



Trinity Lutheran Church
 2700 Fulton Street East
 Grand Rapids, MI 49506
 616-949-2510
 www.tlcr.org

The Messenger

Lent & Easter at Trinity

Please Join Us!

Sunday Worship

- ☞ 8:15 and 11:15 a.m. Traditional Services
- ☞ 9 and 10 a.m. Rejoice Contemporary Services

Wednesday Opportunities

- ☞ Trinity's Soup Suppers: Join us for soup (at least 16 choices each week!) and a chance to connect with friends—and meet new ones! Soup Suppers are Wednesdays through March 28, 5:30 p.m. If you'd like to bring a soup, or help with set-up or clean-up, contact Sylvia Stouten, sylvia.stouten@tlcr.org, 949-2492, ext. 21.
- ☞ Mid-Week Worship: Wednesdays through March 28, 7 p.m. (start out with dinner at Trinity's Soup Supper!). This service features a lively liturgy by Marty Haugen. Plus, you will hear meaningful messages for our Lenten faith journey.
- ☞ ELCA Malaria Campaign: Mid-Week offerings will be directed to the ELCA Malaria Campaign, focused on eliminating malaria by 2015.
- ☞ Children's Activities: Children's Choirs, Homework Room, Movie Room, and Nursery are available on Wednesdays, enabling children to experience enriching opportunities (and parents to participate in Grace Groups and Lenten services).

Trinity Grace Groups

- ☞ Each week during Lent, Grace Group members gather in small groups to participate in a weekly Bible study.
- ☞ While the five-week study content is consistent for all groups and aims to deepen our relationships with God and one another, the format and logistics vary. Days of the week and times vary. See details, page 9.

Easter Egg Hunt

- ☞ This special event for Trinity's children will be held Saturday, March 31, from 10 a.m. to noon.

Easter Week Worship

- ☞ Sunday, April 1: Palm Sunday
- ☞ Thursday, April 5: Maundy Thursday Seder Service at 5 p.m., Traditional Worship at 7 p.m.
- ☞ Friday, April 6: Good Friday, Traditional Worship at 7 p.m.
- ☞ Sunday, April 8: Easter, Worship at 8, 9:30 and 11:15 a.m.

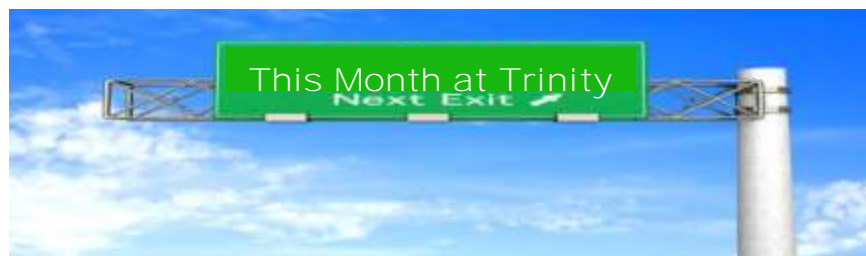
Easter Breakfast

- ☞ Served by Trinity's youth on Easter Sunday from 7:30 to 11:30 a.m.; proceeds are directed to the mission trip.



What's Going on at Trinity this Month?

Mark your calendar today!



Weekly Events

Sundays:

- Traditional Worship: 8:15 & 11:15 a.m.
- Rejoice Contemporary Worship: 9 & 10 a.m.
- Sunday School, 10 a.m.
- High School Education, 10 a.m.
- *Adult Education, 10 a.m.
- Accidentals, 12:30 p.m.
- Grace Group, 6 p.m.
- ABC, 6 p.m.
- Middle School Youth Group, 7 p.m.

Mondays:

- Rejoice Band Rehearsal, 6:30 p.m.

Tuesdays:

- *Women's Bible Studies led by Rebecca Ulrich and Pastor Sarah, 9:30 a.m.

Wednesdays:

- *Pastor Sarah's Bible Study, 9:45 a.m.
- Quilting, 10 a.m.
- Soup Suppers, 5:30 p.m.
- #Grace Group with Sherry Blair, 6 p.m.
- #Grace Group with Charlie and Tracy Flanders, 6 p.m.
- Cantus Choir, 6-6:30 p.m.
- Zumba, 6 p.m.
- #High School Youth Grace Group with Pastor Sarah, 6:15 p.m.
- Augsburg Choir, 6:30-7:15 p.m.
- Alleluia Chimers Bell Choir, 6-6:30 p.m.
- Lenten Worship, 7 p.m.
- Trinity Lutheran Chorale, 7:15-8 p.m.

Thursdays:

- Resound Bells, 6 p.m.
- Trinity Choir, 7:30 p.m.

Fridays:

- *Women's Bible Study (WBS), 9:30 a.m. (meets every Friday except March 9)

*During Lent, the group will do the Grace Group Bible Study. See page 9 for details.

#Enjoy Soup Supper prior to the study, or bring it with you to enjoy during the discussion

Special Days, Meetings and Events

Sunday, March 4:

- Blood Pressure Screening

Monday, March 5:

- Blood Drive, 12:30-6:30 p.m.

Tuesday, March 6:

- Women's City Club dinner/program featuring Dr. Elizabeth Claar, social hour at 5 p.m., dinner at 6 p.m.
- Worship & Music Committee, 7 p.m.

Wednesdays, March 7, 14, 21 and 28:

- Soup Supper, 5:30 p.m.
- Lenten Worship, 7 p.m.

Friday, March 9:

- Friday Morning Women's Book Club, 9:30 a.m., Rose Ranville, 949-6033

Sunday, March 11:

- Clocks spring ahead one hour*
- Fair Trade Coffee Sales
- First Communion Class I, 5 p.m.

Monday, March 12:

- *Messenger* articles due
- Property Committee, 6 p.m.
- Church Council, 7 p.m.

Thursday, March 15:

- LATTE, 9:30 a.m.
- Bridge, 1 p.m.
- Degage, 6 p.m.

Friday, March 16:

- Degage, 6 p.m.

Saturday, March 17:

- FX (Family Experience): Saturday Night Live, 6 p.m.

Sunday, March 18—Saturday, March 24:

- Family Promise (IHN) at Trinity

Sunday, March 18:

- Stephen Ministry Peer Support, 9 a.m.
- High School Mission Trip meeting, 1:15 p.m.
- Trinity Concert Series: Indianapolis Opera Ensemble, 4 p.m.

Monday, March 19:

- Needles, Hooks and Books, 7 p.m.

Tuesday, March 20:

- Sarah Guild (Carol Huttenga's home), 7 p.m.

Wednesday, March 21:

- JOYful Days, 9:30 a.m.
- Cooking Among Friends, 7 p.m.

Thursday, March 22:

- *Messenger* assembly, 10 a.m.

Friday, March 23—Sunday, March 25:

- Dinner Groups Weekend

Saturday, March 24:

- High School Youth Worship, 5 p.m.

Sunday, March 25:

- Young & the Sleepless at Java Gym, 3 p.m.
- First Communion Class II, 5 p.m.

Wednesday, March 28:

- JOYful Days, 9:30 a.m.

Saturday, March 31:

- God's Kitchen, 10 a.m.
- Easter Egg Hunt, 10 a.m.

April

Wednesdays, April 6-April 27:

- JOYful Days, 9:30 a.m.

Sunday, April 8: Easter Sunday

worship at 8:15, 9:30 & 11:15 a.m.

Pastor Galen's Message



Pastor Galen Knutson, Intentional Interim Senior Pastor

Midweek Lenten Worship: God's Faithful Promises

Lent begins with Ash Wednesday (which was Feb. 22), and continues until Holy Week (which begins April 1st with Palm Sunday worship). On each of the five Wednesdays between these dates, we will gather at 7 p.m. in the Sanctuary to sing the liturgy of Holden Evening Prayer.

Each of Wednesday's Evening Prayer services will include an opportunity to present financial offerings dedicated to Trinity's ELCA Malaria Campaign. Please consider making a personal commitment to this mission project.

Our theme for Lent is discipleship. As Lutherans we are careful with our theology. Our discipleship is not a step-ladder of good works that gets us to heaven. Rather, our discipleship is our loving response to God's faithfulness. Our themes for each Wednesday's worship will come from the previous Sunday's Old Testament reading, each of which uplifts God's faithful promises. We use the term "covenant" to describe God's promises. A covenant is the highest form of relationship based on a promise.

On Wednesday, Feb. 29 our text was Genesis 9:8-17, which tells of God's promise to Noah and his descendants, and – take note – to all creation. This is a Covenant of Creation. God placed a rainbow in the sky as a reminder that God will not restore a faithful relationship with humankind through the destruction of humanity in order to create a faithful remnant. We are called to a discipleship that cares for all of creation.

On Wednesday, March 7, our text will be Genesis 17:1-7, 15-16, which is God's covenant-making with Abraham and Sarah. This is a Covenant of God's People. Rather than focusing on Ishmael and Isaac, I see the focus on God choosing another way of fulfilling the covenant with Noah. God chose to establish a "people" – God's People. This

would be a messy long-term process which is the very story line of the Bible. We are called to a discipleship of belonging together.

