

BOOK OF FAITH FALL TERM AND WEDNESDAY COMPLINE SERVICES

continue through the week of November 15. You may still join one of the following:

- Genesis - Grace Lutheran, Wednesdays, 11:00 a.m.-12:30 p.m.
- Making Sense of Scripture - Christ Lutheran, Wednesdays, 2:00-3:30 p.m.
- Genesis - Trinity Lutheran, Wednesdays, 6:45-8:15 p.m.
- Bible 101 Survey Course - Trinity Lutheran, Wednesdays, 6:45-8:15 p.m.
- Making Sense of Scripture - Trinity Lutheran, Wednesdays, 6:45-8:15 p.m.
- Compline (Prayer at the Close of the Day) – Trinity’s Chapel, 8:20-8:45 p.m

THANK YOU to those who participated in our annual response gatherings and turned in estimate of giving cards last month. Estimate of giving cards may still be placed in the offering plate or sent to the church office. Thank you for your support of Trinity’s mission and ministries.

Transition House - We served 64 guests on October 19 at Transition House. We enjoyed Kim Bish's barbeque chicken and tri-tip, green salad and fresh vegetables from Jane Maddalon's garden, watermelon slices from Dorothy Burkhart, garlic bread from Nancy Sittig and homemade cupcakes from Cindie Trieger and Ellen Ahlers. Lunch food was provided by Jane Huhn, June Brusse, Evelyn Tetherow, Marcia Lenvik and Nancy Sittig.

We will provide our next dinner on Monday, November 16 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.

<p>We keep in our prayers: Mallory Huhn, William Yacoub, Dave McClure, Rose Lee Kvaas, Ruthe Anderson, Rob Anderson, Claudia Smallwood (niece of Jane Poythress), Rowan Carr (granddaughter of Mary & Alan Gregersen), Cathy May, Joanne Tveidt, Larry Hammett, Jean Appel, Hal Oquist, Paul Griffith.</p>

SERVING IN WORSHIP IN NOVEMBER

ALTAR GUILD: Lorraine Kolich & Joan Petersen

READERS	8:00 AM	10:30AM
First Sunday	Rick Church	Bob & Lynn Burtness
Second Sunday	Rick Church	Erik Karlson
Third Sunday	Mark D'Evelyn	Bob & Lynn Burtness
Fourth Sunday	Mark D'Evelyn	Jane Maddalon
Fifth Sunday	Dave Vierra	Peggy Morin

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	
Fifth Sunday	Kim Bish	Jane Maddalon

GREETERS

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

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 967-6865. 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).

NOVEMBER BIRTHDAYS

Rolly Lokre	3	Alexandria Carrillo	17
Lois Rye	3	Jack Trieger	19
Alan Schroeder	3	Graham Hurvitz	19
Nathan Tufvesson	4	Ulla Jorgensen	20
Astrid Hammett	6	Norman Tveidt	22
Rece Graham	7	Shari Herzog	23
Anita Peca	9	Darcy Jensen	24
Natasha Hurvitz	9	Richard Church	26
		Bruce Rice	28
Melissa Perez	13	Mary Ebeling	28
Carla Church	13	Gary Watts	30
Karen Anderson	13	Dennis Lewis	30
Jeff Carroll	14	Virginia Gough	30
Shannon Satterthwaite	14		
Scott Moll	16		
Sara Moll	16		
Isaac Tufvesson	16		
Val Oquist	17		

NOVEMBER ANNIVERSARIES

Paul & Lily Perez	4	Stephan & Jean Weeks	24
Steve & Lynn Jones	8	Bill & Nancy Kelly	26
Rolly & Cindy Lokre	21	Seth & Karen Anderson	27
Allen & Laurabelle Engler	23		

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

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	Allen Engler	31
Kathy Dolin	15	Glenn Bragstad	31
Ada Luedke	16		

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.

Bookbinders will meet on November 15 at 3:00 PM in the Fireside Room. The book being discussed is *The Shack: Where Tragedy Confronts Eternity* by William P. Young.

"Mackenzie Allen Philip's youngest daughter, Missy, has been abducted during a family vacation, and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later in the midst of his *Deep Sadness*, Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend. Against his better judgment he arrives at the shack on a wintry afternoon and walks back into his darkest nightmare. What he finds there will change Mack's world forever. (From the publisher.)"

