

## **Members in the News**

**Natalie Nomura** was pictured playing basketball in an article about the Laguna Blanca Owls.

## **We mourn with**

**Ruth Harrison and the May family** on the death of Cathy. A memorial service was held at Trinity on February 6.

**Bob Tetherow and family** on the death of Bob's brother Charles.

**Judy Uhles and the Dague family** on the death of Bob. A memorial service was held at Trinity on February 19.

**We keep in our prayers:** Amy Frenzer (daughter of Shirley & Dick Landru), David Hammoch (son-in-law of Jane & Jim Maddalon), Jean Appel, Paul Griffith, Correne Slater, Hal Oquist, Val Oquist, Helen Seyfried, Ruth Harrison, Sara Kvass (daughter-in-law of art Kvass), Mary Lou Johnson (mother of Cynthia Johnson).

## **UNIVERSITY OF MINNESOTA, MORRIS CONCERT CHOIR AT TRINITY -**

March 13 at 7:00 PM please come to Trinity and enjoy a concert of sacred choral music presented by the 60-voice UMM choir, directed by Ken Hodgson.

This talented group has sung at our church twice in the past decade and are coming through California again on their 2010 West Coast tour. We will host them for dinner in the Fellowship Hall earlier that evening, and they will be lodged at a local inn. They must hit the road very early the next morning, so are unfortunately unable to stay and sing during our worship services as they had done in the past. So be sure to come and hear them that evening! There is no admission cost, but free will offering will be taken to help them defray the costs of their tour.

## SERVING IN WORSHIP IN MARCH

**ALTAR GUILD** Maxine Rajala & Astrid Johansen

**READERS** 8:00 AM 10:30AM

First Sunday	John Santrizos	Ruth Bloch
Second Sunday	John Santrizos	Dorothy Burkhart
Third Sunday	Martin Halseth	Erik Karlson
Fourth Sunday	Mark D'Evelyn	Corbett Granger

### COMMUNION ASSISTANTS

	8:00 AM	10:30 AM
First Sunday	Kim Bish	Barbara Griffith
Second Sunday	Kim Bish	Cindie Trieger
Third Sunday	Kim Bish	Rob Anderson
Fourth Sunday	Kim Bish	

### GREETERS

	8:00 AM	10:30 AM
First Sunday	Larry & Astie Hammett	Marty Appel
Second Sunday		Dale & Ron Oftebro
Third Sunday	Kathy Raschka	Nan Burns & Greg Dahlen
Fourth Sunday		Einar Hovind

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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 greet 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).

## MARCH BIRTHDAYS

John Rydell	1	Mark Nylen	20
John Walter Santrizos	1	Kelly Hammond	20
Kathy Raschka	2	Dan Thomas	22
Leah Jones	5	Mattias Walker	24
Ezana Okomo	5	Sophie Graham	24
Bob Nelson	8	Ed Lenvik	26
Mac Sanborn III	9	Maggie Tufvesson	27
Bill Noyes	9	Brendan Lokre	27
Abigail Carroll	9	Norman Hazard	28
Scott Howard	10	Emily Ebeling	30
Lynn Jones	11	Marshall Sittig	30
Anjali Daniels	12	Lisa Sobczak	30
Hana Anderson	16	Peter West	31
Dawn Woods	17	Kim Courtney	31
Dave McClure	18	Martha Ringer	31
Pat McClure	18	John West	31
Sharon Carpenter	19	Clay Klakeg	31

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

## MARCH ANNIVERSARIES

Leif Ourston & Kathy Raschka	6	Norman & Joanne Tveidt	20
Richard & Nancy Graham	7	Gary & June Brusse	21
John & Helen Rydell	9	Jerry & Barbara Griffith	21
Richard & Carol Rodseth	12	Steven & Anna Tetherow	21
Ken & Margaret Siegele	16	Rick & Carla Church	25
Bob & Jane Atwater	17		

**The Halo Chronicles**  
**December/January/February 2010**



December was a busy month for all at Little Angels. The three classrooms were busy learning about the birth of Jesus and the holiday season. The children enjoyed creating much art in preparation for Christmas decorating and put a tremendous amount of effort into learning the songs that they performed at the Christmas program on December 11<sup>th</sup> in your beautiful church. The Little Angels annual Christmas Sing has a special way of getting all involved in the spirit of the season! We hope that you had a safe and special Christmas surrounded by those you love. We know that 2010 will be a wonderful year full of blessings. Thank you for sharing your church and campus with us- we feel so fortunate.

