

TRINITY LUTHERAN'S FEBRUARY NEWSLETTER



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FROM REV. DIANE KRAUSZER

Dearly beloved,

I have a confession to make. Sometimes I am not a very disciplined person. For the past two weeks I have started each day saying to myself that I was not going to drink a cup of tea with milk and sugar in it at night before I go to bed. Tea before bed has been a habit of mine for most of my adult life. However, if I eliminate that night time cup, I eliminate calories from my diet as well as caffeine and liquid right before bed so I sleep better. It always sounds so easy in the morning. No tea tonight! But about 7:00pm I start to long for that cup of tea and a couple of cookies to go with it! Then my will power goes right out the door. I am going to keep trying. Changing old habits and starting new habits, both of these take hard work, desire and a lot of self-discipline. To be a disciple of Jesus also takes self-discipline. To be a disciple means to walk where Jesus walked, to follow so close behind him that we can eat the dust of his sandals. To be a disciple means to do the things that Jesus did and to follow in his way of life. Jesus often took time to pray (Luke 6:12). He

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Attached:

Calendar of Events

STAYING IN TOUCH WITH YOUR LEADERS...

President Richard Clinch 376-6124

Vice President Rhonda D'Aigle 373-3138

Treasurer Pat Kilmain 745-2365

Secretary Mary Brothers 841-4862

Worship Deb Till 746-1637

Stewardship Glenn Jacob 354-6105

Education Paul Krauszer 357-7714

Outreach Deb Burlinski 7463334

Property Mngmt Dana Tesch 717-8499

Reverend Diane Krauszer 354-3944

CDC Jana Moser 746-0974

Health/Wellness Richard Clinch 376-
6124

If you are interested in being a part of the council, talk to Richard Clinch to see how you can qualify.

Article continued from page 1

From Rev. Diane Krauszer

encouraged his followers to pray for others (Matthew 5:44). He taught them prayers to say (Matthew 6:9-15). Paul, an early follower of Jesus, also encouraged the people to whom he wrote letters to pray continually (1Thessalonians 5:16-18) and with thanksgiving to make their petition known to God (Philippians 4:4-7). Last month I asked you to think about and take stock of your prayer life. What did you learn? Are you ready to take the next step and develop some new habits?

Often we pray for what we want. Jesus, in the prayer he taught us all, told us to pray that God's will be done. What do you think that might mean? Again, I would like to challenge you to add prayer to your life. Like Jesus, set time aside for prayer. If you don't know what to say, don't say anything. Just be silent in God's presence. Pray even when it feels like your words stop at the ceiling. Pray in season and out. An athlete practices even when he or she doesn't feel like it because that is how they keep their skills. A musician plays scaled and rehearses because that is what it takes to make beautiful music. In the same way a follower of Jesus prays regularly whether he or she feels like something is happening.

Prayer isn't necessarily about us. It is about being in God's presence. It is about knowing God's will. It is about practicing and developing faith. There are many written prayer available in books or online if you need help in knowing how to pray or what to pray. The Lord's Prayer is always a good place to start.

Because we most often think about ourselves and our families when we pray, here is a Franciscan Benediction I invite you to think about and to consider praying. It may expand your prayer horizons.

*May God bless you with discomfort
At easy answers, half-truths, and superficial relationships
So that you may live deep within your heart.*

*May God bless you with anger
At injustice, oppression and exploitation of people
So that you may work for justice, freedom and peace.*

*May God bless you with tears
To shed for those who suffer pain, rejection, hunger, and war,
So that you may reach out your hand to comfort them and
To turn their pain into joy.*

*And may God bless you with enough foolishness
To believe that you can make a difference in the world,
So that you can do what others claim cannot be done
To bring justice and kindness to all our children and the poor.
Amen.*

Tonight I am going to try again to eliminate that third cup of tea and learn the art of self-discipline. I will also spend some time in prayer. What about you? Will you pray too?

