

## FAMILY NEWS AT TRINITY.....



### IN THE NEWS

**Marie Gabrielson** was pictured in an article in the News Press about Wood Glen Hall's *Cooking for Food and Thought Class*, led by activities director Fred DeLorenzo. The recipes he uses in class come from the residents and one that was specifically mentioned came from Marie; a recipe for Hot Artichoke Dip.

**Richard Schneider** was pictured in an article in the News Press as he and members of Edelweiss Choir sold bratwurst at the Solstice celebration at Alameda Park.

**Ed & Marcia Lenvik** were pictured in an article in CASA Magazine as they attended *La Primavera*, the beginning of Old Spanish Days, where the theme of the parade and the poster were unveiled.

### WE MOURN WITH

Phil & Karen Wilson and family on the death of Phil's mother Jeanne after a lengthy illness.

**We keep in our prayers:** Correne Slater, Lorna Owens, William Yacoub, Esther Lantz, Ernie Ranum, Roy Fuentes, David Trichler, Karen Wilson, Paul Griffith, Larry Hammett, Rudy Geyling, Jean Appel, Laurie Owens (sister-in-law of Mike and Lorna Owens), Howard Faul (step-father of Mike Owens), Hal Oquist, Roland Burkhart (father of Sheryl Kelly), Mary Lou Johnson (mother of Cynthia Johnson), Kris Welk (daughter of Nancy & Bill Kelly), Stella Mitchell (former member and secretary of Trinity), Allan (brother of Mary Gregersen.)

**THE CHURCH OFFICE WILL BE CLOSED JULY 3** in observance of the holiday weekend.

## SERVING IN WORSHIP IN JULY

**ALTAR GUILD:** Edythe Smith & Lois Rye

<b>READERS</b>	8:00 AM	10:30AM
First Sunday	Dave Vierra	Erik Karlson
Second Sunday	Stephanie & Hans Steenstrup	Alan Gregersen
Third Sunday	Bill Redding	Dorothy Burkhart
Fourth Sunday		Alan Gregersen

### COMMUNION ASSISTANTS

	8:00 AM	10:30 AM
First Sunday	Kim Bish	Barbara Griffith
Second Sunday	Kim Bish	Cindie Trieger & Mary Gregersen
Third Sunday	Kim Bish	Rob Anderson & Jane Maddalon
Fourth Sunday	Kim Bish	Mary Gregersen

### GUEST TABLE

	8:00 AM	10:30 AM
First Sunday		Einar Hovind
Second Sunday		Marilyn Reginato
Third Sunday		Dennis & Betty Lewis
Fourth Sunday	Astie & Larry Hammett	Marty Appel

## TRANSITION HOUSE NEWS



Trinity served a delicious bar-b-que dinner for 65, thanks to the grilling skills and generosity of **Kim Bish**, on June 15. We also served green salad, watermelon, garlic bread and ice cream bars. Some of our volunteers made full lunches for the next day. Thank you to all our donors and volunteers for June: **Ellen Ahlers, Dorothy Burkhart, Jane Maddalon, Cindie Trieger, Martin Halseth, Christie Henzler, Jane Huhn, Jean Wollenberg, Marcia Lenvik and Marshall & Nancy Sittig.**

The next dinner is Monday, July 20. We always welcome anyone who is interested in providing food or serving to please sign up at the Welcome Center. Monetary donations are welcomed to cover expenses too. Call Nancy Sittig for more information at 966-4499.

### THANKS TO ALL!

Nancy Sittig, meal coordinator

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**MEN'S MINISTRY MEETS JULY 22** at the home of Alan Gregersen. Paul Perez will be the Bible Study leader. Fellowship between 6 and 7 PM, dinner from 7-7:30 PM and Bible Study from 7:30-8:30 PM. All men are welcome to attend any time. Please call Bob Huhn if you have any questions (682-2189)

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**Don't forget the Wednesday Evening Family Picnics, hosted by members of Grace. The upcoming dates are:**

- July 15, 5:30 at Tucker's Grove space #1; hosted by Ned & Janet Nelson
- August 19, 5:30 at Tucker's Grove; hosted by Jim & Rita Benz.