After a two-week break for Christmas, the staff returns renewed and refreshed.

The Ladybug class (2-3 year olds) returned from Christmas vacation to a room full of dinosaurs and reptiles. The class had been transported to a land of long ago, occupied by dinosaurs and reptiles. In addition to making dinosaur salad, painting dinosaur eggs and snakes, the walls of the room were decorated with dinosaur footprints and artwork. This unit fascinates the kids: girls and boys alike. The month ended with a Dinosaur Bone Dig in the sand box and a Dinosaur Salad snack...how excited the children were to find their dinosaur treasure bones and eat Dino Greens. Each day they look to Ms. Ornelas to find out what more they will learn about these intriguing creatures. February is Color and Shape Month along with a Valentine exchange and party they enjoyed earlier in the month. They continue to work on the annual Color and Shape book to take home at the end of the month!

The Bumblebee class (3-4 year olds) looked at Space and Weather in January. At every turn, the class learned a new fact about planets and the environment in which we live. The Bumblebees incorporated all that they had been studying into art and storytelling. The children decorated their classroom with painted planets: earth & Saturn. They also made their annual weather wheel to take home. The month ended with a space excursion in giant cardboard boxes the children painted black on the inside. February has been all about Dinosaurs/Reptiles and Amphibians while incorporating many Valentine projects into the month as well. Again a Valentine exchange and party was enjoyed by our little Bumblebees.

The Butterfly class (4-5 year olds) continues to study the alphabet, decorating a letter each week and associating that letter with words beginning with the particular letter. The children found themselves learning about Health and Safety the first 2 weeks of January as well as Pets and Animals the last 2 weeks. Our unit the first 2 weeks concentrated on good choices that we can make about food and taking care of our bodies, in addition to, touching on points of safety. The children learned their phone numbers and heard about a variety of things that would help to keep them safe. The unit on Animals and Pets is always a favorite with the children. The children learned facts about different animals and enjoyed many “hands on” projects on the subject. At the end of the month the class had an in-class circus, where children and teachers dressed as their favorite circus character and displayed their talents in circus acts. Parents were invited to “watch the circus” and enjoy a bag of popcorn. February is their unit on Space. They are learning fun facts, creating some interesting art projects and going on their annual “Space Adventure” later this week. They too enjoyed a Valentine exchange and party mid month.

# March Healthful News

**Sharon Troll RN, Parish Nurse**



## *Eye Fatigue?*

Have you ever considered computer eye wear? Using a computer/ video screen for long periods is one of the most common causes of eyestrain. Symptoms include dryness, burning, tearing of the eyes, migraines, blurring of print on the screen and difficulty focusing. This type of eyestrain is called computer vision syndrome. It is recommended that your computer screen be 20-26 inches away from your eyes. Here are a few things to help protect your eyes from computer eyestrain. First, minimize the glare on the computer screen. LCD screens are easier on the eyes and usually have an anti-reflective surface. Select a screen with the highest resolution possible. If you have an older monitor you can do this by installing an anti- glare screen or have those white walls changed to a darker color with a matte finish. Second, adjust the display settings on your computer so the brightness of the screen is about the same as your work environment. In addition, select a display that has a diagonal screen size of at least 19 inches. Third, Blink. The normal blink rate averages 12 times per minute. Computer users usually blink 5 times per minute. The longer the eye remains open between blinks, the more likely the cornea is to dehydrate, burn, or ache. Lastly, take periodic breaks during your computer workday. Exercise your eyes by looking far away into the distance, which will relax the focusing muscles inside the eye and in turn reduce fatigue.



