (daughter of Dick & Shirley Landru), David Hammoch (son-in-law of Jane & Jim Maddalon), Hal Oquist, Val Oquist, Jean Appel, Correne Slater.

SUMMER REMINDERS FROM THE MEMBERSHIP TEAM:

The Gardeners' Exchange Table will be in operation every Sunday morning during the summer. You can bring your excess produce: tomatoes, beans, squash, lemons, rhubarb, or whatever you have. Our members appreciate the good things you share.

Don't forget to fill out a Trinity postcard if you notice that a friend is not in attendance for a number of Sundays. Just a quick note is all that's required. I'm sure your friend will appreciate the thought.

Remember the two-minute rule. That is, at the conclusion of Sunday worship, use the first two minutes to greet someone you do not know: be it a visitor to Trinity or a church member with whom you're not well acquainted.

The summer is a great time for travel, and our pews can seem sadly empty. When you're in town on a Sunday morning, we hope you'll attend worship service. Our congregation remains strong when we are together. Each Trinity member adds to the positive energy of our church.

Membership programs like **MIDWEEK WALKERS** and **BREAD BREAKERS** are taking a summer break, but will return in the Fall. In the meantime, have a great summer!

BOOKBINDER'S BOOK CLUB - For our next meeting on August 1 at 3:00p.m. in the Fellowship Hall we will be reading and discussing *Plain Truth* by Jodi Picoult. From Publishers Weekly: "Though it begins as the quietly electrifying story of an unmarried Amish teenager who gives birth to a baby she is accused of then smothering, Picoult's latest settles into an ordinary trial epic, albeit one centered intriguingly on an Amish dairy farm near Lancaster, PA. Katie Fisher, 18, denies not only to having committed the murder but even having borne the baby, whose body is found in the Fisher's calving pen." From School Library Journal: Readers will experience a psychological drama as well as a suspenseful courtroom trial. The contrast between the Amish culture and the 'English' provides an interesting tension. "

Summer Notes in Youth Ministry

First off, thank you to all of you who so generously supported our June trip to San Francisco to serve with YWAM (Youth With A Mission)! The kids had a blast, and our eyes were truly opened to the plight of the impoverished in our midst; not just the homeless, but those among us so caught up in what we DO have that we miss God's calling in our lives. A “stockholders' meeting” dinner for those who contributed to this trip will be held on Saturday, July 10 in the Fellowship Hall. If you are one of our anonymous cash donors who did not receive an invitation, please RSVP with Cindie at the church office so we can plan for the food.

Coming up this summer, we will have various events, but I am only in the early planning stages as of the time of this writing, so please sign up for my weekly email (kidzndrumz@aol.com) if you have not already, and more specific updates will be released there. For now, please plan on our Sunday morning Bible studies at Goleta Coffee Company and our Sunday evening L.O.L meetings in the youth room to continue each week; the only foreseeable cancellation will be Sunday, July 4.

Shalom,

Rich Lashua
Director of Youth and Family Ministries

RENEWAL SUNDAY WILL BE SEPTEMBER 12. Sunday School and Adult Forum topic are in the planning stages. Please check the web-site for up-to-date information later in the summer.

Are You a Parent of Children Under Age 12?

If so, please join us for our family ministry events this summer, beginning the second week of July! Starting with this newsletter, we will begin separating the information for youth (teenagers) and families (parents and kids younger than sixth grade).

Beginning the week of July 5, we will be having a weekly event where we meet somewhere in the general Santa Barbara/Goleta area to spend some time at the beach, take a moderate hike, play some games, and maybe even a BBQ or two!

I am still in the process of securing dates and places, but stay tuned to church bulletins on Sunday mornings (a good source of information), or sign up for my weekly email (the best source of information!) I will be creating a separate weekly email specifically for our family ministry, so if you are already on the current one and want to be moved (or added in the first place) let me know at kidzndrumz@aol.com!

See ya this summer!

Peace,

Rich Lashua

Director of Youth and Family Ministries

VACATION BIBLE SCHOOL CAMPS AT CHRIST LUTHERAN!

Christ Lutheran Church and Light and Life Goleta are teaming up to present three Vacation Bible School camps this summer for kids, K-12 grade.

July 12-16, 8:30-12:30 (K-6th) \$50 – “Soul Survivors on Danger Island”

August 16-20, Monday-Thursday 9-3; Friday 9-12 (1st-6th) \$95 - Lutheran Day Camp

August 9-13, 9:00-3:00 (6th-12th) \$99 - PASHON Drama Camp

To register, download forms from christlutherangoleta.org and for PASHON drama, pashonarts.org. You may also pick up forms on the campus of Christ Lutheran Church, 6595 Covington Way, Goleta. For more information, call 964-2267.

From Pastor Truls

*So if the Son makes you free,
you will be free indeed.* (John 8:36)

In July, we celebrate freedom. On Independence Day, we rejoice in the fact that we are a free people. It's not surprising that we cherish freedom. Freedom is a wonderful thing!

But here is the sad news that I think we all know. We are painfully aware that there are limits to our freedom. Someone walked in one afternoon and said "I'm trapped! I'm trapped in my job, in my marriage, in my bills, in my sick body, in my limited skills, in my past mistakes, in my fears, in my guilty feelings."

What that person feels has been expressed throughout the history of humankind. It's called captivity. We know it well. As one of our orders of confession puts it, "we are captive to sin and cannot free ourselves."

Even a healthy democracy can offer only limited freedom. Nations can never make a person completely free. Nations can never free a person from the worst prison of all—captivity to self, to sin, guilt, and despair. Nations can never free a person from the captivity that accompanies the dark night of the soul.

Jesus Christ came to make you and me *truly* and *deeply* free.

Let's face it! In one way or another, we all sense that we are trapped. No one can claim to have achieved an absolute feeling of freedom.

Jesus Christ comes *continually* in Word, in water, in bread and wine to make us free from the most oppressive captivity of all.

Can you imagine being free, even in the *middle* of your biggest worries, disappointments, and mistakes? Christ comes to you today and every day to show you, and give you, the most wonderful freedom of all—freedom bought with his own life. And *if the Son makes you free, you will be free indeed.*

We have wonderful freedoms to celebrate on July 4 and every day. Come and join us on the freedom path!

Pastor Truls

P.S. I look forward to celebrating Sunday, July 4 with you at a single 9:30 a.m. worship service and picnic to follow.