The picnics are potluck. You bring your own entree to barbeque (they will have the barbeque going), your own beverages, place settings and utensils, and a dish to share.

## CONGRATULATIONS TO HEATHER D'EVELYN

*We asked Heather D'Evelyn, daughter of Mark and Diana D'Evelyn and recent graduate of one of our Lutheran colleges, to tell us about her past studies and future plans.*

This May I graduated from St. Olaf College in Minnesota, the alma mater of Pastor Truls, among other famous Trinity members. I graduated with a B.A. from the small liberal arts school on a sunny day with great memories, surrounded by family and friends. I double majored in Studio Art and Asian Studies with a Japan Studies concentration, studying Japanese for three years and then spending a semester abroad in Nagoya, Japan. I sang in the alto section of the St. Olaf Chapel Choir for two years under Dr. Aspaas, glad to sing in the famed Christmas Festival. I spent three years playing Taiko in our Japanese drumming ensemble, and in my senior year I led the group as president. My artistic medium of choice is oil, and I finished this year with three large-scale paintings about family, foreignness, and the future. It was a bit of a challenge stuffing my car with four years worth of paintings, but we made it to California, and now it's time to start searching for jobs. I hope to pursue a career in marketing, preferably in Japanese pop-culture and media, like anime and video games. In the meantime, I'll keep painting!

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## COUNCIL COMINGS AND GOINGS

July brings a change to the face of the Council. Paul Perez and John Santrizos are both stepping down from Council positions after being "term limited". We welcome Mark D'Evelyn and Martin Halseth as well as Betty Lewis whom Council appointed to fill the vacancy created by Phil Wilson's resignation due to demands of family and work. We'll begin our "work year" with a combined meeting and social in July and begin to map out plans for the coming year. In September, we will meet jointly with the newly appointed Long Range Planning Task Force. Your Council members are here to serve you – please contact any one of us with your concerns or ideas – Alan Gregersen, Vice President, Dorothy Burkhart, Secretary, Martin Halseth, Treasurer, Trudy Allen, Carla Church, Mark D'Evelyn, Larry Hammett, Bob Huhn, Betty Lewis, Bennie Olson and John West. Thanks for letting us serve you.

Joanne Nelson, President

**FAITH FORMATION:  
From EDUCATION to PROCLAMATION!**

Summer is upon us! This year we are taking a summer break from our Faith Formation classes – see the timing of the last classes below. We hope this summer is a time you can enjoy a respite, and return refreshed in the Fall.

Faith Formation for all ages will resume September 13<sup>th</sup>, as we celebrate Renewal Sunday and teacher installation.

Blessings!

- - Karen Wilson, TELC Director of Education (kawil001@gmail.com)

**Faith Formation Opportunities**

**Children & Youth**

On summer break. Classes resume Sept 13<sup>th</sup>, Renewal Sunday.

**Adult (High Schoolers welcome!)**

Good God questions will continue until July 12<sup>th</sup>. Join us at 9:15am in the Fellowship Hall between services as we are helped to take on challenging questions by faculty from Luther Seminary, via DVD, and then break into small groups to continue exploring what God is speaking to us today through God's word.

The final three sessions are:

June 28	Why does God allow suffering?	<i>Job 38:1 – 42:6, Romans 8:18-39</i>
July 5	What are bad answers to suffering?	<i>Matthew 5:43-45, John 9</i>
July 12	What are some personal answers to suffering?	<i>Psalms 31, Psalm 77, 1 Corinthians 13</i>

The adult classes will then break until Sept 13<sup>th</sup>, Renewal Sunday.

## UPDATE ON HOLY LAND VOYAGE



Our Holy Land adventurers' departure from Santa Barbara is only four months away—November 3! So far, there are 18 people in the combined group from Christ, Grace, and Trinity Lutheran Churches. It's not too late to register! We're confident that the experience will impact participants' reading of the Bible, their lives of faith, and their congregations.