Peace,
Pastor Diane





PROGRESSIVE DINNER

On February 17 we will be doing a progressive dinner. Exact times have not been set yet. We need to know numbers, so if you plan to come please let me know. Also, we still need hosts, so let me know! For questions call me at 671-9235. Thanks! Lynn Anselm

FIVE FACTS YOU SHOULD KNOW ABOUT PNEUMONIA

American Lung Association

Pneumonia is more common than you think. It causes more than a million hospitalizations and more than 50,000 deaths each year. Pneumonia is an infection in one or both of your lungs, causing inflammation and fluid build-up. It may cause problems with oxygen exchange. Here's what you should know about this serious illness.

The chances of getting them can be substantially reduced.

Get a flu shot every year to help prevent seasonal influenza. The flu is a common cause of pneumonia, so preventing the flu is a good way to reduce your risk of pneumonia. In addition, those at risk can/should get vaccinated against pneumococcal pneumonia.

Anyone can get pneumonia.

While some people are at higher risk than others, anyone can get pneumonia. Symptoms of pneumonia include fever, wheezing, cough, chills, rapid breathing, chest pains, loss of appetite and malaise, or a general feeling of weakness or ill health.

Pneumonia can have more than 30 different causes.

Many germs, such as bacteria, viruses and fungi can cause pneumonia. Understanding the cause of pneumonia is important because pneumonia treatment depends on its cause.

It can be deadly.

Pneumonia can be very serious and can cause death. Complications from pneumonia include respiratory failure, sepsis and lung abscess and are more likely to affect older adults, young children, those with a weakened immune system and people with other medical problems.

Good health habits can fight pneumonia.

Washing your hands, following a healthy diet, getting adequate rest, regularly exercising and not smoking are all habits that can help you from getting sick from bacteria, viruses and other causes of respiratory illnesses. Good health habits also promote fast recovery when you do get sick.

Richard L. Clinch, RN
Trinity Lutheran Church
Faith Community Nurse



SPRING FLING BAZAAR

Trinity is hosting a Spring Fling Craft Fair and Bazaar day on May 6 from 9-4 p.m. There will be local handcrafted artists, food, vendors, garden sale, Trinity crafts and baked goods, family fun, kid's crafts and carnival, door prizes (every half hour).

Vendor space is available. Call Pat at 907-745-6710 for more information and to volunteer. Participation by all is needed to make this successful. Thank you. Pat Younack

BIBLE READING PLAN FOR ALL AGES

Explore these stories of the bold and brave women in the Old Testament. Use any story Bible with young children. Wearesparkhouse.org

Story: Sarah and Abraham

Bible Verse: Genesis 15:1-6, 17-18

Story: Rebekah and Isacc

Bible Verse: Genesis 24:10-21, 58-67

Story: Jacob and Esau

Bible Verse: Genesis 27:1-40

Story: Joseph and His Brothers

Bible Verse: Genesis 37:1-28

Ask

These stories start with God's promise to Abraham. What is a promise you made to your family?

If you could interview someone from these stories, who would you choose and why?

What will you remember about the family relationships in these stories?

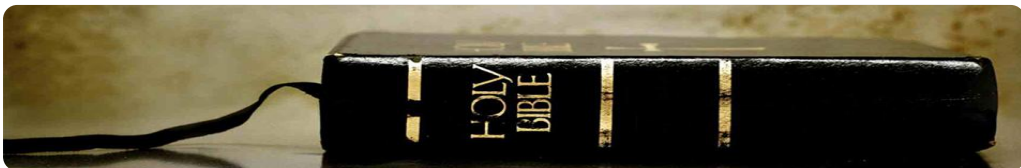
Do

The stories about Abraham, Sarah, and their descendants start with the image of a sky full of stars. Watch the weather for the next clear night and do some stargazing together. Imagine what Abraham thought of God's promise.

Pray

Say this prayer together, including the names of people in your family tree of faith.

Dear God, you were faithful to Abraham and you are faithful to us. We thank you for people in our family who help us Grow in our faith. [Name the faithful people you know.] Amen.