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.

Trevor Dolin – 2nd year at CSU Northridge

“I would like to thank the Endowment Ministries Committee for their continued support...I am still a flute performance major and am working hard to stay ahead of the competition.”

Rich Lashua – Masters in Education, Christian Education at Azusa Pacific University

“How else can I describe this, except to say that Trinity’s support is what made this all financially plausible...Trinity was our angel with this money!”

Photo Directory - If you were unable to schedule a time for your directory photo this time, there will be some make-up dates upcoming. When those dates and time have been established we will publish that information.

Walk for Autism Awareness on Saturday, November 14 beginning at 9:00 AM in front of the Cabrillo Pavilion Bathhouse at East Beach. You may also go to www.walkknowforautism.org to join **Team Kyle** (There are two Team Kyles. Francie Lufkin is the team captain for Kyle Diehl's team). You may also contact Heather Diehl for more information.

Trinity's Global Sponsorship of Children

Did you know that for years Trinity has been sponsoring children living in other countries?

Renuka Thanyaseethong, an 11 yr old girl in Thailand. Sponsored through ChildFund, International.

Trinity's Women's Group has faithfully sponsored children in need for decades, from American Indians on reservations in the US, to Renuka in Thailand. As of this year, Trinity's Sunday School will be taking over Renuka's sponsorship. Renuka lives with her parents and her brother. ChildFund writes that she is part of Tak Child Welfare, a project in Mae Sod, a mountainous district of Thailand's northern Tak Province. The project provides services to two hill tribe villages, and is about 350 miles from Bangkok, Thailand's capital. The families in this area are very poor farmers and hunters, who work hard for inadequate incomes. They live a traditional and primitive lifestyle. While parents work in the fields and jungles, the children remain in the villages and play. The most pressing problems to these communities is poverty and malnutrition. Adequate clothing in cold seasons is scarce, as is knowledge of sanitation and hygiene. Diseases are transmitted easily, especially among children. Daily meals include steamed rice and vegetables. Animal proteins are occasional, and fish is rare. Iodized salt is promoted at meals.

Our sponsorship helps Renuka and her family with health and education services, including immunizations, physicals, dental check-ups, school supplies, uniforms, and daily nutritious lunches. The project even supplies 24 hour accident insurance coverage on the children it supports, paid for by the project and the families. The parents also receive assistance in implementing the various programs offered by the projects.

Chironjdt Boidja, an 8 yr old boy in Bangedesh. Sponsored through Compassion, International.












In 2007 our Children's Sunday School chose to sponsor a child through Compassion, International, both as a means of sharing our resources with someone less fortunate than we here in the US, and also to put a face to our ministry. Through our letters and cards we have learned about each other, and shared God's love. Compassion International writes that Chironjdt lives with his father, his mother, and four siblings. His main responsibility in the family is to carry water. His father is sometimes employed as a farmer and his mother maintains the home. Chironjdt loves to run, and to attend Bible class. He lives on the plains of Suagram, where typical houses are constructed of tin with dirt floors. The regional diet consists of fish, rice, and lentils. Common health problems in this area include malnutrition and skin diseases. Half of the adults are unemployed but if they are able to work as day laborers they ear the equivalent of \$21 per month. The community is in need of health facilities, schools, educational materials, employment opportunities, and adult literacy.

Our sponsorship helps supply Chironjdt and his family with Bible teaching, food, medical treatment, health and hygiene education, recreational activities, special celebrations, picnics, tutorint, tuition, uniforms, shoes, and academic support. The center staff also provide meetings for Chironjdt's parents.

So what does this cost Trinity? These sponsorships cost our congregation less than \$100 per month, combined. Yet, with that small amount we are able to drastically impact the lives of two entire families, as well as their communities, in some of the poorest regions of the world. As we all consider our giving to God's global ministry, if God is calling you to help Trinity's Sunday School underwrite these children this year, your contributions would be greatly appreciated! Checks of any size can be sent to and made payable to Trinity Lutheran, with "Child Sponsorship" in the memo line so that the counters know where to route the funds.