Pastor Russ Gordon of Christ Lutheran and Pastor Truls are hosting a series of gatherings of the tour group this summer for the purpose of studying sites we'll be visiting, familiarizing ourselves with the Bible stories related to these sites, and

considering contemporary life in this region of the world. Group participants are encouraged to attend; those not participating in the tour are welcome to join in the study gatherings as well. We'll include dates and locations of our July and August study gatherings in the Sunday bulletin announcements.

We're becoming more excited about the tour as the time gets closer. Please consider inviting interested friends or family members and joining us! We'll be taking all the precautions we possibly can to make the trip an enjoyable, safe and healthy experience. If you have any questions, please don't hesitate to speak with Pastor Truls.

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**BOOK OF FAITH.** SALT will be offering a new Book of Faith Bible Study, on Ephesians, beginning July 1. Ephesians abounds with rich words of praise for God and exhortations for Christians to live a life worthy of our calling, and many of the Epistle lessons during July and August are drawn from Ephesians. Class meets at 7:00 p.m. every other Wednesday at the home of Mark and Diana D'Evelyn (280-2276). Open Scripture...Join the Conversation!

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**Christ Lutheran Church and Light of Life Church** will be hosting a Vacation Bible School camp entitled "Kingdom of the Sun: The Lord's Prayer and Safari" at Christ Lutheran from July 6 through July 10 from 9:00 AM to 3:00 PM. The camp is open for all children pre-k through 6th grade and the cost is \$20 per child. They are also looking for high school and junior high volunteers to help with the camp. Please contact Rich Lashua if you can help out.

## **The Halo Chronicles**

### **June 2009**

June was a wonderful month of learning about the 5 Senses for our Ladybug Class (2-3 year olds). They mixed extracts in their finger-paint, made potpourri collages, tasted many different foods and graphed if they liked them or not, touched many different materials in our sensory tubs, listened and guessed about different sounds, looked through kaleidoscopes that they made and participated in many other exciting, fun activities during the month. They also made their traditional Father's Day shirt card that contained answers from questions the teachers asked each child about their daddy.

The Bumblebee Class (3-4 year olds) studied Sea Life in June. They made many cute art projects including a crab out of a paper plate with red pipe cleaner legs, a rainbow fish out of tissue paper from the book of the same name and much more. They also made small edible aquariums out of blueberry jello and gummy fish. They too made a "question card" along with a rock paperweight that had a photo of their child on it. This class started a tradition this year of "Dads and Donuts". All the dads were encouraged the Thursday and Friday before Father's Day to bring their children to school and then stay for donuts, bagels, fruit, coffee and juice. It was a wonderful time for the children and dads alike.

The Butterfly Class (4-5 year olds) continued to review what they had learned this year in preparation for kindergarten as well as preparing for their graduation that took place on June 19<sup>th</sup>. They too made Father's Day cards along with a class book for each dad "How Old Is Your Daddy and What Does He Do All Day While You're At School?"

We will miss this wonderful group of children and parents, many who have been with us for three years, some longer if they had older children go through LAPS. Some Butterfly parents will also be returning in September with their younger child joining our Ladybug Class.

Thank all of you for your continued support. The last day of our Fall Session was June 30<sup>th</sup> (we had a clown come for an end of the year celebration on this day) with our Summer Session beginning July 6<sup>th</sup> through August 14<sup>th</sup>.

Submitted by Mary Lopez

Part of My Faith Story  
Bob Huhn

I was born to parents who were Lutherans and members of Zion Lutheran church in Alexandria Minnesota. I was baptized, confirmed, and attended worship in that same church.

After Jane and I were married and moved to Santa Barbara, we became members of Christ Lutheran. Our family regularly attended church services and participated in the life of the congregation. The congregation included many families with young children and we enjoyed each other's company. We socialized with these members, went on camping trips with them and became very close.

Jane's faith grew at Christ Lutheran. She completed the two-year Bethel Bible study course and Search. I was a member of the congregation, but focused on my career and not on my life of faith.

In 1995 an incident happened that changed the course of my life. The incident is not as important as the path which the Lord directed me afterward. I realized that although I had been a Lutheran Church member all these years, I knew little about the basis for my faith. I joined a bible study at First Presbyterian Church since it conveniently met on Tuesday morning before work. I found a group of guys who like me were interested in studying and searching. I am still a member of this group.