WORSHIP HELPERS FOR FEBRUARY

Audrey Badger, Mary Brothers, Richard & Gail Clinch, Barbara Dotterweich, Glenn & Janet Jacob, Lucy Locklear, John & Phyllis Martin, Shawn & Jana Moser, Stan & Shirley Platt, and Jill St. Germain.

If you are not on a team and you would like to serve, please contact the church office.

KUWAA MISSION PRAYER LETTER

Happy New Year! As we look forward to 2017 we ask for your continued support and prayers as our work continues in Liberia.

Romans 12:4-5

"For as in one body we have many members, and all the members do not have the same function, so we, who are many, are one body in Christ, and individually we are members one of another."

We have our most ambitious work program yet planned for this year. We will be installing 6 new wells and doing repairs on 3 other wells. We are installing 3 wells in Fassama, the largest city in the area, as a result of a grant we received from Water Hope. We will also install one well in each of the villages of Kalata, Sasasu and Kpaulazu.

In addition to installing and repairing these wells we will be holding a week long workshop to teach youth, men and women, in the village how to maintain their new well. It's a simple process but one that they need training in, and that the village elders need to buy into to actually allow these trainees to perform the simple maintenance on the wells.

We are also very excited to be holding a Children's Bible School (CBS): It will be held in Kalata and we are expecting around 200 children to attend. The lessons will be from the Old Testament probably David & Goliath, or Daniel. This program is very popular with children and adults alike.

Based on the UNICEF program "Community Led Total Sanitation" we will be conducting several one day sanitation workshops led by our Liberian facilitator in several of the villages. The goal is to visit the positive as well as negative sanitation practices in the village. Ultimately we hope the women, who are the main movers and shakers for getting things done, will realize why they should not have feces, both human and animal, spread widely around the village. Secondly, to get them to realize that the people in the village can take steps on their own to control this problem, mainly by building outhouses. We provide them with a pick and shovel. A couple months later our facilitator will return to check on their progress. Hopefully as more villages participate the lessons will be transferred by women from one village to another without our assistance.

Finally, in an attempt to keep the news of our mission in front of our supporters we are developing a congregational representative contact program. Please consider becoming the representative for your congregation. Please contact Karen Voris at kvoris@kuwaamission.org for more information.

As we embrace 2017 we give thanks for your involvement in our mission.

Yours in Christ,
Karen Voris



SAVVY SOCIAL SECURITY PLANNING

If you were born before 1954, recent legislation affected some Social Security strategies. Join local representative Cameron Gilchrist for one of these free sessions for those in or nearing retirement, including information on the new law. Thrivent Financial guest speaker Mark A. Peterson, ChFC, FIC, will cover: Social Security and strategies for maximizing your benefits, the ideal time to apply for Social Security, and ways to minimize taxes on Social Security benefits.

Please call 907-677-7756 or email holly.cannon@thrivent.com to reserve a place for yourself and a guest. The event will be at the following places: Tuesday, February 28- 12 p.m., 5 p.m., and 7 p.m. Embassy Suites 600 E. Benson Blvd. Anchorage and Wednesday, March 1-4:30 p.m. Palmer Public Library 655 S. Valley Way Palmer.