Blessings - Karen Wilson, AiM

Blessed are the Quilters

-  *For they are piecemakers*
-  *For they make ends meet*
-  *For they know how to cut corners*
-  *For they keep you in stitches*
-  *For they make great comforters*
-  *For they patch things up*
-  *For they pick up the pieces*
-  *For they save you energy*
-  *For they put color in your life*
-  *For they warm our hearts and souls*
-  *For they give the gift of love*



SALT Developments

October has been a positive month for the SALT Committee. The weekend of Oct. 3 brought members together in fellowship and planning. A potluck supper was held Friday evening, where we were able to meet Nancy Ackermann of the Synod staff. The growing friendship among members and with Nancy was a positive delight. Saturday brought all of us together at the University Religious Center in Isla Vista for hard work in planning the future directions of SALT. Ms. Ackermann brought positive affirmation of the SALT activities from Synod and the desire to partner and support in future directions. We began the process of becoming a non-profit organization in the greater Santa Barbara area. The Synod will serve as the financial clearing point so none of the member congregations will have the responsibility. This will allow us to pursue grants for the greater good - i.e., additional money for the Lutheran Food Pantry.

It was clear that all members feel we have the opportunity to be the hands and feet of Christ in our community. It is a future of service, education and worship for all. The atmosphere was filled with the Spirit, hope and commitment from all present. The cooperation between the members of SALT has moved to touch our Synod and those in need of help. We feel blessed to be a part of this activity.

November Notes in Youth and Family Ministry

This month is an exciting month full of a few annual traditions that we have come to love so much. But first, a recap.

L.O.L. (Love Our Lord), our youth group for high school and junior high students, continues to grow and change in exciting ways. We are enjoying a lively time of Sunday school as we have begun to talk about Heaven. We meet at Goleta Coffee Company across from San Marcos High School around 9:10AM on Sunday mornings. Trinity students can meet at Trinity and carpool from there, but we will leave at 9AM SHARP (unless the 8AM service runs overtime, of course). Christ Lutheran students will still return for worship at 10, and, of course, Trinity students will be back in time for the 10:30 service as well. Students bring their own money and we have deep talks about pretty big subjects!

We also had a fantastic time last month with our very own Disco Night in the youth room and the Fellowship Hall, with a high school sleepover that followed, complete with movie night! We learned a line dance and how to do the Hustle, and there have already been requests for more of the same.

This month we will have our annual Pumpkin Olympics. Please join us at Trinity's youth room at 6PM sharp on Sunday, November 8 for such outlandish competitions as pumpkin bowling, pumpkin shotput, the Great Pumpkin Toss, pumpkin soccer, and much more! Kids and adults of all ages are invited; we're typically done by 6:45 or 7.

This month we will also have our annual Fall Middle School Gathering at Universal Studios. High school students are invited to join us as junior counselors if they wish. Late registration is still open and is \$150. If you still want to sign up, all forms must be submitted ASAP. Don't miss it!

This time of year typically focuses on the harvest, as we gather in the fruits of our labor, and thank God for many blessings. I am reminded of Jesus and His words about the world around us: "The harvest is plentiful, but the workers are few!" How can you be a part of God's harvest?

Peace,
Rich Lashua, Director of Youth & Family Ministries

The Halo Chronicles

All of our Little Angels are back to school and enjoying every moment. This is apparent as you walk down the hallway and hear the laughter, questions and buzz in the classrooms.

Little Angels is happy to welcome Miss Jan in the Butterfly Class (4-5 year olds).

In the classes:

- Our Ladybugs (2-3 year olds) are adapting well to their first school experience. In September they concentrated on becoming familiar with school and a unit on Family. This month they have been introduced to all forms of Transportation ending the month with Halloween activities (nothing scary). They will have their very own pumpkin patch in their yard and get to choose a pumpkin to take home.
- Our Bumblebees (3-4 year olds) experienced Child/Family, the Five Senses, and Health & Safety in September. They decorated the walls with their beautiful self-portraits that made it really look like home. This month they are learning about different cultures and doing lots of cooking, music and art around that certain culture. They too will be ending October with many Halloween projects as well as their very own Pumpkin Patch!
- Our Butterflies (4-5 year olds) are facing the excitement of finally being the “upper-classmen” with joy. In September the children also explored the various ways in which they are special and created beautiful self-portraits. They also had a whole unit on Apples which included the story, Ten Apples Up On Top, making applesauce, counting apples and printing with apples. October began with talk and activities about where the children have traveled. Then they moved on to many fun facts and projects about the USA and taking care of our earth; Reduce, Recycle, Reuse. They went on a field trip this week to “Art from Scrap” and will be getting a visit from a Marborg truck. They will also be ending October with a field trip to a Pumpkin Patch and a Halloween Parade reserved just for our oldest class.