In 1996 I had the privilege of hearing Dr. Marcos Borg, nationally known Jesus scholar. I purchased his book Meeting Jesus Again for the First Time. The words that stood out were,

“The Christian Life is a journey whose central quality is a deepening and transforming relationship with God.”

The term discipleship took on a new meaning – a calling to follow Jesus, learn of his teaching and spread the Good News.

My faith grew as I served on the recent call committee. I had the privilege of listening to and interacting with several pastors and hearing of their deep commitment to our Lord. I served with a committee from Trinity whose faith was contagious.

The mission of the church took on even greater meaning for me this past year when Pastor Truls asked the church council to read The Centered Life – a life centered in Christ, and We are Here Now where Patrick Keifert uses four words to describe the mission God asks of his people:

Called      Gathered      Centered      Sent.

“Even as the Father has sent me, so I send you.” John 20:21.

The marks of discipleship were clearly outlined to me in Charles Lane’s book Ask, Thank, Tell:

1. Daily Prayer
2. Daily Scripture Reading
3. Weekly Worship
4. Growth in giving to the tithe or beyond
5. Serving others in Jesus name
6. Sharing the faith story with the unchurched.

Rev. Lane points out that my primary relationship is to be with Jesus Christ and the congregation is the community of people where this relationship is lived out and nourished. These 6 discipleship marks serve as powerful goals for the rest of my Christian life.

I believe I am on the right path but it is long and treacherous. I give thanks for my Church, where my faith is nourished through God’s Word and Sacraments and where fellow disciples encourage me, support me, and keep me focused. I trust my Lord to continue to guide me and give me faith for my journey.

## **July Notes in Youth and Family Ministries**

This is it! This month our students who are going on our trip to the ELCA National Youth Gathering in New Orleans, LA will leave Tuesday, 7/22 and return Sunday night, 7/26. We will be joining around 30,000 Lutheran high school students from around the country, and it only happens once every three years, so for most high school students it's a once in a lifetime deal. The theme this year is Jesus, Justice, Jazz! Thank you so much to those of you who have donated so generously to our trip; we've been able to completely cover the cost of the trip, and envelopes are still trickling in!

However, while we have been able to cover the trip, considerable funding was also provided from the church budget and the youth ministry budget, leaving little room for much else. We have a large screen television in the youth room that recently stopped working, and is beyond repair (it's a rather old set; at least 15-20 years.) The TV is something we certainly use often in the youth room, both for video illustrations during lessons and for movie night and sleepovers. My hope is to replace it with a similar size; the original is about 60" and we're hoping to get something at least in the 40-50" range. If you have a large TV you would like to donate, or wish to help us save up to buy a new one, please contact Cindie in the church office or leave a check with "youth TV" on the memo line.

This month we will have no youth group the nights July 5, or 26<sup>th</sup>. Rich and Andrea will be out of town visiting family for the fourth of July weekend, and most of us will be returning from the New Orleans gathering the night of the 26<sup>th</sup>.

Stay tuned for midweek events in the Sunday bulletins, through Rich's weekly email, or through Rich's blogs on facebook and myspace!

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

# Healthful News

## Sharon Troll RN

### Parish Nurse

**Parish Nurse Hours Mondays**

**Call for appointment (687-1577)**

or email [strollrn@aol.com](mailto:strollrn@aol.com)

*This month I thought I would share about a few things I am learning about in a cooking class I am taking called the Cancer Project. Enjoy.....Sharon*

### ***What are Endocrine Disrupters?***

The National Institute of Environmental Health Sciences and the National Toxicology Program support research to understand how chemicals both natural and man-made may interfere with the endocrine system.

Endocrine disruptors are chemicals found in many of our everyday products including some metal food cans, plastic bottles, food, toys, cosmetics detergents and pesticides. These disrupters may interfere with our endocrine system and many are linked with developmental, reproductive and immune problems. Our endocrine system is made up of glands and organs that secrete and produce hormones. They include the thyroid, hypothalamus, pancreas, pituitary, ovaries, testes, and adrenals. The hormones from these glands guide our energy levels, growth and development, reproduction, responses to stress and help us maintain our body in balance much like a thermostat regulates heat in a home. The theory is that these endocrine disrupters can block, mimic and even interfere with the communication of our naturally occurring hormones.