ROOTED IN CHRIST

Grow deeper in your relationship with God

Re-energize your congregation

Define your sense of purpose

Connect with others in your community



This is Rooted, an emphasis on intentional discipleship formation and mission action within the Alaska Synod. The Rooted journey started with three workshops across the state in October 2016 to introduce themes and tools for discipleship and mission that lead to individual and congregational renewal. Those tools are available on the Alaska Synod website. For those who are ready to go deeper, we're launching the Rooted cohort in February 2017. Congregations send a small group (2-5 people) to four events in 2017 (in Anchorage) where team members learn new ideas for discipleship and mission and then go back and try them in their context. The cohort meetings will be led by Alaska Synod leaders trained in congregational renewal. Congregations will sign a covenant before participating. There will be time in each cohort meeting for Bible study, fellowship, food and sharing joys and challenges of the work of ministry. In between cohort meetings, coaches will be available to each congregation for monthly check-in, encouragement and accountability. At each cohort workshop, we'll share how the Rooted journey is progressing and exchange ideas for next steps. This work is always based on context, as congregations decide what works for them. The point is to intentionally and collaboratively seek God's will for the congregation in discipleship and mission. All the work will be grounded in the three great listenings (God, each other, and community outside the church) as we seek to discern God's will and purpose for ourselves and our congregations. For those off the road system, transportation scholarships are available to attend the first cohort meeting. Congregations may participate via phone or Skype after that. For congregations who don't join the 2017 Rooted cohort, consider looking ahead to the 2018 cohort. Members of the Rooted Team (including Rev. Lisa Smith Fiegel, DEM) are also available to come to your congregation for a one-day event on discipleship and mission. We are also available to suggest resources or do intentional mission/vision planning in your congregation.

Alaska Synod ELCA
1847 West Northern Lights Blvd. #2
Anchorage, AK 99517
907-272-8899



NEWSLETTER ARTICLE DEADLINE

Please send in your info for the March newsletter by February 23.

LEARNING AND FELLOWSHIP OPPORTUNITIES AT TRINITY

Gathered: This 10:30 a.m. Thursday morning Bible study is held in the Trinity Room. The participants are using *The Great Story*, an introduction to the Bible. Come and join in on this discussion. Call Phyllis Gielarowski for more information at 745-6703. (September-May.)

Bible Study: Join the Monday night group at 7:00 p.m. in the Trinity Room as they study the Bible. Call Janet Jacob for more information at 745-4163. (September-May.)

The Men's Breakfast Group: This group meets faithfully every Wednesday morning at 8:00 a.m. in the Trinity Room. After a delicious breakfast, they read and discuss the scripture for the coming Sunday. The conversation is lively and intense. For more information, call Glenn Jacob at 745-4163.

Adult Forum: Join other adults as we discuss a series of Bible studies on the practices around caring for our world, our neighbors, and ourselves. 9:00 a.m. Sunday morning in the Trinity Room. Contact 745-0726 for more information.

In Stitches: Come share your love of sewing, knitting, crocheting, quilting, and any other crafts with our fine group of knit wits. On Thursdays at 11:30 a.m. in the Trinity Room. For more information, call Phyllis Gielarowski at 745-6703. (September-May.)

Exercise and Prayer with Pastor Diane: This group of religious athletes meet every Monday, Wednesday, and Thursday at 8:30 a.m. in the Upper Room. Come experience the athlete in you. Prayer following exercise. Contact 745-0726 for more information.

Mat-Su Grief Support Group: Are you grieving? We are here to listen. Come to the Mat-Su Grief Support Group every Thursday in the sanctuary at 7:00 p.m. Call Mary Brothers at 841-4862 for more information.

Preschool Chapel: Come worship with the little ones every Thursday at 10:00 a.m. in the sanctuary while they learn that Jesus loves them. Call the preschool at 745-LOVE (5683) for more information. (September-May.)

Trinity Singers and Players: If you like music, join the Trinity Singers and Players every Tuesday at 7:00 p.m. in the sanctuary. Call Jana Moser at 746-0974 for more information. (September-May.)

Sunday School: Bring kids to the Upper Room every Sunday at 9:00 a.m. for a children's Bible study. Call Jan Walton at 745-1242 for more information.

Worship: Join us every Sunday at 10:30 a.m. in the sanctuary to praise God and have communion with Pastor Diane. Contact 745-0726 for more information.

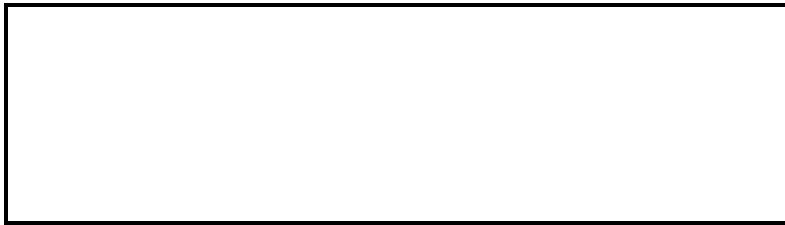
Fellowship: Join us every Sunday following service for a chance to get to know your fellow Christian friends. Snacks available. Contact 745-0726 for more information.