On Wednesday, March 14, our text will be Exodus 20:1-17, God's covenant of liberation and faithful living. A quick reading tells how God gave the Ten Commandments. But notice how the story begins. God is the liberator of slaves. God has claimed these former slaves as God's People. And God will help them live in faithful relationship with God and with one another. God also sets us free from the powers that enslave us and keep us from being fully the person God wants us to be. We are called to a discipleship of faithful living.

On Wednesday, March 21, our text will be Numbers 21:4-9, a somewhat challenging story. As we work through the details of the story we may see that faithful living is messy. God's people are not always faithful. But God listens to prayers. And God provides another way, a covenant of being a forgiving God. Like God, we too should seek to create new pathways of reconciliation. We are called to a discipleship of being forgiving.



And on Wednesday, March 28, our text will be Jeremiah 31:31-34. This is a wonderful promise that God will make a new covenant. As Christian people we see this promise fulfilled in Jesus. God will write this covenant, not on tables of stone, but on human hearts. We are called to a discipleship of loving God with all our heart, soul, strength, and mind – and our neighbor as our self.

During the Evening Prayer services, Pastor Sarah and I will share in offering reflections on these texts and how we are called to faithful discipleship. Come and join together on this journey through Lent.

Blessings!

Pastor Galen Knutson



Fred Ulreich
Council
President

Council Corner

A few items to share with you from our February council meeting:

- Family Experience Movie Night: More than 75 were signed up at the time of our February Council meeting (for the Feb. 17 event). The event featured *The Smurfs* movie, make-your-own pizza, youth volunteers, red carpet interviewers, and photos by Matt Oster.
- End Malaria Campaign: More than \$3,000 has been collected so far for the campaign to end malaria. Sunday School kids have taken home Change for Change cups to collect change and bring them back to Sunday School.
- There is a blood drive on Monday, March 5. An anonymous donor has offered \$20 for the Malaria Campaign for each person who tries to donate (up to \$5,000).
- New Sunday School name: After brainstorming and discussions, a new name has been chosen for Sunday School (to avoid the word “school”). Starting in the fall, Sunday School will be called “Jesus Club.”
- Eternal Light Dedication: Will be held in the Sanctuary on Sunday, March 18.
- Acolyte Robes: New acolyte robes were purchased, thanks to funds from dedicated monies.
- Summer Services: Will begin Sunday, June 10. We will host the Traditional worship at 9 a.m., and Rejoice contemporary worship at 10:30 a.m. The summer schedule will end on Labor Day weekend, Sept. 2.
- Financial Assistant: Pastor Galen and Rhonda VanDeusen are working with our new financial assistant, Roxanna Dumitru. Roxanna was hired to replace Courtney Murphy, after Courtney resigned in January. Roxanna will be in the office Mondays and Wednesdays, and Tuesday afternoons.
- Congregational Life Position: Pastor Sarah is leading the search for the Congregational Life position, and Renee Fisk and Neil Sandler are the council liaisons on the search committee. We are looking to fill the position by mid-2012.
- Synod Assembly: Pastor Sarah is also looking for delegates to the May 17-19 Synod Assembly in Lansing. The Assembly will end that Saturday morning. Please contact Pastor Sarah if you are interested in representing Trinity at this once-a-year conference.
- Printing Costs to be Reduced: Thanks to our treasurer, Peter McKinney, we are examining a source for a less costly printing plan that would save roughly \$550 per month over the current lease arrangement. We will know more during this month's meeting.

As you think of anything that may be of interest for our council, please contact any member or just send me an email at fred_ulreich@comcast.net.

In His service,

The Bible 101 Challenge

Join us as we journey through Scripture. Use the list to guide your readings for this month. You may also wish to follow along with Pastor Sarah’s blog: www.bible101challenge.wordpress.com, and/or find Pastor Sarah on Facebook. You are also welcome to participate in Pastor Sarah’s Bible study on Wednesday mornings at 9:45 a.m., where she reviews the previous week’s readings. Questions? Contact Pastor Sarah, sarah.stobie@tlcgr.org, 949-2492, ext. 24.

The Bible 101 Challenge Daily Readings

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb. 26- March 3	Psalms 43-48	Psalms 49-54	Psalms 55-60	Psalms 61-67	Psalms 68-71	Psalms 72-75	Psalms 76-78
March 4-10	Psalms 79-84	Psalms 85-89	Psalms 90-95	Psalms 96-102	Psalms 103-105	Psalms 106-108	Psalms 109-115
March 11-17	Psalms 116-118	Psalms 119	Psalms 120-131	Psalms 132-138	Psalms 139-144	Psalms 145-150	Proverbs 1-3
March 18-24	Proverbs 4-7	Proverbs 8-10	Proverbs 11-13	Proverbs 14-16	Proverbs 17-19	Proverbs 20-22	Proverbs 23-25
March 25-31	Proverbs 26-28	Proverbs 29-31	Ecclesiastes 1-4	Ecclesiastes 5-8	Ecclesiastes 9-12	Song of Solomon 1-4	Song of Solomon 5-8

Pastor Sarah's Message



Pastor Sarah Stobie,
Associate Pastor

One of my new favorite films is *Lars and the Real Girl* (it is made for adults and high school youth—not children, so I have cautioned you).

I like it for many reasons. It's set in Minnesota. It takes place during the winter. It's got a great Lutheran pastor in it.

Church plays an important role in the people's lives. Its focus on family love and the strong sense of community is wonderful. It would be Dove-approved if not for a few choice words.

My favorite scene in the entire movie is this: Lars, the main character, is deeply upset (I won't tell you why) and the older ladies of the church (you just KNOW that they are "circle" women) come over with their casseroles, their Jellos and their knitting and sit with Lars in the living room. And when Lars questions their gifts of food and fellowship, one woman responds, "It's what we do, Lars."

I love that.

It's what we do.

Food and fellowship go hand in hand. Food and comfort also go together like a good egg and cheese breakfast casserole. And we Lutherans can be proud (yes, we can) that we are humorously known for our potlucks, our food and our fellowship.

I am all for it. I love sharing a good meal.

Someone has surgery? A nice meal helps.

Baby born? Frozen soup is the best. Mom can reheat when she needs it.

Funerals? Here's just a plate of something sweet.

It's what we do.

A few years back, we added Wild Wednesdays to our weekly activities. It was a staff decision to have a meal served to you, the members, for a reasonable fee. Why? We certainly don't make money from these dinners. But, that's not the point. The reason we added Wild Wednesdays was simple—it's food and fellowship. Seeing the same faces week to week, going to programs, and yes—sharing a meal.

And now, soon we will have Soup Suppers as our Wednesday Night meal. Truly a wonderful time for eating, talking and catching up with fellow friends before worshipping God at our mid-week Lenten service. A time to reconnect during a busy week over bowls of soup (mostly homemade, but who's complaining?). Food and fellowship.

It's what we do.

I'd like to give full credit to the many faithful coordinators of our Wild Wednesday Meals. They all have done a wonderful job, creating meals for us all to enjoy. Be sure to thank them each week for their commitment.

Feeling called to serve, too? I certainly hope so. Meals don't miraculously come to the table, and after-meal clean-up is done by people, not elves. Pitch in. See a clipboard for soup, bread or hands-on help? Write your name on an empty line. Serve others while you can. Pay it forward. Many hands make light work.

I could go on and on with trite comments to encourage you to do your part for others within our church body. But in truth, it's simple: It's what we do.



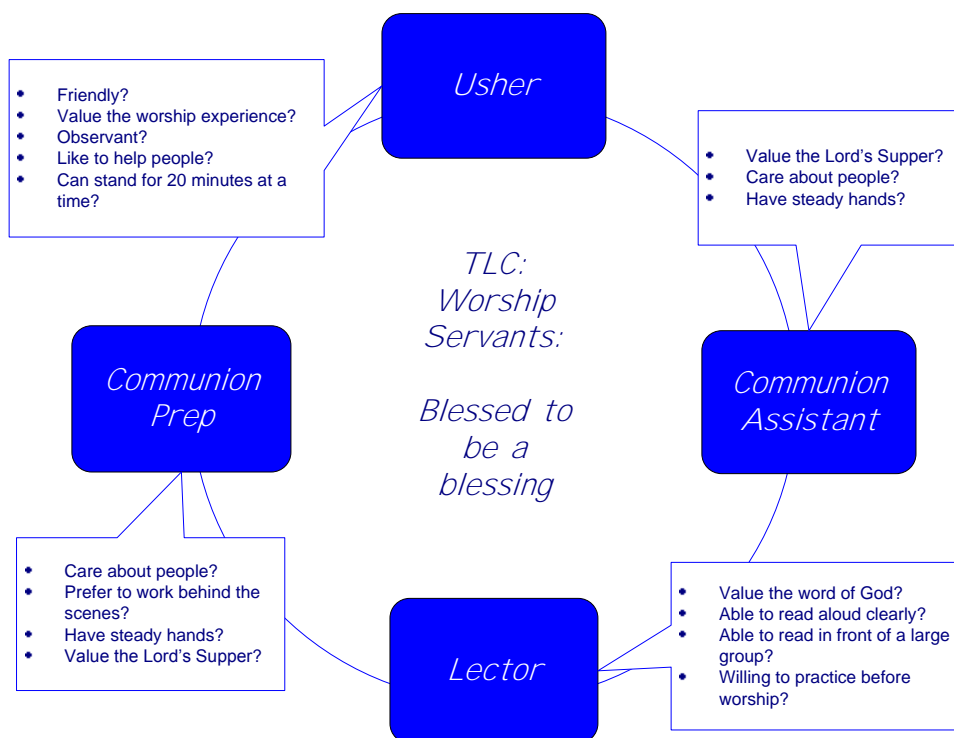
Food & Fellowship; It's What We Do! Above, friends gather for Wild Wednesdays dinner together.

