

TRANSITION HOUSE THANK YOU

On May 17, Trinity members provided a dinner of chicken taco salad, watermelon, and brownies as well as lunches for the next day to the residents of Transition House, a shelter for homeless families. Those who helped provide food, serve the meal and made cash donations were: Cindie Trieger, Marilyn Reginato, Nancy Sittig, Ellen Ahlers, Jane Maddalon, June Brusse, Dorothy Burkhart, Tina Reginatto and Eddie Mindhein.

Dorothy Burkhart, Nancy Sittig and June Brusse rotate being coordinator for Transition House each month. There is a signup sheet at the Welcome Center for those who would like to help with food or monetary donations each month. We'd also love to have another coordinator (or more). On-the-job training will be provided!

Dorothy Burkhart, May Meal Coordinator

OOPS. We have discovered a few errors and omissions in the new photo directory. Please make these corrections:

- Sharon Carpenter's phone number is 705-0262
- Arlene Petrauskas' address is 1525 State St #305 SB 93101 phone 564-8880
- Cynthia Johnson's address is 6216 Westmorland Goleta 93117 phone 964-1439

Please contact the office if you find any other errors or omissions.

WELCOME TO COMPUTER CLASS AT TRINITY! 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!

SERVING IN WORSHIP IN JUNE

ALTAR GUILD Maxine Rajala, Ruth Harrison and Jane Huhn

READERS	8:00 AM		10:30AM
First Sunday	Dave Vierra		Marshall Sittig
Second Sunday		(9:30)	Dorothy Burkhart
Third Sunday	Christy Henzler		Erik Karlson
Fourth Sunday	Martha Santrizos?		Dennis Lewis

COMMUNION ASSISTANTS

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

GREETERS

	8:00 AM		10:30 AM
First Sunday			Ron & Dale Oftebro
Second Sunday		(9:30)	Kathy Raschka
Third Sunday			Nan Burns & Greg Dahlen
Fourth Sunday			Einar Hovind

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).

WE CONGRATULATE

Tyler Dolin was a featured soloist at the Reno Jazz Festival and the Santa Barbara High Jazz Festival. He was given special mention by the judges in Reno.

Shannon Satterthwaite and James Paul were married at Trinity on May 22. They will live in Simi Valley after a honeymoon on Catalina.

Mark Sittig has completed the one year pre-med program at Tulane University in New Orleans. He will begin medical school at Tulane in early August. Mom and Dad, Nancy and Marshall Sittig will be there to watch him participate in the "White Coat" ceremony for all incoming first-year students.

Nancy & Marshall Sittig are pleased to announce the engagement of their daughter Katya to Hector Gabriel Herrera. Their wedding is scheduled for March 2011, when Katya completes her studies as a medical technician. Hector is employed as a chef at the Mesa Cafe.

WE MOURN WITH

The Griffith family on the death of son Paul. A remembrance of his life was held on May 23 in Los Olivos.

The Andersson family on the death of Ellen. A memorial service was held at Trinity on May 14.

The Hazard family on the death of Norm. A memorial service will be held at Trinity on Saturday, July 10 at 11:00 a.m.

The Seyfried family on the death of Helen. A memorial service will be held at Trinity on June 12, time to be determined.

We keep in our prayers: Cynthia Johnson, Kristin Anderson, Beulah Bradley, David McInnes (son-in-law of Norm & Joanne Tveidt), Joyce Karl, Mary Schenker (mother of Eric Schenker), Hal Oquist, Val Oquist, Correne Slater, and Jean Appel.

BOOKBINDER'S BOOK CLUB - For our gathering in June we are reading *The 19th Wife* by David Ebershoff. **Please join us June 27 at 3:00 PM in the Fireside Room for our meeting.**

MEN'S MINISTRY MEETS at 6:00 p.m., Wednesday, June 23 at the home of Dave McClure. We'll have good food, fellowship, and Bible study. Please join us. There will be a sign-up sheet at the Welcome Center so Dave knows how much food to prepare.

THE WOMEN'S FELLOWSHIP GROUP will take a break during the month of June but plan to meet again in July. When the date and location has been established we will let you know.

ANNUAL MEETING SCHEDULED FOR SUNDAY JUNE 13 – This year's annual congregational meeting will be held at **10:30 AM following a single worship service that day at 9:30 a.m.** Items on the agenda will include the presentation of the annual budget, election of Council officers and members at large, as well as election for three vacancies on the Endowment Committee. Budget discussions will be held at 9:15 on the Sundays – June 6 in the chapel. Copies of the Annual Report and the budget will be one week prior to the meeting.

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

- June 16 6:00 p.m. location to be determined, hosted by Grace Lutheran
- 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

Bring your own item to barbeque, your own plates and utensils and a dish to share.

THE CHRISTMAS TREE LOT THANK YOU DINNER was a huge success. Thank you to Kim Bish for the wonderful tri-tip and halibut. Good food and fellowship was had by all. If you were unable to attend this thank-you dinner, Kim will be having another one to thank the Boy Scouts but others may attend. The date for the next dinner will be announced.