Thank you for your support of Little Angels Preschool, we are so blessed to be here!

Healthful News

Sharon Troll RN Parish Nurse
November 2009 – Diabetes Month



Got A Sweet Tooth?

There are sports bars, salad bars; but a dessert bar, now you're talking! The current popularity of cupcakes has taken the country by storm with Santa Barbara included. Flavors like Red Velvet, Strawberry Blush, Dippity-Doo-Dah, start my mouth watering. As my ole childhood eyes glaze into the cupcake bakery case I tell the server, "Let me try a Chocolate Bliss Cupcake". Soon the intense chocolate flavor feeds my sweet tooth and puts a smile on my face.

What I like about a cupcake is that it is small enough to satisfy my sweet tooth without causing me to weep and feel guilty. Let's face it, when we were younger we didn't have to discriminate about what foods we were eating; we just ate them. Maybe it's because we lacked the medical information that is available today.

Sugar! We all love it. So watching our sugars and making the right food choice is important. The Glycemic Index is a numerical Index that ranks carbohydrates (sugars) based on their rate of glycemic response (i.e. their conversion to glucose within the human body). A high glycemic index means bloods glucose levels are raised quickly. This quick rise stimulates the pancreas to secrete insulin to reduce the blood sugar level. Any excess sugar is stored as fat. Eating sweets high in sugar will lead to more rapid weight gain and elevated triglyceride level. Furthermore these high fluctuations in blood glucose put stress on the human body and may depress the immune system. A low glycemic index rating means a slower absorption rate, which keeps the blood sugars balanced. Lots of fruits and vegetables fall in this category. Satiety is not just a matter of how much you eat, but also which foods you choose and how they are prepared.

With obesity increasing and 23.6 million adults and children with diabetes in the U.S., it matters what we eat. As I visit a sports bar I see a lot of things on the menu I wouldn't order. Many of the restaurant foods are loaded with fat, cholesterol, and sugar. I love watching superb athletes. In the NFL, each player has to train hard and they depend

on their bodies to perform physically and mentally for success. They practice their drills over and over to get ready for the season. Physical training includes cardiovascular training, boxing, weight training. Mental training includes martial arts and yoga. Their bodies are big business professionally and financially. I wish we all thought about our bodies in this way.

So what about that sweet tooth and your eating habits through the holiday season? Realistically we're not going to live our lives dull and devoid of sweet pleasures. At the same time we don't want to be putting on an extra five to ten pounds. The human body is God's masterpiece. God created us in a beautiful and wonderful way. Just look at how we can ingest and digest food and our bodies convert it into energy. Our bodies will even repair themselves when we are injured. Our bodies are God's holy temples and we are their custodians. The healthier we are, the more energy we will have, the more we will be able to avoid illness, and the more we will be able to reach out to one another and do the work God has set before us.

Well, that tiny cupcake was delicious, and with its small size I was able to control the portion. For me it's all about looking at my scorecard at the end of the day and making the choice, in this case, between a salad bar, a dessert bar or sports bar. My bottom line is calories-in verses calories-out plus exercise for fitness. I may have a sweet tooth but having sweet dreams at night is a whole lot better!



Have a Blessed Thanksgiving,

Sharon

- *For H1N1 Vaccine updates, check the Sunday church bulletin.*
- *Blood Sugar testing on Parish Nurse Sunday*

November Senior Luncheon
Thursday November 12, 2009



“The Channel Islands Marine Preserve”

Guest Speaker

Gary J. Delanoeye, Ed.D

10:30 Exercise – Fellowship Hall

11:00 Program - Library

12:00 Lunch – Fellowship Hall

Cost: \$7.00

November Care Ministry Meeting

Tuesday November 10th, 2009

4PM – Church Library

MEMBERSHIP MUSINGS

BREAD BREAKERS got off to a great start in early October with 30 participants meeting in 4 locations to share a meal. From all reports, the food was delicious and the fellowship outstanding! The idea, of course, is to allow Trinity members to become better acquainted (or reacquainted) with one another. Thanks to hostesses Karen Anderson, Dorothy Burkhart and Dale Oftebro, as well as to our hostess/host couple, Kathy and Pastor Truls Person, for graciously opening their homes for the initial BREAD BREAKERS gatherings.