## **Care & Eucharistic Ministers**

*Our next meeting will be April 13.*

*There will be no March meeting.*



## **LONG RANGE PLANNING TEAM UPDATE**

The long range planning team has been working on gathering ideas and discerning God's will for Trinity through Bible Study and prayer. Besides meeting monthly, the team held an all-day retreat on January 30th. Prior to the planning retreat, members of the committee visited area churches, attended conferences and reviewed documents, books, and websites. In addition, each member prepared a vision statement and asked the congregation for their input on the question "If God had God's way with our congregation for five years, what do you see in our future?"

The retreat began with a review of the research. Over 150 ideas and food for thought were generated. The team then broke up into three groups to study Acts 2, 10 and 16 to prepare us to develop a purpose statement for Trinity. The primary reason for a purpose statement is to remind ourselves of what we are here for –a statement of what we believe God wants us to center on. The team was asked to silently review the input from the research, review the Bible study findings, and to pray. Each team member then developed a purpose statement to share. The team continued to work on a purpose statement followed by developing guiding principles (guiding principles articulate the things we need to remember and be accountable for in living out our purpose) at our meeting in February. We started gathering possible guiding principles by again reviewing passages from Acts and asking the question "What principles or values were they using in making decisions in this passage?"

After Bible study and purpose statement development, the team prioritized the ideas generated at the retreat for further investigation. The team was encouraged to use the purpose statement and Bible study work as a "lens" through which to prioritize. Input ideas will be sorted (like things together) and, based on the prioritization and the purpose statement/guiding principle work, categories for further exploration will be defined.

The TELC Long Range Planning Team:

Judi Brooks, Diana D'Evelyn, Christy Henzler, Art Kvaas, Susan Malde, John Morrisset, Bob Nelson, John Santrizos, Council Representative Bob Huhn and Pastor Truls Person

*March 11*  
**Senior Fellowship Luncheon**

*Our guest*

**Visiting Nurse and Hospice Care of  
Santa Barbara**

VNHC is our community's leading nonprofit provider of comprehensive home health and hospice services. They have served our community since 1908.

Exercise 10:30AM

Program: 11:00AM

Lunch: 12:00Noon

Cost \$6.50



**Women of Trinity Lutheran**

**Ladies Dine Out**

**Thursday March 11<sup>th</sup> 2010**

**6-8 PM**

**Your Hostess: Cindy Courtney**

***Place: 4551 Auhay Drive, SB***

***Sign-Up: At the Welcome Center***

***Bring \$5 and a beverage to share***

## **March Notes in Youth and Family Ministry**

High school students had a blast last month at Winter Camp, and we're getting ready for our big summer trip in June to San Francisco; spots are still open! This trip is open to all students entering grades 9-college in the fall of 2010. We will be going through Youth With A Mission (YWAM). This time we'll be heading up to the Bay Area to get down and dirty in some urban ministry. Participants serve in a variety of ways during a YWAM mission trip. Students may spend all week at one ministry or switch between ministries during the week. Our goal is to partner with local organizations and programs that seek to address the very basic needs of residents. Students may serve at places like: Children's Programs, Elderly Centers, Soup Kitchens/Homeless Shelters and Thrift Stores. **DO NOT WAIT ON THIS ONE.** We will be going the week of June 13-18. Cost of the trip will be approximately \$350. The more students we bring, the lower the cost gets, so grab a friend, and get your registration and \$75 deposit in TODAY! **Scholarships are available, so don't let finances be an obstacle, either!**

This month we will also have a few special events. A March Madness Movie Night will be on Saturday, 3/20, in the youth room from 6-11PM. Join us, and bring a friend! And speaking of movies, we will also be showing the "Passion of the Christ" film immediately following the evening Good Friday services at Trinity (approximately 8PM or so.) Interest has been expressed in watching "The Passion of the Christ" film, as our high school students have been discussing the crucifixion in our evening Bible study. Please note this film is rated R for violence and is extremely graphic in its depictions of the flogging and crucifixion of Christ. Discretion is advised, and though I don't typically advocate underage film viewing, exceptions could/should be made here. Parents are welcome to join us as well for viewing and discussion. Stay tuned!

Finally, I've finished school, and have more time to hang out. If you're up for a burger or coffee after school, let me know!