Worship Servant Opportunities

At Trinity, we have many ways to serve God and our congregation during Sunday worship services. Our worship service requires many hands to praise God and to provide a meaningful worship experience to our congregation and visitors.

This diagram illustrates the many opportunities for serving Sunday mornings. Please take a moment to review the diagram and prayerfully consider serving in one of the roles.

If you have any questions or would like to be a Trinity Worship Servant, please contact Nadene Delana at 682-0706, Carrie Wygmans at 676-3742, or one of the pastors.



Worship and Music Committee Annual Report (2011)

Respectively submitted by
Nadene Delana, Committee Chair and Council Liaison

We have been blessed with musical talent at Trinity, with many opportunities for our congregation to share their talents with us:

- Three terrific contemporary music bands serve the Rejoice services. Along with the musical talent, we are blessed with people who manage the sound system and slides displayed on the screen (enabling worshippers to sing with the bands).
- We have multiple children's choirs. It is so delightful to hear their beautiful voices sing praise to God.
- Our Traditional services are blessed with special music or the voices of our wonderful adult Trinity Choir members. The music fills the Sanctuary and is an awesome part of our worship experience.
- Trinity has three fantastic bell choirs which add another element to our worship.
- Last spring we were treated to a wonderful children's musical.
- There were a series of musical concerts that took your breath away. If you missed them, there are more concerts this year, so take the time to attend one of them.

Our Worship and Music committee made some recommendations that resulted in some worship changes this last year:

- Holy Communion is now offered all services every Sunday.
- The Apostle's Creed at the Rejoice service was changed to match the version in the hymnal.
- The Hymn of the Day was moved to after the Homily to align with the order of service in the Hymnal.
- Ushers were added to the Rejoice service.

We dedicated a new Lectern Bible last March 13, and purchased an Eternal Light for the Sanctuary (will be dedicated March 18).

We purchased two banners for the Rejoice services and are talking with some of our gifted members about making banners for Centennial Hall.

The children's boxes were put away to change over to a "toolbox" and the children's message theme now relates to the Sunday School lesson or Gospel. This change lined up with the "Under Construction" theme for the year.

There are many liturgies available in the Lutheran church and I am sure many of you would agree that the Haugen liturgy used for our Lenten and Advent services is moving and beautiful. We will continue to use this wonderful service during this Lenten season.

We have four services every Sunday and if it you didn't know it, the 10 a.m. Rejoice and the 11:15 a.m. Traditional services are two of the more popular with our members. There is a committed group of worshippers every Sunday for the 8:15 a.m. Traditional service and another strong group who prefers the 9 a.m. Rejoice service. The great part is there are choices.

Our report would not be complete if I didn't take the opportunity to thank everyone who serves on Sunday to make our worship experience complete. We have folks who read the lessons, set up the Lord's Supper, assist with communion, usher, and record the service on video. Without all these volunteers, our service wouldn't be the same. Thank you!

I want to close this report by thanking the many members who serve on this Worship and Music Committee. They represent both service formats and we work together to provide a moving worship service.

Opera Ensemble To Conclude Concert Series

Trinity Concert Series is pleased to present its concluding concert of the season at 4 p.m. on Sunday, March 18. The Indianapolis Opera Ensemble is a group of five professional musicians (four singers and a pianist) who are in residence with Indianapolis Opera for the company's spring season. The Ensemble also tours and gives audiences an up-close and personal look at the art of singing.

Indianapolis Opera Ensemble performs opera arias, Broadway standards, duets and scenes. Providing an in-depth look at the music, singers will share about their characters, plotlines, and offer insights about the shows.

The concert features an adaptation of Gilbert and Sullivan's *HMS Pinafore*. Also included are memorable arias by Mozart from operas such as *The Marriage of Figaro*, *Don Giovanni* and *The Magic Flute*. Selections by Donizetti from the operas *The Daughter of the Regiment*, *Lucrezia Borgia*, *The Elixir of Love*, and *Don Pasquale* will be featured, as well as beloved musical theater pieces from the classic *West Side Story*.

Opera á la Carte

Presented by Indianapolis Opera Ensemble

Sunday, March 18

4 p.m.



We're Seeking Host Families for Opera Singers

"We invite Trinity members to host musicians from the Indianapolis Opera Ensemble Saturday, March 17," said Sid Hoeksema, partner in ministry-music and leader of the Trinity Concert Series. He provided details:

- Performers will depart roughly an hour before show time to arrive at Trinity, so you can expect guests from the evening of Saturday, March 17 through about 3 p.m. on Sunday, March 18.
- Non-smoking host homes are needed for five performers (two male and three female)
- Each performer should have his/her own room, as well as access to a bathroom
- Performers receive per diems for meals, but if you wish to prepare or go out for dinner, that's always welcome

Some specifics: The baritone is allergic to cats; pets are fine for all other performers. And the baritone and soprano eat vegetarian meals.

If interested, contact Sid Hoeksema, sidhoeks@aol.com, 554-2998.

Briefs & Updates

Elizabeth Claar To Speak About African Safari at Women's City Club

On Tuesday, March 6, the Women's City Club dinner and program will feature Dr. Elizabeth Claar, Trinity's organist, who will speak about her recent adventure in Kenya. Social hour begins at 5 p.m., the dinner will be served at 6 p.m., and the program will follow dinner. Cost is \$28 for members and \$32 for non-members. For information, contact Marjorie Paul, 209-5263.



Former Trinity Pastor Raymond Heine Dies

The Rev. Raymond Heine, who served as senior pastor at Trinity Lutheran Church from 1963 to 1980, passed away Feb. 2, in Traverse City. He was preceded in death by his wife, Flora (Miller) Heine, and by his brother, the Rev. Robert Heine. After serving at Trinity, Pastor Heine was Bishop of the LCA Michigan Synod. The Rev. Heine is survived by his two children and their families: Ward and Meg Heine of El Dorado, Kansas, and Marian Pye of Livonia, Mich. Notes of sympathy and/or memorials may be given to Bethany Lutheran Church, PO Box 567, Northport, MI 49670.

JOYful Days Returns This Month



Spring JOYful Days Dates
(mark your calendar today!)
Wednesdays
March 21 & 28
April 4, 11, 18 & 25

Our Schedule

- 9:30 a.m. Continental breakfast
- 9:45 a.m. Bible Study with Pastor Sarah
- 10:45 a.m. Breakouts
- 11:45 a.m. Luncheon and Speaker/Performer (\$7/person)
- 1 p.m. JOYful Days concludes

Henry Holstege, Ph.D., professor emeritus of Calvin College, returns to JOYful Days as its first speaker of the spring series on Wednesday, March 21.

“He is one of our favorite speakers,” explained Sylvia Stouten, partner in ministry-discipleship and leader of the JOYful Days program. He is a nationally recognized speaker, educator, author, and host of *Successful Aging*, the award-winning video/television series. Plus, he has more than 40 years experience as a researcher in aging and as a college instructor of sociology and gerontology.



Henry Holstege is an expert on aging

“We will get together on six Wednesdays this spring to enjoy each other’s company and to laugh, learn and eat very well,” said Sylvia. “Whether you are a member of Trinity or not, if you are a senior adult, you’ll have a great time!”

The days feature a continental breakfast at 9:30 a.m., followed by a Pastor Sarah-led Bible study. The morning also includes time for break-outs (including card games). And the luncheon provides opportunities to connect with special friends—and also new ones. Your enriching day will conclude after the luncheon, when we are enlightened and/or entertained by special speakers or performers.

You can sign up for the entire day or come at 11:30 a.m. for lunch and stay for the speaker/performer. Pre-registration is required for lunch (\$7 per person—you may pay upon arrival at JOYful Days).

RSVP’s for the luncheon are due by Monday noon, prior to the event you plan to attend: Sylvia Stouten, 949-2492, ext. 21.

Zumba and Malaria: Share the Health



“If you’ve been to a Zumba class, you know of its health benefits from exercise and fun,” said Vicky Carron, parish nurse. “Now during Lent, you’re invited to *Share the Health*, by donating to Trinity’s ELCA Malaria Campaign when you pay for your Zumba class (\$5 per class).” She explained that Trinity’s Zumba instructor, Jess Galusha, is also donating a portion of her earnings to the Malaria Campaign.

Your donations will be added to others from Trinity, other Lutherans across the country, and other worldwide efforts to help end malaria.

During Lent, Zumba will be held from 6 to 7 p.m. in the Fellowship Hall.

Needles, Hooks & Books: Premie Blankets



Needles, Hooks & Books will focus on learning to knit or crochet a premie blanket at 7 p.m. on Monday, March 19 (the group meets regularly on the third Monday of the month).

Bring 4 ounces of specially labeled baby yarn with either a G or H hook for crochet or size 10 or 11 knitting needles.