By the way, if you would like to host one of the January **BREAD BREAKERS** gatherings, please contact any of the above-named people (they're all part of our Membership Ministry Team) as well as Astie Hammett or the Lewises, Dennis and Betty.

The nearly 5 inches of October rain signal the end of our summer vegetable bounty, but the **GARDENERS' EXCHANGE** will soldier on. We look forward to the arrival of Santa Barbara's winter crop of lemons, oranges, guavas, persimmons and pomegranates. Remember, these fruits and veggies are yours free of charge. You can find them near Edythe Smith's coffee display on the patio. Take whatever you can use.

MIDWEEK WALKERS continue to step out every Tuesday at 9:00 for a brisk walk, with coffee, pastries and fellowship afterwards. Join us as we explore the varied regions of this beautiful city. The location of our walks will be found every Sunday in the Trinity bulletin.

We'll have a father and his three children join our congregation on November 1. Tom Johnson, a very close neighbor of the church, will become a member of Trinity by means of his Affirmation of Baptism. Following that, his children Matthew, Clara and baby Emma will be baptized, in the process joining as members of our congregation. This is good news for Tom and his family, and good news for all of us at Trinity.

FAITH FORMATION

From EDUCATION to PROCLAMATION!

Discipleship. What does that mean to you? What did that mean to the writers of the New Testament books? Our Adult Ed class has been exploring how the different gospel writers "painted" their portraits of Jesus, of the discipleships, and what life meant following their Jesus. We discovered a fascinating quilt of consistencies and variations on the theme of Follow Me! We are using what we found to become the "picture frame," or, alternatively, the "ball court" within which we are placing the attributes of discipleship actually applied by the new church (from Acts), and in future weeks through various letters written to the church over a 50 year time span. Finally, we will compare and contrast what we glean of God's views from Scriptures, to our view of Discipleship in our lives, as we seek to authentically follow Christ.

Please note: our Adult advent theme has been updated. Starting the Sunday of Thanksgiving Weekend we will be "Experiencing God" with another DVD series from Luther Productions. See below for the schedule. We expect this to be a great launching point for discussing Christ in our pluralistic society: who is God, who is Christ, and why should we care?

Come join our ride of discovery as we allow God's Word to speak anew to our lives! Blessings as we celebrate the coming of Fall! - - Karen Wilson, TELC Director of Education (kawil001@gmail.com)

Sunday Faith Formation Classes

9:15am - 10:15am -- between services

Adults

Fellowship Hall

Leader: Karen Wilson

Discipleship – through Nov 22

What does it mean to be a disciple of God? We are first looking to Scripture to glean how the writers of the Gospels and New Testament letters defined discipleship. Then, we will look to see how what they wrote jives with what we think discipleship means. What can God teach us in 2009? Come join us and find out!

UPCOMING SCHEDULE:

Discipleship Series

1st - Pauline Letters

Nov 8th - Petrine Letters

Nov 15th - Other NT Writings

Nov 22nd - What Does Discipleship Mean Today?

New Series: Experiencing God (Nov 29 - Dec 20)

Nov 29th - Who is God?

Kids

Nursery (2-4 yr olds - Mary Lopez & Dolores Soto),

Fellowship Hall (PreK - K - Ruth Bloch; 3rd Grade - Dawn Heimendinger & Tom Johnson

Library (5th Grade - Jean Weeks & Diana D'Evelyn)

We are using "Witness" to lead us through the Bible. Check out TELC's website (www.TELCSB.com) for our weekly schedule!

PLEASE NOTE the upcoming special dates:

Nov 29 - Advent Party: Meet in the Kitchen Vestibule

Dec 20 - Christmas Party: Meet in the Fireside Room.

Youth - Sunday Mornings

9:10am Goleta Coffee Co.

Leader: Rich Lashua

Check with Rich for details on this weekly Bible Study

Sunday Evenings 6:00pm - 8:00pm

Youth Group

6pm - 8pm: Youth Room (High School)

Leaders: Rich Lashua & Kelly Courtney

Weekly Bible Study & topical studies, games, fellowship, food!