Youth Group: This is for age 6-12 grade, and they meet every 1 and 3 Sunday at 5:30 p.m. in the Trinity Room for faith and games. Contact 745-0726 for more information. (September-May.)

Local Organizing Ministry: This group meets every other Sunday from 4:00 p.m.-5:00 p.m. in the Trinity Room. All are welcome in learning the tools used for organizing. Call Richard Clinch at 376-6124 for more information.



10355 E. Palmer-Wasilla Hwy.
Palmer, AK 99645



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Men's Prayer Breakfast, 8:00 a.m. Exercise and Prayer with Pastor Diane, 8:30 a.m.	2 Exercise and Prayer with Pastor Diane, 8:30 a.m. Preschool chapel, 10 a.m. Women's study, 10:30 a.m. In Stitches, 11:30 a.m. Grief Support Group, 7:00 p.m.	3	4 Mountain River Counseling, 9-4 Trinity Room
5 Sunday school, 9:00 a.m. Worship, 10:30 a.m. Fellowship, 11:30 a.m. Youth group, 5:30 p.m.	6 Exercise and Prayer with Pastor Diane, 8:30 a.m. Adult Bible study, 7:00 p.m.	7 Trinity Singers and Players, 7:00 p.m. PLUME meeting, 12:30 p.m.	8 Men's Prayer Breakfast, 8:00 a.m. Exercise and Prayer with Pastor Diane, 8:30 a.m.	9 Exercise and Prayer with Pastor Diane, 8:30 a.m. Preschool chapel, 10 a.m. Women's study, 10:30 a.m. In Stitches, 11:30 a.m. Grief Support Group, 7:00 p.m.	10	11
12 Sunday school, 9:00 a.m. Worship, 10:30 a.m. Fellowship, 11:30 a.m.	13 Exercise and Prayer with Pastor Diane, 8:30 a.m. Adult Bible study, 7:00 p.m.	14 Trinity Singers and Players, 7:00 p.m. Outreach, 4:00 p.m. PLUME meeting, 12:30 p.m.	15 Men's Prayer Breakfast, 8:00 a.m. Exercise and Prayer with Pastor Diane, 8:30 a.m.	16 Exercise/Prayer, 8:30 a.m. Women's study, 10:30 a.m. In Stitches, 11:30 a.m. Grief Support Group, 7:00 p.m. No school for students	17 No school for students Progressive dinner, watch for time	18 Mountain River Counseling, 9-4 Trinity Room
19 Sunday school, 9:00 a.m. Worship, 10:30 a.m. Fellowship, 11:30 a.m. Youth group, 5:30 p.m.	20 Exercise and Prayer with Pastor Diane, 8:30 a.m. Adult Bible study, 7:00 p.m.	21 Trinity Singers and Players, 6:00 p.m. Council, 7:00 p.m. PLUME meeting, 12:30 p.m.	22 Men's Prayer Breakfast, 8:00 a.m. Exercise and Prayer with Pastor Diane, 8:30 a.m. Pastor away-wedding dress shopping	23 Exercise and Prayer with Pastor Diane, 8:30 a.m. Preschool chapel, 10 a.m. Women's study, 10:30 a.m. In Stitches, 11:30 a.m. Newsletter article due	24 Rooted cohort meeting, 6:30 p.m.	25
26 Sunday school, 9:00 a.m. Worship, 10:30 a.m. Fellowship, 11:30 a.m.	27 Exercise and Prayer with Pastor Diane, 8:30 a.m. Adult Bible study, 7:00 p.m.	28 Trinity Singers and Players, 7:00 p.m. Savvy Social Security, 12, 5, and 7 p.m. PLUME meeting, 12:30 p.m.				


FEBRUARY 2017