Adult Education at Trinity

There's Still Time To Join a Grace Group



Many people wish to add something meaningful to their Lenten journey, and participation in one of Trinity's Grace Groups is an excellent start.

Although Grace Groups meet at various times and locations, they share a common format: They are designed to deepen our relationship with God and to form meaningful relationships with others from our church family.

Participation in the five-week series of Grace Groups studies does not require a big time commitment.

Many people choose to give up a certain kind of food for Lent (chocolate, coffee, etc.). While giving up certain foods for Lent may have health and mental discipline benefits, does it actually bring people closer to God?

Peruse the list of Grace Groups, and plan to join. There are small groups available at many different geographic locations, times, days of the week, and some have childcare available. A study booklet will be provided to each participant to help facilitate our understanding and to promote lively, thought-provoking small group discussions.

It is a wonderful way to deepen our Lenten spiritual journey.

Questions? Contact Sylvia Stouten, partner in ministry-discipleship, sylvia.stouten@tlcgr.org, 949-2492, ext. 21.

Trinity Grace Groups

- Meet weekly now through the end of March
- We do not meet during Holy Week

What Day/Time Works Best for You?

Sundays

- 10-11 a.m., Parlor (with Sylvia Stouten), Childcare provided
- 7:15-8 p.m., Parlor (with Roger and Jessica Marks)

Tuesdays

- 9:30-11 a.m. (Tuesday Morning Women's Bible Study with Pastor Sarah), Childcare provided
- 9:30-11 a.m. (Tuesday Morning Women's Bible Study with Rebecca Ulrich), Childcare provided
- 7-8 p.m. (with George and Julia Bauer, at their home in SE Grand Rapids)

Wednesdays

- 9:45-10:45 a.m. (Wednesday Morning Bible Study with Pastor Sarah)
- #6-7 p.m., Adult Forum (with Sherry Blair), Childcare provided
- #6-7 p.m., Classroom 139 (with Charlie and Tracy Flanders), Childcare provided
- #6:15-7 p.m., Parlor (High School Youth Study led by Pastor Sarah)

Thursdays

- 7-8 p.m. (with Carrie Stine Wygmans in Ada-area homes)

Fridays

- 9:30-11 a.m. (Friday Morning Women's Bible Study with Kris Fox)

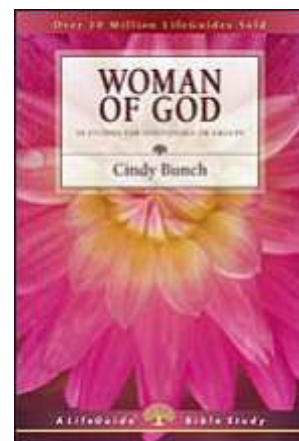
#Enjoy Soup Supper prior to the study, or bring it with you to enjoy during the discussion

Looking Ahead: Friday Morning Study

Beginning Friday, April 20, Kris Fox will lead *Woman of God* during the Friday Morning Women's Bible Study. The group meets weekly from 9:30 to 11 a.m. in the Parlor (except the second Friday of the month).

Author Cindy Bunch leads participants through a series of sessions drawn from Old and New Testament passages, offering Scripture as the best guide to help develop the traits of a godly woman. She includes sessions on how to be strong, trustworthy, wise, resourceful, forgiving, beautiful, content, confident—and how to claim God's grace when you fall short.

Women of all ages are welcome to join for spiritual growth, fellowship, prayer and support. For more information, contact Kris at jklsafox@comcast.net, 682-0671.



Children's Ministries Updates

Children's Ministries

- Sunday School for children aged 4-6th grade, Sundays, 10-11 a.m.
- Cantus Choir (Age 4-2nd Grade), Wednesdays, 6-6:30 p.m.
- Augsburg Choir (3rd-5th Grades), Wednesdays, 6:30-7:15 p.m.
- Alleluia Chimers Bell Choir (3rd-8th Grades), Wednesdays, 6-6:30 p.m.

Upcoming Events

5th Grade First Communion Training: Sundays, March 11 and 25, 5 to 6 p.m.

Saturday Night Live: Saturday, March 17, 6:30 p.m.

Easter Egg Hunt: Saturday, March 31

Sunday School Focuses on Malaria

Sunday School children have already raised more than \$3,000 for the ELCA's global campaign to end malaria by 2015. Children are focused on raising funds and also awareness about this deadly but preventable and treatable disease. If you'd like to support the efforts, make checks payable to Trinity (and write "Malaria" in the memo line). We are also selling T-shirts (*Trinity Lutheran Church fights for...Hope, End Malaria by 2015*) for the Malaria Campaign (order form below). Questions? Contact Mr. Tim, tim.vanderbilt@tlcgr.org, 949-2492, ext. 14.



Friends sing and dance during Sunday School music time.

Above left: 4th graders show their Malaria Campaign money collection jars, decorated with mosquito and other stickers. Above right: Anna Breaugh stands by the Malaria board that educates our children the deadly malaria disease. Lower right: It's music time for Sunday School. Lower right: Kristine Lang shows students how their gifts help to buy mosquito nets.



5th Grade First Communion Training

All 5th grade students and their parents are invited to attend a two-session training about first communion from 5 to 6 p.m. on Sundays, March 11 and 25, in the Sanctuary. Watch for more details.

Booklets will be used to help parents do lessons at home, too. Questions? Please connect with Pastor Sarah.

END MALARIA T-SHIRT ORDER FORM

For \$20, you get a T-shirt — and a family in Africa will receive a life-saving mosquito net!



Color
 Red
 White

Youth Sizes
 extra small
 small
 medium
 large
 xl

Adult Sizes
 small
 medium
 large
 xl
 xxl
 xxxl

Total Number of T-shirts _____

Total amount of money enclosed \$ _____
 (make checks payable to Trinity Lutheran Church, and write "Malaria T-shirt" in the memo section)

Your First & Last Name _____

Email _____

Phone _____

Turn in order forms with money to Mr. Tim (or place in his mailbox) by Sunday, March 25.





Saturday Night Live

Saturday, March 17
6:30 p.m., Centennial Hall

featuring... **FACeless** **TheFx Kids**

Brand-new skits and new versions of your favorites performed by Trinity children and youth and former SpringHill Camps staff
A night filled with fun for all ages
Snacks provided
Nursery provided for children aged 2 and younger
Offering will be taken for the ELCA Malaria Campaign



Children's
Easter Egg
Hunt
Saturday, March 31
10 a.m. to noon

Please join us for the next The Young & the Sleepless event

Java Gym Family Outing

Sunday, March 25

3 to 5 p.m.

Java Gym (2211 E. Beltline Ave., north of Knapp's corner)

- We will make a group reservation, so please RSVP to Venta Norris (venta525@yahoo.com, 440-655-0855) by Saturday, March 17
- Groups get a 20 percent discount (\$5.60 for ages 3 and older; \$2.40 for ages 2 and younger; free for infants & adults)
- Learn more: www.javagymgr.com



*The Young & the Sleepless welcomes families to join in the fun.
We are primarily parents of at least one child who is preschool age or younger.*

Youth Ministries Updates

Saturday Night Live Event Includes Roles for Youth Volunteers: This fun family event, scheduled for Saturday, March 17, will include opportunities for youth to be actors, serve on the stage crew, assist with the tech team, and help with care for children in the Nursery. If interested, contact Tim Van der Bilt, tim.vanderbilt@tlcgr.org.

Winter Jam 2012: Pastor Sarah is taking high school youth to Winter Jam 2012, on Sunday, April 1 (\$10-cash only). The group will take the Trinity minibus. Bands include Skillet, Newsong, Sanctus Real, Peter Furler, Kari Jobe, Building 429, Group 1 Crew, Dara Maclean, For King and Country, and We as Human. Nick Hall is speaker, and Brock Gill is a performing illusionist.

Mission Trip Fundraisers: Proceeds from our Easter Breakfast and Rummage Sale assist with the Workcamp Mission trip expenses. Thank you for your support!

- Easter Breakfast: Sunday, April 8
- Rummage Sale: May 3-5



Souper Thanks for Your Support

To our congregation: Thank you for your generous support of Souper Bowl Sunday, Trinity's youth effort to raise funds for local food programs. Trinity's youth collected \$2,042.50, nearly doubling last year's collection. Thank you!