OUR COLLEGE GRADUATES

Kim Courtney is graduating from Santa Clara University. She played on the volleyball team (NCAA Division 1) and was voted "most inspirational". She was also captain during her senior year. She was also part of PSI CHI (national honor society for psychology). Kim's had a combined sciences major; a mixture of chemistry, biology and physics. She plans to attend nursing or physical therapy school and possibly play volleyball overseas.

Shannon Satterthwaite is graduating cum laude from California Lutheran University in only three years. She received a CLU academic scholarship all semesters and was on the Dean's List all semesters. She was also in the accounting club. She majored in business administration with a marketing emphasis. Shannon is currently working at Wells Fargo Bank and hopes to make a career at Wells Fargo.

OUR HIGH SCHOOL GRADUATES

Anjali Daniels is graduating from Dos Pueblos High School. She has been involved in theater during all four years at Dos Pueblos and participated in *Pride & Prejudice*, *Beauty & the Beast*, *The Visit*, *Annie* and *You Can't Take it With You*. She also participated on the FIRST Robotic Team 1717. Anjali will be attending University of Southern California and is planning to major in Mechanical Engineering. She would like to be an engineer or inventor of some sort and continue in theater as a hobby.

Michael Trevor Dolin is graduating from San Marcos High School. He has been involved in marching band, concert band, jazz ensemble and orchestra for the school musical for all four years and received the award for the most outstanding senior in the music program this year. He also received a Yale Penzell, M.D. Memorial Scholarship. Trevor will be traveling and performing with Santa Clara Vanguard this summer and plans to attend Santa Barbara City College in the fall with a major in trombone performance.

Continued on next page.

April Satterthwaite is graduating from Dos Pueblos High School. While there she was involved in cheerleading and was Junior Varsity Captain. She was a member of the National Art Honor Society, a Scholar Athlete and a UCA AU All-American Cheerleader. April is interested in photography and cosmetology and will be attending the Paul Mitchell School of Cosmetology.

Jack Trieger is graduating from San Marcos High School. He has been involved with the Marching Band, Percussive Theater, Jazz Band and Color Guard during his four years there. He received the Senior Percussion award at this year's awards banquet. Jack was awarded the Golden State Seal Merit Award in his senior year for receiving a score of 370 or above on six qualifying state standardized tests. Jack plans to attend Santa Barbara City College and major in Graphic Design or Political Science.

Those graduating from high school who did not provide information about their future plans.

Katie Boehm graduating from Dos Pueblos High School.

Hans Steenstrup graduating from Laguna Blanca.

Nathan Tufvesson graduating from San Marcos High School.

THANK-YOU TO TRINITY

"Dear Pastor Truls and friends,

Thank you to Pastor Truls for his phone calls & visit with my mother praying and reading to her from the Bible during her illness.

We appreciate, Pastor Truls, the words of comfort spoken at the services.

Your cards and prayers were very much appreciated."

In Christ's love,
Cynthia Johnson and family

FOOD PANTRY REPORT

An important outreach that Trinity supports for the local community is the SALT Food Pantry at Grace Lutheran. Our support is both financial and physical: our dollars help to purchase food from the Food Bank, and we also provide the volunteers that organize the goods on Saturday morning and distribute it to persons in need.

May 22 was the most recent day for our congregation's Food Pantry efforts. Four Trinity members volunteered to help that Saturday morning. Working alongside 7 of the "regular volunteers," food was passed out to 58 grateful clients and their families.

As you know, the SALT Food Pantry is supported by the three local Lutheran churches. Grace Lutheran manages the Pantry on the first Saturday of the month, Christ Lutheran manages the second Saturday, and we at Trinity manage the Pantry on the fourth Saturday. Each of the three churches provide volunteers for their Saturday obligation, and also provide funds to purchase the food from the Food Bank.

At Trinity, our obligation is paid from Trinity's general fund, and is augmented by your donations at the Sunday morning Gardeners' Exchange Table.

Trinity members who have had the opportunity to work at the Food Pantry have been struck by the obvious need of the clients and their gratitude for the food they receive. This is truly a worthwhile Christian project.

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.

June Notes in Youth and Family Ministries

First off, thank you to all of you who helped with our youth fundraiser as we talked about “buying stock” in our trip to San Francisco this summer! We will be serving with Youth With A Mission (YWAM), an ecumenical organization that equips youth of all Christian denominations to serve worldwide.

If you missed us, or weren't able to give at the time the announcement was made, there is still time to contribute and “buy stock” with us. Shares are \$1 each, and all shareholders receive a stock certificate. After we return from our trip, we will have a “shareholders' meeting” and have all of you over for dinner as well as some pictures and stories of our trip.

But back to this month; we're all looking forward to summer and the end of school, and we officially marked the end of our faith education year with a pool party at the home of Larry and Astie Hammett on Sunday, 5/16! Pentecost marked the culmination of our students' preparation for the affirmation of their baptisms.

Perhaps one reason things such as confirmation and graduation are held in the spring is to remind us that these are beginnings, not endings. One's faith or education is not a task to be accomplished or a problem to be solved, it is a living, organic part of the human experience that grows and changes as we do.