Some chemicals, especially pesticides and plasticizers such as Bisphenol A are suspected endocrine disruptors based on animal studies. (BPA) is a chemical building block that is used primarily to make polycarbonate plastic and epoxy resins. This man made chemical can leach out of plastic products especially when heated. As research in this area is ongoing I encourage you to go to the NIEHS and NTP websites for further information.



## ***Olive Oil Friend or Foe?***

There is an old Italian proverb – “*olio nuovo, vino vecchio*” (meaning, “it is best to consume young oil but old wine”). Properly stored, olive oil will keep longer than other edible oils – up to two years. However, once opened, it is best to use the oil within 60 to 90 days. (per Olinda Ridge Olive Company).



### ***When you store:***

Remember - Olives are fruit; olive oil is a fruit juice. *Air, heat, and light will cause olive oil to turn rancid (rancid is the flavor which is imparted in an oil after it has undergone the process of oxidation. Since prolonged contact with oxygen is the root cause of oxidation, rancidity is a common defect, so it should be stored in a cool place in an airtight container) The best containers are glass, stainless steel or tin. If your oil has a buttery taste, then it's probably rancid.* Also know you may not be able to smell when your olive oil turns rancid but your body will know by indigestion.



### ***Words of advice:***

- Place your olive oil in a kitchen cabinet away from the stove and oven.
- Stay away from plastic containers as the oil can absorb the chemical polyvinyl chloride.
- Make sure the container has the ability to be resealed tightly.

There are **120 calories in one tablespoon** of extra virgin olive oil. The beneficial health effects of olive oil are due to both its high content of monounsaturated fatty acids and its high content of antioxidative substances. Studies have shown that olive oil offers protection against heart disease by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels.

**All oils are 100% fat. *The important thing to remember is that all fats add calories and a drizzle is enough for all the benefits you need!***

*Sharon*

*A Message from Karen Wilson, Trinity's newly called Associate in Ministry for Education.*

Thank you all for the unanimous vote to call me as your first Associate in Ministry for Education. With honor I do accept the call, and joyfully look forward to continue my role directing Trinity's Faith Formation (educational) ministries. I especially look forward to September 6<sup>th</sup>, Labor Day Sunday, when we celebrate as a congregation within our worship of God this new beginning together.

I have been asked why the new title? What does it mean to be an Associate in Ministry, or "AiM?" What makes being called as an AiM different from being hired as a Director within the church? So here is a little "educational" primer, courtesy of the ELCA website.

Leaders who have been called to serve in the ELCA serve on one of four "rosters" (lists) to carry out the ministry and mission of the church, sharing God's boundless love with the world. Ordained leaders are called "pastors," which is the "Word and Sacrament Ministry." There are three rosters for lay leaders, known as "Word and Service Ministries." These are "Associates in Ministry," "ELCA Deaconesses," and "ELCA Diaconal Ministers." Leaders on all four rosters have been theologically trained, and "whose educational and personal qualifications have been examined and approved in the manner prescribed in the documents of this church" – a fancy way of saying they have been thoroughly vetted by not only passing the initial psych exam, but also three rounds of written and oral examinations before three separate candidacy committees over three to four years, and are now deemed fit to serve and lead the church as a whole. Once called by their congregation or ministry, each of the various ministers are then officially ordained, consecrated or commissioned into the ELCA, and then installed into their various ministries, according to ELCA guidelines.

**Specifically, what are Associates in Ministry, or AiMs?**

The ELCA website explains AiMs as such:

"Partners in ministry, these leaders are commissioned for ministry to equip and enable others in their Christian lives. Theologically trained lay ministers, they serve in congregations and other ministries of the ELCA.



The partnerships provided by those who serve on this lay roster are of deep value to the church. Associates in ministry frequently share in a collegial staff ministry and focus in areas such as learning ministries, family ministries, youth, administration, volunteer ministry, music, ministry coordination or parish nursing. Some associates in ministry serve in staff positions in congregations where the position includes more than one area of specialty. An associate in ministry may also be called by a synod to a non-congregational setting such as a social service agency, counseling center, college or seminary faculty, or synod staff.