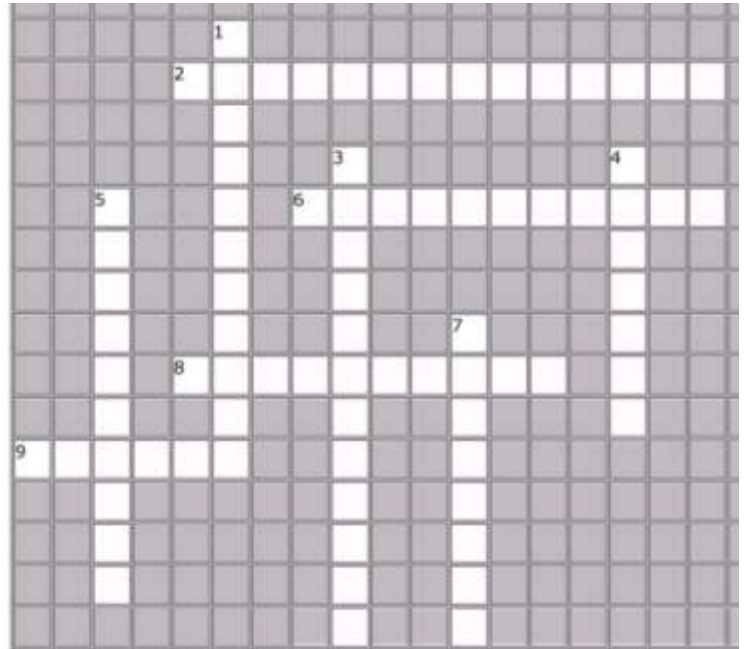
Test Your Knowledge: Souper Bowl of Caring Crossword Puzzle (answers on back page)

Down

1. People who are employed but whose wages from work are not enough to raise them above the federal poverty line (2 words)
3. Access to enough food to maintain a healthy lifestyle (2 words)
4. The act of giving something to individuals/families in need.
5. A charitable program that gives periodic bags of food to the hungry (2 words)
7. A place where food is offered to nonprofit agencies for distribution (2 words)

Across

2. The limited or uncertain availability of safe, nutritious food (2 words)
6. A charitable program that provides free meals to hungry people (2 words)
8. A youth movement that has raised millions of dollars worth of food and money for people in need since 1990 (2 words)
9. The uneasy or painful sensation caused by involuntary lack of food which may over time result in malnutrition.



Vocabulary Review

CHARITY: The act of giving something to individuals or families in need.

FOOD BANK: A place where food is offered to non-profit agencies for distribution.

FOOD PANTRY: A charitable program that gives periodic bags of food to the hungry.

FOOD INSECURITY: The limited or uncertain availability of safe, nutritious food. Did you know there are more than 35 million people in the United States living in households that are food insecure?

FOOD SECURITY: Access to enough food to maintain a healthy lifestyle.

HUNGER: The uneasy or painful sensation caused by involuntary lack of food which may over time result in malnutrition.

SOUPER BOWL: A youth movement that has generated more than \$50 million worth of food and money for people in need since 1990. Trinity's youth have joined thousands of young people across the nation who are helping people in their own communities.

SOUP KITCHEN: A charitable program that provides free meals to hungry people.

WORKING POOR: Employed people whose wages from work are not enough to raise them above the federal poverty line.

New Members Make a Difference

By Bob Pfau

When we think of Trinity members who are very active “behind the scenes” – volunteering and helping – most of us may think of long-time members who have been active at Trinity in many ways, on committees and in various roles.

Matt and Kate Oster certainly do not fit that profile. Matt and Kate joined Trinity last April, and were married here in June. When asked how they found Trinity, they replied, “Google!” But that gets us ahead of the story.

Kate grew up in the Chicago area, was raised Catholic, and graduated from Hope College. She earned a bachelor’s degree in education and a master’s in special education (emphasis on autism). Growing up, she was around a lot of kids with special needs. Her integrated gym class in high school included special needs students, where she learned how to interact with the encouragement of her gym teacher. Kate’s mom was a teacher, which was also a big influence. Today Kate teaches special education for K-2nd grade students in Holland Public Schools.

Matt grew up in Zeeland, belonged to a RCA church, and graduated from Grand Valley State University. He majored in marketing, finance and photography. Matt works at Gordon Food Services in its web marketing department.

Now is this getting you interested, and are you wondering where this is going?

Well it’s going to the Central Wesleyan Church in Holland. It was the only place that had a college-age youth group. That is where Kate and Matt met!

And that brings us to Google. When they were dating, Matt and Kate decided they wanted to find a church that would meet both their needs. They tried a few, and decided a Lutheran church might be the right choice...but which one?

They discovered Trinity through a Google search, attended a service and met Pastor Paul in the Narthex. They had not been to a church where the pastor was greeting members as they came in. When he greeted them, they shared they were looking for a church to join; he told them they didn’t need to look any further. And here they are!

After attending for awhile, Kate saw a message in the church bulletin regarding a class for parents of special needs children, and it indicated if you had an interest in helping, to contact Vicky Carron, our parish nurse. Kate did, and today she volunteers every other Wednesday evening when the class meets. The class is for the parents of the special needs children, so Kate – along with three other volunteers (Tracy Flanders, Brenda Heacock, and Dawn Thorsen) – cares for the children while their parents attend class and support group (various topics are addressed including community resources; behavioral issues; separation anxiety; and family therapy). Knowing that someone like Kate is there with the children during this time is a great help to the parents.

How about Matt? Well he was ready to jump in, too. Since he enjoys photography, he started asking what he could do to help. Where did that go? Photos of our Summer Fun at Trinity event (taken just days before they were married at Trinity) led to photos of Family Experience Night, Children’s Christmas Program, Dr. Elizabeth Claar at the organ, Reformation Sunday and Confirmation, Sunday School highlights and more. You can see much of Matt’s work on bulletin boards around church, on the website and in the Messenger. When you see great photos of Trinity events or people, you can bet that Matt was involved.

Matt and Kate, a young couple who quickly became involved in the ministry of Trinity, are using their talents “behind the scenes” to make a difference, and we are much better off for it.

As we have said in past articles, if you have a desire to be involved, or recognize an area for which your talents and interests would be well-suited, talk to someone about it. New members, veteran members, and all members in between are welcome to get involved. Now is the best time.



Vermiculture

Nurturing Environmental Stewardship at Trinity (NEST)



The Lord created worms and their purpose was decomposition and returning things back to the earth.

By Kim Brock

What's the first thing that comes to mind when you hear vermiculture? The study of vermin societies? Guess again.

Think vermicelli - a pasta that is just a little thicker than spaghetti and slightly resembles long worms. Vermiculture is raising worms.

Why would anybody raise worms? After researching this article, I am thinking of starting a little worm ranch myself.

I have composted kitchen scraps for a long time, but in the winter I succumb to the temptation of the garbage can instead of the compost bin much more often than I care to admit. The countertop scrap collector is usually full and I should take it out to the bin, but it's awfully cold and snow will get in my shoes (because my boots aren't handy). Laziness! Worms could be munching those scraps into castings (yes, castings are just plain ol' worm waste) and castings make wonderful fertilizer. It can be worked in to your houseplant soil or saved for the outdoor garden. If you are a fisherman, you know how good red wigglers and European night crawlers are for bait. If you own chickens, tropical fish, a lizard or a turtle, you can grow your own treats!

So, what does it take to provide a home for worms?

- 1) A dark bin with plenty of air circulation vents, drain holes and a basin to catch the worm tea that drips out;
- 2) Bedding material of shredded newspaper, dried leaves, or composted (but not sterilized) manure;
- 3) Food materials like fruit and vegetable scraps, bread and grains, coffee grounds and tea bags; and
- 4) A place where they won't freeze in the winter (like a basement, garage or screen porch).

Does it smell? Not if you don't overload it with more than your worms can eat and keep your scraps buried in the bedding.

Does it attract other bugs? Fruit flies won't dig for the scraps you bury and other bugs will co-exist with your worms but will not leave the habitat unless there is something wrong or toxic with it.

Is there maintenance? You must remove the castings and provide fresh bedding every so often.

The Lord created worms and their purpose was decomposition and returning things back to the earth. One reference in Job 28 goes like this: "You will plant vineyards and cultivate them but you will not drink the wine or gather the grapes, because worms will eat them." *Job 28:39*. Let the worms eat your old fruit.

More information on Vermiculture

- <http://en.wikipedia.org/wiki/Vermicompost>
- www.vermiculture.com
- <http://cityfarmer.org/wormcomp61.html>

All-Congregation Potluck & Annual Meeting Highlights



Staff members Rhonda VanDeusen (shown above) and Rebecca Ulrich planned and implemented Trinity's All-Congregation Potluck and Annual Meeting held on Jan. 29.



Elena Griewahn samples a sandwich.



The potluck featured an array of salads, main dishes and desserts.



Sherry Blair prepares a salad for the potluck.



Nancy & David Morrison are dedicated potluck volunteers.



Mary Minich-Carwell helped host the event.

Celebration of Service Family Potluck and Annual Meeting Thanks

- Planning Team: Mary Minich-Carwell, Deb Williams, Connie Policicchio, Rebecca Ulrich, Rhonda VanDeusen
- Council & Staff for leadership prior to and on day of event
- Greeters/Hosts: Scott VanLente, Neil Sendler and all other council and staff members who helped greet and host
- PowerPoint Team: Nick Rodammer, Greg Lang, Jeff Policicchio
- Set up: Brad & Sherry Blair; Bruce, Melissa and Phillip Youngman; Brian and Rachel Vigna and family; Jeff, Olivia and Justin Ulrich; Jim & CJ VanDeusen; Gloria VonDerHeide; Larry and Connie Frazier; Jeanette Sorensen; Tom and Amy Goetch; and Gloria VonDerHeide
- Clean up: Steve and Helen Johnson; Rob and Niki Ferguson; David and Nancy Morrison; Carrie Wygmans; Kwaghdoo and Suurnen Bossuah; Dick and Shirley Tedford; and Jane and Don Barsema

It's Never Too Late To Be Baptized

*By Doug Lachniet, Director of Major/Planned Gifts,
Lutheran Social Services of Michigan*

Jean Skiver, 85, just never got around to being baptized. Married and divorced twice, she attended Baptist and Lutheran churches with her husband but never formally joined. That changed on Jan. 11, when Jean was baptized during the afternoon service at Trinity Chapel at The Terraces at MapleCreek in Grand Rapids.