Peace,

Rich Lashua  
Director of Youth and Family Ministries

## FOOD PANTRY BRIEF

As you know, Trinity helps at the Saturday Morning Food Pantry at Grace Lutheran Church. Our responsibility is to oversee the program on the fourth Saturday of each month, and many of you have volunteered to help with that task. Thank you.

Thanks, too, for the bundles of plastic bags that have been donated to the Pantry. One of the tasks the volunteers face on Saturday morning is to sort the crates of fruits and vegetables the Food Bank sends to us. We use plastic grocery bags, more than 100 bags a morning, to sort that produce. Once again, thank you.

Lastly, you might be wondering, how many clients receive food from the Saturday Food Pantry each week? Our numbers range from 40 to 85, with an average of 50 families (clients) each week.

"I am pleased and grateful to announce that I have successfully completed my Masters in Education through Azusa Pacific University! I would like to publicly thank the Endowment Committee for providing a scholarship to aid me in my efforts, as well as all of the many cheerleaders Andrea and I have had in staff members as well as friends and co-leaders in worship. God is indeed good!"

Rich Lashua

## TRANSITION HOUSE THANK-YOUS

On Monday, February 15, we provided dinner of spaghetti, green salad, garlic bread and brownies to a about 60 adults and children at Transition House, We also provided lunch for the following day. Thank you to: **Jane Maddalon, Martin Halseth, Ila Vranish, Mary Gregersen, Beulah Bradley, June Brusse, Judi Brooks, Ellen Ahlers, Burt Langlo, Jean Wollenberg, Cindie Trieger and Nancy Sittig for donations towards the meals.**

We will provide our next dinner on Monday, March 15, 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.

Dorothy Burkhart, February coordinator

## MEMBERSHIP MUSINGS

Do you ever ask yourself: How could I become better acquainted with other members at Trinity? If so, why don't you consider joining MIDWEEK WALKERS each Tuesday morning? Our group walks a 30 to 40 minute route at an average pace. Our path is different each week, and we're all surprised at the interesting places we had never before seen in the Santa Barbara area. We conclude our outing at a coffee shop, where we enjoy a beverage and oftentimes, a snack. And we talk and we talk! As a result, our walkers have become the best of friends. So, for light exercise with a great group of Trinity people you'd like to know better, give MIDWEEK WALKERS a try.

Speaking of becoming better acquainted, did you know that 35 Trinity members gathered at various homes for the January/February BREAD BREAKERS events? Thanks go to the four families who opened their homes to make this activity a success: the Courtneys, the D'Evelyns, the Reddings and Ila Vranish and her sister Roberta Saulsbury. If you missed the winter edition, you can sign up for the Spring BREAD BREAKERS gatherings, to be held in May.

I must tout the efforts of the Membership Committee, who so skillfully organized the Informational Luncheon for potential new members on February 21. The decorations, as usual, were terrific.....thanks Astie and Kathy. The salad, great.....thanks Dorothy and Karen. The shopping and cooking, outstanding.....thanks Betty Lou. And the cleanup, couldn't have been better.....by all of us. Super job!

Finally, if you have ideas about ways to bring Trinity members together, you might want to join the Membership Committee. Our eight committee members are kept quite busy with the many activities we sponsor, and we're always looking for new members and new ideas.

## APRIL BIRTHDAYS

Eric Diehl	1		
Christine Anderson	3	Lorena Moore-Karppinen	15
Katie Boehm	3	Anne-Margrethe Steenstrup	15
		Beulah Bradley	15
Connie Duarte	4	Austin Lokre	15
Flora Tarziu	5	Gaylord Hanson	16
Joshua Sanborn	5	Nicolas Moore-Karppinen	16
Dana Noyes	5	Ben Nomura	16
Dave Vierra	6	April Satterthwaite	17
Debbie Lassere	6	Kristin Boehm	18
Mark Sittig	7	Helen Seyfried	19
Leslie Ayala	7	Mike Zoradi	19
Raena Grainger	9	Jean Wollenberg	20
Zoe Hopkins-Ward	10		
Alexander Walker	10	Steven West	21
Amy Trieger	11	Linda Vogel	21
John Smith	11	Laura Wilson	22
Ed Arntsen	11	Alan Klinker	23
Kelly Courtney	12	Phyllis Grimstad	25
Erik Karlson	12	Linda Karppinen	27
Mark Schenker	13	John Peca	28
Stephan Weeks	13	Bennie Olson	28
Camille Diehl	13	Nicole Bennett	30
Daniel Diehl	13	Natalie Nomura	30