Many congregations benefit from the life experience and skills of commissioned associates in ministry in the ELCA. They provide leadership and support for specific program ministries of the whole people of God in serving the mission and ministry needs of the church.”

If you are interested in exploring the differences between the rostered leadership in the ELCA, the ELCA has an excellent section on its website: <http://www.elca.org/Growing-In-Faith/Vocation/Rostered-Leadership>.

The above gives good promo, but little substance about what my job will be. Actually, my role at Trinity will look the same as my role this past year as Director of Education. With Pastor Truls my main duties will be continuing to design, develop, and implement Trinity’s various Faith Formation ministries, from Pre-School through Adult. I will do so only alongside other talented and committed congregational members who are equally passionate about equipping Trinity’s leaders of all ages to fulfill God’s job description handed to each of us at baptism, and summed up at the end of Matthew: Go: Baptize and teach all I have commanded you to the entire world. Preach God’s saving grace and forgiveness to all people caught and bound to sin. And know that I’m with you always, even to the close of the age.

*“But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him?... So faith comes from what is heard, and what is heard comes through the word of Christ.” Romans 10:14,17 (NRSV)*

*“...This is most certainly true!” Martin Luther*

## MEMBERSHIP MUSINGS

With the arrival of summer, many of us at Trinity are busy with our backyard gardens. If you find that you've got too many guavas or lemons, we've got a place for that extra produce. It's called the GARDENERS' EXCHANGE TABLE. It's a good spot for gardeners to put their abundant crop, and a good spot for everyone to find fresh produce for the family table.

In the six weeks since the EXCHANGE TABLE has been in operation, we've been blessed with rhubarb, lemons, summer squash, oranges, oregano, Swiss chard and boysenberries. Soon, we'll see the arrival of zucchini, tomatoes, peppers and eggplant. Remember, anything you find on the TABLE is free. Your donations, while not required, go to support the Food Pantry operated by Grace Lutheran Church.

The Membership Ministry Team will soon announce details about a small dinner group program. We envision groups of 6 to 8 people meeting occasionally for brunch or dinner, as a way to become better acquainted with other Trinity members. More details will follow in the August Newsletter, with the program beginning in the Fall.

An attractive photo display of our new members can be found on the bulletin board as you enter the sanctuary. Beside each photo you'll see a brief "bio" of interesting information about that person. Thanks to Dale Oftebro, one of our Team members, for assembling the display.

BREAD BREAKERS.....coming in the Fall.

Submitted by Dennis Lewis

## Notes From the SALT Shaker



It may be summer but SALT isn't taking a vacation ( well – the Leadership Team IS taking “time out” in July but we'll be back at it in August). We are looking forward to spending a Saturday in September with Nancy Ackerman, Assistant to Bishop Nelson, to explore the greater possibilities of working together. We'll keep you posted on the directions we will be exploring.

Members of the SALT congregations are invited to attend Pastor Russ Gordon's farewell service on Sunday, July 26, followed by a pot-luck picnic lunch. The Bishop has called Pastor Gordon to a congregation in Templeton. We wish him well and God speed.

Volunteer opportunities abound for SALT members and friends – the food distribution Pantry at Grace needs volunteers on the first two Saturdays of the month – but even more so, your dollars and donations of food are very important to keep this program going. Contact Phil Archenbronn at Grace for further details. Also – the women of Grace extend a warm welcome to all quilters to join them from 9 AM to noon each Tuesday. They create beautiful quilts that are donated to Lutheran World Relief. They have four sewing machines waiting for willing hands!

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### **FIESTA FUN!**

Fiesta is just around the corner and while it is not a celebration on our church calendar, Trinity has embraced the “spirit of Fiesta” with food and fellowship. This year, thanks again to Bill Redding and his unflagging energy and enthusiasm, we will have a lunch with music and surprises after the second service on Sunday, August 2. We expect festivities to begin about 11:45 AM. (Note – we will have both the 8 AM and the 10:30 AM service that morning.) Mark your calendar now and

plan to attend this special event