Jean moved to The Terraces at MapleCreek 13 years ago; the facility offers catered independent living for active seniors. She enjoys the wide variety of social activities that offer fellowship with other residents.

She started going to a volunteer-led Bible study. Because Jean has some health problems that make it difficult for others to understand her, she doesn't like to speak in group settings. She relies on her friend, Barb Bell, who also lives at MapleCreek, to be her voice, helping her to participate in activities she formerly avoided.

Jean also began talking to MapleCreek's chaplain, the Rev. Rebecca Ebb-Speese, known in the community as Pastor Becky, about spiritual matters. Jean says she enjoys exploring issues of faith.

Early this year, Jean told Pastor Becky she wanted to be baptized. "I want to accept God and to feel more connected to church," she said. "I had my children baptized and now it's time for me."

Pastor Becky officiated at Jean's baptism, and Barb Bell served as her sponsor.

"My quality of life has changed since I moved to Maple-Creek and started attending spiritual activities," Jean said. "I know these are good for me. I feel better about my life."

After witnessing Jean's baptism, another Terraces resident came to Pastor Becky and said she'd never been baptized either, and she wanted to do it too. Her baptism was held the following day, with all the residents in attendance serving as sponsors.

*Doug Lachniet can be reached at dlach@LSSM.org,
616-443-9761.*

Kudos

- Trinity's youth collected \$2,042.50 on Souper Bowl Sunday, nearly doubling last year's collection. If you supported the effort, thank you so much. And Pastor Sarah would like to thank the many youth who participated in this program, too!
- A note of appreciation from Lisa Mead, who regularly attends the 9 a.m. Rejoice service: *Could you pass my message along to the folks that regularly serve at the 9 a.m. Rejoice service? I'd like to thank the band/singers/sound/PowerPoint team for the effort that they put into this important ministry. I'm sure they put a ton of time into practicing, as well as performing week after week. They do a great job, and add a lot to our weekly worship. Can you let these folks know that many of us really appreciate their contributions at TLC, but rarely remember to thank them!*
- What's a Lutheran church without food and fellowship? We recognize the volunteers who have prepared delicious, nutritious meals for Wild Wednesdays dinners. Meal coordinators are Brian, Sue and Garrett Bakkila; Linda and John Holm; Bob, Kim, Jack and Jennifer Martin; Dieter Panzer; Joyce Schlanderer; Kris Shannon; and Steve, Amy, Charlotte and Isaac Stephan.
- We also thank volunteers for their assistance with setting up, serving and cleaning up after the Wild Wednesdays meals.
- Thanks to each person who has shared their gifts of music with us at Trinity—as vocalists, instrumentalists, choir members and soloists.
- Each month a team of volunteers gathers to assemble and prepare the *Messenger* for mailing to our members. We thank team leader Mary Jo Peterson, plus assembly team members Randy Preston, Dixie Brinks, Cheryl Bushman, Agnes Johnson, Eileen Krug, Marge Willman, Bonnie Cleveland, and Sue Boyse.
- Our Sunday bulletins are assembled and volunteer reminder calls are made by dedicated volunteer Dixie Brinks. Thanks, Dixie!
- We are grateful for the support of our volunteers who count offerings each week. Members of the team are Barb Crossman, Betty Hall, Jerry Hendricks, John Holm, Patti Mutch, Norm Petersen, Randy Preston, Dick Roll, Dave Wait, Lee Schomberg, and Mark Johnson (Sunday Collections).
- This month, we also express appreciation for members of the Finance Committee. They are Peter McKinney (Treasurer), Pastor Galen Knutson, Ted Niemeyer, Chris Engle, George Bauer, Ed Delana, Dick McKenzie (Audit Committee chairperson), Chuck Schadler (Audit Committee member, and Leo Ditchcreek (Audit Committee member).



Let your light
Shine

Join
Trinity's
Stephen
Ministry

Let Your Light Shine

Plans Underway to Add New Stephen Ministers

Trinity is currently enrolling a new class of Stephen Ministers who will receive 50 hours of training beginning in September. Trinity's current Stephen Ministers are finding joy and fulfillment in this ministry, and you could be one of next fall's training class members. Below are some common questions and answers about Stephen Ministry.

How much of my time will the training involve? There are 50 hours of training, which will most likely be divided into six full Saturday training days (the fall/winter dates will be chosen by all the trainees, according to their schedules).

How much time will the ministry involve once I begin caring for someone (my care receiver)? As a Stephen Minister, you will visit about once a week (for about an hour) with the person you are caring for. You will also attend two meetings per month for support and continuing education.

Will I have to spend money on the person I am caring for? No. You are not expected to spend any money whatsoever on your care receiver. You are also not expected to personally provide any other specific services for your care receiver, such as transportation or babysitting. As a Stephen Minister, however, you may at times assist in arranging for such services.

Will my phone be ringing constantly? No. You will care for one care receiver at a time. If the care receiver were to begin calling too often, you will learn to respond to too many phone calls or excessive demands in a loving, assertive manner. That situation probably won't arise, though.

Will our pastors still help and counsel people? Most definitely! Stephen Ministers complement the pastors' ministries and provide even more care to those who need it.

Who will be my care receiver? Potential care receivers are mainly members of Trinity who are experiencing times of special need. Occasionally, they may be other people within our community who may turn to us for help.

Will my care receiver really want my care? Yes. A Stephen Leader will meet first with each care receiver. Only after the care receiver understands Stephen Ministry and has agreed to meet with a Stephen Minister will you be contacted.

Are other people as scared as I seem to be about this undertaking? Probably so! But the training will eliminate much of this fear because you will not only learn what to say but also — and more importantly — how to listen.



Being a Stephen Minister is a wonderful blessing.

For more information, contact:

Vicky Carron, Parish Nurse (vicky.carron@tlcgr.org) or Karen Niemeyer (k.zn@me.com)

Prayers for Safety, Please: Synod Sends Five to Honduras

If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame.

Isaiah 58:10-11

Despite a dicey security situation in Honduras, the synod is sending five people there on an eight-day visit March 21-28. "Much prayer and careful discernment went into the decision to go, particularly after safety concerns caused the Peace Corps to pull its volunteers out of Honduras in January," said Vicky Carron, parish nurse and leader of the trip. The traveling team requests your prayers during their trip.

What will the team do?

Accompany our companions in Honduras. Political unrest and escalating drug-related violence have intensified the already poverty-stricken population's problems. The Lutheran Church of Honduras has been affected greatly but remains committed to its mission. The team hopes to bring to our companions a renewed sense of peace and hope in God's deliverance, simply by sharing our presence.

Hear reports on the Water Filter Project. A special offering at last year's synod assembly collected \$4,853.68 for water filters in Honduras. These filters are being distributed over several years, to provide the education and support needed for their proper use. The team will hear stories about the effect of the filters on the community.

Teach Health Volunteers. Salud Para La Vida: Health for Life! is a joint project of our synod and the Lutheran Church of Honduras. Its 23 volunteers will attend a weekend workshop planned by the synod team. They will learn about wound care, the Christian value of service, and health as a whole-person matter.

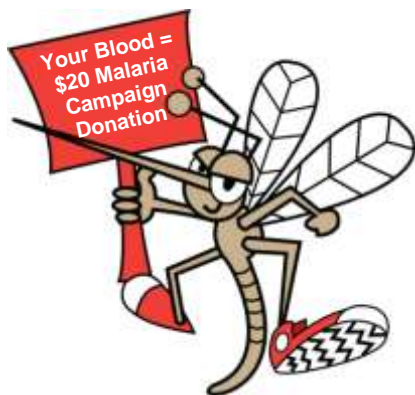
Bring Back Stories. Travelers on trips such as this one are often transformed and inspired by their experiences. They learn a new perspective on the global church, the reality of life in a third world country, our materialistic culture, and/or their call as Christians in this world. The team members will bring back some of their stories to share — in the form of personal conversations, newsletter articles, videos on youtube — so we all can experience more deeply the Gospel and its role in our lives.

Who is going?

- Janet Alcantara (an ELCA deaconess and former missionary serving the Lutheran Church of Honduras, currently residing in Seattle)
- Kwaghdoo Bossuah (Nurse practitioner and Trinity member)
- Vicky Carron (Parish nurse at Trinity)
- Linda Grindahl (Registered nurse and member of Ascension Lutheran, Saginaw)
- David Smoes (Video/photography enthusiast and member of Trinity)

Please pray for this team and for our brothers and sisters in Honduras.

Double Impact: Blood Drive & Malaria Campaign



Trinity Blood Drive

Monday, March 5

12:30 to 6:30 p.m.

Childcare available for the entire blood drive

Enjoy home-baked goodies

First-time donors are especially invited! And of course, we welcome veteran donors, too.

You are welcome to sign up in advance, or just walk in on the day of the drive.

Questions? Contact Linda Taffs, 340-5901, ltaffs@wnj.com.

Bonus for Blood: In honor of every person who tries to donate blood at Trinity's Blood Drive, a \$20 contribution will be made to the ELCA Malaria Campaign (thanks to an anonymous donor family)!

Pine Rest Church Assistance Program: For You!