## APRIL ANNIVERSARIES

Larry & Astrid Hammett	2	Keith & Dorothy Munding	14
Hal & Val Oquist	2	Ray & Connie Duarte	17
Robert & Janet Seiler	10	Bennie & Kathy Olson	18
Marshall & Nancy Sittig	10	Eli & Flora Tarziu	23

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

### **7:00 PM WEDNESDAY LENTEN WORSHIP AND LORD'S PRAYER SERIES**

Take time for midweek refreshment and join us in the Chapel at 7:00 p.m., Wednesdays, March 3, 10, 17, and 24. Together, we'll sing the beautiful Holden Evening Prayer liturgy. Following the half-hour worship time, those who wish will have the opportunity to stay to view a reflection on one of the petitions of the Lord's Prayer. By way of video recording, Dr. James Nestingen will make connections between the Lord's Prayer and our lives of faith and discipleship.

March 3-Hallowed be your name.

March 10-Your kingdom come.

March 17-Your will be done, on earth as in heaven.

March 24-Give us today our daily bread.

### **HOLY WEEK AND EASTER SCHEDULE**

*(Note: We are adding an 11:00 a.m. service to our Good Friday schedule this year.)*

#### **Maundy Thursday** (April 1)

7:00 p.m. Worship (*Grace Lutheran*)

#### **Good Friday** (April 2)

11:00 a.m. Worship (*Trinity*)

7:00 p.m. Worship (*Trinity*)

#### **Easter Day** (April 4)

8:00 a.m. Festival Worship

9:15 a.m. Intergenerational Education Hour

10:30 a.m. Festival Worship

**DAYLIGHT SAVINGS TIME BEGINS MARCH 14!** Remember to set your clock ahead one hour before you go to bed or we won't see you until our post-worship time on the patio!

**ADULT FORMULATION OF FAITH IN LENT** – You are invited to join us for lively conversation in the fireside room at 9:15 a.m., Sundays in Lent. Our Sunday conversations and weekday reflections complement our Lenten Wednesday focus on the Lord’s Prayer. We’re using the Book of Faith resource, *Lenten Journey – 40 Days with the Lord’s Prayer*.

**MEN’S MINISTRY MEETS** at 6:00 p.m., Tuesday, March 16 at the home of Kim Bish. After great food and fellowship, John Santrizos will lead the Bible study. Never attended a men’s ministry evening? You don’t know how much fun you are missing! There will be a sign-up sheet on the patio so Kim knows how much food to prepare.

**EARTHQUAKE RESPONSE IN CHILE AND HAITI** – Our gifts to ELCA International Disaster Response, designated for Chile and/or Haiti Earthquake Relief, will be used entirely—100 percent—for immediate relief and ongoing recovery in those countries. Please write your check to Trinity Lutheran Church and write “Chile Earthquake Relief,” “Haiti Earthquake Relief,” or “Chile and Haiti Earthquake Relief.” ELCA International Disaster Response will be working with two historical companions in Chile. They are the Iglesia Evangelica Luterana en Chile (Evangelical Lutheran Church in Chile), a member of the Lutheran World Federation, and Educacion Popular en Salud (Popular Education in Health Foundation).

*"Dear Pastor Truls and members of Trinity,*

*Thank you for your prayers, kind thoughts and card. I just returned from another stay with mother and Dad, who appreciate your prayers for her healing very much. The good news is that, after 12 of 18 Chemo treatments, a recent PET scan showed no actively growing cells and the oncologist was very pleased and positive.*

*Of course, the side effects of the chemo-therapy are unpleasant and to be endured as best you can, but the strong faith mother and dad share gives them comfort and strength.*

*God bless you all,*

*John and Gloria Buczek*

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