Confirmation

6pm - 8pm: Youth Room / Library (Jr High School)

Leaders: Pastor Truls & Karen Wilson

This year's Confirmation focus is the Bible, using *Here We Stand curriculum*. Of course, we start and end with youth group activities, so there are games, fellowship, and the obligatory Food!! Why such an emphasis on Food??!! Check out the Gospel of Luke - Jesus was constantly at dinner parties! Such a social butterfly, that one. So of course we model

Christ and fellowship around fueling our bodies as well as our souls together.
- Karen

Karen Wilson

kawil001@gmail.com

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www.donateLIFECalifornia.org

A big THANK-YOU to Kim Bish and Nancy Nolan (from Christ Lutheran) for their work with estate sales to fundraise for our youth program. They have raised over \$1,000 for us this fall!



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. Sign-up sheets will be at the Welcome Center.



Daylight Saving time ends Sunday, November 1 at 2AM. Just to be on the safe side, be sure to set your clocks **BACK** one hour before you go to bed on Saturday night. If you forget, you will get to church an hour early.

"Jambo!" - The New Life Band will be performing contemporary and traditional gospel music of Tanzania on Monday, November 9 at 7:00 PM at Grace Lutheran Church. This group tours the US every three years. They performed here at Trinity during their last visit. Let's welcome them back to Santa Barbara. The concert is free; donations are welcome.

FOOD FROM THE HEART – FOOD FOR THOUGHT

The Food from the Heart program has temporarily moved from Trinity's kitchen as we pursue the process of obtaining certification by the County Health Department for our kitchen. Fortunately for the more than 100 people who rely entirely on Food from the Heart for nutritious meals, they have arranged to prepare meals at the Community Kitchen and distribute the prepared food at Warren Hall at the Earl Warren Show Grounds. Thanks to the tireless efforts of Evelyn Jacob, President of FFTH and the support of Vivian Nelson, Director of Environmental Services at the Santa Barbara County Health Department, we hope to be back on track very soon. Keep this worthy program and volunteers in your prayers.

YOUNG ADULTS GATHERING, 7:00 P.M., THURS., NOV. 12. You and friends are invited to join other 20 to 30-somethings for some delicious Pre-Thanksgiving cooking and eating. We'll meet in the entryway/kitchen area of the fellowship hall. This month, because of some kitchen renovation we'll need to bring food already prepared. We're encouraging each other to include pumpkin as the "secret" ingredient in our cooking. Tried and true recipes are welcome or you may use the group as a test audience! Please RSVP to kathy.person@gmail.com If Thursday evenings are not good for you, please let us know that!

THANKSGIVING EVE WORSHIP – 7:00 p.m., Wednesday, November 25 at Trinity. Join us in offering thanks to God, the source of all blessing! Please share this thanksgiving invitation to worship with visiting family, friends, and neighbors.

NEW MEMBERS RECEIVED ON ALL SAINTS DAY – We are delighted to welcome Tom Johnson and his children Matthew, Clara, and Emma into membership at Trinity.

Tom was received on November 1 through Affirmation of Baptism.

Matthew, Clara, and Emma were received on November 1 through Holy Baptism.

Let us ask God's rich blessing on these fellow saints in Christ as they share faith and life with us!

HOLY LAND ADVENTURERS – Traveling in the Holy Land this month are Rami and Cindy Courtney and Kelly Courtney, Bob Huhn, John Morrisset, Jeanette Webber, and Pastor Truls from Trinity. They will be joining 14 others from Christ Lutheran, Grace Lutheran, and the surrounding area. Please pray for God's blessing on their travel, interaction with others along the way, and learning. Let's ask them to share their photos and stories upon their return!

PASTOR TRULS WILL BE AWAY November 3-19. In case of an emergency during this time:

- during office hours, please call the church office (telephone 687-1577);
- after hours, you may call Pastor Darcy Jensen (office phone 968-3164; home phone 966-3895) or Pastor Lynn Bruer (cell phone 450-2900);
- In addition, chaplains are available or on-call in the local hospitals.

Preaching and leading our worship services on Sundays, November 8 and 15 will be Pastor Darcy Jensen.