Life can be challenging. But with help, it does not need to become overwhelming. Trinity has contracted with Pine Rest Christian Mental Health Services to provide professional counseling services to any church member who needs help.

With the support, understanding, and guidance of Pine Rest's CAP staff, you can sort out options, build awareness, gain insight into difficulties, develop new choices and answers to problems. Church Assistance Program (CAP) services are available to all parishioners and members of their households.

To access Pine Rest CAP services, call 800-442-0809 or 616-455-6210. CAP services are available to all members and regular visitors, and are completely confidential. Trinity will be given statistical data only (not the names of people who utilize the services).

24/7 Hotline Service

Hotline service provides 24-hour, 7-day access to a Pine Rest counselor within one hour of initial contact for a professional Telephone Consultation. Counselors are Pine Rest staff of psychologists or clinical social workers. During this initial call, individuals may request information, discuss personal problems and obtain assistance in problem assessment and/or resolution, or request a referral to an appropriate Pine Rest clinician for face-to-face assessment at any of the West Michigan Pine Rest clinics. Individuals have unlimited access to the Hotline.

Face-to-Face Consultation

Face-to-Face Consultation is available to congregation members and those living within their households in up to two sessions for purposes of assessment and, if indicated, referral, to the most appropriate resource to meet their needs. Consultations are available within 48 business hours of initial Hotline contact and can be scheduled at one of the Pine Rest locations in West Michigan (clinicians are clinical social workers or psychologists).

Follow-up referral options are based on the nature of the presenting problem and the requirements of the individual's benefits package. Individuals are limited to two sessions per problem episode but may access the program again in the event that another problem arises.

A Church Assistance Program brochure and information card are included with paper copies of this Messenger edition. (Electronic copies will have separate attachments with the same information). Program materials are also available around the church building.

CHURCH
ASSISTANCE

PINE REST Christian
Mental Health
Services
Restoring Lives, Renewing Spirits
www.pinerest.org

Life Questions...

- Has one drink at night turned into a whole bottle? Call CAP today to help you figure out why.
- The sun is shining and bright. Why aren't you? Call your CAP hotline for help.
- My mom struggles to find my name when we talk. For help understanding and dealing with memory loss, call CAP.
- Has your daughter's obsession with getting a "bikini body" turned into an extreme diet? Call your CAP hotline if you fear your loved one might have an eating disorder.
- Asking for help is not a sign of weakness. Call your CAP hotline.
- "There was a time when I could not envision the future without including my addiction. After seeking help, I now have a clearer view." You do not have to work through your addiction alone. Call the CAP Hotline today.
- Does your mind start racing as soon as your head hits the pillow? Anxiety is more common than you think. Call the CAP Hotline to learn healthy ways to relieve stress.
- It seems like just yesterday my son and I were outside playing catch and laughing together; now all he does is play video games on the internet. If media and the internet are taking over your child's life, call the CAP Hotline.
- Comparing your life to the ups and downs of a roller coaster? If you or a loved one is struggling with bipolar disorder, call the CAP Hotline.

Pine Rest CAP addresses concerns including relationship issues, substance abuse, divorce adjustment, depression, anxiety, eating disorders, parent-child conflict, grief and loss, stress, sexual addiction, geriatric/caregiver issues and ADHD.

Pine Rest CAP Hotline
Available 24/7

800-442-0809 or 616-455-6210



ELCA World Hunger

Feed the hungry.
Fight poverty.

ELCA World Hunger Appeal Focuses on Root Causes of Hunger and Poverty

Together, we are ELCA World Hunger. As individuals, congregations, and synods, our humble offerings and actions are gathered, blessed, and multiplied. Together, in Christ’s name, we experience the transforming power of connection.

On Sunday, March 4, please consider using the special ELCA World Hunger Appeal envelope found in your giving envelopes to make a financial contribution to support its work (you will notice that there are ELCA World Hunger Appeal envelopes included in your box to be used throughout the giving year - you are welcome and encouraged to respond with your donations at any time). If you don’t use giving envelopes for your contributions, make checks payable to Trinity Lutheran Church and write “ELCA World Hunger” on the memo line.

ELCA World Hunger is a comprehensive and sustainable program that uses multiple strategies—relief, development, education, and advocacy—to connect people to the resources they need to lift themselves out of poverty. ELCA World Hunger responds to neighbors around the corner and around the world. Between 70-75 percent of ELCA World Hunger funds are spent internationally, and 20-25 percent are spent domestically.

The international work of ELCA World Hunger is carried out through ELCA companion relationships as well as through trusted partners like Lutheran World Relief (LWR) and The Lutheran World Federation (LWF). Because of these long-held connections to partners around the world, ELCA World Hunger efforts are efficient and effective. The domestic work of ELCA World Hunger is carried out primarily through the Domestic Hunger Grants Program (relief, development, and community organizing projects) and Education and Advocacy Grants. ELCA Disaster Response is known around the world for its long-term healing presence after natural and human-caused disasters.



Trinity Supports ELCA Malaria Campaign

In Africa, mosquitoes often spread malaria, a deadly disease that kills more than 800,000 people each year (the equivalent of losing the entire Grand Rapids-area population in just one year!).

Trinity has joined a global movement with a goal of raising \$15 million to prevent, treat and educate communities in Africa about malaria and eliminate deaths from this disease—for good. If you would like to make a contribution, make checks payable to Trinity Lutheran Church (write “malaria” on the memo line).

How will my contribution help?

- \$10: Insecticide-treated mosquito net given to a family
- \$50: Medicines will help save the lives of 25 people infected with malaria



Care & Share

Trinity's Outreach team invites you to participate in these opportunities. Questions? Contact Sylvia Stouten at 949-2492, ext. 21.

Enjoy *The Lorax*— And Help Family Promise

A family FUNdraiser to benefit Family Promise is the focus of a special event at 1 p.m. on Saturday, March 3, when Celebration! Cinema Grand Rapids North will roll out the red carpet for a unique, opening weekend viewing of the Dr. Seuss' *The Lorax*.

Each \$20 ticket includes a movie pass, a small soda and popcorn, with \$9 going to Family Promise of Grand Rapids. By attending, you are supporting the children Family Promise serves and helping to "end homelessness...one family at a time."

Limited tickets are available: <https://celebrationcinema.com/familypromise>.



Trinity To Host Homeless Families 4 Times This Year: Volunteers Welcome

We will host Family Promise/IHN families at Trinity for a week beginning Sunday, March 18. Volunteers are welcome for many roles, including providing an evening meal, leading activities for the children, and staying at Trinity as an overnight host. There are many ways to help out! To learn more about volunteering, contact Sylvia Stouten, sylvia.stouten@tlcgr.org, 949-2492, ext. 21.

If it doesn't work out for you to volunteer this month, please keep in mind other weeks will be hosting Family Promise/IHN this year: June 24, Oct. 7 and Dec. 30.



Be a Medical Advocate for A Refugee

The medical system is one of the most hopeful — but also intimidating — aspects of a refugee's first six months in the United States. Lutheran Social Services is looking for 10-15 volunteers to partner with refugee clients one day a week to serve as a medical advocate. Responsibilities include providing transportation for (or riding the bus with) a refugee, ensuring he/she gets to appointments on time, and staying for the appointment to be available as a medical advocate.

Language barriers will not be an issue, as Lutheran Social Services caseworkers will have that covered.

Learn more! Contact Sylvia Stouten, sylvia.stouten@tlcgr.org, 949-2492, ext. 21.



Rummage Sale Coming May 3-5

Please keep in mind that Trinity's youth welcome your contributions for the annual Youth Rummage Sale, scheduled for May 3-5. Clothes, toys, books, decorating items, and furniture are welcome.



Keeping in Touch



If you have updates or changes on your address, phone number or email, please use the form on this page, or contact carol.hendricks@tlcgr.org.

Address/Telephone Number Changes:

- Nate and Lindsey Skalandis: 616-460-3714
- Ben Werling: 616-648-9528
- Amy Werling: 616-648-9233

Baptisms:

- Emma Claire Skalandis, daughter of Nate and Lindsey Skalandis (Feb. 12)
- Lucas Charles Robach, son of Joe and Sarah Robach (Feb. 26)

Death:

Dorothy Routzahn (Feb. 15)



Loved Ones in Military Service

We publish Trinity's military service list so our congregation can include service members in their prayers. If you have someone to add, complete the Trinity Connections form (right), or contact Carol Hendricks, carol.hendricks@tlcgr.org, 949-2492, ext. 23.

- **Eric Gonzalez, Major** (grandson-in-law of Art & Ronnie VanderVen) - Florida
- **Carl Jacobson** (son of Jan Jacobson) - Japan
- **Daniel J. Lanning, Sergeant** (son of Grace Lanning) - England
- **Eric Maurice, Ensign** (nephew of Dave & Chris Straw)
- **Jason Morrison, Green Beret Special Forces** (son-in-law of Dolly Lowe) - Iraq
- **Jacob Mulder**, Specialist, US Army, Afghanistan.
- **Samuel Patton, Airman USAF** (son of Bill & Patti Patton, grandson of Greta Breyer, nephew of Dan Breyer and Roger and Jessica Marks) - Spokane, Washington
- **Will Thorsen** (son of Bill & Dawn Thorsen) - Afghanistan



Trinity Connections Form

Please use this form to share updates and requests. Our faith family at Trinity supports our daily journeys of faith, shares God's gifts of love and grace, and responds to people in need.