How's your garden growing? Need a little more Living Water?

Peace,

Rich Lashua

Director of Youth and Family Ministries

There will be no Senior Fellowship Luncheon in June (the luncheon at Frog Bar & Grill as been cancelled). The Senior Fellowship Luncheons will resume in the fall.

Healthful News June 2010

Sharon Troll RN Parish Nurse

Parish Nurse Hours Mondays

“Sun” Block It



When I was a young girl all we had was suntan lotion.

No one ever heard of sun block. We would go to the beach all day swimming and playing volleyball. Coppertone tanning lotion was my favorite because I loved the smell of coconuts. Plus it reminded me of a vacation I once took to Hawaii. My girlfriends loved using baby oil but that was too messy for me. The beach was my getaway place for relaxation and fun. I can recall the nights of applying the white creamy Noxzema Cream to cool down the sunburn pain. During the summer we lived outdoors like a lot of kids in the 60's. Skin care for a teenager meant the extermination of acne. The only time I saw a dermatologist was for antibiotics and ultraviolet light treatments to dry up the acne. Dermatology was very primitive when I was born. Now I wish I had bottled that excess skin oil into a moisturizing serum which they recommend for dry skin today.

As we approach the longer days of sun these summer months, be extra vigilant with your sun block kit. Your kit includes your sunglasses, your hat and your sunscreen. Our patio on Sunday mornings is especially glary and our eyes as well as our skin need protection. Keep the sun block in your car for easy reapplication. Yes, we can get sun damage even being in our cars-especially on our arms. Sun Blocks are relatively new and they are here to stay. The first SPF was introduced in 1986 and 30 SPF not until the early '90's. SPF stands for sun protection factor. The SPF number only refers to the UVB rays. UVB is responsible for us getting sunburned. Your sunscreen should also protect from UVA which is one cause of aging skin. UVA penetrates the skin more deeply and it produces free radicals that attack the collagen (connective tissue) of the deeper skin layers and blood vessels. When UV rays hit the skin it can cause skin changes at the cellular level and can lead to DNA mutations. With the vacation months approaching, the thinner ozone layer, and a longer life span, we all need to protect our skin from skin cancer which is the most prevalent form of all cancers in the U.S.



After all, we got a lot of livin' to do baby!

Peace and Joy, *Sharon*

Sunday, June 13

9:30 a.m. Single Worship Service
10:30 a.m. Annual Meeting



CARE MINISTRY

CARE MINISTER RECOGNITION
Worship Services, Sunday June 6th
and



POT LUCK Dinner!
June 6th, 5:30PM
at

Pastor Truls and Kathy Home
Sign up on the patio.

FROM PASTOR TRULS

One way or another, we've been together a lot lately. That's a good thing! Pentecost is still fresh in my mind, for example. We gathered to celebrate the Holy Spirit's gift of faith in the Church and in our individual lives, to take delight in young people affirming their baptism, and to encourage them and one another in the faith we share.

We've been together in other ways as well—in Bible study groups, in an intergenerational Sunday School party, in confirmation preparation and a brunch for families, in youth group, senior fellowship, men's, and women's gatherings, walking for Arthritis research and for exercise together, at the SALT Food Pantry and for *Transition House*, in memorial services, in a reunion of Holy Land travelers, in a newly offered computer class, at an appreciation dinner for tree lot helpers, and in lots of other meetings to care for others and the ongoing mission of Trinity. Beyond that, I can't begin to guess the number of meals, conversations, and other activities that people of Trinity have shared. One way or another, it seems we've been together a lot over the past month! That's a good thing.

I believe we have the Holy Spirit to thank for bringing us together. Further, I believe the Holy Spirit brings us to faith, hope, and love when we're within range of God's Word as it is somehow or another spoken and embodied by others.

I believe that, from the very first, God created us to be in relationship—and that there is power in relationship. Something

happens when we laugh, cry, work, and play together. Not all people know the encouragement and joy of healthy relationships, however. One survey indicated that 90% of males in the U.S. lack a true friend. Mother Teresa called loneliness the "leprosy of modern society."

A research project headed by a Harvard social scientist found that people who had bad health habits (smoking, poor nutrition, not getting enough sleep, for example) but yet strong social ties, lived significantly longer than people who had very good health habits but who were isolated from others. Our parish nurse will not likely, wholeheartedly endorse this conclusion, but apparently it's better to eat Twinkies with friends than to eat broccoli alone!

All of this together tells me that you and I have a lot to offer the people we meet in our city and neighborhoods—the treasures of God's grace, forgiveness, and love to be sure, but also the gift of ourselves—our laughter and our friendship.

I am convinced that God has called all of us who are connected at Trinity to share ourselves, in various ways, with others in our surrounding community. Moreover, it is my prayer that each of us is continually inviting people to meet Jesus Christ.

I believe that God has brought us together for life-giving reasons. Please allow the Holy Spirit to use you—to befriend, to share, to invite, and to proclaim. And remember—we're not in this alone. That's a very good thing!