Drop in the offering plate or Church Office, or mail to: Trinity Lutheran Church, 2700 East Fulton St., Grand Rapids, MI 49506.

Please check all that apply:

Welcome Visitors!

- Have visited Trinity
- New to the area
- Seeking a church home

Cares/Concerns

- Would appreciate a visit from a pastor
- Prayer request (describe below)
- Would appreciate being connected to a Stephen Minister
- Health concerns for self or family member (describe below)

Family Changes

- We're expecting or adopting! Anticipated arrival _____
- Birth (share details below)
- Death of family member (share details below)

Address/Phone Changes

- Address Change
- Phone or email change

Other

- I'd like more information (describe below):

First Name

Last Name

Address

City State Zip

Home Phone

Cell Phone

Email

Cares/concerns, prayer requests, family changes and ideas:



Birthday and Anniversary Blessings

March 1

Jack Meier

March 2

Molly Crawford
Connor Fetting
Zack Meuser
Kristen Selleck
Amy Wagenaar

March 3

Merry Anne Barrows
John Keller
Mandy Kettel
Lauren Krug
Phillip Youngman

March 4

Allan Engel
Kristina Kuhlmann
Casey Mester
Beth Nelson
Rich Stouffer

March 5

Grant Ferguson
Heather Kimble
Lillian Scalabrino
Lisa Tesch
Sydney Waite
Margaret and Chad Crummel

March 6

Judy Carlson
Dean Juth
Jo Murphy
Debbie Shumaker
Hannah Ulreich

March 7

Tom Anderson
Megan Brackmann
Sharon Brandner
Kevin Conway
Leslie Gallagher
Kenneth Lown
Dale Mathews
Roxie Mathews
Leah Rieger
Brian Talsma

March 8

Daniel Breyer
Marge Enell
Linda Hallman
Peter Moga
Jessica Scalabrino

March 9

William Becker
Keli Brinks
Carol Huttenga
Gayl Kessel
Kali Mochel
Kate VanderWoude

March 10

Kyle Basher
Spencer Hill
Mary Beth Mencarelli
Carol Welz-gustafson
Aidan Zarou

March 11

Lisa Borchardt
Daniel Flemming
Linnea Fox
David Greiner
Kurt Mester
Chad Saum
Tamara Wurl
Janet and Michael Chobanian

March 12

Samantha Brock
Nicholas Claus
Grant Juth
Alex Light
Dave Rozek

March 13

Katie Gauthier
Sara Johnson
Sarah Pfeiffle
Holly VanLente
Michelle and Rich Stouffer

March 14

Shelly Hilbert
Gwynie Hoeksema
Torie Lynn
Jean Neal
Kate Schumaker
Kendra Stanard
Derek Weiss
Audry Zollman

March 15

Patti Bartos
Travis Budzyn
Meg Genow
Dan Lynn
Amanda Masler
Jenelle Ranville
Kathy and Bill Bush

March 16

Lydia Albaitis

March 17

Stephanie Baker
Elizabeth Mulligan
Joan Start
Tim VanderWoude
Pat Williams

March 18

Daniel Gutierrez
Kristine Lang
Marian Schaible
Ashley Zollman
Erin and Bill Childers
Sheila and Dave Talsma

March 19

Ray Engle
Tom Heisler
Marcia and Bill McClimans
Natalie and Darrell Yeager

March 20

Emily Albaitis
Martha Blandford
Brodey Brinks
Katherine Meilner
Kaori Schau
Matt Start
Kathleen Young
Shauna and Jeff Allchin
Janet and James Genow
Stacey and Justin Longstreth

March 21

Bill Bailey
Katherine Douds
Charles Gauger
Bob Guigue
Kelcey Hunt
Kathleen O'Brien
Danny Workman

March 22

Olivia Black
Ryan Brinks
Paige Cunningham
Chris Engle
Paul Getzin
Bruce Johnson
Rayeann Lackey
Eric Larson
Katie Larson
Jordan Leese
Elizabeth Panzer
Nancy and John Christensen
Kelly Smith and Edward Gauthier

March 24

Brian Boer
Derek Boer
Bob Hamilton
Ashley Johnson
Meredith Kubicek
Kathleen Nelson
Andy Nikolajuk
John Ritch
Mae and Randy Preston

March 25

Megan Ahrens
Brandon Basher
Beverly Block
Julie Earhart
Gail Mester
Patti Patton
Pete Stobie
Mary and Rog Rasmussen

March 26

Richard Gehl
Megan Glass
Jack Greiner
Becca Johnson
Richard Mencarelli
Jennifer Sommers

March 27

Mason Childers
Dave Ezell
Weston Lackey
LeeAnn and Joe McCormick

March 28

Baylee Brinks
Drew Galan
Tyler Nickelson
Stacey Phillips
Bruce Schlenderer
Susan and Michael Coles

March 29

Christine Heisler
Brian Rieth
Rolland Varner
Lillian Wollen

March 30

Jeffrey Baker
John Bambini
Lee Baribeau
Lois DeFouw
Ben Hall
Emma Hall
Jesse Hall
Mary Minich-Carwell
Heidi Parker
Kristy Rieger
Luke Sommers

March 31

Donald Kishman
Ted Niemeyer
Mike Weiss

Thinking About Joining Trinity?

Trinity's Curiosity classes are designed for people potentially interested in joining Trinity. There is no obligation to join Trinity at the conclusion of the classes. We welcome you!

Trinity provides childcare and a free family dinner (6 p.m.); class begins at 6:30 p.m.

Do you know friends or neighbors who are seeking a church family? Please share this information with them, or pick up a Welcome to Trinity brochure.

Questions? Contact Pastor Sarah, sarah.stobie@tlcgr.org, 949-2510, ext. 24.



New Member Curiosity Classes: Tuesdays, April 10, 17 and 24 6 to 8 p.m.

- 6 p.m. Family dinner
- 6:30 p.m. Class (childcare provided): Overview about Trinity, Lutheranism 101, review of Sacraments, the ELCA, spiritual gifts and discipleship

New Member VIP Orientation Night: Tuesday, May 1

- 6 p.m. Family dinner
- 6:30 p.m. This night is focused on honoring our new members (including those who have recently transferred) and connecting with staff members (childcare provided)

New Member Reception: Sunday, May 6

New members are formally welcomed into membership during the 10 a.m. and 11:15 a.m. worship services (choose the service you wish to attend)



Trinity Lutheran Church

2700 E. Fulton, Grand Rapids, MI 49506
616-949-2510 Fax: 616-949-2852 www.tlcgr.org
rhonda.vandeusen@tlcgr.org

Mission: *Trinity Lutheran Church is a dynamic family called by God to nurture each other in our daily journeys of faith and to joyfully increase our response to all people in need, sharing God's gifts of love and grace.*



Evangelical Lutheran
Church in America
God's work. Our hands.

Staff

Main Office Phone:
616-949-2510

Direct Dial:
616-949-2492
(then dial extension #)

Souper Bowl of Caring
Crossword Answers
(from page 12)

Down

1. Working Poor
3. Food Security
4. Charity
5. Food Pantry
7. Food Bank

Across

2. Food Insecurity
6. Soup Kitchen
8. Souper Bowl
9. Hunger

Pastor Galen Knutson, Intentional Interim Senior Pastor
(ext. 15), galen.knutson@tlcgr.org

Pastor Sarah Stobie, Associate Pastor (ext. 24),
616-291-6997 (cell), sarah.stobie@tlcgr.org

Jane Barsema, Director of Facilities (ext. 17),
jane.barsema@tlcgr.org

Diane Biser, Director of Youth Choirs (ext. 18),
diane.biser@tlcgr.org

Larry Biser, Director of Bell Choirs (ext. 18),
larry.biser@tlcgr.org

Vicky Carron, RN, FCN, Partner in Ministry—Parish
Nurse (ext. 19), vicky.carron@tlcgr.org

Dr. Elizabeth Claar, Organist (ext. 26),
elizabeth.claar@tlcgr.org

Sidney Hoeksema, Partner in Ministry—Music (ext. 22),
sidney.hoeksema@tlcgr.org

Carol Hendricks, Membership and Pastoral Assistant
(ext. 23), carol.hendricks@tlcgr.org

Janine Johnson, Communications Specialist,
janine.johnson@tlcgr.org

Sylvia Stouten, MSW, Partner in Ministry—Discipleship
(ext. 21), sylvia.stouten@tlcgr.org

Rebecca Ulrich, Partner in Ministry—Congregational
Life (ext. 29), rebecca.ulrich@tlcgr.org

Rhonda VanDeusen, Office Administrator/Wedding
Coordinator (ext. 10), rhonda.vandeusen@tlcgr.org

Tim Van Der Bilt, Partner in Ministry—Children's
Ministries (ext. 14), tim.vanderbilt@tlcgr.org

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Inclement Weather Policy: When Forest Hills Schools close during the day, all Trinity daytime activities are cancelled and the church offices are closed. After 3 p.m. and on weekends, check WOOD TV8 or WZZM TV13 (or their websites) about the status of evening or weekend activities. Pastor Sarah will always send email updates directly to youth, too.